

King George Parks and Recreation

RECREATION EXPLORATION GUIDE

Winter/Spring Edition
January - May 2018



Father/Daughter
Winter Ball



Father/Daughter Princess Ball



SPORTS AND ATHLETICS

Youth Gymnastics
Karate - Adult and Youth
Spring Youth Soccer
Pee Wee Soccer
Women's Fitness Bootcamp
Tumbling
Cheer Tumbling

SPECIAL EVENTS

Mother/Son Winter Ball
Father/Daughter Winter Ball
Princess Ball
Eggstravaganza
Tea Party
Fishing Derby

DAILY TRIPS

The Parade of Nations & Virginia
International Tattoo
Lewis Ginter Gardens

OVERNIGHT TRIPS

Holland Tulip Festival
Nashville at Christmas Time



kinggeorge.recdesk.com

(540) 775 - 4FUN



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CONTACT US

**KING GEORGE
PARKS AND
RECREATION**

8076 Kings Highway

P.O. Box 71

King George, VA 22485

540-775-4FUN (4386)

Fax: 540-775-5255

kinggeorge.recdesk.com

facebook.com/kgpr4386

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OFFICE HOURS

Monday: 8 am – 7 pm

Tuesday: 8 am – 7 pm

Wednesday: 8 am – 7 pm

Thursday: 8 am – 7 pm

Friday: 8 am – 4:30 pm

Saturday and Sunday:
Closed

HOLIDAYS

February 19: George

Washington Day

May 28: Memorial Day

July 4: Independence Day

September 3: Labor Day

October 8: Columbus Day

November 12: Veterans Day

KING GEORGE COUNTY OUT AND ABOUT

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:

Ms. Ruby Brabo – Member (At-Large),

Mr. John Jenkins, Jr. – Member (Dahlgren),

Mrs. Cathy Binder – Member (Shiloh),

Mr. Richard Granger – Chairman (James Madison),

Mr. Jeffrey Bueche – Vice Chairman (James Monroe)

County Administration –540-775-9181 Dr. Neiman

Young, PhD, County Administrator

L.E. Smoot Memorial Library – 540-775-2147;

www.smoot.org The library is located at 9533 Kings Highway (Rt.3).

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 – 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.

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.

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

King George County School Board Office –

540-775-5833

King George Family YMCA – 540-775-9266

King George Little League – offers youth baseball and girls softball. For more information visit

www.kglittleleague.org

King George Youth Athletic Association – offers

Spring and Fall flag football and Fall tackle

football. For more information visit www.kgyaa.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

Fire and Rescue Association. Fall Festival information

may be obtained at www.kgfallfestival.org

Dahlgren Heritage Museum is located at 3540 James Madison Pkwy, King George, VA 22485. For more information visit their website at www.dahlgrenmuseum.org

KG ALERT

Sign up for this free service offered by the King George County Emergency Services to notify you of important information due to an emergency, disaster, road closure or inclement weather. Information is delivered, by choice, to e-mail, cell phones with text messaging capabilities, palm pilots and blackberries. You may also specify information you want to receive such as parks and recreation, schools and county information. To sign up, go to www.kgalert.com This is a service of the King George Department of Emergency Services – 540-775-8900.

King George County has 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 540-775-8900.

Movie-Goers

Come to the Parks and Recreation Department to get your discounted Regal Cinema Movie Tickets Premier tickets at \$8.50 each. Please call for availability if you are in need of these.

KING GEORGE COUNTY OUT AND ABOUT

Parks and Recreation

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.

This program guide is intended 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 offering recreational activities in their respective categories; and general noteworthy information. NOTE: If we have inadvertently left a recreational organization 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 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 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 Sup./
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 regular business hours are 8:00a.m – 7:00p.m. Monday – Thursday and 8:00 a.m. – 4:30 p.m. on Friday. Our offices are closed on holidays as designated by the State/County. To speak to a staff member you may personally come by, call 540-775-4386; 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.kinggeorgecountyva.gov or browse our programs and register on-line (way to pay by credit card) at

www.kinggeorge.recdesk.com.

Coming in February – KGPR will begin to take credit card payments at the office. A convenience fee will be applied on credit card payments.

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 Wednesday of every other month beginning at 6:30p.m at the Citizens Center.

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.

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 they otherwise 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.

FACILITIES INFORMATION

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.

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. We also have Little Free Library in our lobby. 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.

Parks and Recreation schedules the school's indoor and outdoor facilities for recreational use on weekday's after 6:00p.m and on weekends.

KGHS - King George High School – 8246 Dahlgren Road (Rts. 206 & 3); Gym and athletic fields after 6:00p.m / weekends.

KGMS - King George Middle School – 8246 Dahlgren Road (Rt. 206); Gym and athletic fields 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.

OKGMS – Old King George Middle School – 8562 Dahlgren Rd. (Rt. 206)

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

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

SSC-Sealston Sports Complex (11050 Fletchers Chapel Rd) 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), a picnic shelter, restrooms, and a concession stand. There is limited parking within the park and additional parking is permitted at the school's parking lot.

Wayside-Wayside Park is a 10 acre park site on the Potomac River located at 3435 Roseland Rd. (off 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 Dahlgren Heritage Museum and at Barnesfield Park (a short 5 minute stroll).

Barnesfield Park is located at 3360 Barnesfield Rd. (off 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-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.

CBP – Cedell Brooks Jr. Park is located at 11259 Henry Griffin Rd at the old landfill site off Rt. 205. Our newest facility has one NCAA size baseball field, multipurpose field, playground, an approximate 1 mile loop walking path and plenty of parking.

Tennis - King George County Tennis Center – 8246 Dahlgren Road (Rts 206 & 3) – daytime use only. Users must obtain permit from P&R during school year/hours.

NEW – Cedell Brooks Jr. Park, Barnesfield Park and Sealston Sports Complex all have Little Free Libraries available. The Libraries are located near the picnic shelters and/or playgrounds.

SUMMER SUNSATIONS AND TEEN CAMP

Summer Sunsations and Teen Breakout

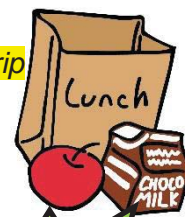
Our camps provide a safe, fun and active environment for all youth. We offer indoor and outdoor activities as well as opportunities for pure fun, friendships and exploration. We pride ourselves on offering an action-packed, varied and exciting camp. Our camps are designed to suit everyone and gives your child a chance to experience PURE FUN! Sign your child up for one week or all nine weeks! Activities provided daily are: Arts & Crafts, Group games, and Team building challenges.



“Summer Sunsations” (ages 5-10) and “Teen Breakout” (Ages 11-15) are both 9 week-day care programs running from 7:30 a.m. - 5:30 p.m., Monday-Friday. Extended hours are offered for an extra fee. Each camp is staffed by Camp Directors, Assistant Directors and Camp Counselors. Camp Fees (per child) are: a \$35 one-time registration fee (Campers will receive 2 camp T-shirts and daypack); \$130 per camp week fee. Weekly fees cover: Day trips, in-house activities, bowling, skating and King’s Dominion transportation (if available/weather permitting). A Kings Dominion season pass will be needed. We follow four essential rules when planning our trips: the trip must be developmentally appropriate, have educational value and it must be FUN!

