

**Registration begins June 30 at 9am for Clarke County residents and July 2 at 9am for non-county residents. Registrations are processed over the phone (540-955-5140) or in person at the Recreation Center (225 Al Smith Circle)**

### Aquatics

**Open swim**

Starting July 1, two sessions are available every day:

12-3pm

3:30-6:30pm

Limited capacity per session, first come first serve, pool will be cleared after each session, line will reform at the second time block, if you leave you must pay to re-enter, no last hour discount, no refunds for inclement weather, Bring your own chair (no chairs or tables will be available),

Please maintain 10ft social distancing. **At this time, the baby pool is not open.**

For additional pool information, please call 540-955-5158.

General Admission rates apply. \*proof of residency required.

General Admission	Base Rate	Clarke County Discount*
Child /2 & under <i>with paying adult</i>	Free	Free
Child / 3-5	3.50	2.50
Youth / 6-15	4.00	3.00
Adult / 16-54	5.00	4.00
Senior Citizen/55+	3.50	2.50

**Pool Rentals**

Friday, Saturday, Sundays 7-9pm, call 540-955-5140 for more information, to check availability and make reservations.

**Piranhas in Training**

Activity #:	Date:	Age:	Time:	Fee:
350109M	7/6, 7/8, 7/10, 7/14, 7/16	13-18yrs	8-9AM	\$20
350109N	7/6, 7/8, 7/10, 7/14, 7/16	6-12yrs	9:15-10AM	\$20
350109O	7/7, 7/9, 7/13, 7/15, 7/17	13-18yrs	8-9AM	\$20
350109P	7/7, 7/9, 7/13, 7/15, 7/17	6-12yrs	9:15-10AM	\$20
350109Q	7/20,7/22, 7/24,7/28,7/30	13-18yrs	8-9AM	\$20
350109R	7/20,7/22, 7/24,7/28,7/30	6-12yrs	9:15-10AM	\$20
350109S	7/21, 7/23, 7/27, 7/29, 7/31	13-18yrs	8-9AM	\$20
350109T	7/21, 7/23, 7/27, 7/29, 7/31	6-12yrs	9:15-10AM	\$20

13-18 year old participants must be able to swim four continuous lengths of the pool in order to register for this conditioning program. 6-12 year old participants must be able to swim two continuous lengths of the pool in order to register for this conditioning program.

### **AM Deep Water Splash**

Activity #:	Date:	Day:	Age:	Time:	Fee:
350107C	7/7-16	T & TH	12+	11:30-12:15PM	\$26
350107D	7/8-17	W & F	12+	11:30-12:15PM	\$26
350107E	7/21-30	T & TH	12+	11:30-12:15PM	\$26
350107F	7/22-31	W & F	12+	11:30-12:15PM	\$26

Instructor: Ben Marshall

Do you enjoy challenging yourself with exciting unique training sessions? The class will work on building physical strength and endurance by activating muscle groups generally overlooked in traditional on land workouts. Participants should be comfortable in deep water and should be able to tread continuously for 10 mins, comfort/survival swimming ability is recommended. 4 classes

### **Deep Water Cardio**

Activity #:	Date:	Day:	Age:	Time:	Fee:
340109B	7/6-27	M	16+	6:45-7:30PM	\$26*
340109D	7/8-29	W	16+	6:45-7:30PM	\$26*
340109F	8/3-12	M&W	16+	6:45-7:30PM	\$26*

\* *Participants must be comfortable in deep water.* Floatation devices are available. This class will vary formats and include a combination of traditional water aerobics, high intensity cardio, toning, and resistance training in a totally non-impact environment. 4 classes

### **Shallow Water Aerobics**

Activity #:	Date:	Day:	Age:	Time:	Fee:
340110B	7/7-21	T	16+	6:45-7:30PM	\$19.50
340110D	7/9-23	TH	16+	6:45-7:30PM	\$19.50

Instructor: Shannon Tipton

This class promotes muscle strength, endurance, flexibility, and muscle tone through vigorous aerobic exercises in shallow water with the use of energetic music.

