

# The Core

A Publication of Programs & Activities Sponsored by The Clarke County Parks & Recreation Department for the Fall 2019

## FALL CLEANUP DAY

Sun., September 8<sup>th</sup>

1:00 - 3:00PM

*see page 12*

## SPOOKTACULAR "GOOSEBUMPS" MOVIE NIGHT

Friday, October 25<sup>th</sup>

7 PM to 9 PM

\*2 and under are FREE. Participants are invited to dress up in their Halloween costumes to this movie night.

There will be themed snacks to enjoy while watching "GOOSEBUMPS".

Everyone is encouraged to bring a comfortable pillow and blanket or bean bag chair to sit on for the movie.

*see page 12*

## Fall And Holiday Craft Show

Sat. November 2nd

Time: 9AM - 4PM

Sun. November 3

Time: 10AM - 3PM

**FREE**

*see page 12*

REGISTRATION BEGINS AT 9:00 AM AUGUST 19, 2019 FOR CLARKE COUNTY RESIDENTS AND AUGUST 21, 2019 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



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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:

Monday, September 2<sup>nd</sup>  
 Thursday, November 28<sup>th</sup>  
 Tuesday, December 24<sup>th</sup>  
 Wednesday, December 25<sup>th</sup>  
 Wednesday, January 1<sup>st</sup>

### Abbreviated Schedule:

Thursday, October 31<sup>st</sup> 9:00-5:00  
 Friday, November 29<sup>th</sup> 12:00-6:00  
 Thursday, December 26<sup>th</sup> 12:00-6:00  
 Tuesday, December 31<sup>st</sup> 9:00-1:00

## Park & 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*

**Kristine Personius**  
*Assistant Childcare Specialist*

**Brandon Kovak**  
*Recreation Manager & Facilities  
 Superintendent*

**Ann Boothe**  
*Customer Service Specialist*

## 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
16-54	\$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

## FACILITY SPACE AVAILABLE FOR RENTAL

Call: 540-955-5140

or Email:

[ccpr@clarkecounty.gov](mailto:ccpr@clarkecounty.gov) for information.

## Parks & Recreation Advisory Board

Daniel Sheetz, Chairman

Dennis Heflin      Jay Hillerson  
 Ronnie Huff      Gary Lichliter  
 Emily Rhodes      Tracy Smith  
 Randy Trenary

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



# Arts & Crafts

## Pottery

Activity #:	Date:	Day:	Age:	Time:	Fee:
120201A	9/10-10/1	TU	16+	6:30-8:30PM	\$70*
120201B	10/8-29	TU	16+	6:30-8:30PM	\$70*
120201C	11/12-12/3	TU	16+	6:30-8:30PM	\$70*

Instructor: Christina Hans

\*A child of a participant in this class may participate for an additional supply fee of \$35. 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:
140201K	10/20	SU	18+	2-4PM	\$1
140201L	11/17	SU	18+	2-4PM	\$1
140201M	12/15	SU	18+	2-4PM	\$1

Leader: Norma Frederickson

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:
140201A	9/9	M	18+	6-8:30PM	\$1
140201B	10/14	M	18+	6-8:30PM	\$1
140201C	11/11	M	18+	6-8:30PM	\$1
140201D	12/9	M	18+	6-8:30PM	\$1

Leader: Carol Oliveri

This quilting club is open to ALL skill levels. Planned monthly programs, presentations and socializing with others who share a love of quilting make this club a wonderful way to spend a few hours each month.

## Quilts of Valor

Activity #:	Date:	Day:	Age:	Time:	Fee:
140201N	9/10	TU	18+	10AM-3PM	\$1
140201O	10/8	TU	18+	10AM-3PM	\$1
140201P	11/12	TU	18+	10AM-3PM	\$1
140201Q	12/10	TU	18+	10AM-3PM	\$1

Come and join the Quilts of Valor® group as they make quilt tops/quilts to be awarded to area veterans and service members! The group does sew-ins on the second Tues of every month. Bring your sewing machine and patriotic/military themed/cheerful fabric from your own stash to work on. Come and join us as we 'sew to honor' our veterans and service members!

### 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.

## Back by Popular Demand! Paint Nights

Activity #:	Date:	Day:	Age:	Time:	Fee:	Topic:
150207A	9/13	F	10+*	6:30-8:30PM	\$44	Sunset Trees
150207B	10/18	F	10+*	6:30-8:30PM	\$44	Owl
150207C	11/8	F	10+*	6:30-8:30PM	\$44	Herbs
150207D	12/13	F	10+*	6:30-8:30PM	\$44	Winter

Instructor: Cheryl Suitor

\*A parent must stay or join the class with anyone under 13. Join local artist and teacher Cheryl Suitor for an evening of fun, friendship and painting in a relaxed setting. Cheryl will model each step of the painting while encouraging creativity and personal expression. Each Paint with Cheryl event is perfect for beginners and more experienced artists as well.



## NEW!!! Wooden Sign Painting

Activity #:	Date:	Day:	Age:	Time:	Fee:
150207E	9/20	F	14+	6:30-8:30PM	\$58
150207F	10/11	F	14+	6:30-8:30PM	\$58
150207G	11/15	F	14+	6:30-8:30PM	\$58
150207H	12/6	F	14+	6:30-8:30PM	\$58

Instructor: Jennifer Hovest

**September** - Home 'Established' Sign- You will work with an art educator to make a personalized sign for your home by learning how to distress, stain, and paint through step-by-step instruction. Follow the example, or add your own creativity to your sign! **October** - Hello Fall- Just in time to celebrate fall! Work with an art educator to make this rustic hand-painted sign. Learn through step-by-step instruction. **November** - Monogram Name Sign- Work with an art educator to create this personalized sign through step-by-step instruction. You will be contacted prior to class for personalization of your sign. **December** - Let It Snow! Work with an art educator to create this sign that can stay up all winter long! Many fun details added to make this a great decoration for your home.





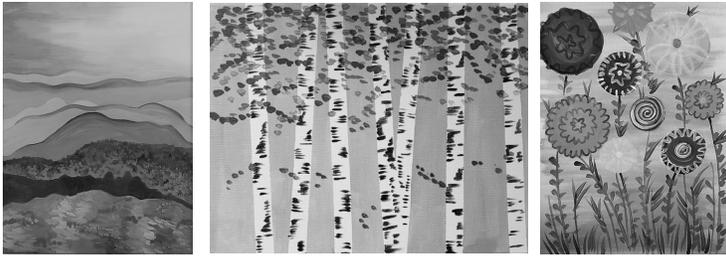
## NEW!!! Canvas Art Paint and Take

Activity #:	Date:	Day:	Age:	Time:	Fee:	Topic:
150207I	9/14	SA	6-12	12-1PM	\$15	Birch Trees
150207J	10/12	SA	6-12	10-11AM	\$15	Mountains
150207K	11/9	SA	6-12	10-11AM	\$15	Flowers

Instructor: Jennifer Hovest

Each painting is created on an 11X14 canvas with acrylic paint. The instructor will take participants through step-by-step and they will have the freedom to add their own creativity and go their own direction. This really is a chance to be creative, experiment with paint, and go home with a mini masterpiece.

