

Gum Springs Community Center

8100 Fordson Road, Alexandria VA 22306



Operating Hours: Monday - Friday 9 a.m. - 9:45 p.m./ Saturday 1 - 9:45 p.m.
Phone: 703-360-6088, TTY 711

www.fairfaxcounty.gov/ncs

April 2016

Programs			
Program	When	Time	Description
Adult Fitness	Mon.- Fri./ Sat.	9 a.m. - 2 p.m. and 6 - 9 p.m./ 1 - 9 p.m.	Adult program
Aerobics	Monday / Wednesday	6:30 - 7:30 p.m.	Adult program
Pickle Ball	Tuesday	9:30 a.m.	Adult program
Table Tennis	Tue. / Wed.	11 a.m. - 1 p.m.	Adult program
Zumba	Tuesday	6:30 p.m.	Adult program
Hand Dancing	Tuesday	7:30 p.m.	Adult program
Adult Gym	Tuesday	7:30 p.m.	Adult program
Volleyball	Wednesday	7:30 p.m.	Adult program
Soccer	Saturday	1 - 3 p.m.	Adult program
Open Gym	Mon./Saturday	1 - 3 p.m./ 5 - 9 p.m.	Adult program
Drop in hours	Wed./ Fri./Thu./Mon.	Noon - 2p.m./11 - 2 p.m./6 - 8 p.m.	Adult program
One on One activities	Wednesday	10:30 a.m.	Senior Program
Robust Walking	Tuesday	1 p.m.	Senior Program
Exercise	Wednesday	1 p.m.	Senior Program
Homework	Monday - Thursday	3 p.m.	After School Program
Arts & Crafts	Tuesday	5 p.m.	After School Program
Game Room	Monday / Friday	5 p.m.	After School Program
Gym (staff selection)	Friday	5 p.m.	After School Program
Safe habits	Wednesday	5 p.m.	After School Program
Computer Clubhouse	Thursday	4:30 p.m.	After School Program
Kids Café	Monday - Friday	4:30 p.m.	After School Program
F.O.C.U.S. - mind and body	Monday / Wednesday	4 p.m.	Teen Program
F.O.C.U.S. - Fit and Nutrition	Tuesday	4 p.m.	Teen Program
F.O.C.U.S. The Ladies Room	Friday	6 p.m.	Teen Program
Study Club	Monday - Friday	3 p.m.	Teen Program
Kids Café	Monday - Friday	4:30 p.m.	Teen Program
Book and Culture Club	Thursday	5:30 p.m.	Teen Program
college Prep	Monday	5:30 p.m.	Teen Program
Open Gym/Virtual Space	Monday	6 p.m.	Teen Program
Young Artist Music Studio	Tuesday	5 p.m.	Teen Program
Virtual game Space	Tuesday	6 p.m.	Teen Program
Open gym	Thursday	6 p.m.	Teen Program
Tabata Fit	Friday	5 p.m.	Teen Program
Man Up/Black Tie	Wednesday	6 p.m.	Teen Program
Teen/Game room	Thursday	5 p.m.	Teen Program
HCC practice	Thursday	7:30 p.m.	Teen Program
GS practice	Thursday	8:30 p.m.	Teen Program
GS Basketball practice	Friday	5 p.m.	Teen Program
Kick back Friday	Friday	5 p.m.	Teen program
Classes			
Spanish Class	Tuesday	10:30 a.m.	Adult Program
level 1 ESL class	Monday and Wednesday	7:30 p.m.	Adult Program
Special Events/Trips			
Event/Trip	When	Time	Description
Job fair	4/14/2016	11 a.m. - 2 p.m.	Adult Program
Adult Game Night	4/18/2016	7 p.m.	Adult Program
Field Trip to Washington DC	4/20/2016	4 p.m.	Teen Program
International Spy Museum	4/15/2016	4 p.m.	Teen Program
Young Banker's Fieldtrip	4/28/2016	TBD	Teen Program
AARP Meeting	4/1/2016	11:30 a.m.	Senior Program at hollin Hall SC
Shopping-Wegmans	4/6/2016	10:30 a.m.	Senior Program
Shopping-Target	4/13/2016	10:30 a.m.	Senior Program
Shopping-Dollar Tree	4/20/2016	10:30 a.m.	Senior Program
Shopping-Giant	4/27/2016	10:30 a.m.	Senior Program
painting	4/5/2016	11:30 a.m.	Senior Program
Fool's Breakfast	4/5/2016	10:30 a.m.	Senior Program
Fire Dept.	4/5/2016	11 a.m. - 1 p.m.	Senior Program
Snow Cone Ssocial	4/6/2016	12:30 p.m.	Senior Program
Cherry Blossom	4/7/2016	10:30 a.m.	Senior Program
Carnival Games	4/14/2016	10:30 a.m.	Senior Program
Picnic at MLK Park and Bingo	4/21/2016	12 p.m.	Senior Program
Seafood Buffet	4/28/2016	11 a.m.	Senior Program
Spanish Class	4/12, 19 and 26	10:30 a.m.	Senior Program
National Siblings Day Project	4/12/2016	11 a.m.	Senior Program
Table Games	4/19/2016	11 a.m.	Senior program
Scat Social	4/26/2016	11 a.m.	Senior Program
Community Meetings			
Meeting	When	Time	Description
Senior Citizen's Council Meeting			Senior Program at South County Center