



*Discovering
the Night Sky*

**Cardboard
Boat Regatta**

**Historical Winchester
GEOCACHING TOUR**

*Cooking with
Tastefully Thai*

**Adult
Kickball**

Fútbol de Sala



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 Cancellation Hotline: extension 2833
 wincparks@winchesterva.gov www.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.

- Krista Farris (Chair)
- John Bentley (Vice-Chair)
- John Elliott
- Kyle Homan
- Shelly Lee
- Milt McInturff - Council Liaison
- Brian Wigley
- Jules Bacha
- Matt Mintschenko
- Rosie Schiavone

Administration

- Director of Parks & Rec: Jennifer Jones
jennifer.jones@winchesterva.gov
- Asst. Director of Parks & Rec: Lisa Hamaker
lisa.hamaker@winchesterva.gov
- Administration Coordinator: Jennifer Stotler
jennifer.stotler@winchesterva.gov
- Maintenance Coordinator: Mike Nail
michael.nail@winchesterva.gov

Hours

Recreation Center
 December 24, 2013 - June 2, 2014
 M-F 5:30am - 9:30pm
 Sa 9 am - 6 pm
 Su Noon - 6 pm

Administration Office
 M-F 8 am - 5 pm

CLOSED December 24, 25, and January 1.
 Reduced hours December 26 (8am-5pm) and December 31 (5:30am-3pm)

Healthy

Ages 18+



Health Care and Your Retirement
 This seminar is a 45-minute educational program that addresses what steps clients should take to prepare for health care costs and ensure their retirement savings stay healthy. Topics to be discussed include preparing for long-term care expenses, using insurance to address long-term care costs, creating a healthy retirement portfolio, and developing a pre-Medicare checklist. Ensuring your health care is properly planned is one of the biggest obstacles for living a enjoyable retirement. Instructor: George Karnes, Edward Jones Financial Advisor. April 10, 7-8pm, in the Social Hall. Fee: FREE. Register by April 4.

Clean Eating: Be Healthy in 12 Easy Steps
 This seminar will teach you how to get rid of many health problems simply by eliminating 12 common ingredients in everyday foods. Learn what to get rid of in your refrigerator, how to make a proper shopping list, how to create a daily menu, and what to include in your new pantry. A handout will be provided at the end of the seminar with a complete list of the items needed to complete this healthy transformation. Instructor: Burcu Beba. March 5, 7-8pm, in the Library Room. Fee: \$5.50 R, \$8.50 NR. Register by February 28.

Mommy: I Love Nutrition!
 Are you wondering how you can make your children crave healthy foods? It is a question that most parents try to answer but find it difficult to figure out. This seminar will teach you the basic foods that children should avoid and how to make eating good foods the "hot topic" in your house. Parents will receive shopping and cooking tips on how to make the nutritional foods more appealing to kids. Parents will be provided with kid approved healthy meal and snack ideas to take home. Instructor: Burcu Beba. March 19, 12-1pm, in the Lord Fairfax Room. Fee: \$5.50 R, \$8.50 NR. Register by March 14.

Community Health: Free to the Community!
 Valley Health is providing the Health Coach mobile unit to the community. Outreach and educational services include information on chronic diseases and prevention. They also offer a range of non-invasive screenings. A fee of \$25 will only apply for fasting blood work. Location: War Memorial Building Parking Lot, Jim Barnett Park. Time: Second Wednesday of every month from 8-11am.
 January: Bone Health Screening for Osteoporosis (Does not diagnose) FREE
 February: Cholesterol, Glucose, VMI, Blood pressure and Heart Disease Screening (\$25 Fee)
 March: Asthma (COPD) Screening FREE
 April: Cholesterol, Glucose, VMI, Blood pressure and Heart Disease Screening (\$25 Fee)

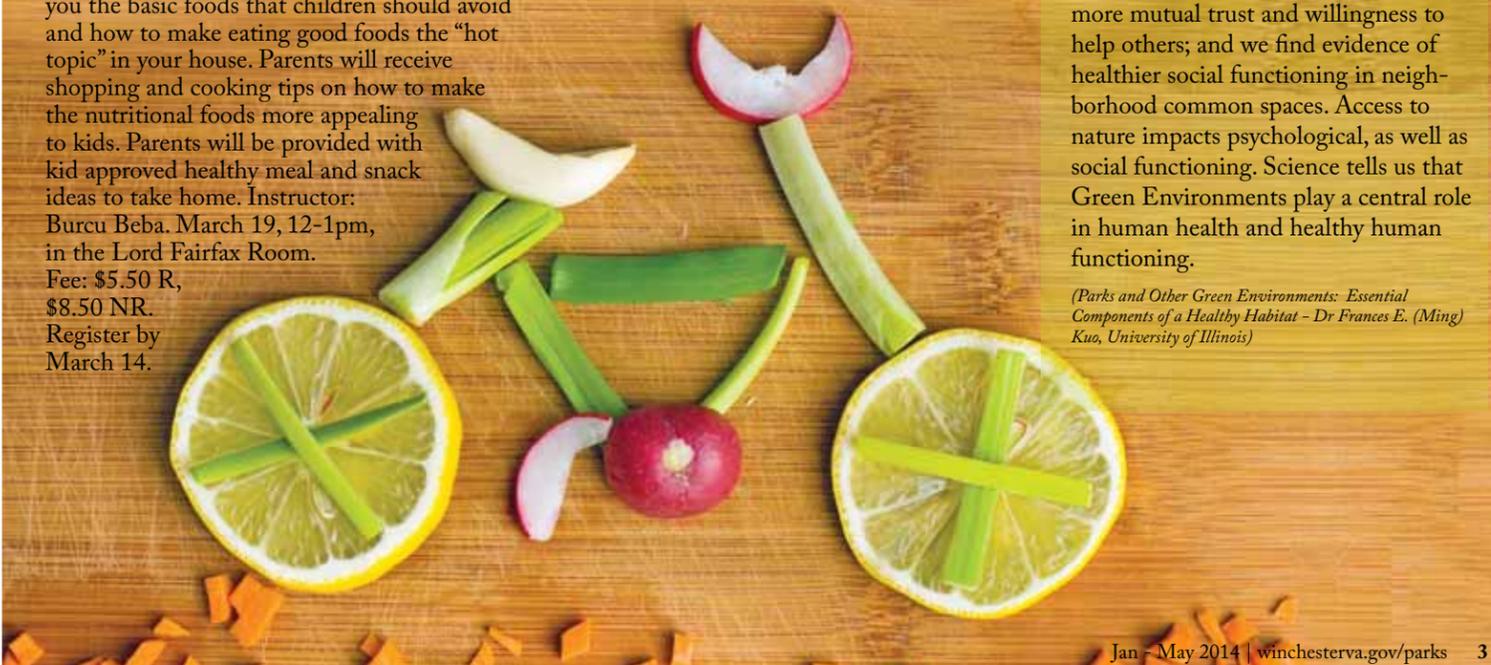
Better Food Series & Recipes
 This class will showcase different types of foods; how and why they are beneficial for our body; and how to choose, store, and cook those different types of foods using some practical recipes. In addition, there will be discussions regarding the different effects foods may have on different individuals and how to choose ones that fit our bodies. Come and learn how to properly feed your body to make you feel great! A healthy lunch will be provided at each class. Instructor: Burcu Beba. February 5-19, (Wednesday), 12pm-1pm in the Recreation Room. Fee: \$31 R, \$34 NR. Register by January 31.

Spring Detox Program
 This three week program comes with one week of clean, healthy, plant-based eating plan and one week of a follow-up menu along with class discussions in between. During the class there will be goal settings, mental detox exercises, personal body fat and muscle analysis, nutritional food lists, discussion of which types of foods to avoid, and explanations of how a food diary can help in the overall success of a detox. Get ready to feel good, lose weight, have clearer skin, and be overall healthier! Disclaimer: This program is for individuals with no pre-existing medical condition that contradicts with a limited/different food plan. It is the responsibility of the participant to check their own limitations with their medical provider/doctor. Instructor: Burcu Beba. 7-8:30pm (Wednesday), April 2-16 in the Recreation Room. Fee: \$24 R & \$27 NR. Register by March 28.

Parks and Other Green Environments: Essential Components of a Healthy Habitat

In greener settings - rooms, buildings, neighborhoods, and larger areas with more vegetation, studies find that people are more generous and more desirous of connections with others; we find stronger neighborhood social ties and greater sense of community, more mutual trust and willingness to help others; and we find evidence of healthier social functioning in neighborhood common spaces. Access to nature impacts psychological, as well as social functioning. Science tells us that Green Environments play a central role in human health and healthy human functioning.

(Parks and Other Green Environments: Essential Components of a Healthy Habitat - Dr Frances E. (Ming) Kuo, University of Illinois)





GAME TIME!

Registration on page 34

★ **Lisa's Picks** - Top Ten Programs picked by Lisa Hamaker, Assistant Director of Parks & Recreation

Youth

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 after the program is over. Don't miss out, space is limited! March 15-May 10 (Saturday), 10-11am, in Jim Barnett Park Gym. Fee: \$49 R, \$55 NR. Register by February 28.

Basketball League (Ages 5-8)

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. January 18-March 8 (Saturday), Ages 5-6: 9-11am, Ages 7-8: 11am-1pm, at Jim Barnett Park Gym. Fee: \$40 R, \$46 NR. Register by January 10.

Indoor Soccer (Ages 5-10)

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 out those skills during games. Shin guards are needed by each player. Ages 5-7: January 14-March 6, 5:30-7:30pm (Tuesday and Thursday) Ages 8-10: January 13-March 5, 5:30-7:30pm (Monday and Wednesday), at Jim Barnett Park Gym. Fee: \$44 R, \$50 NR. Register by January 3.

Girls Volleyball (Ages 11-15)

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. Location: Jim Barnett Park Gym. Ages 11-12: March 18-May 8, 5:30-7:30pm (Tuesday and Thursday) Ages 13-15: March 17-May 7, 5:30-7:30pm (Monday and Wednesday). Fee: \$50 R, \$56 NR. Register by March 7.

Note: All youth sports programs are one-hour long sessions.

Adult

Open Softball (Ages 16+)

Grab your best hitters and skilled fielders and register for this laid back game of fast paced fun. All teams will be guaranteed 18 regular season games. The season will wrap up with a double elimination post season tournament. Games begin early/mid May, 6:30pm start time, at Jim Barnett Park, Eagles Field. Fee: \$425/team. Register by April 25.

Futsal (Ages 16+)

Futsal is the only "Official form of Indoor Soccer" as approved by FIFA. The sport is a great skill developer as it demands swift reflexes, fast thinking, and pin-point passing. The small, heavier futsal ball requires players to polish their ball-striking and ball handling technique. Players are required to wear rubber soled indoor shoes or tennis shoes. Soccer shorts or pants, socks, and shin guards are required. Teams must wear same colored shirts. There are no scheduled practices, games only. Games begin January 7, Tuesday at 7:30pm, Saturday at 1:30 pm, at Jim Barnett Park Gym. Fee: \$275/team. Register by January 2.

Summer Soccer League (Ages 16+)

Shoot and score at Frederick Douglass Park this summer in this hot new soccer league. There are no scheduled practices, games only. Teams must wear same colored shirts. Starts June 25 (Wednesday), 6pm at Frederick Douglas Park Soccer Field. Fee: \$200/team. Register by June 20.

Drop In Volleyball (Ages 16+)

Players will divide into teams on site and play pick-up games. Location: Jim Barnett Park Gym. April 8-May 6 (Tuesday), 7:30-9:30pm, and May 13-August 19 (Tuesday), 6-9:30pm. Fee: \$5 drop-in.

Kickball (Ages 21+)

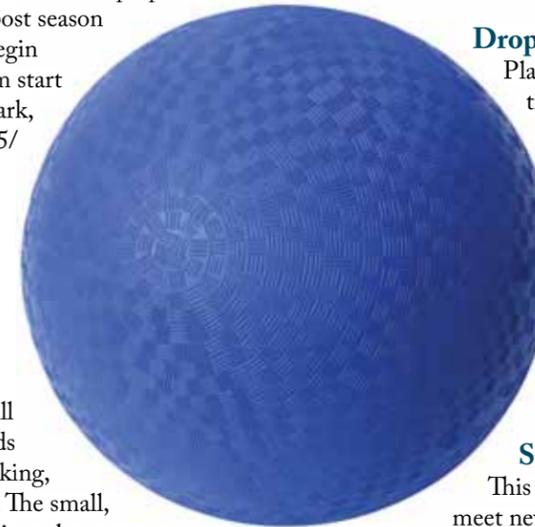
This co-ed league is played like the elementary school game you remember – the one with the big red playground ball. It's an easy game that is open to all skill levels. Even YOU can be a kickball superstar! Games begin April 22 at Jim Barnett Park, Henkel Harris Field, Tuesday at 6:30 pm. Fee: \$100/team. Register by April 17.

Singles Sport Mixer (Ages 21+)

This brand new league is great for the young working professional to meet new people while playing some great sports. Each week you will play a different sport ranging from basketball to volleyball even disc golf. Sign up early so you don't miss out on this opportunity! March 11-April 15 (Tuesday), 7:30-9pm, at Jim Barnett Park Gym. Fee: \$30 R, \$36 NR. Register by March 7.

