



Publication of Fairfax County, VA

Lee District News

Volume 1, issue 4

April 2012

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LEE DISTRICT FAMILY RECREATION AREA OPENS MEMORIAL DAY WEEKEND



The Lee District Family Recreation Area continues its construction and will be a magnificent and one-of-a-kind family and play area upon its completion. This recreation area began in 2011 with completion of the Joey Pizzano Special Harbor Sprayground, a tree house, rest rooms, and a covered picnic area (temporary) all fully accessible. Over 75,000 visitors entered the Sprayground and every day was fee-free!

This year, Phase 1 of Chessie's Big Back Yard will open on May 26th, with a fully accessible playground primarily for children 5 - 12 years old. **ALL ARE WELCOME TO THE RIBBON CUTTING CEREMONY ON JUNE 16TH AT 3PM!**



Chessie's Big Back Yard will be completed as funding permits. The rendering of it (page 2) is of the completed project with a tree house themed playground primarily for children under 5 years of age (Phase 2), a carousel and permanent covered picnic area (phase 3) that are all fully accessible.

The Lee District Family Recreation Area is operated by the Fairfax County Park Authority. The Fairfax County Park Authority Foundation (FCPF) is seeking donations to complete construction phases 2 and 3 and to operate the facility allowing entrance at no cost to the public.

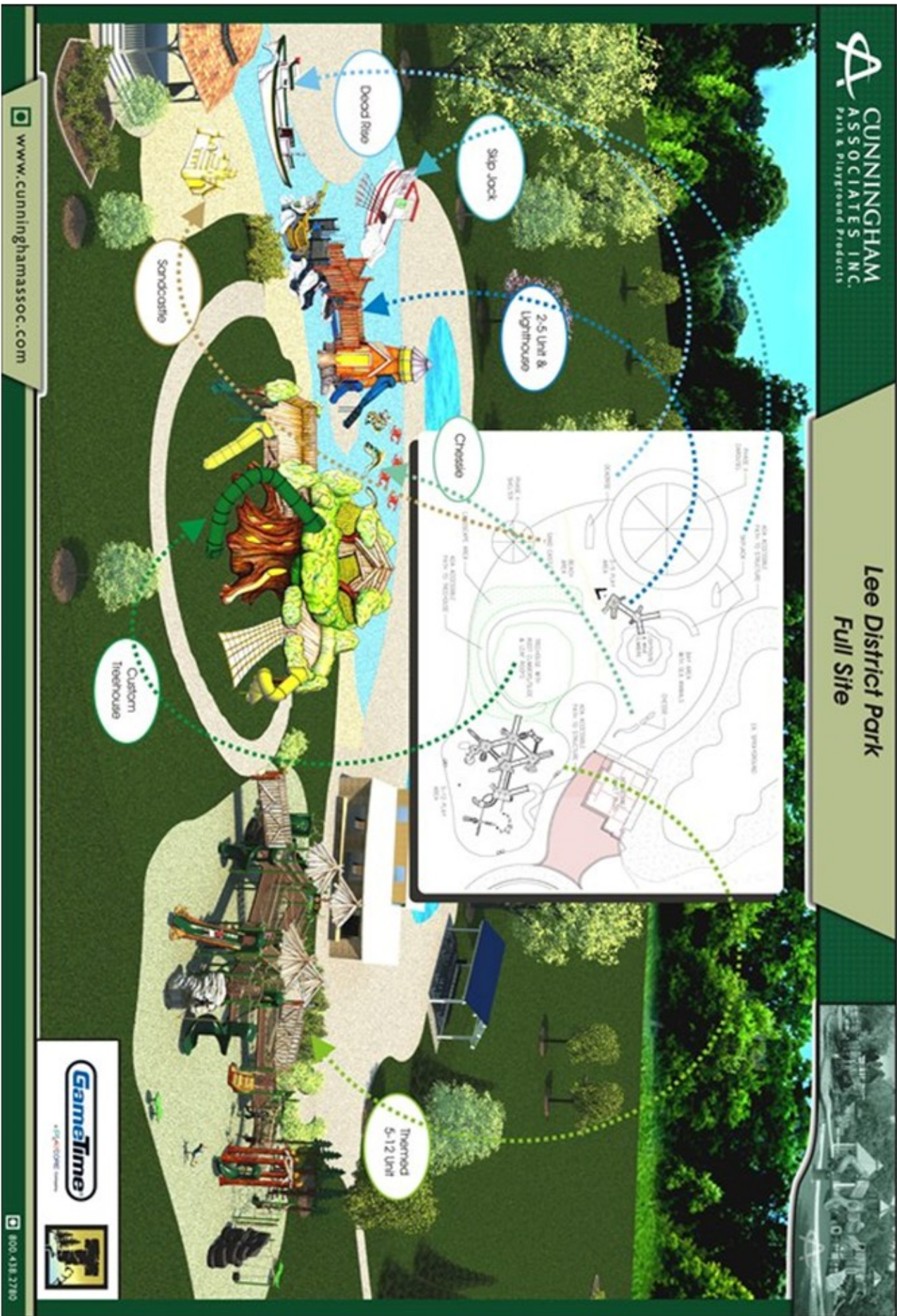
Contributions from individuals, corporations and foundations are needed as park usage continues and tax support is reduced. Opportunities exist for major donors to sponsor and name elements of the facility. Call 703-324-8582. <http://www.fairfaxparkfoundation.org/default.htm>