**Birch Trees** - This is created using masking tape for the trees and a variety of tools or ones fingers to create the leaves. **Mountains** - We will look at atmospheric perspective and space/depth (objects having more detail when closer to us, less detail far away). **Flowers** - These are fun because they are created with circles of paint, then fun line design details are added to create layers. 1 class



## NEW!!! Stamp a Sampler

Activity #:	Date:	Day:	Age:	Time:	Fee:
150206A	9/11	W	18+	6-8PM	\$5*
150206B	10/23	W	18+	6-8PM	\$5*

Instructor: Judy Klock

\*An additional supply fee of \$20 (frame not included) is payable to the instructor. In this class, participants will create a 12 x 12 sampler suitable for framing using a variety of stamps and techniques. Class limited to 12 participants. 1 class

## NEW!!! Stamping Bingo

Activity #:	Date:	Day:	Age:	Time:	Fee:
150206C	9/25	W	18+	6-8:30PM	\$5*
150206D	10/30	W	18+	6-8:30PM	\$5*

Instructor: Judy Klock

\*An additional supply fee \$35 is payable to the instructor. Come on out to play five games of bingo while completing four make and take projects. Prizes, like new stamping supplies, will be awarded. 1 class

## NEW!!! Card Kits

Activity #:	Date:	Day:	Age:	Time:	Fee:
150206E	10/2*	W	18+	6-8PM	\$5*
150206F	11/6*	W	18+	6-8PM	\$5*

Instructor: Judy Klock

\*All card making events would require an RSVP two weeks before the event so supplies can be ordered and prepared. An additional supply fee of \$35 is payable to the instructor. Spend time with others who share a love of creating while completing 20 greeting cards. All-inclusive kit contains everything you need to complete the project. Class is limited to 20 participants. 1 class

## NEW!!! Card making 101

Activity #:	Date:	Day:	Age:	Time:	Fee:
150206G	10/9*	W	18+	6-7PM	\$5*
150206H	11/20*	W	18+	6-7PM	\$5*

Instructor: Judy Klock

\*All card making events would require an RSVP two weeks before the event so supplies can be ordered and prepared. Supply fee \$15 payable to the instructor. Come out and learn the art of stamping while creating five different greeting cards. Participants will get to use different tools and learn techniques in a fun and creative atmosphere. Class is limited to 12 participants. 1 class

## Weekend Parent and Me Little Artists

Activity #:	Date:	Day:	Age:	Time:	Fee:	Topic:
110214M	9/21	SA	2-8	12:15-12:45PM	\$5*	Modeling Clay Pumpkins
110214N	10/5	SA	2-8	10:15-10:45AM	\$5*	Batty Sponge Art
110214O	11/9	SA	2-8	10:15-10:45AM	\$5*	Paint Van Gogh Sunflowers
110214P	12/1	SU	2-8	3:30-4PM	\$5*	Read & Make a Gingerbread Man

Instructor: Kristen Zaborowski

\*An additional supply fee of \$5 is payable to the instructor. Come create some fun art with us! Participants will build fine motor skills and explore the process of art while making seasonal crafts. All projects made will be ready to go home after class. Parents must attend class with child. Participants are strongly encouraged to wear old clothes and an art smock if possible to class. Please let us know if there are any allergies. 1 class

## Halloween Cupcake Decorating

Activity #:	Date:	Day:	Age:	Time:	Fee:
150213A	10/28	M	9+	6-8PM	\$25

Instructor: Lauren Connolly

Join Lauren Connolly from The Sweet Elephant Bake Shop and create your very own Halloween Cupcakes! You will learn various piping techniques in buttercream to create your own edible Halloween cupcake creation. Each student should bring 6-8 cupcakes of their own to decorate; there will be no baking during class. All other supplies are included. 1 class

## Beginner Cookie Decorating

Activity #:	Date:	Day:	Age:	Time:	Fee:
150213B	12/2	M	8+	6-8PM	\$40

Instructor: Lauren Connolly of Sweet Elephant Bake Shop

Learn the Basics of Cookie Decorating with Royal Icing. No experience necessary! Skills Taught: Review Baking Basics (no baking in class), Royal Icing Basics, Piping/Outline/Flooding, Tipless Bags, Wet on Wet Icing. Each student will leave with 8 decorated cookies, recipes to try at home and a few other cookie decorating goodies. \*Please bring a container to take your cookies home.

## Portrait Drawing

Activity #:	Date:	Day:	Age:	Time:	Fee:
150203A	9/16-10/21	M	18+	6-8PM	\$63*

Instructor: Robin Palmer

\*An additional \$20 supply fee is payable to the instructor at the first class. This class will teach students how to draw their favorite family and friends from photographs using the grid method and transfer paper. Students will learn proportion, how to put the features together, gradually add shading and blending to give subjects form and shape. Some drawing experience is helpful but not necessary



# Fitness

## Personal Training

Activity #:	Date:	Day:	Age:	Time:	Fee:
140308A	9/1-12/31	SU-SA	18+	Rec Center Hrs	\$32/appt*

\*\$270.00 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 one hour and only occurs at the Recreation Center and is one on one with a trainer.

## FITT Forever with Strength & Stretch

Activity #:	Date:	Day:	Age:	Time:	Fee:
140302B	10/14-11/11 (no 11/4)	M	55+	9-10:45AM	\$26*
140302C	11/18-12/16 (no 11/25, 12/2)	M	55+	9-10:45AM	\$19.50*
140302F	10/9-30	W	55+	9-10:45AM	\$26*
140302G	11/6-12/18 (no 11/27)	W	55+	9-10:45AM	\$39*

Instructor: Jane Johnston

There is an \$8.50 drop-in option once class has met minimum. 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.

## Fluid Motion

Activity #:	Date:	Day:	Age:	Time:	Fee:
140302J	10/14-11/11 (no 11/4)	M	55+	11AM-12:00PM	\$26*
140302K	11/18-12/16 (no 11/25, 12/2)	M	55+	11AM-12:00PM	\$19.50*
140302R	10/9-30	W	55+	11AM-12:00PM	\$26*
140302S	11/6-12/18 (no 11/27)	W	55+	11AM-12:00PM	\$39*

Instructor: Jane Johnston

\*There is an \$8.50 drop-in option once class has met minimum. Fluid Motion is a Feldenkrais Method® Awareness through Movement® class – perfect for reclaiming vitality and movements lost to aging, disease and/or disuse.

## Gentle Yoga & Stretch

Activity #:	Date:	Day:	Age:	Time:	Fee:
140302V	10/14-11/11 (no 11/4)	M	55+	12:15-1:15PM	\$26*
140302W	11/18-12/16 (no 11/25, 12/2)	M	55+	12:15-1:15PM	\$19.50*

Instructor: Jane Johnston

There is an \$8.50 drop-in option once class has met minimum. 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.

## Lunch Time Tai Chi

Activity #:	Date:	Day:	Age:	Time:	Fee:
140302N	10/9-30	W	55+	12:15-1:15PM	\$26*
140302O	11/6-12/18 (no 11/27)	W	55+	12:15-1:15PM	\$39*

Instructor: Jane Johnston

There is an \$8.50 drop-in option once class has met minimum. Tai Chi is 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.

