



**Burke/West Springfield Senior Center Without Walls
Fall 2017 Session**

REGISTRATION BEGINS: October 10

REGISTRATION ENDS: October 16

CLASSES BEGIN: October 17*

CLASSES END: December 16*

*Unless otherwise noted

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 --classes fill up quickly.

PRIMARY REGISTRATION (WALK-IN):

Tuesday, October 10, 2017, 10 a.m.-noon
Kings Park Library Meeting Room
9000 Burke Lake Road
Burke, VA 22015

MAIL:

Mail registrations to:
SCWOW
c/o Pinn C.C.
10225 Zion Drive
Fairfax, VA 22032

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

October 11-16, 2017, 10 a.m.-3 p.m.
Pinn Community Center
10225 Zion Drive
Fairfax, VA 22032

Classes are \$5.00 per 8-week session for Fairfax County Residents
\$10.00 for non-county 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 Fall Session Class Offerings and register by following the quick tips below.

Registration Quick Tips:

1. Begins October 10, 2017; **no registrations will be accepted before 10 a.m. on this date.**
2. The registration period will **END October 16, 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, and \$10.00 for non-residents (except where indicated).
6. **Only in-person or mailed registrations will be accepted.** Registrations via email will not be accepted.
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 class waitlist. Classes with waitlists will be filled on a first-come – first-served basis.
9. Complete entire registration form – **PLEASE PRINT LEGIBLY!**
10. Checks should be made payable to **NCS.**
11. **Classes begin the week of October 16 and end the week of December 16, 2017 (unless otherwise noted).**



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Tai Chi Exploration	
<p style="text-align: center;">Section I</p> <p>Relax, have fun, increase flexibility and maintain health through breathing and the gentle movements of Tai Chi, Chi Kung and Yoga.</p>	<p style="text-align: center;">Section II</p> <p>This section builds upon the beginning Tai Chi and adds new movements and techniques. Recommended for students who have previously enrolled in Tai Chi.</p>
Wednesdays	Wednesdays
<p>Instructor: Hedi Kamai/Kris Brinker Location: Landings Community Center 6001 Cove Landing Rd. Burke, VA 22015 Time: 1-2 p.m. Class dates: 10/18 – 12/12 No class: 11/22</p>	<p>Instructor: Hedi Kamai/Kris Brinker Location: Landings Community Center 6001 Cove Landing Rd. Burke, VA 22015 Time: 2:15-3:15 p.m. Class dates: 10/18 – 12/12 No class: 11/22</p>
You may only register for one class per session. This class has a maximum limit of participants.	

Yoga			
<p>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.</p>			
Tuesdays	Wednesdays	Thursdays	Fridays
<p>Instructor: Janet Guzzano Location: Oaks Community Center 5708 Oak Leather Dr., Burke 22015 Time: 9:30-10:30 a.m. Class dates: 10/17 – 12/12 No class: 11/7, 11/21</p>	<p>Instructor: Janet Guzzano Location: Oaks Community Center 5708 Oak Leather Dr., Burke 22015 Time: 10:30-11:30 a.m. Class dates: 10/18 – 12/13 No class: 11/22</p>	<p>Instructor: Janet Guzzano Location: Oaks Community Center 5708 Oak Leather Dr., Burke 22015 Time: 10:30-11:30 a.m. Class dates: 10/19 – 12/14 No class: 11/2, 11/23</p>	<p>Instructor: Janet Guzzano Location: Oaks Community Center 5708 Oak Leather Dr., Burke 22015 Time: 9-10 a.m. Class dates: 10/20 – 12/15 No class: 11/3, 11/24</p>
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.
Class dates: 10/17 – 12/12
No class: 11/21

Zumba

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.
This class begins October 31.
Class dates: 10/31/17– 1/23/18
No class: 11/7, 11/28, 12/5, 12/12, 12/26

Wednesdays

Instructor: Gail Browne
Location: Mott Community Center
Address: 12111 Braddock Rd, Fairfax, VA 22030
Time: 1:30 - 2:30 p.m.
This class begins November 1.
Class dates: 11/1 /17– 1/17/18
No class: 11/29, 12/6, 12/13, 12/27

Beginner Line Dance

Everyone is welcome to this slow-paced Line Dance 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: noon - 2 p.m.
Class dates: 10/19 – 12/14
No class: 11/23