### **Parent & Me Private Lessons**

Activity #:	Date:	Day:	Age:	Time:	Fee:
350115A	ongoing	all	all	by apt	\$15/lesson

Each Private lesson is 20 minutes. Parent & child will be in the water together for this lesson. The instructor will customize the lesson to the skill level of the participant. The instructor will guide the parent through hands on practice how to teach their child the desired water skills.

### Lap Swim/Water Walk

Activity #:	Date:	Day:	Age:	Time:	Fee:
340106A1	7/6	M	all	6:30-7:25AM	\$5
340106A2	7/6	M	all	10:30-11:25AM	\$5
340106A3	7/6	M	all	6:35-7:30PM	\$5
340106B1	7/7	T	all	6:30-7:25AM	\$5
340106B2	7/7	T	all	10:30-11:25AM	\$5
340106C1	7/8	W	all	6:30-7:25AM	\$5
340106C2	7/8	W	all	10:30-11:25AM	\$5
340106C3	7/8	W	all	6:35-7:30PM	\$5
340106D1	7/9	TH	all	6:30-7:25AM	\$5
340106D2	7/9	TH	all	10:30-11:25AM	\$5
340106E1	7/10	F	all	6:30-7:25AM	\$5
340106E2	7/10	F	all	10:30-11:25AM	\$5
340106F1	7/13	M	all	6:30-7:25AM	\$5
340106F3	7/13	M	all	6:35-7:30PM	\$5
340106G1	7/14	T	all	6:30-7:25AM	\$5
340106H1	7/15	W	all	6:30-7:25AM	\$5
340106H3	7/15	W	all	6:35-7:30PM	\$5
340106I1	7/16	TH	all	6:30-7:25AM	\$5
340106J1	7/17	F	all	6:30-7:25AM	\$5
340106J2	7/17	F	all	10:30-11:25AM	\$5
340106K1	7/20	M	all	6:30-7:25AM	\$5
340106K3	7/20	M	all	6:35-7:30PM	\$5
340106L1	7/21	T	all	6:30-7:25AM	\$5
340106M1	7/22	W	all	6:30-7:25AM	\$5
340106M3	7/22	W	all	6:35-7:30PM	\$5
340106N1	7/23	TH	all	6:30-7:25AM	\$5
340106O1	7/24	F	all	6:30-7:25AM	\$5
340106O2	7/24	F	all	10:30-11:25AM	\$5
340106P1	7/27	M	all	6:30-7:25AM	\$5
340106P3	7/27	M	all	6:35-7:30PM	\$5
340106Q1	7/28	T	all	6:30-7:25AM	\$5
340106R1	7/29	W	all	6:30-7:25AM	\$5
340106R3	7/29	W	all	6:35-7:30PM	\$5
340106S1	7/30	TH	all	6:30-7:25AM	\$5
340106T1	7/31	F	all	6:30-7:25AM	\$5
340106T2	7/31	F	all	10:30-11:25AM	\$5

This is a designated pool time for those who wish to walk and/or swim laps.

### **TRY SCUBA DIVING!!!**

Joe DuBose and Shawn Hassler with Scuba Buddys Dive Shop will be hosting this session for people interested in learning more about scuba diving. The session is appropriate for participants 8-80. Class are Saturday July 11 from 12:30-3PM. Cost is general admission to the pool. Call Joe DuBose at 540-539-1615 or Shawn Hassler at 540-433-3337 to schedule additional opportunities.

