

Sir Leisure A'Lot

FUN For Everyone at Parks & Rec



2014 SPRING YOUTH GYMNASTICS

Page 11

YOUTH SPORTS

Soccer • Cheerleading
Basketball
Isshinryu Karate



SPECIAL EVENTS

- Family Fun Nights
- Mother/Son Sweetheat Dance
- Father/Daughter Sweetheart Dance
- Let's Go Fly a Kite
- Eggstravaganza
- Community Easter Egg Hunt and More!



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PROGRAMS FOR TOTS

Mini Tot Camps • Children's Museum of Richmond Tour • Story Walk • Braehead Farm Tour and More

ENRICHMENT PROGRAMS

King George Bees - Quilting
Black Dog Paddle
Confetti Eggs
Girls Night Out Social
King George Art Group
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FLEA MARKET

APRIL 12 • MAY 3 •
JUNE 7
• AUG. 2 • SEPT. 6 •
OCT. 4

TAKE A TRIP WITH KGPR

CHECK OUT THE SCHEDULE OF WEEKLY AND OVERNIGHT TRIPS AND TOURS
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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 Forestry – 540-663-0181. Local office is located at 11617 Caledon Road. Information about the forest land in King George County may also be found at www.dof.virginia.gov/R2/kge-index

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

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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.

From the Department

Welcome to 2014. This is the time when we attempt to fulfill our New Year's resolution(s). The Department staff hopes that one of yours will be to participate in some form of recreation. Participating in a recreational activity offers many a piece of mind, physical well-being and fulfillment of the soul. What does it do for you? Participate and find out how much better you feel! Check the various programs we have to offer. As always, if you do not find a program you would be interested in our program guide, let us know. We are willing to explore any opportunity which would be of interest to the general public.

The staff hopes you enjoy the format of our Program Guide. Its intended purpose is to assist you in finding not only activities offered by the Parks and Recreation Department; but also, as a resource of other non-profit organizations and private enterprises offering recreational activities in their respective categories. NOTE: If we have inadvertently left an organization or private enterprise out that serves the public, please call Tim Smith at 540-775-4386 or email at tsmith@co.kinggeorge.state.va.us

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; Mike White, Chairman, James Monroe District; Stevie Gray, Dahlgren; Alice Stanton, NSSDahlgren; vacant, Shiloh District; and Elizabeth Clark, James Madison District.

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.

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/recdeskportal>

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.

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)

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

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.

Senior Navigator – A service for seniors, families of seniors and/or caregivers, providing information on senior services available in the county and throughout the region.

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.



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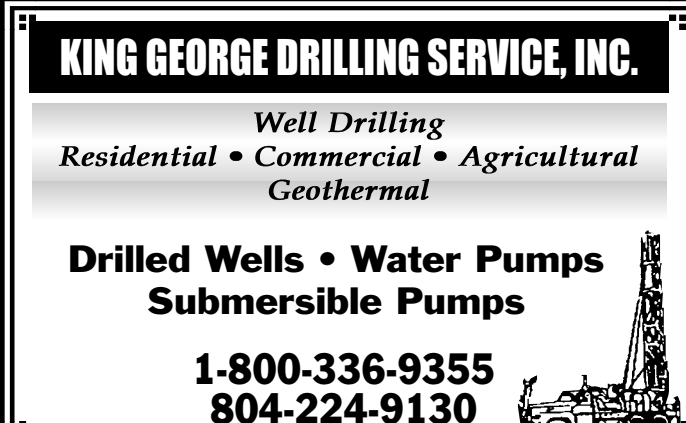
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General Information

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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Sunday 8:00 am - 10:00 pm

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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.

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 – 11:00a.m. Fee is \$3 per child/\$1 each additional child to be paid at gym.

HOMESCHOOL 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 11:00 – 12:00 p.m. Fee is \$3 per child/\$1 each additional child to be paid at gym.

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 sport skills to improve gross motor skills, as well as hand/eye coordination. Participants will receive a free tee shirt. Apparel required: Tennis shoes and loose fitting clothing that is easy to move around in. Registration deadline: Jan 3rd.

Age	Day	Date	Time	Cost	Location
3-5	Tues	1/4-2/25 3/25-5/27	4:15-5:00pm	\$50 \$50	Citizens Center

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.

Age	Day	Date	Time	Cost	Location
1-5	Tue	Jan - May	10-11:15	\$3per child /\$1each add	Citizens Ctr

MINI TOT CAMPS

Mini tot camps will give your child a chance to experience an hour filled with themed stories, songs, games, and crafts. These drop-off mini camps will help your child's self confidence grow while learning and playing with other toddlers. Parents will be asked to wait in the lobby area during the first 45 minutes of camp and will join their child for the final 15 minutes. All materials will be provided, including a snack each day. Hurry and sign up! Class is limited to 10 participants. Location - Citizens Center
Session One: Little Hearts, Registration Deadline is Feb 7th.
Session Two, Little Bunnies, Registration is April 4th. Participants: Minimum – 5, Maximum – 10.

