

Camp  
for ages  
6 - 12



See inside for  
Sports Clinic Camps  
and  
Additional Camp Programs

# SUMMER CAMP

## 2026

Extended  
Before/After  
Care available!



CAMP REGISTRATION: [www.freedom-center.com](http://www.freedom-center.com)



# When is Camp?

## DATES:

June 22–26  
July 13-17  
July 27–July 31  
August 10-14

## HOURS:

8:30 AM – 4:30 PM

## COST:

\$329/week

## Extended Before/After Care

### Before Care:

6:30 AM - 8:30 AM  
\$45/week

### After Care:

4:30 PM - 6:30 PM  
\$45/week

**Bundle Both:** \$75/week

*Camp Freedom is exempt from licensure as a child day program under applicable state regulations and is not licensed by the state. While exempt, Camp Freedom follows established health, safety, and operational standards, including George Mason University's internal youth program policies. This notice is provided to inform all parents and guardians.*

## How to register:

1. Register online through our website at [www.freedom-center.com](http://www.freedom-center.com)  
Available 24 hours a day / 7 days a week
  - a. Online registration is completed with a full payment for partial day camps or a \$50 deposit for full day camps (paid towards camp balance).
  - b. Not done yet...Upload additional required Emergency Camp Form.
2. For an additional fee of \$25, parents may make a reservation for a 30 minute registration session. A staff member will answer questions and work with you to register your child for the summer. Please call 703-993-8513 to make a reservation.
  - a. Please bring all required documents and an idea of your child's camp schedule to the appointment.

## Questions?

Email us at [FCCAMPS@GMU.EDU](mailto:FCCAMPS@GMU.EDU)

Scan for information!



10900 University Boulevard  
Manassas, VA 20110  
703.993.8444



**Program Registration**  
[www.freedom-center.com](http://www.freedom-center.com)

# As a Freedom Center Camp Parent, I enjoy...

*I liked the friendly staff and the opportunity for my child to swim in the afternoons. I appreciated that it was organized and that I felt my child was safe and well cared for in my absence.*

*I love seeing her happy at the end of each day and excited for the next day.*

*Well organized, with a fantastic selection of great activities to fill our child's summer days.*

*My son loves Freedom and the Counselors. He looks forward to camp, and the Counselors seem to really love their jobs and working with the kids. Everyone is very friendly.*

## Be sure to register early and make final plans for the summer!

**All forms are available on the Freedom Center's website!**

ALL campers are required to have a COMPLETE Camp Emergency Form on file at least one week prior to his/her first day of camp.

**Additional forms required if your child will need medication to be administered.**

**All forms must be signed by physician.**

## Questions?

Email us at  
[fccamps@gmu.edu](mailto:fccamps@gmu.edu)

### Extended Before/After Care

#### Before Care:

6:30 AM - 8:30 AM

\$45/week

#### After Care:

4:30 PM - 6:30 PM

\$45/week

**Bundle Both: \$75/week**

***Must be paid in full.***



# Who We Are!

## The Freedom Summer Camp Crew

*"Unity is strength... When there is team work and collaboration, wonderful things can be achieved,"*

**Mattie Stepanek**

The Freedom Staff Family is more than a seasonal summer crew. The unique aspect of our staff is what makes our camp an experience for all campers throughout the summer. Each counselor is strategically hired then scheduled with the appropriate group to ensure his/her strengths are being put to work. Our staff and our program is one of a kind and will ensure a summer your camper will never forget.

Our staff is committed to providing your camper a safe environment, caring and experienced camp counselors, and fun-filled dynamic days.

We hire those with a passion to PLAY! Each counselor on FAF's summer camp staff is a well-trained, enthusiastic and motivating individual over the age of 18. In addition, we have Junior Camp Counselors that range in age between 16 and 17! Several summer counselors have been with us for one or more seasons and may have even been a previous camper!

Each staff member has been screened through an interview process, received background checks and references verified to ensure the safety of your camper. Camp counselors are required to attend an orientation and training prior to the first day of camp. Throughout the training, counselors participate in child development workshops, team building activities, earn a certification in First Aid, CPR and Blood Borne Pathogen and several other exciting and beneficial activities to ensure a successful and safe camp season. Training also offers counselors time to plan programs, work to build a positive group atmosphere and requires staff to embark on finding solutions to challenging situations that may occur throughout the summer and preventative tools to work towards an anti-bullying environment.

