

RECREATION EXPLORATION GUIDE

FALL 2022



KING GEORGE PARKS & RECREATION
8076 KINGS HWY. (PO BOX 71)
KING GEORGE, VA 22485
540-775-4386



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STAFF

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Parks Workers

Brian Brown, Mason Crabtree, Bill O'Connor

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RECREATION PROGRAM INFORMATION

The programs that are listed in this Program Guide are the programs that we had planned by the published due date. Please check our website for additional programs or call the Department for any updated programs.

Due to facility limitations, programs may be subject to changes in times and/or locations. Please verify with the Department upon registering. We attempt to notify you as early as possible of any program change. If we fail to reach you, please accept our apology for any inconvenience caused. Please register for classes in advance. Waiting until the last minute may cause a class to cancel. Classes may be canceled due to insufficient enrollment. Unless otherwise noted or notified by an instructor/program supervisor, classes/programs may be held on holidays.

LATE REGISTRATION FEES: A \$10 late fee will be imposed on any program registrations coming in after the deadline. Any late registrations coming in after the rosters are set will be assessed at \$20 plus any additional cost associated with ordering needed equipment or supplies.

Insufficient Funds - Checks Checks returned for insufficient funds will be assessed a \$50 fee by the Treasurer's Office and the check writer's name will be forwarded to our Department and we will no longer be able to accept checks from said check-writer.

Refunds - Full refunds are issued in the event a program cancels; or if the Department is notified prior to the program starting and where no costs are incurred. Where costs were incurred for deposits, apparel, equipment, or any other program-related expenses; those costs will be deducted from the refund. No cash refunds will be given. Refunds generally take two to four weeks to receive due to the accounts payable cycle. Refunds are not issued after programs begin or for unattended classes. Unusual circumstances will be handled on a case-by-case basis and may be subject to being credited for unused funds.

Cancellations/Postponements of Programs - Every once in a while we think we have a great program idea or an instructor has proposed a great program, but the enrollment is insufficient. The staff looks at postponing the program (time to be determined) to see if there is evidence that we think we can get the program to make through other means, and canceling as a last resort. When we cancel, we do our best to notify participants and issue a refund.

Inclement Weather Policy: At this time, the King George County Parks and Recreation Department follows the King George County Schools schedule for programs offered in the schools. All other sites are considered independently. Announcements about program cancellations will be sent through KG Alerts.

PARKS AND FACILITIES

King George Parks & Recreation manages over 400 acres of parkland throughout the county. Each of our parks hosts different amenities for our citizens to use. If you are interested in renting a picnic shelter or field please contact our office at 540-775-4386.

Barnesfield Park - 154 acres - 3360 Barnesfield Road
Ballfields, Picnic Shelters, Soccer Fields, Restrooms, Basketball, Playground

Cedell Brooks Jr. Park - 33 acres - 11259 Henry Griffin Road
Ballfield, Soccer Field, Playground, Native Plant Gardens, Walking Trail

Citizens Center - 4.5 acres - 8076 Kings Highway
KGPR Offices, Event Space, Playground

Old King George Elementary School - 10 acres - 9100 St. Anthony's Road
Gymnastics in the Quonset Hut
Karate in the Cafeteria
Soccer at Hunter Field

Ralph Bunche School - 10 acres - 10139 James Madison Parkway
Soccer Fields

Sealston Sports Complex - 45 acres - 11050 Fletchers Chapel Road
Ballfields, Soccer fields, Picnic Shelter, Restrooms

Wilmont Landing - 1/2 acre - 18049 Wilmont Road
Boat Ramp

	Ball Field	Basketball	Boat Ramp	Event/Class Space	Office	Picnic Shelter	Playground	Restrooms	Soccer	Trail
Barnesfield Park	♦	♦				♦	♦	♦	♦	
Cedell Brooks Jr. Park	♦						♦		♦	♦
Citizens Center					♦		♦	♦		
Old King George Elementary				♦						♦
Ralph Bunche School										♦
Sealston Sports Complex	♦					♦		♦	♦	
Wilmont Landing			♦							

COMMUNITY PARTNERS



The King George Chapter of the AARP meets at the Citizens Center the first Monday of the month at 12 noon. The group does not meet in September.