*****If available through the grant through King George County Schools, we will be providing breakfast and lunch throughout the duration of camp (bag lunches will be provided on field trip days.) More updates will be in the camp packages.***

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



Field trip – National Air and Space Museum, Summer 2017

Summer Sunsation “Camp Adventure”

Week 1 – Make it or Break it
Week 2 – Wild Wild West
Week 3 – Operation Outdoors
Week 4 – Bugs & Critters
Week 5 – Treats and Treasures
Week 6 – Make a Difference
Week 7 – Animal Planet
Week 8 – Ooey Gooey
Week 9 – Shark-tastic

Teen Breakout

“Camp Exploration”

Week 1 – Stemtastic
Week 2 – Gold Rush
Week 3 – Nature Unleashed
Week 4 – Wilderness Survival
Week 5 – Edible Creations
Week 6 – Pay it Forward
Week 7 – Zoology
Week 8 – Slime
Week 9 – Shark Week



Slime making, Summer 2017

SAVINGS!

**Don't Wait!
Packages
are
available
March 1st
Register
before
April 27th
and receive
\$15 off the
one-time
registration
fee of \$35.**

PLAY IT SMART BEFORE AND AFTER SCHOOL PROGRAM

Play It Smart Before and After School Program

King George County Parks and Recreation and the King George County Schools have teamed up to offer our before and after school program, ages K – 6th. Supervised activities will include games, sports, crafts, fitness, and homework assistance. This program is meant to instill character, education, fitness, and nutrition.

A half-hour is designated everyday for homework and reading time. Please pick up by 6 p.m.

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

Before/After School

Time: 6:30 – 8:30 a.m. & 3:30 – 6:00 p.m.

Cost: \$55.00 week

Location: All Elementary Schools

Before School Only

Time: 6:30 – 8:30 a.m.

Cost: \$30.00 week

Location: All Elementary Schools

After School Only

Time: 3:30 – 6:00 p.m.

Cost: \$45.00 week

Location: All Elementary Schools



Tot Time

Come bring your tot(s) and enjoy meeting other parents and care givers in our community all while having fun with your child! Tot time consists of open play at various centers, story/circle time, a light snack, and a craft! Our goal is for tots, parents, and caregivers to form new relationships with others while exploring through open and guided play. ***Be sure to like our FB page @ King George Parks and Recreation Tot Time.*** **Attention: There will be no Tot Time April 3, 2018. Instructor: Amanda McLoughlin**

Age	Day	Date	Time	Cost	Location
0-6	Tuesdays	Ongoing	10:00-11:15 am	\$3 per child/\$1 each add. child	Citizens Ctr.



Moving and Grooving with Music

Your child will explore and make music through finger plays, playing instruments, moving with the beat, and singing music. This class is sure to be a hit!! **Deadline for registration: Friday, January 26, 2018 and Friday, May 4, 2018.** Min: 5 Max: 12 **Instructor: Amanda McLoughlin.**



Age	Day	Date	Time	Cost	Location
2-5	Thursdays	Feb. 1 - Mar. 22	9:15-10:00 am	\$60	Citizens Ctr.
2-5	Thursdays	May 10 – June 28	9:15-10:00 am	\$60	Citizens Ctr.

Cookie Decorating Social

Come join us to decorate cookies, story time and Valentine's Day crafts! Cookies will be donated by local cookie company, Lizard Licks. **Deadline for Registration: Monday, February 4, 2018** Min: 5 Max: 20 **Instructor: Amanda McLoughlin**

Age	Date	Time	Cost	Location
0-6	Feb. 9	10:00-11:15 am	\$5 per person	Citizens Ctr.



Hot Shot Tots

This program provides an introduction to, and the basic skills associated with basketball, soccer, hockey, and tee-ball. The program will use various games, drills, and skills to improve gross motor skills, as well as hand-eye coordination. Each child will receive a certificate and a tee shirt upon completion of the program.

***Attention*: No class on the following date: Monday, April 2nd, 2018. Registration deadline: Friday, February 23, 2018. Instructor: Amanda McLoughlin.**

Age	Day	Date	Time	Cost	Location
3-6	Monday	Feb. 26 – Apr. 23	5:00-5:45 pm	\$60	Citizens Ctr.



All New Parent and Me Science Class

Bring your tot(s) to this all NEW four week science class! We will be doing simple, yet fun and creative science experiments. Join us and let your child explore through science! **Registration Deadline: April 6, 2018.** Min:5 Max:10 **Instructor: Amanda McLoughlin.**

Age	Day	Date	Time	Cost	Location
2-5	Thursday	Apr. 12-May 3	9:15-10:00 am	\$40	Citizens Center



Stories at the Park

Bring your tot(s) to Barnesfield Park and listen to some wonderful children's stories. We will meet at the park for stories, crafts, games, snacks, and play time. If you would like to bring a bag lunch to have a picnic at the end of the program, please feel free to do so. Hope to see you and your tot(s) there! In the event of rain, activities will take place at the Citizens Center. ***Registration and payment are due one week prior to event date.*** Min:5

Max:15



Age	Day	Date	Time	Cost	Location
0-6	Friday	April 20	10:00-11:00 am	\$8	Barnesfield Park
0-6	Friday	May 11	10:00-11:00 am	\$8	Barnesfield Park
0-6	Friday	June 8	10:00-11:00 am	\$8	Barnesfield Park
0-6	Friday	June 22	10:00-11:00 am	\$8	Barnesfield Park

Strawberry Picking Tot Trip

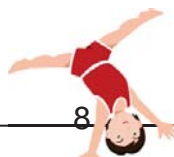
Please join us at Braehead Farm to play, pick strawberries from the strawberry patch, and see all of the animals! The farm has a variety of animals, including: goats, rabbits, chickens, horses, and more! The play area has swings, slides, a corn box, hay barn, and other fun things for your tot to explore! Admission to the farm, a snack, and a goody bag are included in the cost. Strawberries will be weighed and paid for by you at the farm. Feel free to bring a bag lunch to enjoy at the farm! **Registration Deadline: May 18, 2018.** Min:5 Max:20

Day	Date	Time	Age	Cost	Location
Friday	May 25	10:00-12:00 pm	0-2	\$4	Braehead Farm
			3-5	\$8	
			Adults	\$6	



Tot Time Open 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 at the OKGES gym every Thursday from 10:00 – 11:00am. Fee is \$3 per child / \$1 each additional child to be paid at the gym.**



YOUTH PROGRAMS

King Georgette Cheer

Come join the King Georgette's as we experience teamwork, FUN, and cheer! We will practice the beginning fundamentals of cheer. Students will learn basic cheer movements, cheers, and a little dance. Most of all we will have fun and build a great team! Class will be 8 weeks long with a start date of February 21st, 2018.

Price includes, pompoms, bow and t-shirt, please select a size on enrollment registration form. Please come dressed comfortably and in tennis shoes for practice. I look forward to seeing you there! **Instructor Beth Ferrell**

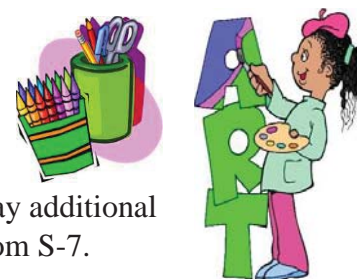


Age	Day	Date	Time	Cost	Location
5 - 11	Wednesdays	2/21 - 4/11	5:30 - 6:30 pm	\$65	OKGES Café

Art Exploration Afterschool

Do you like to make things in your spare time? Do you like to explore different media? Do you attend KGES in grades K-6? Here's a class for you! The KGES After School Art Program will meet after school until 5:00pm on Tuesdays for 6 weeks, beginning February 13th! Please pay additional **supply fee** to the instructor of **\$10** at the first class. Location: KGES in room S-7.

