

FAMILY

WASHINGTON

June 2017

Y.com

SUMMER CAMPS

Make It A Safe
And Happy
Experience

A Musical Childhood

And Why It
Matters

★ ★ ★

WELCOME TO WASHINGTON GUIDE

PICTURED: JUSTIN AND JULIANNA V. AT
HOPKINS HOUSE - MCNEIL PRESCHOOL ACADEMY (See Pg. 3)

4

NEW HOME
DESIGN
TIPS



There's just no better way to go.



2017 Subaru Crosstrek

Fitzgerald Subaru Gaithersburg
905 N. Frederick Ave, MD 20879
FitzgeraldSubaruGaithersburg.com
800-793-0005

Fitzgerald Subaru Rockville
11411 Rockville Pike, MD 20895
FitzMallSubaru.com
800-503-7248



Fitzgerald Auto Mall Subaru | 888-FitzMall

Now accepting applications
for students 6-weeks to 5-years at our three high-quality preschools



HOPKINS HOUSE

PRESCHOOL ACADEMIES

Visit one of our academies and discover a different kind of preschool.

- We are committed to educating the "whole" child
- We hire the best educators
- We partner with our families & communities
- We are dedicated to quality in our curriculum & facilities



ALEXANDRIA CITY



Helen Day

1224 Princess St.
Alexandria, VA
571-480-4081

FAIRFAX CNTY *(Alexandria section)*



McNeil

8543 Forest Ave
Alexandria, VA
571-480-4281

TOWN OF HERNDON



Innovative

200 Fairbrook Dr.
#103, Herndon, VA
571-441-0960

ABOUT HOPKINS HOUSE

Founded in 1939, Hopkins House is a nonprofit organization focused on early childhood education and career development programs that help build the foundation for 21st-century achievement and success in the new global economy. The organization's mission is to provide high-quality, high-impact educational programs and learning opportunities to children, youth, and their families, regardless of income, to help them achieve, in measurable, effective ways, their full intellectual, economic, and social potential.

No Registration fee

\$100 value

Registration fee is waived for Washington Family readers at time of enrollment. Offer valid at any Hopkins House academy until August 18, 2017 and may be revoked at any time at the sole discretion of Hopkins House.

www.hopkinshousepreschools.org

JUNE 2017 | TABLE OF contents



10



32



36



ON THE COVER:

Justin and Julianna V.

LOCATION:

Hopkins House - McNeil
Preschool Academy,
Alexandria, VA

PIOTR GAJEWSKI: A LOCAL CONDUCTOR AND PIONEER OF EARLY MUSIC EDUCATION

"Start playing music for your kids. All kinds of music. When they are very, very young. And that will help them naturally cultivate an interest in music."

Beth Roessner

P.10-12

FAMILY Blog

[P.06]

Classifieds

[P.31]

FOUR AMAZING WAYS TO BRIGHTEN YOUR CHILD'S FUTURE

"Your child is naturally curious, energetic, and eager to explore the world."

Lindsey Groark and Greta Duncan

P.32

RESOURCES:

■ Schools / Montessori

[P.21-30]

■ Birthday / Parties

[P.47]

MAKE CAMP A SAFE AND HEALTHY EXPERIENCE FOR YOUR CHILD

"If you've already decided where your children will be attending camp this summer, it's time to think about how best to prepare them for a fun, healthy and safe experience away from home."

Michelle Hockstra

P.36-37

GUIDES:

Summer Camps

[P.36-45]

Welcome to Washington

[P.14-30]

QUICK
READS

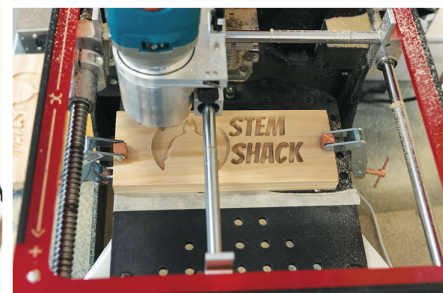
- Your child's vision
- New home design tips
- Superfood: Algae

P.24
P.46
P.48-49

QUICK
READS



ADVENTURE IS WAITING. BUILD YOURS.

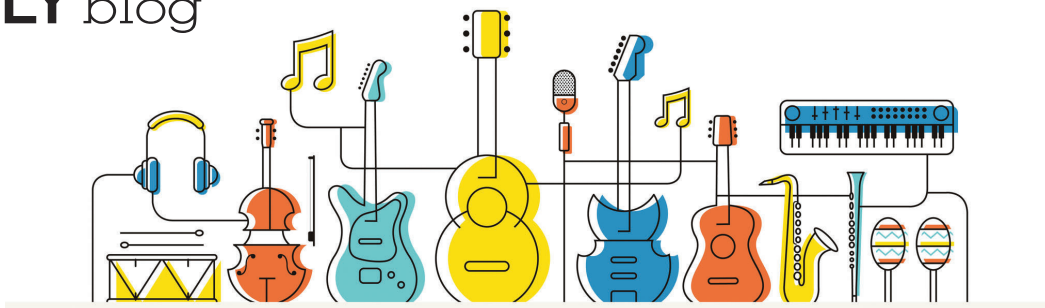


With fun and discovery at every turn, Scouts make the most of right now. New discoveries, new ideas, new friends. Scouts find excitement everywhere, including **S.T.E.M.** activities.

National Capital Area Council, BSA serves boys ages 5-21 and girls ages 14-21. Make Scouting the foundation of your future. **Build your adventure today!**

www.NCACBSA.org/Join





A Summer of Music

“Twinkle, twinkle, little star...” We’re all familiar with that tune, right?

From our first lullabies such as this, to our first dabble with percussion (baby rattles), we have been exposed to the wonder of music from day one. Music is one of the earliest ways in which we learn to understand and make sense of the world around us. Think about it: One of our first inductions into our speaking society is when we learn to sing our ABC’s. It’s the rhythm and rhyme that ultimately helps us memorize and better comprehend language.

Keeping up with music exposure throughout early childhood is beneficial in a multitude of ways—from language development to increased IQ—the benefits are endless.

I’ve always been a strong advocate for music appreciation.

I started playing piano at the young age of six and ultimately became Beethoven’s #1 fan girl. My personal favorite is “Moonlight Sonata”—I believe I played that piece on the piano every day for 10 years. (Sorry, family!) But, my love for music flourished early on. You could say, at times, I was a little scatterbrained as a child, but piano kept me grounded, focused and it was a great outlet for creative expression. I am truly thankful that I was always surrounded by music and my parents fully encouraged it. In fact, they encouraged all of my sisters and me to try out some type of instrument. Let’s just say music lessons didn’t really end up sticking with all of my siblings, but there’s still, to this day, a unanimous agreement that it was beneficial to all of us.

So yes, I know, playing an instrument isn’t for

everyone. But, music appreciation doesn’t have to mean it’s time to sign your child up for piano lessons, tomorrow. It can simply mean exposure.

In this issue, we talked to local director and music conductor, Piotr Gajewski about the importance of music appreciation and education for young children. It struck a chord with me when he advised for parents to start playing all kinds of music to children at a young age to help them “naturally cultivate an interest in music.” This is something that’s easy to accomplish.

And because summer is officially just a few weeks away, it’s the perfect time to dive into that extra music exposure for you and your child.

Go to a few family concerts, enjoy free live music in the park, check out a local children’s musical or even listen to the Moana music soundtrack together for the 100th time. (JK! Listen to “Let It Go” instead.)

Just know you really can’t go wrong with surrounding your child with music. You never know, you might soon discover you have the next Beethoven on your hands! Or, at least, you’ll find that your child becomes a bit more musically inclined. A win-win.



Britni

Britni Petersen
Editor

Washington FAMILY Magazine
bpetersen@thefamilymagazine.com

There's more to
George than
Washington

16 miles south of
Washington, D.C.
Open 365 days
a year.

703.780.2000
mountvernon.org

GEORGE WASHINGTON'S
MOUNT ★ VERNON



FEAR: He won't
get quality care
at an urgent care.

FACT: We have 16x more
pediatric training to make
sure he does.



PMPediatrics
Specialized Urgent Care

Now Open in Rockville!

Greenbelt | 7401 Greenbelt Rd.
Rockville | 12254 Rockville Pike

PMPEDIATRICS.COM   



Go Ape!
LIVE LIFE
ADVENTUROUSLY

15% OFF
TOTAL BOOKING*

**UNLEASH YOUR
INNER APE!**

We're way more than just zip lines! Go Ape is a treetop adventure through the forest canopy as you take on suspended obstacles, Tarzan swings, and breathtaking zip lines—all with an incredible view.

BOOK AT GOAPE.COM
OR CALL **1.800.971.8271**
USE CODE **SRJUNE**

*OFFER VALID UNTIL 8/31/17. DISCOUNT APPLIES TO ANY GO APE IN MARYLAND OR VIRGINIA. EXCLUDES SATURDAY, SUNDAYS, & 07/04. DISCOUNT CODE MUST BE ENTERED AT TIME OF BOOKING. MUST VISIT JUNE 1ST–AUGUST 31ST. VISIT OUR WEBSITE FOR PARTICIPATION & SUPERVISION DETAILS.

FAMILY

WASHINGTON

ADMINISTRATION

CHIEF OPERATING OFFICER Bruce Potter

publisher@theFAMILYmagazine.com

ASSOCIATE PUBLISHER Sylvia Witaschek

switaschek@theFAMILYmagazine.com

EDITOR Britni Petersen

bpetersen@theFAMILYmagazine.com

MANAGING EDITOR Beth Roessner

broessner@theFAMILYmagazine.com

CONTRIBUTING WRITERS

Greta Duncan, Lindsey Groark,
Michelle Hockstra, Beth Roessner

ART

GRAPHIC DESIGNER Elisa Hernandez

ADVERTISING

ACCOUNT EXECUTIVES

Micheline Johnson

mjohnson@theFAMILYmagazine.com

Julie Turco

jturco@theFAMILYmagazine.com

DISTRIBUTION

DISTRIBUTION COORDINATOR Dean McPhee

distribution@theFAMILYmagazine.com

PUBLISHED BY:



 northern virginia
MEDIA SERVICES



Washington FAMILY Magazine is published 12 times a year by HPR-Hemlock LLC, and is distributed free of charge throughout Maryland, Northern Virginia and Washington, D.C. Subscription rates for home delivery are \$40 for one year.

Correspondence and editorial submissions from our readers are welcomed. We reserve the right to edit, reject or comment on all editorial and advertising material submitted. We are not responsible for the return of any unsolicited materials. The acceptance of advertising by Washington FAMILY Magazine does not constitute an endorsement of the products, services or information.

All rights reserved by copyright. © 2016 HPR-Hemlock LLC. Any reproduction of this publication, in whole or in part, is strictly forbidden without expressed written permission.

1372 Old Bridge Rd., Suite 101, Woodbridge, VA 22192
703-318-1385 • washingtonFAMILY.com

NORTHERN VIRGINIA DENTAL ASSOCIATES, P.C.®

Family, Cosmetic & Implant Dentistry



We Provide
Sleep Apnea
Appliances

Mark A. Winkler, D.D.S.
Neil H. Charaipotra, D.D.S.
Judith R. Coulter, D.M.D.
Erol J. Kanli, D.D.S.

SPRINGFIELD
6116 Rolling Rd., Suite 316

703.451.8332

www.nv-dental.com

Certified Provider of Invisalign - The Clear Way to Straighten Teeth

Welcome Offer

oral exam, cleaning,
4 bitewing x-rays,
periodontal evaluation

Only **\$89**

Per Family
Member
(Reg. \$230)

Must present coupon at time of appointment. Offer not valid if you fail to keep a scheduled appointment. New patients only when paid at time of service. Offer not valid with insurance submission. Not valid for patients with periodontal disease. Coupons may not be combined.

- Comprehensive Dental Care For Children, Teens & Adults
- Submission to Most PPO's
- Certified Provider Of Invisalign
- Advanced Technology

- Cosmetic Dentistry
- Restorative Care
- Preventive Care
- Sleep Apnea Appliances
- Payment Plans Available



Serving Our Local Community Since 1963



Camp Audubon
Ages 4-17
(301) 652-9188 x 15
anshome.org

OPENINGS STILL REMAIN

PreK/K PM camps – weeks of 7/3, 7/10, 7/24, and 8/7
1st and 2nd grade – Extreme Animals – week of 7/31
3rd and 4th grade – Spanish Immersion – week of 7/17
9th/10th/11th grade – Conservation Corps – week of 6/26





**Maestro Piotr
Gajewski conducts
National Philharmonic
at Strathmore**

JOSHUA COGAN

PIOTR GAJEWSKI:

A Local Conductor and Pioneer of Early Music Education

It was a piano in his grandparent's house that initially attracted Piotr Gajewski to music. Although no one in his family were trained musicians, music was always apart of his life. He started playing piano when he was four, and that initial contact with the ivory keys resulted in a lifetime love affair with music.

"There was a piano in my grandfather's house," explained Gajewski, who grew up in Poland. "They were always playing it, so I wanted to do the same."

That deeply routed passion inspired Gajewski to continue his education in music and pursue a musical career.

Founder, music director and conductor of the National Philharmonic Orchestra at Strathmore in Bethesda, MD,

Gajewski is a local leader in ensuring more area children get exposure to music early on.

Although he was lucky to have that childhood exposure, he understands that not all children may be that lucky.

Music exposure at an early age touts many benefits—it improves academic and physical skills, refines patience, introduces new cultures and boosts self-esteem. Even in the womb, prenatal music can help with brain development and prenatal learning.

"Music has been shown in lots and lots of studies to help in brain development in ways that literally nothing else does," he said.

Government funding and school budget cuts have hampered music expansion in early years, but parents still play a crucial role in the

exposure equation.

"I'd say advocate to reverse those cuts!" laughed Gajewski. But if parents are unable to voice their concerns, they can still enroll in community music programs through local organizations or libraries.

Music is a universal language, said Gajewski, who immigrated to the United States when he was 10. Nearly every culture has their own style of music, or has put forth great composers and musicians. When a child or adult is able to experience what these cultures have to offer musically, they're experiencing new worlds.

But if a parent or guardian does not have a direct interest in music, or access to musical programs, it can be hard for the beneficial exposure to happen, but not impossible.

» CONTINUED ON PAGE 12

**Maestro Piotr Gajewski conducts
National Philharmonic at Strathmore.**

JOSHUA COGAN



*Music is a
universal language.*

— GAJEWSKI

» CONTINUED FROM PAGE 11

“Start playing music for your kids,” explained Gajewski. “All kinds of music. When they are very, very young. And that will help them naturally cultivate an interest in music.”

To help more children experience live music, Gajewski along with the National Philharmonic, created the All Kids, All Free, All the Time initiative 20 years ago. It allows Montgomery County children, ages seven to 17, to attend concerts at the Music Center free of charge.

The initiative was the organization’s way of addressing the growing costs and associated concerns of live concerts. Cost can be a big deterrent

for a family looking to experience the arts.

The organization also does annual concerts for all second-grade students in Montgomery County, reaching over 12,000 students every year.

“The school system has noticed an increase in interest in instrumental music in the school children,” Gajewski said. “That leads to kids taking music lessons. And kids taking music lessons do better in academics than kids that don’t.”

Whether it is a piano, trumpet, violin, flute or even the tuba, Gajewski urges more kids to



**Piotr Gajewski, National Philharmonic
Director and Conductor. JAY MALLIN**

experiment with picking up and playing instruments.

“How well or quickly a kid progresses really has little to do with natural talent and more to do with intensive time spent with the chosen instrument,” he said. Allow a child to explore. “If it’s a forced thing, it’s not nearly as quick or as rewarding.”

**STOP ACTING
SILLY?**
Not in this exhibit!



**AMAZINGLY
IMMATURE**

Locally
Sponsored By:
M&T Bank

Wacky Science! Zany Tricks!
And TONS of SILLY FUN!

PORT DISCOVERY
Children's Museum

Open May 20 -
September 4!

35 Market Place, Baltimore • PortDiscovery.org



**Swing into
Summer
Sale!**



AlleyOOP sports

'Test Play'
Before You Buy!

Goalrilla

Host your child's next party at our Chantilly or new
Columbia* Indoor Showroom & Playground!



PLAY N' LEARN^{INC.}
THE PLAYGROUND SUPERSTORE
Since 1986

Indoor Showrooms & Playgrounds
Columbia* 410-992-0992
Chantilly 703-502-1864
1-800-22-SWING

Visit our Stores or Shop Online
www.playnlearn.com



mommy & me
and daddy, too

Let's Play!

**Thursday,
June 8th
10am - noon**

Join us for exciting
live entertainment,
free giveaways,
fun activities,
and more!



Our Kids
YOUR LINK TO FAMILY FUN

ActivityRocket
FAMILY FUN

FAMILY



For more information visit, CongressionalPlaza.com



Études
Georgetown Music School

Private lessons

Accelerando Summer Camp | "Melodies Around the World"
Ages 4-12. Full day, 8am-6pm.

July 10-14: East Asia July 31-Aug: North America
July 17-21: Africa Aug 7-11: South America
July 24-28: West Asia Aug 14-18: Australia & Euro



1616 Wisconsin Ave. NW, 2nd Floor
202-256-9942 info@dcetudes.com
www.dcetudes.com

GUIDES & RESOURCES

WELCOME TO
WASHINGTON

Arts

ABRAKADOODLE

abrakadoodle.com; swalia@abrakadoodle.com
703-538-4278
Northern VA, Prince William County, Loudoun County, Montgomery County, MD
Abrakadoodle parties—no muss, no fuss, just lots of fun!

