

Winchester

parks and recreation *Virginia*



Egg
CESSIBLE

swinging **fore**
sports
GOLF TOURNAMENT

Reversing
Nature's Clock

Aqua
Arthritis

Improv!
real funny



04 Game Time



06 Special Events



08 Creative Kids



14 Community Recreation



18 Environmental Education

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winchesterva.gov/parks

Our Mission: We are dedicated to providing comprehensive, quality, and safe recreation and park programs, facilities and services that enrich the quality of life for the Winchester community and beyond.

Advisory Board Members

The Board meets the fourth Monday of every month at 6:30 pm in the War Memorial Building.

- | | |
|----------------------|------------------|
| John Bentley | Brian Wigley |
| Kyle Homan | Jules Bacha |
| Shelly Lee | Matt Mintschenko |
| Rosie Schiavone | James Robertson |
| Jacob (Trae) Vickers | |

Administration Office Hours:

M-F 8am - 5pm
 Director: Jennifer Jones
jennifer.jones@winchesterva.gov
 Asst. Director: Lisa Hamaker
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 Administration Coordinator: Jennifer Stotler
jennifer.stotler@winchesterva.gov
 Maintenance Coordinator: Mike Nail
mike.nail@winchesterva.gov

Recreation Center Hours:

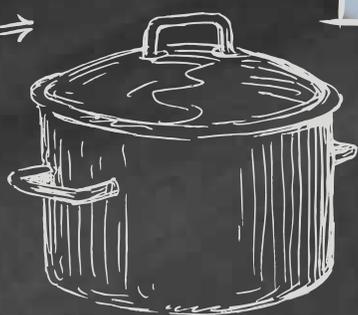
Now-May 24, 2015
 M-F 5:30am-9:30pm
 Sa 9am- 6pm
 Su Noon-6pm
 CLOSED Dec. 24 & 25, Dec. 31: 5:30am-6pm
 1001 E. Cork Street, Winchester, VA 22601
 (540) 662-4946 (540) 678-8791 Fax
 Cancellation Hotline: extension 2833
wincparks@winchesterva.gov



Bon Appétit!

GUARANTEED
QUALITY

MENU
Healthy Food



Tasty Home Cooking (Ages 16+)

Come join local food blogger and cooking instructor Patricia Reitz as she teaches how to cook delicious budget-friendly meals from scratch that your family and friends will love. Tuesdays, 6-8pm, at Jim Barnett Park, Kitchen. Fee: \$27 R, \$30 NR.

February 3 (Register by Jan. 27)
Menu: Oven Roasted Salmon Fillet with Ginger Soy Glaze, Wrinkled Green Beans, and Chinese Almond Cookies
Activity# 617115-08

February 17 (Register by Feb. 10)
Menu: Homemade Chicken Stock, Southern Biscuits, and Blue Ribbon Chicken Pot Pie
Activity# 617115-09

March 3 (Register by Feb. 24)
Menu: Chicken Enchiladas, Mexican Rice, and Bacon Wrapped Jalapeno Poppers
Activity# 617115-10

March 24 (Register by Mar. 17)
Menu: Braised Kielbasa with Seasoned Cabbage and Potatoes, and Chia Seed Pudding
Activity# 617115-11

April 14 (Register by Apr. 7)
Menu: Homemade Pasta, San Marzano Pomodoro Sauce, and Pizzelle Cookies
Activity# 617115-12

April 28 (Register by Apr. 21)
Menu: Pork Tenderloin with Black Cherry Reduction, Sautéed Garlicky Mushrooms, and Dessert
Activity# 617115-13



Thai Cooking (Ages 18+)

Naomi McManigle from Tastefully Thai will be teaching Thai cooking classes! Thai cuisine consists of a large variety of unique dishes varying in flavor, texture, and ingredients. If you love Thai food and would like to know how to make these dishes in your home, come join us for Tastefully Thai cooking classes and learn all you need to know. Participants will learn which ingredients to use for an authentic Thai taste, and also how to make each dish gluten-free. Watch how the food is prepared, help prepare the food, and then taste the food. Recipes will be



provided so you can try for yourself! Mar. 6 (Register by Feb. 27), Mar. 20 (Register by Mar. 13), Apr. 3 (Register by Mar. 27), Apr. 17 (Register by Apr. 10), Friday, 6-8pm, at Jim Barnett Park, Kitchen. Fee: \$33 R, \$36 NR. Activity# 617115-14-17



GAME TIME!



Youth

Winter JAMFest (Grades 5-8)

Sign up for these great tournaments and test your team's skills out against other great competitors. These are not an 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. Feb. 21 (Saturday), 8am, at Daniel Morgan Middle School Gymnasium. Fee: \$175/team. Register by Feb. 17. *Activity# 621643-14-17.*

Spring JAMFest (Grades 5-8)

Sign up for these great tournaments and test your team's skills out against other great competitors. These are not an 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. May 16 (Saturday), 8am, at Daniel Morgan Middle School Gymnasium. Fee: \$175/team. Register by May 12. *Activity# 621347-01-04.*

Start Smart Basketball (Ages 3-5)

Is your child ready to start sports? Start Smart Basketball empowers parents to work with their children to teach the fundamentals of basketball. Each child will get a participant kit with equipment they keep to help them improve their skills when the program is over. Don't miss out, space is limited! Mar. 14-April 25, Saturday, 9-10am, at Jim Barnett Park, Gymnasium. Fee: \$49 R, \$55 NR. Register by Mar. 3. *Activity# 621643-13.*

Pee Wee Basketball (Ages 5-6) and (Ages 7-8)

Lace up your high tops and get ready for this exciting basketball league. Learn the basics during practices and put those skills to use during games. Jan. 17-Mar. 7, Saturday, 9-11am (Ages 5-6), 11am-1pm (Ages 7-8), at Jim Barnett Park, Gymnasium. Fee: \$40 R, \$46 NR. Register by Jan. 6. *Activity# 621643-08-09.*



Volleyball (Ages 11-12) and (Ages 13-15)

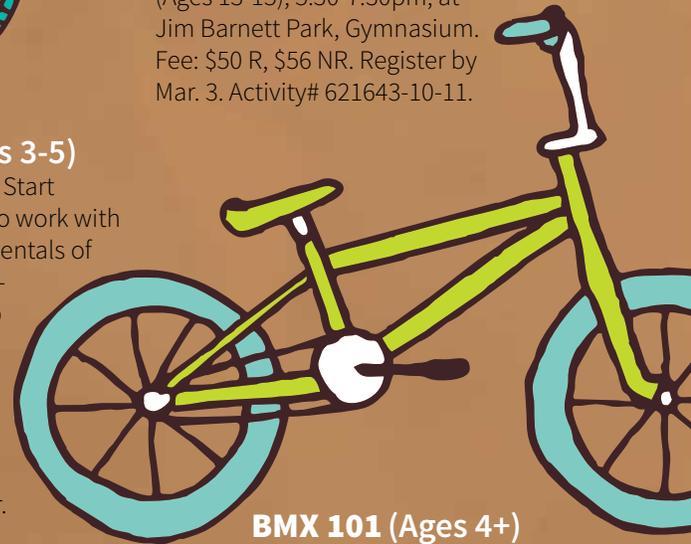
Are you ready to bump, set, spike? Sign up for this great league and you can do all three! This league will help new players learn the fundamentals of volleyball and allow experienced players to continue improving their skills. Mar. 9-April 30, Tuesday and Thursday (Ages 11-12), Monday and Wednesday (Ages 13-15), 5:30-7:30pm, at Jim Barnett Park, Gymnasium. Fee: \$50 R, \$56 NR. Register by Mar. 3. *Activity# 621643-10-11.*

Start Smart Soccer (Ages 3-5)

Is your child ready to start sports? Start Smart Soccer empowers parents to work with their children to teach the fundamentals of soccer. Each child will get a participant kit with equipment they keep to help them improve their skills when the program is over. Don't miss out, space is limited! Mar. 14-April 25, Saturday, 10-11am, at Jim Barnett Park, Gymnasium. Fee: \$49 R, \$55 NR. Register by Mar. 3. *Activity# 621643-12.*

Indoor Soccer (Ages 5-7) and (Ages 8-10)

Don't put those shin guards away for the winter. Sign up today for the hottest winter indoor soccer league in the city. Players will learn the fundamentals of soccer and test those skills out during games. Shin guards are needed by each player. Jan. 12-Mar. 5, Tuesday and Thursday, (Ages 5-7), Monday and Wednesday, (Ages 8-10), 5:30-7:30pm, at Jim Barnett Park, Gymnasium. Fee: \$44 R, \$50 NR. Register by Jan. 6. *Activity# 621643-06-07.*



BMX 101 (Ages 4+)

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. Apr. 14 (Tuesday), 5:30-6:30pm, at Jim Barnett Park, BMX Track. Fee: \$24 R, \$27 NR. Register by Apr. 7. *Activity# 621643-01.*



Super Bowl Saturday Madden Challenge (All Ages)

Test your gaming skills out against other local competitors in this high paced tournament. The format will be double elimination with prizes awarded to the top two finishers. Jan. 31 (Saturday), 9am, at Jim Barnett Park, George Washington Room. Fee: \$15. Register by Jan. 31. *Activity# 611645-01.*

Open Softball (Ages 16+)

Grab your best hitter and quickest fielders and register for this laid back game of fast paced fun. All teams will be guaranteed 14 regular season games and we will wrap up this league with a double elimination post season tournament. Games begin early/mid May. May 18-Aug. 27 (Monday-Thursday), 6:30-9:30pm, at Jim Barnett Park, Eagles Field. Fee: \$375/team. Register by May 11. *Activity# 621645-03.*

Ultimate Frisbee League (16+)

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. Teams of 7 participants minimum, 10 participants maximum per team. The option to sign up as an individual and get placed on a team is also available. Apr. 1-May 27 (Wednesday), 5:30-8pm, at Weaver Park. Fee: \$130 R, \$140 NR (per team) \$20 R, \$30 NR (per individual). Register by March 20. *Activity# 617645.*

Adult

Drop In Volleyball (Ages 18+)

Players will divide into teams on site and play pickup games. May 5-Aug. 18 (Tuesday), 6-9:30pm, at Jim Barnett Park, Gym. Fee: \$5 drop-in.

Kickball League (Ages 21+)

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! May 12-June 16 (Tuesday), 6:30-9:30pm, at Jim Barnett Park, Henkel Harris Field. Fee: \$100/team. Register by May 5. *Activity#: 621645-05.*

Senior Drop In Pickleball (Ages 55+)

Pickleball is a racket sport that blends tennis, badminton and ping pong. The main objective of Pickle-Ball is to keep the ball in play over a net that is three feet off the ground, while utilizing placement and pace. Pickle-Ball can be played as either singles (2 people) or doubles (4 people) on a court the size of a doubles badminton court. Equipment consists of oversized Ping-Pong type paddles and a plastic perforated ball. Hitting strokes are similar to those used in tennis. All equipment needed to play will be provided. Jan. 6-May 26 (Tuesday), 9-11am, at Jim Barnett Park, Gymnasium. Fee: Free during January 2015, \$2 per person/session or free with membership Feb.-May.

