

Registration begins August 11 at 9am for Clarke County residents and August 13 at 9am for non-county residents. Register over the phone (540-955-5140) or in person at the Recreation Center (225 Al Smith Circle).

Aquatics

Open swim

August 17-September 4: two session are available every day:

12-3pm

3:30-6:30pm

Limited capacity of 50 people 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.*** General Admission rates apply. For additional pool information, please call 540-955-5158.

Lap Swim

Activity #:	Date:	Day:	Age:	Time:	Fee:
340108L6	8/17	M	all	10:30-11:25AM	\$5
340108L7	8/17	M	all	6:45-7:40PM	\$5
340108M1	8/18	T	all	10:30-11:25AM	\$5
340108N1	8/19	W	all	10:30-11:25AM	\$5
340108N2	8/19	W	all	6:45-7:40PM	\$5
340108O1	8/20	TH	all	10:30-11:25AM	\$5
340108P1	8/21	F	all	10:30-11:25AM	\$5
340108Q1	8/24	M	all	10:30-11:25AM	\$5
340108Q2	8/24	M	all	6:45-7:40PM	\$5
340108R1	8/25	T	all	10:30-11:25AM	\$5
340108S1	8/26	W	all	10:30-11:25AM	\$5
340108S2	8/26	W	all	6:45-7:40PM	\$5
340108T1	8/27	TH	all	10:30-11:25AM	\$5
340108U1	8/28	F	all	10:30-11:25AM	\$5
340108V1	8/31	M	all	10:30-11:25AM	\$5
340108V2	8/31	M	all	6:45-7:40PM	\$5
340108W1	9/1	T	all	10:30-11:25AM	\$5
340108X1	9/2	W	all	10:30-11:25AM	\$5
340108X2	9/2	W	all	6:45-7:40PM	\$5
340108Y1	9/3	TH	all	10:30-11:25AM	\$5
340108Z1	9/4	F	all	10:30-11:25AM	\$5

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

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.

Deep water Splash

Activity #:	Date:	Day:	Age:	Time:	Fee:
350107I	8/18-9/1	T	12+	10:30-11:15AM	\$19.50
350107J	8/19-9/2	W	12+	10:30-11:15AM	\$19.50
350107K	8/20-9/3	TH	12+	10:30-11:15AM	\$19.50
350107L	8/21-9/4	F	12+	10:30-11:15AM	\$19.50

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. 3 classes

Shallow water Aerobics

Activity #:	Date:	Day:	Age:	Time:	Fee:
340110I	8/18-9/1	T	16+	6:45-7:30PM	\$19.50
340110J	8/20-9/3	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. 3 classes

Mini Clay Camp

Activity #:	Date:	Day:	Age:	Time:	Fee:
311210A	8/25-27	T-TH	6-13	10AM-12PM	\$78

Instructor: Emily Rhodes of The Polka Dot Pot

Class is limited to 8 kids so register quickly to guarantee your spot in the class! Join our small group of clay creators for a busy three days of clay fun! We'll be hand building several clay projects like a llama or owl plaque, pinch pot animals, and more! We teach the basics and students will have the flexibility to design their own unique piece. Bring a light snack as we will take a 5-10 break. Pieces will be ready for painting in two weeks. You can pick up your art and paint at Parks and Rec and paint at home. We will kiln fire the pieces and return to Parks and Rec.. The cost of painting is included in the price. Call us with any questions, 540-722-4422! We will be checking temps each day, wearing masks, and washing hands a lot. 3 classes

Quilts of Valor

Activity #:	Date:	Day:	Age:	Time:	Fee:
140201N	9/8	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:
140201A	9/14	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

Shepherd Santa Needle Punch

Activity #: 150209A Date: 8/19-20 Day: W & TH Age: 8+* Time: 9AM-12PM Fee: \$110

Instructor: Kathy Donovan

* Participants 5-7 years old may enroll in this class if a parent attends with them. Let's yarn punch a sweet Santa in blue or red colors using Oxford punch needle #14. Frame and punch needle supplies available for class use. Available to purchase after class. Tips & tricks will be shared in class. You will learn the steps to finish with a blanket stitch edge. An optional wood hanging board is available in class for an additional fee. This item could be sewn onto a pillow on your own at home. 2 classes



