

FALL 2016

GOOD TIMES

RECREATION, PARKS & OPEN
SPACE COURSE GUIDE

Get out and play!

**DON'T MISS PLAY DAY!
SATURDAY, SEPTEMBER 17
SEE PAGE 18 FOR DETAILS**



THE CITY OF
NORFOLK
RECREATION, PARKS & OPEN SPACE

FROM THE RPOS DIRECTOR

“By all these lovely tokens September days are here, with summer’s best of weather, and autumn’s best of cheer.”

~Helen Hunt Jackson

The days are cooler, the leaves are bright with color, and night is coming sooner. There’s no better way to take in the beauty of fall than with a visit to your local park. Walk among the crunching leaves and watch the squirrels busy hiding their acorns for winter. Adopt your own tree at the Norfolk Arbor Day Celebration.

Fall also means Halloween and costume fun! Our Seniors Division is hosting its first-ever night of Costumes and Comedy. Run, walk, or roll your way through the Therapeutic Recreation Center’s Halloween 5K/Mile or run/walk the From Here to Eternity 5K. Join Norfolk Notables or Strange Happenings to explore our historic cemeteries for one of the most interesting tours you’ll encounter.

Remember to mark your calendars for September 17, and “fall” into free family fun with the 2016 Play Day. For information on this and other exciting events, flip to page 18. We are pleased to help you “get out and play!”

Sincerely,



Darrell R. Crittendon, Director
Recreation, Parks & Open Space



ALL ACCESS PASS TO FUN

It’s never been easier to get out and play in Norfolk! With pricing that can’t be beat, your RPOS Facility Use ID Card entitles you to access at the city’s 18 recreation centers and five pools. Cards valid for one year. Visit Norfolk.gov/play for details.

Youth	Ages 5-17	\$10
Adults	Ages 18-64	\$20
Seniors	Ages 65+	Free
Non-residents	All Ages	\$50
Daily Guest Pass		\$2

Family Discount Plans

One parent + one child	\$25
One parent + up to three children	\$30
Two parents + one child	\$40
Family of four or more	\$50

SPOTLIGHT:

NORFOLK’S **NEW** PARK RANGERS



Around town you’re sure to spot Amber and Laura, Norfolk’s new Park Rangers. This amazing duo has joined the City of Norfolk to provide education and engagement opportunities for park and open space guests. They will also enforce park rules to ensure the your safety.

Amber and Laura have tons of fall fun lined up for you and your family! Want to learn how to prevent pest invasions in your home? There’s a workshops for that. Have a toddler eager to play outdoors? There’s a program for that, too. Have a question about our parks? They’ve got the answers.

So give Amber and Laura a wave when you see them out and about. And make sure to check out p19 for details on all of their fall-tastic events designed to get you out to play!

FACILITIES INFORMATION

RECREATION CENTERS

Bayview Recreation Center *	441-1626	8613 Willow Terrace, 23503	
Berkley Community Center **	441-1912	121 W. Liberty St., 23523	
Campostella Recreation Center **	441-1974	1130 Leake St., 23523	
Captain's Quarters Recreation Center	441-1715	800 Little Bay Ave., 23503	(Closed Fall-Spring)
Crossroads Community Center *	965-9430	8019 Old Ocean View Rd., 23505	
E. Ocean View Community Center **	441-1785	9520 E. 20th Bay St., 23518	
Fairlawn Recreation Center *	441-5670	1014 Kempsville Rd., 23502	
Grandy Village Recreation Center **	441-2117	3016 Kimball Terrace, 23504	
Huntersville Community Center **	664-7430	830 Goff St., 23504	
Ingleside Recreation Center **	441-5621	940 Ingleside Rd., 23502	
Lambert's Point Community Center ***	423-1088	1251 W. 42nd St., 23508	
Merrimack Landing Recreation Center **	441-1783	8809 Monitor Way, 23503	
Norview Community Center ***	441-1440	6380 Sewells Point Rd., 23513	
Park Place Community Center **	664-7531	606 W. 29th St., 23508	
Sherwood Forest Community Center *	441-5824	4537 Little John Dr., 23513	
Tarrallton Community Center*	441-1765	2100 Tarrallton Drive, 23518	
Titustown Recreation Center **	441-1259	7545 Diven St., 23505	
Young Terrace Community Center *	441-2692	804 Whitaker Ln., 23510	

