



Burke/West Springfield Senior Center Without Walls

Winter 2023 Session: January 21 – April 1, 2023



For information purposes only. Not a valid registration form.

CLASS	Class Size Limit	DAY	TIME	LOCATION	COST	
					Resident	Non-Resident
Argentine Tango w/Adam	40	Friday	6:00 p.m. – 7:30 p.m.	Mott Community Center	\$10	\$20
Ballroom Dancing w/Adam	30	Tuesday	2:30 p.m. – 4:00 p.m.	Little River Glen Senior Center	\$10	\$20
Chair Dance Fitness Fusion w/Debbie	30	Wednesday	3:30 p.m. – 4:30 p.m.	Mott Community Center	\$5	\$10
Chair One Fitness w/Cecilia	30	Friday	3:00 p.m. – 4:00 p.m.	Mott Community Center	\$5	\$10
Chair Volleyball, Recreational w/Alec	20	Wednesday	2:30 p.m. – 4:30 p.m.	Mott Community Center	FREE	FREE
Dramatic Reading w/Adam	20	Thursday	10:30 a.m. – 12:00 p.m.	Mott Community Center	FREE	FREE
Guitar Basics w/Alec	5	Monday	11:00 a.m. – 12:00 p.m.	Mott Community Center	FREE	FREE
Hula w/Carol	20	Friday	12:30 p.m. – 2:00 p.m.	West Springfield Community Room	\$10	\$20
Line Dance (All Levels) w/Susie	50	Monday	12:30 p.m. – 1:30 p.m.	Mott Community Center	\$5	\$10
Line Dance (All Levels) w/Susie	50	Monday	1:45 p.m. – 2:45 p.m.	Mott Community Center	\$5	\$10
Line Dance (All Levels) w/Susie	50	Thursday	9:30 a.m. – 10:30 a.m.	Mott Community Center	\$5	\$10
Line Dance (All Levels) w/Susie	50	Thursday	10:45 a.m. – 11:45 a.m.	Mott Community Center	\$5	\$10
Line Dance (Advanced) w/Susie	50	Thursday	12:00 p.m. – 1:00 p.m.	Mott Community Center	\$5	\$10
Line Dance (All Levels) w/Cathy	30	Thursday	10:00 a.m. – 11:00 a.m.	Pohick Regional Library	FREE	FREE
Line Dance (All Levels) w/Cathy	30	Thursday	11:15 a.m. – 12:15 p.m.	Pohick Regional Library	FREE	FREE
Line Dance (All Levels) w/Cathy	50	Saturday	10:00 a.m. – 11:00 a.m.	Washington Irving Middle School	\$5	\$10
Line Dance (All Levels) w/Cathy	50	Saturday	11:15 a.m. – 12:15 p.m.	Washington Irving Middle School	\$5	\$10
Line Dance (Beg/Adv/Inter) w/Marilu	50	Saturday	1:45 p.m. – 2:45 p.m.	Washington Irving Middle School	\$5	\$10
Line Dance (Beg/Beg Adv) w/Marilu	50	Saturday	12:30 p.m. – 1:30 p.m.	Washington Irving Middle School	\$5	\$10
