

Sir Leisure A'Lot

FUN For Everyone at Parks & Rec

YOUTH PROGRAMS

Yummy Yummy Camps
Art Classes

Creative Movement/Pre-Ballet
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2014 FALL YOUTH
GYMNASTICS

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SPECIAL EVENTS
FOR KIDS

Black Dog Paddle
Bluemoon: Billy B Recyclemania
Backyard Carnival

SUMMER SPORTS



SUMMER ATHLETICS

KG Volleyball Camp Advanced
Skills

Co-Rec Basketball Camp
Youth Volleyball Camp
Youth Basketball Clinic
Tennis Camp

Youth Track Camp
Challenger - British Soccer Camp
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SUMMER CAMP PROGRAMS

A PALOOZA OF FUN!!!!

"SUMMER SUNSATION" DAY
CAMP & TEEN BREAKOUT CAMP

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ENRICHMENT PROGRAMS

Girls Night Out Photo
Socials
King George Bees - Quilting
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SUMMERFEST

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FLEA MARKET

JUNE 7 • JULY 5 •
• AUG. 2 • SEPT. 6 •
OCT. 4

TAKE A TRIP WITH KGPR

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King George County Out & About

In this section you will find information on those who play a role in meeting your leisure needs.

King George County Board of Supervisors

The Board of Supervisors meets the 1st and 3rd Tuesdays of the month at 6:00p.m in the Revercomb Building. The Board of Supervisors consists of five members, one from each of the four districts and one At-Large. Your Board of Supervisors members are: Mr. Cedell Brooks, Shiloh District; Mr. Dale Sisson, At-Large; Mr. Joe Grzeika, Chairman, James Madison District; Mr. James Howard, James Monroe District; and Mrs. Ruby Brabo, Dahlgren District

County Administration – 540-775-9181

Mr. A. Travis Quesenberry, County Administrator
L.E. Smoot Memorial Library – 540-775-7951; www.smoot.org. The library is located at 9533 Kings Highway.

Virginia Cooperative Extension Service – 540-775-3062; located in the Village Center at 10087 Kings Highway. Assistance may be found in the areas of Agricultural and Natural Resources, Commercial Horticulture, Family Consumer Sciences, 4-H Youth Development and Community Viability. The Virginia Cooperative Extension Service is part of Virginia Tech and Virginia State University. Additional information may be obtained at www.offices.ext.vt.edu/king_george

Virginia Department of Game and Inland Fisheries – 804-367-1000

King George County Game Warden 540-775-2049. For Hunter Education Classes, please go to www.huntfishva.com

Virginia Department of Conservation and Recreation – 804-786-1712

Caledon State Park - located in King George County at 11617 Caledon Road. Call 540-663-3861 for information regarding the park or their interpretive programs or visit www.dcr.virginia.gov for information on this park and other Virginia State Parks.

Virginia Tourism Commission – 804-545-5500 / www.vatc.org

Dahlgren Naval Surface Weapons Center – Operator – 540-653-8291

King George Historical Society, Inc. is a non-profit 501(c)3 organization whose purpose is to collect, preserve and to disseminate both information and material of every nature relating to the history, antiquities and literature of King George County in the Commonwealth of Virginia. For more information go to their website at www.kghistory.org

Fall Festival Committee – plans this annual event. Everyone is welcome to join in the celebration. There is a parade, music, games, food, a Fall Festival Queen, and a Fall Festival Dance; all to benefit the King George Community. kgfallfestival.com

Inclusion Statement:

King George County Parks and Recreation is committed to providing a variety of programs to meet the needs and desires of all of its citizens. If you have a disability and need reasonable accommodations, please contact the Department to discuss participating. We ask that you notify us when registering, but not less than ten (10) working days prior to the program or event so that we may make the necessary arrangements.

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Inside the Department

Our Vision

is to become Virginia's premier County in bringing people together and enriching lives through recreation and community activities.

Our Mission

is to effectively deliver services by providing diverse and balanced recreation programs and facilities that incorporate the needs, interests and desires of our citizens. With citizens' support and involvement and interactive utilization of facility, community and natural resources we contribute to maintaining community character, enhancing community spirit, developing partnerships between private enterprises, civic organizations and individuals; hence, reaching out enhancing lives and contributing to the community livability.

Parks and Recreation Advisory Committee

The King George County Parks and Recreation Advisory Committee is appointed by the Board of Supervisors to represent the citizens of their corresponding districts. In addition, the Committee has two non-voting members representing NSWC and the students. Members advise staff on issues related to programs, planning and services; and aid in conceptualizing departmental facilities and operations. Members meet the third Thursday of every month beginning at 7:00pm at the Citizens Center. Your representatives are: Robert Benson, At-Large; Doug Cantrell, James Monroe District; Stevie Gray, Dahlgren; Alice Stanton, NSF Dahlgren Naval Base; Mike White, Chairman, Shiloh District; and Elizabeth Clark, James Madison District.

Senior Navigator

King George County, in partnership with Senior Navigator, is pleased to provide our mature adult population information services that may assist them, or their caregivers, with information. Currently, the Smoot Library serves as the County's Senior Navigator Center. Please feel free to stop by and gain access to a wealth of resources.

Currently, the County Parks and Recreation staff is looking for ideas and instructors from our mature adult community to let us know of activities they would like to see offered.

Parks and Recreation Staff Members

Need to get in touch with a staff member! You may contact us by phone at 540-775-4386, by fax at 540-775-5255, by email kgpr@co.kinggeorge.state.va.us or individually at the following addresses:

Tim Smith, Director of Parks and Recreation
tsmith@co.kinggeorge.state.va.us

Lorenzo Smith, Athletic Supervisor
lsmith@co.kinggeorge.state.va.us

Janine Paulsen, Recreation Supervisor
jpaulsen@co.kinggeorge.state.va.us

Linda Gallagher, Administrative Assistant
lgallagher@co.kinggeorge.state.va.us

Vivian Shelton, Evening/Weekend Operations Supervisor
vshelton@co.kinggeorge.state.va.us

or come by our office to speak to a staff member in person (appointments guarantee seeing a specific staff member).

We work closely with the Department of General Properties with regards to building and grounds maintenance. If you encounter a building and grounds issue, please give our department a call so that we may forward the message.

Office Information

The Parks and Recreation office operates out of the Citizens Center, located at 8076 Kings Highway. Our business hours are 8:00a.m – 7:00p.m Monday – Thursday and 8:00a.m – 5:00p.m on Friday. Our offices are closed on holidays designated by the state. To speak to a staff member you may personally come by, call 540-775-4386 or TDD# 540-779-2049, email, fax or by mail at Parks and Recreation, P.O. Box 71, King George, VA. 22485. You may check out our programs on the County's website www.king-george.va.us or browse our programs and register on-line (only way to pay by credit card) at <http://kinggeorge.recdesk.com>

KG ALERT – Sign up today for the KGALERT system. This free system managed by authorized County Emergency Management personnel will bring you important County information as well as notify you of important information during an emergency or disaster. You sign up and you decide what information you would like to receive. This information is delivered to email, cell phones with text messaging capability, palm pilots, and blackberries. Tell your friends, family, and neighbors. Sign up today! www.kgalert.com.

PRESCRIPTION DISCOUNT CARD - King George County, in conjunction with the National Association of Counties, is pleased to offer to its citizens a free Prescription Discount Card. The card provides a discount on prescriptions not covered by insurance. Pick up your card at the Citizens Center or the County Administration Building.

King George County has implemented an **AMBULANCE FEE** for SERVICE program. This program aids in offsetting costs associated with providing citizens quality service. Financial reimbursement will come from Medicaid, Medicare and other private insurance companies who already include this service in the coverage they offer to the people they insure. For more information, please call King George County Department of Emergency Services at 540-775-7995.

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Facilities Information

The Place Where Programs Call Home

Programs are offered throughout the County. Most facilities are located within a twenty minute drive. For your convenience, we have listed the main sites used and their addresses and abbreviations used throughout this guide. If you are still unsure where a facility is located, please do not hesitate to contact us.

Our facilities are:

Citizens Center - King George County Citizens Center – 8076 Kings Highway (Rt. 3); 8:00a.m – 9:00p.m weekdays and 12:00a.m on weekends for programs and rentals.

Barnesfield Park – 3360 Barnesfield Road (off Rt. 301, 1 mile South of Potomac River – Harry G. Nice Bridge)

Shiloh Park - 11259 Henry Griffin Rd. off Rt. 205.

