Camps.............................. 38
Childcare.......................... 39
Community Gardens.............. 40
Community Outreach ............ 19
Creative Exploration ............ 32
Dance Classes...................... 30
Diving Board and Rock Wall... 14
Eric Brown Skate Plaza........... 27
Fitness and Wellness.............. 15
Football Leagues.................. 25
Gymnastics Classes............... 28
Ida Lee Fee and Passes .......... 4
Leesburg Dog Park............... 39
Martial Arts Classes.............. 26
Meeting Facilities............... 39
Parks................................. 9

Parties.............................. 27
Personal Training................ 18
Pickleball........................... 19
Preschool............................ 33
Racquetball and Wallyball...... 19
Registration Form............... 6
Registration Information....... 7
Rentals-Indoors................... 5
Rentals-Outdoors............... 8
Safety Academy................... 14
Special Events.................... 40
Specialty Programs.............. 37
Sports Classes..................... 24
Swim Classes....................... 10
Tennis Classes..................... 20
Winter Pass Sale.................. 44

Registration Dates

November 12
5:00am
for Leesburg residents/
annual pass holders.
Registration by Webtrac,
mail-in, drop-off, or
fax only.

November 13
5:00am
for Leesburg residents/
annual pass holders.
Registration by walk-in,
Webtrac, mail-in,
phone-in, or fax.

November 19
5:00am
Open to all. Registration
by Webtrac, mail-in,
drop-off, or fax only.

November 20
5:00am
Open to all. Registration
by walk-in, Webtrac,
mail-in, phone-in,
or fax.
Town of Leesburg
PARKS & RECREATION DEPARTMENT
Two Time National Gold Medal Award Winner

WebTrac Online Registration
available at idalee.org
or call 703-777-1368 for details

Town Council
Kelly Burk, Mayor
Fernando “Marty” Martinez, Vice-Mayor
Ronald E. Campbell
Thomas S. Dunn, II
Suzanne Fox
Neil Steinberg
Joshua Thiel
Kaj H. Dentler, Town Manager

Parks & Recreation Advisory Commission
Brody McCray, Chair
Rob Fuller, Vice Chair
Laurie Burke
David Drupa
Rachel Hart
Peggie Tyree
Clint Walker

Commission meetings are held on the third Monday of each month, 7:00pm in the Ida Lee Park Recreation Center Conference Room, Leesburg, Virginia. The public is welcome.

Parks & Recreation Staff

ADMINISTRATION
Rich Williams, AFO, Director of Parks & Recreation
Kate Trask, CPRP, Deputy Director of Parks & Recreation
Tabitha Eagle, Administrative Associate
David Evans, Systems Technician

EVENTS AND COMMUNITY OUTREACH
Linda Fountain, Events & Outreach Manager
Chris Madison, Events Coordinator
Ashton Echols, Assistant Events Coordinator
Tony Conway, Outreach Programs Coordinator
Maura Cashen, Preschool Teacher

TENNIS
Mark Elliott, Head Tennis Professional
TBD, Tennis Supervisor

PARKS
Jon Cleaves, Parks Manager
Travis Brown, Lead Groundskeeper
Travis Martin, Lead Groundskeeper
Zack Stevens, Outdoor Facilities Supervisor

RECREATION
Katey Jackson, Recreation Superintendent
Lisa Hamaker, CPRP, Programs & Fitness Manager
Brandon Ware, AFO, Aquatics Manager
Stephanie Wishmyer, Aquatics Supervisor
Tim Pope, AFO, Assistant Aquatics Supervisor
Megan MacDonald, Building Services Supervisor
Pam Sullivan, Fitness Supervisor
Kyle Clarke, Sports & Recreation Programs Supervisor
Kemper Winstead, Sports & Recreation Programs Supervisor

Facility Addresses

Parks & Recreation Administration
50 Ida Lee Drive, N.W.
Leesburg, VA 20176
703-777-1262
Fax: 703-737-7148

Ida Lee Park Recreation Center
60 Ida Lee Drive, N.W.
Leesburg, VA 20176
703-777-1368
Fax: 703-737-7165

Ida Lee Park Tennis Center
70 Ida Lee Drive, N.W.
Leesburg, VA 20176
703-737-6068

AV Symington Aquatic Center
80 Ida Lee Drive, N.W.
Leesburg, VA 20176
703-779-5390

RESIDENT REGISTRATION BEGINS 11/12 | idalee.org | 703-777-1368
Ida Lee Park  
RECREATION CENTER  FEES & PASSES
60 IDA LEE DR., N.W.  LEESBURG, VA 20176 / 703-777-1368

Our mission is to provide high quality programs, parks, and facilities to meet the diverse needs of all citizens. Our staff is here to help make your visit as pleasant as possible. We strive to meet all your recreational needs in a clean and friendly environment. Please do not hesitate to contact us if we can be of service to you.

ADMISSION FEES

<table>
<thead>
<tr>
<th></th>
<th>Town Resident</th>
<th>Non-Resident</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DAILY ADMISSION</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult</td>
<td>$5.50</td>
<td>$7.50</td>
</tr>
<tr>
<td>Youth (15 and under)</td>
<td>$4.00</td>
<td>$5.25</td>
</tr>
<tr>
<td>Senior Citizen (60+)</td>
<td>$4.00</td>
<td>$5.25</td>
</tr>
<tr>
<td><strong>25-ADMISSION COUPONS</strong></td>
<td></td>
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<tr>
<td>Adult</td>
<td>$121.00</td>
<td>$160.00</td>
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<tr>
<td>Youth (15 and under)</td>
<td>$93.00</td>
<td>$123.00</td>
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<tr>
<td>Senior Citizen (60+)</td>
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<td>$123.00</td>
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<tr>
<td><strong>PASSES</strong></td>
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<tr>
<td>Adult</td>
<td>$429.00</td>
<td>$571.00</td>
</tr>
<tr>
<td>6 Months</td>
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<td>$314.00</td>
</tr>
<tr>
<td>30 Days</td>
<td>$52.00</td>
<td>$69.00</td>
</tr>
<tr>
<td>Two Adults</td>
<td>$803.00</td>
<td>$1,070.00</td>
</tr>
<tr>
<td>6 Months</td>
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<td>$578.00</td>
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<tr>
<td>30 Days</td>
<td>$92.00</td>
<td>$122.00</td>
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<tr>
<td>Family Dependent</td>
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<tr>
<td>6 Months</td>
<td>$107.00</td>
<td>$142.00</td>
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<tr>
<td>30 Days</td>
<td>$24.00</td>
<td>$32.00</td>
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<tr>
<td>Single Dependent</td>
<td>$349.00</td>
<td>$465.00</td>
</tr>
<tr>
<td>6 Months</td>
<td>$191.00</td>
<td>$254.00</td>
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<tr>
<td>30 Days</td>
<td>$41.00</td>
<td>$54.00</td>
</tr>
<tr>
<td>Family</td>
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<td>$1,379.00</td>
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<tr>
<td>6 Months</td>
<td>$565.00</td>
<td>$753.00</td>
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<td>30 Days</td>
<td>$115.00</td>
<td>$153.00</td>
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<tr>
<td>Senior</td>
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<td>$465.00</td>
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<tr>
<td>6 Months</td>
<td>$191.00</td>
<td>$254.00</td>
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<tr>
<td>Two Seniors</td>
<td>$620.00</td>
<td>$826.00</td>
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<tr>
<td>6 Months</td>
<td>$354.00</td>
<td>$472.00</td>
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<tr>
<td>30 Days</td>
<td>$75.00</td>
<td>$100.00</td>
</tr>
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</table>

Winter Recreation Center Hours

- **Monday–Friday** 5:00am – 10:00pm
- **Saturday** 6:00am – 8:00pm
- **Sunday** 7:00am – 8:00pm

Pool Hours

**MAIN POOL**

- **Monday–Friday** 5:00am – 9:30pm
- **Saturday** 6:00am – 8:00pm*
- **Sunday** 7:00am – 6:00pm

**AUXILIARY POOL**

- **Monday & Wednesday** 5:30am – 8:30am
  11:30am – 3:00pm
  3:00pm – 5:00pm (HP)
  7:00pm – 9:30pm
- **Tuesday & Thursday** 5:30am – 9:00am
  11:30am – 3:00pm
  3:00pm – 5:00pm (HP)
  7:00pm – 9:30pm
- **Friday** 5:30am – 8:30am
  11:30am – 9:30pm
- **Saturday** 6:00am – 9:00am
  11:30am – 2:00pm (AD)
  2:00pm – 8:00pm
- **Sunday** 7:00am – 10:00am (AD)
  10:00am – 8:00pm

* Pool closed 9:00am – 12:00pm  
HP - Half Pool  
AD- Adults Only

Holiday Facility Hours

- **Christmas Eve** 5:00am – 4:00pm
- **Christmas Day** Closed
- **New Year’s Eve** 5:00am – 7:00pm
- **New Year’s Day** 12:00pm – 8:00pm

Automatic Deduction are available for annual passes
Visit idalee.org or call 703-777-1368
### Facility Rentals at Ida Lee Park Recreation Center

### Upper Level Rental Areas

<table>
<thead>
<tr>
<th>Facility Type</th>
<th>Hourly Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multipurpose Room (MPR)</td>
<td>$60</td>
</tr>
<tr>
<td>MPR-Right / MPR-Left</td>
<td>$25 / $35</td>
</tr>
<tr>
<td>Arts and Crafts Room</td>
<td>$25</td>
</tr>
<tr>
<td>1/2 Gym / Whole Gym</td>
<td>$65 / $115</td>
</tr>
<tr>
<td>Whole Pool (staffing extra)</td>
<td>$125</td>
</tr>
<tr>
<td>Auxiliary Pool (includes one guard)</td>
<td>$100</td>
</tr>
</tbody>
</table>

### Lower Level Meeting Rooms - Private

<table>
<thead>
<tr>
<th>Room Size</th>
<th>Hourly</th>
<th>6 Hours</th>
<th>10 Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>1000 Sq. Ft.</td>
<td>$85</td>
<td>$345</td>
<td>$515</td>
</tr>
<tr>
<td>3000 Sq. Ft.</td>
<td>$200</td>
<td>$805</td>
<td>$1,200</td>
</tr>
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</table>

### Lower Level Meeting Rooms - Non-Profit

<table>
<thead>
<tr>
<th>Room Size</th>
<th>Hourly</th>
<th>6 Hours</th>
<th>10 Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>1000 Sq. Ft.</td>
<td>$60</td>
<td>$230</td>
<td>$345</td>
</tr>
<tr>
<td>3000 Sq. Ft.</td>
<td>$150</td>
<td>$575</td>
<td>$860</td>
</tr>
</tbody>
</table>

### Facility Rental Fees

**Rent A Facility**

703-737-2371 / rentalcoordinator@leesburgva.gov

Resident Registration Begins 11/12 | idalee.org | 703-777-1368
**Town of Leesburg Parks & Recreation**

**Program Registration**

**Registration Accepted By:** Fax: 703-737-7165 / WebTrac: idalee.org / Drop-off or Mail-in: 60 Ida Lee Drive, N.W., Leesburg, VA 20176

<table>
<thead>
<tr>
<th>Registration Date</th>
<th>Access to Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 12 / Leesburg Residents &amp; Annual Pass Holders</td>
<td>NOVEMBER 12 / LEESBURG RESIDENTS &amp; ANNUAL PASS HOLDERS</td>
</tr>
<tr>
<td>November 13 / Residents &amp; Pass Holders, Walk-in, WebTrac, and Phone-In</td>
<td>NOVEMBER 13 / RESIDENTS &amp; PASS HOLDERS, WALK-IN, WEBTRAC, AND PHONE-IN</td>
</tr>
<tr>
<td>November 19 / Open To All</td>
<td>NOVEMBER 19 / OPEN TO ALL</td>
</tr>
<tr>
<td>November 20 / Open To All, Walk-in, WebTrac, and Phone-In</td>
<td>NOVEMBER 20 / OPEN TO ALL, WALK-IN, WEBTRAC, AND PHONE-IN</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Registration Methods</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. You may mail in your registration any time, BUT it will be processed according to the dates and steps above.</td>
</tr>
<tr>
<td>2. A registration must be received by 5:00am to be processed on the first day of the appropriate registration date. Any registration received after 5:00am will be processed the next day.</td>
</tr>
<tr>
<td>3. To increase fairness, all Mail-in, Drop-off, and Fax registrations will be randomly drawn from each registration day.</td>
</tr>
<tr>
<td>4. Due to the volume of Mail-in, Drop-off, and Fax registrations, we will not be able to confirm by phone that we received your form.</td>
</tr>
<tr>
<td>5. A confirmation receipt listing your class enrollment or wait-list status will be sent via email. If no email address is on file, the receipt will be mailed.</td>
</tr>
<tr>
<td>6. FULL PAYMENT must be included with your registration form(s). Payment can be made by credit card (VISA, MasterCard, AMEX, or Discover) or a check.</td>
</tr>
</tbody>
</table>

**TOTAL LISTED FEE** $ 

Outstanding Household Credit (apply here) 

Senior Discount (select classes only) 

**TOTAL (PAY THIS AMOUNT)** $ 

Credit Card (VISA, Mastercard, Discover) 

Credit Card (American Express) 

Expiration Date: 

Please make checks payable to The Town of Leesburg.

**WebTrac Online Registration available at idalee.org or call 703-777-1368 for details**
Registration Reminders & General Information

FEES: Payment must accompany registration. A $50 fee is charged for returned checks.

SENIOR CITIZEN DISCOUNT: Senior Citizens (60+) will receive a 50% discount on select classes and 20% off the adult daily admission to Ida Lee. No discounts on trips, fitness and wellness specialty classes, tennis classes, bridge classes/socials, or private lessons will be issued.

AGE REQUIREMENT: Participants must meet the age guidelines by the start of the program.