THE CENTER FOR BALLET ARTS

thecenterforballetarts.com; ctrballetarts@aol.com
703-273-5344
11215 H Lee Hwy., Fairfax, VA
Ages: 3-Adult
The Center for Ballet Arts provides a well rounded curriculum and pleasant, encouraging environment for dance training in many different disciplines. Classes are designed to promote flexibility, strength, artistry, coordination and technique. Stop by!

ENCORE STAGE & STUDIO

encorestage.org; info@encorestage.org
703-548-1154
4000 Lorcom Ln., Arlington, VA
Theatre by kids, for kids! Founded in 1967, Encore Stage & Studio's mission is to build a lifelong appreciation for live theater by involving young people in all aspects of theater arts — onstage, backstage, in the classroom, and in the audience. Encore strives to educate and entertain by offering productions each season that are by and for young people, and through enriching classes and workshops with qualified, enthusiastic teaching artists. We believe that participating in live theatre builds problem-solving skills, teamwork, creativity, literacy, and self-confidence.

ETUDES

dcetudes.com; info@dcetudes.com
202-256-9942
1616 Wisconsin Ave., NW, 2nd Floor, Washington, D.C.
Études school of music offers piano, voice, and strings lessons to beginner and advanced musicians, for students ages 3.5 and up in a warm and nurturing environment. This year, our summer camp explores music from around the world. July 10-August 18.

HARMONIA SCHOOL OF MUSIC & ART

harmoniaschool.org; harmonia@harmoniaschool.org
703-938-7301
204F Mill St., NE, Vienna, VA
Ages: 3 ½-Adult
Offers outstanding music lessons in all instruments & voice and musical theater programs taught by highly qualified and nurturing faculty. One of the finest musical theater programs includes, acting, theater and voice & diction classes. Performance opportunities through Youth Theater Productions in fall & spring.

HEARTBEATS MUSIC AND DANCE CENTER

hbeats.com; staff@hbeats.com
703-440-9000
8060 Rolling Rd., Springfield, VA
Offering classes in ballet, tap, jazz, hip hop, modern, acrobatics, contemporary & musical theater dance styles. Private music lessons include guitar, ukulele, violin/viola, drums, voice and more! Highly

qualified staff, family-friendly atmosphere and fun performance opportunities.

IMAGINATION STAGE

imaginationstage.org; boxoffice@imaginationstage.org
301-280-1660
4908 Auburn Ave., Bethesda, MD
Whether you're new to Imagination Stage or have gotten creative with us before, we hope you'll join us as we embark on another fun-filled summer! You'll meet new friends, expand your acting, music, dance, and filmmaking skill sets, and make memories to last a lifetime!

INTERNATIONAL SCHOOL OF MUSIC

ismwv.org; info@ismwv.org
301-365-5888
10450 Auto Park Ave., Bethesda, MD
301-320-4400
4701 Sangamore Rd., L-03, Bethesda, MD
Music lessons in all instruments and voice for students of all ages and levels. Experienced, patient and nurturing faculty. Optional performances available.

METROPOLITAN SCHOOL OF THE ARTS

metropolitanarts.org; info@metropolitanarts.org
5775 Barclay Dr., Ste. 4, Alexandria, VA
703-339-0444
World class performing arts school teaching dance, music and theater to students of all ages.

PERFECT POINTE DANCE STUDIO

perfectpointe.com; staff@perfectpointe.com
703-533-8830
2499 N. Harrison St., Ste. 1-LL, Arlington, VA
Offering classes in ballet, tap, jazz, hip hop, modern, musical theater, dance and acrobatics for ages 18 months through adult! Qualified and caring staff, family-friendly atmosphere, fun performance opportunities.

THE THEATRE LAB

theatrelab.org; contact@theatrelab.org
202-824-0449
733 8th St. NW, Washington, D.C.
Award-winning summer acting/musical theatre camps for kids, summer acting/musical theatre institutes for teens, winter/spring holiday camps. All-pro faculty. Scholarships available. Summer registration opens in January. All camps fill. Register early.

TINY DANCERS

tinydancers.com; info@tinydancers.com
703-385-5580
Fairfax City, Old Town Alexandria, Mosaic District
A unique program for children two to 12. Ballet, tap, jazz, musical theater and Wiggletoes taught in a fun and nurturing environment that allows each child to develop a love of dance.

Child Care

A MOTHER'S PRAYER NANNY SERVICE

ampnannies.com; info@ampnannies.com

301-744-9AMP

3 Bethesda Metro Ctr., Bethesda, MD

Offering baby nannies, babysitters and doulas. Over 20 years experience in childcare.

ARRIS MONTESSORI ACADEMY

arrismontessori.com

703-858-2800

A Montessori School providing smaller ratio classrooms focused on independence and fostering the child's love of learning.

A CHILD'S PLACE

achildsplaceinc.com

703-698-8050

3100 Prosperity Ave., Fairfax, VA

A Child's Place in Fairfax was established in 1981. We take children eight weeks to five years. Please stop by for a visit.

FRIENDSHIP CHILDREN'S CENTER

friendshipchildren.org; contactus@friendshipchildren.org

202-244-5115

Community based, non-profit, early learning center. Creative curriculum, music, yoga, dance, Spanish and cooking classes, educational field trips, intergenerational activities. Highly qualified faculty. Year-round programming. Sibling and ANC3E placement prior.

KATYDID/FARM SCHOOL

katydidkids.com; info@katydidkids.com

703-689-3104

2709 West Ox Rd., Herndon, VA

Innovative programs for all ages: Preschool/Pre-K, tiny tots, STEM classes, day camps, teacher workday programs, before/after school care. Based at Frying Pan Farm and other parks, we offer extra experiences/demonstrations unique to our programs.

Education

ACORN HILL WALDORF KINDERGARTEN & NURSERY

acornhill.org; info@acornhill.org

301-565-2282

9504 Brunett Ave., Silver Spring, MD

Play-oriented Waldorf school with singing, crafts, gardening, storytelling. Parent-infant/toddler, parent-child, half & full day and summer programs. Certified nursery/kindergarten. 45+ years experience. Rolling admissions.

AMBLESIDE SCHOOL

ambleside.org; admin@ambleside.org

703-430-4034

1089 Liberty Meeting Ct., Herndon, VA

Ambleside is a Christ-centered school committed to providing a Charlotte Mason "living education." In partnership with the family, we empower students to think with the mind of Christ and to author a life in rich relationship to God, self, others, ideas and all of creation.

ARRIS MONTESSORI ACADEMY

arrismontessori.com

703-858-2800

A Montessori school providing smaller ratio classrooms focused on independence and fostering the child's love of learning.

CONTINUED ON PG. 16

You have a life.
We design
the kitchen
for it.



THANK YOU, VIRGINIA READERS, FOR VOTING US BEST KITCHEN DESIGN FIRM FOR THE SECOND YEAR IN A ROW.





akgdesignstudio.com



HANG HERE THIS
SUMMER

July 10 – August 25, 2017
Classes and Camps for Ages 3 and Up

REGISTER NOW
metropolitanarts.org



WELCOME TO WASHINGTON

THE AUBURN SCHOOL

theauburnschool.org; info@theauburnschool.org
703-793-9353 or 301-588-8048

We offer a dynamic educational program for intellectually curious students with challenges in the areas of organization, socialization and pragmatic language. We support the development of academic skills, social competency and pragmatic language.

BEANTREE ASHBURN CAMPUS

beantreelearning.com
571-223-3110

43629 Greenway Corporate Dr., Ashburn, VA

BeanTree Learning in Ashburn provides unparalleled care and nurturing for infants through PreK. Led by a team of experienced and caring educators, BeanTree provides children with a safe and stimulating environment for academic success and provides parents with peace of mind. Year-round enrollment available for fully-accredited academic and specialty programs.

BEANTREE WESTFIELDS CAMPUS

703-961-8222

5003 Westfields Blvd., Chantilly, VA

Fully accredited, discover the BeanTree difference at our Westfields/Chantilly Campus! Offering unprecedented educational offerings for your child in every stage of academic development, BeanTree offers infant care through full-day private kindergarten, before/after school and summer camp. Year-round enrollment for full and part-time academic and specialty programs.

BROOKSFIELD SCHOOL

brooksfieldschool.org; brksfield@aol.com

703-356-5437

1830 Kirby Rd., McLean, VA

Ages Served: 3-11

Spanish, dance, art & music, summer camp, drama, outdoor adventure program, extracurricular activities.

CHANTILLY ACADEMY PRESCHOOL

chantillyacademypreschool.com; chantillyacademypreschool@hrcocmail.com
14088-1 Sullyfield Circle, Chantilly, VA

Chantilly Academy Preschool offers a unique combination of academic excellence and individual attention; as well as athletic and extracurricular diversity. Most importantly, we strive to meet individual needs in every area to the best of our ability. The primary objective is for each child to have "a balanced beginning...from head to toe."

CREATIVE YOUTH

creative-youth.com; info@creative-youth.com

240-800-4916

4805 Saint Elmo Ave., Bethesda, MD

Creative Youth is the area's only creative arts school offering classes, camps and parties in fashion design, sewing, photography and video/film production.

FAIRFAX CHRISTIAN SCHOOL

fairfax-christian-school.com

703-759-5100

1624 Hunter Mill Rd., Vienna, VA

FEYNMAN SCHOOL

feynmanschool.org; admissions@feynmanschool.org

301-770-4211

6300 Tilden Ln., North Bethesda, MD

Grades: Preschool - Grade 5

Ages: 3+



McLean Pediatric Dentistry

6711 Whittier Avenue #102, McLean VA 22101

Dr. Cris Ann Ternisky, DDS
Dr. Golnaz Jalali, DDS
Dr. Jason Shannon, DMD

**VOTED
BEST DENTIST**

Serving our community since 1969!
Our services include the following:
Exams - Cleanings - Digital X-Rays
Fluoride Treatments - Sealants - Habit Appliances - Sports Guards
Cavity Evaluations - White Fillings - Extractions
Root Canals - Pulp Treatment - Crowns - Wisdom Teeth Evaluations
Emergency Care - Specializing in Special Needs Patients

www.mcleanpediatricdentist.com
703-356-1875



Music Lessons for All Ages

All Instruments & Voice (All Levels)
The Music You Want to Learn: Classical, Jazz, Rock, Pop
Convenient New Times to Fit Your Busy Schedule
Fun Recitals and Optional Certificate Programs
Nurturing and Experienced Teachers to Meet Your Needs
Convenient Options to Schedule Siblings Simultaneously

**The International
School of Music**

www.ismw.org
301.365.5888



The Center for Ballet Arts, Inc.

Summer Intensive Program
Pre-Professional as well as
Children's Dance Camps
July 10- August 12

Call or visit the website
www.thecenterforballetarts.com

3955 Pender Dr., #105, Fairfax
Call: (703) 273-5344



Clark's Elloak Farm

10500 Clarksville Pike
Ellicott City, MD 21042

Farm Animals • Hayrides • Pony Rides
Birthday Parties • Gem Mining
Fall Pumpkin Patch • Play Areas
Enchanted Forest Attractions and
Enchanted Pme Tree Forest

410-730-4049 www.clarklandfarm.com

The area's leader in educating academically gifted children, Feynman School features extraordinary programs in science, math, language arts, theater and music designed to maximize your child's potential.

FRIENDSHIP CHILDREN'S CENTER

friendshipchildren.org; contactus@friendshipchildren.org
202-244-5115

Community based, non-profit, early learning center. Creative curriculum, music, yoga, dance, Spanish and cooking classes, educational field trips, intergenerational activities. Highly qualified faculty. Year-round programming. Sibling and ANC3E placement prior.

GERMAN LANGUAGE SCHOOL

dswashington.org/glc; glc@dswash.org
8617 Chateau Dr., Potomac, MD

The GLC (German Language School) offers German classes for children ages three and up for adults at all proficiency levels. Classes are offered Wednesday evenings and Saturday mornings. Highly-qualified German teachers make German language learning fun!

GESHER JEWISH DAY SCHOOL

gesher-jds.org; admissions@gesher-jds.org
703-978-9789

4800 Mattie Moore Ct., Fairfax, VA
Gesh JDS offers: Kindergarten through eighth grade academic excellence; curriculum that prepares students for AP & IB HS level classes; STEAM lab & outdoor learning bilingual education; our signature Gesh Green program. Jewish values woven into every aspect of curriculum.

JAMON MONTESSORI

jamonmontessori.com; jamon.montessori@gmail.com
301-384-3131

52 Randolph Rd., Silver Spring, MD
Ages: 2-Grade 2

An international Montessori school. Our students are enriched

in afternoon Spanish immersion. STEM and art classes. Soccer, percussion and dance too!

KATYDID/FARM SCHOOL

katydidkids.com; info@katydidkids.com
703-689-3104

2709 West Ox Rd., Herndon, VA
Innovative programs for all ages: Preschool/Pre-K, Tiny Tots, STEM classes, Day Camps, Teacher Workday Programs, Before/After School Care. Based at Frying Pan Farm and other parks, we offer extra experiences/demonstrations unique to our programs.

KAY SCHOOL

kayschool.org; info@kayschool.org
703-264-9078

3005 Dower House Dr., Herndon, VA
Kay School provides developmentally appropriate opportunities and experiences that prepare children for academic success and introduce lifelong skills that are critical to changing world: creativity, critical thinking, innovation, communication, collaboration, curiosity and empathy.

KENWOOD SCHOOL

kenwoodschool.com; admissions@kenwoodschool.com
703-256-4711

4955 Sunset Ln., Annandale, VA
Kenwood is a charming environment to learn in. The students receive an individualized experience which helps them grow and learn more than is possible in a large classroom setting. We pride ourselves on our home-like atmosphere and loving faculty.

CONTINUED ON PG. 18

THE GIFT OF PLAY



703-836-2277 • gymboreeclasses.com
Alexandria, Burke, Chantilly.

GYMBOREE PLAY & MUSIC

NEW!!!

Wellington's Safety Reminder™ for Hot Cars



The key to helping
keep children

safe in extreme conditions!



Visit www.nwellingtonassociates.com
to learn more about the product
301-933-9246

Perfect Pointe
DANCE STUDIO

Now accepting registrations
for summer classes, camps
and 2017/2018 school year. Enroll today!

Weekly classes in Tap, Jazz, Ballet, Hip Hop,
Modern, Acrobatics, Contemporary and Musical
Theater Dance, for ages 18 months to adult.

2015 BEST FAMILIES WINNER

Great Customer Service
Award-Winning Competition Companies
Convenient North Arlington Location
Dance Masters of America certified instructors

703-533-8830 • www.perfectpointe.com
2499 N. Harrison St., Suite 1-LL • Arlington, VA 22207

Virtual
CAMP FAIR

washingtonFAMILY.com

AMP
A MOTHER'S PRAYER NANNY SERVICE

A Mother's Prayer Nanny Service
Full Service in-home childcare & eldercare
Call or visit us at 301-744-9AMP
www.amothersprayer2.com
Your source for nanny & eldercare and All Things Family.
We specialize in finding the perfect fit for families for your need.
Free registration in the first two months.

WELCOME TO WASHINGTON

HOPKINS HOUSE – HELEN DAY PRESCHOOL ACADEMY

hopkinshousepreschools.org; admissions@hopkinshouse.org
571-480-4081

1224 Princess St., Alexandria, VA

Enrolling children ages six weeks through five years of age in our full-day, year-round program, our academy offers a warm and educational environment in Alexandria City for your child to grow academically, socially and emotionally.

HOPKINS HOUSE – INNOVATIVE PRESCHOOL ACADEMY

hopkinshousepreschools.org; admissions@hopkinshouse.org
571-441-0960

200 Fairbrook Dr., Ste. 102, Herndon, VA

Enrolling children ages six weeks through five years of age in our full-day, year-round program, our academy offers a warm and educational environment in the Town of Herndon for your child to grow academically, socially and emotionally.

HOPKINS HOUSE – MCNEIL PRESCHOOL ACADEMY

hopkinshousepreschools.org; admissions@hopkinshouse.org
571-480-4261

8543 Forest Pl., Alexandria, VA

Enrolling children ages six weeks through five years of age in our full-day, year-round program, our academy offers a warm and educational environment in Fairfax County (Alexandria section) for your child to grow academically, socially and emotionally.

LEPORT MONTESSORI ALDIE

leport.com/nova; aldie@leportschools.com
703-810-7160; Ages: Infant - Grade 3

24328 Marrwood Dr., Aldie, VA

Visit leport.com/nova/events for upcoming events. Call to schedule a tour.

LEPORT MONTESSORI BROADLANDS

leport.com/nova; broadlands@leportschools.com
703-810-7808; Ages: Toddler - Grade 6

42945 Waxpool Rd., Ashburn, VA

Visit leport.com/nova/events for upcoming events. Call to schedule a tour.

LEPORT MONTESSORI CHANTILLY

leport.com/nova; chantilly@leportschools.com
571-222-4728; Ages: Toddler - Grade 3

4550 Walney Rd., Chantilly, VA

Visit leport.com/nova/events for upcoming events. Call to schedule a tour.

