

October 2020

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

Recreation Center Internet Café

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|-------|------|-------|-----------|-------|
| 140606N | 10/2 | F | 11-18 | 3-5PM | FREE* |
| 140606O | 10/5 | M | 11-18 | 9-11:45AM | FREE* |
| 140606P | 10/5 | M | 11-18 | 12:15-3PM | FREE* |
| 140606Q | 10/7 | W | 11-18 | 9-11:45AM | FREE* |
| 140606R | 10/7 | W | 11-18 | 12:15-3PM | FREE* |
| 140606S | 10/9 | F | 11-18 | 3-5PM | FREE* |
| 140606T | 10/12 | M | 11-18 | 9-11:45AM | FREE* |
| 140606U | 10/12 | M | 11-18 | 12:15-3PM | FREE* |
| 140606V | 10/14 | W | 11-18 | 9-11:45AM | FREE* |
| 140606W | 10/14 | W | 11-18 | 12:15-3PM | FREE* |
| 140606X | 10/16 | F | 11-18 | 3-5PM | FREE* |
| 140606Y | 10/19 | M | 11-18 | 9-11:45AM | FREE* |
| 140606Z | 10/19 | M | 11-18 | 12:15-3PM | FREE* |
| 140605A | 10/21 | W | 11-18 | 9-11:45AM | FREE* |
| 140605B | 10/21 | W | 11-18 | 12:15-3PM | FREE* |
| 140605C | 10/23 | F | 11-18 | 3-5PM | FREE* |
| 140605D | 10/26 | M | 11-18 | 9-11:45AM | FREE* |
| 140605E | 10/26 | M | 11-18 | 12:15-3PM | FREE* |
| 140605F | 10/28 | W | 11-18 | 9-11:45AM | FREE* |
| 140605G | 10/28 | W | 11-18 | 12:15-3PM | FREE* |
| 140605H | 10/30 | F | 11-18 | 3-5PM | FREE* |

***Pre-registration required!** Limited space is available. Clarke County Parks & Recreation is offering space for students (middle school and high school aged) to access internet in a quiet environment. Each participant will have their own work area with proper spacing in accordance to COVID guidelines. Students must bring their own computer. **Masks are required to be worn.** Snacks and drinks will be available for purchase during each session.

Quilts of Valor

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|-------|------|------|----------|------|
| 140201O | 10/13 | 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!

Mini Clay Camp

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|----------|--------|------|-----------|------|
| 120201E | 10/5-9 | M,W,F | 6-13 | 10AM-12PM | \$78 |
| 120201F | 10/20-23 | T,TH,F | 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

Shenandoah Piece Makers

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|-------|------|------|----------|------|
| 140201B | 10/12 | 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: |
|-------------|-------|------|------|-------|------|
| 140201K | 10/18 | SU | 18+ | 2-4PM | \$1 |

Leader: Norma Frederickson

The Guild of Fabric Artists is designed to support and facilitate the creation and exhibition of members' fabric art. A different study will be explored each month. Everyone will be asked to show & tell about works in progress and completed work. 1 meeting

Card Making 101 with a twist

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|-------|------|------|-------|------|
| 150206D | 10/21 | W | 16+ | 3-5PM | \$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

Stampin' Up Paper Kit Fun

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|--------|------|------|-------|------|
| 150206C | 10/28* | W | 9+ | 3-5PM | \$5* |

Instructor: Judy Klock

*Registration Deadline is 10/21 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

Beginner Drawing

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|-----------|------|------|-------|-------|
| 150203A | 10/5-11/9 | M | 16+ | 2-4PM | \$63* |

Instructor: Robin Palmer

*An additional \$20 supply fee is payable to the instructor at the first class. This class is designed for people who think they do not have the gift to draw. Drawing is not a gift but a skill that is learned. In this class students will learn the skills to start drawing. Students will use the grid and right brain method to complete a drawing and learn shading to giving the drawings form. Students will go home the first class with a completed drawing. 6 classes

Essential Oils 101

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|-------|------|------|-------------|------|
| 151319C | 10/19 | M | 14+ | 6:30-8:30PM | \$4 |

