



Burke/West Springfield Senior Center Without Walls

Winter 2017 Session

REGISTRATION BEGINS: January 23rd REGISTRATION ENDS: January 27th

CLASSES BEGIN: January 31st CLASSES END: March 25th

REGISTRATION

Only one proxy registration per person will be accepted. Classes are filled on a first – come – first-served basis. Mail-in registrations will be processed after walk-in registrations on first day of registration. For classes that have a maximum class limit it is suggested you register in person due to classes filling up quickly.

WALK-IN 1st Day of registration:

10:00am-12:00pm

Kings Park Library Meeting Room
9000 Burke Lake Road
Burke, VA 22015

1:00pm-5pm Pinn Community Center

10225 Zion Drive
Fairfax, VA 22032

MAIL:

Mail registrations to:

SCWOW

10225 Zion Drive

Fairfax, VA 22032

Classes are \$5.00 per 8-week session for Fairfax County Residents

\$10.00 for non-residents

Make checks payable to NCS

**Questions or comments: Please call 703-250-9181 or email
burkewestspringfieldcwow@fairfaxcounty.gov**

**Inclement Weather: If Fairfax County Public Schools are CLOSED or DELAYED, classes
are CANCELLED for the day**



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Please take a look at the Winter Session Class Offerings and register by following the rules below.

Registration:

1. Begins **January 23rd**; **no registrations will be accepted before 10:00am on this date.**
2. The registration period will **END January 27th** for all classes with a class size limit.
3. Only one proxy registration per person on registration day.
4. Classes are filled on a **First-Come – First-Served Basis.**
5. Each class costs \$5.00 per 8-week session for residents of Fairfax County, \$10.00 for non-residents (except where indicated).
6. **Only in-person or mailed registrations will be accepted.** No emailed registrations will be allowed.
7. In cases where two Sections of classes are being offered (with the exception of Line Dancing and ZUMBA), participants will only be allowed to register for one Section. On your registration form, please indicate which Section you prefer by placing a 1 in your first choice and a 2 in your second choice of Sections.
8. If classes become full, your registration will be placed on a Waitlist. Waitlisted participants will be filled on a first-come – first-served basis.
9. Complete entire registration form – **PLEASE PRINT LEGIBLY!**
10. Checks should be made out to **NCS.**
11. Receipts will be made available on January 31st at the Pinn Community Center.
12. **Classes begin the week of January 31st and end the week of March 25th (unless otherwise noted).**



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Section I	Section II
Relax, have fun, increase flexibility and maintain health through breathing and the gentle movements of Tai Chi, Chi Kung and Yoga.	This section builds upon the beginning Tai Chi and adds new movements and techniques. Recommended for students who have previously enrolled in Tai Chi.
Wednesdays	Wednesdays
Instructor: HediKamai/Kris Brinker Location: 6001 Cove Landing Rd. Burke, VA 22015 Time: 1pm – 2pm	Instructor: HediKamai/Kris Brinker Location: 6001 Cove Landing Rd. Burke, VA 22015 Time: 2:15pm – 3:15pm
You may only register for one class per session. This class has a maximum limit of participants.	

Yoga			
This class offers participants the opportunity to learn basic Yoga postures while building strength and increasing endurance and flexibility. Always wanted to try Yoga? This is the class for you. Bring a mat and wear loose comfortable clothes.			
Tuesdays	Wednesdays	Thursdays(NEW)	Fridays
Instructor: Janet Guzzano Location: Oaks Community Center 5708 Oak Leather Dr., Burke 22015 Time: 9:30am – 10:30am	Instructor: Janet Guzzano Location: Oaks Community Center 5708 Oak Leather Dr., Burke 22015 Time: 10:30am – 11:30am	Instructor: Janet Guzzano Location: Oaks Community Center 5708 Oak Leather Dr., Burke 22015 Time: 10:30am – 11:30am	Instructor: Janet Guzzano Location: Oaks Community Center 5708 Oak Leather Dr., Burke 22015 Time: 9:00am – 10:00am
You may register for only one class per session. This class has a maximum limit of participants.			