LEPORT MONTESSORI FAIRFAX

leport.com/nova; fairfax@leportschools.com
703-810-7247; Ages: Preschool - Kindergarten

3909 Oak St., Fairfax, VA

Visit leport.com/nova/events for upcoming events. Call to schedule a tour.

LEPORT MONTESSORI HERNDON

leport.com/nova; herndon@leportschools.com
571-222-4931; Ages: Toddler - Kindergarten

13251 Woodland Park Rd., Herndon, VA

Visit leport.com/nova/events for upcoming events. Call to schedule a tour.

LEPORT MONTESSORI RESTON



Infants to Pre-Kindergarten
EST. 1989

- Year-round Programming
- Creative Curriculum
- Music, Yoga, Dance, Spanish and Cooking Classes
- Educational Field Trips

www.friendshipchildren.org

For Enrollment Information
Call 202-244-5115

FRIENDSHIP CHILDRENS CENTER
5411 Western Ave, NW, DC



PayYourNanny.com

We're here to help families.

Payyournanny.com provides payroll and tax compliance services to household employers.

(703) 819-9796

byudd@payyournanny.com

TRY DRAMA!
CLASSES & CAMPS
AUDITIONS & MORE!

WWW.ENCORESTAGE.ORG

(703) 548-1154
Arlington, VA




Every child has a story to tell, and...
this is where the story begins.

Our play-based preschool for 2 ½ to 5 year olds ignites a child's imagination, nurtures a sense of empathy, and encourages mindfulness and self-awareness.

Come experience the wonder of play at NCRP, where the POSSIBILITIES FOR CHILDREN TO GROW ARE ENDLESS.

NCRP
3209 Highland Place NW, Washington DC
202-363-8777 | www.NCRCPreschool.org



Creative Youth

4805 Saint Elmo Ave.
Bethesda, MD 20814
(240) 800-4916
creative-youth.com

Fashion Design Sewing Video & Film Production Digital Photography






CLASSES CAMPS BIRTHDAY PARTIES

leport.com/nova; reston@leportschools.com
703-810-7811; Ages: Toddler-Kindergarten
11579 Cedar Chase Rd., Herndon, VA
Visit leport.com/nova/events for upcoming events. Call to schedule a tour.

LOUDOUN COUNTRY DAY SCHOOL

lcds.org; susan.hower@lcds.org
20600 Red Cedar Dr., Leesburg, VA
LCDS is an accredited, independent, coeducational school, educating students in pre-K-8th grade. We pride ourselves on our rigorous curriculum, nurturing environment and extensive programs in foreign language, arts, technology and athletics.

MONTESSORI COUNTRY SCHOOL

mcsherndon.com; info@mcsherndon.com
703-437-8285
621 Alabama Dr., Herndon, VA
Enrolling now! Ages 2.5-6 years MCS is a non-profit since 1971. Montessori accredited teachers with years of experience and nurturing atmosphere. Extended day, before- after-care and summer camp available. Call for a tour!

MONTESSORI SCHOOL OF CEDAR LANE

preschoolmontessori.com; info@cedarlanemontessori.com
703-560-4379
3035 Cedar Ln., Fairfax, VA
Montessori School of Cedar Lane has been providing over 40 years of Montessori tradition to Northern Virginia. We offer a complete educational and social environment and utilize the discoveries and methods of Dr. Montessori to help the child develop more fully the potential within him.

MONTESSORI SCHOOL OF MCLEAN

www.mcleanmontessori.org
703-790-1049; Ages: 2 ½ - 12
1711 Kirby Rd., McLean, VA
Preschool and elementary classes. Spanish, French, science, drama, music, P.E., computer, art, summer school, transportation available.

MONTESSORI SCHOOL OF NORTHERN VIRGINIA

msnv.org; info@msnv.org
703-256-9577
Two campuses:
MSNV Hillbrook - 6820 Pacific Ln., Annandale, VA
MSNV Valleybrook - 3433 Rose Ln., Falls Church, VA
MSNV is a non-profit, parent cooperative school, providing a comprehensive Montessori education for children ages two to 12. With two campuses set in peaceful residential neighborhoods, MSNV offers challenging, self-paced instruction guided by Montessori certified faculty.

NATIONAL CHILD RESEARCH CENTER

ncrcpreschool.org
kvazquez@ncrcpreschool.org
202-363-8777
3209 Highland Place, NW, Washington, D.C.
NCRC provides a collaborative, play-based approach to preschool education in a diverse and respectful environment that nurtures empathy, kindness, self-awareness, mindfulness and joy.

NORTHEAST STARS MONTESSORI

nestars.net
1325 Maryland Ave., NE, Washington, D.C.
697 N. Washington St., Alexandria, VA

CONTINUED ON PG. 20



20th ANNIVERSARY
WEST VIRGINIA MOUNTAINRAIL ADVENTURES

GREAT FOR FAMILIES AND KIDS!

Perfect for Families, Day Trips, or Vacations!

CALL: 866.998.7068
OR GO TO: MTN-RAIL.COM



THE WORLD'S LARGEST PROVIDER OF CHILDREN'S SWIMMING INSTRUCTION
KIDS FIRST® Swim Schools

GIVE THE GIFT THAT WILL LAST A LIFETIME!
Teach a child to swim at KID'S FIRST Swim Schools!

Visit our facebook page for a list of our locations

\$10 OFF
NEW CUSTOMERS ONLY
TO RECEIVE DISCOUNT
PRESENT COUPON AT
REGISTRATION.

www.kidsfirstswimschools.com
facebook.com/kidsfirstswimschools

Columbia: 443-755-0111
Rockville: 301-217-5910
Germantown: 301-540-SWIM
Chantilly, VA: 703-488-9800
Waldorf: 301-638-SWIM
Falls Church: 703-594-SWIM

Bowie: 301-262-SWIM
Sterling, VA: 703-444-9673
Manassas: 703-392-SWIM
Laurel, MD: 301-725-SWIM
North Bethesda: 301-984-SWIM
Springfield, VA: 703-321-SWIM

WELCOME TO WASHINGTON

NYSMITH SCHOOL FOR THE GIFTED

nysmith.com; ebalberde@nysmith.com
703-713-3332
13625 EDS Dr., Herndon, VA

The award winning Nysmith School is committed to nurturing each student's love of learning and learn to their potential. 550+ students from three-years-old through 8th grade. A Top 10 School in the World by Johns Hopkins 2015 CTY Talent Search. 2014 Tommy Award for the "disproportionate" achievement of alumni at TJ.

PINECREST SCHOOL

pinecrestschool.org; admissions@pinecrestschool.org
703-354-3446

Small classes; hands-on curriculum emphasizes problem solving and critical-thinking skills. Individualized approach; each child grows academically, socially and emotionally within caring and positive environment. Summer camp. Before- and after-care.

RANDOLPH-MACON ACADEMY

rma.edu; admission@rma.edu
540-636-5484

200 Academy Dr., Front Royal, VA
R-MA focuses on preparing students for college through rigorous academics and Air Force JROTC. The 59 graduates of the Class of 2017 were offered nearly \$6 million in college scholarship offers and 242 acceptances to 145 different colleges and universities.

RESTON MONTESSORI SCHOOL

restonmontessori.com; office@restonmontessori.com

703-481-2922

1928 Isaac Newton Square West, Reston, VA

Established in 1987, Reston Montessori School is a private, co-educational school for children from three months through third grade.

ROCK CREEK MONTESSORI SCHOOL

rockcreekmontessori.com

301-942-9561

Silver Spring, MD

Serving children 18 months through kindergarten, we are located in a beautiful wooded setting in Silver Spring, MD. Before and after care available.

SPRING BILINGUAL MONTESSORI ACADEMY

spring-bilingual.org; info@spring-bilingual.org
301-962-7262

3514 Plyers Mill Rd., Kensington, MD

Montessori preschool with Foreign Language programs.

SUNSET HILLS MONTESSORI

sunsethillsmontessori.com; office@sunsethillsmontessori.com
703-476-7477

11180 Ridge Heights Rd., Reston, VA

At SHMS, we are committed to recognizing and cultivating the uniqueness of each individual child. We have a community of educators, and wonderful families, that have chosen SHMS because of a shared vision for early childhood and elementary education. This community, fostered through high teach retention and involved families, supports each child during this critical time of development. Frequent field trips further expand concepts learned in the classroom, following the Montessori tradition of "going out." Building on the foundation laid by Maria Montessori.

ST. PATRICK'S EPISCOPAL DAY SCHOOL



John Han, DDS
Pediatric Dentist
Fernanda Fontes, DDS
Pediatric Dentist
Jenny Ha, DDS
Pediatric Dentist
Harold Fleming, DDS
Orthodontist

*Dr. Han voted one of the
Top Dentists in Northern VA
Magazine & VA Living Magazine.*

- Sedations
- Laughing Gas/Nitrous Oxide
- Emergency Care
- Digital X-ray & Technology
- Free Orthodontic Consultation
- Sealants
- White Fillings
- School Exams
- Fluoride Treatment
- Early Orthodontics
- Cleanings
- Check up exams

** No Referrals Required*

**Accepting all major insurances
and Smiles for Children**

www.mypdcdentists.com

Pediatric Dental Care
Fairfax office:
9901 Fairfax Boulevard,
Fairfax, VA 22030.
Springfield office:
6120 Brandon Ave. Suite 114,
Springfield, VA 22150



WAYS FOR YOU TO STAY POSITIVE

IMPROVING HER MOOD

Find articles, tips and tools from experts and others who have been in your place.

aarp.org/caregiving
Caregiving Resource Center
Care for your loved one. Care for yourself.

AARP
Real Possibilities

David Hughes Orthodontics
David R. Hughes, DDS
Orthodontic Specialist

8314 Traford Lane, Suite A
Springfield, VA 22152
tel 703.451.0502
drhughesortho.com



Smiles... Inside and Out
David Hughes Orthodontics

INVISALIGN
2015 ELITE PROVIDER

Consultations are always complimentary.

Now accepting registrations for summer classes, camps and 2017/2018 school year. Enroll today!

HeartBeats
Music and Dance

Under new management by
Perfect Pointe
DANCE STUDIO

Private & Small Group Music Lessons in:

- Acoustic/Electric Guitar
- Electric/Upright Bass
- Banjo
- Mandolin
- Violin/Viola
- Cello
- Fiddle
- Lapsteel Guitar
- Ukelele
- Drums/Percussion
- Piano
- Voice

Dance Classes for ages 18 months through Adult in:

- Ballet
- Tap
- Jazz
- Hip Hop
- Breakdance
- Acrobatics
- Musical Theater
- Lyrical/Contemporary
- Children's Combination
- Performance Companies

2015 BEST FOR FAMILIES WINNER

8060 Rolling Road, Springfield, VA 22153. 703-440-9000. www.hbeats.com

stpatsdc.org
202-342-2805

4700 Whitehaven Parkway, NW, Washington, D.C.

St. Patrick's is a coeducational, Nursery to Grade 8 Episcopal parish day school. At St. Patrick's Episcopal Day School, we encourage our students to extend their fascination with the world, to gain confidence about their roles in the world, and to understand the world more fully through others.

WESTMINSTER SCHOOL

westminsterschool.com; admissions@westminsterschool.com
703-256-3620

3819 Gallows Rd., Annandale, VA

Since 1962...providing an accelerated curriculum steeped in the classics with an emphasis on the arts. French, Latin, music, art, drama, orchestra, daily PE and multiple field trips. Bus service and extended care available.

Health Care

DAVID HUGHES ORTHODONTICS

drhughesortho.com; info@drhughesortho.com
703-451-0502

8314-A Traford Ln., Springfield, VA

Invisalign preferred provider. Call for a complimentary exam and diagnostic records. Records are for our use only.

MCLEAN-RESTON PEDIATRIC DENTISTRY, CRIS ANN TERNISKY, DDS, MICHAEL J. TERNISKY, DDS AND GOLNAZ JALALI, DDS

mcleanpediatricdentist.com
703-356-1875

McLean Doctors Building: 6711 Whittier Ave., McLean, VA

703-481-9200

Town Center Office Building: 1760 Reston Pkwy. Suite 204, Reston, VA
Pediatric dental growth and development. Preventative dentistry including school exams, fluoride treatments, pediatric oral surgery, early orthodontics, habit appliances, sealants, cleaning and general consultations.

N WELLINGTON ASSOCIATES, LLC

nwellingtonassociates.com; nora_w@nwellington@associates.com
301-933-9246

We provide consulting services to providers and caregivers in post-acute skilled nursing and rehab care. Quality of care, quality of life and safety of patients and residents is our focus. Children safety/extreme weather condition has also become a focus.

NORTHERN VIRGINIA DENTAL ASSOCIATES

nv-dental.com; reception@nv-dental.com
703-451-8332

6116 Rolling Rd., Ste. 316, Springfield, VA

Serving our community since 1963! We would love to welcome your family to our "dental family."

PEDIATRIC DENTAL CARE

mypdcdentists.com
703-383-3434

10614 Warwick Ave., Ste. B, Fairfax, VA

703-992-7100

6120 Brandon Ave., Ste. 114, Springfield, VA

PDC - Kids come first. We offer comprehensive dental treatment for all ages. We are pediatric dental specialists treating children starting from age one. Healthy smile...healthy child.

CONTINUED ON PG. 22



Students soar here.



Summer Programs for Grades 6-12 July 2-28, 2017

Space Camp and Academic Camp (Grades 6-8)
Day and overnight, two-week and four-week sessions available.

Summer School and Flight Camp (Grades 9-12)
Day and overnight, new and repeat courses available.

English as a Second Language (Grades 6-12)

Now accepting applications for summer programs and the 2017-18 school year!

You're invited! Open Houses June 11 & July 16



Randolph-Macon Academy

www.rma.edu/summer

540-636-5484

WELCOME TO WASHINGTON

PM PEDIATRICS – SPECIALIZED URGENT CARE

pmpediatrics.com

Greenbelt: 7401 Greenbelt Rd.; Rockville: 12254 Rockville Pike

Home Services

AKG DESIGN

akgdesignstudio.com

Kitchens styled for life.

Indoor Fun

ALL FIRED UP

allfiredupdc.com; allfiredupquestions@yahoo.com

301-654-3206; 4923 Elm St., Bethesda, MD

Affordable birthday parties. Fun party packages.

CHANTILLY ACADEMY GYMNASTICS

chantillyacademy.com; chantillyinfo@hrcoxmail.com

703-378-4966; 14088-K Sullyfield Cir., Chantilly, VA

Offering recreational gymnastics, competitive gymnastics, the Ninja Zone, summer/winter blast camps, afterschool active kids program, a traditional preschool and great special events, Chantilly Academy is proud to serve Northern Virginia families for 28 years!

GYMBOREE PLAY & MUSIC

gymboreeclasses.com; hazengymboree@gmail.com

703-836-2277

Alexandria, Burke and Chantilly, VA

Parent-child play, music, art classes for newborn to five years. Drop off art, sports, school skills classes for three to five years. Our seven-level

developmental based programs focus on the whole child's growth in social, emotional, physical and cognitive areas.

KIDS FIRST SWIM SCHOOLS

kidsfirstswimschools.com; contact@kidsfirstswimschools.com

The KIDS FIRST® Swim Schools are the world's largest provider of children's swimming instruction, operating 28 locations across five states, teaching over 125,000 students annually. We are dedicated to teaching kids to be safe and proficient in the water. Expert instructors, a trademarked curriculum and a kid-friendly environment enhance your child's learning experience.

INCOURAGE MARTIAL ARTS

incouragemartialarts.com; support@incouragemartialarts.com

703-503-0101 (Fairfax County); 703-724-9306 (Loudoun County)

Give them the inner courage to do anything they put their minds to! InCourage has award-winning martial arts, summer camp, and after-school programs especially designed for kids. Ask about our free trial, and our discount for new campers!

PLAY N' LEARN'S PLAYGROUND SUPERSTORES

playnlearn.com customerser@playnlearn.com 1-800-22-SWING

Two indoor showrooms & playgrounds – Columbia, MD & Chantilly, VA. Swingsets, trampolines & basketball hoops for sale & indoor play & parties at our Columbia, MD & Chantilly, VA showrooms.

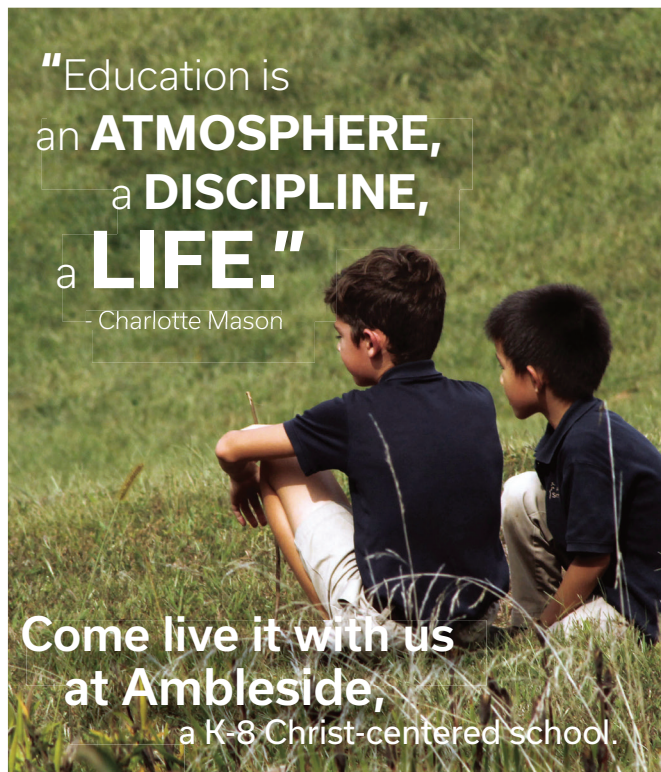
ROCKIN' JUMP

gaithersburg.rockinjump.com

301-703-3707; 18620 Woodfield Rd., Gaithersburg, MD


Ready to soar in open jump arenas, play trampoline dodgeball, do flips, somersaults, and climb with friends? Want a new alternative for birthday parties and family gatherings? Rockin' Jump is the place to be! From kids' parties to youth groups, you can find everything you want. It's fitness disguised as fun for all ages.

