

SHARRON BAUCOM DALE CITY RECREATION CENTER

14300 Minnieville Road * Dale City, VA 22193

Phone: (703) 670-7112 x221 * Fax: (703) 670-0799 * Web: www.pwcparks.org/dcrc

Effective Date: July 1, 2007

HOURS OF OPERATION

Monday – Friday Open 6am-10pm
 Saturday Open 8am-10pm
 Sunday Open 8am-6pm

Pool and Basketball Gym availability varies. Check at the customer service desk for current schedules.

All youth under age 12 must be attended by an adult age 16 or older.

ADMISSION INFORMATION

For your convenience and savings, we offer a variety of admission options. There are no initiation fees!

Daily rates, 30-Day passes, and 6 or 12 Month pass plans are available.



SBDCRC....Where Everybody Fits In!

MEMBERSHIP RATES (Prices & Monthly Draft)	PREMIUM		GOLD		SILVER		BRONZE		GROUP EXERCISE	
	6 Mt	1 Yr	6 Mt	1 Yr	6 Mt	1 Yr	6 Mt	1 Yr	6 Mt	1 Yr
*Family- up to 4 members Includes guardian, spouse, & legal dependents age 22 & under. Age 16-22 must be a full time student.	Fee Monthly \$499 \$85.17	Fee Monthly \$797 \$68.42			Fee Monthly \$420 \$72	Fee Monthly \$710 \$61.17				
*Family Add On (Age 22 & under) Ages 16-22 must be a full time student. (Does not increase Nursery Time)	Fee Monthly \$45 \$7.50	Fee Monthly \$75 \$6.25			Fee Monthly \$45 \$7.50	Fee Monthly \$75 \$6.25				
Adult (Age 16 & up)	Fee Monthly		Fee Monthly \$321 \$55.50	Fee Monthly \$574 \$49.83	Fee Monthly \$256 \$44.67	Fee Monthly \$422 \$37.17	Fee Monthly \$189 \$33.50	Fee Monthly \$329 \$29.42	Fee Monthly \$229 \$40.17	Fee Monthly \$424 \$37.33
Youth (Age 22 & under) Ages 16-22 must be a full time student.	Fee Monthly		Fee Monthly \$241 \$42.17	Fee Monthly \$427 \$37.58	Fee Monthly \$181 \$32.17	Fee Monthly \$303 \$27.25	Fee Monthly \$150 \$27	Fee Monthly \$251 \$22.92	Fee Monthly \$192 \$34	Fee Monthly \$352 \$31.33
Senior (Age 60 & up)	Fee Monthly		Fee Monthly \$241 \$42.17	Fee Monthly \$427 \$37.58	Fee Monthly \$181 \$32.17	Fee Monthly \$303 \$27.25	Fee Monthly \$150 \$27	Fee Monthly \$251 \$22.92	Fee Monthly \$192 \$34	Fee Monthly \$352 \$31.33
Couple Married by VA law	Fee Monthly		Fee Monthly \$461 \$78.83	Fee Monthly \$724 \$62.33	Fee Monthly \$355 \$61.17	Fee Monthly \$557 \$48.42	Fee Monthly \$295 \$51.17	Fee Monthly \$482 \$42.17		
Senior Couple (Age 60 & up) Married by VA law	Fee Monthly		Fee Monthly \$335 \$57.83	Fee Monthly \$537 \$46.75	Fee Monthly \$244 \$42.67	Fee Monthly \$407 \$35.92	Fee Monthly \$221 \$38.83	Fee Monthly \$362 \$32.17		

PAYMENT INFORMATION - Pay in full by cash, check, Visa, MasterCard, or DiscoverCard. Monthly payments can be set up on a bank draft, which debits your checking account on the 15th of each month. A \$2 per month fee is charged for this service. The 1st payment and a voided check is required at the time of purchase.

PREMIUM PASS

- ◆ Includes **Silver & Gold** Pass Benefits
- ◆ Nursery - 2 hours per day for each family. Family add-on fee does not increase Nursery time. Discount nursery pass is available for Premium family passholders. See back of handout for fees.
- ◆ Splash 'N Tot & Kiddie Tyme (See back of handout for details)
- ◆ 10% discount off classes at SBDCRC. Discount does not apply to Chris Collins Dance, Private Lessons, or Special Events.

GOLD PASS

- ◆ Includes **Silver** Pass Benefits
- ◆ Land Aerobics, Pilates, Basic/Gentle Yoga at SBDCRC & Chinn.
- ◆ Water Aerobics at SBDCRC
- ◆ 20% off Yoga I/II & Tai Chi at SBDCRC.

SILVER PASS

- ◆ Fitness
- ◆ Pool/Spa
- ◆ Free Fitness Orientation for ages 12 & up.
- ◆ Open Gym for Basketball/Volleyball
- ◆ Racquetball (2 hrs/wk)

BRONZE PASS

- ◆ Pass may be used from 6am-4pm Monday – Friday only.
- ◆ Passholders must check in by 3:30pm
- ◆ Includes **Silver** Pass Benefits available from 6am-4pm Mon-Fri

GROUP EXERCISE PASS

- ◆ Land Aerobics, Pilates, Basic/Gentle Yoga at SBDCRC & Chinn.
- ◆ Water Aerobics at SBDCRC & Chinn
- ◆ 20% off Yoga I/II & Tai Chi at SBDCRC.

Note: Inquire at the customer service desk for info on how to use your 6/12 month pass at Chinn. Discount drop-in rates will apply.

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WHAT WE OFFER.....Where Do You Fit In?

