

Welcome to AVSP!

Dear AVSP Member,

The AVSP Program & Activity Guide is produced quarterly which ensures you have the information you need regarding our programs and activities.

New Program & Activity Guides will be available seasonally (summer, fall, winter & spring), however the Guide may be subject to change without notice. A dated document is always available for download at www.ashburnsportpavilion.org and updated copies will always be available at the Front Desk.

If, at any time, you have questions about any of the programs you see listed, please do not hesitate to contact us at 703-729-0581.

Sincerely,

AVSP Staff





ACTIVE ADULTS

Aqua Combat

Advanced water aerobics with strength training. **FREE**

Sa 9:05am April

Aqua Exercise

Low impact water aerobics with body sculpting. **FREE**

W,F 9:15am Julie

Express One-On-One Personal Training

Half-hour workout sessions with a certified Personal Trainer

1 session	\$45
5 sessions	\$195
10 sessions	\$355
20 sessions	\$645

Movie Under the Stars

Come out and watch a movie on a Giant Inflatable Movie Screen! Movie nights take place at the Lakes Recreation Center. **FREE**

Sa	6/27	Dark	Monsters Inc
Sa	7/11	Dark	Iron Man
Sa	7/25	Dark	Bolt
Sa	8/22	Dark	The Wizard of Oz
Sa	8/29	Dark	Resident Choice

One-on-One Personal Training

One-hour workout sessions with a certified Personal Trainer.

1 session	\$60
5 sessions	\$275
10 sessions	\$500
20 sessions	\$900

Partner Training

One-hour workout sessions with a partner of your choice and a certified Personal Trainer.

1 session	\$90
5 sessions	\$415
10 sessions	\$780
20 sessions	\$1450

Senior Aqua

Advanced water aerobics with strength training. **FREE** to members; \$3 for non-members.

T, Th 10:30am Margaret



Small Group Training - 3 People

One-hour workout sessions with two other people of your choice and a certified Personal Trainer.

1 session	\$100
5 sessions	\$475
10 sessions	\$900
20 sessions	\$1700

Small Group Training - 4 People

One-hour workout sessions with three other people of your choice and a certified Personal Trainer.

1 session	\$120
5 sessions	\$575
10 sessions	\$1100
20 sessions	\$2100

Sunrise Yoga

Learn basic yoga poses incorporating strength and cardio wellness. as the sun comes up! Call within 24 hours to reserve your spot.

S Starts 7/11 7:00am Lorraine

Tennis NOW

Learn the basics of all the important strokes including forehand, backhand, volley and serve. \$24 Members; \$30 NRTM

M 6/22-8/31 10:30am - 12:00pm
Tu 6/6-8/25 6:30 - 8:00pm

Yoga

Learn basic yoga poses incorporating strength and cardio wellness. Call within 24 hours to reserve your spot.

Su	5:00pm	Olena
M	7:30pm	Lorraine
W	6:30pm	Lorraine
W	7:30pm	Lorraine

Yoga Butt

A combination class using yoga poses and core strengthening with a focus on the lower half. Call within 24 hours to reserve your spot. **FREE**

Th 9:15am Donna



AQUATICS

Aqua Combat

Advanced water aerobics with strength training. **FREE**

Sa 9:05am April

Aqua Exercise

Low impact water aerobics with body sculpting. **FREE**

W,F 9:15am Julie



Blue Wave Swim Team

The Blue Wave Swim Team is a year-round competitive team. More information on Blue Waves can be found at www.pvbluewave.com

Group Swim Lessons

Group swim lesson sessions are offered consecutively. Youth & adult classes may be available. Lesson descriptions and times/dates are available at the Front Desk. Members \$55; Non-Members \$80.

Private Swim Lessons

Private swim lesson request forms are available at the Front desk.

1 session (member)	\$25
1 session (non-member)	\$38
5 sessions (member)	\$110
5 sessions (non-member)	\$163

Semi-Private Swim Lessons

Semi-Private swim lesson request forms are available at the Front desk. Semi-private lessons consist of 2 students of your choice.

