

# Ashland Elementary School

**Community Guide for New Families**



15300 Bowmans Folly Drive • Manassas, VA 20112

Phone: 703.583.8774 • Fax: 703.583.9542

### Extracurricular Activities & Sports

Name	Contact	Type	Additional Info
All That & Jazz	5119 Waterway Drive Dumfries, VA 22025 703-730-7858 allthatandjazz@hotmail.com	Offers Jazz, Tap, Ballet, Pointe, Lyrical, Modern, Hip Hop, and Competition Team classes.	<a href="http://www.allthatandjazz.com/">www.allthatandjazz.com/</a>
Dance Etc.	13590 Minnieville Road Woodbridge, VA 22192 703-878-1000 info@musicandartlessonwoodbridge.com	Classes include Art (painting, drawing, clay), Drama, and Music (voice, guitar, piano) for youth.	Weekday and weekend classes are provided. Enrollment for fall classes begin in August. <a href="http://www.musicandartlessonwoodbridge.com/">www.musicandartlessonwoodbridge.com/</a>
DeGrasse Dance Studio	13867 Smoketown Road Woodbridge, VA 22193 703-330-6730 703-231-3702 jydegrasse@comcast.net	Classes include Ballet, Tap, Jazz, Hip Hop, Zumba, and Lyrical/Contemporary dances.	<a href="http://www.degrassedancestudio.com/">www.degrassedancestudio.com/</a>
METstar Elite Dance Company	Montclair Plaza 4386 Kevin Walker Way, Montclair, Virginia 22026 703-730-7747 metstardance@aol.com	Offers classes in Ballet, Pointe, Jazz, Tap, Hip Hop, Contemporary, Lyrical, Broadway Jazz, Musical Theater, Pom, Cheer and Tumbling.	Regular season classes begin in September and conclude in June. Summer dance classes, camps, intensives and master classes are also offered. <a href="http://www.metstarelitedance.com">www.metstarelitedance.com</a>
Drama Kids	Freedom Aquatic Center GMU Manassas Campus 9100	After school program that provides creative drama education for children and	Students can join almost anytime throughout the school

	Freedom Center Blvd Manassas, VA 20110 540-658-1190	young adults.	year and tuition is pro-rated based on the day the student enrolls. <a href="http://dramakidsinc.com/va3/">http://dramakidsinc.com/va3/</a>
Youth Orchestras of Prince William (YOPW)	703-590-7083 yopw@yopwva.org	Provides a range of performance opportunities for youth.	<a href="http://www.yopwva.org/">http://www.yopwva.org/</a>
Cub Scout Pack 35	<a href="mailto:cubpack35va@gmail.com">cubpack35va@gmail.com</a>	Boys in 1st grade and up can join.	<a href="http://www.scoutlander.com/publicsite/unithome.aspx?UID=11174">http://www.scoutlander.com/publicsite/unithome.aspx?UID=11174</a>
Girl Scouts Council of the Nation's Capital Service Troop 3297	<a href="http://www.orgsites.com/va/gscnc80-7/">http://www.orgsites.com/va/gscnc80-7/</a>		
Ashland Stingrays Swim Team	Chris Bodmer, Head Coach acbodmer@verizon.net 571-221-0049	Summer (June - July) swim team for boys and girls	The Ashland Stingrays are part of the Prince William Swim League. <a href="http://www.pwswim.com/">http://www.pwswim.com/</a>
American Pride Youth Football	registration@apyfl.org Ruby Higgins; Jill Marzo (cheer directors) cheer@apyfl.org	Football and Cheerleading teams. Season(s): April - Aug., Aug.-Nov.	<a href="http://www.apyfl.org">www.apyfl.org</a>
Northern Virginia Soccer Club	703-794-7672 info@novasc.org	Recreational and travel teams for children ages 3-18.	<a href="http://www.novasc.org">www.novasc.org</a>