FACILITY (703) 922-9841	
Mon - Thu	5am - 930pm
Fri	5am - 9pm
Sat	8am - 6pm
Sun	8am - 8pm
POOL Times Vary For Swim Meets	
Mon - Thu	6am - 930pm
Fri	6am - 8pm
Sat	9am - 6pm
Sun	8am - 6pm

It is our pleasure to continue serving you and your family as you pursue your health and fitness activities in the Lee District natatorium, gymnasium, fitness center or in a class. Utilize our professional staff to assist in reaching your goals. Remember to view our web site to enhance your experience at Lee District. <http://www.fairfaxcounty.gov/parks/rec/leerec.htm>

Leon Plenty, Park Manager

The Rendering of the Completed Lee District Family Recreation Area





Kudos “AGAIN” to the Aquatics Team Recipients of the 2011 Silver Aquatics Safety Award

For the second year in a row, the Lee District Aquatics team was awarded the Silver International Aquatic Safety Award from Jeff Ellis & Associates (E&A) who are International Aquatics Safety and Risk Management Consultants and the certifying agency for Lee District lifeguards.

This safety award is the result of 2011 un-announced audits conducted by E&A and it is only given to clients who score in the top 30% of the auditing criteria. 30% of the E&A “worldwide” client base is quite a significant accomplishment - this is fantastic!

Winning this award 2 years in a row is an indicator of consistency that the Lee District Lifeguards have exceeded the E&A criteria for aquatics safety certification. Swim patrons can rest assured that they are afforded the highest degree of swimmer protection that is currently available for the aquatics industry worldwide.



WAY-TO-GO LIFEGUARDS!!



WAY-TO-GO Amanda for your excellent aquatics leadership!

The SPRAYGROUND OPENS



MEMORIAL DAY WEEKEND

The Sprayground will open on May 26th and remain open on weekends (11am - 7pm) until school closes in June.

Patrons who play on the pad should wear shoes that fit securely. Suggestions for shoes include aqua-shoes, tevas, jellies, keens, flip-flops, crocks, etc. No food or drinks, other than water, is allowed on the Sprayground.

Open Daily during the Summer
11am - 7pm: Mon, Tue, Thu, Fri, Sat & Sun
11am - 5pm: Wed

Fairfax County RECenter Water Safety Day April 28, 1pm - 3pm

Even Super Heroes Take Swimming Lessons

Keep your little ones safe this summer



Drowning is the second leading cause of accidental death among U.S. children. Learn how to keep your children safe around water this summer by attending the Fairfax County Park Authority Water Safety Day event at participating RECenters and Lake Fairfax Park.

- Parent & Child Water Safety
- Self-help rescue skills
- Reaching Assists
- 911 and CPR
- Lifejackets and Watercraft Safety
- Open-water Safety
- Take-Home Water Safety activities

Activities may vary site-to-site. Please see the Events section of Parktakes or check with your local RECenter for more information about the activities planned.