SERVICES & PROGRAMS

POOL/WHIRLPOOL:

25 yard heated indoor pool with zero depth access ramp
16 person whirlpool

Men's, Women's, and Unisex ADA compliant locker rooms
Youth 6 years and under must be within arm's reach of an adult 16 years or older in the pool area at all times.

WEIGHT & CARDIO FITNESS:

Cardio, Circuit training and free weight rooms
Certified Personal Trainers
Personal Training Packages -Individual, Buddy, and Group packages available
Children age 11 and younger not allowed in Fitness Wing unless participating in a staff supervised training program. Orientation required for ages 12-15 (Free orientation for 6 and 12 month passholders).

GROUP EXERCISE:

Land & Water Group Exercise classes available at SBDCRC and Chinn. Drop-in rates, 30-day pass, & 6/12 month pass plans available. A 10 or 20 visit Aqua Fitness punch pass is available for SBDCRC water exercise classes only.
Group Exercise Specialty programs for Yoga I/II and Tai Chi are available on a drop-in basis or by monthly registration.
Note: Yoga I/II and Tai Chi are not included on Group Exercise 30-Day or 6/12 month Premium, Gold, or Group Exercise Only passes.

NURSERY:

VA State licensed Nursery care for ages newborn to 13.
Medical profile, shot record, current physical or well baby visit, and child's original birth certificate verified by SBDCRC staff required. Reservations highly recommended.

Open: Mon – Fri 8:30am-12pm, 5pm-8pm
Saturday 9am-12pm

For reservations call (703) 670-7112 x236
See chart for drop-in and pass rates.

ACTIVITY RATE (Options Available)							
Adult – 16-59yrs Youth – 3-15 yrs Senior – 60 & Up	Daily Drop In			30-Day Pass		Punch Pass	
	Adult	Youth	Senior	Adult	Youth Senior	10 Visit	20 Visit
Multi Activity Includes Fitness, Pool/Spa, & Open Basketball/Volleyball	\$6	\$4.50	\$4	\$50	\$40		
	\$2 on Fridays for Seniors					\$42.50	\$80
Aqua Fitness Punch Pass							
Group Exercise (Land/Water)	*\$9	*\$9	*\$9	\$40	\$40	*Note: 30-min. class \$4.50	
Pilates	\$9	\$9	\$9	Pilates & Basic/Gentle Yoga are included on Premium, Gold, & Group Exercise Only Passes.			
Basic Yoga	\$9	\$9	\$9				
Hatha Yoga I/II	\$14	\$14	\$14	See Leisure Guide for info on Yoga I/II and Tai Chi class registration			
Tai Chi	\$12	\$12	\$12				
Nursery (Newborn-13 yrs)	\$2.50 per hr/child			\$27			
Nursery w/Premium Family Pass (Must be on premium pass to receive discount)				\$20			

SERVICES & PROGRAMS CONT...

A LA CARTE OPEN PROGRAMS:

Gymnastics – supervised/coed, all levels – Sunday 1-3pm
Judo – Sun 11:30am-12:20pm, Tue 9-9:50pm, Fri 9-9:50pm
Karate – Sunday 1:30-2:20pm
Kendo – Saturday 4-4:50pm
Ballroom Dance – Sunday 5-6pm
Kiddie Tyme – Ages 1-5, Runs September – May (Mon-Thur 10am-12:30pm for age 5 and under, Fri 10am-12:30pm for age 3 and under) *No Charge for Guardian
Splash N' Tot – Ages 1-5, (Fridays Sept-May 11am-12:30pm, Jun-Aug 10-11:30am) *No Charge for guardian

BATTING RANGE:

9 Station baseball & softball, slow – medium – fast pitch
Reservations accepted – (703) 670-7112 x221
Open 7 days a week Apr – Oct
Will be closed during inclement weather (Ask for schedule)

RACQUETBALL/WALLYBALL:

1 court available; Reservations taken up to 1 week in advance, 2 weeks in advance if a 6/12 month passholder.
6/12 month passholders receive 2 Free hours of Racquetball court time per week - after free time \$2 per hour for each passholder. Non-passholders will pay regular fees (see fee chart below). Free R-Ball for passholders does not incl. Wallyball.

FACILITY RENTALS: (Ask for rate sheet)

Party/meeting area holds up to 160 guests. Full size kitchen and bathrooms. Outdoor area includes covered picnic area with electricity & water – seats 86. Overnight sleep-ins w/swimming available to non-profit organizations. Gym rental time available for sport team practices.

FARMERS MARKET:

Open air; April- Mid November – Sundays 8am-1pm. Located at Dale City Commuter Lot, near Center Plaza.

A LA CARTE OPEN PROGRAMS (Daily Drop-In Only)			
Adult – 16-59yrs Youth – 15 & Under Senior – 60 & Up	Adult	Youth Senior	Other
Family Swim (Family of 4)			\$12
Gymnastics (All levels)	\$5	\$3	
Ballroom Dance	\$5	\$5	
Kiddie Tyme Age 1-5-Guardian Free		\$2.50	
Splash 'N Tot Age 1-5-Guardian Free		\$3.50	
Senior Friday (Age 60+)		\$2	
Martial Arts (All Styles/Ages)	\$5	\$5	
Wallyball (Court Fee/Per Hour)			\$12
Racquetball Fee is per hour/per person Note: 6/12 month passholders receive 2 free hours of racquetball per week. After free time \$2 per hr/person.	\$3.75 ea. for 1 st 2 players \$1 ea. for add'l players		
Batting Range			
Individual:	15 Balls - \$2	105 Balls - \$7	
Rental Per Cage:	½ Hr - \$19	1 Hr - \$29	
Team Rental (1 hour):	2 cages - \$35	4 cages - \$65	
10-Visit Pass	105 Balls per Visit	\$50	