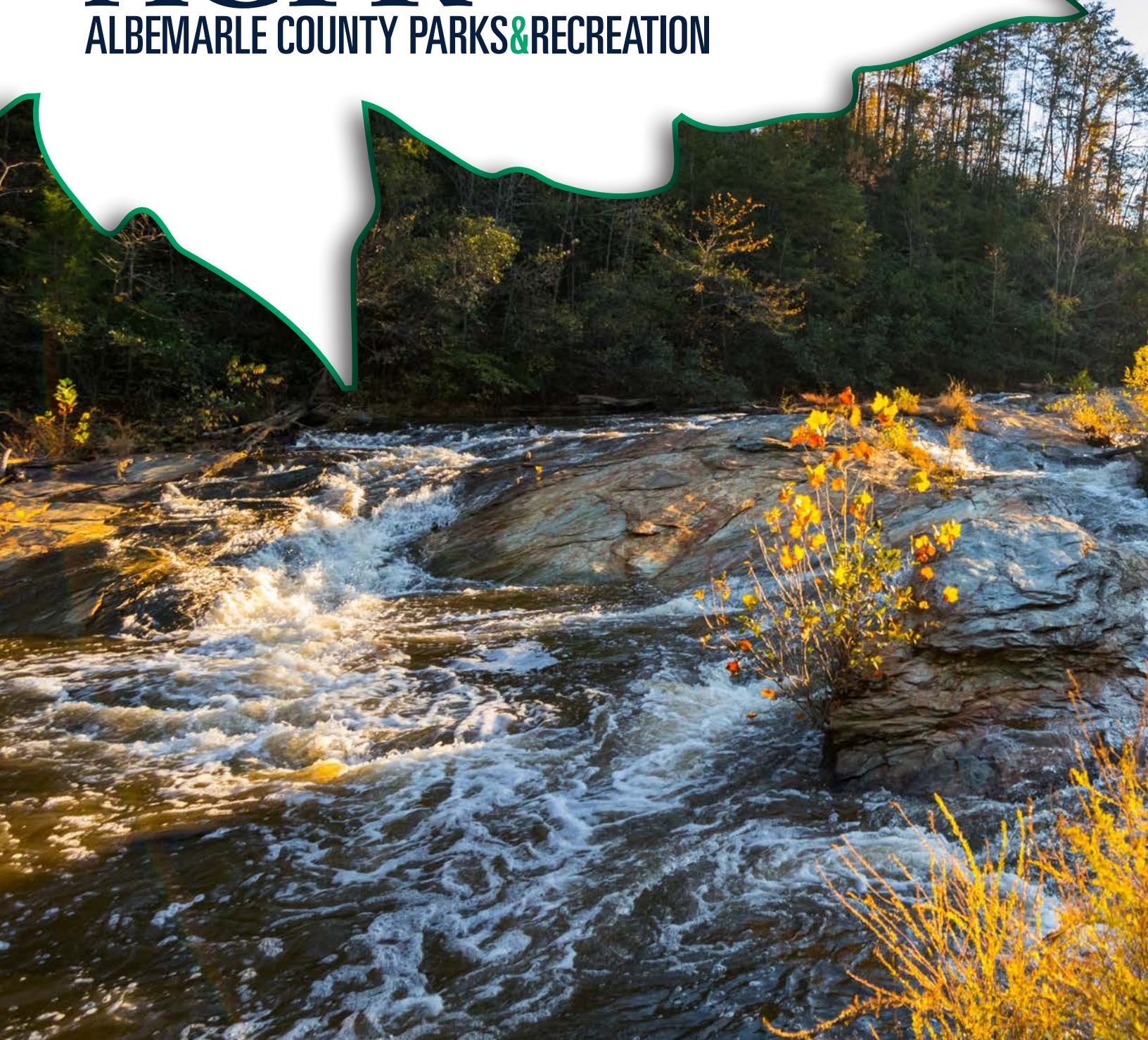


434.296.5844
ALBEMARLE.ORG/PARKS



ACPR

ALBEMARLE COUNTY PARKS & RECREATION



FALL GUIDE 2024 *YOGA, FITNESS, DANCE, BEEKEEPING, MARTIAL ARTS, SPORTS & MORE*

CLASSES AT GREENWOOD COMMUNITY CENTER

Alb. Co. Res. = Albemarle County Residents

NCR = Non Albemarle County Residents

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: \$84 Alb. Co. Res. \$94 NCR

Mondays, Sept 9 – Dec 16, 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: \$84 Alb. Co. Res. \$94 NCR