Ki-Akido! (Ages 15+)

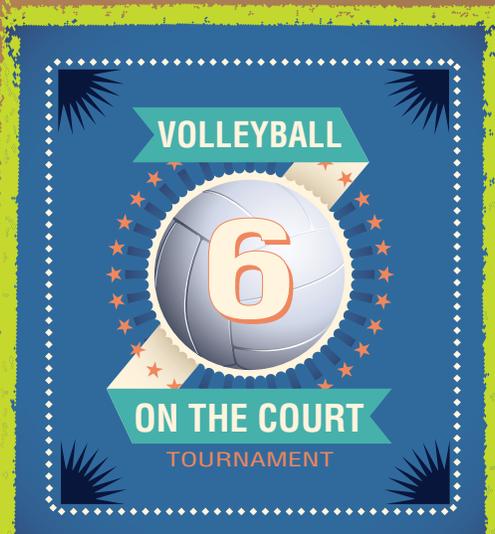
Aikido is a paradoxical practice because it is a martial art that teaches not-fighting; it is often called "The Way of Peace." Aikido offers dynamic self-defense on a physical level and also, by extension, crisis/conflict resolution skills useful in the emotional and psychological context of daily life. In Ki-Aikido, a soft form of the art, power comes from rhythm and timing within an aware relationship. Practice is filled with smiles, laughter, cooperation, and also a sincere earnestness. This should not belie the fact that Aikido can be an extremely effective method of self-defense, and is used as a basis of many police/correctional restraint and control courses. Ki-Aikido promotes fitness, but does not require practitioners to be in exemplary physical shape. Jan. 31-Feb. 21 (Register by Jan. 25), Mar. 7-28 (Register by Feb. 28), Apr. 11-May 9* (Register by Apr. 4), Saturday, 11:30am-12:30pm, at Jim Barnett Park, Lord Fairfax Room. *No class May 2. Fee: \$20 R, \$23 NR. *Activity# 617147-08-10.*

Ki-Akido Self-Defense for Women(Ages 18+)

Aikido does not depend on brute force or overpowering size, but creates power by speed, balance and leverage, making it ideal for smaller people, older people, and people not in peak physical condition. Ki-Aikido is a specific style of Aikido built on a foundation of Ki Development: Mind and Body Oneness, physical coordination, and mental calmness. Ki-Aikido practices can also be extended to everyday life such as dealing with stress, living with confidence, harmony in group situations, and problem solving. Relaxation, breathing, meditation, and elements of Japanese culture and language are also included. Instructor: Jim Vogt, a practitioner of 20 years and an affiliate of the Eastern Ki Federation. Mar. 3-31 (Tuesday), 6-7pm, at Jim Barnett Park, Arts & Crafts Room. Fee: \$26 R, \$29 NR. Register by Feb. 24. *Activity# 617147-11.*

Six On The Court Volleyball Tournament (Ages 18+)

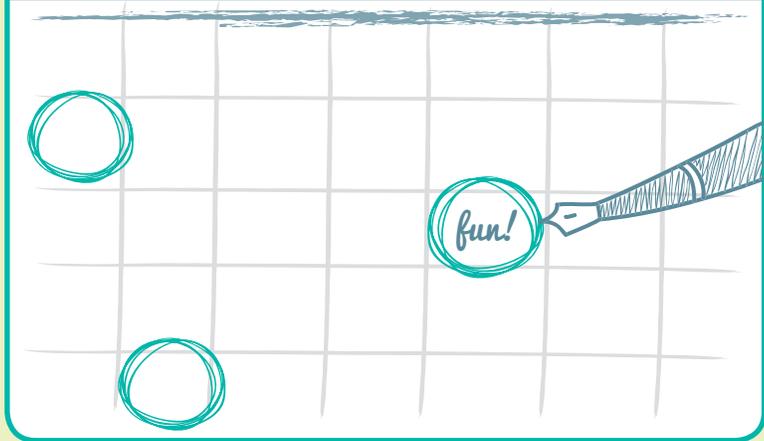
WPRD invites all local co-ed volleyball teams to show off your team's skills. April 18 (Saturday), 8am, at Daniel Morgan Middle School Gymnasium. Fee: \$50 per team. Register by April 13. *Activity# 621645-07.*



MIDDLE SCHOOL Spring Fling



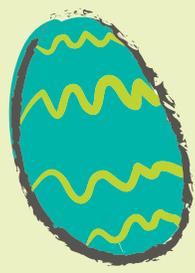
special Events



Egg SPLASH



- MARCH**
- 24 Eggcessible
 - 28 Egg Splash
 - 28 Easter Egg Hunt



- APRIL**
- 09 Swinging Fore Sports Golf Tournament
 - 11 Spring Fling
 - 25 Cardboard Boat Regatta



- MAY**
- 24 Alice in Wonderland Tea Party



Eggcessible March 24

The area's only Easter Egg Hunt for children with special needs. Children may hunt for specially retrofitted eggs. Eggs are then turned in for your very own Easter goodies. The Easter Bunny will be there to meet and greet children. Ages 2-14. Mar. 24 (Tuesday), 10-11am, in Jim Barnett Park Gym. Free.

Egg Splash March 28

The indoor pool will be loaded with floating Easter eggs! Come search the eggs for special prizes hidden inside. You can't miss this special event, designed for a variety of age groups. Including, a grand prize egg, which will consist of a FREE children's swimming lesson session. A value of up to \$49! This event is designed for a variety of age groups, and each group will be able to win a grand prize! Mar. 28 (Saturday), at Jim Barnett Park, Indoor Pool. Fee: \$5. Register in advance, or day-of. *Activity #612317-E1-E3.*

Ages 3-5 11:30am-12pm

Ages 6-8 12pm-12:30pm

Ages 9-12 12:30-1pm

***Children under the age of 10 must have an adult in the water with them.**

Easter Egg Hunt March 28

Bring an empty basket and search for eggs in Jim Barnett Park. Children will be separated into three age groups (under 3, 3-5 and 6-8). Mar. 28 (Saturday), 9am, at Christianson Familyland. Free.

**2nd Annual "Swinging Fore Sports" Golf Tournament April 9**

Grab your clubs, round up a team and join Winchester Parks and Recreation at Winchester Country Club Golf Course for the "Swinging For Sports" Golf Tournament. The format is 4-man captain's choice for all ages. Dinner will be served following the tournament. Ages 5+. Apr. 9 (Thursday), 1pm shot gun start, at Winchester Country Club Golf Course. Fee: \$320 per team. Register by Apr. 6. Rain date is April 16. *Activity# 621645-06.*

Spring Fling April 11

A prom-like dance exclusively for middle school students. Please come dressed appropriately. Snacks available at minimal cost. A DJ will be providing entertainment. Purchase ticket in advance or at door. **School ID and ticket required for admission.** Apr. 11 (Saturday), 7-9pm, at Jim Barnett Park, Gymnasium. Advance tickets: \$5, (\$8 at the door).

2nd Annual Cardboard Boat Regatta April 25

Back by popular demand! Come out and show off your seafaring skills. We challenge all amateur ship builders to design, construct, and navigate their boats made entirely out of corrugated cardboard across the blue seas of the Indoor Pool. Each group will be provided with cardboard, duct tape, and scissors all other decorations are up to you. Each team will get one hour to design and construct their boats. Sail or paddle to the checkered flag! Awards will be given based on place and design. Apr. 25 (Saturday), 4-6pm, at Jim Barnett Park, Indoor Pool. Fee: \$20 R, \$25 NR. Register by April 15. Additional \$5 fee will be charged for race day registration. *Activity #612317-C1.*

Teams of two: Youth (6-16), Adult (16+), Parent and Child (18+ and under 12) Solo Races for 16+ are also available.

Alice in Wonderland Tea Party May 16

Don't be late for a very important date! Join Alice and her friends from Wonderland for a fun filled time of crafts, activities, and a very special tea. Look for the white rabbit in the next guide for all the details! Register by May 6. *Activity# 627317.*



Creat

after school Program

The HIVE & HIVE Club

Located at Jim Barnett Park in the War Memorial Building, the HIVE (Grades PreK-4) and HIVE Club (Grades 5-8) offers a wide variety of both active and passive activities including sports, enrichment activities, games, crafts, and much more! Participants keep moving and the fun never stops. HIVE & HIVE Club is offered from the first day through the last day of school (Winchester Public Schools), from school dismissal-6pm, Monday-Friday.

Transportation is provided by Winchester Public Schools. Registration forms are taken throughout the school year as space is available. There is a \$15 non-refundable registration fee. Registration is on-going.



The HIVE (Grades Pre-K-4)

Activity# 641142

Two payment options:

- 1) \$60/week
- 2) "An10a" 10 Punch Pass for \$140

HIVE Club (Grades 5-8)

Activity# 641143

Two payment options:

- 1) \$30/week or
- 2) "An10a" Pass for \$80

No School Days (Ages 5-12)

When school is out, bring your child to a fun-filled day at the park. 8am-6pm in the George Washington Room.

January 19 (Monday)	Register by Jan. 12
February 16 (Monday)	Register by Feb. 9
March 13 (Friday)	Register by Mar. 6
April 3 (Friday)	Register by Mar. 27
April 6 (Monday)	Register by Mar. 30
April 7 (Tuesday)	Register by Mar. 31

Fee: \$30 Non-HIVE members, \$20 HIVE "An10a" Punch Card Users, \$8 HIVE Worker Bees (Weekly Users) \$14 HIVE Club Worker Bees (weekly users)* Registrations will not be taken after the deadline. Register by the Monday prior to the date needed. Current enrolled HIVE and HIVE Club members receive discounted rates.



Play

summer camp

registration

begins Apr. 13 R, Apr. 14 NR

ive Kids



Parents Night Out (Ages 4-12)

Parents do you need a grown-up time out? We have the answer! Drop the kids off at the center and we will entertain your little one while you get some much deserved "me time." Dinner will be provided (pizza). Feb. 13, 6-10pm, at Jim Barnett Park, George Washington Room. Fee: \$15 first child, \$10 for additional. Register by Feb. 5. Activity# 641447-02.



PB&J CLUB

NEW!
Ask about
PB & J
birthday
rentals!

PB&J Club (Ages 1-5)

Play, Bounce and Jump, refine motor skills and have fun with a gym full of toddler-appropriate play equipment. Jump on the small trampoline, crawl through Gus the caterpillar, climb over the padded hills, or play ball. This exciting program lets kids and parents play freely, without worrying about the clean up or weather. All equipment is safe and properly sanitized before each program. 2nd and 4th Wednesdays Jan. 14-April 8, 9:30-11am. Fee: \$3R, \$3.50 NR (Adults are free). **PB&J will not meet Mar. 11.**



Improv! Real Funny (Ages 7-11)

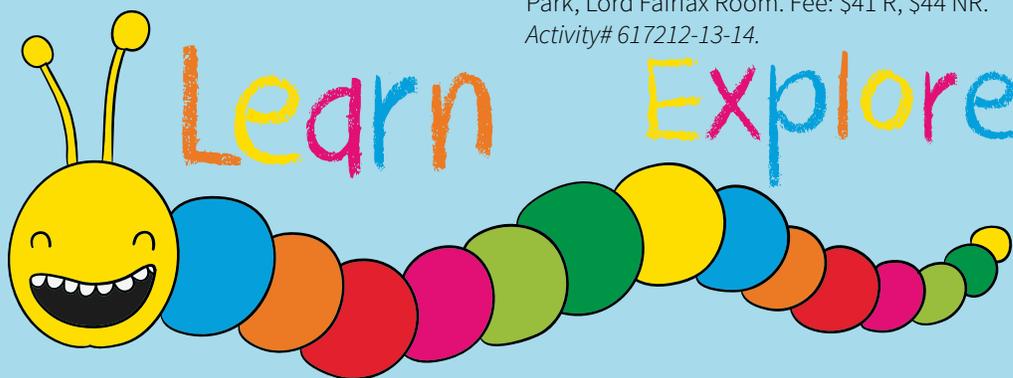
Through various games and activities, students will learn the joy of improv, increasing communication skills and comprehension success. Join professional storyteller Mackenzie Vanover for four classes. Feb. 17-26 (Tuesday and Thursday), 3:30-4pm, at Jim Barnett Park, Lord Fairfax Room. Fee: \$10 R, \$13 NR. Register by Feb. 10. Activity# 617147-18.