Learn how to keep your children safe around water this summer by attending the Water Safety Day events. Children under 10 must be accompanied by an adult.

Call Lee District at 703-922-9841

1. Life guards needed: Must be over age 16. Ladies & gents apply NOW! Applications at front desk. Call Amanda.
2. Volunteers needed to work at the Sprayground beginning Memorial Day. Applications at front desk
3. Fairfax County RECenter Water Safety Day is April 28th 1 - 3pm. Everyone welcome!
4. Need flexibility to attend any water exercise class, a XYO class & use the RECenter? Ask about an Aqua Flex Pass.





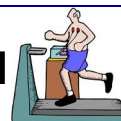
Train to Go the Distance on Race Day

Enjoy the Healthy Strides Community Race, Run or Walk. Following the race, attend the free health and fitness expo with informational vendors, activities, and entertainment.

Worried you can't complete the race? Sign up for a Park Authority training class. Full body training is available for all fitness levels. Registration is required for all races including the Kids Fun Run (ages 5 - 14). All races are held at Burke Lake Park. Registration closes on April 25th at 5:59pm PST. <http://www.fairfaxcounty.gov/parks/rec/take12/healthy-strides.htm>

Volunteers are needed to assist with the Race, Run or Walk. Contact Lindsay.Curray@fairfaxcounty.gov. Tee shirts and food will be provided to volunteers.

FITNESS INFO for the Body & Mind



Lee District offers a variety of fitness activities that range from group and instructional fitness classes to one-on-one personal training sessions. These activities include:

eXercise Your Options (XYO) classes that are **drop-in** and non-progressive classes. These classes are free to members or are an option for those paying a daily admission. Monthly calendars are available at the front desk.



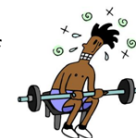
FitLinxx Tracking and Assessment Program that will help create a focused and progressive workout to achieve measurable results. This program is used in conjunction with fitness room equipment. There are options to post other exercise and fitness activities in the program for a total picture of all fitness activities.



Parktakes Classes that are available to members and non-members. New classes are offered quarterly and support advancing from beginner to advance levels. Classes and registration information are available on-line, at the front desk and in the hard copy catalog. No drop-ins or make-ups allowed.



Fitness Room with its full complement of select equipment and free weights. Usage is available to those 12-15 years of age with an adult paying chaperone. It is not available to those 11 years of age and below to include children in strollers, baby carriers or children sitting inside the fitness room while a guardian is exercising. Contact the front desk for clothing restrictions and fitness room etiquette.



Personal Trainer (PT) sessions that are available for a spectrum of fitness needs that differ from membership activities or classes. Time can be purchased for 30 or 55 minute sessions or packages of either session. All PT's are certified by nationally recognized programs and there are PT's for specific disciplines such as yoga and pilates.



1. The fitness room is rearranged and now provides a dedicated area for stretching and floor exercises.
2. Personal trainers available to assist with workout programs or train for competitions. Applications at front desk.
3. Check the RECenter Catalog (online or hard copy) to learn about classes. Membership not required.
4. Meet with a fitness attendant to learn about FitLinxx. Call the front desk (703-922-9841) to make an appointment.



ANNOUNCEMENTS

SUMMER CAMPS: Lee District has a summer camp for every child! The wide variety of camps are held for a full day or ½ day and some are both full day and again ½ day depending on schedule. Extended care is available before (7am - 9pm) and (4pm - 6pm) camp time. A listing of camps is as follow:

All Day Camps:

Basketball	Tennis & Sports	Total Sports	Baseball
Football	Drama (6 - 14)	Digital Media	Multimedia Adventures
Aqua Sports	Chess Club	Cheer Elite	Circus Art & Cirque de Fun
Gymnastic & Dance	Outdoor Nature	Lacrosse (10 - 14)	Girl Power Games & Activities
Volleyball (8 - 12)	Volleyball (12 -15)	Junior Lifeguarding	Summer R.O.C.S (5 - 7 & 8 - 12)
Magic, Juggling & Balloon Sculpture		Summer School Musical	Art Explorer Camp (some held at Mt Vernon)



Morning Camps: Tennis, Skateboarding, Tech Game Design, Chess Club and Kiddie Camp

Afternoon Camps: Tech Game Design, Robotics, Chess Club and Afternoon Fun

NOTE BRITISH SOCCER CAMPS are scheduled between June 11th and August 27th and the length of the camp depends on the focus of the lesson. There is no charge to those who house a soccer coach for a week during a camp session.

