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The Congressional Schools of Virginia in Falls Church marked its 75th anniversary with a weekend-long celebration on April 24 and 25, with events attended by hundreds of students, staff, alumni and friends of the school.

The festivities began on Friday, April 24 with an on-campus celebration featuring a keynote address by Linda Ward Byrd, a Congressional alumna from the Class of 1968 who recounted her memories as a Congressional student, a school where she said "everyone knew my name."

The School's founding family was honored in a tribute by Tina Trapnell, a former member of the School's Board of Trustees, and former Mason District Supervisor who detailed the family's 75-year history, from the school's founding by Malcolm and Evelyn Devers in 1939 to today. The event also included student performances, the dedication of items selected by students for a time capsule, and a community photo on the front steps of the school.

The on-campus celebration was followed by a Golf Tournament at Reston National



Golf Course, and the celebrations culminated with a 75th Anniversary Gala on the evening of April 25, attended by more than 250 parents, faculty, alumni, sponsors and friends of the school.

"Our 75th Anniversary is a wonderful opportunity for the community to reflect upon our achievements as a school. From our modest beginnings in 1939 as a small preschool, to our current standing as a leading independent early childhood, elementary and middle school in the D.C. area, we are proud to have touched the lives of so many children. We are a community shaped by a strong group of supporters, and look forward to continuing to provide excellence in education for generations to come," stated Janet Marsh, Congressional's Executive Director.

The Congressional Schools of Virginia is an independent school on Sleepy Hollow Road in Falls Church, offering a challenging and comprehensive educational program to students from Infant through 8th Grade. The family spirit that lives on the Congressional campus all year long is continued throughout the summer months in a 10-week summer camp program.



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Day camps, academics and enrichment; creative and fine arts; athletics; and trips for rising grades K-12.

June 22 - August 7, 2015

Discover more at www.flinthill.org/summer-programs.



SUMMER
ON THE
HILL

Preparing for Summer Camp Away

Many emotions arise when a child leaves for camp.

BY MARILYN CAMPBELL
THE CONNECTION

Julie Kaminski remembers the language from her desperate letters to her parents: “I love you. I want to come home now!” She recalls penning a dramatic plea to be rescued from residential summer camp more than 40 years ago. Today, Kaminski is preparing for her daughter’s first camp experience away from home this summer.

“Looking back, I can see how going away to camp helped me become more self-sufficient, self-confident, self-reliant and taught me how to get along with so many different kinds of people,” said Kaminski, a local mother of two children.

“Of course I didn’t think that at the time. I was extremely homesick even though it was my idea to go to sleep away camp in the first place.”

A child’s first residential summer camp experience can be fraught with emotions that run the gamut from excitement to terror. While glee at the thought of a summer filled with sports, swimming, crafts and new-found friendships can be the dominant feeling, the thought of an extended period of time away from home can cause sadness and anxiety for both parents and their children.

An American Camp Association study showed that 96 percent of children who attend sleep away camps experience homesickness at some point during their stay. While these emotions are normal, parents can help children tame the pre-camp jitters. The life-long lessons gained from such camps make it worth the effort.

“Becoming comfortable with your child being away at summer camp, perhaps the first extended separation you have had, is a matter of trust,” said David Kaplan, Ph.D. of the American Counseling Association in Alexandria, Va.



PHOTO CONTRIBUTED

Summer camp experiences can help children become self-confident and self-reliant.

“Trusting your child that they can handle themselves without your supervision. Trusting that they can handle relationships with other children. Trusting that they can get up in the morning, take a shower, wash their clothes, and change their sheets without your prodding.”

ACKNOWLEDGING THAT homesickness is normal and many campers experience it, can help children accept and cope with their emotions.

“Expecting to miss home and feel somewhat anxious helps children feel less surprised and overwhelmed when it occurs,” said Barbara Meehan, Ph.D. executive director, Counseling and Psychological Services, George Mason University in Fairfax, Va.

A child’s apprehension can be eased when parents share their own camp experiences,

particularly positive memories.

“Don’t let your child get caught up in your own anxiety about leaving for camp,” said Linda McKenna Gulyn, Ph.D., professor of psychology at Marymount University in Arlington, Va. “Kids sometimes worry about the parents they left behind. Be positive, but not sad that your child is leaving.”

Meehan says that developing a few self-soothing activities like playing outdoors or reading is one strategy for helping children deal with feelings of missing home. Identifying people with whom young campers can share their emotions is another means for dealing with homesickness.