Session	Age	Day	Date	Time	Cost
1	3-5	M/W/F	2/10-2/14	10:15-11:15am	\$30/child
2	3-5	M/W/F	4/7-4/11	10:15-11:15am	\$30/child

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Toddler/Tot Programs/Tot Tours

CHILDREN'S MUSEUM OF RICHMOND TOUR

Join us for a day of fun at the Children's Museum of Richmond! All children will participate in the museum's Dinosaur Discovery program (45 minutes) and then have the rest of the day to play in the museum.

Registration deadline is January 21st. Participants: Min. 10 Max. 30

Age	Day	Date	Time	Cost
1-8	Monday	1/27	10:00am	\$10/person

STORY WALK

Pack a snack and meet us at the park! All participants will complete a craft, enjoy snack together, and have some fun time playing in the park. Following snack, children will go on a story walk in Barnesfield Park. The walk will take about 30 minutes and give the children an opportunity to explore nature and popular rhymes and children's stories at the same time!

In the event of poor weather conditions, the story walk activities will take place at the King George Citizens Center.

Registration deadline is March 25th.

Participants: Minimum – 10, Maximum – 30.

Age	Day	Date	Time	Cost	Location
2-5	Friday	3/28	10:00-11:30am	\$3/child	Barnesfield

BRAEHEAD FARM TOUR

Enjoy the spring weather, crops, animals on a tour of Braehead Farm in Fredericksburg, VA. Participants will learn about strawberries and ladybugs and how they relate, pick strawberries to take home, visit the farm animals, and have time to play in the play area. Children 2 and under are free but will not be able to pick strawberries. Additional strawberries may be purchased on site. Children 2 and under are free. Registration deadline is May 13th. Participants: Minimum – 10, Maximum – 30.

Age	Day	Date	Time	Cost
1-5	Monday	5/19	9:30am	\$5/person

CREATIVE MOVEMENT/ PRE-BALLET

Students will have 15 minutes warming up and doing creative movement exercises and 15 minutes learning basic ballet skills. No experience required.

Age	Day	Date	Time	Cost	Location
3-4	Wed	4/9-5/21	4:30-5:00pm	\$65	Citizen's Center

CREATIVE MOVEMENT/ PRE-DANCE

Students will have 15 minutes of warming up and doing creative movement exercises, 15 minutes learning basic ballet skills, and 15 minutes learning basic jazz skills. Age 4 with a previous class, or Age 5 with no experience required.

Age	Day	Date	Time	Cost	Location
4-5	Wed	4/9-5/21	5:05-5:50pm	\$70	Citizen's Center



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Youth Programs

Youth programs are those programs 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 will be ready May 7th.

REGISTRATION BEGINS May 30th.

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.

ALL WEEKS ARE \$50.00 AM/PM, \$25.00 AM ONLY, AND \$40.00 PM ONLY. DAILY RATES ONLY APPLY TO REGISTER STUDENTS THAT COME 2/3 DAYS PER WEEK, ONLY ON A PERMANENT BASIS.

PRE-REGISTRATION IS REQUIRED AND HELD AT THE King George Parks and Recreation Office. Program is limited to 50 students per school per week. Call the Recreation Department for more details.

SUMMER CAMP PROGRAM /DAY CARE

Our camps are offered to afford youth a variety of weeklong ventures. Staff hopes that we have provided something for everyone. Only the Parks and Recreation Department's "Summer Sunation" (Ages 5-10) and "Teen Breakout" (Ages 11 – 15) camps are 9-weeks, Monday - Friday day care programs. June 16-Aug. 15. Both programs are offered from:

7:30a.m – 5:30p.m. Each camp is staffed by a Camp Director, Assistant Director and Camp Counselors. CAMPFEES (per person) are: \$25.00 one-time registration fee (campers receive camp t-shirt and daypack); \$125.00 per week camp fee. Weekly fees cover: Day trips, bowling and skating (if available) and other camp related activities!!!! The only additional cost to participants will be for our Kings Dominion Trip unless participants bring their own season pass.(\$40.00)

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

IN THE EVENT OF INCLEMENT WEATHER CONDITIONS or HEAT ADVISORIES.

CAMP PACKETS WILL BE AVAILABLE AT CITIZENS CENTER APRIL 8th.

REGISTRATION BEGINS APRIL 8th. (YOU MUST HAVE A COMPLETE PACKET TO REGISTER). For more information, please contact Janine Paulsen, Recreation Programs Supervisor.