Ballet (Ages 4-9)

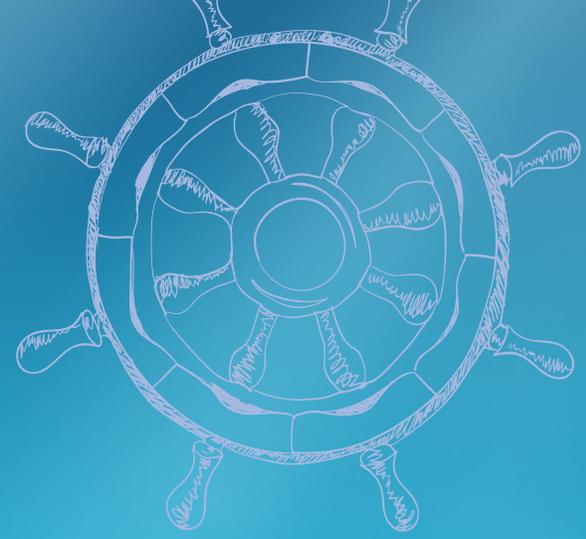
Come join us for a fun filled course introducing children to the basics of ballet. Warm-ups and stretching will lead into fundamental dance moves. Children will also be introduced to proper terminology of ballet. The instructor, Liz Lewis, has been dancing for 18 years, and teaching for four. Ballet shoes are welcome but not required! Feb. 5-Mar. 26 (Register by Jan. 29) Apr. 2-May 21 (Register by Mar. 26), Thursday, 6-7pm, at Jim Barnett Park, Lord Fairfax Room. Fee: \$41 R, \$44 NR. Activity# 617212-13-14.

Ki-Akido! (Ages 5-14)

Aikido is a modern martial art system with traditional roots, practiced for awareness, health/fitness/wellness, and spiritual/personal exploration, as well as self-defense. Aikido is a paradoxical practice because it is a martial art that teaches not-fighting; it is often called "The Way of Peace." In Ki-Aikido, a soft form of the art, power comes from rhythm and timing within an aware relationship. Practice is filled with smiles, laughter, cooperation, and also a sincere earnestness. Instructor: Jim Vogt, a 20 year practitioner, is an affiliate of the Eastern Ki Federation. Jan. 31-Feb. 21 (Register by Jan. 25), Mar. 7-28 (Register by Feb. 28), Apr. 11-May 9* (Register by Apr. 4), Saturday, 10-11am, at Jim Barnett Park, Lord Fairfax Room. Fee: \$20 R, \$23 NR. *No class on May 2. Activity# 617147-05-07.



In the Water



Parent & Me (6 months - 3 yrs)

We plan to provide a joyful, loving, child-centered environment featuring songs and activities to encourage skill acquisition while also developing a life-long love of the water. Parent & Me utilizes natural progressions (not forceful ones) to allow infants and toddlers the ability to grow in our lessons program. Location: Jim Barnett Park, Indoor Pool. Fee: \$43 R, \$49 NR (weekday classes), \$21.50 R, \$24.50 NR (Saturday classes).

Jan. 12-Feb. 4 5:30-6pm
(Mon and Wed) Register by Jan. 12

Jan. 13-Feb. 5 10:30-11am
(Tues and Thurs) Register by Jan. 13

Jan. 17-Feb. 7 5:30-6pm
(Sat) Register by Jan. 17

Feb. 16-Mar. 11 5:30-6pm
(Tues and Thurs) Register by Feb. 16

Feb. 17-Mar. 12 10:30-11am
(Mon and Wed) Register by Feb. 17

Feb. 21-Mar. 14 5:30-6pm
(Sat) Register by Feb. 21

Mar. 23-Apr. 15 5:30-6pm
(Mon and Wed) Register by Mar. 23

Mar. 24-Apr. 16 10:30-11am
(Tues and Thurs) Register by Mar. 24

Mar. 28-Apr. 18 5:30-6pm
(Sat) Register by Mar. 28

Apr. 27-May 20 5:30-6pm
(Mon and Wed) Register by Apr. 27

Apr. 28-May 21 10:30-11am
(Tues and Thurs) Register by Apr. 28

Swim Lessons (Ages 3-14)

Swim 101/102

Swim 101/102 is designed to turn beginners into swimmers using a progressive child-focused approach. The fundamentals of swimming such as kicking, breath control, and floatation are taught at this level. Each child will wear a floatation device which allows them to focus on developing the skill rather than trying to stay above water. As the child builds confidence in all the skills the amount of floatation can be decreased allowing the child to become less reliant on the float and more reliant on their skills. Swimmers will be actively practicing skills and have little down time utilizing the lesson time to the fullest. Children must be able to swim 15 feet with their face in the water in order to pass this class.

Swim 201/202

Swim 201/202 is a progressive strokes course that teaches swimmers the formal strokes of freestyle and backstroke. They will also learn the important skill of side breathing with the freestyle stroke. Children also have the chance to build their endurance as each skill requires the child to swim further than previous classes. Children must be able to swim 25 feet using the freestyle stroke with side breathing in order to pass this class. These skills are taught without the aid of floatation, children must be able to swim 15 feet without aid in order to be enrolled in this class.

Swim 301/302

Swim 301/302 is an advanced stroke course which teaches the more complex strokes of butterfly and breaststroke to swimmers that have already mastered freestyle and backstroke. In completing this class the swimmer will have learned all the strokes necessary for competitive swimming. It is not uncommon for children to wear floatation during some of the instruction. The floatation allows children to focus on body position and stroke development. Children will continue to fine tune their stroke development and build endurance at this level. Children will need to swim 30 feet of freestyle, backstroke, breaststroke, and butterfly in order to pass this class.

Swim 401/402

Swim 401/402 is designed to teach children lifesaving skills such as sidestroke, elementary backstroke, and treading water. The class is also an introduction to competitive swimming. Skills such as, diving, flip turns, and endurance are taught at this level. Unlike earlier classes focus on repetitive practice under short distances, this does not allow children to develop endurance. Swim 401/402 allows students to develop the endurance necessary to swim competitively. Children must be able to swim 50 meters and a 50 meter IM in order to pass this class.



Swim 101, 201, 301, and 401
(Ages 3-6)

Fee: \$43 R, \$49 NR.

Location: Jim Barnett Park, Indoor Pool

Jan. 12-Feb. 4 Register by Jan. 12
(Mon and Wed) Times: 4:30-5pm
5-5:30pm
5:30-6pm

Jan. 13-Feb. 5 Register by Jan. 13
(Tues and Thurs) Times: 6-6:30pm
6:30-7pm

Jan. 17-Feb. 7 Register by Jan. 17
(Sat) Times: 4-4:30pm
4:30-5pm

Feb. 16-Mar. 11 Register by Feb. 16
(Mon and Wed) Times: 4:30-5pm
5-5:30pm
5:30-6pm

Feb. 17-Mar. 12 Register by Feb. 17
(Tues and Thurs) Times: 6-6:30pm
6:30-7pm

Feb. 21-Mar. 14 Register by Feb. 21
(Sat) Times: 4-4:30pm
4:30-5pm

Mar. 23-Apr. 15 Register by Mar. 23
(Mon and Wed) Times: 4:30-5pm
5-5:30pm
5:30-6pm

Mar. 24-Apr. 15 Register by Mar. 24
(Tues and Thurs) Times: 6-6:30pm
6:30-7pm

Mar. 28-Apr. 18 Register by Mar. 28
(Sat) Times: 4-4:30pm
4:30-5pm

Apr. 27-May 20 Register by Apr. 27
(Mon and Wed) Times: 4:30-5pm
5-5:30pm
5:30-6pm

Apr. 28-May 21 Register by Apr. 28
(Tues and Thurs) Times: 6-6:30pm
6:30-7pm

new!
morning group lessons

Swim 101, 201, 301, and 401
(Ages 3-6)

Fee: \$43 R, \$49 NR.

Location: Jim Barnett Park, Indoor Pool

Jan. 13-Feb. 5 Register by Jan. 13
(Tues and Thurs) Times: 9:30-10am
10-10:30am
10:30-11am

Feb. 17-Mar. 12 Register by Feb. 17
(Tues and Thurs) Times: 9:30-10am
10-10:30am
10:30-11am

Mar. 24-Apr. 16 Register by Mar. 24
(Tues and Thurs) Times: 9:30-10am
10-10:30am
10:30-11am

Apr. 28-May 21 Register by Apr. 28
(Tues and Thurs) Times: 9:30-10am
10-10:30am
10:30-11am

Swim 102, 202, 302, and 402
(Ages 7-14)

Fee: \$43 R, \$49 NR.

Location: Jim Barnett Park, Indoor Pool

Jan. 12-Feb. 4 Register by Jan. 12
(Mon and Wed) Times: 6-6:30pm
6:30-7pm

Jan. 13-Feb. 5 Register by Jan. 13
(Tues and Thurs) Times: 7-7:30pm

Jan. 17-Feb. 7 Register by Jan. 17
(Sat) Times: 5-5:30pm
5:30-6pm

Feb. 16-Mar. 11 Register by Feb. 16
(Mon and Wed) Times: 6-6:30pm
6:30-7pm

Feb. 17-Mar. 12 Register by Feb. 17
(Tues and Thurs) Times: 7-7:30pm

Feb. 21-Mar. 14 Register by Feb. 21
(Sat) Times: 5-5:30pm
5:30-6pm

Mar. 23-Apr. 15 Register by Mar. 23
(Mon and Wed) Times: 6-6:30pm
6:30-7pm

Mar. 24-Apr. 16 Register by Mar. 24
(Tues and Thurs) Times: 7-7:30pm

Mar. 28-Apr. 18 Register by Mar. 28
(Sat) Times: 5-5:30pm
5:30-6pm

Apr. 27-May 20 Register by Apr. 27
(Mon and Wed) Times: 6-6:30pm
6:30-7pm

Apr. 28-May 21 Register by Apr. 28
(Tues and Thurs) Times: 7-7:30pm



In the Water



Competitive Swim Training (Ages 6-12 and Ages 13-18)

This course is designed for swimmers who have completed 401/402, and want to expand their skills into a swim team setting. Students will bridge the gap between instructional and competitive swimming by learning to improve their strokes, starts, turns, finishes, and endurance, all through interval training. Participants must be proficient in all strokes and must be able to swim laps. Location: Jim Barnett Park, Indoor Pool. Fee: \$48 R, \$54 NR.

Jan. 12-Feb. 4 Register by Jan. 12
(Mon and Wed)

Times: Ages 6-10 4:30-5:15pm
Ages 11-14 5:15-6pm
Ages 15-18 6-6:45pm

Jan. 13-Feb. 5 Register by Jan. 13
(Tues and Thurs)

Times: Ages 6-12 6-6:45pm
Ages 13-18 6:45-7:30pm

Jan. 17-Feb. 7 Register by Jan. 17
(Sat)

Times: Ages 6-12 4-4:45pm
Ages 13-18 4:45-5:15pm

Feb. 16-Mar. 11 Register by Feb. 16
(Mon and Wed)

Times: Ages 6-10 4:30-5:15pm
Ages 11-14 5:15-6pm
Ages 15-18 6-6:45pm

Feb. 17-Mar. 12 Register by Feb. 17
(Tues and Thurs)

Times: Ages 6-12 6-6:45pm
Ages 13-18 6:45-7:30pm

Feb. 21-Mar. 14 Register by Feb. 21
(Sat)

Times: Ages 6-12 4-4:45pm
Ages 13-18 4:45-5:15pm

Mar. 23-Apr. 15 Register by Mar. 23
(Mon and Wed)

Times: Ages 6-10 4:30-5:15pm
Ages 11-14 5:15-6pm
Ages 15-18 6-6:45pm

Mar. 24-Apr. 16 Register by Mar. 24
(Tues and Thurs)

Times: Ages 6-12 6-6:45pm
Ages 13-18 6:45-7:30pm

Mar. 28-Apr. 18 Register by Mar. 28
(Sat)

Times: Ages 6-12 4-4:45pm
Ages 13-18 4:45-5:15pm

Apr. 27-May 20 Register by Apr. 27
(Mon and Wed)

Times: Ages 6-10 4:30-5:15pm
Ages 11-14 5:15-6pm
Ages 15-18 6-6:45pm

Apr. 28-May 21 Register by Apr. 28
(Tues and Thurs)

Times: Ages 6-12 6-6:45pm
Ages 13-18 6:45-7:30pm

Homeschool Swim Lessons (Ages 3-14)

Winchester Parks and Recreation is proud to reach out to 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. 12-Feb. 4 Register by Jan. 12
(Mon and Wed)

Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

Feb. 16-Mar. 11 Register by Feb. 16
(Mon and Wed)

Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

Mar. 23-Apr. 15 Register by Mar. 23
(Mon and Wed)

Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

Apr. 27-May 20 Register by Apr. 27
(Mon and Wed)

Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm





Private Swimming Lessons (Ages 3+)

Get Private Swimming Lessons when it's convenient for you! These lessons are now offered on a punch pass system. All you have to do is purchase a punch pass, then setup a time with one of our Swim Lesson's University Certified staff. Punch pass options are as follows:

- 3 Punch pass: \$57 R, \$64 NR
 - 5 Punch pass: \$94 R, \$107 NR
 - 7 Punch Pass: \$132 R, \$149 NR
 - 10 Punch pass: \$188 R, \$213 NR
- All punch passes are valid for one year.



