Sir Leisure AlLot

FUN FOR EVERYONE at Parks & Rec

SUMMERFEST 2013 Recreation Presents

SUMMERFEST - SAT., JUNE 1
INFORMATION ON PAGE 20

NFW SUMMER PROGRAMS FOR KIDS

Engineering Camps
Art Camps
Yummy, Yummy Camps

ENRICHMENT PROGRAMS

French Instruction
Driver Improvement Program
Summer Grilling

SPECIAL EVENT
BACKYARD CARNIVAL

August 14 - 1 to 3 p.m. - Ages 12 and under

TAKE A TRIP WITH KGPR

CHECK OUT THE SCHEDULE OF WEEKLY AND OVERNIGHT TRIPS AND TOURS

VERMONT & NEW HAMPSHIRE, CHICAGO, WHEELING - GREENBRIER, ORLANDO, MACKINAC ISLAND, AND CHRISTMAS IN NEW YORK!



MOVIES ON THE LAWN AT SEALSTON SPORTS COMPLEX PAGE 21



BLUEMONT IN KING GEORGE 2013 -SUMMER CONCERT SERIES • DARYL DAVIS

- DARIL DAVIS
- RUTHIE AND THE WRANGLER
 MARTINSBURG JAZZ COMBO
 - ·SUSAN GREENBAUM

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King George Parks & Recreation ~ Summer 2013~ 540/775-4386

http://kinggeorge.recdesk.com/recdeskportal

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 6:30p.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, Chairman, At-Large; Mr. Joe Grzeika, James Madison District; Mr. John LoBuglio, 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 Census.



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

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 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

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.

The King George Parks & Recreation brochure is produced by The Journal in cooperation with the King George Parks & Recreation Department.

For information about advertising in the brochure contact The Journal at 540-775-2024 or email sales@journalpress.com or go online to www.journalpress.com and select "Advertise."

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 multipurpose 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 Anthonys Road; Gym and old Cafeteria anytime, subject to availability.

 $\pmb{\rm SES}$ - 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.

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.

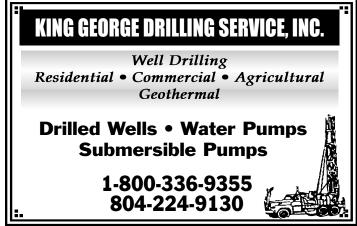
Wilmont Landing – this landing provides public boat access to the Rappahannock River. This site has very limited parking available. Wilmont Landing is located on Wilmont Road off of Rollins Fork Road (Rt. 681). To reach Rollins Fork Road; follow Rt 3 approximately 6 miles east of Rt 301 & 3 intersection.

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.



540-775-2024 10250 Kings Hwy. The Journal Complex



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.



Summer Camp Programs

Staff hopes that we have provided something for everyone.

The Parks and Recreation Department's "Summer Sunsation" and "Teen Breakout" camps are 9-weeks, Monday - Friday day care programs which are offered from 7:30 am - 5:30 pm. Extended hours will be offered from 6:30 am - 7:30 am and from 5:30 pm - 6:00 pm for an additional \$25.00.

Each camp is staffed by a Camp Director, Assistant Director and Camp Counselors.

CAMP FEES for Summer Sunsations 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).

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).

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

IN THE EVENT OF INCLEMENT WEATHER CONDITIONS OF 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.

"SUMMER SUNSATION" DAY CAMP

June 17th - August 16th @ 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 except 100 youth.

Monday: MOVIE AT CAMP Tuesday: BOWLING is scheduled Thursday: FIELD TRIPS are scheduled Friday: SKATING is scheduled

PAYMENT SCHEDULE for Summer Sunsations 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

\$225.00 (\$25 x 9 Additional Weeks Deposit)

\$40.00 Kings Dominion

\$415.00 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.

