

The GW Community School

9001 Braddock Road • Springfield • Virginia 22151

GWCS OFF-CAMPUS CLASS INFORMATION

The following information pertains to the two GWCS courses that are offered **off-campus** and require **additional fees**.

AUDREY MOORE RECENTER:

Students taking **Personal Fitness** or **Basketball** will be purchasing passes at Audrey Moore ReCenter.

Personal Fitness and Basketball students: I am so excited that we will be starting our days together each Monday, Tuesday, Wednesday, and Friday in such an invigorating way! Thursdays we will be meeting **on-campus**. Please read carefully, as this contains lots and lots of important information.

Personal Fitness and Basketball will be held at:

Audrey Moore RECenter
8100 Braddock Road
Annandale, Virginia
703-321-7081

Passes:

Each student enrolled in Personal Fitness or Basketball is required to purchase a pass to Audrey Moore ReCenter. There are a variety of pass options that I have listed for you below. Parents **may** purchase their student's pass on the first day of Personal Fitness or Basketball or you may purchase passes online.

*****PASSES WILL GO ON SALE SEPTEMBER 1ST** - please visit <http://www.fairfaxcounty.gov/parks/rec/RECenter-rates.htm> on September 1st for rates.

*****Please note:** All passes include a private session with a personal trainer and enrollment in FITLINXX.

MEMBER BENEFITS

Members have access to all nine [RECenter](#) facilities.

XYO – eXercise Your Options!

With a RECenter [membership pass](#) you have the opportunity to participate in a variety of land group exercise classes offered as part of the [XYO](#) — **eXercise Your Options! program**. From cycling to step, rowing to high-low aerobics, **XYO** offers the best of all worlds.

Arrival Times/Days of the week:

Personal Fitness students are required to arrive at Audrey Moore ReCenter at 7:40 AM Monday, Tuesday, Wednesday, and Friday.

The GW Community School

9001 Braddock Road • Springfield • Virginia 22151

Basketball students are required to arrive at Audrey Moore ReCenter at 7:00 AM Monday, Tuesday, Wednesday, and Friday.

***Workout at Wakefield is a voluntary activity that is sponsored by Mr. Connelly on Tuesday and Thursday mornings. Students may join Mr. Connelly in the weight room from 6:30-7:30 AM. Please note, Mr. Connelly will not be on the basketball court during Workout at Wakefield. Students participating in Workout at Wakefield will arrive at school Tuesdays and Thursdays in time for first period.

If there is a school delay because of bad weather, students will NOT go to Audrey Moore ReCenter. They should plan on arriving at school as if they had a first period class. So, for a two-hour delay, students would arrive at GWCS at 10:30.

Attire:

Please arrive on time and in your gym attire. Girls, sports bras are recommended, but please wear a shirt in addition. Proper attire includes: sneakers, socks, athletic tops (t-shirts are fine) and bottoms (sweatpants or shorts). Jeans are not allowed in the weight room. ALL students should bring a water bottle each day.

Toiletries: Students should plan on showering after class and changing into clean clothes. Audrey Moore ReCenter has private showers. I recommend creating a checklist and packing up the night before. It's no fun when you forget your towel!

Items to consider:

- Shampoo
- Conditioner
- Face wash
- Body wash
- Towel
- Deodorant
- Lotion
- Comb or Hairbrush
- Hair Product
- Blow Dryer
- Clean clothes—don't forget clean underwear and socks!

I look forward to working with you AND working out with you!

All the best,

Ms. Warden