

The Core

A Publication of Programs & Activities Sponsored by The Clarke County Parks & Recreation Department for the Winter 2020

Spring Outdoor Craft Show

Chet Hobert Park

(If inclement weather, event will be in Clarke County Recreation Center)

**April 18th
from 9am-5pm**

FREE ADMISSION

For more information call:
540-955-5147.

*Egg Hunt
with the
Easter Bunny
April 4th*



Bring a basket to hold all the eggs you'll find. Have your camera ready for when the Easter Bunny pops in. In case of inclement weather, the event will move to inside the Recreation Center.

Family Valentine Movie Night

Despicable Me 2

February 14th

**children 2 and under are free.*

There will be themed snacks to enjoy while watching "Despicable Me 2". Everyone is encouraged to bring a comfortable pillow and blanket or beanbag chair to lounge on for the movie.

REGISTRATION BEGINS AT 9:00 AM DECEMBER 9, 2019 FOR CLARKE COUNTY RESIDENTS AND DECEMBER 11, 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

Clarke County
Parks & Recreation



PRSRT STD
U.S. POSTAGE
PAID
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:

December 24th
December 25th
January 1st
April 12th

Abbreviated Schedule:

December 26th 12:00-6:00
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

Kristine Personius
Assistant 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	Discount Fee*
	(Non-resident)	(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 YR Pass	N/A	\$100.00
Youth YR Pass	N/A	\$200.00
Adult YR Pass	N/A	\$300.00
Senior YR Pass	N/A	\$100.00
Family YR Pass	N/A	\$500.00

**Proof of residency required*



Arts & Crafts

Shenandoah Piece Makers

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

Leader: Helen Cooper

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.

Guild of Fabric Artists

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

Leader: Norma Fredrickson

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 show & tell about works in progress and completed work. 1 meeting

Quilts Of Valor

Activity #:	Date:	Day:	Age:	Time:	Fee:
240201E	1/7	TU	18+	10AM-3PM	\$1
240201F	2/11	TU	18+	10AM-3PM	\$1
240201G	3/10	TU	18+	10AM-3PM	\$1
240201H	4/14	TU	18+	10AM-3PM	\$1

Leader: Diane Hearne

Come and join the Quilts of Valor® Group as they make quilt tops/quilts to be awarded to area veterans and service members! 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!

Pottery

Activity #:	Date:	Day:	Age:	Time:	Fee:
220206A	1/7-28	TU	16+	6:30-8:30PM	\$70*
220206B	2/4-25	TU	16+	6:30-8:30PM	\$70*
220206C	3/10-31	TU	16+	6:30-8:30PM	\$70*
220206D	4/7-28	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

Parks & Recreation Advisory Board

Daniel Sheetz, Chairman

Emily Rhodes	Tracy Smith
Gary Lichliter	Randy Trenary
Ronnie Huff	Dennis Heflin
Jay Hillerson	Terri Catlett, BOS Liaison

P&R Advisory Board meetings are held quarterly, in January, April, July & October, on the second Wednesday at 6PM at the Recreation Center. Meetings are open to the public.

Parent & Me Little Artists

Activity #:	Date:	Day:	Age:	Time:	Fee:	Topic:
220208A	1/18	SA	2-8	10:15-10:45AM	\$5	Birch Winter Tree Art
220208B	2/1	SA	2-8	10:15-10:45AM	\$5*	Valentine Sensory Bottle
220208C	3/7	SA	2-8	10:15-10:45AM	\$5*	Chihuly Rainbow Sculptures
220208D	1/10	F	2-8	9:15-9:45AM	\$5	Winter Mitten Collage
220208E	1/17	F	2-8	9:15-9:45AM	\$5*	Polar Bear Finger Painting
220208F	1/24	F	2-8	9:15-9:45AM	\$5*	Narwhal Winter Marbling
220208G	1/31	F	2-8	9:15-9:45AM	\$5*	Open Playdoh
220208H	2/7	F	2-8	9:15-9:45AM	\$5*	Fruit Loop String Hearts
220208I	2/14	F	2-8	9:15-9:45AM	\$5*	Celery Stalk Roses
220208J	2/21	F	2-8	9:15-9:45AM	\$5	Open Paint**
220208K	2/28	F	2-8	9:15-9:45AM	\$5	Spray Bottle Art

Instructor: Kristen Zaborowski

*An additional supply fee of \$5 is payable to the instructor at class. ** Explore painting with different objects. 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. Classes will follow the Clarke County School schedule. 1 class

Paint Nights

Activity #:	Date:	Day:	Age:	Time:	Fee:	Topic:
250209A	1/17	F	10+*	6:30-8:30PM	\$44	Snowy Bridge
250209B	2/21	F	10+*	6:30-8:30PM	\$44	Cardinal
250209C	3/20	F	10+*	6:30-8:30PM	\$44	Tulip Vase
250209D	4/10	F	10+*	6:30-8:30PM	\$44	Butterfly

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.

Wooden Sign Painting

Activity #:	Topic:	Date:	Day:	Age:	Time:	Fee:
250207A	Merry and Bright	1/24	F	14+	6:30-8:30PM	\$58
250207B	Home Establish Sign	2/28	F	14+	6:30-8:30PM	\$58
250207C	Monogram Name	3/27	F	14+	6:30-8:30PM	\$58
250207D	Mom Sign	4/17	F	6+	6:30-8:30PM	\$25

Instructor: Jennifer Hovest



Jennifer Hovest is an experience art educator. She will guide participants through step-by-step instructions to make these signs. Learn how to distress, stain, and paint the project to create the example or add your own creativity to make it unique. 1 class

INSTRUCTORS NEEDED

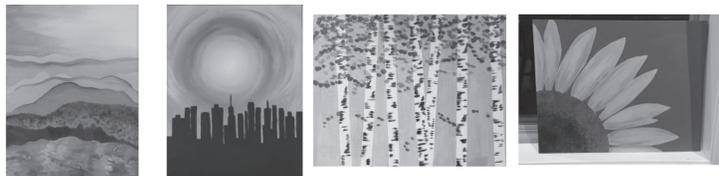
Do you have a special talent that you would like to share with others?
Call 540-955-5140 for more information or stop by the Clarke County Recreation Center for an employment application.



