

# After School & Beyond

## **PB&J Club (Ages 1-5)**

**Will resume on September 14, 2016!**

2nd and 4th Wednesday 9-11:30am

Like PB&J you can rent the equipment for a birthday party!  
Call 540-662-4946 more details!

Play, Bounce and Jump, to refine motor skills and have fun with a gym full of toddler-appropriate play equipment. Jump on the small trampoline, crawl through the tunnel maze, 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.

**No PB&J Club 11/23 or 12/28**

### **Special Friday evening sessions**

October 7 and December 2 at 3:00pm-7:30pm

**Fee:** \$3R, \$3.50 NR (Adults are free).

Purchase a punch pass for PB&J with 10 punches.  
\$30 R, \$35 NR.



**COMMIT  
TO HEALTH**



**CommitToHealth Club**

## **CommitToHealth Club Fun Friday Healthy Texts to Your Cellphone**

**Text 'HEALTHTIPS11' to 41411 to join today!**

Fun, healthy text messages sent every Friday to your cellphone that include:

- Short health tip
- Link to YouTube video about health
- Family friendly activities

Go to [www.nrpa.org/healthytips11](http://www.nrpa.org/healthytips11) to learn more

[www.nrpa.org/CommitToHealth](http://www.nrpa.org/CommitToHealth)

**#CommitToHealth**

# Creative Kids

## Activities for Kids and Teens

### **Pokémon Card Club (Ages 6+)**

**Activity #:** 637222-01, 02, 03, 04, 05, 06, 07

**Date:** Monday (9/12), (9/26), (10/10), (10/24), (11/7), (11/21), (12/5)

**Time:** 5:30p-7:00p

**Fee:** \$7 R \$9 NR per class

**Location:** Recreation Room

**Register by:** 9/6, 9/19, 10/3, 10/17, 10/31, 11/14, 11/28

Are you looking for some competition with other Pokémon players? Do you want to learn the exciting game of Pokémon? Well, we have the club for you! The Pokémon Card Club will allow area players to play one another as well as teach new players the basics of the card game. All ages and skill levels welcome. Bring your 60 card deck and join the battle. No deck? No problem! The leader will have some decks available for use.

**New Instructor:** Julie Herrmann



### **Chess Club (Ages 10-13)**

**Activity #:** 637232-01

**Date:** Saturday (10/15-12/3) No class 11/5

**Time:** 2:00p-3:30p

**Fee:** \$40 R \$43 NR

**Location:** Arts & Crafts Room

**Register by:** 10/8



Come join chess expert Cliff Campbell as he explains the art of chess! This class will teach both the beginner and intermediate player.

### **Ballet (Ages 3-5)**

**Activity #:** 637242-13, 14

**Date:** Wednesday (9/7-10/12), (10/26-12/7)

**Time:** 1:30p-2:30p

**Fee:** \$31 R \$34 NR

**Location:** Lord Fairfax Room

**Register by:** 8/31, 10/19



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 the proper terminology of ballet. Ballet shoes are welcome but not required!

**New Instructor:** Anne Weber

### **Teen Scrapbooking (Ages 13-18)**

**Activity #:** 637215-17

**Date:** Tuesday (10/4-10/25)

**Time:** 5:30p-7:00p

**Fee:** \$33 R \$36 NR

**Location:** Activity Room

**Register by:** 9/27



Bring all of your favorite summer photos and use them to create a 4X6 Summer Memories scrapbook, learn how to mix prints from different paper lines, and learn doodling techniques.

**Instructor:** Julie Herrmann

