



Parent Resource Center

"Promoting a cooperative partnership between Parents, Schools and the Community"

Low Cost/Free Summer Activity Ideas for All Ages/Abilities

All listings are for general information purposes. The staff of the Parent Resource Center does not endorse any particular camp, organization or program. You are encouraged to investigate all programs you are considering for your child. All websites were checked for accuracy on 2/19/2019

NAME	PHONE/E-MAIL/WEBSITE	ACTIVITY	AGES SERVED
Parks & Recreation Departments Fredericksburg Spotsylvania	Fred: 540-372-1086 & www.fredericksburgva.gov Spotsy: 540-507-7529 & www.spotsylvania.va.us	Sports teams, camps and classes with a wide variety of activities	All
The Fredericksburg Field House	540-361-4717 www.fredfieldhouse.com	Summer sports camps and year round leagues	3 & up
Special Olympics	800-932-4653 540-891-0099 www.specialolympicsva.org	Sports, clubs and school based activities for children and adults with disabilities	All
Akido	540-582-9600 www.aikidoinfredericksburg.org	Martial Arts for age 6 & up. Special Needs Class—Free Trial Class Call for information	6 & up
J-Tiger Martial Arts	540-898-0087 www.jtigerva.com/	Martial Arts Academy offers trial prices - Call or check website for current available specials	Pre-K & up
I-Kik Martial Arts	540-898-0700 www.ikikva.com	Martial Arts Academy - Call or check website for current available specials	3 & up
Seong's Martial Arts	540-898-8111 www.seongsmartialarts.com	Long-standing local Martial Arts Academy - Call or check website for current special offers	3 & up
Paragon Gymnastics	540-548-4966 www.paragongymnastics.com	Gymnastics classes, character building, arts & crafts, summer camps and more!	All
YMCA Ron Rosner - Spotsylvania Massad - Fredericksburg	www.family-ymca.org Spotsy - 540-735-9622 Fred - 540-371-9622	Camps, programs and events for children and adults	All

Please contact us if we may be of further assistance! **Phone:** 540.582.7060

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Hazelwild Farm	540-891-8751 www.hazelwildfarm.com	Summer camps, riding lessons, therapeutic riding/special Olympics, clinics and special events	4 & up
White Buffalo Horse Farm	540-854-6022	Riding lessons and summer camps	All`
B & R Ranch & Sunrise for All Therapeutic Horseback Riding	540-368-2685 or 540-273-4919 sunriseforall@outlook.com	B & R Ranch provides riding lessons and summer camps. Sunrise for All offers life-improving Equine Therapy for Individuals with disabilities and to the nations Wounded Warriors	5 & up
Christian Youth Theatre	540-604-5156 www.cytfredericksburg.org	Musical theatre day camps, shows, and programs	8—18 Yrs
Stage Door Productions	540-903-3808 www.stagedoorproductions.org	Performing arts camps and workshops for all ages. <i>Stage Door Stars</i> theatre enrichment experience for the special needs community	4 & up
Riverside Dinner Theatre	540-370-4300 www.riversidedt.com	programs for adults and children	All
STEP VA	757-535-1963 www.stepva.org	A non-profit organization that provides sensory based theatre and arts programs for individuals with disabilities	5—23 Yrs
Yamaha Music Studio	540-371-7255 www.ymsfred.com	Mini-courses of introduction to keyboard	3 & up
M & S Studio	540-785-6772 www.mandsstudio.com	Music, dance, and acting classes as well as summer camps	3 & up
Courthouse School of Ballet	804-512-3851 www.courthouseballet.com	Ballet, hip hop, jazz and ballroom dancing classes	4 & up
LibertyTown Arts Workshop	540-371-7255 www.libertytownarts.com	Art classes for children and adults, summer camps	2 & up