Tennis Courts - King George County Tennis Center – 8246 Dahlgren Road (Rts 206 & 3) – daylight use only except during school hours.

Sealston Sports Complex – 11050 Fletchers Chapel Road; newly developed, this facility has 4 baseball/softball field and a nine acre multi-purpose field.

KGHS - King George High School – 10100 Foxes Way (Rts. 3); Gym and Athletic Fields after 6:00p.m / weekends

KGMS - King George Middle School – 8246 Dahlgren Road (Rt. 206); Gym after 6:00p.m / weekends

OKGMS-Old King George Middle School-8562 Dahlgren Road (Rt. 206); Gym after 6:00p.m./ weekends

PES - Potomac Elementary – 16495 15th Street (near the corner of Rt. 206 and Gym and Outdoors after 6:00p.m / weekends

KGES - King George Elementary – 10381 Ridge Road (Rts. 205 & 3); Gym, Cafeteria and outdoors after 6:00p.m / weekends

OKGES - Old King George Elementary – 9100 Saint Anthony's Road; Gym and old Cafeteria anytime, subject to availability.

SES - Sealston Elementary – 11048 Fletchers Chapel Road (off Rt. 3); Gym and Outdoors after 6:00p.m / weekends

FUNd for Kids

Interested in making a difference in a child's life? Through the generosity of individuals and organizations; and in conferring with the schools, church leaders and Department of Social Services, many youth are afforded the opportunity to participate in activities that otherwise they may not be able to because of financial reasons. If you have an interest in helping give a child an opportunity to participate, please consider donating. Your support is greatly appreciated.

King George County Public Facilities Tour

In addition to the facilities used for programs, the Parks and Recreation Department is directly responsible for the oversight of Wayside Park, Barnesfield Park, Wilmont Landing, Sealston Sports Complex and the Citizens Center.

Sealston Sports Complex is a 45 acre park adjoining Sealston Elementary School. Currently, this facility consists of a 10 acre multipurpose field and four baseball/softball fields, 2 lighted ball fields, picnic shelter, restroom and concession stand. There is limited parking within the park and additional parking is permitted at the school's parking lot.

Wayside Park is a 10 acre park site on the Potomac River located on Route 301 at the Harry G. Nice Memorial Bridge. Amenities include several picnic tables, two grills and approximately 100 yards of beach. Parking is limited on-site; however, there is additional parking located at the commuter parking lot adjoining the Welcome Center and at Barnesfield (a short 5 minute stroll).

Barnesfield Park is located on Route 301 approximately one mile south of the Harry G. Nice Memorial Bridge. This 150 acre park has 2 picnic shelters, 3 baseball/softball fields, 1 Little League size field, 2 multipurpose fields, outdoor basketball courts and fitness loop.

Wilmont Landing – this landing provides public boat access to the Rappahannock River. This site has very limited parking available. Wilmont Landing is located on Wilmont Road off of Rollins Fork Road (Rt. 681). To reach Rollins Fork Road; follow Rt 3 approximately 6 miles east of Rt 301 & 3 intersection.

Citizens Center – located at 8076 Kings Highway (across from The Shops at King George shopping center). Inside the Center is the Parks and Recreation office, a conference room, a banquet room and kitchen. Tuesday through Thursday mornings, the Rappahannock Area Agency on Aging offers a program for mature adults on one side of the banquet hall while the other side is used for a variety of recreational activities. Recreational programs are offered on-site all week long. When not in use for departmental activities, the Center may be rented for functions. Outside, there are sand volleyball courts, a playground and a couple of picnic tables.

Shiloh Park - located at the old landfill site off Rt. 205, our newest facility (**to open in the Fall**) has one NCAA size baseball field, multi-purpose field, playground, an approximate 1 mile loop walking path and plenty of parking.





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General Information

IMPORTANT General Program Information: Please Read.

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

Due to facility uses, 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 with 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 cancelled 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 designated deadline. Any late registrations coming in beyond two weeks after the registration deadline will be assessed \$20 plus any additional cost associated with ordering equipment or supplies.

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. Programs offered at other locations are dealt with on a case by case basis.

Insufficient Funds - Checks returned for insufficient funds will be assessed a \$35 fee by the Treasurer's Office and the check-writer's name will be forwarded to our Department. The Department 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 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. 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.

Program Evaluations

Program evaluations will be randomly given to participants or their parents. Evaluations are issued to gauge how programs are received, the instruction or coaching, an assessment on the registration process from the time you get registration form to making payment and our reflection on you, the facilities we use and your ideas on what we can do to better serve you whether it is in program offerings, staffing or department operations.

Movie-Goers

Come to the Parks and Recreation Department to get your discounted Regal Cinema Movie Tickets. We offer two types of tickets, the VIP Super Saver and Premier Super Saver. VIP Super Saver tickets are \$7.50 each and allow individuals to see a movie two weeks after being released. Premier Super Saver tickets cost \$8.50 each and have no restrictions.



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Summer Camp Programs

PALOOZA OF FUN!!!!

Our camps are offered to afford youth a variety of weeklong ventures. Staff hopes that we have provided something for everyone. The Parks and Recreation Department's "Summer Sunsatation" and "Teen Breakout" camps are 9-week, Monday - Friday day care programs which are offered from 7:30am - 5:30pm. Extended hours will be offered from 6:30am - 7:30am and from 5:30pm - 6pm for an additional \$25.00. Each camp is staffed by a Camp Director, Assistant Director and Camp Counselors. CAMP FEES for Summer Sunsatations and Teen Breakout (per person) are: \$25.00 one-time registration fee (campers receive camp t-shirt and daypack); \$125.00 per week camp fee, \$135.00 for non-residents, and an additional \$25 for extended hours. Weekly fees cover: Skating, bowling, weekly field trips and activities (weather permitting). Teen camp includes swimming in addition to the other activities. The only additional cost to participants

will be for our Kings Dominion Trip (\$40.00 unless participants bring their own season passes).

***PARKS AND RECREATION HAS THE RIGHT TO CANCEL TRIPS AND ACTIVITIES**

IN THE EVENT OF INCLEMENT WEATHER CONDITIONS or HEAT ADVISORIES.

CAMP PACKETS ARE AVAILABLE AT CITIZENS CENTER. (Registration is required on Wednesday, one week prior to your child or children attending camp)

For more information about Summer Camp, contact King George Parks and Recreation: Janine Paulsen at 540/775-4FUN.

* Week 10: EXTENSION CAMP at old King George Middle School - cost: \$100.00. Community partners King George Parks & Recreation and Extension Services will provide this one week camp from 7:30 - 5:30pm (Details to follow).

"SUMMER SUNSATATION" DAY CAMP

June 16th - August 15th @ King George Elementary

This is a wonderful day camp for children, ages 5 -10 (Children must have completed Kindergarten to participate in the program). They will enjoy and participate in exciting activities, new experiences, rewarding adventures, new relationships and more. Campers love the variety of programs and trips. Each week campers will go to the movies, skating, bowling and a weekly field trip, if available. The enthusiastic staff provides a safe and wonderful environment for the children to be stimulated and have a meaningful week of fun and excitement. Enroll early as we only accept 100 youth.

Monday: MOVIE on site

Tuesday: WATER day

Wednesday: BOWLING

Thursday: FIELD TRIPS are scheduled

Friday: SKATING

Weekly Trips

Week 1, June 16 - June 20: Gilbert Run

Week 2, June 23 - June 27: Maymont

Week 3, June 30 - July 3: Westmoreland State Park

Week 4, July 7 - July 11: Kings Dominion

Week 5, July 14 - July 18: Natural History Museum

Week 6, July 21 - July 25: Zoo

Week 7, July 28 - August 1: Waste Management (Tentative)

Week 8, August 4 - August 8: Kings Dominion

Week 9, August 11 - August 15: No Big Trip

TEEN BREAKOUT

June 16th - August 15th @ King George Elementary

Teen Breakout Camp is offered for children ages 11-15 years of age. This summer's program will offer a fun, exciting and historical learning environment as we take the teens on a Journey through Time. This is a wonderful day camp for teens. They will enjoy and participate in exciting activities, new experiences, rewarding adventures, new relationships and more. Campers love the variety of programs and trips. Each week campers will go skating, bowling and a weekly field trip, if available. The enthusiastic staff provides a safe and wonderful environment for the children to be stimulated and have a meaningful week of fun and excitement. Maximum number of participants will be 50 campers.