“Talking to a camp counselor and even peers can help ease the difficult feelings and often they will learn they are not alone,” said Meehan.

Encouraging a child to make friends and become involved in camp activities will put

the focus on the positive aspects of camp. Packing letters and stamped envelopes and developing a plan for letter exchange can help a child feel connected to their families.

“Isolating and avoiding what feels hard can often worsen anxiety and homesickness,” said Meehan. “Remind your child they are stronger than they feel in the moment and that engaging in camp activities can be helpful.”

There are times however when a child might not be ready for residential camps. The American Camp Association reports that while most cases of homesickness subside, there are cases — if a child is not eating or sleeping, for example — when it could be time to seek help. “Consult with camp professionals about resources if your child’s anxiety worsens or persists,” said Meehan.

Camps&Schools●Notes

Paralympic Sports Team Seeking Players

The Fairfax Falcons Paralympic Sports team, a Fairfax County Neighborhood and Recreation Services Therapeutic Recreation program, is recruiting new players. The team provides a variety of sports experiences to athletes with physical disabilities impacting their lower extremities ages 4 1/2 to 18 (or high school graduation). Not all athletes use wheelchairs for everyday use. Some athletes are ambulatory and only use a wheelchair for sports. Their primary sport is wheelchair basketball, which runs late August through April. In the spring, they

offer a variety of sports including floor hockey, track, field, fishing, rugby, golf, and football. For more information, email fairfaxfalcons@gmail.com.

Summer at Massanutten

Each year, Massanutten Military Academy offers a five-week intensive summer school program, an opportunity for students to get ahead in their learning, make up for bad or failing grades, or increase their knowledge and participation in their JROTC leadership skills. Massanutten Military Academy offers the safety of a structured learning environment, as well as the fun of a summer camp through a combination of classroom time and weekend activities. The program is offered June 27-Aug. 1, 2015.

Credit for academic courses is transferable to the student’s current school. JROTC leadership credit equals one high school course credit.

STEM CAMP Massanutten offers STEM Summer Camp, two two-week camps running from June 29-July 10 and July 20-31, open to students grades 7-12. This summer camp offers students the chance to explore the many facets of STEM education including hands-on experiences. Upon completion of the STEM Summer Camp, students will receive a certification of completion. Massanutten Military Academy offers the safety of a structured learning environment, as well as the fun of a summer camp through a combination of classroom time and activities. Visit www.militaryschool.com/summer-school-2015.asp.

Diverse Camps Offer Summer Fun

BY STEVE HIBBARD
THE CONNECTION

Scores of local camps in Northern Virginia that offer many opportunities for summer fun and learning. Here is a sampling of diverse camps that range from art to theater to field trips to swimming, tennis and music. There's even a camp for aspiring musicians who want to form a band.

ROAM Rock Camp

ROAM Rock Camp gives children the opportunity to build communication skills and confidence through the language of music. The camps are designed to focus on why each participant wants to be in a band, why they love music and what they want to get out of it. The goal is to create an environment or band that children will thrive in. They will hand select each member to create a group that best fits their age and experience. During the camp, groups will learn three to four of their favorite songs or even write songs if they wish. At the end of the week they will record the group and give them a CD to take home to show off their progress.

"The best thing about these camps is that we are able to show these young musicians from first-hand experience how to be players and performers. I wish I had something like this when I was growing up," said John Patrick, owner/director, who is the former co-founder of the national touring act Virginia Coalition.

Camps are offered from June 1 to Aug. 28. To register, contact ROAM to let them know every week your child would be available to do a camp. Deadline for registration is June 1.

Contact info: Rock of Ages Music, 114 E. Del Ray Ave., Alexandria VA 22301; call 703-838-2130. Email Roam.rockofagesmusic@gmail.com.

Burgundy Farm

Burgundy Farm offers two summer camps: a day camp at the 25-acre Alexandria campus in eight week-long sessions, and a sleep-away camp in three sessions at Burgundy Center for Wildlife Studies in Capon Bridge, W.Va. Both camps are great options for children excited about learning in the outdoors with dedicated counselors. Day campers swim every day, and programs include sports, science and performing and visual arts. Sleep-away camp provides a mix of structure and freedom, fostering a respect to the natural world through greater knowledge of nature and self.