Instructor: Mrs. Susan Phillips.



Grade	Day	Date	Time	Cost	Location
K - 6 th	Tuesdays	2/13 - 3/20	After School - 5:00pm	\$60 \$10 supply fee to instructor	KGES S-7

Family Rock Painting & Bingo Night

Come out to the Citizens Center for a fun night of rock painting with your family and friends! For those who don't know, there is a very popular Facebook page, King George Rocks, which allows families to paint rocks and hide their rocks around the county, giving hints and posting pictures of great finds and seeing how many hands their rocks can land in! For just \$5, we will provide you with 6 rocks (per person), paint, and paintbrushes. We are also adding bingo to this event and there will be prizes to win! **Since we are painting with acrylic paints, we ask that children be 5 years and older.



Age	Day	Date	Time	Cost	Location
5 & Older	Friday	February 16	6:00 - 8:30 pm	\$5 per person	Citizens Ctr
5 & Older	Friday	March 16	6:00 - 8:30 pm	\$5 per person	Citizens Ctr

Bop Till You Drop Creative Dance

The class will expose the students to a variety of dance techniques and styles and will allow the students to pick and choose what type of a dance experience they want to have. The final class will be a small demonstration of what the students have learned. Join us for an 8-week workshop as you learn creative movement and B-boy, pop and locking, and jazz in a relaxed environment. Students will learn to dance to their favorite songs, develop dance techniques, and learn how to cypher and freestyle with one another. At the end of the 8 weeks, there will be a performance! Please wear comfortable clothing that does not inhibit movement (i.e. sweatpants, t-shirt, etc.) **Instructor: David Deegan.**



Registration Deadline: February 16th

Session I	Age	Day	Date	Time	Cost	Location
	3-6	Tuesdays	Feb. 20 – Apr. 10	4:00 – 4:30 pm	\$50	Citizens Center
	7-10	Tuesdays	Feb. 20 – Apr. 10	4:45 – 5:30 pm	\$100	Citizens Center
	11-18	Tuesdays	Feb. 20 – Apr. 10	5:45 – 6:30 pm	\$100	Citizens Center
Session II	Age	Day	Date	Time	Cost	Location
	3-6	Tuesdays	May 1 – Jun. 19	4:00 – 4:30 pm	\$50	Citizens Center
	7-10	Tuesdays	May 1 – Jun. 19	4:45 – 5:30 pm	\$100	Citizens Center
	11-18	Tuesdays	May 1 – Jun. 19	5:45 – 6:30 pm	\$100	Citizens Center

Tot Time Open 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 at the OKGES gym every Thursday from 10:00 – 11:00am. Fee is \$3 per child / \$1 each additional child to be paid at the gym.**

Homeschool Open 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 at the OKGES gym every Thursday from 11:15am – 12:15pm. Fee is \$3 per child / \$1 each additional child to be paid at the gym.**



YOUTH PROGRAMS

Future Chefs Cooking Classes

Does your child like to cook or like to help you cook in the kitchen? If so, this class is for them! Students will cook a variety of seasonal and fun recipes! This class is every Tuesday for 4 weeks, it's sure to be a real treat for students! Class fee includes ingredients, cookbook and certificate.

Instructor: Gloria Burrell Registration Deadline: Thursday, March 1st

Session I	Ages	Date	Time	Cost	Location
	5 – 8	Mar. 6 - 27	5:30pm - 6:30pm	\$65	Citizens Center
	9 and up	Mar. 6 - 27	6:45pm – 7:45pm	\$65	Citizens Center
Session II	Ages	Date	Time	Cost	Location
	5 - 8	Apr. 10 – May 1	5:30pm - 6:30pm	\$65	Citizens Center
	9 and up	Apr. 10 – May 1	6:45pm – 7:45pm	\$65	Citizens Center

***Must have minimum of 10 students per class.**



DAHLGREN CHRISTIAN PRESCHOOL

**Now Registering
2018-2019**



**Science
lab**

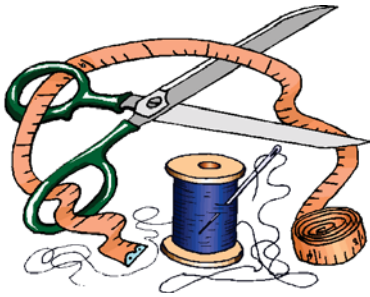
**Music
class**

Pre-K 4-5 years old	Mon - Thurs	8:30 - 11:15	\$160/mo
	Extended Day Mon - Thurs	8:30 - 12:15	\$256/mo
Early Preschool 3-4 years old	M, T, Th	12:30 - 3:00	\$115/mo
	Extended Day M, T, Th	11:30 - 3:00	\$161/mo

**For information call the Dahlgren United Methodist church office at
540-663-2230 or email dcpdirector@gmail.com.**

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.

Hand Sewing Class



Lose a button? Need a hem? Learn how to sew on buttons and create 6 types of hand sewing stitches; running stitch, whip stitch, slip stitch, blanket stitch, catch stitch and hem stitch, and know how to use them on your projects and clothing. Min: 1 Max:10.

Registration Deadline: March 2nd

Instructor: Dawn Schons

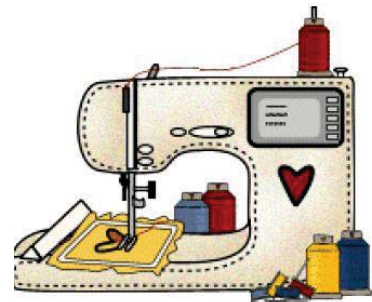


Supplies: Please bring your own scissors. Fabric, needles, and buttons are included in your kit fee.

Day	Date	Time	Age & Cost	Location
Saturday	March 10	1:00 – 3:00 pm	Adult and teen - \$25 8 – 12 years free with adult Kit Fee \$10 per student.	Citizens Ctr.

Mommy and Me Beginning Sewing Class

Learn How to Sew! This beginning class will teach you and your child how to thread your sewing machine and explore different types. Learn to sew 3 seams, plain, flat-felled and French seams plus gathering and pleating. Make a draw string bag in session 1 and a pillowcase in session 2. **Please bring your sewing machine, thread, scissors, ruler, seam ripper, 2 yards of cotton quilting fabric, some cut into 14-8" x 12" rectangles.** Sew Much Fun!



Registration Deadline: March 30th & July 6th

Instructor: Dawn Schons

Age	Day	Date	Time	Cost	Location
Adult & Child (8 years and up)	Wednesday and Thursday	April 4 & 5	1:00 – 3:00 pm	\$49 for two	Citizens Ctr.
Adult & Child (8 years and up)	Tuesday and Thursday	July 10 & 12	1:00 – 3:00 pm	\$49 for two	Citizens Ctr.

YOUTH ATHLETIC PROGRAMS

HOME SCHOOL GYMNASTICS

This is a class offered to both boys and girls. We will work on all events and skill levels.