Monday: MOVIE on site

Tuesday: SWIMMING

Wednesday: Bowling

Thursday: FIELD TRIPS are scheduled

Friday: SKATING

Weekly Trips

Week 1, June 16 - June 20: Gilbert Run Park

Week 2, June 23 - June 27: Maymont

Week 3, June 30 - July 3: Westmoreland State Park

Week 4, July 7 - July 11: Kings Dominion

Week 5, July 14 - July 18: Natural History Museum

Week 6, July 21 - July 25: Zoo

Week 7, July 28 - August 1: Waste Management (Tentative)

Week 8, August 4 - August 8: Kings Dominion

Week 9, August 11 - August 15: No Big Trip

**** Please note this is a tentative schedule, trips and/or activities may change due to availability and weather. ****

PAYMENT SCHEDULE for Summer Sunsatations and Teen Breakout @\$125.00 PER WEEK, Non-Residents: \$135.00 PER WEEK (Additional \$25 for extended hours).

PAYMENTS ARE TO BE PAID WEDNESDAYS ON-SITE BETWEEN 7:30a.m AND 9:30a.m.

****In order to hold spot and keep your child on the camp roster you will be required to pay a \$25.00 deposit for each additional week of camp they are planning to attend.**

Example: When you register you will pay a registration fee of \$25.00. You will pay \$125.00 for your first week and if you plan any additional weeks you will pay a \$25.00 DEPOSIT for each week requested. In addition you will pay for Kings Dominion \$40.00 at registration or provide a Season Pass on the day of the trip.

\$25.00 Registration Fee

\$125.00 First Week of Camp

\$200.00 (\$25 x 8 Additional Weeks Deposit)

\$80.00 Kings Dominion

\$430.00 Total Deposit

Payments accepted as follows:

(CHECKS/MONEY ORDERS ONLY - NO CASH AT CAMP SITES)

NOTE: You will be given a receipt when you make payment please keep this for tax purposes. Parks and Recreation is unable to provide statements for tax purposes.

Youth Programs

Youth programs are those whose primary audience is ages 5 – 17. These are non-athletic programs that are offered whose focus is on the arts, culture, physical and structured movement.

PLAY IT SMART BEFORE AND AFTER SCHOOL PROGRAM

Packages are available at King George Parks & Recreation The King George County Parks and Recreation Department and the KG County Schools have teamed up to offer a before and after school program, ages K – 6th. Supervised activities will include games, sports, crafts, fitness and homework assistance. This program will instill character education, fitness and nutrition. A half-hour is designated everyday for homework and reading time. Please pick-up by 6:00 pm. Note: On half days and holidays the program is closed.

COST \$50.00 week/\$15.00 day BEFORE & AFTER SCHOOL

\$25.00 week/\$7.00 day BEFORE SCHOOL ONLY @

All Elementary Schools 6:30 – 8:30a.m;

\$40.00 week/\$10.00 day AFTER SCHOOL ONLY @

All Elementary Schools - 3:30 – 6:00p.m

PRE-REGISTRATION IS REQUIRED AND HELD AT THE King George Parks and Recreation Office. Program is limited to 75 students per school per week at King George and Sealston Elementary and 25 students per week at Potomac Elementary. Call the Recreation Department for more details.

YUMMY YUMMY CAMPS

What's Cooking • 6/23 – 6/27 and 7/7 – 7/11

These camps are a real TREAT for the participants. Cost covers apron, ingredients, cookbook and instruction.

Preschoolers (ages 2 - 4) will be introduced to beginning cooking techniques as they explore different tastes and textures of foods. Limited to 10 participants. Location: KGES

Kids in the Kitchen! (ages 5 – 8 and 9 & older)

This is a great class to get kids in the kitchen. Participants will have fun exploring healthy recipes that can be easily reproduced at home. They will enjoy learning basic techniques, being creative and making some delicious and appealing recipes. Great reviews from past participants. Instructor - Gloria Burrell. KGES

Age	Day	Date	Time	Cost
2 - 4	M - F	6/23 – 6/27	9:00 – 10:00am	\$ 60
5 - 8	M - F	6/23 – 6/27	10:15 – 11:15am	\$ 60
9+	M - F	6/23 – 6/27	11:30 – 1:00pm	\$ 65
2 - 4	M - F	7/7 – 7/11	9:00 – 10:00a.m	\$ 60
5 - 8	M - F	7/7 – 7/11	10:15 – 11:15am	\$ 60
9+	M - F	7/7 – 7/11	11:30 – 1:00pm	\$ 65

ART CLASSES K-2ND GRADE

The k-2nd grade classes will be working with oil, pastels, watercolors, construction paper, & more to create colorful works of art while developing basic drawing skills and learning about composition! (This class is for children who have completed Kindergarten - Second Grade.) This is a one week camp. *Additional \$10.00 materials fee paid to the teacher first day of class. Instructor: Ms. Phillips

Age	Day	Time	Cost	Location
K-2nd	7/21-7/25	12:15-2:15p.m.	\$50.00*	KGES
K-2nd	8/4-8/8	12:15-2:15 p.m.	\$50.00*	KGES

ART CLASSES - 3RD-5TH GRADES

The Third – 5th grade class will be focusing on development drawing skills and composition by working with chalk, pastels, collage, and tempera paint. (This class is for children who have completed grades third - fifth). *Additional \$10.00 materials fee paid to the teacher first day of class. Instructor: Ms. Phillips

Age	Day	Time	Cost	Location
3rd-5th grade	7/21-7/25	10 – 12	\$50.00*	KGES
3rd-5th grade	8/4-8/8	10 - 12	\$50.00*	KGES

SUMMER FUN ART CAMP

Get a sampling of many different techniques and materials as well as different topics and subjects that artists make art about. Come for smiles, making messes, making art and to grow as a young artist. This will be educational, but most importantly, Fun!

Instructor: Laren Horton. Must have 6 for the class. (4 day camp)

Age	Date	Time	Cost	Location
5-12	7/28-7/31	9-11a.m.	\$50	KGES

CREATIVE MOVEMENT/PRE-BALLET

Students will be introduced to ballet through basic skills. In addition student will participate in creative movement exercises, and learn some basic jazz skills. No experience required. This is a eight week class ending in a small performance to showcase what your student learned. (Last day of class). Instructor: Jamie Bland

Age	Day	Date	Time	Cost	Location
3-4	Tues.	6/23 – 8/12	4 – 4:30	\$65	Citizens Center

CREATIVE MOVEMENT/ PRE-DANCE

Students will continue to learn the basic skills and fundamentals of ballet, creative movement, and jazz. This is a 8 week program ending in a small performance to showcase what your student learned. (Last day of class). Age 4 with a previous class or Age 5 with no experience required.): Instructor: Jamie Bland

Age	Day	Date	Time	Cost	Location
4-5	Tues.	6/23-8/12	4:00-4:30	\$65	Citizens Center

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Summer Athletics

KG VOLLEYBALL CAMP ADVANCED SKILLS

This camp is designed for the Advanced Player (rising 9th-12th grade girls with at least 1 season of playing experience) and will emphasize the advanced skills for the game including passing, setting, attacking, serving, blocking and defense. The Mental Aspect of the game will include training in Managing the Game and there will be Game and Tournament Play. Registration Deadline: Monday, June 16th or until full. Location: King George High School Head Coach, Matt Troy, turned in an exciting first season as the new head volleyball coach at the University of Mary Washington in 2013, winning 17 matches, finishing 3rd in the Capital Athletic Conference and UMW's first winning season since 2010. Troy comes to Fredericksburg from Johns Hopkins University, where he led the Blue Jays to 77-21 record with two Centennial Conference Championships and NCAA Tournament appearances in three years at the helm.