TEEN BREAKOUT

June 17th – August 16th @ 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 AT CAMP Tuesday: BOWLING is scheduled Thursday: FIELD TRIPS are scheduled Friday: SKATING is scheduled

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

What's New at KGPR? LOOK FOR PARKS & REC UPDATES IN THE JOURNAL

Eagles Nest Animal Hospital



Full Service Veterinary Care with Dr. Judge

Surgery Dentistry In House Laboratory Digital X-Ray Chemotherapy Grooming Feline Boarding Reproductive Services

7955 King's Highway • 540-775-6800 in the First Lady's Centre Shopping Plaza

Summer Athletics

GIRLS YOUTH BASKETBALL CAMP

Teri Priebe, former King George High School JV Girls Basketball Coach, will be directing this camp for rising 4th – 9th grade girls. Fee for this program includes participant tickets to the Washington Mystics vs. Indiana Fever WNBA game on Sunday, June 16th. Registration deadline June 10th. Location: KGHS

Code#	Grade	Day	Date	Time	Cost
2072.413	4-9	M-F	6/17-6/21	5:30pm-8:30pm	\$75

KG VOLLEYBALL CAMP

Matt Troy, the new head volleyball coach at the University of Mary Washington, will be running a FUN and EXCITNG Volleyball Camp at KGHS this summer, June 17th -19th.

This camp is designed for the intermediate to advanced (rising 8th-12th grade girls) volleyball player and will emphasize the technical fundamentals of the game including passing, setting, attacking, serving, blocking and defense. Emphasis placed on developing court movement, ball control, as well as game competition. Campers, please have a packed lunch (12noon-1pm), tee-shirt included. Registration Deadline: Friday, June 7th

Contacts:

Drew Wine: awine7842@aol.com (540) 379-5174 Jill Wine: jwine7072@aol.com (540) 850-3940

Code#	Ages	Day	Date	Time	Cost
2080.413	13-18	MonWed.	6/17-6/19	9am-4pm	\$130

ONE ON ONE BASKETBALL CAMP

Designed to provide the best basketball experience for your children. Participants will be divided by age and skill level to ensure maximum benefit. Participants will work on individual skills while the camp will also feature daily games and contests. Campers please bring a packed lunch. Location: KGMS Gym. Registration Deadline: Monday, July 8th.

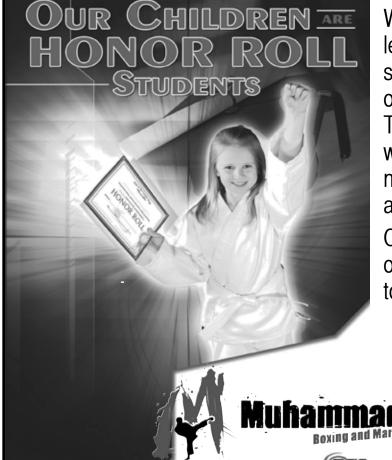
Code#	Age	Days	Date	Time	Cost
2076.413	8-15	M-F	7/15-7/19	8am-3pm	\$125 per camper

CO-REC BASKETBALL CAMP



This popular basketball camp will be under the direction of former King George High School Varsity Basketball Coach, Eric Davis. The camp is geared for ages 8-15 and 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 15th. Location: KGMS

Code#	Ages	Day	Date	Time	Cost
2075.413	8-15	MonFri.	7/29-8/2	5:30pm-8:30pm	\$85.00



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Proudly Presents 2013 Summer Camps

- 'Pinkalicious' Dance Camp (ages 2-8) July 15th- 19th
- Strawberry Shortcake's Dance Camp (ages 2-8) August 12th 16th
 - So, You Think You Can Dance (ages 8 and older) July 8th 12th
 - Ballet Summer Intensive for Intermediate to Advanced Ballet Dancers July 8th - August 16th

Limited Space, Reserve your spot today, call for details, 540-709-1393 or go online at www.thedancebox.net