Monday Session: Sept 9 – Dec 16, 12-1:15pm

Thursday Session: Sept 12 – Dec 19, 12-1:15pm

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: \$84 Alb. Co. Res. \$94 NCR

September 10 – December 19, 1:30-2:30pm

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: August 3rd - September 28

Cost per 8 Week Session: \$64

BEGINNING/INTERMEDIATE TAI CHI

September 4-November 20th

Wednesday: 6:00pm-7:30pm

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

October 2 – Nov 20

Wednesdays 9am – 10am

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

Somatic Tai Chi is a new way of learning and understanding the classical movement of Tai

Chi. This special class emphasizes Tai Chi as a movement discipline for physical and mental relaxation, gaining flexibility, body awareness, and balance. Exercises stressing self-awareness allows students to learn the art of Tai Chi with the unique understanding and speed.

This class is appropriate for people with no experience as well for those people with backgrounds in Tai Chi, body movement, dance, or martial arts.

This class is taught by Bradford C. Bennett Ph. D, and Susan Spengler, MS

Instructor: Brad Bennett and Susan Spengler

Location: Greenwood Community Center

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 8.

To learn more about the program:

email Paul Hankle pauro@protonmail.com

Chief Instructor: Paul Hankle

Location: Greenwood Community Center

All Ranks: Tuesdays & Thursdays 5:00-6:30pm

Session 1: August 27 – Nov 1

Cost per 8 Week Session: \$64 One day per week \$100 Two days per week

ROLLER-SKATING

The Greenwood Community Center offers public roller-skating on **Saturday Nights 6-8pm**. 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!

YANCEY SCHOOL COMMUNITY CENTER

KUNDALINI YOGA

Works in the body to increase physical and emotional capacity. Vivian Feggans was certified to teach it in 2015. Put this yoga to work for you: it's gentle and adaptable for any level.

For ages from 16 and up.

Some of the benefits are...

- Strengthens your core.
- Builds lung capacity.
- Builds stamina, balance, and flexibility.
- Supports healing from within to without.
- Improves overall health.

Tuesdays, August 15-October 13, 2024 \$50

XTREME HIP HOP CLASS

Every Saturday from 9:30am – 10:30am

Free Fitness Room (hours are on our website)

SCOTTSVILLE COMMUNITY CENTER

TOTAL BODY WORKOUTS

at Scottsville Community Center

Wednesday

6:30pm-7:30pm

September 16 – December 16

Fee: \$75

Instructor: Jane Tunnadine



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.

Click here for more information:
www.solowfa.com

BEEKEEPING

Central Virginia Beekeepers Association will present a County sponsored course for new or prospective beekeepers. Will cover 'the life and times' of the honeybee, setting up a hive, seasonal management, and honey production and much more. One session (exact date TBA, weather dependent) will be held outside with bees, one student's name will be drawn for a colony of bees.

Dates: Sundays, October 6 - November 3

Time: 2pm - 4pm

Class Location: Greenwood Community Center
Please check website for updates.

VIRGINIA REELERS SQUARE DANCE CLUB

TWO (2) FREE MODERN WESTERN SQUARE DANCE CLASSES:

Wednesdays, September 11 – December 18

(7:00--9:00 pm in Woodbrook Elementary School cafeteria – 100 Woodbrook Drive, Charlottesville – Please access the cafeteria from the far end of the back parking lot.)

Come dance with us! See for yourself how much fun square dancing is!

Bring a partner OR come alone.

NO experience, partner, dancing ability, or special clothing is needed.

Learn while you DANCE!

EXERCISE your body and mind while meeting new people and having FUN!

After the free open houses, the **CLASS** will meet every Wednesday night at Woodbrook School cafeteria from 7:00–9:00 pm for a grand total of 13 sessions at a cost of \$100 per person.

For more information, please contact Mary Moranville at 301-529-9605.

We look forward to your dancing with us in September!



WEST COAST SWING

West coast swing (WCS) is a modern-day swing dance. It's very popular in Charlottesville and beyond. People of all ages love it because you can use it to dance to contemporary music playing on today's pop, R&B, rock, and indie radio stations. Come see what the fuss is all about! Level 1 is perfect for total beginners, dancers who want a refresher course, or dancers who want to learn the opposite role.

Instructor: Kristin Wenger

Location: Agnor Hurt Elementary Gym

Fee: \$69 Alb. Co. Res. \$79 NCR, (6 class session)

Session 1: Wednesday, Sept 11 – Oct 16

Session 2: Wednesdays, Oct 30 – Dec 11

6:30-7:30pm WCS Level 1

7:30pm-8pm Practice (Both sessions)

Thirty minutes of open practice time; the instructor will be on site to answer questions and provide extra help. A mix of both WCS and two-step music will be played; students enrolled in either class are welcome to attend. Optional.

