



Basket Biddy Ball (Ages 3½-5)

Mon 11:30 am-12:15 pm OR Sun 9:00-9:45 am
Dribble. Dribble. Shoot! At the beginner level, children will learn the fundamental techniques for dribbling, passing and shooting. A basic understanding of the game will develop as coordination and motor skills increase.

Tennis shoes required.

6 week session (unless noted otherwise) - Fee: \$48

Mon Session I: January 11-February 15

Mon Session II: March 1-April 12

(No class on Mar 29)

Mon Session III: April 26-June 7

(No class on May 31)

Sun Session I: January 10-February 14

(5 weeks, No class on Jan 24) Fee: \$42

Sun Session II: March 7-April 25

(No class on Mar 21, Apr 4)

Sun Session III: May 9-June 20

(No class on May 30)

Little Pucks (Ages 3 ½-5)

Wed 11:30 am-12:15 pm

Future hockey stars will be introduced to basic floor hockey skills. While interacting in a group setting, participants will be instructed on passing, shooting, and puck movement. The class will consist of individual basic drills and group games. Tennis shoes required.

6 week session - Fee: \$48

Session I: January 13-February 17

Session II: March 3-April 14 (No class Mar 31)

Session III: April 28-June 2

Pee Wee Football (Ages 3½-5)

Thu 11:30 am-12:15 pm OR Sun 10:00-10:45 am
Touchdown! Children will learn the basics in a fun filled football environment. While working on teamwork and sportsmanship, participants will be taught the fundamentals on how to catch, throw, and play in a flag football setting. Tennis shoes required. **SESSION I & II ONLY**

6 week session (unless noted otherwise) - Fee: \$48

Thu Session I: January 14-February 18

Thu Session II: March 4-April 22

(No class on Mar 18, Apr 1)

Sun Session I: January 10-February 14

(5 weeks, No class on Jan 24) Fee: \$42

Sun Session II: March 7-April 25

(No class on Mar 21, Apr 4)

Pee Wee T-Ball (Ages 3½-5)

Thu 11:30 am-12:15 pm OR
Sun 10:00-10:45 am
Home run! This class introduces children to the basics of t-ball.

Hitting, stance, fielding, throwing, and catching are a few of the basics covered.

Children must wear tennis shoes and provide their own glove. **SESSION III ONLY**

6 week session - Fee: \$48

Thu Session III: April 29-June 3

Sun Session III: May 9-June 20

(No class on May 30)

Pee Wee Soccer (Ages 3½-5)

Wed 10:30-11:15 am OR Sun 10:00-10:45 am

Goal! This class provides youngsters the opportunity to learn beginner soccer skills and an understanding of game play and rules. Children will develop individually, as well as in a positive team environment. Tennis shoes required.

6 week session (unless noted otherwise)

Fee: \$48

Wed Session I: January 13-February 17

Wed Session II: March 3-April 14
(No class Mar 31)

Wed Session III: April 28-June 2

Sun Session I: January 10-February 14

(5 weeks, No class on Jan 24) Fee: \$42

Sun Session II: March 7-April 25

(No class on Mar 21, Apr 4)

Sun Session III: May 9-June 20

(No class on May 30)

Pee Wee Games (Ages 2½-3½)

Tue 10:30-11:15 am OR Sun 9:00-9:45 am

Let the games begin! This class gives young children the opportunity to interact with others in an active environment. Parent and child will participate in a playful station-based setting and begin to learn how to throw a football, kick a soccer ball, shoot a basket and many other fun activities. Caregiver participation required.

6 week session (unless noted otherwise)
Fee: \$48

Tue Session I: January 12-February 16

Tue Session II: March 2-April 13

(No class on Mar 30)

Tue Session III: April 27-June 1

Sun Session I: January 10-February 14

(5 weeks, No class on Jan 24) Fee: \$42

Sun Session II: March 7-April 25

(No class on Mar 21, Apr 4)

Sun Session III: May 9-June 20

(No class on May 30)

Sports Mix (Ages 3½-5)

Mon 10:30-11:15 am

OR Thu 10:30-11:15 am

OR Sun 11:00-11:45 am

Time to mix it up! This program offers interaction with others and introduces a variety of sports.

Participants will learn the basics of basketball, soccer, t-ball, football, and floor hockey throughout the session.