		Season(s): April - Aug., Aug. - Nov.	
Dale City Sports Club	C. Anderson (football) Veronica Anderson (cheerleading) 703-670-6921	Football and Cheerleading leagues. Season(s): Aug.- Nov.	<a href="http://www.dalecitysportsclub.org">www.dalecitysportsclub.org</a>
Dumfries District Little League	M. Barlow 703-441-8747 dtqlittleleague@comcast.net	T Ball (Ages 4-5) Machine Pitch Girls Softball (Ages 6-8) Little League Girls Softball (Ages 8-13) Senior League Baseball (Ages 13-15) Challenger Baseball Children with Disabilities (Ages 5-18)	<a href="http://www.eteamz.com/dtql">www.eteamz.com/dtql</a>
Eastern PW Basketball Association	703-791-3615	Basketball teams for girls and boys ages 8-18.	<a href="http://www.epwba.org/">http://www.epwba.org/</a>
Prince William Youth Rugby Football Club	J. Jacobs 703-754-4414 jakecoco1@aol.com	Tag and tackle rugby for boys and girls ages 5-18.	<a href="http://www.princewilliamyouthrugby.com">www.princewilliamyouthrugby.com</a>
Prince William County Manassas Boys & Girls Club	9500 Dean Park Lane Manassas, VA (703) 365-2582 sdotson@bgcgw.org	Offers a variety of sports leagues and clinics year round for youth ages 5-18. Membership required.	<a href="http://www.bgcgw.org/prince-william/">www.bgcgw.org/prince-william/</a>
Prince William Ice Center	5180 Dale Blvd Woodbridge, VA 22193 703-730-8423	Offers year round figure skating and ice hockey programs on NHL and	<a href="http://www.pwice.com/">http://www.pwice.com/</a>

		Olympic sized rinks. Public skating, Freestyle, and Stick & Shoot sessions are scheduled through the week.	
US Tae Kwon Do College	Master Lee or Master Jason Woodbridge, VA 703- 583-4044	Year-Round Martial Arts Instruction & Summer Day Camp. Serves ages 2 ½ - adult.	A PWCS' School Business Partner & will actively work to facilitate the inclusion of students with any disability into their marital arts programs.
Yi Champions Tae Kwon Do Academy	5513 Mapledale Plaza Woodbridge, VA 22193 703-583-2000	Training for students ages 3 – adult. Includes competitive sparring, self-defense training.	<a href="http://www.yctaekwondo.com/">www.yctaekwondo.com/</a>
Dale City Martial Arts	5516 Staples Mill Dale City, Virginia 22193 703-878-8849	Karate programs for children ages 3 and up.	<a href="http://karate4uva.com/">http://karate4uva.com/</a>
LA Boxing Woodbridge	4188 Merchant Plaza Woodbridge, VA 22192 703-583-4269	Provides specialized boxing classes for kids.	Offers a free trial class. <a href="http://laboxing.com/woodbridge">http://laboxing.com/woodbridge</a>
Urban Evolution Manassas	8442 Kao Circle Manassas, VA 20110 (855) 646-5271	Different age and skill level options each week, allowing boys and girls to learn Parkour.	<a href="http://urbanevo.com/">http://urbanevo.com/</a>

### Parks & Recreation

Name	Contact	Type	Additional Info
Graham Park Pool	3511 Graham Park Rd. Dumfries, VA 703-670-7112	Outdoor pool.	
Birchdale Recreation Center	14730 Birchdale Ave. Dale City, VA 22193 703-670-9118	Outdoor pool with wading area and bathhouse, summer camps, playground, basketball courts, and skate park.	
Chinn Aquatics & Fitness Center	13025 Chinn Park Dr. Woodbridge, VA 703-730-1051	Year-round indoor pool, fitness rooms, standard gym equipment, saunas, massage services, racquetball courts, child care, and multi-purpose rooms.	
Chinn Park Regional Library	13065 Chinn Park Drive Prince William, VA 22192 703-792-4876	Computers, free wireless, meeting rooms.	<a href="http://www.pwcgov.org/">http://www.pwcgov.org/</a>
Sharron Baucom Dale City Recreation Center	14300 Minnieville Rd. Dale City, VA 703-670-7112	Spinning and Pilates Studio, large gymnasium, 25-yard heated indoor pool, Aquatics classes, Learn To Swim Program, outdoor playgrounds, three Little League fields, a pavilion	