8:00pm-9:00pm

WCS: Beyond the Basics. New moves and advanced technique for 'Westies' who are competent with the basic figures of WCS and are ready for new challenges.

MEN'S BASKETBALL LEAGUE

Location: Albemarle High School

Dates: Sundays, January-April 2025

Divisions: A, B, C, D

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



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ALBEMARLE COUNTY VOLLEYBALL CLUB (ACVC)

OLDER THAN 18? Come join our co-ed adults for Volleyball Pick-up Games for **LOTS** of competitive fun! Bring a friend or make it a fun "date night"! Camps and Clinics for all ages as well!

Please go to ACVC website to subscribe and register: www.albemarlecountyvolleyball.com

PICKLEBALL

Open Play Pickleball at Agnor Hurt Elementary Gym

Tuesdays & Thursdays, 6:30-9:30pm

September 10 – December 19

Fee: \$45

Check out Home (centralvirginiapickleball.org)

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.

FALL RECREATION DAY CAMPS 2024

(AGES 6-13)

The Albemarle County Parks and Recreation Department will be sponsoring Recreation Day Camps at Greenwood Community Center this fall. These programs are for children ages six to thirteen. The program consists of organized recreational activities, sports, games, contests, arts & crafts, roller skating and special events.

(No School for ACPS)

LOCATIONS	DATES	TIME	COST
Greenwood Community Center	September 23rd	8am-5:30pm	\$40
Greenwood Community Center	October 24th	8am-5:30pm	\$40
Greenwood Community Center	November 4th	8am-5:30pm	\$40
Greenwood Community Center	November 5th	8am-5:30pm	\$40

On-line Registration: www.albemarle.org/parks

CAMP RESPONSIBILITIES

- Children may not be dropped off before the program time begins and must be picked-up at the program ending time.
- Transportation is the parent's responsibility to and from the program site.
- Children need to bring lunch, snacks, and drinks each day.
- Staff cannot administer or store any medication.
- Children enrolled must be able to handle their own toileting, dressing, and eating.
- Persons needing special assistance should call the Parks & Rec. Dept. at #296-5844. Reasonable accommodations will be made.

MIDDLE SCHOOL SPORTS PROGRAM 2024-2025

The Middle School Sports Program is held at all 5 Albemarle County Middle Schools. This program is a partnership with Albemarle County Middle Schools and Parks & Recreation. The program is run two days a week right after school for each sport as an after-school program for students who attend that school.

All Registrations will be available/posted on the Parks and Recreation website www.albemarle.org/parks. (50% Scholarships Available for qualified students)

Beginning 2017, Sports Physicals are Required to play for all sports, according to The General Assembly Senate Bill 665. (MedExpress Urgent Care Center at Pantops & Seminole Square offer Sports Physicals for \$45, Bring Physical form and filled out Medical History Form).

Registration is first come first serve, sports fill-up quickly!



Questions call Joe Clark, at Albemarle County Parks & Recreation (434) 296-5844 or email jclark@albemarle.org



TENNIS September 9 – October 17, 2024

Boys & Girls practice together on Mondays & Wednesdays, 4:10-5:30pm. (Tennis Instruction: Learn strokes, grips, and basic skills. Lessons will incorporate fun games. Matches between other Schools TBA, Matches on weekends). **Cost: \$75**, includes Team T-shirt
Online Registration beginning August 26, 2024



CROSS COUNTRY September 9 – October 26, 2024

Boys & Girls practice together on Mon/Wed, Tues/Thurs (depends on school), 4:10-5:30pm. **Cost: \$75** includes Team T-shirt
Cross Country Meet at Monticello HS, TBA
Online Registration beginning August 26, 2024



BASKETBALL September 11 – October 26, 2024

Boys practice and play games on Mondays & Wednesdays, 4:10-5:45pm, game days run longer. Girls practice and play games on Tuesdays & Thursdays, 4:10-5:45pm, game days run longer. **Cost: \$90**, includes Team T-shirt, 4 games
Online Registration beginning August 26, 2024



SOCCER

(Supervised Scrimmage Soccer Games): Nov. 11 – Dec. 18, 2024

Boys & Girls on Mondays & Wednesdays (Games played after school 4:10-5:15pm. Co-ed Teams. Teams are selected on the 1st day. Games begin on the 2nd day. No practices, just games. **Cost: \$45**
Online Registration beginning October 7, 2024