### **PADI Open Water Diver Scuba Class**

Do you want to learn the fundamentals of scuba diving, including dive equipment and techniques? Upon successful completion of this class you will be eligible to complete your certification with Scuba Buddys or receive a referral to complete your open water diver Certification course with the instructors or any PADI dive center in the world. Class dates will be determined. Classes are at the Clarke County Pool. ***Registration is with Joe DuBose or Shawn Hassler of Scuba Buddys. Class is approximately \$415.00.*** For more information and to register, call Joe DuBose at 540-539-1615 or Shawn Hassler at 540-433-3337. Activity #: 340111

## Arts & Crafts

### Beginner Colored Pencil Drawing

Activity #: Date: Day: Age: Time: Fee:  
340212B 8/3-31 M 18+ 2-4PM \$63\*

Instructor: Robin Palmer

\*An additional \$20 supply fee is payable to the instructor at the first class. Learn the techniques to start drawing confidently and beautifully with colored pencils. Students will learn to draw/paint with a limited number of colored pencil and some color theory will be covered. 5 classes

### Quilts of Valor

Activity #: Date: Day: Age: Time: Fee:  
340201G 8/11 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! 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!

### Shenandoah Piece Makers

Activity #: Date: Day: Age: Time: Fee:  
340202C 7/13 M 18+ 6:30-8:30PM \$1

Leader: Helen Cooper

This quilting club is open to ALL skill levels and includes planned monthly programs, presentations and socializing with other quilters. 1 meeting

### Stamping & Card Making

Activity #:	Date:	Day:	Age:	Time:	Fee:	Topic:
350206C	7/22	W	18+	6-8PM	\$5*	Card Kits (register by 2 weeks prior)
350206D	8/12	W	18+	6-8:30PM	\$5*	Stamping Bingo
350206E	8/19	W	18+	6-8PM	\$5*	Card Kits (register by 2 weeks prior)
350206F	8/26	W	18+	6-7:30PM	\$5*	Card Making 101

Instructor: Judy Klock

**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

### **NEW!!! Beginner Oxford Punch Needle Rug Hooking**

Activity #: 340222D    Date: 8/8    Day: SA    Age: 8+\*    Time: 1:30-4:30PM    Fee: \$110\*    Topic: Colorful Sheep

Instructor: Kathy Donovan

\*There is an additional supply fee of \$25 payable to the instructor at class. Participants 5-7 years old may enroll in this class if a parent attends with them. Join us for this basic introduction into Oxford Punch needle rug hooking. Simple for beginners and fun to do. We will be creating this little sheep using hand dyed Checkmate wool rug yarn and the size 10 regular Oxford punch needle. Kit will include pattern on monk cloth and Checkmate hand-dyed rug yarn. Frames and Oxford Punch needles will be available for class use. 1 class



## Fitness

### REFIT®

Activity #:	Date:	Day:	Age:	Time:	Fee:
350310B	7/8	W	14+	6-7PM	\$6.50

Instructor: Laura Nelson

REFIT® is a life-changing group fitness experience that works your body, heart, and soul with powerful moves and positive music, to inspire you from the inside out. We turn boring, “have-to” workouts into a “can’t-miss” community fitness experience! Our easy-to-follow formula is perfect for both beginners and fitness enthusiasts, with workouts designed for everybody and every BODY – regardless of age, shape, size or ability.

### Chair Yoga

Activity #:	Location:	Date:	Day:	Age:	Time:	Fee:
350308B	Online	7/6-27	M	55+	11:30AM-12:30PM	\$26
350308F	Rec Center	7/10-31	F	55+	10-11AM	\$26
350308C	Online	8/3-8/31	M	55+	11:30AM-12:30PM	\$32.50
350308G	Rec Center	8/7-9/4	F	55+	10-11AM	\$32.50

Instructor: Sue Miller

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. Participants should bring a yoga mat.

### AM Total Fitness

Activity #:	Date:	Day:	Age:	Time:	Fee:
350314B	7/7-21	TU	16+	9-10AM	\$19.50
350314G	7/9-7/23	TH	16+	9-10AM	\$19.50

Location: Chet Hobert Stage

Instructor: Shannon Tipton

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! 3 classes

### Personal Training

Activity #:	Date:	Day:	Age:	Time:	Fee:
350307A	ongoing	SU-SA	18+	Rec Center hrs	\$50/appt*

Instructor: Ginger Gray, NASM CPT and Corrective Exercise Specialist

Location: Chet Hobert stage

\*\$435 for a 10 appt discount pass. Personalized 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 is one on one with a trainer. This is for all fitness levels and abilities and includes functional fitness exercises. Sessions can be tailored to help prevent injury, reduce movement deficiencies, improve muscle imbalances, and maximize results by implementing corrective exercise solutions if needed.