5K Club - (Ages 16+) ★

Ever wanted to run a 5K race but not sure where to start? Sign up today for this new club that starts off with an introduction during week 1 and finished on week 9 with running an entire 5K! Every participant will also be registered to run the Liberty 5K race on July 4th! A smart phone is required to download the selected free app. April 28-June 23 (Monday), 6:30-7pm, at Jim Barnett Park. Fee: \$30 R, \$36 NR, Register by April 24.



Did You Know?

In an era of economic downturn, surveys show that people are more dependent on public park and recreation services for physical activity.

About four out of five Americans used local government park and recreation services.

Recreation programs and recreation centers add to the physical activity benefits of parks.

The necessity of moving one's body in daily life has declined dramatically, helping produce an epidemic of obesity.

There is evidence that small additional investments would provide substantially more health benefits.

The relationship between investment in parks and recreation and the amount of exercise by boys and girls was very clearly identified in a nationwide study.

There is a strong relationship between how much money is spent to provide such services and the amount of physical activity health benefits people receive.

(The benefits of physical Activity Provided by Parks and Recreation Services, by Doctor Geoffrey Godbey, Penn State University; and Dr. Andrew Mowen, Penn State University)



BMX 101

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 basics 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. Instructor: Kim Wright, expert rider. For more information, please contact Winchester BMX at (540) 324-3478. www.winchesterbmx.org April 3-May 8, (Thursday), 5pm at Jim Barnett Park, BMX track. Fee: \$24 R, \$27 NR. Register by March 21.



Lester Singhass BMX Track in Jim Barnett Park

Tourneys

JAMFests (5th-8th Grade)

Sign up for these great basketball tournaments and test your team's skills 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.

Winter

February 22, 8am check-in, 9am game start time, at Daniel Morgan Middle School Gym. Fee: \$175/team. Register by February 14.

Spring

May 17, 8am check-in, 9am game start time, at Daniel Morgan Middle School Gym. Fee: \$175/team. Register by May 9.

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. February 1, 9am start time, at Jim Barnett Park Social Hall. Fee: \$15. Register by January 29.

“Swinging For Sports” Golf Tournament (All Ages)

Grab your clubs, round up a team and join Winchester Parks and Recreation at Winchester Country Club for the inaugural “Swinging For Sports” golf tournament. The format is 4-man captain's choice for all ages. Dinner will be served following the tournament. April 10, 1pm shot gun start, at Winchester Country Club Golf Course. Fee: \$80 per player. Register by April 7. *Rain date April 17.*

Six On The Court Co-Ed Volleyball Tournament (Ages 18+)

Show off your team's skills in this brand new tournament. There is a 3-game guarantee pool play for all teams. April 19, 8am start time, at Daniel Morgan Middle School Gym. Fee: \$150/team. Register by April 11.



Needs Assessment

Your Opinion Matters... In January of 2014, the Winchester Parks and Recreation Department will be conducting a Needs Assessment study. A survey questionnaire will be sent randomly to residences in Winchester. If you receive the questionnaire please take time to complete each section and return it in the stamped envelope provided. Your opinion is ultra important as we will use the results of the 2014 Needs Assessment to prioritize our parks and recreation

resources for the next five years. Questions include; should the WPRD develop amenities in neighborhood parks, provide affordable swim lessons, build more all-purpose sports fields, offer free after-school programming for middle-school students, develop a public senior center with an indoor pool? We hope to gain clarity about these types of issues to precisely determine our community's greatest parks and recreation needs in order provide programs, services and facilities to the areas

of greatest deficiency. Once we have identified the top priorities gleaned from the 2014 Needs Assessment, we will develop a Master Plan to guide us in achieving our goals. Thank you in advance for taking the time to complete the questionnaire and helping us determine the future goals for Winchester Parks and Recreation.

Sincerely,
Jennifer Jones, Director of Parks and Recreation

Creative Kids



After School Program

The HIVE & HIVE Club

Located at Jim Barnett Park in the War Memorial Building, the HIVE (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 on an on-going basis throughout the school year as space is available. There is a \$15 non-refundable registration fee.

The HIVE (Grades Pre-K-4)

Two payment options:
1) \$60/week
2) "An10a" 10 Punch Pass for \$140

HIVE Club (Grades 5-8)

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 2, 3, 17, 20

February 17

March 24

April 18, 21

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.

Parents Night Out (Ages 4-12)

Parents do you need a 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." February 14, 6-10pm in the George Washington Room.

Fee: \$15 first child, \$10 for additional.

Register by February 10.

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 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. PB&J will not be available December 25. 2nd and 4th Wednesdays until March 26, 9:30 - 11am. Fee: \$3R \$3.50 NR (Adults are free). Purchase a punch pass for PB&J with 10 punches. \$30 R, \$35 NR.

Sign, Say, & Play Baby ★ (Ages 6 mo-2)

These baby sign language classes will be filled with fun games, songs and activities designed especially for parents and their babies that will highlight important developmental and motor skills. Parents can bring a blanket or your baby's favorite toy. Please join us for our Meet and Greet for a free demonstration of what you will be learning in the classes to come! Good chance to ask questions and become familiar with the class setting. Instructor: Donna Day, Certified Baby Signs Instructor. Material fee: Participant must purchase the required class kit of \$45, payable to the instructor on the first day of class. This kit will help continue your signing at home with your child. Location: Lord Fairfax Room. Fee: \$47 R, \$50 NR.

January 29-March 5 10-11am

(Meet and Greet: January 22) 10-11am

Register by January 22

March 26-April 30 10-11am

(Meet and Greet: March 19) 10-11am

Register by March 19

Summer Camp 2014 (Ages 5-12)

All day summer camp (7am - 6pm) starts on the Monday following the last day for Winchester Public Schools, and ends August 9. Registration begins: April 21 R, April 22 NR.

SVDM + JBP = "Rec"tacular Invention



The Shenandoah Valley Discovery Museum and Winchester Parks and Recreation have teamed up to offer novel children's wonderment programs. Engineered by SVDM to ignite creativity and spark curiosity, these co-sponsored programs are powered by the natural cosmos in magical Jim Barnett Park. These classes are designed for ages preK-12.

Discover the Night Sky

Join us in a portable planetarium exploring the relationships among the Earth, moon, sun and planets of our solar system, constellations and their seasonal changes. February 1, March 22, and April 26, 10-10:45am.

Location: George Washington Room. Fee: \$22 R and SVDM Members, \$24 NR.

Register by one week prior to program date.

Water, Water Everywhere

Come discover the water we drink and role we play in keeping it clean. What's a Watershed? Come and find out and try not to get wet! March 8, April 12, and May 10, 10-10:45 am.

Location: George Washington Room. Fee: \$22 R and SVDM Members, \$24 NR.

Register by one week prior to program date.

Exploring the Moccasin Trail

Come to the Discovery Museum and join us in the Eastern Woodland Indian Longhouse. Share stories, furs, and tools and learn a new game played by children of all ages. January 18, February 22, and March 15, 10-10:45am.

Location: Shenandoah Valley Discovery Museum, 54 S. Loudoun St, Winchester. Fee: \$22 R and SVDM Members, \$24 NR.

Register by one week prior to program date.



Pokemon Card Club (Ages 7+)

Are you looking for some competition with other Pokemon players? Do you want to learn the exciting game of Pokemon? The Pokemon 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. Instructor: Mary Ivie. 4:30-6:30pm, February 17, March 17, and April 14 in the Lord Fairfax Room. Fee per class: \$3 R, \$6 NR. Register by the Monday before each class.

Handmade Jewelry (Ages 10-14)

Participants will make jewelry consisting of beads, wire, pendants, and/or more! Come to a few classes or come to them all! 5:30-6:30pm on February 10 and 27, March 11 and 26, and April 7 and 24 in the Conference Room. Fee: \$15 R, \$18 NR per class. Register by one week before class starts.

Kids Canvas - When Pigs Fly! (Ages 7-16)

Artists will receive some basic instructions on working with acrylics on canvas and go step-by-step when creating their 12x12 flying pig! Location: The Polka Dot Pot, 7 N. Loudoun St, Winchester. Material fee: \$15 paid to instructor. February 22, 6-7:30 pm. Fee: \$12 R, \$15 NR. Register by February 14.

Graceful Movers and Shakers

Ballet (Ages 5-10)

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. Instructor: Katrina Szymanski. Katrina Szymanski has taught at The Blue Ridge Studio for the Performing Arts in Berryville VA for 7 years. She teaches ballet, tap, jazz, and creative dance for all ages. Fee: \$16 R, \$19 NR. Location: Lord Fairfax Room.

Ages 5-7 5:30-6:30pm, January 14-February 4, February 11-March 4, or March 11-April 1 (Tuesday).

Ages 8-10 5-6pm, January 15-February 5, February 12-March 5, or March 12-April 2 (Wednesday).

Jazz (Ages 5-10)

This introductory course allows kids to express themselves to upbeat, energetic music. This class includes a warm-up and stretching that leads into fundamental dance moves. Participants will learn the basic of jazz dance. Instructor: Katrina Szymanski. Fee: \$16 R, \$19 NR. Location: Lord Fairfax Room.

Ages 5-7 6:30-7:30pm, January 14-February 4, February 11-March 4, or March 11-April 1 (Tuesday).

Ages 8-10 6-7pm, January 15-February 5, February 12-March 5, or March 12-April 2 (Wednesday).

Play

Learn Explore

★ **Lisa's Picks** - Top Ten Programs picked by Lisa Hamaker, Assistant Director of Parks & Recreation

Stephanie Frazier - Recreation Coordinator - Youth Programs - stephanie.frazier@winchesterva.gov

Laura Eagan - Recreation Specialist - laura.eagan@winchesterva.gov

Lisa Almaraz - Recreation Specialist - lisa.almaraz@winchesterva.gov

Kristin Shifflett - Administration Specialist - kristin.shifflett@winchesterva.gov



Youth Swim Lessons

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.

January 13-February 5 5:30-6pm
(Mon and Wed) *Register by January 12*

January 14-February 6 10-10:30am
(Tues and Thurs) *Register by January 13*

February 17-March 12 5:30-6pm
(Mon and Wed) *Register by February 16*

February 18-March 13 10:30-11am
(Tues and Thurs) *Register by February 17*

March 24-April 16 5:30-6pm
(Mon and Wed) *Register by March 23*

March 25-April 17 10:30-11am
(Tues and Thurs) *Register by March 24*

April 28-May 21 5:30-6pm
(Mon and Wed) *Register by April 27*

April 29-May 22 10:30-11am
(Tues and Thurs) *Register by April 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 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 3-7)

Fee: \$43 R, \$49 NR.
Location: Jim Barnett Park, Indoor Pool

January 13-February 5
(Monday and Wednesday)

Times: 4-4:30pm
4:30-5pm
5-5:30pm

Register by January 12

January 14-February 6
(Tuesday and Thursday)

Times: 5:30-6pm
6-6:30pm

Register by January 13

February 17-March 12
(Monday and Wednesday)

Times: 4-4:30pm
4:30-5pm
5-5:30pm

Register by February 16

February 18-March 13
(Tuesday and Thursday)

Times: 5:30-6pm
6-6:30pm

Register by February 17

March 24-April 16
(Monday and Wednesday)

Times: 4-4:30pm
4:30-5pm
5-5:30pm

Register by March 23

March 25-April 17
(Tuesday and Thursday)

Times: 5:30-6pm
6-6:30pm

Register by March 24

April 28-May 21
(Monday and Wednesday)

Times: 4-4:30pm
4:30-5pm
5-5:30pm

Register by April 27

April 29-May 22
(Tuesday and Thursday)

Times: 5:30-6pm
6-6:30pm

Register by April 28

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

Fee: \$43 R, \$49 NR.
Location: Jim Barnett Park, Indoor Pool

January 13-February 5
(Monday and Wednesday)

Time: 5:30-6pm

Register by January 12

January 14-February 6
(Tuesday and Thursday)

Time: 6:30-7pm

Register by January 13

February 17-March 12
(Monday and Wednesday)

Time: 5:30-6pm

Register by February 16

February 18-March 13
(Tuesday and Thursday)

Time: 6:30-7pm

Register by February 17

March 24-April 16
(Monday and Wednesday)

Time: 5:30-6pm

Register by March 23

March 25-April 17
(Tuesday and Thursday)

Time: 6:30-7pm

Register by March 24

April 28-May 21
(Monday and Wednesday)

Time: 5:30-6pm

Register by April 27

April 29-May 22
(Tuesday and Thursday)

Time: 6:30-7pm

Register by April 28

In the Water

Change is bubbling up at the Indoor Pool...
What's New

- Brandon Ware is the new Aquatics Coordinator
- More flexible options for private swim lessons
- New Special Events • Home school lessons
 - Break for kids and parents between each set of group lessons
 - Increased Lap Swim times
 - Arthritis exercise class

New
"Register By"
Dates

Registration on page 34



Home School Swimming Lessons (Ages 3-15)

We are proud to reach out to our local home school students/parents! With a variety of age groups available we are thrilled to get ALL of Winchester swimming! Location: Jim Barnett Park, Indoor Pool. Fee: \$43 R, \$49 NR.