RECREATION CENTER HOURS

- * Tu-Th: 6:30-9:30a, 3:00-8:00p; Mon/Fri: 6:30-9:30a, 3:00-8:00p; Sat: 11:00am-4:00p
- ** Tu-Th: 2:30-8:00p; Mon/Fri: 2:30-6:00p; Sat: 11:00a-4:00p
- *** Mon-Fri: 10:00a-8:30p; Sat: 11:00a-4:00p
- **** M: 9a-12:00p; 3-4:00p; T: 9-10:00a, 2:30-5:00p; W: 9-12p, 2:30-4:00p; Th: closed; F: 11-12p, 3-5:00p
- ***** M: 9a-1:00p, Tu-Fri: 9a-6:00p

POOLS

Berkley Outdoor Seasonal Pool	441-1969	89 Liberty St., 23523
Chesterfield Outdoor Seasonal Pool	441-5410	2915 Westminster Ave., 23504
Huntersville Indoor Pool	664-7431	830 Goff St., 23504
Norfolk Fitness & Wellness Center (NFWC)	823-4306	7300 Newport Ave., 23505
Northside Indoor Pool	441-1760	8401 Tidewater Dr., 23518
Southside Aquatics Center Indoor Pool	333-3281	1750 Campostella Rd., 23523



OTHER FACILITIES

Campostella Computer Resource Center	543-0876	1714 Mt. Vernon Ave., 23523
Diggs Town Computer Resource Center	227-9915	1401 Melon St., 23523
Ingleside Community Gym **	226-7102	960 Ingleside Rd., 23502
Lakewood Athletic Office	441-5834/5	1612 Willow Wood Dr., 23509
Lakewood Dance & Music	441-5833	1612 Willow Wood Dr., 23509
Norfolk Fitness & Wellness Center (NFWC)	823-4301	7300 Newport Ave., 23505
Northside Skate Plaza		8401 Tidewater Dr., 23518
Oakleaf Computer Resource Center *****	227-9915	1704 Greenleaf Dr., 23523
Ocean View Senior Center	441-1767	600 E. Ocean View Ave., 23503
Southside Senior Center *****	664-6484	925 S. Main St., 23523
Team Norfolk Boxing	441-2787	2500 Barraud Ave., 23504
Therapeutic Recreation Center *****	441-1764	180 E. Evans St., 23503
Titustown Visual Arts Center	441-1227	7545 Diven St., 23505
Vivian C. Mason Teen Center	747-2679	700 E. Olney Rd., 23504

AQUATICS

Registration begins 08/22

PARENT & CHILD AQUATICS 1

Ages 6mos-3 • To familiarize very young children and caregiver(s) with basic elements of water safety and the learn-to-swim program. Not designed to teach children to be strong swimmers or to survive in the water on their own. Child must be at least 6 months of age and wear a swim diaper if needed. Parent or caregiver must accompany child in the water.

LOCATION: NFWC POOL

710101-11	Sa	9/10-10/29	11-11:30a	8/31	\$25/\$38
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LOCATION: NORTHSIDE POOL

710101-01	Sa	9/10-10/29	12-12:30p	8/31	\$25/\$38
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LOCATION: SOUTHSIDE AQUATIC

710101-41	Sa	9/17-11/5	9-9:30a	9/10	\$25/\$38
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PARENT & CHILD AQUATICS 2

Ages 6mos-3 • Prerequisite: Completion of Parent & Child Aquatics 1.

LOCATION: NORTHSIDE POOL

710102-01	Sa	9/10-10/29	12:30-1p	8/31	\$25/\$38
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LOCATION: SOUTHSIDE AQUATIC

710102-41	Sa	9/17-11/5	9-9:30a	9/10	\$25/\$38
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PRESCHOOL AQUATICS LEVEL 1

Ages 4-5 • No skill prerequisites. To orient preschool-age children to aquatic environments and to help them acquire rudimentary levels of basic aquatic skills. Child must confidently separate from parent and follow instructor's direction.