### **Yoga Tone**

Activity #:	Date:	Day:	Age:	Time:	Fee:
350301B	7/7-28	TU	16+	6:30-7:30PM	\$26
350301C	8/4-25	TU	16+	6:30-7:30PM	\$26

Instructor: Shirley Dunsmore

This is a mixed level combination yoga, toning, and strength training class. Modifications will be offered. Emphasis will be on postures, breathing, and strength training exercises to tone the whole body. A yoga mat is recommended. 4 classes

### **Rev+Flow**

Activity #:	Date:	Day:	Age:	Time:	Fee:
350310A	7/6-13	M &W	14+	9-10AM	\$19.50

Instructor: Laura Nelson

Rev+Flow combines powerful movements and positive music to create a fitness experience like no other. This low-impact/high-intensity format is for any size, shape, and age. It offers functional fitness concepts, mobility-enhancing techniques, and strength training modalities that will help participants get stronger mentally and physically. Please bring a yoga mat and 2-3 lbs weights to each class.

### **Hatha Yoga**

Activity #:	Date:	Day:	Age:	Time:	Fee:
350315B	7/9-30	TH	16+	6:30-7:30PM	\$26
350315C	8/6-27	TH	16+	6:30-7:30PM	\$26

Instructor: Kristin Grubb

A gentle yoga that uses standing and sitting poses to stretch the whole body, breathe awareness to wash away stress, and relaxation to cleanse your mind at the end of the day. Please bring a yoga mat. 4 classes

### **Balance & Mobility**

Activity #:	Date:	Day:	Age:	Time:	Fee:
350309B	7/25	SA	50+	12-1PM	\$10

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. 4 classes

## General Interest

### Intro to Essential Oils

Activity #:	Date:	Day:	Topic:	Age:	Time:	Fee:
351319C	7/20	M	Healthy Mom, Healthy Home	16+	6:30-8:30PM	\$4
351319D	8/3	M	Natural Solutions	16+	6:30-8:30PM	\$4
351319E	8/31	M	Teachers and Back to School	16+	6:30-8:30PM	\$4

Instructor: Lorrie Roberts

**Healthy Mom, Healthy Home:** Use essential oils to empower yourself to deal with many of the discomforts your little ones will come home with. Everyone gets to mix up their own Calming Child roller bottle blend. One person wins a bottle of Lavender essential oil. **Natural Solutions:** Learn which essential oils to have on hand for the day-to-day discomforts life brings our way. Everyone gets to make an "Owie" Spray to keep on hand. One person wins a bottle of Breathe essential oil. **Teachers and Back to School:** In this class, you will learn how essential oils can play many positive roles in the classroom for students AND teachers. Everyone will get to make their own Hand Sanitizer Spray. One person will win a bottle of Peppermint essential oil. 1 class

## Special Events

### Summer Movie Series

Activity #:	Movie:	Date:	Day:	Age:	Time:	Fee:
350801B	Frozen 2	7/10	F	All	8:45pm/dark	FREE

Location: Stage in Chet Hobert Park/Beside the Playground

Bring your lawn chair/blanket and pack a picnic and snacks to enjoy while watching a free family friendly movie under the stars. This is an outside event that will move into the Recreation Center in the event of inclement weather.

### Laser Tag Party

Activity #:	Date:	Day:	Age:	Time:	Fee:
350801E	7/17	F	All	5-5:45PM	\$10/person
350801G	7/17	F	All	5:15-6PM	\$10/person
350801H	7/17	F	All	6-6:45PM	\$10/person
350801I	7/17	F	All	6:15-7PM	\$10/person

Imagine the thrill of laser tag...at 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! 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! This is an outside event that will move into the Recreation Center in the event of inclement weather.