Lifeguard Training (Ages 15+)

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 in Lifeguard Training/First Aid for 2 years and CPR/AED for 2 year. Attendance is mandatory at all sessions. Location: Jim Barnett Park, Indoor Pool, and Arts & Crafts Room. Fee: \$225 R, \$250 NR. *Activity# 611234-T1-T2.*

Feb. 9-16 Register by Feb. 4
(Mon, Wed, Sat, Sun)
Times: Mon/Wed 6-10:30pm
Sat/Sun 9am-6pm

Apr. 20-27 Register by Apr. 15
(Mon, Wed, Sat, Sun)
Times: Mon/Wed 6-10:30pm
Sat/Sun 9am-6pm

Lifeguard Recertification Course (Ages 15+)

This Course is designed for those who need to renew their lifeguarding certification. Participants must have a current or up-to-date certification in order to take this course. If your certification has expired you must take the full lifeguard Training Course. Participants must complete in water skills, CPR/AED skills, and First Aid Skills as well as score higher than an 80% on a written test in order to pass. *Must Have a Current Lifeguard Certification. Location: Jim Barnett Park, Arts & Crafts Room and Indoor Pool. Fee: \$45R \$50NR. *Activity# 611234-R1-R2.*

Feb. 16 6-10:30pm
(Mon) Register by Feb. 4

Apr. 27 6-10:30pm
(Mon) Register by Apr. 15

Aqua Arthritis (All Ages)

This aquatic program is designed to help: reduce pain, decrease feelings of isolation through social interaction, and gain strength and flexibility to improve your day-to-day life. This Aquatic Arthritis Class, led by a certified instructor, is designed to be a fun, safe way for people with arthritis to exercise and stay fit.

Proven Results

The Arthritis Foundation Aquatic Program was co-developed with the YMCA. Studies show individuals attending the classes have experienced: Less pain, improved joint function, increased muscle strength, better perceived quality of life and well-being. Please join us as we prepare to help provide Winchester and more a better style of living!

On-going class starting Jan. 6 (Tuesday and Thursday), 11-11:45am, at Jim Barnett Park, Indoor Pool. Fee: Membership or Drop-In: \$5 R, \$5.50 NR.



communication

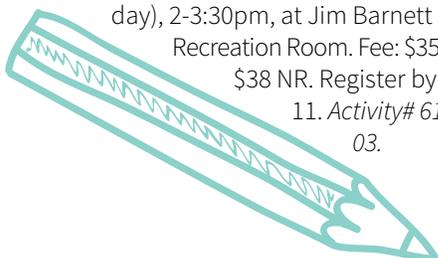
& Creative Expressions

American Sign Language (Ages 18+)

Our instructor, Donna Day, deaf herself, is an experienced sign language instructor who designed this class for the local community to come together and learn the basics of American Sign Language. This 12-week course is for beginner adults. Participants will learn the basic fundamentals of finger-spelling and understanding ASL sentence structures, including proper eye movement, facial grammar and body posture. Textbook is required. Purchase the textbook in advance at Amazon.com by searching for *Learning American Sign Language Second Edition, Level I & II* by Tom Humphries and Carol Padden. Mar. 3-May 19, 6-7:30pm, in the Lord Fairfax Room. Fee: \$70 R, \$73 NR. Register by Feb. 24. Activity# 648100-01.

Writing for Pleasure (Ages 18+)

Unlock the stories you have inside! Whether you aim to write a family memoir, create a moving personal essay or produce pieces to submit for publication, this class will introduce techniques that work. Classes will offer instruction from formulating story ideas to tackling the blank computer screen, editing a first draft and finally, finishing a piece of work. Using the methods taught in this course, anyone can have a more satisfying experience as a writer. The instructor is a widely published journalist and author with more than 35 years' experience, whose work has appeared regionally and nationally. Instructor: Maggie Wolff Peterson. Feb. 18-Mar. 25 (Wednesday), 2-3:30pm, at Jim Barnett Park, Recreation Room. Fee: \$35 R, \$38 NR. Register by Feb. 11. Activity# 617145-03.



Half-Hour Private Guitar Lessons (Ages 8+)

Receive private instruction, with the goal of making you the best guitarist you can be. Learn how to read music, and play some of your favorite tunes. Instructor will contact student to schedule dates and times. (Includes 4 half hour lessons). Instructor Marshall Wacker. Location: Jim Barnett Park, Recreation Room. Fee: \$62 R, \$65 NR. Registration is on-going. Activity# 617147-01.

One-Hour Private Guitar Lessons (Ages 8+)

Ideal for more advanced guitar players. Longer instruction time allows for more growth and learning at every lesson. Instructor will contact student to schedule dates and times. (Includes 4 one hour lessons). Instructor: Marshall Wacker. Location: Jim Barnett Park, Recreation Room. Fee: \$126 R, \$129 NR. Registration is on-going. Activity# 617147-02.

Right BRAIN

PLAY

Your Child's Best Teacher: Play

"The more time children spend in structured, parent-guided activities, the worse their ability to work productively towards self-directed goals. Unstructured, unsupervised, playtime is one of the most valuable educational opportunities we give our children. It is fertile ground; the place where children strengthen social bonds, build emotional maturity, develop cognitive skills, and shore up their physical health. The value of free play, daydreaming, risk-taking, and independent

Beginning Drawing (Ages 18+)

This course is 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 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. Jan. 26-Mar. 2 (Monday), 5-7pm, at Jim Barnett Park, Arts & Crafts Room. Fee: \$47 R, \$50 NR. Register by Jan. 19. Activity# 617147-22.

Portrait Drawing (Ages 18+)

Learn to draw and color portraits from your favorite photos or those given in class. You'll learn blended and shading techniques using different methods with grids and transfer paper that captures the soft tones and dimensional shapes of skin, hair and clothing. You'll also learn how to master proportion and put the features together then gradually shade and blend your way to amazing lifelike portraits. You have a choice of working in graphite or colored pencil or both. There is a \$20 material fee payable to the instructor during the first class. Instructor: Robin Palmer. Mar. 9-Apr. 13 (Monday), 5-7pm, at Jim Barnett Park, Arts & Crafts Room. Fee: \$47 R, \$50 NR. Register by Feb. 23. Activity# 617147-23.

Water Color Pencil (Ages 18+)

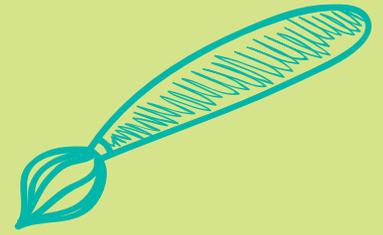
Come learn how to draw and paint with colored pencils. This amazing versatile medium is for those that like to paint with water and dry colored pencil. They are portable, lightweight, precise, expressive, sketchy, and relatively inexpensive. These pencils are great fun to explore and may just become indispensable among your art supplies. Come learn how to use these pencils in a new way and experiment doing exercises to familiarize yourself with the medium. You may find that these pencils fit the bill. An additional \$20 material fee will need to be paid to the instructor at the first class. Instructor: Robin Palmer. Feb. 4-Mar. 11 (Wednesday), 1-3pm, at Jim Barnett Park, Lord Fairfax Room. Fee: \$47 R, \$50 NR. Register by Jan. 26. Activity# 617147-24.

discovery have been much in the news this year, and a new study by psychologists at the University of Colorado reveals just how important these activities are in the development of children's executive functioning. Children who engage in more free play have more highly developed self-directed executive function.

All of this is in keeping with the findings of Boston College psychology professor Peter Gray, who studies the benefits of play in human development. In his book *Free to Learn: Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-Reliant, and*

**Colored Pencil (Ages 18+)**

Whether you choose to use colored pencils for sketches or to create fully rendered drawings, you will find colored pencils a joy to work with. Come learn the many approaches and techniques in colored pencil art. A \$20 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. Mar. 18-Apr. 22 (Wednesday), 1-3pm, at Jim Barnett Park, Lord Fairfax Room. Fee: \$47 R, \$50 NR. Register by Mar. 11. Activity# 617147-25.

**Oil Painting (Ages 15+)**

No previous art classes needed for this class just an interest in painting and a willingness to learn. Each student will learn how to create dynamic paintings to express their own unique, artistic vision. The instructor will bring landscapes to fit 20x24 canvases. Students will choose one landscape to trace onto a canvas. Participants will learn canvas preparation, laying out the palette and choice of brushes. Color, composition and perspective to highlight texture and focus will be areas of concentration. Oil painting has become more artistic-friendly in recent years, due to the product "Liquin Original," which allows oils to dry overnight instead of weeks. There is a \$5 material fee for your own set of oil paints! Jan. 27-Feb. 19 (Register by Jan. 23), Feb. 24-Mar. 19 (Register by Feb. 17), Mar. 24-Apr. 16 (Register by Mar. 17), Tuesday and Thursday, 5:30-7pm, at Jim Barnett Park, Pool Lobby. Fee: \$46 R, \$49 NR. Activity# 617147-19-21.



Better Students for Life, he elaborates on how play supports the development of executive function, and particularly self-directed control: Free play is nature's means of teaching children that they are not helpless. In play, away from adults, children really do have control and can practice asserting it. In free play, children learn to make their own decisions, solve their own problems, create and abide by rules, and get along with others as equals rather than as obedient or rebellious subordinates.

Parents, if you really want to give your kid a head start on coming school year, relinquish

some of that time you have earmarked for lessons or sports camp and let your children play. That's it. Just play. Grant them time free from your ulterior motives and carefully planned educational outcomes. Let them have dominion over their imaginary kingdoms while their evil dragons, white wizards, marauding armies, and grand battles for supremacy unfurl according to their whims and wills."

