

The Core

A Publication of Programs & Activities Sponsored by The Clarke County Parks & Recreation Department for the Winter 2017



Egg Hunt with the Easter Bunny

April 8th 11:00AM

For more information go to Page 11.



Try it FREE Fitness Day

January 7th 10AM – 5:30PM

For more information go to Page 11.

Paint Nights

Night Trees Along a River 1/28

Red Fox in Snow 2/25

Window Flower Box 4/29

6PM - 8PM

Children 10+ can register if they are painting alongside a parent registered for the program. Come out to socialize and follow step by step directions to paint a specific topic. Paintings will be created using acrylic paints. At the end of the night everyone takes home their original work of art!

REGISTRATION BEGINS AT 9:00 AM DECEMBER 5, 2016 FOR CLARKE COUNTY RESIDENTS AND DECEMBER 7, 2016 FOR NON-CLARKE COUNTY RESIDENTS, UNLESS OTHERWISE NOTED IN PROGRAM DESCRIPTION.

POSTAL PATRON

Phone: 540-955-5140 • Fax: 540-955-4049
email: ccpr@clarkecounty.gov
www.clarkecounty.gov/parks

225 Al Smith Circle • Berryville, VA 22611



PRSR STD
U.S. POSTAGE
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Berryville, VA
Permit No.
3084



Recreation Center Hours

October 1 – May 31

Monday – Friday	9:00-AM – 9:00 PM
Saturday	10:00 AM – 9:00 PM
Sunday	12:00 noon – 7:00 PM

June 1– September 30

Monday – Friday	9:00 AM – 6:00 PM
Saturday	12:00 noon – 6:00 PM
Sunday	CLOSED

Holiday Hours:

The Recreation Center is closed:

Saturday, December 24th
 Sunday, December 25th
 Sunday, January 1st
 Sunday, April 16th

Abbreviated Schedule:

Monday, December 26th 12:00-6:00
 Saturday, December 31st 9:00-1:00

Parks & Recreation Staff

Lisa Cooke, CPRP
Director

Tanya Myers
Administrative Services Manager

Shannon Martin, CPRP
Recreation Program Coordinator

Tracey Pitcock, MES
Recreation Program Coordinator

Melinda Seals
Childcare Specialist

Brandon Kovak
Recreation Manager & Facilities Superintendent

Ann Boothe
Customer Service Specialist

Birthday Party Packages:

The Clarke County Recreation Center offers Birthday Party packages and many options to meet your budget and help you plan the perfect party. Packages include set-up, clean up, room rental and/or gym rental, decorations and gift bags, so relax and let us do the work!

Please call the birthday party coordinator at **540-955-5140** for more information and to schedule parties. Please book at least 3 weeks in advance! *A limited number of dates are available.*

INSTRUCTORS NEEDED

Do you have a special talent that you would like to share with others?

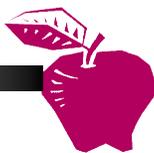
Call 540-955-5140 for more information or stop by the Clarke County Recreation Center for an employment application.

Fee Schedule

General Admission and Discount Passes

Age	Base-Fee (Non-resident)	Discount Fee* (County Resident)
3-5	\$2.50	\$1.50
6-15	\$3.00	\$2.00
15-54	\$4.00	\$3.00
Seniors (55+)	\$2.50	\$1.50
6-15 Discount Pass	\$50.00	\$30.00
16-54 Discount Pass	\$70.00	\$50.00
55+ Discount Pass	\$40.00	\$20.00
Child Year Pass	N/A	\$100.00
Youth Year Pass	N/A	\$200.00
Adult Year Pass	N/A	\$300.00
Senior Year Pass	N/A	\$100.00
Family Year Pass	N/A	\$500.00

*Proof of residency required



Arts & Crafts



Pottery

Activity #:	Date:	Day:	Age:	Time:	Fee:
220206A	1/12-2/2	TH	16+	6:30-8PM	\$40*
220206B	2/9-3/2	TH	16+	6:30-8PM	\$40*
220206C	3/9-30	TH	16+	6:30-8PM	\$40*
220206D	4/6-5/4 (no 4/20)	TH	16+	6:30-8PM	\$40*

Instructor: Christina Hans



*A child of a participant in these classes may participate for an additional supply fee of \$20. This is your chance to explore everything about pottery from beginner to advanced hand building and wheel throwing techniques as well as glazing and firing. All materials are included. 4 classes

Guild of Fabric Artists

Activity #:	Date:	Day:	Age:	Time:	Fee:
240202E	1/15	SU	18+	2-4pm	\$1
240202F	2/19	SU	18+	2-4pm	\$1
240202G	3/19	SU	18+	2-4pm	\$1
240202H	4/16	SU	18+	2-4pm	\$1

Leader: Joyce Badanes

The Guild of Fabric Artists is designed to support and facilitate the creation and exhibition of members' fabric art. A different study will be explored each month. Everyone will be asked to show & tell about works in progress and completed work. 1 meeting

Shenandoah Piece Makers

Activity #:	Date:	Day:	Age:	Time:	Fee:
240202A	1/9	M	18+	6:30-8:30PM	\$1
240202B	2/13	M	18+	6:30-8:30PM	\$1
240202C	3/13	M	18+	6:30-8:30PM	\$1
240202D	4/10	M	18+	6:30-8:30PM	\$1

Leader: Helen Cooper

Apple Valley Needle Threaders

Activity #:	Date:	Day:	Age:	Time:	Fee:
240201A	1/12	TH	18+	9AM-12PM	\$1
240201B	2/9	TH	18+	9AM-12PM	\$1
240201C	3/9	TH	18+	9AM-12PM	\$1
240201D	4/13	TH	18+	9AM-12PM	\$1

Leader: Linda Bishop

Apple Valley Quilting Bee

Activity #:	Date:	Day:	Age:	Time:	Fee:
240201E	1/26	TH	18+	9AM-12PM	\$1
240201F	2/23	TH	18+	9AM-12PM	\$1
240201G	3/23	TH	18+	9AM-12PM	\$1

Leader: Linda Bishop

These quilting clubs are open to ALL skill levels and include planned monthly programs, presentations and socializing with other quilters. The Quilting Bee allows beginners to observe, practice and ask questions while continuing crafters work on their projects. 1 meeting

INSTRUCTORS NEEDED

Do you have a special talent that you would like to share with others?

Call 540-955-5140 for more information or stop by the Clarke County Recreation Center for an employment application.

Oops!! We canceled your class because we didn't know you were interested. Sometimes we have wonderful classes with excellent instructors canceled because people wait to register. Our programs have minimum enrollment requirements that must be met in order to hold the class. So don't wait, register today!

Open Scrapping Time

Activity #:	Date:	Day:	Age:	Time:	Fee:
220204A	1/27	F	13+	6-8:45PM	\$1
220204B	2/24	F	13+	6-8:45PM	\$1
220204C	3/31	F	13+	6-8:45PM	\$1
220204D	4/28	F	13+	6-8:45PM	\$1

This is a fun and unstructured gathering for scrap bookers of all levels, for some uninterrupted time to work on individual projects. Bring your own materials. 1 meeting

NEW!!! Watercolor Class

Activity #:	Date:	Day:	Age:	Time:	Fee:
250225A	1/10-2/28	TU	16+	6:30-8:30PM	\$116.00*

Instructor: Holly Talada

*A supply list will be available upon registration. Learn watercolor painting with an experienced art teacher. In this fun class we will explore basic skills and techniques while applying the elements and principles of design. Subject matter includes landscape, still life, and your own personal images or ideas. Learn to be spontaneous! Beginner and intermediate artists welcome. 8 weeks

Clarke County Community Band

This band is open to musicians of all ages. Practices are every Tuesday at 7:30PM in the Band room at Johnson Williams Middle School. Band members need to provide their own instruments. This band plays at special events around the area. Please call Diane Shipe at 540-955-4346 for more information.

Parks & Recreation Advisory Board

Daniel Sheetz, *Chairman*

Paul Jones, *Vice-Chairman*

Steve Wisecarver

Tracy Smith

Gary Lichliter

Randy Trenary

Ronnie Huff

Dennis Heflin

Emily Rhodes

Elizabeth Dalton

Terri Catlett – Board of Supervisor Liason

P&R Advisory Board meetings are held quarterly on the second Wednesday At 6:00 PM at the Recreation Center and are open to the public.



Fitness

Personal Training

Activity #:	Date:	Day:	Age:	Time:	Fee:
250306A	1/2-4/30	SU-SA	16+	Rec Center Hrs	\$31/appt*

Trainer(s): Shirley Dunsmore, Myla Annis, Ginger Gray

*\$260.00 for a 10-appointment discount punch pass. Individualized fitness training sessions help you attain your goals faster. After you register, a trainer will contact you to set up a mutually convenient appointment. Each appointment is 1 hour and occurs at the Recreation Center.

FallProof!