1 session (member)	\$40
1 session (non-member)	\$53
5 sessions (member)	\$160
5 sessions (non-member)	\$218

Senior Aqua

Advanced water aerobics with strength training

T, Th 10:30am Margie

Youth H₂O Hour

Bring your kids to the outdoor pool for an hour of fun which includes music, games and activities geared for independent swimmers. \$10 per class or \$95 for a season pass.

Tu 6/9-8/25 5-11yrs 11:00am





COMMUNITY EVENTS

Movie Under the Stars

Come out and watch a movie on a Giant Inflatable Movie Screen! Movie nights take place at the Lakes Recreation Center. **FREE**

Sa	6/27	Dark	Monsters Inc
Sa	7/11	Dark	Iron Man
Sa	7/25	Dark	Bolt
Sa	8/22	Dark	The Wizard of Oz
Sa	8/29	Dark	Resident Choice

Fourth of July Celebration

An Independence Day celebration! **FREE** for residents.

Parade	10:00am
Party	11:00am - 4:00pm
Fireworks	Dark

INOVA Blood Drives

The Inova Blood Mobile will be parked in the AVSP Parking Lot to take donations. Make your lifesaving appointment at the front desk.

M	6/22	5:00-8:00pm
M	8/17	5:00-8:00pm



FITNESS

Aqua Combat

Advanced water aerobics with strength training. **FREE**

Sa	9:05am	April
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Aqua Exercise

Low impact water aerobics with body sculpting. **FREE**

W,F	9:15am	Julie
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Belly Dance

A cardiovascular and strength workout that teaches participants how to isolate muscles and work them independently. Participants may also experience improved self esteem and a better sense of well being. \$80

Sa	7/11-8/22	12:00pm	Stephanie
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Cycling

A challenging cardio workout on the cycling bikes. Call within 24 hours to reserve your bike. **FREE**

Tu	5:30am	Tracy
Tu	9:30am	Kristin
Tu	7:15am	Barbara
Th	5:30am	Kristin
F	10:30am	Diane
Sa	8:00am	Theresa
Sa	10:05am	Laura
Su	8:30am	Laura

Cardio Combo

Raise your heart rate and lower your weight with a variety of high and low impact movements. **FREE**

M	9:15am	Donna
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Cardio Interval

A combination of cardio drills and strength training designed to improve your aerobic capacity and strength. **FREE**

Th	5:15pm	Jen
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Cardio Spin & Sculpt

A combo of cardio consisting of step and spinning with incorporating core and resistance exercises. **FREE**

M	5:15pm	Laura
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Cardio Strength

A heart pounding, total body workout that includes cardio and muscle endurance/strength training. **FREE**

Tu	10:30am	Kristin
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Circuit

A total body workout that alternates aerobic conditioning with muscular conditioning in a circuit setting. **FREE**

M	6:15pm	Kim
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Express One-On-One Personal Training

Half-hour workout sessions with a certified Personal Trainer

1 session	\$45
5 sessions	\$195
10 sessions	\$355
20 sessions	\$645

Fit Camp

This fast-paced, high intensity course combines resistance exercises, cardiovascular training, and core work into one heart pumping class.

W	7/29-9/16	5:30am	Kristin
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High Intensity Interval Training (HIIT)

Maximize your calorie expenditure and lose weight! Adding HIIT to your training routine will increase strength and endurance. Call within one week to reserve your spot. \$15 per session.

Th	7:00am	Tom
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One-on-One Personal Training

One-hour workout sessions with a certified Personal Trainer.

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5 sessions	\$275
10 sessions	\$500
20 sessions	\$900

Partner Training

One-hour workout sessions with a partner of your choice and a certified Personal Trainer.

1 session	\$90
5 sessions	\$415
10 sessions	\$780
20 sessions	\$1450

Senior Aqua

Advanced water aerobics with strength training. **FREE** for members; \$3 for non-members.

T, Th	10:30am	Margaret
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Small Group Training - 3 People

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1 session	\$100
5 sessions	\$475
10 sessions	\$900
20 sessions	\$1700

Small Group Training - 4 People

One-hour workout sessions with three other people of your choice and a certified Personal Trainer.