		with lights and grills nearby, and batting cage.	
Veterans Memorial Park & Scott D. Eagles Skate Park	14300 Veterans Dr. Woodbridge, VA 703-491-2183	Outdoor pool, several sports leagues including swimming, soccer, football, baseball, softball, Little League, basketball, and volleyball.	Community center has open gym days for both basketball and indoor seasonal, as well as dance classes, sports classes, playschool, summer and mini-camps.
Lake Ridge Golf & Marina	12350 Cotton Mill Dr. Woodbridge, VA 703-494-5565	Located in Lake Ridge directly on the Occoquan Reservoir with golf course, driving range, & mini-golf course. Marina offers three-season boat rentals, with a boat ramp and dock access for pass-holders.	
Locust Shade Park	4701 Locust Shade Dr. Triangle, VA 703-221-8579	Batting cages, mini golf course, golf driving range, marina building with boat rentals on an 8-acre lake, playgrounds, tennis and volleyball courts, pavilion rentals, fitness & nature trails, horseshoe pits and amphitheater.	
SplashDown Waterpark	7500 Ben Lomond Park Dr. Manassas, VA 20109	Lazy River, waterslides, pools, food, sand volleyball.	<a href="http://www.splashdownwaterpark.com">www.splashdownwaterpark.com</a>

WaterWorks Waterpark	Andrew Leitch Park 5301 Dale Blvd Dale City, VA 22193	Several slides, water obstacles, wading pools, cabana areas and a fullservice snack bar.	Located at Andrew Leitch Park, which has baseball fields, basketball and volleyball courts, playground, walking/hiking trails and picnic pavilions.
Skate-N-Fun Zone	7878 Sudley Road Manassas, VA 20109 703-361-7465	Roller skating and laser tag.	<a href="http://skatenfunzone.com/">http://skatenfunzone.com/</a>
Prince William Ice Center	5180 Dale Blvd Woodbridge, VA 22193 703-730-8423	Public skating, Freestyle, and Stick & Shoot sessions are scheduled through the week.	<a href="http://www.pwice.com/">http://www.pwice.com/</a>

### Shopping

Name	Contact	Type	Additional Info
Dale City Farmers Market	Center Plaza Shopping Center 14090 Gemini Way Dale City, VA 22193	Outdoor market with locally-grown fruit, vegetables, plants, baked goods, meats.	Open Sundays 8am – 1pm in the Dale City commuter lot.
Potomac Mills	2700 Potomac Mills Circle Woodbridge, VA 22192 703-496-9330	Outlet mall.	<a href="http://www.potomacmills.com">www.potomacmills.com</a>
Stonebridge at Potomac Town Center	14900 Potomac Town Place Woodbridge, VA 22191	Shopping center with retail, restaurants, Wegmans, and Sport & Health gym.	<a href="http://stonebridgeptc.com/">http://stonebridgeptc.com/</a>
Costco	2700 Potomac Mills Circle		<a href="http://www.costco.com">www.costco.com</a>



	#200 Woodbridge, VA 22192		
BJ's	14123 Noblewood Plaza Woodbridge, VA 22193 703-730-0100		<a href="http://www.bjs.com">www.bjs.com</a>
Sam's Club	14050 Worth Avenue Woodbridge, VA 22192 703-491-2662		<a href="http://www.samsclub.com">www.samsclub.com</a>