REFUND POLICY:

General:
Approved cancellation requests by patrons will be refunded by credit card or check only. No household credits will be issued. All check refunds will be mailed within three weeks after the request has been processed. Prorated values are calculated based on the remaining classes at the time that the request is received by the department. Additional details below.

Program/League/Trip:
• For refund requests submitted less than 14 calendar days prior to the day the program begins, there is a 50% penalty ($100 max) per program.
• No refunds will be given on or after the day of the first class or the flag football start date without a doctor’s note.
• With a doctor’s note, medical refunds are only granted if they require a full withdrawal from the remainder of the session. Refunds will be prorated from the last class prior to the injury/illness and before the mid-point of the program.
• Even with a doctor’s note, there will be no refunds from the day of the mid-point of the program or after for any reason.
• For passes, inclement weather refunds will not be given unless two or more days per session are cancelled.

Passes:
• For passes paid in full, refunds may vary based upon the date of refund request.
• No retro-dated refunds will be honored for any pass type.

Automatic Deduction Passes:
• Cancellations will be permitted for medical reasons (accompanied with a doctor’s note) and for patron’s moving out of the area.
• No refunds will be issued for programs/sessions that have ended.
• No make-ups or refunds are given for missed classes.
• If a program or trip meets only one time, no refunds will be given. Full refunds will be issued if the program/trip is cancelled.

Contracted Class:
• Contracted classes may impose different refund standards for payments made directly to the provider.
• Payments to the Town of Leesburg for contracted classes follow the refund policies as stated above.
• Paid supply fees are non-refundable.

Camps/Academies:
• The camp registration fee is non-refundable.
• To obtain a full refund, refund requests must be submitted 14 calendar days prior to the day camps begin. A refund requested less than 14 calendar days prior to the day camps begin, will incur a 50% penalty ($100 max) per camp session. After the start of the session and prior to the mid-point, refunds will be prorated. There will be no refunds after the mid-point of the program for any reason.
• Full refunds will be issued if a camp program is cancelled. Field trips are non-refundable.
• With a doctor’s note, medical refunds are only granted if they require a full withdrawal from the remainder of the session. Refunds will be prorated from the last class prior to the injury/illness and before the mid-point of the program.
• Even with a doctor’s note, there will be no refunds from the day of the mid-point of the program or after for any reason.
• For academies, inclement weather refunds will not be given unless two or more days per session are cancelled.

FINANCIAL AID/SCHOLARSHIPS: Only Leesburg residents qualify. Forms are available at the front desk of the recreation center or for more information, call 703-777-1368.

WAIVER: Participants in programs and activities offered by The Town of Leesburg Parks and Recreation Department agree to indemnify and hold harmless the Town of Leesburg, its employees, and agents from and against any and all liability for any injury which may be suffered by the individual arising out of or in any way connected with participants in the activity(ies).

LOCATION: All classes will be held at Ida Lee Park Recreation Center unless otherwise noted in the class description.

INCLEMENT WEATHER POLICY: In the event of inclement weather, please call our information line at 703-737-7166 for class cancellations. If classes are cancelled due to inclement weather, attempts will be made to make up missed classes at the end of the session.

CANCELLATIONS: The Parks and Recreation Department reserves the right to cancel a class/special event due to insufficient enrollment. It requires a certain number of participants to justify offering a course and if that minimum is not reached, the course is cancelled. Classes are normally cancelled one week before each session begins. Please REGISTER EARLY!

MODIFICATIONS: The Parks and Recreation Department is committed to providing recreation for all persons. Advanced notice for program modifications is requested. If transportation assistance is needed, please call Paratransit Bus Service at 571-258-3464 or www.loudoun.gov/paratransit. If assistance is needed for the hearing impaired, please call us through the Virginia Relay Center at 1-800-828-1140.

PHOTOGRAPHIC RELEASE: By participating in programs and using our facilities, you are granting the Town of Leesburg and the Parks and Recreation Department permission to use photographic images of you and/or your minors for marketing purposes.

WAIVER: Participants in programs and activities offered by The Town of Leesburg Parks and Recreation Department agree to indemnify and hold harmless the Town of Leesburg, its employees, and agents from any and all liability for any injury which may be suffered by the individual arising out of or in any way connected with participants in the activity(ies).

LOCATION: All classes will be held at Ida Lee Park Recreation Center unless otherwise noted in the class description.

15% Off Recreation Center Passes
12/15/19 through 1/15/20 (6 Months and Annual Passes Only)
The Town of Leesburg Department of Parks and Recreation offers numerous park rentals, including the gazebo at Ida Lee Park, and pavilions. The Town’s facilities have been used for an array of group or organization activities from birthday parties and family reunions to tournaments and special events, from individual activities to large scale fundraisers.

CONTACT US FOR RATES & AVAILABILITY
703-737-7155
idalee.org
Learn more about the parks of Leesburg at idalee.org or call 703-777-1368
Parent & Baby Swim Classes
(Ages 6 months-2 yrs) Parents and children have fun together in this class which introduces basic swimming skills and safety using toys, songs, and games. Prerequisite: One adult is required to get in the pool with each child. Other children may not be unattended on the pool deck. Classes meet for 30 minutes.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY</th>
<th>TIME</th>
<th>SESSION</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>301000</td>
<td>MON</td>
<td>11:00am</td>
<td>D</td>
<td>$85</td>
</tr>
<tr>
<td>301001</td>
<td>TUE</td>
<td>5:40pm</td>
<td>J,K</td>
<td>$60/$51*</td>
</tr>
<tr>
<td>301002</td>
<td>THU</td>
<td>11:00am</td>
<td>L,M</td>
<td>$60/$51*</td>
</tr>
<tr>
<td>301003</td>
<td>FRI</td>
<td>11:00am</td>
<td>N,O</td>
<td>$60/$51*</td>
</tr>
<tr>
<td>301004</td>
<td>SAT</td>
<td>9:00am</td>
<td>P,Q</td>
<td>$60/$51*</td>
</tr>
<tr>
<td>301005</td>
<td>SAT</td>
<td>10:20am</td>
<td>P,Q</td>
<td>$60/$51*</td>
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</table>

Parent & Child Swim Classes
(Ages 2-5) Parents and children have fun together in this class which introduces basic swimming skills and safety using toys, songs, and games. Prerequisite: One adult is required to get in the pool with each child. Other children may not be unattended on the pool deck. Classes meet for 30 minutes.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY</th>
<th>TIME</th>
<th>SESSION</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
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<td>$60/$51*</td>
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<tr>
<td>301013</td>
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<tr>
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<td>P,Q</td>
<td>$60/$51*</td>
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<tr>
<td>301015</td>
<td>SAT</td>
<td>11:00am</td>
<td>P,Q</td>
<td>$60/$51*</td>
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<td>SUN</td>
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<td>R,S</td>
<td>$60/$51*</td>
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</tbody>
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Tiny Tikes 2’s Swim Classes
(Age 2 Only) This unique class introduces 2 year olds to group swimming lessons and teaches face submersion, blowing bubbles, breath control, floating on front and back (with support), arm and leg movements, and safety. Classes are limited to just 3 participants each. Prerequisite: Children must function well in a group setting without a parent. No goggles permitted in this class. Classes meet for 30 minutes.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY</th>
<th>TIME</th>
<th>SESSION</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>301021</td>
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<td>$67/$57*</td>
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<td>TUE</td>
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<td>$67/$57*</td>
</tr>
<tr>
<td>301023</td>
<td>THU</td>
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<td>L,M</td>
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<td>301024</td>
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<tr>
<td>301025</td>
<td>THU</td>
<td>5:00pm</td>
<td>L,M</td>
<td>$67/$57*</td>
</tr>
</tbody>
</table>

Please read the descriptions of each class to register for the appropriate skill level. Each level is based on a skills progression and may need to be repeated until the student is comfortable enough to progress to the next level.

Important Aquatic Program Information
- Patrons accompanying students in aquatics programs must pay general admission fees to use the facility.
- No make-ups or refunds are given due to personal reasons.
- Participants must be correct age by the start of class.
- Non-potty trained participants must wear snug fitting plastic pants and swim diapers under swim suit - no disposable or cloth diapers.
- Children under the age of 10 must be accompanied by an adult on the pool deck.

Learn-To-Swim Session Dates
- Mon/Wed: 8 classes/*7 classes
  - Session A – 1/6-2/3
  - Session B – 2/5-3/4
  - Session C – 3/9-3/30*
- Thurs Only: 7 classes/*6 classes
  - Session L – 1/2-2/13
  - Session M – 2/20-3/26*
- Mon Only: 10 classes
  - Session D – 1/6-3/23
- Fri Only: 7 classes/*6 classes
  - Session N – 1/3-2/14
  - Session O – 2/21-3/27*
- Tues/Thurs: 9 classes/*8 classes
  - Session G – 1/2-1/30
  - Session H – 2/4-3/3
  - Session I – 3/5-3/31*
- Sat Only: 7 classes/*6 classes
  - Session P – 1/4-2/14
  - Session Q – 2/22-3/28*
- Tues Only: 7 classes/*6 classes
  - Session J – 1/7-2/18
  - Session K – 2/25-3/31*
- Sun Only: 7 classes/*6 classes
  - Session R – 1/5-2/16
  - Session S – 2/23-3/29*

Request a Swim Assessment
We recommend that you schedule a free swim assessment if you are unsure of your child’s ability level or if this is your first time taking classes at Ida Lee. Please call us at 703-777-1368.
### Flexible Swim Program

**Waddler (Ages 3-6)**

Children will be assessed and assigned a swim level – Waddler through Swimmer. Prerequisite: Children must function well in a group class without a parent.

<table>
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**Swimmer (Ages 4-6)**

This class teaches rotary breathing, swimming 15 yards of front crawl and elementary backstroke, kneeling dive, treading water, and safety. Prerequisite: Float on front and back for 5 seconds, swim 5 yards on both front and back, and be comfortable in deep water.

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**Paddler**

(Ages 3-5) This class teaches rhythmic breathing, gliding on front and back, rolling over, swimming 5 yards on front and back, sitting dive, swimming in deep water, and safety. Prerequisite: Fully submerge body for 5 seconds, float on front and back independently, and swim 5 yards on both front and back (with flotation support).

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**Floater**

(Ages 3-5) This class teaches breath control, face submersion, floating on front and back (with flotation support), arm and leg movements, and safety. Prerequisite: Children must function well in a group class without a parent.

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**Lap Swimmer**

(Ages 4-6) This class teaches swimming 25 yards of front crawl and elementary backstroke, 15 yards of breaststroke kick, standing dive, treading water, and safety. Prerequisite: Swim 15 yards each of front crawl (with some rotary breathing) and elementary backstroke.

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**Advanced Lap Swimmer**

(Ages 4-7) This class teaches swimming 25 yards of front crawl, elementary backstroke, and back crawl; 15 yards of breaststroke, treading water, and safety. Prerequisite: Swim 25 yards each of front crawl and elementary backstroke, and 15 yards of back crawl.

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For session dates, see shaded box on page 10. Classes meet for 30 minutes.
Learn-To-Swim Classes

Swim Level 1
(Ages 6-12) This class teaches breath control, face submersion, floating on front and back (with support), swimming 5 feet on front and back (with support), and safety. Prerequisite: Students must function well in a group class without parent. Classes meet for 30 minutes.

<table>
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Swim Level 2
(Ages 6-12) This class teaches breath control and head submersion, floating on front and back, gliding on front and back, rolling over, swimming 5 yards on front and back, and safety. Prerequisite: Fully submerge face for 3 seconds, float on front and back (with support), and swim 5 feet on both front and back (with support). Classes meet for 30 minutes.

<table>
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Swim Level 3
(Ages 6-12) This class teaches rotary breathing, swimming 15 yards of front crawl, elementary backstroke and back crawl, jumping into deep water, treading water, and safety. Prerequisite: Float on front and back for 5 seconds and swim 5 yards on both front and back. Classes meet for 30 minutes.

<table>
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Private Swim Lessons
(Ages 3 & up) All registrations for private lessons are placed on a waitlist. Lesson times and instructors are available on a first-come, first-serve basis and we are unable to guarantee a space. There are no makeups or refunds for missed lessons. Payment is due when lessons are scheduled. Registration is due for each session. 30 minute lessons.

- 30300a-Private Swim Lesson Request
- 1 Student - $36/lesson
- 2 Students - $42/lesson
- 3 Students - $48/lesson
- 4 Students - $54/lesson

Swim Level 4
(Ages 6-12) This class teaches 25 yards of front crawl (with rotary breathing), elementary backstroke and back crawl, 15 yards breaststroke, standing dives, surface dives, treading water, and safety. Prerequisite: Swim 15 yards each of front crawl, elementary backstroke, and back crawl. Classes meet for 30 minutes.

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Swim Level 5
(Ages 6-12) This class teaches swimming 50 yards of front crawl (with bi-lateral breathing), elementary backstroke and back crawl, 25 yards of breaststroke, 15 yards of butterfly, surface dives, open turns, treading water, and safety. Prerequisite: Swim 25 yards each of front crawl, elementary backstroke and back crawl in good form, and 15 yards of breaststroke. Classes meet for 30 minutes.

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Swim Level 6
(Ages 6-14) This class teaches 100 yards of front crawl and back crawl, 50 yards of breaststroke, 25 yards of butterfly, and sidestroke. The class develops good fitness habits, introduces a wide range of aquatic activities, and teaches safety skills. Prerequisite: Participants must have completed Swim Level 5. Classes meet for 45 minutes.

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Adaptive Aquatics
(Ages 3-12) A flexible water activity for individuals with physical or cognitive disabilities. Emphasis is placed on developing swimming skills and basic movements to meet the needs of participants. Prerequisite: A family member is required to assist in the water during Adaptive Aquatics classes. Classes meet for 45 minutes.