## Total Body Circuit

Activity #:	Date:	Day:	Age:	Time:	Fee:
140307M	9/9-30	M	16+	6:45-7:30PM	\$26*
140307N	10/7-28	M	16+	6:45-7:30PM	\$26*
140307O	11/11-12/16	M	16+	6:45-7:30PM	\$39*

Instructor: Stacey Chatman of Extreme Fit Studio

There is an \$8.50 drop-in option once class has met minimum. Total Body Circuit is a boot camp 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:	Instructor:
140305E	9/9-30	M	16+	7:40-8:40PM	\$26*	Mindy Steen
140305F	10/7-28	M	16+	7:40-8:40PM	\$26*	Mindy Steen
140305G	11/11-12/16	M	16+	7:40-8:40PM	\$39*	Mindy Steen
140305A	9/11-10/2	W	16+	7:40-8:40PM	\$26*	Mindy Steen
140305B	10/9-30	W	16+	7:40-8:40PM	\$26*	Mindy Steen
140305C	11/6-12/18	W	16+	7:40-8:40PM	\$45.50*	Mindy Steen
140305I	9/12-10/10	TH	16+	6-7PM	\$32.50*	Deb Spangler
140305J	10/17-11/14 (no 10/31)	TH	16+	6-7PM	\$26*	Deb Spangler
140305K	11/21-12/19	TH	16+	6-7PM	\$32.50*	Deb Spangler

There is an \$8.50 drop-in option once class has met minimum. Are you ready to party yourself into shape? That is exactly what Zumba® is all about. It is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party. Bring plenty of water and a towel.

## Yoga Tone

Activity #:	Date:	Day:	Age:	Time:	Fee:
140307E	9/10-10/1	TU	16+	6:30-7:30PM	\$26*
140307F	10/8-29	TU	16+	6:30-7:30PM	\$26*
140307G	11/12-12/17	TU	16+	6:30-7:30PM	\$39*

Instructor: Shirley Dunsmore

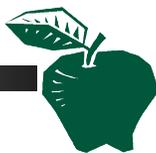
There is an \$8.50 drop-in option once class has met minimum. All fitness levels welcome. This is a mixed level combination yoga and strength training/toning class. Modifications to increase/decrease difficulty will be demonstrated. Emphasis will be on postures, breathing, and strength-training exercises designed to tone the whole body.

## Balance and Mobility

Activity #:	Date:	Day:	Age:	Time:	Fee:
160306A	9/10-10/8 (no 10/1)	TU	50+	6:15-7:15PM	\$40
160306B	10/15-11/12 (no 11/5)	TU	50+	6:15-7:15PM	\$40
160306C	11/19-12/17	TU	50+	6:15-7:15PM	\$50

Instructor: Joy Felegie

Specially designed for persons who want to improve their balance, strength, and mobility. Each class will work on controlling your center of gravity, increasing strength, gaining flexibility, improving endurance, exploring multi-sensory training and enhancing your gait pattern. Please bring a stability ball to the second class.



## Hatha Yoga

Activity #:	Date:	Day:	Age:	Time:	Fee:
140301E	9/12-10/3	TH	16+	6:30-7:30PM	\$26*
140301F	10/10-11/7 (no 10/31)	TH	16+	6:30-7:30PM	\$26*
140301G	11/14-12/19 (no 11/28)	TH	16+	6:30-7:30PM	\$32.50*

Instructor: Kristin Grubb

\*There is an \$8.50 drop-in option once class has met minimum. A gentle yoga class 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. Modifications are always introduced allowing the participant to adjust the intensity to their needs. This class is great for anyone new to yoga or a seasoned pro.

## Chair Yoga

Activity #:	Date:	Day:	Age:	Time:	Fee:
140309A	9/9-30	M	16+	11:30-12:30PM	\$26*
140309B	10/14-11/11 (no 11/4)	M	16+	11:30-12:30PM	\$26*
140309C	11/18-12/16	M	16+	11:30-12:30PM	\$32.50*
140309D	9/13-27	F	16+	10-11AM	\$19.50*
140309E	10/18-11/8	F	16+	10-11AM	\$26*
140309F	11/15-12/20 (no 11/29)	F	16+	10-11AM	\$32.50*

Instructor: Sue Miller

\*There is an \$8.50 drop-in option if class has met minimum. Chair Yoga is a gentle type of Yoga done from the safety and comfort of the chair. We also do some poses standing behind the chair and holding on. You get all the benefits of a floor Yoga class that help improve posture, arthritis, general pain, flexibility, strength, balance, energy, stress and mental attitude. This class also includes Meditation, Breathing, Stretching and Relaxation. Please bring a mat.

## FACILITY SPACE

### AVAILABLE

### FOR RENTAL

Call 540-955-5140 or  
Email [ccpr@clarkecounty.gov](mailto:ccpr@clarkecounty.gov)  
for information.

**Oops!!** We cancelled your class because we didn't know you were interested. Sometimes we have wonderful classes with excellent instructors cancelled 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!

### 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.

# General Interest

## Private Technology Lessons

Activity #:	Date:	Day:	Age:	Time:	Fee:
150602I	9/1-12/31	SU-SA	18+	Rec Center Hrs	\$32/appt*

\*\$270.00 for a 10-lesson discount punch pass. Individualized lessons help you achieve your goals faster and on your schedule. After you register, the instructor will contact you to set up a mutually convenient appointment. Each appointment is one hour and is one on one with the instructor.

## Red Cross Babysitter Training

Activity #:	Date:	Day:	Age:	Time:	Fee:
130612A	11/9	SA	11-15	10AM-4:30PM	\$72

Instructor: Mary Veilleux

This course has a unique interactive, educational format that challenges youth. It is designed for 11-15 year olds and 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, write resumes and interview for jobs and much more! Participants learn by doing. There will be a half-hour lunch break, bring a packed lunch. Successful completion of final tests is required for certification. 1 class

## Intro to Essential Oils

Activity #:	Date:	Day:	Age:	Time:	Fee:	Topic:
151319A	9/4	W	16+	6:30-8:30PM	\$4	Frazzled Mom
151319B	9/18	W	16+	6:30-8:30PM	\$4	Essential Oils 101
151319C	10/16	W	16+	6:30-8:30PM	\$4	Mood Management
151319D	11/13	W	16+	6:30-8:30PM	\$4	Support Your Body

Instructor: Lorrie Roberts

**Frazzled Mom** - In this Class, we're going to show you how to get through a frenetic, frantic, frazzling day with the help of some remarkable Essential Oils and Blends.

We'll start with the beginning of your day and go right on through to the end. Everyone gets to make a "Keep Calm" roller bottle. One person wins a bottle of Lavender Essential Oil.

**Essential Oils 101** - Learn how to use essential oils daily to support and promote a healthy body. Everyone gets to make an essential oil nasal inhaler AND receives free oils to take home and try. Register early to get entered for our door prize.

**Mood Management** - Are you living a life full of stress and tension? Are you looking to add a little peace and calm to you home or workplace? Join us to learn how essential oils can have a dramatic effect on your spirit and the spirit of those around you. Everyone gets to make a small mood spray bottle AND receives free oils to take home and try. Register early to get entered for our door prize.

**Supporting Your Body With Oils** - Learn how to support your body and to promote healthy body systems using essential oils. Taking charge of your wellness may be the best gift you can give to your family. Everyone gets to make a clay pendant AND receives free oils to take home and try. Register early to get entered for our door prize.