Location: OKGES Gym

Code#	Age	Day	Date	Time	Cost
3052.318	4-12 year olds	Wednesdays	3/28 – 5/23	1pm - 2pm	\$60



ACTION GYMNASTICS

The Action Gyms Program is for 1-5 year old youngsters who just want to have some fun in the gym. The program will focus on exercise, movement to music and coordination.

Location: OKGES Gym

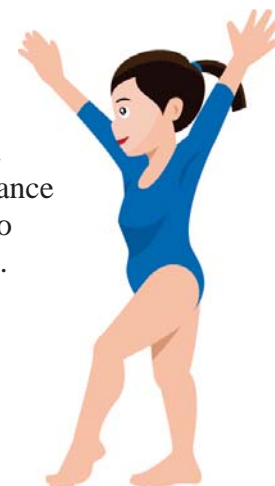
Code#	Age	Day	Date	Time	Cost
3007.318	1-5 year olds	Wednesdays	3/28 – 5/23	10am-10:50am	\$55

TUMBLING

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

Location: OKGES Gym

Code		Age	Day	Date	Time	Cost
3003.318	Beg. & Adv.	5-17	Wednesdays	3/28 – 5/23	5pm-6pm	\$60



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	Cos	Location
3092.318	12-18	Wednesdays	3/28 – 5/23	6pm-7pm	\$60	OKGES Gym



YOUTH ATHLETIC PROGRAMS

Spring Youth Gymnastics

Old King George Elementary School (Gymnasium)

Registration Begins: February 15th • \$60 for the 8 week program

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 Lee, Head Coach at 540-419-8265.



Parent & Me - Starts: March 31st

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 years • Limit 10

Little Gyms - Starts: March 31st

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: March 31st

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: March 26th

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: March 27th

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: March 29th

This class is designed for children ages 5-6. Children in this class must be able to demonstrate advanced skills on all four gymnastics 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: March 26th, 28th, and 29th

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

Wednesdays • 7:00 – 8:00 PM • 6-9 years • Limit 12

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

Intermediate Level - Starts: March 26th

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: March 29th

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: March 27th

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: March 27th

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

Red/White - Starts: March 27th & March 31st

This class is designed for students working on level one, two and three skills according to USA Junior guidelines.

Participants must be asked by coach in order to be included in this group!

Tuesdays • 8pm – 9pm • 6 – 14 years • Limit 10

Saturdays • 12noon-1pm • 6 – 14 years • Limit 10

Blue Gyms – Starts: March 29th

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

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



YOUTH ATHLETIC PROGRAMS

2018 SPRING YOUTH SOCCER

The youth soccer program is a competitive recreational co-ed league. The program focuses on the fundamentals of dribbling, passing, shooting, defending and teamwork. Practices are conducted twice weekly during the pre-season. Once the games begin, there is no more than one scheduled practice per week. Practices are held at Barnesfield Park, Ralph Bunche, Cedell Brooks, Jr. Park, Sealston Sports Complex, and Hunter Field. Coaches determine the practice days and times for practices (no practices before 5:30pm). Uniforms are provided [2 jerseys white/Blue & Blue/Black], socks, and shorts). Season conducted Mid March – Early June.. Each team will play between 8 and 10 games. Registrations are accepted January 22nd – March 2nd, on a first- come, first-served basis. A \$20 late fee for all registrations after March 4th. Online registration (credit card accepted), www.kinggeorge.recdesk.com



REGISTER EARLY AND RECEIVE \$10 DISCOUNT

Fees: Early Registration: \$75 per participant (January 22nd – February 11th), who have uniforms
Early Registration: \$85 per participant (January 22nd – February 11th), uniform needed

Registration: \$85 per participant (February 12th – March 2nd), who have uniforms

Registration: \$95 per participant (February 12th – March 2nd), uniform needed

Divisions:

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 year olds)

Date of Birth from August 2, 2011 – August 1, 2013)

Date of Birth from August 2, 2009 – August 1, 2011)

Date of Birth from August 2, 2007 – August 1, 2009)

Date of Birth from August 2, 2005 – August 1, 2007)

Date of Birth from August 2, 1998 – August 1, 2003)

Home Games/Days: Held at the Sealston Sports Complex, Cedell Brooks, Jr. Park, Hunter Field and KGHS

U6 Mondays and Saturdays

U8 Mondays and Saturdays

U10 Thursdays and Saturdays

U12 Thursdays and Saturdays

U14 Wednesdays and Saturdays

U19 Wednesdays and Saturdays

ACTIVITY CODE: 2055.318

PEE WEE SOCCER

Pee-Wee Soccer 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 game. Parents participate with their children to help teach them the basic skills needed for the next level of organized play. The program utilizes positive reinforcement and fun activities. Classes limited to 24 per session.

Registration: February 5th – March 26th or until spaces are filled

Program Dates: April 10th, April 17th, April 24th, May 1st, May 8th, May 15th, and May 22nd

Days of the Week: Tuesdays

Times: 6:00pm

Location: Sealston Sports Complex

Fee: \$65

ACTIVITY CODE: 2057.318



YOUTH/ADULT ATHLETIC PROGRAMS

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, Fred German one time Martial arts Hall of Fame Recipient and four 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	Location
2008.318	6-13	Tuesday & Thursday	3/13-5/17	6-7pm	\$55	OKGMS Gym

Youth Advanced

Code	Age	Day	Date	Time	Fee	Location
2010.318	6-13	Tuesday & Thursday	3/13-5/17	6-8pm	\$65	OKGMS Gym

Adult Beginner

Code	Age	Day	Date	Time	Fee	Location
2013.318	14-Adult	Tuesday & Thursday	3/13-5/17	6-7pm	\$55	OKGMS Gym

Adult Advanced

Code	Age	Day	Date	Time	Fee	Location
2011.318	14-Adult	Tuesday & Thursday	3/13-5/17	6-8pm	\$65	OKGMS Gym

WOMEN'S FITNESS BOOTCAMP

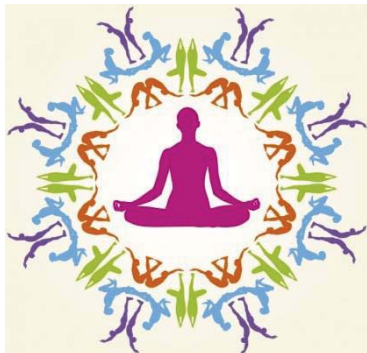


This "women's only" bootcamp runs for four weeks, 2 days per week and is led by a Certified Personal Trainer. Each participant receives workouts designed for days off of class to maximize focus and motivation. The bootcamp gives participants tools to monitor daily food intake to assure that they are making the best food choices for maximum results. Participants also get a before and after assessment and photo to track their progress throughout the session. Class includes membership in Facebook group for motivation and support. All fitness levels welcome. This class runs in two sections; there is a combined section class every Saturday. For information please contact, Angela Carter (angela@strikefitnessva.com) Must be at least 18 years old to register.

Age	Day	Date	Time	Location
18+	Mondays and Wednesdays	2/19 – 3/14	6:30pm – 7:15pm	KGES Gym
Registration Fee: \$50 Registration Deadline: February 15, 2018				
18+	Mondays and Wednesdays	3/26 – 4/18	6:30pm – 7:15pm	KGES Gym
Registration Fee: \$50 Registration Deadline: March 22, 2018				
18+	Mondays and Wednesdays	4/30 – 5/23	6:30pm – 7:15pm	KGES Gym
Registration Fee: \$50 Registration Deadline: April 26, 2018				



Morning Yoga AM



Kick start your morning! Roll out of bed and head to “Morning Yoga” where Heather will guide you through a series of breathing exercises and yoga poses, including stretching and relaxation, leaving you centered, focused, and ready to face your to-do list.

