



**Burke/West Springfield Senior Center Without Walls  
Spring 2018 Session**



**REGISTRATION BEGINS: APRIL 24<sup>TH</sup>      REGISTRATION ENDS: APRIL 30<sup>TH</sup>**

**CLASSES BEGIN: MAY 1<sup>ST</sup>      CLASSES END: JUNE 23<sup>RD</sup>**

**\*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, April 24<sup>th</sup>, 2018 10am-12pm**  
Mott Community Center  
12111 Braddock Road  
Fairfax, VA 22030

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

**April 25<sup>th</sup> - April 30<sup>th</sup>, 2018, 11 a.m. - 1 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 703-278-8605 or email  
[burkewestspringfieldcwow@fairfaxcounty.gov](mailto:burkewestspringfieldcwow@fairfaxcounty.gov)**

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



## Burke/West Springfield Senior Center Without Walls Spring 2018 Session

Please review the Summer Session Class Offerings and register by following the quick tips below.

### Registration Quick Tips:

1. Begins April 24<sup>th</sup>, 2018; **no registrations will be accepted before 10 a.m. on this date.**
2. The registration period will **END April 30<sup>th</sup>, 2018** 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 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 payable to **NCS.**
11. **Classes begin May 1<sup>st</sup> and end June 19<sup>th</sup>, 2018 (unless otherwise noted).**



# Burke/West Springfield Senior Center Without Walls

## Spring 2018 Session

### Tai Chi Exploration

#### Section I

Relax, have fun, increase flexibility and maintain health through breathing and the gentle movements of Tai Chi, Chi Kung and Yoga.

#### Section II

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

**Instructor:** Elaine Nixon  
**Location:** Landings Community Center  
6001 Cove Landing Rd.  
Burke, VA 22015  
**Time:** 1-2 p.m.  
**Class dates:** 5/2- 6/20

#### Wednesdays

**Instructor:** Elaine Nixon  
**Location:** Landings Community Center  
6001 Cove Landing Rd.  
Burke, VA 22015  
**Time:** 2:15-3:15 p.m.  
**Class dates:** 5/2 - 6/20

**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

**Instructor:**  
Janet Guzzano  
**Location:**  
Oaks Community Center  
5708 Oak Leather Dr.,  
Burke, VA 22015  
**Time:** 9:30-10:30 a.m.  
**Class dates:** 5/1- 6/19  
**No class:**

#### Wednesdays

**Instructor:**  
Janet Guzzano  
**Location:**  
Oaks Community Center  
5708 Oak Leather Dr.,  
Burke, VA 22015  
**Time:** 10:30-11:30 a.m.  
**Class dates:** 5/2 – 6/20  
**No class:**

#### Thursdays

**Instructor:**  
Janet Guzzano  
**Location:**  
Oaks Community Center  
5708 Oak Leather Dr.,  
Burke, VA 22015  
**Time:** 10:30-11:30 a.m.  
**Class dates:** 5/3 - 6/21  
**No class:**

#### Fridays

**Instructor:**  
Janet Guzzano  
**Location:**  
Oaks Community Center  
5708 Oak Leather Dr.,  
Burke, VA 22015  
**Time:** 9-10 a.m.  
**Class dates:** 5/4 – 6/22  
**No class:**

**You may register for only one class per session. This class has a maximum limit of participants.**



# Burke/West Springfield Senior Center Without Walls

## Spring 2018 Session

### 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:** 5/1 – 6/19  
**No Class:** 6/12

### 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.  
**Class dates:** 5/1 - 6/19

#### Wednesdays

**Instructor:** Gail Browne  
**Location:** Mott Community Center  
**Address:** 12111 Braddock Rd, Fairfax, VA 22030  
**Time:** 1:30 - 2:30 p.m.  
**Class dates:** 5/2 - 6/20  
**No Class:** 5/16

### 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:** 5/3 - 6/21



# Burke/West Springfield Senior Center Without Walls

## Spring 2018 Session

### Intermediate 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:** 2pm – 4pm  
**Class dates:** 5/3 – 6/21

### 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

**Instructor:** Cathy Byon  
**Location:** Pohick Library  
6450 Sydenstricker Rd., Burke, VA 22015  
**Time:** 10 a.m. - noon  
**Class dates:** 5/3 – 6/21