Canvas Paint & Take

Activity #:	Topic:	Date:	Day:	Age:	Time:	Fee:
250207E	Mountains	1/11	SA	6-12	10-11AM	\$15
250207F	Cityscape Sunset	2/22	SA	6-12	10-11AM	\$15
250207G	Birch Trees	3/14	SA	6-12	10-11AM	\$15
250207H	Sunflower	4/11	SA	6-12	10-11AM	\$15

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. 1 class

Valentine's Cake Decorating

Activity #:	Date:	Day:	Age:	Time:	Fee:
250213A	2/3	M	10+	6-8PM	\$35

Instructor: Lauren Connolly

Join Lauren Connolly from The Sweet Elephant Bake Shop and decorate your very own Valentine's Cake! You will learn various piping techniques in buttercream to create your own edible themed cake creation. Each student should bring their own cake to decorate; there will be no baking during class. All other supplies are included. 1 class

St Patrick's Day Cupcake Decorating

Activity #:	Date:	Day:	Age:	Time:	Fee:
250213B	3/2	M	9+	6-8PM	\$25

Instructor: Lauren Connolly

Join Lauren Connolly from The Sweet Elephant Bake Shop and create your very own St. Patrick's Day Cupcakes! You will learn various piping techniques in buttercream to create your own edible themed 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

Portrait Drawing

Activity #:	Date:	Day:	Age:	Time:	Fee:
250202A	3/23-4/27	M	18+	2-4PM	\$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.

New!!! Understanding Your Camera

Activity #:	Date:	Day:	Age:	Time:	Fee:
250218A	1/9-16	TH	12+	7:15-8:45PM	\$97.50
250218B	3/5-12	TH	12+	7:15-8:45PM	\$97.50

Instructor: Jon Bridgan

This class will help to familiarize you with your camera and will help you understand what the buttons, dials, and different settings mean. You'll be taught how to shoot in full manual mode, not as the only way to shoot, but so you have a thorough understanding of all the features and terms. Once there, we will work backwards to understand other priority modes on the camera. If weather permits, we will have an opportunity for in-field shooting after the class. 2 classes

FACILITY SPACE AVAILABLE FOR RENTALS

Call 540-955-5140 | Email ccpr@clarkecounty.gov

New!!! Photography Composition

Activity #:	Date:	Day:	Age:	Time:	Fee:
250218C	1/23-30	TH	12+	7:15-8:45PM	\$97.50
250218D	3/19-26	TH	12+	7:15-8:45PM	\$97.50

Instructor: Jon Bridgan

Join me for this hands-on workshop where you will spend a little time in the classroom, spend more time outside taking photos, and then a little more time back in the classroom evaluating images. No prior experience is necessary. You can use any type of camera in this workshop. Just be sure you have a standard small memory card to save images to if you want to participate in the evaluation time to help build skills and awareness. 2 classes

New!!! Intermediate Photography Workshop

Activity #:	Date:	Day:	Age:	Time:	Fee:
250218E	2/6-13	TH	12+	7:15-8:45PM	\$97.50
250218F	4/2-9	TH	12+	7:15-8:45PM	\$97.50

Instructor: Jon Bridgan

This workshop will accelerate the learning process for you and give you the information you need to become more familiar with, and confident with, your own camera. You will learn more about your camera functions and start learning techniques for shooting in various lighting scenarios and other tricky situations This class is designed for DSLR and mirrorless cameras. 2 classes

Stamping & Card Making

Activity #:	Date:	Day:	Age:	Time:	Fee:	Topic:
250206A	1/22	W	18+	6-8PM	\$5*	Stamp a Sampler
250206B	1/29	W	18+	6-8:30PM	\$5*	Stamping Bingo
250206C	2/19	W	18+	6-7:30PM	\$5*	Card Making 101
250206D	2/26	W	18+	6-8PM	\$5*	Card Kits (register by 2/12)
250206E	3/18	W	18+	6-8PM	\$5*	Stamp a Sampler
250206F	3/25	W	18+	6-8:30PM	\$5*	Stamping Bingo
250206G	4/22	W	18+	6-7:30PM	\$5*	Card Making 101
250206H	4/29	W	18+	6-8PM	\$5*	Card Kits (register by 4/15)

Instructor: Judy Klock

Stamp a Sampler: *An additional supply fee of \$20 (frame not included) is payable to the instructor. In this class, participants will use a variety of stamps, ink, paper, and embellishments to create a beautiful 12 x 12 artwork suitable for framing. Class limited to 12 participants. 1 class

Stamping Bingo: *An additional supply fee \$35 is payable to the instructor. In this class, participants will enjoy a mix of Stampin' Bingo and papercrafting projects. We will play five games of bingo and complete four projects. Bingo winners will receive prizes consisting of new stamping supplies and surprise door prizes will add to the fun. 1 class

Card Making 101: *An additional supply fee \$15 is payable to the instructor. Come out and learn the art of stamping while creating four greeting cards. In this class, participants will use a variety of stamps, ink, paper, and embellishments to create handcrafted greeting cards in a fun and creative atmosphere. Class is limited to 12 participants. 1 class

Card Kits: *Card Kits must be ordered in advance - please RSVP two weeks prior to class. An additional supply fee of \$35 is payable to the instructor. Spend time with others who share a love of creating while completing an all-inclusive kit that contains everything you need to complete the project. Class is limited to 10 participants. 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!



Fitness

Personal Training

Activity #:	Date:	Day:	Age:	Time:	Fee:
250306A	1/2-4/30	SU-SA	16+	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.

Balance & Mobility

Activity #:	Date:	Day:	Age:	Time:	Fee:
250303A	1/4	SA	50+	10:30-11:30AM	\$10
250303B	1/7-28	TU	50+	6-7PM	\$40
250303C	2/4-25	TU	50+	6-7PM	\$40
250303D	3/10-31	TU	50+	6-7PM	\$40
250303E	4/7-28	TU	50+	6-7PM	\$40

Instructor: Joy Felegie MS, CTRS

This class is designed for older adults 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. Instructor will provide guidance during the first class regarding purchasing a stability ball.