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Fun with Art	703-973-4422 www.creativestudiofunwithart.com	Take time out of your busy schedule, relax, have fun and create a unique masterpiece	All
The Creative Side Inc.	540-846-8920	Art classes, summer camps, art parties and demo classes	All
Pots and Palettes	540-373-7046 www.potsandpalettes.com	Painting and pottery classes for children and adults	All
Michaels	540-785-8540 www.michaels.com/classes	Arts & Crafts classes, make it and take it events, and family craft nights	3 & up
Joann Fabric and Craft	540-834-4585 www.joann.com/classes	Arts & crafts classes	3 & up
Gari Melchers Home/Studio at Belmont—Stafford	540-654-1843 www.garimelchers.umw.edu	Art classes, workshops, camps, gardens, picnics, nature paths and tours	All
Home Depot	Spotsy– 540-785-8871 Fred - 540-368-0515 www.workshops.homedepot.com/workshops/kids-workshops	Free hands-on children’s workshops	5-12 yrs
Dr. Yum	https://doctoryum.org/	Kids and Adults Cooking Classes, and informational classes, volunteer opportunities	All
Wegmans	540-322-4800 www.wegmans.com/events	Cooking classes and events for children and adults	4 & up
Friends of the Rappahannock River	540-373-3448 www.riverfriends.org	Programs for children and adults	Varies
Virginia Outdoor Center Fredericksburg	540-371-5085 www.playva.com	Kayaking, canoeing, tubing, climbing, scouting, rope courses, and youth programs	6 & up
“Pick Your Own” Farms	www.pickyourown.org/va.htm	Farms and orchards in Virginia where you can “pick your own” fruits and vegetables	All

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Virginia State Parks	804-692-0403 www.virginiastateparks.gov	Nature programs, events and activities for the family	All
Lake Anna State Park	540-854-5503 www.drc.virginia.gov/state-parks	Boating, fishing, camping, hiking and a beach, in addition to special events	All
Caledon Natural Area King George County	540-663-3861 www.drc.virginia.gov/state-parks	Hiking trails, camping, picnic areas, and the opportunity to view bald eagles in their natural habitat	All
Westmoreland State Park Montross	804-493-8821 www.drc.virginia.gov/state_parks/wes.shtml	Swimming pool, campgrounds, fishing and trails along the Potomac river for sharks teeth and fossil collectors as well as nature enthusiasts of all ages!	All
Prince William Forest Park Prince William County	703-221-7181 www.nps.gov/prwi	37 miles of wooded trails; hiking, biking, camping, campfire programs and special events	All
Yowell Meadow Park Culpeper County	540-829-8260 www.visitculpeperva.com	One-mile paved walking trail, and a more adventurous nature trail lined with history markers. Kid friendly play areas, basketball, and a skateboarding park.	All
National Park Service Fredericksburg/Spotsylvania Battlefields	540-693-3200 www.nps.gov/frsp	Programs for children and adults—learn the history of the area and walk nature trails	All
Historic Tours of Downtown Fredericksburg	540-373-5630 www.washingtonheritagemuseum.org	Learn about George Washington and other great historic figures at museums and during tours in the area. Visit the webpage for event dates and discounted dates.	All
James Madison's Montpelier Orange county	540-672-2728 www.montpelier.org	Guided house tours, “behind-the-scenes” experiences, gardens, galleries, and hands-on activities	All
Monticello—Home of Thomas Jefferson Charlottesville, VA	434-984-9800 www.monticello.org	Guided tours of the house, outdoor gardens and plantation offered April—October	All

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Maymont Richmond, VA	804-358-7166 www.maymont.org	Summer camps and classes, mansion tours, children's farm, Japanese garden, carriage and tram rides	All
George Washington's Ferry Farm Farms/ Historic Kenmore Stafford, VA	George Washington's Ferry Farm 540-370-0732 Kenmore - 540-373-3381 www.kenmore.org	Family history adventure tours, discovery workshops and summer camps	3—12 yrs
Children's Garden at Lewis Ginter Botanical Garden Richmond, VA	804-262-9887 www.lewisginter.org	Sand play area for digging, building and garden design, playhouses and landscapes, an adventure pathway, water play and a tree house accessible to all!	All
Cooperative Extensions Office Spotsylvania County	540-507-7570 www.spotsylvania.ext.vt.edu	4-H Summer camps and 4-H clubs	School Age
Children's Museum of Richmond	Fredericksburg—540-656-2233 Downtown Richmond— 804-474-7062 Short Pump—804-474-7070 www.childrensmuseumofrichmond.org/fullmenu/calendar	Multiple locations. Offers a variety of activities for preschool & school age children and discounted/free admission. Check website for details.	All
Virginia Discovery Museum Charlottesville VA	434-977-1025 www.vadm.org	Touch, play, and explore! Hands on children's museum with exhibits on the arts, sciences, history and nature!	1-13 yrs
Science Museum of Virginia Richmond VA	804-864-1400 www.smv.org	Dynamic events, exhibits, live science, IMAX films, & hands on experiences that inspire guests of all ages!	All
Smithsonian Zoo/Museum Washington DC	202-633-4888 www.fonz.org	Many wonderful exhibits for children and adults!	All
Metro Richmond Zoo Richmond VA	804-739-5666 www.metrorichmondzoo.com	Summer Safari day camp, animal encounters, and 1500 animals representing 148 species	All
University of Mary Washington	540-64-1000 www.umw.edu/events	Galleries, exhibitions, events, concerts and camps	All