"At Burgundy Farm Summer Day Camp, our campers enjoy all the benefits of a sleep-away camp with the convenience of a day camp, including swimming, animal encounters, nature exploration, forming strong bonds and friendships with other campers and counselors, and the opportunity to build self-esteem and confidence in a fun and



PHOTO CONTRIBUTED

Campers enjoy the rock climbing wall at Burke Racquet and Swim Club's Sports Camp.

friendly environment," said Hugh Squire, director of auxiliary services.

Burgundy Farm Summer Day Camp is located on the Alexandria campus of Burgundy Farm Country Day School, 3700 Burgundy Road, Alexandria. Lower and upper divisions, grouped by age and interest, for children ages 3-years-8-months to 12 years old. Camp runs Monday, June 15-Friday, Aug. 7. Register at www.burgundyfarm.org/summer-programs. Contact Hugh Squire at hughs@burgundyfarm.org or 703-842-0480.

Burgundy Center for Wildlife Studies Camp is located within 500 acres in a secluded valley near Capon Bridge, W.Va. Overnight junior session (age 8-10) for one week in August - currently waitlist only; senior sessions (11-15) for two weeks in June, July or August; adult weekend (21+) in July. Register at www.burgundycenter.org. Contact Michele McCabe at michelem@burgundyfarm.org or 703-842-0470.

Burke Racquet and Swim

Burke Racquet and Swim Sport Camp has been a hidden treasure in Burke for more than 27 years. Tucked behind the Kaiser Permanente Building in Burke, the indoor camp is the ideal setting for children who want to do a variety of sports. It offers swimming, tennis, and rock climbing daily. It also offers Zumba, soccer and camp games.

All of the Sports Camp staff has been back-



PHOTO CONTRIBUTED

The Girls Junior Elite enjoy soccer camp at the Soccer Academy at E.C. Lawrence Park in Centreville and Patriot Park in Fairfax this summer.

ground checked through Fairfax County; they are CPR/AED trained.

The camp offers full day (\$280 per week) and half day mornings or afternoons (\$180 per week). There is before and after camp care for working parents. The first week of camp begins June 22 and goes through Aug. 28. Call Burke Racquet and Swim Club at 703-250-1299.

Soccer Academy Inc.

The Soccer Academy offers a wide range of innovative, state-of-the-art programs that meet the interests and playing abilities of all players and teams. It caters to individuals and teams of all ages. All residential camps include a goalkeeping camp. Day camps include E.C. Lawrence Park in Centreville and Patriot Park for ages 5-14. Residential Camps at University of Mary Washington, Fredericksburg and Randolph Macon Academy, Front Royal, for ages 9-18. Visit www.soccer-academy.com for camp locations, costs, dates and times. Call 703-393-7961 or email soccer@soccer-academy.com.

Kenwood Summer Day Camp

Kenwood Summer Day Camp makes it their mission to provide campers with new experiences and lasting friendships each summer. "Whether it's watching a baseball game, riding a roller coaster, or seeing knights joust from the front row, we take pride in giving them these opportunities and watching them share it with their new friends," said Justin Elcano, camp director.

Kenwood Summer Day campers can go on daily field trips to exciting destinations including water parks, mini golf, roller skating, amusement parks and more. Campers also have a wide variety of activities to keep them entertained while they are on campus. There is a large wooded playground that is home to many kickball, capture the flag, and basketball games. They have five themed rooms that hold arts and crafts, video games,



PHOTO CONTRIBUTED

FCPA Camps and the Rec-PAC Program camps take place all over the county.

board games, ping pong, air hockey, and movies.

Kenwood summer day camp is open to children who have completed kindergarten through 8th grade. Camp starts June 15 and goes through Sept. 2. Visit the website to find a calendar with a schedule for each week at www.camp.kenwoodschool.com. Call 703-256-4711 or email camp@kenwoodschool.com.

Metropolitan School of the Arts

Metropolitan School of the Arts offer pre-professional summer dance, music theater and acting camps. It also offers a wide variety of youth summer camps where students can explore and learn many facets of the performing and visual arts, including mini camps for the youngest students, ages 3-5, youth camps for students in grades 1-6, and intensives for students age 8 and up. Private summer music lessons are also available for piano, voice, guitar, violin and drums.

"MSA summer camps are the perfect way to try something new and a great way to keep young bodies active and develop new friendships," said Melissa Dobbs, president of Metropolitan School of the Arts in Lorton and Alexandria. "Whether your child is passionate about the performing arts or just looking to have some fun, MSA camps offer creative programs for all skill levels."

The Lorton campus is at 9601 Ox Road, Lorton, and the Alexandria Campus is at 5775 Barclay Road, Kingstowne, Va. Call 703-339-0444 or visit www.metropolitanarts.org.

