

Albemarle County Parks & Recreation



Fall Guide 2017 (Dance, Yoga, Fitness, Martial Arts, Sports & more)

Alb. Co. Res. = Albemarle County Residents
NCR = Non Albemarle County Residents

DANCE

West Coast Swing

WCS is the modern-day swing dance, and has experienced soaring global popularity in the past 2 decades. Sometimes smooth and graceful, sometimes funky and playful, people of all ages love it because you can use it to dance to contemporary music playing on today's radio rock, jazz, and R&B radio stations. Come see what the rave is all about!

Instructor: Kristin Wenger

Location: Murray High School, 1200 Forest Street

Fee: \$59 Alb. Co. Res. \$69 NCR, (6 class session)

Session 1: Tuesdays, Sept 19 – Oct 24

6:00-7:30pm WCS Level 1

7:30-9:00pm WCS New Cool Moves: Cool new moves, fun patterns, fancy footwork, and other elements to spice up your west coast swing dancing. Students should be competent in their basics.

Session 2: Tuesdays, Nov 14 – Dec 19

6:00-7:30pm WCS Level 2

7:30-9:00pm WCS Better Building Blocks: The most beautiful house in the world will fall down if it isn't built on a solid foundation. In this class, we will focus on good WCS technique to help build confidence and enhance dance skills. Laughter, success, and a few "A-ha!" moments guaranteed. Appropriate for any dancer who knows basic WCS, from advanced-beginner to advanced.



Progressive Salsa

Salsa is a form of social dance that originated in New York with strong influences from Latin America, particularly Cuba and Puerto Rico. Despite being a high-energy, fast-tempo dance, it is not difficult to learn and perfect for beginners. Salsa is very popular worldwide and also right here in Charlottesville! This class is appropriate for Beginners and Intermediates.

Instructor: Edwin Roa

Location: Murray High School, 1200 Forest Street

Fee: \$55 Alb. Co. Res. \$65 NCR, (6 class session)

Mondays 6:45-8:00pm

Session 1: Sept 11 – Oct 16

Session 2: Oct 23 – Dec 4, no class Nov 6

Line Dance

Come out and Line Dance with us, you don't need a partner, dance to all types of music, friendly atmosphere. Line dance reduces stress, increases energy, improves mobility and muscle tone. (No open toe or open back shoes; feet need to be able to slide.)

Instructor: Olivia Ray

Location: Greer Elementary School

Fee: \$45 Alb. Co. Res. \$55 NCR (6 class session)

Session 1: Mondays, Sept 11 – Oct 16

6:30-7:30pm Beginner Class

7:30-8:30pm Intermediate Class

Session 2: Mondays, Oct 23 – Dec 18

(No class Nov 6, 27, Dec 4)

6:30-7:30pm Beginner Class

7:30-8:30pm Intermediate Class

DANCE

Square Dance

FREE OPEN HOUSES on Sept. 13 & 20, 7:00pm. Come dance with us!

Learn modern Western square dance---a fun way to get physical and mental exercise. Once you know the moves, you can dance anywhere in the world! Singles and couples welcome. No special dress required. **Classes start Sept 27** and will be every Wednesday night from 7-9pm.

Location: Greer Elementary School Cafeteria, 190 Lambs Lane (off Lambs Road behind Albemarle High School)

Cost: \$50 for a semester

Caller: Dave Terrell

More information: visit www.virginiareelers.com or call 434-295-2474

Free Weekly Dance Practice

(Sponsored by the Charlottesville Swing Dance Society)
Dance Students, Do you need space, music and a partner to practice the dance moves you learned in swing class last month or last year? Come out and practice with your fellow students. No partner is needed. Beginner-Advanced dancers are all welcome. www.cvilleswingdance.com

Thursdays 7:30-9:00pm

Location: Murray High School, 1200 Forest Street
Charlottesville, VA 22902

Folk Dancing

Charlottesville International Folk Dancers meet Wednesday evenings from 6:30pm to 8:20pm at the Senior Center located at 1180 Pepsi Place. Join people of all ages to learn and dance to lively line, circle and partner dances from many different countries. Newcomers are always warmly welcomed. Teaching is from 6:30pm to 7:15pm, and recreational dancing is from 7:15pm to 8:20pm.

For more information, call Sue Chase 540-456-8176.