**Summer Play Camp 2020**

Age: Children who have **Completed** Kindergarten and are not older than 12 years of age during camp.

Day: Monday – Friday (**Summer Play Camp will not operate on Friday, July 3, 2020**)

Time: 7:30AM – 6:00PM

Location: DG Cooley Upper Campus

Fee: \$25.00 **Non-Refundable** registration fee per participant

**Summer Play Camp 2020**

**Registration**

Activity #:	Date:	Week:	Age:	Fee:	Deadline:
550406E	7/6-10	5	5-8	\$135	6/29
550406F	7/13-17	6	5-8	\$135	7/6
550406G	7/20-24	7	5-8	\$135	7/13
550406H	7/27-7/31	8	5-8	\$135	7/20
550406I	8/3-7	9	5-8	\$135	7/27

Summer Play Camp gives children the opportunity to participate in organized, recreational, fun filled activities throughout their summer vacation. Children will participate in a variety of age appropriate recreational activities in sports, nature, music, arts and crafts and supervised free play and games. Each child must bring a **non-perishable lunch** and a **water bottle each day**.

**PAYMENT:** Upon registration, full payment is required for the first week to be attended and a non-refundable registration fee. We encourage families to sign up and make payment in advance for all the weeks that you know that you will need care. We fill up quickly.

*Registration for Clarke County residents began June 1 at 9am and for non-Clarke county residents on June 3 at 9am*

- Walk-in registration at the Clarke County Recreation Center **is required**. Registration Packets will be available for **pick up**, at the Recreation Center during regular operating hours.
- **At the 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
- (4) A copy of the Child’s School Physical Examination

Space in the program is limited. Enrollment is first come first served. Once capacity is reached a waitlist will be formed. According to the guidelines of Phase II of Virginia’s reopening plan from Covid-19:

No field trips at this time.

Play Camp will not visit the Clarke County Swimming Pool.

Play Camp Staff will not transport participants to specialty camps.

Social Distancing practices are being implemented. Small group and individual play activities will be encouraged. We will be incorporating increased outside time as much as possible.

Increased cleaning and sanitizing protocols have been implemented per CDC recommendations.

The Summer Play Camp program is subject to change in accordance with the Governor’s requirements.

### **Soccer Camp**

Activity #:	Date:	Day:	Age:	Time:	Fee:
350510B	7/27-7/30	M-TH	11-17	1-3PM	\$45

Instructor: Coach Ben Marshall

This Soccer Camp will consist of fundamental skills, mastery drills, high intensity sport specific speed and agility training with ball handling then finish each session with games and topic of the day challenge. 4 classes.

### **Skateboarding Night**

Activity #:	Date:	Day:	Age:	Time:	Fee:
350910B	7/7	TU	7+	6:30-8:30PM	\$10
350910C	7/14	TU	7+	6:30-8:30PM	\$10
350910D	7/21	TU	7+	6:30-8:30PM	\$10
350910E	7/28	TU	7+	6:30-8:30PM	\$10
350910F	8/4	TU	7+	6:30-8:30PM	\$10

Instructor: Ben Marshall

Location: DG Cooley Lower Campus Parking Lot

Advance Registration is required and very limited registration available- so sign up FAST! Join us at Skateboarding Night –meet your Coaches for Skateboarding Camp. Try out some boards, ask some questions and SKATE. Helmets and Pads are required. Location is subject to change. 1 class

### **Tennis Night in the Park**

Activity #:	Date:	Day:	Age:	Time:	Fee:
350902C	7/9	TH	8+	6 - 8:00 PM	\$10
350902D	7/16	TH	8+	6 - 8:00 PM	\$10
350902E	8/6	TH	8+	6 - 8:00 PM	\$10

Instructor: Coach Olivia Scott

Join her for an evening of fun! Please bring water bottle and equipment with you. We will have a limited number of Tennis Racquets available for each class. Tennis Balls will be provided. 1 class