The word “yoga” means “union” and refers to the union between the mind and the body. Poses are practiced to tone the body, release muscular tension, and benefit the internal organs. By linking the breath with this movement, yoga strengthens the mind-body connection. Participants benefit from less stress and anxiety, a focused mind, and an enhanced sense of well-being. Other health benefits include lower blood pressure, increased strength and flexibility, and improved digestion and sleep.

This is a great class for beginners or those new to yoga, but all levels are welcome. Step-by-step instruction will be provided to have you moving, stretching and toning your body. Modifications and alternatives will be shown to make the class accessible to everyone. It’s never too late to make a healthy start!

(Note: February 7th class is free!) Instructor: Heather Jennings

Day	Date	Time	Cost	Location
Wednesdays	Feb. 7 - Apr. 25	8:15-9:00 am	\$5 per class (at door) or 12 weeks for \$50 Reg. Fee	Citizens Center

Always wanted to try yoga? Think you are not flexible enough? Come to yoga and discover that you do not have to be “bendy” to begin. No experience required. Debbie will guide you step-by-step in each pose and offer modifications to suit your proficiency. After a series of classes, you will become more familiar with the names and poses which will help you develop more confidence. Yoga is non-competitive and there are no comparisons in ability.

Yoga is a practice that combines stretching, breathing techniques, and relaxation. Yoga helps reduce stress, lower blood pressure, improve heart function, and digestion. Yoga can calm the body, mind, and spirit. Yoga can reduce anxiety, but at the same time also increase your energy levels.

Yoga class will have students working at all levels and that’s the beauty of Yoga. It can improve our flexibility, but it’s also about creating strength, stability and keeping our bodies healthy. Relaxation methods have been known to improve your sleep. Instructor: Debbie Shelkey-Lawson

Yoga has been known to reduce back and neck pain, increase body awareness, and improve flexibility, balance, muscle tone and posture

Day	Time	Cost	Location
Wednesdays	5:00 – 6:00 p.m.	\$5 per class (at door)	Citizens Center

Evening Yoga



All
New!

Early Morning Stretch, Balance, and Weight Loss Circuit Workout **Get Fit!**

For all ages, genders, and abilities! Most body aches and pains are due to muscular imbalances. We will focus on strengthening the muscles that support the spine (neck, shoulders, abdominals, hips, and thighs); assisting to realign the spine and strengthen the body from the inside out. This class will focus on activating deep muscles while helping improve posture through the emphasis on body conditioning, core muscle training, and flexibility. This class addresses the issue of course stability through balance exercises. Gentle stretching would target the flexibility of individuals, keeping them limber for daily activities. ***Free classes:**

January 29, February 2, 5, and 9.

Class begins:

Day	Date	Time	Cost	Location
Monday and Friday	Feb. 12 – Apr. 6	8:15 – 9:00 AM	\$50 for entire session or \$5 per class	Citizens Center

REASONS TO EXERCISE:

- Physical activity is known to contribute to the prevention and management of chronic diseases.
- Reduces risk of falling and fractures as people age.
- Mental well-being and reduce stress
- Socialization
- Active adults are more mobile and productive in their later years.



Tai Chi

Tai Chi is an optimal exercise for all ages. It involves movements of the entire body without the risk of injury. Done in coordination with one's concentration and breathing, these movements release tension through the body. The gently flowing progress of movements in Tai Chi cultivates whole-body health. A study by the Arthritis Foundation supports the many benefits of tai chi, including reduction of pain and inflammation, lowered blood pressure, improved immune function and improved balance and flexibility. This Tai Chi exercise class will teach simple forms that are easy to learn, but challenging to master. Betty Doran and Linda Kline will lead the session.

Day	Time	Cost	Location
Mondays & Thursdays	4:30-5:30 pm	\$25 for new students \$20 for students that know the Health Form	Citizens Center



The Tribe – Personal Development

The Tribe 120 is a program dedicated to inspiring people to grow. Our mission is to educate, encourage, motivate, and inspire those who want more from themselves. We create a friendly, yet challenging, environment to encourage you in setting and achieving goals through a variety of activities, group discussion, self defense training, and more. You should expect to develop confidence, strong friendships, and learn to be a leader among your circle of influence, regardless of your current physical ability or social status. We'll tackle real issues facing everyday people such as bullying, social awkwardness, low self-esteem, poor body image, and more. We value and encourage respect, discipline, and the building of life long bonds with other people that will be excited to see you go to the next level in your life! Participants should wear comfortable, loose clothing. These classes are taught by veteran martial arts with 27 years of experience. **Instructor: David Funk II**
No class on April 5th



Age	Day	Date	Time	Cost	Location
8-17	Thursdays	March 8 - April 19	5:00 - 6:00 p.m.	\$50	OKGES Cafe
18-up	Thursdays	March 8 - April 19	6:00 - 7:30 p.m.	\$50	OKGES Cafe

KING GEORGE PARKS AND RECREATION

COMMUNITY EGG HUNT



Saturday, March 31st

MUST PRE REGISTER BY MARCH 29th - CALL TO REGISTER
* Must come in Friday, March 30th for all the details and your ticket!



Have fun looking for 25 giant eggs and one "golden egg"!

GOLDEN EGG GRAND PRIZE - \$100.00

(3) Second Prize Eggs - Value \$50.00

DONATED BY NSWC Federal Credit Union

WE ARE ALSO LOOKING FOR BUNNIES, BASKETS AND MORE!

These eggs will be hidden throughout the King George Community.

MARK YOUR CALENDAR FOR THIS FAMILY EGG HUNT March 31st

Over \$1000 in prizes donated from local vendors and sponsors.

Prize Certificates value from \$5.00 - \$50.00.

See sponsors and prizes on the back of this sheet.

EGG HUNT BEGINS @ 8:00am! NEW TIME!

PRE-REGISTRATION IS REQUIRED TO PARTICIPATE

Call King George Parks and Recreation @ 775-4386/4FUN

EGG HUNT

King George Parks and Recreation Egg-Strava-Ganza

Saturday, March 24th

Potomac Elementary School

11:00 am - 1:00 pm

Cost \$5.00 a child



RAIN OR SHINE

Includes picture with Bunny!

Ages 3 - 12 years old

*Parent note: Prizes in eggs may not be age appropriate for children 3 years of age and younger.

SPRING HAT CONTEST

Design your own hat at home and enter the contest.

Prizes awarded for "Best All Around Hat"

Don't find us we'll find you to award prizes!

11:00 am - 1:00 pm CRAFTS & GAMES (Inside Gym)

Sponsors King George Parks and Recreation

Optimist Club of King George



12:00 NOON THE EGG HUNT (3 Age Groups)

(Don't be late!)

3 - 4 years old 12:00 pm

5 - 7 years old 12:10 pm

8 - 12 years old 12:20 pm

Please bring your own baskets and bags to carry the eggs.

Winning tickets can be found in special eggs for each age group!



REFRESHMENTS SOLD: MEAL DEAL SPECIAL \$3.00 HOT DOG, CHIPS AND SODA

For Additional Information contact KGPR at 540-775-4386

EGG HUNT

ADULT ENRICHMENT PROGRAMS

Line Dancing

Tush push your way on up to the Citizens Center and kick up your heels with Lee Hafer on Monday Nights. Looking forward to seeing you moving in the right steps! *No class on holidays.