Instructor: Lorrie Roberts

Essential Oils 101 - Learn how to use essential oils daily to support and promote a healthy body. Everyone gets to make an essential oil nasal inhaler AND receives free oils to take home and try. Register early to get entered for our door prize. 1 class

Teen Swing Dance

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|---------|------|-------|-------------|------|
| 150605C | 10/6-27 | TU | 12-18 | 4:30-5:30PM | \$80 |

Instructor: Freddie Ciampi

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 are required to wear a mask. 4 classes

Salsa Dance

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|---------|------|------|-------|------|
| 150605D | 10/8-29 | TH | 16+ | 7-8PM | \$80 |

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 are required to wear a mask. 4 classes

AM Total Fitness

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|---------|------|------|--------|------|
| 140303C | 10/5-26 | M | 16+ | 9-10AM | \$26 |
| 140303D | 10/7-28 | W | 16+ | 9-10AM | \$26 |

Location: Rotary Shelter

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!
4classes

PM Total Fitness

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|---------|------|------|-------------|------|
| 150314C | 10/5-26 | M | 16+ | 6:30-7:30PM | \$26 |
| 150314D | 10/7-28 | W | 16+ | 6:30-7:30PM | \$26 |

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! 4 classes

Lunch Fit

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|-------------------|------|------|--------------|---------|
| 150314E | 10/6-27(no 10/13) | TU | 16+ | 12:30-1:30PM | \$19.50 |
| 150314F | 10/1-29 | TH | 16+ | 12:30-1:30PM | \$32.50 |

Instructor: Colette Lambert

Lunch Fit is a 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! E is 3 classes, F is 5 classes

Refit

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|---------|------|------|-------|-------|
| 150302D | 10/7-28 | 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. 4 classes

Rev+Flow

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|---------|------|------|-------|----------|
| 150302E | 10/6-27 | T | 14+ | 5-6PM | \$26* |
| 150302F | 10/1-29 | TH | 14+ | 5-6PM | \$32.50* |

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).

4 Tuesdays, 5 Thursdays

Yoga Tone

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|---------|------|------|-------------|------|
| 140307F | 10/6-27 | T | 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: |
|-------------|---------|------|------|-------------|---------|
| 140301B | 10/1-29 | TH | 16+ | 6:30-7:30PM | \$32.50 |

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. 5 classes

Zumba

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|---------|------|------|-------|------|
| 140305B | 10/5-26 | M | 16+ | 5-6PM | \$26 |

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. 4 classes

Online Chair Yoga

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|---------|------|------|-----------------|------|
| 140309C | 10/5-26 | M | 55+ | 11:30AM-12:30PM | \$26 |
| 140309D | 10/9-30 | F | 55+ | 10-11AM | \$26 |

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. 4 classes

Martial Arts

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|--------------------|------|------|--------|------|
| 150309D | 10/3-31 (no 10/17) | SA | 5-7 | 3-3:30 | \$22 |
| 150309E | 10/3-31 (no 10/17) | SA | 8-12 | 4-4:45 | \$33 |
| 150309F | 10/3-31 (no 10/17) | SA | 13+ | 5:15-6 | \$33 |

Instructor: Brandon Flanigan

Ages 5-7: This is an introduction to martial arts class. Activities include basic kicks, punches, stretching and blocks. Participants will learn basic exercises and games to improve balance and motor function.

Ages 8-12: This is a beginner to intermediate class. We will learn basic & intermediate kicks, punches, and combinations. It will include intermediate level exercises and stretching.

Ages 13+: We will start & continue to train from basic level to advance. Self-defense moves to become street ready and confident will be taught. Participants will learn techniques and combinations that are more advanced in addition to exercises & stretches to increase strength and improve fitness levels. 4 classes.

