



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

September, October, November 2023

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	2:30 – 6:30 p.m.	Teen Program -Clubhouse, STEAM, Teen Room, Hot Topic Current Event Discussion (Thursday)
Teen Podcast	Thursday	5:30 p.m.	Teen Program
WOW "Work out Wednesday" Healthy Nutrition	Wednesday	5:30-6:30 p.m.	Teen Program - Exercise with Staff
Teen Gym	Monday and Friday	(M) 8 -9 p.m. (F) 8 - 9 p.m.	Teen Program-Open Gym (Basketball & Free Play)
Breakfast & Social	Tuesday - Thursday	10 a.m.	Senior Program (Brain Teasers)
Ping Pong & Pool	Tuesday	11 a.m.	Senior Program (Leisure Sports Play)
Girl Trek / Walking Club	Wednesday	11 a.m.	Senior Program (Fitness Time)
Technology Activity	Wednesday	1 p.m.	Senior Program (Hands on computer time)
Bingo	Thursday	1 p.m.	Senior Program (Adult Games)
Club House Event	1 st Thursday of Month	10:30 a.m.	Senior Program (Hands on computer time)

Breakfast & Social	Tuesday - Thursday	10 a.m.	Senior Program (Time for Fellowship)
Lymphatic Drainage & SAIL	Thursday	10:30 a.m.-12 p.m.	Senior Program
Volleyball	Wednesday	Wed 7:45-9 p.m.	Senior Program/Adult Program
Pickle Ball	Monday, Friday & Saturday	Monday & Friday 12-2 p.m. Saturday 1-3 p.m.	Senior Program/Adult Program
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)
40 + Basketball	Wednesday	11:30am-2:30pm	Adult Program (Leisure Sports Play)
Adult Basketball	Tuesday & Thursday	8 - 9:35 p.m.	Adult Program (Leisure Sports Play)
Open Gym	Tuesday, Thursday, Friday & Saturday	(Tuesday, Thursday & Saturday) Seniors & Adults (Tuesday & Thursday) 12 -2:00 p.m. 7:30-9:30 p.m. (Saturday) 7-9 p.m. ----- (Saturdays ONLY) Youth/Family Basketball 3-5 p.m. ----- (Monday, Friday & Saturdays ONLY) Teen Basketball (Monday & Friday) 8-9 p.m. (Saturday) 5-7 p.m.	Community (Leisure Sports Play)
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	Wednesday	1 p.m.	Senior Program (Chair Fitness Class)

<u>Special Events / Trips</u>			
Title	When	Time	Description
Open House for Programs	Thursday, September 28	7-9 p.m.	Community event
Lights on Afterschool	Thursday, October 26	5:30-6 p.m.	Youth Program
Safe Night Out	Tuesday, October 31	6:30-9 p.m.	Community event
Lifeline Screening	Wednesday, November 15	9 a.m.- 5 p.m.	Senior Program
Pre-Thanksgiving Dinner	Thursday, November 16	6:30 - 8:30 p.m.	Community event

<u>Community Meetings</u>			
Title	When	Time	Description
Advisory Board	Tuesday, September 12 October 10 November 14	7:30 p.m.	Community
Civic Association	Tuesday, September 19 October 17 November 21	7:30 p.m.	Community

IMPORTANT DATES
Center Closed - Sept. 2 - 4/Nov. 7, 10 - 11, 23 - 25