### ASHI CPR/AED & First Aid

Activity #:	Date:	Day:	Age:	Time:	Fee:
140603A	9/14	SA	13+	10AM-6PM	\$67*
140603B	11/23	SA	13+	10AM-6PM	\$67*

Instructor: Elizabeth Coberly

\*A physical book is not included in the class fee. Students will receive a digital ebook after class. Anyone who prefers a physical book may purchase one separately. This course uses practice hands-on training and class discussion to meet the most up to date ECC 2015 CPR/AED instructional requirements. Students will actively practice care for cardiac and breathing emergencies as well as sudden illness and injuries. Everyone who successfully demonstrates the required skills is eligible for certification through the American Safety & Health Institute. Practice of CPR skills is strenuous and students should be prepared to be on the floor for practice and actively moving throughout the CPR/AED portion of the course. Participants are welcome to bring a snack and/or beverage. 1 class

### Pokemon

Activity #:	Date:	Day:	Age:	Time:	Fee:
120204E	9/20	F	6+	6:30-8:30PM	\$2*
120204F	10/18	F	6+	6:30-8:30PM	\$2*
120204G	11/15	F	6+	6:30-8:30PM	\$2*

Leader: Mary Ivie

Join us to learn how to play Pokemon and battle with other players. We need at least 6 participants 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. *\*Packs of cards are also available for purchase from the instructor for \$3 each.* 1 meeting

### Refuse to be a Victim

Activity #:	Date:	Day:	Age:	Time:	Fee:
150610A	9/13	F	16+	6-7PM	\$2
150610B	10/11	F	16+	6-7PM	\$2
150610C	11/8	F	16+	6-7PM	\$2

Instructor: Deputy Curtis

The single most important step toward ensuring your own safety is having a personal safety strategy in place before you need it. This class will explore various safety topics and strategies relevant to current concerns. 1 class

### Kick the Sugar Habit Workshop

Activity #:	Date:	Day:	Age:	Time:	Fee:
150909A	9/10	TU	16+	6:00-7:00PM	\$5
150909B	9/12	TH	16+	10:00-11:00AM	\$5
150909C	10/15	TU	16+	6:00-7:00PM	\$5
150909D	10/17	TH	16+	10:00-11:00AM	\$5

Instructor: Christel Montgomery

Location: DG Cooley Upper Campus Gym

Meet Christel Montgomery, a local health and life coach from Winchester VA. She is going to share some important insights about sugar cravings, why we have them and how we can get started on the kicking sugar without starving or giving up sweetness. You will walk away with **7 Solutions to Sugar Cravings** that will help you feel better and make a difference in your life.

### 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.

### Invitation to Wellness Workshop

Activity #:	Date:	Day:	Age:	Time:	Fee:
150909E	9/17	TU	16+	6:00-7:00PM	\$15
150909F	9/19	TH	16+	10:00-11:00AM	\$15
150909G	10/22	TU	16+	6:00-7:00PM	\$15
150909H	10/24	TH	16+	10:00-11:00AM	\$15
150909I	11/19	TU	16+	6:00-7:00PM	\$15
150909J	11/21	TH	16+	10:00-11:00AM	\$15

Instructor: Christel Montgomery

Location: DG Cooley Upper Campus Gym

Are you ready to Be Well? Join our local health and life coach for an experiential workshop to understanding how to begin to Be Well. We will be exploring different techniques such as meditation, breathing, journaling and the importance of gratitude. We will be identifying some major road blocks and uncovering the 5 top priorities in your life. This will be fun and easy way to start building new habits that will get you on track.

### Understanding Diet and Nutrition Workshop

Activity #:	Date:	Day:	Age:	Time:	Fee:
150909K	9/24	TU	16+	6:00-7:00PM	\$15
150909L	9/26	TH	16+	10:00-11:00AM	\$15
150909M	11/5	TU	16+	6:00-7:00PM	\$15
150909N	11/7	TH	16+	10:00-11:00AM	\$15
150909O	12/3	TU	16+	6:00-7:00PM	\$15
150909P	12/5	TH	16+	10:00-11:00AM	\$15

Instructor: Christel Montgomery

Location: DG Cooley Upper Campus Gym

Are you tired of the diet roller coaster ride? Join our local health and life coach for this experiential workshop in learning about real food vs. C.R.A.P. Along with some important handouts, we will experiment with Chewing, eating mindfully, and the importance of breathing when it comes to meal time. These are simple and fun exercises that will change your life.

### Movement and Self-Care Workshop

Activity #:	Date:	Day:	Age:	Time:	Fee:
150909Q	10/8	TU	16+	6:00-7:00PM	\$15
150909R	10/10	TH	16+	10:00-11:00AM	\$15
150909S	11/12	TU	16+	6:00-7:00PM	\$15
150909T	11/14	TH	16+	10:00-11:00AM	\$15
150909U	12/10	TU	16+	6:00-7:00PM	\$15
150909V	12/12	TH	16+	10:00-11:00AM	\$15

Instructor: Christel Montgomery

Location: DG Cooley Upper Campus Gym

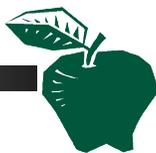
Are you looking for the right exercise for you? Would you like to learn some important ways to take care of yourself? Join or local health and life coach for some great insight into movement that will motivate you to move. Dress comfortable we'll step on the mat to try some cool exercises. Self-care is the key to balancing your life. Learn what that means and how to REST without feeling guilty. You will be receiving handouts and have experiential activities during this workshop.

### One on One Personal Health Coach:

Activity #:	Date:	Day:	Age:	Time:	Fee:
150909W	by appt.	by appt.	21+	by appt.	varies

Instructor: Christel Montgomery

One on One Personal Health coaching can help you begin your pathway to wellness. Health Coaching will offer the right system, support and accountability for you. Sessions include initial consultation with a client action guide, follow-up notes, along with supporting client handouts and continued support. from 4 to 12 one hour weekly sessions. Fees will vary based on number of sessions that you choose. Call now to schedule a complementary discovery session \*this can be in person or over the phone.



# Kid's Core-ner

## Wilderness Club

Activity #: 150909A Date: 9/9-11/25 Day: M Age: 4-11 Time: 4:00-6:00PM Fee: \$330

Instructor: Ben Drenning and Deborah Byrd

Location: Wilderness Club - Bluemont, VA

The Wilderness Club was design for kids as an after-school program that invites children to awaken and explore their connection with the natural world. One day a week, amid the rich woods and creeks of the Appalachian Mountains will have the chance to discover and learn, to challenge themselves, train their senses and their awareness, experience community, and learn to care for themselves and others. Mr. Drenning has extensive experience working outdoors with children, working therapeutically with children, working with special needs, and is a certified Montessori Teacher. 12 weeks of class.