YOGA

Yoga Classes @ Baker Butler

Yoga is an ancient system of training the mind and body, leading to greater flexibility and relaxation. Please bring a Yoga Mat.

Instructor: Teddi Sipe

Location: Baker Butler Elementary School, Media Center

Fee: \$60 Alb. Co. Res. \$70 NCR (10 class session)

Tuesdays: Sept 12 – Nov 21, 6:30-7:45pm, (No class Nov 7)

Thursdays: Sept 14 – Nov 16, 6:30-7:45pm

Mindfulness Yoga @ COB 5th Street

Mindfulness Yoga: The focus of the practice will be to live in the body and to learn to perceive clearly through it by unifying breath, body and mind. The objectives will be to increase flexibility, strength, endurance, improve balance and use the breath more effectively. Please bring a Yoga Mat.

Instructor: Carol Brown

Location: County Office Bldg. 5th Street, Room A

Fee: \$60 Alb. Co. Res. \$70 NCR (10 class session)

Dates: Sept 12 – Nov 21, (No class Nov 7)

Tuesdays 5:30-6:45pm Mindfulness Yoga

Tuesdays 7:00-8:15pm Mindfulness Yoga

FITNESS

Aerobics & Strength Training

Aerobics and Strength Training (moves will be adjusted for class participants for all levels).

Instructor: Jeanne Morris

Location: Scottsville Community Center

Tuesdays & Thursdays 6:15-7:15pm

Sept 12 – Nov 2, 16 classes

Fee:
\$48

Scottsville Classes will be back in January

Chair Aerobics

Very low impact aerobics class. Exercise for the mind, body and spirit!

Instructor: Jeanne Morris

Location: Scottsville Community Center

Tuesdays & Thursdays 9:30-10:30am

Sept 12 – Nov 2, 16 classes

Fee: \$48

FITNESS

Physical Fitness through Martial Arts

A comprehensive workout building strength, flexibility, endurance and mental agility developed through martial art techniques, forms, and self-defense moves. Stretch your strength, skills and confidence. Non-contact. All ages over 15.

Instructor: Jim Clawson and experienced black belts.

Location: Broadus Wood Elementary

Mondays 6:00-6:45pm

Sept 11 – Dec 4, (No class Nov 6), 12 classes

Fee: \$45

Pilates

Exercises tone and strengthen the muscles of the core, as well as aligning the whole body using fun exercises that challenge and balance you. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles.

Instructor: Janet Pitt

Location: Broadus Wood Elementary

Wednesdays 6:30-7:30pm

Sept 20 – Dec 13, (No class Nov 22), 12 classes

Fee: \$45



SPECIAL INTEREST

Duplicate Bridge

Beginner & intermediate duplicate bridge lessons Wednesdays 6-8pm at the Cavalier Inn. Sponsored by the Jefferson Bridge Association. Games days are Mondays 7pm, Wednesdays 12:30pm and Fridays 12:30pm. Please contact Nan Massie, ACBL certified instructor, for more info. chobridge@aol.com or 434-531-5547.

SPECIAL INTEREST

Disaster + Travel + Wilderness First Aid

Hands-on learn how to save life and limb during the critical minutes or hours before an ambulance arrives, in a rural or wilderness area, or urban disaster zone. This course blends classroom and hands-on rescue scenario practice. 2-year WFA certification.

Cost \$185. 10% of proceeds go to a local community nonprofit organization. No prerequisites. For adults and youths ages 12+ know your loved ones are safe wherever they are. **Location:** Montessori School in Pantops Area

Dates: 2-day class run 8:30am to 6:45pm Oct 14-15 and Jan. 6-7, 2018.

CPR/AED/Choking for Adult/Child/Infant - Cost \$45

Location: 250 West Main St. Downtown Cville.

Dates: 1-class 6:30-9:45pm, Oct 13 and Jan 5, 2018.

More info. & online registration: www.solowfa.com or call 434-INJURED (465-8733).



SPORTS

VOLLEYBALL Adult Co-ed

OLDER THAN 18? Come join our co-ed adults for Volleyball Pick-up Games on Thursday nights at Sutherland Middle School from 7-9pm for **LOTS** of competitive fun! Bring a friend or make it a fun “date night”! **Fee:** \$50

Next Session Dates: Thursdays, Sept 7 – Dec 14

Men’s BASKETBALL League

Location: Albemarle High School

Dates: Sundays, December – April

Divisions: A, B, C, D, and Z(over 35) leagues.