These excerpts are from the Atlantic.com article titled, "Why Free Play is the Best Summer School." To read the entire article: www.theatlantic.com/education/archive/2014/06/for-better-school-results-clear-the-schedule-and-let-kids-play/373144/



iPad Class (Ages 18+)

Are you having trouble using your Apple iPad? Confused on how to use FaceTime? Come to our iPad class and we will get you started with email, FaceTime, games, and more. Instructor: Kari Jones and Demetrius Weeden. Mar. 24 (Tuesday), 5:30-7pm, at Jim Barnett Park, Lord Fairfax Room. Fee: FREE. Register by Mar. 17. *Activity# 617145-09.*

Social Media on all Devices (Ages 18+)

If you have taken any of our other technology classes then you will want to take this one! We will give you 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. Instructor: Kari Jones and Demetrius Weeden. Apr. 4 and Apr. 21 (Tuesday), 5:30-7pm, at Jim Barnett Park, Lord Fairfax Room. Fee: FREE. Register by Mar. 31. *Activity# 617145-10.*



Android for Beginners (Ages 18+)

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 in this two-part workshop with one-on-one assistance for all carriers. During the first course, you will learn email setup, use of the play store, sending pictures and videos as well as much more! The second course will include using social media on your phone, using the Dropbox, and many more way to be more efficient on your device. All participants will receive a FREE stylus for their device. Don't forget to bring your Android device. Instructor: Kari Jones and Demetrius Weeden. Jan. 6 and Jan. 20 (Tuesday), 5:30-7pm, at Jim Barnett Park, Lord Fairfax Room. Fee: FREE. Register by Dec. 30. *Activity# 617145-04.*



Android Intermediate (Ages 18+)

Jan. 15 and Jan. 29 (Thursday), 5:30-7pm, at Jim Barnett Park, Lord Fairfax Room. Fee: FREE. Register by Jan. 8. *Activity# 617145-05.*

iPhone for Beginners (Ages 18+)

Own an iPhone and still find yourself fumbling around this powerful device? Take advantage of this two-part workshop with one-on-one assistance to help you become more efficient on your iPhone. That first course will include use of the app store, how to use Siri, battery saving tips and tricks and much more! The second course will include using FaceTime, setting up your social networking sites, iCloud, and much more! All participants will receive a FREE stylus for their device. Don't forget to bring your iPhone. Instructor: Kari Jones and Demetrius Weeden. Mar. 3 (Tuesday), 5:30-7pm, at Jim Barnett Park, Lord Fairfax Room. Fee: FREE. Register by Feb. 24. *Activity# 617145-07.*

iPhone Intermediate (Ages 18+)

Mar. 17 (Tuesday), 5:30-7pm, at Jim Barnett Park, Lord Fairfax Room. Fee: FREE. Register by Mar. 10. *Activity# 617145-08.*



Tablet Class (Ages 18+)

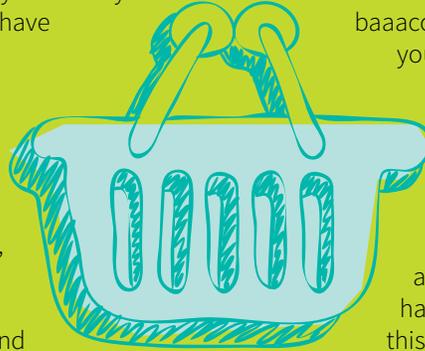
Are you using your Android Tablet to your fullest ability? We will help you set everything up on it from email, video chat, books, games, etc. Instructor: Kari Jones and Demetrius Weeden. Feb. 3 (Tuesday), 5:30-7pm, at Jim Barnett Park, Lord Fairfax Room. Fee: FREE. Register by Jan. 27. *Activity# 617145-06.*

WASH

Courses

Let's Coupon (Ages 15+)

Let's Coupon Together! Are you already a couponer? Or perhaps you have taken a couponing class in the past, but still have questions. In small groups of four, we will head out to the stores and practice couponing with a local coupon master, Meghan Fisher. During the meeting date you will be broken down into groups and given times and dates and the locations to meet, Wednesday, February 4th 6-7:00. Bring your coupons and a large wallet - for your savings! Feb. 4 (Wednesday), 6-7pm, at Jim Barnett Park, Pool Lobby. Fee: \$15 R, \$18 NR. Register by Jan. 28. *Activity# 617145-02.*



Basic Couponing (Ages 15+)

For those of you who missed it the first time, this class is baaaccckkk! In this class, you will learn how to maximize your dollar, when and where to shop and exactly how to do it. Fear not, this is NOT extreme couponing, but rather, easy to use skilled to save money the next time you go out shopping. The course will feature hands on demos and an assortment of handouts to take home. You will leave feeling empowered to save \$\$ and have fun doing it! Time saving tips for the average couponer will be covered as well. This class has something for everyone, even your teenager! Take this class and be on your way to becoming a super saver! Instructor: Meghan Fisher. Jan. 27 (Tuesday), 6-7:30pm, at Jim Barnett Park, Arts & Crafts Room. Fee: \$7 R, \$10 NR. Register by Jan. 20. *Activity# 617145-01.*



Wedding Planning Boot Camp (Ages 17+)

Planning a wedding can be stressful, expensive and time consuming. Get control of your budget with these easy to use tips and strategies from a local Bride. Instead, learn to sit back, relax and enjoy this joyous process. Money saving tips applicable to this area will be shared. Take this class and you will leave with ideas to make your dreams come true! Class is taught by an instructor who was married within the past year, to keep the ideas relevant. Instructor: Meghan Fisher. Apr. 8 (Wednesday), 6-7:30pm, at Jim Barnett Park, Pool Lobby. Fee: \$7 R, \$10 NR. Register by Apr. 1. *Activity# 617145-11.*





abram's creek wetlands preserve

Truly a Special Place



Willowleaf Aster



Hooded Skullcap



Awned Sedge



Succession from a grassy marsh to a tree-filled swamp is easy to observe in Meadow Branch Marsh.

Marsh Restoration

WANTING TO SEE GREEN

A study in Active Living Research estimated that the average household living half a mile from open space would be willing to pay \$4,104 more for a home to live a quarter mile closer to the open space.





Reversing Nature's Clock

to restore marshes in the abram's creek wetlands preserve

As autumn's colors fade and you stow your lawn mower for the winter, did you ever think about what would happen if you didn't mow your lawn next year?

In addition to the letter you'd receive from City Hall for letting your grass grow too long, you would probably find meadow wildflowers, some weeds and tree seedlings popping up around your house. Wait a few more years and your lawn would become a shrubby thicket. In about a decade you'd be living in the midst of a young forest of sapling trees.

-(cont. below)

While both swamps and marshes are important in nature, most of the rare plants in the Preserve live in marsh habitats: open, grassy and sun-filled. They would disappear if trees overran and shaded out the marshes.

In the past, bison, elk and even mastodons grazed here, keeping trees out of the marshes. More recently, cattle did this work. Natural fires also played a role, sweeping through the Shenandoah Valley during late summer dry spells. Now that the grazers are gone and we vigorously fight fires, the Abrams Creek Wetlands is in danger of losing some of its most notable assets: rare species and rare marsh habitats.

Since the City of Winchester agreed to manage the Preserve "... for the protection of its natural features," we need to do something to mimic the natural forces that kept the marshes open. The Preserve's management plan, approved in 2007, called for cutting down the invading trees and shrubs. Every two or three years afterwards, City staff and community volunteers would return with small saws and lopping shears to trim back the new growth.

Seven years later, this marsh restoration project is underway. Parks and Recreation Department staff are cutting shrubs and small trees, and a contractor will remove the larger trees. By midsummer 2016, marsh wildflowers should be flourishing in these cutover areas.

It's ironic but true: in order to preserve this natural place, people have to do what nature once did for itself. Think of the marsh restoration project as lawn mowing on a larger scale. The City is resetting nature's clock in the Abrams Creek Wetlands Preserve this fall, just as

we set back nature's clock each time we mow a lawn.

- Woodward S. Bousquet, Professor of environmental studies and biology at Shenandoah University (Woody co-chaired the advisory committee that prepared the Preserve's management plan in 2004-2007.)



Trees removed during the Fall 2014 Marsh Restoration Project will allow sunlight to once again support rare marsh habitats.



Ecologists call this natural process succession. Each time you mow your lawn, you're reversing nature's clock by setting back succession by a week or two.

An easy place to view succession's stages is at the Abrams Creek Wetlands Preserve. While marsh wildflowers and grasses grow beside the Green Circle pathway here, notice the tree saplings about 5 to 30 yards away. Even further from the asphalt, the saplings give way to a swamp, that is, a wetland dominated by large trees.

Support this project by sending a donation to Winchester Parks Foundation at P.O. Box 3012, Winchester, VA 22604, with the memo: Marsh Restoration Project.

IN YOUR OWN BACKYARD

If you have company coming to visit this winter, it's good to know that the Old Court House Civil War Museum, located at 20 N. Loudoun Street, is one of three area museums open year-round.*

The museum houses a nationally recognized collection of Civil War artifacts, many of which were dug from the ground. Union and Confederate belt buckles, bullets, swords, cannon balls, and buttons are among the 3,000 items on display.

The greatest artifact of all, however, is the antebellum Georgian style courthouse. Its stately columns make it the most recognizable and prestigious building on the Loudoun Street pedestrian mall. It has been owned by the County of Frederick since it was built in 1840.

During the Civil War, the courthouse served as a hospital and a prison. Soldiers wrote their names and inscribed messages on the walls. The graffiti was discovered when the courthouse underwent a renovation in the 1980's, and in 2003, through the efforts of architects, museum and county officials, as well as many donors, the graffiti was preserved.

The Old Court House Museum is open during the winter, Wednesday through Sunday. Plan to spend some time in the spacious courtroom, the gift shop with its huge array of books, and the upstairs exhibits, accessible by elevator or stairs. Don't leave without ringing the 900 pound courthouse bell; it's the most interactive exhibit in the museum!

**Other area museums open year-round include the Shenandoah Valley Discovery Museum and the Museum of the Shenandoah Valley. All are closed on Monday.*

Old Court House Civil War Museum



For more information on activities in your own backyard, stop by the Winchester-Frederick County Visitors Center at 1400 S. Pleasant Valley Road, Winchester.

www.VisitWinchesterVA.com



Trolley Tour to Hollywood Casino (Ages 21+)

Come catch the trolley at Jim Barnett Park at 10am for a fun day at Charles Town Hollywood Casino. Let us do the driving for you while you sit back and enjoy the scenery. Have fun playing the game tables and the slot machines and don't worry about driving back home! Must be 21 years of age and must bring ID. Bring your own money to play and to eat lunch at the Casino. Must meet the trolley in designated area when called at 4pm. Apr. 25 (Saturday), 10am-5pm, at Hollywood Casino, Charles Town, WV. Meet at Jim Barnett Park. Fee: \$15. Register by Apr. 18. Activity# 617417-02.

Experience the warmth of Old Town Winchester all year long. Old Town is the city's premiere place to shop, dine and enjoy great times. In February, indulge in the 2nd Annual Chocolate Escape. Stop in local shops for chocolate-themed promotions and events while shopping for your Valentine. Visit local restaurants for chocolate tastings and make your Valentine's reservations.

Bring the family to Old Town in April for the Annual Easter Egg Hunt and be sure to mark the calendar for KidzFest on May 16. This free family-centered event brings together music, sports, education, and the arts in a fun, hands-on atmosphere.

As summer approaches, get ready for a full line-up of events including Friday Night Live, Sunday Concerts at the Taylor Pavilion, Movies on the Mall, and much more! Visit Old Town online at OldTownWinchesterVA.com for the most current information about events and businesses downtown and be sure to stop by the Old Town Welcome Center for the latest news at 33 E. Boscowen Street.

Some highlights of the Old Town Winchester Event Calendar for the year ahead include:

- Chocolate Escape** February 7
- Easter Egg Hunt** April 4
- Apple Blossom Festival** April 24 - May 3
- KidzFest** May 16



chocolate *escape*

easter egg *hunt*



Greatness Begins Here.

Visit our calendar at

www.OldTownWinchesterVA.com

bienvenidos amigos de **Habla Hispana**

Clases de Natación para Jóvenes

El Departamento de Parques y Recreación de Winchester ofrece clases de natación para niños entre 6 meses y 18 años de edad. Sin importar en el nivel que se encuentren, tenemos clases para ayudar a cada estudiante a fortalecer sus habilidades como nadador y ayudarlo a estar seguro dentro y cerca del agua. Creemos que cada persona debe aprender a nadar y queremos ayudarles enseñándoles a sus hijos los fundamentos. Para mayor información sobre las clases que ofrecemos, por favor llame al (540) 662-4946. ¡Esperamos verlo en la piscina!



Zumba

¡Zumba es el programa de ejercicio más caliente hoy en día! No se sentirá como que está haciendo ejercicio. Esta forma de entrenamiento utiliza música que te hace sentir bien mientras quemas calorías, fortaleces tus músculos y mejoras tu balance. Instructora: Amanda Floyd. La clase toma inicio el 5 de Enero cada lunes y jueves de 6:30pm-7:30pm en el salón social (Social Hall) en el parque Jim Barnett. Costo: Gratis para personas con membresía; sin membresía \$5 R, \$5.50 NR.