Chair Yoga

Activity #:	Date:	Day:	Age:	Time:	Fee:
250310A	1/6-27	M	55+	11:30AM-12:30PM	\$26
250310B	2/3-3/2 (no 2/17)	M	55+	11:30AM-12:30PM	\$26
250310C	3/9-30	M	55+	11:30AM-12:30PM	\$26
250310D	4/6-27	M	55+	11:30AM-12:30PM	\$26
250310E	1/10-31	F	55+	10-11AM	\$26
250310F	2/7-28	F	55+	10-11AM	\$26

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.

FITT Forever with Strength & Stretch Combo

Activity #:	Date:	Day:	Age:	Time:	Fee:
240302A	1/6-27	M	55+	9-10:45AM	\$26
240302C	2/3-24	M	55+	9-10:45AM	\$26
240302E	3/2-30	M	55+	9-10:45AM	\$32.50
240302G	4/6-27	M	55+	9-10:45AM	\$26
240302B	1/8-29	W	55+	9-10:45AM	\$26
240302D	2/5-26	W	55+	9-10:45AM	\$26
240302F	3/4-25	W	55+	9-10:45AM	\$26
240302H	4/1-29	W	55+	9-10:45AM	\$32.50

Instructor: Jane Johnston

*Drop-in enrollment is \$8.50 after 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. Classes will follow the Clarke County School schedule.

Fluid Motion

Activity #:	Date:	Day:	Age:	Time:	Fee:
240302I	1/6-27	M	55+	11AM-12PM	\$26
240302J	2/3-24	M	55+	11AM-12PM	\$26
240302K	3/2-30	M	55+	11AM-12PM	\$32.50
240302L	4/6-27	M	55+	11AM-12PM	\$26
240302M	1/8-29	W	55+	11AM-12PM	\$26
240302N	2/5-26	W	55+	11AM-12PM	\$26
240302O	3/4-25	W	55+	11AM-12PM	\$26
240302P	4/1-29	W	55+	11AM-12PM	\$32.50

Instructor: Jane Johnston

*Drop-in enrollment is \$8.50 after minimum. Fluid Motion is Feldenkrais Method® Awareness through Movement® class - perfect for reclaiming vitality and movements lost due to aging, disease and/or disuse. Please bring a mat to class. Classes will follow the Clarke County School schedule.

Lunchtime Tai Chi

Activity #:	Date:	Day:	Age:	Time:	Fee:
240302Q	1/6-27	M	55+	12:15-1:15PM	\$26
240302R	2/3-24	M	55+	12:15-1:15PM	\$26
240302S	3/2-30	M	55+	12:15-1:15PM	\$32.50
240302T	4/6-27	M	55+	12:15-1:15PM	\$26

Instructor: Jane Johnston

*Drop-in enrollment is \$8.50 after minimum. 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. Classes will follow the Clarke County School schedule.

Gentle Yoga & Stretch

Activity #:	Date:	Day:	Age:	Time:	Fee:
240302U	1/8-29	W	55+	12:15-1:15PM	\$26
240302V	2/5-26	W	55+	12:15-1:15PM	\$26
240302W	3/4-25	W	55+	12:15-1:15PM	\$26
240302X	4/1-29	W	55+	12:15-1:15PM	\$32.50

Instructor: Jane Johnston

*Drop-in enrollment is \$8.50 after 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.

Total Body Circuit

Activity #:	Date:	Day:	Age:	Time:	Fee:
250304A	1/6-27	M	16+	6:45-7:30PM	\$26
250304B	2/3-24	M	16+	6:45-7:30PM	\$26
250304C	3/2-30	M	16+	6:45-7:30PM	\$32.50
250304D	4/6-27	M	16+	6:45-7:30PM	\$26

Instructor: Stacey Chatman of Xtreme 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!

Yoga Tone

Activity #:	Date:	Day:	Age:	Time:	Fee:
250304E	1/7-28	TU	16+	6:30-7:30PM	\$26
250304F	2/4-25	TU	16+	6:30-7:30PM	\$26
250304G	3/3-31	TU	16+	6:30-7:30PM	\$32.50
250304H	4/7-28	TU	16+	6:30-7:30PM	\$26

Instructor: Shirley of Xtreme Fit Studio

*Drop-in enrollment is \$8.50 after minimum. 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.





General Interest

Hatha Yoga

Activity #:	Date:	Day:	Age:	Time:	Fee:
250313A	1/9-30	TH	16+	6:30-7:30PM	\$26
250313B	2/6-27 (no 2/13)	TH	16+	6:30-7:30PM	\$19.50
250313C	3/5-26	TH	16+	6:30-7:30PM	\$26
250313D	4/2-30 (no 4/9)	TH	16+	6:30-7:30PM	\$26

Instructor: Kristin Grubb

*Drop-in enrollment is \$8.50 after minimum. 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.



Zumba®

Activity #:	Date:	Day:	Age:	Time:	Fee:	Instructor:
240305A	1/6-27	M	16+	7:35-8:35PM	\$26*	Mindy Steen
240305B	2/3-24	M	16+	7:35-8:35PM	\$26*	Mindy Steen
240305C	3/2-30	M	16+	7:35-8:35PM	\$32.50*	Mindy Steen
240305D	4/6-27	M	16+	7:35-8:35PM	\$26*	Mindy Steen
240305E	1/8-29	W	16+	7:35-8:35PM	\$26*	Mindy Steen
240305F	2/5-26	W	16+	7:35-8:35PM	\$26*	Mindy Steen
240305G	3/4-25	W	16+	7:35-8:35PM	\$26*	Mindy Steen
240305H	4/1-29	W	16+	7:35-8:35PM	\$32.50*	Mindy Steen
240305I	1/9-30	TH	16+	6-7PM	\$26*	Deborah Spangler
240305J	2/6-27	TH	16+	6-7PM	\$26*	Deborah Spangler
240305K	3/5-26	TH	16+	6-7PM	\$26*	Deborah Spangler
240305L	4/2-30 (no 4/9)	TH	16+	6-7PM	\$26*	Deborah Spangler

*Drop-in enrollment is \$8.50 after minimum. Zumba® is all about partying yourself into shape. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party.

