High intensity, low price
JOIN TODAY | P. 44
FITNESS & WELLNESS | P. 4

WINTER 2012
VALID THROUGH MARCH 25, 2012
Virginia Beach Parks and Recreation
WINTER 2012
Produced by Virginia Beach Parks & Recreation
Virginia Beach Municipal Center
2408 Courthouse Drive, Building 21
Virginia Beach, VA 23456
385-1100 (tty: dial 711)  fun@VBgov.com
385-6369 (fax)  VBgov.com/parks

Virginia Beach Parks & Recreation’s vision is a balanced, sustainable and value-focused system of parks, recreation and public spaces that creates a sense of community.
Our mission is to:
• Deliver parks, recreation programs and public spaces that reflect the priorities of our community
• Support tiered levels of service that recognize the diverse needs of our community
• Focus on sustainability of core programs, services and facilities through efficient and effective business practices

A valid membership or visitor pass is required to participate in recreation center activities and programs, unless otherwise indicated.

We are accredited by CAPRA, certifying agency of the National Recreation & Park Association.

CONTACT US!
Programs:
Adopt-A-Programs 385-0472
City-Wide Athletics Office 385-0458
Fitness & Wellness Programs 385-0406
Out-of-School Time Programs 385-0409
Outdoor & Environmental Programs 385-4461
Owl Creek Tennis Center 385-2695
Parks & Natural Areas 385-0400
Special Events 385-2990
Therapeutic Recreation Programs 474-8877

Recreation Centers:
Bayside Recreation Center 460-7540
Bow Creek Recreation Center 431-3765
Great Neck Recreation Center 496-6766
Kempsville Recreation Center 474-8492
Princess Anne Recreation Center 426-0022
Seatack Recreation Center 437-4858
Parks & Recreation Administration 385-1100

FACILITY CLOSURES
• Dec 23  City Holiday
• Dec 24  Christmas Eve (facilities close at 12 pm)
• Dec 25 & 26  Christmas Day
• Jan 1 & 2  New Year’s Day
• Jan 16  Martin Luther King Day
• Mar 12 - Mar 18  Seatack (maintenance)
• April 8  Easter Sunday**

All unstaffed neighborhood parks and trails remain open during city holidays. **All parks are open on Easter Sunday.

REGISTRATION CHANGES COMING SOON

Save the Date – Feb 11
Starting with the Spring 2012 Programs & Activities Catalog, you can register for classes as soon as the catalog is posted online!
The Spring Programs & Activities Catalog will be online at 9 a.m., Saturday, February 11. Visit VBgov.com/parks and click on the “View Our Catalog” icon. Online registration can be done from the convenience of your home at http://EZreg.VBgov.com with your PIN and client barcode. Register by touch tone phone by calling 385-2FUN (2386).

Don’t have a PIN or client barcode? You can still register in person at all six recreation centers on February 11. Ask for your PIN and client barcode while you’re there for future registrations.

Note: Registration for Out-of-School Time programs, swim league and sport leagues will not be available February 11. Dates will be published in the Spring 2012 Programs & Activities Catalog.

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Chat with us at facebook.com/VBParksRec
View our latest photos at flickr.com/vbpr

757-385-1100 • fun@VBgov.com
OUT-OF-SCHOOL TIME PROGRAMS

spring break camps

Age 6 - 12 • The kids may be on vacation, but chances are you still have to work. That’s why we designed a special camp for this week that will keep your child active and entertained.

April 9 - 13, 2012
7:00 am - 6:00 pm • $130
Bayside #102037 Kempsville #102040
Bow Creek #102038 Princess Anne #102041
Great Neck #102039

It’s going to be a memorable week!
• Sports & activities in the gym
• Swimming in our indoor pools
• Tournaments
• Indoor play structures at Bayside, Great Neck and Kempsville
• Games
• Arts & crafts
• Sportwalls

Camps at recreation centers require a membership or day pass.

Programs operate exempt from licensure under state code §63.2-1715.

sports & specialty camps | p31
Safety Camp
Skateboard Sessions

Out-of-School Time Programs | 385-0409

importance of inclusive programming

Virginia Beach Parks & Recreation welcomes individuals of all abilities to participate in all recreation programs and activities. All programs offered by Virginia Beach Parks & Recreation encourage participation by a diverse population, accommodate those with varying abilities, and support diverse learning styles. When participants require additional support, we help them by engaging our Inclusion Specialists to develop accommodation plans and provide other assistance as appropriate.
FITNESS & WELLNESS
REGISTER ONLINE @ EZREG.VBGOV.COM

enhance their balance and flexibility. This class allows children to participate at their own level in a non-competitive environment. Yoga mat and movement friendly clothing is recommended.

#105226 PA Th Mar 1 - Apr 5 5:30 pm - 6:30 pm $39

Zumbatomic®
Designed exclusively for kids, Zumbatomic® classes are rockin’, high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Zumbatomic® will increase their focus and self-confidence, boosting metabolism and enhancing coordination.

Age 8 - 10
#105084 BS M Feb 27 - Apr 2 5:30 pm - 6:30 pm $39
#105083 PA Th Mar 1 - Apr 5 6:45 pm - 7:45 pm $39
Age 11 - 12
#105082 PA Th Mar 1 - Apr 5 5:30 pm - 6:30 pm $39
#105085 BS M Feb 27 - Apr 2 6:45 pm - 7:45 pm $39

GENERAL FITNESS & WELLNESS

Assessment Day
Age 14 & up • Get heart healthy! Start your new fitness program with a FREE assessment! Certified Personal Trainers will be on site doing body fat testing, measurements, strength assessments, flexibility assessments, etc. There will be competitions and prizes. No additional cost.

#105153 BS Sa Feb 4 10:00 am - 2:00 pm

Better Body After School
Age 16 & up • You give so much to your students, now is your chance to make time for yourself. This program is specifically designed for teachers to improve their health and help them reach their fitness goals. Each class is designed differently to help increase cardio, burn fat, get toned and get lean! Class formats include but not limited to: Cardio, Weight training, Kettlebells, TRX® and more!

#105149 GN T, Th Mar 6 - Mar 29 3:00 pm - 4:00 pm $54

Body Fat Testing
Age 14 & up • Use our body analyzer to determine your body fat percentage and body mass index. For accurate results, do not exercise prior to testing. Daily at all centers. No additional cost.

#101616 GN T, Th Jan 31 - Mar 22 6:00 pm - 7:00 pm $85

Class Locations
GNP Great Neck Park, 2512 Shorehaven Drive
FLSP First Landing State Park, 2500 Shore Drive

Please note that Virginia Beach Recreation Center membership are not required for programs or classes held away from recreation centers.

YOUTH FITNESS & WELLNESS

Youth Amateur Boxing
Age 8 - 17 • Participants will learn the fundamentals of boxing under the safe tutelage of certified U.S. Amateur Boxing instructors while developing fine and gross motor skills, discipline, commitment and physical conditioning.

#105015 BC T, Th Feb 7 - Mar 1 5:30 pm - 6:30 pm $29
#105016 KV M, W Feb 6 - Feb 29 5:00 pm - 6:30 pm $49
#105017 KV M, W Mar 5 - Mar 28 5:00 pm - 6:30 pm $49

Kids Yoga
Age 7 - 12 • This is a fun and playful class where children will participate in specific games and activities that will teach them how to move energy through their bodies and bring calm into their minds. They will also learn breathing techniques as well as

REGISTER ONLINE @ EZREG.VBGOV.COM
**Body Transformation: Cross Training Plus**  
*Age 14 & up* • Try a combination of cardio and strength training with TRX®, boxing, kettlebells and more. Weekly weigh-ins will be given. All experience levels and body types welcome.  
#105520 BC  Sa  Feb 4 - Mar 24  10:00 am - 11:30 am  $55

**Body Transformation: Dance Fitness**  
*Age 14 & up* • Change the way you look and feel in this eight-week course designed to burn calories, tone muscles and gain flexibility. Let loose and build confidence while learning the benefits of dance fitness as well as proper form, technique and terminology. Participants will experience many forms of dance including Zumba®, Hip-Hop & Jazz, Drums Alive®, ballet and much more. This program is for all experience levels and body types.  
#101617 BS  T, Th  Jan 31 - Mar 22  5:30 pm - 6:30 pm  $85

**Body Transformation: Strength Training**  
*Age 14 & up* • Explore different resistance training techniques including weights, TRX® suspension training, and kettlebells. Learn the benefits of resistance training as well as proper form and technique. This program is for all experience levels and body types.  
#101615 GN  M, Th  Jan 30 - Mar 22  5:00 pm - 6:00 pm  $85

**Boxing**  
Work it out with a boxing bag! Use Kempsville's boxing room to exercise like a boxer. Staff are nationally certified through USA Boxing and can assist you with developing proper boxing technique and skills. Specific times available for teens and adults. Check the front desk for the monthly schedule.

**Drums Alive®**  
*Age 14 & up* • Using drumsticks and a Resist-a-Ball, Drums Alive® choreography is designed to burn fat, improve physical and mental fitness and above all, be fun! Drums Alive® is full of powerful and motivating music and drumming rhythms that will get your feet stomping and your body moving.  
#105120 KV  Th  Mar 1 - Apr 5  5:30 pm - 6:30 pm  $29
#105118 PA  M  Jan 23 - Feb 27  6:00 pm - 7:00 pm  $29
#105119 PA  M  Mar 12 - Apr 16  6:00 pm - 7:00 pm  $29

**Fitness Assessment**  
*Age 14 & up* • This is an excellent chance to learn your fitness level. Have your strength, endurance, flexibility, resting heart rate, blood pressure, and body composition assessed and reviewed by a certified fitness professional. Appointments required; call BS, GN, KV or PA recreation centers to schedule an appointment. $40

**Fitness Through Dance**  
*Age 16 & up* • Jump into the hot seat and experience a fun and sassy class that will have you looking at your household chairs in a whole new light! During this course you will learn a whole range of different dance styles. This class introduces you to the art of chair dancing while giving you the best total body workout you've ever had! No experience necessary. Beginners to advanced dancers will love it. Equipment used; chairs, gliders and body bars.  
#105037 GN  Th  Feb 9 - Mar 15  5:30 pm - 6:30 pm  $29

**Kettlebells: Beginner**  
*Age 14 & up* • Kettlebells will improve strength, stamina and flexibility by employing all three planes of motion simultaneously. This re-discovered device is deceptively simple yet effective for all levels of fitness.  
#105147 BC  T, Th  Feb 7 - Mar 1  5:30 pm - 6:30 pm  $49
#105148 BC  T, Th  Mar 13 - Apr 5  5:30 pm - 6:30 pm  $49
#105145 GN  M, Th  Feb 27 - Mar 8  5:15 pm - 6:15 pm  $25
#105146 GN  M, Th  Mar 19 - Mar 29  5:15 pm - 6:15 pm  $25

**Nordic Walking 101**  
*Age 16 & up* • Get motivated to move with a trained Nordic Walking Instructor. Increase your strength, pump up your cardio and improve your posture. Nordic Walking uses walking poles to help you burn 40% more calories, reduce stress on your knees and joints and increase bone density. Class meets at Great Neck Park. Equipment provided.  
#105140 GNP  Sa  Mar 17 - Apr 21  8:00 am - 9:00 am  $59

**Nordic Walkabout**  
*Age 16 & up* • Join other Nordic Walkers on a guided walkabout through First Landing State Park. Nordic Walking allows you to burn more calories with less stress on the joints than traditional walking. Equipment provided.  
#105141 FLSP  Su  Mar 25  3:00 pm - 4:30 pm  $19

**Nutrition Fundamentals**  
*Age 14 & up* • Are you having trouble losing those extra pounds and can’t figure out why? Take this nutrition class to learn how the body functions based on your diet and what healthy changes you can make to reach your goals. This class includes a nutrition book.  
#105150 GN  T, Th  Feb 21 - Mar 1  12:00 pm - 1:00 pm  $59

**ASSESSMENT DAY**  
February 4 | 10 am - 2 pm | Bayside Rec  
*Age 14 & up* • Get Heart Healthy! Start your new fitness program with a FREE assessment! Certified Personal Trainers will be on site doing body fat testing, measurements, strength assessments, flexibility assessments, etc. Competitions and prizes! Registration is required | #105153
FITNESS & WELLNESS
REGISTER ONLINE @ EZREG.VBGOV.COM

Tabata Express
Age 14 & up • Get your morning started with high intensity interval training! This class is designed to help you burn the most calories effectively in 30 minutes. This class is broken down into 20-second intervals with 10-second breaks that are back-to-back. If you like circuit training, you will love this class! Equipment may be used: Bosu®, weights, body bar, stability ball and medicine ball.

#105135 GN M, W, F Feb 6 - Feb 10 6:15 am - 6:45 am $19
#105136 GN M, W, F Feb 27 - Mar 2 6:15 am - 6:45 am $19
#105137 GN M, W, F Mar 19 - Mar 23 6:15 am - 6:45 am $19

Weight Room Orientations
Age 14 & up (age 12 & 13 when supervised by parent/guardian) • Learn how to safely and correctly utilize the circuit and cardiovascular equipment to maximize the benefits of your workout. Orientations are voluntary and last approximately 45 minutes. They are scheduled at various times of the day and can also be scheduled by appointment. Available at Bayside, Great Neck, Kempsville and Princess Anne Recreation Centers.

# participants 1 session 6 sessions
1 $40 $216
2 $30 per person $162 per person

Pilates Mat
Age 14 & up • A mind body mat class creating long and lean muscles to balance strength and flexibility by focusing on the core. All participants must have a 1/4 inch thick mat.

#105522 GN T Feb 7 - Mar 13 10:00 am - 11:00 am $59
#105487 GN Th Feb 9 - Mar 15 7:00 pm - 8:00 pm $59

Tai Chi
Age 14 & up • Tai Chi is the practice of moving meditation and breathing techniques that will enhance the mind/body connection as well as improve flexibility, balance, mobility and patience.

#105101 BS M, W Feb 13 - Feb 29 9:00 am - 10:00 am $29
#105100 PA M Jan 23 - Feb 27 6:30 pm - 7:30 pm $29

Tai Chi II
Age 14 & up • A more advanced form of Tai Chi that involves more stretching, balance and coordination but will still include the practice of patience, breathing, relaxation and moving meditation.

#105102 GN T Feb 21 - Mar 27 5:30 pm - 6:30 pm $29

Hatha Yoga
Age 14 & up • Learn to appreciate your body and regain mobility through gentle stretching, balancing, and strengthening poses. Simple breathing and relaxation techniques will help lower stress and quiet the mind, and rejuvenate the body. The level of the class will vary according to the needs and goals of the participant.

#105108 BS Th Jan 26 - Mar 15 6:45 pm - 7:45 pm $47
#105106 KV M Jan 23 - Mar 12 6:45 pm - 7:45 pm $47
#105105 KV T Jan 24 - Mar 13 7:00 pm - 8:00 pm $47
#105107 KV Sa Feb 25 - Mar 31 9:15 am - 10:45 am $47
#105109 ST M Jan 23 - Feb 27 6:15 pm - 7:45 pm $47
#105110 ST M Mar 12 - Apr 16 6:15 pm - 7:45 pm $47

Meditation Exploration
Age 14 & up • Are you stressed? Anxious or depressed? Suffering from chronic pain? People who meditate regularly report they experience more enjoyment and appreciation of life. This is a six-week series in which you will learn to create a personal meditation practice/devotion to yourself. Basic forms of meditation will be covered along with centering and grounding techniques.

#105522 GN T Feb 7 - Mar 13 10:00 am - 11:00 am $59
#105487 GN Th Feb 9 - Mar 15 7:00 pm - 8:00 pm $59

Women on Weights
Age 14 & up • Interval weight training in a small group setting with progression of beginner to advanced exercises. Emphasis on proper technique while going through a great workout. WOW is conducted by a certified personal trainer.

#105111 PA M, W Jan 23 - Feb 8 12:00 pm - 1:00 pm $45
#105116 PA T, Th Feb 7 - Feb 23 6:15 am - 7:15 am $45
#105114 PA T, Th Feb 7 - Feb 23 4:30 pm - 5:30 pm $45
#105112 PA M, W Feb 20 - Mar 7 12:00 pm - 1:00 pm $45
#105117 PA T, Th Mar 6 - Mar 22 6:15 am - 7:15 am $45
#105115 PA T, Th Mar 6 - Mar 22 4:30 pm - 5:30 pm $45
#105113 PA M, W Mar 19 - Apr 4 12.00 pm - 1:00 pm $45

Basic forms of meditation will be covered along with centering and grounding techniques.

#105522 GN T Feb 7 - Mar 13 10:00 am - 11:00 am $59
#105487 GN Th Feb 9 - Mar 15 7:00 pm - 8:00 pm $59

Weight Room Orientations
Age 14 & up (age 12 & 13 when supervised by parent/guardian) • Learn how to safely and correctly utilize the circuit and cardiovascular equipment to maximize the benefits of your workout. Orientations are voluntary and last approximately 45 minutes. They are scheduled at various times of the day and can also be scheduled by appointment at any of the recreation centers. Simply contact the recreation center staff to make an appointment. No additional cost

# participants 1 session 6 sessions
1 $40 $216
2 $30 per person $162 per person

Pilates Mat
Age 14 & up • A mind body mat class creating long and lean muscles to balance strength and flexibility by focusing on the core. All participants must have a 1/4 inch thick mat.

#105104 BS T Jan 31 - Mar 20 5:30 pm - 6:30 pm $47
#105103 KV M Jan 23 - Mar 12 5:30 pm - 6:30 pm $47

Meditation Exploration
Age 14 & up • Are you stressed? Anxious or depressed? Suffering from chronic pain? People who meditate regularly report they experience more enjoyment and appreciation of life. This is a six-week series in which you will learn to create a personal meditation practice/devotion to yourself. Basic forms of meditation will be covered along with centering and grounding techniques.