Start Smart Soccer – Inicio al Fútbol (3-5 años)

¿Está listo para jugar deportes su niño? El programa “Start Smart Soccer” les da la oportunidad a los padres para que trabajen con sus niños sobre las básicas del fútbol. Cada niño recibirá el equipo que les ayudara a mejorar sus habilidades después del programa. No se pierda esta oportunidad. El cupo es limitado. 14 de Marzo al 25 de Abril, sábados de 10am-11am en el gimnasio del parque Jim Barnett. Costo: \$49 R, \$55 NR. Inscripciones terminan el 3 de Marzo. Numero de actividad: 621643-12.

Indoor Soccer – Fútbol Rápido (5-7 años) y (8-10 años)

No guarde sus espinilleras durante el invierno. Inscribese hoy para la liga más caliente de fútbol rápido. Los jugadores aprenderán las básicas sobre el fútbol y podrán demostrar esas habilidades durante los partidos. 12 de Enero al 5 de Marzo, martes y jueves (5-7 años), lunes y miércoles (8-10 años), 5:30pm-7:30pm en el gimnasio del parque Jim Barnett. Costo: \$44 R, \$50 NR. Inscripciones terminan el 6 de Enero. Numero de actividad: 621643-06-07.

Start Smart Basketball – Inicio al Baloncesto (3-5 años)

¿Está listo para jugar deportes su niño? El programa “Start Smart Basketball” les da la oportunidad a los padres para que trabajen con sus niños sobre las básicas del baloncesto. Cada niño recibirá el equipo que les ayudara a mejorar sus habilidades después del programa. No se pierda esta oportunidad. El cupo es limitado. 14 de Marzo al 25 de Abril, sábados de 9am-10am en el gimnasio del parque Jim Barnett. Costo: \$49 R, \$55 NR. Inscripciones terminan el 3 de Marzo. Numero de actividad: 621643-13.

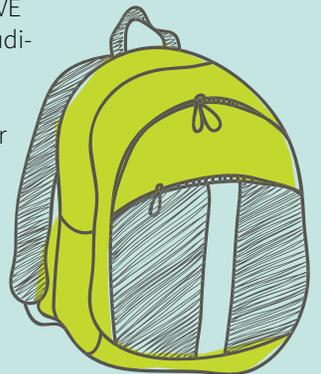


Pee Wee Basketball – Baloncesto “Pee Wee” (5-6 años) y (7-8 años)

Átate las cintas y prepárate para esta liga emocionante de baloncesto. Aprende los conceptos básicos durante las prácticas y pon esas habilidades en efecto durante los partidos. 17 de Enero al 7 de Marzo, sábados de 9am-11am (5-6 años) y de 11am-1pm (7-8 años), en el gimnasio del parque Jim Barnett. Costo: \$40 R, \$46 NR. Inscripciones terminan el 6 de Enero. Numero de actividad: 621643-08-09.

Programa de después de escuela HIVE y HIVE Club

El Departamento de Parques y Recreación ofrece un programa de después de escuela durante el año escolar en el parque Jim Barnett. El sistema de las escuelas públicas de Winchester transporta a los estudiantes al programa. El programa HIVE es para estudiantes del pre-kinder al cuarto grado (Pre-K-4) y el programa HIVE Club es para estudiantes del quinto al octavo grado (5-8). Para mayor información sobre el programa y como inscribir a su hijo(a) llame al (540)662-4946.





PB&J CLUB

Club PB & J (1-5 años)

Juega, brinca y salta mientras refinas tus habilidades motoras y diviértete en un gimnasio lleno de equipo y juguetes para niños. Brinca en el trampolín pequeño, gatea a través de la oruga Gus, o juega con un balón. Este programa deja que los niños y sus padres jueguen sin preocuparse sobre la limpieza o el clima de afuera. Todo el equipo es seguro y es desinfectado antes de cada programa. Segundo y cuarto miércoles del mes. 14 de Enero al 8 de Abril. 9:30am-11am en el gimnasio del parque Jim Barnett. Costo: \$3 R, \$3.50 NR (adultos entran gratis) **No habrá programa el 11 de Marzo.**



Campamento de Verano

Inscripciones

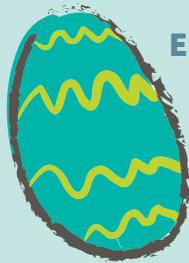
dan inicio el 13 de Abril R, 14 de Abril NR



Egg Splash - Salpicadura de Huevos de Pascua

28 de Marzo

¡La alberca techada estará llena de huevos de pascua! Ven y encuentra los premios que estarán adentro de los huevitos de pascua. No te puedes perder este evento especial que es diseñado para niñas y niños de varias edades. El gran premio será una clase de natación para niños GRATIS. Cada grupo de niños tendrá un ganador. Sábado 28 de Marzo en la alberca techada en el parque Jim Barnett. Costo: \$5. Inscríbete a su niño o niña antes del evento o ese mismo día. Numero de actividad: 612317-E1-E3.
3-5 años 11:30am-12pm
6-8 años 12pm-12:30pm
9-12 años 12:30pm-1pm
*Niños menores de 10 años deben ser acompañados por un adulto en el agua



Easter Egg Hunt - Búsqueda de Huevos de Pascua 28 de Marzo

Trae tu canasta vacía y vete en una búsqueda de huevos en el parque Jim Barnett. Los niños serán divididos en tres grupos por edad (menores de 3 años, 3-5 años y 6-8 años). Sábado 28 de Marzo a las 9am en Christianson Familyland en el parque Jim Barnett.

Alice in Wonderland Tea Party - Te con Alicia en el país de las maravillas

16 de Mayo

¡No llegues tarde para una cita muy importante! Únete con Alicia y sus amigos del país de las maravillas y diviértete haciendo manualidades, actividades y un te muy especial. Busca el conejo blanco en el próximo libro de actividades para obtener todos los detalles. Inscripciones terminan el 6 de Mayo. Numero de actividad: 627317.



Formulario de Inscripción

Nombre del Participante _____ Nombre de los Padres (si aplica) _____
Fecha de Nacimiento _____ Teléfono _____
Dirección _____ Correo Electrónico _____

¿Le gustaría recibir nuestro boletín de noticias en línea? Si ____ No ____
Programa _____ Fecha/Hora _____ Precio _____

Permiso de Fotografía: Doy ____ o no doy ____ permiso al Departamento de Parques y Recreación de Winchester a tomar fotografías de mi hijo(a) para ser utilizadas solamente como material promocional relacionada al parque.

RENUNCIA PARA PARTICIPANTES: Por medio de la presente autorizo al (a los) individuo(s) aquí mencionado(s), a participar en las actividades antes mencionadas y también acuerdo que el Departamento de Parques y Recreación de Winchester, el personal del programa y los voluntarios no asumen responsabilidad alguna por lesiones causadas viajando desde y hacia el lugar de juego o durante su participación en alguna actividad.

Firma del Participante (Padres/Representantes si el participante es menor de 18 años)

Fecha

park User Groups

Blue Ridge Youth Soccer Association

Registration takes place from November until February for the Spring 2015 Soccer season. Visit www.brysa.org or call (540) 662-6380 if you are interested or have any questions. Teams are available for children ages 4 thru high school. This is a recreational league.

PO Box 2865
Winchester, VA 22604
BRYSA Hotline: (540) 662-6380
susan@whiteproperties.net
brysaec@gmail.com



Shenandoah Valley Youth Lacrosse

Shenandoah Valley Youth Lacrosse (SVYL) is a volunteer run organization whose goal is to provide a positive and fun lacrosse experience for both boys and girls between the age of 5 and 18. We strive to develop and maintain a program where every participant, regardless of initial skill level, has the opportunity to learn the game; develop and improve skills; and be prepared for the next level of lacrosse.

SVYL's geography includes families in the Frederick, Clarke, Warren, and Shenandoah Counties.

(540) 664-4826
www.svyl.uslaxteams.com
Facebook: Shenandoah Valley Youth Lacrosse



Winchester Baseball

Winchester Baseball is a youth baseball organization serving children ages 4-15 in the Cal Ripken/Babe Ruth program.

Brian Thompson, Vice President
chavabt@aol.com
www.winchesterbaseball.com



Winchester BMX

Bicycle motocross (BMX) has been in Jim Barnett Park for 30 years and helps cyclists build discipline, self esteem and physical fitness. Riders race against kids their own age and skill level. Riders have the ability to earn district, state, regional and national ranking and awards. Riders of all ages are welcome. Ages 2-5 will race strider bikes (no pedals). All you need to race is any 20" or 24" bike, a long sleeve shirt, long pants and a full face helmet. We have loaner bikes and helmets available. First race is free.

(540) 324-3478
winchesterbmx.org and Facebook



Winchester Horseshoe Club

The horseshoe pitchers of Winchester and the surrounding area aim to promote, foster, and develop the game of horseshoe pitching both as a competitive sport and a recreational past time, and to provide the proper facilities to ensure the sport's continued growth. (Sanctioned 1978) by the National Horseshoe Pitching Association.

Victor Riggelman
(President)
(540) 877-1402
Evelyn Zachorchak
(League Director)
(540) 837-1409
Join us on Facebook



Winchester Rugby Football Club

www.facebook.com/groups/52014846497

newrugbyplayer@gmail.com



Winchester Swim Team

Winchester Swim Team strives to provide the youth of our community the opportunity to excel at the sport of swimming. Our purpose is to train our swimmers not only with the physical requirements of local, state, and national competition, but also develop confidence, character, and team spirit through a motivating team environment. Winchester's only year-round competitive swim team! Registering ages 5 and up.

WinchesterSwimTeam.com
Melanie Morrow
melaniemorrow@yahoo.com



Winchester-Frederick County Youth Football League (WFYFL)

WFYFL has operated for over 50 years as Winchester and Frederick County's only tackle football league. We teach the fundamentals of football, team spirit and good sportsmanship to children ages 7 to 13. For the fall season of 2015, 13 year olds will no longer be able to participate. WFYFL has three divisions broken down by age (7-8, 9-10, 11-13). Practices and games vary by age group but are as many as 4 evenings per week.

Michael Partlow
mpartlow@partlowinsurance.com
www.wfyfl.com



user groups are private organizations

outside of Winchester Parks & Recreation. They serve as a strong resource to the community for athletic programming and help our organization provide well-rounded recreation options to the citizens of Winchester.

Duck, Duck, Goose!