January 13-February 5
(Monday and Wednesday)
Times: Ages 3-6 2-2:30pm
Ages 7-15 2:30-3pm
Register by January 12

February 17-March 12
(Monday and Wednesday)
Times: Ages 3-6 2-2:30pm
Ages 7-15 2:30-3pm
Register by February 16

March 24-April 16
(Monday and Wednesday)
Times: Ages 3-6 2-2:30pm
Ages 7-15 2:30-3pm
Register by March 23

April 28-May 21
(Monday and Wednesday)
Times: Ages 3-6 2-2:30pm
Ages 7-15 2:30-3pm
Register by April 27

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.

January 14-February 6
(Tuesday and Thursday)
Times: Ages 6-12 5:30-6:15pm
Ages 13-18 6:15-7pm
Register by January 13

February 18-March 13
(Tuesday and Thursday)
Times: Ages 6-12 5:30-6:15pm
Ages 13-18 6:15-7pm
Register by February 17

March 25-April 17
Times: Ages 6-12 5:30-6:15pm
Ages 13-18 6:15-7pm
Register by March 24

April 29-May 22
Times: Ages 6-12 5:30-6:15pm
Ages 13-18 6:15-7pm
Register by April 28

Private Swimming Lessons

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 (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. Fee: \$225 R, \$250 NR. Location: Jim Barnett Park, Indoor Pool.

February 17-26
(Monday, Wednesday, Saturday, Sunday)
Times: Monday/Wednesday 6-10:30pm
Saturday/Sunday 8am-6pm
Register by February 9

May 5-14
(Monday, Wednesday, Saturday, Sunday)
Times: Monday/Wednesday 6-10:30pm
Saturday/Sunday 8am-6pm
Register by May 7

Arthritis Class ★

The Arthritis Foundation and Winchester Parks & Recreation team up in our new Arthritis Class.

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.

Location: Jim Barnett Park, Indoor Pool. Class Starts February 18 (Tuesday and Thursday), 11-11:45am. Fee: \$32 R, \$36 NR. Register by the first day of class.

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!



1st Ever "All" Water Triathlon March 29

Are you ready to push yourself in the aquatic world?!

Activities Involved:

- 1 Circle swim in the first three lanes of the pool for 1 mile. (32 laps/64 lengths)
- 2 Aqua jog and/or tread water for a timed 10 minutes in the deep end.
- 3 Run 32 shallow laps in the shallow end.

The first three lap lanes will be open to swim laps. In the other three lanes, the pool will be divided into a shallow side and a deep side. Staff will be at each station to help guide/direct participants.

Prizes:

Prizes will be awarded to the winners in each age group. Grand Prize: FREE 1 month membership to the park! (Or participating programs in the amount of a month's membership). Other prize packages will be awarded along the way!

7-8:30am (First Heat)
9-10:30am (Second Heat If Necessary)

Fee:
\$25 R, \$30 NR (Pre-Register)
\$35 R, \$40 NR (Race Day)

Cardboard Boat Regatta ★ March 15

Calling all ship builders! 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 War Memorial Building's indoor pool. Cardboard and a roll of Duct Tape will be provided to all participants. Any other decorations are up to you. Compete for most creative design, endurance, Titanic (most spectacular sinking), fastest, most decorative, and minimalist (least use of materials). 9am-Noon.

Fee: \$20 R, \$25 NR (Register by March 1)
\$30 R, \$35 NR (Race Day)

Teams of two: Youth (ages 6-16), Adult (16+), Parent & Child (18+ and under 12)

Solo: Races for 16+ also available



★ **Lisa's Picks** - Top Ten Programs picked by Lisa Hamaker, Assistant Director of Parks & Recreation

In the Water

Registration on page 34

Shawnee Springs Preserve

Wild Wonderful Water

Although you can't hear them, natural springs trickle beneath your feet and flow through downtown Winchester. The most famous are Shawnee Springs, now protected in this Preserve.

Huge Elk, mastodons and caribou once paused to drink, as did Shawnee hunters. Later, these springs refreshed the parched throats of recuperating Civil War soldiers, fueled steam locomotives and served as Winchester's first public water supply. Spring water is part of every story this Preserve has to tell.

As you walk through the Preserve's forests, you can spot all six remnants of Winchester's first water works. They are the box-like concrete structures along the trail.

If you lived in Winchester between 1890 and 1920, your water came from Shawnee Springs. The Hollingsworth family settled here around 1730. They sold this land and their mill to the town of Winchester in 1890. Their water-powered mill became a pumping station.

Big Game and Indians... Here?

Yes! Glaciers to the north drove caribou, saber-toothed tigers and other ice-age mammals into this valley and further south. Later the plentiful elk, bison and black bear drew the Shawnee Indians here. For other American Indians, the Shenandoah Valley region was a hunting ground, a battleground and north-to-south travel route.

Food and water allowed the Shawnee to live a more comfortable life than many other tribes. The Shawnee left in mid-1700's but fought against British settlers during the French and Indian War (1754-1763)

Rollercoaster Landscape

In the southwestern portion of the Preserve, watch for a regular sequence of short mounds and matching depressions in the landscape. Here are the remains of the largest temporary field hospital operated by Federal forces during the Civil War. (cont.)



Roller Coaster Landscape (cont.)

This 4,000-bed facility opened on September 19, 1864 after the Third Battle of Winchester. Named Sheridan's Field Hospital for Major General Phillip Sheridan, the facility consisted of 500 tents laid out in "streets" two paces apart and staffed by 20 doctors. Each 14-foot-square tent could hold eight patients. Tents were heated through pits dug at their front and side. The hospital officially closed on January 4, 1865.

Some historians speculate that the hospital was set up here because of its proximity to Shawnee Springs and Abrams Creek. More Civil War soldiers died from infections than the battle itself.

In a Concrete Straightjacket

What is Town Run? It is a stream that begins on the slopes of Little North Mountain to the west, and increases its flow at springs on the Glen Burnie estate. Town Run flows beside the Green Circle trail. More than 75 years ago, the City of Winchester encased Town Run in concrete to reduce floods along Boscawen Street (then called Water Street) downtown.

Unfortunately, drain pipes that lead into Town Run and the concrete straightjacket that seals off its banks simply shift our flooding, erosion and water pollution problems downstream. Today, we can enjoy this small stream's gurgling sounds, even though we can't drink the water.

Forest High and Low

Forests of two types cover most of the Shawnee Springs Preserve upland forests and lowland forests. Ash, black walnut and pignut hickory trees dominate the rocky upland forests. Their seeds feed our native birds, insects and mammals.

Most lowland forests blanket the flood plains near the streams. You can find silver maple and box elder there. Unfortunately these native trees must compete with invading Norway maples and Tartarian honeysuckle bushes for space and light.

(Information provided and written by Faculty Advisor Woodward Bousquet and his Environmental Studies Department at Shenandoah University, July 2010)

And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom. - Anais Nin

Community Gardens

Come join your community in building a garden!

The City of Winchester is kicking off their community garden initiative with an interest meeting to be held at Douglas Community Learning Center, 598 N. Kent Street, on **January 29 at 5pm**. The new garden initiative was motivated by the Winchester Park and Recreation Department's desire to create community spaces that encourage neighborhood cohesion, help the less fortunate, and promote hometown pride. The WPRD is also tasked with promoting and providing the resources for "healthy active living in Winchester." As part of that goal we not only provide trails, health and fitness classes, pools, leagues, playgrounds, fields, sport courts but we also have a duty to encourage healthy eating. Nutrition education classes, information about GMO's (genetically modified organisms), instituting community gardens, and building a community cannery are all part of the plan. The entire community is invited to attend and participate in the garden. We especially encourage civic organizations to adopt-a-plot and grow food for the less fortunate. Project Organizer: Michael Neese, City of Winchester Recycling Coordinator.

Winchester Community Cannery Fundraising

The Winchester Parks Foundation is now set up to receive donations to build/equip a community cannery. The estimated basic cost of the cannery is \$65,000. The Winchester Community Cannery will assist local gardeners and city farmers in canning and preserving fruits, vegetables and certain meats. The Winchester Community Cannery hopes to provide the kitchen, knowledgeable volunteer staff and the canning tools needed for growers who may not have the space or equipment at home to can and preserve food. The community garden and cannery components can help Winchester families supplement their families own food supplies with healthy home grown fruits and vegetable throughout the winter. Folks can donate through our website: www.winchesterva.gov/parks/parkfoundation or tax deductible donations can be sent to The Winchester Parks Foundation, P.O. Box 3012, Winchester, VA 22604. Please note on the check that the donation is for the Winchester Community Cannery.



Jennifer Jones - Parks & Recreation Director - jennifer.jones@winchesterva.gov



Backyard Composting

Learn the how to's, best practices, types of composting, and available resources in the Winchester area to start and use compost effectively. Location: Exchange Shelter. Fee: Free, but space is limited to first 20 people to register. Community Gardening Expert: Michael Neese. January 15 at 1pm, February 17 at 10am, March 17 at 1pm, April 16 at 10am, May 16 at 1pm, June 16 at 10am

Food Preservation: Pressure Canning

Grandma didn't know everything! In fact, some old-fashioned food preservation practices are unsafe. Recipes, processing times and methods have all changed. Learn the most up-to-date, evidence-based, safe and cost effective method for preserving your harvest. This workshop is hands-on and will focus on food safety, proper canning equipment, tested recipes and USDA recommended canning practices. Each participant will receive a copy of So Easy to Preserve canning cookbook and handouts. Instructor: Rebecca Davis. Location: Kitchen. April 22, 6-9:30pm, and May 10, 10am-1pm. Fee: \$35. Register by April 15.

Introduction to Herbalism

The roots of herbalism go back to hunter-gatherer societies and traditional cultures. Recent attention to herbal folklore and remedies and traditional healing has reignited interest in healing plants and their uses. This class discusses the history and use of herbs in different cultures, and common plants used in healing. If weather permits, we will walk out to the Blandy herb garden after the talk. Instructor: Phoebe Reeve, Herbal Horticulturist. March 25, 2-3:30pm, Blandy library. Depart JBP at 1:15pm. Fee: \$19 includes transportation from JBP and class fee. Register by March 18.



Earth Day Arboretum Nature Tours

Catch the trolley at Jim Barnett Park and relax as we drive you to Blandy Farm. This tour at Blandy will touch on the property's history, collections and gardens. The State Arboretum of Virginia is part of historic Blandy Experimental Farm, a research field station for University of Virginia's Department of Environmental Sciences. Nature Guide: Steve Carroll. April 22, 9am. Fee: \$8/person includes transportation to Blandy Farm. Nature walk is free. Register by April 15.

Garden Fair at Blandy

Travel to the Garden Fair at Blandy to experience the area's greatest variety of healthy, high quality plants that are adapted to our area. Talk to experts in all things plants, find gardening tools, take a Wildflower Walk, an Arboretum Tour, or browse the displays of over 50 vendors. Children's activities will include the crowd favorite, Alpaca petting. This is a good place to pick up a last minute Mother's Day gift. May 10, 9:15am. Fee: \$21 includes transportation and admission to the Fair. Register by May 2.

Birds, Botany and Brunch

Break out those birding binoculars and meet us at Shawnee Springs Preserve for a wild botany and bird walk - naturally. Be sure to wear warm clothing, good footwear and above all, come hungry. Arguably, the best part of this morning will be the brunch served at the War Memorial Building after the interpretative program. Instructor: Charlie and Judy Hagan and Friends. Meet at Shawnee Springs Parking area. Brunch to follow at Jim Barnett Park. April 5, 9am. Fee: \$10 covers program and brunch. Register by March 28.





Field of (10-year-old) dreams

In August of 2011, the City of Winchester, Virginia's Parks & Recreation Department collaborated with Winchester Baseball and the Winchester Parks Foundation to host the 2011 Cal Ripken 10-Year-Old World Series at Yost Field in Jim Barnett Park. With help from sponsors, volunteers, and staff throughout the city, the 2011 World Series was one of the best tournaments held as described by the Babe Ruth Organization.

With the great success of the 2011 World Series, the City of Winchester has the exciting opportunity of hosting the tournament once again in 2014. The Winchester Parks & Recreation Department has already begun the initial planning process for the upcoming World Series and is looking forward to hosting a great tournament that will surely bring the city residents some exciting baseball to watch. We hope that you will start making plans to attend the 2014 World Series from August 9-16 in Jim Barnett Park. See you at the ballpark!

"Your committee's dedication to the sport, to your community, and to children nationwide was definitely showcased through the hard work, long hours and friendly attitude that led up to and throughout what we consider one of the best tournaments held in the history of the Babe Ruth program"

*- Letter from Steven Tellefsen
President/CEO of Babe Ruth League*

"I just wanted to thank you and tell you what a fabulous time that we had last week. Even though we went 0-4 (lost three close ones), we had a blast and made memories that will last a lifetime. Winchester did an outstanding job putting on the tourney."

- Email from Madison M. Bryant, Arkansas Assistant Coach

Play Ball!

August 9-13

Pool Play
Game Times - 1:30, 3:30, 5:30, 7:30 pm

August 14-15

Single Elimination Tournament Games
Game Times - 5:30 pm & 7:30 pm

August 16

Championship Game
Game Time - 1:00 pm

Tournament Location:

Yost Field, Jim Barnett Park
1001 East Cork Street
Winchester, VA 22601

Volunteer

There are many opportunities to get involved with the 2014 Cal Ripken 10-Year-Old World Series. Volunteers are needed to assist with concessions, ticket gates, souvenir sales, parking and more on each day from Friday, August 9 through Saturday, August 16.

