

Office On Youth

presents

SUMMER SUGGESTIONS - 2004

For Prince William Area Youth and Families

The Prince William County *Office On Youth* (792-6095) and Youth Services Board have compiled and published the following information on summer

activities for youth and their families. Listing in this brochure does not constitute endorsement. Persons interested in any of the programs offered should call the sponsoring organization for information on fees and to confirm dates and times. Please remember to dial 703 before each of these numbers.

Day Camps:

Adventure Day Camp – Hemlock Overlook, Clifton. Adventure is the focus as campers experience rock climbing, develop canoeing skills, go on all day canoe trip, and other exciting outdoor adventures. Ages 10-12. www.hemlockoverlook.org or..... 993-4354

Capital Children's Museum – Create a cartoon, hunt for dinosaurs, conduct experiments, video production - for grades 2-5.

Beaches Supreme & Fantastical Forest - for ages 4-6. www.ccm.org or call.....202-675-4149

Computer Camp/Computer Program Camp – NVCC, Woodbridge. Ages 12+. www.nvcc.vccs.edu/woodbridge/continuing or.... 878-5756

Counselor in Training – Freedom Center. 4-week leadership program for teens, ages 15-17. www.freedom-center.com or call 993-8444

Day Camp Programs at Park Authority - Field trips, crafts, group games. Ben Lomond Center/361-7126, Chinn Center/730-1051, Dale City Rec/670-7112, Lake Ridge/494-5564, Splashdown Waterpark/361-4451, & Veterans Memorial Park/491-2183 792-7060

Day Jam – Alexandria. Rock music camp. Join a band and record a CD. Ages 9-15. www.dayjams.com1-800-295-5956

Freedom Center Camps – GMU, Manassas. Recreation camps, sports camps, and specialty camps for art, computers, equestrian, math, science, and extreme sports. Camps for toddlers. For ages 2-17. www.freedom-center.com or call..... 993-8444

George Washington University Camp – Coed enrichment and athletic day camp on campus, offering TV production, performing arts, forensic science, snorkeling, and more. For grades 2 - 9. From 6/21 thru 8/13.....202-994-2267

Girl Scout Camps – Many locations. Grades K-12. Volunteers (ages 12+) needed. Minimal additional charge for non-scouts. Call for brochure or to pre-register1-800-523-7898

Gymnastic Camp – Dale City Rec. Center. Ages 6-12. Introduction to basics of gymnastics, safety rules, skill development..... 670-7112

Heiser Boys & Girls Club Summer Camp - Dumfries. Regular day camp & sports camp. Many programs/activities. Ages 6-14 .. 441-0611

Kids Sports - Manassas. Gymnastics summer camp for ages 5–12. Before & after care available. www.karongymnastics.com..... 361-4966

Nature Day Camp – Hemlock Overlook, Clifton. Ages 7-12. Outdoor and environmental activities, balancing learning & fun. Activities include canoeing, nature hikes, swimming, nature related crafts. www.hemlockoverlook.org..... 993-4354

Outdoor Adventure Camp – Lake Ridge Park. Ages 8-13. Outdoor activities: fishing, hiking, boating, swimming..... 494-5564

Pied Piper Theater Camp - Center for the Arts. Manassas/Woodbridge. Ages 5-18. Professional theatrical training. Offering art, musical theater, drama, improvisation, dance, technical theater. Who Done It & Shakespeare for teens. www.Center-For-The-Arts.com.. 330-2787

PW Boys & Girls Club Day Camp - Dale City. 6am-6pm. Computers, library, crafts, gym, swimming trips/outings. Ages 7-13. 670-3311

PWC SAC Summer Day Camp - School Age Care Program serving selected locations. 6:00 am-6:30 pm. Camp is for children in grades K through 5 who have working parents. Phone for more information 792-6091

Safety Zone – Dale City area. For middle school students. Transportation provided to camp. Call for more information..... 670-7705

Shakespeare Camp – Ages 10-17. Explore craft of acting with professional artists, educators. Six 2-week sessions offered....202-547-5688

Sports Training Camp – Veterans Memorial Park. Ages 7-13. Learn basics of baseball, flag football, soccer, & more..... 491-2183

Sports Camps – Freedom Center, Manassas. Baseball, Golf, Field Hockey, Basketball, Lacrosse, Martial Arts, Soccer, Softball, & Tennis. Half/Full day. www.freedom-center.com or call..... 993-8444

Splashdown Waterpark Outdoor Camp – Ages 11-14. Sports, games, field trips, swimming, team building & more 361-4451