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For session dates, see shaded box on page 10.
Springboard Diving  
(Ages 7-14) Learn the components of springboard diving (approach, take off, flight, and entry) and learn new dives. Introduced dives may include: forward dive, tuck and pike, back dive, and inwards. Prerequisite: Swim 25 yards in deep water and perform a standing front dive from the side of the pool. Classes meet for 45 minutes.

CODE   DAY    TIME   SESSION FEE  
301601   SAT   11:30am   P,Q   $70/$60*

Developmental Swim Team  
(Ages 6-10) This class is designed to introduce younger and less proficient swimmers to a swim team environment. The competitive strokes (front crawl, back crawl, breaststroke, and butterfly) are taught in a low pressure, non-competitive environment. Swimmers will improve on stroke technique while learning the fundamentals of competitive swimming. Prerequisite: Must have completed Swim Level 4 or Advanced Lap Swimmer and swim 25 yards in good form. Classes meet for 45 minutes.

CODE   DAY    TIME   SESSION FEE  
301430   M/W   3:30pm   A,B,C   $80/$70*  
301431   SUN   12:00pm   R,S   $70/$60*

Advanced Developmental Swim Team  
(Ages 8-14) This class is designed for the more experienced swimmers who are still developing competitive strokes. Prerequisite: Student must have completed Swim Level 5 and must be able to swim 50 yards in good form. Classes meet for 45 minutes.

CODE   DAY    TIME   SESSION FEE  
301432   M/W   4:30pm   A,B,C   $80/$70*  
301433   T/TH   5:30pm   G,H,I   $90/$80*  
301434   SAT   10:15am   P,Q   $70/$60*

Off-Season Conditioning  
(Ages 11-18) This is a great training and conditioning program for competitive swimmers who want to maintain their edge and perfect their strokes. Prerequisite: Swimmers can swim the four competitive strokes. Classes meet for 60 minutes.

CODE   DAY    TIME   SESSION FEE  
301440   M/W   5:30pm   A,B,C   $84/$74*  
301441   SAT   9:00am   P,Q   $74/$63*

Adult Beginner Swimming  
(Ages 13 & up) Overcome your hesitation with water at a comfortable pace while learning the basic swimming skills: water adjustment, breath control, floating, kicking, and introduction to front crawl, back crawl, and breaststroke. This class is held in shallow water. Prerequisite: A desire to learn. Classes meet for 45 minutes.

CODE   DAY    TIME   SESSION FEE  
301600   T/TH   7:30pm   G   $90  
301601   SAT   8:00am   P,Q   $70/$60*  
301602   SUN   11:15am   R,S   $70/$60*

Adult Advanced Beginner Swimming  
(Ages 13 & up) Build on your skills: front crawl, back crawl, breaststroke, treading water, deep water swimming, and safety. Prerequisite: Must be comfortable in water and swim 5 yards on front and back. Classes meet for 45 minutes.

CODE   DAY    TIME   SESSION FEE  
301610   T/TH   7:30pm   H,I   $90/$80*  
301611   SAT   8:00am   P,Q   $70/$60*

Adult Intermediate Swimming  
(Ages 13 & up) Develop your technique with front and back crawl to swim longer distances. Learn breaststroke, elementary backstroke, and sidestroke. This class is mostly taught in deep water. Prerequisite: Comfort in the water and swim 10-15 yards of front and back crawl. Class meets for 45 minutes.

CODE   DAY    TIME   SESSION FEE  
301620   M/W   7:30pm   A,B,C   $80/$70*  
301621   SAT   8:45am   P,Q   $70/$60*

Adult Stroke Refinement/Conditioning  
(Ages 16 & up) Become a stronger and faster swimmer. Improve your skills through drills and coaching. Build your endurance by swimming distance workouts. Prerequisite: Swim 50 yards of any stroke in good form. Class meets for 60 minutes.

CODE   DAY    TIME   SESSION FEE  
301750   T/TH   7:00am   G,H,I   $95/$84*  
301751   SUN   10:00am   R,S   $74/$63*

Young Masters Swim  
(Ages 13-18) This is a great conditioning class for experienced high school swimmers who want to participate in a group swim team setting while keeping up stroke techniques and endurance. This class coincides with the Masters Swim class. No class 1/20, 2/17.

CODE   DAY    TIME   SESSION FEE  
301910a   M/W   7:30-8:30pm   Jan   $50  
301910b   M/W   7:30-8:30pm   Feb   $50  
301910c   M/W   7:30-8:30pm   March   $50

Masters Swim  
(Ages 16 & up) This is a great conditioning class for experienced swimmers or anyone wanting to participate in a group swim team atmosphere. Perfect your strokes, meet new people, and feel better than ever. No class 1/20, 2/17.

CODE   DAY    TIME   SESSION FEE  
301900a   T/TH/F   5:30-7:00am   Jan   $75  
301900c   M/W   7:30-8:30pm   Jan   $50  
301901a   T/TH/F   5:30-7:00am   Feb   $75  
301901c   M/W   7:30-8:30pm   Feb   $50  
301902a   T/TH/F   5:30-7:00am   March   $75  
301902c   M/W   7:30-8:30pm   March   $50

RESIDENT REGISTRATION BEGINS 11/12 | idalee.org | 703-777-1368 13
Safety Academy

American Red Cross Babysitter’s Training
(Ages 11-15) The American Red Cross Babysitter’s Training Course will teach young people the skills and confidence needed to safely and responsibly care for children and infants. Through hands-on activities, interactive video and lively discussions, the course teaches young people how to interview for a babysitting job, make responsible decisions, and keep the children they babysit and themselves safe. Upon successful completion of the course, participants will receive an American Red Cross Babysitter’s Training certificate. Participant manual will be included. 1, 7-hour class.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>304918a</td>
<td>SUN</td>
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<tr>
<td>304918b</td>
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<tr>
<td>304918c</td>
<td>SUN</td>
<td>1:00pm-8:00pm</td>
<td>3/15</td>
<td>$75</td>
</tr>
</tbody>
</table>

American Red Cross First Aid Class
(Ages 13 & up) Participants are taught the necessary skills to provide care in an emergency, help sustain life, and minimize the consequences of injury or sudden illness until professional medical help arrives. The American Red Cross First Aid certification is valid for two years. This course does not include CPR. A Digital Participant manual will be included. 1, 4-hour class.

<table>
<thead>
<tr>
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<th>Day</th>
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<th>Cost</th>
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<td>304913a</td>
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</tr>
<tr>
<td>304913b</td>
<td>TUE</td>
<td>5:30pm-9:30pm</td>
<td>3/10</td>
<td>$75</td>
</tr>
</tbody>
</table>

American Red Cross CPR/AED Class
(Ages 13 & up) Participants are taught the skills needed to recognize emergency situations, and to care for life-threatening respiratory or cardiac emergencies. Adult, child and infant CPR with an AED is taught. The American Red Cross CPR/AED Course certification is valid for two years. Digital Participant manual will be included. 1, 4.5-hour class.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Cost</th>
</tr>
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<tr>
<td>304921a</td>
<td>TUE</td>
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<td>304921c</td>
<td>TUE</td>
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<td>3/24</td>
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</table>

American Red Cross Adult & Pediatric First Aid/CPR/AED
(Ages 13 & up) Participants are taught the skills needed to recognize and provide care in emergency situations, help sustain life, and to care for life-threatening respiratory or cardiac emergencies. Adult, child and infant CPR with an AED is taught. The American Red Cross certification is valid for two years. Participants manual will be included. 1, 4.5-hour class.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Cost</th>
</tr>
</thead>
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<tr>
<td>304922a</td>
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<td>$125</td>
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</tbody>
</table>

Join us in the Pool
DIVING BOARD & ROCK WALL HOURS
TUESDAY & FRIDAY  7:00pm-8:30pm
SATURDAY & SUNDAY  1:00pm-4:50pm
American Red Cross Lifeguard Training

(Ages 15 & up) Participants of the American Red Cross Lifeguard Training course are taught the skills and knowledge to prevent, recognize, and respond to emergencies in and around the water. Upon successful completion of the course, participants will be certified in Lifeguard Training/CPR/AED and First Aid for 2 years. Participants are encouraged to bring a packed lunch. Participant manual and a pocket mask will be provided. Attendance is mandatory at all sessions. Prerequisite: Participant must be 15 years old on or before the LAST day of class and pass a pre-course session, on first day of class. Pre-course skills session includes the following: a 300 yard continuous swim, using these strokes in the following order: 100 yards of front crawl using rhythmic breathing and a stabilizing propellant kick, 100 yards of breaststroke using a pull, breathe, kick and glide sequence, and 100 yards of front crawl or breaststroke or a combination of both; Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object on the back, and exit the water without using a ladder or steps within 1 minute, 40 seconds; Tread water using only legs for 2 minutes. 6 classes.

304810a FRI 6:00pm-10:00pm 3/6, 3/13 $250
SAT 9:00am-6:00pm 3/7, 3/14
SUN 9:00am-6:00pm 3/8, 3/15

American Red Cross Lifeguard Training Review

(Ages 15 & up) The Lifeguard Training Review class renews the participant’s unexpired certificates in Lifeguarding, CPR/AED, and First Aid. Upon successful completion of the course, participants will be renewed for Lifeguarding, CPR/AED, and First Aid which is valid for two years. Participants must bring the ARC Lifeguard Training textbook and pocket mask to class. Participants are encouraged to bring a packed lunch. Prerequisite: Must have an unexpired ARC Lifeguard Training Certificate. If certificate is expired, student must register for the full Lifeguard Training course. 2, 6-hour classes.

304812a SAT/SUN 9:00am-3:00pm 3/28-3/29 $125

Fitness Classes for Kids

Kids in Motion

(Ages 5-10) This class will get kid’s hearts pumping and muscles moving. Balance, coordination, strength, and cardiovascular fitness will improve with age appropriate activities like crazy circuit training, musical steps, and outrageous obstacle courses. All fitness levels welcome! 8, 45-minute classes.

308501a WED 3:30pm 1/8-2/26 $80

Youth Weight Room Certification

(Ages 12-15) If you are serious about looking better, feeling better, getting stronger and healthier, GET CERTIFIED!!! In this class you will learn the rules of the fitness room and how to use the free weights and cardio machines. Youths with a certification card on file may workout in the fitness center unsupervised. In order to take this class, you must pre-register at least 3 days before and you must attend all four sessions. 4, 60-minute classes.

308560a TUE 4:30pm 1/7-1/28 $60
308560b TUE 4:30pm 2/11-3/3 $60

SAFETY ACADEMY REFUND POLICY

No refunds to participants after the first day of class.
Aquatic Fitness

**Absolute Abs**
*(Ages 16 & up)* Target your core in this warm water class that focuses on training the abdominal and lower back muscles. By using the legs in multi-dimensional movement patterns, you will develop a stronger midsection to stabilize your torso and improve your balance and posture. 13, 30-minute classes/12, 30-minute classes.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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<tbody>
<tr>
<td>302700a</td>
<td>M/W/F</td>
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<td>302700b</td>
<td>M/W/F</td>
<td>8:30am</td>
<td>2/3-2/28</td>
<td>$63*</td>
</tr>
<tr>
<td>302700c</td>
<td>M/W/F</td>
<td>8:30am</td>
<td>3/2-3/30</td>
<td>$68</td>
</tr>
</tbody>
</table>

**Introduction to Water Exercise**
*(Ages 16 & up)* Perfect for those new to water exercise. This class will explore different types of water exercise classes and different types of equipment. You will learn the most effective way to exercise in the water. Participants will leave feeling comfortable in any type of aqua class setting. 13, 50-minute classes.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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<td>302734a</td>
<td>T/TH</td>
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<td>$130</td>
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<td>302734b</td>
<td>T/TH</td>
<td>10:30am</td>
<td>2/18-3/31</td>
<td>$130</td>
</tr>
</tbody>
</table>

**Early Arthritis Exercise**
*(Ages 16 & up)* Designed to accommodate individuals with arthritis and other related illnesses, this class is taught using Arthritis Foundation exercises. Improve strength, balance, coordination, cardiovascular fitness, and joint range of motion in this smaller class using half of the auxiliary pool. 13, 50-minute classes/12, 50-minute classes.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>302721a</td>
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<td>302721b</td>
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<td>$120*</td>
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<tr>
<td>302721c</td>
<td>M/W/F</td>
<td>7:30am</td>
<td>3/2-3/30</td>
<td>$130</td>
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</tbody>
</table>

**Arthritis Exercise**
*(Ages 16 & up)* Use water walking and Arthritis Foundation exercises to move all major joints and facilitate activities of daily living. Improve balance, strength, and endurance while having fun in this warm water class. 13, 50-minute classes/12, 50-minute classes.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>302720a</td>
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<td>302720b</td>
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<td>$120*</td>
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<tr>
<td>302720c</td>
<td>M/W/F</td>
<td>9:00am</td>
<td>3/2-3/30</td>
<td>$130</td>
</tr>
</tbody>
</table>

**Aqua Power**
*(Ages 16 & up)* Develop your coordination, muscular strength, and cardiovascular endurance through the use of noodles, dumbbells, and other aquatic fitness equipment. Working against shallow water currents will constantly challenge the core muscles, leading to improvements in balance as well. 13, 50-minute classes/12, 50-minute classes.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>30270n</td>
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<td>1/3-1/31</td>
<td>$130</td>
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<td>30270b</td>
<td>M/W/F</td>
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<td>2/3-2/28</td>
<td>$120*</td>
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<tr>
<td>30270c</td>
<td>M/W/F</td>
<td>8:30am</td>
<td>3/2-3/30</td>
<td>$130</td>
</tr>
</tbody>
</table>

**Deep Water**
*(Ages 16 & up)* This class places an emphasis on the water’s natural resistance to enhance overall fitness. The use of flotation equipment allows you to increase your intensity level without increasing the impact on your joints. Prerequisite: Must be comfortable in deep water. 13, 50-minute classes/12, 50-minute classes.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>302730a</td>
<td>M/W/F</td>
<td>9:30am</td>
<td>1/3-1/31</td>
<td>$130</td>
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<tr>
<td>302730b</td>
<td>M/W/F</td>
<td>9:30am</td>
<td>2/3-2/28</td>
<td>$120*</td>
</tr>
<tr>
<td>302731c</td>
<td>T/TH</td>
<td>9:30am</td>
<td>1/2-2/13</td>
<td>$130</td>
</tr>
<tr>
<td>302731a</td>
<td>T/TH</td>
<td>9:30am</td>
<td>2/18-3/31</td>
<td>$130</td>
</tr>
</tbody>
</table>

**Aqua Fitness Passes**
Eager to try one of our aqua fitness classes but not sure where to begin? TRY A DROP-IN PASS! Passes can be purchased at the front desk and must be used within 90 days of purchase. No refunds will be issued for unused passes and the number of pass holders in the class may be limited by class size. Please contact the front desk at 703-777-1368 for more details.