## Parent's Night Out

Activity #: 110204A Date: 11/15 Day: SA Age: 4\*-12 Time: 5-8:45PM Fee: \$20 (\$16pp for 2+ kids)  
110204B Date: 12/7 Day: SA Age: 4\*-12 Time: 5-8:45PM Fee: \$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

## Night Out on the Ranch

Activity #: 110907A Date: 9/27 Day: F Age: All Time: 6:00-8:00PM Theme/Fee: Family Night \$30/family

Location: Full Moon Ranch, Berryville, VA

Put your jeans on grab your hat and head to the ranch. Clarke County Parks and Recreation has teamed up with Pony to Go/Full Moon Ranch to offer an exciting night on the ranch. Pony rides, farm tour, petting zoo and children's activities included on Family Night. [www.ponytogo.com](http://www.ponytogo.com) \*Children must be accompanied by parent/guardian. 1 class

## Ladies Night on the Ranch

Activity #: 110907B Date: 10/25 Day: F Age: 18+ Time: 6:30-8:30PM Fee: \$25

Location: Full Moon Ranch, Berryville, VA

Get away with your friends or meet some new ones on our Ladies Night at the Ranch. Come out and unwind from the workweek. Tour of the Ranch and visits with all the horses, exotics and farm animals. We will all reconnect again around the bonfire.

## Critters and Conservation

Activity #: 120701A Date: 9/18-10/9 Day: W Age: 5-12 Time: 4:45-5:45PM Fee: \$75  
120701B Date: 10/23-11/13 Day: W Age: 5-12 Time: 4:45-5:45PM Fee: \$75

Instructor: Jill Fleet

Animal lovers will meet, learn about, and interact with real, live animals! Under close adult supervision, participants will hold, pet, and/or feed animals throughout this week course. Animals include birds, reptiles, mammals, amphibians, and/or invertebrates. Students will learn about proper animal handling, basic biology, animal behavior, animals' jobs in nature, husbandry, and the importance of biodiversity. Two or more animals will be at each class! 4 classes

## After-School Tutoring

Activity #: 111204A Date: Sept-Dec Day: T or TH Age: 7-12 Time: by appt. Fee: \$35

Instructor: Allyson Allison

Now offering Individual Tutoring for K-6<sup>th</sup> grade! Get the extra help your student needs to succeed! 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 into this session. Schedule a session for 45 min for \$35/session.

## Ballet/Tap I

Activity #: 110708A Date: 9/24-10/8 Day: TU Age: 4-9 Time: 4:15-5PM Fee: \$26  
110708B Date: 10/15-10/29 Day: TU Age: 4-9 Time: 4:15-5PM Fee: \$26  
110708C Date: 11/12-11/26 Day: TU Age: 4-9 Time: 4:15-5PM Fee: \$26  
110709D Date: 12/3-12/17 Day: TU Age: 4-9 Time: 4:15-5PM Fee: \$26

Instructor: Allison Allyson

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

## Jazz/Hip Hop

Activity #: 120708A Date: 9/24-10/8 Day: TU Age: 7-14 Time: 5-5:45PM Fee: \$26  
120708B Date: 10/15-10/29 Day: TU Age: 7-14 Time: 5-5:45PM Fee: \$26  
120709C Date: 11/12-11/26 Day: TU Age: 7-14 Time: 5-5:45PM Fee: \$26  
120709D Date: 12/3-12/17 Day: TU Age: 7-14 Time: 5-5:45PM Fee: \$26

Instructor: Allison Allyson

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

## Seasonal Crafts

Activity #: 120708A Date: 12/10-12/11 Day: TU&W Age: 8-14 Time: 4-5:00PM Fee: \$18

Instructor: Claudia Lefeve, 4H Youth Development

Celebrate the holiday season in style and make crafts with us. Clarke County Parks and Recreation has teamed up with our Clarke County Extension/4H Office. Participants will be creating unique ornaments and other seasonal crafts for you to take home or wrap up and gift to someone special. 2 classes

## Holiday Dance Recital

The children will be hard at work this fall learning about dance & practicing their routines for the Holiday Dance recital to be held on the last day of all dance classes. Holiday cookies and refreshments will be served for participants and their families.

**Oops!!** We cancelled your class because we didn't know you were interested. Sometimes we have wonderful classes with excellent instructors cancelled 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!



### After School with the Park for 2019/2020 School Year

Activity #:	Date:	Day:	Age:	Time:	Fee:	(Includes \$25 Registration Fee)
511105A	August	M-F	K-5th Grade	3-6PM	\$115*	
511105B	September	M-F	K-5th Grade	3-6PM	\$210*	
511105C	October	M-F	K-5th Grade	3-6PM	\$230*	
511105D	November	M-F	K-5th Grade	3-6PM	\$210*	
511105E	December	M-F	K-5th Grade	3-6PM	\$150*	
511105F	January	M-F	K-5th Grade	3-6PM	\$220*	
511105G	February	M-F	K-5th Grade	3-6PM	\$200*	
511105H	March	M-F	K-5th Grade	3-6PM	\$220*	
511105I	April	M-F	K-5th Grade	3-6PM	\$160*	
511105J	May	M-F	K-5th Grade	3-6PM	\$210*	
511105K	June	M-F	K-5th Grade	3-6PM	\$50*	

Registration Began: June 25, 2019

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 and 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:	Participants
511105L	10/25/19	F	K-5th Grade	7:30AM-6PM	\$27	\$17
511105M	11/11/19	M	K-5th Grade	7:30AM-6PM	\$27	\$17
511105N	1/2/20	TH	K-5th Grade	7:30AM-6PM	\$27	\$17
511105O	01/3/20	F	K-5th Grade	7:30AM-6PM	\$27	\$17
511105P	01/17/20	F	K-5th Grade	7:30AM-6PM	\$27	\$17
511105Q	02/14/20	F	K-5th Grade	7:30AM-6PM	\$27	\$17
511105R	3/30/20	M	K-5th Grade	7:30AM-6PM	\$27	\$17

Registration Began: June 25, 2019

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)**

### Winter Break Day Camp

Activity #:	Date:	Day:	Age:	Time:	Fee:
121105A	12/23	M	K-5th Grade	7:30AM-6PM	\$27
121105B	12/26	TH	K-5th Grade	7:30AM-6PM	\$27
121105C	12/27	F	K-5th Grade	7:30AM-6PM	\$27
121105D	12/30	M	K-5th Grade	7:30AM-6PM	\$27

Registration Deadline: 12/6/19

Looking for something FUN to do over the holiday break? Participants will be busy with arts and craft projects, organized group games and free time in the gym. 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)**

# Sports & Athletics

## Lil Ballers

Activity #:	Date:	Day:	Age:	Time:	Fee:
110908A	9/12-10/8	TU	3-5	5:45-6:30PM	\$60

Instructor: Christopher Rhone, Unique Hoops

## Jr Ballers

Activity #	Date:	Day:	Age:	Time:	Fee:
110908B	9/12-10/8	TU	6-9	6:30-7:30PM	\$75

Instructor: Christopher Rhone, Unique Hoops

Parents, let us get your little busy bodies ready for some excitement all while learning the game of basketball paving the way for a lifetime of positive experiences. Our clinics at Unique Hoops help introduce and develop fundamental basketball skills. Our trained coaches run creative drills with an emphasis on teamwork and sportsmanship, helping children build their overall skills and confidence. 5 classes