Contact Jennifer Justice at (540) 662-4946 or jennifer.justice@winchesterva.gov for details.

Show Your Team Spirit

Sponsorship Levels

Grand Slam
"Presenting Title" Sponsorship
Value: \$25,000

Home Run Sponsorship
Value: \$10,000

Triple Sponsorship
Value: \$5,000

Double "Team" Sponsorship
Value: \$2,500

Single Sponsorship
Value: \$1,000

M.V.P. Sponsorship
Value: \$500

Contact Thomas Jones at (540) 662-4946 or thomas.jones@winchesterva.gov for details.



Special Events

Eggcessible April 8

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. 10-11am in Jim Barnett Park Gym. Free.

Easter Egg Hunt April 12

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). 9 am at Christianson Familyland. Free.



Egg Splash April 12

Where the pool meets your Easter basket! This is an Easter Egg Hunt in the pool. The pool will be loaded with floating Easter eggs! With a variety of age groups that can participate, this is a special event you can't miss out on! Search for eggs that have prizes inside, including a grand prize egg, which will consist of a FREE children's swimming lesson session. A value of up to \$49! Each age group will be able to win a grand prize. Don't miss out! Fee: \$5 per child.

Ages 3-5 11:30am-12pm
(Ages 3-5 must be with an adult in the pool)
Ages 6-8 12pm-12:30pm
Ages 9-12 12:30pm-1pm



Spring Fling April 12

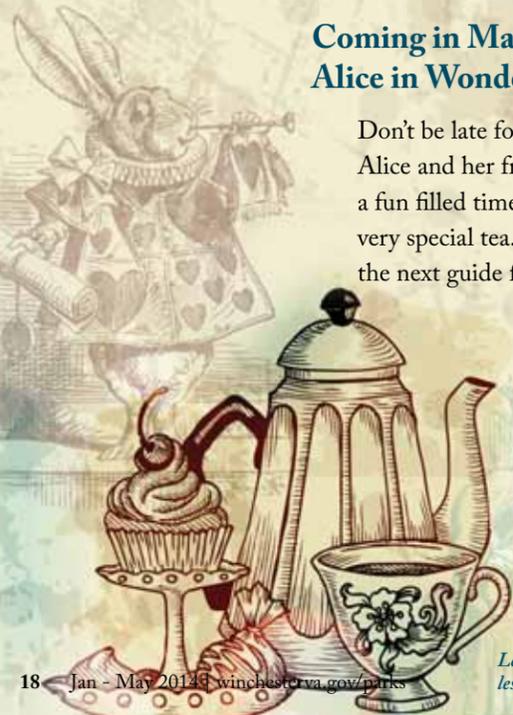
A prom-like dance exclusively for middle school students. Please come dressed appropriately. Snacks available at minimal cost. A DJ will be providing entertainment. Purchase ticket in advance or at door. **School ID and ticket required for admission.** 7-9pm in Jim Barnett Park Gym. Fee: Pre-sale tickets on sale until April 10 for \$5. (\$8 after 4/10)

Parks & Recreation Department Vision Statement

The Winchester Parks & Recreation Department strives to develop, provide, and maintain quality programs and facilities that meet the growing needs of our diverse community.

Coming in May: Alice in Wonderland Tea Party

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!



Leslie Bowery - Recreation Coordinator - Special Events
leslie.bowery@winchesterva.gov

World Explorer Obstacle Course June 7

Jump, dash, weave, crawl, balance, and slip slide around the world! This international themed event will take place rain or shine, in Jim Barnett Park, behind the War Memorial Building. Ages 5-12 (Four age divisions) Fee: \$15. Register by May 19.



Free! ★ Crash Courses

Business Solutions (Ages 18+)

Can you run your business on your cellphone? Let us show you many ways to make your life simpler and make doing business on your smartphone more efficient. This FREE course will guide you through services such as Square credit card reader, Dropbox, Phone Connect, Tectiles and so much more! Each participant will receive a FREE pack of Tectiles! Don't forget to bring your smartphone with you. Instructor: Kari Jones and Demetrius Weeden. April 3 and April 17, 6-7:30pm, in the Social Hall. Fee: FREE. Register by March 28.

★ **Lisa's Picks** - Top Ten Programs picked by Lisa Hamaker, Assistant Director of Parks & Recreation

iPhone Workshop (Ages 16+)

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. March 6 and 20, 6-7:30pm, in the Social Hall. Fee: Free. Register by February 28.



Bring Balance to Your Budget (Ages 16+)

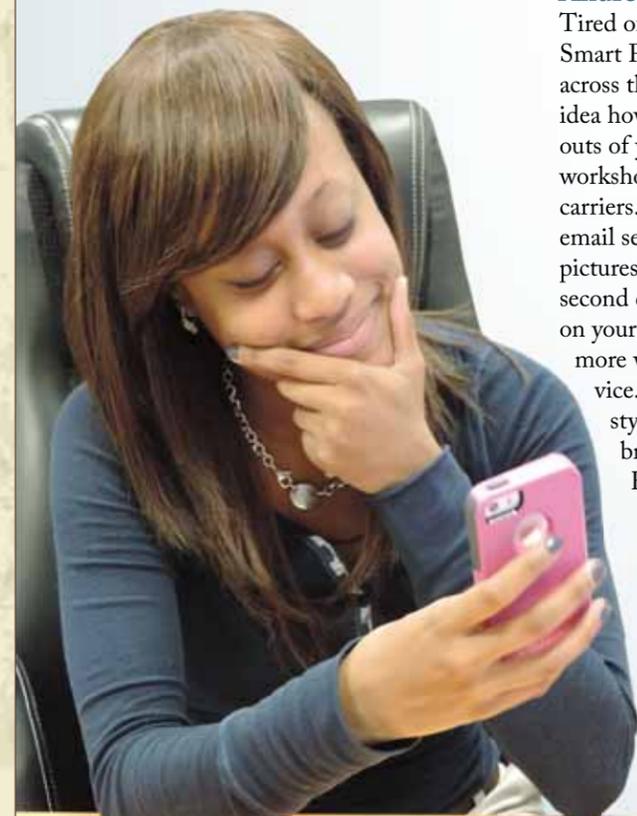
This seminar is designed to help you sharpen your spending and saving strategy. You will learn about setting personal financial goals; balancing saving, spending, and borrowing to achieve your goals; strategies for controlling debt and improving credit scores; and practical saving options for now through retirement. It is never too late to start saving for your future, and creating a sound budget is the first step in that process. Instructor: George Karnes, Edward Jones Financial Advisor. February 13, 7-8pm, in the Social Hall. Fee: FREE. Register by February 7.

Android Device Workshop (Ages 16+)

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 ways 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. February 6 and 20, 6-7:30pm, in the Social Hall. Fee: FREE. Register by January 31.

A Women's Guide to Money Matters (Ages 16+)

This seminar is designed for women of all ages to learn how to take control of their financial by examining their values and setting specific, realistic and measurable goals. The seminar will also cover key strategies for three common financial goals: preparing for retirement, living in retirement, and paying for education. Come learn the five steps to take control of your financial life. Instructor: George Karnes, Edward Jones Financial Advisor. March 13, 7-8pm, in the Social Hall. Fee: FREE. Register by March 7.



Thomas Jones - Facilities Coordinator - thomas.jones@winchesterva.gov

★ **Lisa's Picks** - Top Ten Programs picked by Lisa Hamaker, Assistant Director of Parks & Recreation

SPANISH

HOLA

Communication & Creative Expressions

Conversational Spanish I (All Ages)

Have you ever wanted to learn a new foreign language? This eight week course will take you on a journey from basic sounds, exploring nouns, pronouns, articles, conjugations and customized vocabulary. These skills will be learned and practiced through the use common phrases, sentences, out loud speaking, and active speaking throughout the class. Come and take this exciting journey and learn how to speak Spanish! Instructor: Angela Gates. January 13-March 6, (Monday and Thursday), 6:30-7:30pm, in the Recreation Room. Fee: \$63 R, \$66 NR. Register by January 8.

Conversational Spanish II (All Ages)

Have you learned some Spanish and want to broaden your speaking ability? Did you just complete the Conversational Spanish I class and want to continue your skills? This eight week course will continue the study of conversational Spanish by expanding on the practice of using complete sentences, increasing the amount of time spent speaking in Spanish, and increasing the length of conversation during the classes. Continue your Spanish education and gain the confidence to travel to a Spanish-speaking country and feel like one of the locals. Instructor: Angela Gates. March 10-May 1, (Monday and Thursday), 6:30-7:30pm, in the Recreation Room. Fee: \$63 R, \$66 NR. Register by March 5.

ESL I (Ages 18+)

This class is designed for people that utilize a primary language other than English and are interested in learning important skills to communicate in English. Students acquire basic English skills along with insights into American culture. Skills to be taught include the introduction of nouns, plurals, verbs, and prepositional phrases; common phrases used in the culture; and sentence structure. Instructor: Rachael Niedermeyer. January 6-27 (Monday), 7-8:30pm, in the Library. Fee: \$32 R, \$35 NR. Register by January 3.

ESL II (Ages 18+)

This class is designed for people that utilize a primary language other than English and have already learned to basics of the English language that include nouns, plurals, verbs, and prepositional sentences and want to expand on the question and sentence structuring. Skills to be taught include creating and practicing question structuring; gaining a better understanding of usage verbs; practice speaking using future and past tenses; and learning important words and phrases will keep you and your family safe (i.e. Call 911). Instructor: Rachael Niedermeyer. January 8-29, (Wednesday), 7-8:30pm, in the Library. Fee: \$32 R, \$35 NR. Register by January 3.

Adult Sign Language (Ages 18+)

Our instructor, Donna Day, deaf herself, is an experienced sign language instructor who designed this class for our 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 by going to www.amazon.com and type in the title of the textbook *Learning American Sign Language Second Edition, Level I & II* by Tom Humphries and Carol Padden. January 29-April 16, 6:30-8:00pm, in the Arts & Crafts Room. Fee: \$70 R, \$73 NR. Register by January 22.

Dog Obedience (Ages 18+)

This class will teach basic obedience, behaviors include loose leash walking, sit, stand, down, stay, and the fundamentals of building a strong recall. The class will also cover luring and shaping techniques used in teaching cool tricks for the dogs to perform. The training will be positive reinforcement with the use of a marker system, commonly known as clicker training, and food rewards. Dogs should be 8 months or older with current rabies, bordetella, and distemper shots. Instructor: Jerome C. Ullery. February 4-March 11 & March 18-April 29 (Tuesdays only), 6-7:30pm, in the Social Hall. Fee: \$47 R, \$50 NR. Register by January 24.

Movie Club (Ages 18+) ★

Looking for an opportunity to view and critique movies in a social setting? This club will view a new movie each week and then give their opinion of the movie to be shared with the community. Registration fee includes one ticket per week. Discounted concessions will be available at the theater for purchase. January 14-February 18, 6-9pm (Tuesday), at Carmike Cinemas Theater. Fee: \$50 R, \$56 NR. Register by January 10.

Ballet/Jazz (Ages 18+)

Come join us for a fun-filled course that will begin with a ballet warm up and fundamentals and conclude with upbeat jazz dancing. Instructor: Katrina Szymanski. January 14-February 4, February 11-March 4, or March 11-April 1, (Tuesday), 7:30-8:30pm in the Lord Fairfax Room. Fee: \$16 R, \$19 NR.

Drawing (Ages 18+)

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. January 15-March 5 (Register by: January 8), or March 12-April 30 (Register by: March 5), (Wednesday), 6-8pm, in the Arts & Crafts Room. Fee: \$62 R, \$65 NR.

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. Instructor: Robin Palmer. 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. Location: Lord Fairfax Room. January 13-March 3, 1-3pm, (Monday), Register by January 6. March 10-April 28, 1-3pm, (Monday), Register by March 3. Fee: \$62 R, \$65 NR.

Red Sunflower Canvas (Ages 16+)

Learn how to create a stunning canvas masterpiece using our easy step-by-step instructions. We'll walk you through the whole process! You can even change the colors to fit your liking. A \$20 material fee will need to be paid to the instructor. January 24, 6-7:30pm, at the Polka Dot Pot, 7 N. Loudoun St, Winchester. Fee: \$12 R, \$15 NR. Register by January 17.

Beginner Clay Handbuilding (Ages 16+)

You know you've always wanted to mess around with clay and learn how to make something. Now is your chance. Instruction will be given on the basic concepts of handbuilding and then you are free to create. Why should kids have all the fun? A \$12 material fee will need to be paid to the instructor. February 7, 6pm-7:30pm, at the Polka Dot Pot, 7 N. Loudoun St, Winchester. Fee: \$12 R, \$15 NR. Register by January 28.

Lisa Almaraz - Recreation Specialist - lisa.almaraz@winchesterva.gov
Thomas Jones - Facilities Coordinator - thomas.jones@winchesterva.gov
Kristin Shifflett - Administration Specialist - kristin.shifflett@winchesterva.gov
Leslie Bowery - Recreation Coordinator - Special Events - leslie.bowery@winchesterva.gov

Beginner Glass Fusing (Ages 16+)

Come and learn how easy it is to cut glass and design your own masterpiece. Cutting glass is super easy and you will be impressed with the results. We will help you with design selection. A \$15 material fee will need to be paid to the instructor. March 14, 6-7:30pm at the Polka Dot Pot, 7 N. Loudoun St, Winchester. Fee: \$12 R, \$15 NR. Register by March 7.