*"I loved the aspect of team bonding and collaboration with your co-workers. Most companies might not make it an emphasis to promote co-worker relationships but getting along with and working well with your co-workers is an important aspect of any job but especially in this setting. The two weeks of training gave us a great opportunity to do that and I ran into virtually no conflict with other employees."*

*Freedom Center Camp Counselor*



## Camp Freedom (Ages 6-12)

June 22–26	8:30 AM - 4:30 PM	\$329
July 13–17	8:30 AM - 4:30 PM	\$329
July 27–31	8:30 AM - 4:30 PM	\$329
August 10-14	8:30 AM - 4:30 PM	\$329

### Location Drop Off & Pick Up – Freedom Center Gymnasium or Community Room

Experience a little of everything when enrolled in Camp Freedom! Whether your camper is interested in soccer or painting he or she will enjoy a week in Camp Freedom! The weekly schedule will be based around a different exciting theme each week. Camp's activities will include a broad range of recreational sports and games, arts and crafts, and participate in special enrichment sessions.

Some activities may include recreational sports games, nutrition education, science experiments, and drama games and skits. Counselors encourage cooperation and teamwork in a fun and positive atmosphere.

Don't forget to read the **Parent's Camp Manual** for all camp details!



## A Camper's Typical Day

### Sample Schedule for Camp Freedom

8:30 am	Drop-off
9:00 am	Campers break into groups for name games and team building activities
10:00 – 11:00 am	Outdoor recreational activity
11:00 – 11:30 am	Snack
11:30 am – 12:30 pm	Outdoor recreational activity
12:30 – 1:00 pm	Lunch
1:00 – 2:00 pm	Indoor arts and crafts activity
2:00 – 3:00 pm	Free Swim
3:00 – 3:45 pm	Snack
3:45 – 4:00 pm	Recreational activity
4:00 – 4:30 pm	Free recreational time in gymnasium & sign-out

Campers will participate in supervised, self-directed, unstructured activities during the time periods before and after their camp times and in extended care.



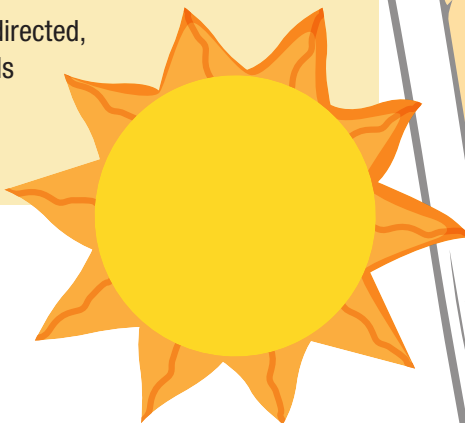
### Extended Before/After Care

**Before Care:**  
6:30 AM - 8:30 AM  
\$45/week

**After Care:**  
4:30 PM - 6:30 PM  
\$45/week

**Bundle Both: \$75/week**

**Must be paid in full.**



# Artistic Swimming

## Artistic Swimming Camp (Ages 10-15) July 13-17

Full Day	9:00 am – 4:30 pm	\$480
Partial Day	9:00 am – 12:00 pm	\$260

Artistic Swimming is a performance sport similar to ice skating or ballroom dance which is performed in deep water. A swimmer learns basic swim strokes, kicks and stunts that are choreographed into routines that may be performed in front of judges or an audience. Over time swimmers of all ages develop skill, flexibility, strength and endurance that will allow them to move through the water with ease, confidence, strength and grace.

The coaches who work with the Freedom Center, are active swimmers who enjoy swimming and seek to introduce adults and children to the fun and challenging sport of artistic swimming. The goal of the program is to foster an attitude that lifelong sport serves a positive role in a person's life.

Full day campers will enjoy a morning of artistic swim programming, followed by an afternoon of recreational related activities, crafts, lunch time and more!

### About the Coach:

Dale Mohammed (head coach) is a USA Artistic Swimming Level 3 Coach, a zone level judge and has been involved with artistic swimming for over 20 years as a choreographer, coach, and masters swimmer. She has medaled in multiple collegiate and masters artistic swimming competitions on a national and international level, as well as performed in music video productions, commercials, and for print media over the years.

### Pre-Requisites:

- Ability to swim 25 yards of the pool comfortably
- Tread water for 1 minute
- Comfort in deep water and underwater

### Required Equipment:

- Swim cap, goggles, nose clips
- Competitive style one piece swim suit for female swimmers, jammers or briefs for male swimmers.
- Tight fitting rash guard or thermal top for swimmers who are sensitive to cold water
- Yoga mat, t-shirt, shorts, closed toed tennis shoes for land work.
- Water bottle and healthy snack

### Extended Before/After Care

#### Before Care:

6:30 AM - 8:30 AM  
\$45/week

#### After Care:

4:30 PM - 6:30 PM  
\$45/week

**Bundle Both:** \$75/week

*Must be paid in full.*





# Volleyball Tryout Prep Clinic - Ages 12-16

August 3-7

5:30 PM - 7:30 PM

\$205

***Get ready to hit the court with confidence this season!***

This week-long clinic is designed for athletes aged 12-16 preparing for upcoming school and club tryouts. Each session will focus on building strong fundamentals while increasing game-speed decision making and confidence.