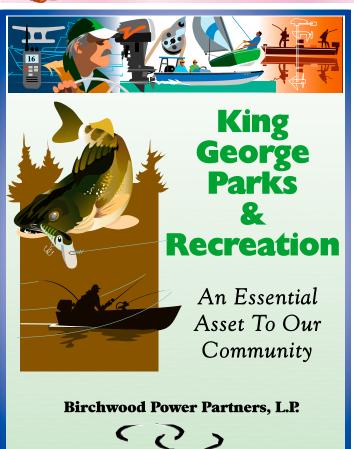
Fall Registration will be Saturday, August 10th from 10-3!

Mark your Calendars!

540-709-1393

7953 Kings Highway • www.thedancebox.net









SUMMERFEST 2013 Saturday, June 1st

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YOUTH VOLLEYBALL CAMP

This camp is designed for beginning (rising 5th – 8th grade girls) volleyball players and will emphasize the technical fundamentals of the game including passing, setting, attacking, serving and defense. Jill and Drew Wine will be conducting the program for players who want to LEARN and have FUN. Location: KGHS. Registration Deadline: Friday, June 14th.

Code#	Ages	Day	Date	Time	Cost
2018.413	9-13	MonThur.	6/24-6/27	6pm-8pm	\$65

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 eyehand coordination, good footwork, and confidence. Intermediate players will focus on improving consistency of basic strokes, learning advanced techniques,

and developing strategy. Registration deadlines are Thursday, June 20th for session 1 and Thursday, July 18th for session 2. Tennis racquet and water bottle are needed. Location- KGMS (KG Tennis Center)

Code#	Age	Day	Date	Time	Cost
5098.413	6-8	M-F	6/24-6/28	8am-9am	\$40
6001.413	6-8	M-F	7/22-7/26	8am-9am	\$40
5099.413	9-11	M-F	6/24-6/28	9am-10:30am	\$50
6002.413	9-11	M-F	7/22-7/26	9am-10:30am	\$50
6000.413	12-17	M-F	6/24-6/28	10:30am-12noon	\$50
6003.413	12-17	M-F	7/22-7/26	10:30am-12noon	\$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 8th.

Code	Age	Day	Date	Time	Fee
5001-413	6-14	Mon – Fri	7/15 - 7/19	6-8pm	\$25

MIDDLE AND HIGH SCHOOL FOOTBALL CAMP

King George High School, Varsity Football Coach, Jeff Smith and his staff will be conducting this camp July 15th – July 18th. 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 Thursday, June 27th).

Code#	Age	Day	Date	Time	Cost
2077.413	12-18	M-Th	7/15-7/18	6pm-8pm	\$40

CHALLENGER - BRITISH SOCCER CAMP

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For free jersey deadline, sign up by May 3rd & June 28th online at www.challengersports.com

Location: King George Middle School

Code#	Age	Day	Date	Time	Cost
1000.413	4-5	M-F	6/17-6/21	9am-10:30am	\$90
1001.413	6-8	M-F	6/17-6/21	9-12noon	\$110
1002.413	9-16	M-F	6/17-6/21	1-4pm	\$110
1003.413	10-16	M-F	6/17-6/21	9-4pm	\$170
Location: S	Sealston	Sports	Complex	_	
1004.413	4-5	M-F	8/12-8/16	5pm-6:30pm	\$90
1005.413	6-14	M-F	8/12-8/16	5pm-8pm	\$110

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 13th. Size of class is limited to 16 participants. Location – Cameron Hills Golf Links

Code#	Age Day	Date	Time	Cost
2060.413	8-15 M-F	6/24-6/28	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, June 26th.