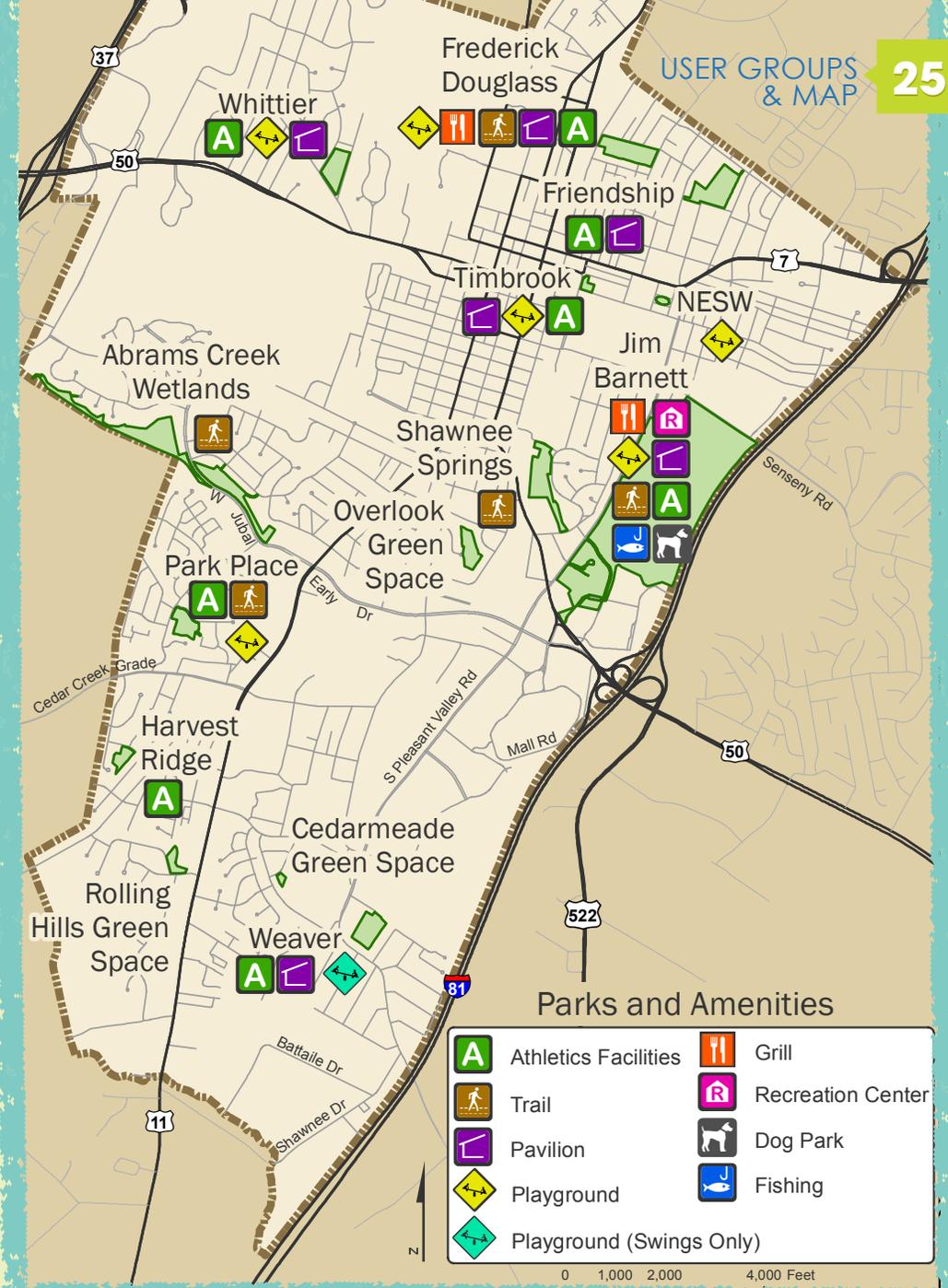


Wild ducks and geese feed on a variety of natural foods, such as wild grains and grasses, aquatic plants, and invertebrates. When eaten in combination, these foods are nutritionally balanced and provide everything a wild duck or goose needs to survive. In contrast, foods commonly fed to waterfowl in public parks, such as bread, popcorn, and corn are typically low in protein and essential nutrients and minerals (such as calcium and phosphorus) and result in a variety of nutritional disorders.

It is very common for waterfowl to be admitted to wildlife rehabilitation centers suffering from metabolic bone disease. These birds have incredibly soft bones and joints that are often malformed and fractured. These injuries are caused by an overall calcium deficiency in the body linked to an inappropriate diet.

Calcium also plays a crucial role in the formation of eggs/offspring, clotting ability, cardiovascular and neuromuscular function, and a variety of other metabolic activities. These birds are often so malformed they cannot fly and thus are dependent on handouts, completing a vicious circle. Affected birds are typically too weak to compete for food and defend themselves and are often the victims of aggressive attacks by other ducks and geese.

Another common presentation is “Angel Wing”, a condition where flight feathers at the end of the wings are twisted upwards. “Angel Wing” occurs when the weight of growing feathers causes rotation of the wing tip by forces exerted on the underlying ligaments



and muscles. If caught in initial stages, waterfowl suffering from this condition may be treated with splints to guide bone growth in the correct position. Although there are several theories regarding the causes of “Angel Wing”, some studies suggest that diets high in protein may be to blame. As such, well meaning citizens feeding commercial duck, chicken or turkey rations to avoid the “junk food” may be unintentionally creating this disorder.

Finally, it should be noted that many bread products expand in water (and thus the stomach) giving waterfowl an artificial feeling that they are full. As a result, these birds

may not feel motivated to continue foraging on natural foods of higher nutritional value. Other alternatives you may have at home include chopped up greens like dandelions, pesticide-free kale or collards. If you are feeling adventurous, and want to provide a special treat for the ducks, feel free to bring some freeze dried crickets or mealworms to share since waterfowl also eat insects. Please remember the health of our feathered friends before bringing a bag of bread to the park.

By Dave McRuer MSc, DVM, Dipl. ACVPM, Director of Wildlife Medicine

park amenities & Facility Rentals



Park Amenities

Dog Park

Yearly Membership Fees

First Dog: \$18 R, \$24 NR
 Per Additional Dog: \$6 R, \$8 NR
 Proof of registration and vaccination is required when purchasing a membership (3 dogs maximum). A special area for small dogs is also available. The dog park can be rented for parties. Call WPRD for details.

Hours

November 1 - March 31

Mon - Fri: 6 am - 5 pm
 Saturday: 9 am - 5 pm
 Sunday: Noon - 5pm

CLOSED Dec. 29-Jan. 4

April 1 - October 31

Daily: 6 am - 9 pm

Disc Golf

Experience this inexpensive, family-friendly sport that people of all skill levels and ages can play.

The 18-hole disc golf course located in Jim Barnett Park meanders through 170 acres and boasts a balance of long challenging holes and short strategic holes.

Scorecards are available at the course map located at the first hole or can be downloaded from winchesterva.gov/parks. Discs are available for rent at the War Memorial Building.

Fee: FREE Rental: \$2 each

Facility Rentals

R=Resident, NR=Non-Resident

Social Hall

Plan your next gathering at the Active Living & Recreation Center in beautiful Jim Barnett Park. Our formal 6,750 sq. ft. social hall, which has a commercial kitchen, is perfect for your next gathering.

Need a larger space? We also have a 14,000 sq. ft. gymnasium for larger gatherings or events. Call for gym rental rates.

Facility	6 Hour Rental
Social Hall	\$500
Social Hall and Kitchen	\$600

Fee Includes:

- Use of room during normal operating hours for set-up/tear down
- Use of room for 6 hours for event (event permitted to take place until 11pm with clean-up finished by midnight)

Hourly Rates

Social Hall \$63 R \$79 NR
 Hall & Kitchen \$81 R \$102 NR

Contact WPRD for non-profit rates.

Rental must include set up and take down time. Kitchen may only be used with a caterer that is on Parks and Recreation's approved caterer's list.

Wedding Rentals

Included with the rental are table and chairs, audio/visual equipment, setup and take down of tables and chairs, and clean up service. Up to 175 guests.



Birthdays, Weddings, Reunions, and More.

Pavilion Rentals

Pavilions are available for full day rentals only. A full day is 9am-9pm. Pavilions can be used from April 15 - October 15. Reservations are taken year-round.

Facility	Capacity	R	NR
Jaycee I, Key Club I & II, Optimist	S 25	\$35	\$40
POW-MIA Memorial, Shawnee Lions, Firemans	M 26-75	\$55	\$60
Kiwanis I, Antique Car, Exchange	L 76-100	\$75	\$80
Lions, Rotary	XL 101-150	\$85	\$90

Non-Profit Rental Rates

The following requirements must be met in order to receive the discounted facility rental rate:

- Physically located in the Winchester city limits (zip code 22601)
- Provide proof of 501(c)(3) non-profit status

Facility	Hourly Rate
Lord Fairfax Room	\$19
Full Gymnasium	\$81
1/3 Gym	\$27
Recreation Room	\$5
Outdoor Pool	\$150
DMMS Auxiliary Gym	\$35
VACDES Gymnasium	\$35
Arts & Crafts Room	\$14
Full Court Gym	\$54
Social Hall	\$48
Indoor Pool	\$90
DMMS Gymnasium	\$47
QES Gymnasium	\$35
Elementary School Grounds	\$18



Download a Facility Use Application:

winchesterva.gov/parks

Rental Rates

Rate listed is per hour. A \$25 hourly staffing fee will be applied to rentals scheduled outside the facility's regular hours of operation. Winchester Public Schools facility rentals must meet insurance requirements. Athletic facility rentals have a 2-hour minimum and additional custodial fees may apply. Winchester Parks & Recreation facility rentals under \$200 must be paid in full at time of reservation. Rentals \$200 and up require a 30% deposit.

Facility	Capacity	Resident	Non-Resident
Lord Fairfax Room	50	\$25	\$31
Arts & Crafts Room	50	\$19	\$23
Full Gymnasium	1,000	\$92	\$98
Full Court Gym	666	\$61	\$65
1/3 Gym	333	\$31	\$33
Social Hall	175	\$63	\$79
Recreation Room	20	\$6	\$8
Indoor Pool	80	\$96	\$112
Outdoor Pool	300	\$156	\$168
BMX Track*	200	\$17	\$23
Horseshoe Courts*	200	\$21	\$27
Tennis Court*	100	\$3	\$5
Bridgeforth Field*	300-1,500	\$22	\$30
Bodie Grim & Eagles Fields*	300-1,500	\$18	\$24
Rotary, Yost, T-Ball, and Henkel Harris Fields*	150-500	\$9	\$15
Preston Rectangular Field*	(Large)	\$18	\$24
Preston Rectangular Field*	(Small)	\$15	\$21

Winchester Public Schools Athletic-Based Facility Rentals

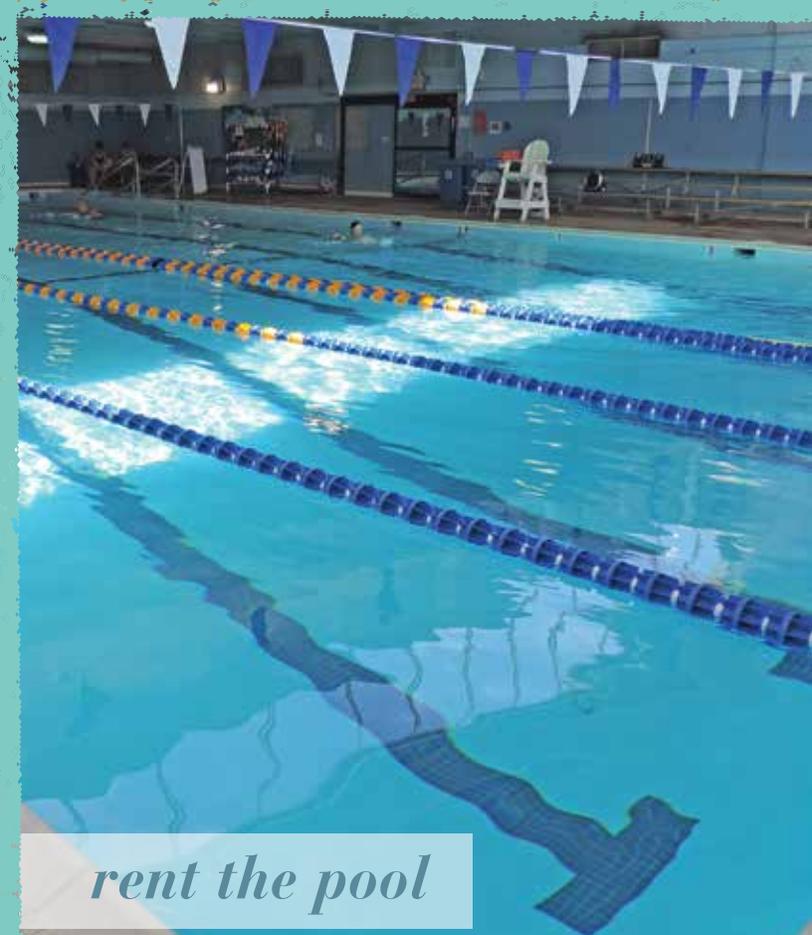
Daniel Morgan Middle Gym	600	\$49	\$50
Daniel Morgan Middle Auxiliary Gym	650	\$37	\$38
Quarles Elementary Gym	338	\$37	\$38
VA Avenue Charlotte DeHart Elementary Gym	338	\$37	\$38
Elementary School Grounds*	300-1,500	\$21	\$24
John Handley High Facilities	Call JHHS for reservations		

* \$10 flat fee for lighting and/or \$10 (ball field) or \$20 (soccer field) fee for field lining if needed.



rent the gym

sat and sun, 6-8pm



rent the pool

saturday, 6-8pm
\$192 R, \$224 NR

membership Benefits

Rates: Memberships, daily fees and punch passes include: Unlimited use of the indoor pool, fitness room, gymnasium, billiards table and racquetball court during designated times. Call WPRD for punch pass rates.