Stampin' Up Paper Kit Fun

Activity #: 150206A Date: 8/26* Day: W Age: 9+ Time: 3-5PM Fee: \$5*

Instructor: Judy Klock

*Registration Deadline is 8/19/20 in order to secure supplies. An additional supply fee of \$20 is payable to the instructor at class. This class will include a Stampin Up Paper kit which will contain it's own project. Each child will be able to select the kit at class that they want to create. 1 class

Card Making 101 with a twist

Activity #: 150206B Date: 9/2 Day: W Age: 16+ Time: 6-8PM Fee: \$5*

Instructor: Judy Klock

*An additional supply fee of \$35 is payable to the instructor at class. The class includes your own stamp set, ink pad, and adhesive as well as all the card stock cut to size, embellishments, and envelopes needed to create 8 cards (2 each of four designs). You will also receive a full color printed tutorial with a list of supplies and step by step instructions for each card. 1 class

Essential Oils

Activity #:	Date:	Day:	Age:	Time:	Fee:	Topic:
151319A	9/21	M	14+	6:30-8:30PM	\$4	Back to School
151319B	9/28	M	14+	6:30-8:30PM	\$4	Healthy Mom Healthy Home

Instructor: Lorrie Roberts

Back To School: In this class you will learn how essential oils can play many positive roles in the classroom for students AND teachers. We'll even cover some distance learning ideas. Everyone will get to make their own hand sanitizer spray. One person will win a bottle of peppermint essential oil.

Healthy Mom Healthy Home: Use essential oils to empower yourself to deal with many of the discomfort 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. 1 class

Beginner Ballroom for Teens

Activity #: 150605A Date: 8/17-9/28(no 9/7) Day: M Age: 12-18 Time: 4-5PM Fee: \$78

Instructor Freddie Ciampi

Learn the fundamentals of the most common ballroom dance styles including waltz and cha-cha. You will learn basic steps, rhythms, partnership, and etiquette. No partner, dance shoes, or experience required! 6 classes

Couples Swing Dance

Activity #:	Date:	Day:	Age:	Time:	Fee:
150605B	9/8-29	TU	15+	7:15-8:15PM	\$160/couple

Instructor: Katie Shannon

Join us for beginner level four-week classes on Swing 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. 4 classes

AM Total Fitness

Activity #:	Date:	Day:	Age:	Time:	Fee:
140303A	8/24-9/28(no 9/7)	M	16+	9-10AM	\$32.50
140303B	8/26-9/30	W	16+	9-10AM	\$39.00

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! 5 Mondays. 6 Wednesdays.

PM Total Fitness

Activity #:	Date:	Day:	Age:	Time:	Fee:
150314A	9/14-28	M	16+	6:30-7:30PM	\$19.50
150314B	9/2-30	W	16+	6:30-7:30PM	\$32.50

Instructor: Colette Lambert

PM Total Fitness is an evening 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 Mondays, 5 Wednesdays

Refit

Activity #:	Date:	Day:	Age:	Time:	Fee:
150302A	9/2-30	W	14+	6-7PM	\$26*

Instructor: Laura Nelson

*First class is free but let us know if you plan to attend. REFIT® is a cardio focused workout that puts simple but effective movements to positive music and incorporates elements of toning, balance, and coordination without being on the floor. Modifications are offered to accommodate all fitness levels and abilities. 5 classes

Rev+Flow

Activity #:	Date:	Day:	Age:	Time:	Fee:
150302B	9/1-29	T	14+	5-6PM	\$26*
150302C	9/3-24	TH	14+	5-6PM	\$19.50*

Instructor: Laura Nelson

*First class is free but let us know if you plan to attend. 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 Tuesdays, 4 Thursdays

Yoga Tone

Activity #:	Date:	Day:	Age:	Time:	Fee:
140307E	9/1-29	T	16+	6:30-7:30PM	\$32.50

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. 5 classes

Hatha Yoga

Activity #:	Date:	Day:	Age:	Time:	Fee:
140301A	9/3-24	TH	16+	6:30-7:30PM	\$26

Instructor: Kristin Grubb

A gentle yoga class that uses standing and sitting poses to stretch the whole body, breathe awareness to wash away stress, and relaxation to cleanse your mind at the end of the day. Modifications are always introduced allowing the participant to adjust the intensity to their needs. This class is great for anyone new to yoga or a seasoned pro. 4 classes

