



Senior Fitness

Senior Circuit (Ages 50+)

Activity #: 617235-07-08-09

Date: Wednesday (1/20-2/24), (3/9-4/13), (4/27-6/1)

Time: 9:30-10:30a

Fee: \$23 R \$26 NR

Location: Lord Fairfax Room

Register by: (1/13) (3/2) (4/20)

An interval training workout that includes standing, low impact choreography to improve cardiovascular endurance, then alternating with Upper Body workout using handheld weights and tubing that focuses on improving muscular strength and endurance, balance, coordination AND osteoporosis prevention. Ideal for active seniors. Please bring a mat and hand weights to class! Free trial 1/13!

Instructor: Myla Annis

Zumba Gold (Ages 40+)

Activity #: 617235-10-11-12

Date: Thursday (1/21-2/25), (3/10-4/14), (4/28-6/2)

Time: 10:30-11:30a

Fee: \$23 R \$26 NR

Location: Gym

Register by: (1/14) (3/3) (4/21)

Perfect for active older adults and beginners who are looking for a fun, cardio class with your favorite Latin-inspired moves. Come ready to sweat while improving balance, range of motions and coordination. Please bring a mat and hand weights to class! Free trial 1/14!

Instructor: Myla Annis

Chair Yoga (Ages 40+)

Activity #: 617235-16-17-18

Date: Tuesday (1/19-2/23), (3/8-4/12), (4/26-5/31)

Time: 11:00a-12:00p

Fee: \$23 R \$26 NR

Location: Lord Fairfax Room

Register by: (1/12) (3/1) (4/19)

In this gentle class, students are provided chairs and any other necessary props to make the practice accessible to all ages and physical abilities. Please bring a mat to class. Free trial class 1/5!

Instructor: Jessica Edwards

Strong Women/Men, Strong Bones (Ages 40+)

Activity #: 617235-15

Date: Monday & Wednesday (1/25-3/14)

Time: 2:00-3:00p

Fee: \$32 R \$35 NR

Location: Lord Fairfax Room

Register by: (1/18)

This class is for women or men, who are sedentary or active and are interested in improving strength, balance, and flexibility to their body. You will be working all major muscle groups using a combination of dumbbells, ankle weights, and body weight. Intensity will increase as you improve. This class is an 8-week session (twice a week first four weeks and once a week thereafter) January 25, 27 February 1, 3, 8, 10, 15, 17, 22, 29; March 7, 14. Please bring a mat and hand weights to class!

Instructor: Rebecca Davis



Youth Athletic Programs Con't



BMX 101 (Ages 4+)

ACTIVITY #	SESSION	REGISTRER BY:	DAY	TIME	FEE	LOCATION
621643-01	4/12-5/17	4/4	Tuesday	5:30-6:30pm	\$24	BMX Track

Bicycle motorcross (BMX) is currently the fastest growing youth sport in North America and is now an Olympic sport. BMX offers every rider the ability to participate at his or her own pace and no one ever sits on the bench! BMX 101 will teach all the basic skills necessary to begin racing. Riders are required to wear long pants, long sleeve shirts, enclosed shoes (sneakers) and a full face helmet. The track has loaner helmets that can be borrowed during class. Participants must bring their own bike. Any bike can be used with a few minor adjustments. The kickstand, reflectors, chain guard and pegs must be removed for safety reasons. For more information, please contact Winchester BMX at 540-324-3478 or www.winchesterbmx.org

Spring JAMFest (Grades 5th-8th)



ACTIVITY #	SESSION	REGISTRER BY:	DAY	TIME	GRADE	FEE	LOCATION
621347-01	5/14	5/9	Saturday	8:00am-8:00pm	5th	\$175/team	John Handley Gym
621347-02	5/14	5/9	Saturday	8:00am-8:00pm	6th	\$175/team	John Handley Gym
621347-03	5/14	5/9	Saturday	8:00am-8:00pm	7th	\$175/team	John Handley Gym
621347-04	5/14	5/9	Saturday	8:00am-8:00pm	8th	\$175/team	John Handley Gym

Sign up for these great tournaments and test your team's skills out against other great competitors. These are not AAU-sanctioned tournaments however, AAU teams are invited to participate. Three game guarantee. Boy's teams will be broken down into divisions of grades 5th - 8th.