Self-Defense for Seniors
The basics of self-defense is fun and engaging. Participants will focus on strength and coordination.
Tuesdays
Instructor: Jim Harrison Location: Commons Community Center 5701 Roberts Pkwy, Burke, VA 22015 Time: 12:00pm – 1:30pm

Zumba PLEASE NOTE LOCATION CHANGE



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Zumba Fitness® program is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward a healthier lifestyle.

Tuesdays

Instructor: Gail Browne
Location: Connor's Pest Service
5408 Port Royal Rd.
North Springfield, VA 22151
Time: 12:30pm – 1:30pm

Thursdays

Instructor: Gail Browne
Location: Connor's Pest Service
5408 Port Royal Rd.
North Springfield, VA 22151
Time: 11am – 12pm

NOTE LOCATION CHANGE! PLEASE SEE ATTACHED LETTER!

Line Dance Club

Everyone is welcome to this fast-paced Line Dance Club and beginners are highly encouraged. Under Cathy's spectacular guidance, participants will get the dancing workout of a lifetime.

Thursdays

Instructor: Cathy Byon
Location: Pohick Library
6450 Sydenstricker Rd, Burke, VA 22015
Time: 10:00am – 12:00pm

Saturdays

Instructor: Cathy Byon
Location: Irving Middle School
8100 Old Keene Mill Rd., Springfield 22152
Time: 10am – 12pm

NOTE THURSDAY LOCATION CHANGE

Line Dance Club

All abilities are welcome to this fast-paced Line Dance Club. Under Susie's spectacular guidance, participants will get the dancing workout of a lifetime.

Tuesdays

Instructor: Susie Thomas
Location: Durga Temple
8400 Durga Pl., Fairfax Station, 22039
Time: 10am – 12pm

Fridays

Instructor: Susie Thomas
Location: Durga Temple
8400 Durga Pl., Fairfax Station, 22039
Time: 10am – 12pm

No Class 3/4 and 3/18. A make-up class will be held 4/1.

Beginner Line Dance

Everyone is welcome to this slow-paced Line Dance Club and beginners are highly encouraged. Under



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Marilu's spectacular guidance, participants will get the dancing workout of a lifetime.

Thursdays

Instructor: Marilu Ubas

Location: Pohick Library

6450 Sydenstricker Rd, Burke, VA 22015

Time: 12pm – 2pm

Hula Dancing

A fun and low-impact exercise! Prior Hula dance experience is suggested.

Wednesdays

Instructor: CarolTakafuji

Location: Ekoji Buddhist Temple

6500 Lakehaven Ln., Fairfax Station 22039

Time: 10am – 11:30am

Ballroom Dancing

This dance class meets the needs of beginners to advanced intermediate. Class introduces and practices all dance types including Waltz, Foxtrot, Tango, Rumba, Cha-cha and East Coast Swing, etc.

Tuesdays

Instructor: Adam Whitley

Location: Little River Glen Senior Center

4001 Barker Ct., Fairfax 22031

Time: 2:30pm – 4pm

Folk Dancing



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Participants in this class will learn advanced, international folk dances in order to prepare for performances at various schools, senior centers and, community events. In addition to the \$5 registration fee, participants will be asked to purchase costumes for performances.

Fridays

Instructor: Various

Location: West Springfield Community Room @ West Springfield Police Department
6140 Rolling Road, Springfield, VA 22152

Time: 10am – 12pm

NO CLASS March 24th

Qigong

CWoW is excited to announce this new class and welcome a new instructor! Qigong is an ancient Chinese practice which cultivates life energy and enhances health and well-being through gentle movement patterns, deep breathing, meditation, and self-massage.

Thursdays

Instructor: Carol Ritter

Location: Oaks Community Center
Oaks Community Center
5708 Oak Leather Dr., Burke 22015

Time: 1pm – 2pm

This class has a maximum limit of participants.

Scrapbooking with Creative Memories*

Participants in this class will learn to organize your photos from a special event into a photo album of your choice. You



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will need to select 80 – 100 photos and bring them with you to the first day of class. You will order your album and supplies at registration, See www.creativememories.com/user/JanetRamos for selections. Prices vary but participants should expect to pay \$80-\$100 for supplies. Cash, check or credit cards will be accepted. Class dates are on Thursdays for 6 weeks through June 11. This class is limited to 7 participants.