Smithsonian Summer Camp – Week-long sessions exploring the Smithsonian museums and mall with activities in the sciences, arts, and humanities. Grades k - 8. www.ResidentAssociates.org/camp.....202-357-3030

Sports Network - Manassas. Kids Kamp-indoor & outdoor sports, from June 14-Sep. 3, ages 6-12. Soccer camps, ages 6-14; Volleyball camp, middle-high school; Lacrosse Camp, grade 5-high school. www.sports-network.com; or call for details..... 335-1555

Totally Teens Camp - Chinn Center. Ages 13-15. Team building, self awareness, active games/sports, swimming..... 730-1051

YMCA Camp – KinderKamp, ages 3-5; Camp Adventure, ages 5-12; Counselor in Training Camp, ages 13-15. Computers, trips, swimming, crafts, and more. www.princewilliamymca.org or call for more information..... 393-6677

Mini Camps:

- Aquatics Camp – Freedom Center. Variety of aquatic activities. Ages 9-14. Half day sessions. freedom-center.com or call..... 993-8444
- Cheerleading Mini Camp – Dale City Rec Center, Ben Lomond, & Chinn Center. Ages 5-12. Beginners/chants, cheers, dance 792-7060
- Cooking Camps – Freedom Center. Creative Cuisine Cooking (ages 4-13); Outdoor Cooking (ages 9-15). freedom-center.com or. 993-8444
- Criswood Farm – Horseback riding lessons. Learn about barns, horse-grooming, Weekly camp sessions/half day 590-4224
- Drama Camp – Birchdale Center (670-9118), age 7-12; Locust Shade Park (221-8579), age 8-14. Theater games, set/ costume designs.
- Equestrian Camp – Freedom Center. Learn to ride during daily mounted lessons, safety tips & more. freedom-center.com or 993-8444
- First Tee Junior Golf Camp – Lake Ridge Park Golf. Ages 7-17. Learn game of golf & exposure to character development..... 494-5564
- Girls Basketball Camp – Chinn Center (730-1051); Dale City Rec Center (670-7112). Ages 9-15. Or call Park Authority..... 792-7060
- Junior Naturalist Camp – Locust Shade Park. Ages 6-10. Learn what wiggles, walks, swims, & grows in the park..... 221-8579
- Lacrosse Camp – Beginner camp at Dale City Rec (670-7112), ages 8-13. Girls Lacrosse at Chinn Center (730-1051), ages 9-15.
Boys & girls camp at Freedom Center (993-8444). Ages 9-15; full/half day.
- Language Camps – Freedom Center. Introduction to languages – French, Italian, Spanish, Signing freedom-center.com or 993-8444
- Lil' Hitters T-Ball Mini Camp – Dale City Rec Center. Ages 4-7. For more information, call..... 670-7112
- NVCC - Manassas – Classes/camps begin in June. Computers, Quick & Easy Web Pages & Enzine for Kids (ages 10-14); Claymation/Movie Making (ages 10-14); Learn to Be a Leader (ages 12-15); Magic of Science (ages 6-9); Espanola mini-camp (ages 7-12); SAT Preparation (ages 16+); Driver Improvement (ages 16+). www.nvcc.edu/manassas/continuing or call..... 257-6630
- NVCC - Woodbridge –Classes/camps begin in June. Math Camp, Build a Web Site (12+); Cartooning for Fun (ages 9-12); Beginners Chess (10-13); Exploration Camp (9-12); Intro & Intermediate French or Spanish (9-13); Word Processing (gr.4-6); Computer Camp, Macromedia Flash(12+); Math camp (gr. 6&7). www.nvcc.vccs.edu/woodbridge/continuing or call878-5756 or 878-5786
- Preschool Camps - Park Authority. Tot Camp (3-5 yrs); Summer Playschool (3-5); Creative Art (3-6); Young Rembrandts (3+). 792-7060
- Preschool Camps - Freedom Center. Fun & Fitness (ages 2-3); Globe Camp (2-3); Habitot Camp (2-3); Soccer Camp (4-6) 993-8444
- PW 4-H Fair Camp - Activity camps at PWC Fair Grounds. Aug. 14 and Aug. 16-20. Ages 5-12. Call in April for forms 792-6286
- Skateboard & Rollerblading Camp – Veterans Memorial Park (491-2183), ages 8-13. Freedom Center (993-8444), ages 7-13.
- Tennis Mini Camp – Basic of tennis, ages 8-16. Call Veterans Park (491-2183), Ben Lomond (361-7126), or Freedom Center (993-8444).
- Volleyball Camp – Play on land and water. Ages 10-15. Half day sessions. Freedom Center..... 993-8444