- **Multiple Drop-in Pass:** $200 for 20 visits
- **Daily Drop-in Pass:** $11 per class
**Master Splash**  
**Ages 16 & up** Stay active by working through range-of-motion and strengthening exercises that are easy on the joints. In this class you will enhance functional fitness for improved quality of life. 13, 50-minute classes/**12, 50-minute classes.  
302740a M/W/F 9:30am 1/3-1/31 $130  
302740b M/W/F 9:30am 2/3-2/28 $120*  
302740c M/W/F 9:30am 3/2-3/30 $130

**Aqua Blast**  
**Ages 16 & up** Aqua Blast is a safe, effective, and challenging water-based workout that integrates dance movement and intervals into traditional aqua fitness. The movements are challenging and you can feel your muscles working against the resistance of the water. 13, 50-minute classes/

**H2O Low**  
**Ages 16 & up** Establish a fitness base in the water with low intensity walking and jogging, along with other aerobic movements. Compliment your cardiovascular conditioning with strength training, abdominal exercises, and relaxing stretches. 13, 50-minute classes.

**Aqua Pilates**  
**Ages 16 & up** A combination of Pilates and aquatic exercise results in a unique class which develops core stability and will tone and strengthen your entire body. Aqua Pilates is for those who desire to decrease injuries while increasing energy and function at optimal health levels. The movements incorporate the use of pool aides that create added resistance in the water. 13, 50-minutes classes.

**Wellness Specialty Classes**

**WOW (Women on Weights)-Machines**  
**Ages 16 & up** Design your own strength workout utilizing the equipment in the Ida Lee Fitness Center. This class is composed of a half hour of lecture and 90-minutes of hands on training to provide you with a basic understanding of weight training using the selectorized machines. You will learn basic strength training form, technique, and principles so that you have safe and effective workouts. 1, 2-hour class.

**Core, Balance, and Stabilization**  
**Ages 16 & up** Take your abdominal training to a whole new level! Add fresh elements to abdominal and back training! Learn new core exercises that will effectively challenge every muscle in your “power center” while simultaneously improving your overall movement capabilities. Find the best way to train for improved balance and posture. Great for any fitness level. 1, 60-minute class.

**FITT (FUNctional Interval Team Training)**  
**Ages 18 and up** This 8 week course is designed for those who wish to take their fitness to a new level. Incorporating strength, balance, agility, speed, and suspension training in a team and small group setting. 8, 50-minute classes.

**Healthy Eating in the New Year Nutritional Seminar**  
**Ages 12 & up** Learn how to drop pounds and feel satisfied! A certified nutrition counselor will address weight loss problems in America. Find out how you can make minor changes to achieve major results for a healthy life. Class includes a segment on healthy meal planning for adults and kids! 1, 60-minute class.
Personal Training

(Ages 12 & up) Ida Lee has a diverse team of certified Personal Trainers available to challenge and motivate clients of all fitness levels. We can help you maximize your body’s potential whether your goal is weight loss, improve mobility, reduce stress, or enhance your athletic ability, please fill out a Personal Training Request Form available at the front desk or online at idalee.org. We will contact you to schedule your personal training sessions. Several packages are available to meet your personal training needs.

Private Training*
One-on-one individualized sessions.

60-MINUTE TRAINING PACKAGES

<table>
<thead>
<tr>
<th>Program Packages</th>
<th>Cost Per Package</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Session</td>
<td>$60</td>
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<tr>
<td>5 Sessions</td>
<td>$275</td>
</tr>
<tr>
<td>10 Sessions</td>
<td>$500</td>
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</table>

30-MINUTE TRAINING PACKAGES
Great if you want an affordable, long term commitment towards a complete change in lifestyle and fitness.

<table>
<thead>
<tr>
<th>Program Packages</th>
<th>Cost Per Package</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Sessions</td>
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<tr>
<td>8 Sessions</td>
<td>$220</td>
</tr>
<tr>
<td>12 Sessions</td>
<td>$300</td>
</tr>
</tbody>
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Partner Training*
Workout and spend time with someone you care about!

<table>
<thead>
<tr>
<th>Program Packages</th>
<th>Cost Per Package</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Session</td>
<td>$100; $50/person</td>
</tr>
<tr>
<td>5 Sessions</td>
<td>$450; $225/person</td>
</tr>
<tr>
<td>10 Sessions</td>
<td>$800; $400/person</td>
</tr>
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</table>

Group Training*
Great if you would like to organize your own group of three or four friends to work together.

<table>
<thead>
<tr>
<th>Program Packages</th>
<th>Cost Per Package</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Session for a group of 3 individuals</td>
<td>$120; $40/person</td>
</tr>
<tr>
<td>5 Sessions for a group of 3 individuals</td>
<td>$500; $165/person</td>
</tr>
<tr>
<td>5 Sessions for a group of 4 individuals</td>
<td>$600; $150/person</td>
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</table>

Individual Nutrition Counseling

(Ages 12 & up) One-on-one nutrition counseling with a Certified Nutrition Counselor that will be tailored to the individual’s needs, providing education and guidance such as weight management, diabetic education and meal planning, basic sports nutrition, and heart healthy nutrition. First session 60-minutes, follow up sessions 30-minutes.

<table>
<thead>
<tr>
<th>Consultation Type</th>
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<tbody>
<tr>
<td>60-minute initial consultation</td>
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<tr>
<td>30-minute follow up consultation</td>
<td>$40</td>
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* The following applies to all training sessions:
  - There are no discounts on the cost of training sessions.
  - You must notify your trainer 24 hours in advance of cancellation. If there is not a 24 hour notice, you will be charged for the missed session.
  - Sessions are good for 12 months from the date of purchase.
  - There are no refunds given on personal training purchases.
RACQUETBALL
$6.00 court fee paid when the reservation is made.

WALLYBALL
$12.00 court fee paid when the reservation is made.

FREE FOR ANNUAL PASS HOLDERS
Call 703-777-1368 for more information

Pickleball
TUESDAYS, THURSDAYS, FRIDAYS
10:00am–1:00pm
General admission or pass required
Call 703-777-1368 for more information

Recreation Outreach to Community Kids (R.O.C.K.) is a collaborative effort with the Town of Leesburg Parks and Recreation Department and the Leesburg Police Department. R.O.C.K. is a recreation based outreach program for children aged 5-12 years old in the communities of Heritage Square, the Fields of Leesburg, Evans Ridge Apartments, and the Fort Evans Road Communities. The program offers a variety of activities. The program is held daily after school and during the summer.

For more information about R.O.C.K. please contact the COMMUNITY OUTREACH PROGRAMS at 703-737-7159
The Ida Lee Park Tennis Center offers a wide variety of classes, academies, tournaments, and more. If you are USTA rated, please sign up for the class that corresponds with that rating level. If you do not have a USTA rating, please consult with the Head Tennis Professional before enrolling. Ida Lee Park Tennis reserves the right to transfer any participant to a different class if their skill level is not equal to the level of the clinic to which they are enrolled. Age overrides for ability level are possible with the approval of the Head Tennis Professional. Please come to your class with a tennis racquet and tennis shoes. All classes meet at the AV Symington Indoor Tennis Center.

Youth Tennis

Quick Start Red Ball Level 1-Indoors
(Ages 4-6) This class will introduce basic hand-eye coordination, racquet skills, and the concept of playing tennis. 7, 60-minute classes/*6, 60-minute classes.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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<td>$120*</td>
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<td>$120*</td>
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<td>1/2-2/13</td>
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<tr>
<td>327102b</td>
<td>THU</td>
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<td>2/20-3/26</td>
<td>$120*</td>
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<td>SAT</td>
<td>9:00am</td>
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<tr>
<td>327103b</td>
<td>SAT</td>
<td>9:00am</td>
<td>2/22-3/28</td>
<td>$120*</td>
</tr>
</tbody>
</table>

Quick Start Red Ball Level 2-Indoors
(Ages 6-8) This class will introduce basic hand-eye coordination, racquet skills, and the concept of playing tennis. 7, 60-minute classes/*6, 60-minute classes.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>327110a</td>
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<tr>
<td>327110b</td>
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<td>2/18-3/24</td>
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<tr>
<td>327111a</td>
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<tr>
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<td>2/22-3/28</td>
<td>$120*</td>
</tr>
</tbody>
</table>

Quick Start Orange Ball-Indoors
(Ages 7-9) This class will reinforce basic stroke mechanics as well as how to play points, keep score, and basic strategy. 7, 90-minute classes/*6, 90-minute classes.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
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<td>2/22-3/28</td>
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</tbody>
</table>

Quick Start Green Ball-Indoors
(Ages 9-11) This class will introduce intermediate stroke mechanics while reinforcing the basics of strategy and tactical play. 7, 90-minute classes/*6, 90-minute classes.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
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<td>SAT</td>
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<td>2/22-3/28</td>
<td>$174*</td>
</tr>
</tbody>
</table>
Junior Intro-Indoors
(Ages 11-16) New to tennis? A solid foundation of fundamentals will be taught for all strokes of the game (groundstrokes, volley, and serve). New skills will be learned through a variety of fun and active drills to develop hand-eye coordination, using appropriate equipment. 7, 60-minute classes/*6, 60-minute classes.

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
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<td>327136b</td>
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<td>SAT</td>
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</table>

Youth Intermediate-Indoors
(Ages 11-17) The students in this class should be ready to play in games and have learned the rules of match play, groundstrokes, volley, lob, and overhead strokes. 7, 90-minute classes/*6, 90-minute classes.

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>327140a</td>
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<td>327151a</td>
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<td>2/22-3/28</td>
<td>$174*</td>
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<tr>
<td>327152a</td>
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<td>1/4-2/15</td>
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<td>327152b</td>
<td>SAT</td>
<td>2:30pm</td>
<td>2/22-3/28</td>
<td>$174*</td>
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</table>

Youth Advanced-Indoors
(Ages 11-17) This class is designed for the player who has match play experience. This class will focus on stroke production, agility, footwork, as well as singles and doubles strategies. 7, 90-minute classes/*6, 90-minute classes.

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>327150a</td>
<td>MON</td>
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<td>327151a</td>
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<td>327151b</td>
<td>SAT</td>
<td>11:30am</td>
<td>2/22-3/28</td>
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<td>327152a</td>
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<td>SAT</td>
<td>2:30pm</td>
<td>2/22-3/28</td>
<td>$174*</td>
</tr>
</tbody>
</table>

Middle School Flight-Indoors
(Ages 11-14) This flight is designed to help the player improve in match play situations. You must be able to serve and keep score. 13, 90-minute sessions.

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>327211a</td>
<td>SUN</td>
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</table>

High School Flight-Indoors
(Ages 15-17) This flight is designed to help the player improve in match play situations. You must be able to serve and keep score. 13, 90-minute sessions.

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>327221a</td>
<td>SUN</td>
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<td>$234</td>
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</table>

Leesburg Tennis Academy-Indoors
(Ages 8-18) This program is designed for the player who is aspiring to obtain a USTA ranking or play for their High School. This is a high energy class that is designed around stroke execution and match play strategy. In addition to this program, private lessons are also recommended. (A Tennis Professional will evaluate each child and Ida Lee reserves the right to transfer a child to a different class if their skill level is not equal to the level of this program.) 13, 90-minute classes/*12, 90-minute classes.