Team Registration Forms available on-line beginning in October. www.albemarle.org/parks



Area SPORTS Leagues

Albemarle County Parks & Recreation co-sponsors or assists with youth and adult athletic leagues throughout the County.

Sports included are: Tennis, Football, Volleyball, Soccer, Lacrosse, Field Hockey, Fastpitch Softball, Softball, Baseball and T-ball.

For a complete list of contacts visit our website at www.albemarle.org/parks and download the contact sheet.

CLASSES AT GREENWOOD COMMUNITY CENTER

Chair Yoga

This class is designed for those not able to get up/down on a yoga mat, recovering from an injury, and for learning stretching techniques that can easily be done at work. This class will be suitable for all body types and ages. You will learn how to stretch the entire body and find your level of flexibility, strength, endurance, and balance.

Instructor: Carol Brown

Location: Greenwood Community Center

Fee: \$60 Alb. Co. Res. \$70 NCR (10 class session)

Thursdays, Sept 14 – Nov 16, 1:30-2:30pm



Beginner Yoga

A class designed to teach the basics of yoga. This class is for beginners, returning beginners, and for someone who has some yoga experience wanting to deepen their insight into postures and breath. You will be learning yoga poses with an understanding of proper alignment, finding your level of flexibility, strength, endurance, and balance.

Instructor: Carol Brown

Location: Greenwood Community Center

Fee: \$60 Alb. Co. Res. \$70 NCR (10 class session)

Mondays, Sept 11 – Nov 13, 1:30-2:30pm

Intermediate Yoga

This class is designed for someone who has a basic understanding of the proper alignment within a pose. You will be working on deepening your level of flexibility, strength, endurance, and balance. You will also be deepening your practice of being present to physical sensations within the body; feeling where you are tense and learning to release.

Instructor: Carol Brown

Location: Greenwood Community Center

Fee: \$60 Alb. Co. Res. \$70 NCR (10 class session)

Monday Session: Sept 11 – Nov 13, 12-1:15pm

Thursday Session: Sept 14 – Nov 16, 12-1:15pm

Martial Arts Classes

We are a traditional martial arts dojo located just outside of Charlottesville in the Greenwood Community Center. We offer training in Chito Ryu Karate Do for the past 15 years. We offer classes to men, women, and children starting from age 7. **To learn more about the program:** email Erin Hagedorn CvilleBudokan@gmail.com

Chief Instructor: Erin Hagedorn

Location: Greenwood Community Center

All Ranks: Tuesdays & Thursdays 5:30-7:00pm

Session 1: Sept 12 – Nov 2

Session 2: Nov 14 – Jan 16, (No class Nov 23, Dec 26 & 28)

Cost per 8 Week Session: \$64 One day per week

\$100 Two days per week

Family Rate: 3rd, 4th, & 5th member 1/2 price

Iaijutsu Classes

We are a traditional martial arts dojo located just outside of Charlottesville in the Greenwood Community Center. We have been training students in Iaijutsu (Samurai Swordsmanship) for the past 9 years. Classes offered to men, women, and children starting from age 7. **To learn more about the program:** email Doug Gellman dzg@hotmail.com

Chief Instructor: Doug Gellman

Location: Greenwood Community Center

Saturdays 9:30-11:00am

Session 1: Sept 16 – Nov 4

Session 2: Nov 18 – Jan 27, (No class Nov 25, Dec 23 & 30)

Cost per 8 Week Session: \$64

Family Rate: 3rd, 4th, & 5th member 1/2 price

CLASSES AT GREENWOOD COMMUNITY CENTER

Zumba

Get ready to dance yourself into shape! Zumba is best described as an exhilarating Latin inspired fitness class that combines all the rhythms in Latin music. This Zumba class applies dance moves from Salsa, Cumbia, Merengue, Belly Dance, Reggaeton and Hip Hop. Zumba is lively and exciting, giving you a beneficial and effective workout. This whole-body aerobic exercise burns calories and energy through dancing, while improving your flexibility, and strengthening your core.