#105522 GN T Feb 7 - Mar 13 10:00 am - 11:00 am $59
#105487 GN Th Feb 9 - Mar 15 7:00 pm - 8:00 pm $59

Women on Weights
Age 14 & up • Interval weight training in a small group setting with progression of beginner to advanced exercises. Emphasis on proper technique while going through a great workout. WOW is conducted by a certified personal trainer.

#105111 PA M, W Jan 23 - Feb 8 12:00 pm - 1:00 pm $45
#105116 PA T, Th Feb 7 - Feb 23 6:15 am - 7:15 am $45
#105114 PA T, Th Feb 7 - Feb 23 4:30 pm - 5:30 pm $45
#105112 PA M, W Feb 20 - Mar 7 12:00 pm - 1:00 pm $45
#105117 PA T, Th Mar 6 - Mar 22 6:15 am - 7:15 am $45
#105115 PA T, Th Mar 6 - Mar 22 4:30 pm - 5:30 pm $45
#105113 PA M, W Mar 19 - Apr 4 12.00 pm - 1:00 pm $45

SCI: BOW CREEK
KV: KEMPSVILLE
BS: BAYSIDE
PA: PRINCESS ANNE
GN: GREAT NECK
ST: SEATACK
TRX® FITNESS & WELLNESS

TRX® Basic Training
Age 14 & up • Introduce yourself to the fundamentals of TRX® Suspension Training body weight exercises. This program builds strength, balance, and flexibility. Whether you are a seasoned athlete or just want to get back in shape, TRX® will help you reach your fitness goals. Requirements: While this program is designed for all fitness levels, it assumes you are active, healthy and injury free.

#105124 BC M, W Jan 30 - Feb 22 7:00 pm - 8:00 pm $49
#105123 BS Sa Feb 25 - Mar 17 10:30 am - 11:30 am $25
#105127 GN M, Th Feb 6 - Feb 16 5:15 pm - 6:15 pm $25
#105125 KV Th, T Feb 2 - Feb 28 7:00 pm - 8:00 pm $49
#105126 KV T, Th Mar 6 - Mar 29 7:00 pm - 8:00 pm $49

TRX®/Boxing Bootcamp
Age 14 & up • We have combined the resistance training of the TRX® suspension trainers with the intensity of cardio boxing. Participants will interval between the formats in a circuit style workout.

#105134 BC M, W Feb 6 - Feb 29 5:45 pm - 6:45 pm $59

TRX® Iron Circuit
Age 14 & up • High intensity workout that includes muscle sculpting and fat blasting using TRX® suspension and kettlebells. Iron Circuit is designed to build your strength and lean muscle mass.

#105142 GN M, Th Feb 6 - Feb 16 6:30 pm - 7:30 pm $25
#105143 GN M, Th Feb 27 - Mar 8 6:30 pm - 7:30 pm $25
#105144 GN M, Th Mar 19 - Mar 29 6:30 pm - 7:30 pm $25

TRX® Kettle, Ropes and Box Ultimate Conditioning (video link below)
Age 14 & up • A special blend of suspension training exercises, kettlebell and rope intervals to improve core strength, mobility and balance. Creative sessions of punching combinations and counter punching drills completes the ultimate conditioning.

#105040 KV M, W Feb 6 - Feb 29 7:00 pm - 8:00 pm $59
#105041 KV M, W Mar 5 - Mar 28 7:00 pm - 8:00 pm $59

TRX® Weekend Warrior
Age 14 & up • Suspension body weight exercises designed to build total body strength, power, balance, flexibility and lean muscle mass.

#105138 KV Sa Feb 4 - Feb 25 9:15 am - 10:15 am $39
#105139 KV Sa Mar 3 - Mar 24 9:15 am - 10:15 am $39

TRX®press
Age 14 & up • “Not enough time” is no longer an excuse. This 30 minute workout will target all the major muscle groups.

#105128 BS T, Th Feb 7 - Feb 23 7:00 am - 7:30 am $36
#105129 BS T, Th Mar 6 - Mar 22 7:00 am - 7:30 am $36
#105130 GN M, W, F Feb 13 - Feb 24 6:15 am - 6:45 am $36
#105131 GN M, W, F Mar 5 - Mar 16 6:15 am - 6:45 am $36
#105132 KV M, W Feb 6 - Feb 22 7:00 am - 7:30 am $36
#105133 KV M, W Mar 5 - Mar 21 7:00 am - 7:30 am $36

Wondering what TRX® SUSPENSION TRAINING is all about?
Scan the QR code with your smart phone or visit goo.gl/Iryzr for a video preview of our Ultimate Conditioning class!
Our group fitness classes will push you without tugging at your wallet.

Mix up your workout regimen and drop in on one of the many group fitness classes at the local recreation centers. Drop-in classes are offered in addition to the fitness classes you can register for through this catalog.

Looking for a group fitness schedule?

Pick up a monthly schedule at any Virginia Beach Community Recreation Center or download one online at [VBgov.com/parks](http://VBgov.com/parks)

Age 14 & up (12-13 year olds may attend with an adult)

Arrive early! Classes fill on a first come, first served basis.

Zumba®, Pilates, BOSU®, Kickboxing, Body Sculpting, Yoga, SilverSneakers® and more!

2 ways to join a group fitness class

1. Pay as you go - Fitness Punch Cards
   - 1 class pass $4
   - 18 punch card $18 30 minute classes are 2 punches
   - 30 punch card $30 60 minute classes are 4 punches

2. Buy an unlimited pass
   - Take as many classes as you like in 30 or 90 days!
   - 30 day unlimited pass $30
   - 90 day unlimited pass $81 (Best Value!)

* A Membership Card or Day Pass is also required

Bonus! Try a group fitness class on us

Jan 7 - Mar 25 Use a Group Fitness Sampler to try a class. Obtain a pass at the front desk; limit 1 per person.

Jan 14 Sample our classes at Passport to Fitness, see back cover

See you at the rec center!

Virginia Beach residents can obtain a yearly membership to our Community Recreation Centers for just $79.

Six-month memberships are also available. Visit any of our six Virginia Beach Community Recreation Centers to purchase your membership today. Click [here](http://VBgov.com/parks) for directions.
REDEFINE YOURSELF
Check out these new fitness classes to help you get in shape this new year!

Body Transformation: Cardio Training
Jan 31 - Mar 22 | T, Th | 6 - 7 pm
Great Neck | #101616 | $85

Body Transformation: Cross Training Plus
Feb 4 - Mar 24 | Sa | 10 - 11:30 am
Bow Creek | #105520 | $55

Body Transformation: Dance Fitness
Jan 31 - Mar 22 | T, Th | 5:30 - 6:30 pm
Bayside | #101617 | $85

Body Transformation: Strength Training
Jan 30 - Mar 22 | M, Th | 5 - 6 pm
Great Neck | #101615 | $85

Classes also listed on page 4

PRESCHOOL AQUATICS

Preschool Paddlers
Age 4 - 5 • The Preschool Paddlers program uses Level 1-3 of the American Red Cross Learn to Swim Program in this lower student to instructor ratio program. Activities include progressive swimming skills and water safety education. Children must be willing to separate from guardian. No class Apr 6 - 13
#105170 BC M-Th Feb 13 - Feb 23 6:40 pm - 7:20 pm $45
#105171 BC F Mar 16 - May 18 4:50 pm - 5:30 pm $45
#105172 BC Sa Mar 17 - May 19 9:20 am - 10:00 am $51
#105173 BC M, W Mar 19 - Apr 25 6:40 pm - 7:20 pm $56
#105168 BS Sa Feb 25 - Apr 21 12:00 pm - 12:40 pm $45
#105169 BS M, W Mar 19 - Apr 25 5:30 pm - 6:10 pm $56
#105176 GN Sa Mar 10 - May 5 10:00 am - 10:40 am $45
#105252 GN Sa Mar 10 - May 5 11:00 am - 11:40 am $45
#105177 GN T, Th Mar 6 - Apr 5 1:30 pm - 2:10 pm $56
#105178 GN T, Th Mar 6 - Apr 5 5:40 pm - 6:20 pm $56
#105179 KV T, Th Feb 14 - Mar 15 6:30 pm - 7:10 pm $56
#105180 KV F Feb 17 - May 4 6:00 pm - 6:40 pm $56
#105181 KV T, Th Mar 20 - Apr 26 4:40 pm - 5:20 pm $56
#105182 PA T, Th Feb 14 - Mar 15 10:40 am - 11:20 am $56
#105183 PA T, Th Feb 14 - Mar 15 5:50 pm - 6:30 pm $56
#105184 PA T, Th Mar 20 - Apr 26 10:40 am - 11:20 am $56
#105185 PA T, Th Mar 20 - Apr 26 6:30 pm - 7:10 pm $56
#105186 ST M, W Feb 13 - Mar 7 5:45 pm - 6:25 pm $45
**Tiny Bobbers**
Age 1 - 3 w/ adult guardian • Make the first swimming experience with your child safe and fun. A participating adult guardian provides support and comfort as the child begins to learn water safety, water adjustment and swimming skills through activities and songs. Children are introduced to skills as they are developmentally ready. Note: It is important to remember that preschool classes will not make children water safe. No class Apr 6 - 13

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<th>Course Code</th>
<th>Location</th>
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<th>End Date</th>
<th>Time</th>
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**YOUTH AQUATICS**

**American Red Cross Learn to Swim Program**
Age 5 - 15 • This swimming and water safety program provides an increased emphasis in the areas of drowning prevention and water safety and emphasizes an inclusive approach to swimming and water safety. We continue the proud tradition of teaching people to swim and be safe in, on and around water. In addition, the program includes courses for youth with varying abilities, as well as a variety of courses and presentations to help teach youth how to enjoy the water safely and how to stay safe in the event of an emergency.

Program highlights include:
- An increased emphasis on water safety and drowning prevention as the basis of swimming and water recreation
- Placement and distribution of the skills throughout the Learn to Swim levels to help reduce bottlenecks and optimize skill acquisition
- Up-to-date diving techniques and progressions, including a revised approach and takeoff
- Most current biomechanics concepts and stroke descriptions
- Progress Report for every participant
- ARC Achievement Cards for the completion of each level

**Learn to Swim Levels & prerequisites:**

**Level 1:** Introduction to Water Skills Non-swimmer, does not submerge head or body.

**Level 2:** Fundamental Aquatic Skills Successful completion of Level 1 or ability to fully submerge, float on front and back with support for 3 seconds.

**Level 3:** Stroke Development Successful completion of Level 2 or ability to swim 5 body lengths using a combination of arm and leg actions.

**Level 4:** Stroke Improvement Successful completion of Level 3 or ability to swim 15 yards front crawl, 15 yards elementary backstroke, 10 yards scissor kick, and tread water for 30 seconds.

**Level 5:** Stroke Refinement Successful completion of Level 4 or ability to swim 25 yards front crawl with rhythmic breathing and elementary backstroke, 15 yards back crawl, breaststroke, butterfly, sidestroke, and tread water for 2 minutes.

**Learn to Swim Levels 1-3**

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Water Polo
Age 10 - 17 • Tired of swimming laps and want a different way to challenge your swimming skills? Want to learn how to play water polo or build upon your current polo skills? Water Polo places emphasis on learning correct techniques and rules in a fun, low-key competitive environment. Registrants must be at least 10 years old and no older than 17 on or before Apr 1, 2012. Birthday verification may be required. Practice assignments will be determined after the eligibility swim. No classes Apr 9 – 13.
Eligibility Swim: Swim 50 meters/yards using front crawl, with head above the water. Tread water for 5 minutes.
#105240 BS M, W Mar 19 - Apr 25 6:30 pm - 7:20 pm $100
Eligibility Swim: Mar 6, 6:30 pm - 7:20 pm
#105243 GN M, W Mar 19 - Apr 25 6:30 pm - 7:20 pm $100
Eligibility Swim: Mar 6, 6:30 pm - 7:00 pm
Water Polo matches held Friday evenings: Mar 30, Apr 20, May 4 and May 18.
AQUATICS
REGISTER ONLINE @ EZREG.VBGOV.COM

**ADVANCED WATER SAFETY**

**Junior Lifeguard**

**Age 10 - 14** • Looking for the on-ramp to lifeguarding? Have you taken American Red Cross Learn to Swim classes or participated on a swim team? Becoming a Junior Lifeguard is the next step. Classroom and pool instruction are included to provide youth with the knowledge required to become a Junior Lifeguard. Elementary forms of water rescue and skills are introduced and practiced to assist lifeguard staff. Participants swimming skills must exceed Level 4 of the American Red Cross Learn-to-Swim program. Prerequisite: Participants must pass eligibility swim: front crawl 25 meters, treading water for 1 minute, and underwater swim for 10 feet.

#105230 GN F Mar 9 - Mar 30 5:30 pm - 8:30 pm $30
Eligibility Swim: Fri, Mar 9 @ 5:30 pm

#105229 PA Sa Feb 25 - Mar 17 9:00 am - 12:00 pm $30
Eligibility Swim: Fri, Feb 17 @ 6 pm

**Lifeguard Training**

**Age 15 & up** • Designed to teach swimming pool lifeguarding skills and knowledge needed to prevent and respond to aquatic emergencies. Prerequisites: 1) Proof of age 2) Pass the eligibility swim test; 300 yards (100 Crawl, 100 breaststroke, 100 crawl or breaststroke.) Swim 20 yards surface dive retrieve a 10 lb object and carry back to wall in less than 1min, 40 sec. Requirements for certification: 1) Attend all class sessions 2) Pass written exam. 3) Pass all water, CPR, First Aid and AED skills and tests.

#105231 BS F Feb 24 - Mar 4 6:00 pm - 9:00 pm $140
Sa-Su Feb 24 - Mar 4 8:00 am - 5:00 pm
Elig. Swim: Feb 16 @ 6 pm; Final Exam: Mar 4 @ 9 am

#105234 GN Sa-Su Mar 10 - Mar 18 8:00 am - 5:00 pm $140
Elig. Swim: Mar 5 @ 6 pm; Final Exam: Mar 21 @ 3 pm

#105233 KV F Mar 23 - Apr 1 6:00 pm - 5:00 pm $140
Sa-Su Mar 23 - Apr 1 8:00 am - 5:00 pm
Elig. Swim: Mar 14 @ 6 pm; Final Exam: Apr 1 @ 9 am

#105232 ST F Feb 24 - Mar 4 5:30 pm - 8:30 pm $140
Sa-Su Feb 24 - Mar 4 8:00 pm - 5:00 pm
Elig. Swim: Feb 14 @ 6 pm; Final Exam: Mar 4 @ 9 am

**ARC Water Safety Instructor (WSI)**

**Age 16 & up** • Transmits students to teach American Red Cross level swim classes. Students should be able to perform the following swimming skills taught at Level 4: crawl, breast, side, elementary back, and butterfly. Prerequisites: pass a water skills test. Requirements for certification: attend all class sessions, pass all practice teaching sessions, pass a water skills test, pass a written exam. Text material required after meeting eligibility requirements.

#105235 BS Sa-Su Mar 24 - Apr 1 9:00 am - 5:00 pm $150
Elig. Swim: Mar 19 & Mar 21 @ 6 - 9 pm

**AQUATIC EVENTS**

**Float-a-Rama**

All ages • It’s a day of huge, fun floats that are so big the pool is devoted just to them! Enjoy Claw Daddy, Splat! Sky Totter and Space Mountain. No additional cost
PA Su Jan 8 1:00 pm - 4:00 pm
GN Su Feb 12 1:00 pm - 4:00 pm
BS Su Mar 11 1:00 pm - 4:00 pm

**Movie Nights in the Pool**

All ages • Enjoy a special feature while floating in the pool. No additional cost
PA F Jan 27 6:00 pm - 8:00 pm Happy Feet
BC F Feb 17 6:00 pm - 8:00 pm Cars 2
PA F Mar 16 6:00 pm - 8:00 pm Despicable Me
Why wait in lines?
(Especially when you don’t have to!)

Avoid standing in line and register for camps, courses and other programs from the comfort of your home.

EZreg, our internet and touch tone phone system allows you to register 24 hours a day.

In order to use EZreg, you will need to know your Family Personal Identification Number (PIN), client barcode, and use your Visa or MasterCard.