1 session	\$120
5 sessions	\$575
10 sessions	\$1100
20 sessions	\$2100

Spin & Core

A challenging workout on the spin bikes followed by core workout. Call within 24 hours to reserve your bike. **FREE**

Th	7:15pm	Laura/Theresa
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Stability Ball Training

Core exercises on the stability ball. **FREE**

F	9:15am	Donna
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Step Challenge

Challenging cardio workout. Abs included. **FREE**

Sa	9:00am	Barbara
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Step Interval

High-energy interval training that alternates step choreography with intensive muscle conditioning for a total body workout.

W 5:15pm Mehrnoosh

Straight Up Strength

A no-nonsense, muscle building workout. FREE

M 5:30am Tracy
W 9:15am Kristin

Sunrise Yoga

Learn basic yoga poses incorporating strength and cardio wellness. as the sun comes up! Classes begin July 11. Call within 24 hours to reserve your spot.

S 7:00am Lorraine

Teen Weight Training

This class is required in order for ages 12-15 to use the weight equipment with parental supervision. Course gives general explanation of equipment use. Students are tested on what they have learned in order to pass. \$15

M,W 12-15 yrs 10:30-11:15am
W,F 12-15 yrs 4:30-5:15pm

Total Fitness

A complete workout with equal emphasis given to each component of fitness. FREE

Tu 6:15pm Jen
Th 6:15pm Laura
F 5:30am Tracy

Trekking

Group treadmill training that will improve your cardiovascular conditioning like you won't believe! Call within one week to reserve your spot. \$15 per session.

M 12:00pm Diane
W 6:00am Diane

Volleyball Clinics

Clinics are designed to teach essential skills and exercises, hold scrimmages between players, run drills, and more. \$70 per session for Residents; \$85 per session for Non-Residents.

M-Th 7/13-7/16 11-14yrs 4:00-6:30pm
M-F 7/27-7/31 11-14yrs 4:00-6:00pm
M-Th 8/31-9/3 11-14yrs 4:00-6:30pm

Women's Circuit Training

A combination of several exercise completed one after another. A one-stop total body group training session. Great for beginners! Call within one week to reserve your spot. \$15 per session.

W 12:00pm Diane

Yoga

Learn basic yoga poses incorporating strength and cardio wellness. Call within 24 hours to reserve your spot.

Su 5:00pm Olena
M 7:30pm Lorraine
W 6:30pm Lorraine
W 7:30pm Lorraine

Yoga Butt

A combination class using yoga poses and core strengthening with a focus on the lower half. Call within 24 hours to reserve your spot. FREE

Th 9:15am Donna

Youth Boot Camp

Youth are exposed to a variety of aerobic and anaerobic exercises with elements of competitive games added in for fun. During breaks, participants are educated on basics nutritional principles and concepts. \$60 Residents; \$70 Non-residents.

Tu,Th 6/23-7/16 6-9yrs 9:00am
Tu,Th 6/23-7/16 10-12yrs 10:00am

Youth Zumba

A high energy Latin dance class geared for ages 12 and up. Get fit and have fun doing it! FREE

W 4:00pm Cathy

Zumba

A high energy Latin dance class. Get fit and have fun doing it! FREE

Tu 8:15pm Rocio
Th 8:15pm Cathy



Racquetball Lessons

Learn better techniques of the game from Veronica Wilson, Racquetball Pro! Adults: \$35 members/\$45 nonmembers; Youth: \$25 members/\$35 nonmembers.

Racquetball & Squash Challenge Nights

Meet new players! All players, all ages & all skill levels are welcome. Test your skills in a relaxed, social environment or just come out and watch! FREE for members; \$5 for non-members.

M 6:00-9:00pm



Cardio Tennis

A fitness program which includes hitting with interval and circuit training to increase cardiovascular training and footwork. \$18 Members; \$20 NRTM

W 9:00am Branden

Junior Tennis Academy

Classes feature special drills and games for the very beginner to high-intensity training for more competitive team players.