Residential Camps:

- 4-H Camp - Open to all, members have first priority. From July 19-23. Ages 9-13. Call in April for information/registration 792-6286
- Camp Friendship – Palmyra, VA. Junior & teen programs. Many activities. Ages 6-16. www.campfriendship.com1-800-873-3223
- Camp Horizons - Over 30 activities, great teen adventures. Ages 7-17. www.CampHorizonsVa.com, or call.....1-800-729-9230
- Appalachian Passage - Hemlock Overlook. Backpacking camp, explore wilderness. Ages 13-17. www.hemlockoverlook.org..... 993-4354
- Space Flight Camp – Wallops Island, VA. Learn about science and space flight. Ages 12-15. vaspaceflightacademy.org..... 866-757-7223
- Summer Solutions - Owner-operated company helping families make appropriate overnight-camp selections. Service is free. www.summersolutions.com or call..... 569-2616
- West Virginia Venture - Hemlock Overlook. Ages 13–17. Explore the area by biking, caving, whitewater rafting, & more 993-4354
- Whale Camp – Explore world of whales, dolphins, sharks. Begin in Maine, sail to Nova Scotia. www.whalecamp.com. 1-888-54-WHALE
- Wilderness Adventure Camp - An all-outdoor adventure camp focusing on developing leadership, confidence and teamwork. 1-4 weeks. Ages 9-18. www.Wilderness-Adventure.com..... 800-782-0779

Self-Development:

- American Red Cross - PW Chapter. Offering classes in: Baby-sitting (11-15); CPR and First Aid Basics (8+) 368-4511
- Center for the Arts – Classes & Actors Studio for children & adults in creative/performing arts. www.Center-For-The-Arts.com 330-2787
- Parent Resource Center - Provides support, training & information to parents of children with special needs. Also has list of specialty summer camps. www.bamaher@pwcs.edu or odellb@pwcs.edu. Call for appointment..... 791-8846
- Prince William Hospital Wellness Center – First Aid, CPR, Safe Sitting Community safety classes offered. Call..... 369-8405
- Prince William 4-H - Community clubs & programs throughout the year. Call for details..... 792-6286
- PWC Public Schools - Contact school principal, guidance counselor or the summer school office for information..... 791-8707

Ranger Program - Naturalist activity programs held throughout the summer, 1-2 hour sessions, at Prince William Forest Park (221-7181) and Leesylvania State Park (670-0372). Junior Rangers, ages 4-12. Senior Rangers, ages 13-14. Booklet led at PW Forest Park.

Summer Quest 2004 - From June 21-September 3. Earn special incentives for reading books during summer. Free special events: story hours, children's performers, puppet shows, crafts and more. Call any Prince William Library..... 792-6100

Teen Summer Reading 2004 - After reading 3, 6, & 9 books, receive a coupon for food or fun, and an entry form for prizes at end. For further information, call any Prince William Library..... 792-6100

The Arc - Recreational activities-swimming, water aerobics, other events. High school students with developmental disabilities.. 670-4800

Volunteer:

American Red Cross - PW Chapter. Variety of jobs: Disaster training, health & safety, instructor aides. Call for application. Must attend orientation. Age 11 + 368-4511

Clean Community Council - Assist with Woodsy Owl Summer Program, development of youth educational material. Age 13+... 792-6272

PW Forest Park/National Park Service - Assist with natural resource management projects, clerical work. www.nps.gov/prwj..... 221-7181

PWC Libraries - June 21-September 3. Ages 12+. Sign up early by contacting your local library for an application, or call..... 792-6201

PWC Office On Youth - Opportunities to assist in planning youth development activities & clerical work. Age 14 +..... 792-6095

Rainbow Center - Opportunity to assist with therapeutic horseback riding program, or help with ponies. Age 14 +..... 754-6159

Smithsonian - Printed material on summer opportunities for students 16 years of age or older. Call(202) 633-1000

Teacher Assistant Program for ages 15 & up. www.ResidentAssociates.org/camp or call.....(202) 357-3030

The Arc - Work with teens and adults with developmental disabilities. Age 16 +..... 670-4800

Voluntary Action Center - Provides information on wide variety of volunteer opportunities throughout the County. All ages 369-5292

Parks and Recreation:

Ben Lomond Park/Splash Down Waterpark - Manassas. Olympic sized pool with lily pad & log walk, water slides, lazy river raft ride, tennis & volleyball courts, picnic areas, soccer & baseball fields. For more information call..... 361-4451

Chinn Aquatics & Fitness Center - Old Bridge Road & Prince William Parkway. Fun for entire family including swimming, racquetball court, weight room facility, variety of summer day camps, aerobics, wallyball, birthday party packages, and more.... 730-1051

Dale City Recreation Center - Indoor pool, swimming lessons, gymnasium, fitness/weight rooms, picnic area, racquetball courts, batting cage, instructional & competitive sports, gymnastics, martial arts, nursery, children's programs & special events. 670-7112

Freedom Aquatics & Fitness Center - GMU Campus in Manassas. Community fitness, aquatic and recreation center with 2 pools, whirlpool, saunas, 2-court gym, indoor track, aerobics studio, racquetball/wallyball courts, children's programs/summer camps.. 993-8444

Lake Ridge Park - Lake Ridge on Occoquan Reservoir. Picnic areas, mini-golf, fishing, playground, nature trails, day camp programs, nine-hole golf course & driving cage. Also, paddle, row, & electric boat rentals. Marina (494-5288), Golf Course (494-5564)

Leesylvania State Park - Route 1 & Neabsco Road. Boating, fishing, hiking, history, bird watching, Jr. Ranger Programs & picnicking. Open daily, year round. Visitor Center opens mid-April. Call for further information on scheduled summer activities 670-0372

Locust Shade Park - Triangle. Picnic areas, pedal boats, canoes, playground, horseshoe pits, tennis courts & amphitheater. Lighted batting cage, mini-golf course & golf driving range..... 221-8579

Manassas National Battlefield Park - 6511 Sudley Rd., Manassas. Museum/Visitor Center open daily. Picnic areas, hiking trails, group tours, driving tours, & Stone House. Guided tours available during the summer..... 361-1339

Signal Bay Waterpark - Manassas Park. Waterpark with activity pool featuring water cannons, slides, and river-tubing 335-8872

Prince William Forest Park - Route 619 at I-95 in Triangle. Biking, camping, hiking, trails, fishing, picnic areas, Junior Ranger Program. www.nps.gov/prwi/ or call..... 221-7181

Veterans Memorial Park - Woodbridge. Swimming pools, water slides, skateboard facility, picnic areas, tennis courts, baseball & soccer fields, playground, day camp programs, nature trails, and more..... 491-2183

Waterworks - Andrew Leitch Park - Dale City. Outdoor pools, water slides, jungle walks, shade pavilions, beach volleyball 680-7137

Recreation:

Aerobics - Classes at Chinn Center (730-1051); Dale City Rec Center (670-7112); Freedom Center (993-8444).

Basketball - Dale City Rec Center offers youth leagues & instructional programs. Call for details 670-7112

Batting Cage - Dale City Rec Center (670-7112) and Locust Shade Park (221-8579)

BMX - PWC Stadium Complex. Mandatory bike specifications and safety equipment.....792-4750 x3291

Bowling - Bowl America in Woodbridge. Bowling lessons, leagues, field trips, and tours. Call for more information..... 494-9191

Canoe Trips - Leesylvania State Park. Fun for the whole family. Reservations required. Weekends only. Call for information..... 670-0372

Dance - Variety of programs. Call Ben Lomond (361-7126); Dale City Rec Center (670-7112); Veterans Park (491-2183).

Fishing - Boat fishing/rental available. Lake Ridge Park (494-5564); Locust Shade Park (221-8579); Leesylvania State Park (670-0372).

Golf - Forest Greens Golf Club, Triangle (221-0123). Lake Ridge Park (494-5464). Locust Shade Park (221-8579). Manassas Hills (368-2028). Generals Ridge (335-0777). Nokesville (754-7111). Bristow Manor (368-3558). Virginia Oaks, Gainesville (551-2103).

Gymnastics – Classes vary from beginner to advanced, for preschool & up. Call Dale City Rec Center. 670-7112

Ice Skating – Skate Quest in Dale City. Ice-skating sessions, skating lessons, hockey, and day camps offered. Call..... 730-8423

Martial Arts – Ben Lomond Ctr. (361-7126), Dale City Rec Ctr (670-7112, Veterans Park (491-2183), and Freedom Center (993-8444).

Racquetball - Indoor courts and lessons available at Chinn Center (791-2338). Courts at Dale City Rec Center (670-7112).