Don’t know your PIN and client barcode? Visit any recreation center to obtain your PIN and client barcode. To preserve the security of your account, a picture ID will be required.

http://EZreg.VBgov.com
385-2FUN (2386)
ARTS & CRAFTS
REGISTER ONLINE @ EZREG.VBGOV.COM

TEENS & ADULTS
ARTS & CRAFTS

Advanced Beginning Watercolors
Age 16 & up • This class is for those that have taken a beginning watercolor class or have previous painting experience. We will explore the use of paint, brushes, paper and water as they apply to watercolor painting. We will work on the basics of value, color mixing, paint handling, textures, tricks and mixed media all on a relaxed atmosphere. Pick up a supply list at the Great Neck front desk. No class Apr 11
Instructor: Kathy Staicer
#105311 GN W Mar 14 - May 9 10:00 am - 1:00 pm $68

Crafter’s Corner
Age 18 & up • Join other crafters while working on your own project ideas. This open session time will allow you to go at your own pace and learn skills from others. No additional cost
KV M 9:00 am - 12:00 pm
KV W 6:00 pm - 9:00 pm

Fun with Ceramics
Age 16 & up • Leave boredom behind! You will learn all aspects of pouring molds, cleaning greenware, clay carving, and brushstroke techniques using acrylic paints, underglazes, glazes, and overglazes. A large supply of city owned molds are available for your use. You need to furnish your own supplies. For a supply list, call 435-0699.
Instructor: Elaine Scholten
#105255 PCS W Feb 1 - Mar 7 10:00 am - 1:00 pm $60
#105256 PCS W Feb 1 - Mar 7 6:00 pm - 8:00 pm $50

Mosaic Design for Beginners
Age 16 & up • Learn glass cutting at your first class and begin a design; from window hangings to framed mirrors, terra cotta pots or bird houses, anything goes! Supplies discussed at first class. Call 718-4402 if you have any questions.
Instructor: Sandy May
#105257 PCS M Jan 23 - Feb 27 7:00 pm - 9:00 pm $70
#105258 PCS T Jan 31 - Feb 21 10:00 am - 1:00 pm $70
#105259 PCS T Feb 28 - Mar 20 10:00 am - 1:00 pm $70

Mosaic Studio
Age 16 & up • Prerequisite: Mosaic Design for Beginners. This workshop is designed to offer the student with a large artwork, additional class time to complete their project.
Instructor: Sandy May
#105260 PCS M Mar 5 - Mar 12 7:00 pm - 9:00 pm $29

PRESCHOOL ARTS & CRAFTS

Pottery Clay Preschooler/Kindergarten & Parent
Age 4 - 6 • Young children love clay! Adult must assist child and both should dress to get muddy. Projects will be fired. Register with child’s name and age. One registration form per pair. No class Feb 20
Instructor: Terrie Greene
#105261 PCS M Jan 30 - Feb 27 2:00 pm - 3:00 pm $40

YOUTH ARTS & CRAFTS

Pottery for Beginners
Age 6 - 11 • Create with clay while making gifts for yourself or others. Have fun exploring handbuilding techniques. All Master pieces are fired and finished. No class Mar 5
Instructor: Terrie Greene
#105262 PCS M Jan 30 - Mar 12 12:00 pm - 1:30 pm $55
#105263 PCS M Jan 30 - Mar 12 4:30 pm - 6:00 pm $55

REGISTER ONLINE @ EZREG.VBGOV.COM
Painting: Acrylic/Oils
Age 18 & up • A variety of painting techniques will be demonstrated and practiced in a relaxed atmosphere. Those new to painting will learn the basics of color mixing, paint handling and tried and true ideas that make painting work. Pick up supply list at Kempsville’s front desk.
Instructor: Dorothy Raxter
#105511 KV W Jan 25 - Mar 14 10:00 am - 1:00 pm $68

Painting: Ongoing Watercolors
Age 16 & up • Work on your own paintings of choice with the instructor available for critique and assistance. You will be encouraged to experiment with new ways of painting and to try new supplies and techniques. This will help you develop your individual painting style. Bring in pictures to paint. Pick up a supply list at the Great Neck front desk. No class Apr 12
Instructor: Kathy Staicer
#105318 GN Th Mar 15 - May 10 10:00 am - 1:00 pm $68

Pottery for Beginners - Teens
Age 12 - 15 • Come have fun and create cool pottery projects using handbuilding techniques. Make gifts for yourself or others. All Master pieces are fired and finished. No class Mar 7
Instructor: Terrie Greene
#105264 PCS W Feb 1 - Mar 14 5:30 pm - 7:00 pm $65

Wine Bottle Slumping Workshop I
Age 16 & up • Recycling those wine or other fancy bottles will be fun! Your bottles are slumped (melted flat) in our kilns. You go from there with your own creativity or with our help. They make great cheese trays or a number of other uses. You must furnish your own supplies, including up to 3 bottles for the first class. Have your bottles cleaned, labels, and glue removed. We will discuss the supplies needed for you to decorate your bottles in classes 2 and 3. You may bring 3 additional bottles for an additional $17 (pay in advance at any recreation center).
Instructor: Chris Watson
#105270 PCS Th Jan 26 - Feb 9 6:30 pm - 8:30 pm $39

Pottery Beginner & Beyond
Age 16 & up • Handbuilding and wheelthrowing will be explored. Students who have previously taken a class at this studio will learn more advanced techniques and develop individual styles. Pottery starter tool kit required. (A.C. Moore/Michaels; the kit has the yellow round sponge).
Instructor: Robert Hitt
#105265 PCS M Jan 23 - Mar 12 6:30 pm - 10:00 pm $175
#105266 PCS T Jan 24 - Mar 13 6:30 pm - 10:00 pm $175
Instructor: Chris Stevens
#105267 PCS W Jan 25 - Mar 14 10:00 am - 2:00 pm $175
#105268 PCS Th Jan 26 - Mar 15 10:00 am - 2:00 pm $175
Instructor: Elaine Goulart
#105269 PCS F Jan 27 - Mar 16 10:00 am - 2:00 pm $175

Wine Bottle Slumping Workshop II
Age 16 & up • Pre-requisite: Wine Bottle Slumping Workshop I. Returning students can decorate more bottles at the studio with the help of our instructor. You can supply up to 6 bottles for the class. The bottles should be cleaned, labels and glue removed.
Instructor: Chris Watson
#105271 PCS Th Feb 16 - Feb 23 6:30 pm - 8:30 pm $45
Drop off bottles Feb 9, 6 - 8 pm or Feb 10 & 11, 9 - 11 am
#105272 PCS Th Mar 1 - Mar 8 6:30 pm - 8:30 pm $45
Drop off bottles Feb 23, 6 - 8 pm or Feb 24 & 25, 9 - 11 am
dance

PRESCHOOL DANCE

Creative Movement

Age 3 - 5 • This class develops coordination, flexibility and creativity using musical exercises, role playing, games and props to explore movement while introducing different aspects of dance. Great for all children. Items recommended for class are flexible sneakers or jazz shoes and movement or play-friendly clothing.

#105057 BC M Jan 23 - Feb 27 6:30 pm - 7:30 pm $29
#105058 BC M Mar 12 - Apr 16 6:30 pm - 7:30 pm $29
#105055 PA M Jan 23 - Feb 27 4:00 pm - 5:00 pm $29

Pre Ballet

This class will introduce children to the basic fundamentals and terminology of ballet, to also include work with posture, balance and coordination. Items recommended for class are leotard, tights and ballet slippers. No class Mar 3.

Age 3
#105064 KV F Feb 24 - Mar 30 4:00 pm - 5:00 pm $29
#105059 PA F Mar 2 - Apr 6 4:00 pm - 5:00 pm $29

Age 3 - 5
#105062 BC M Jan 23 - Feb 27 5:15 pm - 6:15 pm $29
#105063 BC M Mar 12 - Apr 16 5:15 pm - 6:15 pm $29
#105061 BS Sa Feb 4 - Mar 17 9:15 am - 10:15 am $29

Age 4 - 5
#105065 KV F Feb 24 - Mar 30 5:15 pm - 6:15 pm $29
#105060 PA F Mar 2 - Apr 6 5:15 pm - 6:15 pm $29

Tap/Ballet Combo

Age 3 - 5 • This class will offer 30 minutes each of beginner ballet and tap. Basic fundamentals and terminology will be introduced. Items recommended for class are leotard, tights, or movement friendly clothing along with tap and ballet shoes.

#105068 BC Th Jan 26 - Mar 1 4:45 pm - 5:45 pm $29
#105069 BC Th Jan 26 - Mar 1 6:00 pm - 7:00 pm $29
#105071 BC Th Mar 15 - Apr 19 4:45 pm - 5:45 pm $29
#105070 BC Th Mar 15 - Apr 19 6:00 pm - 7:00 pm $29
#105289 BS T Feb 28 - Apr 3 10:30 am - 11:30 am $29
#105067 BS W Mar 7 - Apr 11 4:30 pm - 5:30 pm $29
#105074 GN T Feb 7 - Mar 13 5:00 pm - 6:00 pm $29
#105075 GN T Mar 20 - Apr 24 5:00 pm - 6:00 pm $29
#105066 PA W Jan 25 - Feb 29 5:00 pm - 6:00 pm $29

Tumbling For Tots

Age 3 - 5 • Tumble and roll the hour away in this beginner tumbling class. Basic fundamentals and terminology of gymnastics will be introduced. This class will also begin to teach balance and coordination. Movement or play friendly clothing recommended.

#105089 BC W Feb 29 - Apr 4 5:30 pm - 6:30 pm $29
#105088 BS T Feb 28 - Apr 3 9:15 am - 10:15 am $29
#105090 GN T Feb 7 - Mar 13 3:45 pm - 4:45 pm $29
#105091 GN T Mar 20 - Apr 24 3:45 pm - 4:45 pm $29

YOUTH DANCE

Ballet I

Age 6 - 8 • This class is designed for both beginners and those with some basic training. Students will learn ballet terminology and continue to work on posture, balance and coordination as additional skills are introduced. Items recommended for class are leotard, tights and ballet slippers.

#105053 BS W Mar 7 - Apr 11 5:45 pm - 6:45 pm $29
#105054 KV F Feb 24 - Mar 30 6:30 pm - 7:30 pm $29
#105052 PA F Mar 2 - Apr 6 6:30 pm - 7:30 pm $29

Tap/Ballet Combo Intermediate

Age 6 - 9 • The class will offer 30 minutes each of Ballet and Tap. A basic understanding of fundamentals and terminology is recommended. Participants will learn intermediate skills and moves. Items recommended for class are leotard, tights, or movement friendly clothing along with tap and ballet shoes.

#105072 BC W Feb 29 - Apr 4 6:45 pm - 7:45 pm $29
Zumbatomic®

Designed exclusively for kids, Zumbatomic® classes are rockin’, high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Zumbatomic® will increase their focus and self-confidence, boosting metabolism and enhancing coordination.

Age 8 - 10
#105084 BS M Feb 27 - Apr 2 5:30 pm - 6:30 pm $39
#105082 PA Th Mar 1 - Apr 5 5:30 pm - 6:30 pm $39

Age 11 - 12
#105083 PA Th Mar 1 - Apr 5 6:45 pm - 7:45 pm $39
#105085 BS M Feb 27 - Apr 2 6:45 pm - 7:45 pm $39

TEENS & ADULTS DANCE

Adult Ballet

Age 16 & up • This class is taught at the beginner level, but great for those with past experience as well. Improve posture, flexibility and strength while learning basic fundamentals of ballet and proper technique. Items recommended for class are leotard, tights and ballet slippers.

#105019 GN T Feb 7 - Mar 13 6:15 pm - 7:15 pm $29
#105020 GN T Mar 20 - Apr 24 6:15 pm - 7:15 pm $29
#105018 PA M Jan 23 - Feb 27 5:15 pm - 6:15 pm $29

Ballroom Dance I For Couples

Age 16 & up • American Style dance includes basics for the Fox Trot, Triple Swing, Waltz, Cha-Cha and more. Be a dance star of tomorrow!

#105292 GN F Jan 27 - Mar 2 6:00 pm - 7:00 pm $29
#105293 GN F Mar 16 - Apr 20 6:00 pm - 7:00 pm $29
#105291 PA T Jan 31 - Mar 6 6:00 pm - 7:00 pm $29
#105294 KV W Feb 29 - Apr 4 6:00 pm - 7:00 pm $29

Ballroom Dance II For Couples

Age 16 & up • American-style ballroom dancing continuing - includes advanced patterns in Fox Trot, Triple Swing, Waltz, Cha-Cha and basic steps in Mambo. Arm-styling is introduced and how to properly maneuver around the social dance floor is taught. Prerequisite: Dance 4 Fun I or Ballroom Dance 1. Appropriate placement by teacher's discretion. Couples sign up together! Price is per person.

#105298 GN M Jan 30 - Mar 5 6:30 pm - 7:30 pm $29
#105299 GN M Mar 19 - Apr 23 6:30 pm - 7:30 pm $29

Beach Shag: Level II For Couples

Age 16 & up • A continuation of Level I Shag dance for couples that includes intermediate patterns to add to the Basic Shag steps. Dance to ‘beach music’ and many other popular songs. Prerequisite: Shag Dance Level I. Couples sign up together! Price is per person.

#105021 PA T Jan 24 - Feb 28 5:15 pm - 6:15 pm $29

Fusion Belly Dance

Age 16 & up • Fusion belly dance mixes traditional belly dance with other dance forms. This class will use various types of music and also work on stretching and core strength. Belly dance moves will be taught and fused with other dance forms. A short routine will be taught.

#105036 KV W Mar 7 - Apr 11 7:15 pm - 8:15 pm $29

Body Transformation: Dance Fitness

Age 16 & up • Change the way you look and feel in this eight-week course designed to burn calories, tone muscles and gain flexibility. Let loose and build confidence while learning the benefits of dance fitness as well as proper form, technique and terminology. Participants will experience many forms of dance including Zumba®, Hip-Hop & Jazz, Drums Alive®, ballet and much more. This program is for all experience levels and body types.

#101617 BS T, Th Jan 31 - Mar 22 5:30 pm - 6:30 pm $85
DANCE

REGISTER ONLINE @ EZREG.VBGOV.COM

Bollywood
Age 14 & up • A recipe for pure aerobic fun! This class blends the classic folk styles of Bombay with Western pop. Burn up to 500 calories and feel like a Bollywood star! Wear loose, comfortable clothes.
#105035 KV W Mar 7 - Apr 11 6:00 pm - 7:00 pm $29

Contemporary Dance
Age 16 & up • Taught at a beginning/intermediate level, this class will explore both techniques of ballet, jazz and emotion based movements through choreography. The class will begin with stretching and muscle toning, and end with learning choreography. Recommended attire: loose and comfortable clothing, ballet shoes or socks.
#105032 BS W Mar 7 - Apr 11 7:00 pm - 8:00 pm $29

Fitness Through Dance
Age 16 & up • Jump into the hot seat and experience a fun and sassy class that will have you looking at your household chairs in a whole new light! During this course you will learn a whole range of different dance styles. This class introduces you to the art of chair dancing while giving you the best total body workout you’ve ever had! No experience necessary. Beginners to advanced dancers will love it. Equipment used; chairs, gliders and body bars.
#105037 GN Th Feb 9 - Mar 15 5:30 pm - 6:30 pm $29

Hawaiian Hula
Age 16 & up • Learn the basic steps of Hula and short choreography. Hula is a great way to tone arms, abs and legs. Come sway to the rhythms of the beautiful islands of Hawaii! Wear loose, comfortable clothing.
#105038 GN W Feb 1 - Mar 7 5:30 pm - 6:30 pm $29
#105039 GN W Mar 21 - Apr 25 5:30 pm - 6:30 pm $29

Hip Hop
Age 16 & up • A high energy dance class that emphasizes all styles of hip hop. Students will learn upbeat routines with challenging rhythmic movements and timing to the music. Wear loose fitting clothing that allows movement to dance freely; sneakers or jazz shoes.
#105033 BS T Jan 31 - Mar 6 6:45 pm - 7:45 pm $29

Senior Swingers Square Dance
Age 55 & up • This program is for the mainstream square dancer who has knowledge of round dancing, mixers and line dancing. Singles are welcome; however, this is not for the novice dancer. (Beginner dancers are welcome from 1:00 pm - 3:00 pm if there are enough for a class.) No additional cost
KV Th 10:00 am - 1:00 pm

Enhancements to your local parks and even recreation centers are made possible through the Virginia Beach Parks & Recreation Foundation. The foundation exists to support Virginia Beach Parks & Recreation by raising funds, accepting gifts, and providing other resources to enhance existing programs, services facilities and technology.

Recent projects include:
• An ADA-Approved Wheelchair Ramp at the Princess Anne Recreation Center pool
• Preschool Playground at Kempsville Recreation Center
• Waterway access and water safety signage

Ways you can get involved
• Become a member
• Purchase a park bench or tree through the bench and tree buddies program

Forms and other ideas to get involved at vbprf.org
LEISURE ACTIVITIES
REGISTER ONLINE @ EZREG.VBGOV.COM

leisure activities

FAMILY ACTIVITIES

Friday Family Movie Nights
All ages • Tired of paying too much at the movies? At Bayside, you get the movie, popcorn and family fun for FREE! Age appropriate movies will be played for the whole family to enjoy. Movies start at 6:30 pm. No additional cost
BS Feb 3 Rio
BS Mar 2 Tangled

Movie Nights in the Pool
All ages • Enjoy a special feature while floating in the pool. No additional cost
PA F Jan 27 6:00 pm - 8:00 pm Happy Feet
GN F Feb 24 6:00 pm - 8:00 pm Cars 2
PA F Mar 16 6:00 pm - 8:00 pm Despicable Me

PRESCHOOL SPECIAL EVENTS

Great Neck Groundhog Get Together
Age 5 & under w/parent • Will he see his shadow or won’t he? Come out and celebrate this telling of winter while enjoying snacks and making crafts. Register by Jan 25
#105316 GN W Feb 1 10:00 am - 11:30 am $6

Little Cupids Carnival
Age 2 - 5 • Celebrate Valentine’s Day with the lil’ ones. We will play carnival games, work on a craft project and enjoy refreshments. Wear pink or red and get a little goodie.
#105338 PA F Feb 10 10:00 am - 11:30 am $6

Valentine Celebration
Age 5 & under w/parent • We heart you! Come out, enjoy snacks and make a craft for your special Valentine too! Register by Feb 8
#105317 GN W Feb 15 10:00 am - 11:30 am $6

Dr. Seuss’ Birthday
Age 5 & under w/parent • Listen to some Dr. Seuss favorites and play some games while enjoying a light snack to celebrate this imaginative storyteller’s birthday. Register by Feb 29
#105308 GN W Mar 7 10:00 am - 11:30 am $6

Munchkins St. Patty’s Day Fun and Games
Age 2 - 5 • Calling all Leprechauns! Let's celebrate St. Patrick’s Day. We will play games, have a special story time, sing and dance, enjoy a yummy green snack with punch and have a four-leaf clover hunt. Goodie bags will be given out to all participants.
#105339 PA F Mar 16 10:00 am - 11:30 am $6

PRESCHOOL ACTIVITIES

Little Preschool Bounce & More
Age 5 & under w/parent • It's time to play, jump, crawl, slide and bounce; exercise your artistic skills and get your face painted. Register one week in advance.
#105306 GN W Jan 25 10:00 am - 11:00 am $6
#105489 PA F Jan 27 9:30 am - 10:30 am $6
#105342 PA F Feb 17 9:30 am - 10:30 am $6
#105343 PA F Mar 2 9:30 am - 10:30 am $6

Munchkins Food Fun
Age 2 - 5 w/ parent • Join your children in making fun food creations. We will be making kooky cooking projects and creating crafty foods. Make sure you dress for a mess.
Lots of Love
#105335 PA F Feb 24 10:00 am - 11:00 am $6
Luck of the Irish
#105336 PA F Mar 23 10:00 am - 11:00 am $6

Munchkins Sports Hour
Age 3 - 5 • We provide preschool sports in a fun, safe, noncompetitive environment. Child must be toilet trained. Parent must remain in the center. Registration required.
Soccer
#105345 PA Th Feb 2 9:30 am - 10:30 am $6
#105275 BC Sa Feb 18 10:00 am - 11:00 am $6
Golf
#105346 PA Th Mar 1 9:30 am - 10:30 am $6
Baseball
#105276 BC Sa Mar 17 10:00 am - 11:00 am $6

REGISTER ONLINE @ EZREG.VBGOV.COM
You and Me Kid
Age 5 & under w/parent • Bring your child and interact with them while listening to music, playing with toys, and creating colorful art. Light snack provided.