NEW! AM Total Fitness

Activity #:	Date:	Day:	Age:	Time:	Fee:
240301A	1/7-28	TU	16+	9-10AM	\$26*
240301B	2/4-25 (no 2/11)	TU	16+	9-10AM	\$19.50*
240301C	3/3-31 (no 3/10)	TU	16+	9-10AM	\$26*
240301D	4/21-5/5	TU	16+	9-10AM	\$19.50*

Instructor: Shannon Tipton

*Drop-in enrollment is \$8.50 after minimum. AM Total Fitness is a morning variety fitness class for men and women. The class includes interval training and HIIT using body weight, weights and cardio exercises. Modifications for varying levels of fitness are available. Bring a mat, hand weights (if you have them), and water. Every class is different! Sessions B & D are 3 classes. Session A & C is 4 classes.

NEW!!! Intro to Cooking

Activity #:	Date:	Day:	Age:	Time:	Fee:
241312A	3/10-3/31	TU	16+	7-9PM	\$72

Instructor: Jen Roszelle

This class is perfect for anyone who loves to eat, but either hates to or never learned how to cook. In this series, you will learn how to meal plan, meal and food prepping skills, the importance of reading and understanding food labels, basic kitchen tools, food storage and more. We will review the key points of various diets such as gluten free, dairy free, vegetarian, vegan, paleo, and keto. You will learn the basics of baking, frying, grilling, saute, and boiling. 4 classes

Private Technology Lessons

Activity #:	Date:	Day:	Age:	Time:	Fee:
240613B	Jan-April	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:
250614B	2/17	M	11-15	9AM-3:30PM	\$72

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, 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

Pokemon Card Club

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

Leader: Mary Ivie

*Packs of cards are available for \$3 each from the instructor. Parents drop your kids off for some Pokemon competition while you take a break for a couple hours. 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. 1 meeting

CPR & First Aid/AED

Activity #:	Date:	Day:	Age:	Time:	Fee:
250614C	2/8	SA	13+	10AM-6PM	\$67
250614D	4/11	SA	13+	10AM-6PM	\$67

Instructor: Elizabeth Coberly

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

Refuse to be a Victim

Activity #:	Date:	Day:	Age:	Time:	Fee:
250305A	1/31	F	16+	6-7PM	\$2
250305C	3/13	F	16+	6-7PM	\$2
250305D	4/24	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. In an open forum style setting, this class will explore various safety topics and strategies relevant to current concerns and attendees needs. 1 class



Intro to Essential Oils

Activity #:	Date:	Day:	Topic:	Age:	Time:	Fee:
241319B	1/8	W	Surviving Winter	16+	6:30-8:30PM	\$4
241319C	2/5	W	Emergency Prep	16+	6:30-8:30PM	\$4
241319D	3/4	W	EO & Sleep	16+	6:30-8:30PM	\$4
241319E	4/1	W	Natural Cleaning	16+	6:30-8:30PM	\$4

Instructor: Lorrie Roberts

Surviving Winter - Learn how to use essential oils to deal with any of the physical or emotional discomforts of the winter months. Everyone makes a small body lotion with essential oils and one person will win a bottle of doTERRA's On Guard essential oil blend.

Emergency Preparedness - Learn why essential oils are the perfect addition to your emergency preparedness plans, and which oils to choose for different emergency scenarios. You'll be surprised how versatile oils like Lavender and Lemon are. Everyone goes home with samples of oils. One person will win an emergency kit.

Essential Oils & Sleep - Are you or somebody you know struggling to get a good night's sleep? Then this is the class is for you. Join us as we talk about different essential oils you can use to help you slip into a peaceful night's sleep. Everyone makes a pillow spray and one person will win a bottle of doTERRA's Serenity essential oil blend.

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, and that you make yourself for a fraction of the cost. Everyone goes home with loads of recipes and samples of oils. One person will win a bottle doTERRA's Lemon essential oil. 1 class



Be Well Health Workshops

Activity #:	Date:	Day:	Age:	Time:	Fee:	Topic:
210901A	1/18	SA	16+	10-12:00PM	\$35*	Sugar talk and invite to wellness
210901B	2/15	SA	16+	10-12:00PM	\$35*	Understanding Diet/Movement Self-Care
210901C	3/28	SA	16+	10-12:00PM	\$35*	Sugar talk and invite to wellness
210901D	4/11	SA	16+	10-12:00PM	\$35*	Understanding Diet/Movement Self-Care

Instructor: Christel Montgomery, Certified Health and Life Coach

"I understand how easy it is to fall into the role of taking care of everyone and everything" It's time to move **YOU** to the front of the line and take **YOUR** health, goals and dreams **OFF** the back burner. I received my certification as a Health and Life Coach, and learned how to **be Well**. Through my journey, I am now able to help other women and men get unstuck, dream, and discover, just how healthy they can be body, mind and spirit.