6 week session (unless noted otherwise) - Fee: \$48

Mon Session I: January 11-February 15

Mon Session II: March 1-April 12 (No class on Mar 29)

Mon Session III: April 26-June 7 (No class on May 31)

Thu Session I: January 14-February 18

Thu Session II: March 4-April 22

(No class on Mar 18, Apr 1)

Thu Session III: May 6-June 10

Sun Session I: January 10-February 14

(5 weeks, No class on Jan 24) Fee: \$42

Sun Session II: March 7-April 25

(No class on Mar 21, Apr 4)

Sun Session III: May 9-June 20

(No class on May 30)

Sports Challenge (Ages 6-8)

Sun 11:00-11:55 am

Sports Challenge focuses on the basic rules and skills of a different sport each week. Sports may include soccer, tennis, basketball, floor hockey, and flag football.

The young athletes will be exposed to individual skill improvement and the importance of positive motivation and teamwork.

SESSION I & II ONLY. 6 week session - Fee: \$54

Sun Session I: January 10-February 14

5 weeks (No class on Jan 24) Fee: \$48

Sun Session II: March 7-April 25

(No class on Mar 21, Apr 4)

Co-ed Basketball Camp (Ages 6-12)

Sat 9:00 am-12:00 pm

Throughout the camp, campers will focus on improving individual skills and techniques required when working as a team. The fundamentals of passing, pivoting, ball handling, shooting and defense strategies will be covered. Campers will practice one-on-one, three-on-three, and five-on-five play. Please wear athletic clothes, no jeans, and bring tennis shoes.

SESSION I & II ONLY

6 week session (unless noted otherwise) Fee: \$96

Session I: January 9-February 6

(4 weeks, No class on Jan 23) Fee: \$68

Session II: March 6-April 24

(No class on Mar 20, Apr 3)

(See Spring Break Camps Section for information about Co-ed Basketball Camp at Freedom!)

To Register for Classes visit our website at www.freedom-center.com, stop by the center during operating hours, or call 703.993.8513.



Football Training Camp (Ages 6-12)

Sat 9:00 am-12:00 pm

This camp is designed for beginners through advance players stressing the fundamentals that will teach good habits and make participants more consistent in their position. Camp will include drills, conditioning, and some game play. Due to the various abilities of all players, this camp will not be contact but played with flags. Please wear athletic clothes, no jeans, and bring tennis shoes.

SESSION III ONLY 6 week session - Fee: \$96
Session III: May 8-June 19 (No class on May 29)

Beginner/Intermediate Indoor Soccer

(Ages 6-12) Thu 5:00-5:55 pm (Ages 6-8) OR

Thu 6:00-6:55 pm (Ages 9-12)

Beginning and intermediate skills are taught in this fun filled program. Emphasis is placed on individual skill development with interactive activities and games. Participants will work to improve on dribbling, passing, shooting, and understanding of the rules and team play.

6 week session Fee: \$54

Thu Session I: January 14-February 18

Thu Session II: March 4-April 22

(No class on Mar 18, Apr 1)

Thu Session III: May 6-June 10

Tae Kwon Do (Ages 4-15)

Tue/Thu 6:00-6:55 pm (Ages 4-9) OR Tue/Thu

7:00-7:55 pm (Ages 10-15)

This exciting class will introduce children with little or no experience of the great sport, Tae Kwon Do. Through games and other physical activities, participants will develop balance, stamina and self-control while learning punching, blocking and kicking technique. The instructor, Mr. Rosa, has over twenty years of experience in the Martial Arts. All classes this session are for skill levels "no belt" to black belt.

10 week session - Fee: \$156

Session I: January 12-March 18

Session II: March 23-June 3

(No class on Mar 30 and Apr 1)



Beginner/Intermediate Tennis (Ages 6-12)

Tue 5:00-5:55 pm

(Ages 6-8) OR

Tue 6:00-6:55 pm (Ages 9-12)

SESSION III ONLY

Tue 7:00-7:55 pm (Ages 8-12)

OR Sun 11:00-11:55 am (Ages 6-8)

This is a skills development program for novice and intermediate players. While learning proper grip, body position, and fundamental strokes, players will develop or polish basic hand-eye coordination and enjoy a variety of games and activities.

