

"A Look Ahead" is a weekly newsletter of upcoming programs offered through Clarke County Parks and Recreation. Pre-registration for all classes is required. Space is limited so reserve your spot now to ensure you don't miss out!

Programs not meeting minimum enrollment requirements 3 days prior to the class start date will be canceled.

To register:

1. Phone 540-955-5140
2. Mail the attached form to: CCPR 225 Al Smith Circle Berryville, VA 22611
3. Fax the attached form to 540-955-4049
4. Respond to this email with payment
5. Visit us in person at the Recreation Center

### Open swim

September 5-7: two sessions are available every day:

12-3pm

3:30-6:30pm

September 8-18: one session is available every day

4-7pm

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.

### Recreation Center Internet Café

Activity #:	Date:	Day:	Age:	Time:	Fee:
140606A	9/9	W	11-18	3-5PM	FREE*
140606B	9/11	F	11-18	3-5PM	FREE*
140606C	9/14	M	11-18	9:30-11:30AM	FREE*
140606D	9/14	M	11-18	12-2PM	FREE*
140606E	9/16	W	11-18	3-5PM	FREE*
140606F	9/18	F	11-18	3-5PM	FREE*
140606G	9/21	M	11-18	9:30-11:30AM	FREE*
140606H	9/21	M	11-18	12-2PM	FREE*
140606I	9/23	W	11-18	3-5PM	FREE*
140606J	9/25	F	11-18	3-5PM	FREE*
140606K	9/28	M	11-18	9:30-11:30AM	FREE*
140606L	9/28	M	11-18	12-2PM	FREE*
140606M	9/30	W	11-18	3-5PM	FREE*

Location: Clarke County Active Living Center

**\*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:  
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

### **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

### **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

### **PM Total Fitness**

Activity #: Date: Day: Age: Time: Fee:  
150314A 9/14-28 M 16+ 6:30-7:30PM \$19.50  
150314B 9/9-30 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! 3 Mondays, 4 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.**

### Private Tennis Lessons

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

### Semi-Private Tennis Lessons

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

### Semi-Private Group Lessons

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

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).

### Get Fit in 30-Youth

Activity #:	Date:	Day:	Age:	Time:	Fee:
120716A	9/10-9/24	TH	15-18	4:00-4:30PM	\$21
120716B	9/10-9/24	TH	12-14	4:45-5:15PM	\$21
120716C	9/10-9/24	TH	8-11	5:30-6:00PM	\$21

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

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

### Be Well Health Workshops

Activity #:	Date:	Day:	Age:	Time:	Fee:	Topic:
150909A	9/12	SA	16+	9:15-10:45AM	\$10	Sugar talk
150909B	9/12	SA	16+	11-12:30PM	\$10	Invite to wellness

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 and men get unstuck, dream, and discover, just how healthy they can be body, mind and spirit. <https://bwelljourney.wixsite.com/coaching> \* \*Classes may be added or changed or virtually attended

### 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

### 90 Day Transformation Women's Group

Activity #: 150909J Date: 9/10-12/17 Day: TH Age: 21+ Time: 9:15-10:45M Fee: \$397\*

Instructor: Christel Montgomery, Certified Health and Life Coach

**Note: No Classes on these dates: 10/1, 10/29 11/26**

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 \$325.00 Register by Sept 4<sup>th</sup>*

### Complimentary Forest Bathing Walk

Activity #:	Date:	Day:	Age:	Time:	Fee:
150913A	9/12	TH	12+	9-10:00AM	\$FREE
150913B	9/12	TH	12+	11-12:00PM	\$FREE
150913C	9/12	TH	12+	1-2:00 PM	\$FREE
150913D	9/12	TH	12+	4-5:00 PM	\$FREE
150913E	9/12	TH	12+	6-7:00 PM	\$FREE

Instructor: Kim Strader, Certified Forest Therapy Guide

Location: Session A&E Rose Hill Park Downtown Berryville - B,C,&D Lions Shelter at the Park

Help us CELEBRATE! **International Forest Bathing Day on September 12<sup>th</sup>**. Join Kim Strader, a Certified Forest Therapy Guide to learn about Forest Bathing and how it improves overall health and wellbeing. Kim is giving back to our community on this special day with complimentary mini-walks. Advance Registration is recommended first come, first serve. Class limited to 9 participants per session. 1 class. Younger children may participate with your parent as your partner! Locations are Subject to change.

### NEW! Forest Therapy Walks

Activity #:	Date:	Day:	Age:	Time:	Fee:
150913G	9/10	TH	21+	5:30-8:30PM	\$35
150913H	9/26	SA	21+	1:00-4:00PM	\$35

**Instructor:** Kim Strader, Certified Forest Therapy Guide

**Location:** Blandy Experimental Farm, State Arboretum of Virginia  
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*

### **Forest Walk Down by the River**

Activity #: 150913I    Date: 9/23    Day: W    Age: 5-11\*    Time: 9:30-11:00AM    Fee: \$15(Parent included)

Instructor: Kim Strader, Certified Forest Therapy Guide

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 #: 150913J    Date: 9/23    Day: W    Age: 12-17    Time: 12- 1:30PM    Fee: \$15

Instructor: Kim Strader, Certified Forest Therapy Guide

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.

### **Family Nature Adventures**

Activity #: 150915A    Date: 9/23    Day: by appt    Age: 3+    Time: TBD    Fee: \$40/hour; \$30/hour for each additional hour

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.

You are on this list because you or your child have previously been registered in our programs, rented one of our facilities, and/or utilized our pool or Recreation Center. We do not sell or distribute your

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