Most camps are held for 1 week and many are repeated several times through the summer. Camps fill up quickly.

Contact Dawn "NOW" for registration or to obtain more information. 703-922-9841 Dawn.Stoffelen@fairfax.gov

SPRING PASS SALE is May - June 2011

These passes are for 4 and 12 month membership. No County residency required. Get 'em while they are hot!

MEMBERSHIP SPECIAL 30 DAYS for \$30

April 1 - 30 All the Benefits
No Hidden Fees No Restrictions

New Members Only

www.fairfaxcounty.gov/parks/assesonline.htm

Free Summer
Entertainment
Wednesday Night
Concerts
June - August 2012



FEE INCREASES - APRIL 1st



Increases affect admissions, membership passes, and soft play room.

Call front desk for details.

MEMORIAL DAY



Lee District Closes 6pm
Sprayground closes 7pm



National Volunteer Week: April 15-21st

Got Gardening Skills? If yes, wanna share them?

Lee District needs your help with weeding and watering seasonal plants. Call Ginny at 703-922-9841



LEE DISTRICT REC CENTER

GRAD PARTIES



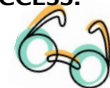
June 5th - Bishop Ireton
June 14th - Hayfield
June 15th - Edison

EYE GLASS COLLECTION - A HUGE SUCCESS!



or your

Keep Them coming!





OUR SPECIAL HARBOR SPRAYGROUND INFO

SPRAYGROUND GROUP RESERVATIONS

1. A group of 15 or more associated with a particular family, school, church, daycare, martial arts, or other organization must have a reservation.
2. Birthday parties do not require reservations; however, they are recommended.
3. Entry is \$3 per person for children and adults. Children under 2 years old are free.
4. Any Lee District Manager will take a reservation. Forms are available at the front desk or online at <http://www.fairfaxcounty.gov/parks/rec/lee/downloads/SprayParkGroupUse.pdf>
5. The Sprayground is open between Memorial Day weekend and Labor Day weekend.
6. The picnic shelter is first-come first-served. No reservations are needed.

SPRAYGROUND RULES

1. Food, drinks (with the exception of plastic water bottles), glass containers or breakable objects of any kind are not permitted. Bags and coolers are subject to inspection.
2. Street shoes may not be worn past the gate. Water shoes must be worn when on the wet pad.
3. Running, horseplay or other conduct that adversely affects guest safety and the comfort of guests is prohibited.
4. Drinking or spitting of spray water is prohibited.
5. Climbing on play features is prohibited.
6. Access to facility will temporarily close when capacity of 247 is reached.
7. Children under the age of 10 must be directly supervised by a guardian 16 years or older at all times.
8. No smoking within 50 feet of the facility.
9. If you have had diarrhea in the past two weeks, please do not play in the spray water.
10. Anyone not toilet trained and incontinent adults must wear swim suit diapers or snug plastic pants under their swim suits. Cloth and disposable diapers are prohibited.
11. Diapers are to be changed in bathrooms.
12. Persons with skin infections, open wounds, nasal or ear discharge, or any communicable disease are prohibited from playing in the water.
13. All youth groups must have 1 chaperone for every 8 children. Chaperones must be 16 years old or older.
14. Groups of 15 people or more must make arrangements at least 24 hours prior to their visit date by calling the Lee District Park. Groups of 15 people or more who do not make advance arrangements may not be admitted to the facility.
15. The Actions and conduct of an organized group are the responsibility of the group leader. Misconduct of individuals may result in dismissal of the group.

There are 6 more Sprayground rules to learn about. Contact the front Desk for the complete list.

Pat Robinson, Editor