6 week session Fee: \$54

Tue Session I: January 12-February 16

Tue Session II: March 2-April 13

(No class on Mar 30)

Tue Session III: April 27-June 1

Tue Session III: April 27-June 1 7:00-7:55 pm

(Ages 8-12)

Sun Session III: May 9-June 20 11:00-11:55 am

(Ages 6-8) (No class on May 30)

Beginner Cheerleading (Ages 6-8)

Mon 6:00-6:55 pm OR Sun 4:00-4:55 pm

Participants will be exposed to the basic skills and fundamentals of cheerleading. Class will focus on flexibility techniques, dance, cheers, optional jumps, basic tumbling, and moves for stunting. While improving upon physical skills, participants will also learn the importance of teamwork, motivation, and spirit.

6 week session (unless noted otherwise) Fee: \$54

Mon Session I: January 11-February 15

Mon Session II: March 1-April 12

(No class on Mar 29)

Mon Session III: April 26-June 7

(No class on May 31)

Sun Session I: January 10-February 14

(5 weeks, No class on Jan 24) Fee: \$48

Sun Session II: March 7-April 25

(No class on Mar 21, Apr 4)

Sun Session III: May 9-June 20

(No class on May 30)

Pickle Ball

Tue and Thu 6:30-9:00 am

Ready to try something new!?! Pickle ball

is a sport that combines ping-pong, tennis and badminton, and is played by 2 or 4 people. The game is great for any age, and is based on shot placement and playing strategy, not brute power and strength.

Fee: Free to members; daily admission for non-members

Intermediate Cheerleading (Ages 9-12)

Wed 7:00-7:55 pm OR Sun 5:00-5:55 pm

Participants will improve upon the basic skills and fundamentals of cheerleading. Class will continue to focus on, and learn new, flexibility techniques, dance, cheers, optional jumps, basic tumbling, and moves for stunting. Participants will continue to develop critical skills and begin to focus on stretching, kick lines, and more!

6 week session (unless noted otherwise) - Fee: \$54

Wed Session I: January 13-February 17

Wed Session II: March 3-April 14

(No class on Mar 31)

Wed Session III: April 28-June 2

Sun Session I: January 10-February 14 (5 weeks,

No class on Jan 24) Fee: \$48

Sun Session II: March 7-April 25

(No class on Mar 21, Apr 4)

Sun Session III: May 9-June 20

(No class on May 30)

Beginner/Intermediate Co-ed Developmental Volleyball (Ages 10 and up)

Mon 6:00-7:15 pm
This is a skills development program for novice and intermediate players. Learn how to pass, set, hit, and serve and much more.

6 week session - Fee: \$70

Session I: January 11-February 15

Session II: March 1-April 12 (No class on Mar 29)

Session III: April 26-June 7 (No class on May 31)

New! Co-ed Intermediate Volleyball (Ages 12-17)

Wed 6:00-7:15 pm
This class is designed for players wanting to advance their skills. Class will focus on the skills of passing, setting, attacking, defensive play and competition. Sessions will focus on skill development through drill work, repetition, competitive games and conditioning. Participants must have previous skill training or team experience. Court shoes, knees pads and proper athletic attire is required.

6 week session - Fee: \$70

Session I: January 13-February 17

Session II: March 3-April 14

(No class on March 31)

Session III: April 28-June 2

Co-ed Adult Volleyball League (Ages 17 and up)

Mon and/or Wed 7:30-9:45 pm
On going program — players can join anytime! New teams formed each night.

Fee: Member Pass (8 punches) \$25;

Non-Member Pass (8 punches) \$50;

One Day Pass (members and non-members \$8).

Co-ed Adult Indoor Soccer (Ages 17 and up)

Sun 6:00-8:00 pm
Adult co-ed pick-up games in an organized and competitive atmosphere. New teams formed each week. Those attending must be in the building before 6:30 pm. Fee: Member Pass (8 punches) \$25; Non-Member Pass (8 punches) \$50; One Day Pass (members and non-members \$8).

Home School

New! Home School Gymnastics (Ages 6-12)

Fri 9:30-10:15 am
Children will be introduced to the basics of gymnastics and necessary stretching and conditioning. Participants will learn forward and backward rolls, bridges, beginning steps to a cartwheel and much more! Basic skills on the balance beam, single rail bar, trampoline and vault will be introduced in this class as well.