Athletes will train through:

- Passing, setting, serving, and hitting fundamentals
- Position-specific drills and skill refinement
- Game-like scenarios and competitive play
- Conditioning and court movement
- Communication and volleyball IQ

Each session is designed to provide high repetitions, individualized feedback, and a competitive training environment to help athletes stand out at tryouts.

***Open to ages 12-16***



**Volleyball Tryout Prep Clinic Registration**

*Scan for information!*



# External Camps

These programs are hosted at the Freedom Aquatic & Fitness Center but are not affiliated with George Mason University.

*All registration, communication, and program management are handled directly by the external camp provider.*

The Freedom Center does not oversee or staff these programs.



**TINY CHEFS**  
Nourish • Challenge • Empower

## SUMMER CAMPS

### Cooking + Baking for Kids

Hands-on cooking camps where kids create, learn & have fun!

 **Freedom Aquatic & Fitness Center**  
9100 Freedom Center Blvd, Manassas, VA 20110



**Register Today!**



Use Keyword:  
**Freedom**

**Ages 6-10**

- June 15-18 • Master Chef JR
- July 6-10 • Cupcake Wars
- August 3-7 • Cupcake Wars 2.0
- August 17-21 • The Great Food Truck Race

**Ages 10-14**

- July 20-24 • Master Chef

All camps are 9am-4pm



Tiny Chefs Summer camps are not affiliated with George Mason University

# External Camps...continued



Abrakadoodle is excited to offer our Art Program at the Freedom Aquatic & Fitness Center for the 2026 Summer Camp Season (For Children Aged 5-12 Years Old)

## 3D Creations Half Day

June 8–12      Partial Day      9:00 am –12:00 pm      \$220

Join us for a fun-filled 3D journey! Design wind sculptures, craft squishy paper toys, sculpt colorful hearts and much more! Explore the works of world-renowned artists like Dale Chihuly, Yinka Shonibare and Maurizio Cattelan. This camp is perfect for those who enjoy imagining big and creating boldly!

## ART That POP's

June 29–July 3      Full Day      9:00 am –3:00 pm      \$320

Get ready for a creative adventure where STEM and Art collide in the most POP-tastic ways. In this camp art jumps off the page! We will create anaglyph images, rocket lava lamps, animal sponges, neon light signs, pop-up cards and many more hands-on art projects. Join us to make your creations pop!

## ARTOSAURUS ART CAMP

August 10–14      Full Day      9:00 am –3:00 pm      \$320

Explore the wild world of dinosaurs and other reptiles! Experiment with a variety of art techniques while you learn about science, technology, engineering and math concepts used to study extinct animals. Dig into the life of dinosaurs and have a ferociously fun time!



**REGISTER HERE**  
or scan QR code



<https://www.abrakadoodle.com/va-northern-register/>

Other options to pay are Venmo to “@Sue-Walia” or Zelle to “703-395-4673”

*NOTE: Abrakadoodle Art Programs is not affiliated with George Mason University*

# CAMP

# External Camps

These programs are hosted at the Freedom Aquatic & Fitness Center but are not affiliated with George Mason University.

*All registration, communication, and program management are handled directly by the external camp provider.*

The Freedom Center does not oversee or staff these programs.



Engineering  
For Kids

## Apprentice City Scape Engineering: (Ages 8-12)

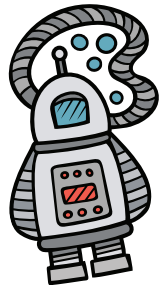
June 22–26 Full Day 9:00 am –4:00 pm Price per Camper: \$500

Put on your hardhat and get ready to raise the roof with the fun and excitement of civil engineering. In this camp students will learn how to engineer for the forces acting upon a structure such as bending, compression, torsion, and shear. They will learn that shape and materials selection are critical to the success of towers, bridges, and highways. Each day, students will use the EFK Engineering Design Process to engage in captivating civil engineering challenges. This camp is sure to take your curiosity and skills to new heights. The class will be a fun combination of civil engineering and art skills.

## Junior Lego and Robotics adventures (Ages 5-9)

June 29–July 2 Full Day 9:00 am –4:00 pm Price per Camper: \$400  
(No class on July 3rd)

This camp is a perfect mixture of fun, creativity and learning, using LEGO® WeDo™ and Lego Robots. Campers learn basics about programming in how to use LEGO® bricks, and explore the use of motor and sensors, as they build and program a roaring lion, horse, bull, among others.