Thursdays

Instructor: Janet Ramos
Location: Pinn Community Center
 10225 Zion Dr., Fairfax, 22032
Time: 11:30am – 1:30pm

This class has a maximum limit of participants.

NO REGISTRATION REQUIRED

Walking Club

Come join our friendly walking group for senior men and women. We walk three days a week all year, for one hour. Have fun, stay healthy, and enjoy the camaraderie!

Mondays: Lake Barton - Turn on Water's Edge Ln. from Burke Centre Pkwy. Bear left and park in the cul-de-sac in the unnumbered spots.

Thursdays: Lake Royal - Lakeside Park entrance at Bronte and Pommeroy Dr.)

Saturdays: Trail to Burke Lake Park Dam - meet at South Run Rec Center Field House parking lot.

Inclement Weather - Springfield Town Center, meet at the entrance off Loisdale Rd.

Dates: Continuous

Time: 8am

For more information contact Jerry Cantor: 703-342-8852, walkingseniors@gmail.com

Mah Jong Group

Join past CWoW class members in the American Style of Mah Jong. Some prior experience is recommended, but everyone is welcome.

Location: Pinn Community Center
 10225 Zion Dr., Fairfax, 2203

Dates: Tuesdays

Time: 10am – 1:30pm

Eclectic Readers of CWOW

A book club for casual people.

For more information contact Cora Foley: corazonfoley@yahoo.com



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Last Name: _____ First Name: _____

Phone (primary): _____

Address: _____

_____/_____/_____

(City)

(State)

(Zip)

Email: _____

Emergency Contact: _____

(Name) (Phone)

PhotoRelease: 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.

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 any and all claims for bodily injury and/or property damage that result from my participation in any activity in this pilot program.

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 unless the participant specifically requests that this information not be released. Check here if you DO NOT grant NCS permission to release your information.

Class	Date and Time	Per Class \$5 Fairfax County Resident \$10 Out of County
Tuesday Yoga	Tues. 9:30am – 10:30am	
Wednesday Yoga	Wed. 10:30am – 11:30am	
Thursday Yoga	Thurs. 10:30am – 11:30am	
Friday Yoga	Fri. 9:00am – 10:00am	
Tai Chi (Section I)	Wed. 1pm – 2pm	
Tai Chi (Section II)	Wed. 2:15pm – 3:15pm	
Tuesday Line Dance Club	Tues. 10am – 12pm	
Friday Line Dance Club	Fri. 10am – 12pm	
Thursday Line Dance	Thurs. 10am – 12pm	
Thursday Line Dance (Beginner)	Thurs. 12pm – 2pm	
Saturday Line Dance	Sat. 10am – 12pm	
Friday Folk Dancing	Fri. 10am - 12pm	
Self-Defense	Tues. 12:30pm – 1:30pm	
Hula Dancing	Wed. 10am – 11:30am	
Tuesday ZUMBA	Tues. 12:30pm – 1:30pm	
Thursday ZUMBA	Thurs. 11am – 12pm	
Ballroom Dancing	Tues. 2:30pm – 4pm	
Qigong	Thurs. 1:00pm – 2:00pm	
		Total \$
Signature: _____	Date: _____	

Payment Record

Payment	Amount	
Cash	\$	
Check	\$	#

Make Checks Payable to NCS

Received By: _____ Date: _____



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A Note on ZUMBA:

First, thanks to all of our Zumba participants for being willing to continue to shift locations throughout the last number of years and seasons. It is a testament to both your commitment to being a part of the growth of CWoW and to Gail Browne's teaching.

You'll notice that the location has once again changed and we are very happy to welcome Connor's Pest Service into our private/public partnership as CWoW continues to grow and expand. Connor's has been very gracious in donating space for our Zumba class and while it may seem unorthodox, the staff at CWoW believes that this location should be suitable for this session as we continue to find a more permanent location for our Zumba class.

Secondly, parking in Connor's lot is at a premium and the staff of CWoW and Connor's Pest Service would request that participants carpool if at all possible. Currently, CWoW staff is working with some of the nearby businesses to secure additional parking; more information will be offered as it becomes available. Ned Barnes will be at the first day of class in order to direct participants to the correct door and answer any questions and address any concerns you may have.

Most Sincerely,

Staff of Burke/West Springfield Senior Center Without Walls