

Pre-registration for all Clarke County Parks & Recreation classes is required. Space is limited, so reserve a spot now to ensure you don't miss out. Programs that do not meet minimum enrollment requirements 3 days prior to the class start date will be canceled.

To register, call 540-955-5140, or go to CCPR at 225 Al Smith Circle in Berryville.

Open swim

Monday through Friday, 4 to 7 p.m. through Sept. 18:

Saturday & Sunday, noon to 3 p.m., 3:30 to 6:30 p.m.

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*

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. Face masks are required. Snacks and drinks will be available for purchase during each session.

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

PM Total Fitness

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

Instructor: Colette Lambert

PM Total Fitness 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! 3 Mondays

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

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 Tennis 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.

Complimentary Forest Bathing Walk

Activity #:	Date:	Day:	Age:	Time:	Fee:
150913A	9/12	SA	12+	9-10:00AM	\$FREE
150913B	9/12	SA	12+	11-12:00PM	\$FREE
150913C	9/12	SA	12+	1-2:00 PM	\$FREE
150913D	9/12	SA	12+	4-5:00 PM	\$FREE
150913E	9/12	SA	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 Chet Hobert Park Help us CELEBRATE! International Forest Bathing Day on Sept. 12. 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

Instructor: Kim Strader, Certified Forest Therapy Guide

Location: Blandy Experimental Farm, State Arboretum of Virginia 400 Blandy Farm Lane, Boyce

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