



RECREATION *Exploration* GUIDE

SPRING 2026

COMMUNITY EGG HUNT

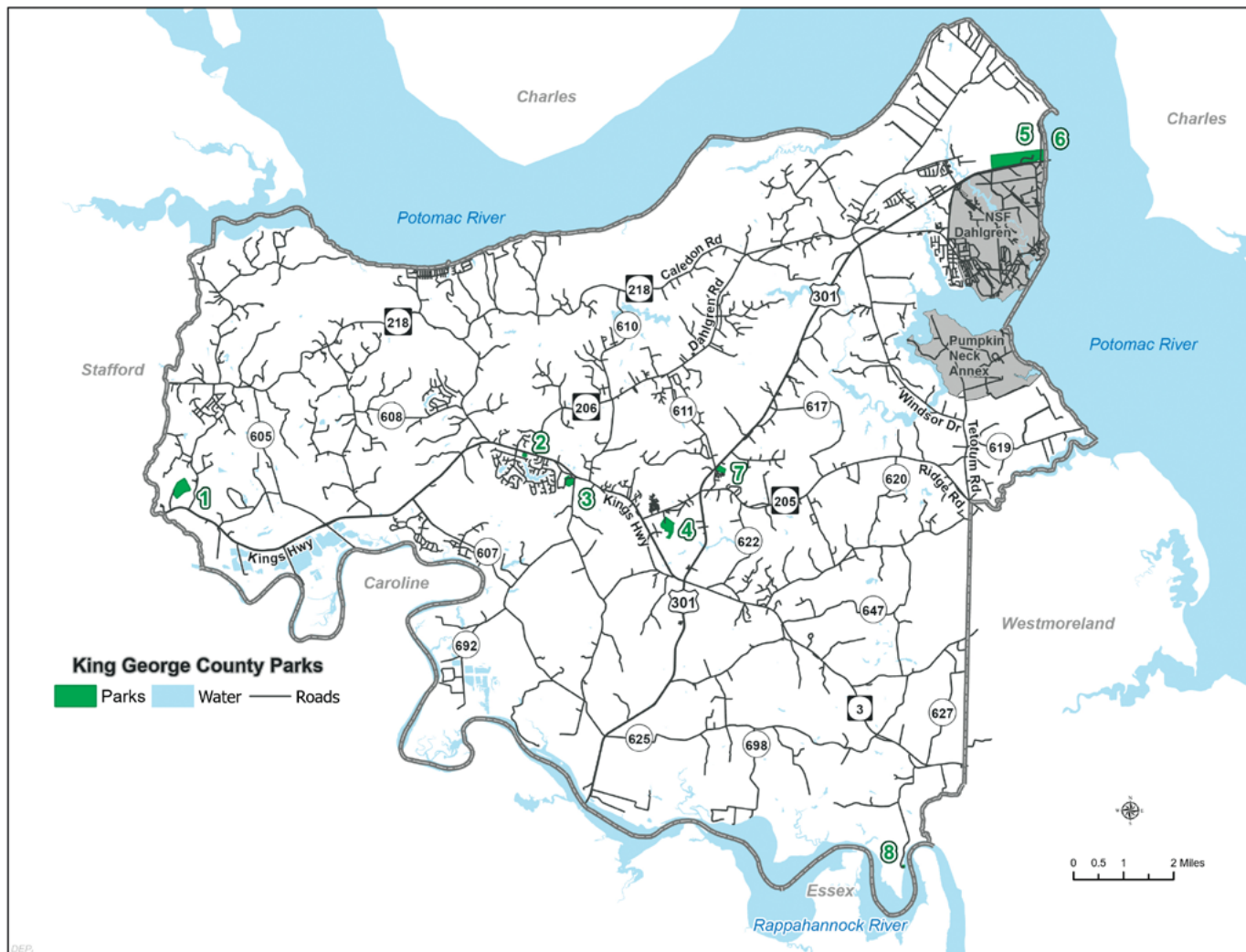
TEEN JOB & INTERNSHIP FAIR

SPRING SOCCER

KGSA BASKETBALL CLINICS

KGPR

KING GEORGE PARKS & RECREATION



PARKS & FACILITIES

King George Parks & Recreation manages over 400 acres of parkland throughout the county. Each of our parks has different amenities.

Please review the chart to find the amenities at each park.

If you are interested in renting a picnic shelter or field, please contact us at (540)775-4386.



Barnesfield Park Disc Golf Course

	Map Number	Acres	Ball Field	Basketball	Beach (River)	Boat Ramp	Disc Golf Course	Event/Class Space	Office	Pickleball Court	Picnic Shelter	Playground	Restrooms	Soccer Field	Tennis Court	Trail
Barnesfield Park 3360 Barnesfield Road	5	154	●	●			●				●	●	●	●		
Cedell Brooks Jr. Park 11215 Henry Griffin Road	4	33	●								●	●		●		●
Citizens Center 8076 Kings Highway	2	4.5						●	●			●	●			
King George Tennis Center 8246 Dahlgren Road	9	1								●					●	
Old King George Elementary 9100 St. Anthony's Way	3	10						●						●		
Ralph Bunche School 10139 James Madison Parkway	7	10												●		
Sealston Sports Complex 11050 Fletcher's Chapel Road	1	45	●								●		●	●		
Wayside Park 3435 Roseland Road	6	7.5			●											
Wilmont Landing 18049 Wilmont Road	8	0.5				●										

SPRING 2026

KING GEORGE PARKS & 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 listed below or scan the QR code for a complete list of current programs.

