



# Burke West Springfield Senior Center Without Walls Fall 2011 Session

---

The **Burke/West Springfield Senior Center Without Walls (CWoW)** had another great session this past summer. We look forward to bringing you the same great fitness and social programs for the Fall of 2011. Take a look at some of our new offerings including the CWoW Eclectic Readers as well as our game days!

## **The Fall Session!**

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

### Registration:

1. Begins September 27<sup>th</sup>, **no registrations will be accepted before this date at 9 a.m.**
2. Classes are filled on a **First Come, First Served Basis.**
3. Each class costs \$5.00 per 8-week session for residents of Fairfax County, \$10.00 for non-residents. (except where indicated)
4. **Only in-person or mailed registrations will be accepted.** No emailed registrations will be allowed.
5. Sections (i.e. Yoga, Section I) does not indicate level of ability unless otherwise noted.
6. 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.
7. If classes become full, your registration will be placed on a waitlist. Waitlisted participants will be filled on a first come, first served basis
8. Complete entire registration form – **PLEASE PRINT LEGIBLY!**
9. Checks should be made out to **NCS**
10. **Classes begin the Week of October 10<sup>th</sup> (unless noted)**

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, TTY711  
Susan Aldecoa  
5465 Tillary Ct  
Burke, VA 22015**

## **About the Center Without Walls**

Fairfax County's Burke/West Springfield Senior Center Without Walls is an exciting public-private partnership among the residents of Burke, West Springfield, Fairfax Station, local businesses, places of worship and Fairfax County Government. It was created to provide a variety of programs, activities and services to older adults in this community.

**Questions or Comments, please call: 703-250-9181, TTY 711 or email:  
burkewestspringfieldcwow@fairfaxcounty.gov**

# Burke West Springfield Senior Center Without Walls Fall 2011 Session

## 2011 Summer 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)	Tues 10:30 – 11:30 a.m.	
	Yoga (Section II)	Fri 10:30 – 11:30 a.m.	
	Tai Chi (Section I)	Wed 1 – 2 p.m.	
	Tai Chi (Section II)	Wed 2 – 3 p.m.	
	Line Dance Club Section I	Tues 10 a.m. – Noon	
	Line Dance Club Section II	Fri 10 – 11:30 a.m.	
	Line Dance Club (Beginner)	Sat 10 a.m. – Noon	
	Line Dance (Novice)	Thurs 1 – 2:15 p.m.	
	Self-Defense	Tues 12:30 – 1:30 p.m.	
	Square Dancing	Tues 1:30 – 3 p.m.	
	Running/Walking Club	Thurs 10:30 a.m. – Noon	
	Mah Jong	Tues 10 a.m. – Noon	
	Computer Basics	Wed 10 – 11 a.m.	

Time Stamp	Receipt #	Amount Paid	Refund Required	Amount of Refund
			Yes/No	