



Burke/West Springfield Senior Center Without Walls

Spring 2017 Session

REGISTRATION BEGINS: April 25th

REGISTRATION ENDS: May 1st

CLASSES BEGIN: May 2nd

CLASSES END: June 24th

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.

PRIMARY REGISTRATION (WALK-IN):

April 25, 2017, 10 a.m.-noon

Kings Park Library Meeting Room

9000 Burke Lake Road

Burke, VA 22015

EXTENDED REGISTRATION (MAIL-IN/WALK-IN):

April 26-May 1, 2017, 10 a.m.-3 p.m.

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 April 25, 2017; **no registrations will be accepted before 10 a.m. on this date.**
2. The registration period will **END May 1, 2017** 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 May 2nd at the Pinn Community Center.
12. **Classes begin the week of May 2nd and end the week of June 19th (unless otherwise noted).**



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Tai Chi Exploration	
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: Hedi Kamai/Kris Brinker Location: Landings Community Center 6001 Cove Landing Rd. Burke, VA 22015 Time: 1-2 p.m.	Instructor: Hedi Kamai/Kris Brinker Location: Landings Community Center 6001 Cove Landing Rd. Burke, VA 22015 Time: 2:15-3:15 p.m.
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	Fridays
Instructor: Janet Guzzano Location: Oaks Community Center 5708 Oak Leather Dr., Burke 22015 Time: 9:30-10:30 a.m.	Instructor: Janet Guzzano Location: Oaks Community Center 5708 Oak Leather Dr., Burke 22015 Time: 10:30-11:30 a.m.	Instructor: Janet Guzzano Location: Oaks Community Center 5708 Oak Leather Dr., Burke 22015 Time: 10:30-11:30 a.m. <b style="background-color: yellow;">No Class: June 15	Instructor: Janet Guzzano Location: Oaks Community Center 5708 Oak Leather Dr., Burke 22015 Time: 9-10 a.m. <b style="background-color: yellow;">No Class: June 9
You may register for only one class per session. This class has a maximum limit of participants.			



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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: 12:30 -1:30 p.m.

Zumba PLEASE NOTE LOCATION CHANGE

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: Mott Community Center

Address: 12111 Braddock Rd, Fairfax, VA 22030

Time: 11:15 a.m.-12:15 p.m.

Wednesdays

Instructor: Gail Browne

Location: Mott Community Center

Address: 12111 Braddock Rd, Fairfax, VA 22030

Time: 1:30-2:30 p.m.

NOTE LOCATION AND TIME 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 a.m.-noon

Saturdays

Instructor: Cathy Byon

Location: Irving Middle School

8100 Old Keene Mill Rd., Springfield 22152

Time: 10 a.m.-noon



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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: 10 a.m.-noon
No Class: May 2 & 16

Fridays

Instructor: Susie Thomas
Location: Durga Temple
 8400 Durga Pl., Fairfax Station, 22039
Time: 10 a.m.-noon
No Class: May 5, June 2 & 9

Beginner Line Dance

Everyone is welcome to this slow-paced Line Dance Club and beginners are highly encouraged. Under 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: 12-2 p.m.

Hula Dancing

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

Wednesdays

Instructor: Carol Takafuji
Location: Ekoji Buddhist Temple
 6500 Lakehaven Ln., Fairfax Station 22039
Time: 10-11:30 a.m.



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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: 2:30-4 p.m.

Folk Dancing

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: Marilu Ubas

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

Time: 12 -2 p.m.

NO CLASS March 24th

Qigong

CWoW is excited to announce this new class and welcome a new instructor! Qigong is a holistic system of coordinated body posture and movement, breathing, and meditation used for health, spirituality, and martial arts training.

Thursdays

Instructor: Carol Ritter

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

Time: 1-2 p.m.

This class has a maximum limit of participants.



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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 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: 11:30 a.m.-1:30 p.m.

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, 22032

Dates: Tuesdays

Time: 10 a.m.-1:30 p.m.

Eclectic Readers of CWOW

A book club for casual people.

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

[Type here]



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Last Name: _____ First Name: _____

Phone (primary): _____

Address: _____

_____/_____/_____

(City)

(State)

(Zip)

Email: _____

Emergency Contact: _____

(Name)

(Phone)

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.

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	Day and Time	Per Class \$5 Fairfax County Resident \$10 Out of County
Tuesday Yoga	9:30-10:30 a.m.	
Wednesday Yoga	10:30-11:30 a.m.	
Thursday Yoga	10:30-11:30 a.m.	
Friday Yoga	9-10 a.m.	
Tai Chi (Section I)	Wed., 1-2 p.m.	
Tai Chi (Section II)	Wed., 2:15-3:15 p.m.	
Tuesday Line Dance Club	10 a.m.-noon	
Friday Line Dance Club	10 a.m.-noon	
Thursday Line Dance	10 a.m.-noon	
Thursday Line Dance (Beginner)	12-2 p.m.	
Saturday Line Dance	10 a.m.-noon	
Self-Defense	Tues., 12:30-1:30 p.m.	
Hula Dancing	Wed., 10-11:30 a.m.	
Folk Dancing	Fri., 12-2 p.m.	
Tuesday ZUMBA	11:15 a.m.-12:15 p.m.	
Wednesday ZUMBA	1:30-2:30 p.m.	
Ballroom Dancing	Tues., 2:30-4 p.m.	
Qigong	Thurs., 1-2 p.m.	
		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 say that we will be able to hold this class at the Mott Community Center as CWoW continues to grow and expand. The site director, Devin Thornton, has been very gracious in donating space for our Zumba class and the staff at CWoW believes that this location should be suitable for this session.

Most Sincerely,

Staff of Burke/West Springfield Senior Center Without Walls