Contacts:

Drew Wine: awine7842@aol.com (540) 379-5174

Jill Wine: jwine7072@aol.com (540) 850-3940

Code#	Ages	Day	Date	Time	Cost
2080.414	14-18	Mon.-Wed.	6/23-6/25	9am-4pm	\$150

CO-REC BASKETBALL CAMP

This popular basketball camp will be under the direction of King George High School Varsity Basketball Coach, Darren Berkley. The camp is geared for ages 8-15. It includes basic instruction in dribbling, shooting, passing and rebounding. We will play 5 on 5 games every day of the camp. Additionally, offensive and defensive strategies will be discussed. Fee covers camp shirt, certificate, basketball instruction and fun. Registration deadline is Monday, July 11th. Location: Sealston Elementary School

Code#	Ages	Day	Date	Time	Cost
2075.414	8-15	Mon.-Fri.	7/21-7/24	5:30-8:30pm	\$70.00

YOUTH VOLLEYBALL CAMP

This fun and exciting Youth Volleyball Camp is designed as an introduction to the game for rising 5th-6th grade girls while also serving as a Middle School Tryout Prep for rising 7th and 8th graders. The camp will emphasize the technical fundamentals of the game including passing, setting, attacking, serving and defense. Registration Deadline: Wednesday, June 25th. Location: King George High School

Code#	Ages	Day	Date	Time	Cost
2081.414	9-13	Mon.-Thur.	7/7 - 7/10	6-8:30pm	\$70

YOUTH BASKETBALL CLINIC

The Virginia Dream will be holding a Youth Basketball Clinic for boys and girls ages 6 through 17. These clinics will focus on foot work, ball handling, post play, perimeter play, shooting mechanics and mental aspects of the game. Registration deadline for Session 1 is Tuesday July 1st and Session 2, Thursday, July 24th. Tee-Shirt included

Code#	Ages	Day	Date	Time	Cost
2022.414	6-17	Sat.	7/12	9am-1pm	\$35

Location: KGMS

2023.414	6-17	Sat.	8/2	9am-1pm	\$35
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Location: Sealston Elementary

TENNIS CAMP

These camps, led by KGHS girls tennis coach Josh Gillette, are intended for beginner and intermediate players. Beginners will learn basic strokes and play games that develop eye-hand coordination, good footwork, and rallying skills. Intermediate class is intended for players who have previously participated in at least one tennis camp or session of tennis classes. Players in the intermediate class will focus on improving consistency of basic strokes, learning advanced shots and developing strategies to start match play. Registration deadlines are Thursday, June 19th for session 1 and Thursday, July 17th for session 2. Tennis racquet and water bottle are needed. Location- KGMS (KG Tennis Center)

Code#	Age	Day	Date	Time	Cost
5098.414	6-10 beg.	M-F	6/23-6/27	8am-9am	\$45
6001.414	6-10 beg.	M-F	7/21-7/25	8am-9am	\$45

5099.414	11-17 beg.	M-F	6/23-6/27	9am-10:30am	\$50
6002.414	11-17 beg.	M-F	7/21-7/25	9am-10:30am	\$50

6000.414	9-17 int.	M-F	6/23-6/27	10:30am-noon	\$50
6003.414	9-17 int.	M-F	7/21-7/25	10:30am-noon	\$50

YOUTH TRACK CAMP

King George Parks and Recreation is having a Running Camp. Irving Taylor, former KGHS Track Coach, will be conducting this camp at the KGMS Track. The camp will focus on running mechanics, proper stretching, endurance building, strengthening drills, and Track & Field basics. Please bring your running shoes and water. Registration Deadline: Monday, July 7th.

Code	Age	Day	Date	Time	Cost
5001-414	6-14	Mon - Fri	7/21 - 7/25	5-6:15pm	\$27

Location: KGMS Track/Gym

CHALLENGER - BRITISH SOCCER CAMP

THE MOST POPULAR CAMP PROGRAM IN THE USA AND CANADA! Why have we become the #1 camp in the country? Our staff are selected and trained in the UK exclusively to work in your child's camp. They have a genuine interest in helping with each player's development and providing memorable and positive experiences. Four programs are being offered: Mini Soccer for 4-6 year olds; Half Day programs for 6-16 year olds; and Full Day for 9-18 year olds. Please sign up online: www.challengersports.com or at Parks and Recreation

For free jersey deadline, sign up by May 2nd & June 27th online at www.challengersports.com

Location: King George Middle School

Code#	Age	Day	Date	Time	Cost
1000.413	4-6	M-F	6/16-6/20	10:15-11:45am	\$94
1001.413	6-8	M-F	6/16-6/20	9-12noon	\$117
1002.413	9-16	M-F	6/16-6/20	1-4pm	\$117
1003.413	10-16	M-F	6/16-6/20	9-4pm	\$180

\$10 late fee if payment received after June 6th

Location: Sealston Sports Complex

1004.413	4-6	M-F	8/11-8/15	5pm-6:30pm	\$94
1005.413	6-14	M-F	8/11-8/15	5pm-8pm	\$117

\$10 late fee if payment received after August 1st

Summer Athletics

HOOK A KID ON GOLF-TEE LEVEL

This national program is designed to give youngsters, who would not have the opportunity, the chance to learn and play golf. The mission of Hook a Kid on Golf is to give youngsters, who in the past have been limited to other sports, the same opportunities with golf. Who is eligible for the program?

Any youngster is eligible for Tee Level clinics as long as they meet the following criteria:

They have never played golf before

They do not own a set of golf clubs

They are between the ages of 8-15

The program cost is \$165 which includes golf instruction, starter set of golf clubs, with bag, golf bag tag, "Hook a Kid on Golf" golf shirt, hat, golf balls, rule books and our par instructors. Registration deadline: Thursday, June 12th. Size of class is limited to 16 participants. Location – Cameron Hills Golf Links

Code#	Age	Day	Date	Time	Cost
2060.414	8-15	M-F	6/23-6/27	9am-12noon	\$165

HOOK A KID ON GOLF - GREEN LEVEL

Cameron Hills Golf Links in King George has been selected and has agreed to host a Hook a Kid on Golf Green Level Training Program. Hook a Kid on Golf is a national youth golf program located in approximately 250 communities nationwide. "We are excited about the opportunity to host this program", said Lorenzo Smith, local Hook a Kid on Golf Site Coordinator. "Most youngsters have unlimited opportunities to play sports such as baseball, basketball and football. Only a select few get the opportunity to learn about golf."

The Green Level Training Program is a week long program aimed at developing golf skills, rules and etiquette through practical, on-course training. Youngsters will be taught the basics of course management and learn how to apply it to their team. To be eligible for participation, youngsters must be between the ages of 8 and 15; have had a previous introduction to the game; have their own golf clubs. For more information about the program please contact Lorenzo Smith at 775-4386. Location: Cameron Hills Golf Links. Registration Deadline: Wednesday, July 7th

Code#	Age	Day	Date	Time	Cost
2061.414	8-15	M-F	7/14-7/18	9am-12noon	\$82.50

TUMBLING CAMP

This camp is for all children who desire fun and learning how to roll cartwheel and flip. All children ages 5 and up are welcome. No experience needed. Registration Deadline: Monday, July 21st. Location: Old King George Elementary School Gym.

Code#	Age	Day	Date	Time	Cost
3090-413	5-15	M-F	7/28-8/1	9am-12noon	\$85

GYMNASTICS CAMP

King George Parks and Recreation will be offering a summer gymnastics camp for ages 5-15 years. The camp is geared towards beginners through level 3. This camp is offered in half day sessions. The dates for this fun camp will be August 11th – 15th, with the registration deadline being Monday, August 4th. Location: OKGES Gym

Code#	Age	Day	Date	Time	Cost
2062.414	5-15	M-F	8/11-8/15	9am-12noon	\$85

MIDDLE AND HIGH SCHOOL FOOTBALL CAMP

King George High School Varsity Football Coach, Jeff Smith, and his staff will be conducting this camp July 21st – July 24th. The annual camp will be held at King George High School practice field from 6pm-8pm. The camp focus will be on conditioning and skills. Attire: shorts, tee shirts, cleats and tennis shoes (in the event we have to use the gym). If you want a tee shirt you have to register by Wednesday, July 9th.

Code#	Age	Day	Date	Time	Cost	Location
2077.414	12-18	M-Th	7/21-7/24	6pm-8pm	\$45	KGHS

KG SUMMER SOCCER CAMP

(June 23rd – June 27th)

June 23rd, 24th & 25th – (KGMS) and June 26th & 27th (KGHS Stadium)

Beginner Camp (Ages 7-12) 8am – 10am

Players should come to camp ready to the basics of soccer or build on beginner level skills. Each day will focus on 30 minutes of soccer fitness, 1 hour of soccer skills and drills/games, and 30 minutes of competitive match time.

Advanced Camp (Ages 12-17 or advanced players)

10:15am – 12:15pm

Players should have soccer experience at the competitive level. Each day will focus on 30 minutes of intense soccer conditioning (plyometric exercises, sprints and endurance training), 1 hour of focused, game critical drills, and 30 minutes of competitive match time.

Players should bring a size 5 soccer ball and water each day. Shin guards and soccer cleats or athletic shoes are required.