HGAAA's senior cafes provide nutritional, social, recreational, and physical activities for adults 60 years of age and older. Transportation, shopping, and events are also offered. Assessments required prior to enrollment to determine eligibility and availability for participants. For more information or to visit one of our locations please contact HGAAA at 540.371.3375.

For additional programs and assistance visit <http://healthygenerations.org/>



King George Little League offers blast ball, t-ball, baseball, and softball for kids ages 4 to 18 for both a spring and fall season. Learn more by visiting www.kglittleleague.org



King George Youth Athletic Association sponsors both flag and tackle football as well as cheerleading each year for kids ages 4 to 18. Learn program specifics including registration information at www.kgyaa.org

PLAY IT SMART

King George County Parks & Recreation and the King George County Schools have teamed up to offer before and after school programs, ages K – 5th. Supervised activities will include games, sports, crafts, fitness, and homework assistance. This program is meant to instill character, education, fitness, and nutrition. A half-hour is designated every day for homework and reading time. Please pick up by 6 pm.

PLEASE NOTE: King George Parks and Recreation has the right to cancel outside activities in the event of inclement weather conditions, heat advisories, or safety concerns.

***NOTE: On half days and holidays, the program is CLOSED.

Ages: Boys & Girls, Grades K - 5

Dates: Throughout the school year

Days: Monday - Friday

Times: Before Care: 6:30 a.m. - 8:30 a.m.

After Care: 3:30 p.m. - 6:00 p.m.

Location: All elementary schools

One Time Registration Fee: \$35

Weekly Price: Before Care: \$45

After Care: \$60

Both Before and After Care: \$70

FACILITY RENTALS

Need to use a sports field, picnic shelter, gym, or other park space? Contact King George Parks & Recreation to reserve your time and location. Facility rentals (other than sports fields) are on a first-come/first-served basis and must be made at least two weeks in advance. Rental fees must be submitted at the time of application unless approved by the Athletics & Parks Supervisor. You can download the application forms at <https://www.kinggeorgecountyva.gov/444/Forms-Documents>

CITIZENS CENTER

\$50/Hour for Half Hall

\$75/Hour for Whole Hall

\$100 Security Deposit

\$200 Alcohol Event Deposit

SCHOOL GYMS

\$35/Hour for Elementary Gym

\$35/Hour for Middle School Aux. Gym

\$50/Hour for Middle School Main Gym

\$50/Hour for Quonset Hut

SPORTS FIELDS

\$25/2-Hours for Youth Sports

\$30/2-Hours for Adult Sports

\$25/Hour Lights Fee

PICNIC SHELTERS

Barnesfield Park

Sealston Sports Complex

\$10/Hour per shelter



PRESCHOOL

TOT TIME

Come bring your tot(s) and enjoy meeting other parents and caregivers in our community all while having fun with your child! Tot Time consists of open play at various centers, story/circle time, a light snack, and a craft! Our goal is for tots, parents, and caregivers to form new relationships with others while exploring through open and guided play. Be sure to like our FB page @ King George Parks and Recreation Tot Time.

Ages: Boys and Girls, 0 - 6 years
Dates: August 12 - December 9
Day: Fridays
Time: 10:30 - 11:30 a.m.
Price: \$3 for the first child
\$1 for each additional child
No class on Sept. 16, Nov. 11, or Nov. 25.

COOKIE SOCIAL

Calling kids of all ages to come play with bubbles and chalk at the park! We will provide the bubbles and chalk. All you have to do is show up and be ready for some fun! There will even be a contest for the biggest bubble! You should definitely pop up for this event!

Ages: Boys and Girls, All Ages
Dates: December 16
Day: Friday
Time: 10:00 - 11:00 a.m.
Location: Citizens Center
Price: \$8
Registration Deadline: December 6
Class Maximum: 20

MOVING & GROOVING WITH MUSIC

In this class your child will explore and make music through finger plays, playing instruments, moving with the beat, and singing music. This class is sure to be hit!

Ages: Boys and Girls, 2 - 5 years
Dates: September 23 - November 18
Day: Fridays
Time: 9:15 - 10:00 a.m.
Price: \$60
Class maximum: 15
No class Nov. 11.