Due to facility limitations, programs may be subject to changes in times and/or locations. Please verify with the Department upon registering. In the event of a program change, postponement, or cancellation, information will be sent out through **KG Alert**. We recommend that you sign up for this free service at kgalert.com.

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 received after the deadline. Any late registrations for leagues that are received after the rosters are set will be assessed at \$20 plus any additional cost associated with ordering needed equipment or supplies.

RETURNED CHECKS - Checks returned for insufficient funds will be assessed a \$50 fee by the King George County Treasurer's Office. Customers who submit a check with insufficient funds will no longer be able to pay by check.

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 AND REFUNDS - 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. If a program is canceled in its entirety, notifications will come by KG Alert and refunds will be issued.

INCLEMENT WEATHER POLICY - Programs held at any King George County School will be canceled if KGCS closes with a Code 1. In the event of a Code 2 or 3 closure, Parks & Recreation may still hold programs. Announcements about program cancellations will be sent through KG Alerts.

DIGITAL ISSUE

A mobile-friendly edition is available at

[kinggeorgecountyva.gov/
ProgramGuide](http://kinggeorgecountyva.gov/ProgramGuide)



KING GEORGE PARKS & RECREATION

8076 Kings Highway (P.O. Box 71)
King George, VA 22485
(540) 775-4FUN

kinggeorgecountyva.gov/1151/Parks-Recreation

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FACEBOOK & INSTAGRAM

King George Parks & Recreation is updated daily on Facebook and Instagram!

Find information on special events, exercise classes, before & afterschool programs, regional and overnight trips, senior programs, and much more!

www.facebook.com/kgpr4386
www.instagram.com/kgparksandrecreation/



KGPR STAFF

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Parks Division

Brian Brown, Parks Supervisor

Bruce Muzzy, Parks Worker

Brandon Shelton, Parks Worker



PARTIES AT THE GYMNASTICS CENTER

Looking for the right place to have your child's next birthday party? Need a location for a youth group's end-of-season activity?

The Gymnastics Center is available for party rentals.

Parties start at \$55/hour.

Whether it's open play, gymnastics fun, or an action-packed Nerf battle, our biggest reviewers — the kids themselves — give these activities a huge thumbs-up!

Contact KGPR for availability at (540)775-4386.



FACILITY RENTALS

Need to use a sports field, picnic shelter, gym, or other park space? Contact KGPR 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>

ATHLETIC FIELDS

Youth \$30 and up/ 2 hours

\$5/Hour Lights Fee

\$150/Field per day

\$50/Hour (\$100 min.)

Additional Field Preparation

\$35/Hour Supervision

\$10/Hour Tennis Court



Sealston Sports Complex

CITIZENS CENTER

\$60/Hour for Half Hall

\$90/Hour for Whole Hall

\$100 Non-Alcohol
Security Deposit

\$200 Alcohol Event Deposit

\$60/Hour Parking Lot Only

\$30/Hour Conference Room



Citizens Center

PICNIC SHELTERS

Barnesfield Park

Cedell Brooks, Jr. Park

Sealston Sports Complex

\$12/Hour per shelter

\$18/Hour per shelter for
non-residents



Barnesfield Park

SCHOOL GYMS

\$50/Hour Elementary Gym

\$50/Hour King George Middle
School (KGMS) Auxiliary Gym

\$60/Hour KGMS Main Gym

← \$55/Hour Quonset Hut/
King George Gymnastics Center



KGMS Main Gym

OPEN PLAY SPORTS FACILITIES

DISC GOLF

The 18-hole Barnesfield Disc Golf Course includes red (beginner) and white (intermediate) tees that have been laid out to try and change the shot shape. The rules of Disc Golf are simple: All you do is throw a disc or frisbee from a designated point to the target basket. The person who throws the disc into the basket in the fewest tries is the winner. It's a perfect game for the entire family that is easy to learn, a healthy outdoor activity, and great for a variety of ages and fitness levels.



Located at 3360 Barnesfield Road in King George



PICKLEBALL

Pickleball has grown by an average of 158% over the past 3 years to over 36.5 million players in the United States.

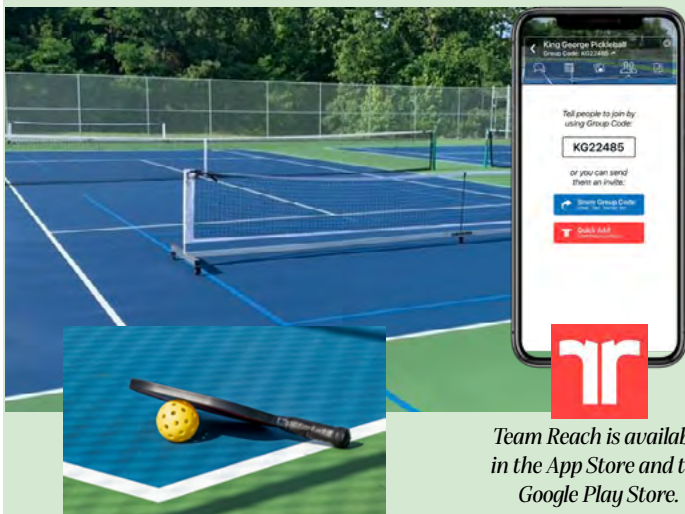
KGPR has added 6 outdoor courts at the King George Tennis Center. The courts are available daily from 8:00 AM to dusk unless reserved by KGPR or a school program.