Adult Athletic Programs



Senior Drop In Pickleball (Ages 55+)

SESSION	DAY	TIME	FEE	LOCATION
1/5-5/31	Tuesday	9:00-11:00am	\$2/Free with membership	JBP, Gym

Pickleball is a racket sport that blends tennis, badminton and ping pong. The main objective of Pickleball is to keep the ball in play over a net that is three feet off the ground, while utilizing placement and pace. Pickleball can be played as either singles (2 people) or doubles (4 people). Equipment consists of oversized ping pong type paddles and a plastic perforated ball. All equipment needed to play will be provided.



Adult Open Wallyball League (Ages 18+)

ACTIVITY #	SESSION	REGISTRER BY:	DAY	LEAGUE TIME	FEE	LOCATION
611645-04	1/12-3/1	1/4	Tuesday	6:00-9:00pm	\$30/team	Wallyball Court

If you're looking for fast paced fun, then our Open Wallyball League is for you. All skill levels welcome. Teams will play 3 on 3.



Drop In Volleyball (Ages 18+)

SESSION	DAY	TIME	FEE	LOCATION
3/8 - 4/26	Tuesday	7:30-9:30pm	\$2	JBP, Gym
5/3 - 8/30	Tuesday	6:00-9:30pm	\$5	JBP, Gym

Players will divide into teams on site and play pick-up games.



3rd Annual "Swinging Fore Sports" Golf Tournament (Ages 5+)

ACTIVITY #	SESSION	REGISTRER BY:	DAY	START TIME	FEE	LOCATION
621645-06	5/5	5/2	Thursday	1:00pm	\$320/team	Winchester Country Club

Grab your clubs, round up a team and join Winchester Parks and Recreation at Winchester Country Club Golf Course for the 3rd Annual "Swinging Fore Sports" Golf Tournament. The format is 4-man captain's choice for all ages. Dinner will be served following the tournament. 1pm shot gun start. Rain date is June 9



Adult Kickball League (Ages 21+)

ACTIVITY #	SESSION	REGISTRER BY:	DAY	TIME	FEE	LOCATION
621645-05	5/10-6/14	5/2	Tuesday	6:30-9:30pm	\$100/team	Henkel Harris Field

This co-ed league is played like the elementary school game you remember - the one with the big red playground ball. It's an easy game that is open to all skill levels. Even YOU can be a kickball superstar! *All games are one hour long*



Ultimate Frisbee League (Ages 16+)

ACTIVITY #	SESSION	DAY	TIME	FEE (PER TEAM)	FEE (PER INDIVIDUAL)	LOCATION
621645-05	4/13 - 5/1	Wednesday	6:00-10:00pm	\$130 R \$140NR	\$13 R \$14 NR	Jim Barnett Park, Preston Field

Combining the non-stop movement and athletic endurance of soccer with the aerial passing skills of football, a game of Ultimate is played by two seven-player squads with a high-tech plastic disc on a field similar to football. The object of the game is to score by catching a pass in the opponent's end zone. Ultimate is played in more than 42 countries by hundreds of thousands of men and women, girls and boys. Option available to sign up as an individual and get placed on a team.

*Teams of 7 Players minimum, 12 Players maximum per team



Homeschool Swim Lessons (Ages 3-14)

Activity# 6122112

Winchester Parks and Recreation is proud to reach out to the local homeschool students and their families by offering the following swim times. With a variety of Age groups available, we are thrilled to get all of Winchester swimming!