Age	Date	Time	Cost	Day	Location
18 +	Jan. – May	7:00 – 9:30 pm	\$5 (at door)	Mondays	Citizens Ctr

Beginning Line Dancing

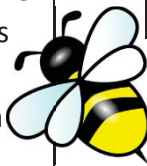
Come out and learn some of the basics and some easy line dances with Charlie Burrell at the Citizens Center. Instructor: Charlie Burrell *No class on holidays.



Age	Date	Time	Cost	Day	Location
18 +	Jan. – May	5:30 – 6:30 pm	\$5 (at door)	Thursdays	Citizens Ctr.

King George Quilting Bees

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. 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 KG Bees Quilting Group will be meeting every Wednesday this Fall and Winter. 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 1:30pm 3:30pm on Wednesdays. Stop by the Citizens Center for details and sample square of the month.



King George AARP Luncheon and Meeting

On the first Monday of each month, seniors from the area gather to learn about issues that are important to them. Members bring a dish to share and enjoy lunch while learning what is happening in AARP. Come out and be informed of local issues effecting seniors and occasionally hear guest speakers. For more information, please call King George Parks and Recreation.



Rappahannock Area Agency on Aging

This program provides a Tuesday-Thursday on-site program at the Citizens Center from 9:00am-1:00pm. This program offers transportation to and from the Citizens Center, breakfast and lunch, activities, and trips. For more information, please call Tuesday-Thursday between 9:00am-1:00pm. Phone: (540)273-7697

Senior Navigator

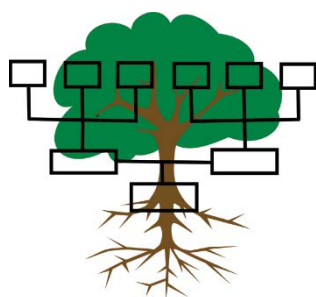
King George County, in partnership with Senior Navigator, is pleased to provide our mature adult population information services that may assist them, or their caregivers, with information. Currently, the Smoot Library serves as the County's Senior Navigator Center. Please feel free to stop by and gain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

Hunter Safety Education

This program meets the 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 +	Saturday	March 24	7am – 4pm	FREE	KGES Cafeteria



Family History Research and Discovery

Your heritage is important and you might be the only one left to tell the story! Join us for this free class to help you find your ancestors. We will teach different websites to help you in your research and be there to help you if you get stuck. Please bring a laptop or tablet to access the internet for research. Instructor: Sandy Miller

Day	Date	Time	Cost	Location
Wed.	Feb. 28 – Apr. 18	9:15 – 11:00 am	FREE	Citizens Center

kinggeorge.recdesk.com



www.facebook.com/kgpr4386

Office hours

Monday	8 am - 7 pm
Tuesday	8 am - 7 pm
Wednesday	8 am - 7 pm
Thursday	8 am - 7 pm
Friday	8 am - 4:30 pm
Weekends	Closed

The Beautiful Northern Neck Has So Many Options...

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King George, VA 22485

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SPECIAL EVENTS 2018

Mother/Son Winter Ball Dance

Date: Friday, February 2nd

Father/Daughter Winter Ball Dance

Date: Saturday, February 3rd

Time: 6 pm – 9 pm

@ the Citizens Center

Come enjoy this priceless occasion for mothers and fathers to spend a special night with their child. Enjoy

"Making Memories" that you will treasure and

last a lifetime. Includes dinner, picture, and dancing.

Ages: 5 and over

Cost: \$30 couple

\$15 each additional child/children

Ticket is for one adult and one guest.

SEMI-FORMAL FANCY ATTIRE IS REQUIRED

Tickets must be purchased in advance at the Citizens Center.

NO TICKETS SOLD AT THE DOOR!



Eggstravaganza

Saturday, March 24th • Cost \$5.00 per child

11 am – 1 pm

Ages 12 and under

Rain or Shine

Location: Potomac Elementary School

Crafts, Games, and Egg Hunt

Enter the Easter Bonnet Contest.

Get a picture with the Easter Bunny!

Community Egg Hunt

Saturday, March 31st • FREE!

Have fun looking for 25 giant eggs and one "golden egg"!

Egg Hunt Begins @ 8:00am!



Father/Daughter Princess Ball

Date: Saturday, February 24th

Time: 5:30-8:30 pm @ Citizens Center

Enjoy "Making Memories" that you will treasure and last a lifetime. Escort your little princess in semi-formal attire to the Ball enjoy a sit down dinner, dancing, entertainment, and more!

Children should be ages 4-6.

Cost: \$30 per couple. \$15 for each additional child. **Tickets must be purchased in advance at the Citizens Center.**

NO TICKETS SOLD AT THE DOOR!



Mother and Daughter Tea Party

Saturday, April 28th • 12-2 pm

Ages 4 and up

Cost: \$30.00 per couple.

\$15 each additional daughter(s)

Enjoy tea, tea sandwiches, desserts, and crafts. Enjoy "Making Memories" that you will treasure and last a lifetime. **Semi-formal attire required.**

Tickets must be purchased in advance at the Citizens Center.

NO TICKETS SOLD AT THE DOOR!



Fishing Derby

Saturday, May 5th

10:00 – 12:00 pm

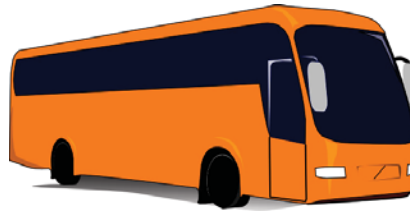
Age 12 and under

Location: TO BE DETERMINED

Free event – limited to the first 100 children to register. Medals for all participants will be awarded. Trophies for the largest fish, catch of the day, and more.



2018 WEEKLY TOURS 4FUN TRIPS



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! Contact Janine Paulsen 540-775-4FUN

MARCH

March 3rd - SATURDAY

HOLLYWOOD CASINO - Charles Town, WV

COST \$20.00pp/Trans. Only

Leave Citizens Center @ 9:00am.

Leave Charles Town @ 3:30pm.

Points of interest:

Hollywood Casino at Charles Town Races is the place for exciting Vegas-style casino gaming. With 98 action packed table games including blackjack, craps, roulette, min-baccarat, Pai Gow Poker, and more. Plus, a 26-table poker room.

- Variety of restaurants on site.

March 15th - THURSDAY

GREEN VALLEY BOOK FAIR- Mt.

Crawford, VA

COST \$20.00pp/Trans. Only

Leave Citizens Center @ 9:00am.

Leave Fair @ 3:30pm.

Points of interest:

Enjoy shopping at the discount book outlet with lots of categories to choose from.



March 17th - SATURDAY

(Drop off & Pick-up)

DC MUSEUMS – Washington, D.C.

COST \$20.00pp/ Trans. Only

Leave Citizens Center @ 9:00am.

Leave DC @ 3:30pm.

Points of interest:

- Drop off and Pick up trip
- You choose which museums to visit once dropped off.
- Group will meet back for departure.

APRIL

April 7th - SATURDAY

MARYLAND LIVE – Hanover, MD

COST \$20.00pp/Transportation

Leave Citizens Center @ 9:00am.