#105073 BS Th Jan 26 10:00 am - 11:30 am $4
#105076 BS Th Feb 2 10:00 am - 11:30 am $4
#105077 BS Th Feb 9 10:00 am - 11:30 am $4
#105078 BS Th Feb 16 10:00 am - 11:30 am $4
#105079 BS Th Feb 23 10:00 am - 11:30 am $4
#105080 BS Th Mar 1 10:00 am - 11:30 am $4
#105081 BS Th Mar 8 10:00 am - 11:30 am $4
#105086 BS Th Mar 15 10:00 am - 11:30 am $4
#105087 BS Th Mar 22 10:00 am - 11:30 am $4
#105301 GN W Feb 8 10:00 am - 11:30 am $4
#105302 GN W Feb 22 10:00 am - 11:30 am $4
#105303 GN W Feb 29 10:00 am - 11:30 am $4
#105304 GN W Mar 14 10:00 am - 11:30 am $4
#105305 GN W Mar 28 10:00 am - 11:30 am $4

YOUTH ACTIVITIES

Bayside Game Room
Billiards, table tennis, foosball, Legos, bumper pool and an assortment of board games. Indoor playground for age 3-12.
Socks are required to enjoy the playground.
M-Th 2:00 pm - 9:15 pm
F 2:00 pm - 8:45 pm
Sa 9:00 am - 4:45 pm
Su 11:00 am - 4:45 pm

Bow Creek Game Room
Billiards, table tennis, air hockey, Rock Band, Dance Dance Revolution, CatEye Gamebikes, XR Boards hooked up to Playstation II and Nintendo Wii, XBox 360 with Kinect. Assortment of board games, coloring, Legos and blocks.
M-Th 2:00 pm - 9:15 pm
F 2:00 pm - 8:45 pm
Sa 9:00 am - 4:45 pm
Su 11:00 am - 4:45 pm

Wii Bowling
Age 6 - 17
F 5:30 pm - 6:30 pm

Great Neck Game Room
Billiards, table tennis, air hockey, Legos, Nintendo Wii and an assortment of board games. Indoor playground for age 3-12. Socks are required to enjoy the playground.
M-Th 2:00 pm - 9:15 pm
F 2:00 pm - 8:45 pm
Sa 9:00 am - 4:45 pm
Su 11:00 am - 4:45 pm

Kempsville Game Room
Age 6 - 17 • Billiards, table tennis, air hockey, Xer Dance, Playstation 3 and Nintendo Wii, as well as an assortment of board games, coloring, Legos and blocks.
M-Th 2:00 pm - 9:15 pm
F 2:00 pm - 8:45 pm
Sa 9:00 am - 4:45 pm
Su 11:00 am - 4:45 pm

Princess Anne Game Room
Game room activities include billiards, table tennis, bumper pool, arcade basketball, air hockey, foosball, and Baggo. Assortment of board games and Legos. Also Wii and Playstation 2 games are available. Indoor playground for age 3-12. Socks are required to enjoy the playground. Closed 8:45 am - 9:15 am, 1:00 pm - 1:45 pm Monday-Friday for Early Childhood Program
M-Th 2:00 pm - 9:15 pm
F 2:00 pm - 8:45 pm
Sa 9:00 am - 4:45 pm
Su 11:00 am - 4:45 pm

LEISURE ACTIVITIES

REGISTER ONLINE @ EZREG.VBGOV.COM

Youth Activities

Daddy/Daughter Dance
Age 5 - 10 • Daughters 5 - 10 years of age along with their father or guardian. Fathers and Daughters, enjoy some quality time together. There will be a DJ, plenty of dancing, light refreshments, and a craft for the daughter to take home. Register by Feb 17
#105300 GN F Feb 24 6:00 pm - 8:00 pm $12

Great Neck Friday Night Out
Age 6 - 12 • Parents, enjoy a night out and leave your kids with us! Kids will play gym games, use the sportwall, and play in the gameroom. (Kids, remember to bring socks and wear running shoes). Register one week in advance. No additional cost
#105309 GN F Feb 17 6:00 pm - 8:30 pm
#105310 GN F Mar 16 6:00 pm - 8:30 pm

YOUTH SPECIAL EVENTS

BC: BOW CREEK
BS: BAYSIDE
GN: GREAT NECK
KV: KEMPSVILLE
PA: PRINCESS ANNE
ST: SEATACK

Wii Bowling
Age 6 - 17
Princess Anne Youth Programs

Gym Activities
Age 6 - 11
F 6:30 pm - 8:00 pm
Age 12 - 17
F 6:30 pm - 8:45 pm

Video Game Challenge
Age 6 - 17
M-F 4:30 pm - 6:30 pm
M-F 7:00 pm - 8:00 pm
Sa 10:00 am - 11:30 am
Su 12:00 pm - 1:30 pm
Su 3:00 pm - 4:00 pm

School's Out • Apr 9 - Apr 13
“Tournament of the Day” - play different tournaments each day.
The competition will be divided according to age categories.
M-F 10:00 am - 11:30 am
M-F 1:00 pm - 2:30 pm

Wii Bowling
Age 6 - 11
F 6:00 pm - 7:00 pm
Age 12 - 17
F 7:00 pm - 8:00 pm

ADULT ACTIVITIES

Big Guys Bunch
Age 18 & up • This is a men's only social organization. We provide
the room; you provide the camaraderie and fellowship.
BS Th 9:30 am - 12:00 pm

Bingo Exchange
Age 18 & up • Everyone is welcome. If you enjoy bingo, fellowship
and good ol' fashioned fun, then join us for this drop-in program.
Prizes will be provided.
#105313 GN Th Feb 16 9:30 am - 11:30 am $5
#105314 GN Th Mar 22 9:30 am - 11:30 am $5

Crafter's Corner
Age 18 & up • Join other crafters while working on your own
project ideas. This open session time will allow you to go at your
own pace and learn skills from others. No additional cost
KV M 9:00 am - 12:00 pm
KV W 6:00 pm - 9:00 pm

Senior Swingers Square Dance
Age 55 & up • This program is for the mainstream square dancer
who has knowledge of round dancing, mixers and line dancing.
Singles are welcome; however, this is not for the novice dancer.
(Beginner dancers are welcome from 1:00 pm - 3:00 pm if there
are enough for a class). No additional cost
KV Th 10:00 am - 1:00 pm

Virginia Beach Seasoned Citizens Club
Age 55 & up • Retirees wanted for this active group who love
to travel and socialize at special activities. Monthly business
meeting 2nd Wednesday of the month. Club membership fee
and varied costs for activities.
BS W Feb 8 10:30 am
BS W Mar 14 10:30 am

CARDS & TABLE GAMES

Billiards
Age 18 & up • Rack up the pool balls to improve your eye and
hand coordination, challenge others or just enjoy the game. No
additional cost
BC M-Th 8:30 am - 9:15 pm Game Room
BC F 8:30 am - 8:45 pm Game Room
BC Sa 9:00 am - 4:45 pm Game Room
BC Su 11:00 am - 4:45 pm Game Room
BS M-Th 8:30 am - 9:15 pm Adult Game Room
BS F 8:30 am - 8:45 pm Adult Game Room
BS Sa 9:00 am - 4:45 pm Adult Game Room
BS Su 11:00 am - 4:45 pm Adult Game Room
GN M-F 6:00 am - 8:00 am Lobby
GN M-Th 8:00 am - 9:15 pm Lobby & Adult Game Room
GN F 8:00 am - 8:45 pm Lobby & Adult Game Room
GN Sa 9:00 am - 4:45 pm Lobby & Adult Game Room
GN Su 11:00 am - 4:45 pm Lobby & Adult Game Room
KV M-Th 6:30 am - 9:15 pm Theater Lobby
KV F 6:30 am - 8:45 pm Theater Lobby
KV Sa 9:00 am - 4:45 pm Theater Lobby
KV Su 11:00 am - 4:45 pm Theater Lobby
PA M-Th 8:00 am - 9:15 pm Lobby
PA F 8:00 am - 8:45 pm Lobby
PA Sa 9:00 am - 4:45 pm Lobby
PA Su 11:00 am - 4:45 pm Lobby

Bridge

Duplicate Bridge
Age 18 & up • Bring your partner and your lunch to play bridge.
No additional cost
GN F 9:30 am - 1:30 pm
KV W 9:30 am - 1:30 pm

Party Bridge
Age 18 & up • Everyone is welcome! No partner needed. Join
this weekly drop-in program and enjoy the fellowship of others.
Games start promptly. No additional cost
BC F 5:30 pm - 8:45 pm
BS F 9:00 am - 2:00 pm
GN T 6:00 pm - 9:00 pm
KV M 9:30 am - 1:30 pm
PA F 9:00 am - 2:00 pm
LEISURE ACTIVITIES
REGISTER ONLINE @ EZREG.VBGOV.COM

COME OUT & PARTY AT GREAT NECK REC!

Winter Luau at Great Neck
Break out of the winter blues and bring the family for a Hawaiian Luau. There will be a DJ, plenty of dancing, crafts, and refreshments for the whole family to enjoy.
Register by Jan 13. $10 per youth
# 101689 Jan 20 F 6:00 pm - 8:00 pm

Daddy/Daughter Dance
Dads, bring your daughters (ages 5-10) out and enjoy some quality time together. A DJ will provide the tunes, and we will provide light refreshments and a craft for the daughter to take home as well! Register by Feb 17. $12 per daughter
# 105300 Feb 24 F 6:00 pm - 8:00 pm

Canasta
Age 18 & up • Come with no skills, brush up on old skills! Just play! No additional cost
BS W 10:30 am - 1:30 pm
KV F 10:00 am - 1:00 pm
PA Th 10:00 am - 1:00 pm

Cribbage Club
Age 18 & up • Everyone is welcome. Join this weekly drop-In program and just play! No additional cost
GN W 6:00 pm - 9:00 pm

Hand & Foot
Age 18 & up • If you enjoy Canasta, then you will enjoy this closely related card game. Beginners are always welcome. No additional cost
KV T 6:00 pm - 9:00 pm

Mah Jong Players
Age 18 & up • No additional cost
GN Th 10:00 am - 1:00 pm
KV Th 6:30 pm - 9:00 pm

Pinochle Club
Age 18 & up • Everyone is welcome! Join this weekly drop-in program and enjoy the fellowship of others. No additional cost
GN F 6:00 pm - 8:30 pm

Table Tennis
Competitive Table Tennis
Age 18 & up • This program is designed for adults playing at tournament level. No additional cost
KV M 5:30 pm - 9:00 pm Rooms 116, 117 & 118
KV W 5:00 pm - 9:00 pm Rooms 116 & 118
KV F 5:30 pm - 8:30 pm Gym

FOREVER YOUNG CENTERS
Age 60 & up • We provide a gathering place for older adults interested in enhancing their quality of life through recreational activities that support physical, intellectual, outdoor and social needs. Participate in local shopping trips, special events, lunches at local restaurants, games and crafts, as well as exercise and social activities.
Limited transportation is available on a first come, first served basis for non-driving participants on standard program days. This service requires a reservation. Additional costs for transportation and trips may apply.
Not a Forever Young member? Get registered today and enjoy our special events and activities! See the information below for days and times the centers are operating nearest to you.

Canasta
Age 18 & up • Come with no skills, brush up on old skills! Just play! No additional cost
BS M-Th 8:30 am - 9:15 pm Game Room
BS F 8:30 am - 8:45 pm Game Room
BS Sa 9:00 am - 4:45 pm Game Room
BS Su 11:00 am - 4:45 pm Game Room
BS W 8:30 am - 9:15 pm Game Room/Lobby
BS F 8:30 am - 8:45 pm Game Room/Lobby
BS Sa 9:00 am - 4:45 pm Game Room/Lobby
BS Su 11:00 am - 4:45 pm Game Room/Lobby
GN M-Th 8:00 am - 9:15 pm Adult Game Room
GN F 8:00 am - 8:45 pm Adult Game Room
GN Sa 9:00 am - 4:45 pm Adult Game Room
GN Su 11:00 am - 4:45 pm Adult Game Room
KV M-Th 6:30 am - 9:15 pm Theater Lobby
KV F 6:30 am - 8:45 pm Theater Lobby
KV Sa 9:00 am - 4:45 pm Theater Lobby
KV Su 11:00 am - 4:45 pm Theater Lobby
PA M-Th 8:00 am - 9:15 pm Game Room
PA F 8:00 am - 8:45 pm Game Room
PA Sa 9:00 am - 4:45 pm Game Room
PA Su 11:00 am - 4:45 pm Game Room
BS* W, F 10:00 am – 1:00 pm
BC* M, W, F 10:00 am – 1:00 pm
GN T 10:00 am – 1:00 pm
KV T, Th 10:15 am – 1:00 pm
PA M, W 9:30 am – 12:30 pm
ST M - F 10:00 am – 1:00 pm

*Senior Services of Southeastern Virginia meals available. Check with your center representative for details.

Forever Young City-Wide Special Events

Valentine's Day Dance
Open to all Forever Young Centers and members, hosted by the Bayside Forever Young Center - Bring a heart full of love in celebration of this special day of dancing, door prizes, King & Queen, DJ, and lunch.
#105049 BS W Feb 8 10:30 am - 1:00 pm $7

Bayside Forever Young Center Events*

Movie Day
Go to the movies without even leaving the center! Check with your Forever Young representative for more details.
#105048 BS F Jan 27 10:30 am - 12:30 pm $6

Mardi Gras
We are going to bring in Mardi Gras with king cake, masks, parading around the recreation center in purple and gold with lots of music. Lunch is included.
#105050 BS F Feb 17 11:00 am - 1:30 pm $6

St. Patrick's Day Celebration
Join us as we celebrate St. Patrick's Day with leprechauns, clovers, lots o’ green, corned beef, cabbage, Irish potatoes, Irish soda bread and lots of fun.
#105051 BS F Mar 16 11:00 am - 1:30 pm $6

Bow Creek Forever Young Center Events*

Buddy Bingo
Small prizes, big fun! When you win, you draw a name and your “buddy” wins a prize too. Get in the fun by becoming a member.
#105044 BC F Feb 24 10:00 am - 1:00 pm $2

Pasta Lunch
This month's pasta lunch is lasagna. Cost includes a serving of lasagna, small salad and garlic bread. Sign up today and enjoy by being a member.
#105045 BC W Mar 28 10:00 am - 1:00 pm $5

Great Neck Forever Young Center Events

Live Production of “Willy Wonka”
Lights, Camera, Action! Come with us to the Roper Theatre to enjoy the Hurrah Players as they bring this timeless story of the world famous candy man to life. Price includes your ticket for the show and transportation to and from the theatre. Please check with your Forever Young representative for more details. Space is limited, register by Feb 14.
#105087 GN Th Mar 8 9:00 am - 1:00 pm $13

Shopping & Lunch Trips
Enjoy shopping and dining at a local establishment
GN T Jan 31 10:00 am - 1:00 pm
GN T Feb 28 10:00 am - 1:00 pm
GN T Mar 27 10:00 am - 1:00 pm

Kempsville Forever Young Center Events

Chrysler Hall Museum of Art
Enjoy one of the area’s greatest art exhibitions of sculpture, photography, paintings, and more!
#105278 KV Th Jan 26 11:00 am - 1:00 pm $10

Shopping at Pembroke Mall
KV T Feb 21 11:00 am – 1:00 pm

Trip to the Old Coast Guard Station
Join us for a unique experience and enjoy one of the city’s most renowned attractions at the beach.
#105277 KV Th Mar 15 11:00 am - 12:00 pm $11

Princess Anne Forever Young Center Events

Indoor Picnic Lunch
Our scrumptious monthly lunch with a variety of picnic food and fixin’s!
#105455 PA M Jan 9 9:30 am - 12:30 pm $4
#105456 PA M Feb 13 9:30 am - 12:30 pm $4
#105471 PA M Mar 12 9:30 am - 12:30 pm $4

St Patrick’s Day Celebration
Calling all leprechauns, let’s celebrate St. Patrick’s Day. We will have music and dancing, door prizes, and corned beef and cabbage for lunch.
#105334 PA W Mar 14 9:30 am - 12:30 pm $6

Seatack Forever Young Center Events

Shopping at Pembroke Mall
ST Th Jan 26 11:00 am - 1:00 pm

Shopping at Red Mill Shopping Center
ST Th Feb 23 11:00 am - 1:00 pm
ST Th Mar 28 11:00 am - 1:00 pm

St. Patrick’s Day Celebration
Leap on by for a “shamrock” of a good time! Fun-n-games, decorate “green” treats and make a St. Patty take-home craft. You can also enjoy the luck-o-the Irish with delicious corned beef, cabbage and potato meal.
#105254 ST Th Mar 8 11:00 am - 1:00 pm $6

REGISTER ONLINE @ EZREG.VBGOV.COM
LET’S PARTY
Birthday Parties & More!

Make your child’s party even more special by letting us be the host. Your child or group (sports team) can have a fantastic party while you sit back and leave the details to us. Experienced staff will provide:

- Age-appropriate games and fun activities
- Activity space, balloons, cake & ice cream (or pizza), drinks and all the paper products
- Party preparations and clean up

Parties can be held at various times throughout the weekend. Select the party based on your child’s type of celebration, age and interests. Party prices are based on the number of participants and type of party. Reservations may be made two or more weeks in advance at your selected center. Amenities vary by site.