Join King George Pickleball on the **Team Reach** app to connect with other players.

The courts are not available during school hours.



Located at 8246 Dahlgren Road
Next to King George Middle School (KGMS)



*Team Reach is available
in the App Store and the
Google Play Store.*

TENNIS

The King George Tennis Center is open for play!
Six pickleball courts are also overlaid with shadow lines on the north battery of courts. The courts are open to the public, as well as serving as the home courts for King George High School tennis teams.

The courts are not available during school hours.
Please contact us with any questions at (540)775-4386.



Located at 8246 Dahlgren Road
Next to King George Middle School (KGMS)



SPECIAL EVENTS

KING GEORGE COUNTY TEEN JOB & INTERNSHIP FAIR



Saturday, February 21st

10 AM - 2 PM

King George Middle School Cafeteria

Are you a local business looking to connect with reliable and energetic employees? Or are you a King George High School student searching for a part-time or summer job?

Join us for King George County's Teen Job & Internship Fair, where local employers and motivated students come together in one convenient location. Whether you're hiring or job hunting, this event is your chance to connect, network, and get started—all in one place.

<https://www.kinggeorgecountyva.gov/2612/Work-Based-Learning-Programs>



Registration for
Local Businesses
and KGHS Students

Tot Time FIELD TRIPS

PRINCE & PRINCESS TEA PARTY

Friday, March 20th

10:30 AM - 12:00 PM

Caledon State Park

\$10 per child

6 months - 6 years

MUSIC & MOVEMENT DAY

Friday, April 10th

10:30 AM - 12:00 PM

Barnesfield Park

\$8 per child

6 months - 6 years



Scan to Register

LANDING YOUR FIRST JOB: Skills For Success *Workshops*

Dates & Times

To Be Announced

Citizens Center

Get ready for the King George County Teen Job & Internship Fair and beyond! These **FREE** workshops will help you build the skills you need to stand out to employers and succeed in your job search. Highly recommended for students who have NOT taken Economics and Personal Finance at KGHS.

Workshop Topics Include:

- Creating a strong resume and cover letter
- Interview skills and what employers look for
- Professional communication and workplace etiquette
- How to apply for jobs online and in person
- Dressing for success and making a good first impression

Two sessions will be offered before the Job Fair.
Presented by KGPR, KGHS, and Rappahannock Goodwill



Saturday, March 28th

8 AM - 10 AM

King George County Parks

Find the GOLDEN EGG! Have fun looking for 35 giant eggs, 2 silver eggs, and one golden egg. You'll also be seeking smaller eggs, bunnies, and more! These eggs will be hidden throughout the King George Community.

**Pre-registration is required to participate for this
FREE event!**

Call KGPR at (540)775-4386 before Thursday, March 26th.
Must come in Friday, March 27th for details and your ticket.

Golden Egg Grand Prize: \$100

Two Silver Egg Second Prizes: Value \$50

Donated by Topside Federal Credit Union

Over \$1000 in prizes donated from local vendors and sponsors.
Prize Certificates value from \$5 - \$50.

RAIN OR SHINE!

ONGOING EVENTS

FREDERICKSBURG REGIONAL FOOD BANK

Third Tuesday of the Month

11:00 AM - 12:00 PM

King George Citizen Center Parking Lot

The Fredericksburg Regional Food Bank helps to provide nutritious food to over 35,000 people through our network of 159 community partners operating more than 250 food assistance programs.

For more information about the Fredericksburg Regional Food Bank, visit:
<https://fredfood.org> or call (540)371-7666.



EVENTS CALENDAR

AARP MONTHLY MEETINGS

Mondays | Jan. 5th, Feb. 2nd, March 2nd

FREDERICKSBURG REGIONAL FOOD BANK MOBILE PANTRY

Tuesdays | Jan. 20th, Feb. 17th, March 17th

NERF WARS

Fridays | Jan. 23rd, Feb. 20th, March 20th

TEEN JOB & INTERNSHIP FAIR

Saturday, February 21st

TOT TIME FIELD TRIPS

Fridays | March 20th, April 10th

COMMUNITY EGG HUNT

Saturday, March 28th

FLEA MARKET

Saturday, April 4th



Fridays | Jan. 23rd, Feb. 20th, March 20th

Ages 5-8 years old | 5:00 PM - 6:30 PM

Ages 9-Young at Heart | 7:00 PM - 8:30 PM

King George Gymnastics Center

Come out and battle with your friends!

We will provide darts and eyewear, you bring your own gun marked with your name!

\$10 per person includes a slice of pizza and a drink

Register at

<https://secure.recl.com/VA/king-george-va/catalog>.



Scan to Register



Saturday, April 4th

7:00 AM to 12:00 PM

King George Citizens Center Parking Lot

Looking for an opportunity to clean out your closet, basement, or garage and make your goods someone else's treasures? Join KGPR for our 2026 Flea Markets at the King George Citizens Center!

To reserve your space or for any questions, please call us at (540)775-4386. Please keep in mind that these dates are tentative. All cancellations will be announced through KGAAlert, please make sure that you're signed up with

www.kgalert.com.

Entry Price | FREE!

Vendor Prices

\$10 per table | \$25 for 3 tables | \$35 for 4 tables

BEFORE & AFTER SCHOOL CARE

PLAY IT SMART

King George County Parks & Recreation and the King George County Schools have teamed up to offer before and after school programs for grades K-5. 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 be sure to pick up your child(ren) by 6:00 PM. An additional fee will apply for late pick-up.