FLAG FOOTBALL

(Supervised Scrimmage Flag Football Games): Nov. 12 – Dec. 19

Boys & Girls on Tuesdays & Thursdays (Games played after school 4:10-5:15pm. Co-ed Teams. Teams are selected on the 1st day. Games begin on the 2nd day. No practices, just games). **Cost: \$45**
Online Registration beginning October 7, 2024



GIRLS VOLLEYBALL January 21 – March 20, 2025

Mondays & Wednesdays or Tuesdays & Thursdays, 4:10-5:45pm, game days run longer. **Cost: \$90**, includes Team T-shirt, 4 games
Online Registration beginning January 8, 2025



TRACK April 7 – May 21, 2025

Boys & Girls practice together on Mondays & Wednesdays, 4:10-5:30pm
Cost: \$75, includes Team T-shirt and track meets
Online Registration beginning March 6, 2025



BOYS VOLLEYBALL April 7 – May 29th, 2025

Tuesdays & Thursdays, 4:10-5:45pm, game days run longer. **Cost: \$90**, includes Team T-shirt, 4 games
Online Registration beginning March 6, 2025



BEAVER CREEK

Parks & Trails

Albemarle County Parks & Recreation has 12 parks with over 5,000 acres of parkland and 85+ 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.

BEAVER CREEK PARK

4365 Beaver Creek Park Road
Charlottesville, VA 22901

Beaver Creek Park is a 219-acre park (104-acre fishing lake) that offers fishing, boating, and scenic views. This park is located minutes from downtown Crozet, perfect getaway for family picnics.

Amenities

- Boat Launch
- Canoe/Kayak Access
- Grills - Charcoal
- Picnic Tables
- Restrooms
- Trails - Hiking

BROOK HILL RIVER PARK

3009 Old Rio Mills Road
Earlsville, VA 22936

This park is a river access boat launch to the Rivanna River. This site opens access to 6 additional miles of river trail. This park is in the northern section of Albemarle County right off Route 29 and Rio Mills Road. Brook Hill River Park to future Buck Island Creek Park would give water enthusiasts a 17-mile float with several options for shorter trips as outlined below.

Amenities:

- Boat Launch



BROOK HILL RIVER PARK

CHARLOTTE HUMPHRIS PARK

108 Whitewood Road
Charlottesville, VA 22901

This 25-acre park offers 1.5 miles of paved trails with a small shelter and seating. Formerly Whitewood Park, it was renamed in 2005 to honor Charlotte Yancey Humphris, a former Board of Supervisors member and Chairwoman, who was a widely respected advocate for rural preservation.

Amenities:

- Little Free Library
- Trails - Paved

CHRIS GREENE LAKE PARK

4748 Chris Greene Lake Road
Charlottesville, VA 22911

This 239-acre park includes 53 water acres and 2 beach acres. Several recreational amenities are provided, including a 1-acre fenced dog park with water access for dogs to swim, 2 reservable picnic shelters, a playground, and 3 miles of trails. This park is in the northern section of Albemarle County and minutes from Charlottesville Airport.

Amenities:

- ADA Wheelchair-Accessible Fishing Pier
- Boat Launch
- Disc Golf
- Electric
- Grills - Charcoal
- Reservable Picnic Shelters
- Picnic Tables
- Swimming Beaches
- Volleyball Court
- Canoe/Kayak Rental
- Dog Park
- Fishing
- Little Free Library
- Playground
- Restrooms
- Trails



DARDEN TOWE PARK

DARDEN TOWE PARK

1445 Darden Towe Park
Charlottesville, VA 22911

This 113-acre park includes a sports complex, river access, dog park, playground and a reservable picnic shelter. This park is popular for hosting league soccer/softball and weekend sport tournaments. This park is open from sunrise to sunset.

Amenities

- 4 multi-purpose athletic fields
- 3 softballs fields
- Pickleball courts
- Batting cage
- Dog Park
- Playground (5-12 year old)
- Reservable Picnic Shelter (only 1 available)
- Boat Launch to Rivanna River
- 1 Little League field
- Tennis courts
- 1 cricket pitch
- Cornhole
- Trails

DORRIER PARK

250 Page Street
Scottsville, VA 24590

This 2-acre park includes a softball field, soccer field, 2 tennis courts, playground, trail, and reservable picnic shelter. The park is in downtown Scottsville next to Scottsville Community Center.