Fee: \$43 R, \$49 NR

Location: Jim Barnett Park, Indoor Pool

Jan. 4 - Jan. 27 Register by Jan 4
(Mon And Wed)
Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

Feb. 8 - Mar. 2 Register by Feb 8
(Mon And Wed)
Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

Mar. 14 - April 6 Register by Mar 14
(Mon And Wed)
Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

April 18 - May 11 Register by April 18
(Mon And Wed)
Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

Private Swimming Lessons (All Ages)

Activity#612147

Get Private Lessons when they are convenient for you! Private Lessons can be set up during any lap swim or general swim time at the indoor pool. Each lesson is 45 minutes long and is taught by a certified instructor. The lessons are set up on a punch pass system. All you have to do is set up a time with one of our instructors and then purchase a punch pass.

3 Punch Pass: \$57 R, \$67NR

5 Punch Pass: \$94 R, \$107 NR

7 Punch Pass: \$132 R, \$149 NR

10 Punch Pass: \$188 R, \$213 NR



Life Guard

Lifeguard Training (Ages 15+)

Activity# 611234 Section# T1-T3

American Red Cross Lifeguard Training teaches participants the skills and knowledge they will need to prevent, recognize and respond to emergencies. With successful completion, participants will be certified for lifeguarding/CPR/AED/First Aid for 2 years. Attendance is mandatory at all sessions. You will be contacted to set up a pre-swim evaluation prior to the start of the class.

Fee: \$225 R, \$250 NR

Location: Jim Barnett Park, Indoor Pool, and George Washington Room

March 7-14 Register by Feb 24
(Mon, Wed, Sat, Sun)
Monday & Wednesday 5:00-10pm
Saturday & Sunday 9am-6pm

April 11-18 Register by March 30
(Mon, Wed, Sat, Sun)
Mon/Wed 5:00-10pm
Sat/Sun 9am-6pm

May 16-23 Register by May 4
(Mon, Wed, Sat, Sun)
Monday & Wednesday 5:00-10pm
Saturday & Sunday 9am-6pm

Lifeguard Recertification Course (Ages 15+)

Activity# 611234 Section# R1-R4

This course is designed for those who currently have a valid certification and need to renew their lifeguard certification. If your certification has expired you must take the full certification course. Participants must complete the in water skills, CPR/AED skills, and score higher than 80% on a written test in order to pass. Fee: \$45 R, \$50 NR
Location: Jim Barnett Park, Indoor Pool, and Arts & Crafts Room

February 6 Register by Jan 27
Saturday 4-6pm

March 12 Register by March 2
Saturday 4-6pm

April 16 Register by April 6
Saturday 4-6pm

May 25 Register by May 16
Saturday 4-6pm

Aquatic Fitness Classes

Aqua Arthritis

This Aquatics program is designed to help reduce pain, increase strength and flexibility, and decrease the feeling of isolation through social interaction. This Aquatic Arthritis class, led by a certified instructor, is designed to a fun, safe way for people with arthritis to stay fit and improve their day-to-day life.

Instructor: Brandon Ware

Fee: Included in Facility Membership; Drop-In: \$5R, \$5.50NR

Location: Jim Barnett Park, Indoor Pool

Tuesdays and Thursdays at 11am - Noon

Water Aerobics

Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights, noodles, and kickboards. Taught by a certified instructor, water exercises help increase your energy, stamina, and strength

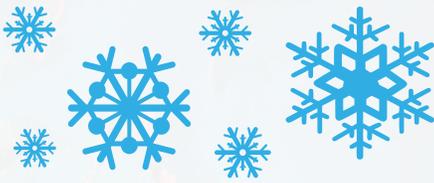
Instructor: Olivia Legge

Fee: Included in Facility Membership; Drop-In: \$5R, \$5.50NR

Location: Jim Barnett Park, Indoor Pool

Mondays, Wednesdays, Fridays
at 10 - 11am

Creative Expression



Scrapbooking (Ages 18+)