Langley School Summer Studio

The Langley School Summer Studio features more than 70 classes that allow for the personal, social, and intellectual growth of each camper in preschool to 8th grade. Innovative and engaging academic and STEM programs stimulate with math adventures,

robots, and Raspberry Pi. Exploration abounds as campers take exciting field trips to become field scientists who investigate the Chesapeake Bay, cyclists who traverse local mountain bike terrain, and magicians who create illusions. The spotlight also shines on experiences that get campers "in the studio" with a Pulitzer Prize-winning photographer or the lead choreographer and dancer for MC Hammer.

"Each year, we look to add to our diverse roster of classes while growing the perennial favorites to ensure The Langley School Summer Studio offers the best possible experience for our campers," said Director of Auxiliary Programs Jennafer Curran. "Whether taking part in one of many field trips, exploring a new interest like soccer or dance, or refining math or reading skills, our campers develop academically, socially, and emotionally ... and have a great time in the process."

The Langley School Summer Studio will run in six weekly sessions from June 15 - July 31, for students in preschool to grade 8. Classes are held at The Langley School in McLean, and take advantage of the 9.2-acre campus, featuring a wooded nature area, state-of-the-art athletic center, artificial turf field, computer labs, and age-appropriate playgrounds. Visit www.langley.school.org/summerstudio for details or to register online. Call 703-356-1920 or email summer@langley.school.org.

Bishop Ireton Camp

Bishop Ireton High School offers campers the opportunity to participate in sports and/or theater while developing individual and group skills and fostering a love of the activity. It offer boys camps (baseball, basketball, lacrosse and football); girls camps (basketball, lacrosse and volleyball); and coed camps (soccer, theater). Age ranges for the camps are rising 1st graders to rising seniors depending on the camp. The 17 camp sessions are conducted by the school's coaches or teachers and assisted by student counselors. Lunch is provided for full day camps by the cafeteria at no extra cost.

"Last year we had nearly 600

SEE PAGE 6

LearningRx-Fairfax Offers Day of Fun Brain-related Competitions

To raise awareness about the brain's ability to change at any age, LearningRx brain training centers across the United States are holding a Brain OlympicsRx event. The local cognitive skills center, LearningRx Fairfax, will be holding its event on Saturday, May 23, from noon to 4 p.m.

For every person that participates in our Brain Olympics, LearningRx-Fairfax will donate \$10 to Brain Injury Services.

The free event will be an entertaining but low-pressure environment to flex mental muscles with a day of cognitive competitions, including: The Brain Bee - a backwords spelling bee; The Deckathlon - speed sorting specially designed cards; Noggin Art - complete art tasks on your head; Memory Marathon - how many words can you remember? Tangramathon - recreate the tangram formations; Speed Stack Cups - fastest time to create the pattern wins; Memory Math Sprint - a fun multi-tasking math challenge.

Other events will include designing a flag, fueling up on healthy

brain foods, learning about the cool capabilities of the brain and more.

The Brain OlympicsRx event is open to children and adults of all ages (seniors welcome) and abilities, and all games, snacks and prizes are free. Walk-ins are welcome but pre-registration is requested to help facilitate planning.

"These aren't academic exercises, they're cognitive fun," says LearningRx Fairfax Center Director, Rebecca Oliver. "We know that during the summer the average student loses approximately 2.6 months of grade-level equivalency in math computation skills and overall, teachers typically spend four weeks re-teaching or reviewing materials that students have forgotten over summer break. The Brain OlympicsRx event is a free and family-oriented event to help kids learn ways to fight this 'Summer Slide.'"

To learn more about the event or to register, call 703-995-9945.

LearningRx Fairfax is a local, cognitive skills training center that specializes in treating learning struggles.

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www.PotomacAcademy.org (Summer Programs) Ph: 703-993-9889

Enter Promo Code SUMMERCONN2015 for \$5 off kids & teens programs!

Diverse Camps, Summer Fun

FROM PAGE 5

campers attend one of our sports or theater camps. The camps are a great way for youngsters to get to know us and for our coaches and theater teachers to get to know them," said Peter Hamer, summer camp director.

The camp brochure and sign up form can be found under the athletics tab at www.bishopireton.org. Contact Peter Hamer at hamerp@bishopireton.org or 703-212-5190.