#### Saturdays

**Instructor:** Cathy Byon  
**Location:** Irving Middle School  
8100 Old Keene Mill Rd., Springfield, VA 22152  
**Time:** 10 a.m. - noon  
**Class dates:** 5/5 – 6/23  
**No class:** 5/26

### 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

**Instructor:** Susie Thomas  
**Location:** Durga Temple  
8400 Durga Pl., Fairfax Station, VA 22039  
**Time:** 10 a.m. - noon  
**Class dates:** 5/1 – 6/19

#### Fridays

**Instructor:** Susie Thomas  
**Location:** Durga Temple  
8400 Durga Pl., Fairfax Station, VA 22039  
**Time:** 10 a.m. - noon  
**Class dates:** 5/4 – 6/22  
**No class:**



# Burke/West Springfield Senior Center Without Walls

## Spring 2018 Session

### 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, VA 22039  
**Time:** 10 - 11:30 a.m.  
**Class dates:** 5/2 -6/20

### Intermediate QiGong

This class is for those with at least some previous experience doing the Four Golden Wheels Exercise. We will explore other QiGong exercises, meditation, and breathing practices and go deeper into the Four Golden Wheels practice.

### Thursdays

**Instructor:** Carol Ritter  
**Location:** Oaks Community Center  
5708 Oak Leather Dr., Burke, 22015  
**Time:** 2pm – 3pm  
**Class dates:** 5/3 - 6/21

### 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](http://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.  
**Class dates:** 5/3 -6/21



# Burke/West Springfield Senior Center Without Walls

## Spring 2018 Session

### 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.  
**Class dates:** 5/1 – 6/19

### 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:** 5/4 -6/22  
**No Class:** 6/8



# Burke/West Springfield Senior Center Without Walls

## Spring 2018 Session

### 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, Thursdays, and Saturdays at 8 a.m.:** Lake Barton - Turn on Water's Edge Ln. from Burke Centre Pkwy. Bear left and park. Please Park near the Lake Barton service entrance on Burke Centre Parkway.

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

**Dates:** Continuous

**Time:** 8 a.m.

**For more information contact Jerry Cantor:** [walkingseniors@gmail.com](mailto:walkingseniors@gmail.com)

*\*The club is sponsored by the Burke / West Springfield Senior Center Without Walls <http://scwow.org/>*

#### 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:** Burke Centre Library

5935 Freds Oak Rd, Burke, VA 22015

**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](mailto:corazonfoley@yahoo.com)





# Burke/West Springfield Senior Center Without Walls

## Spring 2018 Session

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Phone (primary): \_\_\_\_\_

Address: \_\_\_\_\_  
(Street) (City) (State) (Zip)

Email: \_\_\_\_\_ I was enrolled in a Spring 2018 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 Per Class County Residents \$10 Non- County
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	
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	
QiGong	Thurs., 2:00 p.m.- 3:00 p.m.	Oaks Community Center	
Line Dance (Beginner)	Thurs., noon-2 p.m.	Pohick Library	
Line Dance (Intermediate)	Thurs., 2:00-4:00	Pohick Library	
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 (Advanced)	Tues., 10 a.m.-noon	Durga Temple	
Line Dance (Advanced)	Fri., 10 a.m.-noon	Durga Temple	
Self-Defense	Tues., 12:30-1:30 p.m.	Commons Community Center	
Hula Dancing	Wed., 10-11:30 a.m.	Ekoji Buddhist Temple	
Folk Dancing	Fri., 10 a.m.-noon	West Springfield Community Room	
ZUMBA	Tues., 11:15 a.m.-12:15 p.m.	Mott Community Center	
ZUMBA	Wed., 1:30-2:30 p.m.	Mott Community Center	
Ballroom Dancing	Tues., 2:30-4 p.m.	Little River Glen Senior Center	
		<b>Total \$</b>	

### Payment Record

Payment	Amount	
Cash	\$	
Check	\$	#

Make Checks Payable to NCS

Received By: \_\_\_\_\_ Date: \_\_\_\_\_