

Neighborhood and Community Services

Burke West Springfield Senior Center Without Walls Fall 2012 Session

The **Burke/West Springfield Senior Center Without Walls** (CWoW) had another great session this past Fall. We look forward to bringing you the same great fitness and social programs for the Winter of 2012.

The Winter Session!

Please take a look at the Winter Session Class Offerings and register following the rules below

Registration:

1. Begins February 2, **no registrations will be accepted before this date at 9:00 a.m.**
2. Registrants who **WALK-IN** will **NOT** receive confirmation through the mail. Your receipt is your confirmation.
3. **No Registrations** will be received after **February 7** will receive phone call confirmation. **If no phone call is received the registrant is placed on the Waitlist.**
4. **With the exception of the Novice Line Dance Class, all Line Dance Classes are open enrollment and Rule #2 (above) does not apply.**
5. Classes are filled on a **First Come, First Served Basis.**
6. Each class costs \$5.00 per 8-week session for residents of Fairfax County, \$10.00 for non-residents. (except where indicated)
7. **Only in-person or mailed registrations will be accepted.** No emailed registrations will be allowed.
8. Sections (i.e. Yoga, Section I) does not indicate level of ability unless otherwise noted.
9. In cases where two Sections of classes are being offered (with the exception of Line Dancing) 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.
10. If classes become full, your registration will be placed on a waitlist. Waitlisted participants will be filled on a first come, first served basis
11. Complete entire registration form – **PLEASE PRINT LEGIBLY!**
12. Checks should be made out to **NCS**
13. **Classes begin the Week of February 13 (unless noted) and end the week of April 3.**

Return completed form to:

**Burke/West Springfield CWoW c/o
David R. Pinn Community Center
10225 Zion Dr. Fairfax, VA 22032**

For Questions or comments please call 703-250-9181, TTY 711

Call for Volunteers

Volunteers can help the Burke/West Springfield Senior Center Without Walls in numerous ways. We are always looking for class monitors, office aids and advocates. Please inquire about volunteer opportunities at burkewestspringfieldcwow@fairfaxcounty.gov or drop by the Pinn Community Center and lend us your hand!

Website and Contact

You can always reach the Burke/West Springfield Senior Center Without Walls by any of the following:

Email burkewestspringfieldcwow@fairfaxcount.gov

Phone

703-250-9181, TTY 711

Web

WWW.SCWOW.ORG

Neighborhood and Community Services
Burke West Springfield Senior Center
Without Walls Fall 2012 Session

2012 Winter Center Without Walls Registration Form

Last Name: _____ First Name: _____

Address: _____

City/State/Zip: _____ / _____ / _____

Phone (primary): _____ Email: _____

Emergency Contact: _____

(Name)

(Phone)

How would you like to receive our Flier in the future? email postal service

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. 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 (VFOIA) unless the participant specifically requests that this information not be released. Check here if you DO NOT grant NCS permission to release your information.

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, 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.

Signature _____ Date _____

COST: \$5.00 FOR FAIRFAX COUNTY RESIDENTS, \$10.00 FOR NON-RESIDENTS

Payment is accepted in cash, check or money order. Please make checks payable to Neighborhood and Community Services.

Classes missed **Will Not Be Made** up at a later date.

| Place (X) in each class in which you would like to enroll | Class | Date and Time | Fee All classes \$5 County Resident \$10 Out of County |
|---|----------------------------|-----------------------------------|---|
| | Yoga (Section I) | Tuesday 10:30 a.m. – 11:30 a.m. | |
| | Yoga (Section II) | Friday 10:30 a.m. – 11:30 a.m. | |
| | Yoga (Section III) | Wednesday 10:30 a.m. – 11:30 a.m. | |
| | Tai Chi (Section I) | Wednesday 1 p.m. – 2 p.m. | |
| | Tai Chi (Section II) | Wednesday 2 p.m. – 3 p.m. | |
| | Tuesday Line Dance Club | Tuesday 10 a.m. – Noon | |
| | Friday Line Dance Club | Friday 10:15 a.m. – 12:15 p.m. | |
| | Line Dance Club (Beginner) | Saturday 10 a.m. – Noon | |
| | Line Dance (Novice) | Thursday 1 p.m. – 2:15 p.m. | |
| | Self-Defense | Tuesday Noon – 1:30 p.m. | |
| | Square Dancing | Tuesday 1:30 p.m. – 3 p.m. | |
| | Hula Dancing | Wednesday 10 a.m. – 11 a.m. | |
| | ZUMBA! | Thursday 12:30 p.m. – 1:30 p.m. | Closed Enrollment |
| | Running/Walking Club | Thursday 10:30 a.m. – Noon | |
| | Mah Jong | Tuesday 10:30 a.m. – 1:30 p.m. | |
| | Computer Basics | Wednesday 10:30 a.m. – 1:30 p.m. | |