2058.414 Fee: \$95 per player (includes t-shirt)

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2014 Fall Youth Gymnastics

At Old King George Elementary School • Registration Begins: July 7 • \$75 for 12-weeks and t-shirt • Begins: September 8th
 The King George Youth Gymnastics program stresses basic fundamentals and skill development on all four competitive events (vault, bars, beam and floor exercise). The general class format has been revised to better accommodate our participants. Note: all pre-school classes (Kinder Gyms and Parent & Me), are designed to develop muscle memory, coordination and basic gymnastics skills through structured organized play. For more information contact Heather Withrow, Head Coach at 775-3482.

Parent & Me (Starts Sept 6th)

This program is designed for parent and tot to explore motor skill development in a fun atmosphere. You'll experiment on many specially designed pieces of equipment.

Saturdays 9 – 9:50 AM 18 months – 2 years Limit 10

Little Gyms (Starts Sept 6th)

The class stresses basic muscle coordination and development and basic skills through structured play.

Saturdays 10 – 10:50 AM 3 years Limit 10

Short Gyms (Starts Sept 6th)

Join our popular Pre-K program designed to develop music coordination and basic gymnastics skills.

Saturdays 11 – 11:50 AM 4 years Limit 10

Kinder Gyms (Starts Sept 8th)

This Pre-School program is designed to develop muscle memory, coordination and basic gymnastic skills through structured play.

Mondays 5 – 5:50 PM 5 years Limit 10

Mighty Gyms (Starts Sept 9th)

This class is designed for children ages 3-4. Children in this class must be able to show knowledge of gymnastics terms and demonstrate skills on all four gymnastics apparatuses. Must be asked by coach in order to participate in this group!

Tuesdays 5 – 6 PM 3-4 years Limit 10

High Flyers (Starts Sept 11th)

This class is designed for children ages 5-6. Children in this class must be able to demonstrate advanced skills on all four gymnastic apparatus and know all basic terms. Must be asked by coach in order to participate in this group!

Thursdays 5 – 6 PM 5-6 years Limit 10

Beginners (Starts Sept 8th and 11th)

This class will stress basic fundamentals and skill development utilizing the various specialized pieces of equipment.

Mondays 6:00 – 7:00 PM (6-9 years) Limit 12

Thursdays 6:00 – 7:00 PM (10-14 years) Limit 12

Intermediate Level (Starts Sept 8th)

Mondays 7:00 – 8:00 PM 6-9 years Limit 10

This program is for individuals who know and understand the basic skills and terms but have not mastered the skills.

KING GEORGE CHEER & DANCE

8 Weeks

Come learn the fundamentals of cheer while in a fun and relaxed environment. In class participants will learn mini routines, stunts, basic tumbling and strengthen flexibility. Cheerleaders will be featured in the Fall Festival. Come join for a cheertastic time! Athletic wear required. Location: OKGES

Age	Day	Date	Time	Cost
5-8	Tuesdays	8/26 – 10/14	6:00 – 6:50pm	\$65
9+	Tuesdays	8/26 – 10/14	7:00 – 7:45pm	\$65

Advanced Level (Starts Sept 11th)

This class is designed for students who have already had some gymnastics experience and need to master their skills.

Thursdays 6:00 -7:00 PM 6-9 years Limit 10

Red Gyms (Starts Sept 9th)

This class is for students working on levels one and two team skills. Skills are based on USA Junior Olympic guidelines. Must be asked by coach in order to participate in this group!

Tuesdays 6:00 – 7:00 PM 6-14 years Limit 10

White Gyms (Starts Sept 9th)

This class is designed for students working on level 3 team skills according to USA Junior Olympic guidelines. Must be asked by coach in order to participate in this group!

Tuesdays 7:00 – 8:00 PM 6-14 years Limit 10

Blue Gyms (Starts Sept 11th)

This class will focus on boys' gymnastic skills. Participants must have completed at least one previous session of gymnastics.

Thursdays 7:00 – 8:00 PM 6-14 years Limit 10

ACTION GYMNASTICS

The Action Gyms Program is for 1-5 year old youngsters who just want to have some fun in the gymnasium. The program will focus on exercise, movement to music and coordination development skills. Location: Old King George Elementary School Gym.

Code	Age	Day	Date	Time	Cost
3007.114	1-5	Wed.	9/10 – 10/15	10-10:50am	\$35

TUMBLING

King George Parks and Recreation is offering tumbling this Fall. Beginner- This 60 minute class develops basic tumbling skills, strength and flexibility using the floor and mats. These fundamentals will physically develop coordination, flexibility, balance and endurance. Advanced – Students must be proficient in back handsprings and ready to work back tucks. This class develops advanced tumbling skills, strength and flexibility. These fundamentals will physically develop coordination, flexibility, balance and endurance.

No Class on November 26th.

Code	Age	Day	Date	Time	Cost
3003.114	Beg.	5-17	Wed.	9/10 – 12/3	5pm-6pm \$75
3004.114	Adv.	5-17	Wed.	9/10 – 12/3	5pm-6pm \$75

CHEER TUMBLING

This class is designed for the middle to high school student who wants to learn or improve their tumbling skills for cheerleading. Along with working on the skills, we will also focus on the strength and conditioning needed to tumble. Limit 12 participants

Code	Age	Day	Date	Time	Cost
3092.114	12-18	Wed.	9/10 – 12/3	6pm-7pm	\$75

Swim Lessons at Eden Estates Pool

\$45.00 •4 Sessions: June 16th – June 27th; June 30th – July 11th; July 14th – July 25th; July 28th – August 8th

Discount coupons available at King George Parks & Recreation (\$5.00 off), just stop by and pick up. Any questions, call Yvonne Richard at 540-273-4150 or call King George Parks & Rec at 540-775-4386 for info.

Youth Sports

2014 FALL YOUTH SOCCER KIDS!

The youth soccer program is a competitive recreational coed league. The program focuses on the fundamentals of dribbling, passing, shooting, defending and teamwork. Practices are conducted twice weekly during the pre-season. Once the games begin, there is not more than one scheduled practice per week. Practices are held at Barnesfield Park, Sealston Sports Complex and the local school sites. Coaches determine the practice days and times for practices (no practices before 5:30pm). Parents are strongly encouraged to attend a Youth First Parent Orientation, which is designed to familiarize them with our program philosophy, Wednesday, July 30, 2014, 7:00pm, KG Citizens Center. Uniforms are provided (jersey, socks and shorts). Season conducted August - October. Each team will play between 8 and 10 games. Registrations are accepted May 30st – July 31st, on a first-come, first-served basis. Online registration (credit card accepted), www.kinggeorge.recdesk.com.

REGISTER EARLY AND RECEIVE \$10 DISCOUNT.

Fees: Early Registration cost is \$73 per participant with uniform (May 30th - July 7th)

Early Registration cost is \$85 per participant, uniform needed (May 30th – July 7th)

Late Registration cost is \$83 per participant with uniform (July 8th – July 31st)

Late Registration cost is \$95 per participant, Uniform needed (July 8th – July 31st)

Leagues:

U6 (4 & 5 year olds)

U8 (6 & 7 year olds)

U10 (8 & 9 year olds)

U12 (10 & 11 year olds)

U14 (12 & 13 year olds)

U19 (14-18 high school age)

Age control date is August 1, 2014.

Home Games/Days: Held at the Sealston

Sports Complex, Shiloh Park and school sites

U6 Mondays and Saturdays

U8 Mondays and Saturdays

U10 Thursdays and Saturdays

U12 Thursdays and Saturdays

U14 Wednesdays and Saturdays

U19 Saturdays and Sundays

We do not guarantee that specific players will be together on a particular team, unless the players in question live in the same house.

Skills Evaluations

Saturday, August 2nd, Sealston Elementary School

U10 (9am-10am)

U12 (10am-11am)

U14 (12noon 1pm)

U19 (1pm-2:30pm)

ACTIVITY CODE: 2055.114

START SMART SOCCER

Start Smart is an instructional and developmental program that enables kids 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 games. Parents participate with their children to help teach them the basic skills needed for the next level of organized play. It utilizes positive reinforcement and fun activities. Classes limited to 24 per session.

Registration: August 4th– August 29th or until spaces are filled

Date: September 6th – October 25th • Days: Saturdays

Times: 10am • Location: Sealston Sports Complex

Fee: \$65 • ACTIVITY CODE: 2057.114

ISSHINRYU 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 emphasis on quality learning, leading to successful skill mastery, and personal safety. Our program focuses on building strength, balance, coordination and flexibility through Kata (forms), Kobudo (weapons) and their Bunkai (practice applications). This translates in 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. The instructors Frank Harvey and two time Martial Arts Hall of Fame recipient Kevin Kline each have over a decade of teaching experience. They have trained with some of the world's foremost experts. Location: Old King George Middle School.