Skate-N-Fun Zone – Manassas. Roller/ in-line skating. Summer skate sessions for all ages. Laser storm tag; Rock climb wall 361-0425

Skateboarding - Skateboard facility at Veterans Park (491-2183). Rental equipment available. *Vans Skatepark* (491-1815) at Potomac Mills. Skateboard and roller-blade. Safety equipment required. Skateboard, inblade skating, hockey at Freedom Center (993-8444).

Swimming Instruction - Dale City Rec Center (670-7112); Chinn Center (730-1051); and Freedom Center (993-8444).

Counseling:

PWC Community Service Board Centers - In Manassas and Woodbridge. Offers mental health, crisis, and substance-abuse counseling for young people and their families. Call for details 792-7800

Special Events:

Charter Day Celebration – May 8 is the 255th Historic Dumfries Celebration. Fun filled day of activities, free food, games, raffles, entertainment and information. Located in Merchant Park, Dumfries. Call for details..... 221-2218

22nd Annual Snow Valley MS Bike Tour – May 22 & 23. Choose from 1 or 2-day, 30-180 mile routes. Support the fight against MS. Volunteers also needed. Pre-register. www.MSandYou.org or call(202) 296-5363

Nokesville Day – May 15. Breakfast, parade, craft show, and more. All day fun. Free. Sponsored by Nokesville Ruritan Club... 365-2333

33rd Annual Dance Recital – May 22 & 23. At Stonewall Jackson High School. Call for details..... 361-7126

Occoquan Arts & Craft Days - June 5-6 and Sept. 25-26. Open street show of arts & crafts with hundreds of juried artisans..... 491-2168

Railroad Festival in Old Town Manassas – June 5. Living history displays, rides on Virginia Railway Express. Free..... 361-6599

Youth Fishing Tournament - June 5 at Locust Shade Park. Pre-register required. Free. Instructions and lunch provided 221-8579

4th of July Celebration - Signal Hill Park, Manassas Park. Games, rides, music, entertainment, fireworks. Free..... 335-8872

4th of July Fireworks - Potomac Cannons Fireworks at Pftzner Stadium. Professional baseball game followed by fireworks..... 590-2311

Junior Golf Tournament – July 12 at Lake Ridge Park Golf Course. Ages 8–17. Prepaid registration required 494-5564

Super Saturdays– June 26 & July 17 at Veterans Park Pool. DJ music, bring your pool toys & floats..... 491-2183

Bike Virginia – June 18-23. Begin in Shenandoah Valley & bike 50 miles daily. Pre-register. www.bikevirginia.org.....(757) 229-0507

Civil War Weekend – July 24-25, commemorating 1st Battle of Manassas. The 2nd Battle of Manassas on Aug. 24-29. Living history events, demonstrations, hikes, lectures, and more at Manassas Museum & Manassas National Battlefield Park. Call...361-1339/368-1873

14th Annual African-American Cultural Arts Festival - Aug. 7 at Metz Middle School, Manassas. Music, arts & crafts, health fair, business & job expo, entertainment, food vendors..... 369-2475

PW County Fair – Aug. 13-21. PWC Fairgrounds. Entertainment, agricultural exhibits, & more. Children's Activity Barn..... 368-0173

5K Run - Aug. 14 at Locust Shade Park. Pre-register. For all ages. Age group awards. Call for details 221-8579

Explore & Moore - Children's Discovery Museum in Occoquan. Hands-on interactive environment where children can explore, create, learn and exercise their imagination. Open 7 days a week..... 492-2222

Farmers Market – Offering fresh produce & plants. Every Sunday, April–Nov., 8 am-1 pm. at Dale City Commuter Lot (670-7112, x223). Also held on Thursdays & Saturdays on Church Street in Manassas (361-6599).

Freedom Museum – Manassas Airport. 20th Century American military history. Open 7 days a week from 10 am-5 pm..... 393-0660

Hikes through History at Lees Woods Trail - Leesylvania State Park. Call for details..... 670-0372

Locust Shade Amphitheater Summer Entertainment Series – Shows for the entire family. Some shows have a fee. Call 221-8579

Movies in the Park – Bring a blanket and watch movies after sundown in the picnic area next to Chinn Center. For details, call ... 792-4800

Potomac Cannons Baseball - Professional baseball, affiliate of Cincinnati Reds. Special promotions throughout the summer. www.potomaccannons.com/ or call for more information..... 590-2311

Summer Sounds Concerts - Free outdoor concerts at the Manassas Museum, June-Aug. Call Center for the Arts for details 330-2787