

Registration begins July 22 at 9am for Clarke County residents and July 24 at 9am for non-county residents. Register over the phone (540-955-5140) or in person at the Recreation Center (225 Al Smith Circle)

Piranhas in Training

Activity #:	Date:	Day:	Age:	Time:	Fee:
350109U	8/4-13	T&TH	13-18	8-9AM	\$16
350109V	8/4-13	T&TH	6-12	9:15-10AM	\$16
350109W	8/5-14	W&F	6-12	8-9AM	\$16

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.

Lap Swim/Water Walk

Activity #:	Date:	Day:	Age:	Time:	Fee:
340106A4	8/3	M	all	6:30-7:25AM	\$5
340106A5	8/3	M	all	8-9AM	\$5
340106A7	8/3	M	all	6:35-7:30PM	\$5
340106B4	8/4	T	all	6:30-7:25AM	\$5
340106B6	8/4	T	all	10:30-11:25AM	\$5
340106C4	8/5	W	all	6:30-7:25AM	\$5
340106C6	8/5	W	all	10:30-11:25AM	\$5
340106C7	8/5	W	all	6:35-7:30PM	\$5
340106D4	8/6	TH	all	6:30-7:25AM	\$5
340106D6	8/6	TH	all	10:30-11:25AM	\$5
340106E4	8/7	F	all	6:30-7:25AM	\$5
340106E6	8/7	F	all	10:30-11:25AM	\$5
340106F4	8/10	M	all	6:30-7:25AM	\$5
340106F5	8/10	M	all	8-9AM	\$5
340106F7	8/10	M	all	6:35-7:30PM	\$5
340106G4	8/11	T	all	6:30-7:25AM	\$5
340106G6	8/11	T	all	10:30-11:25AM	\$5
340106H4	8/12	W	all	6:30-7:25AM	\$5
340106H6	8/12	W	all	10:30-11:25AM	\$5
340106H7	8/12	W	all	6:35-7:30PM	\$5
340106I4	8/13	TH	all	6:30-7:25AM	\$5
340106I6	8/13	TH	all	10:30-11:25AM	\$5
340106J4	8/14	F	all	6:30-7:25AM	\$5
340106J6	8/14	F	all	10:30-11:25AM	\$5

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

Shallow Water Aerobics

Activity #:	Date:	Day:	Age:	Time:	Fee:	Instructor:
340110G	7/28-8/13 (no 8/6, 8/11)	T & TH	16+	6:45-7:30PM	\$26	Shannon
340110H	8/3-12	M & W	16+	9:15-10AM	\$26	Shannon/Staff

This class promotes muscle strength, endurance, flexibility, and muscle tone through vigorous aerobic exercises in shallow water with the use of energetic music. 4 classes

Deep Water Cardio

Activity #:	Date:	Day:	Age:	Time:	Fee:
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

AM Deep Water Splash

Activity #:	Date:	Day:	Age:	Time:	Fee:
350107G	8/4-13	T & TH	12+	10:30-11:15AM	\$26
350107H	8/5-14	W & F	12+	10:30-11:15AM	\$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

Splashercise

Activity #:	Date:	Day:	Age:	Time:	Fee:
350108M	8/3-10	M	all*	10:30-11:15AM	\$8
350108N	8/7-14	F	all*	9:15-10AM	\$8

*Parent must be in the water with participant under 7. All participants must be able to function in a group setting and follow instructions. Each class will be different and offer fun water movements and music geared to younger participants. 2 classes

Red Cross Lifeguarding Today Recert

Activity #:	Date:	Day:	Age:	Time:	Fee:
350113C	9/5	SA	15+	10:30AM-7:30PM	\$125

Instructor: Carol Marshall

Pre-requisites: Proof of current certification as an American Red Cross Lifeguard

This course reviews all the fundamental skills of an American Red Cross certified lifeguard including CPR and First Aid for the Professional Rescuer. Attendance at all classes is required!