***Special Bonus included!** <https://bwelljourney.wixsite.com/coaching>

One on One Personal Health Coach:

Activity #:	Date:	Day:	Age:	Time:	Fee:
210901E	by appt.	by appt.	21+	by appt.	\$225 – 4/phone sessions

Instructor: Christel Montgomery, Certified Health and Life Coach

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 1, 4, 6, or 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. **Fees will vary with # of sessions**

90 Day Transformation Women's Group

Activity #:	Date:	Day:	Age:	Time:	Fee:
210901F	1/9-4/16	TH	21+	10-11:30AM	\$325*

Instructor: Christel Montgomery, Certified Health and Life Coach

Note: No Classes on these dates: 1/30, 2/27, 3/26

Are you READY to **transform**? Give us **90 Days!** You will learn to Embrace your general Health challenges. This can truly HELP women who feel stuck get a fresh start with sustainable changes for big Results. Twelve one and a half hour sessions, time for reflections, with Action Guide, handouts and support provided. Call now to schedule a Complementary Discovery Session *this can be in person or over the phone. ***Special Early Bird Registration**

\$297.00 Register by January 3rd

Don't Break the Bank

Book Publishing & Promotion Workshop

Activity #:	Date:	Day:	Age:	Time:	Fee:	Topic:
210706A	2/29	SA	16+	9AM-12PM	\$60	Self-Publishing Right
210706B	2/29	SA	16+	1-4PM	\$60	Promoting Your Novel
210706C	2/29	SA	16+	12-1PM	\$20	Lunch and Q&A w/Lauren
210706D	2/29	SA	16+	9AM-4PM	\$140	Both Sessions, Lunch and Q&A w/Lauren

Instructor: Lauren Carr, International Best Selling Mystery Author

Ever since Amazon turned the publishing industry up on end, "self-publishing" is no longer a dirty word. But it can still be scary and expensive if you don't know what you're doing. Unwitting writers can spend a fortune on a book cover that may look great up on your wall, but it won't sell a single book. Just because you know how to use Microsoft Word, doesn't mean you know how to format a book that doesn't scream "self-published!" With over three-decades of publishing experience under her belt, Lauren Carr knows all the tricks of the trade and is willing to share her secrets about self-publishing to her students in this workshop. After lunch and a Q&A session with Lauren, students will learn about what happens after their books' release. This is where the real work begins! Today's technology has made it possible for authors to gain a following and make money with very little overhead. In her presentation, author and publisher Lauren Carr will teach students how to find their audience here and across the globe and how to sell books without leaving home!

Listed among **Amazon's top-100 authors in mysteries**, Lauren Carr is the international best-selling author of the four best-selling mystery series. She is also a publishing manager, consultant, layout designer for independent authors around the world with her company Acorn Book Services. This year, Acorn Book Services bought iRead Book Tours, a successful virtual book tour that has helped connect authors with readers through established book bloggers. Visit Lauren Carr's website (www.mysterylady.net) for more information.

***Special Early Bird Registration 20% if Registered by Feb. 8th.**

Writing the Bucket List Novel

Activity #:	Date:	Day:	Age:	Time:	Fee:
210706E	3/3-3/24	T	16+	7:00-9:00PM	\$80

Is "Write a Book" one of the things in your bucket—that list of things you want to do before you kick the bucket? Got a story in your head that you've always wanted to write? Thought about writing the great American novel? Or just a memoir to pass to your grandchildren? If you've got "write a book" on your bucket list, this is the class to get you started. Internationally best-selling author Lauren Carr will share her experience in writing and publishing to get you started on your story. In this workshop (four two-hour sessions), Lauren will pass on the secrets that most professional authors had to learn the hard way about how to check "Write a Book" off that list. This eight-hour workshop will be held in four two-hour classes. The first class will be held Tuesdays, March 3, 10, 17, 24.

*Gift Certificates for Classes
Make a Great Gift!*



Kid's Core-ner

Self-Publishing Right Without Breaking the Bank

Activity #:	Date:	Day:	Age:	Time:	Fee:
210706F	3/4-3/25	W	16+	7:00-9:00PM	\$80

Most writers dream about finishing their book, writing "THE END" and then handing it off to a publisher. Then, they can sit back and wait for the hard copy to arrive in the mail. Never do they think about what happens between THE END and the hard back's arrival in the mail. Ever since Amazon turned the publishing industry up on end, "self-publishing" is no longer a dirty word. But it can still be scary and expensive if you don't know what you're doing. Unwitting writers can spend a fortune on a book cover that may look great up on your wall, but it won't sell a single book. Just because you know how to use Microsoft Word, doesn't mean you know how to format a book that doesn't scream "self-published!" With over three-decades of publishing experience under her belt, Lauren Carr knows all the tricks of the trade and is willing to share her secrets about self-publishing. In this class, she will teach you:

- what goes into a well-formatted book, both for print and ebook
- where to find and what to look for in professional looking cover that will sell books
- how to determine what price you should set your book
- why you should consider publishing your book in audiobook

This eight-hour workshop will be held in four two-hour classes. The first class will be held Wednesday, March 4, 11, 18, 25.

Promoting Your Novel Right Without Breaking The Bank

Activity #:	Date:	Day:	Age:	Time:	Fee:
210706G	3/5-3/26	TH	16+	7:00-9:00PM	\$80

Unfortunately, for 95% percent of published authors, a big book event with lines going out the door is not a reality. However, today's technology has made it possible for authors to gain a following and make money with very little overhead. In her presentation, author and publisher Lauren Carr will discuss:

- Using Social Media responsibly and professionally (without turning off your friends)
- Setting up a professional looking website (FREE!)
- Book Promotions Sites (Be Selective)
- Virtual Book Tours

This eight-hour workshop will be held in four two-hour classes. The first class will be held Thursdays, March 5, 12, 19, 26.

Advanced registration is highly recommended-Seating Limited

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 accompanied and supervised by an adult

\$3.00 for one adult and one child, \$1.00 for each additional child.

After-school Tutoring

Activity #:	Date:	Day:	Age:	Time:	Fee:
210713A	Jan-April	T or TH	5-15	by appt.	\$35

Instructor: Allyson Allison

Now offering Individual Tutoring for **K-8th 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.

Parent's Night Out

Activity #:	Date:	Day:	Age:	Time:	Fee:
220714A	1/25	SA	3-12*	5-8:30 PM	\$24 (\$16pp for 2+ kids)
220714B	2/8	SA	3-12*	5-8:30 PM	\$24 (\$16pp for 2+ kids)
220714C	3/7	SA	3-12*	5-8:30 PM	\$24 (\$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

Ballet/Tap I

Activity #:	Date:	Day:	Age:	Time:	Fee:
210704A	1/21-2/4	T	4-9	4:15-5PM	\$26
210704B	2/11-2/25	T	4-9	4:15-5PM	\$26
210704C	3/3-3/17	T	4-9	4:15-5PM	\$26
210704D	3/24-4/14 (no 4/7)	T	4-9	4:15-5PM	\$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

Participants in Session 4 will be demonstrating the skills and techniques that they learned.