Ukrainian Easter Egg Decoration (Ages 5+)

Come and enjoy new ways to color beautiful eggs for Easter using the Ukrainian Decorating & Ukrainian Drop Pull Method. You will receive a kit to take home after the class so you can make your own Ukrainian Easter Eggs at home. The art of pysanky or "decorated egg" is a family friendly, inexpensive craft from the Ukraine. Ukrainian Easter eggs are made with very intensely colored dyes and beautiful patterns to create intricate designs using a wax relief method. Instructor: Rebecca Morrison. All children 5-14 must be accompanied by an adult. Location: Arts & Crafts Room.

Ages 9+ (Ukrainian Method)

March 25, 5-8pm, Register by March 4.

Ages 5+ (Ukrainian Drop Pull Method)

March 27, 5-8pm, Register by March 4.

Fee: \$17 R, \$20 NR. A \$10 fee will need to be paid to the instructor at the beginning of class.

Juggling and Frisbee Sports 101 ★ (Ages 7+)

Learn simple skills that last a lifetime! Maybe you've seen a juggler performing and thought "Wow! How is that possible?" Well everyone had to start with the basics! Now's your chance to learn to juggle. Or, learn tricks with a World Champion! Intro to disc golf (outside weather permitting), and discover ultimate frisbee and "the spirit of the game." Participants may use instructor's supplies or pay an optional \$15 equipment fee for supplies to take home! January 15-February 19 or March 5-April 9, (Wednesdays), in the George Washington Room. Fee: \$24 R, \$27 NR per session. Juggling: 5:30-6:30pm
Frisbee Sports 101: 7-8pm
Register by one week prior to the first day of class.



Registration on page 34

Bon Appétit!



Cooking with Tastefully Thai ★ (Ages 18+)

Naomi moved to Thailand when she was two years old and lived there until she graduated high school. Although she is not Thai, she considers Thailand her home and tries to go back and visit as often as possible. She grew up eating authentic Thai food and now enjoys cooking it for her family. Tastefully Thai was founded by Annette, Naomi's mother-in-law, who spent 17 years in Thailand. 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. You will learn about what ingredients you need to use to get that authentic Thai taste, and how to make each dish gluten-free. Watch demonstrations, help prepare the food and then enjoy your creations. You will be given the recipes to take home and try for yourself. Instructor: Naomi Mcmanigle. January 23, February 6, February 20, March 6, March 20, April 3, and April 17, 6-8:30pm, in the Kitchen. Fee per session: \$33 R, \$36 NR.

★ **Lisa's Picks** - Top Ten Programs picked by Lisa Hamaker, Assistant Director of Parks & Recreation

Cooking By The Books (Ages 2-5)

Come and join us for a story, then have fun making a craft and/or cooking project related to the book. Then enjoy an exciting and creative game to play afterwards. January 15, February 5, March 5, and April 2, 10am, in the George Washington Room. Fee per session: \$5 R, \$8 NR.



Registration on page 34

How to make a Rosette Cake (Ages 18+)

Interested in learning more about making beautiful cakes? This class will teach you how to make perfect butter cream icing, crumb coat your cake, and how to use the Viva Paper Towel method to create a smooth perfect finish on cakes and cupcakes. You will also learn how to pipe and create an elegant rosette pattern on your cake. Practice on dummy cakes until you perfect your technique and then finish off on your own cake to take home and enjoy! Each participant will go home with the icing recipe, and instructions for further use and practice. 6" cake, icing, and take-home box will be provided. Instructor: Jennifer Frey from "Tiers in Heaven." A \$15 fee will need to be paid to the instructor at the beginning of class. March 3, 6-9pm, in the Kitchen. Fee: \$22 R, \$25 NR. Register by February 24.

Basic Cake Decorating (Ages 18+)

Interested in learning more about making beautiful cakes? This class will teach you how to make perfect butter cream icing, crumb coat your cake, and how to use the Viva Paper Towel method to create a smooth perfect finish on cakes and cupcakes. You will also learn how to fill a piping bag and create a beautiful shell border that will provide a finished look to your cake. Take home your own cake to take home and enjoy! Each participant will go home with the icing recipe, and instructions for further use and practice. 6" cake, icing, and take-home box will be provided. Instructor: Jennifer Frey from "Tiers in Heaven." A \$15 fee will need to be paid to the instructor at the beginning of class. January 27 (Register by January 20) or April 14 (Register by April 7), 6-9pm, in the Kitchen. Fee: \$22 R, \$25 NR.

Valentine Cupcakes (Ages 5-16)

Help your child celebrate this special day by making cupcakes for those they love. Each child will get to decorate 6 cupcakes and learn how to make special Valentine's Day decorations and fondant cutouts. The best part is, they get to bring them home and share with you! Cupcakes and supplies provided. Instructor: Jennifer Frey from "Tiers in Heaven." A \$10 fee will need to be paid to the instructor at the beginning of class. February 10, 4:30-5:30 (ages 5-8), 5:30-6:30 (ages 9-16) in the Social Hall. Fee: \$14 R, \$17 NR. Register by February 3.

Valentine Cupcakes (Ages 18+)

Come decorate some special cupcakes for those you love. Join us for a special class and learn how to make perfectly piped swirled cupcakes and 3D fondant hugging-heart characters and cutouts. These will be the cutest valentine cupcakes you have ever made. Sure to impress that special someone! Cupcakes and supplies provided. Instructor: Jennifer Frey from "Tiers in Heaven." A \$10 fee will need to be paid to the instructor at the beginning of class. February 10, 7-9 pm, in the Kitchen. Fee: \$18 R, \$20 NR. Register by February 3rd.



Cup Cake Decorating for Kids (Ages 5-16)

Perfect for children interested in cake and cupcake decorating. Learn the basic skills of decorating cupcakes, piping icing, cutting out flowers and other small shapes to be used as decoration and applying them to the cupcakes. Each child will get a box to take home 4 cupcakes and have an extra as a treat! Instructor: Jennifer Frey from "Tiers in Heaven." A \$10 fee will need to be paid to the instructor at the beginning of class. January 20 (Register by January 13) or April 7 (Register by March 31), 4:30-6pm (ages 5-8) 6-7:30pm (ages 9-16) in the Social Hall. Fee: \$16 R, \$19 NR.

Creating Fondant Figures (Ages 18+)

Learn how to create adorable fondant figures for your cakes. You will learn how to create a fondant monkey or teddy bear, a quilt and blocks. These toppers are perfect for a baby shower but can also be changed up for a birthday or other special occasion. Learning how to create the basic body structure will allow you to expand your creativity to other similar animals. Learn different techniques, how to make edible glue and how to add character and definition to your creations. It's the details that count! At the end of this class take home your knowledge of fondant creations and your topper! Fondant and supplies included. Instructor: Jennifer Frey from "Tiers in Heaven." A \$10 fee will need to be paid to the instructor at the beginning of class. Monkey: February 24 (Register by February 17) Teddy Bear: March 31 (Register by March 24) 6-9pm in the Kitchen. Fee: \$22 R, \$25 NR.

St Patrick's Day Cupcakes (Ages 5-16)

Let your child learn how to decorate with our special "magic" green icing and create some adorable St. Patrick's Day cupcakes for you and your family to enjoy! Instructor: Jennifer Frey from "Tiers in Heaven." A \$10 fee will need to be paid to the instructor at the beginning of class. March 17, 4:30-5:30pm (ages 5-8) and 5:30-6:30pm (ages 9-16), in the Social Hall. Fee: \$14 R, \$17 NR. Register by March 10.

St Patrick's Day Cupcakes (Ages 18+)

Learn how to make a little fondant leprechaun and St. Patrick's Day decorations. When we are all done creating the decorations, we will pipe on our special green icing and decorate away! Instructor: Jennifer Frey from "Tiers in Heaven." A \$10 fee will need to be paid to the instructor at the beginning of class. March 17, 7-9pm, in the Kitchen. Fee: \$18 R, \$20 NR. Register by March 10.



Bienvenidos Amigos de Habla Hispana

Club PB&J (Edades 1-5)

Juega, Rebota y Salta, refine tus habilidades motoras y diviértete en un gimnasio lleno de niños - con equipos apropiados para jugar. Salta en el pequeño trampolín, gatea dentro del túnel, trépatte por colinas acolchadas o juega pelota. Este excitante programa le permite a niños y padres jugar libremente sin preocuparse por recoger o por el clima. Todo el equipo es seguro y se limpia antes de comenzar cada programa. PB&J no estará disponible el 25 de diciembre. 2do y 4to miércoles hasta marzo 26, 9:30-11am. Costo: \$3R \$3.50 NR (Adultos gratis). Compre un pase para PB&J con 10 entradas. \$30 R, \$35 NR.

Discover de Night Sky (Descubre el Cielo Nocturno)

Únete a nosotros en un planetario portátil para explorar las relaciones entre la Tierra, la luna, el sol y los planetas de nuestro sistema solar, las constelaciones y sus cambios estacionales. 10-10:45 am, Febrero 1, Marzo 22 y Abril 26. Inscripción: una semana antes de las fechas programadas. Lugar: Salón George Washington. Costo: \$22 R y Miembros del SVDM. \$24 NR.

"Hot Hula" (Hula caliente)

"Hot Hula" es una combinación de ritmos polinesios mezclados con viejas canciones que conocemos y que nos gustan. Está diseñado para ser un entrenamiento completo que le permite disfrutar hasta a los principiantes de formar parte de algo nuevo. A pesar de que los ritmos son más lentos, el sudor es igual de intenso. ¡Así que traiga su agua y su toalla y venga listo para los ritmos isleños!! Instructora: Francine LaDuca. 9-9:45am (Miércoles y Viernes), Febrero 5-28, Marzo 5-28 y Abril 2-30 en el gimnasio del Edificio War Memorial. Costo: Incluido con la membresía de las instalaciones; Costo por clase sin membresía: \$5 R, \$5.50 NR

ESL (Edades 18+)

Esta clase está diseñada para personas que utilizan una lengua materna diferente al inglés y están interesadas en aprender importantes habilidades para comunicarse en inglés. Los estudiantes adquieren habilidades básicas de inglés así como cultura americana. Las habilidades que se enseñarán incluyen los nombres, plurales, verbos, frases prepositivas, frases comunes utilizadas en la cultura y estructura de la oración. Instructor: Rachael Niedermeyer. 7-8:30 pm (Lunes) Enero 6-27 en la biblioteca. Costo: \$32 R, \$35 NR. Inscripción antes del 3 de enero.

ESL II (Edades 18+)

Esta clase está diseñada para personas que utilizan una lengua materna diferente al inglés y ya han aprendido las habilidades básicas del idioma inglés que incluyen los nombres, plurales, verbos y frases prepositivas y quieren aprender más sobre la estructura de las preguntas y de las oraciones. Las habilidades que se enseñarán incluyen la creación y práctica de la estructura de las preguntas, obteniendo un mejor conocimiento del uso de los verbos, práctica oral utilizando oraciones en futuro y pasado y aprendizaje de palabras y frases importantes para mantener protegida a su familia (por ejemplo: llamar al 911) Instructor: Rachael Niedermeyer. 7-8:30 pm (Miércoles) Enero 8-29 en la biblioteca. Costo: \$ 32R \$ 35NR. Inscripción antes del 3 de enero.

FUTSAL (Edades 16+)

Futsal es la única "forma oficial de fútbol de sala" aprobada por la FIFA. El deporte es un gran desarrollador de habilidades ya que exige reflejos rápidos, rapidez mental y pases precisos. La pequeña y pesada pelota de futsal requiere que los jugadores pulan su técnica de pateo y manejo de pelota. Los jugadores están obligados a llevar zapatos de suela de goma o de tenis. Shorts o pantalones, medias y espinilleras. No hay prácticas, solo juegos. Los juegos comienzan el 7 de enero en el Gimnasio del Parque Jim Barnett. Martes a las 7:30 pm, Sábado a la 1:30 pm. Costo: \$275/equipo. Los equipos deben vestir camisetas del mismo color. Inscripción antes del 2 de enero.

Summer Soccer League (Liga Veraniega de Fútbol) (Edades 16+)

Dispara y anota este verano en el Parque Frederick Douglass en esta nueva liga de fútbol. Comienza el miércoles 25 de junio a las 6:00 pm en la cancha de fútbol del Parque Frederick Douglass. No hay prácticas, solo juegos. Costo: \$200/equipo. Los equipos deben vestir camisetas del mismo color. Inscripción antes del 20 de junio.