ADD-ON OPTIONS

- Inflatable Option • Age 3 - 10
- Cotton Candy
- Popcorn
- SnoCone

Teambuilding Parties Exclusively at Seatack

Age 6 & up • If your group needs a boost to get things going or you’re interested in making a team building activity part of your new team’s orientation, we will provide the best group games, icebreakers and team building activities for all ages and for a variety of groups, organizations, businesses, students, clubs, youth groups, camps, and game lovers in general. Prices based on the number of participants and type of activity. Register at least two weeks in advance. Call 437-4858 for details.

Birthday Blast Party
Youth Age 1 - 12 | Teens Age 13 - 15

Climbing Party
Age 6 - 12 | Teens Age 13 - 15

Game Room Party
Age 3 - 12 | Teens Age 13 - 15

Nerf® Wars Party
Age 8 - 12 | Teens Age 13 - 15

Pool Party
Age 3 - 12 | Teens Age 13 - 15

Sports Party
Age 6 - 12 | Teens Age 13 - 15

Sportwall Party
Age 9 & up
MARTIAL ARTS
REGISTER ONLINE @ EZREG.VBGOV.COM

martial arts

Aikido
Age 8 & up • Aikido promotes self-defense, aesthetic and martial aspects. The technical components contain basic defense skills of throwing, locking, immobilizing and body dynamics. Standard all white Karate ghi (uniform with no markings) is suggested attire.
#105093 BC T, Th Jan 24 - Mar 1 6:30 pm - 7:30 pm $39
#105094 BC T, Th Mar 20 - Apr 26 6:30 pm - 7:30 pm $39
#105092 PA M, W Feb 27 - Apr 4 6:30 pm - 7:30 pm $39

Judo
Age 8 & up • Judo, the gentle way, emphasizes the philosophy that the weak can prevail over the strong. It is based upon controlling your opponents balance; and the technical components contain basic defensive skills of throwing, locking, immobilizing, and falling. Traditional Judo promotes the self-defense, aesthetic and martial aspects, not competitive aspects. Standard all white Judo or Karate ghi (uniform) with no markings is suggested.
#105095 BC Sa Jan 28 - Mar 3 9:15 am - 10:15 am $25
#105096 BC Sa Mar 24 - Apr 28 9:15 am - 10:15 am $25
Age 10 & up • This traditional form bans harmful blows and develops speed, balance, coordination, self-defense techniques and overall fitness. Room 116. No additional cost
KV T, Th 6:30 pm - 8:45 pm

Kuntaw
Age 8 & up • Try this style of martial arts, which was practiced by the native Filipino warriors. It is a hybrid of delicate and precise flowing motions accented by explosive power and strong stances. Boxing room. No additional cost; just show up and have fun.
KV Sa 10:30 am - 12:30 pm

Traditional Japanese Martial Arts
Age 8 & up • Study this classical form of martial arts and perform a variety of basic blocks, strikes, foot work and stances to help strengthen the body and improve self-defense. Training also focuses on mind, body, spirit and breathing techniques to improve self-discipline. Standard all white ghi is suggested (white uniform with no markings).

Beginner
#105099 GN M, W Feb 27 - Apr 4 6:30 pm - 7:30 pm $39
#105319 KV T, Th Mar 6 - Mar 29 6:30 pm - 8:00 pm $39

Intermediate
#105097 GN M, W Feb 27 - Apr 4 7:30 pm - 8:30 pm $39

2012 VIRGINIA BEACH PARKS & RECREATION
special events
passport to fitness
January 14, 2012 • 9:00 am - 12:30 pm
Bayside, Bow Creek, Great Neck, Kempsville, Princess Anne Recreation Centers • Call 385-2994

winter wildlife festival
January 27 - 29, 2012
Princess Anne Recreation Center • Call 385-4461
outdoors@VBgov.com • Registration forms available at VBgov.com/winterwildlife

cherry blossom festival
April 1 • 12:30 pm - 3:30 pm
Red Wing Park • Call 385-2990

mount trashmore star party
April 6 • sunset until 10 pm
Mount Trashmore Park • Call 385-2990

earth day
April 22 • 11 am - 4 pm
Mount Trashmore Park • Call 385-4461

VBGOV.COM/SPECIALEVENTS
OUTDOOR & ENVIRONMENTAL PROGRAMS
REGISTER ONLINE @ EZREG.VBGOV.COM

Class Locations

GNP  Great Neck Park, 2513 Shorehaven Drive, next to Great Neck Recreation Center
LLLS  Lake Lawson/Lake Smith Natural Area, corner of Shell Road and Northampton Blvd

Please note that Virginia Beach Recreation Center memberships are not required for programs or classes held away from recreation centers.

Celebrate Green
Age 3 & up • Come celebrate all things green - from a different perspective! Kick-off the impending start of spring with recycled crafts, not-so-typical games and green tips for the whole family. Please meet at Shelter 5.

#105515 GNP Su Mar 18 2:00 pm - 4:00 pm $2

Family Nite Hike
Age 5 & up • Bundle up the kids, grab your flashlight and head out and explore the parks in the dark with us! Join us as we hear the sounds of night and check out the stars on this fun family night hike. Parent or guardian must attend with youth. No additional cost

#105290 LLLS Sa Feb 25 7.00 pm - 8.00 pm

Intro 2 Archery
Age 10 & up • Learn the basics of archery. Whistle commands, basic form & technique as well as discipline and respect for the sport will be taught. Participants will work in small groups to share equipment and receive one-on-one instruction.

#105516 KV W Mar 7 - Mar 28 6:00 pm - 7:15 pm $59

Intermediate Archery
Age 10 & up • Know the basics of archery? Come challenge yourself with this new course. You can try your hand at different types of bows, targets and gadgets. *Must have taken Intro 2 Archery or equivalent.

#105517 KV W Mar 7 - Mar 28 7:30 pm - 8:45 pm $59

Tri Outside In
NEW Age 9 - 15 • Just because it’s cold outside, doesn’t mean you have to sit still. Join us indoors for outdoor activities with a twist! We’ll race up the rock wall, kayak in the pool, and challenge ourselves with a scavenger hunt!

#105514 ST Sa Mar 3 2:00 pm - 4:00 pm $18

Adopt-A-Programs
Adopt a needy area in Virginia Beach! Get the family or a group of friends together to make Virginia Beach clean and beautiful throughout the year. Areas available for adoption include: highways, roadways, parks, trails, spots and waterways. This is a two-year adoption with a minimum of six cleanups per year. For more information, call 385-0472.

Project Green Teens
Grades 7 - 12 • Make a positive impact on our environment! This group of environmentally responsible teens creates projects that make a difference in our parks, neighborhoods, and schools. Meetings are held monthly (locations vary), with projects identified by the team. Previous projects have included clean-ups, participating in the Virginia Aquarium’s dolphin count, and conducting a dumpster dive. For more information, contact Caryl Thompson at 385-4871 or cthompso@VBgov.com

Unleash your inner Cupid during ARCHERY DEMO DAY
Saturday, February 11 | 11am - 3pm

Kempsville Recreation Center
Age 6 & up • Ever wondered if you could shoot a bow and arrow and hit your target? Well now’s your chance to test this theory. Stop by and give it your best shot during our open house. All equipment provided. Participants under 16 must have a parent present.
Reservations for 2011-2012 School-Year Programs are accepted as space allows. To make reservations or payments, please visit any Virginia Beach Recreation Center.

- Registration is not complete until all registration forms are returned to any of the six Virginia Beach Recreation Centers. These forms are in the 2011-2012 Out-of-School Time Programs Parent Handbook, available on VBgov.com/parks and at the recreation centers.
- Participants in programs with a $45 reservation fee receive a Virginia Beach Recreation Center membership.
- Processing of registration forms will take three business days once all forms are completed and returned. Our staff will confirm the first day your child may start participating in our program.
- Please note it may take up to 30 days after all registration and accommodation forms are returned to us to implement an accommodation plan.

### SCHOOL-BASED PROGRAMS

#### KinderBuddies Program

**Grade K** • The KinderBuddies Program is a safe and fun means of out-of-school time care for kindergartners located right in their own school! We provide a warm and inviting environment as these children are embarking upon the next phase of their young lives. Our program takes a hands-on approach through activities that emphasize problem solving, creative thinking and literacy skills, and support Virginia Beach City Public Schools' Curriculum. Even when participants are not in class, parents may still use the program, and simply drop their kids off and pick them up! A snack is provided, and each registered child receives a membership to a Virginia Beach Recreation Center! This program runs parallel with the Virginia Beach City Public Schools operating calendar. This program operates exempt from licensure under State Code §63.2-1715.

<table>
<thead>
<tr>
<th>Reservation fee:</th>
<th>$45 (non-refundable)</th>
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<tbody>
<tr>
<td>2-week session:</td>
<td>$200</td>
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</tbody>
</table>

#### KidzQuest School Year Program

**Grade K - 5** • Our KidzQuest School Year program is a before and after school program that understands what it means to be a kid. We provide a safe and comfortable environment, which emphasizes the fun of being a kid, while still finding the opportunity to instill responsibility and the importance of teamwork. Our professional staff truly cares about the welfare of your child, and the program is conveniently located within your child’s school!

We highlight the importance of physical activity, as our generation of youth is now more than ever facing health problems, such as childhood obesity. Our program aims to tackle that issue head-on in a child-friendly, entertaining way. On any given day, participants take part in high-energy to moderate playtime activities, as well as quiet time for homework, and other fun activities to stimulate the mind. We have an array of special events for your child to take part in, including talent shows, the Adopt-a-School grounds, meeting guest speakers, fun and educational field trips! An afternoon snack is provided, and all registered participants receive a membership to a Virginia Beach Recreation Center!

This program runs parallel with the Virginia Beach City Public Schools operating calendar. This program operates exempt from licensure under State Code §63.2-1715.

**RUNNING LATE?**

Sometimes it’s hard to get out of the office right on time, not to mention traffic issues. If your child attends our KidzQuest program, you don’t need to worry about being charged a late fee with Courtesy Care!

**KidzQuest Courtesy Care: 6:00-6:10 pm**

Participants who remain at the program site after 6:10 pm will be supervised by at least two staff members. We will try to contact those authorized to pick up the child; however, at 6:30 pm, local authorities will be contacted and our staff will follow the directions of those authorities.
SCHOOL-YEAR PROGRAMS

<table>
<thead>
<tr>
<th>Reservation fee</th>
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<tbody>
<tr>
<td>Before School</td>
<td>$55</td>
</tr>
<tr>
<td>After School</td>
<td>$84</td>
</tr>
</tbody>
</table>

Before School Schedule A  6:30 am – 8:00 am
- Centerville Elementary School
- Christopher Farms Elementary School
- Glenwood Elementary School
- Landstown Elementary School
- Providence Elementary School
- Three Oaks Elementary School

Before School Schedule B  7:00 am – 8:30 am
- Cooke Elementary School
- Green Run Elementary School
- Kempsville Elementary School
- Kempsville Meadows Elementary School
- King's Grant Elementary School
- Kingston Elementary School
- Linkhorn Park Elementary School
- New Castle Elementary School
- Newtown Elementary School
- North Landing Elementary School
- Pembroke Meadows Elementary School
- Princess Anne Elementary School
- Rosemont Forest Elementary School
- Strawbridge Elementary School
- Tallwood Elementary School
- Woodstock Elementary School

After School Schedule A  2:30 pm – 6:00 pm
- Arrowhead Elementary School
- Bayside Elementary School
- Centerville Elementary School
- Christopher Farms Elementary School
- Fairfield Elementary School
- Glenwood Elementary School
- John B. Dey Elementary School
- Landstown Elementary School
- Ocean Lakes Elementary School
- Old Donation Elementary School
- Pembroke Elementary School
- Providence Elementary School
- Red Mill Elementary School
- Thalia Elementary School
- Three Oaks Elementary School
- Trantwood Elementary School
- Windsor Oaks Elementary School
- Windsor Woods Elementary School

After School Schedule B                    3:00 pm – 6:00 pm
- Alorton Elementary School
- Brookwood Elementary School
- Corporate Landing Elementary School
- Creeds Elementary School
- Hermitage Elementary School
- Indian Lakes Elementary School
- Kempsville Elementary School
- Kempsville Meadows Elementary School
- King's Grant Elementary School
- Kingston Elementary School
- Linkhorn Park Elementary School
- Malibu Elementary School
- New Castle Elementary School
- North Landing Elementary School
- Pembroke Meadows Elementary School
- Point O’ View Elementary School
- Princess Anne Elementary School
- Rosemont Forest Elementary School
- Salem Elementary School
- Strawbridge Elementary School
- Tallwood Elementary School
- Thoroughgood Elementary School
- Woodstock Elementary School

RISE School Year Programs
Grade K - 5 • Our RISE after school program provides an enriching, fun, and convenient way to bring your child the extra assistance he or she may need. Our program is designed to provide after school care, and also to include to four key elements: Recreation, Imagination, Socialization, and Education. We have a block of time set aside for homework, as well as assistance in math, reading, and science. Our highly trained Virginia Beach Parks & Recreation staff members are committed to empowering your child, and reassuring that through hard work, the sky is the limit! We will assist your child in setting and fulfilling goals, along with the message that they can do anything they set their mind to. Our ultimate goal is for your child to live up to their fullest potential. These successes will not only build self-esteem and develop character, but will expand your child’s horizons and broaden their outlook on life. Through the RISE after school program, your child will meet guest speakers, take exciting and educational field trips, take part in activities, and much more! An afternoon snack is provided, and all participants receive a membership to a Virginia Beach Recreation Center! This program runs parallel with the Virginia Beach City Public Schools operating

LICENSING INFORMATION
Licensed programs and camps are regulated by the State of Virginia Department of Social Services Licensing Division’s Child Day Center Standards. Programs exempt from licensure operate under §63.2-1715 of The Code of Virginia.
SCHOOL-YEAR PROGRAMS

calendar and is exempt from licensure under state code §63.2-1715, and are held specifically at Title I schools.

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>2-week session</td>
<td>$84</td>
</tr>
<tr>
<td>2-week session for participants</td>
<td>$42</td>
</tr>
<tr>
<td>who currently receive free or reduced lunch at the school</td>
<td></td>
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</tbody>
</table>

RISE After School Schedule A 2:30 pm – 6:00 pm
Birdneck Elementary School
College Park Elementary School
Diamond Springs Elementary School
Holland Elementary School
Luxford Elementary School
Lynnhaven Elementary School
Rosemont Elementary School
Seatack Elementary School
Shelton Park Elementary School
Bettie F. Williams Elementary School

RISE After School Schedule B 3:00 pm – 6:00 pm
Cooke Elementary School
Green Run Elementary School
Newtown Elementary School
Parkway Elementary School
White Oaks Elementary School

Mega Middle School Mania School Year Program
Grade 6 - 8 • Our Mega Middle School Mania Before School Program provides a safe and fun environment for middle school-aged children. Middle school can be an extremely challenging time for many children, and our program aims to guide them in a manner that encourages responsibility. As middle school-aged children are in the stage of no longer being in grade school, but not yet a teenager, they often require attentiveness that provides them with the assistance they need. Time is set aside for homework, but participants also take part in fun, interactive activities. All participants receive a membership to a Virginia Beach Recreation Center! This program runs parallel with the Virginia Beach City Public Schools operating calendar, and is exempt from licensure under State Code §63.2-1715.

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<tr>
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<tr>
<td>Afternoon</td>
<td>$170 per 2 week session</td>
</tr>
<tr>
<td>All Day</td>
<td>$280 per 2 week session</td>
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</table>

RECREATION CENTER PRESCHOOL PROGRAMS
Age 3 - 6 • Virginia Beach Parks & Recreation offers licensed preschool programs at both Kempsville and Princess Anne Recreation Centers. Preschool prepares children for kindergarten, and helps to develop them educationally, emotionally and socially. We provide children with the opportunity to think independently and take a hands-on approach so they can explore, examine, and discover developmental skills. Our preschool program includes a healthy morning and afternoon snack; lunch will need to be provided by parent or guardian. Each registered child receives a Virginia Beach Recreation Center membership!

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RECREATION CENTER KINDERGARTEN PROGRAMS
Grade K • Virginia Beach Parks & Recreation offers licensed kindergarten programs at Kempsville and Princess Anne Recreation Centers. The staff meets the needs of your child through recreation center-based kindergarten camps that encourage creative play and social interaction. Our quality, community-based care serves as a form of out-of-school time care, has educational and social benefits, and supports Virginia Beach City Public Schools’ Curriculum. Our educational activities provide your child with challenges to embark upon problem solving, literacy skills, and creative thinking. Kindergartners will enjoy fun activities, explore creativity, enjoy a healthy snack and more! Each registered child receives a Virginia Beach Recreation Center membership! This program runs parallel with the Virginia Beach City Public Schools operating calendar.

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<td>After School</td>
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Kids Cafe® AT SEATACK RECREATION CENTER
Seatack Recreation Center’s school year and seasonal break camps participate in the Food Bank of Southeastern Virginia’s Kids Cafe® program. In accordance with federal law and the U.S. Department of Agriculture, this institution is prohibited from discriminating on the basis of race, color, natural origin, sex, age or disability.
Kempsville Kinderbuddies
Transportation to/from Fairfield, Indian Lakes, Kempsville, Kempsville Meadows, Point O’ View and Providence Elementary Schools.

Princess Anne Kinderbuddies
Transportation to/from Princess Anne, Ocean Lakes, Red Mill, Strawbridge and Three Oaks Elementary Schools.

