

Albemarle County Parks & Recreation



Fall Guide 2019 (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 pop, 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 10 – Oct 15

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, Oct 29 – Dec 10 no class Nov 5

6:00-7:30pm WCS Level 2

7:30-9:00pm WCS "Technique Intensive: 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.



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 9 – Oct 21 (no class 9/30)

6:30-7:30pm Beginner Class

7:30-8:30pm Intermediate Class

Session 2: Mondays, Nov 11 - Dec 16

6:30-7:30pm Beginner Class

7:30-8:30pm Intermediate Class

Square Dance

Free Open Houses on Sept. 11 and 18, 7pm.

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. 25 and will be every Wednesday night from 7-9pm.

Location: Woodbrook Elementary School Cafeteria, 100 Woodbrook Dr. Cost: \$50 for 15 classes.

Caller: Jim Hassmer

More information: visit www.virginiareelers.com or call 434-466-4375

DANCE

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

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 10 – Nov 19, (No class Nov 5)

Tuesdays 5:30-6:45pm Mindfulness Yoga

Tuesdays 7:00-8:15pm Mindfulness Yoga

FITNESS



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 11 – Dec 18, (No class 10/16, 11/27), 13 classes

Fee: \$53



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 \$195. 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: Ivy Creek Natural Area, 1780 Earlysville Rd. Cville 22903**

Dates: 2-day class run 8:30am to 6:45pm Nov. 16-17

CPR/AED/Choking for Adult/Child/Infant - Cost \$49

Location: At MEDIC 250 West Main St. Downtown Cville 22902,

Dates: 1-class 6:30-9:45pm, Nov 15

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

SPORTS

Men's BASKETBALL League

Location: Albemarle High School

Dates: Sundays, December – April

Divisions: A, B, C, D

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



Open Gym Basketball

Location: Yancy School Community Center
Albemarle County Parks and Rec is sponsoring a Free Open Gym Basketball Program. The gym will be open for supervised play for all ages.

Saturday & Sundays, Nov – March 2020

Time: 1-5pm

Albemarle County Volleyball Club (ACVC)

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 5 – Dec 12

ACVC Volleyball Clinics:

Grades 3-5, Oct 5:

Come join in on the fun, and get to learn the exciting sport of VOLLEYBALL! Fun beginner drills bring the game to life!

Fee: \$35

Location: Sutherland Middle School

Time 9-10:30



Grades 6-9, Oct 5:

Hone your skills and stay fresh with lots of fun challenges and reps. Gets you ready for upcoming competitions!

Fee: \$55

Location: Sutherland Middle School

Time: 9-noon

Pickleball

Open Play Pickleball at Agnor Hurt Elementary Gym

Tuesdays & Thursdays, 6:15-9:00pm

September 3 – December 19

Fee: \$2 at the door

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 12 – Nov 14, 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 9 – Nov 11, 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 9 – Nov 11, 12-1:15pm

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

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 10 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: Aug 24 – Oct 19 (no class 9/27)

Session 2: Nov 2 – Dec 21,

Cost per 8 Week Session: \$64

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

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: Aug 20 – Oct 10

Session 2: Oct 22 – Dec 17

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

\$100 Two days per week

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

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,

Location: Greenwood Community Center

Wednesdays 6:00-7:30pm

Sept 11 – Dec 4, (No class Nov 20) 12 classes

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

CLASSES AT GREENWOOD COMMUNITY CENTER

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.

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.

Roller blades are allowed. No metal wheels! Skating Rink is available for private skating parties!

*New Class

ESSETRICS® Aging Backwards

This is an age reversing workout that will restore movement in your joints, flexibility in your muscles, relieve pain, and stimulate your cells to increase energy, vibrancy and enhance your immune system. A full body workout created by the author of Forever Painless and the New York Times bestseller, Aging Backwards, this class is designed for men and women of all ages who are seeking a gentle, slow tempo class. Come join me in an ESSETRICS® Aging Backwards workout and experience how good your body can feel! (Bring your exercise mat)

Instructor: Donna Ginsberg - Certified Integrative Health Coach by Duke IM,

Founder of Higher Plane Health Coaching

Wednesdays 10:15am-11:00am

Sept 11-Dec 4 (no class Oct 16) 12 classes

Fee \$ 65 Alb. Co. Res \$75 NCR

https://drive.google.com/file/d/1LYjIHGtYXDiySWHPN6KzUnsw_MdmXwmd/view

New Class

ESSETRICS® Stretch & Tone

Unlock your body with the liberating full-body movements of ESSETRICS. This workout is designed to move your body in every direction it was *designed to move*; equally stretching and strengthening, as it rebalances all 650 muscles. ESSETRICS is for men and women who:

Enjoy a dynamic workout with motivating music?
Want to increase flexibility, agility and strength?
Wish to slenderize and tone abs, arms, legs and butt?