Earth Day Arboretum Nature Tours (Paseo de la Naturaleza por Jardín Botánico en el Día de la Tierra)

Toma el tranvía en el Parque Jim Barnett y descansa mientras te llevan a la Hacienda Blandy. El Paseo de la Naturaleza por el Jardín Botánico en el Día de la Tierra traducido al español tocará la historia, colecciones y jardines de esa propiedad. El Jardín Botánico de Virginia es parte de la Hacienda Experimental Blandy, una estación de investigación de campo del Departamento de Ciencias Ambientales de la Universidad de Virginia. Saldremos a las 9 am. Guía: Steve Carroll Marte 22 de abril \$8 por persona incluyendo el transporte a la hacienda Blandy. La caminata es gratuita

Community Gardens (Jardines Comunitarios)

¡Únete a tu comunidad construyendo un jardín! La Ciudad de Winchester está arrancando su iniciativa para un jardín comunitario con una reunión de interés en el "Douglas Community Learning Center", 598 N Kent Street. La iniciativa de un jardín comunitario fue motivada por el deseo del Departamento de Parques y Recreación de Winchester (WPRD) de crear espacios comunitarios que animen la unión vecinal, ayuden a los menos afortunados y promuevan el orgullo por la ciudad. El WPRD tiene también la tarea de promover y proveer los recursos para "una vida activa y saludable en Winchester". Como parte de esta meta, no solo proveemos los senderos, clases de salud y ejercicios, piscinas, ligas, parques infantiles, campos deportivos sino también tenemos la obligación de fomentar la sana alimentación. Clases de nutrición, información sobre GMO, creación de jardines comunitarios y la creación de una fábrica de conservas para la comunidad es parte de este plan. La reunión inicial será en el "Douglas Community Learning Center", 598 N Kent Street el 29 de enero a las 5:00 pm. La comunidad entera está invitada a asistir y a participar en el jardín. Alentamos especialmente a las organizaciones cívicas a adoptar una parcela y sembrar comida para los menos afortunados.

Horario de la Piscina

Enero 13 - Febrero 23

NADO GENERAL	L	M	MI	J	V	S	D
Mediodía - 1 pm	■	■	■	■	■		
2 - 4 pm							■
2 - 6 pm						■	
5:30 - 7 pm					■		
7 - 7:45 pm		■		■			

Febrero 24 - Mayo 25

NADO GENERAL	L	M	MI	J	V	S	D
Mediodía - 1 pm	■	■	■	■	■		
1 - 6 pm						■	
2 - 4 pm							■
5:30 - 7 pm					■		
7 - 7:45 pm				■			
8 - 9:15 pm		■					
8:30 - 9:15 pm	■	■	■	■			

Piscina disponible ■ No disponible □

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 ayudarle 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 revise las páginas 10-14 de esta guía o llame al (540) 662-4946. ¡Esperamos verle en la piscina!



Piscinas Interior/Exterior & Centro de Recreación

Tarifas diarias

Niño	\$4
Estudiante	\$4.50
Adulto	\$5
Senior	\$4
Familia (hasta 4)	\$14
Militar	\$4

Horas

Centro de Recreación
Diciembre 24, 2013 – Junio 2, 2014
L – V 5:30 am – 9:30 pm
Sa 9 am – 6 pm
Do Mediodía – 6 pm

Oficina de Administración
L – V 8 am – 5 pm
CERRADO Diciembre 24, 25 y Enero 1
Horas reducidas
Diciembre 26 (8am-5pm)
Diciembre 31 (5:30am-3pm)

Una visita GRATUITA a la instalación

Incluye el uso de la piscina interior, sala de ejercicios, gimnasio, mesa de billar y cancha de racquetbol.



EXPIRA 12/1/14 No es canjeable por efectivo

CUPÓN

CUPÓN DE DESCUENTOS PARA LAS CLASES

50% DESCUENTO para las clases de natación



EXPIRA 12/1/14 No es canjeable por efectivo

CUPÓN

Formulario de Inscripción

Nombre del Participante _____

Nombre de los Padres (si aplica) _____

Dirección _____

Teléfono _____

Programa _____

Email _____

Fecha/Hora _____ Precio _____

Fecha/Hora _____ Precio _____

Permiso de Fotografía: Doy ____ o no doyr ____ 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 _____

“...La tasa de muerte por ahogamiento es cuatro veces más alta para los niños afroamericanos e hispanos entre 10 y 14 años y, dos veces más alta para los niños entre 5 y 9 cuando se comparan con niños caucásicos. Esta tasa es impactante e inquietante – especialmente porque las tragedias se pueden prevenir por medio de educación y clases de natación”

(Rick Dandels, Agua para todos: construye tu programa acuático. Gestión recreacional, edición noviembre 2013)

Geocaching [jee-oh-kash-ing]

What is geocaching? Geocaching is an outdoor recreational activity that uses GPS devices to locate hidden containers. The hidden container holds a log book for geocachers to sign their name when they have found the cache. Some caches even require the geocacher to solve puzzles. Geocaching is a game that can be enjoyed by people of all ages, families, clubs or groups.

The first geocache was hidden in 2000, in the state of Oregon. The game became increasingly popular after the improved accuracy of GPS technology. Now there are millions of geocaches hidden all over the world!

A Historical Geocaching Tour of Winchester

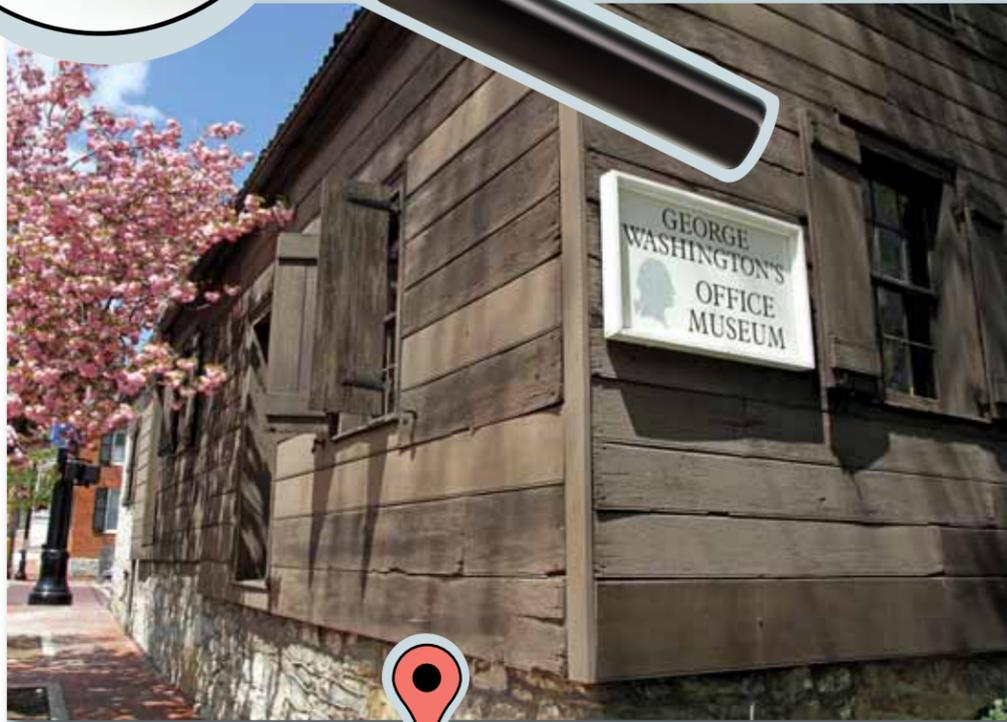
This multi-stage, puzzle geocache leads participants on a nifty tour of our historic city. The first 100 participants that complete the puzzles and find the cache will receive a special collectible path tag! (Limit one tag per group)

Visit www.geocaching.com to learn more about geocaching. You can search for caches hidden near you! Information on how to complete the special *Historical Geocaching Tour of Winchester* can be found by entering our "cache code" – GC4RQ28 on www.geocaching.com.

Thank you to our volunteer geocacher, Wallace Shipp, for his assistance on this project.

Good luck! Will you be the FTF?
(First to Find)

IN YOUR OWN BACKYARD



A Historical Geocaching Tour of Winchester ★

Visit www.geocaching.com and search for cache code: GC4RQ28 to start your tour! Stop by the Winchester-Frederick County Visitors Center, 1400 S. Pleasant Valley Road, Winchester or call (540) 542-1326 for more information.

*Renee Bayliss – Visitor & Community Relations Specialist
Winchester-Frederick County Convention & Visitors Bureau – bayliss@visitwinchester-va.com*

★ **Lisa's Picks** – Top Ten Programs picked by Lisa Hamaker, Assistant Director of Parks & Recreation

Hidden Gems of Winchester Trolley Tour

How well do you know Winchester? Find out on this special mystery tour of some of Winchester's finest treasures. See famous works of art, stunning stained glass, and travel below to discover subterranean wonders!

*Sally Coates – Executive Director, Winchester-Frederick County Convention & Visitors Bureau
coates@visitwinchester-va.com*

You will meet your tour guide at the Winchester-Frederick County Visitors Center, where you will board the trolley to begin your adventure.

Participants must be physically capable of walking multiple flights of stairs.

**March 29, 1-4 pm, Fee: \$17 per person
Register by March 14**

The Geocaching Logo is a registered trademark of Groundspeak, Inc. Used with permission.



Old Town Winchester Shopping, Dining, and so much more!

Old Town Winchester is the place to shop, dine and explore, year-round. Upcoming events include a **Chocolate Festival** in February, an **Easter Egg Hunt**, **Shenandoah Apple Blossom Festival** activities, and a **Kidz Fest!**

In addition to the year round First Friday series of events highlighting artists and downtown stores, starting in June, the Friday Night Live series will be held on the third Friday of each month. The entertainment continues downtown with bands, beer gardens, street performers and children's activities. Many of these events will utilize the new Taylor Pavilion, an entertainment area which is behind the beautifully renovated Taylor Hotel building.

When you are downtown, be sure to visit the Downtown Welcome Center, at 33 East Boscawen Street. The Welcome Center offers the most current information about festivals, musical performances and shopping events in Old Town. Much of the family-friendly programming in Old Town is made possible through the support of the Parks and Recreation Department. More information about events, shops, and restaurants downtown is available at www.OldTownWinchesterVA.com.

If you are interested in volunteering in Old Town, contact:
Downtown Manager, Jennifer Bell at Jennifer.Bell@WinchesterVA.gov or (540)535-3660.



Make Friends. Gain Insight. Get Involved.

New to the area? Wondering why the City makes the decisions it does or maybe you just wonder where your water comes from? All your questions will be answered in this informal conversational and interactive annual program.

From January 16th through April 27th, take a journey with your public servants and elected officials. The INSIGHT program consists of only one evening session per week including tours of the water treatment plant, city yards, a fire station, Timbrook Public Safety Center and John Handley High School.

Register today and spend some time making new friends and getting to know your local government. You'll be surprised by all there is to discover!

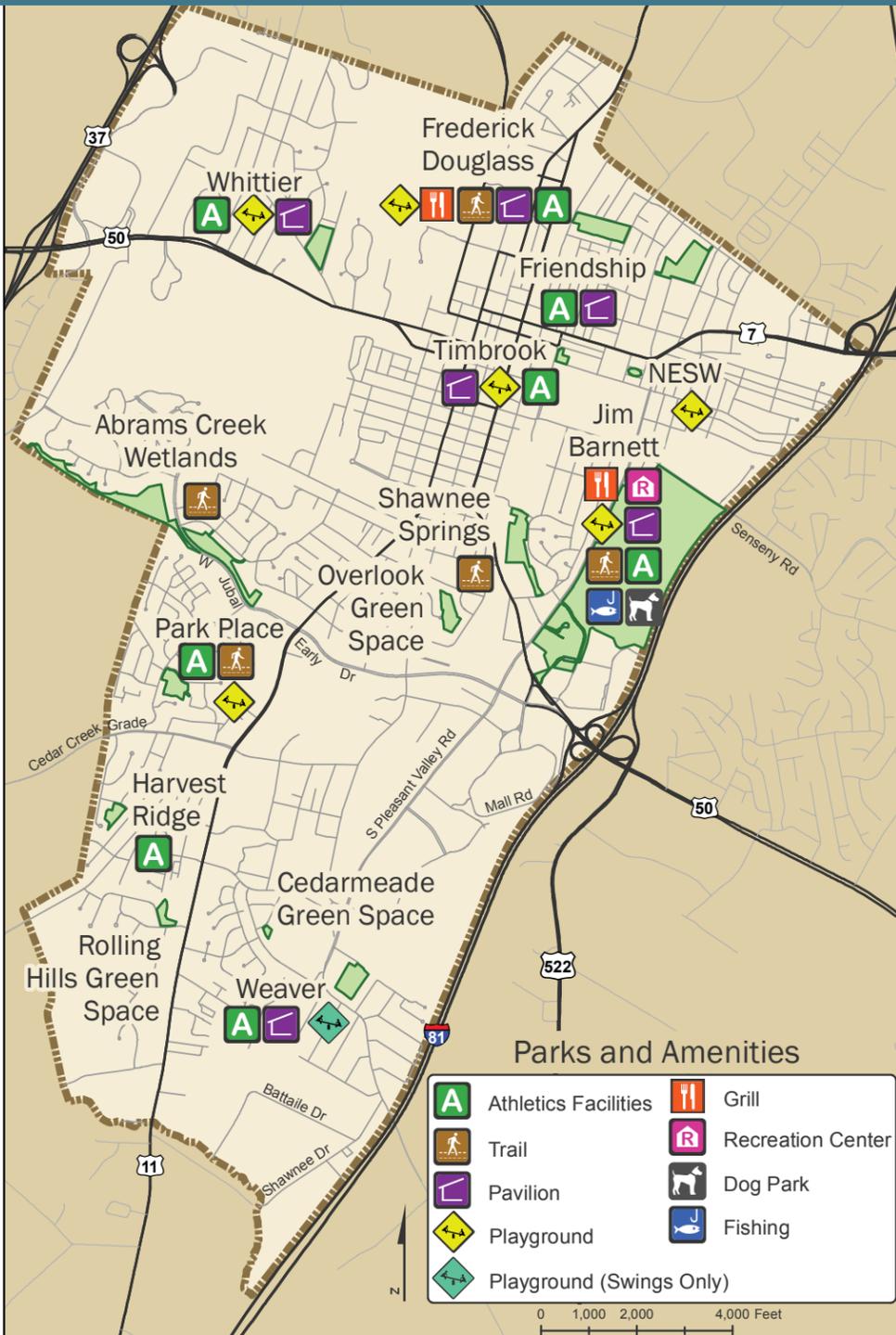
Be sure to register early to save a spot in this fun and eye-opening experience.