The Spring Dance recital will be held on April 14th
Refreshments will be served.

Unconventional Arts Workshops

Activity #:	Date:	Day:	Age:	Time:	Fee:	Topic:
210703A	1/22	W	5-14	4:45-5:45PM	Free	Open House Event
210703B	2/5-26	W	7-14	4:45-5:45PM	\$45	Unconventional Self Portraits
210703C	3/4-25	W	5-12	4:45-5:45PM	\$45	Unconventional Big Art

Instructor: The Traveling Art Club (No classes on 2/19, 3/18)

Join us on Jan 22nd in welcoming The Traveling Art Club with a special Open House event! The intention of this series of Unconventional Arts Workshops is to allow the children to freely express themselves with art using unconventional methods and upcycled materials so that they are able to continue to experiment at home regardless of the availability of art supplies. Unconventional Self Portraits: Students will make 3 self-portraits from different recycled mediums: collage, recycled material sculpture and fiber art. Unconventional Big Art: Students will make a large format art piece each week, one arm-span-Spirograph, one foldable hug, and one filled self-shadow. The Traveling Art Club, is a local 501(c)3 organization dedicated to providing sustainable arts programming, mentorship, education, and supplies to the youth of Winchester City, Frederick, Clarke, Warren, & Shenandoah Counties.

Contact Info:

www.thetravelingartclub.org - "info@thetravelingartclub.org - 540-254-0771





Child Care Programs Sports & Athletics

After School with the Park for 2019/2020 School Year

Activity #:	Date:	Day:	Age:	Time:	Fee:
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
511105N	1/2/20	TH	K-5th Grade	7:30AM-6PM	\$27	\$17
511105O	1/3/20	F	K-5th Grade	7:30AM-6PM	\$27	\$17
511105P	1/17/20	F	K-5th Grade	7:30AM-6PM	\$27	\$17
511105Q	2/14/20	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)**

Spring Break Day Camp

Activity #:	Date:	Day:	Age:	Time:	Fee:
250708A	4/6	M	K-5th Grade	7:30AM-6PM	\$27
250708B	4/7	TU	K-5th Grade	7:30AM-6PM	\$27
250708C	4/8	W	K-5th Grade	7:30AM-6PM	\$27
250708D	4/9	TH	K-5th Grade	7:30AM-6PM	\$27
250708E	4/10	F	K-5th Grade	7:30AM-6PM	\$27
250708F	4/13	M	K-5th Grade	7:30AM-6PM	\$27

Registration Deadline: 3/20/20

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 20, 2020 deadline.

Combo Pre-Gym-Gym I

Activity #:	Date:	Day:	Age I	Age II	Time:	Fee:
210902A	1/9-1/23	TH	5-6	6-8	4:30-5:30PM	\$42
210902B	2/6-2/20	TH	5-6	6-8	4:30-5:30PM	\$42
210902C	3/5-3/19	TH	5-6	6-8	4:30-5:30PM	\$42
210902D	4/2-4/16	TH	5-6	6-8	4:30-5:30PM	\$42
210902E	1/9-1/23	TH	5-6	6-8	6:15-7:15PM	\$42
210902F	2/6-2/20	TH	5-6	6-8	6:15-7:15PM	\$42
210902G	3/5-3/19	TH	5-6	6-8	6:15-7:15PM	\$42
210902H	4/2-4/16	TH	5-6	6-8	6:15-7:15PM	\$42

Location: D.G. Cooley Upper Campus Gym

Pre-school Gymnastics

Activity #:	Date:	Day:	Age:	Time:	Fee:
210905A	1/9-1/23	TH	3-5	5:30-6:15PM	\$32
210905B	2/6-2/20	TH	3-5	5:30-6:15PM	\$32
210905C	3/5-3/19	TH	3-5	5:30-6:15PM	\$32
210905D	4/2-4/16	TH	3-5	5:30-6:15PM	\$32
210905E	1/9-1/23	TH	3-5	6:15-7:00PM	\$32
210905F	2/6-2/20	TH	3-5	6:15-7:00PM	\$32
210905G	3/5-3/19	TH	3-5	6:15-7:00PM	\$32
210905H	4/2-4/16	TH	3-5	6:15-7:00PM	\$32

Location: D.G. Cooley Upper Campus Gym

Combo Gym I & II

Activity #:	Date:	Day:	Age I	Age II	Time:	Fee:
210904A	1/9-1/23	TH	6-8	9-15	5:15-6:15PM	\$42
210904B	2/6-2/20	TH	6-8	9-15	5:15-6:15PM	\$42
210904C	3/5-3/19	TH	6-8	9-15	5:15-6:15PM	\$42
210904D	4/2-4/16	TH	6-8	9-15	5:15-6:15PM	\$42

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!!

3 Classes. **Classes are subject to change.**

Youth Open Soccer

Activity #:	Date:	Day:	Age:	Time:	Fee:
250907A	4/3-5/22	F	4-18	1:00-3:00PM	\$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.