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Youth Programs

THE CREATIVE SIDE, INC

After-school Art Program King George Schools

If you love art then this is the class for you! With the techniques you'll learn in this class, you'll be amazed at the beautiful works of art you can do.

Students learn basic drawing skills such as composition, proportion, placement and shading and are introduced to dry media including, graphite, chalky pastels, oil pastels and charcoal.

Students will learn how to plan a painting, techniques, color basics and mixing of colors, and light and shadow using water colors and/ or acrylics.

Class assignments are age appropriate and are geared to help the individual child express his/her own creative ideas at their level of artistic ability. Students have the opportunity each month to display their artwork in our gallery setting for our first Friday celebrations!

Supplies Needed: 11x15 watercolor pad (140lb); 11x14 drawing pad (70 lb), graphite pencils (HB, 2B, 4B, 6B), eraser, pencil sharpener, pencil box (Don't worry if you can't find all the supplies, we'll show you the supplies at the first class).

Sessions: 4 week sessions at \$60. **Pay for two sessions at one time and get \$10 off. Pay for three sessions at one time and get \$15 off. Pay for all four sessions at one time and get \$20 off**

For more info and testimonials please visit us at www.thecreativesideinc.com.

Mondays (King George ES)
3:50-4:35 p.m.

Jan: 13 (No class 20 and 27) and Feb: 3, 10 (no class 17), 24 (\$60/4 week session)

March: 3, 10, 17, 24 (no class 31)

April: 7, 14 (no class 21), 28 and May: 5

CLASSES END UNTIL NEXT SCHOOL YEAR

Tuesdays (Potomac ES)
3:50-4:35 p.m.

Jan: 14, 21, 28 and Feb: 4 (\$60/4 week session)

Feb: 11, 18, 25, and March 4

March: 11, 18, 25 and April: 1

April: 8, 15 (no class 22), 29 and May: 6

Wednesdays (Sealston ES)
3:50-4:35 p.m.

Jan: 22, 29 and Feb: 5, 12 (\$60/4 week session)

Feb: 19, 26 and March: 5, 12

March: 19, 26 and April: 2, 9

April: 16 (no class 23), 30 and May: 7, 14

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Youth Sports

SOCCKER FOOT SKILLS CLINIC

These one hour sessions are for soccer skills levels beginner to advanced. Each session will focus on individual game skills such as foot skills, passing, movement on an off the ball, fitness and shooting. The sessions will also involve small-sided games and larger/full field games to focus on game like scenarios. Players with advanced skills below age 9 are able to participate.

Code	Age	Day	Date	Time	Cost
2056.214	9-16	Thursdays	1/16 - 2/20	6-7 p.m.	\$75

BASKETBALL R US

Weekend Basketball R Us is a weekly basketball program for all aspiring young players, which consist of a one (1) hour class every Saturday for eight (8) weeks. The one-hour class combines fundamentals skills development and team competition to achieve maximum fun and learning for all ages.



BENEFITS: A player improves his or her individual skill level such as passing, dribbling, shooting, rebounding, and defense. While at the same time players learn how to work within the framework of a team. Boys and girls at any skill level are encouraged to participate. **GOAL:** The goal is to provide children with an organized skill development program where

they will learn the fundamentals of basketball have fun and increase their confidence and self-esteem as a person.

Code	Age	Day	Date	Site	Time	Cost
2018.314	7-18	Sat.	3/22-5/10	SES	TBA	\$63

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ACTION GYMNASTICS

This is a preschool program that will focus on movement and coordination. We use movement songs to exercise and have fun. This is a great way to introduce the child into the gym and a structured environment, Parent involvement is required for the children 1-5 yrs. old.

Location: Old King George Elementary School Gym.

WINTER 2014

Code	Age	Day	Date	Time	Cost
3099.214	1-2	Wed	1/22 - 2/26/	9-9:50am	\$33
3098.214	3-5	Wed	1/22 - 2/26	10-10:50am	\$33

WINTER 2014 (SESSION II)

Code	Age	Day	Date	Time	Cost
4000.214	1-2	Wed	3/12 - 4/16	9-9:50am	\$33
4001.214	3-5	Wed	3/12 - 4/16	10-10:50am	\$33

SPRING 2014

Code	Age	Day	Date	Time	Cost
3099.314	1-2	Wed	4/30 - 6/4	9-9:50am	\$33
3098.314	3-5	Wed	4/30 - 6/4	10-10:50am	\$33

TUMBLING

Tumbling is for the student who wants to focus on their floor skills. Beginner tumblers will learn their basic skills including cartwheels, forward and backward rolls, head stand and handstands. Advanced tumblers will continue to perfect their basic skills and learn round offs, back handsprings and more.