6 week session (unless noted otherwise)- Fee: \$48
Session I: January 15-February 5 (4 weeks)
Fee: \$36
Session II: March 5-April 23
(No class on Mar 19, Apr 2)
Session III: May 7-June 11

Home School P.E. (Ages 6-12)

Thu 1:00-1:55 pm (Ages 6-8) OR
Thu 2:00-2:55 pm (Ages 9-12)
This creative program is geared towards the development of home school children in fitness, recreation, and sports through an interactive social environment. The class will include skill instruction on soccer, basketball, flag football, tennis, and many other exciting sports! Participants will focus on motor skill development, while learning the basics of fitness, several sports, and other recreation activities.

6 week session - Fee: \$60
Session I: January 14-February 18
Session II: March 4-April 22
(No class on Mar 18, Apr 1)
Session III: May 6-June 10

Home School Swim (Ages 6-12)

Thu 1:00-1:40 pm (Ages 9-12) OR
Thu 2:15-2:55 pm (Ages 6-8)
Participants are offered the opportunity to participate in a swim program prior to or following the Home School PE class. While teaching your children how to swim skilfully and safely, instructors will follow the guidelines of the American Red Cross Learn-to-Swim program.

6 week session (unless noted otherwise) Fee: \$51
Session I: January 14-February 18
Session II: March 4-April 22
(No class on Mar 18, Apr 1)
Session III: May 6-June 10

Jr. Gymnastics

Tot Tumbling (Ages 2 ½ - 3 ½)
Tue 11:30 am-12:15 pm OR Fri 10:30-11:15 am
Children will be introduced to basic coordination and tumbling skills, while rotating around a variety of gymnastic stations with parent. Participants will experience the trampoline, balance beam, and bar. Caregiver participation required.

6 week session (unless noted otherwise) Fee: \$48
Tue Session I: January 12-February 16
Tue Session II: March 2-April 13
(No class on Mar 30)
Tue Session III: April 27-June 1
Fri Session I: January 15-February 5 (4 weeks) Fee: \$36
Fri Session II: March 5-April 23
(No class on Mar 19, April 2)
Fri Session III: May 7-June 11



Beginner Gymnastics (Ages 3 ½ - 5)

Tue 10:30-11:15 am OR Wed 1:15-2:00 pm OR Fri 11:30 am-12:15 pm
In a structured setting, children will learn forward and backward rolls on the wedge mat and floor, bridges, head stands, and beginning cartwheel skills. Basic skills learned on the balance beam, single rail bar, vault and trampoline will also be covered.

6 week session (unless noted otherwise)- Fee: \$48
Tue Session I: January 12-February 16
Tue Session II: March 2-April 13
(No class on Mar 30)
Tue Session III: April 27-June 1
Wed Session I: January 13-February 17
Wed Session II: March 3-April 14
(No class Mar 31)
Wed Session III: April 28-June 2
Fri Session I: January 15-February 5 (4 weeks) Fee: \$36
Fri Session II: March 5-April 23
(No class on Mar 19, April 2)
Fri Session III: May 7-June 11

Beginner Gymnastics (Ages 5-9)

Mon 5:00-5:55 pm OR Mon 6:00-6:55 pm OR
Wed 6:00-6:55 pm OR Sat 9:30-10:25 am
Instructor will teach children forward and backwards rolls on the floor, bridges, head stands, cartwheels, beginning round-offs skills, and basic skills on the balance beam, single-rail bar, vault and trampoline.

6 week session (unless noted otherwise) Fee: \$54
Mon Session I: January 11-February 15
Mon Session II: March 1-April 12 (No class on Mar 29)
Mon Session III: April 26-June 7 (No class on May 31)
Wed Session I: January 13-February 17
Wed Session II: March 3-April 14 (No class Mar 31)
Wed Session III: April 28-June 2
Sat Session I: January 9-February 6
(4 weeks, No class on Jan 23) Fee: \$42
Sat Session II: March 6-April 24
(No class on Mar 20, Apr 3)
Sat Session III: May 8-June 19 (No class on May 29)

Intermediate Gymnastics class (Ages 6-9)

Sat 10:30-11:25 am
Prerequisite - Ability to successfully perform a cartwheel, handstand against the wall (held for 10sec), and standing to a bridge. Class will focus on learning new skills such as round-offs, handstand to bridge, and kick-overs, as well as continued work on cartwheels, bridges, and more advanced skills on the vault, bar, and balance beam.