Leave Hanover @ 3:30pm.

Points of interest:

- Enjoy the slots and table games
- Enjoy shopping at the mall

April 12th - THURSDAY

**VIRGINIA MUSEUM OF FINE ARTS –
Richmond, VA**

COST \$20.00pp/ Trans. Only

Leave Citizens Center @ 9:00am.

Leave Richmond @ 3:30pm.

Points of interest:

- Visit some of DC's many museums.
- Walking the National Mall and seeing all the sights.

April 21st – SATURDAY

SOLOMAN'S ISLAND – St. Mary's, MD

COST \$20.00pp/Trans. + Museum Fee

Leave Citizens Center @ 9:00am.

Leave St. Mary @ 3:30pm.

Points of interest:

- Tour the Calvert County Museum –
Additional Cost:
 - Adults: \$9.00
 - Seniors: \$7.00
- Have lunch on your own



MAY

May 12th - SATURDAY

**HOLLYWOOD CASINO – Charles Town,
WV**

COST \$20.00pp/Trans. Only

Leave Citizens Center @ 9:00am.

Leave Charles Town @ 3:30pm.

Points of interest:

Hollywood Casino at Charles Town Races is the place for exciting Vegas-style casino gaming. With 98 action packed table games including blackjack, craps, roulette, min-baccarat, Pai Gow Poker, and more. Plus, a 26-table poker room.

May 17th - SATURDAY

FORT MONROE – Hampton, VA

COST \$20.00pp/Trans. Only

Leave Citizens Center @ 9:00am.

Leave Hampton @ 3:30pm.

Points of interest:

- Tour the grounds on your own
- Lunch on your own

May 19th - SATURDAY

HILLWOOD ESTATES

COST \$20.00pp/Transportation +

Adults \$18 per person

Leave Citizens Center @ 9:00pm

Leave Richmond @ 2:30pm.

Points of interest:

- Home of Marjorie Merriweather Post, built in 1973, Museum of French and Russian Decorative arts and beautiful gardens
- Guided Tour of Mansion @ 11:30
- Guided Tour of Gardens @ 12:30
- Bring lunch or @ Café and Gift Shops



JUNE

June 2nd - SATURDAY

MARYLAND LIVE – Hanover, MD

COST \$20.00pp/Transportation

Leave Citizens Center @ 9:00am.

Leave Hanover @ 3:30pm.

Points of interest:

- Enjoy the slots and table games
- Enjoy shopping at the mall

June 6th - SATURDAY

LEWIS GINTER BOTANICAL GARDEN – Richmond, VA

COST \$20.00pp/Transportation + Fee

Leave Citizens Center @ 9:00am.

Leave Richmond @ 3:30pm.

Points of interest:

- Café open everyday
- Tea house- full service restaurant open 11:30-2:30
- Admission prices to gardens:
 - \$11.00 seniors
 - \$13.00 adults

June 16th - SATURDAY

HARPER'S FERRY NATIONAL PARK – Harper's Ferry, WV

COST \$20.00pp/Transportation + Fee

Leave Citizens Center @ 9:00am.

Leave Harper's Ferry @ 3:30pm.

Points of interest:

- Full service restaurant and food court
- Gift Shops
- Tour the plantation and learn all about plantation life
- Adults \$20.00
- Seniors(62+) \$19.00
- Admission includes entrance to Distillery and Gristmill

June 20th - WEDNESDAY

ANNAPOLIS, MD

COST \$20.00pp/Transportation + Fee

Leave Citizens Center @ 9:00am.

Leave Annapolis @ 3:30pm.

Points of interest:

- No picnicking. May eat at Drydock Restaurant in Dahlgren Hall. Also has TGI Fridays inside.
- US Naval Academy Museum is FREE
OPTIONAL- \$10.50 seniors guided walking tour only
- \$11.50 Adults guided walking tour only



2018 OVERNIGHT TOURS 4 FUN TRIPS



2018

The Parade of Nations & Virginia

International Tattoo

"...thrill to the dazzling extravaganza of music, ceremony, and patriotism"

1 Full Day

Sunday, April 29

\$129.00 per person

Package includes:

- 1 Full course dinner
- Hullabaloo entertainment
- Virginia International Tattoo Show
- Norfolk Naval Base Tour
- Taxes and meal gratuities
- Motorcoach transportation

The Tattoo Tradition- The term "tattoo" derives from the cries of the 17th & 18th century Low Country innkeepers in Scotland, who, as the fifes and drums of the local regiment signal a return to quarters would cry, "Doe den tap toe!" (Meaning "turn off the taps!") The sound of the "taps" caused the innkeepers customers to depart and return to their barracks. The word "tattoo" evolved over time and refers to what developed as a ceremonial performance of military music by massed bands today. The Virginia International Tattoo incorporates groups from around the world including acrobats, choral groups, and precision military drill teams.



Holland Tulip Festival

Visit the Tulip Gardens of Michigan

5 Days – 4 Nights

May 7 -11, 2018

\$589.00 per person (double occupancy)

\$838.00 per person (single occupancy)

Package Includes:

- 4 Nights lodging, including overnights
- 2 Breakfasts
- 2 Dinners, including "Church Supper"
- Dutch Village
- Veldheer's Tulip Gardens
- DeKlomp Wooden Shoe & Delft Factory
- Reserved seats for the Volksparade
- Evening Revue Show
- Windmill Gardens & DeZwann Windmill
- Luggage handling
- Taxes and meal gratuities

Mackinac Island, Michigan

"...Somewhere in time!"

6 Days – 5 Nights

August 25 – 30, 2018

\$712.00 per person (double occupancy)

\$951.00 per person (single occupancy)

Package Includes:

- 5 Nights lodging, including overnights
- 5 Breakfasts
- 3 Dinners
- Horse-drawn Carriage Tour of Mackinac Island
- Visit to the Grand Hotel
- Bronner's Christmas Wonderland
- Frankenmuth Village Shop
- Visit to Ft. Mackinac
- Hydro-Jet Ferry Ride
- Souvenir gift
- Luggage handling in Nashville
- Taxes and meal gratuities
- Motorcoach transportation



Nashville At Christmas Time

"...deck the halls and jingle the bells!"

5 Days – 4 Nights

November 27 – December 1, 2018

\$899.00 per person (double occupancy)

\$ PRICE HERE per person (single occupancy)

Package Includes:

- Overnight lodging in Asheville to and from Nashville
- 2 Nights lodging at the Gaylord Opryland Hotel
- 4 Breakfasts
- 2 Dinners including:
 - Deerpark Restaurant on the Biltmore Estate

- Country Christmas Dinner Show featuring Trace Adkins

- Self-Guided Candlelight Tour of the Biltmore Estate
- Delta Flatboat Cruise
- Two Million Lights
- Broadway-style performance at the Grand Ole Opry House
- Opry Mills VIP Package
- Guided Tour of Nashville
- Souvenir gift
- Luggage handling in Nashville
- Taxes and meal gratuities
- Motorcoach transportation

Christmas in NYC

"...it's Christmas time in the city!"