## Thai Boxing and Fitness

Activity #:	Date:	Day:	Age:	Time:	Fee:
150911A	9/10-9/26	TU&TH	7-14	4:15-5:00PM	\$65
150911B	10/1-10/17	TU&TH	7-14	4:15-5:00PM	\$65
150911C	10/22-11/7*	TU&TH	7-14	4:15-5:00PM	\$55
150911D	11/12-11/26	TU&TH	7-14	4:15-5:00PM	\$55
150911E	12/5-12/19	TU&TH	7-14	4:15-5:00PM	\$55
150911F	9/10-9/26	TU&TH	14	5:00-5:45PM	\$65
150911G	10/1-10/17	TU&TH	14	5:00-5:45PM	\$65
150911H	10/22-11/7*	TU&TH	14	5:00-5:45PM	\$55
150911I	11/12-11/26	TU&TH	14	5:00-5:45PM	\$55
150911J	12/5-12/19	TU&TH	14	5:00-5:45PM	\$55

Instructor: Grant Taylor (\*No 11/5 class-only 5 classes)  
Free -Open House Sept 3rd 4-5PM

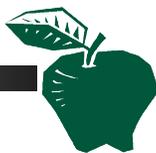
Participants will learn the basics of Thai Boxing and the benefits of Mixed Martial Arts practice. This includes learning mental discipline and gaining overall fitness conditioning. Specific to MMA training we will learn the correct stance, body mechanics and the fundamentals of striking, elbowing, kneeing and kicking. Start with a warm-up and stretching -go into lesson and conditioning finish with cool down.

## Fencing Basics 101

Activity #:	Date:	Day:	Age:	Time:	Fee:
150908A	9/20-12/13 (no 11/29)	F	9& Up	7:00-8:15PM	\$200*

Location: Boyce Gym  
Instructor: David Copeland  
Fee: \*\$25.00 Glove purchase/RTF Fee (paid to 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. 12 classes



### Youth Foil 102

Activity #: 150908B Date: 9/20-12/13 (no 11/29) Day: F Age: 9-12 Time: 5:45-6:45PM Fee: \$180\*

Location: Boyce Gym

Instructor: David Copeland

Fee: \*\$75.00 partial equipment purchase (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. 12 classes

### Youth Foil 202

Activity #: 150908C Date: 9/20-12/13 (no 11/29) Day: F Age: 9-12 Time: 5:45-7:15PM Fee: \$200\*

Location: Boyce Gym

Instructor: David Copeland

\*Students must have acquired all of their own fencing gear for this class. Prerequisite: Fencing Basic 101 and Foil 102. Fencers will spend equal time observing, refereeing, fencing, and in physical training. 12 classes

### Adult Foil 102

Activity #: 150908D Date: 9/20-12/13 (no 11/29) Day: F Age: 13+ Time: 8:15-9:45PM Fee: \$200\*

Location: Boyce Gym

Instructor: David Copeland

Fee: \*\$75.00 partial equipment purchase (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. 12 classes

### Adult Foil 202

Activity #: 150908H Date: 9/20-12/13 (no 11/29) Day: F Age: 13+ Time: 7:45-9:45PM Fee: \$235\*

Location: Boyce Gym

Instructor: David Copeland

\*Students must have acquired all of their own fencing gear for this class. Prerequisite: Fencing Basic 101 and Foil 102. Fencers will spend equal time observing, refereeing, fencing, and in physical training. 12 classes

### Youth Open Soccer

Activity #: 150901A Date: 9/6-10/25 Day: F Age: 4-18 Time: 1:00-3:00PM Fee: \$6

Instructor: Julie LaRock, Sara Catlett

Participants must wear shin guards and bring their own ball and water bottle. Participants will receive instruction in the fundamentals of soccer: kicking, dribbling, passing and shooting the ball. Scrimmages will be set up with individuals in similar age group. Parents *are required* to help at least one day during the season for program to occur.

### 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.

### Combo Pre-Gym-Gym I

Activity #:	Date:	Day:	AgeI:	AgeII:	Time:	Fee:
120713A	9/12-9/26	TH	5-6	6-8	4:30-5:30PM	\$42
120713B	10/10-10/24	TH	5-6	6-8	4:30-5:30PM	\$42
120713C	11/7-11/21	TH	5-6	6-8	4:30-5:30PM	\$42
120713D	12/5-12/12	TH	5-6	6-8	6:15-7:15PM	\$28*
120713E	9/12-9/26	TH	5-6	6-8	6:15-7:15PM	\$42
120713F	10/10-10/24	TH	5-6	6-8	6:15-7:15PM	\$42
120713G	11/7-11/21	TH	5-6	6-8	6:15-7:15PM	\$42
120713H	12/5-12/12	TH	5-6	6-8	6:15-7:15PM	\$28*

Instructor: Christel Montgomery

Location: D.G. Cooley Gym- Upper Campus

### Combo Gym I & II

Activity #:	Date:	Day:	AgeI:	AgeII:	Time:	Fee:
120714A	9/12-9/26	TH	6-8	9-15	5:15-6:15PM	\$42
120714B	10/10-10/24	TH	6-8	9-15	5:15-6:15PM	\$42
120714C	11/7-11/21	TH	6-8	9-15	5:15-6:15PM	\$42
120714D	12/5-12/12	TH	6-8	9-15	5:15-6:15PM	\$28*

Instructor: Christel Montgomery

Location: D.G. Cooley Gym- Upper Campus

### Pre-school Gymnastics

Activity #:	Date:	Day:	Age:	Time:	Fee:
120715A	9/12-9/26	TH	3-5	5:30-6:15PM	\$35
120715B	10/10-10/24	TH	3-5	5:30-6:15PM	\$35
120715C	11/7-11/21	TH	3-5	5:30-6:15PM	\$35
120715D	12/5-12/12	TH	3-5	5:30-6:15PM	\$24*
120715E	9/12-9/26	TH	3-5	6:15-7:00PM	\$35
120715F	10/10-10/24	TH	3-5	6:15-7:00PM	\$35
120715G	11/7-11/21	TH	3-5	6:15-7:00PM	\$35
120715H	12/5-12/12	TH	3-5	5:30-6:15PM	\$24*

Instructor: Christel Montgomery

Location: : D.G. Cooley Gym- Upper Campus

The instructor upon an evaluation may move participants into other classes, merge or add classes. Our Gymnastic programs are presented in cooperation with Cheer Eruption. They will focus on basic gymnastics skills featuring: tumbling, good body positioning, strength training, and coordination. 3 classes Register Early as these classes fill up fast! 2 classes.

*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.*

### Intro to Archery

Activity #:	Date:	Day:	Age:	Time:	Fee:
150914A	9/11-10/16	W	9-19	6:00-7:00PM	\$36

Instructor: Chad and Kathy Morris

Location: Clarke County Fairgrounds

Clarke County Parks and Recreation has partnered with Virginia Extension and 4-H Shooting Sports/Outdoor Adventurers Club to introduce the sport of Archery to the area. Participants will learn the fundamentals of Archery, Range Safety and Target Shooting. All equipment will be provided for these classes. 6 classes Location subject to change.

**Oops!!** We cancelled your class because we didn't know you were interested. Sometimes we have wonderful classes with excellent instructors cancelled 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!