6 week session (unless noted otherwise) Fee: \$54
Session I: January 9-February 6
(4 weeks, No class on Jan 23) Fee: \$42
Session II: March 6-April 24
(No class on Mar 20, Apr 3)
Session III: May 8-June 19 (No class on May 29)

Advanced Gymnastics (Ages 6-9)

Sat 11:30 am-12:25 pm
* Prerequisite *- Ability to successfully perform a cartwheel, round-off, hand stand to bridge, standing to a bridge, and tick-tocks. Class will work on perfecting their cartwheels, round-offs, hand stands to bridge, and tick-tocks, while learning additional tumbling skills such as front and back walkovers, back extension, and front limbers, along with simple bar and balance beam routines, and more advanced skills on vault.

6 week session (unless noted otherwise) Fee: \$54
Session I: January 9-February 6
(4 weeks, No class on Jan 23) Fee: \$42
Session II: March 6-April 24
(No class on Mar 20, Apr 3)
Session III: May 8-June 19 (No class on May 29)

RACQUETBALL

Call Tom Matthews (571-214-7628) for further information about racquetball programs.

Private and Semi-Private Racquetball Lessons
Half-hour, hourly and multi-lesson packages are available for Juniors and Adults.

Hourly lessons focus on: rules, court position, shot selection and playing strategy.

Half hour lessons are great for "quick fix" problems.

Taught by an AmPRO certified instructor with 20+ years playing experience.

Challenge (Ages 17 and up)

Sat 8:00-11:00 am and/or Sun 9:00-11:00 am

Fee: Center admission plus \$2/person court fee.

Pre-registration not required.

Junior Racquetball (Ages 9-14)

Sat 9:30-10:25 am

This class is an introduction to racquetball. Youngsters will learn basic rules and techniques with emphasis on court safety, sportsmanship, stretching, and conditioning. This class is taught by an AmPRO certified instructor with 20+ years playing experience.

6 week session (unless noted otherwise)

Fee: \$54

Session I: January 9-February 6

(4 weeks, No class on Jan 23)

Fee: \$42

Session II: March 6-April 24

(5 weeks, No class on Mar 20, Apr 3, Apr 10)

Fee: \$48

Session III: May 8-June 19 (No class on May 29)

Dance

Creative Movement (Ages 3-5)

Mon 5:00-5:45 pm OR Sat 10:30-11:15am

A great introduction to dance that focuses on emphasizing rhythm, coordination, musicality, and creativity; all of which are relevant before studying any form of dance. Children will have fun in an energetic and positive environment while learning a variety of dances. Leotard, tights and ballet shoes required.

6 week session (unless noted otherwise) Fee: \$48

Mon Session I: January 11-February 15

Mon Session II: March 1-April 12

(No class on Mar 29)

Mon Session III: April 26-June 7

(No class on May 31)

Sat Session I: January 9-February 6

(4 weeks, No class on Jan 23) Fee: \$36

Sat Session II: March 6-April 24

(No class on Mar 20, Apr 3)

Sat Session III: May 8-June 19

(No class on May 29)

Introduction to Dance (Ages 5-9)

Mon 6:00-6:55 pm OR Sat 11:30 am-12:25 pm

An introductory course with ballet and jazz. Have fun in an energetic and positive environment while trying out two different types of dance. Children will develop rhythm, motor skills, balance & coordination while learning the fundamentals of ballet and jazz. Leotard, tights and ballet shoes required.

6 week session (unless noted otherwise) Fee: \$54

Mon Session I: January 11-February 15

Mon Session II: March 1-April 12

(No class on Mar 29)

Mon Session III: April 26-June 7

(No class on May 31)

Sat Session I: January 9-February 6

(4 weeks, No class on Jan 23) Fee: \$42

Sat Session II: March 6-April 24

(No class on Mar 20, Apr 3)

Sat Session III: May 8-June 19

(No class on May 29)

Hip Hop (Ages 10 and up)

Wed 5:00-5:55 pm

This class will give step-by step instructions to learning basic, age-appropriate, hip hop dance moves to all the latest music. Each week students will learn basic dance moves to be put together to create a dance routine that can be performed to any hip hop song. Please bring a water bottle.

6 week session - Fee: \$54

Session I: January 13-February 17

Session II: March 3-April 14 (No class Mar 31)

Session III: April 28-June 2