Activity #: 617147-35
Date: Tuesday (1/12-2/16) Time: 6:00-7:30p
Fee: \$35 R \$38 NR
Location: Recreation Room
Register by: (1/5)
Whether you're a beginning or avid scrap booker, this class offers tips for organizing your photos and memorabilia and assembling the right tools and materials. Create a beautiful album to share with your family and friends and pass on to future generations. There is a \$15.00 material fee paid to the instructor the first day of class!
Instructor: Robin Palmer

Sign Language (Ages 18+)

Activity #: 617147-36
Date: Thursday (1/28-3/3) Time: 6:00-8:00p
Fee: \$47 R \$50 NR
Location: Recreation Room
Register by: (1/21)
American Sign Language is a visually perceived language based on a naturally evolved system of articulated hand gestures and their placement relative to the body, along with non-manual makers such as facial expressions, head movements, shoulder raises, mouth morphemes and movement of the body. Your instructor, Donna Day, deaf herself, is experienced and certified in sign language since 2003. There is a \$15.00 material fee paid to the instructor the first day of class!
Instructor: Donna Day

Come join one of our amazing art classes and let the creativity begin!

Drawing (Ages 50+)

Activity #: 617215-01
Date: Wednesday (4/13-5/18)
Time: 5:00-7:00p
Fee: \$46 R \$49 NR
Location: Activity Room
Register by: 4/6
For those that have always wanted to draw but thought they had to be born with the talent. It's Not True! Learn to draw using the right side of your brain and with grid methods. A \$20.00 material fee will need to be paid to the instructor the first night of class; you will be able to keep the materials after the class. Instructor: Robin Palmer

Oil Pastels (Ages 50+)

Activity #: 617215-05
Date: Monday (3/7-4/11) Time: 5:00-7:00p
Fee: \$46 R \$49 NR
Location: Activity Room
Register by: 2/29
Oil pastel is designed to be one the most direct forms of expression; it provides a full range of pigment in the form of individual oil crayons. It puts the artist in direct control of mark-making without A \$20.00 material fee will need to be paid to the instructor the first night of class; you will be able to keep the materials after the class.
Instructor: Robin Palmer

Private Art Lessons (Ages 18+)

Activity #: 617215-06
Fee: \$65 R \$68 NR
Location: Activity Room
Registration is ongoing!
Have you always wanted to paint or draw? Now you can with one on one instruction. Call today to sign up for private art lessons you can choose from colored pencil, drawing, portrait drawing or water color pencil. Once you have registered the instructor will call you to set up dates and times for your classes. Please make sure when you register you specify which art class you want. There is a \$20.00 material fee paid to the instructor on the first day of class for materials you get to take home when the class is finished. At this time online registration is not available for this class!
Instructor: Robin Palmer

Live Paint Night (Ages 18+)

Activity #: 617215-07
Date: Friday (4/8) Time: 6:00-8:00p
Fee: \$15 R \$18 NR
Location: Arts & Crafts Room
Register by: 4/1
Come join us for a fun night out. Come paint a picture and enjoying catching up with friends. Clive will have a picture picked out for everyone to paint. Coffee, tea and hot chocolate will be provided.
Instructor: Clive Turner

Couples Live Paint Night

Activity #: 617215-08
Date: Friday (2/12) Time: 6:00-8:00p
Fee: \$30 R \$33 NR
Location: Arts & Crafts Room
Register by: 2/5
Come join us for a fun night out with your significant other. What could be more romantic for valentines than spending some quality time with your valentine all while painting, relaxing, and learning something new. Clive will have a picture picked out for everyone to paint. Coffee, tea and hot chocolate will be provided. The fee includes two people. Space is limited so register early to enjoy this activity! Instructor: Clive Turner

Working On A Project But Need Some Guidance? (Ages 18+)