CONTINUED ON PG. 26



"Education is
an **ATMOSPHERE,**
a **DISCIPLINE,**
a **LIFE.**"
— Charlotte Mason

Come live it with us
at Ambleside,
a K-8 Christ-centered school.



**Ambleside
School**

ambleside.org
1089 Liberty Meeting Ct.
Herndon, VA 20170



**A School Day Can
Be So Much More**

Like all his 1st-grade classmates, this school year, Lawson will:

- Develop strong reading comprehension and read his first chapter book
- Establish a solid foundation in math
- Investigate the world around him through science activities and labs
- Explore historical figures related to American history and the world
- Learn to converse in French and celebrate French culture
- Create and design in a special art class twice a week
- Enjoy music classes twice a week
- Travel off campus for eight varied field trips
- Exercise and play during PE class and two recesses EVERY DAY
- Have a speaking role in his class play

Westminster School offers a well-rounded, academically advanced curriculum enhanced by the arts.

Schedule a Tour Today!

Now Enrolling for Fall, 2017
Space Available in 1st Grade

Westminster School
A Classical Education for the 21st Century
Presenting Challenge | Building Character | Instilling Confidence

Co-Ed • Preschool-8th Grade • Door-to-Door Bus Service • Extended Care • Camps • Enrichment
Email: admissions@westminsterschool.com | 703-256-3620
WWW.WESTMINSTERSCHOOL.COM



A kindergarten through 12th grade,
independent, university-preparatory school.

*Call today for your private tour
and educational consultation.*

703-759-5100

www.FairfaxChristianSchool.com



Ages 3 - 8th Grade

The award-winning Nysmith School
diversifies academics up to four grade levels
in a loving environment to meet the needs
of each child. Daily science, computers,
foreign language, logic, and much more.
Minimal repetition, minimal homework.
Come see how Nysmith will prepare
your child for the future while having fun.

Nysmith
SCHOOL FOR THE GIFTED

Tours Daily.
Herndon, Virginia
Transportation Available
703 988-7754
nysmith.com

*You know how much potential your child has,
but does her school know?*



Discover Pinecrest School and let us discover your child!

- Preschool – Grade 6
- Before-Care & After-Care
- Summer & Spring Camps
- Differentiated Instruction
- Small Classes
- Challenging Academics
- Positive Social & Emotional Development

Call for a tour!
703.354.3446
Annandale, Virginia
www.pinecrestschool.org

Pinecrest School
Nurturing curiosity, confidence, and a love of learning since 1957



Begin. Belong. Become.



SCHEDULE A TOUR
www.LCDS.org

LOUDOUN
COUNTRY DAY SCHOOL
Preschool - 8th • Leesburg, VA

Keep an Eye on Your Child's Vision

Preventative medicine comes in many different forms. It can be dietary changes to stave off diabetes, immunization shots, regular dental cleanings or yearly mammograms. For Dr. Victor Abdow, a pediatrician at Abdow Friendship Pediatrics, one way he practices preventative medicine is by giving his young patients both vision and hearing exams during routine physicals.

"We try to do something that's going to prevent further problems down the road," said Abdow, whose practice is located in Rockville, MD. "That's what we're here for, to prevent issues in the future."

Abdow has learned that the increase in technology use has come at a price for his young patients; poor vision caused by myopia. Myopia, or nearsightedness where distant objects appear blurry, can be exacerbated through excessive computer and phone use. The eye becomes elongated and ultimately results in a child not being able to see distant objects clearly.

Although glasses help a child see clearly they don't treat myopia, and it usually gets worse over time, putting a child at risk for other eye diseases. Dr. Abdow now works with local eye care center Treehouse Eyes, who specializes in treatments for childhood myopia. The non-surgical treatments provided at Treehouse Eyes work to slow or stop myopia from getting worse. This appealed to Abdow and his pursuit of preventative medicine. He now screens all of his patients for myopia. With one quick photo, he is able to determine if myopia is forming in young children.

What's a common misconception parents have in regards to eyesight?

I think that the common misconception is that when patients go to an eye doctor to treat myopia, they think they're getting treatment. But they're really not getting treatment. They're getting prescription glasses to correct the vision, which is only going to worsen over time. As the eye weakens over time, or becomes more myopic, the prescription is going to increase. The vision will get corrected, but it's not fixing the problem.

Not many pediatric doctors seem to test eyesight. Why do you?

I do vision screens at every physical, every year. Starting at 12 months, I screen all my infants and children, until they're 18, to look for eye conditions, not just myopia. Vision is a big thing. Everybody needs to have healthy eyes. We have to drive, we have to read, and we have to perform. It's early intervention. If we can get them help sooner than later, you can prevent things progressing and getting worse.

How do you screen for myopia?

Using a device from Treehouse Eyes, it tells me what your prescription lens would be. The device is attached to an iPhone, and I would have the child look into the camera and take a photograph. Then, this device tells me whether the child has issues with being nearsighted or farsighted. It gives you an actual number similar to what an ophthalmologist or optometrist uses to determine the correct prescription

eyeglasses. Any number that is negative signifies that the child has the start of myopia.

Why is this kind of preventative medicine important?

If you find myopia sooner rather than later, you can get better success with the treatment. The amount of screen time is exceeding the recommendations. I think this is making myopia far worse. And, people don't realize that with myopia, you're putting yourself at risk for other conditions—retinal detachment, macular degeneration, glaucoma. We can lessen those kinds of problems with myopia treatment prevention; which is good for children.

Do eye exams happen at routine physicals, or is it something that parents need to request?

Every time a patient comes into the office for a physical exam. The parent should request a vision test. We offer hearing and vision exams. Part of the vision screening now, includes the device that Treehouse Eyes gave me. Not only do we use the eye chart where they read the lines, but I also use their device to double check. Even if a child has 20/20 vision, it doesn't mean that they're not prone to myopia. If I'm giving them the test and get a negative number, I'm detecting myopia early.

What kind of preventative measures do you recommend when it comes to myopia and eye health?

Work at keeping the screen time down.



Now open in Bethesda
and Tysons Corner

You focus on her
science fair project.

We'll keep her vision from
getting worse in the future.

Kids are growing up with much more screen time and less outdoor time. As a result, myopia - nearsightedness, where far away objects appear blurry - is rapidly increasing.

Stronger glasses every year aren't the answer. While necessary, glasses only treat the symptoms of myopia. And, myopia increases the risk of serious eye diseases as your child grows.

We have proven alternatives that help prevent myopia from getting worse. Visit **TreehouseEyes.com/DC** or call to schedule a consultation. Let us help give your child better vision and healthier eyes for life.

Bethesda: 240-297-5542

Tysons Corner: 703-991-2768



Treehouse Eyes

MYOPIA CARE FOR KIDS

WELCOME TO WASHINGTON

SHADOWLAND LASER ADVENTURES

shadowlandadventures.com; vipclub@shadowlandadventures.com
5508 Franconia Rd., Alexandria, VA
4300 Chantilly Shopping Center, Chantilly, VA
624 Quince Orchard Rd., Gaithersburg, MD
Strap on a suit, enter the HUGE multi-level arena and prepare for the adventure of a lifetime!

Lawyers, Legal & Financial Services

PAYYOURNANNY.COM

payournanny.com; byudd@payournanny.com
703-819-9796
Payournanny.com is a household employment payroll and tax service. We service families hiring nannies, housekeepers, nurses, personal aides and other household employees, by preparing payroll and tax returns to maintain compliance with federal and state taxing authorities. "We're here to help families."

Outdoor Fun

BOY SCOUTS, NATIONAL CAPITAL AREA COUNCIL

ncacbsa.org; info@ncacbsa.org
301-530-9360
9190 Rockville Pike, Bethesda, MD
Outdoor adventure, life skills, character development and FUN!



The Area's Leader in Gifted Education



Unlock your child's potential!

To pick up your keys,
please call:

301.770.4370

Preschool-8th Grade

www.feynmanschool.org

CLARK'S ELIOAK FARM

clarklandfarm.com; clarkselioakfarm@hotmail.com
410-730-4049
10500 Clarksville Pike (Route 108), Ellicott City, MD
Lovely petting farm with a wide variety of farm animals to visit. Pony rides, hay wagon rides and cow train ride. New home of many Enchanted Forest fairy tale and nursery rhyme attractions. Play area, slides and picnic tables available as well.

DURBIN & GREENBRIER VALLEY SCENIC RAILROAD

mountainrail.com
877-MTN-RAIL(686-7245)
315 Railroad Ave., Elkins, WV
Offering families and groups a rail adventure into the untouched mountain wilderness of WV. Less than four hours from D.C., we combine four amazing train excursions with a number of unique packages and programs. For details, call or visit online today!

GO APE TREETOP ADVENTURE & TREETOP JUNIOR

goape.com; info@goape.com
South Run Park, 7550 Reservation Dr., Springfield, VA
If you're ready for a totally unique outdoor experience, it's time to Go Ape! Way more than just zip lines, Go Ape is a one to three hour journey through the forest canopy, offering incredible views.

KATYDID/FARM SCHOOL

katydidkids.com; info@katydidkids.com
703-689-3104
2709 West Ox Rd., Herndon, VA
Innovative programs for all ages: Preschool/Pre-K, Tiny Tots, STEM classes, day camps, teacher workday programs, before- after-school care. Based at Frying Pan Farm and other parks, we offer extra experiences/demonstrations unique to our programs.

PLAY N' LEARN'S PLAYGROUND SUPERSTORES

GLC
GERMAN
LANGUAGE
COURSES
AT THE GERMAN SCHOOL
WASHINGTON D.C.



- Classes for children and teens of all language proficiency levels: age 3 & up
- Diploma classes (DSD)
- Adult classes for all levels
- Literature classes
- Conversation classes
- English classes

Register now for
Summer School
(4-12 year-olds)
301.767.3824
www.dswashington.org/glc

THE PAVILION at Beantree
BeanTree LEARNING
Summer Camp 2017
Exciting Weekly Experiences
for Ages 6-13
www.beantreelearning.com

KAY SCHOOL
joyful learning
Private Preschool to Kindergarten
Ages 2 1/2 to 5 • Half Day or Full Day
Kay Club Before & After Care Programs
Ages 2 1/2 to 12 • Camp Kay
Arts and project based programs with FOCUS on creativity, critical thinking, innovation, collaboration, curiosity and the natural environment.
www.kayschool.org | 703.264.9078
3005 Dower House Road, Herndon, VA

playnlearn.com customerser@playnlearn.com 1-800-22-SWING
Two indoor showrooms & playgrounds – Columbia, MD & Chantilly, VA. Swingsets, trampolines & basketball hoops for sale & indoor play & parties at our Columbia, MD & Chantilly, VA showrooms.

POTOMAC NATIONALS

potomacnationals.com
703-590-2311

G. Richard Pfitzner Stadium, 7 County Complex Ct., Woodbridge, VA
Affordable family fun! See future stars of the Washington Nationals. Minor league baseball in a family friendly environment. Fireworks every weekend, giveaways, birthday parties, baseball camps, Kids Zone, autographs, Kids Club, ticket plans & more!

Specialty Museums

FOR A MORE COMPLETE LIST OF AREA MUSEUMS, VISIT
washingtonFAMILY.com

AFRICAN ART MUSEUM OF MARYLAND

africanartmuseum.org
410-730-710 • Columbia, MD

ALEXANDRIA ARCHAEOLOGY MUSEUM

alexandriaarchaeology.org/
703-838-4399 • Alexandria, VA

BASILICA OF THE NATIONAL SHRINE OF THE IMMACULATE CONCEPTION

nationalshrine.com
202-526-8300 • Washington, D.C.

BUREAU OF ENGRAVING AND PRINTING

moneyfactory.gov • Tour office: 202-874-2330
866-874-2330 • Washington, D.C.

COLLEGE PARK AVIATION MUSEUM

collegeparkaviationmuseum.com
301-864-6029
College Park, MD

GEORGE WASHINGTON'S MOUNT VERNON

mountvernon.org
703-780-2000
South end of the George Washington Pkwy.
Explore George Washington's mansion and 50 acres of gardens and grounds. Meet rare breed animals and people from Washington's world. Cool off in the museum and education center, featuring objects and a 4-D theater where it snows every day!

THE NATIONAL ACADEMY OF SCIENCES MUSEUM

national-academies.org/larts
202-334-2436 • Washington, D.C.

NATIONAL BUILDING MUSEUM

nbm.org
202-272-2448 • Washington, D.C.

NATIONAL GEOGRAPHIC MUSEUM AT EXPLORERS HALL

nationalgeographic.com/explorer
202-857-7588 • Washington, D.C.

NATIONAL MUSEUM OF CRIME & PUNISHMENT

crimemuseum.org
202-393-1099 • Washington, D.C.

NAVY MUSEUM

history.navy.mil/branches/org8-1.htm
202-433-4882 • Washington, D.C.

THE NEWSEUM

newseum.org
888-NEWSEUM • Washington, D.C.

CONTINUED ON PG. 28



**ACORN HILL WALDORF
KINDERGARTEN & NURSERY**
Parent-Infant, Parent-Toddler, Parent-Child - Birth to 3
Half and Full Day Programs for ages 2½-6

Now Enrolling Summer and Fall Programs

VISIT US ONLINE AT WWW.ACORNHILL.ORG
OR **301-565-2282**
9504 Brunett Avenue Silver Spring, MD 20901



NURTURING · INDIVIDUAL · EXCELLENCE

GESHER
Jewish Day School

OUR HOUSE IS
ALWAYS
OPEN

Contact us to learn more or schedule a tour today!
703.962.9216 • admissions@gesher-jds.org
www.GESHER-JDS.org • Fairfax, Virginia

REGISTRATION IS NOW OPEN FOR 2017-2018!



Brooksfield School
Experience the Adventure

NEW TODDLER PROGRAM!

**Now Enrolling
Ages 2 to 6**

A child is like a butterfly in the wind. Some can fly higher than others, but each one flies the best he can. Why compare one against the other? Each one is different. Each one is special. Each one is beautiful.

— Maria Montessori

Montessori Preschool • Advanced Academic Curriculum
McLean, VA • 703-356-5437 • www.brooksfieldschool.org

WELCOME TO WASHINGTON

PORT DISCOVERY CHILDREN'S MUSEUM

portdiscovery.org; info@portdiscovery.org
410-727-8120

35 Market Place, Baltimore, MD

Ranked among the top 5 children's museums in the U.S., Port Discovery Children's Museum offers 3 floors of interactive, educational exhibits including Wonders of Water, The Diner, a mini convenience store, Mystery House, and more! New programs daily!

SHENANDOAH VALLEY DISCOVERY MUSEUM

discoverymuseum.net

540-722-2020 • Winchester, VA

STABLER-LEADBEATER APOTHECARY MUSEUM

alexandriava.gov/Apothecary

703-836-3713 • Alexandria, VA

U.S. HOLOCAUST MEMORIAL MUSEUM

ushmm.org

202-488-0400 • Washington, D.C.

U.S. NAVY MEMORIAL

lonesailor.org

202-737-2300 • Washington, D.C.

WOMEN IN MILITARY SERVICE FOR AMERICA MEMORIAL GALLERY

womensmemorial.org

703-533-1155 • Arlington, VA

703-538-4278

Northern VA, Prince William County, Loudoun County, Montgomery County, MD

Abakadoodle parties—no muss, no fuss, just lots of fun!

ALL FIRED UP

allfiredupdc.com; allfiredupquestions@yahoo.com

301-654-3206; 4923 Elm St., Bethesda, MD

Affordable birthday parties. Fun party packages.

CAROUSEL PUPPETS

carouselpuppets.com; requests@carouselpuppets.com

703-444-9426; Area Served: DC, MD, VA

Puppet shows for all occasions! Large and colorful marionettes and hand puppets. Our show has lots of lively music and plenty of audience participation. Everyone gets a chance to participate and use some of the puppets. Suitable for all ages. Puppet making workshops are also available. Everyone gets to make their own puppet that they can take with them. We can also supply goody bags with lots of puppet related items so everyone has something they can take home.

CLARK'S ELIOAK FARM

clarklandfarm.com; clarkselioakfarm@hotmail.com

410-730-4049

10500 Clarksville Pike (Route 108), Ellicott City, MD

Lovely petting farm with a wide variety of farm animals to visit. Pony rides, hay wagon rides and cow train ride. New home of many Enchanted Forest fairy tale and nursery rhyme attractions. Play area, slides and picnic tables available as well.