Park Authority and Rec-PAC

The Fairfax County Park Authority offers more than 1,400 summer day camp options at 100 locations plus the six-week theme-based summer Rec-PAC programs at nearly 50 elementary schools every summer.

Camps are held at RECenters, historic sites, lakefront parks and schools and offer a variety of camp titles. Both camps and Rec-PAC offer children a chance to have fun, build friendships and have a safe and rewarding summer experience. The Rec-PAC program runs June 29 through Aug. 6 from 8:30 a.m.-3:30 p.m. daily and is open to children in Fairfax County who are rising first graders through those who finished sixth grade.

Registration begins April 27 online at

www.fairfaxcounty.gov/parks/recpac. There is an \$8 discount per week for those who register before June 12. Partial scholarships are available for those who qualify through free and reduced lunch program. The large summer camp program begins early June with camps for preschoolers and later in June for school age campers.

From crafts and games to high-tech and high adventure, the Park Authority has something for everyone. Many camps offer swimming at RECenters each day as well as extended care for working parents. Sports enthusiasts can choose from an array of skill-development camps, including British soccer, basketball, football, baseball, cheerleading, archery, lacrosse or extreme sports programs. Enjoy the outdoors? Then check out the boating, fishing and biking camps. Specialty camps such as Young Chef's Cooking, Chess, Geocaching and Girls Leadership allow for exploring new interests

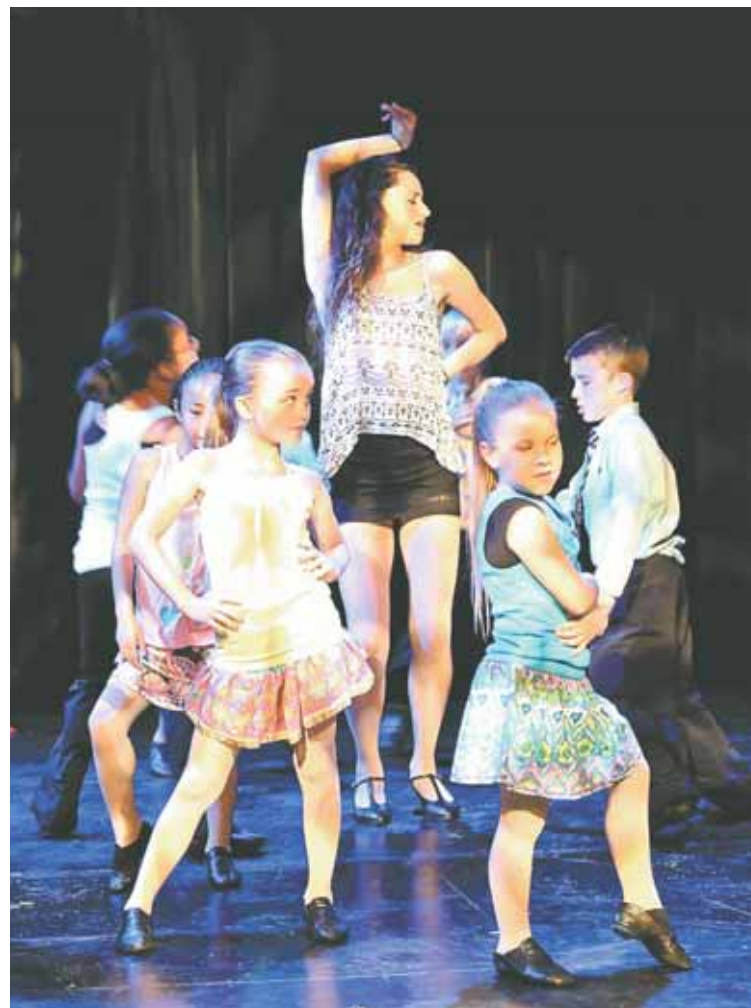


PHOTO COURTESY OF GLENN COOK

Students enjoy summer camps at Metropolitan School of the Arts in Lorton and Alexandria; musical theatre camps are just one of the many camps offered.

or developing a new skill. There is also an array of STEM programs that stimulate cognitive development and enhance critical thinking. New camps are available in 2015 and include Ninja Stars, Longboarding Camp, Brazilian Soccer, Overnight Camps, Stand-Up Paddle Boarding, Kayak Fishing, fun new art camps, tons of new engineering camps and many more. The search and browse options on the website (www.fairfaxcounty.gov/parks/camps) make it easy to narrow choices by location, age of children, type of camp and week of summer or check out the 2015 Summer Camp Guide. Call 703-222-4664 Monday through Friday, 9 a.m.-4 p.m.