TWIST AND



SPRING 2014

(eight week class - no class on 4/23/14)

Code	Age	Day	Date	Time	Cost
3005.314	Beg.	5-17	Wed 4/16 - 6/11	5pm-6pm	\$50
3007.314	Adv.	5-17	Wed 4/16 - 6/11	5pm-6pm	\$50

CHEER TUMBLING

(eight week class - no class on 4/23/14)

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. Cost \$50

Code	Age	Day	Date	Time
3008.314	12-18	Wed	4/16 - 6/11	6-7pm



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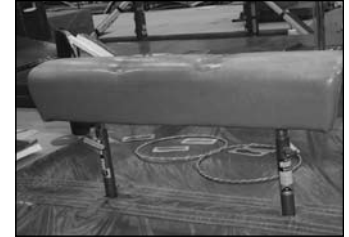
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Youth Sports

2014 SPRING YOUTH GYMNASTICS

Old King George Elementary School (Gymnasium)
Registration Begins: March 12 • \$73 for the 12 week program

The King George Youth Gymnastics program is designed to teach your child skills and build their confidence and self esteem. We will work on all four competitive events (vault, bars, beam and floor). Along with the skills your child will work on muscle memory and conditioning in a fun and exciting new way. For information contact Heather Withrow, Head Coach at 775-3482. All preschool classes work on school readiness through the use of props integrated into the class.



PARENT & ME (STARTS APRIL 12)

This class is designed for parent and child to work together to develop fine motor skills. The children will develop their coordination in a fun and safe environment.

Saturdays 9:00 – 9:50 AM 18 months – 2 years Limit 10

LITTLE GYMS (STARTS APRIL 12)

This program will develop muscle coordination and basic skills in a structured setting.

Saturdays 10:00 – 10:50 AM 3 years old Limit 10

SHORT GYMS (STARTS APRIL 12)

This popular Pre-K class develops basic gymnastics skills, muscle coordination and self confidence.

Saturdays 11:00 – 11:50 AM 4 year olds Limit 10

KINDER GYMS (STARTS APRIL 14)

This program is designed for the five year old student. We will work on basic skills, conditioning and coordination in a fun and safe environment.

Mondays 5:00 – 6:00 PM 5 year olds Limit 10

MIGHTY GYMS (STARTS APRIL 15)

This program is an advanced class designed for children who have already participated in Little Gyms or Shorts Gyms. These participants should be able to demonstrate basic skills on all four gymnastics events, and show knowledge of basic terms. The child must be asked by the coach to participate in this class!

Tuesdays 5:00 – 6:00 PM 3-4 year olds Limit 10

HIGH FLYERS (STARTS APRIL 17)

This program is an advanced class designed for 5 and 6 year olds. Children in this class must be able to demonstrate skills on all four gymnastics events. They will begin to learn the USGA Levels 1 and 2 team skills. Gymnasts must be asked by coach to participate in this class.

Thursdays 5:00 – 6:00 PM 5—6 year olds Limit 10

BEGINNERS (STARTS APRIL 14 & APRIL 17)

This class is designed for the child who has never done gymnastics. They will learn basic tumbling, balance beam, uneven bars and vault.

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

Thursdays 7:00 – 8:00 PM (10-17 year old) Limit 12

INTERMEDIATE LEVEL (STARTS APRIL 14)

This program is designed for those who have participated in a beginner class and are still working on mastering their basic gymnastics skills.

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

ADVANCED LEVEL (STARTS APRIL 17)

This program will focus on perfecting the basic skills with proper form. We also work on the conditioning, strength and flexibility that is needed to continue to progress as a gymnast.

Thursdays 6:00 -7:00 PM 6-9 year old Limit 10

RED GYMS (STARTS APRIL 15)

This class is designed for gymnasts working on USGA Level 1 and 2 skills. Gymnast must be asked by coach to participate in this class.

Tuesdays 6:00 – 7:00 PM 6-14 year old Limit 12

WHITE GYMS (STARTS APRIL 15)

This program is designed for gymnasts working on USGA Level 3 skills. Gymnasts must be asked by coach to participate in this class.

Tuesdays 7:00 – 8:00 PM 6-14 year old Limit 12

BLUE GYMS (STARTS APRIL 17)

This program is an ALL BOYS program. We will work on beginner basic skills up to advanced skills in this class. This is an up beat class to keep boys working hard and having fun at the same time.

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

OPEN GYM

This is a drop-in open play time!! Great time for kids and parents to socialize at OKGES Gym. Kids have a blast running and playing on all the gymnastics equipment. Open Gym is held every Thursday morning at The Old King George Elementary School gymnasium.

Cost: \$3 for the first child, \$1 for each additional

Pre-schoolers	1-5 years	10-11am
Home School	all ages	11:15am – 12:15pm

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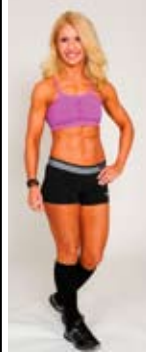
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