HOT SHOT TOTS

This program provides an introduction to, and the basic skills associated with basketball, soccer, hockey, and tee-ball. The program will use various games, drills, and skills to improve gross motor skills, as well as hand-eye coordination. Each child will receive a certificate and a t-shirt upon completion of the program. No class on October 11.

Ages: Boys and Girls, 3 - 6 years
Dates: September 26 - November 28
Day: Mondays
Time: 5:00 - 5:45 p.m.
Price: \$60
Class maximum: 15
No class on Oct. 10 or Oct. 31.

CREATIVE BONES ART CLASSES

Creative thinking and art exploration classes with instructor Autumn Alfaro. Each week has a distinct theme and lesson plan. At the end of the class, you will also have the opportunity to digitize any of the projects created during class time. Email morningstardesigns.info@gmail.com with specific class-related questions.

PRE-K CLASS

Ages: Boys and Girls, 3 - 5 years
Dates: October 17 - November 9
Days: Mondays & Wednesdays
Time: 9:30 - 10:30 a.m.
Location: King George Citizens Center
Price: \$40

ELEMENTARY CLASSES

Ages: Boys and Girls, 5 - 12 years
Dates: October 17 - November 9
Days: Mondays & Wednesdays
Time: 11:00 a.m. - 12:00 p.m.
Location: King George Citizens Center
Price: \$60

Ages: Boys and Girls, 5 - 12 years
Dates: October 17 - November 9
Days: Mondays & Wednesdays
Time: 5:30 - 6:30 p.m.
Location: King George Citizens Center
Price: \$60

GYMNASTICS CONTINUED

Top Beginner/Advanced

For the older child wanting to begin or improve their gymnastics skills. No skill requirement to enroll.

Ages: 9 - 17 years

Maximum Class Size: 8

Price: \$84

Session 1

Day: Mondays

Time: 6:10 p.m. - 7:00 p.m.

Starts: August 15

Session 2

Day: Mondays

Time: 7:20 p.m. - 8:10 p.m.

Starts: August 15

Intermediate

For those who know and understand the basic skills but have not yet mastered them.

Ages: 5 - 9 years

Maximum Class Size: 8

Price: \$84

Session 1

Day: Tuesdays

Time: 6:10 p.m. - 7:00 p.m.

Starts: August 16

Red Gyms

This is an advanced class for those eager to learn more difficult skills. Must have mastered all basic skills.

Coach approval is required.

Ages: 6 - 17 years (advanced)

Maximum Class Size: 8

Price: \$84

Session 1

Day: Tuesdays

Time: 6:10 p.m. - 7:00 p.m.

Starts: August 16

White Gyms

This is an 80-minute class. Successful completion of Red Gyms or equivalent skills is required. Each gymnast will work on connecting skills together and learning level 3 competition skills based on USA gymnastics guidelines.

Coach approval is required.

Ages: 6 - 17 years (advanced)

Maximum Class Size: 8

Price: \$121

Session 1

Day: Tuesdays

Time: 7:20 p.m. - 8:40 p.m.

Starts: August 16

Blue Gyms

This class is designed for energetic boys to improve flexibility, coordination, strength, and gymnastics skills. There is no skill requirement for this class.

Ages: Boys, 5 - 17 years

Maximum Class Size: 8

Price: \$84

Session 1

Day: Tuesdays

Time: 7:20 p.m. - 8:10 p.m.

Starts: August 16

Star Gyms

This 1-hour 50-minute class is for the serious gymnast who wants to push forward in their skills. Each gymnast should have and be able to demonstrate level 3 competition skills based on USA gymnastics guidelines.

Coach approval is required.

Ages: 6 - 17 years

Maximum Class Size: 8

Price: \$159

Session 1

Day: Mondays

Time: 6:10 p.m. - 8:00 p.m.

Starts: August 15

High Flyers

This is an advanced class for the younger gymnast. Basic skills should be accomplished with little to no help.

Coach approval is required.

Ages: 5 - 6 years (advanced)

Maximum Class Size: 8

Price: \$84

Session 1

Day: Thursdays

Time: 6:10 p.m. - 7:00 p.m.

Starts: August 18

Homeschool Beginner

Fundamentals and skill development utilizing various specialized equipment. No skill requirement to enroll.