3 Days – 2 Nights

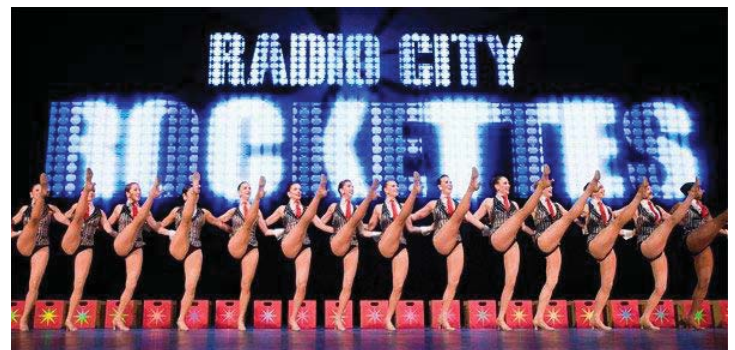
December 9 – December 11, 2018

\$709.00 per person (double occupancy)

\$988.00 per person (single occupancy)

Package Includes:

- 2 Nights lodging in Manhattan
- 2 Breakfasts
- Radio City Music Hall Christmas Spectacular featuring the Rockettes
- Back Door Tour of Radio City Music Hall
- Guided tour of Lower Manhattan
- Rockefeller Center
- Fifth Avenue Shopping
- Macy's Herald Square
- Souvenir gift
- Luggage handling in Nashville
- Taxes and meal gratuities
- Motorcoach transportation



IMPORTANT GENERAL REGISTRATION INFORMATION

Important General Program Information

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 deadline. Any late registrations coming in after the rosters are set will be assessed \$20 plus any additional cost associated with ordering needed equipment or supplies.

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

Refunds - Full refunds are issued in the event a program cancels; or if the Department is notified prior to the program starting and where no costs are incurred. Where costs were incurred for deposits, apparel, equipment or any other program related expenses; those costs will be deducted from the refund. No cash refunds will be given. Refunds generally take two to four weeks to receive due to 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 - Effective this year, 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.

Inclement Weather Policy: At this time, the King George County Parks and Recreation Department follows the King George County Schools schedule for programs offered in the schools. All other sites are considered independently.



REGISTRATION FORM

PARKS AND RECREATION
P.O. BOX 71
KING GEORGE, VA 22485
775-4386
<https://kinggeorge.recdesk.com>

PROGRAM TITLE: _____

Participant's Name: _____

Mailing Address, City, State, Zip: _____

Age: _____ Grade: _____ Height: _____ Weight: _____ Birth Date: ____/____/____

Gender: (circle one) Male Female

Parent's Name: _____

Phone: (____) _____ (H) (____) _____ (W) (____) _____ (C) _____

Parent's Name: _____

Phone: (____) _____ (H) (____) _____ (W) (____) _____ (C) _____

E-mail: _____

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 hereby release, hold harmless and indemnify the King George County Board of Supervisors, the King George County Administration, King George County Department of Parks and Recreation, King George County School Board and its officers, employees, agents and volunteers for any accident, injury or loss 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. Photographs and videos of participants may be used for publicity in order to increase community awareness of King George County Parks & Recreation programs and in any and other media without limitation.

Are there any medical conditions the staff, coaches or instructor(s) should know about? Y _____ N _____ If yes, please list condition(s) and medications used: _____

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 or Participant, if over 18

Date

By signing below, I acknowledge that I have read and agree to the aforementioned and that I/we will abide by the applicable program rules associated with the program.

Signature (Parent /Guardian if participant is under the age of 18)

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: \$ _____ Receipt # _____ Check # _____ Book _____ RecDesk _____

Cash _____ CC _____

Rev. 1/2018

SAVE THE DATES

SAVE THESE DATES!

2018

February 2nd

Mother/Son Sweetheart Dance

February 3rd

Father/Daughter Sweetheart Dance

February 16th

Rock Painting & Bingo

February 24th

Father/Daughter Princess Ball

March 16th

Rock Painting & Bingo

March 24th

Eggstravaganza

March 31st

Community Egg Hunt

April 28th

Mother & Daughter Tea Party

May 5th

Fishing Derby



Subway Spirit Nights Fundraiser



Come out to the Subway located in the Dahlgren Walmart to support King George Parks and Recreation on the first Friday of every month! A percentage of all the earnings at Subway that day will go to KGP&R to help bring you all the special events and programs you love!



16375 Merchant's Lane, Located in the Dahlgren Walmart

Flea/Craft Markets @ Citizens Center

Event is open to the public at 7:00am and closes 12:00pm. Cost is \$10 per table, 3 tables for \$25 or 4 tables for \$35. Interested in being a vendor, call for set-up information. No pre-registration needed, show up on the dates below for set-up. Staff will be on site for any additional questions.

Dates for 2018:

- Sat. April 7th
- Sat. May 5th
- Sat. June 2nd
- Sat. Aug. 4th
- Sat. Oct. 6th



**American
Red Cross**

Together, we can save a life

**American Red Cross Blood Drives
@ King George Citizens Center**

Friday, April 13th @ 11 – 3 pm

THE BENEFITS OF MEMBERSHIP



THE CREDIT UNION DIFFERENCE

A credit union is a member-owned, not-for-profit financial institution. Since 1961, NSWC Federal Credit Union has provided low loan rates, competitive savings yields and a wide variety of products and services for our members. Today, we are keeping pace with the latest advances but still keeping in touch with our members' needs, offering cutting edge technology as well as service with a smile. At NSWC Federal Credit Union you'll always find the financial services you need—and you'll never be just a number.

HOW TO JOIN

It's easy to join NSWC Federal Credit Union. A simple \$1 deposit is all it takes to establish your Prime Share Savings Account. You can then take advantage of all of our other services, and once you are a member your immediate family is eligible to join as well. For more information, simply stop by one of our branches or give us a call at (540) 663-2181 or (540) 373-5127 or visit www.nswcfcuonline.org

PRODUCTS AND SERVICES

Savings Accounts: We offer various accounts designed to help you meet your goals and plans for the future.

Checking Accounts: Our personal Share Draft Accounts feature unlimited check writing and no monthly service charges.

Loans: Credit Unions are known for affordable loan rates, and as a member of NSWC Federal Credit Union you will enjoy great low rates, quick approval and friendly, personal service.

Our loans include: Auto Loans , Mortgage Loans, Home Equity Loans , Personal Loans, Boat, RV, and Motorcycle loans, Open Line of Credit , Home Equity Lines of Credit , VISA Credit Cards

24– Hour Service Our members are busy, and we know it.

That's why we have developed an array of 24-hour services, giving you access to your accounts any time it's convenient for you, anywhere in the world! Online Banking and Bill Pay, E-statments, Mobile Banking app, Direct Deposit & MORE!

Businesses & Organizations: We offer savings and checking products designed to meet your needs!

Augustine Avenue

2004 Augustine Avenue
Fredericksburg, VA 22401

Hours:

Lobby Monday - Thursday 9-5
Friday 9-6 Saturday 9-12

Drive Thru Monday - Thursday 9-6
Friday 9-6 Saturday 9-12

Southpoint

5422 Southpoint Plaza Way
Fredericksburg, VA 22407

Hours:

Monday - Thursday 9-5
Friday 9-6 Saturday 9-12

Plaza

5472 James Madison Parkway
King George, VA 22485

Hours:

Lobby Monday - Thursday 9-5
Friday 9-6 Saturday 9-12
Drive Thru Monday - Thursday 9-6
Friday 9-6 Saturday 9-1

Dahlgren

17442 Dahlgren Road
Dahlgren, VA 22448

Hours:

Monday-Friday 7:45-2

Federally Insured by NCUA.