Zumba

Activity #:	Date:	Day:	Age:	Time:	Fee:
140305A	9/14-28	M	16+	5-6PM	\$19.50

Instructor: Deborah Spangler

Zumba® is all about partying yourself into shape. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party. 3 classes

Online Chair Yoga

Activity #:	Date:	Day:	Age:	Time:	Fee:
140309A	9/14-28	M	55+	11:30AM-12:30PM	\$19.50
140309B	9/18-10/2	F	55+	10-11AM	\$19.50

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. Instructor will send instructions & invitation to access class via zoom just prior to each class. Please provide a valid email address at registration. 3 classes

Laser Tag Party

Activity #:	Date:	Day:	Age:	Time:	Fee:
150804G	9/25	F	all	5-5:45PM	\$10
150804H	9/25	F	all	5:15-6PM	\$10
150804I	9/25	F	all	6-7PM	\$10
150804J	9/25	F	all	6:15-7PM	\$10

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.

Junior Golf Evening Camp

Activity #:	Date:	Day:	Age:	Time:	Fee:
350911B	8/24-8/27	M-TH	8-16	5-7PM	\$75

Instructor: RHGC Staff

Location: Rock Harbor Golf Course

CCPR is offering instructional clinics to junior golfers. Participant will be taught the following: Putting, Chipping, Pitching, Bunker, Full Swing, Safety and Etiquette. Children will receive gifts and prizes each day. Snacks and drinks will be provided. - Any Questions please Call: [540-722-7111](tel:540-722-7111)

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

Individuals can sign up for private lessons. Families or friends can sign up for semi-private lessons. The basic fundamental skills of tennis will be taught based on your current skill level. Please bring water bottle and a Tennis Racquet with you (we will have some racquets for use).

Hawaiian Dance Workshops

Activity #:	Date:	Day:	Age:	Time:	Topic:	Fee:
311211E	8/17	M	4-12	5:00-6:00PM	Intro to Hula	\$10
311211F	8/17	M	12+	6:15-7:15PM	Hula-cize	\$10
311211G	8/31	M	4-12	5:00-6:00PM	Intro to Hula	\$10
311211H	8/31	M	12+	6:15-7:15PM	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

One on One Personal Health Coach

Activity #:	Date:	Day:	Age:	Time:	Fee:
310903E	by appt.	by appt.	21+	by appt.	\$75/session

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* <https://bwelljourney.wixsite.com/coaching> **Special Package:** \$225 – 4/phone sessions

Forest Walk Down by the River

Activity #:	Date:	Day:	Age:	Time:	Fee:
350907I	8/19	W	5-11*	9-11:00AM	\$35

Instructor: Kim Strader

Location: Cool Springs 1400 Parker Ln, Bluemont, VA 20135

Join us for an interactive walk in nature with your child (Ages 5 to 10). Have fun as we move like animals and go on a treasure hunt while exploring what lives near the Shenandoah River. Kim Strader, ***ANFT Certified Forest Therapy Guide***, will lead this engaging, sensory-filled walk. Wear shoes that can get wet and bring a camp stool or waterproof seating pad for sitting on the ground. *Ages 5-11 with their grownup

Forest Walk Down by the River

Activity #:	Date:	Day:	Age:	Time:	Fee:
350907J	8/26	W	12-15	12- 2PM	\$35

Instructor: Kim Strader

Location: Cool Springs 1400 Parker Ln, Bluemont, VA 20135

Join us for a walk in nature that is unlike any hike you have taken before. We will use our senses to explore what surrounds us then make ephemeral art/messages to leave behind for the next person to find. Kim Strader, ***ANFT Certified Forest Therapy Guide***, will lead this engaging, sensory-filled walk. Wear shoes that can get wet and bring a camp stool or waterproof seating pad for sitting on the ground.

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: Blandy Experimental Farm 400 Blandy Farm Ln, Boyce, VA 22620

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*