Activity #:	Date:	Day:	Age:	Time:	Fee:
250303A	3/7-4/25	TU	50+	6:30-7:30PM	\$80
250303B	1/24-2/14	TU	50+	11-12PM	\$40

Instructor: Joy Felegie, Certified Balance and Mobility Specialist Instructor

*Participants need to bring a stability ball to class. FallProof is a national award winning balance & mobility program specifically designed for older adults who wish to improve their balance and reduce their fall risk. Each session incorporates work in controlling center of gravity, multi-sensory training, postural control strategies, gait pattern enhancement, strengthening, flexibility, and endurance. Individualized skill assessments will be completed. An aim of the program is to challenge, but not exceed, the individual's capabilities by systematically introducing balance and mobility tasks of increasing complexity which are practiced in environments that simulate those encountered during daily life.

NEW!!! Country Heat Live

Activity #:	Date:	Day:	Age:	Time:	Fee:
250314A	1/11-2/1	W	16+	6:30-7:15PM	\$26
250314B	2/8-3/1	W	16+	6:30-7:15PM	\$26
250314C	3/8-29	W	16+	6:30-7:15PM	\$26
250314D	4/5-26	W	16+	6:30-7:15PM	\$26

Instructor: Cassandra Ludtke

Experience the class that everyone's lining up for! Simply follow along to enjoy the low-impact high-energy country dance inspired workout set to the hottest country hits. You'll have so much fun, you'll forget you're burning mega calories and toning your body. 4 classes

FITT Forever with Strength & Stretch Combo

Activity #:	Date:	Day:	Age:	Time:	Fee:
240302A	1/9-30	M	55+	9-10:45AM	\$26
240302C	2/6-27	M	55+	9-10:45AM	\$26
240302E	3/6-27	M	55+	9-10:45AM	\$26
240302G	4/3-24	M	55+	9-10:45AM	\$26
240302B	1/11-2/1	W	55+	9-10:45AM	\$26
240302D	2/8-3/1	W	55+	9-10:45AM	\$26
240302F	3/8-29	W	55+	9-10:45AM	\$26
240302H	4/5-26	W	55+	9-10:45AM	\$26

Instructor: Jane Johnston

This class is an aerobics, strength training, & stretching class designed to revitalize participants with more energy, confidence and satisfaction. Please bring a mat and light hand weights. If class is canceled due to weather or other reason, a makeup will be held on the first available Friday.

Oops!! We canceled your class because we didn't know you were interested. Sometimes we have wonderful classes with excellent instructors canceled because people wait to register. Our programs have minimum enrollment requirements that must be met in order to hold the class. So don't wait, register today!

Fluid Motion

Activity #:	Date:	Day:	Age:	Time:	Fee:
240302I	1/9-30	M	55+	11AM-12PM	\$26
240302J	2/6-27	M	55+	11AM-12PM	\$26
240302K	3/6-27	M	55+	11AM-12PM	\$26
240302L	4/3-24	M	55+	11AM-12PM	\$26
240302M	1/11-2/1	W	55+	11AM-12PM	\$26
240302N	2/8-3/1	W	55+	11AM-12PM	\$26
240302O	3/8-29	W	55+	11AM-12PM	\$26
240302P	4/5-26	W	55+	11AM-12PM	\$26

Instructor: Jane Johnston

Fluid Motion is Feldenkrais Method® Awareness through Movement® class - perfect for reclaiming vitality and movements lost due to aging, disease and/or disuse. If class is canceled due to weather or other reason, a makeup will be held on the first available Friday. 4 classes

Rest & Renew Yoga

Activity #:	Date:	Day:	Age:	Time:	Fee:
240302Q	1/9-30	M	55+	12:15-1:15PM	\$26
240302R	2/6-27	M	55+	12:15-1:15PM	\$26
240302S	3/6-27	M	55+	12:15-1:15PM	\$26
240302T	4/3-24	M	55+	12:15-1:15PM	\$26

Instructor: Jane Johnston

This is a gentle yoga class with emphasis on restorative yoga postures, relaxation and breathing. Join us for a mid-week relaxation break. Please bring a mat. Also bring a blanket, block or any props that you have. If class is canceled due to weather or other reason, a makeup will be held on the first available Friday.

Lunchtime Tai Chi

Activity #:	Date:	Day:	Age:	Time:	Fee:
240302U	1/11-2/1	W	55+	12:15-1:15PM	\$26
240302V	2/8-3/1	W	55+	12:15-1:15PM	\$26
240302W	3/8-29	W	55+	12:15-1:15PM	\$26
240302X	4/5-26	W	55+	12:15-1:15PM	\$26

Instructor: Jane Johnston

Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. This class will help participants reduce stress, increase balance and flexibility, feel relaxed and improve overall mind, body, and spirit. If classes cancel because of weather or other reasons, classes will be made up the first possible Friday.

Youth Yoga

Activity #:	Date:	Day:	Age:	Time:	Fee:
240301A	1/9-30	M	8-12	5-6PM	\$26
240301B	2/6-27	M	8-12	5-6PM	\$26
240301C	3/6-27	M	8-12	5-6PM	\$26
240301D	4/3-24	M	8-12	5-6PM	\$26

Instructor: Myla Annis

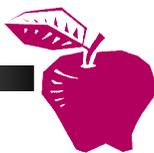
This class uses yoga to promote inner-strength, confidence and self-esteem. Breathing and relaxation techniques teach children how to focus, relax and gain self-control. Participants are encouraged to bring a towel or yoga mat.

HipHop Cardio

Activity #:	Date:	Day:	Age:	Time:	Fee:
250302A	1/10-31	TU	16+	6:30-7:30PM	\$26
250302B	2/7-28	TU	16+	6:30-7:30PM	\$26
250302C	3/7-28	TU	16+	6:30-7:30PM	\$26
250302D	4/4-25	TU	16+	6:30-7:30PM	\$26

Instructor: Nichole Tredon

Getting Fit Doesn't Have To Feel Like Work! This class combines dance and fitness with high energy and flavor! Follow along and learn steps to your favorite Old Skool and New Skool Hip Hop Jams! No matter what your age or fitness level, you can have a great time while dancing your way into great shape - no experience needed.



Total Fit with Stacey

Activity #:	Date:	Day:	Age:	Time:	Fee:
250304A	1/9-30	M	16+	6:30-7:30PM	\$26
250304B	2/6-27	M	16+	6:30-7:30PM	\$26
250304C	3/6-27	M	16+	6:30-7:30PM	\$26
250304D	4/3-24	M	16+	6:30-7:30PM	\$26

Instructor: Stacey Chatman of Xtreme Fit Studio

Total Fit is a bootcamp style class for men and women. The class includes interval training using a combination of body weight, strength and cardio exercises. Modifications offered to accommodate varying levels of fitness. Bring a mat, hand weights (if you have them), and water. Every class is different!

Zumba®

Activity #:	Date:	Day:	Age:	Time:	Fee:
240305A	1/9-30	M	16+	7:30-8:30PM	\$26
240305B	2/6-27	M	16+	7:30-8:30PM	\$26
240305C	3/6-27	M	16+	7:30-8:30PM	\$26
240305D	4/3-24 (no 4/10)	M	16+	7:30-8:30PM	\$19.50

240305I	1/12-2/2	TH	16+	7:35-8:35PM	\$26
240305J	2/9-3/2	TH	16+	7:35-8:35PM	\$26
240305K	3/9-30	TH	16+	7:35-8:35PM	\$26
240305L	4/6-27 (no 4/13)	TH	16+	7:35-8:35PM	\$19.50

Instructor: Deborah Randazzo-Spangler

Zumba® is all about partying yourself into shape. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party.

Yoga Tone

Activity #:	Date:	Day:	Age:	Time:	Fee:
250304E	1/10-31	TU	16+	6:30-7:30PM	\$26
250304F	2/7-28	TU	16+	6:30-7:30PM	\$26
250304G	3/7-28	TU	16+	6:30-7:30PM	\$26
250304H	4/4-25	TU	16+	6:30-7:30PM	\$26

Instructor: Shirley of Xtreme Fit Studio

This is a mixed level combination yoga, toning, and strength training class. Modifications to increase/decrease difficulty will be offered. Emphasis will be on postures, breathing, and strength training exercises to tone the whole body. A yoga mat is recommended.

Insanity LIVE

Activity #:	Date:	Day:	Age:	Time:	Fee:
250312I	1/9-30	M	16+	7:45-8:30PM	\$26
250312J	2/6-27	M	16+	7:45-8:30PM	\$26
250312K	3/6-27	M	16+	7:45-8:30PM	\$26
250312L	4/3-24	M	16+	7:45-8:30PM	\$26

250312M	1/11-25	W	16+	6:30-7:15PM	\$19.50
250312N	2/1-22	W	16+	6:30-7:15PM	\$26
250312O	3/1-29	W	16+	6:30-7:15PM	\$32.50
250312P	4/5-26	W	16+	6:30-7:15PM	\$26

Instructor: Ginger Gray

Insanity LIVE is a HIIT (high intensity interval training) style fitness class. Participants will experience a high intensity workout using their own body weight. The class will incorporate total body strength drills, cardio conditioning, and core work with short rest periods. Everything is modifiable to accommodate all fitness levels.