Are runners, or cyclists with tight hips, shoulders and back seeking to rebalance, release tension and prevent injuries?

Come join me in an ESSETRICS® Stretch & Tone workout and experience how good your body can feel! (Bring your exercise mat)

Instructor: Donna Ginsberg - Certified Integrative Health Coach by Duke IM,

Founder of Higher Plane Health Coaching

Thursdays 9:00am-10:00am

Sept 12-Dec 5 (no class Oct 10 & 17)

Fee \$65 Alb. Co. Res \$75 NCR



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:

Preddy 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.

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.

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.

BOATING & FISHING

*New Boat Launch

Albemarle County has added a new boat launch, **Brook Hill River Park**, a 6.5 mile river access along the Rivanna River. We also offer well-maintained boat launches available at Beaver Creek Lake, Chris Greene Lake, Walnut Creek Lake and Totier 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

*New Community Center

Rooms are available at Greenwood, Scottsville, Meadows, and **Yancy School** 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

The Lewis & Clark Exploratory Center

Explore with Us! lewisandclarkvirginia.org Facebook: Lewis & Clark Exploratory Center 434-996-7282
We also have weekly activities during our open public hours! Find our current offerings on our website or on Facebook.

Nature Photography Workshops for Adults at the Lewis & Clark Exploratory Center

Come learn about nature and photography on a walk on our trails! \$15, includes museum admission. Bring your camera and a good pair of walking shoes.

Saturday, October 5, 10:30 AM-11:30 AM: River and Rocks

Saturday, October 12, 10:30 AM-11:30 AM: Insects and Birds

Saturday, October 19, 10:30 AM-11:30 AM: Trees and Leaves

Family Photography Workshops at the Lewis & Clark Exploratory Center

This workshop is designed for children and their parents. (Children must be accompanied by an adult.) Bring your cameras and come explore the natural world! \$10 per person, includes museum admission. We use simplified techniques we call "Up, Down, and All Around!" to get children comfortable as they take pictures.

Saturday, October 5, 1 PM- 1:45 PM: River and Rocks

Saturday, October 12, 1 PM-1:45 PM: Insects and Birds

Saturday, October 19, 1 PM-1:45 PM: Trees and Leaves

Mindful Photography Classes for Adults

Lewis & Clark Exploratory Center Executive Director Alexandria Searls runs these workshops for adults, using assignments from her two photography books, "Fifteen Exercises in Perception," and "21 Days of Mindful Photography." The class takes place on the nature trails of the Center as participants gain a greater understanding of their way of relating to the natural world. \$25 per workshop or \$100 for a series of five classes. Drop-ins accepted but reservations preferred. Please email lewisandclark@lewisandclarkvirginia.org

Tuesday, October 1, 1-2

Tuesday, October 8, 1-2

Tuesday, October 22, 1-2

Tuesday, October 29, 1-2

Tuesday, November 5, 1-2

If you have a small group that you would like to schedule for another time, please email lewisandclark@lewisandclarkvirginia.org with your days and times of interest.

"The Foods of Lewis and Clark" Thursday, October 10, 5:30 PM

We're giving a free lecture with a slide show on the foods of Lewis & Clark, in preparation for our annual celebratory dinner, "A Portable Feast," which takes place on Thursday, October 24. Come learn about the culinary history of the Lewis and Clark Expedition, and especially about the recipes we're going to be serving! Reservations required (limited seating). Please email lewisandclark@lewisandclarkvirginia.org to make your reservation.

"A Vote for Democracy," Sunday, November 24, 2 PM-4 PM

Come for the full enactment of our special historical program, "A Vote for Democracy," which involves the audience in readings, votes, role playing, and polls related to pivotal decision making on the Lewis & Clark Expedition. Limited to 15 people. Tickets are \$20. For more information, please email lewisandclark@lewisandclarkvirginia.org A program of American Evolution 2019 and recipient of a 2019 grant from the Bama Works Fund of the Charlottesville Area Community Foundation. Ages 16 and up appropriate.

Holiday Giftmaking Join us December 14, 10-3 for Holiday Giftmaking for Kids and Adults

Check our Facebook page for more details in November. Past projects have included wreaths, bead bracelets, silhouettes, painted boxes, and more... Price will be dependent on selection of projects.