Code#	Age	Day	Date	Time	Cost
2061.413	8-15	M-F	7/8-7/12	9am-12noon	\$82.50

GYMNASTICS MINI SESSION

(July 22nd, starting) 4 weeks • Registration: June 10 – July 15 \$28 for 4 week program

Short Gyms (Starts July 22nd)

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

Mondays 5pm-5:50pm

4 years

Limit 10

Kinder Gyms (Starts July 22nd)

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

Mondays 5pm – 5:50pm 5 years Limit 10

Beginners (Starts July 22nd & July 25th)

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

Mondays 6pm – 7pm (6-9 years) Limit 12 Thursdays 6pm – 7pm (10-14 years) Limit 12

Intermediate Level (Starts July 22nd)

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

Mondays 7pm – 8pm 6-9 years

Mighty Gyms (Starts July 23rd)

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 5pm – 6pm 3-4 years

Limit 10

Limit 10

High Flyers (Starts July 23rd)

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!

Tuesdays 6pm –76pm 5-6 years

Limit 10

Red Gyms (Starts July 23rd)

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

Tuesdays 6pm - 7pm 6-14 years

6-14 years Limit 10

White Gyms (Starts July 23rd)

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 7pm – 8pm 6-14 years Limit 10

Parent & Me (Starts July 25th)

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.

Thursdays 5pm-5:50pm 18 months – 2 years

Limit 10

Little Gyms (Starts July 25th)

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

Thursdays 5pm-5:50pm 3 years

Limit 10

Advanced Level (Starts July 25th)

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

Thursdays 6pm-7pm 6-9 years

Limit 10

Blue Gyms (Starts July 25th)

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

Thursdays 7pm– 8pm 6-14 years Limit 10

TUMBLING CAMP TWIST AND

This camp is for all children who

like to cartwheel and flip. All children ages 5 and up are welcome. No experience needed, just a desire to have fun and learn how to roll, cartwheel and flip. Registration Deadline: Monday, July 29th. Location: Old King George Elementary School Gymnasium.

Code#	Age	Day	Date	Time	Cost
3090-413	5-15	M-F	8/12-8/1	6 9am-12pm	\$80

CHEER TUMBLING CAMP

This camp is for all cheerleaders wanting to learn or improve their tumbling skills. We will focus on skills such as round-off, back handspring, and back tucks. The camp is open to children ages 9-18 years old. This is a half day camp. Registration Deadline: Monday, July 29th. Location: Old King George Elementary School Gymnasium.

Code#	Age	Day	Date	Time	Cost
3091-413	9-18	M-F	8/12-8/16	1pm-4pm	\$80

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 and all day sessions. The dates for this fun camp will be August 19th – 23rd, with the registration deadline being Monday, August 12th. Location: OKGES Gym

Code#	Age	Day	Date	Time	Cost
2062.413	5-15	M-F	8/19-8/23	9am-12noon	\$80
2063.413	5-15	M-F	8/19-8/23	9am-4pm	\$160

Swim Lessons at Eden Estates Pool

\$45.00 • 4 Sessions

June 17th – June 28th • July 1st – July 12th
July 15th – July 26th • July 29th – August 9th
Discount coupons available at Parks & Recreation (\$5.00 off),
just stop by and pick up. For questions, call Rebecca Schriner at
717-919-9721 or call Parks & Rec at 540-775-4386 for info.



2013 FALL YOUTH GYMNASTICS

AT OLD KING GEORGE ELEMENTARY SCHOOL

Registration Begins: July 5 Begins: September 9th • \$73 for 12-weeks and t-shirt

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 September 14th)

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 9:00 – 9:50 AM 18 months – 2 yearsLimit 10

Little Gyms (Starts September 14th)

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

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

Short Gyms (Starts September 14th)

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

Saturdays 11:00 – 11:50 AM 4 years Limit 10

Kinder Gyms (Starts September 9th)

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

Mondays 5:00 – 6:00 PM 5 years Limit 10

Mighty Gyms (Starts September 10th)

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 5:00 – 6:00 PM 3-4 years Limit 10

High Flyers (Starts September 12th)

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 5:00 – 6:00 PM 5-6 years Limit 10

Beginners (Starts Sept 9th and Sept 12th)

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

Intermediate Level (Starts September 9th)

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

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

Advanced Level (Starts September 12th)

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 September 10th)

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 September 10th)

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 September 12th)

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
3005.113	1-2	Weds.	9/11 - 10/16	9-9:50am	\$33
3007.113	3-5	Weds.	9/11 - 10/16	10-10:50am	\$33

TUMBLING

King George Parks and Recreation is offering tumbling for Summer and 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 27th.