## Junior Olympics Engineering (Ages 5-9)

July 6-10 Full Day 9:00 am –4:00 pm Price per Camper: \$500

The competition is heating up with the Engineering for Kids World Games! In this program, students will compete for the gold as they take on exciting engineering challenges related to the greatest athletic competitions. Students will explore a wide variety of science and engineering concepts related to various athletic events while applying EFK's Engineering Design Process. Get ready to step up to the podium as we declare victory in inspiring the next generation of engineers!

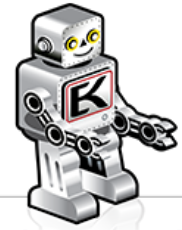


Engineering for Kids®  
Scan to Register!



<https://www.engineeringforkids.com/northern-virginia/>

# External Camps...*continued*



## Engineering For Kids

### Apprentice Olympics Engineering (Ages 8-12)

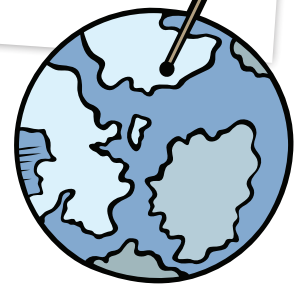
July 13–17      Full Day      9:00 am –4:00 pm      Price per Camper: \$500

The competition is heating up with the Engineering for Kids World Games! In this program, students will compete for the gold as they take on exciting engineering challenges related to the greatest athletic competitions. Students will explore a wide variety of science and engineering concepts related to various athletic events while applying EFK's Engineering Design Process. Get ready to step up to the podium as we declare victory in inspiring the next generation of engineers!

### Apprentice Engineering for Travel (Ages 8-12)

July 20–24      Full Day      9:00 am –4:00 pm      Price per Camper: \$500

Pack your bags engineers and get ready for an adventure! Team up with others for a wild ride across the globe and beyond! Students will carefully engineer vehicles that can traverse the most treacherous terrains, brave the highest seas, and soar above the clouds—are you up for the challenge? Grab your passports and catch a flight straight to Engineering for Kids—a truly unbelievable journey!



### Mechanical Engineering Juniors (Ages 5-9)

July 27–July 31      Full Day      9:00 am –4:00 pm      Price per Camper: \$500

In the Mechanical Engineering camp, students use the Engineering Design Process to design, create, test, and refine a variety of machines and mechanical systems. Students learn basics of fluid mechanics, simple machines, and other design and engineering concepts while constructing egg-drop vehicles, cars, and catapults, among others.

### Junior Engineering Adventures (Ages 5-9)

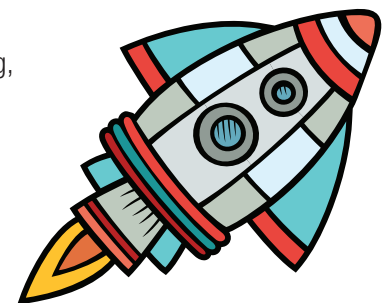
August 3–August 7      Full Day      9:00 am –4:00 pm      Price per Camper: \$500

Engineering adventures is a unique camp that introduces our campers to Science, Technology, Engineering, and Math (STEM), and focuses on education through hands-on activities selected from our various engineering programs. Through open and focused exploration, students will work on several engineering concepts such as building towers and bridges from civil engineering, cars from mechanical, rockets from aerospace, among others.

### Apprentice Engineering Adventures (Ages 9-12)

August 10–August 14      Full Day      9 am- 4 pm      Price per Camper: \$500

Engineering adventures is a unique class that introduces our campers to Science, Technology, Engineering, and Math (STEM), and focuses on education through hands-on activities selected from our various engineering programs. Through open and focused exploration, students will work on several engineering concepts such as building towers and bridges from civil engineering, cars from mechanical, rockets from aerospace, among others.



## Questions?

Email the Camp  
Director at  
[fccamps@gmu.edu](mailto:fccamps@gmu.edu)

## Did you know?

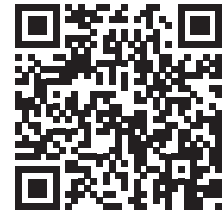
If a camper is an active Freedom Center member he/she will receive a 10% discount off of camp programs!

### Required on file at least one week prior to camper's first day:

In order to ensure an efficient sign in/sign out process turn your completed forms in early!

- Camp Packet
- Medicine Administration Form if ANY type of medicine is required while at camp

*Scan for  
information!*



10900 University Boulevard  
Manassas, VA 20110  
703.993.8500



**Code Red or  
Rainy Summer Days are  
not a problem; take it  
indoors without losing a  
step with our 110,000 sq. ft.  
facility and pool!**