RECREATION CENTER ELEMENTARY SCHOOL-AGE PROGRAMS
Grade K - 5 • Our school-age program is offered at all six of our Virginia Beach Recreation Centers. Each of them boasts the same high-quality components, such as a safe and comfortable environment for children to come and be a kid, as well as encouraging responsibility and teamwork. This program has the added bonus of access to recreation center amenities like the game rooms, gymnasiums and indoor swimming pools! We provide participants with homework time, field trips, and at some locations even racquetball and a rock climbing wall! We understand the importance of recreation for children to be their best self, socially, emotionally, and physically. Our fun and educational activities stimulate the children, and help them reach cognitive developmental milestones. Our program aims to provide children the skills that allow them to better manage stress and maintain resiliency. Each registered child receives a Virginia Beach Recreation Center Membership! This program runs parallel with the Virginia Beach City Public Schools operating calendar. School-age programs operate exempt from licensure under State Code §63.2-1715.

Program hours school dismissal - 6:00 pm
Reservation fee $45 (non-refundable)
After school program $123 per 2 week session

Bayside After School Program
Transportation may be available based on registration enrollment from each school.
Bayside Elementary School
Hermitage Elementary School
Pembroke Meadows Elementary School
Shelton Park Elementary School
Thoroughgood Elementary School
6th Graders Only:
Great Neck Middle School
Independence Middle School

Bow Creek After School Program
Transportation may be available based on registration enrollment from each school.

Brookwood Elementary School
Green Run Elementary School
Holland Elementary School
Lynnhaven Elementary School
Rosemont Elementary School
Thalia Elementary School
Windsor Oaks Elementary School
Windsor Woods Elementary School

Great Neck After School Program
Transportation may be available based on registration enrollment from each school.
Alanton Elementary School
John B. Dey Elementary School
Trantwood Elementary School
Lynnhaven Middle School (6th graders only)

Kempsville After School Program
Transportation may be available based on registration enrollment from each school.
Fairfield Elementary School
Indian Lakes Elementary School
Kempsville Elementary School
Kempsville Meadows Elementary School
Point O’ View Elementary School
Providence Elementary School
Kempsville Middle School (6th graders only)

Princess Anne After School Program
Transportation may be available based on registration enrollment from each school.
North Landing Elementary School
Ocean Lakes Elementary School
Princess Anne Elementary School
Red Mill Elementary School
Strawbridge Elementary School
Three Oaks Elementary School

Seatack After School Program
Transportation may be available based on registration enrollment from each school.
Birdneck Elementary School
Cooke Elementary School
Corporate Landing Elementary School
Linkhorn Park Elementary School
Seatack Elementary School

PARENT NOTIFICATION CODE OF VIRGINIA
Section 63.1-248.3 of the Code of Virginia requires any person providing full or part-time child care for pay on a regular planned basis to report any suspected child abuse or neglect.
BREAK CAMPS

All Day Camps
Age 5 - 12 • No school? Spend a day at any of our community recreation centers in our programs that provide fun, constructive and supervised activities. A recreation center membership is required. This program operates exempt from licensure under State Code §63.2-1715.

For current OST participants: $25
For new participants: $35

Friday, January 27
#102027 BC 7:00 am - 6:00 pm
#102026 BS 7:00 am - 6:00 pm
#102028 GN 7:00 am - 6:00 pm
#102029 KV 7:00 am - 6:00 pm
#102030 PA 7:00 am - 6:00 pm

Monday, February 20
#102032 BC 7:00 am - 6:00 pm
#102031 BS 7:00 am - 6:00 pm
#102033 GN 7:00 am - 6:00 pm
#102034 KV 7:00 am - 6:00 pm
#102035 PA 7:00 am - 6:00 pm

Spring Break Camp
Age 5 - 12 • Stay active and relieve school-related stress by participating in one of our Spring Break Camps. Get over to one of our community recreation centers for our age-appropriate fun-filled Spring Break camps with games, tournaments, swimming and more. This program operates exempt from licensure under State Code §63.2-1715.

#102037 BS M-F Apr 9 - Apr 13 7:00 am - 6:00 pm $130
#102038 BC M-F Apr 9 - Apr 13 7:00 am - 6:00 pm $130
#102039 GN M-F Apr 9 - Apr 13 7:00 am - 6:00 pm $130
#102040 KV M-F Apr 9 - Apr 13 7:00 am - 6:00 pm $130
#102041 PA M-F Apr 9 - Apr 13 7:00 am - 6:00 pm $130

Safety Camp
Grade 3 • Third Grade Safety Camp is designed to help develop your 3rd grader’s ability to identify dangerous situations and to teach proper safety precautions so that your child knows what to do when faced with potentially dangerous situations. Includes sessions on anti-bullying, bicycle safety, drug education, emergency response, home and internet safety, violence prevention, water safety and more! Registration begins Feb 24 at all recreation centers.

#102036 GN M-F Apr 9 - Apr 13 9:00 am - 4:00 pm $89

Skateboard Sessions
Age 6 & up • Learn the basics of park skateboarding, safety, park etiquette, bowl and ramp riding techniques. Skateboard and helmet required. Knee and elbow pads recommended.

#105152 MTP T-Th Apr 10 - Apr 12 9:00 am - 11:00 am $64

MARK YOUR CALENDARS!

Saturday, March 31, 2012
Recreation Center and Specialty Summer Camps
9:00 am: Princess Anne, Kempsville, and Specialty Camps
12:00 pm: Bayside, Bow Creek, and Great Neck Camps
$30 weekly deposit is required at the time of registration.

Saturday, April 28, 2012
School Based Summer Camps
9:00 am: KidsQuest/Mega Middle School Mania Camps
12:00 pm: RISE Summer Camps
$10 weekly deposit is required at the time of registration.

Saturday, May 19, 2012
2012-2013 School Year Registration

Deposits are non-refundable and nontransferable. Programs operate exempt from licensure under State Code §63.2-1715.

You may register online at EZreg.VBgov.com or in-person at any of our six recreation centers. Registration is based on first-come, first served.

Locations and more information will be advertised in our Spring 2012 catalog and at VBgov.com/parks

CHILD CARE SPENDING REPORTS

Need a report that shows how much you spent on child care with us last year? It’s easy to request a report.
Visit VBgov.com/ost or email fun@VBgov.com. Your report will be mailed as soon as we can generate it.
PRESCHOOL REC CENTER ATHLETICS

Munchkins Sports Hour
Age 3 - 5 • We provide preschool sports in a fun, safe, noncompetitive environment. Child must be toilet trained. Parent must remain in the center. Registration required.

**Soccer**
- #105345 PA Th Feb 2 9:30 am - 10:30 am $6
- #105275 BC Sa Feb 18 10:00 am - 11:00 am $6

**Golf**
- #105346 PA Th Mar 1 9:30 am - 10:30 am $6

**Baseball**
- #105276 BC Sa Mar 17 10:00 am - 11:00 am $6

YOUTH REC CENTER ATHLETICS

Badminton

**Family Badminton**
Age 6 & up with parent or guardian • Play as a family. Youth must be accompanied by parent/guardian. No additional cost
- KV Sa 10:45 am - 1:30 pm
- KV Su 2:30 pm - 4:45 pm

**Adult Badminton**
Age 18 & up • No additional cost
- GN F 6:30 pm - 8:15 pm
- KV T 7:00 pm - 9:15 pm
- KV Th 8:00 pm - 9:15 pm
- PA Sa 9:00 am - 12:00 pm

Baseball Skills and Drills Conditioning
Age 9 - 14 • Want to improve your baseball skills? Need to enhance your skills before tryouts and the upcoming season? Enroll in our 4-hour clinic to warm up your hitting, base running, fielding, and throwing ability. Clinic will be conducted by Jerry Hairston. Register by Feb 25
- #105389 PA Sa Mar 3 9:00 am - 12:00 pm $11

Basketball
Age 13 - 17 • Join other teens in a 5-on-5 round robin basketball competition.
- PA M-F 2:00 pm - 4:00 pm
- PA F 6:30 pm - 8:45 pm
- ST F 4:00 pm - 5:30 pm
Age 18 & up • Sign-ups begin 30 minutes before play.
- BC T, Th 6:00 pm - 9:15 pm
- BS M, W 7:00 pm - 9:15 pm
- BS Su 2:00 pm - 4:45 pm
- GN M, W, F 12:00 pm - 2:30 pm
- GN T, Th 7:00 pm - 9:15 pm
- KV M-Th 12:30 pm - 3:00 pm
- KV M, W 7:00 pm - 9:15 pm
- PA M, W, F 12:00 pm - 2:00 pm
- PA M, W 6:30 pm - 9:15 pm
- ST M, W 6:30 pm - 8:45 pm
Age 35 & up • Sign-ups begin 30 minutes before play.
- GN Su 11:30 am - 1:30 pm

Basketball: March Madness Clinic
Age 6 - 12 • Led by former UVA standout Donald Hand, this clinic will be focusing on ball handling, shooting, rebounding and defensive skills. Register by Mar 17
- #105315 GN Sa Mar 24 10:00 am - 12:00 pm $8

3 on 3 Madness
Age 8 - 17 • 3 on 3 basketball at its best. It's a fast paced, action packed tournament that you don't want to miss. Double-elimination format. Prizes awarded to 3 teams in each age division. Must sign up as a team; register by Mar 9
- #105358 PA F Mar 16 6:00 pm - 8:45 pm $18

Boxing
Work it out with a boxing bag! Use Kempsville's boxing room to exercise like a boxer. Staff are nationally certified through USA Boxing and can assist you with developing proper boxing technique and skills. Specific times available for teens and adults. Check Kempsville's front desk for the monthly schedule.
Youth Amateur Boxing
Age 8 - 17 • Participants will learn the fundamentals of boxing under the safe tutelage of certified U.S. Amateur Boxing instructors while developing fine and gross motor skills, discipline, commitment and physical conditioning.

#105015 BC T, Th Feb 7 - Mar 1 5:30 pm - 6:30 pm $29
#105016 KV M, W Feb 6 - Feb 29 5:00 pm - 6:30 pm $49
#105017 KV M, W Mar 5 - Mar 28 5:00 pm - 6:30 pm $49

Nerf® Battles
Age 8 - 15 • This event is just like a paintball, but without the paint. Nerf® guns, vest and protective eyewear are provided. Register a week in advance.

#105273 BC Sa Feb 18 1:00 pm - 2:00 pm $7

Pickleball
Age 18 & up • No additional cost

BS T 9:00 am - 10:30 am
GN F 9:00 am - 10:30 am

Racquetball & Wallyball
Challenge Court
Age 18 & up • No additional cost

BS T, Th 5:00 pm - 9:15 pm
GN M, W 4:00 pm - 9:15 pm
GN F 4:00 pm - 8:45 pm
GN Su 11:00 am - 4:30 pm
PA T, Th 5:00 pm - 9:15 pm
PA Sa 9:00 am - 12:00 pm

Reservation Court
Age 14 & up (age 13 & under accompanied by an adult) • Courts may be reserved for one hour, which includes a 5 minute grace period and 45 minutes for wallyball play. Reservations may be made in person or by phone the day before. No additional cost

BS M, W 6:00 am - 9:15 pm
BS T, Th 6:00 am - 5:00 pm
BS F 6:00 am - 8:45 pm
BS Sa 9:00 am - 4:45 pm
BS Su 11:00 am - 4:45 pm
GN M-Th 6:00 am - 9:15 pm
GN F 6:00 am - 8:45 pm
GN Sa 9:30 am - 4:45 pm
GN Su 11:30 am - 4:45 pm
KV M-Th 6:30 am - 9:15 pm
KV F 6:30 am - 8:45 pm
KV Sa 9:00 am - 4:45 pm
KV Su 11:00 am - 4:45 pm
PA M, W 6:00 am - 9:15 pm
PA T, Th 6:00 am - 5:00 pm
PA F 6:00 am - 8:45 pm
PA Sa 12:00 pm - 4:45 pm
PA Su 11:00 am - 4:45 pm
ST M, W 9:30 am - 6:00 pm
ST F 9:30 am - 4:00 pm
ST T, Th 8:30 am - 10:30 am
ST T, Th 12:00 pm - 8:45 pm
ST Sa 1:30 pm - 4:45 pm
ST Su 11:00 am - 4:45 pm

Age 13 - 17 • No additional cost

KV M-F 3:00 pm - 5:00 pm

Age 18 & up • No full court games, no additional cost

KV Su 11:00 am - 12:30 pm
**Rock Walls**

Birthday parties and group rates are also available.

**Traverse Climbing Wall at Great Neck**

Age 6 & up • Traverse wall rock climbing is a rewarding & challenging activity. $4 per hour of climbing

- GN M 3:00 pm - 4:00 pm
- GN Th 1:30 pm - 2:30 pm
- GN F 4:00 pm - 5:00 pm
- GN Su 3:15 pm - 4:15 pm

**Vertical Rock Climbing Wall at Seatack**

Age 6 & up • Test your climbing skills on our Rock Wall. $4 per hour of climbing

- ST T, Th 6:00 pm - 8:45 pm
- ST Sa 2:00 pm - 4:45 pm
- ST Su 2:00 pm - 4:45 pm

**Teambuilding Parties at Seatack**

Age 6 & up • If your group needs a boost to get things going or you’re interested in making a team building activity part of your new team’s orientation, we will provide the best group games, icebreakers and team building activities for all ages and for a variety of groups, organizations, businesses, students, clubs, youth groups, camps, and game lovers in general. Prices based on the number of participants and type of activity. Register at least two weeks in advance. Call 437-4858 for details.

**Soccer**

Age 18 & up • Sign-ups begin 30 minutes before play. No additional cost

- BC W 7:00 pm - 9:15 pm
- BS Th 5:30 pm - 7:30 pm
- BS Th 7:30 pm - 9:15 pm
- GN M 7:00 pm - 9:15 pm

**Soccer: Youth Soccer Clinic**

Age 6 - 12 • This soccer clinic is designed to teach children the fundamentals of soccer (dribbling, passing, etc.) and to help them improve their overall soccer skills and knowledge. Tennis shoes are required.

#105274 BC Sa Mar 24 12:30 pm - 2:00 pm $7

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**Shuffleboard**

Age 8 & up • No additional cost

- GN M, W, F 9:00 am - 11:30 am
- GN M 2:30 pm - 6:30 pm
- GN T, Th 8:30 am - 6:30 pm
- GN W 2:30 pm - 9:15 pm
- GN F 2:30 pm - 8:45 pm

Age 18 & up • No additional cost

- BS W, F 10:30 am - 11:30 am
- PA W 10:00 am - 12:00 pm

**Sportwall**

We challenge you to get physical and try the latest craze where sport meets high tech. The Sportwall is a fun, fast-paced way to sharpen athletic skills and compete with your friends in exciting games and challenges. Amp-up your workout, sharpen sports skills such as soccer and baseball, or just have fun! No additional cost

Age 6 & up

- BC F 6:45 pm - 8:00 pm
- BS F 4:00 pm - 5:00 pm
- GN W 3:30 pm - 4:30 pm
- PA F 6:30 pm - 8:00 pm
- PA Sa 3:00 pm - 4:00 pm
- ST Su 2:00 pm - 4:00 pm

Age 18 & up

- PA M-F 9:00 am - 12:00 pm

**Sportwall Party Packages**

Age 9 & up • Your group or team will be led by a facilitator to build teamwork, enhance coordination, and increase fitness levels using our Sportwall. Register at least two weeks in advance. Available at all recreation centers. $145 for 1 hour

**Table Tennis: Competitive Table Tennis**

Age 18 & up • Program is designed for adults playing at tournament level. No additional cost.

- KV M 5:30 pm - 9:00 pm Rooms 116, 117 & 118
- KV W 5:30 pm - 9:00 pm Rooms 116 & 118
- KV F 5:30 pm - 8:30 pm Gym

**Volleyball**

Age 16 & up

- PA T, Th 6:30 pm - 9:15 pm

2-Person Volleyball

Age 18 & up

- KV Sa 2:00 pm - 4:45 pm (1 court only)

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REGISTER ONLINE @ EZREG.VBGOV.COM
**Sports Leagues**

**Volleyball: Volley Kids**

Age 7 - 10 • Each clinic, led by Jason Seaford, will emphasize movement, socialization, fun interaction, and a variety of activities focusing on the skills of volley sports and volleyball.

- #105279 BS T Jan 24 5:30 pm - 6:30 pm $8
- #105280 BS T Jan 31 5:30 pm - 6:30 pm $8
- #105281 BS T Feb 7 5:30 pm - 6:30 pm $8
- #105282 BS T Feb 14 5:30 pm - 6:30 pm $8
- #105283 BS T Feb 21 5:30 pm - 6:30 pm $8
- #105284 BS T Feb 28 5:30 pm - 6:30 pm $8
- #105285 BS T Mar 6 5:30 pm - 6:30 pm $8
- #105286 BS T Mar 13 5:30 pm - 6:30 pm $8

**Walk Program**

Age 14 & up (age 12 & 13 with parent) • Looking for some incentive? Log your miles and steps. Compete against yourself and others while you exercise your way to better health and fitness.

Interested in Nordic Walking? See page 5.

- BC M, W, F 6:30 am - 9:00 am
- BS M-F 6:00 am - 9:00 am
- GN M, W, F 6:00 am - 9:00 am
- GN T, Th 6:00 am - 8:30 am
- KV M-F 6:30 am - 8:45 am
- PA M-F 6:00 am - 9:00 am
- ST M, W, F 8:30 am - 9:30 am
- ST Tu, Th 6:30 am - 8:30 am

**Sports Leagues**

City-Wide Athletic Office
Princess Anne Athletic Complex
4001 Dam Neck Road
Virginia Beach, VA 23456
Website: [VBgov.com/sports](http://VBgov.com/sports)
Office hours: 8:00 am - 5:00 pm Monday through Friday

**Important Phone Numbers:**
- Game Cancellation Line: 385-0455
- Score Line: 385-0456
- City-Wide Athletic Unit: 385-0458

**YOUTH SPORTS LEAGUES**

**Community Leagues**

Age 10 - 18 • Organized athletics are offered through the City-Wide Athletic Unit in conjunction with volunteer Recreation Associations for youth 10 years old through 18 years old and attending K-12 schools. Most Area Recreation Associations also offer leagues for children under age 10. Each Recreation Association has an Area Chairperson who is the liaison between the Association and the City-Wide Athletic Unit. Recreation Associations will charge a player registration fee. Sports offered vary by area.
Eligibility notes: Players must be residents of Virginia Beach and must be attending school (K-12) or be enrolled in a home school program to participate. High school varsity and junior varsity players are not eligible for the same community league sport if the seasons overlap.