<u>Code</u>	Age	Day	<u>Date</u>	Time	Cost
3005.413	3 5-17	Weds.	6/12-7/10	5-6pm	\$37
3003.113	Beg. 5-17	Weds.	9/11 - 12/4	5-6pm	\$73
3004.113	3 Adv. 5-17	Weds.	9/11 - 12/4	5-6pm	\$73

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
3008.413	12-18	Weds.	6/12-7/10	6-7pm	\$37
3008.113	12-18	Weds.	9/11 - 12/4	6-7pm	\$73

Youth Programs

2013 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, the NEW Sealston Park 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, Tuesday, July 30, 7pm, 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 31 – July 31, on a first-come, first–served basis. Mail-in registration is preferred. **Fees:** \$68 per participant with uniform, \$80 per participant without.

Leagues:

U6 (4 & 5 year olds)
U8 (6 & 7 year olds)
U10 (8 & 9 year olds)
U12 (10 & 11 year olds)
U16 (12, 13, 14 & 15 year olds)
U19 (16, 17 & 18 year olds)
Age control date is August 1, 2013.

Home Games/Days: Held at the Sealston Sports Complex and school sites U6 & U8 - Mons. and Sats. U10 & U12 - Thurs, and Sats. U16 Weds. and Sats.U19 Sats. and Suns.

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

Any requests received for players to be on the same team or players to be with a particular coach is just that—requests. Submitting such a request does not obligate us to fulfill the request. ACTIVITY CODE: 2055.113

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: July 2nd – Aug. 22nd

or until spaces are filled

Date: Sept. 7th – Oct. 19th • Days: Saturdays

Times: 10am – 10:50am

Location: Sealston Sports Complex Fee: \$65 • ACTIVITY CODE: 2018.113

CHEER CAMP

This 3 day camp will focus on learning the basic fundamentals of cheerleading. Participants will learn cheers, chants, jumps, stunts, motions and more! Come out and learn the fundamentals of cheerleading while having fun! Location: School Board Bldg – Multipurpose Room

 Age
 Day
 Date
 Time
 Cos

 6+
 Mon-Wed
 8/5-8/7
 5:30-7:00pm
 \$30



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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 35 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.

New Program - Engineering Camps

ENGINEERING CAMPS

Please check our website or give us a call for information on other Engineering For Kids programs available http://www.engineeringforkids.net/location/central va and (540) 538-3306

"HEROES WEEK" - SUMMER CAMP

Heroes come in all shapes and sizes, but all have the same mission – to protect those around them. During Heroes Week, our campers will form a league of heroes and compete against each other by performing engineering-related challenges. Each league will create a safe and eco-friendly soda can holder that will protect our wildlife, construct a bridge to safely allow cars to cross after a natural disaster, create effective packaging for fragile material, and design a wind turbine as an alternative source of energy. Registration Deadline: July 1st. Participants: Minimum 10, Maximum 20.

Age	Day	Date	Time	Cost	Location
7-11	Mon-Fri	7/8-7/12	1:30-4:30pm	\$160	KGES

ELECTRONIC GAME DESIGN - PLATFORM & RACING GAMES SUMMER CAMP

Campers will use Multimedia Fusion 2® to create their own video game. In the Platform Game, the young game designers will create a side-scrolling, Mario-type game and program characters to move through a two-dimensional obstacle course. Their characters attempt to avoid or overcome enemies and reach an end goal on multiple levels. In the Raving Game, they will design a racetrack, race cars, and an environment in which their cars compete. Students will be given a copy of their games to take home with them and enjoy after camp is done! Registration Deadline: July 8th. Participants: Minimum 8, Maximum 10.