Line Dance (Beg/Inter) w/Cheong	20	Wednesday	12:00 p.m. – 1:00 p.m.	David R. Pinn Community Center	\$5	\$10
Line Dance (Beg/Inter) w/Cheong	20	Wednesday	1:15 p.m. – 2:15 p.m.	David R. Pinn Community Center	\$5	\$10
Line Dance (Beg/Inter) w/Cheong	30	Thursday	12:45 p.m. – 1:45 p.m.	Pohick Regional Library	FREE	FREE
Line Dance (Beg/Inter) w/Cheong	30	Thursday	2:00 p.m. – 3:00 p.m.	Pohick Regional Library	FREE	FREE
Mindful Movement & Meditation w/Debbie	20	Thursday	10:30 a.m. – 11:30 a.m.	David R. Pinn Community Center	\$5	\$10
Pickleball, Recreational Co-Ed w/Alec	20	Tuesday	2:30 p.m. – 4:30 p.m.	Mott Community Center	FREE	FREE
Pickleball, Recreational Co-Ed w/Alec	20	Thursday	2:30 p.m. – 4:30 p.m.	Mott Community Center	FREE	FREE
Pilates w/Debbie	20	Wednesday	10:30 a.m. – 11:30 a.m.	David R. Pinn Community Center	\$5	\$10
Pilates w/Debbie	20	Friday	10:30 a.m. – 11:30 a.m.	David R. Pinn Community Center	\$5	\$10
Pure Stretch w/Debbie	20	Friday	12:30 p.m. – 1:30 p.m.	David R. Pinn Community Center	\$5	\$10
Story Telling w/Adam (Self Reflection)	30	Wednesday	6:00 p.m. – 7:30 p.m.	Mott Community Center	FREE	FREE
Tai Chi ("Yang Jun") w/Debbie	40	Tuesday	2:45 p.m. – 3:45 p.m.	Mott Community Center	\$5	\$10
Tai Chi ("Yang Jun") w/Debbie	40	Thursday	2:45 p.m. – 3:45 p.m.	Mott Community Center	\$5	\$10
Tap Dance w/Debbie	10	Monday	9:30 a.m. – 10:00 a.m.	Mott Community Center	FREE	FREE
Ukulele w/Carol	20	Friday	10:00 a.m. – 11:30 a.m.	West Springfield Community Room	\$10	\$20
Yoga w/Debbie	30	Tuesday	1:30 p.m. – 2:30 p.m.	Mott Community Center	\$5	\$10
Yoga w/Debbie	30	Thursday	1:30 p.m. – 2:30 p.m.	Mott Community Center	\$5	\$10
Yoga (Chair) w/Debbie	30	Monday	11:00 a.m. – 12:00 p.m.	Mott Community Center	\$5	\$10
Yoga (Chair) w/Debbie	20	Friday	11:30 a.m. – 12:30 p.m.	David R. Pinn Community Center	\$5	\$10
Zumba Toning w/Millette	40	Tuesday	1:00 p.m. – 2:00 p.m.	Mott Community Center	\$5	\$10
ZUMBA w/Gail	40	Tuesday	12:00 p.m. – 1:00 p.m.	Mott Community Center	\$5	\$10
ZUMBA w/Gail	40	Wednesday	1:00 p.m. – 2:00 p.m.	Mott Community Center	\$5	\$10
ZUMBA Gold w/Gail	40	Thursday	1:00 p.m. – 2:00 p.m.	Mott Community Center	\$5	\$10