Functionally Fit

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|---------|------|-------|----------|------|
| 140304A | 10/6-27 | TU | 16+ | 9-9:45AM | \$26 |
| 140304B | 10/8-29 | TH | 16+ | 9-9:45AM | \$26 |
| 140304C | 10/6-27 | TU | 10-15 | 3:15-4PM | \$26 |

Location: Rotary Shelter

Instructor: Ben Marshall

Strength, speed, agility and plyometric exercises will be utilized to increase and improve one's daily life physical fitness. Modifications will be offered to accommodate all fitness levels. Class can move inside the Recreation Center in event of inclement weather. 4 classes

Private Technology Lessons

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|---------|-------|------|----------------|------------|
| 150602I | 10/1-31 | SU-SA | 18+ | Rec Center Hrs | \$32/appt* |

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

ASHI CPR/AED & First Aid

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|-------|------|------|----------|-------|
| 140603A | 10/3 | SA | 13+ | 10AM-6PM | \$67* |

Instructor: Elizabeth Coberly

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

Pokemon

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|-------|------|------|-------------|------|
| 120204F | 10/2 | F | 7+ | 6:30-8:30PM | \$2 |

Leader: Mary Ivie

Join us to learn how to play Pokemon and battle with other players. We need at least 6 participants at each meeting for this to program to work. Participants are encouraged to bring a friend. All ages and skill levels welcome. Bring your 60 card deck and join the battle. No deck? No problem, the leader will have some decks available for use. 1 meeting

Refuse to be a Victim

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|-------|------|------|-------------|------|
| 150610B | 10/16 | F | 16+ | 6:30-7:30PM | \$2 |

Instructor: Deputy Curtis

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

Spooktacular “Addams Family (2019)” Movie Night

Activity #: 150804E Date: 10/30 Day: F Age: All Time: 6:30PM/dark Fee: FREE

Location: Chet Hobert Stage

Everyone is encouraged to dress up in his or her Halloween costumes for this movie night. There will be Halloween themed pre-packaged snacks to enjoy while watching the movie. Everyone should bring a comfortable pillow and blanket or beanbag chair to lounge on for the movie. In the event of inclement weather, the event will movie inside the Recreation Center.

Private Tennis Lessons

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

Semi-Private Tennis Lessons

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

Semi-Private Group Lessons

Activity #: 150905C Date: by appt. Day: SU-SA Age: 8+ Time: TBD Fee: \$18/hr/pp

Instructor: Coach Olivia Scott

Individuals can sign up for private lessons. 2 people can sign up for Semi-Private Lessons and we have added a new Group category for Families or friends 3ppl min can sign up for Semi-Private Group lessons up to 8ppl. 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).

Be Well Health Workshops

Activity #: 150909C Date: 10/24 Day: SA Age: 16+ Time: 9:15-10:45AM Fee: \$10 Topic: Understanding Diet
150909D Date: 10/24 Day: SA Age: 16+ Time: 11-12:30PM Fee: \$10 Topic: Movement Self-Care

Instructor: Christel Montgomery, Certified Health and Life Coach

Location: Virtual Meeting

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

One on One Personal Health Coach

Activity #: 150909I Date: by appt. Day: by appt. Age: 21+ Time: by appt. Fee: \$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

Get Fit in 30-Youth

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|------------|------|-------|-------------|------|
| 120716D | 10/8-10/22 | TH | 15-18 | 4:00-4:30PM | \$21 |
| 120716E | 10/8-10/22 | TH | 12-14 | 4:45-5:15PM | \$21 |
| 120716F | 10/8-10/22 | TH | 8-11 | 5:30-6:00PM | \$21 |

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

Location: Lions Shelter

30 minutes of stretch and conditioning to build core, upper body and leg strength. Learn the importance of fitness accountability and action to meet your goals as Christel coaches you through a FUN Workout with exercise action steps for you to do at home. Classes will be outdoors and subject to change bring water bottle with you. 3 classes

Family Nature Adventures

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|---------|------------|------|------------|----------------------------------|
| 150915A | by appt | by appt 3+ | TBD | \$40/hour; | \$30/hour for each additional hr |

Instructor: Kathy Budnie, Naturalist

Discover nature with your family and friends. Get moving outside or supplement your children's science studies. Groups of up to 9 people will work directly with our naturalist to make specific program arrangements. Possibilities include creek, river, and pond studies, field insect searches, hikes, walks to learn about flowers, trees, birds, wildlife, ecology—or something else that fits your children's school curriculum needs. Destinations are flexible. Entrance fees, not included in the program fee, are required in some parks. Adult supervision of children is required.