For more information, visit www.winchesterva.gov/insight or contact Amy Simmons at (540) 667-1815, Ext. 1670 or email amy.simmons@winchesterva.gov.



Tourists' desire to travel to any location is stimulated by attractions. Many communities' primary attractions are sports tournaments, festivals, parks, and major recreation facilities operated by parks and recreation departments. It is more than likely that parks and recreation agencies are actually economic stimulators because of the money spent by tourists in that locality while visiting park and recreation attractions.

(Measuring the Economic Impact of Parks and Recreation Services, Dr. John Crompton of Texas A & M University)



Why Trees Are Good...

Reduced air temperature due to trees can improve air quality because the emissions of many pollutants and/or ozone-forming chemicals are temperature dependent. Trees remove gaseous air pollution. When placed correctly trees reduce building energy use by lowering temperatures and shading buildings during the summer, and blocking winds and winter. Trees shield humans from ultraviolet radiation. Trees absorb carbon emissions. One acre of park-tree coverage can store an average of 40 tons of carbon and removes about 1.2 tons of carbon.

(Air Quality Effects of Urban Trees and Parks, by Dr. David Nowak, USDA Forest Service; and Gordon M. Heisler, USDA Forest Service.)

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

April 1 - October 31

Daily: 6 am - 9 pm

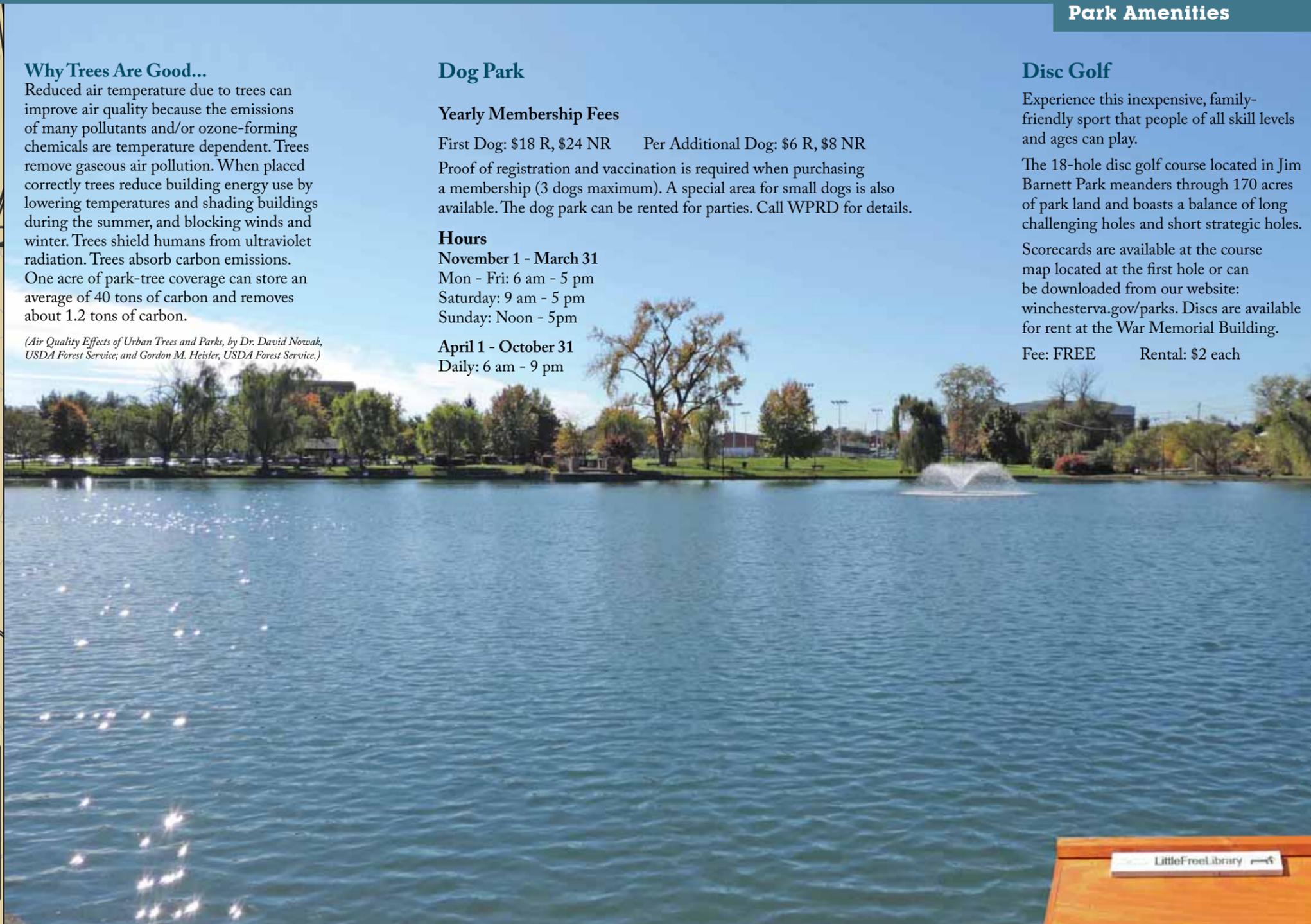
Disc Golf

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 of park land 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 our website: winchesterva.gov/parks. Discs are available for rent at the War Memorial Building.

Fee: FREE Rental: \$2 each



Create where you Recreate.
Be a Game Changer.

Give.

The Winchester Parks Foundation

is a nonprofit, charitable organization formed to benefit the people of Winchester, Virginia, through financial support of the Winchester Parks and Recreation Department of the City of Winchester. It aims to foster the development of an improvement of existing parks and recreational facilities and programs in Winchester. Donations go directly to the Parks and Programs through the Winchester Parks Foundation.

Choose one of our current projects for you or your organization to give financial support to.

Or, you may make a gift to our general fund for the Foundation to use for the betterment of our parks.

Donations may be mailed to:
Winchester Parks Foundation
P.O. Box 3012
Winchester, VA 22604

Donate online at:
winchesterva.gov/parks/parkfoundation
Please be sure to indicate what current or future park project you desire the funds be earmarked for.

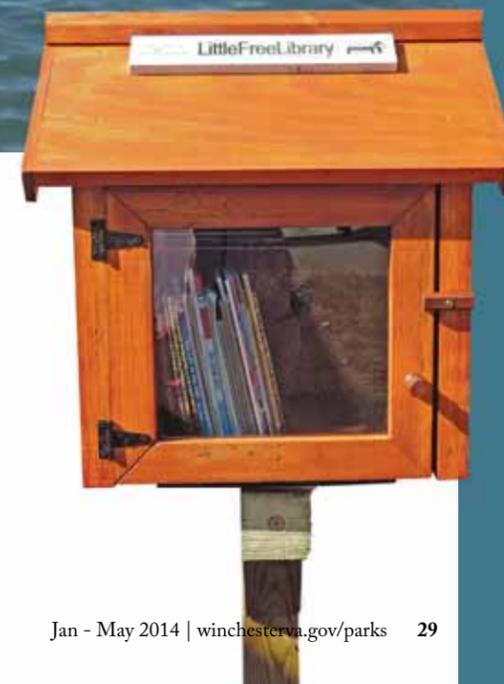
LittleFreeLibrary

The Little Free Library is a community-friendly reading experience. It is a place people of all ages can come, pick out a book and read. Take one or return one, it is a free amenity supported by a local steward.

Whether someone wants to spend time in the park reading or is looking for something to take home, its sole purpose is to encourage reading.

You can find our Little Free Library nestled in the rose garden next to the Jim Barnett Park War Memorial Building.

Little Free Library is a movement started by Todd Bol and Rick Brooks of Wisconsin, in 2010 and has grown to include little libraries in all states and dozens of countries. Little Free Library's mission is to promote literacy and the love of reading and build a sense of community as we share skills, creativity and wisdom across generations.



Facility Rentals

Rate listed is per hour. 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.

Download a Facility Use Application at: winchesterva.gov/parks

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.

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 non-profit status

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

Pavilion Rentals

Pavilions are available for full day rentals only. A full day is 9am-9pm. Pavilions can be used from April 15 - October 31. Reservations are taken year-round.

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



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.

6 Hour Rental

Social Hall \$500
Hall & 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

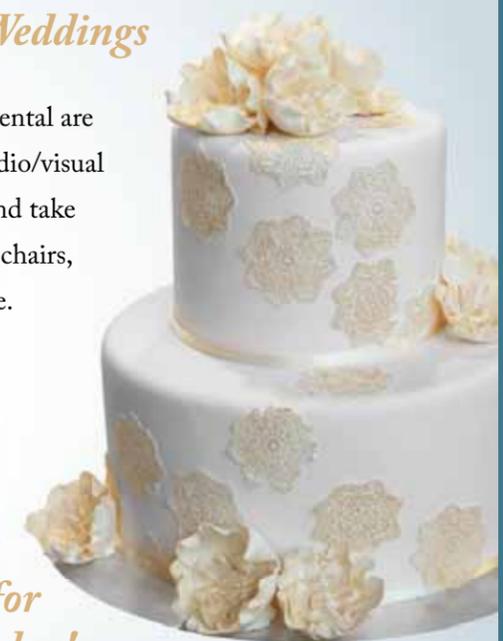
Contact WPRD for non-profit rates.

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.

Thomas Jones – Facilities Coordinator – thomas.jones@winchesterva.gov

Perfect for Weddings

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.



Reserve our Social Hall for your special day!

Membership Rates

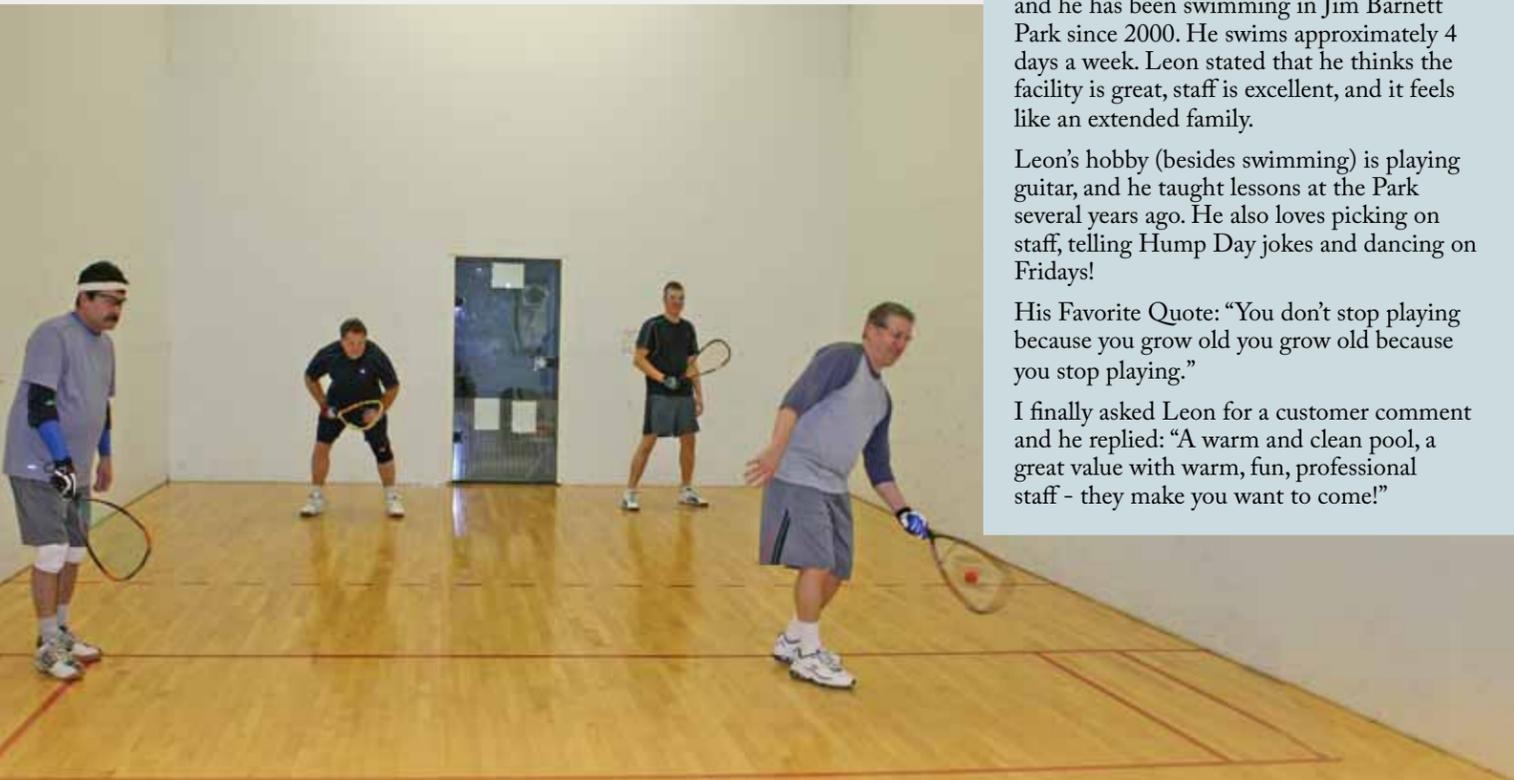
Memberships, daily fees and punch passes include: Unlimited use of the indoor pool, fitness room, gymnasium, billiards table and racquetball court during designated times. Call WPRD for punch pass rates.