Activity #: 617215-09
Date: Wed. (3/23-4/13) Time: 6:00-7:00p
Fee: \$21 R \$24 NR
Location: Arts & Crafts Room
Register by: 3/16
Are you working on a project but need some help figuring where to go next. Perhaps you need some advice or suggestions from an artist on your work, if so this is the class for you. Come ask local artist Clive Turner your questions or concerns and he will help you finish your work of art.
Instructor: Clive Turner

Art That Heals (Ages 50+)

Activity #: 617215-10
Date: Thursday (3/3-4/7) Time: 10:00a-12:00p
Fee: \$46 R \$49 NR
Location: Activity Room
Register by: 2/25
This class is open to Senior Citizens who want to draw for fun and recreation, and to use art as a catalyst for change or growth in their own lives. The teacher will demonstrate different techniques and you will work on composition, negative and positive space, tone, understanding 3-dimensions, hand-eye coordination, understanding color, shading and learning how to translate what you see onto paper. There is a \$15.00 material fee for supplies paid to the instructor the first day of class
Instructor: Clive Turner

Magical Watercolors (Ages 5-13)

Activity #: 617215-11
Date: Thursday (2/4-3/10) Time: 4:00-5:30p
Fee: \$35 R \$38 NR
Location: Activity Room
Register by: 1/28
Kids will learn how to mix colors, wet-on-wet technique, dry technique, spray techniques, stamped textures, and lifting dry water colors. They will also have the opportunity to explore, and learn how to correct their own mistakes. At the end of the course, they will have built greater self-confidence, discipline, and a better appreciation for art. There is a \$15.00 material fee that needs to be paid to the instructor on the first day of class!
Instructor: Clive Turner

P.Y.O.C. (Ages 15+)

Activity #: 617215-12
Date: Friday (4/8-4/29) Time: 5:30-7:30p
Fee: \$32R \$35NR
Location: Activity Room
Register by: 3/25
Paint Your Own Canvas
Bring in your favorite picture that you would like to paint and local artist Jaqueline Bray will assist you using oil paints. There is a \$5.00 material fee that needs to be paid to the instructor on the first day of class!
Instructor: Jaqueline Bray



Crash Courses

These courses are designed to help you understand your phones and tablets a little better. Learn how to use your iPhone, Smart Phone, iPad, or Tablet with the help of a Sprint Representative. They will guide you through step by step instructions and answer any questions you may have.

iPhone Beginner (Ages 18+)

Activity #: 617145-07&13
Date: Tuesday (1/5) or (3/22)
Time: 6:00-7:30p
Fee: FREE
Location: Arts & Crafts Room
Register by: (12/29) (3/15)



Own an iPhone and still find yourself fumbling around this powerful device? Take advantage of this workshop with one-on-one assistance to help you become more efficient on your iPhone. Don't forget to bring your iPhone.

Android Beginner (Ages 18+)

Activity #: 617145-04 & 14
Date: Tuesday (1/12) or (3/8)
Time: 6:00-7:30p
Fee: FREE
Location: Arts & Crafts Room
Register by: (1/5) (3/1)



Tired of hitting the wrong buttons on your Smart Phone? Are you constantly coming across things on your phone that you have no idea how to use? Enjoy learning the ins and outs of your Android device with one-on-one assistance for all carriers. Don't forget to bring your Android device.

Social Media on all Devices (Ages 18+)

Activity #: 617145-10 & 15
Date: Tuesday (1/26) or (3/29)
Time: 6:00-7:30p
Fee: FREE
Location: Arts & Crafts Room
Register by: (1/19) (3/22)



If you have taken any of our other technology classes then you will want to take this one! We will give hands on training setting up your social networking accounts. We will teach you how to safely share information with others. We will give you helpful tips on how to filter unwanted content and even how to promote your small business.