Pee Wees \$79 Res/\$93 NRTM
M 6/29-8/10 4:00-4:45pm
Beginner/Adv Beg \$96 Res/\$128 NRTM
M 6/29-8/10 5:00pm
Intermediate/Adv \$183 Res/\$201 NRTM
W 7/1-8/12 4:00-6:00pm
Tournament Training Program
1x/ week \$183 Res/\$201 NRTM
2x/week \$324 Res/\$341 NRTM
Tu 6/30-8/11 4:00-6:00pm
Th 7/2-8/14 4:00-6:00pm

Private/Semi-Private Lessons

Private/Semi-Private lessons can be set up directly with the Tennis Pros. Prices are per hour.

1-player Member \$56; NRTM \$60
2-player Member \$30; NRTM \$33
3-player Member \$23; NRTM \$25
4-player Member \$18; NRTM \$21
5-player Member \$16; NRTM \$19
6-player Member \$14; NRTM \$17

Skills & Drills 2.5 Level

Learn to hit groundstrokes, volleys, serves, and overheads with an introduction to playing doubles. \$96 Members; \$118 NRTM.

F 6/5-6/26 9:00 - 10:30am
M 7/6-7/27 9:00 - 10:30am
M 8/3-8/31 9:00 - 10:30am

Skills & Drills 3.0 Level

Improve consistency of groundstrokes and learn shot selection, placement and setting up a doubles point. \$96 Members; \$118 NRTM.

W 9:00 - 10:30am

Skills & Drills 3.5/4.0 Level

Add power and spin to your shots and learn strategy and execution of shots in doubles points. \$128 Members; \$157 NRTM.

W 7/10-7/29 9:00 - 10:30am
W 8/7-8/28 9:00 - 10:30am

Tennis Camp

All the tennis & fun you want! Weekly sessions all summer long! Fridays serve as make-up days. Tennis for Tots runs every other week.

Tennis for Tots	\$50 Res/\$62 NRTM
M-Th 6/22-8/27	4-5yrs 8:30-9:15am
Beginner/Adv Beginner	\$130 Res/\$157 NRTM
M-Th 6/22-8/27	6-12yrs 9:30am-12:30pm
Intermediate/Advanced	\$130 Res/\$157 NRTM
M-Th 6/22-8/27	10-16yrs 1:00-4:00pm

Tennis NOW

Learn the basics of all the important strokes including forehand, backhand, volley and serve. \$24 Members; \$30 NRTM

M	6/22-8/31	10:30am - 12:00pm
Tu	6/6-8/25	6:30 - 8:00pm



Tennis Social

An evening of social tennis with a hint of professional help! \$20

F	8/28	7:00 - 9:00pm
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USTA Combo League

Play competitive doubles without affecting your rating! Sign up with a partner or we'll assign you one!

7/20-9/20

USTA Singles League

Now's your chance to play singles in a team environment without affecting your USTA rating.

7/20-9/20



Blue Wave Swim Team

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Private Swim Lessons

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5 sessions (member)	\$110
5 sessions (non-member)	\$153

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Tournament Training Program	
1x/ week	\$183 Res/\$201 NRTM
2x/week	\$324 Res/\$341 NRTM
Tu 6/30-8/11	4:00-6:00pm
Th 7/2-8/14	4:00-6:00pm

Junior Match Play

Play real matches in preparation for competitions. \$70 Members; \$85 NRTM

M Intermediate	6/29-8/13	6:00pm
M Advanced	6/29-8/13	7:00pm

Rise Camp

Recreation in Sports & Exercise Camp. Weekly sessions all summer long. Full day or half day options available. Half Day: \$110/wk members; \$138/wk nonmembers. Full Day: \$180/wk members; \$240/wk nonmembers.

M-F	6/22-9/4	6-11yrs
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Teen Weight Training

This class is required in order for ages 12-15 to use the weight equipment with parental supervision. Course gives general explanation of equipment use. Students are tested on what they have learned in order to pass. \$15

M,W	12-15 yrs	10:30-11:15am
W,F	12-15 yrs	4:30-5:15pm



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W	4:00pm	Cathy
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