	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 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.

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 Leon Harris

by Jennifer Stotler, Administration Coordinator



Recently it was my pleasure to sit down and talk with Leon Harris. Leon has been coming to the Park since the early 1970's, where he played Little League Baseball and participated in the "Learn to Swim" program at the Indoor Pool.

One of his favorite activities is swimming, and he has been swimming in Jim Barnett Park since 2000. He swims approximately 4 days a week. Leon stated that he thinks the facility is great, staff is excellent, and it feels like an extended family.

Leon's hobby (besides swimming) is playing guitar, and he taught lessons at the Park several years ago. He also loves picking on staff, telling Hump Day jokes and dancing on Fridays!

His Favorite Quote: "You don't stop playing because you grow old you grow old because you stop playing."

I finally asked Leon for a customer comment and he replied: "A warm and clean pool, a great value with warm, fun, professional staff - they make you want to come!"

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

Fitness (Ages 18+) 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. January 6-30, February 3-27, March 3-13, and March 31-April 29, 8:30-9:30am (Mondays and Tuesdays) and 8-9am (Thursdays), in the Recreation Room at the War Memorial Building. Fee: Included in the Facility Membership; Drop-In: \$5 R, \$5.50 NR.

Kickboxing

Kickboxing is a high energy combination of punches and kicks mixed with some interval training. The intensity increases with progression with each set. Its main focus is to tone and work the most difficult parts of the body to keep firm. Sure to pump up your day! Instructor: Francine LaDuca. February 3-27, March 3-31, and April 3-28, 9-10am (Monday and Thursday), in the Gym at the War Memorial Building. Fee: Included in the Facility Membership; Drop-In: \$5 R, \$5.50 NR.

★ **Lisa's Picks** - Top Ten Programs picked by Lisa Hamaker, Assistant Director of Parks & Recreation

Aqua Zumba

Known as the Zumba "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, and hollering. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Instructor: Amanda Floyd. January 9-30, February 6-27, March 6-27, and April 3-24, 7:45- 8:30pm, (Thursdays only) in the Indoor Pool at the War Memorial Building. Fee: Included in the Facility Membership; Drop-In: \$5 R, \$5.50 NR.

Water Aerobics

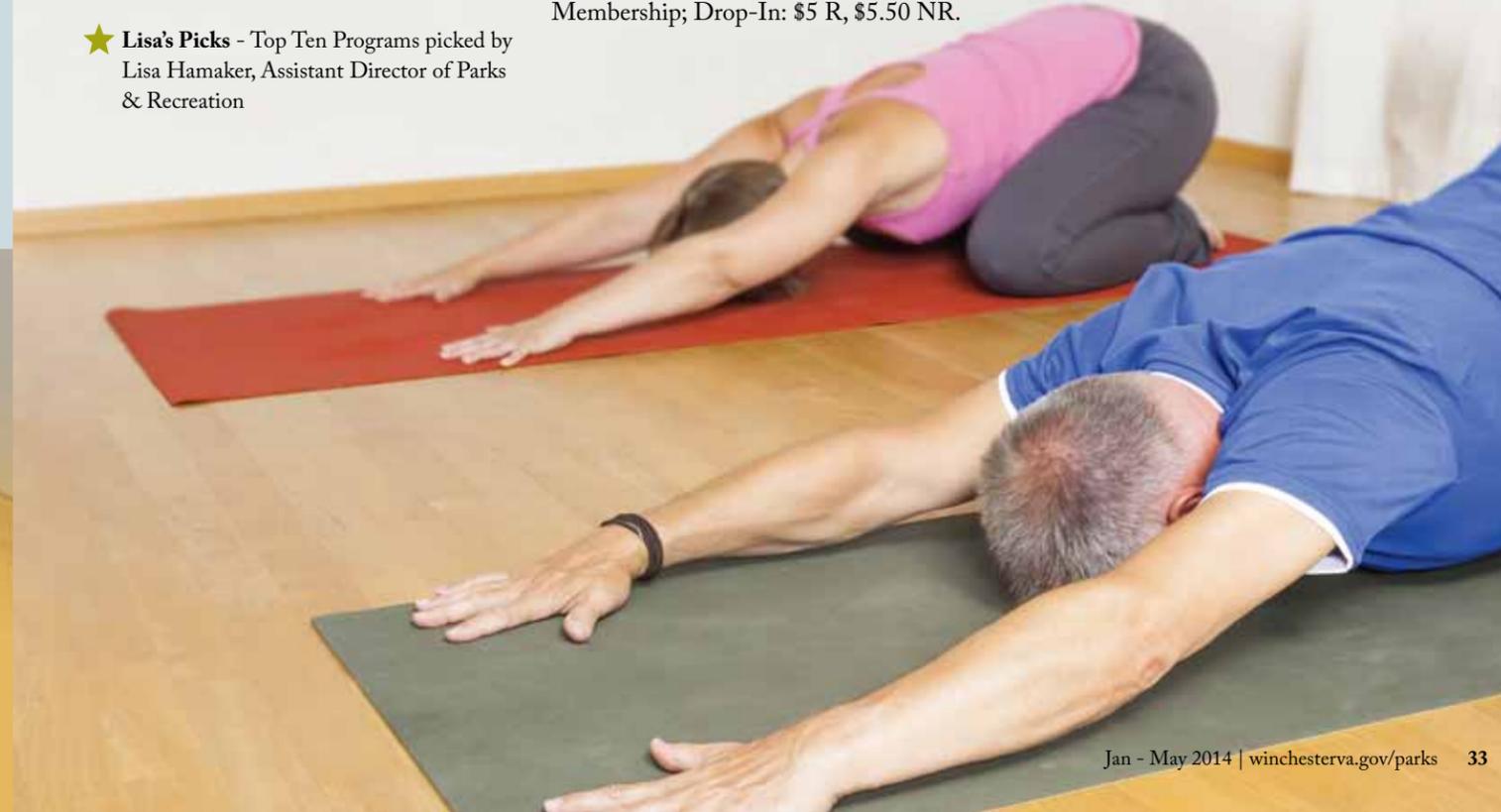
This shallow water exercise class is designed for all swimming abilities and covers a wide range of exercises gives you a good overall workout. Water aerobics uses the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity. No swimming is required in water aerobics, and flotation devices are used frequently. Water exercises help increase your energy, stamina and strength. Instructor: Kelly Maffeo. January 6-31, February 3-28, March 3-31, and April 1-30, 9:30-10:30am (Monday, Wednesday, Friday), 7-8pm (Tuesday), in the Indoor Pool at the War Memorial Building. Fee: Included in the Facility Membership; Drop-In: \$5 R, \$5.50 NR.

Zumba

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. Participants will also gain coordination, as you learn new moves and dance. Instructor: Amanda Floyd. January 7-30, February 4-27, March 4-27, and April 1-29, 6:30-7:30pm, (Tuesdays and Thursdays only) in the George Washington Room at the War Memorial Building. Fee: Included in the Facility Membership; Drop-In: \$5 R, \$5.50 NR.

Hot Hula ★

Hot Hula is a combination of Polynesian rhythms mixed with old school songs we know and love. It is designed to be a complete core workout allowing even a beginner to enjoy and take part in something new. Although the rhythms are slower, the sweat factor is just as intense. So bring your water bottle and towel and get ready for some island beats! Instructor: Francine LaDuca. February 5-28, March 5-28, and April 2-30, 9-9:45am (Wednesday and Friday), in the Gym at the War Memorial Building. Fee: Included in the Facility Membership; Drop-In: \$5 R, \$5.50 NR.



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.

Swim Lesson Registration Cancellations & Refunds

NEW! We now have a "Register BY" date. You 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 here at the park. Please note, we open at 5:30am Monday-Friday
- Your payment will be required at the time of registration. Your registration will not be processed without payment. Thank you for your understanding.
- When registering for a session, please do not register for multiple sessions at one 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.

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.

Open Gym Schedule

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.

January - April

ALL AGES	M	T	W	TH	F	S	SU
Noon - 3 pm	■	■	■	■	■	■	■
4 - 6 pm						■	■
7:30 - 9:30 pm			■		■		

AGES 30+	M	T	W	TH	F	S	SU
7:30 - 9:30 pm	■			■			

Gym available ■ Not available □



Pool Schedule

January 13 - February 23

GENERAL SWIM	M	T	W	TH	F	S	SU
Noon - 1 pm	■	■	■	■	■		
2 - 4 pm							■
2 - 6 pm							■
5:30 - 7 pm					■		
7 - 7:45 pm		■		■			

LAP SWIM	M	T	W	TH	F	S	SU
5:30 - 6:30 am	■		■		■		
6:15 - 10 am		■		■			
7:15 - 9:30 am	■		■		■		
10:30 - Noon	■	■	■	■	■		
Noon - 2 pm						■	■
2 - 3:15 pm		■		■	■		
6 - 7 pm	■		■				

ACTIVE ADULT/ THERAPEUTIC	M	T	W	TH	F	S	SU
1 - 2 pm	■	■	■	■	■		

February 24 - May 25

GENERAL SWIM	M	T	W	TH	F	S	SU
Noon - 1 pm	■	■	■	■	■		
1 - 6 pm							■
2 - 4 pm							■
5:30 - 7 pm					■		
7 - 7:45 pm				■			
8 - 9:15 pm		■					
8:30 - 9:15 pm	■	■	■	■			

LAP SWIM	M	T	W	TH	F	S	SU
5:30 - 9:30 am	■		■		■		
5:30 - 10:30 am		■		■			
10:30 - Noon	■		■		■		
Noon - 2 pm						■	■
2 - 4 pm		■		■			
3 - 4 pm	■		■				
6 - 7 pm	■		■				

ACTIVE ADULT/ THERAPEUTIC	M	T	W	TH	F	S	SU
1 - 2 pm	■	■	■	■	■		

Pool available ■ Not available □

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

Registration Form

Name of Participant _____ Parent's Name (if applicable) _____

Address _____ Phone _____

_____ Email _____

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 _____

Did You Know?

Activity Guide design by: Renee Lazer Bayliss

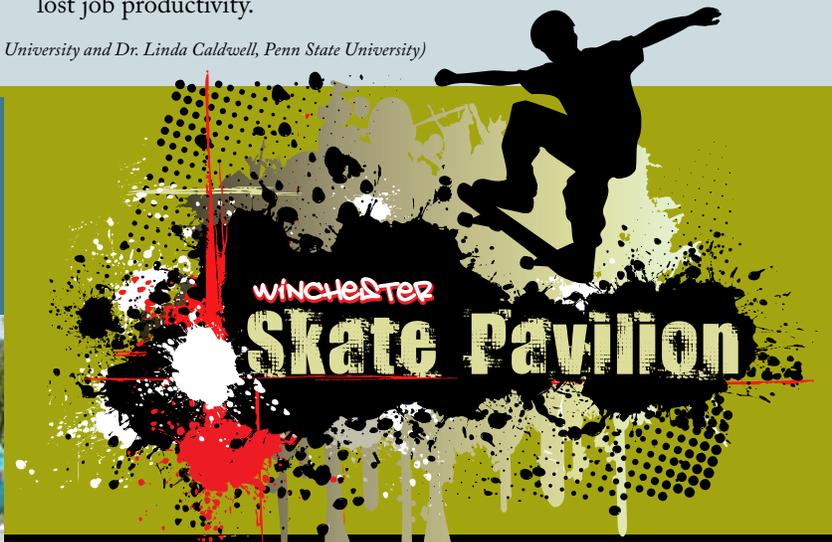
Park and recreation departments are ideally situated to supply the supports, opportunities, programs, and services to facilitate adolescents' development into healthy and fully functioning adults. Recreation services provided by park and recreation departments need to both help reduce problem behaviors, as well as increase pro-social attitudes and skills. Crimes by and against children soar from 3 to 6pm, including car accidents, abuse of illicit substances, and sexual assault.

Protecting youth during this critical time of day safeguards not only their welfare, but also that of the greater community. According to a recent study, for every dollar invested in afterschool programs, taxpayers save an average of \$6 in crime costs. Properly designed and conducted after-school and summer programs can reduce negative behaviors, exposure to violence, health care costs, parental stress and lost job productivity.

(The Rationale for Recreation Services for Youth: An Evidence Based Approach, Dr. Peter Witt, Penn State University and Dr. Linda Caldwell, Penn State University)

It's Back!

Coming soon to a neighborhood park near you...The Bubble Van!




\$28,000 to go!
\$7,000 raised
\$35,000 City's Match


Help us reach our FUNDRAISING GOAL