PROGRAM NOTES: On half days and holidays, the program is CLOSED. King George Parks and Recreation has the right to cancel outside activities in the event of inclement weather conditions, heat advisories, or safety concerns.

Monday - Friday

Before Care: 6:30 AM - 8:30 AM

After Care: 3:30 PM - 6:00 PM

All elementary schools

Ages: Grades K - 5

Weekly Prices:

Before Care: \$60

After Care \$75

Both Before & After Care \$85

Early registration begins April 20th.

One-time early registration fee is \$15.

Regular registration begins May 4th and goes until full.

One-time registration fee is \$25.

To register, please visit the King George Citizens Center.

SUMMER CAMP 2026

King George County Parks & Recreation is offering our Summer Camp again this year to children ages 5-15 years old.

This nine-week program has Weekly Themes, offering a variety of activities including Arts & Crafts, Field Trips, Group Games, Ice Cream Truck Fridays, and Team Building Challenges!

May 26th - July 24th*

7:30 AM - 5:30 PM

King George Elementary School

\$195 per week

Early registration begins April 6th

One-time early registration fee is \$20.

Regular registration begins April 28th and goes until the camp is full.

One-time registration fee is \$35.

To register, visit the King George Citizens Center.

*No camp on June 19th.

PRESCHOOL PROGRAMS & SPORTS

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.



No sessions on state holidays.

Fridays

10:30 AM - 12:00 PM

King George Citizens Center

Ages: 0-6 Years old

Price: \$3 for the first child
\$1 for each additional child



PEE WEE SOCCER

Pee-Wee Soccer is an instructional and developmental program that enables children aged 3 - 4 years to have a positive sports experience. It is a step-by-step approach that builds self-confidence, while teaching the fundamentals of the game. Parents participate with their children to help teach them the basic skills needed for the next level of organized play. This program utilizes positive reinforcement and fun activities!

Two sessions available: either Tuesdays OR Thursdays.

3 - 4 years as of the first day of the session

Tuesdays, April 7th - May 19th

OR Thursdays, April 9th - May 21st

6:00 PM - 7:00 PM

Sealston Sports Complex | Multi Purpose Field 1

Registration Deadline: February 8th

Price: \$80 (includes shin guards, a ball, cones, a T-shirt, a bag, and a guidebook for the players to keep)

To register, visit <https://secure.recl.com/VA/king-george-va/catalog>



Scan to Register

YOUTH SPORTS

SOCCER

The KGPR youth soccer program is a competitive recreational co-ed league. The program focuses on the fundamentals of dribbling, passing, shooting, defending, and teamwork. Practices are conducted twice-weekly during the pre-season (before games start). Once the games begin, coaches have the option to practice once or twice per week, depending on the availability of the coach and the team as a whole. Uniforms are provided with registration, and they include 2 jerseys, socks, and shorts (save \$30 if you already have the blue/gold jerseys from a previous season). Each team will play between 7 and 10 games. Age divisions U14 and above may play games outside King George County, including Stafford, while all games in the younger age divisions are played in King George.

Practices begin the week of March 9th.

SAVE \$15 if you register before January 22nd!

SAVE \$30 if you already have the blue/gold jerseys from a previous season!

Register at <https://secure.recl.com/VA/king-george-va/catalog>

Co-Ed Division	Born In	Early Bird Fee Jan. 8 th - Jan. 22 nd	Regular Registration Fee Jan. 23 rd - Feb. 8 th
U6 (4 & 5 year olds)	2020 or 2021	\$107	\$122
U8 (6 & 7 year olds)	2018 or 2019	\$127	\$142
U10 (8 & 9 year olds)	2016 or 2017	\$127	\$142
U12 (10 & 11 year olds)	2014 or 2015	\$137	\$152
U14 (12 & 13 year olds)	2012 or 2013	\$137	\$152
U19 (14 - 18 year olds)	2007 - 2011	\$137	\$152

KING GEORGE SPORTS ACADEMY | KGSA

KG Sports Academy is excited to share its commitment and passion for youth sports! Coach Castillo, who leads the academy, has witnessed many young players excel in one age division and freeze in the next. To combat this, KGSA works to prepare players that are moving from one age division into the next for their respective sport through developmental drills and exposure to in-game scenarios. Each camp specifically helps young athletes to become familiar with the new rules and game play for the next division, build their confidence, and ensure their success moving forward.

KGSA COMPETITIVE BASKETBALL CLINICS

KGSA is excited to host high-energy competitive basketball clinics designed to build skills, confidence, and a love for the game, all while having fun! The clinics will focus on fundamental basketball skills combined with friendly competition to keep players engaged and motivated. Clinic highlights include skill development (dribbling, shooting, passing, and footwork), competitive drills, mini challenges, and basketball games.

Winners of competitive games will win prizes!



Monday, February 16th
KG Elementary School Gymnasium
\$40 per player

1st & 2nd Grade | 10 - 11:30 AM

3rd & 4th Grade | 12 - 1:30 PM

Register at <https://secure.recl.com/VA/king-george-va/catalog>



YOUTH & ADULT SPORTS

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.