Ages: 4 - 17 years

Maximum Class Size: 12

Price: \$84

Session 1

Day: Wednesdays

Time: 1:00 p.m. - 1:50 p.m.

Starts: August 17

Homeschool Advanced

Gymnasts who already have some gymnastics experience and want to master their skills. Basic skills should need little to no assistance.

Ages: 4 - 17 years

Maximum Class Size: 12

Price: \$84

Session 1

Day: Wednesdays

Time: 2:10 p.m. - 3:00 p.m.

Starts: August 17

TUMBLING

Beginning Tumbling

Fundamentals of tumbling as well as strength and flexibility will be taught. No skill requirement to enroll.

Ages: 5 - 10 years

Maximum Class Size: 10

Price: \$84

Session 1

Day: Wednesdays

Time: 5:00 p.m. - 5:50 p.m.

Starts: August 17

Advanced/Cheer Tumbling

Tumblers who want to learn and master advanced skills using the spring floor and specialized mats.

Ages: 9 - 18 years

Maximum Class Size: 10

Price: \$84

Session 1

Day: Wednesdays

Time: 5:00 p.m. - 5:50 p.m.

Starts: August 17

KARATE

ISSHINRYU Karate is a traditional form of martial art from Okinawa (the birthplace of Karate). This program is designed for students who are interested in learning a martial art form that places an emphasis on quality learning to promote successful skill mastery and personal safety. Our program focuses on building strength, balance, coordination, and flexibility through Kata (forms), Kobudo (weapons), and their Bunkai (practical applications). This translates to a no-nonsense form of efficient self-defense techniques that have been proven highly effective. The study of IsshinRyu helps build character, self-esteem, self-control, and self-confidence.

FALL

Youth Beginner

Ages: 6 - 13 years

Days: Tuesdays and Thursdays

Dates: September 20 - November 22

Times: 6:00 p.m. - 7:00 p.m.

Location: OKGES Cafeteria

Price: \$80

Adult Beginner

Ages: 14+ years

Days: Tuesdays and Thursdays

Dates: September 20 - November 22

Times: 6:00 p.m. - 7:00 p.m.

Location: OKGES Cafeteria

Price: \$80

Youth Advanced

Ages: 6 - 13 years

Days: Tuesdays and Thursdays

Dates: September 20 - November 22

Times: 6:00 p.m. - 8:00 p.m.

Location: OKGES Cafeteria

Price: \$90

Adult Advanced

Ages: 14+ years

Days: Tuesdays and Thursdays

Dates: September 20 - November 22

Times: 6:00 p.m. - 8:00 p.m.

Location: OKGES Cafeteria

Price: \$90



PICKLEBALL

Pickleball combines tennis, ping pong, and badminton into a fast, fun, social game for everyone. KGPR offers a variety of pickleball programs for players of all ages and skill levels.

Beginner Instructional Class

Ages: 18 years and up

Days: Thursdays

Dates: September 8 - October 27

Times: 6:45 p.m. - 8:15 p.m.

Location: King George Elementary

Price: \$45

Intermediate/Advanced Drop-In

Ages: 18 years and up

Days: Fridays

Dates: July 1 - August 26

Times: 6:45 p.m. - 8:15 p.m.

Location: King George Elementary

Price: \$5/week or \$45 for session



YOUTH INDOOR SOCCER LEAGUE

This program is designed for ages 6-14. All practices and games will be held at King George Elementary School. This is a coed sport broken into three divisions: 6-8, 9-11, and 12-14. Age Control Date: December 1, 2022. The registration deadline is November 14th.

Ages: Boys and Girls, 6 - 14 years

Dates: December 5 - March 4

Location: King George Elementary School

Divisions: 6 - 8 Years Old

9 - 11 Years Old

12 - 14 Years Old

Early Registration: \$105 (October 3 - October 28)

Regular Registration: \$120 (October 29 - November 14)



YOUTH BASKETBALL

The youth basketball league will focus on good sportsmanship, teamwork, and fair play. Volunteer coaches will teach the fundamentals of basketball. The goal of this program is to provide an opportunity for fun and enjoyment. Practices will begin in December and games will start in January. All home games will be played at county schools on weeknights and weekends. Registration for basketball will be from October 3rd– November 21st. Divisions are divided by grade.