ENCORE STAGE & STUDIO

encorestage.org; info@encorestage.org

703-548-1154

4000 Lorcom Ln., Arlington, VA

Theatre by kids, for kids! Founded in 1967, Encore Stage & Studio's mission is to build a lifelong appreciation for live theater by involving

Party Places

ABRAKADOODLE

abrakadoodle.com; swalia@abrakadoodle.com



Sunset Hills Montessori

18 Months to Grade 8
Established in 1994

11180 Ridge Heights Road
Reston, VA 20191
Phone: 703-476-7477 Fax: 703-476-7233
office@sunsethillsmontessori.com
www.sunsethillsmontessori.com



Northeast STARS

WHY NORTHEAST STARS MONTESSORI?

Flexible: to fit your family's schedule and needs Weekly enrollment & after school programs: available! Individualized learning: to ensure summer-long learning Outside based curriculum: to take advantage of the summer months Provides a social atmosphere for your child Access to the wider NES Parent Community

OUTDOOR PLAY

We explore nature by using the outdoors as our classroom. We make use of playground equipment, balls, cones, chalk, etc. We visit local playgrounds to explore and play.

GEOGRAPHIC EXPLORATION

Each week we focus on a different country and culture using hands-on activities. These activities include crafts, cooking projects, science experiments, and music. The activities are a fun and engaging way to learn over the summer!

SOCIAL ACTIVITIES

We encourage every child to engage in social activities when appropriate, and focus on individual activities during the learning periods of our day. We are focused on developing both individual focus and social skills.

ENROLLMENT & ACCEPTANCE REGISTRATION

Early registration guarantees your family's preferred weeks! NES Summer Camp spots fill up fast, so return your registration forms quickly. For registration, please visit www.nestars.net and click on "register for summer camp." Registration is first come, first serve.

ENROLLMENT

In order to secure a place, your payment must accompany your payment. If you sent in the registration without payment, you are NOT GUARANTEED a place in the program. We will put you on the wait list. Your family will be notified as soon as your registration is processed.

ROLLING ADMISSIONS

Families can register throughout the summer if spaces are still available. Payment will be required at the time of registration. One week's notice is required to "drop" a week that has already been registered.

LOCATIONS:

DC
1325 Maryland Ave NE
Washington, DC
ALX
697 N. Washington St
Alexandria, VA

young people in all aspects of theater arts --onstage, backstage, in the classroom, and in the audience. Encore strives to educate and entertain by offering productions each season that are by and for young people, and through enriching classes and workshops with qualified, enthusiastic teaching artists. We believe that participating in live theatre builds problem-solving skills, teamwork, creativity, literacy, and self-confidence.

CREATIVE YOUTH

creative-youth.com; info@creative-youth.com
240-800-4916

4805 Saint Elmo Ave., Bethesda, MD

Creative Youth is the area's only creative arts school offering classes, camps and parties in fashion design, sewing, photography, and video/film production.

GLEN ECHO PARK AQUARIUM

gepaquarium.org; info@gepaquarium.org
301-955-6256

7300 Macarthur Blvd., Glen Echo, MD

Celebrate with the fishes! The Glen Echo Park Aquarium, a Chesapeake Bay Discovery Center, offers a unique party experience. Follow the flow of water from local streams, to rivers, the Bay and the ocean. Tour the exhibit hall, touch live sea creatures, craft and celebrate in a party room.

GYMBOREE PLAY & MUSIC

gymboreeclasses.com; hazengymboree@gmail.com
703-836-2277

Alexandria, Burke and Chantilly, VA

Parent/Child play, music, art classes for newborn to 5 years. Drop off art, sports, school skills classes for three to five years. Our seven-level developmental based programs focus on the whole child's growth in social, emotional, physical and cognitive areas.

INCOURAGE MARTIAL ARTS

incouragemartialarts.com; support@incouragemartialarts.com
703-503-0101 (Fairfax County); 703-724-9306 (Loudoun County)

Give them the inner courage to do anything they put their minds to! InCourage has award-winning martial arts, summer camp, and after-school programs especially designed for kids. Ask about our free trial, and our discount for new campers!

KIDS FIRST SWIM SCHOOLS

kidsfirstswimschools.com; contact@kidsfirstswimschools.com

24 convenient locations

The KIDS FIRST® Swim Schools are the world's largest provider of children's swimming instruction, operating 28 locations across five states, teaching over 125,000 students annually. We are dedicated to teaching kids to be safe and proficient in the water. Expert instructors, a trademarked curriculum and a kid-friendly environment enhance your child's learning experience.

MAD SCIENCE OF WASHINGTON

dc.madscience.org; info@madscienceofdc.com
301-593-4777

Mad Science is the leading science enrichment provider for kids in preschool through 6th grade. We offer exciting birthday parties, summer camps, after-school programs, field trips and much more. Visit our website to see all we have to offer!

MICHAEL CHAMBERLIN, MAGICIAN

mikecmagic.com; mikecmagic@hotmail.com
301-656-5693

Known as the 'Dean of Deception' across Washington for 30 years at birthdays, schools and libraries. Michael's seamless blend of comedy, magic and audience participation creates a dazzling show for the entire family. A "Best for FAMILIES" Award Winner.

CONTINUED ON PG. 30

Reston Montessori School



"Free the child's potential, and you will transform him into the world."

~ Maria Montessori

- Advanced academic curriculum
- Award winning French program
- STEM
- Music, Art
- PE / Yoga



Ages 3 Month - 3rd Grade

1928 Isaac Newton Square West, Reston, VA 20190
703-481-2922 • www.restonmontessori.com

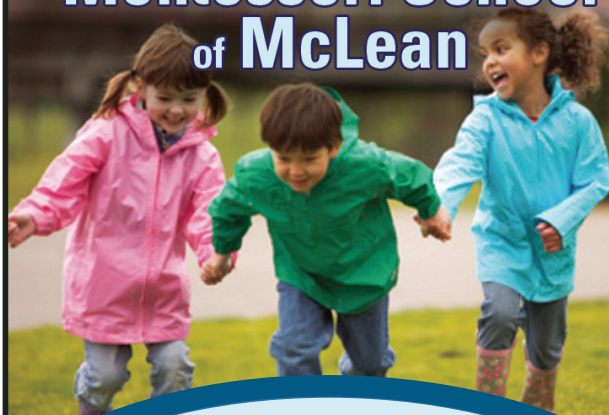


Inspiring and guiding
children ages 2-12 in
Falls Church & Annandale, VA.
703-256-9577 • www.msnv.org

Love
School



Montessori School of McLean



New After Care Program

Toddler through 6th Grade: Ages 2 - 12

Science & Technology • Math & Language

Foreign Languages • Music & Drama • Art & PE

After School Clubs • Summer Program

Transportation Available • Extensive Facility & Playgrounds

1711 Kirby Road • McLean, VA 22101

Phone: 703-790-1049 • Fax: 703-790-1962

www.mcleanmontessori.org

"Cultivating each child's unique
ability to flourish in mind, body
and spirit."



Accredited by AMS & SACS
AMERICAN MONTESSORI SOCIETY
education that transforms lives

WELCOME TO WASHINGTON

MISTER BARRY

misterbarry.com; barry@misterbarry.com
703-851-7606

Hilarious magic that will make your child's birthday party amazingly successful, memorable and fun, guaranteed!

PARTY PALS!

partypals.us; laurakpartypals@gmail.com
571-265-3898

Indoor/outdoor children's party fun! We come to you! Games, characters, face painting, custom packages! Master's in Education.

PLAY N' LEARN'S PLAYGROUND SUPERSTORES

playnlearn.com customerser@playnlearn.com 1-800-22-SWING
Two indoor showrooms & playgrounds – Columbia, MD & Chantilly, VA. Swingsets, trampolines & basketball hoops for sale & indoor play & parties at our Columbia, MD & Chantilly, VA showrooms.

PONIES PLUS LLC

poniesplus.org; poniesplus1cmsu.com
571-283-2408

Traveling pony rides and petting zoo to your location.

POTOMAC NATIONALS

potomacnationals.com
703-590-2311

G. Richard Pfitzner Stadium, 7 County Complex Ct., Woodbridge, VA
Affordable family fun! See future stars of the Washington Nationals. Minor league baseball in a family friendly environment. Fireworks every weekend, giveaways, birthday parties, baseball camps, Kids Zone, autographs, Kids Club, ticket plans & more!

ROBOT WORKS

robotworkssacademy.net
703-364-5418

ROCKIN' JUMP

gaithersburg.rockinjump.com
301-703-3707; 18620 Woodfield Rd., Gaithersburg, MD
Ready to soar in open jump arenas, play trampoline dodgeball, do flips, somersaults, and climb with friends? Want a new alternative for birthday parties and family gatherings? Rockin' Jump is the place to be! From kids' parties to youth groups, you can find everything you want. It's fitness disguised as fun for all ages.

STAY COOL ICE CREAM, LLC

poniesplus1cmsu.com
571-283-2408
Daycares, birthdays, corporate. Ice cream truck.

TINY DANCERS

tinydancers.com; info@tinydancers.com
703-385-5580
Fairfax City, Old Town Alexandria, Mosaic District
A unique program for children two to 12. Ballet, tap, jazz, musical theater and Wiggletoes taught in a fun and nurturing environment that allows each child to develop a love of dance.

Retail

FITZGERALD AUTO MALLS ROCKVILLE

fitzmall.com
301-548-4847
5501 Nicholson Ln., Rockville, MD

Arris Montessori Academy

Curriculum for students
age 2 1/2 – 10 yrs.

**Preschool, Pre-K
Full Day Kindergarten
Elementary**

**Best
FOR FAMILIES
Raiser's Edge
2016 FAMILY**


Before/After School Program.
Spanish, Music, Art, and P.E.

www.arrismontessori.com
Ashburn, VA
703•858•2800

Montessori Education

*building a strong foundation
for a lifetime of learning*

Ages 3-6 • Half or Full Day
Nurturing Environment
Spanish • Music • Creative Movement

 **Montessori School of Cedar Lane**
703-560-4379
3035 Cedar Lane, Fairfax, VA 22031

Montessori Country School


Non-profit school dedicated to providing
an outstanding Montessori education
for children ages 2 1/2 to 6 since 1971.

AMI certified teachers • Enrolling Now!


Students enjoy a quiet, green oasis in
their two-acre campus, with shaded play
areas and unparalleled enrichment
activities including music and foreign
language.

 **Call for a tour
and observe
our
classrooms!**

621 Alabama Drive, Herndon, VA
www.MCSHerndon.com 703-437-8285



Spring Bilingual Montessori Academy



Now Enrolling!
For Age 2 - 6 Years

Jamon Montessori Day School

301-384-3131 • Silver Spring, MD

Science
Technology
Engineering
Math

**Spanish
Immersion**

 **MONTESSORI**
Cultivating Each Child To Excellence

STEM and Spanish Immersion
Camp runs from June 26th
through August 18th.

Ages 2 - 2nd Grade **7:30am - 4pm**

www.jamonmontessori.com
jamon.montessori@gmail.com
Info in advertisement.

 **Hunter Mill Montessori School**
703-938-7755
2709 Hunter Mill Rd., Oakton, VA 22124

 **Holly Brook Montessori School**
703-573-7800
2455 Gallows Rd., Dunn Loring, VA 22027

A Montessori Tradition Since 1971

PreschoolMontessori.com

Rock Creek MONTESSORI SCHOOL

**Serving children
18 months through
kindergarten,
we are located in
a beautiful wooded
setting in
Silver Spring, MD**

Before and after care available.
301-942-9561
www.rockcreekmontessori.com

 **French**
 **Spanish**
 **Italian**

• Half Day or Full Day
• Early Birds & After-Care

For information call:
(301) 962-7262
3514 Plyers Mill Rd., Kensington, MD
www.spring-bilingual.org
info@spring-bilingual.org

Classified Advertisements

ANNOUNCEMENTS

Acorn Stairlifts – Buy local and save – call 800-886-6364 for free quote and consultation. Limited time \$200 off Stairlift purchase.

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-880-1686

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-844-722-7993

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace -little or NO cost to you. Medicare Patients Call Health Hotline Now! 1- 800-419-3684

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace at little or NO cost to you. Medicare Patients Call Health Hotline Now! 1- 844-502-1809

Have 10K in Debt? National Debt Relief is rated A-Plus with the BBB. You could be debt free in 24-48 months. Call 1-888-998-4967 now for a free debt evaluation.

Lung Cancer? And 60 Years Old? If So, You and Your Family May Be Entitled To A Significant Cash Award. Call 800-897-7205 To Learn More. No Risk. No Money Out of Pocket.

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-208-6915 to start your application today!

Social Security Disability? Up to \$2,671/mo. (Based on paid-in amount.) FREE evaluation! Call Bill Gordon & Associates. 1-855-498-6323. Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL., member TX/NM Bar.

Comcast Hi-Speed Internet -\$39.99/mo (for 12 mos.) No term agreement. Fast Downloads! PLUS Ask About Our Triple Play (TV-Voice-Internet) for \$89.99/mo (lock in 2 years!) CALL 1-844-714-4451

HughesNet: Gen4 satellite internet is ultra fast and secure. Plans as low as \$39.99 in select areas. Call 1-855-440-4911 now to get a \$50 Gift Card!

SPECTRUM TRIPLE PLAY TV, Internet & Voice for \$29.99 ea. 60 MB per second speed. No contract or commitment. We buy your existing contract up to \$500! 1-800-806-5909

Spectrum Triple Play TV, Internet & Voice for \$29.99 ea. 60 MB per second speed No contract or commitment. We buy your existing contract up to \$500! 1-855-652-9304

Wants to purchase minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, Co. 80201

Stop OVERPAYING for your prescriptions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-800-254-4073 Promo Code CDC201625

KILL BED BUGS! Harris Bed Bug Killers/KIT. Available: Hardware Stores, The Home Depot, homedepot.com

Cut the Cable! CALL DIRECTV. Bundle & Save! Over 145 Channels PLUS Genie HD-DVR. \$50/month for 2 Years (with AT&T Wireless.) Call for Other Great Offers! 1- 855-781-1565

HEALTH & FITNESS

Lung Cancer? And Age 60+? You And Your Family May Be Entitled To Significant Cash Award. Call 866-428-1639 for Information. No Risk. No Money Out Of Pocket.

CASH PAID- up to \$25/Box for unexpired, sealed DIABETIC TEST STRIPS. 1-DAYPAYMENT. 1-800-371-1136

AUTOS WANTED

CARS/TRUCKS WANTED!!! All Makes/Models 2002-2016! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-368-1016

CARS/TRUCKS WANTED!!! All Makes/Models 2000-2016! Any Condition. Running or Not. Top \$\$\$ Paid! Free Towing! We're Nationwide! Call Now: 1-888-985-1806

BUSINESS TO BUSINESS

Advertise to 500,000 Homes with a business card size ad. You choose the area of coverage in free community papers...we do the rest. Call 800-450-7227 or visit macnetonline.com

EVENTS

Holding a Carnival! Fair! Festival! Jubilee! Promote it to over 1 Million readers for only \$200!!! Visit www.midatlanticevents.net for more details or call 800-450-7227.

FOR SALE

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 1-800-906-3115 for \$750 Off

Rubber Roofing EPDM B-Grade, Factory Rejects. 10' x 50' .045 \$200. 10'x50' .060 \$235. 10' x 100' .060 \$470. 10'x100' .090 \$490. Also OSI insulation 717 445 -5222

Metal Roofing & Siding for houses, barns, sheds. Close outs, returns, seconds, overruns, etc. at Discount Prices. Huge inventory in stock. SlateRoadSupply. com 717-445-5222

LOTS & ACREAGE

Upstate Bargain! 41 acres - \$79,900 Ponds, wetlands, apple trees, loaded w/ wildlife! 20 Mins to Ithaca. EZ terms! 888-431-7214

EMPLOYMENT

Make \$1,000 Weekly! Paid in Advance! Mailing Brochures at Home. Easy Pleasant work. Begin Immediately. Age Unimportant. www.WeeklyMoneyBiz.com \$\$\$\$! \$1,000'S Weekly! Processing Mail! Send SASE: LISTS/CAD, Springhouse, PA 19477-0396

EDUCATION

AIRLINE MECHANIC TRAINING – Get FAA Technician certification. Approved for military benefits. Financial Aid if qualified. Job placement assistance. Call Aviation Institute of Maintenance 866-453-6204



\$54⁹⁹

Month Limited time

TV & INTERNET

FREE
Same Day Installation


FREE HBO
for 12 Months!


FREE Upgrade to our
Industry Leading HD DVR


CALL NOW - SAVE UP TO 30%
1-855-837-9146
Restrictions apply. Call for more information. Offer ends on 6/21/17.



Are You Still Paying Too Much For Your Medications?

Their Price
Crestor™
\$870.10
Typical US Brand Price for 40mg x 100

Our Price
Rosuvastatin*
\$141
Generic equivalent of Crestor™
Generic price for 40mg x 100

You can save up to 97% when you fill your prescriptions with our Canadian and International prescription service.

Get An Extra \$15 Off & Free Shipping On Your 1st Order!

Call the number below and save an additional \$15 plus get free shipping on your first prescription order with Canada Drug Center. **Expires June 30, 2017.** Offer is valid for prescription orders only and can not be used in conjunction with any other offers. Valid for new customers only. One time use per household.

Use code 15FREE to receive this special offer.