Youth Beginner

Code	Age	Day	Date	Time	Fee
2008.414	6-13	Tue & Thurs	7/15- 9/18	6-7pm	\$55
2008.114	6-13	Tue & Thurs	10/7-12/11	6-7pm	\$55

Youth Advanced

2010.414	6-13	Tue & Thurs	7/15-9/18	6-8pm	\$65
2010.114	6-13	Tue & Thurs	10/7-12/11	6-8pm	\$65

Adult Beginner

2013.414	14-Adult	Tue & Thurs	7/15-9/18	6-7pm	\$55
2013.114	14-Adult	Tue & Thurs	10/7-12/11	6-7pm	\$55

Adult Advanced

2011.414	14-Adult	Tue & Thurs	7/15-9/18	6-8pm	\$65
2011.114	14-Adult	Tue & Thurs	10/7-12/11	6-8pm	\$65

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Toddler/Tot Programs/Tot Tours

Our Toddler/Tot and Tot Tour programs are geared for children typically 18 months to 5 year olds. We attempt to broaden their horizon through participatory activities and introduce them to new friends and to investigate new places.

TOT TIME

Our Tot Program is geared for children typically 18 months to 5 years old. We attempt to broaden their horizon through participatory activities, introduce them to new friends, and investigate new places. All tot times will include open play, circle time, and a craft. Pre-registration not required. There will be no tot time June 24th or July 1st. Location: Citizens Center

Age	Day	Date	Time	Cost
1-5	Tues.	June-August	10-11:15am	\$3per child/\$1each add

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 and skills to improve gross motor skills as well as hand-eye coordination. Participants will receive a free tee shirt. Registration deadline: July 1st. Participants – Min: 5, Max: 10. Parent Child Hot Shot Tots – Mini Session: Parent(s) will participate in the activities with their child(ren).

Age	Day	Date	Time	Cost	Location
3-5	Tues	7/8 – 8/26	4-4:45pm	\$50	Citizens Ctr.
Mini Session					
2-4	Thurs	7/8 – 7/29	9 – 9:45am	\$20	Citizens Ctr.

OPEN GYM @ OLD KING GEORGE ELEMENTARY SCHOOL GYM

This popular drop-in program is designed for children 18 months and up. Movement exercise to songs, tumbling and open play with an emphasis on FUN! Held every Thursday from 10:00-11:00am. Fee is \$3 per child/\$1 each additional child to be paid at the gym.

HOMESCHOOL GYM @ OLD KGES GYM

This popular drop-in program is designed for children 18 months and up. Movement exercise to songs, tumbling and open play with an emphasis on FUN! Held every Thursday from 11:00-12:00pm. Fee is \$3 per child/\$1 each additional child to be paid at gym.

MOMS CLUB OF KING GEORGE

The MOMS club of King George is a support group for stay at home moms and their children. In addition to monthly informative meetings, we will have playdates, park days, holiday parties, and special interest groups. No registration necessary to attend meetings. Participants: Minimum 2, Maximum 30.

Age	Day	Time	Cost	Location
Mom	1st Friday	11:15	\$20/year	Citizens Center

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Enrichment Programs

Enrichment programs provide participants an opportunity to experience an activity that they have wanted to try in a short duration, yet at an affordable price; and typically, without having to invest a lot of money in equipment.

GIRLS NIGHT OUT PHOTO SOCIAL

Monthly Girls Night Out Photo Socials are open to everyone. We invite you to stop by to learn how to get your photos off of your smart phones and other devices and into your lives. We can help you connect or re-connect your family and friends to unforgettable moments, letting them know just how loved they are. Our photos make us smile, from the tender moments to the hilarious to the ones that make us say, "I can't believe I was there". They define us and they unite us. We are here to help take you from SNAP to FINISH. Lite refreshments are always provided. We meet each month from 5:00 – 10:00pm. Participation fee is \$10.00 and is paid when you arrive, no need to pre-register. Ahni & Zoe Consultants are available on site to help you every step of the way. Location: Citizens Center

Age	Day	Date	Time	Cost
12 – adult	Fri	6/6	5pm – 11pm	\$ 10
12 – adult	Fri	6/11	5pm – 11pm	\$ 10
12 – adult	Fri	8/1	5pm – 11pm	\$ 10
12 – adult	Fri	9/5	5pm – 11pm	\$ 10
12 – adult	Fri	10/3	5pm – 11pm	\$ 10
12 – adult	Fri	11/7	5pm – 11pm	\$ 10

KING GEORGE BEES - QUILTING

Share in the joy of quilt making with the King George Bees and meet others in the community with the same interest. Choose your own colors and work at your own speed. On the first Wednesday of each month, instructor Diane Walter will introduce a new block style and techniques. These blocks may be used to make a sampler quilt. Our focus is making quilts from donated material and giving the quilts to charity. The regular K.G. Bees Quilting group will be meeting every Wednesday this summer at the Citizen's Center. It is time to catch up and complete projects started this year. Take some hand quilting with you on vacation or come join the group from 1:30 - 3:30pm on Wednesdays. Please bring materials.

KING GEORGE ART GROUP - ARTS IN THE COMMUNITY

Bring your art supplies and come join us for an afternoon of sharing ideas and learning from each other in whatever median you create. Bring your own supplies. We will meet on Tuesdays from 1:30-3:30pm. Location: Citizens Center.

FLEA / CRAFT MARKET @ THE CITIZENS CENTER

Last great opportunity to clean out your attic, basement or garage and make your goods someone else's treasures! Event is open to the public at 8:00a.m and closes at 12 p.m. Cost is \$10 per table, 3 tables for \$25 or 4 tables for \$35. Interested in being a vendor, call for set-up information. Dates for 2014 are: June 7, July 5, August 2, September 6, and October 4.

SENIOR CITIZENS

King George AARP – Luncheon and Meeting

On the first Monday of each month, seniors from the area gather to find out issues that are important to them. Members bring a dish to share and enjoy the fellowship, meals and learn what is happening in AARP, local issues effecting seniors and often hear guest speakers.

Rappahannock Area Agency on Aging (RAAA) provides a Tuesday – Thursday on-site program at the Citizens Center from 9:00a.m – 1:00p.m. This program offers transportation to and from the Citizens Center, breakfast and lunch, activities and trips. For more information please call RAAA at 540-371-3375 for more information.

Health and Wellness

Like most of our other programs, we take pleasure in offering programs that promote a healthier lifestyle and that are taught by certified instructors.

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 many benefits of tai chi such as reduction of pain and inflammation, lowered blood pressure, improved immune function and improved balance and flexibility. This weekly tai chi class will teach simple forms that are easy to learn, but challenging to master. Betty Doran and Linda Kline will lead weekly sessions.

\$25 for students that know the entire Health Form and \$50 for all others including new students; drop-ins are \$5 per class.

Age	Day	Date	Time	Cost	Location
All	Thur	6/5 – 8/28	7– 8pm	\$25, \$50	Citizens Ctr.
All	Thur	9/4 – 12/11/7	– 8pm	\$25, \$50	Citizens Ctr.

ZUMBA

For those of you who are still trying to stick to that New Year's resolution of getting and staying fit for life, here's a great opportunity! Join me for the Latin-American party – Zumba! Questions? Call Jackie Jones at 310-536-0908 or send an email to Calvinsteven4@verizon.net. Hope to see you soon! Oh, and don't forget to being a friend! Cost is \$48, \$24 for 4 weeks, and \$7 per class for drop-ins. Location: Citizens Center.

Session	Age	Day	Date	Time	Cost
1	12+	Mon	6/16 – 8/4	5:30-6:30pm	\$48/\$24/\$7
2	12+	Mon	8/11 – 10/6	5:30-6:30pm	\$48/\$24/\$7

LINE DANCING

Thursdays @ 1 p.m. at the Citizens Center. Call 775-4386 to register. Class is from June 2nd – June 30th and will start again on September 8th.

Eye Care of Virginia - Dr. Miles Press 1/4 Page Charlene Franks Drue Murray NEW COLOR 4/30/2014

COMMONWEALTH DRIVING SCHOOL

Classes Approved for DMV Point Reduction Program (+5 Safe Driving Points)

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- Licensed by the VA DMV
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Summer Classes Scheduled:
June 21 • July 19 • August 9 • September 20

Certified Instructors:
Dwight C. Storke, D.I.P. • John B. Storke, D.I.P.

www.commonwealthdrivingschool.org

13279 Kings Hwy., Suite 2 • King George, VA

(540) 775-7775

Follow us on For Updates/Changes

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Offering Classes for Ages Two Years and Up



Offering Dance Parties! Get the scoop on our website!