### Parent Resources

Name	Contact	Type	Additional Info
SACC (School Age Child Care)	Lynne Asmuth 703-791-8844 PWCSSACC@pwcs.edu	Before/after school childcare for Ashland Elementary School students.	Begins at 6am and after school to 6:30pm; child must attend that elementary school; free or reduced lunch recipients may qualify for reduced tuition. <a href="http://www.minnielandsac.com/PrinceWilliam">www.minnielandsac.com/PrinceWilliam</a>
PWCS Office of Special Education Parent Resource Center	Edward L. Kelly Leadership Center First Floor 14715 Bristow Road Manassas, VA 20112 howartmj@pwcs.edu 703-791-8846	Assists parents and families of children with special needs. Offers parent support, referrals, problem-solving strategies, lending library, workshops and seminars, information about PWCS Special Education services.	Open during the school year: Monday-Friday 8am-4:30pm  Offers bilingual support for parents.

<p>Virginia Cooperative Extension Parent Education Program</p>	<p>8033 Ashton Avenue Suite 105 703-792-6288 Julie Stiles, Program Administrator jstiles@pwcgov.org</p>	<p>Offers three parenting programs:</p> <p>STEP- a six-week class that covers discipline, self-esteem, and communication</p> <p>JJPP – an eight-week class for parents of at-risk youth. In addition to the topics listed above, this class also covers at-risk behaviors such as drug and alcohol use, sexual activity, and anger.</p> <p>WFGA – a three-week class for parents. The class addresses anger, tools for identifying when one is getting angry and tools to manage it appropriately. They also look at anger in children.</p>	<p>Check website for class schedule: <a href="http://www.pwcgov.org/parenting">www.pwcgov.org/parenting</a></p>
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### Military Family Resources

Name	Contact	Type	Additional Info
Quantico Marine Corps Base School Liaison	Quarters 126 Neville Road Quantico, VA 22134 703-784-4729 <a href="mailto:quanticoschoolliaison@usmc-mccs.org">quanticoschoolliaison@usmc-mccs.org</a>	Transitional services include information and referral to ease the move from one educational setting to another. The School Liaison may further assist the military school-age child by facilitation problem solving and providing education to the parents, schools and command so that they may better advocate for the needs of the military child.	<a href="http://www.quantico.usmc-mccs.org/">http://www.quantico.usmc-mccs.org/</a>
Family Service Center	703-784-2650	Information & referrals for military-related personnel at Quantico Marine Corps Base.	
Tutor.com for U.S. Military Families	<a href="http://www.tutor.com/military">http://www.tutor.com/military</a>	Homework and studying help from a professional tutor. Free for students in Army, Navy, Air Force, Marines, National Guard and Reserve families.	Expert tutors are online 24/7 and available to help in more than 16 subjects, including test prep, proofreading, Math, Science, English and Social Studies.
Quantico Youth Center and School-Age Care (SAC)	Building 3312 Purvis Road Quantico, VA 22134 703-784-4453 / 0674	Offers a variety of activities to children ages 6-18. Activities specific to age groups include arts and	Affiliated with The Boys and Girls Club of America.

		crafts, games, sports and many special events.	
Quantico Young Marines	301-801-6676 QYM.CO6@gmail.com	Youth education and service program for boys and girls that promotes the mental, moral, and physical development of its members and focuses on character building and leadership.	Boys and girls ages 8-18 years. Meets at Geiger Hall aboard Marine Corps Base Quantico <a href="http://www.QuanticoYoungMarines.org">www.QuanticoYoungMarines.org</a>

#### Health & Wellness\*

Name	Contact	Type	Additional Info
Prince William Hospital	8700 Sudley Road Manassas, VA 20110 703-369-8000		
Sentara Northern Virginia Medical Center	2300 Opitz Boulevard Woodbridge, VA 22191 703-523-1000		
Urgent Medical Care Center	1713 Wayside Drive Dumfries, VA 22026 703-445-8110		
Prince William County Health District (Woodbridge Office)	4001 Prince William Pkwy #101 Woodbridge, VA 22193 703-792-7300	Services provided include immunizations, high risk and routine maternity care, adult (age 60+) and child dental	<a href="http://www.vdh.virginia.gov/hd/princewilliam/">http://www.vdh.virginia.gov/hd/princewilliam/</a>