Ages: Boys & Girls, Grades 1 - 12

Dates: December 3, 2022 - March 4, 2023

Location: King George County Schools

Divisions & Prices:

Early Registration
(October 3 - November 3)

Regular Registration
(November 4 - November 21)

Grades 1 - 2 (Co-ed)	\$100	\$115
Grades 3 - 4 (Boys)	\$115	\$130
Grades 3 - 5 (Girls)	\$115	\$130
Grades 5 - 6 (Boys)	\$115	\$130
Grades 6 - 8 (Girls)	\$115	\$130
Grades 7 - 8 (Boys)	\$115	\$130
Grades 9 - 12 (Co-ed)	\$115	\$130



YOUTH WRESTLING

This program is designed to introduce newcomers to the basic skills of wrestling and further advance those who have participated in the past. Physical activity, building friendships, and sportsmanship are emphasized in this program. Meets are held on weekends in Northern Virginia. King George is a member of the Northern Virginia Wrestling Federation. The registration deadline is November 1st.

Ages: Boys & Girls, 5 - 14 years

Dates: November 5, 2022 - March 4, 2023

Location: KGMS Vo-Tech Building

5 - 8 Year Old Competitive

Days: Tuesdays & Thursdays

Time: 5:30 p.m. - 6:30 p.m.

Price: \$120

Includes AAU Card

9 - 14 Year Old Competitive

Days: Tuesdays & Thursdays

Time: 6:30 p.m. - 8:00 p.m.

Day: Fridays

Times: 6:00 p.m. - 7:30 p.m.

Price: \$120

Includes AAU Card

5 - 8 Year Old Practice Only

Days: Tuesdays & Thursdays

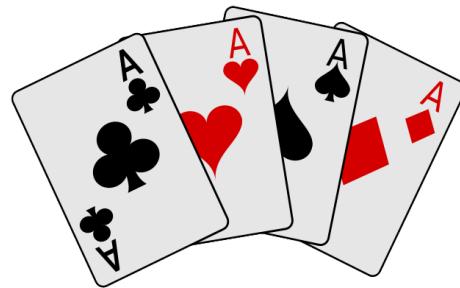
Time: 5:30 p.m. - 6:30 p.m.

Price: \$75

CARDS & GAMES CLUB

Bridge, poker, canasta, euchre, bunco, and more! Come out and join in on the fun. Whether you are an experienced player or just learning we have a table right for you.

Ages: 55 and up
Dates: Year-Round
Day: Thursdays
Time: 1:00 p.m. - 4:00 p.m.
Price: FREE



FLEA MARKETS/YARD SALES

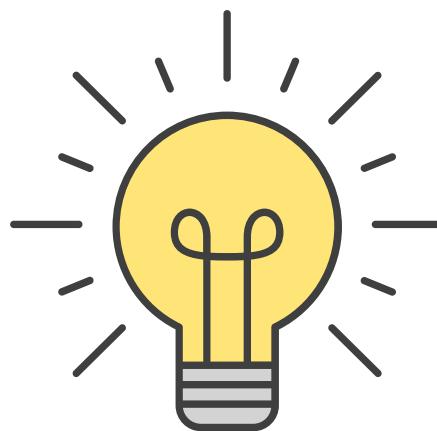
Looking for an opportunity to clean out your closet, basement, or garage and then make your junk someone else's treasure? Get a table at our monthly flea market/yard sale. The event is open to the public. Be sure to subscribe to KG Alert for updates and cancellations.

Ages: Everyone
Dates: August 6
September 3
October 1
Day: Saturday
Time: 7:00 a.m. - 12:00 p.m.
Price: \$10 for spot and 1 table
\$20 for oversized spot
\$25 for spot and 3 tables
\$35 for spot and 4 tables



HAVE AN IDEA FOR A CLASS? CONTACT US!

King George Parks & Recreation is always looking for new class offerings. If you have a skill to share or a program you would like to help start please contact us. You can reach us by phone at 540-775-4386 or e-mail Chris Clarke at crclarke@co.kinggeorge.state.va.us



EXERCISE CLASSES

TAI CHI

Tai Chi is an optimal exercise for all ages. It involves movements of the entire body without the risk of injury. Done in coordination with one's concentration and breathing, these movements release tension through the body. The gently flowing progress of movement. This Tai Chi exercise class will teach simple forms that are easy to learn, but challenging to master.