Kindermusic & Tumbling & Yoga



FREE Registration for Any Summer Camp
(\$20 value!)

*Must present this coupon. Valid only for new students. Expires 8-31-14
COUPON CODE: PNR

WANT TO GIVE US A TRY? FREE Trial Class

*Must call to reserve a spot and mention coupon code. Only valid for new students. Expires 8-31-14
COUPON CODE: PNR

540-709-1393
7953 Kings Highway
King George VA 22485

Email us at info@thedancebox.net

Special Events

SUMMERFEST 2014

Saturday, June 7th

5:00–8:00pm: Activities at Barnsfield Park
Great music from Lionel Ward.

Games, Crafts, Food, Entertainment, Petting Zoo, inflatables and more! New this year - Dixie Swing.

Movie at 9 p.m. - Movie TBD.

Stop by King George Parks & Rec to pick up a flyer and all the details.



*Lionel Ward will be performing from 6 to 8 p.m.
River Town Bandits will perform from 5 to 6 p.m.*



Bring your chair and come out to enjoy great music and entertainment.

Curves Complete™

Strength Training

Cardio in 30 Minutes!

Also ask about

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THE WHOLE SOLUTION MAKES
BURNING FAT EASY AS 1, 2, 3!

1. 30-minute Fitness Circuit
2. Customizable Meal Plans
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Try new
Jillian
Michaels
Classes!

Check Progress on your Cell!

Get exercise, meal plan, weekly coaching just \$13.95/week.

SCHEDULE FREE FITNESS ASSESSMENT 540-775-6406!

Retain your web access to automated meal plans and shopping lists permanently as long as you retain your Fitness membership.

Price for 6 month commitment billed monthly, 3 month plans also available.

Special Events

If you are looking for a good time, consider participating in a special event. Most of our special events are geared for the family to have a great time. They are a perfect way to spend time together.

YOUTH OUTDOOR DAY

Our 7th Annual Caledon Natural Area Youth Outdoor Day will be held on Saturday, Sept. 20 from 10am – 2pm. Activities, games, demonstrations and nature interpretation will keep children and parents in touch with the great outdoors and all it has to offer. Featured events include: K.G.V.F.D. Fire Truck Demo, K-9 Demo, Turkey Calling Demo, Archery Demo and Game Warden, Frank Spuchesi Canine Demo. The Patawomeck Indians of Virginia Living History Village & Skills Display, Flint Napping Demo (arrowheads & tools), Dug-out Canoe Building Demo, Hay Rides, Outdoor Photography, and many more! Activities are recommended for children ages 6 – 16. Participants are requested to pre-register by calling between the hours of 9am & 4 pm. For pre-registration contact Caledon State Park at 540-663-3861. For more information contact Buddy Fines at 540-775-7294 or Bill Newman at 540-379-0220.

Age	Day	Date	Time	Cost
6-16	Sat	9/20	10:00am-2:00pm	Free

HUNTER SAFETY EDUCATION

This program meets the mandatory 10 hours Hunter Education requirements for the State of Virginia. Taught by instructors certified by the Virginia Department of Game and Inland Fisheries this program is designed to familiarize the student with all aspects of firearm handling and safety and other related topics. 1-day session; Must be taken by first time hunting license applicants in order to get license. Register online @ www.huntfishva.com (Click left side "Hunting or Education"). Must pre-register online.

Age	Day	Date	Time	Cost	Location
8+	Mon.	7/21	8am – 5pm	FREE	Citizens Center

RAD (RAPE AGGRESSION DEFENSE) SYSTEMS

Basic Self-Defense for Women

Rape Aggressive Defense System is one of the best women's self-defense course available. RAD is a program of realistic self-defense tactics and techniques. It is a comprehensive self-defense course for women that begin with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands-on defensive training. The RAD class is taught over a period of 9 hours that consist of 2 evening classes of four and a half hours each. The first class is an overview and discussion on risk reduction and prevention. The following class consists of learning and practicing physical defense moves. Students must attend both classes to complete the course. Once a woman has graduated from the class, she becomes a lifetime member. Once completing the class, the student/alumni can go anywhere in the United States and Canada where RAD is offered and attend a class for free, providing that there is room in the class. They can attend the entire course to brush up on their technique. Please dress comfortably in loose clothing, no jeans. For footwear we suggest you wear either tennis, basketball, aerobic, wrestling, or cross training shoes. Registration deadline: July 21st/August 6th. Mother/Daughter discount: \$150. Location: Citizen's Center

Age	Day	Date	Time	Cost
14+	Tues/Thurs	7/22 & 7/29	5:00-9:30pm	\$85
14+	Tues/Thurs	8/7 & 8/14	5:00-9:30pm	\$85

SPECIAL EVENTS FOR KIDS

BLACK DOG PADDLE

Black Dog Paddle brings Stand Up Paddle Boarding to King George County. Black Dog Paddle was the first to certify ACA SUP instructors in Central Virginia, so you are guaranteed to receive the best possible instruction! Take a class then take an ECO-tour. Lessons cover all the basics as well as safety, strokes, and balance, and include a shorter ECO-tour. ECO-tours are just about paddling in nature! ALL ESSENTIAL gear is provided. SUP board, Paddle, PFD, and Leash. Maximum weight limit is 235 lbs due to equipment stability. Minimum age is 11, a participating adult must accompany youth ages 11-13. Participants – Minimum: 4, Maximum: 12. Visit www.blackdogpaddle.com for general information.

Age	Day	Date	Time	Cost	Location
11+	Sat	5/31	8:30 – 11:30	\$76	Dahlgren Marina
11+	Sat	6/21	8:30 – 11:30	\$76	Dahlgren Marina
11+	Sat	7/26	8:30 – 11:30	\$76	Dahlgren Marina
11+	Sat	8/2	8:30 – 11:30	\$76	Dahlgren Marina
11+	Sat	9/13	9:00 – 12:00	\$76	Dahlgren Marina

BLUEMONT: BILLY B - RECYCLEMANIA

July 29th @ 1pm, King George Elementary School

Billy sings, dances and jokes about nature's recycling activities such as the air cycle's relation to photosynthesis, the water cycle, the soil cycle and the rock cycle. The scientific language he uses is modified for the age of the audience. He then discusses natural resources, renewable and non-renewable, landfills and the basic reasons for, and the easy ways to get all people, recycling. Each song, dance, or stand-up routine has money opportunities for audience participation.

BACKYARD CARNIVAL

Games, snow cones, a water slide, and more! Live Animal Show @ 1:00pm. For more information contact King George Parks and Recreation (540) 775-4FUN.

King George Elementary School • Cost: \$3 for 15 tickets

Date: Thursday, August 14th • Time: 2:00 – 4:00pm

Ages: 12 and under



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Place
King Automotive

(540) 775-6050

Open Mon. - Fri. 8 a.m. - 5 p.m. & 1st
and last Sat. From 8 a.m. - 12 p.m.

9245 Kings Hwy., King George



2014 TOURS 4 FUN WEEKLY TRIPS

Summer 2014 KGP&R 21

King George Parks & Recreation is planning day trips to provide the community with a day filled with entertainment, education and leisure. Cost for transportation only! Please call Parks & Recreation for details and additional pricing. Limited Seating! Janine Paulsen 540-775-4FUN

JUNE

June 24-TUES
NATIONAL HARBOR- Cost is \$25 pp. (trans. only) Drop off and pick up
Leave Citizens Ctr. 9am - Leave DC 3 pm
Points of interest: Restaurants-Potbelly Sandwich Works, Old Hickory Steakhouse, Ben & Jerry's, ChiDogO's, Shopping, Attractions, Marina

28-SAT
MARYLAND LIVE- Cost is \$25 pp. (trans. only)
Leave Citizens Ctr. 12pm - Leave DC 7pm
Points of interest: Slots, Horse Racing, Restaurants

JULY

8-TUES
GREEN VALLEY BOOK FAIR- Cost \$25pp. (trans. only)
Leave Citizens Ctr. 9am - Leave 3 pm
Points of interest: Enjoy the scenic ride into the heart of Shenandoah Valley, Over 500,000 new books at bargain

12 - SAT
HOLLYWOOD SLOTS - COST \$25.00pp/ Trans. Only
Leave K.G. Citizens Center @ 9:00am
Leave Charlestown @ 3:00pm
Points of interest: Enjoy the slots, Horse racing, Action Packed Table Games, Thrilling Live Poker

22 - TUES
HISTORY MUSEUM - Cost is \$25 pp. (trans. only)
Leave Citizens Ctr. 9am - Leave 3 pm.