Tuesdays & Thursdays

January 6th - March 12th

6:00 PM - 7:00 PM | \$82 | Beginner

6:00 PM - 8:00 PM | \$92 | Advanced

Old King George Elementary Cafeteria | 9100 St. Anthony's Way

Registration Deadline | Monday, January 5th

Youth | 6-13 years old | Co-Ed

Adult | 14+ years old | Co-Ed



Scan to Register



SPORTS AFFILIATES

KING GEORGE LITTLE LEAGUE

King George Little League offers blast ball, t-ball, baseball, and softball for kids ages 4-18 for both a spring and fall session.

Learn more by visiting www.kglittleleague.org.



KING GEORGE YOUTH ATHLETIC ASSOCIATION

King George Youth Athletic Association sponsors both flag and tackle football, as well as cheerleading each year for kids ages 4-18.

Learn program specifics including registration information at www.kgyaa.org.



GYMNASTICS

Gymnastics teaches many transferable skills for both your child's mental and physical health. Gymnastics builds strength, flexibility, coordination, and balance, increasing self-esteem, building social skills, learning to make positive choices, and respecting others in their lives.

Classes are available for children of all ages from 6 months to 18 years old. The session will run for 8 weeks.

All classes are held at the Quonset Hut/King George Gymnastics Center located at 9100 St. Anthony's Road behind the School Board office. Park in the side lot across the street from St. Anthony's Catholic Church.

Some classes require preauthorization from our coaches. For any questions about which class you should enroll in please contact Coach Heather at (540)419-8265. For other questions, call (540)775-4386.

Registration Deadline is Thursday, January 8th.

PARENT-N-MINI/LITTLE ME

Gymnastics basics are begun as Little Me's follow the coach. A fun warm-up and stretching are included.

Ages: 24 months - 3.5 years

Price: \$86

Session 1

Day: Tuesdays

Time: 5:00 PM - 5:50 PM

January 13th - March 3rd

ACTION GYMS

This fun class uses music and props to learn coordination and body awareness. The children will learn some gymnastics, but this class is more focused on movement to music.

Ages: Walking - 5 years

Price: \$86

Session 1

Day: Saturdays

Time: 10:00 AM - 10:50 AM

January 17th - March 7th

INTERMEDIATE

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

Ages: 5-9 years

Price: \$86

Session 1

Day: Tuesdays

Time: 6:10 PM - 7:00 PM

January 13th - March 3rd

PRE-KINDER

The children will learn to be independent of their parents and follow the coach's instructions. They will learn skills on specialized gymnastics equipment as well as coordination and self-awareness.

Ages: 3.5 - 4 years old

Price: \$86

Session 1

Day: Mondays

Time: 5:00 PM - 5:50 PM

January 12th - March 2nd

Session 2

Day: Thursdays

Time: 5:00 PM - 5:50 PM

January 15th - March 5th

MIGHTY GYMS

Development from pre-school skills to school-age skills will be emphasized in the advanced class. **Coach approval is required.**

Ages: 3 - 4 years old

Price: \$86

Session 1

Day: Tuesdays

Time: 5:00 PM - 5:50 PM

January 13th - March 3rd

FIRST BEGINNER

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

Ages: 5 - 8 years

Price: \$86

Session 1

Day: Mondays

Time: 5:00 PM - 5:50 PM

January 12th - March 2nd

Session 2

Day: Thursdays

Time: 6:10 PM - 7:00 PM

January 15th - March 5th

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)

Price: \$86

Session 1

Day: Tuesdays

Time: 6:10 PM - 7:00 PM

January 13th - March 3rd

TOP BEGINNER/ADVANCED

Gymnasts in this class have already had some gymnastics experience and want to master their skills. Children should be able to do basic skills with little to no help.

Ages: 9-17 years

Price: \$86

Session 1

Day: Mondays

Time: 6:10 PM - 7:00 PM

January 12th - March 2nd

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

Price: \$126

Session 1

Day: Tuesdays

Time: 7:20 PM - 8:40 PM

January 13th - March 3rd

BLUE GYMS

This class is designed for energetic boys. There is no skill requirement for this class. We will work on conditioning, flexibility, strength and boy's skills from basic to advanced.

Ages: Boys 5 - 17 years old

Price: \$86

Session 1

Day: Tuesdays

Time: 7:20 PM - 8:10 PM

January 13th - March 3rd

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

Price: \$161

Session 1

Day: Mondays

Time: 6:10 PM - 8:00 PM

January 12th - March 2nd

HIGH FLYERS

This is an advanced class for the younger gymnast. Basic skills should be accomplished with little to no help. **Must be asked by coach to register for this class.**

Ages: 5 - 6 years (advanced)

Price: \$86

Session 1

Day: Thursdays

Time: 6:10 PM - 7:00 PM

January 15th - March 5th



Scan to Register

CHEER

PEE WEE CHEER

Pee Wee Cheer is an introduction class to cheerleading. Your athlete will learn basic motions, beginner jumps, beginner tumbling, and easy chants to give them the best foundation for the sport.

Ages: 4 - 5 years

Price: \$52

Day: Wednesdays

Time: 4:30 PM - 5:00 PM

January 14th - March 4th

CHEER, JUMP, & STUNT

Your athlete will learn the basics of cheer. We will work on proper motions, jumps, using your cheer voice, tumbling, and drills to help build strength for all of these. We will also introduce stunting. We will have a quick evaluation on the first night to assess the level and needs of each athlete.

Ages: 6 - 18 years

Price: \$126

Day: Wednesdays

Time: 6:10 PM - 7:30 PM

January 14th - March 4th



TUMBLING

BEGINNER TUMBLING

This 50-minute class focuses on tumbling skills, strength, and flexibility using the floor and mats. These basic tumbling fundamentals will physically develop coordination, flexibility, balance, and endurance.