Virginia Beach neighborhoods are listed on our website identifying your Recreation Association along with maps marking area boundaries. If you need further assistance with determining your local association, contact the City-Wide Athletic Office at 385-0458.

The following areas of the city are served by an Area Chairperson/Recreation Association:

- Aragona/Pembroke: 385-0458 for contact information
- Arrowhead: www.ara-pov.com
- Bayside: www.baysidesports.net
- Cooke Paul Davis (basketball) 497-1023; www.cookefootball.com
- Courthouse: www.courthouse.org
- Creeds: www.creedsathleticassoc.org
- Great Neck: www.gnsports.org
- Green Run: www.greenrun.org
- Kempsville: www.krasports.com
- Kings Grant: www.KGJA.org
- Larkspur/Salem: www.LSRonline.org
- Plaza: www.plazaec.com
- Thalia/Malibu: www.thaliomalibu.com
- West Kempsville: www.wkya.org
- Woodstock: www.woodstockrecreation.com

Youth Sports Leagues
Registration sites and times are available on our website at VBgov.com/sports two weeks prior to each registration.

Youth Basketball
Player registration: October 27 & November 3
Practice starts: December 1
Games start: early January
Games end: early March

Youth Softball
Player registration: March 3 & 10
Practice starts: March 15
Games start: mid April
Games end: late June

Youth Football
Player registration: July 7 & 14
Practice starts: August 1
Games start: Saturday after Labor Day
Games end: Saturday before Thanksgiving

Youth Volleyball
Player registration: July 7 & 14
Practice starts: August 27
Games start: late September
Games end: just before Thanksgiving

ADULT SPORTS LEAGUES

City Leagues
Registration for adult athletic leagues is taken only on a team basis at the Athletic Office located at the Princess Anne Athletic Complex. Each team pays a franchise fee to enter the league. Some leagues will have a residency requirement. Team registration forms may be downloaded from VBgov.com/sports a few days prior to the start of each sport’s registration period. Registrations will be processed in the order they are received.

Spring Coed Sand Football
Team registration: February 1 - 10
Franchise fee: $675 (no residency requirement)
Games played: March - May (Sunday mornings on the beach)

Spring Softball
Mail-in team registration: February 20 - March 9
Manager’s meeting: 6:30 pm, March 6 at Kempsville Recreation Center Theater
Franchise fee: $500
Leagues offered: Men’s, Women’s, Men’s Church, Coed, Coed Church, Legends (50 & Over)
Residency requirement: 60% Virginia Beach (none for A/B, Women’s, or Legends)
Church league residency: waived if church is located in Virginia Beach
Practice starts: April 2
Games played: late April - July
Fall Softball
Team registration: July 23 - 31
Franchise fee: TBD (no residency requirement)
Leagues offered: Men's, Women's, Coed, Legends (50 & Over)
Games played: August - October

Fall Coed Sand Football
Team registration: September 4 - 14
Franchise fee: TBD (no residency requirement)
Fall games played: October - January (Sunday mornings on the beach)

Frostbite Softball
Team registration: November 1 - 9
Franchise fee: $325 (no residency requirement)
Games played: Saturdays in December & January

Basketball
Team registration: November 12 - 26
Leagues offered: Men's A, B, & C, Church, Sunday Open, Legends (50 & Over Slow Break)
Franchise Fee: TBD
Residency requirement: 60% Virginia Beach
Church League residency: waivered if church is located in Virginia Beach
Practice starts: December 3
Games played: January - March

Coed Volleyball
Team registration: November 12 - 26
Franchise fee: TBD
Residency requirement: 60% Virginia Beach
Practice starts: December 3
Games played: January - March

Tennis Class Location
OC: Owl Creek Tennis Center, 928 S. Birdneck Road, 385-2695
Please note that Virginia Beach Recreation Center membership are not required for programs or classes held away from recreation centers.

YOUTH TENNIS
Tots
Age 4 - 6 • Program for the true beginner to tennis using the USTA's new innovative QuickStart format. This allows younger players to develop true tennis skills and begin rallying. Motor skills and hand eye coordination are the primary focus using a variety of games. Beginning stroke mechanics will be introduced on the forehand, backhand and volley.

- #105349 OC M Jan 23 - Feb 20  3:00 pm -  3:45 pm $60
- #105351 OC W Jan 25 - Feb 22  3:00 pm -  3:45 pm $60
- #105347 OC Sa Jan 28 - Feb 25  10:00 am - 10:45 am $60
- #105350 OC Su Jan 29 - Feb 26 12:00 pm -  1:00 pm $70
- #105352 OC W Feb 29 - Mar 21  3:00 pm -  3:45 pm $48
- #105348 OC Sa Mar  3 - Mar 24  9:00 am - 10:00 am $56
- #105366 OC Su Mar  4 - Mar 25 12:00 pm -  1:00 pm $56

Aces
Age 6 - 8 • Allows the true beginner to tennis using the USTA's new innovative QuickStart format. This allows younger players to develop true tennis skills and begin rallying. Motor skills and hand eye coordination are the primary focus using a variety of games. Beginning stroke mechanics will be introduced on the forehand, backhand and volley.

- #105361 OC M Jan 23 - Feb 20  4:00 pm -  5:00 pm $70
- #105363 OC W Jan 25 - Feb 22  4:00 pm -  5:00 pm $70
- #105359 OC Sa Jan 28 - Feb 25  9:00 am - 10:00 am $70
- #105365 OC Su Jan 29 - Feb 26  12:00 pm -  1:00 pm $70
- #105362 OC M Feb 27 - Mar 19  4:00 pm -  5:00 pm $56
- #105364 OC W Feb 29 - Mar 21  4:00 pm -  5:00 pm $56
- #105360 OC Sa Mar  3 - Mar 24  9:00 am - 10:00 am $56
- #105366 OC Su Mar  4 - Mar 25 12:00 pm -  1:00 pm $56

Small Group and Sport Specific Training
Age 14 & up • Train with 3 to 5 other participants under the coaching of a certified personal trainer. This class will include training sessions, journaling and nutritional information tailored to fit your goals. If you have a group looking to train on specific days and times, we will customize a schedule to accommodate your needs. Contact Great Neck Recreation Center fitness staff at 496-6766 to discuss your request. Price is per person.
**Futures**

Age 8 - 10 • A program designed for the player with a basic understanding of stroke mechanics. This player is beginning to move to the ball and contact has improved on the age appropriate court. Using the more advanced version of the USTA’s QuickStart program, stroke mechanics will be reinforced and the serve will be introduced.

#105376 OC M Jan 23 - Feb 20 5:00 pm - 6:30 pm $90
#105378 OC M Jan 25 - Feb 22 5:00 pm - 6:30 pm $90
#105374 OC Sa Jan 28 - Feb 25 11:30 am - 1:00 pm $90
#105380 OC Su Jan 29 - Feb 26 1:00 pm - 2:30 pm $90
#105377 OC M Feb 27 - Mar 19 5:00 pm - 6:30 pm $72
#105379 OC W Feb 29 - Mar 21 5:00 pm - 6:30 pm $72

**Tennis N No Time**

Age 8 & up • This class is designed for players new to the game of tennis or returning after a long absence. This high energy class will feature music and fun and allow students to learn in a fun, innovative way.

#105472 OC Th Jan 26 - Feb 23 11:00 am - 12:00 pm $70
#105473 OC Su Jan 29 - Feb 26 3:30 pm - 4:30 pm $70
#105476 OC Th Mar 1 - Mar 22 11:00 am - 12:00 pm $56
#105474 OC Su Mar 4 - Mar 25 3:30 pm - 4:30 pm $56

**Junior Prep**

Age 13 - 16 • This class is designed for the player with a basic understanding of stroke mechanics. This player is beginning to move to the ball and contact has improved. Mechanics will be reinforced and the serve will be introduced.

#105417 OC Th Jan 26 - Feb 23 5:00 pm - 6:30 pm $90
#105415 OC Sa Jan 28 - Feb 25 1:00 pm - 2:30 pm $90
#105418 OC Th Mar 1 - Mar 22 5:00 pm - 6:30 pm $72
#105416 OC Sa Mar 3 - Mar 24 1:00 pm - 2:30 pm $72

**ADULT TENNIS**

**Co-Ed Beginner**

Age 18 & up • This class is designed for those adults looking to start playing tennis. Students will learn the fundamentals of the game including all strokes, scoring and court etiquette. Participants in this class can have some tennis experience.

#105440 OC M Jan 23 - Feb 20 6:30 pm - 8:00 pm $90
#105444 OC W Jan 25 - Feb 22 6:30 pm - 8:00 pm $90
#105441 OC M Feb 27 - Mar 19 6:30 pm - 8:00 pm $72
#105445 OC W Feb 29 - Mar 21 6:30 pm - 8:00 pm $72

**Advanced Beginner/Intermediate**

Age 18 & up • Participants will learn tennis fundamentals including forehand, backhand, volleys and serves. Students in this class may have completed a previous beginning tennis class.

#105457 OC M Jan 23 - Feb 20 10:30 am - 12:00 pm $90
#105459 OC M Jan 23 - Feb 20 6:30 pm - 8:00 pm $90
#105461 OC W Jan 25 - Feb 22 6:30 pm - 8:00 pm $90
#105458 OC M Feb 27 - Mar 19 10:30 am - 12:00 pm $72
#105463 OC M Feb 27 - Mar 19 6:30 pm - 8:00 pm $72
#105465 OC W Feb 29 - Mar 21 6:30 pm - 8:00 pm $72
Therapeutic Recreation Programs

Registration Procedures

All registration is processed at Kempsville Recreation Center, 800 Monmouth Lane. Registration is 9 am - noon, Saturday, January 7. Send all course registration forms, payments and participant packet forms to this location.

Determine Intake Status:
New Participant: has never been in programs or participated before January 2010
Past Participant: has participated within the last year

All Participants Must:
• Complete Course Registration Form (located on page 46 and available at the community recreation centers)
• Provide payment for the course
• Possess a valid Membership Card or Day Pass

In addition to the above, “New Participants” must:
• Complete and submit the participant information forms in the “Therapeutic Recreation Programs Participant Packet” available at any community recreation center.
• Attend an In-person Intake (interview); a program supervisor will contact you and set up a date/time after all forms are received.

Past Participants:
Will be contacted for a telephone review of your files if an update was completed before January 2011. If your medical status has changed, or if you have been hospitalized please contact a program supervisor to update your file.

NOTES:
• There is a minimum of 3-business days processing time period for registration, review, placement and approval in the Therapeutic Recreation Programs.
• When registering for classes with multiple sessions, please select only one to allow more individuals to access the services. If you would like a second session, please indicate this on the registration form and if space is available you will be contacted.

Therapeutic Recreation Programs Office
Kempsville Recreation Center
800 Monmouth Lane
Virginia Beach, Virginia 23464
Phone: 474-8877
Fax: 474-8536

Therapeutic Recreation Programs Mission
To provide programs and services to individuals with disabilities that will…
• Enrich quality of life
• Meet community needs
• Enhance skill development, leisure education and recreation participation
• Increase independence through individualized goals and objectives

Therapeutic Recreation Program Staff
Teri Dalone, Aquatics/TR Coordinator
Kathy Williams, Recreation Supervisor, CTRS
Bill Parker, Recreation Specialist II, CTRS
Carolyn Stark, Recreation Specialist I, CTRS
Jessica Rhea, Recreation Specialist I, CTRS
Karen Morgan-Hill, Recreation Specialist I, CTRS

VOLUNTEER OPPORTUNITIES
are available with Therapeutic Recreation Programs. For more information please contact Carolyn Stark, Therapeutic Recreation Programs Volunteer Resource Manager at 474-8877 (TTY: 711).
**AFTER SCHOOL PROGRAMS**

**All Stars Action**

Age 5 - 13 (Enrolled in elementary school and must have turned 5 on or before Sept 30, 2011) • This program is an opportunity for individuals with special needs to participate in instructional and recreational after school activities. Each participant will work towards the achievement of individual goals through a variety of activities which include crafts, group games, drama, music, fitness and swimming.

**Target Population(s):** moderate & mild levels of intellectual disability, learning disabilities, mild to high functioning levels of Autism, moderate behavioral/emotional disorders, ADD/ADHD, visual impairments or hearing impairments.

**Staff to Participant Ratio:** 1:3

**Skills Needed:** Follows one to two step directions, requires minimal assistance with activities of daily living, manage own behavior with moderate to minimal staff intervention and ability to make simple choices. Participants must have a desire to participate in sessions.

$45 registration fee and $275 per session.

KV  M-F  2:30 pm - 5:30 pm

**Champions**

Age 14 – 21 (currently attending middle or high school) • This program is an opportunity for middle and high school students with special needs to participate in instructional and recreational activities after school. Participants will work towards the achievement of individual goals through a variety of activities that include crafts, group games, drama, music, fitness and community outings.

**Target Population(s):** moderate & mild levels of intellectual disability, learning disabilities, mild to high functioning levels of Autism, moderate behavioral/emotional disorders, ADD/ADHD, visual impairments or hearing impairments.

**Staff to Participant Ratio:** 1:3

**Skills Needed:** Follows one to two step directions, requires minimal assistance with activities of daily living, manage own behavior with moderate to minimal staff intervention and ability to make simple choices. Participants must have a desire to participate in sessions.

$45 registration fee and $275 per session.

KV  M-F  2:00 pm - 5:30 pm

**Around Town**

This program provides the opportunity to participate in leisure activities in the recreation center and the community. Participants will select community outings, participate in various activities, work on money handling skills, and socialize with friends. All participants will be responsible for any admission fees on trips and for managing their own belongings (personal items, money, etc.). Note: meeting time may change on outing nights; there are a limited number of spaces for those who use wheelchairs.

**Target Population(s):** serving individuals with mild to moderate levels of intellectual disability, learning disabilities, traumatic brain injuries, visual and hearing impairments.

**Staff to participant ratio:** 1:5

**Skills Needed:** with or without minimal staff assistance is able to: complete two-step directions; make choices; manage personal belongings and have the desire to participate. 12 weeks. No program Apr 13

Around Town I • Age 36 & up

#105320  BS  F  Feb 17 - May 11  6:30 pm - 8:30 pm  $65

Around Town II • Age 26 - 35

#105321  KV  F  Feb 17 - May 11  6:30 pm - 8:30 pm  $65

Around Town III • Age 19 - 25

#105322  KV  F  Feb 17 - May 11  6:30 pm - 8:30 pm  $65

Around Town IV • Age 14 - 18

#105323  GN  F  Feb 17 - May 11  6:30 pm - 8:30 pm  $65

**Tumble, Jump and Roll!**

Age 4 - 8 • Come and play! A program designed for children with a lot of energy to burn! Children will experience a variety of exciting activities and equipment including trampolines, balls, mats, music and more!

**Target Population(s):** moderate & mild levels of intellectual disability, learning disabilities, mild to high functioning levels of Autism, and PDD with a high energy level.

**Staff to Participant Ratio:** 1:2

**Skills Needed:** Follows one step directions and must be ambulatory. 6 week program

#105324  KV  M  Jan 30 - Mar 5  5:45 pm - 6:45 pm  $37

**REGISTER ONLINE @ EZREG.VBGOV.COM**
THERAPEUTIC RECREATION

AQUATIC PROGRAMS

Learn To Swim

A Certified Therapeutic Recreation Specialist (CTRS) works in conjunction with certified Water Safety Instructors (WSI) to provide adapted skill instruction (up to Level IV) in accordance with American Red Cross standards. The WSI’s, therapeutic recreation staff and volunteers provide individualized adaptations, instruction, physical support and behavior intervention in a safe aquatic environment.

Target Population(s): profound, severe, moderate & mild levels of intellectual disability, learning disabilities, low to high functioning levels of Autism, moderate behavioral/emotional disorders, ADD/ADHD, traumatic brain injuries, visual, hearing or physical impairments.

Staff to Participant Ratio: 1:1 to 1:3 based on individual need.

Skills Needed: Participants must have a desire to participate in sessions.

*Please register for only one aquatic/swimming program so that we can provide an opportunity to serve as many participants as possible. No class Apr 9 - 13

#105331 BC T Mar 13 - May 8  7:00 pm - 7:50 pm $43
#105332 PA W Feb 15 - Apr 25  7:00 pm - 7:50 pm $52

Introduction To Competitive Swimming

Age 12 & up • This program focuses on increasing participants’ swim skills in preparation for competitive swimming. Skills from the American Red Cross Levels IV-VII will be reviewed including: Freestyle/Front Crawl, Backstroke/Back Crawl, Breaststroke and Butterfly. Touch and/or flip turns, swim drills and working with a WSI as ‘coach’ are components of this program.

Target Population(s): moderate & mild levels of intellectual disability, learning disabilities, mild to high functioning levels of Autism, moderate behavioral/emotional disorders, ADD/ADHD, traumatic brain injuries, visual, hearing or physical impairments.

Staff to Participant Ratio: 1:5

Skills Needed: Participants must be able to swim the length of the pool independently, be working at the American Red Cross Level IV or higher, and have an interest in learning competitive swim.

*Please register for only one aquatic/swimming program so that we can provide an opportunity to serve as many participants as possible. No class Apr 9 - 13

#105329 BC T Mar 13 - May 8  7:00 pm - 7:50 pm $43

Swim, Stretch or Tone

Age 14 & up • This program will provide participants the opportunity to select the water fitness techniques that best meets their needs. They can choose to swim laps or participate in adaptive water exercises in both the shallow and deep ends of the pool.