Age	Day	Date	Time	Cost	Location
10-14	Mon-Fri	7/15-7/19	1:30-4:30pm	\$160	KGES

Let Engineering For Kids host your next Birthday Party Call 540-538-3306 to schedule your next birthday party! www.engineeringforkids.net/location/centralva

LEGO® ROBOT SURGEONS - SUMMER CAMP

Robots are used in many areas of the medical field. Campers will learn to design and program LEGO® Mindstorm robots to perform a variety of tasks. Their tasks will include setting a bone, removing harmful bacteria, administrating medication, and navigating through simulated body systems to treat disease while keeping the rest of the body safe. Through their camp experience, students will learn the principles of robotics, computer programming, and how to work collaboratively as part of a team. Registration Deadline: July 22nd. Participants: Minimum 10, Maximum 16.

Age	Day	Date	Time	Cost	Location
9-14	•	7/29-8/5	1:30-4:30pm	\$160	KGES

"SURVIVOR-ENGINEER'S COVE" - SUMMER CAMP

Stranded on an abandoned island and surrounded by darkness and other dangers, campers will join tribes and compete in various engineering-related challenges against other tribes to survive and escape the harsh island conditions. In their quest for survival, campers create their own flashlight, electric magnet, insulated water bottle and parachute. Join the first ever Engineering for Kids® Survivor Challenge while exploring electrical, mechanical, and aerospace engineering! Registration Deadline: July 29th. Participants: Minimum 10, Maximum 20.

<u>Age</u>	<u>Day</u>	<u>Date</u>	Time	<u>Cost</u>	<u>Location</u>
7-14	Mon-Fri	8/5-8/9	1:30-4:30pm	\$160	KGES

"HOW AMUSING" - SUMMER CAMP

Ahh, thrill of an amusement park... zipping around on racecars, zooming through the loops of a rollercoaster, trying your luck at a floating boat game, and enjoying a refreshing ice cream treat at the end of a hot day. Campers will divide into teams to create the most fantastic and thrilling themes park experience while learning the basics of mechanical, electrical, and chemical engineering. Registration Deadline: August 5th. Participants: Minimum 10, Maximum 20.

<u>Age</u>	<u>Day</u>	Date	Time	Cost	Location
7-11	Mon-Fri	8/12-8/16	1:30-4:30pm	\$160	KGES

Youth Programs

CALLING ALL ARTISTS!

It's time to register for summer art classes! Classes are available for students in pre-school, grades k-2, 3-5, and 6-8. Classes are \$50 per student, with an additional \$10 supply fee. All students are asked to come wearing clothing that they can get messy in, and middle school students are asked to bring a sketchbook to class. Classes must have at least 4 students enrolled. With any questions, please call Sarah Phillips at (540) 840-9855 or email sphillips@cgs.k12.va.us.

PRE-SCHOOL CLASS

The pre-school class will be exploring shapes, lines, and color through a collage, watercolor paints, and a variety of other projects!

Grade	Day	Date	Time	Cost	Location
Pre-school	Mon	7/1, 7/8, 7/15, 7/29	9-10am	\$50 + \$	10 KGES

K-2 CLASS

The K-2 class will be working with oil pastels, watercolors, construction paper and more to create colorful works of art while developing basic drawing skills and learning about composition.



 Grade Day
 Date
 Time
 Cost
 Location

 K-2
 Mon
 7/1, 7/8, 7/15, 7/29
 11-12:30pm
 \$50 + \$10 KGES

GRADES 3 - 5 CLASS

The class for students in grades 3-5 will be focusing on developing drawing skills and composition by working with chalk pastels, collage, and tempera paint.