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>327250a</td>
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</tr>
<tr>
<td>327250b</td>
<td>T/W/TH</td>
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<td>$360</td>
</tr>
<tr>
<td>327250c</td>
<td>T/W/TH</td>
<td>5:30pm</td>
<td>3/3-3/26</td>
<td>$360</td>
</tr>
</tbody>
</table>

WEATHER
In the event of inclement weather, please call 703-777-1368 for information. Late cancellations may occur due to unpredictable weather conditions.
Adult Tennis

1.0-2.0 Adult Tennis-Indoors
(Ages 18 & up) New to tennis? This class is for players that have just started playing tennis or a player that has limited playing experience and is still working primarily on getting the ball into play. 7, 90-minute classes/*6, 90-minute classes.

| 327300a | TUE | 10:30am | 1/7-2/11 | $174* |
| 327300b | TUE | 10:30am | 2/18-3/24 | $174* |
| 327301a | SAT | 1:00pm | 1/4-2/15 | $203 |
| 327301b | SAT | 1:00pm | 2/22-3/28 | $174* |

2.5 Adult Tennis-Indoors
(Ages 18 & up) The players in this class need on-court experience. They are familiar with basic positions of singles and doubles play. The students can sustain a slow rally with players of similar ability. 7, 90-minute classes/*6, 90-minute classes.

| 327310a | TUE | 9:00am | 1/7-2/11 | $174* |
| 327310b | TUE | 9:00am | 2/18-3/24 | $174* |
| 327312a | WED | 9:00am | 1/8-2/12 | $174* |
| 327312b | WED | 9:00am | 2/19-3/25 | $174* |
| 327314a | WED | 7:00pm | 1/8-2/12 | $174* |
| 327314b | WED | 7:00pm | 2/19-3/25 | $174* |
| 327315a | SAT | 10:00am | 1/4-2/15 | $203 |
| 327315b | SAT | 10:00am | 2/22-3/28 | $174* |
| 327316a | SAT | 1:00pm | 1/4-2/15 | $203 |
| 327316b | SAT | 1:00pm | 2/22-3/28 | $174* |

3.0 Adult Tennis-Indoors
(Ages 18 & up) The players in this class are consistent when hitting medium pace shots, but are not comfortable with all strokes and lacks control when trying for directional intent, depth, or power. 7, 90-minute classes/*6, 90-minute classes.

| 327320a | MON | 9:00am | 1/6-2/10 | $174* |
| 327320b | MON | 9:00am | 2/17-3/30 | $203 |
| 327321a | TUE | 9:00am | 1/7-2/11 | $174* |
| 327321b | TUE | 9:00am | 2/18-3/24 | $174* |
| 327323a | WED | 9:00am | 1/8-2/12 | $174* |
| 327323b | WED | 9:00am | 2/19-3/25 | $174* |
| 327324a | THU | 9:00am | 1/2-2/13 | $203 |
| 327324b | THU | 9:00am | 2/20-3/26 | $174* |
| 327325a | THU | 7:00pm | 1/2-2/13 | $203 |
| 327325b | THU | 7:00pm | 2/20-3/26 | $174* |
| 327326a | SAT | 10:00am | 1/4-2/15 | $203 |
| 327326b | SAT | 10:00am | 2/22-3/28 | $174* |

3.5 Adult Tennis-Indoors
(Ages 18 & up) This class focuses heavily on stroke mechanics, rallying, and net play. The players in this class have achieved improved stroke dependability and direction on moderate pace shots, but still lack depth and variety. This player exhibits more aggressive net play, has improved court coverage, and is developing teamwork in doubles. 7, 90-minute classes/*6, 90-minute classes.

| 327330a | MON | 7:00pm | 1/6-2/10 | $174* |
| 327330b | MON | 7:00pm | 2/17-3/30 | $203 |
| 327332a | WED | 10:30am | 1/8-2/12 | $174* |
| 327332b | WED | 10:30am | 2/19-3/25 | $174* |
| 327333a | THU | 7:00pm | 1/2-2/13 | $203 |
| 327333b | THU | 7:00pm | 2/20-3/26 | $174* |
| 327334a | SAT | 8:30am | 1/4-2/15 | $203 |
| 327334b | SAT | 8:30am | 2/22-3/28 | $174* |

4.0 and Above Adult Tennis-Indoors
(Ages 18 & up) The players in this class have dependable strokes, including directional intent, on both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots, and volleys with some success. This player occasionally forces errors when serving and teamwork in doubles is evident. 7, 90-minute classes/*6, 90-minute classes.

| 327340a | MON | 9:00am | 1/6-2/10 | $174* |
| 327340b | MON | 9:00am | 2/17-3/30 | $203 |
| 327342a | SAT | 8:30am | 1/4-2/15 | $203 |
| 327342b | SAT | 8:30am | 2/22-3/28 | $174* |

3.5+ Pro Workout-Indoors
(Ages 18 & up) Enjoy a high intensity class where you will hit hundreds of tennis balls and focus on footwork, conditioning, and strategy. 1, 90-minute class.

| 327800a | FRI | 5:00pm | 1/3 | $30 |
| 327800b | FRI | 5:00pm | 1/10 | $30 |
| 327800c | FRI | 5:00pm | 1/17 | $30 |
| 327800d | FRI | 5:00pm | 1/24 | $30 |
| 327800e | FRI | 5:00pm | 1/31 | $30 |
| 327800f | FRI | 5:00pm | 2/7 | $30 |
| 327800g | FRI | 5:00pm | 2/14 | $30 |
| 327800h | FRI | 5:00pm | 2/2 | $30 |
| 327800i | FRI | 5:00pm | 2/28 | $30 |
| 327800j | FRI | 5:00pm | 3/6 | $30 |
| 327800k | FRI | 5:00pm | 3/13 | $30 |
| 327800l | FRI | 5:00pm | 3/20 | $30 |
| 327800m | FRI | 5:00pm | 3/27 | $30 |
Cardio Tennis-Indoors
(Ages 18 & up) Burn more calories than singles or doubles tennis while working on your footwork, endurance, agility, and cardio fitness. Each class will consist of a warm up, workout, and cool down. This is a fast-paced cardio class, where you must be able to maintain a rally. 1, 60-minute class.

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Price</th>
</tr>
</thead>
<tbody>
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<td>327850d</td>
<td>TUE</td>
<td>5:30pm</td>
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<td>2/25</td>
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<td>3/10</td>
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<tr>
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<td>5:30pm</td>
<td>3/17</td>
<td>$20</td>
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<tr>
<td>327850k</td>
<td>TUE</td>
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<td>3/24</td>
<td>$20</td>
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<td>327850l</td>
<td>TUE</td>
<td>5:30pm</td>
<td>3/31</td>
<td>$20</td>
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</table>

Private Tennis Lessons
A few advantages of private lessons include customizable lessons plans, flexible scheduling, and one-on-one instruction. If you have never picked up a racquet before, NO PROBLEM! Our instructors will cover the fundamentals of the game and help you find your comfort zone. If you are already a seasoned player, our instructors can help you refine your game. A private lesson tennis request form can be filled out in person at the Tennis Bubble or online at idalee.org. No more than 6 people to a private lesson.

<table>
<thead>
<tr>
<th>Level</th>
<th>1 Student</th>
<th>2 Students</th>
<th>3 Students</th>
<th>4 Students</th>
<th>5 Students</th>
<th>6 Students</th>
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</thead>
<tbody>
<tr>
<td>Assistant Pro</td>
<td>$70</td>
<td>$40 per player/per hour</td>
<td>$30 per player/per hour</td>
<td>$27 per player/per hour</td>
<td>$25 per player/per hour</td>
<td>$20 per player/per hour</td>
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<tr>
<td>Head Pro</td>
<td>$75</td>
<td>$43 per player/per hour</td>
<td>$35 per player/per hour</td>
<td>$29 per player/per hour</td>
<td>$27 per player/per hour</td>
<td>$22 per player/per hour</td>
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</tbody>
</table>

Ida Lee Park Tennis Center Hours
Monday-Thursday 7:00am-10:00pm
Friday 7:00am-11:00pm
Saturday 7:00am-10:00pm
Sunday 8:00am-8:00pm

Limited Facility Hours
Christmas Eve 7:00am-4:00pm
Christmas Day Closed
New Year’s Eve 7:00am-7:00pm
New Year’s Day 12:00pm-8:00pm

AV Symington Indoor Tennis Center Reservation Fees
The following rates will be in effect for the 2019-2020 indoor Fall/Winter season (September 3 – April 1).

<table>
<thead>
<tr>
<th>Session</th>
<th>Monday-Sunday</th>
<th>Spot Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall/Winter Indoor</td>
<td>$32</td>
<td></td>
</tr>
</tbody>
</table>

Non-Resident player fee: $4.00 per non-resident player, per visit in addition to applicable court fees.
All Prices Are Per Court Hour
Sports

NFL Flag Football Referee Clinic
(Ages 16 & up) Interested in becoming an NFL Flag Football Referee? Join this clinic to learn what it takes and gain valuable knowledge and skills to put you on the fast track to getting started. Class meets at Ida Lee Park Recreation Center. 8, 60-minute classes.
317150a THU 6:00pm 2/6-3/26 $112

Basketball
(Ages 4-12) Learn the basics of shooting, dribbling, and passing. The class teaches skills and techniques with a few scrimmages near the end of the session. Class meets at Ida Lee Park Recreation Center’s Basketball Courts. No class 3/7. 6, 45-minute classes.

Volleyball
(Ages 10-14) Bump, set, spike! Learn about the exciting game of volleyball. This program will help your child develop the skills and techniques essential for playing volleyball. First day of class is an assessment day to determine which level the student is best suited for. Class meets at Ida Lee Park Recreation Center’s Basketball Courts. No class 3/7. 6, 55-minute classes.

Mites (Ages 4-5)
317100a SAT 9:00am 1/4-2/8 $84
317100b SAT 9:00am 2/22-4/4 $84

Pee Wee (Ages 6-7)
317110a SAT 10:00am 1/4-2/8 $84
317110b SAT 10:00am 2/22-4/4 $84

Junior (Ages 8-9)
317120a SAT 11:00am 1/4-2/8 $84
317120b SAT 11:00am 2/22-4/4 $84

Advanced (Ages 9-12)
317130a SAT 12:00pm 1/4-2/8 $84
317130b SAT 12:00pm 2/22-4/4 $84

Preschool Sports Exploration
(Ages 3-5) Each week, a different sport will be introduced providing an opportunity to develop physical strength, eye-hand coordination, and gross motor skills in a fun and safe environment. Class meets at OIWPB. No class 1/23, 3/19. 5, 35-minute classes.
326100a THU 9:50am 1/9-2/13 $50
326100b THU 9:50am 2/27-4/2 $50
326100c THU 10:30am 1/9-2/13 $50
326100d THU 10:30am 2/27-4/2 $50

Fencing
(Ages 12 & up) This course provides both supervised and coached assaults, bouts by experienced fencers, and training for beginner fencers. For beginners, this course introduces the fencer to the French school of foil fencing. Lessons for all levels will consist of group instruction, supervised exchange drills, and assaults. Students in the Beginner class are expected to provide their own equipment by the 4th week of class. Students in the Intermediate class must have their equipment at the first class. You will need to have a French standard foil, mask, glove, and practice jacket. Please call 703-777-1368 for locations to purchase equipment. No class 1/20, 1/27, 2/17. 8, 60-minute classes.

Beginner (Ages 12 & up)
318300a MON 8:20pm 1/6-3/16 $112
Intermediate (Ages 15 & up)
318310a MON 7:20pm 1/6-3/16 $112
Beginner Soccer
(Ages 4-12) Basic soccer techniques will be taught, including dribbling, passing, and shooting. Organized to develop players’ ball skills and foot-eye coordination through simple drills and practice. Class meets at OIWPB.

BEGINNER MITES (AGES 4-5) 6, 30-MINUTE CLASSES
- 324100a SAT 9:00am 1/4-2/8 $60
- 324100b SAT 9:00am 2/22-3/28 $60

BEGINNER PEE WEE (AGES 6-7) 6, 45-MINUTE CLASSES
- 324110a SAT 10:15am 1/4-2/8 $84
- 324110b SAT 10:15am 2/22-3/28 $84

BEGINNER MICRO (AGES 8-12) 6, 45-MINUTE CLASSES
- 324112a SAT 11:00am 1/4-2/8 $84
- 324112b SAT 11:00am 2/22-3/28 $84

Lacrosse
(Ages 6-7) Learn the techniques for scooping, cradling, passing, catching, and shooting. Practice the rules of the game in a fun, non-competitive environment. Class meets at OIWPB. 6, 45-minute classes.
- 321100a SAT 11:45am 1/4-2/8 $84
- 321100b SAT 11:45am 2/22-3/28 $84

Private Sports Lessons
Ida Lee offers private lessons in a one-on-one or partnered setting in several sports! This is a great opportunity to gain skills or learn the basics in a focused and detailed environment. Please fill out a Private Lesson Request Form for your desired sport at idalee.org and you will be contacted to schedule lesson time and payment. Private lessons available for: Soccer (Ages 6 & up), Basketball (Ages 8 & up), Lacrosse (Ages 8 & up), Racquetball (Ages 12 & up).

Private Lessons 4, 60-minute lessons $220
Partner Lessons 4, 60-minute lessons $320

Football Leagues
Flag Football House Rec League
(Ages 6-16) This is a fun league with a playoff system that adds a competitive aspect to determine a league champion. Minimal equipment needed. Basic football skills of passing, catching, defending, and running used. Offense plays for a first down at midfield and a touchdown in the end zone with “no-running zones” at midfield and near each goal line. Defense covers receivers, rushes the passer, and grabs flags to make “tackles.” Players attend an evaluation to determine skill levels and are selected on teams through a draft process. Practices and games will begin in March. For times, up to date information, and detailed information on how the league is run, please visit our website at leesburgva.gov/flagfootball.

- 419100a Ages 6-7* Co-ed Reg By: 1/15/20 $130
- 419110a Ages 8-9* Co-ed Reg By: 1/15/20 $130
- 419120a Ages 10-11* Co-ed Reg By: 1/15/20 $130
- 419125a Ages 12-13* Co-ed Reg By: 1/15/20 $130
- 419130a Ages 14-16* Co-ed Reg By: 1/15/20 $130

- 419140a 10 and Under* $800 per team
- 419145a 12 and Under* $800 per team
- 419150a 14 and Under* $800 per team
- 419155a 18 and Under* $800 per team

Elite Flag Football League
(Ages 10-18) Join the best flag football competition in the region, an ELITE NFL Flag Football League. This is a competitive league made up of Teams of 7-10 players that are formed by themselves and must include an adult head coach. Practices are allowed to be held once a week with games regularly scheduled on days not conflicting with our House League. Games will be played based on the rules of the NFL Flag Football. Registration ends on February 5, 2020. To register your team, please fill out the Team Registration form at idalee.org. For more information on this league, please contact the Flag Football Hotline at 703-737-7158. Players may play in both the House and Elite Leagues.

- 419140a 10 and Under* $800 per team
- 419145a 12 and Under* $800 per team
- 419150a 14 and Under* $800 per team
- 419155a 18 and Under* $800 per team

*Age as of April 1, 2020 NO REFUNDS WILL BE GIVEN AFTER THE START DATE OF FEBRUARY 5, 2020.