26 - SAT
NATIONAL ZOO- Cost is \$25 pp. (trans. only)
Drop off and pick up
Leave KG Citizens Center @ 9:00am
Leave DC @ 3:00pm
Points of interest:
Seeing all the beautiful Animals, Fish, Wildlife, Rainforest

AUGUST

5- TUES
D.C. Memorials/National Mall - COST \$25.00pp/ Trans. only
Leave K.G. Citizens @ 9:00am
Leave D.C. @ 3:00pm
Points of interest:
World War II Memorial, Vietnam Memorial, Lincoln Memorial, Korean Memorial, Thomas Jefferson Memorial

23 - SAT
ANNE ARUNDEL - COST \$25.00pp/ Trans. only
Leave K.G. Citizens @ 12pm
Leave @ 7pm

DAHLGREN
CHRISTIAN
PRESCHOOL

Now Registering 2014-2015

**Science
lab**

Early Preschool	Pre-kindergarten
3-4 years old	4-5 years old
Mon, Tues, Thurs 12:00-2:30	Mon - Thurs 8:45 -11:15

**Music
class**

**For registration materials or information call the
Dahlgren United Methodist church office at 663-2230.**

The Dahlgren Christian Preschool admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, scholarship and loan programs, and athletic and other school-administered programs.

2014 Tours 4 Fun Overnight Trips

Grand Canyon of PA

“...one of the great natural wonders of the Northeast!”

JULY 15-17 • 3 Days – 2 Nights

COST: \$509 per person (double occupancy)

Package Includes:

2 nights lodging

2 Breakfasts

2 Dinners, including the historic Peter Herdic House

Susquehanna River Cruise

Pennsylvania Grand Canyon Wagon Tour

Taber Museum

Grand Canyon Overlook

Millionaires' Row Tour

Mifflinburg Buggy Museum

Historic Lewisburg Tour

Shempp Toy Train Collection

Tioga Central Railroad

Souvenir gift

Taxes and meal gratuities

Luggage handling

Motorcoach transportation

Boston, Salem and the North Shore

JULY 31 – AUG. 4 • 5 Days – 4 Nights

COST: \$465 per person (double occupancy),

add \$140 for single occupancy

Package Includes:

Motorcoach transportation

4 Nights lodging

8 Meals: 4 breakfasts and 4 dinners

A Guided Tour of the historical City of Boston

A visit to the John F. Kennedy Presidential Library and Museum

A Guided Tour of Lexington and Concord

Visit to famous Faneuil Hall/ Quincy Marketplace

Visit to Cambridge, home of Harvard University

A Guided Tour of Salem

And much more

Wildwood, New Jersey

“...those wild, wild, Wildhood Days!”

SEPT. 8-12 • 5 Days – 4 Nights

COST: \$499 per person (double occupancy)

Package Includes:

3 Nights lodging in Wildwood

1 Night's lodging in Lancaster, PA – heart of the Amish Lands

4 Breakfasts

3 Full course dinners

Experience the spectacular Wildwood Boardwalk

Dolphin Watch sightseeing cruise

Visit to historic Cape May

Visit to Atlantic City and the casinos, including a casino bonus

Visit to Towne of Historic Smithville

Fabulous entertainment

Kitchen Kettle Village

Performance of “Moses” at the Millennium Theatre

Souvenir gift

Luggage handling

All taxes and meal gratuities

Motorcoach transportation

Across Tennessee Plus Asheville, North

Carolina

Pigeon Forge – Memphis – Nashville

Featuring 7 Fabulous Shows

NOVEMBER 9-18 • 10 Days – 9 Nights

COST: \$1209 per person (double occupancy)

Package Includes:

9 Nights lodging, including overnights

9 Breakfasts

Lunch at the Deerpark Restaurant at Biltmore Estate

6 Dinners, including:

Hatfields and McCoys Dinner Theatre

Smith Family Dinner Theatre

King's Palace

Nashville Nightlife Dinner Theatre

Blue Ridge Mountain Opry Dinner Show

Elvis Presley's Graceland

Guided tour of Memphis, including the Peabody Ducks

Additional spectacular performances at:

Grand Ole Opry

Blackwood Morning Variety Show

Guided tour of Nashville

Country Music Hall of Fame

Smokey Mountain Tour

Tour & tasting at the Ole Smoky Tennessee Moonshine

Biltmore Estate & Christmas Candlelight Evening Tour

Folk Art Center

Souvenir gift

Baggage handling in Tennessee

Taxes and meal gratuities

Motorcoach transportation

Gaslight & Gingerbread

Christmas Time in Cape May, NJ

DECEMBER 2-4 • 3 Days – 2 Nights

COST: \$409 per person (double occupancy)

Package Includes:

2 nights lodging at the Grand Hotel

2 Breakfasts

2 Dinners, including a Holiday Dinner/

Show at Elaine's Dinner Theatre

Tour of 1879 Physick Estate

Trolley tour of historic district

Holly Trolley Lights Tour of Cape May

“Holiday Inns” Tour of 3 Cape May

Victorian Inns

Free time on Washington Street Mall

Visit to the Towne of Historic Smithville and/or Atlantic City (optional)

Souvenir gift

Luggage handling

All taxes and standard gratuities

Motorcoach transportation

Christmas Time in New York City

DECEMBER 15-16 • 2 Days – 2 Night

COST: \$344 per person (double occupancy)

Package Includes:

1 Night's lodging

1 Breakfast

Radio City Music Hall Christmas

Spectacular featuring The Rockettes

Guided tour of Lower Manhattan

Rockefeller Center

Fifth Avenue shopping

Macy's Herald Square

Souvenir gift

Luggage handling

All taxes and meal gratuities

Motorcoach transportation



Registration Form

Summer 2014 KGP&R 23

KING GEORGE PARKS & RECREATION
P.O. BOX 71
KING GEORGE, VA 22485
775-4386
E-mail: kgpr@co.kinggeorge.state.va.us

YOUTH REGISTRATION FORM

PROGRAM TITLE: _____

Participant's Name: _____

Age: ____ Grade: ____ Height: ____ Weight: ____ Birth Date: __/__/__ Gender: Male or Female

Parent's Name: _____
Phone: (____) _____ (H) (____) _____ (W) (____) _____ (C)

Parent's Name: _____
Phone: (____) _____ (H) (____) _____ (W) (____) _____ (C)

Mailing Address, City, State, Zip: _____

E-mail: _____ Can you volunteer coach? **Y** **N** What Sport? _____

Please note the **NUMBER OF YEARS** applicant has played on a team. (Anywhere) _____

Please give the name of a friend or closest relative we may contact if unable to reach you:

Emergency Contact: _____ Relationship to child: _____
Phone: (____) _____ (H) (____) _____ (W) (____) _____ (C)

***Have you registered with KG Alert? YES NO If NO, please go to www.kgalert.com to register. Please make sure you select 'Parks and Rec' when registering to receive up to date information on cancellations or changes.**

PLEASE NOTE: The King George County Department of Parks and Recreation does not provide Medical coverage or insurance for individual participants. All medical insurance protection must be provided by the participants.

I hereby give my consent and approval for my son/daughter to participate in this activity sponsored by the King George County Department of Parks and Recreation. I will not hold the Department, Instructors, Schools, Officials, Coaches or Employees of each responsible in case of accident or injury as a result of his/her participation in this program. I understand the risks involved with this activity and know my child is physically able to participate in this program. I have read and agree to abide by the applicable program rules.

In the event of an EMERGENCY, I hereby give my consent for the King George County Parks & Recreation Department to arrange for _____ to be taken to the Emergency Room and to be treated by a Physician on Staff.

Signature of Parent/Guardian Date

By signing below, I give my permission to King George County Parks & Recreation to use photographs and videos of my child for publicity in order to increase community awareness of King George County Parks & Recreation programs and in any and other media without limitation.

Signature of Parent/Guardian Date

T-SHIRTS:

Please circle the proper size below. Please note: if size is not indicated, we will pick one. Shirt sizes do run small.

YS YM YL AS AM AL AXL

PLEASE MAKE CHECKS PAYABLE TO: TREASURER, KING GEORGE COUNTY

For office use only: Amount Paid: \$ _____ Check # _____ Receipt # _____ Book _____ Recdesk _____

NSWC Federal Credit Union
Partners in Community



Supporting our local community through
King George Parks and Recreation.

Visit nswfcu.org.