Amenities:

- Electric
- Grills - Charcoal
- Reservable Picnic Shelter (only 1 available)
- Picnic Tables
- Playground
- Restrooms
- Soccer Field
- Softball Field
- Tennis Court



MINT SPRINGS VALLEY PARK

6659 Mint Springs Park Road
Crozet, VA 22932

This 520-acre park (with 8 water acres, and 1 beach acre), provides several recreational amenities including a seasonal swimming beach, 2 reservable picnic shelters, a playground, and 5 miles of trails.

Amenities:

- ADA Wheelchair-Accessible Fishing Pier
- Canoe/Kayak Access
- Electric
- Fishing Pier
- Grills - Charcoal
- Little Free Library
- Picnic Tables
- Reservable Picnic Shelters
- Restrooms
- Playground
- Trails
- Trails - Hiking
- Trails - Mountain Biking
- Volleyball Court
- Water Spigot
- Swimming Beaches

PATRICIA ANN BYROM FOREST PRESERVE PARK

6610 Blackwells Hollow Road
Crozet, VA 22932

This 600-acre park offers multi-use trails for hiking, running, mountain biking, and horseback riding. Many trails are steep and strenuous. The park provides beautiful views with wildlife spotted frequently.

Amenities:

- Picnic Shelters
- Restrooms
- Trails
- Trails - Hiking
- Trails - Horseback Riding
- Trails - Mountain Biking

PREDDY CREEK PARK

3690 Burnley Station Road
Charlottesville, VA 22911

This 571-acre park offers 16 miles of trails for mountain biking, hiking, running and horseback riding. This park is known to have the best mountain biking system in the area.

Amenities:

- ADA Accessible Equestrian Loading Ramp
- Equestrian Parking
- Little Free Library
- Picnic Tables
- Restrooms
- Trails
- Trails - Hiking
- Trails - Horseback Riding
- Trails - Mountain Biking

SIMPSON PARK

2410 Simpson Drive
Esmont, VA 22937

This 13-acre park includes a spray park, and two reservable shelters. The park is perfect for parties, reunions, and evening picnics.

Amenities:

- Basketball Court
- Electric
- Grills - Charcoal
- Little Free Library
- Reservable Picnic Shelters
- Multi-Purpose Athletic Field
- Little League Field
- Picnic Tables
- Playground
- Restrooms
- Spray Park
- Tennis Court

TOTIER CREEK PARK

9290 Totier Creek Road
Scottsville, VA 24590

This 209-acre park (69 water acres) offers fishing and hiking opportunities in the Scottsville area. Totier Creek is stocked with sunfish, channel catfish, and largemouth bass.

Amenities:

- Boat Launch
- Fishing
- Fishing Pier
- Grills - Charcoal
- Picnic Tables
- Restrooms
- Trails



WALNUT CREEK PARK

4250 Walnut Creek Road
North Garden, VA 22959

This 525-acre park (with 45 water acres, and 2 beach acres), provides several recreational amenities including 2 reservable picnic shelters, a disc golf course, and 12.4 miles of trails. This park is in the southern section of Albemarle County and voted "Best of the Best" of by Cville Weekly.

Amenities:

- Boat Launch
- Canoe/Kayak Rental
- Disc Golf
- Electric
- Fishing
- Grills - Charcoal
- Little Free Library
- Little Library
- Reservable Picnic Shelters
- Picnic Tables
- Playground
- Restrooms
- Swimming Beaches
- Trails

WESTERN PARK

1300 Old Trail Drive
Crozet, VA 22932

Western Park is a 39 acre partially developed public parkland in Crozet at Old Trail. The parkland was proffered to Albemarle County for public use as part of the original Old Trail rezoning.

Amenities:

- Playground
- Trails
- Shelter



IVY CREEK NATURAL AREA AND HISTORIC RIVER VIEW FARM

1776 Earlysville Road
Earlysville, VA 22936

The Ivy Creek Natural Area is a 219-acre natural area jointly owned by the County of and the City of Charlottesville. The volunteer Ivy Creek Foundation assists in the management and care of the area and operates nature programs throughout the year. The area contains over 7 miles of walking trails. Pets, trail running, bicycles, and horseback riding are not allowed at Ivy Creek Natural Area.

Amenities

- 7 miles of trails for walking
- Educational classes
- Historic barn tours
- Restrooms



401 McIntire Road
Room 118
Charlottesville, VA 22902



**Parks & Recreation | Albemarle
County, VA**

www.albemarle.org

Rentals

COMMUNITY CENTERS

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*



REGISTER ONLINE:

ALBEMARLE.ORG/PARKS

or Contact us by phone:

434.296.5844

Office Located at:

401 McIntire Road
Room 118
Charlottesville, VA 22902