Toll free: 855-541-5141
www.canadadrug.us/saving

Please note that we do not carry controlled substances and a valid prescription is required for all prescription medication orders.
Use of these services is subject to the Terms of Use and accompanying policies at www.canadadrugcenter.com.

FOUR AMAZING WAYS

TO BRIGHTEN YOUR CHILD'S FUTURE

TEXT: LINDSEY GROARK AND GRETA DUNCAN



As a parent, you are uniquely suited to set your child up for success and happiness in life, but you may not know how. To be sure, there is no road map to helping your child grow into responsible adults and if one existed, it would likely offer as many routes to the same goal as there are children.

And when it comes to early education, parents have many questions. What preschool or daycares should I enroll my child? What camp or playgroup will nourish his talents? What activities will support and enhance her social, emotional, cognitive, and physical development?

We talked with early care and education experts and experienced parents across our community to identify some of the top ways they recommend to enhance the early education of children and brighten their futures.

1. GIVE YOUR CHILD AN ACTIVE ROLE IN YOUR DAILY ACTIVITIES.

Grocery shopping, errands around the house and cooking dinner, all offer wonderful opportunities to engage your child and expand his or her learning. When you go to the grocery store, let your child help pick out fruits and vegetables. At home let them help prepare the meal (i.e. peel the fruits, wash the vegetables, or pour the spices). Sure, you may have to get creative in the kitchen or research recipes using a new food, but you may even end up with a new favorite dish. Tell your child how proud you are that he or she helped you make the most delicious meal in the entire world. By incorporating your young explorer into your daily tasks, you can build on the skills

and awareness he or she is learning in preschool or day care. An added bonus is discovering how much fun you're having spending time with your child.

2. ESTABLISH ROUTINES AND CLEAR EXPECTATIONS.

Like most children, your child likely thrives in environments in which he or she knows what to expect and what is expected of him or her. Adhering to a regular and reliable schedule of daily activities and routines helps to avoid childhood power struggles, tantrums and meltdowns. This isn't to suggest that you should never change your schedule or routine. But, if you have to change your plans, try to let your child know ahead of time, and explain the reasons and what he or she can expect. From time-to-time, expect your child to resist or struggle. This is to be expected; children don't like change. But, when your child rises to the occasion, celebrate the success.

3. SLOW DOWN AND TAKE THE TIME TO ENJOY YOUR CHILD.

Your child is naturally curious, energetic, and eager to explore the world. Let him or her take the lead and share with you the world he or she discovers. Start this as early as you can. Your child, no doubt, notices more than you think, including who comes to the swim classes, who helps in the classroom at school, and who he or she can be silly with. Yes, parenting can be stressful, but it can also be some of the best times of your life. Take time to enjoy these moments; they are fleeting. Set aside as much time as you can to spend with your child, especially when it comes to teaching him or her about the world. Enjoy the experience and let him or her see and feel that enjoyment in the words

you speak, your smiles, your groans, your sneezes, and your moments of doubt or anxiety. We are important role models for our children, when we get involved in their early education; we spark their innate love of learning.

4. BUILD STRONG RELATIONSHIPS WITH YOUR CHILD'S SCHOOL, CHILD CARE PROVIDER, OR PLAY GROUP.

It's a fact: It takes a village to raise a successful, happy child. If your child goes to school or participates in a playgroup (both of which we suggest!), there are other adults and children that can play an important role in his or her early life. Engage in activities offered through these venues and get to know the educators that care for your child and the parents of your child's friends. Join your child and his or her friends for lunch, drop by school to read a story, and volunteer to support field trips or other activities. The more time you spend engaging in these activities, the more opportunities you will have learning about what is developmentally appropriate for your child and how to support him or her on the way to becoming a smart, caring and responsible adolescent and adult.

Lindsey Groark is Assistant Vice President at Hopkins House and Greta Duncan is the Principal at Hopkins House's James L. & Juliette McNeil Preschool Academy. Founded in 1939, Hopkins House operates three nationally-accredited, Virginia quality rated, and fully licensed education enriched preschool academies for children, birth to 5 years old.

DISCOVERING **montessori**

JUNE 2017

Montessori Children • Discover learning is a joy that can last a lifetime. • Learn spontaneously and creatively. • Learn at their own pace. • Develop to their greatest potential. • Are encouraged to choose work and make decisions.

DISTRICT OF COLUMBIA

AIDAN MONTESSORI SCHOOL

aidanschool.org
admissions@aidanschool.org
2700 27th St., NW
Washington, D.C.
Ages: 18 months-12 years
202-387-2700

MARYLAND

THE BETHESDA MONTESSORI SCHOOL

bethesdamontessori.com
admissions@bethesdamontessori.com
7611 Clarendon Rd.
Bethesda, MD
Ages: 3-6
301-986-1260

BUTLER SCHOOL

butlerschool.org
amy@butlerschool.org
15951 Germantown Rd.
Darnestown, MD
Ages: 18 months-14
301-977-6600

THE JULIA BROWN SCHOOLS

juliabrownschools.com
9760 Owen Brown Rd.
Columbia, MD
9450 Madison Ave.
Laurel, MD
3400 Queen Mary Dr.
Olney, MD
301-447-5700
1300 Milestone Dr.
Silver Spring, MD
301-622-7808
Ages: 18 months-Grade 3

THE MANOR MONTESSORI SCHOOL

manormontessori.com
themanormontessori@gmail.com
10500 Oaklyn Dr.
Potomac, MD
11200 Old Georgetown Rd.
Rockville, MD
5450 Massachusetts Ave.
Bethesda, MD
301-299-7400

MONTGOMERY MONTESSORI INSTITUTE

montessori-mmi.com
montessori@hers.com
10500 Darnestown Rd.
Rockville, MD
Montessori Teacher Education
301-279-2799

TOP HAT MONTESSORI

tophatmontessori.com
info@tophatmontessori.com
18243A Flower Hill Way
Gaithersburg, MD
Ages: 2 months-K

THE WOODS ACADEMY

woodsacademy.org
admissions@woodsacademy.org
6801 Greentree Rd.
Bethesda, MD
Ages: 2 ½-6
301-365-3080

VIRGINIA

BROOKSFIELD SCHOOL

brooksfieldschool.org
brksfield@aol.com
1830 Kirby Rd.
McLean, VA
Ages: 2-6
703-356-KIDS

CARDINAL MONTESSORI

cardinalmontessori.com
cardinalmontessori@gmail.com

1424 G St.
Woodbridge, VA
Ages: 3-12
703-491-3810

CHILDREN'S HOUSE MONTESSORI SCHOOL

montessoriofarlington.com
office@chms-arlington.com
2425-A North Glebe Rd.
Arlington, VA
Ages: 2-4
703-276-1361

EARLY YEARS MONTESSORI

earlyyearsms.com
info@earlyyearsms.com
3241 Brush Dr.
Falls Church, VA
Ages: 2-6
703-237-0264

HA'PENNY MONTESSORI SCHOOL

hapennyschool.com
director@hapennyschool.com
20854 Stubble Rd.
Ashburn, VA
Ages: 10 weeks-6
703-729-5755

HOLLY BROOK MONTESSORI SCHOOL

preschoolmontessori.com
info@hollybrookmontessori.com
2455 Gallows Rd.
Dunn Loring, VA
Ages: 3-5
703-573-7800

HUNTER MILL MONTESSORI SCHOOL

preschoolmontessori.com
info@huntermillmontessori.com
2709 Hunter Mill Rd.
Oakton, VA
Ages: 2 years 9 months-5
703-938-7755

LITTLE OAKS MONTESSORI ACADEMY

themonessoriconnection.com

lshaw@lomamontessori.com
13525 Dulles Technology Dr., 103,
Herndon, VA
Ages: 8 Months to 6
571-336-2559

MONARCH CHRISTIAN MONTESSORI

kidslovemonarch.com
kidslovemonarch@gmail.com
15120 Enterprise Ct., Suite 100
Chantilly, VA
Ages: 18 months-6
703-961-8281

MONTESSORI CHILDREN'S CENTER

montessoriccgroupp.com
herndon@montessoriccgroupp.com
2745 Centreville Rd.
Herndon, VA
6319 Old Centreville Rd.
Centreville, VA
Ages: 6 weeks-6
703-793-1890

MONTESSORI SCHOOL OF CEDAR LANE

preschoolmontessori.com
info@cedarlanemontessori.com
3035 Cedar Ln.
Fairfax, VA
Ages: 3-6
703-560-4379

MONTESSORI SCHOOL OF FAIRFAX

montessori-fairfax.com
msofx@aol.com
3411 Lees Corner Rd.
Chantilly, VA
Ages: 18 months-12
571-323-0222

RESTON MONTESSORI SCHOOL

restonmontessori.com
office@restonmontessori.com
1928 Isaac Newton Sq.
Reston, VA
Ages: 3 months-Grade 3
703-481-2922

Review of Cricket Media's cobblestone, Discover American History: Preparing to Fight by Russ Chamberlayne

My teenage son, Sebastian, and I were in our pediatrician's lobby and I noticed COBBLESTONE Magazine in the bookrack. COBBLESTONE Magazine is all about history. Knowing Sebastian is a huge lover of history, I thought the colorful cover of a poster of a World War I soldier would be of interest to him. He also just finished reading, "All Quiet on the Western Front," a book that describes a German soldier's experience during World War I.

So I asked him to put down his phone (grumble, grumble) and gave him the magazine to read. He thumbed through and noticed "Mapping It", "Cartoon Connection" and some of the other Departments and the articles on World War I. He looked at the table of contents and he had a lot of articles from which to choose: from "The Great War: An Overview" to "The Final Push" to "A Deadly Flu" to "Maker of Masks" plus more. He chose the article "Preparing to Fight." Afterwards, I asked him what he thought.

The story, he said, really put "All Quiet on the Western Front" in context. He was surprised to learn that the U.S. troops weren't really ready to fight. They weren't trained for combat so it took a year for U.S. troops to get to France and help the Allies. He compared the U.S. involvement in World War I to his favorite sport: basketball. The



individual players don't have to be great but you have to have a deep bench. Meaning if you play the same five players throughout the game, they'll be exhausted at the end and will probably lose. The U.S. troops were the bench. They relieved the exhausted French and British troops, increased morale, and eventually the Allies prevailed and won the war.

Sebastian said that moral of the story was not to give up and play your bench. Sebastian really enjoyed the article, and other aspects of the magazine. There were cartoons throughout the pages and a picture of a U.S. World War I soldier in his gear. He also learned an interesting tidbit about president Harry S. Truman, before he became president. Truman, who was a Missouri National Guard artilleryman, had to learn

trigonometry and geometry as part of his training. Sebastian doesn't like any mention of math in his "free" time, and didn't like this aspect of military training.

When we finished our discussion, Sebastian said, "That wasn't so bad." In teenage speak, that means we'll be doing it again!

ABOUT COBBLESTONE AND CRICKET MEDIA:

COBBLESTONE Magazine published by Cricket Media (Parents' Choice Gold Award Winner in 2017) transforms history from a dry classroom exercise into a living, breathing guide to how Americans live, work, play, and eat, from the 1600s to today. Filled with fascinating stories, dramatic photographs, and beautiful illustrations, COBBLESTONE excites imaginations and brings the past to life for children ages nine to 14.

Cricket Media, based in McLean, VA and founded in 1973, publishes magazines for children of all ages from six months (babybug) to 15+ (CICADA). "At Cricket Media, we believe that challenging children's minds and connecting kids to learn together does wonders for their confidence, creativity and curiosity. That's why we are dedicated to providing award-winning media on a safe and secure learning network to engage, enlighten and educate children everywhere."

To subscribe to any of Cricket Media's 15 magazines go to shop.cricketmedia.com.

MAKE CAMP A SAFE AND HEALTHY EXPERIENCE FOR YOUR CHILD



If you've already decided where your children will be attending camp this summer, it's time to think about how best to prepare them for a fun, healthy and safe experience away from home.

From determining what to pack to obtaining a camp physical, there's a lot to consider. And it's only natural for both parents and campers to have some anxiety; especially for first-timers and those who cope with chronic health issues. To have the best and healthiest summer, here are some key recommendations and tips.

HEALTH POLICIES AND CAMP PHYSICALS

Start by taking some time to review and understand the camp's health care policies and practices well in advance. This information should be readily available on the camp's website or in your camper's registration materials. If you can't find it, make a list of questions and call the camp staff to obtain the answers you need.

Most camps will require a physical with medical records submitted several weeks prior to arrival. It doesn't take a lot of time to complete this physical, but don't wait until the last minute to schedule an appointment.

Camp physicals can be obtained from your child's pediatrician or at a walk-in retail clinic like MinuteClinic. Health care insurance providers will not cover camp and sports physicals, so be sure to inquire about the cost before you visit. Prices can vary quite a bit.

A proper camp physical should include: a review of health history and immunizations, height and weight check, thorough physical exam and a stamp or signature on exam forms. Parents should remember to bring a copy of their child's immunization records and a list of any current medications and allergies.

CHRONIC HEALTH ISSUES

Health conditions like asthma, diabetes, serious food allergies or other health concerns should also be factored into your preparations.

Ahead of time, contact the camp staff to see how medications or treatments are handled. It is important to determine what care can be expected from the camp nurse or athletic trainer (in the case of sports camps) and what medications your child can administer on their own. This could include inhalers for asthma treatment, insulin injections and other prescription or over-the-counter medications.

If your child has food allergies, then speak with the camp nutritionist or cook to ensure that menus are tailored to meet their dietary requirements. If your child has a peanut allergy or is allergic to insect stings, determine whether your camper can carry his or her own EpiPen, or how one will be made available. Make sure that camp counselors are equipped with an extra auto-injector on site and are trained to administer care.

WHAT TO PACK

Begin early by putting together a camp packing list. Some of the items to ensure get packed in their child's duffel bag are: hiking boots or sneakers, slip-resistant water shoes for showers and pool, lightweight, long-sleeved shirts and pants for hikes and activities (to protect against ticks, poison ivy and the sun's rays), antibiotic ointment and band-aids for cuts and blisters, hand sanitizer or antiseptic wipes for easy clean-up, lip balm, and necessary eye-care items including sun glasses, goggles for sports or swimming, extra contact lenses or glasses.

For sun block, you should choose a broad-spectrum product with a SPF of at least 30, which blocks 97 percent of UVA and UVB rays with spray and stick options for easier application. Insect repellent (without DEET) are available in spray or wipe options.

Careful planning and preparation should help to ensure a safe and fun camp experience full of great memories for your child.

(Michelle Hockstra is a mother of two living in Brookeville, MD and a Family Nurse Practitioner at MinuteClinic in Rockville, Maryland. MinuteClinic offers camp physicals at locations inside select CVS pharmacy and Target stores throughout the District, Maryland and Northern Virginia).

A colorful illustration of a summer camp scene. In the foreground, there are three yellow tents on a sandy ground. A small campfire with a flame is in the center. Above the tents, there are two strings of colorful triangular flags. In the background, there are green mountains, a blue sky with white clouds, and a bright yellow sun with rays. The text 'SUMMER CAMP GUIDE' is written in large, white, bold letters, and '2017' is written in large, pink, bold letters to the right.

SUMMER CAMP GUIDE 2017

OVERNIGHT CAMPS

Audubon Naturalist Society

Ages: 4-17; 301-652-9188 ext. 15
anshome.org; nora.kelly@anshome.org
8940 Jones Mill Rd., Chevy Chase, MD
*Teens, Extended Day, Arts, CIT Program, Cooking,
Educational Activities, Field Trips, Hiking, Travel.*

Camp William B. Snyder

Ages: 7-18; 301-530-9360
gotosnyder.org; snyder@ncacbsa.org
6100 Antioch Rd., Haymarket, VA
*Residential, Boys Only, Arts, Boating, CIT, Educational
Activities, Hiking, Overnight Camping, Photography, Special
Needs, Swimming.*

Mountain Stewards Camps

Ages: 10-17
mountain.org/Appalachian

Port Discovery Overnight Adventures

Ages: 4-10; 410-864-2726
Portdiscovery.org; khawkins@portdiscovery.org
35 Market Place, Baltimore, MD
Arts, Educational Activities.

Randolph-Macon Academy Middle School Summer Camp

Ages: 10-13; 540-636-5484
rma.edu/summer-camp; admission@rma.edu
200 Academy Dr., Front Royal, VA
*Extended Day, Arts, Educational Activities, Field Trips,
Hiking, Music, Sports, Swimming.*

DAY CAMPS WASHINGTON, D.C.

Accelerando Music Camp - Etudes

Ages: 4-12; 202-256-9942
dcetudes.com; info@dcetudes.com
1616 Wisconsin Ave., NW, Second Floor
Washington, D.C.
Educational Activities, Music.

All Fired Up

Ages: 6-16; 202-363-9590
allfiredupdc.com
allfiredupquestions@yahoo.com
3413 Connecticut Ave., Washington, D.C.
Arts.

A Summer At St. Patrick's

Ages: 3-13; 202-342-2813
stpatsdc.org/summer_programs
4700 Whitehaven Pkwy., NW, Washington, D.C.
*Arts, Extended Day, Educational Activities, Field Trips, Music,
Sports, Swimming.*

Mad Science

Ages: 6-11; 301-593-4777, 703-536-9897
dc.madscience.org
Educational Activities.