Ages: 16 and up
Dates: Year-round
Day: Mondays and Thursdays
Time: 6:00 p.m. - 8:00 p.m.
Location: King George Citizens Center
Instructor: Betty Doran and Linda Kline
Price: \$25/month or \$5/class

SILVER & FIT

Active older adult FUN and FIT program. This class will focus on strengthening your muscles and increasing your range of movement for daily life activities. Low impact moves and fun music will help get rid of aches and pains. Participants will use handheld weights, elastic tubing, and a small ball for isometric strength. Please bring hand weights (3, 5, 8 lb) and a mat.

Ages: 50+
Dates: September 6 - October 14
Day: Tuesdays & Thursdays
Time: 10:00 a.m. - 11:00 a.m.
Location: King George Citizens Center
Instructor: Paula VanAlstine
Price: \$60

LINE DANCING

Evenings

Ready to boot, scoot, and boogie? Join us for line dancing at the Citizens Center.

Ages: 18 and up
Dates: Ongoing
Day: Mondays
Time: 6:30 p.m. - 8:00 p.m.
Location: King George Citizens Center
Instructor: Charlie Burrell
Price: \$5/class

Mid-Day Beginners

Put on your boots and come get your mid-day workout? Join us for line dancing at the Citizens Center.

Ages: 18 and up
Dates: Ongoing
Day: Thursdays
Time: 11:30 a.m. - 12:30 p.m.
Location: King George Citizens Center
Instructor: Bonnie Taylor
Price: \$5/class

BOOT CAMP

Strike Fitness Women's Bootcamp program integrates body weight exercises, bursts of cardio and strength training. Every workout is structured to be unique in order to prevent boredom and burnout. Advanced and modified exercises are always offered making this bootcamp perfect for all fitness levels. Be sure to bring water, weights 3, 5, or 8lbs depending on your comfort level, towel, mat, and a determined attitude!

Ages: 16 and up
Dates: August 15 - September 21
Day: Mondays and Wednesdays
Time: 6:20 p.m. - 7:20 p.m.
Location: King George Elementary School Gym
Price: \$75/Session (6 weeks)

ZUMBA

The Zumba program is a Latin-inspired, dance fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness program. The class structure consists of a warm-up, the basic dances of merengue, salsa, cumbia, and reggaeton plus a cooldown.

Ages: 16 and up
Dates: Starts August 17, ongoing
Day: Wednesdays
Time: 6:00 p.m. - 7:00 p.m.
Location: King George Citizens Center
Instructor: Debbie Moss
Price: \$5/class



KING GEORGE

FALL FESTIVAL

Est. 1959

Oct. 8, 2022
Theme: Peace & Liberty for All

Since 1959, an annual community event has been held on the second weekend of October. It is planned and run solely by volunteers representing various local organizations and businesses. The event includes a parade down Route 3 through the courthouse area, a fair including rides and a petting zoo at King George High School, craft show, food vendors, a car show, and pageants for all ages. See www.kgfestival.com for more information and to apply to be a vendor or parade participant.

Festival Events

Saturday, October 8

Times: 10:00 a.m. to 4:00 p.m.

Location: KGHS

- Food Court
- Car Show
- Craft & Vendor Show
- Fair and Rides
- Musical Entertainment

Parade

Saturday, October 8

Times: 11:00 a.m.

Location: From Courthouse to KGHS

5K Race and 1 Mile Fun Run

Saturday, October 8

Times: 8:30 a.m., Check-in by 7:45 a.m.

Location: Dahlgren Railroad Heritage Trail,
Bloomsbury Trailhead

Pageants

Saturday, September 24

Divisions: Wee Baby, Baby, Little Miss,
Tiny Miss, Young Miss, Preteen Miss,
Teen Miss, Miss, and Mrs.

Times: 1:00 p.m.: Wee Baby to Preteen
Miss, Ms/Mrs.

4:30 p.m.: Teen and Miss KGFF

Location: To Be Determined

FOR MORE INFORMATION VISIT
WWW.KGFALLFESTIVAL.COM