WERQ

Activity #:	Date:	Day:	Age:	Time:	Fee:
240301M	1/11-2/1	W	16+	7:45-8:45PM	\$26
240301N	2/8-3/1	W	16+	7:45-8:45PM	\$26
240301O	3/8-29	W	16+	7:45-8:45PM	\$26
240301P	4/5-26	W	16+	7:45-8:45PM	\$26

Instructor: Myla Annis

see description on next column

WERQ is a fiercely fun dance fitness class based on pop, rock, and hip hop music. WERQ takes today's hottest songs you know and fuses them with high energy, easy dance moves for a calorie torching. All levels of fitness and dance ability are welcome!

Hatha Yoga

Activity #:	Date:	Day:	Age:	Time:	Fee:
250313A	1/12-2/2	TH	16+	6:25-7:25PM	\$26
250313B	2/9-3/2	TH	16+	6:25-7:25PM	\$26
250313C	3/9-30	TH	16+	6:25-7:25PM	\$26
250313D	4/6-27	TH	16+	6:25-7:25PM	\$26

Instructor: Kristin Grubb

A gentle yoga that uses standing and sitting poses to stretch the whole body, breathe awareness to wash away stress, and relaxation to cleanse your mind at the end of the day.

P90X LIVE

Activity #:	Date:	Day:	Time:	Age:	Fee:
250312A	1/10-31	TU	7:45-8:30PM	16+	\$26
250312B	2/7-28	TU	7:45-8:30PM	16+	\$26
250312C	3/7-28	TU	7:45-8:30PM	16+	\$26
250312D	4/4-25	TU	7:45-8:30PM	16+	\$26

250312E	1/12-2/2	TH	6:30-7:15PM	16+	\$26
250312F	2/9-3/2	TH	6:30-7:15PM	16+	\$26
250312G	3/9-30	TH	6:30-7:15PM	16+	\$26
250312H	4/6-27 (no 4/20)	TH	6:30-7:15PM	16+	\$19.50

Instructor: Ginger Gray

P90X LIVE is an in-depth training program which incorporates functional strength training, cardio conditioning, and core stability. Everything is modifiable to accommodate all fitness levels.

Zumba Gold

Activity #:	Date:	Day:	Age:	Time:	Fee:
240301U	1/13-2/3	F	55+	12-12:45PM	\$26
240301V	2/10-3/3	F	55+	12-12:45PM	\$26
240301W	3/10-31	F	55+	12-12:45PM	\$26
240301X	4/7-28 (no 4/21)	F	55+	12-12:45PM	\$19.50

Instructor: Myla Annis

This class is perfect for active older adults and/or students just starting their fitness journey who are looking for a modified Zumba® class that recreates the original popular moves at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

Senior Circuit Training

Activity #:	Date:	Day:	Age:	Time:	Fee:
240301Q	1/13-2/7	F	55+	1-2PM	\$19.50
240301R	2/3-24	F	55+	1-2PM	\$26
240301S	3/3-31	F	55+	1-2PM	\$32.50
240301T	4/7-28 (no 4/21)	F	55+	1-2PM	\$19.50

240301E	1/10-31	TU	55+	1-2PM	\$26
240301F	2/7-28	TU	55+	1-2PM	\$26
240301G	3/7-28	TU	55+	1-2PM	\$26
240301H	4/4-25	TU	55+	1-2PM	\$26

Instructor: Myla Annis

This workout offers standing, low impact choreography alternating with standing upper-body strength workout with handheld weights, elastic tubing w/ handles and balls. A circuit-interval format improves cardiovascular endurance, muscular strength, endurance, agility, balance and coordination! This class is ideal for active seniors.



General Interest

Nurturing Parenting

Activity #:	Date:	Day:	Age:	Time:	Fee:
240602I	1/16-4/3 (no 2/13, 3/13)	M	16+	5-7PM	FREE*
240602J	1/17-3/21	TU	16+	9-11AM	FREE*

Instructor: Adriana Myers of the Laurel Center

*For more information or to register, please call 540-667-6160. This FREE 10-week group based parenting class will teach parents the philosophy of nurturing parenting, brain development, discipline, building empathy and self-worth, positive ways to deal with anger and stress and alternatives to spanking. By attending this group you can learn ways to enhance your relationships with your children and build happier family dynamics through healthy communication and respect. All parents, caregivers, youth service workers, and other interested community members are welcome!

Red Cross Babysitter Training

Activity #:	Date:	Day:	Age:	Time:	Fee:
250614B	2/20	M	11-15	9AM-3:30PM	\$70

Instructor: Mary Veilleux

This course can help participants care for children and infants, be a good leader and role model, make good decisions and solve problems, keep the children you baby-sit and yourself safe, handle emergencies such as injuries, illnesses and household accidents, and much more! Bring a packed lunch. Successful completion of final tests is required for certification. 1 class

Intro to Essential Oils

Activity #:	Date:	Day:	Topic:	Age:	Time:	Fee:
241319B*	1/4	W	Emergency Prep	16+	6:15-8:45PM	\$4
241319C	2/22	W	Natural Cleaning	16+	6:15-8:45PM	\$4
241319D	4/19	W	Mood Matrix	16+	6:15-8:45PM	\$4
241319E	4/26	W	In the Nursery	16+	6:15-8:45PM	\$4

Instructor: *Lorrie Roberts unless otherwise noted.

Emergency Preparedness - Focuses on why essential oils are the perfect addition to your emergency preparedness plans, and which oils to choose for different emergency scenarios. Everyone goes home with free oils. One person will win an emergency kit. **Natural Cleansing with Essential Oils** - Kick those nasty chemical cleansers to the curb. We will offer you great smelling alternatives for you to clean with that are safe to use around your entire family that you make yourself for a fraction of the cost. Everyone goes home with free oils. One person will win a bottle On Guard essential oil. **Mood Matrix** - Do you wish you had a healthy way to help manage mood swings? Essential oils provide a very quick pathway to the brain to help balance and calm the emotions. Everyone makes a roller bottle with their favorite mood oils in it. One person will win a bottle of Bergamot. **Essential Oils in the Nursery** - Come explore all the tips and tricks of using essential oils in the nursery. From soothing baby's bottom to quieting their tummy troubles, babies can feel better with essential oils. Everyone goes home with free oils. One person will win a bottle of lavender. 1 class

Card Club

Activity #:	Date:	Day:	Age:	Time:	Fee:
220204E	1/6	F	16+	6-8:45PM	\$1
220204F	2/3	F	16+	6-8:45PM	\$1
220204G	3/3	F	16+	6-8:45PM	\$1
220204H	4/7	F	16+	6-8:45PM	\$1

Bring your playing cards and join in some friendly card games such as Bridge, Spade, Gin Rummy, Rummy, Poker, Hearts, Euchre, and more. Participants need to know how to play and score the various card games.

Pokemon Card Club

Activity #:	Date:	Day:	Age:	Time:	Fee:
220204I	1/13	F	7+	6:30-8:30PM	\$1
220204J	2/10	F	7+	6:30-8:30PM	\$1
220204K	3/10	F	7+	6:30-8:30PM	\$1
220204L	4/14	F	7+	6:30-8:30PM	\$1

Leader: Mary Ivie

We need at least 6 people at each meeting for this to program to work! Participants are encouraged to bring a friend. All ages and skill levels welcome. Bring your 60 card deck and join the battle. No deck? No problem, the leader will have some decks available for use. 1 meeting

AHA CPR & First Aid/AED

Activity #:	Date:	Day:	Age:	Time:	Fee:
250614C	2/4	SA	16+	12-4PM	\$55
250614D	4/1	SA	16+	12-4PM	\$55

Instructor: Susan Day

This course combines lectures, demonstrations and video with hands-on training and practice. Learn to recognize and respond to shock, cardiac and breathing emergencies for adults, children and infants, heat and cold emergencies, sudden illnesses and poisonings. First aid for cuts, scrapes, muscle, bone and joint injuries will be taught. Bring packed lunch/snacks. In order to pass the class, participants have to be able to be on the floor and perform the skills. 1 class

Self-Defense: Refuse to be a Victim

Activity #:	Date:	Day:	Age:	Time:	Fee:
250305A	1/14	SA	16+	7-8:30PM	\$3
250305B	2/11	SA	16+	7-8:30PM	\$3
250305C	3/11	SA	16+	7-8:30PM	\$3
250305D	4/8	SA	16+	7-8:30PM	\$3

Instructor: Greg Voorhees

Learn awareness of ones surroundings, how to create escape routes, hit & run tactics, releases from holds, fighting strategies and use of common objects as self-defense tools. Please wear clothes appropriate for mild physical activity. 1 class

NEW!!! Leadership Training

Activity #:	Date:	Day:	Age:	Time:	Fee:
241312A	1/11-2/15	W	16+	6-7PM	\$66*
241312B	3/1-4/5	W	16+	6-7PM	\$66*

Instructor: Janie Owens

***An additional \$15 book fee is payable to the instructor at the first class.**

Develop the ability to work with people. People are inspired by and desire to be like great leaders yet become overwhelmed by the perceived knowledge needed to learn the skill of leadership. To become a real success: It is imperative to relate to others better as you understand relational rules; equip others with the proper skill sets; improve your attitude through daily practices; and lead others successfully to where you have gone and beyond. Based on the book by John C. Maxwell and facilitated by a Maxwell Certified Independent Coach, Trainer and Speaker.