Target Population(s): moderate & mild levels of Mental Retardation, learning disabilities, mild to high functioning levels of Autism, moderate behavioral/emotional disorders, ADD/ADHD, traumatic brain injuries, visual, hearing or physical impairments.

Staff to Participant Ratio: 1:1 to 1:3 for water exercise and 1:4 for lap swim

Skills Needed: Participants must be able to swim the length of the pool independently for lap swimming or have an interest in learning water exercises. All participants must have a desire to participate in the program.

*Please register for only one aquatic/swimming program so that we can provide an opportunity to serve as many participants as possible. 10 weeks. No class Apr 9 - 13

#105333 PA W Feb 15 - Apr 25  6:00 pm - 6:50 pm $52
WINTER WILDLIFE FESTIVAL

JANUARY 27 - 29 • 2012
PRINCESS ANNE RECREATION CENTER
virginia beach, va

Free and open to the public (with a fee required for some sessions), this event includes educational workshops and engaging excursions all around Virginia Beach and beyond that are sure to captivate outdoor enthusiasts, both novice and expert. Registration runs through January 20.

Space is limited for the excursions and workshops, so register early to secure your spot! Register online at EZreg.VBgov.com (#105488), in-person at any recreation center or by mailing in the registration form available at VBgov.com/winterwildlife.

Sessions include: Back Bay/False Cape Terragator & Tram Tour | First Landing Bird Walk | Wildlife Photography | Owl Prowl | & Much More!

Exhibit Hall
Saturday, January 28 | 10 am-4 pm
Free & Open to the Public
All ages | Learn ways to get involved with local efforts and see what conservation groups and businesses are up to. Check out the free Walk-Up Workshops including Backyard Birds, Marine Mammals of Virginia’s Winter and Raptors of Virginia.

Sign up for our email newsletters at VBgov.com/eNews!

VBgov.com/winterwildlife

Experience the Fun!
Virginia Beach Parks and Recreation
Virginia Beach Parks & Recreation is accredited by CAPRA, certifying agency of the National Recreation & Park Association.
COURSE REGISTRATION IS EASY!

Class registration begins 9:00 am, Saturday, January 7

Online or phone with EZreg
http://EZreg.VBgov.com 385-2FUN (2386)
- Avoid standing in line. Register for camps, courses, and other programs from the comfort of your home, 24 hours a day, using EZreg, our internet or touch tone phone system.
- In order to use EZreg, you will need to know your Family Personal Identification Number (PIN), client barcode, and use your Visa or MasterCard. Please visit any Recreation Center to obtain your Family PIN and client barcode (to preserve the security of your account, a picture ID will be required). Knowledge of the Family PIN and client barcode identifies an individual as having authorization for account access.

In Person at any recreation center
- Registrations will be processed on a first come, first served basis starting at 9:00 am, Saturday, January 7, 2012.

Mail-In or Drop-Off at any recreation center
- Registrations will be accepted and processing will begin Monday, January 9, 2012.

General Course Registration Information
for in person, mail-in and drop-off registration
- Processing will end a half-hour before the facility closes.
- Receipts confirming your course status will be given to you when you register in person. Mail-in registration receipts will be returned by mail. To avoid delays, please include a self-addressed stamped envelope.
- Use the registration form provided on page 47. Fill out the form completely. No staples on checks, please.
- Use forms for family members only. If you are car pooling or want to enroll in a course with a friend, complete separate registration forms and mail them together.
- Registration forms will be processed at any recreation center.

Registration Changes Coming Soon
Starting with the Spring 2012 Programs & Activities Catalog, you can register for classes as soon as the catalog is posted online! Registration begins at 9 a.m., Saturday, February 11.

*Out-of-School Time programs, swim league and sport league registration will not be available February 11. Dates will be published in the Spring catalog.

RECREATION CENTER LOCATOR
A valid membership or visitor pass is required to participate in recreation center activities and programs, unless otherwise indicated.

Bayside Recreation Center
4500 First Court Road
(off Shore Drive)
Virginia Beach, VA 23455
757-460-7540

Bow Creek Recreation Center
3427 Club House Road
(off Rosemont Road)
Virginia Beach, VA 23452
757-431-3765

Great Neck Recreation Center
2521 Shorehaven Drive
(behind Cox High School)
Virginia Beach, VA 23454
757-496-6766

Joseph V. Grimstead, Sr.
Seatack Recreation Center
141 S. Birdneck Road
(near Norfolk Avenue)
Virginia Beach, VA 23451
757-437-4858

Kempsville Recreation Center
800 Monmouth Lane
(off Kempsville Road)
Virginia Beach, VA 23464
757-474-8492

Princess Anne Recreation Center
1400 Nimmo Parkway
(off General Booth Blvd.)
Virginia Beach, VA 23456
757-426-0022

Joseph V. Grimstead, Sr.
Seatack Recreation Center
141 S. Birdneck Road
(near Norfolk Avenue)
Virginia Beach, VA 23451
757-437-4858

Course Payment Options
- Cash
- MasterCard and VISA
  Credit card refunds will be applied back to the credit card account.
- Personal checks payable to: Treasurer, City of Virginia Beach
  Separate checks are preferred, although one check is acceptable. However, if you choose to write one check for all your courses and do not get into all of the courses, you will receive a credit on your account. When paying by check, there is a 14 day waiting period for refunds. Starter or counter checks will not be accepted. Checks must have the following information printed on them: name, current address, telephone number, and driver's license and/or military ID number. A $35 service fee is charged for each returned check. Returned checks nullify all your Virginia Beach Parks and Recreation privileges until full payment is received.
REGISTRATION INFO

HELPFUL INFO

Satisfaction Guarantee
We want to provide quality programs to all participants. If you are not satisfied with your program, please let us know.

Membership Cards are required for all recreation center programs and classes, unless otherwise noted. Classes held at the tennis facility, parks or the Pottery and Ceramics Studio do not require a Membership Card.

Help a disadvantaged youth by donating to the Youth Activities Grant Fund. This fund allows underprivileged youth to participate in classes and programs with your help.

Parents, please note: programs end 15 minutes before the recreation center closes. Please pick up your children before the center closes.

Get Parks & Rec in your inbox! Sign up for e-mail newsletters to stay on top of what’s happening in Parks and Recreation! You’ll also receive exclusive offers just for being a subscriber and you can select any or all of the following interest categories:

- General Interest
- Adult Sports Leagues
- Aquatics
- Fitness & Wellness
- Outdoor & Environmental Programs
- Tennis
- Therapeutic Recreation
- Youth Programs

Subscribe online at VBgov.com/eNews

INCLUSION SUPPORT SERVICES

Equal Access to All
• Virginia Beach Parks & Recreation welcomes individuals with disabilities to participate in all recreation programs and services.
• Reasonable accommodations are provided to enable an individual’s successful participation in the program.
• Two weeks notice is required to ensure appropriate accommodations. Eligibility requirements (age, level of participation) must be met in order to participate.
• Please fill out all of the information that applies on the Inclusion, Accommodation & Special Needs Request Form, review and sign as indicated. This information should be submitted with your Registration Form. You will be contacted by an Inclusion Specialist once the form is processed.
• If you have any questions or concerns, please call 385-0444.

REC CENTER MEMBERSHIP

Membership Information
• A Membership Card is required for those age 3 and older. A parent or guardian must accompany children to purchase youth membership cards.
• Membership Cards may be purchased at any Virginia Beach Community Recreation Center during front desk hours.
• Your Membership Card photo will be taken at the time of purchase.
• One picture ID and one other proof of residency must be shown at purchase:

<table>
<thead>
<tr>
<th>Picture ID</th>
<th>Proof of Address</th>
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<tbody>
<tr>
<td>Driver’s license</td>
<td>Personal check with current address</td>
</tr>
<tr>
<td>Military ID</td>
<td>Current cable or utility bill</td>
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<td>Employee ID</td>
<td>Lease</td>
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<td></td>
<td>Voter registration card</td>
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<td></td>
<td>Federal or state tax return</td>
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<td></td>
<td>Personal property tax statement</td>
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Membership Plans (effective July 1, 2011)

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<thead>
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<th>Membership Type</th>
<th>Age</th>
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<th>6 Month</th>
<th>3 Month</th>
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<td>$48</td>
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<td>Senior Resident</td>
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<td>Replacement Card</td>
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</tbody>
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*A parent/guardian must be present at time of purchase to sign liability release form.
Please note: You must reside in Virginia Beach to receive discounted resident rate.

Day Pass

<table>
<thead>
<tr>
<th>Youth</th>
<th>Adult</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 -17</td>
<td>$5 per day</td>
</tr>
<tr>
<td>18 &amp; up</td>
<td>$7 per day</td>
</tr>
</tbody>
</table>

Fun Pack Now you can purchase 10 visits (per person) for a reduced price! Passes are redeemable at any recreation center and are valid for 10 one-day visits within a 12-month period from date of purchase. Program requirements apply, and a photo ID may be required for some programs. Fun Packs are non-refundable.

| 10 child/youth passes | 3 -17 | $35 |
| 10 adult/senior passes | 18 & up | $50 |
REGISTRATION INFO

REFUND/CANCELLATION POLICY
for Recreation Classes, Camps, Programs and Memberships

- Refund/Cancellation requests must be made in writing. A Refund/Withdrawal Request Form is available at each recreation center and at VBgov.com/parks.
- Refund/Cancellation requests received 7 days in advance of the program start date will be honored in full less any deposits or registration fees.
- Refund/Cancellation requests received after the 7-day period but prior to the program start date will be honored in the following manner. You may choose:
  - A 50% refund of the total fee.
  - A transfer of the service at the time the refund is requested to another available date and/or Parks and Recreation site that offers a similar service.
- No refunds will be provided for: visitor passes, fun packs, administrative processing (late) fees, registration fees, non-refundable deposits, camp deposits, unlimited group fitness passes, or requests received on or after the program start date.
- Accounts will not be credited.
- If a written cancellation notice is not received prior to the start of the program, the patron is responsible for the full price of the program.

Exceptions:
- Group Fitness Punch Card: Refunds are provided for any remaining unused punches. (Note: this policy does not apply to Unlimited Group Fitness Passes.)
- Memberships: Refunds are granted if a request is made within 30 days of purchase.
- Swim Programs: Refunds are provided if the participant fails any required eligibility test.
- Personal Training: Refund conditions are stipulated in a separate personal training agreement.

PLEASE NOTE

- We accept cash and personal checks, VISA, and MasterCard for all courses, special events, and to purchase Membership Cards.
- Registration is accepted until the first day of the course if the course is not filled to capacity or canceled due to insufficient enrollment. Please register early to avoid course cancellations. If the course you request is full, you will be registered for your second choice or your name will be placed on a waiting list and your payment returned.
- Courses may be canceled due to lack of enrollment. We will make every effort to notify you at least 5 days prior to the scheduled course starting date. Please do not purchase supplies or dance wear until 5 days prior to the start of the course.
- If you miss a course meeting, we will not be able to accommodate you at another site or date for a makeup.
- Due to the liability issues, we only allow registered students in a course. Please do not bring children or infants to a course (with the exception of parent/child courses).
- For safety reasons, we ask that students be the correct age for the course they are enrolled in.
- If you wish to bring cameras or recording equipment, please discuss it with the course supervisor at the site. Please understand that we may not be able to accommodate your request.
- Instructors may move students into a more appropriate course based on skill levels.
- Additional course registration forms are available at all Community Recreation Centers.
- Registration will not be accepted after the second class meeting.
# REGISTRATION FORMS

## INCLUSION, ACCOMMODATION & SPECIAL NEEDS REQUEST FORM

<table>
<thead>
<tr>
<th>Participant Name</th>
<th>Gender</th>
<th>Date Of Birth</th>
<th>Age</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>☐ M</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>☐ F</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Street Address/City/State/Zip</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>School/Program/Camp Attending</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Has This Participant Had An Accommodation Plan in The Past?</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>If Yes, Please Print Name Of Program &amp; Dates Attended:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Parent/Guardian Name</th>
<th>Home Phone</th>
<th>Alternate Phone</th>
<th>Emergency Phone</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Parent/Guardian Name</th>
<th>Email Address</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Parent/Guardian Name</th>
<th>Home Phone</th>
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</thead>
</table>

<table>
<thead>
<tr>
<th>Email Address</th>
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</table>

### SPECIAL NEEDS

Please select if any accommodations are needed in the following areas.

<table>
<thead>
<tr>
<th>☐ Attention Deficit Hyperactivity Disorder (ADHD)</th>
<th>☐ Developmental Disability</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Autism Spectrum Disorder (Autism, Asperger's Syndrome, etc.)</td>
<td>☐ Low Vision/Legally Blind</td>
</tr>
<tr>
<td>☐ Behavioral/Emotional Disorder</td>
<td>☐ Use Mobility Aide (i.e. Wheelchair, Braces, etc.)</td>
</tr>
<tr>
<td>☐ Deaf or Hard-of-Hearing</td>
<td>☐ Other (Please elaborate)</td>
</tr>
</tbody>
</table>

### CITY OF VIRGINIA BEACH PUBLIC RECORDS

The records of the City of Virginia Beach are generally open to the public for inspection. State law allows the City of Virginia Beach to withhold Parks & Recreation records with identifying information about children under the age of 18 if the child's parent or guardian specifically requests in writing that such records not be disclosed. If you want to request that your child's records not be disclosed, please check the box requesting the records be withheld and sign below. Please withhold my child’s records.

I agree to release the information from my child/dependent’s IEP (Individualized Education Program) and provide a copy of his/her IEP to the City of Virginia Beach Parks and Recreation Inclusion Specialist.

I agree to give permission to the City of Virginia Beach Parks and Recreation Inclusion Specialist(s) to contact my child/dependent’s teacher to discuss the information given in the IEP.

- I understand that this service is not designed for therapeutic or one-on-one care.
- I understand that the Inclusion Specialist does not dictate the structure of the program, and should I have concerns about the structure of the program, I should contact the program supervisor.
- I understand it is my responsibility to provide the Inclusion Specialist with the most current information on my child/dependent and his/her abilities to assist in making accommodations to meet his/her needs.
- I understand it is my responsibility to let the Inclusion Specialist know if there are any changes to the information I have provided on my child/dependent as soon as a change occurs.
- I understand it is my responsibility to inform the Inclusion Specialist for each program my child/dependent signs up for in which I wish to have his/her accommodations in place.
- I understand that my child/dependent’s Accommodation Plan does not exempt him/her from following the Virginia Beach Parks & Recreation program rules and consequences. The accommodations in place may assist him/her in meeting these rules, but does not exempt him/her from following them.
- I understand that if my child/dependent is unable to comply with these rules, even with use of the accommodations in place, he/she will be subject to the City of Virginia Beach Parks and Recreation disciplinary procedures. Parent conferences, probationary periods and suspensions are some of the steps that may be taken to ensure children and families are aware their placement in the program is in jeopardy. In some cases, children may be subject to emergency suspension or expulsion if their behaviors are beyond our staff’s ability to control.

<table>
<thead>
<tr>
<th>Parent/Guardian Signature</th>
<th>Date</th>
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</table>

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<tr>
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</table>

<table>
<thead>
<tr>
<th>Inclusion Specialist Signature</th>
<th>Date</th>
</tr>
</thead>
</table>
Family Information

Adult/Parent/Guardian Last Name | Adult/Parent/Guardian First Name
---|---
Street Address
City | State | Zip
Home Phone | Alternate Phone | Emergency Phone
Email Address

ASSUMPTION OF RISK & RELEASE

I for myself and/or children named here named here (participant's name), as a patron and/or participant in a Virginia Beach Department of Parks and Recreation facility and/or program, am aware of the possibility of accidental or other physical injury which may befall me or my children during my/our use of the facility, equipment and/or participation in programs conducted by this department including programs co-sponsored with other agencies. I do hereby assume the risks of possible accidental injuries that I or my children may suffer while utilizing Virginia Beach Department of Parks and Recreation facilities and/or programs and release from any and all liability or cause of action, the City of Virginia Beach, its employees, and volunteers. I hereby provide consent for the Department of Parks and Recreation to use photographs and/or interviews with me and my children in connection with publicizing or promoting the City of Virginia Beach, its services, or departments and agencies. I understand that there is no remuneration for this use or reproduction of said photographs.

CITY OF VIRGINIA BEACH PUBLIC RECORDS

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☐ Please withhold my child's records.

Signature Date

YOUTH ACTIVITIES GRANT FUND (OPTIONAL)

I/we do hereby make a gift in the amount of $ (M) to the Department of Parks and Recreation Gift Fund for the purpose of the Youth Activities Grant Fund, City of Virginia Beach, Virginia.

Signature Date

COURSE INFORMATION *Membership card or day pass required for programs held at any recreation center unless otherwise noted

Participant's Name

- Male
- Female

Date Of Birth | T-Shirt Size | Membership #
---|---|---
Activity (1st Choice)*

Course # | Start Date | Site | $
Activity (2nd Choice)*

Course # | Start Date | Site | $

PAYMENT INFORMATION

Payment Type (Select One)

- Cash
- Check (payable to Treasurer, City of Virginia Beach)

Total: $

Acct # | Exp Date
---|---
Signature

You can use this form to register ...

- in person at any recreation center
- mail-in or drop off at any recreation center
PASSPORT to fitness

SATURDAY 
14 JAN 2012

9:00 am to 
12:30 pm

a journey to better health

Join us at
Bayside | Bow Creek | Great Neck |
Kempsville | Princess Anne

Age 14 & up • Sample a flight of fitness classes offered at our recreation centers. Discover the classes that best suit your fitness needs for FREE! No membership or registration required.

Our instructors will teach a variety of 20-minute cardio, strength, mind & body, and dance mini-classes, so you can try them without pressure. We're even offering water fitness sessions at Kempsville!

Our fitness staff will also be on hand to answer your questions.

Attend for a chance to
WIN A 30-DAY UNLIMITED GROUP FITNESS PASS!

Zumba® | RIP (a strength-training, cardio workout) | Yoga | Kickboxing | Pilates | Step | & More!

CALL 385-2994
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