### Archery I

Activity #:	Date:	Day:	Age:	Time:	Fee:
150914B	9/11-10/16	W	9-19	6:30-7:30PM	\$36

Instructor: Chad and Kathy Morris  
 Location: Clarke County Fairgrounds

Clarke County Parks and Recreation has partnered with Virginia Extension and 4-H Shooting Sports/Outdoor Adventurers Club to introduce the sport of Archery to the area. Participants who have taken an Intro to Archery course will continue to learn the fundamentals of Archery, Range Safety and Target Shooting with more time to practice. All equipment will be provided for these classes. 6 classes Location subject to change.

### Clarke County Wrestling Club

Activity #:	Date:	Day:	Age:	Time:	Fee:
120909A	10/16-12/18	W	1st-12th Grade	5:45-7:45PM	\$40

Instructor: Jon VanSice and Staff  
 Location: CCHS Wrestling Room

They 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](mailto:blueridgegardens@gmail.com) \*subject to change **Open House 10/9 no charge for this!**

**Shenandoah Valley Tennis Association  
 SVTA Fall Tennis Programs**

**SVTA Fall Tennis Match Play**  
**Date: Sun, 9/15, 9/29, 10/13**  
**Time: Middle School 1-3pm, High School 3-5pm**  
**Register By: Friday before each event (9/13, 9/27, 10/11) by 9am**  
**Location: Jim Barnett Park, Lowry Tennis Courts**

Shenandoah Valley Tennis Association -SVTA in cooperation with local the Parks and Recreation Departments will be offering some Fall Tennis Programs. Anyone interested in playing or learning to play tennis this fall would be encouraged to go to website for further details. Adult Fall Tennis League information is also listed at [www.svtatennis.org](http://www.svtatennis.org)

### Fall Tennis is HERE!!

Whether you're just starting out or want to brush up on your tennis skills. One of these classes should be right for you. Participants will learn the fundamentals of tennis and improve upon their present skill level. Drop in Fees for any classes are \$15 per class if maximum numbers have not been met. The basic fundamental skills of tennis will be taught in these fun classes and scoring will also be covered. Bring a Tennis Racquet or use one of ours. 4 classes

### Youth Tennis

Activity #:	Date:	Day:	Age:	Time:	Fee:
120908A	9/11-10/2	W	7-15	5:30-6:30PM	\$45
120908B	10/9-10/30	W	7-15	5:30-6:30PM	\$45

Instructor: Olivia Scott

### Adult Tennis

Activity #:	Date:	Day:	Age:	Time:	Fee:
150904A	9/11-10/2	W	16+	6:30-7:30PM	\$45
150904B	10/9-10/30	W	16+	6:30-7:30PM	\$45

Instructor: Olivia Scott

### Private Tennis Lessons

Activity #:	Date:	Day:	Age:	Time:	Fee:
150905A	by appt.	SU-SA	8+	TBD	\$45/hr

### Semi-Private Tennis Lessons

Activity #:	Date:	Day:	Age:	Time:	Fee:
150905B	by appt.	SU-SA	8+	TBD	\$24/hr/pp

### Tennis Socials – Open House

Activity #	Date:	Day:	Age:	Time:	Fee:
150906A	9/4	W	7+	6:30-8:30PM	TBD

Instructor: Olivia Scott

Meet our New Tennis Instructor! Come out and play or just hit around. Fun for all ages! Working with USTA and SVTA to turn this event into their new exciting **TennisBASH** follow us for updates CHECK our CCPR Facebook Page – email alerts! Contact us for more details.

### Open Volleyball

Activity #	Date:	Day:	Age:	Time:	Fee:
150903D	11/19	TU	16+	6:30-8:30PM	Adult Admission
150903E	12/10	TU	16+	6:30-8:30PM	Adult Admission

This has been set-up to help recruit players for our Volleyball Leagues starting in January. Players must pay the Rec Trac Admission Fee each time they play. Games are played with Rally Scoring and our self-started and self-refeed. Anyone interested in joining the league is encouraged to come out and play on Tuesdays and Meet-UP with other Volleyball Players looking for Players

### Recreational Co-ed Volleyball League

Activity #:	League:	Date:	Day:	Age:	Time:	Fee:
150903A	"A" League	1/10-4/24	F	16+	6:30-8:45 PM	\$190 per team
150903B	"B" League	1/7-4/21	TU	16+	6:30-8:45 PM	\$190 per team
150903C	"C" League	1/7-4/21	TU	16+	6:30-8:45 PM	\$190 per team
150903F	Free Agent					\$30/player

**Registration Deadline: 1/3**

**Note: Register as a Team: Practices begin 1/7, Games begin 1/14  
 Games begin at 6:30 PM**

"A" league is a competitive division. Teams composed of players with excellent skills. They work together as a team. Players have ability to play all positions, although they usually play specific positions.

"B" league is reserved for teams who had difficulty at the 'A' level previously or did well at the "B" level last year. Players do not make frequent playing violations and know the rules.

"C" league is a recreational division for teams that want to play some volleyball and have a good time. Some players have average skills while others have not played much. Basically the focus here is on "doing the best you can", "have a few laughs" and "get some exercise".

"F" Free Agency sign up is for Players not already on a Team. Free Agents will be ask their playing level and if enough Free Agents sign-up they will be encouraged to form a team. A Sub-list will be provided to All the Coaches based on the Free Agents info provided.

**Co-ed Volleyball Organizational Meeting**  
**Monday, November 18th at 7:00pm**  
 Any person(s) wishing to enter a team in our Co-ed Volleyball Leagues are invited to attend this meeting and Free Agents. The league rules and practice schedules will be discussed at this meeting.

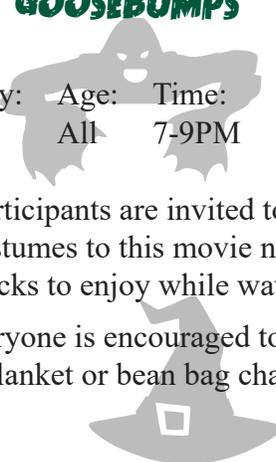


# Special Events...

## ŞPOOKTAÇULAR "GOOSEBUMPS" Movie Night

Activity #: 150804E Date: 10/25 Day: F Age: All Time: 7-9PM Fee: \$3\*

\*2 and under are free. Participants are invited to dress up in their Halloween costumes to this movie night. There will be themed snacks to enjoy while watching "GOOSEBUMPS" Everyone is encouraged to bring a comfortable pillow and blanket or bean bag chair to sit on for the movie.



### Clarke County Youth Sports Organizations

**Clarke County Youth Basketball**  
 Joe Braithwaite ..... 540-539-8878  
 or Amy McCaw 540-955-4776  
 clarkecountyyouthbasketball.com  
 P.O. Box 82 Berryville, VA 22611

**Clarke County Youth Football & Cheerleading**  
 www.clarkeyouthfootball.org  
 info@clarkeyouthfootball.org  
 P.O. Box 967 Berryville, VA 22611

**Clarke County Youth Soccer**  
 clarkesoccer.org  
 P.O. Box 720 Berryville, VA 22611

**Shenandoah Valley Youth Lacrosse**  
 Rick Constantino  
 svylax@gmail.com  
 www.svylacrosse.org

**Clarke County Little League**  
 Hotline .....955-9950  
 Kim Braithwaite ..... 955-2147  
 clarkecountylittleleague.com  
 P.O. Box 812 Berryville, VA 22611

## 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.*

## Fall Cleanup Day

Activity #: 150804D Date: 9/8 Day: SU Age: All Time: 1-3PM



To volunteer bring your gloves and a rake or pitchfork and meet at the stage in Chet Hobert Park. We will till mulch, pull weeds, and pick up debris at the playgrounds. This is a great opportunity for community service/volunteer hours!