COACHES NEEDED!
If you are interested in coaching your child’s team, please call the Flag Football Hotline for more details at 703-737-7158.

RESIDENT REGISTRATION BEGINS 11/12 | idalee.org | 703-777-1368
Karate
(Ages 6 & up) This class provides traditional Karate training that teaches discipline, builds confidence and character, and instills traditional martial arts values; such as honor, honesty, courage, humility, and loyalty. The training objective is to provide meaningful and enjoyable learning experiences for every participant that foster individual growth; inside and outside the martial arts training. Karate uniforms may be purchased through the instructors. Class meets at OIWPB.

YOUTH BEGINNING KARATE
(Ages 6-14) 12, 45-minute classes
322100a T/TH 6:15pm 1/7-2/13 $120
322100b T/TH 6:15pm 2/18-3/26 $120

YOUTH PROGRESSIVE KARATE
(Ages 6-14) 12, 45-minute classes
322110a T/TH 6:15pm 1/7-2/13 $120
322110b T/TH 6:15pm 2/18-3/26 $120

ADULT KARATE
(Ages 14 & up) 12, 75-minute classes
322302a T/TH 7:30pm 1/7-2/13 $168
322302b T/TH 7:30pm 2/18-3/26 $168

Little Ninjas
(Ages 3-5) Little Ninjas is a program that focuses on improving children’s basic motor and listening skills. Skills emphasized include focus, teamwork, control, balance, memory, discipline, fitness, and coordination. The Little Ninjas program is a great introduction into the world of martial arts. No class 1/18, 2/15. Class meets at OIWPB. 10, 30-minute classes.
322101a SAT 1:00pm 1/11-3/28 $80
322101b SAT 1:30pm 1/11-3/28 $80

Intro to Tae Kwon Do with Integrated Ho Sin Sul (Self-Defense)
(Ages 6-12) Tae Kwon Do is a Korean martial art that is intended to develop the whole person – mind, body, and spirit – while also teaching effective self-defense (Integrated Ho Sin Sul) skills for the practitioner. When practiced as it is intended, Tae Kwon Do with Integrated Ho Sin Sul, is a rigorous, balanced, full-body workout which includes numerous methods of striking, kicking, blocking, sweeps, rolls, falls, traps, and releases. No uniform is required for the introductory course. Class meets at OIWPB. No class 1/18, 2/15. 10, 50-minute classes.
322306a SAT 2:10pm 1/11-3/28 $130

Tai Chi
(Ages 6-12) The perfect starting point for complete beginners in the art of Tai Chi. In this course, students will learn 10 traditional stretching and warm up exercises, 6 simplified Yang style movements, and a basic pattern for practicing Level 1 elements. No uniform is required for the introductory course. Class meets at OIWPB. No class 1/18, 2/15. 10, 50-minute classes.
322308a SAT 3:10pm 1/11-3/28 $130

Self Defense Workshop
(Ages 14 & up) You will learn four types of fighting: hitting, kicking, seizing, and falling; along with three levels of fighting: standing, crouched, and from the ground. Other topics covered include the use of objects as self-defense tools and “hit and run” type moves. Class meets at OIWPB. 1, 2-hour class.
310354a SAT 4:00pm 1/25 $30
310354b SAT 4:00pm 3/7 $30

Kali Workshop
(Ages 14 & up) Kali is an indigenous Filipino Martial Art that is comprised of weaponry, grappling, kicking, and empty-hand combat. No experience is necessary. Students should wear workout clothes to class. Equipment will be provided to new students. Class meets at OIWPB. 1, 2-hour class.
322304a SAT 4:00pm 2/22 $30
322304b SAT 4:00pm 3/28 $30

Classes meet at Olde Izaak Walton Park Building (OIWPB).
Ballapalooza

GYM Party

Saturdays & Sundays / 6:00pm–8:00pm

Basketball
Kickball
Dodgeball
Volleyball

Cake Party Packages Available
Starting at $250

Rent our facility for an awesome Birthday Bash

Complete Birthday Party Packages Available
Starting at $250

Packages Include:
• 1.5-Hour Room Rental • Pizza & Juice Boxes
• Balloons • Set-up and Clean-up
• Unlimited Swimming (Adult Chaperones Swim for Free)

BOOK TODAY rentalcoordinator@leesburgva.gov / 703-737-2371

Eric Brown
Skate Plaza

Combination of street and transition at Catoctin Park
Open Dawn To Dusk

Visit idalee.org for more information

Ida Lee

Combination of street and transition at Catoctin Park

OPEN DAWN TO DUSK

Visit idalee.org for more information

Resident Registration Begins 11/12 | idalee.org | 703-777-1368
**Beginner Preschool Gymnastics**

*(Ages 3-4)*  Introduce your child to movement, coordination, and balance in a gymnastics environment. Emphasis is on learning, listening skills, and following instructions. Covers basic developmental gymnastics along with fun and play. Child must be able to participate without parental involvement. Class meets at OIWPB. 6, 45-minute classes.

- **320126a**  TUE  11:00am  1/7-2/11  $60
- **320126b**  TUE  11:00am  2/18-3/24  $60
- **320126c**  WED  9:45am  1/8-2/12  $60
- **320126d**  WED  9:45am  2/19-3/25  $60

**Preschool Gymnastics II**

*(Ages 4-5)*  This class is a continuation of skills learned in the beginner preschool gymnastics and continues to prepare the student for the beginner gymnastics level. Students will be introduced and taught basic skills on the floor, balance beam, bars and vault, as well as continue to work on coordination, balance, and movement. Prerequisite: Two consecutive sessions of Beginner Preschool Gymnastics. Class meets at OIWPB. 6, 45-minute classes.

- **320127a**  TUE  12:15pm  1/7-2/11  $60
- **320127b**  TUE  12:15pm  2/18-3/24  $60

**Beginner Gymnastics I**

*(Ages 5-14)*  This is a modified beginner gymnastics class and a great continuation after Preschool Gymnastics II. Students will warm-up, work on strength conditioning, and do “big kid” gymnastics with emphasis on learning skills and following instructions. Skills include rolls, handstands, and cartwheels in addition to basic skills on the balance beam, bars, and vault. Class meets at OIWPB.

*(Ages 5-7)*  6, 50-minute classes

- **320130a**  TUE  4:00pm  1/7-2/11  $72
- **320130b**  TUE  4:00pm  2/18-3/24  $72
- **320130c**  THU  5:00pm  1/9-2/13  $72
- **320130d**  THU  5:00pm  2/20-3/26  $72

*(Ages 7-14)*  6, 60-minute classes

- **320131a**  WED  4:15pm  1/8-2/12  $84
- **320131b**  WED  4:15pm  2/19-3/25  $84
- **320131c**  FRI  5:15pm  1/10-2/14  $84
- **320131d**  FRI  5:15pm  2/21-3/27  $84

**Mid-Afternoon Gymnastics**

*(Ages 7-12)*  This program is designed to fit the schedule of home school students. It is open to all skill levels. Students will work on strength, conditioning, and flexibility. Students will work on individual skills on the balance beam, bars, and vault. Class meets at OIWPB. 6, 50-minute classes.

- **320135a**  TUE  1:00pm  1/7-2/11  $72
- **320135b**  TUE  1:00pm  2/18-3/24  $72

**Gymnastics II**

*(Ages 5-14)*  This class concentrates on perfecting skills learned in the beginner class while progressing on to more advanced skills. Strength and flexibility work are instrumental in the ability to attain the skills being taught on floor, bars, balance beam, and vault. Other skills include handstand roll down, cartwheels, back walkovers, and round offs. Prerequisite: Instructor’s permission ONLY. Class meets at OIWPB. No class 1/20. 6, 60-minute classes/*5, 60-minute classes.

*(Ages 5-7)*

- **320140a**  THU  4:00pm  1/9-2/13  $84
- **320140b**  THU  4:00pm  2/20-3/26  $84
- **320140c**  FRI  4:15pm  1/10-2/14  $84
- **320140d**  FRI  4:15pm  2/21-3/27  $84

*(Ages 8-14)*

- **320141a**  MON  4:15pm  1/6-2/10  $70*
- **320141b**  MON  4:15pm  2/24-3/23  $70*
Gymnastics III  
(Ages 5-14) This class will prepare the students to move into the Intermediate Level by developing higher level skills through progressive drills and increasing strength and flexibility. Students will work to develop the needed skills for both the floor and equipment. Prerequisite: Instructor’s permission ONLY. Class meets at OIWPB. 6, 75-minute classes.  
320160a TUE 4:45pm 1/7-2/11 $108  
320160b TUE 4:45pm 2/18-3/24 $108  

Intermediate/Advanced Gymnastics  
(Ages 7-16) Attending class two times a week will enhance the progress of the student towards achieving the skills taught. Heavy emphasis on flexibility and strength during the warm up, will aid in achieving the advanced skills being taught. Skills learned will include mounts and dismounts and intermediate level skills on equipment. Tumbling skills will include round off back handsprings, back tucks, and aerials on the floor. Prerequisite: Instructor’s permission ONLY. Class meets at OIWPB. No class 1/20, 2/17. 8, 90-minute classes/7, 90-minute classes.  
320150a M/W 5:15pm 1/6-1/29 $126*  
320150b M/W 5:15pm 2/3-2/26 $126*  
320150c M/W 5:15pm 3/2-3/25 $144*  

Open Gymnastics  
(Ages 7-16) Participants will be able to practice skills, try new techniques, and enjoy time with friends under the supervision and assistance of our gymnastics instructors. Whether they have taken classes before or have never tried, all are welcome! Invite a friend! Class meets at OIWPB. 1, 75-minute class.  
320170a FRI 6:15pm 1/24 $15  
320170b FRI 6:15pm 2/28 $15  
320170c FRI 6:15pm 3/27 $15  

Open Evaluations  
(Ages 5-14) An opportunity for brand new or returning participants to complete a free evaluation lead by our instructors to see what level they will want to enroll in going forward. Participants will be asked to do a series of movements and skills to assess where they may stand. Class meets at OIWPB. 1, 45-minute class.  
320180a WED 7:00pm 2/19  
320180b WED 7:00pm 3/25  

Classes meet at Olde Izaak Walton Park Building (OIWPB).
Youth Dance

**Mini Ballerinas**
(Ages 3-4) Students will engage in socialization and basic ballet terminology. Basic tumbling will be introduced. Ballet attire is not required but students are more than welcome to dress the part. 6, 45-minute classes.

311400a  TUE  10:00am  1/7-2/11  $65  
311400b  TUE  10:00am  2/18-3/24  $65

**Hip Hop and Jazz Combo**
(Ages 3-4) Each week students will learn basic dance terminology and movement. Fun, socialization, and creativity will be introduced. 6, 45-minute classes.

311402a  THU  10:00am  1/9-2/13  $65  
311402b  THU  10:00am  2/20-3/26  $65

**Pre-Ballet**
(Ages 3-5) This is an introductory course for tots interested in ballet. The class will simplify all movements to prepare your child to participate in Ballet I. Parents are invited to observe the last class. No class 2/15. 8, 45-minute classes/*5, 45-minute classes.

306100a  WED  3:30pm  1/8-2/5  $55*  
306100b  WED  3:30pm  2/26-3/25  $55*  
306100c  SAT  9:00am  2/1-3/28  $85  
306100d  SAT  10:00am  2/1-3/28  $85

**Ballet I**
(Ages 5-6) Children will learn the basics of formal ballet. Posture, positions, and style will be introduced and strengthened. Ballet is a fun way to teach your child the importance of daily physical activities. Children will be introduced to music rhythm and working basic technique. Parents are invited to observe the last class. No class 2/15. 8, 45-minute classes/*5, 45-minute classes.

306102a  WED  4:30pm  1/8-2/5  $55*  
306102b  WED  4:30pm  2/26-3/25  $55*  
306102c  SAT  11:00am  2/1-3/28  $85

**Jazz Mini Dancers**
(Ages 3-5) This introductory class will focus on fundamentals of dance movement through exploration of direction, level, speed, and rhythm. Students will begin to understand movement concepts of isolation and coordination. They will learn basic jazz steps and simple combinations set to fun, upbeat, contemporary music in an age appropriate setting which focuses on fun and creativity. No class 2/15. 8, 45-minute classes.

306174b  SAT  12:00pm  2/1-3/28  $85

**Tap & Jazz Combo**
(Ages 6-12) This class is great for students looking to further their dance repertoire or to try something new and fun. Jazz and Tap shoes are required. 6, 45-minute classes.

(Ages 6-8)
306179a  TUE  4:15pm  1/7-2/11  $65  

(Ages 9-12)
306181a  TUE  5:00pm  1/7-2/11  $65

**Tap & Ballet Combo**
(Ages 6-12) This is a great way for students to be introduced to new styles of dance, and to see how they can be intertwined together. Ballet and tap shoes are required. 6, 45-minute classes.

(Ages 6-8)
311408a  TUE  4:15pm  2/18-3/24  $65  

(Ages 9-12)
311412a  TUE  5:00pm  2/18-3/24  $65
**Teen & Adult Dance**

**Intermediate Teen and Adult Ballet**  
**(Ages 11 & up)** This class continues on from the teachings in the basic class and begins to incorporate more advanced techniques and styles. Performance opportunities may be available, but are not mandatory for registrants. 6, 50-minute classes.

(Ages 11-18)  
306180a  TUE 6:00pm  1/7-2/11  $65  
306180b  TUE 6:00pm  2/18-3/24  $65  

(Ages 18 & up)  
306172a  WED 7:00pm  1/8-2/12  $65  
306172b  WED 7:00pm  2/19-3/25  $65  

**Intermediate/Advanced Ballet for Adults**  
**(Ages 18 & up)** A great way to stay limber and to strengthen muscles and posture. Designed for the intermediate level, but all are welcome. 6, 50-minute classes.