Grade	Day	Date		Time	Cost	Location
3-5	Mon	7/1, 7/8,	7/15, 7/29	1-2:30pm	\$50 + \$10	KGES

MIDDLE SCHOOL CLASS

The middle school class (grades 6-8) will work on developing foundational art skills by keeping a sketchbook and working in a variety of mediums, including acrylic paint, oil pastels, and charcoal. We will be working on art basics like shading, color theory, and form, and looking at works by Monet, Van Gogh, and more to learn about what art is.

Grade	Day	Date	Time	Cost 1	Location
6-8	Mon	7/1, 7/8, 7/15, 7/29	3-5pm	\$50 + \$10	KGES

Additional 1-week options:

ART EXPLORERS

Art explorers will be working with oil pastels, water colors, and a variety or other media to explore the basics of color, form, and composition.

Grade	Day	Date	Time	Cost	Location
1-3	Mon-Fri	7/8 - 7/12	5-7pm	\$50 + \$10	KGES

STUDIO CAMP

The studio camp for grades 4-7 will be working with acrylic paints, oil pastels, charcoal, and other media to explore relationships between light, form, and color.

Grade	Day	Date	Time	Cost	Location
4-7	Mon-Fri	7/15-7/19	5-7pm	\$50 + \$10	KGES

YUMMY YUMMY CAMPS

What's Cooking (Yummy Yummy Camp) 6/24 - 6/28 and again 7/8 - 7/12

These camps are a real TREAT for the participants. Cost covers apron, ingredients, cookbook and instruction from Gloria Burrell. Pre-schoolers (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.

Code#	Age	Day	Date	Time	Cost
XXXX.412				9 – 10am	\$60
XXXX.412	5 - 8	M - F	6/24 - 6/28	10:15 -11:15am	\$ 60
XXXX.412	9+	M - F	6/24 - 6/28	11:30 – 1pm	\$ 65
XXXX.412	2 - 4	M - F	7/8 - 7/12	9 - 10a.m	\$ 60
XXXX.412	5 - 8	M - F	7/8 - 7/12	10:15 -11:15am	\$ 60
XXXX.412	9+	M - F	7/8 - 7/12	11:30 – 1:00pm	\$ 65



YOUNG CHEF'S COOKING CLASS

In this class your child will learn how to make easy kid-friendly dishes. Your child will also learn how to be safe and have fun in the kitchen. Location - Citizens Center

Age	Day	Date	Time	Cost
5+	Tues & Thurs	6/4 - 6/20	5:00-6:15pm	\$50

ALL NEW

SUMMER ART EXPLORATION CAMP

Summer Art Exploration Camp brought to you by KGHS art teacher and KG native Lauren Horton. Parents are welcome to stay and get in on the fun! Students will have awesome artwork to take home throughout the week! Fee: \$50 and a \$10.00 supply fee/deposit to purchase materials prior to the camp and to reserve your spot. If scheduling conflicts arise (to accommodate family with siblings in different age groups) adjustments can be made on a case by case basis. Private art classes are available per request. For more information contact Lauren Horton at 540-220-6824. Location - KGHS Art Room.

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Camp Themes:

ART AND NATURE

Walk on the wild side with art and nature! From Audubon to pet portraits of today, nature and art are intertwined. Students will see how nature exists in art through subject matter as well as the raw materials we use to make art. Themes of nature conservation advocacy through the arts, art history, and the scientific side of art will be addressed as appropriate to each age group. *Cross-curricular: Science (Nature Conservation, Botany, Zoology, Ecology), History Art History, Geography.

Grade	Day	Date	Time	Cost
Pre-K-2nd	Mon-Fri	7/8-7/12	9:30-11:30am	\$50
3rd - 6th	Mon-Fri	7/8-7/12	12-2pm	\$50
7th - 12th	Mon-Fri	7/8-7/12	2-4pm	\$50

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