		services, nutritional education and food vouchers for women, infants, and children.	
The Greater Prince William Community Health Center	4379 Ridgewood Center Drive Woodbridge, VA 22192 703-680-7950	Provides primary, prenatal, dental and behavioral health care to all residents, regardless of age, income or insurance status.	Walk-in hours for sick visits: Monday - Friday: 8:30-10:30am  <a href="http://www.gpwhealthcenter.org/">http://www.gpwhealthcenter.org/</a>
Doctors Express	4167 Merchant Plaza Woodbridge, VA 22192 703-878-8800	Walk-in urgent care center. Most insurances accepted, self-pay option.	Walk-In Clinic Hours: Monday-Friday 8am - 8pm, Saturday and Sunday 8am-7pm <a href="http://www.doctorexpress-woodbridge.com/">http://www.doctorexpress-woodbridge.com/</a>
Prince William County Community Services	Ferlazzo Building 15941 Donald Curtis Drive Woodbridge, VA 22191 703-792-4900	Mental health services provide counseling and case management for individual, couples, adolescents, and family; intellectual disabilities services; assistance with substance abuse; early intervention services for infants and toddlers who have a disability or developmental delay.	Accepts Medicaid and/or Medicare.  24 hour assessment, crisis intervention, and coordination of services for individuals with urgent mental health, intellectual disabilities, or substance abuse needs; all others by appointment.
Prince William Family Counseling	12721 Darby Brook Ct Suite 102	Mental health services to children, adolescents,	Accepts most insurances including

	Woodbridge, VA 22192 703-497-1771	adults, families, and couples. Offers Social Strides, a social skills program for school-aged children.	Medicare/Medicaid. <a href="http://www.pwfc.com/">http://www.pwfc.com/</a> Se habla espanol.
Phoenix Family Counseling & Play Therapy Center, PLLC	1455 Old Bridge Road Suite 203 Woodbridge, VA 22192 571-248-0626	Offers play therapy for children (ages 2-adolescent) and family counseling.	Contact for insurance information. <a href="http://cathispooner.vpweb.com">http://cathispooner.vpweb.com</a>
Therapeutic Alliance	12781 Darby Brooke Court Suite 201 Woodbridge, VA 22192 703-492-2686	Provides intensive in-home mental health support and outpatient services for children, adolescents, adults.	Medicaid and Aetna accepted. Sliding fee scale option.
CrisisLink Hotline	703-527-4077 1-800-273-8255	Provides free and confidential suicide prevention, crisis intervention, emotional support, and information and referrals to other community agencies.	

### Housing Assistance

Name	Contact	Type	Additional Info
PWC Office of Housing and Community Development	15941 Donald Curtis Drive, Suite 112 Woodbridge, VA 22191 703-792-7530	Services include first time homebuyer program, transitional housing, rental assistance, and neighborhood rehabilitation program.	<a href="http://www.pwcgov.org/government/dept/housing/">http://www.pwcgov.org/government/dept/housing/</a>
ACTS Emergency Shelter and Transitional Living	17866 Main Street Dumfries, VA 22026 703-221-3188 (shelter) 703-221-5983 (transitional living)	Services include comprehensive domestic violence prevention and intervention program, anonymous helpline, support groups, and housing services.	<a href="http://actspwc.org/">http://actspwc.org/</a>
Northern Virginia Family Services (NVFS)	4379 Ridgewood Center Drive Suite 102 Woodbridge, VA 22192 571-748-2740	Offers a complete continuum of housing assistance programs and emergency shelter assistance.	NVFS Housing Info Line: 571-748-2552  <a href="http://www.nvfs.org/">http://www.nvfs.org/</a>

\*For a complete listing of area mental health resources, please contact one of the school counselors:

Robin Reese  
[ReeseRT@pwcs.edu](mailto:ReeseRT@pwcs.edu)

Suzanne Rapcavage  
[Rapcavs@pwcs.edu](mailto:Rapcavs@pwcs.edu)