306177a  TUE 7:00pm  1/7-2/11  $65  
306177b  TUE 7:00pm  2/18-3/24  $65  

**Ballet Basics**  
**(Ages 13 & up)** For teens and adults who have always wanted to take ballet, but never had the chance and students who want to improve technique. Ballet is great training for gymnasts, color guard, preparing for the school musical, and more. Performance opportunities may be available, but are not mandatory for registrants. 6, 50-minute classes.

306176a  THU 6:00pm  1/9-2/13  $65  
306176b  THU 6:00pm  2/20-3/26  $65  

**Contemporary/Modern Dance**  
**(Ages 18 & up)** This technique class offers barre and floor exercises in a variety of contemporary/modern styles. Complete dances and improvisation will also be introduced. Open to all levels. Performance opportunities may be available, but not mandatory for registrants. 5, 50-minute classes.

306175a  WED 6:00pm  1/8-2/12  $55  
306175b  WED 6:00pm  2/19-3/25  $55  

**Dance Socials**  
**(Ages 16 & up)** Dance the night away and learn a few new moves at our monthly dance social. For current students, the socials are a perfect opportunity to practice the skills you have learned or check out some new steps you might be interested in learning. The first hour will focus on a dance lesson, and then you get to hit the dance floor. Refreshments will be provided. No partner needed. 1, 3-hour class.

306222a  FRI 7:00pm  1/10  $10 adv./$15 day of  
306222b  FRI 7:00pm  2/14  $10 adv./$15 day of  
306222c  FRI 7:00pm  3/13  $10 adv./$15 day of  

**Ballroom 101**  
**(Ages 18 & up)** Learn the basic movements of ballroom dancing, including waltz, tango, mambo/cha cha through simple figures, sequences, and methods of leading and following. Expect to do some mixers, perhaps a few historical/novelty dances as well. No need for a partner. This is a great class to take with a mixed group of friends! No class 1/19, 2/16. 8, 50-minute classes.

306272a  SUN 5:00pm  1/12-3/15  $85  

**Salsa I**  
**(Ages 18 & up)** This Latin dance heats up the clubs! Come and learn basic patterns, turns and styling so that you can dance to popular Latin artists. No partners required. No class 1/19, 2/16. 8, 50-minute classes.

306309a  SUN 6:00pm  1/12-3/15  $85  

**Waltz II**  
**(Ages 18 & up)** Graceful and elegant... Learn the advanced patterns and technique of waltz that will have you gliding across the dance floor using classic and modern music. Recapture this classic style of dancing. Pre-requisite: Waltz I or equivalent dance experience. No partners required. No class 1/19, 2/16. 8, 50-minute classes.

306311a  SUN 7:00pm  1/12-3/15  $85  

**Private Dance Lessons**  
**(Ages 18 & up)** Private lessons are available through Ida Lee Park Recreation Center. Whether it’s for an upcoming wedding, dance, a special party, or just because you have always wanted to learn, now is your chance! Private lessons allow for specialized, individualized lessons based on your needs and schedule. Students will be placed on a waitlist and contacted regarding availability and type of dance preferred. Please fill out a Private Dance Lesson Request Form at idalee.org and you will be contacted regarding payment and lesson time.

1, 60-minute lesson  $50/single or couple  
5, 60-minute lessons  $235/single or couple  
10, 60-minute lessons  $450/single or couple  

**RESIDENT REGISTRATION BEGINS 11/12**

idalee.org  |  703-777-1368
Tots & Toddlers

Mommy and Me: Ballet & Tumbling
(Ages 1-3 yrs) Parents and toddlers will get to explore basic ballet and tumbling with fun, creative movements while engaging in one-on-one bonding. Parent participation required. 6, 30-minute classes.
310109a TUE 9:30am 1/7-2/11 $55
310109b TUE 9:30am 2/18-3/24 $55

Mommy and Me: Rock Tots Creative Movement
(Ages 1-3 yrs) Parents and toddlers will explore the world of music. Musical instruments, parachute, and balls may be incorporated into each class. Parent participation required. 6, 30-minute classes.
310114a THU 9:30am 1/9-2/13 $55
310114b THU 9:30am 2/20-3/26 $55

Mommy and Me: Sing and Play Together
(Ages 3-6 yrs) This class includes rhythm and movement activities to develop fine motor skills, and singing and listening activities to develop the “musical ear.” This is a great class to introduce the wonders of singing and playing the piano. Parent participation required. No class 1/20. 5, 30-minute classes.
310115a MON 4:00pm 1/6-2/10 $30

Messes and Masterpieces
(Ages 18 months-3 yrs) Each week, toddlers and caregivers will participate in a variety of theme based activities. Stories, songs, and games go hand in hand with a variety of painting, glitter, glue, and other craft items. Our focus is on experiencing the artistic process, not the end product. Class meets at OIWPB. 4, 30-minute classes.
311100a SAT 9:00am 1/18-2/8 $35

Open Play
(Ages 16 months-5 yrs) We are opening up our Izaak Walton Building for 2 hours every Thursday morning so you and your little ones can come and play in our indoor space! We will have tumbling mats, tunnels, and various other objects that will help provide a great time while socializing with others. Please pre-pay online or at Ida Lee, no drop-in payment available at this time. Class meets at OIWPB. 1, 2-hour session.
320102a THU 10:00am 1/23 $10
320102b THU 10:00am 2/20 $10
320102c THU 10:00am 3/19 $10
Watch Me Grow
(Ages 1-2 yrs) Parents and children are welcome for this fun, interactive class. You will crawl or walk through tunnels, obstacles courses, play with a parachute, sing songs, blow bubbles, and much more. The class objective is to enhance your child’s gross motor development and socialization skills in a no pressure, loosely structured setting. Class meets at OIWPB. 4, 30-minute classes.

320101a  TUE  10:00am  1/7-1/28  $30
320101b  TUE  10:00am  2/4-2/25  $30
320101c  TUE  10:00am  3/3-3/24  $30
320101d  WED  10:45am  1/8-1/29  $30
320101e  WED  10:45am  2/5-2/26  $30
320101f  WED  10:45am  3/4-3/25  $30

Tykes Playskool
(Ages 2-4 yrs) Children love this loosely structured class designed to enhance their gross motor skills and accustom them to group settings with parent involvement. Cooperative games and songs make learning fun. Class meets at OIWPB. 4, 40-minute classes.

(AGES 2-3 YRS)
320114a  FRI  9:30am  1/10-1/31  $40
320114b  FRI  9:30am  2/7-2/28  $40
320114c  FRI  9:30am  3/6-3/27  $40

(AGES 3-4 YRS)
320115a  FRI  10:30am  1/10-1/31  $40
320115b  FRI  10:30am  2/7-2/28  $40
320115c  FRI  10:30am  3/6-3/27  $40

A Room to Grow Preschool

2020-2021 School Year
(Ages 3-5) “A Room to Grow” preschool will provide children with a well-rounded program in a positive, supportive, and safe environment. This is achieved through meaningful and interesting experiences which will develop the child’s cognitive, social, and physical skills through developmental and age appropriate activities. The program is 36 weeks and follows the Loudoun County school holiday calendar.

REGISTRATION INFORMATION
Registration Fee: $75 for all classes
Registration fee is refundable if you are waitlisted and remove your name from the waitlist prior to April 15, 2020. No refunds will be given if you are accepted into the program and cancel after acceptance or remove your name from the waitlist after April 15, 2020.

REGISTRATION SCHEDULE
(Mail-In or Drop-Off)
January 21 – Current Students
January 28 – Leesburg Residents/Annual Passholders/Alumni
February 4 – Open Registration

PRESCHOOL FOR 3 YEAR OLDS
Child’s birthday between
October 2016 – September 2017
$75 registration fee
$1,620 tuition or $1,710 with payment plan
1/TH 8:30-11:30am

PRESCHOOL FOR 4'S*
(3 mornings per week)
Child’s birthday between
October 2015 – September 2016
$75 registration fee
$1,962 tuition or $2,061 with payment plan
M/W/F 8:30-11:30am

PRESCHOOL FOR 4'S*
(5 afternoons per week)
Child’s birthday between
October 2014 – September 2015
$75 registration fee
$3,375 tuition or $3,546 with payment plan
M/T/W/TH/F 12:15-3:15pm

SWIM LESSONS for 4 YEAR OLD CLASSES
*28, 30-minute swim lessons offered for an additional fee of $196/year.
Swimming is on Wednesdays. The preschool class will end at 11:00am or 2:40pm if you choose not to participate in the swim lesson.

Application forms are available after January 6, 2020 at Ida Lee Park Recreation Center or on-line at idalee.org.
**Arts and Crafts**

**Budding Artists** *(Ages 4-6)* Young artists will be introduced to the five basic elements of drawing, discover the fun of colors, use their imagination to create pictures, and work on mini projects. No class 1/18. 5, 45-minute classes.

- **311116a** SAT 1:00pm 1/4-2/8 $40
- **311116b** SAT 1:00pm 2/22-3/21 $40

**Clay Creations** *(Ages 6-12)* Students will learn basic sculpting methods by forming simple shapes and putting them together to form more complicated figures. No class 1/18. 5, 45-minute classes.

- **311301a** SAT 2:00pm 1/4-2/8 $40
- **311301b** SAT 2:00pm 2/22-3/21 $40

**Painting with Acrylics** *(Ages 6-14)* Come discover the colors of winter in this fun, creative painting class that caters to the level of each student to complete works of art. Drawing skills and art history will also be explored. The instructor will provide a supply list prior to the first class. 5, 75-minute classes.

- **311305a** THU 4:00pm 1/9-2/6 $50
- **311305b** THU 4:00pm 2/24-3/26 $50

**In the Kitchen**

**Creative Treats!** *(Ages 7-15)* Participants will create and bake goods using a different themed recipe. Every week their recipes will be tested and perfected – helping to build their skills in the kitchen. Class meets at OIWPB. No class 1/20. 5, 90-minute classes.

- **310124a** MON 5:00pm 1/9-2/6 $50
- **310125a** MON 6:00pm 2/24-3/26 $50

**Kitchen Magician** *(Ages 2-5)* Parents, be ready to be hands on with your children as we help them explore ways to create some of their favorite kid-friendly meals! Please bring an apron or cover-up for you and your child. Class meets at OIWPB. 4, 45-minute classes.

- **310131a** WED 9:15am 1/8-1/29 $60
- **310131b** WED 9:15am 2/5-2/26 $60
- **310131c** WED 9:15am 3/4-3/25 $60

**Cookie Creations** *(Ages 2-5)* Bring your imaginations and creativity for this fun and delicious class! Please bring an apron and a container to take home your edible art. Parent/Guardian involvement required. 1, 45-minute classes.

- **310130a** THU 9:15am 1/9 $10
- **310130b** THU 9:15am 2/13 $10
- **310130c** THU 9:15am 3/12 $10

**Junior Master Chefs** *(Ages 8-18)* Learn to cook like a master chef making delicious meals using fresh ingredients. This class will create recipes from scratch. This is a great way to expand their palettes and try new flavors. Class meets at OIWPB. 5, 90-minute classes.

- **310134a** TUE 4:30pm 1/7-2/4 $100
- **310134b** TUE 4:30pm 2/25-3/24 $100
Sweet Tooth
(Ages 8-18) Creating sweet and savory desserts, pies, cakes, custards, chocolates, and pastries. Participants will craft different sweet dishes weekly while building their skills and expanding their taste buds. Participants are responsible for bringing an apron. Class meets at OIWPB. 5, 90-minute classes.
310144b THU 6:00pm 1/9-2/6 $100
310144b THU 6:00pm 2/27-3/26 $100

Master Chef
(Ages 18 & up) Adult cooking class! Never too late to learn new dishes and tricks in the kitchen! Learn to make homemade pasta, jellies, and gourmet sauces to add to your repertoire of meals and treats made at home. Class meets at OIWPB. 2, 90-minute class.
Homemade Pasta
310154a TUE 6:30pm 1/14-1/21 $40
Homemade Jelly
310154b TUE 6:30pm 2/4-2/11 $40
Gourmet Sauces
310154c TUE 6:30pm 3/3-3/10 $40

Science & Nature

Tots Nature Connect
(Ages 2-5) Join us as we take a journey into the fascinating nature around us. This class will help children learn about different aspects of nature through arts and crafts, stories, and playing. Weather permitting, we will explore outside along with our indoor classroom time. This is an adult-child participation program. Class meets at OIWPB. 4, 45-minute classes.
310337a THU 11:00am 3/5-3/26 $45

Astronomy 101
(Ages 8 & up, with parent) Constellations, planets, and moons can be seen in the winter sky. This class will introduce you and your child to the basics of astronomy including commonly used terms, how to use a basic telescope, what stars are rising and setting, and the phases of the moon. Class time is split with indoor presentation followed by outdoor observation (weather permitting), so please dress appropriately. If the class is cancelled due to inclement weather it will be held a week from the scheduled date. 1, 90-minute class.
310330a FRI 6:30pm 2/21 $12 (PARENT GUARDIAN/CHILD)
310330b FRI 6:30pm 3/13 $12 (PARENT GUARDIAN/CHILD)
$8 PER ADDITIONAL REGISTRATION

Ties & Tiaras!
(Ages 5-12, with parent or guardian) Join us for a night of fun with your sweet princess! Dress to impress and be ready to enjoy crafts, dance, games, and photo opportunities as the night will surely bring unforgettable lifetime memories. Pre-registration is required for this event. 1, 90-minute event.
310120a FRI 6:30pm 2/21 $12 (PARENT GUARDIAN/CHILD)
310120b FRI 6:30pm 3/13 $12 (PARENT GUARDIAN/CHILD)
$8 PER ADDITIONAL REGISTRATION

Sweet Fun for Your Little Ones

Valentine’s Day Tea Party
(Ages 3-8, with parent or guardian) Join in the fun with hostess extraordinaire Fancy Nancy! Our exquisite tea party will feature crafts, a reading of a Fancy Nancy book – where we will learn a few French words, have teeny tiny sandwiches, and of course some wonderful teas. Please join us for this Très Elegant and Très Magnifique event in your favorite dress-up clothes. Pre-registration is required for this event. 1, 60-minute event.
310118a TUE 11:00am 2/11 $20 (PARENT GUARDIAN/CHILD)
310118b TUE 11:00am 2/11 $10 PER ADDITIONAL REGISTRATION

RESIDENT REGISTRATION BEGINS 11/12 | idalee.org | 703-777-1368
**Music**

**Private Voice Lessons**
*(Ages 13 & up)* Students learn the rudimentary concepts of healthy singing techniques such as good posture, proper diction, and the use of the lower abdominal and diaphragm muscles to facilitate relaxed and deep breathing for singing and the ability to sing with the “whole body.” Students will develop these basic skills by singing simple and fun vocal exercises and learning popular musical theater and folk songs for maximum enjoyment of good singing. Please fill out a Private Voice Lesson Request Form online at idalee.org and you will be contacted to schedule lesson time and payment.