FUNDamenatals of Skateboarding

| Activity #: | Date: | Day: | Age: | Time: | Fee |
|-------------|-------------|-------|------|--------------|------|
| 150917A | 10/10-10/11 | SA-SU | 7-14 | 3:00-5:00 PM | \$30 |

Instructor: Ben Marshall

Location: DG Cooley Lower Campus Parking Lot -Staff Parking Lot

The objectives for Skills Lab: Fundamentals of Skateboarding is to introduce the community youth to the lifestyle sport of skateboarding. The participants will learn the history of the sport progression toward being a new addition to the Olympic games. They will learn strength and mobility exercises for cross training aid in skateboard (and other balance sport) performance. They will be presented with knowledge for a better understanding of equipment and its effect on safety and performance. The skater will learn beginner skills (ie kicking/ pushing, proper stance, turning, center of balance), basic skills (ie manual, ollie, shove-it, switch riding, fakie riding, nollie), intermediate skills (ie kickflip, 360 shove-it, heel flip, 180 all directions) and advanced skills (ie 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. Pre-registration is required and very limited space is available- so sign up FAST! Helmets and Pads are required. Location is subject to change.

Introduction to Forest Bathing

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|-------|------|------|----------|------|
| 150907A | 10/11 | SU | 12+ | 1:30–3PM | \$15 |

Instructor: Kim Strader

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

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 Bathing 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. This class will end with a mini Forest Bathing walk. Class limited to 9 participants. 1 class.

Forest Bathing

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|-------|------|------|-------------|------|
| 150907B | 10/25 | SU | 13+ | 1:00-4:00PM | \$35 |
| 150907C | 11/15 | SU | 13+ | 1:00-4:00PM | \$35 |

Instructor: Kim Strader, Certified Forest Bathing Guide

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

Are you ready to leave your everyday life behind on a 3-hour walk? Relax and recharge by joining Kim Strader, a Certified Forest Bathing 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. Limited to 9 people. 1 class.

Classes meet up at location listed above – additional info will be provide to participants

Forest Bathing – Semi-Private and Groups

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|---------|---------|------|---------|--------|
| 150907D | by appt | by appt | 5+ | by appt | varies |

Instructor: Kim Strader, Certified Forest Bathing Guide

This special program is offered in response to the inquiries we have received for Private Group Walks. These semi-private or group Forest Bathing Walks are ideal for couples, families, homeschoolers, and scout groups who would like to explore nature using all your senses to make new discoveries. Adult supervision of children is required. Please contact the park for further details. Interested groups will work directly with Kim for location choice and available dates and times. Groups limited to 9 participants.

Virtual Zoom Classes

Writers Workshop Series with Best Selling Mystery Author Lauren Carr

Lauren Carr is the international best-selling author of the Thorny Rose, Mac Faraday, Lovers in Crime, Chris Matheson Cold Case Mysteries, and Nikki Bryant Cozy Mystery Series—over thirty titles across five fast-paced mystery series filled with twists and turns! She is the owner of Acorn Book Services, of which iRead Book Tours is a subsidiary.

- All sessions will be live with the last portion as a Q&A with Lauren
- All sessions will be recorded so you can follow along Live and review the entire class afterwards. If you attend live you will be able to get clarification by asking questions during the Q&A
- Sessions will be for enrolled students only – instructions and passwords will be sent to participants

Promoting Your Novel Right Without Breaking The Bank

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|------------|------|------|-------------|------|
| 131001A | 10/13-11/3 | TU | 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

Self-Publishing Right Without Breaking the Bank

| Activity #: | Date: | Day: | Age: | Time: | Fee: |
|-------------|------------|------|------|-------------|------|
| 131001B | 10/15-11/5 | TH | 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.

Advanced registration is highly recommended-Seating Limited

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 to complete an employment application.**