Youth Foil 102

Activity #:	Date:	Day:	Age:	Time:	Fee:
250911B	1/3-3/20	F	9-12	7:45-8:45PM	\$180*
250911F	3/27-9/11	F	9-12	7:45-8:45PM	\$275**

Location: Boyce Gym

Instructor: David Copeland

Fee: *\$75.00 partial equipment purchase (paid to instructor). **12 Classes **18 Classes

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 bouts on electronic scoring equipment. They will spend equal time observing, refereeing, fencing, and in physical training. No class 4/10, 5/22, 7/3, 7/31, 8/14, 8/21, 9/4



Youth Foil 202

Activity #:	Date:	Day:	Age:	Time:	Fee:
250911C	1/3-3/20	F	9-12	7:45-9:15PM	\$200*
250911G	3/27-9/11	F	9-12	7:45-9:15PM	\$310**

Location: Boyce Gym
Instructor: David Copeland

*Students must have acquired all of their own fencing gear for this class.
*12 Classes **18 Classes
Prerequisite: Fencing Basic 101 and Foil 102. Fencers will spend equal time observing, refereeing, fencing, and in physical training.
No class 4/10, 5/22, 7/3, 7/31, 8/14, 8/21, 9/4

Adult Foil 102

Activity #:	Date:	Day:	Age:	Time:	Fee:
250911D	1/3-3/20	F	13+	8:15-9:45PM	\$200*
250911H	3/27-9/11	F	13+	8:15-9:45PM	\$310**

Location: Boyce Gym
Instructor: David Copeland
Fee: *\$75.00 partial equipment purchase (paid to instructor).
*12 Classes **18 Classes

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. No class 4/10, 5/22, 7/3, 7/31, 8/14, 8/21, 9/4

Adult Foil 202

Activity #:	Date:	Day:	Age:	Time:	Fee:
250911E	1/3-3/20	F	13+	7:45-9:45PM	\$235*
250911I	3/27-9/11	F	13+	7:45-9:45PM	\$385**

Location: Boyce Gym
Instructor: David Copeland

*Students must have acquired all of their own fencing gear for this class.
*12 Classes **18 Classes

Prerequisite: Fencing Basic 101 and Foil 102. Fencers will spend equal time observing, refereeing, fencing, and in physical training.
No class 4/10, 5/22, 7/3, 7/31, 8/14, 8/21, 9/4

Fencing Basics 101

Activity #:	Date:	Day:	Age:	Time:	Fee:
250911A	2/14 – 5/8 (No 4/10)	F	9+	6:30-7:45PM	\$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.

Fencing classes are **subject to change** see **Out of Nowhere Fencing, LLC** for further class information or updates please visit fencing4u.com.
Locations subject to change.

Lil Ballers

Activity #:	Date:	Day:	Age:	Time:	Fee:
210909A	3/12-4/16 (No 4/9)	TH	3-5	5:45-6:30PM	\$60

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 Lil' Ballers Basketball 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

Jr Ballers

Activity #:	Date:	Day:	Age:	Time:	Fee:
210909B	3/12-4/16 (No 4/9)	TH	6-9	6:30-7:30PM	\$75

Instructor: Christopher Rhone, Unique Hoops

Jr Ballers Basketball clinics at Unique Hoops is the next step after completing Lil Ballers to help 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

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 20th 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.

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.

Co-ed Volleyball

Activity #:	League:	Date:	Day:	Age:	Time:	Fee:
250903A	"A" League	1/10-4/17	F	16+	6:30-8:45 PM	\$190/team
250903B	"B" League	1/7-4/21	TU	16+	6:30-8:45 PM	\$190/team
250903C	"C" League	1/7-4/21	TU	16+	6:30-8:45 PM	\$190/team
250903F	Free Agent	1/7-4/21	TU	16+	6:30-8:45 PM	\$30/player

Registration Deadline: Jan 3rd
Contact park for further information!

Clarke County Youth Sports Organizations

Clarke County Youth Basketball Joe Braithwaite 540-539-8878 or Amy McCaw 540-955-4776 clarkecountyouthbasketball.com P.O. Box 82, Berryville, VA 22611	Clarke County Youth Soccer clarkesoccer.org P.O. Box 720 Berryville, VA 22611
Clarke County Little League Hotline 955-9950 Kim Braithwaite 955-2147 clarkecounty/littleleague.com P.O. Box 812, Berryville, VA 22611	Clarke County Youth Football & Cheerleading www.clarkeyouthfootball.org info@clarkeyouthfootball.org P.O. Box 967, Berryville, VA 22611
Shenandoah Valley Youth Lacrosse Rick Constantino svylax@gmail.com http://svyl.slaxteams.com/	



Special Events



Family Valentine Movie Night

Despicable Me 2

February 14th

**children 2 and under are free.*

There will be themed snacks to enjoy while watching “Despicable Me 2”. Everyone is encouraged to bring a comfortable pillow and blanket or beanbag chair to lounge on for the movie.

Family Valentine Movie Night – Despicable Me 2

Activity #:	Date:	Day:	Age:	Time:	Fee:
250806A	2/14	F	All	7-9PM	\$4*

**children 2 and under are free. There will be themed snacks to enjoy while watching “Despicable Me 2”. Everyone is encouraged to bring a comfortable pillow and blanket or beanbag chair to lounge on for the movie.*

I ♥ Laser Tag

Laser Tag Party

Activity #:	Date:	Day:	Age:	Time:	Fee:
250801A	3/13	F	All	6-8PM	\$10/person

Imagine the thrill of laser tag...in the Park! A game coach will be onsite to set up a playing field, supply equipment, and give instructions. The laser taggers are state of the art! There is real time scoring! Up to 16 can play at once, and we can rotate players through! This party will take mission-based games, such as Capture the Flag, King of The Hill, Grab for Gold and more to a whole new level!



Spring Outdoor Craft Show

Chet Hobert Park

(If inclement weather, event will be in Clarke County Recreation Center)

April 18th
from 9am-5pm

FREE ADMISSION

For more information call:
540-955-5147.

*Egg
Hunt*
*with the
Easter Bunny*
April 4th



Egg Hunt with the Easter Bunny

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

Bring a basket to hold all the eggs you'll find. Have your camera ready for when the Easter Bunny pops in. In case of inclement weather, the event will move to inside the Recreation Center.



Park Cleanup for Earth Day

Activity #:	Date:	Day:	Age:	Time:	Fee:
250804A	4/22	W	All	3:30-5PM	Free

Bring your helping spirit to help us with cleanup projects around the park.

This is a great opportunity for community service/volunteer hours.



Employment Opportunities

Join Our Winning Team!