## Fall and Holiday Craft Show

Date: 11/2 Day: SA Time: 9AM-5PM Fee: Free  
 11/3 SU 10AM-3PM Free



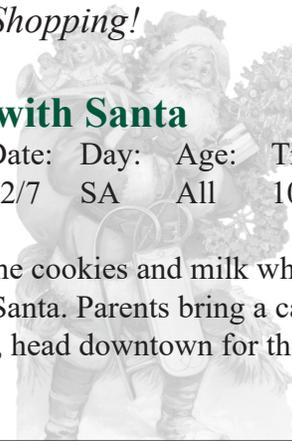
*Just in time for the holidays, come check off your shopping list! From arts and crafts to jewelry and baked goods, to body and hair care, our vendors have everything you wish to surprise your loved ones with! Happy Shopping!*



## Story time with Santa

Activity #: 150804F Date: 12/7 Day: SA Age: All Time: 10-11AM Fee: \$3

Come enjoy some cookies and milk while listening to a story read by Santa. Parents bring a camera for photo ops. Afterwards, head downtown for the Christmas Parade at noon.



**Oops!!** We cancelled your class because we didn't know you were interested. Sometimes we have wonderful classes with excellent instructors cancelled 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!

### 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.



# A Letter From Santa

**Activity #:** 150801A      **Date:** 11/11 - 12/3      **Date:** All      **Age:** Newborn +      **Time:** 9am - 9pm      **Fee:** \$3\*

In order for Santa to have all the information he needs, please complete the following form & submit it at registration. Your child will receive a personalized letter from Santa. Included with the letter, is Santa's agenda for the month of December, a recipe/craft from Mrs. Claus, and more.

*Newborns will receive a personalized poem from Santa instead of a letter and only need to complete the first 5 lines of the form.*

This form and the fee can be mailed to: CCPR 225 Al Smith Circle Berryville, VA 22611 (Please print clearly.)

Child's name & nickname: \_\_\_\_\_

Birth date: \_\_\_\_\_ Male or Female (circle)      Phone#(for questions): \_\_\_\_\_

Parent's Name (s): \_\_\_\_\_

Address to mail letter to: \_\_\_\_\_

Special people in your child's life: (name & relationship) \_\_\_\_\_

Something child does well/good character trait: \_\_\_\_\_

Hobby child enjoys: \_\_\_\_\_

Something child accomplished this year: \_\_\_\_\_

Name of School/Daycare Child Attends: \_\_\_\_\_

Name of Child's Teacher/Daycare leader: \_\_\_\_\_

Something child needs to work on (i.e., better grades in school, cleaning bedroom, etc.): \_\_\_\_\_

What kind of pet(s) do you have? Name(s)? \_\_\_\_\_

Is there a specific gift that your child will receive, from Santa, that you want mentioned? \_\_\_\_\_

**\*\$1 off per letter for each toy donated to Toy 4 Tots in the Recreation Center Lobby.**





# Trips & Tours

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.

## Autumn in NYC October 12th

Winchester, VA

\$119 Per Person | 22 Hours | Enjoy the sights of New York City!

See the sights, do some shopping, or even catch a Broadway show!

## Holiday Season in NYC December 7th, 14th, 21st

Winchester, VA

\$119 Per Person | 22 Hours | Enjoy the sights of New York City!

See the sights, do some shopping, or catch a Broadway show



2019 Departure Dates: March to October  
**THE BEST OF EASTERN CANADA**

Featuring Montreal, Quebec City, Ottawa, Niagara Falls & Toronto

Days • 10-11 Meals \*Rate is per person, land only, double occupancy, tour inclusions and available options may vary based on departure date.



### Tour Highlights:

- Discover Niagaraoonthe-Lake with quaint local shops and a charming atmosphere.
- Enjoy a memorable cruise through the unspoiled region of the 1000 Islands.
- Take a stroll through bustling Byward Market
- Witness the incredible power of Mother Nature at breathtaking Niagara Falls.
- Tour Montreal and see Jacques Cartier Square and McGill University.
- Join a local guide as you explore the streets of Old Quebec City on foot or embark on a panoramic coach tour.
- Relish one of the finest restaurants in Old Montreal.
- Savor breakfast at a local sugar shack nestled in the Quebec countryside.
- Enjoy an evening out and sample French cuisine at a lovely restaurant in Ile d'Orleans
- Travelers Protection Plan (TPP) available - \$275

**\$250pp deposit Plus TPP and Cost of R/T Air due at time of reservation.**

**A VALID PASSPORT IS REQUIRED**

## 2019 CRUISES, GUIDED TRAVEL & RAIL ADVENTURES CRUISES

Exciting Trips with Guaranteed Travel departure dates thru our partnership with Alpha-Voyages Travel Agency! Contact Tracey Pitcock at 540-955-5149 or [tpitcock@clarkecounty.gov](mailto:tpitcock@clarkecounty.gov) for more info or to get a detailed trip brochure today! Thank you for supporting our Park!

2019 Departure Dates: 73 departure dates from which to choose: May to October, 2019

**NATIONAL PARKS OF AMERICA - America's Greatest Treasures**  
Featuring the Grand Canyon - Bryce Canyon National Park - Zion National Park, Yellowstone National Park, Mt Rushmore and MORE!

12 Days • 16 Meals \*Rate is per person, land only, double occupancy, tour inclusions and available options may vary based on departure date.

### Tour Highlights:

- 16 Meals: 10 Breakfasts, 6 Dinners Scottsdale, Sedona, Lake Powell, AZ
- The Grand Canyon -Bryce Canyon National Park - Zion National Park
- Salt Lake City -Jackson Hole, WY
- Grand Teton National Park -Yellowstone National Park & Old Faithful
- Buffalo Bill Center of the West -Sheridan, WY & the Bighorn Mountains
- Mount Rushmore National Memorial -Crazy Horse Memorial
- Optional Excursion:Wildlife Scenic Float w/Lunch - \$85 or Whitewater Rafting w/Lunch - \$90

Travelers Protection Plan (TPP) available.

**\$250pp deposit Plus TPP and Cost of R/T Air due at time of reservation**



## Fall Hike and Day Trips Club

First Meeting will be held

**Monday, September 9th at 7PM**

- Rec Center

We will review proposed Nature Hikes, River Adventures and Day Trips. Groups will meet at the park, Meet new friends and get ready for trip.

More details for other trips will follow.

Watch for updates on Event Page on Facebook

**or get on our mailing list**

Please send RSVP email to:

**"tpitcock@clarkecounty.gov"**





## 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 p/h	\$50.00 p/h	50% discount
ALC Kitchen	\$25.00 p/h	\$25.00 p/h	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.

REGISTRATION BEGINS AT 9:00 AM AUGUST 19, 2019 FOR CLARKE COUNTY RESIDENTS AND AUGUST 21, 2019 FOR NON-CLARKE COUNTY RESIDENTS, UNLESS OTHERWISE NOTED IN PROGRAM DESCRIPTION.