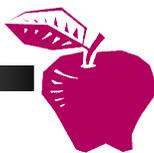
Windows Basic

Activity #:	Date:	Day:	Age:	Time:	Fee:
240613A	1/14	SA	16+	9AM-12PM	\$40

Instructor: Patrick Hausammann

Location: Johnson Williams Middle School Computer Lab 117

Learn the basics of a Windows based personal computer. The class will include proper start-up and shut down, running updates, basic troubleshooting, keyboard shortcuts and adding/removing software among others. Tutorials and help sites will be provided for ongoing support.



Intermediate Word

Activity #: 240613B Date: 1/21 Day: SA Age: 16+ Time: 9AM-12PM Fee: \$40
 Instructor: Patrick Hausammann
 Location: Johnson Williams Middle School Computer Lab 117

Begin with customizing the appearance of MS Word's toolbar and move onto many intermediate uses including text styles with tables of contents, inserting and formatting charts, images, etc., themes, watermarks, reference formatting and mail merge letters with this class. Time for questions will be provided throughout as well as tutorial links for attendees to take with them.

iPhone

Activity #: 240613D Date: 2/25 Day: SA Age: 16+ Time: 9AM-12PM Fee: \$40
 Instructor: Patrick Hausammann
 Location: Johnson Williams Middle School Computer Lab 117

An introduction to iOS (iPhone) based cell phones. Basic use, organization and apps will be covered. Information and tutorials will be provided for assistance.

Intermediate PowerPoint

Activity #: 240613F Date: 3/11 Day: SA Age: 16+ Time: 9AM-12PM Fee: \$40
 Instructor: Patrick Hausammann
 Location: Johnson Williams Middle School Computer Lab 117

Learn many features of PowerPoint through a review of advanced features and creation of a multi-slide presentation. Features reviewed will include slide show sections, inserting and formatting video, images, charts, etc., custom slide backgrounds, transitions, animations, and research. Time for questions will be provided throughout as well as tutorial links for attendees to take with them. 1 class

Social Media & Networking 101

Activity #: 240613H Date: 4/8 Day: SA Age: 16+ Time: 9AM-12PM Fee: \$40
 Instructor: Patrick Hausammann
 Location: Johnson Williams Middle School Computer Lab 117

Learn the basics of setting up safe social networking accounts with Facebook and Twitter. Walk through the creation of the accounts, security settings, friending/following, how to post content to each (comments, pictures, videos, etc.). If time remains, other popular social networking websites and apps will be introduced such as Pinterest & Instagram among others. Learn how to connect with distant relatives & friends around the world instantly & maybe even make some new ones! All attendees should have a working email address.

Google Apps 101

Activity #: 240613I Date: 4/22 Day: SA Age: 16+ Time: 9AM-12PM Fee: \$40
 Instructor: Patrick Hausammann
 Location: Johnson Williams Middle School Computer Lab 117

Ever wanted to learn about all of the things that come with a Google account? We will look at the basic productivity apps such as Gmail and Drive but also dive into customizing your internet browsing with Chrome, how to create your very own website with Google Sites, and curating your own YouTube channel. Time spent on topics will be driven by the participant's interest and resources will be provided to explore all of the many apps that Google offers outside of the class.



Firearms and Personal Safety Classes

Activity #:	Date:	Day:	Age:	Time:	Fee:	Topic:
250904A	1/14	SA	16+	8AM-4PM	\$100	Basic Pistol*
250904B	1/21	SA	16+	8AM-12PM	\$60	CSAP Class
250904C	1/21	SA	16+	1PM-5PM	\$45	Refuse to Be A Victim
250904D	2/11	SA	16+	8AM-4PM	\$100	Basic Pistol*
250904E	2/25	SA	16+	8AM-12PM	\$45	Refuse to Be A Victim
250904F	2/25	SA	16+	1PM-5PM	\$60	CSAP Class
250904G	3/11	SA	16+	8AM-4PM	\$100	Basic Pistol*
250904H	4/7	F	16+	5:30-9:30PM	\$100	Basic Pistol**
250904H	4/8	SA	16+	1-4PM	**	Basic Pistol**
250904I	4/29	SA	16+	8AM-12PM	\$60	CSAP Class
250904J	4/29	SA	16+	1PM-5PM	\$45	Refuse to Be A Victim

*Additional Range Fee \$10/pp payable to the Instructor first day of class

Instructors: Bill Copp and Eric Schaff

Location: Active Living Center

** Must attend weekday classes then range on Saturday

Clarke County Parks and Recreation has teamed up with **Triton Firearms & Safety Training, LLC** to offer classes in firearms education and personal safety courses. See info at: <http://tritonfst.com>

Basic Pistol Shooting Course: can be as short as ten hours and meets the Virginia Concealed Carry Permit requirements. In it students will receive instruction and guidance on intensive lessons in safety, gun handling, the various types of pistols, the fundamentals of pistol marksmanship, various pistol firing positions, several practical exercises on the firing range, cleaning, storage, and a summary of pistol sports and activities. There are no prerequisites for taking this course, and the material is accessible to appropriately supervised mature children.

NRA Refuse To Be A Victim®: Seminars teach common weaknesses that criminals may take advantage of, and a variety of corrective measures that are practical, inexpensive and easy to follow. The seminar includes classroom instruction on criminal psychology, automobile crimes; cyber safety, home security, and a variety of crime prevention strategies including carjack avoidance techniques, use of personal safety devices, and more. Students receive the Refuse To Be A Victim® student handbook, NRA Refuse To Be A Victim® brochure, and a Refuse To Be A Victim® Firearms Supplement.

SABRE's Civilian Safety Awareness Program (CSAP): What You Will Learn in a CSAP Class: Why go hands on when you can learn to protect yourself at a safe distance? Be Smart - Be Ready - Be Safe. SABRE's Civilian Safety Awareness Program one-day class can help you learn how to identify threatening behaviors and be better prepared to escape dangerous situations safely.

CSAP students will be educated on the following:

- How to discourage dangerous threats
- Ways to identify and avoid potentially dangerous situations
- Protection at a safe distance
- How to use our products effectively and responsibly
- Personal safety skills for smart living
- Anyone can benefit from taking a CSAP class - whether you're a runner, commuter, student, someone who travels for work, retiree, homemaker - this class is for you!

Classes are subject to change. New classes may be added!

Virginia Cooperative Extension "Your Roadmap to Retirement"

Activity #:	Date:	Day:	Age:	Time:	Fee:
240620A	3/22	W	16+	6:30-8:30PM	Free*

Instructors: VCE Master Financial Education Volunteers.

*Must register by phone or e-mail at least 3 days in advance. Call Karen Poff at Virginia Cooperative Extension, **540-635-4549** or e-mail kpoff@vt.edu. Sessions with fewer than 10 registrations will be cancelled. Participants will learn how to plan and save for retirement, the basics of investing, and how to make their resources last in retirement. 1 class



Kid's Core-ner

Parent's Night Out

Activity #:	Date:	Day:	Age:	Time:	Fee:
220714A	1/28	SA	3-12*	5-8:45 PM	\$20 (\$16pp for 2+ kids)
220714B	2/11	SA	3-12*	5-8:45 PM	\$20 (\$16pp for 2+ kids)
220714C	3/18	SA	3-12*	5-8:45 PM	\$20 (\$16pp for 2+ kids)
220714D	4/8	SA	3-12*	5-8:45 PM	\$20 (\$16pp for 2+ kids)

Kids come over to the Park for a **Pizza Party, FUN and Games** and give your Parents a Night OUT! Inquire at the park for further details—Emergency Forms must be completed for all participants prior to enrollment. *participants must be potty trained to attend program. 1 class

Kids CAN Cook with Nanna!

Activity #:	Date:	Day:	Age:	Time:	Theme:	Fee:
201715A	1/18	W	9-15	4-6PM	Man, Its Cold Outside!	\$14**
201715B	2/1	W	9-15	4-6PM	Super Bowl Snacks!	\$14**
201715C	2/8	W	9-15	4-6PM	International Delights	\$14
201715D	2/22	W	9-15	4-6PM	Gotta Love Snacks!	\$14
201715E	3/8	W	9-15	4-6PM	Vegetarian	\$14
201715F	3/22	W	9-15	4-6PM	Don't Forget Dessert	\$14
201715G	4/5	W	9-15	4-6PM	Time for a Salad	\$14
201715H	4/19	W	9-15	4-6PM	Feeding My Family	\$14

Instructor: Nanna (Robin) Damico

**Additional material fees payable to instructor is \$8 per class,
1/18 is \$6, 2/1 is \$9

Nanna grew up in the kitchen and learned a lot from her grandmother. She is taking this love of baking and cooking to the kids of this community in hopes of restoring the same love she has into kids today and help to bring families back together in the kitchen and at the dinner table. 1 class

Kids CAN Sew with Nanna!