### **Private Tennis Lessons**

Activity #:	Date:	Day:	Age:	Time:	Fee:
350903A	by appt.	SU-SA		8+	TBD \$45/hr

### **Semi-Private Tennis Lessons**

Activity #:	Date:	Day:	Age:	Time:	Fee:
350903B	by appt.	SU-SA	8+	TBD	\$24/hr/pp

### **Basketball Training Camp**

Activity #:	Date:	Day:	Age:	Time:	Fee:
320513A	7/13-7/17	M-F	6-8	8:45AM-10:15AM	\$45
320513B	7/13-7/17	M-F	9-12	10:30AM-12:00PM	\$45
320513C	7/27-7/31	M-F	6-8	8:45AM-10:15AM	\$45
320513D	7/27-7/31	M-F	9-12	10:30AM-12:00PM	\$45

Instructor: Christian Waters

Are you ready for Basketball Training with Coach Christian? Campers will work on fundamentals and individual skill development. Fun skill challenges and games will be player. This camp is ideal for players who are beginning to show interest in the game of basketball. Participants will be instructed in the primary skills of the game such as dribbling, shooting and defense. 5 classes

### **Junior Golf Camp**

Activity #:	Date:	Day:	Age:	Time:	Fee:
350913B	7/13-7/16	M-TH	8-16	9:30-11:30AM	\$75

Instructor: Monty Golf, PGA

Location: Locust Hill Golf Course

Participants will be taught the following: Chipping, Pitching, Putting, Bunker play, Full Swing, and basic Rules and Etiquette. One-on-one troubleshooting instruction is included. Clubs will be available if needed, advance notice would be helpful. Monty Goff, PGA Head Golf Professional at Locust Hill Golf Course can be contacted at 304-728-7300. 4 classes

### **Skateboarding Camp**

Activity #:	Date:	Day:	Age:	Time:	Fee:
350910A	7/15-7/19	W-SU	7-14	12:30-3:30PM	\$78

Instructor: Ben Marshall

Location: DG Cooley Lower Campus Parking Lot

This camp is a Skills Lab that covers the Fundamentals of Skateboarding. Designed to introduce the youth in our community to one of the fastest growing sports and newest addition to the Olympic Games. Students will learn strength, balance and mobility exercises for cross training performance aid in skateboarding and other sports. They will be presented knowledge for better understanding of equipment and its effect on safety and performance. The skater will learn beginner skills: kicking/ pushing, proper stance, turning, center of balance, to basic skills (manual, ollie, shove-it, switch riding, fakie riding, nollie) to intermediate skills (kickflip, 360 shove-it, heel flip, 180 all directions) and skill provided advanced skills (grinds, ollie over obstacle, ollie on box ollie off box, acid drop, boneless, no comply, 360 flip, frontside/ backside flip, anything the mind can think and the body will allow). The students will grow and learn more about themselves through perseverance, discipline, bravery, creativity, kindness, and fun! They will learn the importance of friendship, teamwork, and community by supporting each other in their attempts of progressing skill. Are you up for the challenge? **Limited registration available- sign up FAST!** We will have Special Guests join us through out camp so we have extended camp thru the weekend. Location is subject to change

### NEW! Introduction to Forest Therapy/Forest Bathing

Activity #:	Date:	Day:	Age:	Time:	Fee:
350907B	7/16	TH	12+	8:00-9:30AM	\$15
350907C	8/6	TH	12+	8:00-9:30AM	\$15

**Instructor: Kim Strader**

**Location: Lions Shelter**

Are you feeling stressed out by your daily routine? Do you need a vacation but can't find the time or money to travel? Forest Bathing is a great way to relax and recharge! Join **Kim Strader, a Certified Forest Therapy Guide**, through the *Association of Nature and Forest Therapy and Programs*, to learn what Forest Therapy is and how it improves overall health and wellbeing. Join us for a walk outdoors for a mini Forest Bathing experience. All walks are Outdoors- please dress for the weather and bring water bottle. Limited to 9 people. 1 class. *Classes are subject to change – additional info will be provide to participants*