Centreville Dance Academy

Summer Camp at Centreville Dance Academy is a great way for a child to experience dance in a fun and safe atmosphere. It offers a Princess Party Camp, Broadway Bound Camp, Glitz & Glam Camp,

and Me & My Doll Camp. Dancers will enjoy pretending to be their favorite characters, dressing up, and creating fun crafts. On the final day of camp there will be an in-studio performance for family and friends.

"Summer camp is a great way to expose your child to all that dance has to offer. Dance camp is a wonderful place to build lasting memories and relationships with the CDA teachers and new friends. We love seeing the dancers grow each year," said Kathy Taylor, owner/director.

Princess Party Camp offers The Little Mermaid from July 6-10; Frozen from July 27-31; Princess Ballerina from Aug. 3-7; and Frozen from Aug. 17-21.

Broadway Bound Camp is July 13-17. Glitz & Glam is July 20-24 and Aug. 10-14. Me and My Doll is June 29-July 13.

Register on the website through the Parent Portal. Centreville Dance Academy is located at 14215-G Centreville Square, Centreville.

Visit www.centrevilledance.com, call 703-815-3125 or email office@centrevilledance.com.

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- For children 4-12, on the 25-acre Alexandria campus of Burgundy Farm Country Day School
- Runs Monday, June 15-Friday, August 7. Come for one, several, or all eight weeks!

Burgundy Center for Wildlife Studies Camp

- 500 acres in a valley in Capon Bridge, WV
- Sleepaway junior session (age 8-10) for one week in August **waitlist only!**; senior sessions (11-15) for two weeks in June, July or August; adult weekend (21+) in July

Get all the details and register at

www.burgundyfarm.org/summer-programs



Burgundy Summer Camps
3700 Burgundy Road, Alexandria
Day Camp 703.842.0480
BCWS Camp 703.842.0470



Marymount Technology Institutes for Ages 14-18

Marymount has summer programs for teens ages 14-18 who are interested in technology. Gain technology skills and hands-on experience; create a mobile app or take part in a cyber competition in health care; meet fellow students who share your excitement about technology; network with technology professionals about career possibilities.

Summer Technology Institutes' 2015 Programs:

GenCyber, July 5-17, 2015. This two-week residential program is designed for students ages 16-18, who will have hands-on experiences in cybersecurity with a focus on defending the nation's critical assets.

Making Mobile Apps, July 13-17, 2015. This week-long institute is for students in grades 8-12 who want to explore a possible career in the development of mobile applications, one of the most dynamic sectors in the booming technology field.

Cybersecurity Healthcare, July 20-24, 2015. This week-long program is designed to provide technology-focused students in grades 9-12 with knowledge and hands-on experience in cybersecurity.

Participants in each institute will work closely with Marymount University faculty and students. They will also hear from guest speakers who are IT professionals.

Optional housing for high school students is available in residence halls on Main Campus, under close supervision of MU's residence life

staff and students.
DC Institutes for H.S. Students

July 6-18, 2015; Students will arrive at Marymount on Sunday, July 5. Programs will begin on Monday, July 6 and run through Saturday, July 18.

CJ 209 - The Criminal Justice System: Gain real-life perspective on the exciting criminal justice field. Visit various museums, meet with an FBI field agent, and probe various aspects of the criminal justice system – from laws and enforcement to the courts and corrections.

MGT 185 - The International Business Experience: Learn to succeed in a diverse and global business environment with exposure to international marketing, finance, and economics. Take part in a business simulation and experience the decision-making that goes on in an international business enterprise.

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- KidZone*



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July 7th (Tuesday) at 7:00 p.m.
July 21st (Tuesday) at 7:00 p.m.

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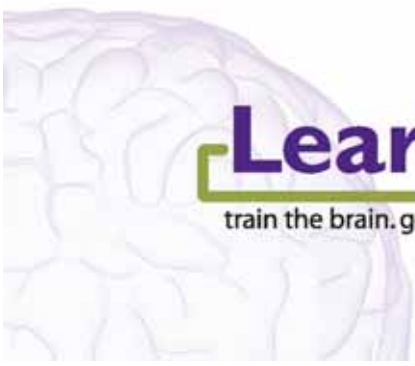
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LearningRx brain training consists of intense mental exercises that can actually raise IQ and improve the way your child's brain thinks, learns, reads, concentrates and remembers, for life. Results of our clinically proven programs are dramatic and permanent.

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