Activity #:	Date:	Day:	Age:	Time:	Theme:	Fee:
201716A	1/16	M	9-15	4-6PM	Pin Cushion	\$14**
201716B	1/30	M	9-15	4-6PM	Comfy Pillow	\$14
201716C	2/6	M	9-15	4-6PM	Stuffed Animal	\$14
201716D	2/20	M	9-15	4-6PM	My Own Teddy	\$14
201716E	3/6	M	9-15	4-6PM	My Blankie has a Pocket!	\$14**
201716F	3/20	M	9-15	4-6PM	Bag to Go!	\$14**
201716G	4/3	M	9-15	4-6PM	Must have Wallet	\$14
201716H	4/17	M	9-15	4-6PM	Handy Dandy Little Tote	\$14

Instructor: Nanna (Robin) Damico

**Additional material fees payable to instructor \$9 per class
1/16 -\$7, 3/6-\$11, 3/20-\$7**

Nanna's mother and grandmother shared their knowledge of sewing, quilting and crocheting with her as a young girl. She wants to share the art of sewing and quilting too! She is on a mission to revive it with kids in the community. The objective of this series of classes is to teach students basic hand sewing skills, cut out a pattern, follow instructor/pattern directions & assemble the project. No sewing exp. needed. 1 class

Oops!! We canceled your class because we didn't know you were interested. Sometimes we have wonderful classes with excellent instructors canceled because people wait to register. Our programs have minimum enrollment requirements that must be met in order to hold the class. So don't wait, register today!

Pre-Ballet I

Activity #:	Date:	Day:	Age:	Time:	Fee:
210705A	1/13-2/3(no 1/27)	F	3-5	4-4:30PM	\$22*
210705B	2/10-3/3	F	3-5	4-4:30PM	\$30
210705C	3/24-4/14 (no3/31)	F	3-5	4-4:30PM	\$22*

Instructor: Natalie Carlile

This class focuses on exploring movement in all forms. Imagination and investigation are an important part of discovery. This class will teach students freedom through movement while learning in a structured environment. Students will learn basic ballet technique and vocabulary through structured practice and dance games. *3 classes, 4 classes

*Spring Dance Recital

Participants in Session
3 will be demonstrating
the skills and techniques
that they learned. The Spring Dance
recital will be held on April 14th
during their last class/time.
Refreshments will be
served for dancers/families.

Ballet/Tap I

Activity #:	Date:	Day:	Age:	Time:	Fee:
210704A	1/13-2/3(no 1/27)	F	3-6	4:35-5:20PM	\$26*
210704B	2/10-3/3	F	3-6	4:35-5:20PM	\$35
210704C	3/24-4/14 (no3/31)	F	3-6	4:35-5:20PM	\$26*

Instructor: Natalie Carlile

Students will learn beginning ballet technique and vocabulary through structured practice and fun dance games! Tap dance will also be introduced, with focus on learning the different sounds and rhythms that can be made with different movement in further training. *3 classes, 4 classes

Ballet/Tap II

Activity #:	Date:	Day:	Age:	Time:	Fee:
210704D	1/13-2/3(no 1/27)	F	6-10	5:25-6:10PM	\$26*
210704E	2/10-3/3	F	6-10	5:25-6:10PM	\$35
210704F	3/24-4/14 (no3/31)	F	6-10	5:25-6:10PM	\$26*

Instructor: Natalie Carlile

This class will review and expand on material learned in Ballet/Tap I. Dancers will continue to improve their technique and vocabulary, with more attention to detail. Advanced beginner material may be covered, but no experience is necessary to join. *3 classes, 4 classes

INSTRUCTORS NEEDED

Do you have a special talent that you would like to share with others?
Call 540-955-5140 for more information or stop by the Clarke County
Recreation Center for an employment application.



Jazz/Hip Hop

Activity #:	Date:	Day:	Age:	Time:	Fee
250713A	1/13-2/3(no 1/27)	F	6-10	6:15-7PM	\$22*
250713B	2/10-3/3	F	6-10	6:15-7PM	\$30
250713C	3/24-4/14 (no3/31)	F	6-10	6:15-7PM	\$22*

Instructor: Natalie Carlile

Jazz and Hip Hop are truly American dance styles. Originating from swing dance, jazz is upbeat and exciting, while hip-hop is heavy and low to the ground. Students will explore dynamic, energized movement to exciting music. Technique and safety will be important in the learning process. 3 classes

Hip...Hop!!



Teen Jazz/Hip Hop

Activity #:	Date:	Day:	Age:	Time:	Fee
250713D	1/13-2/3(no 1/27)	F	10-15	7:05-7:50PM	\$22*
250713E	2/10-3/3	F	10-15	7:05-7:50PM	\$30
250713F	3/24-4/14 (no3/31)	F	10-15	7:05-7:50PM	\$22*

Instructor: Natalie Carlile

Jazz and Hip Hop are truly American dance styles. Originating from swing dance, jazz is upbeat and exciting, while hip-hop is heavy and low to the ground. Students will explore dynamic, energized movement to exciting music. Technique and safety will be important in the learning process.

*3 classes, 4 classes

Special Note: Dance Instructors may need to merge classes or evaluate and move students into other classes as needed. If a waiting list exists, please ask to go on waitlist as other classes may be formed.

After-School Tutoring

Activity #:	Date:	Day:	Age:	Time:	Fee
210713A	Jan-April	T or TH	7-12	by appt.	\$35

Instructor: Allyson Allison

Now offering Individual Tutoring for K-6th grade! This is the extra help your student needs to succeed in school. Each session will help the student excel in many subjects including , writing/grammar, phonics, spelling, math, science and history. Your student will be assessed and given exercises to help them progress. The instructor will assist with homework if needed. Organization and test taking skills will also be incorporated in this session. Sessions are scheduled for 45 min for \$35/session.

Child Care Programs

After School with the Park for 2016/2017 School Year

Activity #:	Date:	Day:	Age:	Time:	Fee:
511102F	January	M-F	K-5th Grade	3-6PM	\$180*
511102G	February	M-F	K-5th Grade	3-6PM	\$180*
511102H	March	M-F	K-5th Grade	3-6PM	\$180*
511102I	April	M-F	K-5th Grade	3-6PM	\$180*
511102J	May	M-F	K-5th Grade	3-6PM	\$180*
511102K	June	M-F	K-5th Grade	3-6PM	\$90*

Registration Began: June 20, 2016

The After School Program is a State Licensed Program located at Clarke County Parks & Recreation Active Living Center. This program runs daily on regular school days and provides full day care on teacher workdays (there is an additional fee for full days). Transportation is provided to Clarke County Recreation Center by Clarke County Public Schools, for children who attend D.G. Cooley Lower and Upper Campus or Boyce Elementary. **The After School Program follows Clarke County Public School schedule and is subject to change.** Registration packets are available for **pick up** at the front desk at the Recreation Center. **At time of registration, you must bring:** 1) Completed Registration Packet/Forms 2) The child's Original Birth Certificate for CCPR staff to view and record. 3) A copy of the child's Immunization Records and a copy of the child's Complete School Physical Examination. At time of registration the first month tuition plus \$25 non-refundable registration fee is due. **(Allow two week days (M-F) to process your registration)** *Paid Monthly

Schools Out for the Day

Activity #:	Date:	Day:	Age:	Time:	Fee:	After School Participants
511102N	01/17/17	TU	K-5th Grade	7:30AM-6PM	\$25	\$16
511102O	03/27/17	M	K-5th Grade	7:30AM-6PM	\$25	\$16

Registration Began: June 20, 2016

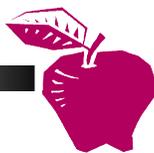
Participants will take part in a variety of recreational activities. Please wear athletic shoes and don't forget to bring a packed lunch each day. (A morning and afternoon snack is provided.) Participants are required to provide the same registration information as our After School Program. Registration packets are available for **pick up** at the front desk at the Recreation Center. **This program follows Clarke County Public School schedule and is subject to change.** For inclement weather delays or closing information listen to 92.5 WINC FM or visit our Facebook page. **(Allow two week days (M-F) to process your registration)**

Spring Break Day Camp

Activity #:	Date:	Day:	Age:	Time:	Fee:
250708A	4/10	M	K-5th Grade	7:30AM-6PM	\$25
250708B	4/11	TU	K-5th Grade	7:30AM-6PM	\$25
250708C	4/12	W	K-5th Grade	7:30AM-6PM	\$25
250708D	4/13	TH	K-5th Grade	7:30AM-6PM	\$25
250708E	4/14	F	K-5th Grade	7:30AM-6PM	\$25

Registration Deadline: 3/24/17

Are you looking for some fun activities for your child over their Spring Break? If so, this camp is ideal for them. Participants will take part in a variety of activities such as arts and crafts, sports, free play, and more. Please wear athletic shoes and don't forget to bring a packed lunch each day. (A morning and afternoon snack is provided.) Participants are required to provide the same registration information as our After School Program. Registration packets are available for **pick up** at the front desk at the Recreation Center. **This program follows Clarke County Public School schedule and is subject to change.** Sign up early, or this program will be cancelled if it doesn't meet the minimum enrollment by March 24, 2017 deadline.