### Be Well Health Workshops

Activity #:	Date:	Day:	Age:	Time:	Fee:	Topic:
310903A	7/20	M	40+	6:00-7:30PM	\$10	Sugar talk
310903B	7/21	TU	40+	6:00-7:30PM	\$10	Invite to wellness
310903C	7/27	M	40+	6:00-7:30PM	\$10	Understanding Diet
310903D	7/28	TU	40+	6:00-7:30PM	\$10	Movement Self-Care

**Instructor: Christel Montgomery, Certified Health and Life Coach**

**Location: DG Cooley Upper Campus Gym**

“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 discover their power and start dreaming again and learn just how healthy they can become body, mind and spirit.

<https://bwelljourney.wixsite.com/coaching>

### Hawaiian Dance Workshops

Activity #:	Date:	Day:	Age:	Time:	Topic:	Fee:
311211C	7/25	SA	4-12	9-10AM	Intro to Hula	\$10
311211D	7/25	SA	12+	10-11AM	Hula-cize	\$10

**Instructor: Lani Pendleton**

**Location: DG Cooley Upper Campus Gym**

**An Introduction to Polynesian Dance"** Join Ms. Lani as she shares her culture and her love of dance. Students will learn the basic steps and hand gestures to traditional and classic songs. We will explore a variety of Polynesian cultural dances: Hawaiian Hula and Mele, Tahitian Otea and Maori Poi. **Hula-cize:** A fun, exciting and total body workout class! Based on Hawaiian and Tahitian dance moves combining all the fitness components of a cardio workout, muscular preparation, balance, flexibility and grace. No experience necessary! 1 class

### **Youth Tennis Camp**

Activity #	Date:	Day:	Age:	Time:	Fee:
350518B	7/27-7/30	M-TH	6-15	9:30-11:15AM	\$75

Instructor: Matt Rosner, USPTA

Come and join us for this fun camp but hurry SPACE is Limited! Participants will increase their knowledge of the game through instruction, drills and friendly competition. Bring racquet, water bottle and snack. 4 classes **Rain Make-up 7/31**

### **NEW! Forest Therapy/Forest Bathing**

Activity #:	Date:	Day:	Age:	Time:	Fee:
350907E	7/30	TH	13+	6:00-9:00AM	\$35
350907F	8/27	TH	13+	6:00-9:00PM	\$35

**Instructor: Kim Strader**

**Location: 7/30 Blandy Sunrise -AM 8/27 Blandy -Sunset**

Take a mini-vacation and leave your everyday life behind on a 3-hour walk! Relax and recharge by joining **Kim Strader, a Certified Forest Therapy Guide** through the *Association of Nature and Forest Therapy Guides and Programs*, on a gentle, slow-paced walk. Forest Bathing walks invite you to wander and sit as we open our senses to explore local natural areas and parks in a way that supports overall health and wellness. These walks are inspired by Shinrin-Yoku (Forest Bathing), a term coined in Japan in the 1980's, where it is a prominent feature of preventative medicine and healing. Medical and scientific evidence finds that connecting with nature helps alleviate stress-related illnesses such as high blood pressure while boosting our body's immune system. All walks are Outdoors- please dress for the weather and bring water bottle. Limited to 9 people. 1 class. *Classes are subject to change – additional info will be provide to participants*

### **Night Out on the Ranch**

Activity #:	Date:	Day:	Age:	Time:	Theme/Fee:
311201B	7/30	TH	All	6:00-8:00PM	Family Night \$30/family

**Location: Full Moon Ranch, Berryville, VA**

Put your jeans on grab your hat and head to the ranch for an exciting night on the ranch. Pony rides, farm tour, petting zoo and children's activities included on Family Night. Tour of the Ranch and visits with all the horses, exotics and farm animals. We will all reconnect again around the campfire weather pending and sharing circle. [www.ponytogo.com](http://www.ponytogo.com)

**\*Children must be accompanied by parent/guardian.** 1 class