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Line Dance- All Skill Levels	
Everyone is welcome to this fast-paced Line Dance and beginners are highly encouraged. Under Cathy's spectacular guidance, participants will get the dancing workout of a lifetime.	
Thursdays	Saturdays
Instructor: Cathy Byon Location: Pohick Library 6450 Sydenstricker Rd., Burke, VA 22015 Time: 10 a.m. - noon Class dates: 10/19 – 12/14 No class: 11/23	Instructor: Cathy Byon Location: Irving Middle School 8100 Old Keene Mill Rd., Springfield 22152 Time: 10 a.m. - noon Class dates: 10/21 – 12/16 No class: 11/11, 11/18, 11/25

Advanced Line Dance	
All abilities are welcome to this fast-paced Line Dance. Under Susie's spectacular guidance, participants will get the dancing workout of a lifetime.	
Tuesdays	Fridays
Instructor: Susie Thomas Location: Durga Temple 8400 Durga Pl., Fairfax Station, 22039 Time: 10 a.m. - noon Class dates: 10/24-12/19 No class: 10/31	Instructor: Susie Thomas Location: Durga Temple 8400 Durga Pl., Fairfax Station, 22039 Time: 10 a.m. - noon Class dates: 10/27 – 12/22 No class: 12/1

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. Class dates: 10/18 – 12/13 No class: 11/22	



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Ballroom Dancing

This dance class meets the needs of beginners to advanced intermediate dancers. The 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.
Class dates: 10/24 – 12/12

International 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: Carol Takafuji
Location: West Springfield Community Room
@ West Springfield Police Department
6140 Rolling Road, Springfield, VA 22152
Time: 10 a.m.-noon
Class dates: 10/20 – 12/14
No class: 10/20, 10/27, 11/3

QiGong

Qigong is an ancient Chinese practice of gentle movement, self-massage, and breathing that enhances health and our sense of well-being.

Thursdays

Instructor: Carol Ritter
Location: Oaks Community Center
Oaks Community Center
5708 Oak Leather Dr., Burke 22015
Time: 1-2 p.m.
Class dates: 11/2 – 12/14
No class: 11/23



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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. 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: 8 a.m.

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



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Last Name: _____ First Name: _____

Phone (primary): _____

Address: _____
(Street) (City) (State) (Zip)

Email: _____ I was enrolled in a Summer 2017 CWoW Class: Yes No

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	Location	\$5 Class County Residents \$10 Non- County
Ballroom Dancing	Tues., 2:30-4 p.m.	Little River Glen Senior Center	
Folk Dancing	Fri., 10 a.m.-noon	West Springfield Community Room	
Hula Dancing	Wed., 10-11:30 a.m.	Ekaji Buddhist Temple	
Line Dance (Advanced)	Tues., 10 a.m.-noon	Durga Temple	
Line Dance (Advanced)	Fri., 10 a.m.-noon	Durga Temple	
Line Dance (All Levels)	Thurs., 10 a.m.-noon	Pohick Library	
Line Dance (All Levels)	Sat., 10 a.m.-noon	Irving Middle School	
Line Dance (Beginner)	Thurs., noon-2 p.m.	Pohick Library	
QiGong	Thurs., 1-2 p.m.	Oaks Community Center	
Self-Defense	Tues., 12:30-1:30 p.m.	Commons Community Center	
Tai Chi (Section I)	Wed., 1-2 p.m.	Landings Community Center	
Tai Chi (Section II)	Wed., 2:15-3:15 p.m.	Landings Community Center	
Yoga	Tues., 9:30-10:30 a.m.	Oaks Community Center	
Yoga	Wed., 10:30-11:30 a.m.	Oaks Community Center	
Yoga	Thurs., 10:30-11:30 a.m.	Oaks Community Center	
Yoga	Fri., 9-10 a.m.	Oaks Community Center	
ZUMBA	Tues., 11:15 a.m.-12:15 p.m.	Mott Community Center starts 10/31	
ZUMBA	Wed., 1:30-2:30 p.m.	Mott Community Center starts 11/1	

Signature: _____	Date: _____	Total \$
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Payment Record

Payment	Amount	
Cash	\$ _____	
Check	\$ _____	# _____

Make Checks Payable to NCS.

Received By: _____ Date: _____