Sports & Athletics

Pre-school Gymnastics

Activity #:	Date:	Day:	Age:	Time:	Fee:
210901A	2/2-2/23	TH	3-5	5:30-6:15PM	\$39
210901B	3/2-3/23	TH	3-5	5:30-6:15PM	\$39
210901C	3/30-4/27(no4/13)	TH	3-5	5:30-6:15PM	\$39
210901D	2/2-2/23	TH	3-5	6:30-7:15PM	\$39
210901E	3/2-3/23	TH	3-5	6:30-7:15PM	\$39
210901F	3/30-4/27(no4/13)	TH	3-5	6:30-7:15PM	\$39

Location: D.G. Cooley Gym

Combo Pre-Gym-Gym I

Activity #:	Date:	Day:	Age I	Age II	Time	Fee:
210902A	2/2-2/23	TH	5-6	6-8	4:15-5:15PM	\$49
210902B	3/2-3/23	TH	5-6	6-8	4:15-5:15PM	\$49
210902C	3/30-4/27(no4/13)	TH	5-6	6-8	4:15-5:15PM	\$49

Location: D.G. Cooley Gym

Combo Gym I & II

Activity #:	Date:	Day:	Age I	Age II	Time:	Fee:
210904A	2/2-2/23	TH	6-8	9-15	5:15-6:15PM	\$49
210904B	3/2-3/23	TH	6-8	9-15	5:15-6:15PM	\$49
210904C	3/30-4/27(no4/13)	TH	6-8	9-15	5:15-6:15PM	\$49

Location: D.G. Cooley Gym

Instructor: Christel Montgomery

Our **Gymnastic programs** are presented in cooperation with **Cheer Eruption**. They will focus on basic gymnastics skills featuring tumbling. Your child will learn good body positioning, strength training, and coordination using various pieces of equipment while being Safe and having FUN!! 4 Classes, **Classes are subject to change.**

Ninja-Parkour Pre

Activity #:	Date:	Day:	Age	Time:	Fee:
210903A	2/2-2/23	TH	5-8	6:30-7:15PM	\$39
210903B	3/2-3/23	TH	5-8	6:30-7:15PM	\$39
210903C	3/30-4/27(no4/13)	TH	5-8	6:30-7:15PM	\$39

Location: D.G. Cooley Gym

Instructor: Christel Montgomery

Pre Ninja and Parkour Fitness Training are designed to focus on core strength training, agility and balance. This is a great program to build a foundation for any and all sports. We will warm up, stretch, condition and tackle obstacles that are fun, challenging and SAFE.

Note: Other classes may be added-Use waitlist option if you cannot get into a class. The instructor may evaluate participants' skills to approve entrance into a class.

Cheer Tumble Level 1

Activity #:	Date:	Day:	Age:	Time:	Fee:
210905A	1/10-1/31	TU	5-11	4:15-5:15PM	\$75
210905B	2/7-2/28	TU	5-11	4:15-5:15PM	\$75
210905C	3/7-3/28	TU	5-11	4:15-5:15PM	\$75
210905D	4/4-5/2(no 4/11)	TU	5-11	4:15-5:15PM	\$75

\$75*Instructor: Ann Gorman, Cheer Eruption

Location: D.G. Cooley Lower Campus Gym

Cheer Eruption is excited to bring their cheerleading tumble program to CCPR. This is a beginner class designed for those children interested in learning tumbling to enhance their cheerleading skills. Level 1 cheerleading tumbling skills include: front & backward rolls, cartwheels, round-offs, front & back walk-overs, and progressions to back handsprings. 4 classes

Youth Open Soccer

Activity #:	Date:	Day:	Age:	Time:	Fee:
250907A	4/7-5/26	F	4-18	1:30-3:30PM	\$6

Participants must wear shin guards and bring their own soccer ball and water bottle. Parents are required to help out with this program to keep the cost low and keep it open. Participants will receive instruction in basic soccer skills: kicking, dribbling and passing the ball. Scrimmages will be set up with individuals according to age group.

Not Your Average "Gym" Class

Activity #:	Date:	Day:	Age:	Time:	Fee:
210708A	2/7-2/28	T	6-10	5:30-6:15PM	\$40
210708B	3/7-3/28	T	6-10	5:30-6:15PM	\$40
210708C	4/4-5/2 (no 4/11)	T	6-10	5:30-6:15PM	\$40

Instructor: Jeremy Tipton

Location: Boyce Elementary Gym

Come participate in the best physical education games and activities with a certified physical education teacher. Mr. T (Jeremy Tipton) has been teaching health and physical education for over seven years. Your children will safely participate in some of the best games and activities all while learning the importance of being physically active and having fun. Classes will run for 45 minutes- wear tennis shoes bring a water bottle and be ready to move. If you had fun you won!

Fencing Basics 101

Activity #:	Date:	Day:	Age:	Time:	Fee:
250911A	1/13-3/31	F	9& Up	6:30-7:45PM	\$185*

Instructor: David Copeland

Location: Boyce Gym

***Additional \$25 Glove purchase/RTF Fee (paid to instructor) is required for program. This fee is to be paid to the instructor.**

This 12 Week Course will cover the history of the sword, as it relates to fencing, dueling, and the beginnings of the sport. Students will get a basic understanding of all 3 weapons, how each one is used, and a basic understanding of the rules. From the first lesson and onward through the class, beginners will also acquire a basic understanding of proper footwork, blade work, form, and function. Students will also have the opportunity to fence using the same style of electronic equipment used in the modern Olympic Games.

Location subject to change.

Clarke County Youth Sports Organizations

Clarke County Youth Basketball Joe Braithwaite 955-2147 clarkecountyyouthbasketball.com P.O. Box 82 Berryville, VA 22611	Clarke County Youth Soccer Hotline.....955-9002 clarkesoccer.org P.O. Box 720 Berryville, VA 22611
Clarke County Little League...955-9950 Kim Braithwaite 955-2147 Eteamz.com/clarkecountylittleleague P.O. Box 812 Berryville, VA 22611	Clarke County Youth Cheerleading Amy Eichenlaub 540-907-1832 cheerleading@clarkeyouthfootball.org
Clarke County Youth Football Joanne Zuleger703-727-5707 www.clarkeyouthfootball.org info@clarkeyouthfootball.org P.O. Box 967 Berryville, VA 22611	Shenandoah Valley Youth Lacrosse Rick Constantino svylax@gmail.com http://svyl.uslaxteams.com

**Foil 102**

Activity #: 250911B Date: 1/13-3/31 Day: F Age: 9& Up Time: 7:45-9:15PM Fee: \$170*
 Instructor: David Copeland
 Location: Boyce Gym

***Additional \$75 partial equipment purchase is required for program (paid to instructor).**

Prerequisite: Fencing Basic 101. This class focuses on tactical strategies of foil, a greater understanding of the rules, and holds the student to a higher physical demand. Students will learn foil blade work, footwork, acquire a good understanding of proper movement, understand reffing and open bouting on electronic scoring equipment. They will spend equal time observing, refereeing, fencing, and in physical training. **Location subject to change.**

Foil 202

Activity #: 250911C Date: 1/13-3/31 Day: F Age: 9& Up Time: 7:15-9:15PM Fee: \$200

REGISTRATIONS for fencing classes: checks to be made out to "Out of Nowhere Fencing" for more details: www.fencing4u.com (202 classes are for advanced students see instructor prior to enrolling)



FitEx is an 8-week physical activity and fruit/vegetable consumption program. Teams of 4-6 collectively set group goals and work to achieve them each week. The leader board displays the top teams of the week in your county and across the whole state. The individual profile page indicates

personalized progress toward goals as well as contribution to the team goals. The program includes 9 weekly newsletters with recipes, tips, and commentary. For more information, contact your local Extension office, visit the FitEx website, or contact the program manager at admin@fit-ex.org.

Soccer Conditioning Program

Activity #:	Date:	Day:	Age:	Time:	Gender:	Fee:
250909A	1/11-1/28	W+SA	4-19	4:00-5:30PM	Boys	\$80
250909B	2/1-2/18	W+SA	4-19	4:00-5:30PM	Boys	\$80
250909C	1/14-2/18	SA	4-19	2:15-3:45PM	Girls	\$80

Location: Boyce Gym
 Instructor: Coach Hans Van Zutphen, UEFA "A" Coach Licensed

***Open House come over and meet Coach Hans on Wednesday, January 4th from 4-5:15PM inclement weather date would be pushed back to Saturday, January 7th 3-5PM.**

This 90 minute Soccer Conditioning Program will consist of warm-ups/stretches, fundamental skills, drills, high intensity sport specific speed and agility training with ball handling then finish each session with small sided scrimmages, cool downs/stretches. Participants will be challenged and their skills evaluated in this winter conditioning program to include additional off-day training programs to help the individual athlete refine their skills and strive for a greater growth potential in soccer. Contact the park for more details and Sign up Early LIMITED space available in this program –waitlist signups are encouraged for future programming.