NCRC Preschool - Rainbow Camp

Ages: 2 1/2-6; 202-363-8777
ncrcpreschool.org/summer-camp
3209 Highland Pl., NW, Washington, D.C.
Educational Activities.



Northeast Stars Camp

nestars.net

1325 Maryland Ave., NE, Washington, D.C.

Educational Activities.

The Theatre Lab Summer Acting Camp for Kids

Grades 1-12; 202-824-0449

theatrelab.org; contact@theatrelab.org

733 8th St., NW, Washington, D.C.

Teens, Extended Day, Drama.

DAY CAMPS MARYLAND

Abrakadoodle

Ages: 3-12; 703-538-4278

Abakadoodle.com; swalia@abakadoodle.com

Northern VA, Prince William County,

Loudoun County, Montgomery, MD

Arts, Educational Activities.

Acorn Hill Waldorf Kindergarten & Nursery

Ages: 3-6; 301-565-2282

acornhill.org; info@acornhill.org

9504 Brunett Ave., Silver Spring, MD

Extended Day, Arts, Cooking, Music.

All Fired Up

Ages: 6-16; 202-363-9590

Allfiredupdc.com

allfiredupquestions@yahoo.com

4923 Elm St., Bethesda, MD

Arts.

Audubon Naturalist Society

Ages: 4-17; 301-652-9188 ext. 15

anshome.org

nora.kelly@anshome.org

8940 Jones Mill Rd., Chevy Chase, MD

Teens, Extended Day, Arts, CIT Program, Cooking,
Educational Activities, Field Trips, Hiking, Overnight
Camping, Travel.

Camp Aristotle - The Auburn School

Rising K-Grade 8; 301-588-8048

theauburnschool.org

9545 Georgia Ave., Silver Spring, MD

Teens, Extended Day, Arts, Computers, Educational
Activities, Special Needs, Sports.

Creative Youth

Ages: 7-13; 240-800-4916

creative-youth.com; info@creative-youth.com

4850 Saint Elmo Ave., Bethesda, MD

Teens, Arts.

Mad Science

Ages: 6-11; 301-593-4777, 703-536-9897

dc.madscience.org

Educational Activities.

Cub Scout Day Camp

Ages: 6-11 • 301-530-9360

ncacbsa.org/daycamp

daycamp@ncacbsa.org

See website for locations.

Boys Only, Arts, Educational Activities, Special Needs.

International School of Music

Ages: 3-12; 301-365-5888

ismw.org; info@ismw.org

10450 Auto Park Ave., Bethesda, MD

Music.

Jamon Montessori Adventure Camp

Ages: 2-10; 301-384-3131

jamonmontessori.com; jamon.montessori.com

52 Randolph Rd., Silver Spring, MD

Extended Day, Arts, CIT Program, Cooking, Educational
Activities, Field Trips, Music, Sports, Swimming, Yoga.

Summer Camp at Imagination Stage

Ages: 3 ½-18; 301-280-1660

imaginationstage.org

4908 Auburn Ave., Bethesda, MD

Teens, Dance, Drama, Music.

Spring Bilingual Montessori Academy - Spring Academy Summer Camp

Ages: 2 ½-6; 301-962-7262

spring-bilingual.org; info@spring-bilingual.org

3514 Plyers Mill Rd., Kensington, MD

Sibling Discount, Extended Day, Arts, Educational Activities.

DAY CAMPS VIRGINIA

A Child's Place at Hollin Hall - Hollin Hall Summer Day Camp

Ages: 6-14; 703-765-8811

hollinhall.com; acphollinh@aol.com

1500 Shenandoah Rd., Alexandria, VA

Extended Day, Arts, Educational
Activities, Field Trips, Hiking, Sports,
Swimming.

» CONTINUED
ON P. 40

Arris Montessori Academy

Ages: 2 ½-10; 703-858-2800

arrismontessori.com

44675 Cape Ct., Ste. 189, Ashburn, VA

Sibling Discount, Arts, Cooking, Dance, Drama, Educational Activities, Music.

Beantree: Westfields Campus

Ages: 6-13

5003 Westone Plaza, Chantilly, VA

Educational, Swimming.

Brookfields Summer Camp

Ages: 3-10; 703-356-5437 ext. 2

brookfieldschool.org; camp@brookfieldschool.org

1830 Kirby Rd., McLean, VA

Extended Day, Arts, CIT, Cooking, Dance, Educational Activities, Field Trips, Hiking, Horseback Riding, Music, Sports, Swimming, Yoga.

Camp Aristotle -

The Auburn School - Fairfax Campus

Grade K-9; 703-793-9353

theauburnschool.org

3800 Concorde Pkwy., Ste. 500, Chantilly, VA

Extended Day, Special Needs.

Camp Griffin -

Westminster School

Ages: 3-14; 703-340-7268

westminsterschool.com

campgriffin@westminsterschool.com

3819 Gallows Rd., Annandale, VA

Teens, Sibling Discount, Extended Day, Arts, Cooking, Dance, Drama, Educational Activities, Field Trips, Hiking, Martial Arts, Music, Sports, Swimming, Yoga.

Camp Kay - Kay School

Ages: 2 ½-12; 703-264-9078

kayschool.org; info@kayschool.org

3005 Dower House Rd., Herndon, VA

Sibling Discount, Extended Day, Transportation, Arts, CIT Program, Cooking, Dance, Drama, Educational Activities, Field Trips, Hiking, Music, Sports, Extreme Sports, Swimming, Travel, Yoga.

The Center for Ballet Arts

Ages: 3-Adult; 703-273-5344

thecenterforballetarts.com; ctrbalarts@aol.com

3955 Pender Dr. #105, Fairfax, VA

Teens, Sibling Discount, Extended Day, Arts, Dance.

» CONTINUED
ON P. 42

Give them
the inner courage
to do anything
they put their
minds to.

InCourage
MARTIAL ARTS

Voted among the best camps, martial arts studios, and after school programs in the Washington DC/Metro area

Register today at www.incouragemartialarts.com

Shenandoah Valley DISCOVERY MUSEUM

4 FLOORS OF INTERACTIVE LEARNING!

540.722.2020
discoverymuseum.net
19 W. Cork Street, Winchester VA

SheEO CAMPS

PLAY! PLAN! PITCH!

5 days. 1 life-changing experience.

For young and aspiring entrepreneurs.

BEaSheEO.com
866-My-She-EO

DISCOVERY TIME STEM SUMMER CAMPS

Choose your theme:

Rocks & Minerals ♦ Let's Build
Art & Artist ♦ Bugs & Insects!

Enroll your engineer, scientist, artist Today!

Check out all our camps at Frying Pan, Burke Lake, Lake Fairfax & Colvin Run Mill

www.katydidkids.com ♦ 703-689-3104

The Theatre Lab's
**summer
drama
camps**

for kids entering grades 1-8, sessions Jun-Aug

202-824-0449 • www.theatrelab.org **The Theatre Lab**
733 8TH Street NW, Gallery Place Metro SCHOOL OF THE DRAMATIC ARTS

EXPERIENCE ~ EXPLORE ~ CREATE

CAMP GRIFFIN
at Westminster School

Ages 3-14 | Early Care | Extended Care

REGISTER TODAY. SPACE IS LIMITED

WWW.WESTMINSTERSCHOOL.COM

FAIRFAX COLLEGIATE
SUMMER 2017

12 NO. VA. LOCATIONS

AGES 6 TO 14

WRITING • READING • MATH • SCIENCE • PUBLIC SPEAKING
TEST PREP • ENGINEERING • ROBOTICS • PROGRAMMING
ART • DESIGN • FILMMAKING

www.FairfaxCollegiate.com

Family Owned and
Operated Since 2004

ALL FIRED UP
POTTERY PAINTED BY YOU
D.C.'s Best Hand Painted Pottery Experience

Summer Camp 2017

- Junior and Senior Camp Programs
- Weekly Half- and Full-Day Sessions
- Mid-June through August

PROJECTS INCLUDE:

- Clay Techniques — Ceramic Fusion
- Pottery Painting — Craft Time

Bethesda Studio
(301) 654-3206
4923 Elm Street,
Bethesda, MD 20814

Cleveland Park Studio
(202) 363-9590
3413 Connecticut Avenue, NW
Washington, D.C. 20008

REGISTER FOR CAMP TODAY!
www.AllFiredUpDC.com

Mad Science Summer Camps are...

- Fun and hands-on!
- Uniquely interactive!
- Eight different week-long programs!
- Great for ages 6-11!

**Camp locations
throughout the area!**

dc.madscience.org

301-593-4777
703-536-9897

**Mad
SCIENCE**

**Ask about our awesome
birthday parties!**

MAD SCIENCE OFFERS EXCITING:
AFTER-SCHOOL PROGRAMS • ASSEMBLIES • BIRTHDAY PARTIES • PRESCHOOL PROGRAMS
SPECIAL EVENTS • VACATION & SUMMER PROGRAMS • WORKSHOPS

Camp William B. Snyder

Ages: 7-18 • 301-530-9360

gotosnyder.org ; snyder@ncacbsa.org

6100 Antioch Rd., Haymarket, VA

Residential, Boys Only, Arts, Boating, CIT, Educational Activities, Hiking, Overnight Camping, Photography, Special Needs, Swimming.

Chantilly Academy Gymnastics & Summer Blast Camp

Ages: 3 & up by June '17 & potty trained;

703-378-4966; chantillyacademy.com

14088K Sullyfield Circle,

Chantilly, VA

Gymnastics, Sports.

Competitive Edge Athletic Performance Center

Ages: 6+; 571-398-2813

competitiveEdgeVA.com

info@competitiveEdgeVA.com

14849 Persistence Dr., Woodbridge, VA

Teens, Extended Day, Field Trips, Sports.

Camp She-EO (for Girl Entrepreneurs)

Ages: 8-16; 866-697-4336

beasheeo.com; info@beasheeo.com

Various locations across Northern Virginia

Girls Only, Educational Activities.

Cub Scout Day Camp

Ages: 6-11 • 301-530-9360

ncacbsa.org

daycamp daycamp@ncacbsa.org

See website for locations.

Boys Only, Arts, Educational Activities, Special Needs.

Encore Stage & Studio It's Elementary

Ages: 4-9; 703-548-1154

encorestage.org; info@encorestage.org

5800 Washington Blvd., Arlington, VA

Drama.

Encore Stage & Studio Stage Door & Tech Camp

Ages: 11-15; 703-548-1154

encorestage.org; info@encorestage.org

200 S. Carlin Springs Rd., Arlington, VA

Extended Day, Arts, Dance, Drama.

Encore Stage & Studio Summer Stories and Season Sampler

Ages: 8-12; 703-548-1154

encorestage.org info@encorestage.org

4000 Lorcom Ln., Arlington, VA

Drama.

Fairfax Christian School

Ages: 5-12; 703-759-5100

fairfax-christian-school.com

1624 Hunter Mill Rd., Vienna, VA

Educational Activities.

Fairfax Collegiate Summer Program

Ages: 8-14; 703-481-3080

fairfaxcollegiate.com

722 Grant St., Ste. J, Herndon, VA

Sibling Discount, Extended Day, Arts, Computers, Educational Activities, Photography.

Frying Pan Farm Park

Ages: 3-10; 703-689-3104

Katydidkids.com; info@katydidkids.com

2709 W. Ox Rd., Herndon, VA

Gymboree School Skills / Sports Camp

Ages: 3-5; gymboreeclasses.com

Alexandria Gymboree Play & Music

703-836-2277; 318 S. Pickett St., Alexandria, VA

Burke Gymboree Play & Music

703-836-2277

6045 Burke Center Parkway #204, Burke, VA

Chantilly Gymboree Play & Music

703-836-2277; 14155 Sullyfield Cir. Ste. I

Chantilly, VA

Sibling Discount, Arts, Educational Activities, Sports.

Harmonia Musical Theater & Creative Arts Camp - Harmonia School of Music & Art

Ages: 4-18; 703-938-7301

harmoniaschool.org; harmonia@harmoniaschool.org

204-F Mill St. NE, Vienna, VA

Teens, Sibling Discount, Extended Day, Arts, Drama, Music.

Heart Beats Music & Dance Camps

Ages: 3-16; 703-440-9000

hbeats.com; staff@hbeats.com

8060 Rolling Rd., Springfield, VA

Teens, Sibling Discount, Extended Day, Arts, CIT Program, Dance, Drama, Gymnastics, Martial Arts, Music.

InCourage Martial Arts Summer Camp

Ages: 4-12; 703-724-9306

Incouragemartialarts.com; support@

incouragemartialarts.com

42910 Winkle Dr., Ste. 135, Ashburn, VA

Transportation, Arts, Educational Activities, Field Trips, Martial Arts, Sports, Swimming.



WONDERLAND:

ALICE'S ROCK & ROLL ADVENTURE

JUNE 21–AUGUST 13

ROCK
ALONG WITH
ALICE IN THIS
CONTEMPORARY
MUSICAL TAKE
ON THE
CLASSIC!

“Indie cool...
refreshing,
rockin’ take on
the adventures
of Ms. Alice!”

~Chicago Tribune

imaginationstage.org | 301-280-1660



Does your child need...

- A place to make friends with support?
- A camp with structure & consistency?
- A supportive & highly trained group of staff?
- A more understanding camp environment?
- A low camper to teacher ratio?
- A small camp environment?



Camp Aristotle at The Auburn School
a camp program that supports social development through fun and friendship!
Fairfax, Silver Spring and Baltimore
www.camparistotle.org

Water Ballet?

Nah ... but our summer program
is making a really big splash!

With award-winning camps and
summer classes, your child can be
a prince or princess, swashbuckler
or swan, bear or ballerina ...
but always a shining star with memories
that will stay lit in the heart forever

Coming This Summer
‘Try It Out Class’

a 7-week sampler -
two weeks each of ballet,
tap, jazz and a week
of musical theater

Fall Session
Registration Opens
on June 22

tiny
dancers®

Ballet | Tap | Jazz | Wiggletoes®



Alexandria
Fairfax • Mosaic

703.385.5580
www.tinydancers.com

Voted ‘Best Dance Studio’
— Family Magazine readers

© 2017 Tiny Dancers LLC



Let's Build Robots!

Winter and Spring
Break Robotics
Camps

School Holiday
Robotics
Workshops

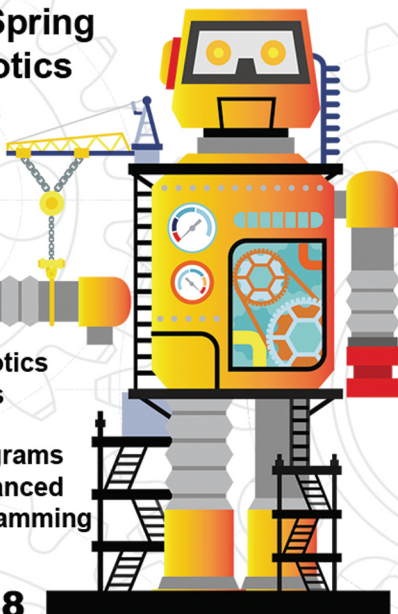
Saturday Robotics
Workshops

After School Programs
in Basic and Advanced
Robotics and Programming

703-364-5418

RobotWorks

Hands-on Science & Engineering Academy
www.robotworksacademy.net



InCourage Martial Arts Summer Camp

Ages: 4-12; 703-503-0101

Incouragemartialarts.com; support@incouragemartialarts.com

incouragemartialarts.com

8932 Burke Lake Rd., Springfield, VA

Transportation, Arts, Educational Activities, Field Trips,

Martial Arts, Sports, Swimming.

Mad Science

Ages: 6-11; 301-593-4777; 703-536-9897

dc.madscience.org

Educational Activities.

Metropolitan School of the Arts

Ages: 3+

metropolitanarts.org

Alexandria, VA

Dance.

Montessori School of Cedar Lane

703-560-4379

3035 Cedar Lane, Fairfax, VA

Educational.

Montessori Country School

mcsherndon.com; info@mcsherndon.com

703-437-8285

621 Alabama Dr., Herndon, VA

The Montessori School of McLean

Ages: PreK-6; 703-790-1049

mcleanmontessori.org

1711 Kirby Rd., McLean, VA

Arts, Cooking, Educational Activities, Field Trips, Music.

The Montessori School of Northern Virginia, Valleybrook Campus

Ages: 3-6; 703-992-0255

msnv.org; info@msnv.org

3433 Rose Ln., Falls Church, VA

Extended Day, Transportation, Arts, Cooking,

Dance, Drama, Educational Activities, Field Trips,

Gymnastics, Music, Sports, Yoga.

The Montessori School of Northern Virginia, Hillbrook Campus

Ages: 3-12; 703-256-9577

msnv.org; info@msnv.org

6820 Pacific Ln., Annandale, VA

Extended Day, Transportation, Arts, Cooking, Dance, Drama,

Educational Activities, Field Trips,

Gymnastics, Hiking, Music, Sports, Yoga.

Northeast Stars Camp

nestars.net

697 N. Washington St., Alexandria, VA

Educational Activities.

Perfect Pointe Dance Studio

Ages: 3-11; 703-533-8830

perfectpointe.com

staff@perfectpointe.com

2499 N. Harrison St., Ste. I-LL Arlington, VA

Dance, Drama, Gymnastics.