Please review the back of the registration form for policies, guidelines, and expectations before submission.

REGISTRATION BEGINS JANUARY 10, 2023!

Tuesday, January 10, 2023; 10 a.m. – 12 p.m.

Wednesday, January 11, 2023; 10 a.m. – 12 p.m.

Thursday, January 12, 2023; 9 a.m. – 5 p.m.

Pohick Regional Library
6450 Sydenstricker Road, Burke, VA 22015

David R. Pinn Community Center
10255 Zion Drive, Fairfax, VA 22032

Mott Community Center
12111 Braddock Road, Fairfax, VA 22030

Drive-Through Registration

Walk-In Registration

Walk-In Registration

Individuals who choose to submit registrations via US Mail will be processed beginning Friday, January 13, 2023, and should be sent to **Mott Community Center, 12111 Braddock Road, Fairfax, VA 22030.** Please do not mail cash!



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Liability Waiver

I recognize that there are risks inherent in participating in recreational activities and agree to hold harmless the County of Fairfax, Department of Neighborhood and Community Services (NCS), and their officers, employees, and volunteers from all claims for bodily injury and/or property damage that result from my participation in any activity in this program.

Health and Safety Guidance

Fairfax County's priority continues to be a safe environment for all. While participating in any of the Burke/West Springfield Senior Center Without Walls classes, everyone is strongly encouraged to abide by safety practices put in place, including observing social distancing, when possible; practicing proper hand washing; and **refraining from coming to class if you are feeling ill**. Masks and face coverings are optional for participants, and we support mask use for individuals who choose to continue to wear them. For more information, visit the Fairfax County Health Department website on COVID-19: www.fairfaxcounty.gov/covid19.

Photo Release

By signing this form, I give permission to be photographed and/or videotaped by NCS or the media for use in publicizing NCS programs and services.

Registration Information Release

Registration information provided to the Fairfax County Neighborhood and Community Services is public record and as such may be released under the Virginia Freedom of Information Act (VFOIA) unless the participant specifically requests that this information not be released. You have the option if you DO NOT grant NCS permission to release your information.

Registration Guidelines

Registration is required for all classes – individuals who fail to register in a timely manner will not be permitted to participate in classes. Only Fairfax County publications, websites, and correspondence are to be used for registration and scheduling. You may bring TWO (2) additional registration form, only if the individual has a disability limiting them from coming to the facility in person to register themselves. We ask if you cannot make the in-person registration for either day, that you follow the directions above and mail in your registration to be received before the deadline to register for the 2023 Winter Session.

Burke/West Springfield Senior Center Without Walls Class Registration

Registration will begin on Tuesday, January 10, 2023, and run until the first day of classes on January 21, 2023.

Tuesday, January 10, 2023; 10 a.m. – 12 p.m.
Pohick Regional Library
6450 Sydenstricker Road, Burke, VA 22015
Drive-Through Registration

Wednesday, January 11, 2023; 10 a.m. – 12 p.m.
David R. Pinn Community Center
10255 Zion Drive, Fairfax, VA 22032
Walk-In Registration

Thursday, January 12, 2023; 9 a.m. – 5 p.m.
Mott Community Center
12111 Braddock Road, Fairfax, VA 22030
Walk-In Registration

Individuals who choose to submit registrations via US Mail will be processed beginning Friday, January 13, 2023, and should be sent to Mott Community Center, 12111 Braddock Road, Fairfax, VA 22030. Please do not mail cash!

RECDynamics Accounts

A current RECDynamics account is required to successfully register for classes. A free account can be made at <https://fairfax.usdirect.com/ncsweb/>

Class Fees and Payment

Payment is due at the time of sign-up. Classes that have a fee of either \$5 or \$10 is for the entire session. No refunds or exchanges will be made. Exact change is requested. Cash, check, and money orders are the only acceptable forms of payment. No credit card payment will be accepted. No bills larger than \$20 please. If paying by check or money order, make payable to "NCS" for the total amount of all registered classes. Registration is not considered complete until correct payment is received.

Inclement Weather and Weather-Related Closures

All classes are subject to the inclement weather policy. Please see the NCS website (www.fairfaxcounty.gov/neighborhood-community-services) for the full policy.

Burke/West Springfield Senior Center Without Walls Community Partner Locations

Mott Community Center
12111 Braddock Road, Fairfax, VA 22030

David R. Pinn Community Center
10225 Zion Drive, Fairfax, VA 22032

Little River Glen Senior Center
4001 Baker Court, Fairfax, VA 22032

Pohick Regional Library
6450 Sydenstricker Road, Burke, VA 22015

West Springfield Government Center
6140 Rolling Road, Springfield, VA 22153

Washington Irving Middle School
8100 Old Keene Mill Rd., Springfield, VA 22153

Please contact the Mott Community Center, 703-278-8605, for questions and more information.



Fairfax County is committed to nondiscrimination in all county programs, services, and activities. To request reasonable accommodations or to receive this information in an alternate format, call 703-324-4600, TTY 711.