Ages: 5 - 10 years

Price: \$86

Day: Wednesdays

Time: 5:00 PM - 5:50 PM

January 14th - March 4th

ADVANCED CHEER TUMBLING

Students must be proficient in back handsprings and ready to work back tucks. This class focuses on advanced tumbling skills, strength, and flexibility.

Ages: 9 - 18 years

Price: \$86

Day: Wednesdays

Time: 5:00 PM - 5:50 PM

January 14th - March 4th

EXERCISE CLASSES AT THE CITIZENS CENTER

LINE *Dance*

EVENINGS

Ready to boot, scoot, and boogie?

Mondays

6:30 PM - 8:00 PM

Instructor: Charlie Burrell

Ages: 18+

Price: \$5/class

MID-DAY BEGINNERS

Put on your boots and get your mid-day workout!

Thursdays

11:30 AM - 12:30 PM

Instructor: Bonnie Taylor

Ages: 18+

Price: \$5/class

YOGA *& Meditation* For Beginners

Join us for a transformative love and light yoga and meditation class designed to promote balance and strength throughout your entire body. As we flow through gentle yoga poses, you will discover a sense of inner peace and tranquility, allowing the stresses of daily life to fade away.

Whether you are a beginner or an experienced practitioner, this class is an invitation to nurture your body and soul while cultivating a vibrant sense of well-being. Embrace the power of love, light, and mindfulness in this rejuvenating journey towards holistic health. Join us and rediscover your inner strength! Bring Yoga Mats & A Water Bottle!

Tuesdays

5:30 PM - 6:30 PM

Instructor: Aubrey of The Foliage Pharm, LLC.

All Ages Welcome

\$5/class

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 movements in Tai Chi cultivates whole-body health. A study by the Arthritis Foundation supports the many benefits of Tai Chi, including reduction of pain and inflammation, lowered blood pressure, improved immune function and improved balance and flexibility. This Tai Chi exercise class will teach simple forms that are easy to learn, but challenging to master.

Mondays & Thursdays

4:00 PM - 5:00 PM

Instructors: Linda Kline and Phyllis Cook

Ages: 16+

Price: \$25/month or \$5/class

ZUMBA *Fitness*

Great dynamic core workout. Easy learning environment. Weight loss. Positive self-image. Exercise in disguise.

Wednesdays

6:00 PM - 7:00 PM

Instructor: Debbie Moss

Ages: 16+

Price: \$5/class



SENIOR PROGRAMS AT THE CITIZENS CENTER

Active Adults (55+) **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.

Tuesdays & Thursdays
1:00 PM - 4:00 PM
King George Citizens Center

Ages: 55+
FREE!



FUNCTIONAL *Fitness*

This six-class session will improve your cardiovascular health and strengthen your bones. Your joints will become more fluid and balance will become noticeably better. Posture muscles from this format will allow lungs to have fuller breath and more. Your general well-being WILL improve! Please bring small weight dumbbells and a mat.

Thursdays
January 22nd - February 26th
10:00 AM - 11:00 AM
Instructor: Certified Fitness Professional,
Paula Van Alstine
Price: \$35/session

KING GEORGE **AARP®** Chapter 3195

AARP Chapter 3195 of King George County holds monthly meetings that include program information, guest speakers, and more all geared toward active adults 50 years of age & up.

First Monday of each month
12:00 PM
King George Citizens Center

Ages: Active Adults, 50+



Senior Cafes provide nutritional, social, recreational, and physical activities in addition to transportation, shopping, and events. For more information on eligibility or to schedule a visit to a cafe, please contact HGAAA at (540)371-3375.

Tuesdays, Wednesdays, & Fridays
10:00 AM - 2:00 PM
King George Citizens Center

Ages: Seniors



REGIONAL DAY TRIPS

King George Parks & Recreation is planning day trips to provide the community with a day filled with entertainment, education, and leisure. Call Parks & Recreation for details and additional pricing.

Limited seating!

Payment is due to assure a spot is secured.

Must have a minimum of 8 people to go, max 10 people. If the trip does not go, you will be refunded.

**For reservations or more information, call us at (540)775-4386
or visit <https://secure.recl.com/VA/king-george-va/catalog>.**

CHARLES TOWN HOLLYWOOD SLOTS

Leave King George Citizens Center at 10:00 AM on

Saturday, March 7th

and leave Charles Town at 4:00 PM.

Transportation Only: \$25 per person

(**Drop off & Pick up**)

Points of Interest:

Hollywood Casino at Charles Town Races, located in scenic Charles Town, West Virginia, is your destination for world-class casino gaming and entertainment, award-winning dining, and the thrills of live and simulcast thoroughbred horse racing all year round.

Play your favorite games, earn Marquee rewards, comps, and points, and dine at your choice of fine or casual restaurants.

For more information about

Charles Town Hollywood Slots, visit

<https://www.hollywoodcasinocharlestown.com/>



STAY UP TO DATE WITH EVERYTHING PARKS & RECREATION HAS TO OFFER! KG ALERT

KG Alert subscribers receive our monthly newsletter as well as program updates, registration reminders, and cancellation notices on either their phones or email. Sign up for KG Alert by visiting kgalert.com or by scanning the QR code. In addition to Parks & Recreation, you can choose to receive alerts from the Service Authority, weather emergencies, L.E. Smoot Library, County meetings, County government weather delays & closings, AMBER alerts, and road closures.