1, 30-minute lesson $25  
4, 30-minute lessons $90

**Private Keyboarding/Piano Lessons**
*(Ages 8 & up)* Provides the beginning piano student with an introduction to the fundamental concepts of piano performance and knowledge of basic music theory and musicianship. All students must have home access to a keyboard/piano for practice purposes. Please fill out a Private Keyboard/Piano Request form at idalee.org and you will be contacted to schedule lesson time and payment.

1, 30-minute lesson $25  
4, 30-minute lessons $90

**Private Guitar Lessons**
*(Ages 6 & up)* Individual guitar lessons that will teach fundamentals of the guitar, including but not limited to: basic guitar chords, note reading, and music theory. Please fill out a Private Guitar Lesson Request Form online at idalee.org and you will be contacted to schedule lesson time and payment.

1, 45-minute lesson $40  
4, 45-minute lessons $150

**Guitar Basics**
*(Ages 8 & up)* If you are brand new to the guitar or would like a refresher, this course specializes in adult and youth beginners on acoustic guitar. You will learn about the instrument, how to play various chords, and get comfortable playing with others. Participants are expected to bring their own guitar. 4, 60-minute classes.

310300a TUE 7:00pm 1/7-1/28 $50  
310300a TUE 7:00pm 3/3-3/24 $50

**Photography**

**Foundations of Digital Photography**
*(Ages 12 & up)* Buttons and dials, exposure triangle, tips for better images, introduction to composition and perspective, and more. Required: DSLR or Bridge Camera. No class 1/20. 5, 2-hour classes.

310390a MON 7:00pm 1/6-2/10 $75

**Advanced Digital Photography & Adobe Lightroom**
*(Ages 12 & up)* Review of the foundations, advanced shooting techniques, composition and perspective, finding and utilizing all types of light, and friendly photo critiques. Required: DSLR, Bridge, Mirrorless, or Advanced Point and Shoot. 6, 2-hour classes.

310392a MON 7:00pm 2/24-3/30 $90
Specialty Programs

We offer a variety of classes that are contracted through private vendors. Because of this, registration payment is split between the two parties. We collect our part of the fee when you register for the class, but the vendor still needs to receive their portion of the fee to complete the process. Ideally, this should be done at the same time that registration with us is completed. However, some vendors collect their portion the first day of class. Since there are differences in vendor preference, we note at the end of each class description what is necessary to complete registration.

Parent and Me by Abrakadoodle®
(Ages 20 months-3 yrs) Our tiny artists will learn about colors, shapes, and forms as they explore different art materials such as paints, modeling compounds, and other fun art materials. Students will develop hand-eye coordination and fine motor skills while they roll, scribble, shake, and pound. A new art project will be brought home each week. Please complete enrollment online at abrakadoodle.com/va-loudoun-county-register. No class 2/17. 6, 45-minute classes.

PROVIDER FEE: $66
311143a MON 10:00am 2/10-3/23 $20

Mini Artists by Abrakadoodle®
(Ages 3-5) Our mini artists will explore different art materials such as paints, watercolors, modeling compounds, and other fun art materials. They will learn about different art techniques such as drawing, painting, print making, and/or sculpture. A new art project will be brought home each week. Please complete enrollment online at abrakadoodle.com/va-loudoun-county-register. 6, 45-minute classes.

PROVIDER FEE: $78
311144a SAT 10:00am 2/22-3/28 $25

Young Rembrandts™ Artistic Drawing
(Ages 5-12) Students will deconstruct complex objects into familiar shapes; then use problem-solving and imagination to make their own works of art. A variety of engaging images challenge students with realistic, abstract, and graphic art styles. Curriculum develops academically relevant skills, including spatial-motor planning, mental discipline, and fine motor skills, while providing a fun, enriching experience for our students. Please complete enrollment online at youngrembrandts.com/loudounfairfax-va. 6, 60-minute classes.

PROVIDER FEE: $90
343276a SAT 10:00am 1/11-2/15 $30

Young Rembrandts™ Artistic Cartooning
(Ages 5-12) Young Rembrandts™ Cartooning curriculum uses a structured stepwise format to teach students to create their own animated characters in humorous settings. Curriculum develops academically relevant skills, including spatial motor planning, mental discipline and fine motor skills. Please complete enrollment online at youngrembrandts.com/loudounfairfax-va. 6, 60-minute classes.

PROVIDER FEE: $90
343280a SAT 10:00am 2/22-3/28 $30

C3 Cyber Club: Robotics & Visual Coding with Lego Wedo
NEW
(Ages 5-9) Powered by the LEGO® Education Wedo Base Set and Software, our Jr. Lego Robotics class combines the exciting world of Lego with programming to manipulate and program your own personal robots. Students create commands for their robots to follow by using an application with a drag-and-drop interface. Please call 703-729-0985 to pay provider fee. 6, 60-minute classes.

PROVIDER FEE: $149
343290a SAT 9:00am 1/25-2/29 $45

C3 Cyber Club: Robotics & Visual Coding with Lego EV3
NEW
(Ages 10-14) Powered by the LEGO® MINDSTORMS® Education NXT Base Set and Software, our Lego Robotics class combines the exciting world of Lego with programming to manipulate and program your own personal robot. Configure different sensors that track motion, light, and touch to create the ultimate robot! Please call 703-729-0985 to pay provider fee. 6, 60-minute classes.

PROVIDER FEE: $149
343291a SAT 10:15am 1/18-2/22 $45

Classes meet at Olde Izaak Walton Park Building (OIWPB).
Winter Break Camp – Still Time to Register!

(Ages 6–12) Campers will participate in sports, indoor games, arts and crafts, swimming, and other group activities. Bring a swimsuit, towel, bag lunch, and two snacks with drinks each day. *No camp 12/24, 12/25, 1/1.

240100a M/Th/F 8:00am-5:00pm 12/23-12/27 $135*
240100b M-F 8:00am-5:00pm 12/30-1/3 $180*

Spring Break Camp

(Ages 6–12) Campers will participate in sports, indoor games, arts and crafts, swimming, and other group activities. Bring a swimsuit, towel, bag lunch, and two snacks with drinks each day.

340100a M-F 8:00am-5:00pm 4/6-4/10 $225

Camp forms will be available on our website at idalee.org prior to the start of camp.
The Leesburg Dog Park

Visit this fun and attractive park! Join other dogs and their owners to enjoy over 25,000 square feet of enclosed space in an attractive wooded setting. Includes a separate area for small dogs.

OPEN DAILY DAWN TO DUSK
Olde Izaak Walton Park 850 Davis Court, S.E.
703-777-1368

BOOK TODAY rentalcoordinator@leesburgva.gov / 703-737-2371

Business Meetings, Family Reunions, Wedding Receptions, Group Functions

Ida Lee has a variety of meeting and banquet spaces for your special event needs. Our facility features rooms that can accommodate up to 175 people for a seated banquet. Our lower level has over 3,000 sq. ft. of meeting space, an outdoor patio, and a full service warming/catering kitchen.

Kids Corner Child Care

MON.-FRI.  8:00am-2:00pm  4:00pm-7:30pm
SAT.    8:30am-1:30pm
SUN.    9:00am-1:30pm

$5.00 per child per visit.
Child care passes are available, purchase 25 visit child care pass for $75.00 or 10 visit child care pass for $30.00.

Ida Lee reserves the right to limit the number of children in child care at any given time. Service is offered on a first-come, first-served basis. Guardian must be utilizing the recreation center or tennis center.

Unlimited Childcare Passes at Ida Lee Park Recreation Center

INSTALLMENT BILLING:
$15.00*/month – First Child
$10.00*/month – Each Additional Child

30 DAYS ONLY CHILD CARE PASS:
$20.00/month – First Child
$15.00/month – Each Additional Child

* Requires automatic billing, two months minimum

For more information please stop by the front desk or call 703-777-1368

Ida Lee has a variety of meeting and banquet spaces for your special event needs. Our facility features rooms that can accommodate up to 175 people for a seated banquet. Our lower level has over 3,000 sq. ft. of meeting space, an outdoor patio, and a full service warming/catering kitchen.

For more information please stop by the front desk or call 703-777-1368
Community Garden Plots

The seventy 20”x20” garden plots available at Ida Lee Park are tilled, staked, and ready for planting on April 1 (weather permitting). Water and hoses are provided. Garden plots are limited to (1) plot per household address.

Plots will be assigned according to the following priority:
1. Returning LEESBURG Resident gardeners
2. New LEESBURG Resident gardeners
3. Returning NON-LEESBURG Resident gardeners
4. Open Registration

All registrations will automatically be placed on a waitlist (there is no cost to be on the waitlist). Garden plots will be assigned according to registration date and the priority process.

Confirmation of garden plot assignments will be mailed by February 15. Payments are due no later than February 28 or the garden plot will be assigned to a new gardener.

Plots not in use by May 15, or given up during the year, will be assigned to new gardeners based on the priority and date of registration.

350350a Garden Plot Waitlist DATES: April 1 – November 1
FEE: $45 per plot due February 28 after being accepted from Waitlist

VETERANS DAY DODONA MANOR NOVEMBER 11, 2019 / 10:30AM

Join The George C. Marshall International Center, the Town of Leesburg, and the County of Loudoun for the Fifteenth Annual Veterans Day Commemoration Ceremony to honor our veterans of war for their patriotism and sacrifice.

For more information call 703-777-1301 or email events@georgecmarshall.org
The Town of Leesburg’s 17th Annual Freeze Your Gizzard 5K Cross Country Race will take place on November 23. 5K begins 9:00am and 1-mile fun run begins at 8:40am. This race runs through a scenic cross country course where you will tour Ida Lee Park’s 138 acres. No dogs, wagons, or baby strollers are allowed on the course due to uneven terrain.

Register online at prraces.com* or at Ida Lee Park Recreation Center
Pre-registration will be open until Wednesday, November 20.
*In the event the race is cancelled, service fees are non-refundable.

PRE-REGISTRATION

<table>
<thead>
<tr>
<th>Code</th>
<th>Event</th>
<th>Fee</th>
<th>Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>229500a</td>
<td>5K Run</td>
<td>$25 &amp; 2 canned goods</td>
<td>all ages</td>
</tr>
<tr>
<td>229520a</td>
<td>1 Mile Run</td>
<td>$10 &amp; 2 canned goods</td>
<td>all ages</td>
</tr>
</tbody>
</table>

Visit idalee.org for more details

All participants are asked to bring 2 canned goods or non-perishable items to donate to the Loudoun Hunger Relief Food Bank.
DECEMBER 6–JANUARY 1

**Leesburg’s Holiday Tree Lighting**
FRIDAY, DECEMBER 6, 6:00PM
Join friends and neighbors and celebrate the start of the holiday season. Held on the Town Green.

**Holiday Fine Arts and Crafts Show at Ida Lee Park Recreation Center**
DECEMBER 7, 9:00AM-4:00PM
DECEMBER 8, 10:00AM-4:00PM
This show features over 95 local and regional artisans selling a variety of hand-made items from home décor to jewelry. Find something for everyone on your shopping list this holiday season. Free parking and admission.

**Annual Christmas and Holiday Parade**
SATURDAY, DECEMBER 14, 6:00PM
The parade will usher Santa and his friends down King Street, through Historic Leesburg. The parade will begin at Ida Lee Drive and end at Fairfax Street. Parade participation is open to the public.

**Jingle Jam**
SATURDAY, DECEMBER 14
Information about Jingle Jam and Jr. Jam, Leesburg’s Holiday Rock n’ Roll concerts, will be coming soon. Tickets go on sale Tuesday, November 12. See our website at idalee.org for times and location.
SUNDAY, MARCH 7
9:00am-4:00pm
IDA LEE PARK
RECREATION CENTER
703-777-1368

Enjoy shopping for the finest in home décor, fine art, hand-poured soaps and candles, fabric art, along with the latest trends in jewelry and personal accessories. Find great gift ideas for Easter, Mother’s Day, graduations, or treat yourself.

FREE ADMISSION
EXPERIENCE IDA LEE THIS WINTER

Ida Lee Park
RECREATION CENTER
WINTER PASS SALE

Ida Lee Park Recreation Center is a full-service recreation facility, offering a fitness center, two indoor pools, a full-size basketball court, racquetball courts, banquet hall, child care and full range of fitness and recreation programs and classes.

10% Off
Personal Training
12/15/19 through 1/15/20

15% Off
Recreation Center Passes
12/15/19 through 1/15/20
6 Months and Annual Passes Only

View Leesburg at Leisure online at idealee.org. Find us on facebook at facebook.com/IdaLeePark