Clarke County Wrestling Club

Activity #:	Date:	Day:	Age:	Time:	Fee:
250902A	3/1-5/24 (No 4/12)	W	1st-12th Grade	5:45-7:30PM	\$40

Instructor: Jon VanSice and Staff
 Location: JWMS – Cafeteria

Participants will learn basic wrestling positions, skilled moves, and conditioning while having Fun! CCPR Wrestling is for grade school through high school. Athletes will participate in circuits to improve their speed, quickness and techniques using "Basic Skills" to prepare them for joining a wrestling team. Experienced Wrestlers/Volunteers are welcome for further information please contact Jon VanSice blueridgegardens@gmail.com *subject to change

Co-ed Softball Organizational Meeting

There will be an organizational meeting at the Recreation Center for the CCPR Co-ed Softball League on **Monday, April 10th at 7:00 PM**. Anyone interested in placing a team in the league or playing in the league should contact the park and plan to attend this meeting.

Save The Dates: Clarke County Parks and Recreation has partner with the following organizations to host 5k events here at the Park!

Access Independence 5k Run /Walk /& Roll to help bring kickoff: "disAbility Awareness Week 2017" will be held April/May 2017 Date TBD check back or keep up with alerts on facebook!

Clarke County Education Foundation, Inc will be hosting their 2017 Color-Me-Clarke 5k On Sunday, June 4th – race site will be live March 1st for more details go to www.ccefinc.org

Wee Gym

Wee Gym, provides young children fantastic learning opportunities to develop locomotion, confidence, balance and motor skills. Specific, age appropriate safety approved equipment including mats for jumping and tumbling, balls for bouncing and rolling, age appropriate manipulatives and parachutes for group activities provided in a safe, fun environment. This is an unstructured program and you are your child's instructor. Program runs January thru February, Tuesdays & Fridays 9:00AM-12:00 PM Open to all children ages 0-5 when mpanied and supervised by an adult \$3.00 for one adult and one child, \$1.00 for each additional child.



Special Events

Try It for FREE Fitness Day

Activity #:	Date:	Day:	Age:	Time:	Class:	Fee:	Instructor:
250801A	1/7	SA	16+	10-10:30AM	Zumba	FREE	Deborah
250801B	1/7	SA	16+	10:30-11AM	Total Fit	FREE	Stacey
250801C	1/7	SA	16+	11-11:30AM	Insanity	FREE	Ginger
250801D	1/7	SA	16+	11:30-12PM	P90X	FREE	Ginger
250801E	1/7	SA	16+	1-1:30PM	Hatha Yoga	FREE	Kristin
250801F	1/7	SA	16+	1:30-2PM	HipHop	FREE	Nichole
250801G	1/7	SA	16+	2-2:30PM	Country Heat	FREE	Cassie
250801H	1/7	SA	16+	2:30-3PM	FITT Forever	FREE	Jane
250801I	1/7	SA	16+	3-3:30PM	FITT Forever	FREE	Jane
250801J	1/7	SA	16+	3:30-4PM	Fluid Motion	FREE	Jane
250801K	1/7	SA	16+	4-4:30PM	R&R Yoga	FREE	Jane
250801L	1/7	SA	16+	4:30-5PM	Tai Chi	FREE	Jane
250801M	1/7	SA	16+	5-5:30PM	FallProof	FREE	Joy

This is your chance to try before you buy! Our instructors will be onsite demonstrating the classes they teach so you can find the class(es) that fit your needs!



Egg Hunt with the Easter Bunny

Activity #:	Date:	Day:	Age:	Time:	Fee:
250802A	4/8	SA	1-2	11AM	\$3
250802B	4/8	SA	3-4	11:20AM	\$3
250802C	4/8	SA	5-7	11:40AM	\$3

Bring a basket to hold all the eggs you'll find. Don't forget the camera for when the Easter Bunny pops in. In the event of inclement weather, the event will be held inside the Recreation Center.



Earth Day Litter Walk

Activity #:	Date:	Day:	Age:	Time:	Fee:
250804A	4/22	SA	All	10AM	Free

Come help us beautify the park! We will walk around the park and clean up any litter we find.



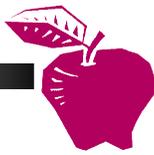
Paint Nights

Activity #:	Date:	Day:	Age:	Time:	Fee:	Topic:
250209A	1/28	SA	18+*	6-8PM	\$38	Night Trees Along A River
250209B	2/25	SA	18+*	6-8PM	\$38	Red Fox In Snow
250209C	3/25	SA	18+*	6-8PM	\$38	Tree Frog Portrait
250209D	4/29	SA	18+*	6-8PM	\$38	Window Flower Box

Instructor: Cheryl Suitor

*Children 10+ can register if they are painting alongside a parent registered for the program. Come out to socialize and follow step by step directions to paint a specific topic. Paintings will be created using acrylic paints. At the end of the night everyone takes home their original work of art!





Trips & Tours

Primitive and Earth Skills Courses

Activity #:	Date:	Day:	Age:	Time:	Fee:	Topic:
251003A	12/3	SA	12+	9-5PM	\$85	<i>Natural Cordage, Basket Making and Spoon Carving</i>
251003B	12/4	SU	12+	9-5PM	\$55	<i>Fermented Foods</i>
251003C	12/10	SA	12+	9-5PM	\$70	<i>Buckskin and Buffalo Bags</i>
251003D	12/11	SU	12+	9-5PM	\$75	<i>Pine Needle Baskets</i>

Location: North American Bushcraft School, Hedgesville, WV

Session A: This full day workshop will teach you how to produce rope, make a basket and carve a spoon with all naturally harvested materials. Everyone will have a basket, a length of natural rope and a handmade spoon to take home with them. All materials and tools provided

Session B: Purposeful and safe fermentation, historical significance and health benefits of fermented foods, different types of lactic acid bacteria, vessels, utensils and other equipment for canning. Students will help make a batch of Kimchi and of Sauerkraut for everyone to take home a jar of each.

Session C: Learn how to design, layout, cut out and lace your own buckskin bag. All necessary tools are provided including awls, scissors, punches, lacing tools, commercial and NABS tanned and walnut dyed elk and deer buckskin. Buffalo leather will be available for an extra charge. Each student will create and take home their own unique handmade buckskin bag.

Session D: Learn to make pine needle baskets: baskets, types of materials and stitching will be covered. All students will create a pine needle basket to take home with them as well as the knowledge and skills to construct future baskets. All materials provided.

Register Now and plan to attend these Primitive and Earth Skills Courses! All classes are taught by experienced primitive skills instructors. Class size is limited and additionally classes may be added for further details: Call (202) 649-0017 or Go to website for additional course information and to **Register with them directly** at <http://www.northamericanbushcraftschool.com>

Exciting 2017 Day Trips!

Clarke County Parks and Recreation in partnership with Schrock Travel are pleased to offer day trips and multi-day tours with a Schrock Motorcoach and Tour Director. Local pick up at the park may be available, based on a minimum number of reservations received.

FREE! ATLANTIC CITY, NJ - SECOND Saturday of each month - April 8 (Easter 04/16), May 13, June 10, July 8 - Resorts Casino Hotel with Jimmy Buffet's Margaritaville - Atlantic City, NJ. Cost: \$55.00 - Bonus: \$30.00 Coin + \$20 Food Voucher + \$5 value for onboard refreshments - 6:30 am - Berryville Shop-N-Save - No Reserved Seating - first-come/first-served. **Subject to cancellation if minimum numbers are not reserved *No Fee for local pick-up.***

NEW YEARS EVE 2017 - ATLANTIC CITY, NJ-

December 31 - Cost: \$85.00

Resorts Casino Hotel with Jimmy Buffet's Margaritaville - Atlantic City, NJ

6:30 am -Shop-N-Save - No Reserved Seating - first-come/first-served.

Subject to cancellation if minimum numbers are not reserved
No Fee for local pick-up.

ROCKY GAP CASINO RESORT Cumberland, MD -

FIRST Monday of each Month - March 6, April 3, May 1, June 4 - and THIRD Wednesday - March 15, April 19, May 17, June 21 - Cost: \$27.00 Bonus: \$20.00 Rocky Gap Slot Play + \$5 Food Voucher + \$2 (value) Games & refreshments. 7:00 am - Winchester/Schrock Terminal - No Reserved Seating - first-come/first-served. **Subject to cancellation if minimum numbers are not reserved NO local pick-up.**

A DAY IN NEW YORK CITY: April 22, June 10, August 26, October 7, December 2 - Cost: Varies. 4:00am - Winchester/Schrock Terminal. NO local pick-up.

Washington DC Auto Show - Saturday. February 4, 2017.

Cost: \$54.00

7:00am - Winchester/Schrock Terminal. NO local pick-up

2017 Philadelphia Flower Show - Tuesday, March 14, 2017.

Cost: \$99.00 (includes show ticket) 7:00am - Winchester/Schrock Terminal ** NO local pick-up.