Instructor: Jennifer Homan

Location: Greenwood Community Center

Fee: \$60 Alb. Co. Res. \$70 NCR (10 class session)

Wednesdays 10:30 - 11:30am

Sept 13 – Nov 15

Waltz Whirl

Every First and Third Monday at Greenwood Community Center 7:00-9:00pm. Dance & practice to recorded music, no partner necessary, help available, no experience needed. For more information call Rick Martin 434-823-6999 or Carol Bradford 540-942-3914. Cost: \$7-\$10 donation.

Beginning/Intermediate Tai Chi

Tai Chi Chuan is an exercise for health, conducive to both mental and physical well-being; an exercise promoting balance, coordination, synchronization, and meditation in motion. This class provides an introduction to the basic exercises and techniques of *Tai Chi*. Students learn the art of Tai Chi through the original 13 postures and movements from the Yang Family Secret Long Form, as well as the special short forms developed in San Francisco by H.H. Lui and Dr. Bennett. The class is designed for people with no experience as well as for those people with backgrounds in *Tai Chi*, body movement, dance, or martial arts. The lessons are appropriate for individuals of all ages.

Instructor: Bradford Bennett, Ph.D., Susan Spengler, Stephanie Guerlain

Location: Greenwood Community Center

Wednesdays 6:00-7:30pm

Sept 13 – Dec 6, (No class Nov 22), 12 classes

Fee: \$72 Alb. Co. Res. \$82 NCR

Roller-skating

The Greenwood Community Center offers public roller-skating on **Saturday Nights 6-9pm**. Admission is \$3 to rent skates and \$2 if you have your own skates. Roller blades are allowed. No metal wheels! Skating Rink is available for private skating parties!



Greenwood Community Center

Baseball Field, Outdoor Basketball Court, Playground, Picnic Shelter, Indoor Roller Skating, Classes (Karate, Jujitsu, Tai Chi, Yoga, Zumba, Dance, Clogging)
Building Rental Available

PARKS & TRAILS

Albemarle County Parks & Recreation has 12 parks with over 4,100 acres of parkland and 70 miles of trails. Park Activities: Walking, Hiking, Running, Biking, Disc Golf, Geocaching, Swimming, Fishing, Boating, & Horseback riding.

Parks are open every day all year long. Park hours are 7am to dark each day.

Please visit our website,
www.albemarle.org/parks **for detailed information on each park.**

Old Mills Trail:

The Old Mills Trail is located along a section of Albemarle County's Rivanna River Greenway, a 3 mile multi-use trail that begins at Darden Towe Park.

Multi-use Trail Parks:

Preddey Creek Trail Park (571 acres) and **Patricia Ann Byrom Forest Preserve Park** (600 acres) both have multi-use trails for hiking, running, mountain biking and horseback riding.

Walnut Creek Park has 15 miles of single track mountain bike trails/multi-use trails & an 18 hole Disc Golf Course.

DOG PARKS

Darden Towe Dog Park

Darden Towe Park features a 1 acre fenced-in area for dogs to run off-leash.

Chris Greene Lake Dog Park

Chris Greene Lake Park features a fenced-in area for dogs to run off-leash with a roped water access for dogs to swim. Both Dog Parks are open until dark every day.

Trail Work Days

Join us at a trail workday and help us build trails for the community. Saturday and mid-week volunteer options available.

*Email Tucker Rollins at trollins@albemarle.org or call (434) 296-5844 for more info.

BOATING & FISHING

Boat Launches

Albemarle County has well-maintained boat launches available at Beaver Creek Lake, Chris Greene Lake, Walnut Creek Lake and Totter Creek Park. U.S. Coast Guard-approved boats and crafts are welcome on the lakes, though gasoline-powered motors are prohibited. Electric motors are allowed. In addition to boating in one of the County's many lakes, you can access the Rivanna River at Darden Towe Park.

Fishing

Mint Springs Valley Park is stocked with trout from October to June as a part of the Virginia Department of Game and Inland Fisheries Trout Program. A trout fishing license is required. In addition, an ample supply of sunfish, channel catfish, and largemouth bass are stocked at all lakes, for which a Virginia State Fishing License is required.



RENTALS

Community Centers

Rooms are available at Greenwood, Scottsville, and the Meadows Community Centers.

Shelters

Picnic shelters are available for reservation at Dorrier Park, Chris Greene, Mint Springs, Darden Towe Park, Walnut Creek, Simpson Park and Greenwood Community Center.

***You may make your Room or Shelter Reservation Online at www.albemarle.org/parks**