KG Alert Signup



COOPER'S HAWK WINERY & RESTAURANT AT SHORT PUMP TOWN CENTER

Leave King George Citizens Center at 9:00 AM on

Saturday, March 21st

and leave Richmond at 3:00 PM.

Transportation Only: \$25 per person

(**Drop off & Pick up**)

Points of Interest:

Discover the collection of wines with a guided tasting experience in a warm, welcoming atmosphere.

Dining Reservations are highly recommended, and Wine Tastings are walk-in only. Walk-in guests will be served based on order of arrival and availability.

Enjoy lunch on your own.

Take in a day of shopping at the
Short Pump Town Center.

For more information about
Cooper's Hawk Winery visit

<https://chwinery.com/locations/virginia/richmond>



NATIONAL HARBOR, TANGER OUTLETS, & MGM

Leave King George Citizens Center at 9:00 AM on

Saturday, April 18th

and leave National Harbor at 3:00 PM.

Transportation Only: \$25 per person

(**Drop off & Pick up**)

Points of Interest:

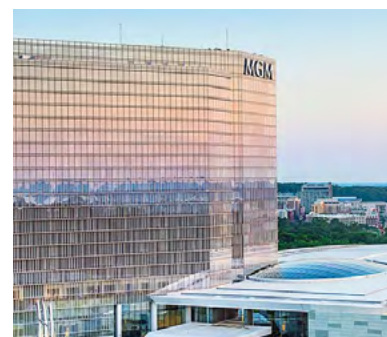
The Captain Wheel. Walk the waterfront shops.

Enjoy lunch on your own at the riverside.

With so many restaurants to choose from, they
have a little something for everyone!

Shop at Tanger Outlets.

Try your luck at MGM Casino!



KGPR Catalog

To register for our Regional Day Trips, please visit

<https://secure.recl.com/VA/king-george-va/catalog>

or call us at (540)775-4386.

OVERNIGHT BUS TRIPS

Travel with King George Parks & Recreation on our overnight bus trips and enjoy days of entertainment, exploration, and relaxation. Call for trip information and pricing. Limited seating!

Payment is due to assure a spot is secured. If the trip does not go, you will be refunded.



For reservations or more information, contact Vivian Shelton at (540)775-4386

or visit <https://secure.recl.com/VA/king-george-va/catalog>.

VIRGINIA BEACH, COLONIAL WILLIAMSBURG, & HISTORIC NORFOLK SEPTEMBER 1st - 3rd

Enjoy 3 days and 2 nights on this bus trip to the Virginia Beach area!

Depart King George at 8:00 AM on Tuesday, September 1st and return on Thursday, September 3rd.

The cost is \$525 for double occupancy; add \$147 for single occupancy. \$75 is due at signing.

Final payment due on June 24th.

Cost includes motorcoach transportation, 2 nights lodging in Virginia Beach, 4 meals: 2 breakfasts and 2 dinners, the VIRGINIA BEACH BOARDWALK, a visit to COLONIAL WILLIAMSBURG, including a Guided Tour, Narrated Norfolk Naval Base Harbor Cruise, Admission to the NAUTICUS & BATTLESHIP WISCONSIN.

TRIP ITINERARY

DAY 1 | SEPTEMBER 1st

Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: beautiful Virginia Beach! Upon arrival, relax and enjoy the VIRGINIA BEACH BOARDWALK, a treasured beach hot spot for locals and tourists, alike. This evening, have Dinner and check into your Virginia Beach hotel for a two night stay.

DAY 2 | SEPTEMBER 2nd

After a Continental Breakfast, you will head to Norfolk, where you'll begin your experience at the famous NAUTICUS & BATTLESHIP WISCONSIN. Located on the downtown waterfront, Nauticus is a marine-themed science center with 3D films and exhibits. You'll also have an opportunity to experience the Battleship Wisconsin and the Hampton Roads Naval Museum. Next you will enjoy lunch on your own. The afternoon, you will experience a relaxing NARRATED NORFOLK NAVAL BASE HARBOR CRUISE aboard the Victory Rover. Tonight, enjoy a relaxing Dinner before returning to your hotel for a good night's rest.

DAY 3 | SEPTEMBER 3rd

Start your day with a Continental Breakfast before you head to COLONIAL WILLIAMSBURG, and become a citizen of the Revolutionary City. Enjoy a guided tour and engage with the local community and experience firsthand the daily struggles of wartime. Then, visit Merchant Square, an 18th-century-style retail village in Colonial Williamsburg where you'll enjoy shopping and lunch on your own. Afterwards, you will depart for home...a perfect time to chat with our friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!



OVERNIGHT BUS TRIPS



Travel with King George Parks & Recreation on our overnight bus trips and enjoy days of entertainment, exploration, and relaxation. Call for trip information and pricing. Limited seating! Payment is due to assure a spot is secured. If the trip does not go, you will be refunded.

For reservations or more information, contact Vivian Shelton at (540)775-4386 or visit <https://secure.recl.com/VA/king-george-va/catalog>.

ATLANTIC CITY SEPTEMBER 20th - 23rd

Enjoy 4 days and 3 nights on this bus trip to Atlantic City!

Depart King George at 8:00 AM on Sunday, September 20th and return on Wednesday, September 23rd.

The cost is \$529 for double occupancy; add \$189 for single occupancy. \$75 is due at signing.

Final payment due on July 13th.

