



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Gum Springs Community Center

Address: 8100 Fordson Road
Alexandria, VA 22306

Hours: Monday – Friday, 9 a.m. to 9:45 p.m.
Saturday, 1 to 9 p.m.

Phone: 703-360-6088, TTY 711

June 2024, July 2024, August 2024

PROGRAMS / ACTIVITIES

| Title | When | Time | Description |
|---|-----------------------------|---------------|--|
| Supper | Monday - Friday | 5 p.m. | After School and Teen Program (Free Hot Meals) |
| Homework Help | Monday - Thursday | 4 - 4:45 p.m. | After School Program (Homework Time) |
| Cyber Monday (S.T.E.A.M) | Monday | 5:30 p.m. | After School Program (Technology Day) |
| Science Tuesday (Science Experiments) | Tuesday | 5:30 p.m. | After School Program (Science Extravaganza) |
| Workout Wednesday (WOW) | Wednesday | 5:30 p.m. | After School Program (Fitness Day) |
| Tasty Thirsty Thursday (Nutrient day) | Thursday | 5:30 p.m. | After School Program (Creating Healthy Food & Snacks) |
| Freedom Friday (Free Day) | Friday | 4 p.m. | After School Program (Kids Choice) |
| Study Time | Monday - Friday | 3-4 p.m. | Teen Program -Clubhouse, STEAM, Teen Room, Hot Topic Current Event Discussion (Thursday) |
| WOW "Work out Wednesday" Healthy Nutrition | Wednesday | 4-5 p.m | Teen Program - Exercise with Staff |
| Teen Gym | Monday and Friday | 7-9 p.m. | Teen Program-Open Gym (Basketball & Free Play) |
| Game Night | Monday | 4-8 p.m. | Senior Program |
| Breakfast & Social | Tuesday - Thursday | 10 a.m. | Senior Program (Brain Teasers) |
| Ping Pong & Pool | Tuesday | 11 a.m. | Senior Program (Leisure Sports Play) |
| Red table Talk | Wednesday | 1-2 p.m. | Senior Program |
| Technology Activity | Last Thursday of each month | 1 p.m. | Senior Program (Hands on computer time) |
| Bingo | 3 rd Thursday | 11 a.m. | Senior Program (Adult Games) |

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| Breakfast & Social | Tuesday - Thursday | 10 a.m. | Senior Program (Time for Fellowship) |
| Pickle Ball | Monday | 6-9 p.m. | Senior Program/Adult Program |
| | Saturday | 1-3 p.m. | |
| Chess | Saturday | 1:30-6:30pm | Community |
| Fitness Center | Monday – Friday | 9 a.m. – 2 p.m. 6 -9 p.m. | Adult Program (Workout Center) |
| Fitness Center | Saturday | 1-9 p.m. | Adult Program (Workout Center) |
| Open Gym | Monday-Friday | 11 a.m.-2 p.m. | Adult Program (Leisure Sports Play) |
| Adult Basketball | Tuesday & Thursday | 7:30- 9:30 p.m. | Adult Program (Leisure Sports Play) |
| Open Gym | Monday-Friday Saturday | 11 a.m.-2 p.m. | Community Sports Play |
| | | Youth & Family 3 p.m.-5 p.m. | |
| | | Teen 5 p.m.-7 p.m. | |
| | | Adult 7 p.m.-9:30 p.m. | |
| CLASSES | | | |
| Title | When | Time | Description |
| Aerobics | Tuesday | 6:30-7:30 p.m. | Adult Program (Adult Fitness) |
| Zumba | Thursday | 6:30-7:30 p.m. | Adult Program (Adult Fitness) |
| Chair Aerobics | Thursday | 10 a.m.-11 a.m. | Senior Program (Chair Fitness Class) |

| <u>Special Events / Trips</u> | | | |
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| Title | When | Time | Description |
| Community Day | 6/15/24 | 11 a.m.-4 p.m. | Community Engagement/Juneteenth |
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| <u>Community Meetings</u> | | | |
| Title | When | Time | Description |
| Advisory Board | Tuesday, June 18 July 16 August 20 | 6:30 p.m. | Community |
| Civic Association | Tuesday, June 11 July 9 August 13 | 7:30 p.m. | Community |
| <u>IMPORTANT DATES</u> Center Closed - 6/19/24, 7/4/24 | | | |