Android Intermediate (Ages 18+)

Activity #: 617145-05&16
Date: Tuesday (2/2) or (4/12)
Time: 6:00-7:30p
Fee: Free
Location: Arts & Crafts Room
Register by: (1/26) (4/5)



Tired of hitting the wrong buttons on your Smart Phone? Are you constantly coming across things on your phone that you have no idea how to use? Don't forget to bring your Android device.



iPhone Intermediate (Ages 18+)

Activity #: 617145-08&17
Date: Tuesday (2/9) or (4/5)
Time: 6:00-7:30p
Fee: FREE
Location: Arts & Crafts Room
Register by: (2/2) (3/29)

Own an iPhone and still find yourself fumbling around this powerful device? This course will include using FaceTime, setting up your social networking sites, iCloud, and much more! Don't forget to bring your iPhone.

Tablet Class (Ages 18+)

Activity #: 617145-06&18
Date: Tuesday (2/23) or (4/26)
Time: 6:00-7:30p
Fee: FREE
Location: Arts & Crafts Room
Register by: (2/16) (4/19)

Are you using your Tablet to your fullest ability? We will help you set everything up on it from email, video chat, books, games, etc. Please bring your tablet to class!

These classes are designed to help you understand computers and the basics of Excel and Word. These courses are offered by the Literacy Volunteers of Winchester and all classes are held at their location at 301 N Cameron St Winchester, VA 22601 in their computer lab.

Introduction to Word (Ages 18+)

Activity #: 617145-21
Date: Thursday (3/17)
Time: 9:30a-12:00p
Fee: FREE
Location: Literacy Volunteers of Winchester Computer Lab
Register by: (3/10)

This class will help you learn the basics of Microsoft WORD and how to make documents and reports for work. You must have basic computer skills before taking this class. Instructor: Don Miller

Computer Basics (Ages 18+)

Activity #: 617145-19
Date: Monday (2/22-3/21)
Time: 9:30a-12:00p
Fee: \$35
Location: Literacy Volunteers of Winchester Computer Lab
Register by: (2/15)

Computer Basics is a fun class! Learn how to use a computer and the internet. Great for home or work! Instructor: Vicky Edwards. February 22, 29, March 7, 14, and 21 (Monday's)

Introduction to Excel (Ages 18+)

Activity #: 617145-20
Date: Monday (3/28-4/25)
Time: 9:30a-12:00p
Fee: \$35
Location: Literacy Volunteers of Winchester Computer Lab
Register by: (3/21)

Microsoft Excel class helps you make spread sheets. Learn how to do data entry and make budgets at work or home and use Excel language to create a database. You must have basic computer and basic math skills before taking this class. Instructor: Vicky Edwards.



Crash Courses



CLEAN

Community Connections for Youth & Family

Life Hacks for Middle School (Grades 6-8)

Activity #: 617145-24
Date: Monday & Wednesday (2/1-3/30)
Time: 4:00-5:00p
Fee: FREE
Location: Recreation Room
Register by: 1/25

Life Hacks for High school (Grades 9-10)

Activity #: 617145-25
Date: Monday & Wednesday (2/1-3/2)
Time: 5:00-6:00p
Fee: FREE
Location: Recreation Room
Register by: 1/25

Life Hacks for Transitions (Grades 11-12)

Activity #: 617145-26
Date: Wednesday (2/3-3/9)
Time: 6:00-7:00p
Fee: FREE
Location: Recreation Room
Register by: 1/27

This brand new program offered by CLEAN, Inc. using the Botvin LifeSkills Training curriculum and is designed to give pre-teens, teens and young adults the confidence and skills they need to handle challenging situations. Small groups of 8-10 kids are guided through a workbook-based curriculum by two trained facilitators. Groups will cover various topics including self-image, myths and facts about drugs/alcohol, influence of the media and advertising, coping with stress and anxiety, communication and social skills, and much more! This is a comprehensive program covering many essential skills for success in school and in life. The program includes a workbook and materials. For any questions about the programs please feel free to contact CLEAN, Inc. 540-722-3589, or by email: sdrew@cleaninc.org. Instructor: Stacey Drew