Cost includes motorcoach transportation, 3 nights lodging in an Atlantic City Casino Hotel, 4 meals: 3 breakfasts and 1 dinner, a Casino Bonus, Spectacular Gaming and Sight-seeing in Atlantic City.

TRIP ITINERARY

DAY 1 | SEPTEMBER 20th

Depart your group's location in a spacious, video and restroom equipped motorcoach as you set off for the excitement of Atlantic City! Upon arrival, you will check into a Casino Hotel in Atlantic City and receive a FREE Casino Bonus to kick off the gaming excitement (subject to change by the Casino).

DAY 2 | SEPTEMBER 21st

Start your day with a Hot Breakfast before enjoying a free day in Atlantic City to do what you wish! Take in a show, do some more gaming, or take a stroll down Atlantic City's famous boardwalk.

DAY 3 | SEPTEMBER 22nd

Start your day with a Hot Breakfast before enjoying another free day to do what you wish! This evening, you will enjoy a wonderful Dinner at the Casino Hotel.

DAY 4 | SEPTEMBER 23rd

Today, after enjoying a Hot Breakfast, you depart for home...A perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!



OVERNIGHT BUS TRIPS

Travel with King George Parks & Recreation on our overnight bus trips and enjoy days of entertainment, exploration, and relaxation. Call for trip information and pricing. Limited seating! Payment is due to assure a spot is secured. If the trip does not go, you will be refunded.



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MIAMI, FORT LAUDERDALE, & KEY WEST, FLORIDA NOVEMBER 8th - 14th

Enjoy 7 days and 6 nights on this bus trip to the Miami area!

Depart King George at 8:00 AM on Sunday, November 8th and return on Saturday, November 14th.

The cost is \$939 for double occupancy; add \$319 for single occupancy. \$75 is due at signing.

Final payment due on September 1st.

Cost includes motorcoach transportation, 6 nights lodging including 4 consecutive nights in the Miami area, 9 meals: 6 breakfasts and 3 dinners, full-day Guided Tour of Miami, admission to enchanting Coral Castle, a visit to the exciting island city of Key West, enjoy a sightseeing cruise down the “Venice of America”, free time and shopping in beautiful and famous “South Beach”, and a visit to the Oceanfront Hollywood Beach “Broadwalk”.

TRIP ITINERARY

DAY 1 | NOVEMBER 8th

Board your spacious, video and restroom equipped motorcoach and set off for the exciting subtropical climates of Miami, Ft. Lauderdale, and Key West! This evening, settle into a comfortable en route hotel for a good night's rest.

DAY 2 | NOVEMBER 9th

Today, after a Continental Breakfast, you'll arrive in sunny Miami, Florida. Tonight, enjoy Dinner and check into your Miami area hotel for a four-night stay.

DAY 3 | NOVEMBER 10th

Start your day with a Continental Breakfast before departing for a full-day GUIDED TOUR of Miami. Next, you'll head for exciting and glamorous Miami Beach and the famous South Beach area! Take in the beauty of Miami, as you browse the unique galleries, specialty shops, and designer boutiques. Next, with your guide, you'll enjoy a visit to the amazing CORAL CASTLE. Built by one man from 1923 to 1951, Edward Leedskalnin single-handedly and secretly carved 1,100 tons of coral rock. When Ed was 26 years old his heart was broken by his one true love when she canceled their wedding just one day before the ceremony. Deeply saddened by this tragic loss, Ed set out on a lifelong quest to create a monument to his lost love that is now considered one of the world's most remarkable accomplishments. Tonight, you'll enjoy Dinner with Live Entertainment.



DAY 4 | NOVEMBER 11th

After a Continental Breakfast, depart for Key West - the Southernmost City in the Continental U.S.A. Discover this enchanting place while enjoying free time to experience the sights and sounds of Key West. Later that day, you'll return to your Miami area hotel.

DAY 5 | NOVEMBER 12th

Enjoy a Continental Breakfast at your hotel before leaving for the beautiful oceanfront HOLLYWOOD BEACH "BROADWALK", named one of America's best beach boardwalks. Admire the Atlantic Ocean while strolling this brick-paved promenade or relax at one of its many cafes and eateries. Next, your adventure continues with a SIGHTSEEING CRUISE down the "Venice of America," Fort Lauderdale's New River, sailing through Millionaire's Row with homes of the Rich and Famous, spectacular Mega Yachts, and sights beyond belief. Tonight, you will enjoy Dinner at a local restaurant before returning to your hotel.

DAY 6 | NOVEMBER 13th

After a Continental Breakfast, you will enjoy a visit to the Loggerhead Marinelife Center in Juno Beach, FL. Immerse yourself in the wonders of the ocean. This evening, relax at your en route hotel.

DAY 7 | NOVEMBER 14th

After enjoying a Continental Breakfast, you'll depart for home... a time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group will take you!

To register for our Overnight Bus Trips, please call us at (540)775-4386 or visit <https://secure.recl.com/VA/king-george-va/catalog>



Support for you...

Through all of life's adventures.

Life is full of surprises and adventures, and we are here for the long haul. From buying your first car to starting your child's first savings account, we are here for you and your family.

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- Free FICO Score
- Free Access to Coin Machines
- Free Notary Services
- Instant Issue Cards

- Youth Saves Account
- Youth Benefits Program
- Business Accounts
- Free Online Banking*
- Free Mobile Deposit*
- Free Bill Pay*
- Free E-Statements*
- & More!

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