Trips and Tours Meeting

**Ready to explore the Outdoors?
Hike, Travel, Cruise???**

YOU are invited to our upcoming Trips and Tours Meeting on Monday, January 30th at the Recreation Center from 6:30-7:30 PM.

We will be reviewing the details of our Hikes, Day - Multi-Day Trips, and Cruises - introducing Outdoor Programming. Send us your email address as we our starting a new list!

Please RSVP via email to tpitcock@clarkecounty.gov or call 540-955-5140 to save you a spot

Cruise Info - California Coastal, Bermuda, etc.. will be covered in meeting



**“Celtic Woman at American Music Theatre -
Friday, March 31, 2017**

Cost: \$188.00 (includes show ticket & Miller’s
Smorgasbord) 7:00am - Winchester/Schrock Terminal
** NO local pick-up.

**Cherry Blossom Odyssey Cruise, Washington, D.C.
Wednesday, April 4, 2017 Cost: \$157.00**

(includes Luncheon Cruise) 7:30 am –Clarke County Parks & Rec
Local Pick up fee \$10 - 8:00am - Winchester/Schrock Terminal

“Ragtime” at Ford’s Theatre,

Washington, DC - Thursday, April 20, 2017

6:45 am –Clarke County Parks & Rec

Local Pick up fee \$10 - 7:00am - Winchester/Schrock Terminal

Cost: Adult \$99.00

Ocean City, MD SPRINGFEST Saturday, May 6

Cost: \$83.00

5:30am - Winchester/Schrock Terminal ** NO local pick-up.

Around the World Embassy Tour,

Washington DC Saturday, May 6, Cost: \$40.00

7:00am - Winchester/Schrock Terminal - 7:30 am –Clarke County
Parks & Rec Local Pick up fee \$10

Hillwood Estate Museum & Gardens,

Washington DC Wednesday, May 24, Cost: \$82.00

7:00am - Winchester/Schrock Terminal - 7:30 am –Clarke County
Parks & Rec Local Pick up fee \$10

Departure Times subject to change without notice

Multi-Day Tours

50% Deposit will reserve your seat!

**January 31 - March 2, 2017 -
A FLORIDA WINTER VACATION -**

Edgewater Beach & Golf Resort, Panama City Beach, FL

Join Larry & Dottie Schrock – Florida It’s everyone’s winter dream come true for one month – a vacation away from cold weather to sunny Florida! **Tour Highlights:** 2 nights Lodging in route to/ from– 4 weeks lodging in a beachfront Tower Condo overlooking the Gulf of Mexico in sunny Florida! With •Full kitchen •Washer/Dryer • All Resort amenities including monthly activities •Golf, & Tennis • Spa & Fitness • Watersports • Resort Dining • Polynesian style Lagoon Pool, 11 swimming pools, white-sand private beach & more!

**\$500 deposit per person will reserve
your preferred condo! -**

Final Payment December 20th

Cost per person / Double:

Minimum	1 Bedroom	2 Bedroom	Single - 1 Bedroom
20	\$1,847.00	\$2,199.00	\$3,055.00

January 28 - February 2, 2017 -

WINTER IN YELLOWSTONE NATIONAL PARK

Featuring the National Elk Refuge and Jackson Hole

6 Days • 10 Meals / *A Schrock Fly Vacation*

Witness the majesty of Yellowstone in winter, when the park is bathed in crisp white snow and shimmering ice. A private Snocoach takes you to places where the wildlife is still abundant, but the tourists are not. **Call for air rates and schedules from Washington Dulles to / from Salt Lake City.**

**Cost per person - Land Package Only: Double: \$1,549.00 /
Single: \$2,078.00.**

Call for a Brochure!

March 2 & October 2 - HAWAII FOUR ISLANDS

Call for a Brochure!

*Featuring Oahu, Kauai, Maui and Hawaii Island
(the “Big Island”)*

A Schrock Fly Vacation / 12 Days • 15 Meals

See the lush tropical forests, stunning waterfalls, steaming volcanoes, and idyllic beaches of America’s Pacific paradise — HAWAII. **Call for air rates and schedules from Washington Dulles to Honolulu and from Maui.**

Cost per person - Land Package including inter-island air only.

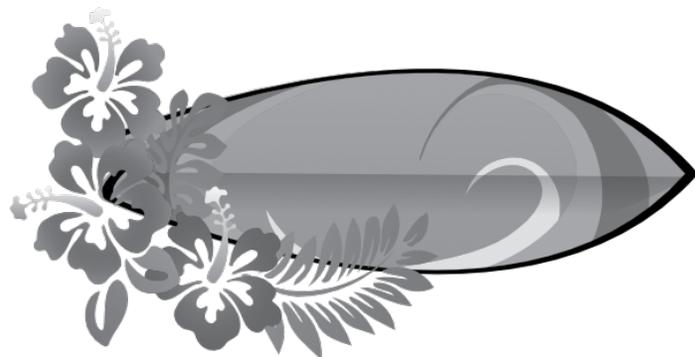
March 2 Double \$3,784.00 / Single \$5,443.00
October 12 Double \$3,724.00 / Single \$5,313.00

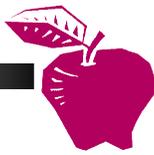
March 15 - 17, 2017 - BRANSON AT THE BEACH

Ocean City, MD

Come and enjoy 10 miles of beautiful beach as we bring the best of Branson’s live entertainment to the new Roland E. Powell Convention Center. See famous Branson artists like Doug Gabriel’s #1 Tribute Show, the #1 Hits of the 50’s and 60’s, Patsy Cline Remembered and MORE!

Tour Highlights: 5 Branson-style Shows - Doug Gabriel, George Dyer, Classic Country’s Patsy Cline & Friends; #1 Hits of the 60’s ; Hughes Brothers or Dutton’s (or similar); Meet & Greet with performers; 2 Nights Lodging - Quality Inn Boardwalk; 4 Meals (2B, 2D) A Schrock Motorcoach & Tour Director. **Cost per person: Double - Based on 20 – \$749.00 / Based on 28 - \$670.00 / Based on 36 - \$627.00.**





FACILITY RENTAL FEES

As of December 2014

*Clarke County Based Non-Profit Organizations Qualify For An Additional Discount On Fees.
A Copy of the 501C3 Form Must Be Provided.

Facility	Base Fee (Non-Residents)	Additional Fees	Discount Fee (County Resident)	Additional Fees	Clarke County Non-Profit Organizations
Shelters	36.00 for 4 hours (4 hr. min)	8.00 per add. hr.	28.00 for 4 hours (4 hr. min.)	6.00 per add. hr.	50% discount
Tennis Courts	15.00 p/h per court		10.00 p.h per court		50% discount
Softball/ Baseball	25.00 p/h per field	Drag 20.00 Line 10.00 Lights 10.00 p/h	20.00p/h per field	Drag 20.00 Line 10.00 Lights 10.00 p/h	50% discount (For field rental fee; No reduction for dragging, lining or lights)
Soccer Field 1,2 and Practice Field Filed 3.4 and 10 U6 and U8	25.00 p/h per field	Line 60.00 Line 40.00 Line 20.00	20.00 p/h per field	Line 60.00 Line 40.00 Line 20.00	50% discount (For field rental fee; No reduction for dragging, lining or lights)

Swimming Pool	Base Fee (Non-Residents)	Discount Fee (County Resident)	*Clarke County Non-Profit Organizations	Additional Fees
Full Rental	210.00 2-hr. max.	190.00 2-hr. max.	170.00 2-hr. max.	Additional Lifeguards \$30

Pool rental includes 3 guards to accommodate 100 people. If expecting more than 100 people they must pay for an additional guard for every 30 people.

Recreation Center	Base Fee (Non-Residents)	Discount Fee (County Resident)	*Clarke County Non-Profit Organizations
Full Gym	60.00 p/h	50.00 p/h	50% discount
Half Gym Rental	30.00 p/h	25.00 p/h	50% discount
Multi-Purpose Room	30.00 p/h	20.00 p/h	50% discount
"Kitchen" Room	30.00 p/h	20.00 p/h	50% discount
Full Facility	70.00 p/h up to 8 hrs. 40.00 each additional hr.	60.00 p/h up to 8 hrs. 30.00 each additional hr.	50% discount
Active Living Center Main Room	\$50.00	\$50.00	50% discount
ALC Kitchen	\$25.00	\$25.00	50% discount
Supervisor Fee	\$15.00 p/h	\$15.00 p/h	No discount

*Anyone renting the kitchen at any time in the ALC must have a supervisor or renting any other room in the entire recreation center or active living center during off hours must hire a supervisor.

***Additional Recreation Center Fees charged if needed:

Floor Covering: \$145.00; Additional Staff: \$15.00 p/h; Wee Gym Set-up: \$16.00

***Above rental fees apply to personal use. Any private individual or organization renting park facilities and charging fees must pay 15% of their gross profits to the Clarke County Parks and Recreation Department. Any such activities must also be approved by the Clarke County Parks and Recreation Department. Rules and restrictions will apply. *Clarke County Non-Profit organizations should contact the Park for their rate.