After School Child Care Leader:

2:30PM- 6:15PM, (M-F), Part Time/Seasonal

After School Child Care Aide:

2:30PM- 6:15PM, (M-F), Part Time/Seasonal

Summer Camp Staff:

June – Aug, 15-30 hours per week

Park Attendant:

April – October, 10-30 hours per week

Concession Stand Attendant:

May – Sept, 10-30 hours per week

Facility Supervisor:

10 – 20 hours per week, Year round

Desk Clerk:

10 – 30 hours per week, Year Round

Aquatic Operations Managers, Head Lifeguards, Lifeguards, & Swim Instructors:

Certification Required, May-Sept, 5-40 hours per week

Applications are available online: <http://www.clarkecounty.gov>

Send application to:

Clarke County Parks & Recreation,
225 Al Smith Circle, Berryville, VA 22611

Refer inquiries to 540-955-5140



Trips & Tours

DAY TRIPS

March 3, 2020
2020

Philadelphia Flower Show

Philadelphia, PA



Check out America's leading floral and garden designers that will create tropical jungles, temperate forests and native woodlands. From the sweeping landscapes to the colorful entrance garden, the major exhibits of the Flower Show will catch your eye as soon as you walk through the doors onto the show floor.

Butterflies Live, Bloomin' Brunch, and crafts at the Make & Take are some of the few special activities you can add to your trip.

\$110.00 per person

7:00AM – Depart Winchester

7:30AM Depart Charles Town, WV

Tickets include motor coach transportation and admission to the flower show. *Itineraries require 35 participants in order to operate a departure*

May 9, 2020

SPRINGFEST in Ocean City, MD

Sand, sun, fries with vinegar, cotton candy, seafood, swimming in the ocean and don't forget the arts and crafts. SPRINGFEST celebrates the arrival of spring and the upcoming summer season. Join us for a day at the beach, under the four huge big-top tents, for a little fun in the sun at one of Maryland's top spring events!

TBD per person

5:00AM – Depart Berryville, VA / 5:30AM Depart Charles Town, WV

Ticket price includes motor coach transportation.

Itineraries require 35 participants in order to operate a departure



June 4, 2020

“Always... Patsy Cline” at Totem Pole Playhouse

Fayetteville, PA



Always... Patsy Cline is more than just a tribute concert to the legendary country singer who died tragically at the age of 30 in a plane crash in 1963. The show is based on a true story about Cline's friendship with a fan from Houston named Louise Seger, who befriended the star in a Texas honky-tonk in 1961 and continued a correspondence with Cline until her death. The musical play, complete with down home humor, true emotion and even some audience participation, includes many of Cline's hits such as “Crazy”, “Walking After Midnight”, “I Fall to Pieces”, “Sweet Dreams” ... 27 songs in all. The show title was inspired by Cline's letters to Seger, which were consistently signed “Love ALWAYS ... Patsy Cline.”

TBD per person

9:00AM – Depart Berryville, VA / 9:30AM Depart Charles Town, WV

Ticket price includes motor coach transportation and ticket to the show, and lunch at Hickory Bridge Farm, taxes & gratuities

Itineraries require 35 participants in order to operate a departure





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.



Registration Information



How to Register

WALK IN – to the Clarke County Recreation Center during normal operating hours.

MAIL IN – Enclose your registration form and check or *credit card information and mail to: CCPR - Program Registration, 225 Al Smith Circle, Berryville, VA 22611

PHONE IN - Call us at 540-955-5140 during normal operating hours. Be sure to have your registration information and credit card information accessible at the time that you call.

FAX IN - for 24-hour service, you can fax your registration form with *credit card information to 540-955-4049.



Registration begins at 9:00 AM December 9, 2019 for Clarke County residents and December 11, 2019 for non-Clarke County residents, unless otherwise noted in program description.

Fees

Payment must accompany registration. A \$25 fee is charged for returned checks.

Refunds

Refunds will be given for medical reasons only and must be requested one week prior to the class. A \$5.00 administrative fee will be charged for all refunds. Class credits will be issued for cancellations less than one week prior to the class for medical reasons only. If the P&R Department cancels a program, a full refund will be processed.

Cancellations

We reserve the right to cancel a program due to insufficient enrollment. It requires a certain number of individuals to justify holding a program and if that minimum is not reached, the course is cancelled. **Programs not meeting minimum enrollment three weekdays prior to class will be cancelled. PLEASE REGISTER EARLY.**

Inclement Weather

In the event of inclement weather, cancellation will be announced on local radio stations. If programs are cancelled, every attempt will be made to reschedule the program.

Accommodations

CCPR is committed to providing recreation for all persons. Every reasonable effort will be made to provide accommodations based on individual need. Please contact us prior to the program's start date for assistance. If assistance is needed for the hearing impaired please call Virginia Relay Center at 1-800-828-1140.

We are updating our records. Please keep us informed of any changes to your household information

All programs are held at the Chet Hobert Park unless otherwise noted.

HOUSEHOLD REGISTRATION

PLEASE PRINT:

PRIMARY HOUSEHOLDER (LAST NAME) _____ (FIRST NAME) _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP CODE _____
 HOME PHONE _____ WORK PHONE : _____ CELL PHONE _____
 MALE FEMALE DATE OF BIRTH _____ E-mail Address _____

SECONDARY HOUSEHOLDER (LAST NAME) _____ (FIRST NAME) _____
 CELL PHONE _____ EMAIL _____ MALE FEMALE DOB _____
 EMERGENCY CONTACT PERSON _____ PHONE _____
(Other than someone in your household)

Participant Allergies/Medical and Action to be taken in an EMERGENCY _____

Participant Name (Last, First)	Date of Birth	Sex (M/F)	Activity Code							Session	Program Name	Fee
			2	2	0	2	0	5	A			
Sample, John	9/17/92	M	2	2	0	2	0	5	A	2	Children's Pottery	\$30
TOTAL												

IF PAYING BY CREDIT CARD PLEASE COMPLETE THE FOLLOWING:
 Visa MasterCard Discover American Express
 Exp. Date _____ Card # _____ CV#: _____
 Signature _____

for office use only

FEE _____ CASH CHECK CREDIT CARD
 DATE RECEIVED: _____ RECEIVED BY: _____

MAKE CHECKS PAYABLE TO "CCPR"