Loudoun Country Day School - Summer Programs

Ages: 5-14

lcds.org; info@lcds.org

20600 Red Cedar Dr., Leesburg, VA

Extended Day, Sibling Discount, Arts, CIT, Computers,

Cooking, Dance, Drama, Educational Activities, Field Trips,

Hiking, Music, Photography, Sports, Swimming, Yoga.

Pinecrest Pavilion – Pinecrest School

Ages: 4-12; 703-354-3446

pinecrestschool.org ; camp@pinecrestschool.org

7209 Quiet Cove, Annandale, VA

Sibling Discount, Extended Day, Arts, Cooking, Dance,

Drama, Educational Activities.

The Pavillion at Beantree

Ages: 6-13

43635 Greenway Corporate Drive, Ashburn, VA

Educational, Swimming.

P-Nats Baseball Camp 2017

Ages: 7-14; 703-590-2311 ext. 254

milb.com; cboggy@potomacnationals.com

G. Richard Pfitzner Stadium

7 County Complex Ct., Woodbridge, VA

Teens, Sports.

Reston Montessori School

Ages: 3-9; 703-481-2922

office@restonmontessori.com

1928 Isaac Newton Sq. West, Reston, VA

Extended Day, Arts, Field Trips.

Robotics Summer Camps

Ages: 6-16; 703-364-5418

robotworkssacademy.net; robotworks@cox.net

8992 Fern Park Dr., Ste. 2, Burke, VA

Sibling Discount, Computers, Educational.

Shenandoah Valley Discovery Museum

Grades PreK-9

19 West Cork, Winchester VA

Educational.



Summer at St. Patrick's

ENGAGE • WONDER • CREATE



REGISTER
TODAY!

TRADITIONAL DAY CAMPS FOR CHILDREN AGES 3-13

June 19 - August 4, 2017

Expert Instructors • Field Trips • Early Arrival • Extended Day
Delicious Lunches • Swimming • Academic Programs • Sports
Spanish • STEAM • Art, Music & More!

For more information, visit www.stpatsdc.org/summer_programs

202.342.2813 | 4700 Whitehaven Parkway, NW Washington, DC 20007



SPORTS | INSTRUCTION | THEME DAYS | FUN ALL-SPORTS SUMMER CAMP

JUNE 19 THROUGH AUGUST 25

9:00AM - 3:00PM

\$200 PER WEEK | EARLY BIRD RATE \$175 THROUGH APRIL 1



TO SIGN UP:
WWW.COMPETITIVEEDGEVA.COM
571-398-2813

14849 Persistence Dr Woodbridge, VA 22191

Extended hours
available

SUMMER! MUSIC • THEATER • ART

CAMPS! Ages 4-14

- Musical Theater, Art & Music
- Performances
- 1 & 2 wk session
- Weekly Music Lessons & Art Classes



SUMMER MUSICAL THEATER

Production of

WICKED

THE WITCHES OF OZ
(CALL FOR CAST PLACEMENT)
AGES 10-18

www.harmoniaschool.org
703-938-7301 Vienna, VA

ShadowLand

"...UNBELIEVABLY EXCITING..."

Buy 1 adventure,
Get 1 free.
Limit 1 game. Valid 'til
6/30/17 with this coupon.
Not valid with
b'day parties.

*Strap on a suit,
enter the huge
multi-level arena,
and prepare for
the adventure of
a lifetime!*

Find out why
we're the area's
favorite spot for parties,
youth group outings and
office team-building

CHANTILLY ** SPRINGFIELD

ShadowlandAdventures.com/fun225



GYMNASTICS IS FOR EVERYONE!

★ NEW - Ninja Zone Classes for 3-8yrs

★ GYMNASTICS PROGRAMS

SUMMER BLAST CAMPS

- Summer Blast Camps 6/26-8/18/2017
- Open House: Saturday, August 5th - 10 am - 2 pm
- School Year AM & PM Gym Classes for Girls & Boys
- Parent & Tot Classes 18mos - 3yrs
- Tumbling Tots - 3yrs-5yrs
- School Age Classes - Kindergarten-18yrs
- Field Trip Packages Available
- Kids Night Out - Kindergarten & Up Fridays 6-10pm
- Kinder Play Open Gym - 6yrs & under Fridays 1-2pm

★ AFTERSCHOOL ACTIVE KIDS PROGRAM- TILL 6PM Transportation Available

★ USA GYM JUNIOR OLYMPIC & XCEL COMPETITIVE TEAMS



**SUMMER REGISTRATION
NOW!**



HAVE A BIRTHDAY BLAST AT CAC!

Birthday Parties offered on Fridays, Saturdays & Sundays.

Ask about our NINJA PARTIES - HI YAH

14088-K Sullyfield Circle • Chantilly, VA 20151 • 703-378-4966

\$15.00 OFF
Registration Fee
New Students
or Birthdays

How to make your new house **FEEL LIKE HOME**

Welcome to NOVA! Maybe you moved from far away or just crossed the river, either way this is your new home and you are trying to settle in. Whether it is a brand-new construction or new-to-you, you want to feel at home in your new dwelling. One in four homeowners said they regretted purchasing their current home, according to a Harris Poll for Redfin. But amongst the wineries and the monuments in Northern Virginia, you can create a space that is familiar, comfy and fits your lifestyle. Here are a few easy projects to make you feel right at home.

PAINT

Chances are the previous home owners left their mark with some crazy colors that do not fit your style. Or, the place was painted “realtor white,” the basic beige. Paint is an easy way to revamp a space, and make it your own.

If you have a color scheme that worked in your old space, consider repeating them. Familiar elements may help reduce anxiety and help you feel more at home.

But new colors are also a “fresh

start.” Bright colors work well in the kitchen, recalling fresh produce and stimulating the appetite.

GET ORGANIZED

Now is the perfect time to get a handle on your kitchen storage. Hopefully you decluttered before packing, but if not, this is the perfect time. Walk through your new kitchen and set “working stations” that fit your lifestyle, for example a main cooking area, coffee station, kids snack station or even a cocktail station. Now you can unpack according to those stations. Organize items in clear boxes so you can see clearly what’s in them and ease access.

PLANTS AND FLOWERS

It is well known that the green colors are good for relaxation. An easy way to bring a pop of green into your home are with plants and flowers. They bring bright color for just a few dollars. Plants are also known to help clean the air, and the smell of fresh flowers will cheer you up! How about the front yard? If you have room for some personal touch; spruce it up. And don’t forget an herb garden for the kitchen. There is nothing

like fresh herbs to flavor your culinary creations in your new kitchen.

GET PERSONAL

A chalkboard can add a great personal element. Just a small investment and an easy afternoon DIY and you can convert a boring wall in the kitchen to the family communication command center. You can leave fun notes, write to-do lists, plan weekly menus, and keep track of other reminders.

And if all else fails, bake some cookies! There is nothing that says home like the scent of fresh baked cookies! Invite the neighbors, they will be happy to know there is a new baker in town.

Anna Gibson is the owner and chief designer of AKG Design Studio, an award-winning, certified kitchen and bathroom designer. AKG Design Studio is a boutique design firm specializing in kitchen, bathroom designs and cabinetry sales. Contact her at 571-989-2541 or anna@akgdesignstudio.com, and view her work at www.akgdesignstudio.com.

 "FAMILIES * SCHOOL GROUPS
SCOUTS * BIRTHDAYS"

Address: 7300 MacArthur BLVD
Glen Echo, MD 20812
Phone: 301-955-6256
Hours: Saturdays 9-5, Sundays 12-5
(Weekdays by request)



PARTY! PARTY! PARTY!

Advertise NOW
in this Popular Section!

To find out how call:
703-318-1385, Ext 7#

TONIES PLUS
+ ICE CREAM TRUCK



BOOK NOW FOR YOUR
Summer Programs
School Fairs
Corporate Venues
Birthdays

571-283-2408 

 **Michael Chamberlin**

MAGICIAN

301-656-5693
mikecmagic.com

 **Party Pals!**
We Come To You!!!
Children's Party Entertainment

Custom Parties Ages 1-12

| | |
|--------------------|-----------------|
| Parachute | Pinata & Treats |
| Obstacle Course | Relay Races |
| Bubbles & Balloons | Dance Party |
| Face Painting | Mani-Pedi Spa |
| Characters | Army Boot Camp |

... **Specialty Parties and More!**

571-265-3898
www.partypals.us
Laura Kowalczyk, M.Ed.

 **abrakadoodle®**



Art Classes and Camps for Children!
Events and Parties too!

- Standards based curriculum
- Professional Teachers
- Child-centered learning instruction
- Lots of Fun!

For information, contact:
Sue Walla | 703-938-4218 | swalla@abrakadoodle.com | Northern VA
Eileen Moore | 571-589-8133 | emoore@abrakadoodle.com | Prince William City
Yolanda Smith | 571-361-3100 | ysmith@abrakadoodle.com | Loudoun County
Nancy Delano | 301-564-0383 | ndelano@abrakadoodle.com | Montgomery City

Puppet Shows
For All Occasions
(703) 444-9426

- Large and colorful marionettes and hand puppets
- Lively music
- Audience participation
- Puppet-making workshops
- Goody bags



Susan Wall's
CAROUSEL PUPPETS 

www.carouselpuppets.com

"See The Look Of Surprise And Wonder In Your Child's Eyes!"
Mister Barry's Magic Show

A 35 minute performance that will produce squeals of laughter and surprise! Watch your child's reaction when the magic happens right in their very own hands!

"Since the first second the show started to the last, kids as well as grown-ups were laughing. His tricks are ingenious, funny and interactive." M.M. Kensington, MD

Plus
Mister Barry's Magic Class w/Goodie Bags

After the show each child gets a magic goodie bag and is taught super cool tricks he can perform at home.

"My 7 year old is still talking about her best birthday ever. She and her friends have been practicing the magic tricks they learned."
M.S. Reston, VA

Call (703) 851-7606
Or Visit Us At: www.misterbarry.com

Book Your Jump Time online!

 **ROCKIN' JUMP**
THE ULTIMATE TRAMPOLINE PARK.

CELEBRATE YOUR BIRTHDAY
AT ROCKIN' JUMP

NEW! Rock Climbing Wall
Open Jump • Dodgeball • Slam Dunk Zone
Birthday Parties • And More!

GAITHERSBURG.ROCKINJUMP.COM

18620 Woodfield Road | Gaithersburg, MD 20879 | 301.703.3707

Superfood: Algae



Kelp



Spirulina



Chlorella

You'll never believe that something green and slimy is good for your health. (And we're not talking about green smoothies.)

Algae, yes algae, are rich in health-boosting nutrients, and may help you achieve optimal health.

We're not advocating for you to scrape the gunk off of your fish tank, or to skim the top of a stagnant pond to get your dose of this superfood. Not all algae are created equal.

Edible algae is so full of nutrients that it may be considered one of the most nutritious foods known to man; beating out eggs, another nutrition powerhouse. Because they're lesser known and conjure an "ick" factor, they are relatively overlooked.

Touted benefits include boosted energy levels, weight loss, and it can even naturally aid in easing anxiety, fatigue, stress and diabetes.

Algae can come in many different edible forms.

The most common is seaweed. Seaweed is popular in Asian countries, most notably wrapped around our favorite sushi rolls, and known as nori. But these sea plants do come in different varieties, all with different benefits.



CHLORELLA



KELP



SPIRULINA

Kelp, a kind of seaweed, is very unique among its fellow algae. This marine strain is full of iodine, which is critical for thyroid function. It also boasts essential fatty acids, fiber, potassium and sodium. It may aid in cancer prevention, and is also a natural laxative. Sheets of kelp can be added to cooking rice or beans to give tenderness and flavor. It also helps soften

grains and legumes to ease digestion. (Discard the kelp after cooking.) Powdered kelp can be added to smoothies, or it can be simply sprinkled onto savory dishes for a nice salty taste.

A blue-green variety that lends a unique hue to foods is spirulina. A good source of plant-based protein, spirulina has powerful antioxidant and anti-inflammatory properties that can help heal and protect against inflammation and other cell damage. A single tablespoon of dried spirulina powder contains four grams of protein, and it may help lower bad cholesterol levels! Spirulina powder can be added to smoothies or blended into juices—it'll lend a beautiful blue or green color. It can also be taken as a tablet.

Chlorella has a dark-green color and is full of chlorophyll. Not just for plants, chlorophyll may help the body cleanse and heal its organs. It's also a good source of beta carotene, vitamins B-12, C and E, zinc and selenium. Similar to spirulina, chlorella can be added to juices or smoothies, and can also be found in tablet form. No matter what type of algae you choose, you can't go wrong with this nutrient-rich food.

POTOMAC NATIONALS

**AFFORDABLE
FAMILY
FUN!**

BASEBALL CAMPS

Your chance to learn from the pros!

2 TWO DAY CAMPS:

July 20th - July 21st

July 27th - July 28th

1 THREE DAY CAMP:

August 15th - August 17th

• **JOIN THE P-NATS
KIDS CLUB FOR
EXCLUSIVE BENEFITS!**

• **FAMILY CAMPOUT
NIGHTS ON 6/24,
7/8, 7/22 AND 8/19**

• **FIREWORKS
EVERY WEEKEND!**



BIRTHDAY PARTIES

BASIC PACKAGE

\$18/Guest, Minimum of 10

- Reserved Ticket
- Food Voucher (Hot Dog, Chips, 12 oz. Soda & Cookie)
- Kids Zone Bracelet
- Souvenir Pennant
- P-Nats Logo Baseball for birthday child only
- Birthday Inning Parade
- Uncle Slam Party Visit
- In-game Public Address opportunity for birthday child
- In-game Happy Birthday mention

Additional tickets are \$12 (Reserved Ticket is only inclusion).

PICNIC PACKAGE

\$23/Guest, Minimum of 10

- Reserved Ticket
- All-You-Can-Eat Buffet (Hot Dogs, Hamburgers and Sides)
- Kids Zone Bracelet
- Exclusive Hat
- P-Nats Logo Baseball and Souvenir Pennant for birthday child only
- Birthday Inning Parade
- Uncle Slam Party Visit
- In-game Public Address opportunity for birthday child
- In-game Happy Birthday mention

KIDS DAY

Sundays

Kids Eat Free, Select Kids Giveaways, & Additional Kids-themed Promotions!

TWO FREE GRANDSTAND TICKETS

To redeem, present this coupon at the P-Nats Ticket Office for a game during the 2017 season

Excludes 7/4/17. Coupon expires 8/27/17. Limit one offer per coupon. Cannot be combined with any other discounts or offers.



FOR MORE
INFORMATION,
CALL
703-590-2311
OR VISIT

POTOMACNATIONALS.COM



2017
**Best
FOR FAMILIES**

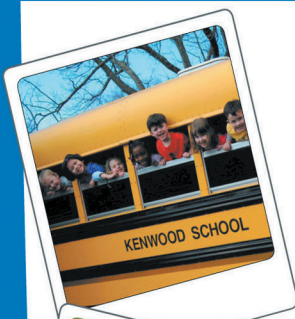
VOTE

The readers have voted for Best for Families
and the results will be in the July issue
of Washington FAMILY.

FAMILY
WASHINGTON



 **northern virginia
MEDIA SERVICES**



KENWOOD SCHOOL

Dedicated to Educational Excellence for over 50 Years

BEFORE & AFTER SCHOOL CARE

KINDERGARTEN THRU 6TH GRADE

LEARNING

- Small class sizes – allows one-on-one instruction with the teacher
- Follows and exceeds Fairfax County curriculum
- Standardized testing twice a year to evaluate school ability and achievement; no SOL's
- Integration of reading, writing, oral language, phonics, science, social studies, spelling and math
- Extracurricular classes in Computers, Music, Gym and Spanish
- Manners and strong social skills are developed in everyday interactions

EXTRAS

- Daily interactions with your child's teacher
- Invention Convention, Science Fairs, Fall Festival
- Children are able to excel at their own pace
- Hot catered lunches and snacks provided
- Variety of Educational Field Trips throughout the year
- Summer / Holiday Camps
- Centrally located – minutes from downtown and major highways

PLAY

- On-site gym for indoor exercise
- Daily indoor/outdoor free play
- Spacious Playground

703-256-4711

4955 Sunset Lane Annandale, VA
admissions@kenwoodschoo.com
www.kenwoodschoo.com

Kenwood Summer Day Camp

Summer Camp begins
June 12th through August 31st.

Sibling Discounts

Extended Day at no additional charge

7am-6pm Mon-Fri

Sports | Art N Crafts

Just some of our Field Trips

Pirate Cruise • Medieval Times • Adventure Land USA
Central Park Funland • Kings Dominion • Six Flags
Washington Nationals Game



Summer Camp
begins on June 12th



4955 Sunset Lane • Annandale, VA • 703-256-4711
www.camp.kenwoodschoo.com

**NOW
ENROLLING**
1st - 6th grade



Discover LePort Montessori Elementary

Now enrolling for 1st-6th grade

Montessori elementary is...

- ...motivation by curiosity and interest, not grades
- ...individualized attention with a 1:12 ratio & small-group lessons
- ...limited homework = more time for family & hobbies
- ...a nurturing, mixed-age, family-like community
- ...a classroom so beautiful some parents wish they were kids again!

Contact us today to set up a tour
and admissions meeting:

(571) 392-5959

leport.com/go/enroll-el

*Our aim is not merely
to make the child
understand, and still less
to force him to memorize,
but so to touch his
imagination as to enthuse
him to his inmost core.*

—Dr. Maria Montessori