Successful completion of final tests is required for certification. **NOTE: Schedule is subject to change.**

PADI Scuba Diving Classes

340111A

Do you want to learn the fundamentals of scuba diving, including dive equipment and techniques at the Clarke County Pool?

Classes are now forming.

Please call 540-955-5143, for more information and to get on the list.

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.

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!

Stamping & Card Making

Activity #: Date: Day: Age: Time: Fee: Topic:
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

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



AM Total Fitness

Activity #: 350314J Date: 7/30-8/18 (no 8/6, 8/11) Day: TH & TU Age: 16+ Time: 9-10AM Fee: \$26

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! 4 classes

Refit

Activity #: 350310C Date: 8/5-26 Day: W Age: 14+ Time: 6-7PM Fee: \$26

Instructor: Laura Nelson

REFIT® is a cardio focused workout that puts powerful movements to positive music and incorporates elements of toning, balance, and coordination. 4 classes

Rev+Flow

Activity #: 350310D Date: 8/3-31 Day: M Age: 14+ Time: 9-10AM Fee: \$32.50
350310E Date: 8/5-9/2 Day: W Age: 14+ Time: 9-10AM Fee: \$32.50

Instructor: Laura Nelson

REV+FLOW is a high intensity, low impact workout that strengthens bodies and sculpts muscles through targeted music based movements and resistance training. Please bring a yoga mat or towel (2 lbs weights are optional). 5 classes

Online Chair Yoga

Activity #:	Date:	Day:	Age:	Time:	Fee:
350308C	8/3-8/31	M	55+	11:30AM-12:30PM	\$32.50
350308G	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 have a yoga mat.

Yoga Tone

Activity #:	Date:	Day:	Age:	Time:	Fee:
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

Hatha Yoga

Activity #:	Date:	Day:	Age:	Time:	Fee:
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:
350309C	8/15	SA	40+	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. 1 class

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.

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

Intro to Essential Oils

Activity #:	Date:	Day:	Topic:	Age:	Time:	Fee:
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

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

Couples Salsa Dancing

Activity #:	Date:	Day:	Age:	Time:	Fee:
340601C	8/4-25	TU	15+	7:45-8:45PM	\$160/couple

Instructor: Katie Shannon

Join us for beginner level four-week classes on Salsa Dancing. Experience an introduction to a fun ballroom dance by learning new rhythms, steps, and partnership. Participants must register for this class together. Participants are required to wear a mask. Each session is 4 classes

Skateboarding Night

Activity #:	Date:	Day:	Age:	Time:	Fee:
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

Refuse to Be a Victim

Activity #:	Date:	Day:	Age:	Time:	Fee:
350305J	8/21	F	16+	6:30-7:30PM	\$2

Instructor: Deputy Darrell 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

ASHI CPR & First Aid

Activity #:	Date:	Day:	Age:	Time:	Fee:
350619D	8/22	SA	13+	12-6PM	\$75

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

NEW! Introduction to Forest Therapy/Forest Bathing

Activity #:	Date:	Day:	Age:	Time:	Fee:
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*

NEW! Forest Therapy/Forest Bathing

Activity #:	Date:	Day:	Age:	Time:	Fee:
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** 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*

Summer Movie Series

Activity #:	Movie:	Date:	Day:	Age:	Time:	Fee:
350801C	Playing with Fire	8/7	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.

Souled Out Concert

Activity #:	Date:	Day:	Age:	Time:	Fee:
350802A	8/16	SU	All	6-9PM	FREE

Location: Rose Hill Park in Berryville

In inclement weather, the event will move inside. Bring your lawn chair/blanket and snacks to enjoy an evening of free entertainment at the park.

Generously sponsored by: Bank of Clarke County, Berryville Family Chiropractic

Laser Tag Party

Activity #:	Date:	Day:	Age:	Time:	Fee:
250801A	8/21	F	All	5-5:45PM	\$10/person
250801B	8/21	F	All	5:15-6PM	\$10/person
250801C	8/21	F	All	6-6:45PM	\$10/person
250801D	8/21	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! Up to 10 can play at once! 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.