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George Mason University The Helen A. Keller Center for Human Disabilities Fairfax VA	703-993-3680 www.kihd.gmu.edu	CompuPlay - camp for children with physical, communications, or severe disabilities ; CompuWrite - camp for writing process challenges	5—21 yrs Grades 4—8
Rappahannock United Way	540-373-0041 www.rappahannockunitedway.org	Volunteer opportunities for families	All
Libraries C. Melvin Snow Library Salem Church Library Headquarters	www.Librarypoint.org Snow Branch—540-507-7565 Main line for all other branches 540-372-1144	Each Branch offers programs for children and adults	All
Fredericksburg Fair	540-373-1294 www.fredericksburgfair.org	Local agricultural fairs with vendors, food, entertainment, and activities for all ages	All
Central Park Fun Land	540-785-6700 www.centralparkfun-land.com	Indoor/outdoor family fun center featuring go-karts, arcade, mini golf, and more!	All
AMF Bowling	540-786-2695 www.amf.com/location/amf-fredericksburg-lanes	Bowling leagues & clubs. Free bowling for kids 15 & under all summer (Must pay for shoes)	All
Splitsville Paragon Village 12	540-785-2695 splitsvillelanes.com 540-785-7328 village12.com	Summer specials for movies and bowling	All
Regal Fredericksburg	844-462-7342 ext. 383 540-786-7796 www.regmovies.com/Movies/Summer-Movie-Express	\$1 movies on Tuesday and Wednesday mornings	All
Marquee Southpoint	540-710-0401 www.marqueecinemas.com/summerkidsseries	Free Summer Movie Specials	All
Local Daycare Centers	Check your local phone listings or www.fredericksburgparent.net (click 'guide' then 'child care centers')	Summer programs can include swimming, field trips, and more	School Age
Local Churches	Check your local phone listings or www.fredericksburgparent.net	Vacation Bible School offered at various times throughout the summer	School Age

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Additional Ideas for Local Fun, Family Activities, Programs, Camps and Events

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Fredericksburg Parent & Family Magazine - <http://www.fredericksburgparent.net/>

Free Lance-Star - <http://events.fredericksburg.com/>

Visit Fredericksburg - www.visitfred.com

Fredericksburg Guidebook - www.fredericksburgguidebook.com

Spotsylvania County Visitor Center - <http://visitspotsy.com/spotysylvania-history/spotsylvania-county-visitors-center/>

Virginia Campgrounds - www.virginiacampgrounds.org

Virginia Department of Transportation - www.Viriniadot.org

Virginia is for Lovers - www.virginia.org

National Park Service - www.nps.gov/state/va

Macaroni Kids—Resources for Parents in the Fredericksburg Area: fredericksburg.macaronikid.com

Camps

American Camping Association – <http://www.acacamps.org>

Camp Channel – <http://www.campchannel.com/docs/campsearch.html>

The Camp Page – <http://www.camppage.com/frame2.htm>

Kids Camps – <http://www.kidscamps.com>

Computer Camps – <http://www.bestcomputercamps.com>

Summer Camps in Virginia serving families of children with special needs – <http://www.veryspecialcamps.com/Virginia/Special-Needs-Summer-Camps.shtml>

Signs of Fun Summer Camp – <http://www.signsoffuncamp.org/>

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