Memberships	1 Month		3 Months		Annual	
Child	\$16 R	\$20 NR	\$42 R	\$54 NR	\$144 R	\$192 NR
Student	\$20 R	\$24 NR	\$54 R	\$66 NR	\$192 R	\$240 NR
Adult	\$36 R	\$42 NR	\$99 R	\$117 NR	\$360 R	\$432 NR
Senior	\$16 R	\$20 NR	\$42 R	\$54 NR	\$144 R	\$192 NR
Family (up to 4)	\$68 R	\$84 NR	\$198 R	\$246 NR	\$768 R	\$960 NR
Military	\$16 R & NR		\$42 R & NR		\$144 R & NR	
Military Family (up to 4)	\$48 R & NR		\$138 R & NR		\$528 R & NR	

Daily Fees

Indoor/Outdoor Pools and Recreation Center

Child	\$4	Senior	\$4
Student	\$4.50	Family (up to 4)	\$14
Adult	\$5	Military	\$4

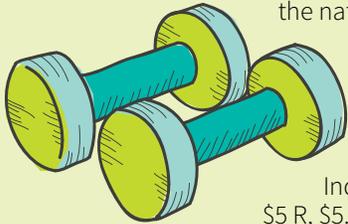
Fitness Classes (Membership not required)

Yoga

Restoration, rejuvenation, renewal! Imagine your body cradled and fully supported by blankets, pillows and bolsters. Imagine quiet breathing, soft music, guided meditation as deep calm and stillness washes over you. This is called restorative yoga. Now imagine inviting the mind into a conscious form of deep sleep called yoga Nidra, a deep meditation. This class is intended to induce full body relaxation. Instructor: Jeff Hollar. On-going class starting Jan. 6. 8-9am (Tuesdays) and 8:30-9:30am (Thursdays), in the Recreation Room at the War Memorial Building. Fee: Included in the Facility Membership; Drop-In: \$5 R, \$5.50 NR.

Water Aerobics

This shallow water exercise class is designed for all swimming abilities. Water Aerobics uses the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity. No swimming is required, and flotation devices are used frequently. Water exercises help increase your energy, stamina and strength. Instructor: Kelly Maffeo. On-going class starting Jan. 2. 9:30-10:30am (Monday, Wednesday, Friday), at Jim Barnett Park, Indoor Pool. Fee: Included in the Facility Membership; Drop-In: \$5 R, \$5.50 NR.



Fitness Room

The fitness room is open during the building's hours of operation (see inside front cover) to participants 14 and up. Spectators are not permitted. Proper attire must be worn at all times. These policies will be strictly enforced.

Zumba (Ages 12+)

Zumba is the hottest dance party workout today! You will not even feel like you are working out while you Zumba. It is a total body workout using the most popular music that makes you feel good. Zumba utilizes fitness, burns calories, tones muscles, and improves balance and incorporates a full range of motion. Instructor: Amanda Floyd. On-going class starting Jan. 5. 6:30-7:30pm, (Mondays and Thursdays) in the Social Hall at the War Memorial Building. Fee: Included in the Facility Membership; Drop-In: \$5 R, \$5.50 NR.



Racquetball

The court can be used for racquetball or wallyball. Court reservations can be made in advance for no more than two hours at a time. The court is open and available for use during the building's hours of operation (see inside front cover). **Reservation recommended.**

Member Spotlight

The Holmes Family

by Jennifer Stotler,
Administration Coordinator



Chris, Tara, Grace, and Gavin Holmes started using the Winchester Parks and Recreation Department facilities about two years ago, after they moved back to Winchester from Florida.

They were looking for an indoor pool, and since the family homeschools their children, Jim Barnett Park's Recreation Center was a great fit. The indoor general swim time from Noon-1pm works perfectly in the family's school curriculum and busy weekly schedule.

The Holmes family is very active and visits Jim Barnett Park often. Chris swims and utilizes the weight room at least 2-3 days a week. Tara loves to swim and run while 9 year-old Grace loves swimming, running, drawing, piano, basketball and ballet. Her 7 year-old brother, Gavin loves swimming, drawing, computers and piano. Both children have been swimming since a very young age. They also both love to sing and are in a choir.

In addition to using the Recreation Center, they also love the playground at Christian-son Familyland.

Grace and Gavin want to tell readers "everyone at the Front Desk is very nice, the facility is really clean, and we really like the lifeguards!"

Chris commented, "The Monday-Friday Indoor Pool swim schedule is excellent for the family and they have been able to bond with some of the other customers, especially the seniors."

The entire family echoes the same thoughts about friendly staff, a clean facility, great schedule and Chris commented, "I like the changes the Aquatics Director has made." Tara is especially grateful for the Military discount option the department offers.

Game Tables

Use the billiard table (ages 12+) or game tables (ages 8+) in the War Memorial Building. Pool sticks available or bring your own. Fee: Free with paid daily visit or \$1.50 for game tables only.

park Projects

Preston Large Multi-Purpose Field Gets New Sod



“The work the park staff has performed to Rotary field has given Winchester Baseball and the community a stable playing field that will be a great asset across all seasonal play.”

- Bob Brown,
Winchester Baseball

Jim Barnett Park's Bridgeforth Entrance
Beneficiary of New Sign



Wilkins Family Trust
Donates New Fountain
for Wilkins Lake

Infield Upgrades Plus New Sound System
and Scoreboard for Bridgeforth Field



Thank you so much for the efforts made to improve Bridgeforth Field. The improvements have enhanced the playing conditions for the players and the fans who watch the games.

The new bathrooms with heat for use year-round, new sound system, and ticket booth at the entrance of the stadium have vastly improved conditions for the fans. The addition of 49 tons of dirt, leveling the field, manicuring the grass and the addition of sod have improved the playing surface. Lastly, the cooperation and efforts of Robbie, Tommy and Wade are second to none. On behalf of SU Baseball, thanks so much.

- Kevin Anderson, Shenandoah University Head Baseball Coach

Winchester's Best
Kept Secret:
Shawnee Springs
Preserve Healing Trail



Abrams Creek Wetlands Preserve
Marsh Restoration Project



The Community Garden at Timbrook
Park: The City's Pilot Project Big Success



how to *Register*

Walk In

Walk-in registrations are accepted during building hours of operation.

By Phone

Call (540) 662-4946. Must be paid with a credit card and a completed registration form submitted.

By Email

Email wincparks@winchesterva.gov.

By Fax

(540) 678-8791

Visit www.winchesterva.gov/parks to download the registration form.

Payment is required at the time of registration for all classes and materials fees (where applicable). No registration will be processed without payment.

on the *cover*

Man builds snow heart for his Valentine in Jim Barnett Park

Swim Lesson Registration

Participants have until the day before the first class of the session to register. However, understand it is a first-come, first-enter process.

If your child's class is full, you will be put onto a waiting list. If a spot becomes available, spaces are filled in order of the waiting list.

When you are registering:

- (R) means Resident of the City of Winchester (your zip code is 22601).
- (NR) means you are not a resident of the City of Winchester (your zip code is any thing other than 22601).
- You may register by phone or by stopping by the front desk at the park. Please note, we open at 5:30am Monday-Friday.
- Payment will be required at the time of registration. Your registration will not be processed without payment. Thank you for your understanding.
- Please do not register for multiple sessions at a time. Each child progresses at different speeds and it may take them more than one session before being ready to move to the next level. We cannot guarantee that your child will move to the correct level if incorrectly registered.

You will only be charged if your child is placed in a class. If your child does not get into the session, you will need to re-register for the next session. Students on the waiting list do not carry over to the next session.

Cancellations & Refunds

In the event of inclement weather, closings and cancellations will be announced via local radio stations, cable television stations, City of Winchester's Facebook, winchesterva.gov and the cancellation hotline. Call (540) 662-4946, Ext. 2833 for cancellations due to inclement weather. NOTE: Programs will be cancelled if minimum registration numbers are not met.

Refund Policy

View it online at winchesterva.gov/parks or ask the front desk.

Accommodations

WPRD welcomes participation in all programs and activities by individuals with disabilities and special needs. WPRD is committed to inclusion and providing recreation services in the most integrated setting in which interaction between people with and without disabilities is provided to the maximum extent feasible.

If you have a special need or request for reasonable accommodation in accordance with ADA, and want to assist the WPRD staff in addressing such need or request, we strongly urge you to contact WPRD in advance and in a timely manner, or indicate what these needs are on all registration forms. Please understand that failure to provide timely and appropriate notice of a special need and/or request for reasonable accommodation may result in a delay in registration. When feasible and appropriate, WPRD asks that requests for reasonable accommodation be made at least two weeks in advance of any activity or program.

Registration Form

Attention: A separate form is needed for HIVE/HIVE Club and No School Days.

Name of Participant _____

Parent's Name (if applicable) _____

Date of Birth _____

Phone _____

Address _____

Email _____

Would you like to receive our newsletter? Yes _____ No _____

Program _____

Date/Time _____ Cost _____

Photo Permission: I _____ give or _____ do not give permission to Winchester Parks & Recreation Department to take my child's photo for use only in park-related promotional material.

WAIVER FOR PARTICIPANTS: I do hereby agree to allow the individual(s) named herein to participate in the aforementioned activities, and I further agree that the Winchester Parks & Recreation Department, program staff, and volunteers assume no responsibility for injuries while traveling to and from the place of play or while participating in an activity.

Participant's Signature (Parent/Guardian signature if participant is under age 18)

Date

gym & pool **Schedules**

Gym/Pool available Not available

Indoor Pool

November 10 - February 22

GENERAL SWIM	M	T	W	TH	F	S	SU
Noon - 1 pm	*	*	*	*	*		
2 - 4 pm						*	*
LAP SWIM	M	T	W	TH	F	S	SU
5:30 - 6:30 am							
6:30 - 9:30 am							
7:30 - 9:30 am							
9:30 am - Noon		*		*			
Noon - 2 pm							
1 - 2 pm							
2 - 3 pm							
6 - 7 pm							
7:30 - 8:30 pm							
ACTIVE ADULT/ THERAPEUTIC	M	T	W	TH	F	S	SU
1 - 2 pm							

February 23 - June 6

GENERAL SWIM	M	T	W	TH	F	S	SU
Noon - 1 pm	*	*	*	*	*		
2 - 4 pm						*	*
LAP SWIM	M	T	W	TH	F	S	SU
5:30 - 9:30 am							
9:30 - Noon		*		*			
10:30 - Noon							
Noon - 2 pm							
2 - 4:30 pm							
3 - 4:30 pm							
6 - 7 pm							
7:30 - 9:15 pm							
ACTIVE ADULT/ THERAPEUTIC	M	T	W	TH	F	S	SU
1 - 2 pm		*					

* Only three lap lanes are available at this time.

Note: Children under 12 must be accompanied by an adult (18+) at all times in the water.

Open Gym

The gym will be available at the below times to anyone who would like to drop by Jim Barnett Park to play some hoops. This is not a league or program. Basketballs are available if needed. Organized practices of any kind are not permitted during Open Gym times. Anyone entering the gym must pay the daily fee or have a punch pass/membership.

December 20 - December 31*

ALL AGES	M	T	W	TH	F	S	SU
Noon - 6 pm							
4 - 5:45 pm							
AGES 30+	M	T	W	TH	F	S	SU
7:30 - 9:15 pm							

*Open gym will end at 5:30pm on Dec. 23, 30, and 31.

January 2 - May 1

ALL AGES	M	T	W	TH	F	S	SU
Noon - 3 pm							
4 - 5:45 pm							
7:30 - 9:15 pm							
AGES 30+	M	T	W	TH	F	S	SU
7:30 - 9:15 pm							





Coming for the Parks

In a study by Miller et al., a retiree sample was asked to review 14 features and indicate their importance in the decision to move. The first two in rank order were scenic beauty and recreational opportunities.

**Play Your
Heart Out** 
in Winchester Parks