LOCATION: HUNTERSVILLE POOL

710201-32	Sa	9/10-10/29	9-9:45a	8/31	\$30/\$45
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710201-31	Tu,Th	9/13-10/6	5-5:45p	8/31	\$30/\$45
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LOCATION: NFWC POOL

710201-13	Tu,Th	10/18-11/10	4-4:45p	8/31	\$30/\$45
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710201-12	Sa	9/10-10/29	10-10:45a	8/31	\$30/\$45
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710201-11	Tu,Th	9/13-10/6	4-4:45p	8/31	\$30/\$45
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LOCATION: NORTHSIDE POOL

710201-01	Sa	9/10-10/29	10-10:45a	8/31	\$30/\$45
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710201-02	M	9/12-10/31	5-5:45p	8/31	\$30/\$45
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710201-03	W,F	9/14-10/7	5-5:45p	8/31	\$30/\$45
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LOCATION: SOUTHSIDE AQUATIC

710201-41	Sa	9/17-11/5	9-9:45a	9/17	\$25/\$38
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PRESCHOOL AQUATICS LEVEL 2

Ages 4-5 • Prerequisites: Preschool Aquatics Level I or demonstrated ability to perform exit skills of that level.

LOCATION: NFWC POOL

710202-13	Tu,Th	10/18-11/10	4-4:45p	8/31	\$30/\$45
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710202-11	Tu,Th	9/13-10/6	4-4:45p	8/31	\$30/\$45
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LOCATION: NORTHSIDE POOL

710202-01	Sa	9/10-10/29	11-11:45a	8/31	\$30/\$45
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LEVEL 1: INTRODUCTION TO WATER

Ages 6-15 • No skill prerequisites. Child must confidently separate from parent and follow instructor's directions. Develop positive attitudes, good swimming habits and safe practices.

LOCATION: HUNTERSVILLE POOL

710301-32	Sa	9/10-10/29	10-10:45a	8/31	\$30/\$45
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710301-31	Tu,Th	9/13-10/6	5-5:45p	8/31	\$30/\$45
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LOCATION: NFWC POOL

710301-13	Tu,Th	10/18-11/10	5-5:45p	8/31	\$30/\$45
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710301-12	Sa	9/10-10/29	10-10:45a	8/31	\$30/\$45
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710301-11	Tu,Th	9/13-10/6	5-5:45p	8/31	\$30/\$45
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LOCATION: NORTHSIDE POOL

710301-01	Sa	9/10-10/29	11-11:45a	8/31	\$30/\$45
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710301-02	Sa	9/10-10/29	12-12:45p	8/31	\$30/\$45
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710301-03	W,F	9/14-10/7	5-5:45p	8/31	\$30/\$45
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LOCATION: SOUTHSIDE AQUATIC

710301-41	Sa	9/17-11/5	10-10:45a	9/17	\$25/\$38
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LEVEL 2: FUNDAMENTAL AQUATICS

Ages 6-15 • Prerequisite: Valid Level I certificate or demonstrated ability to perform exit skills of that level. Improve fundamental skills, such as floating without support, and to recover to a vertical position.

LOCATION: HUNTERSVILLE POOL

710302-32	Sa	9/10-10/29	10-10:45a	8/31	\$30/\$45
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710302-31	Tu,Th	9/13-10/6	5-5:45p	8/31	\$30/\$45
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LOCATION: NFWC POOL

710302-13	Tu,Th	10/18-11/10	5-5:45p	8/31	\$30/\$45
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710302-12	Sa	9/10-10/29	9-9:45a	8/31	\$30/\$45
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710302-11	Tu,Th	9/13-10/6	5-5:45p	8/31	\$30/\$45
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LOCATION: NORTHSIDE POOL

710302-01	Sa	9/10-10/29	11-11:45a	8/31	\$30/\$45
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710302-02	M	9/12-10/31	6-6:45p	8/31	\$30/\$45
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LOCATION: SOUTHSIDE AQUATIC

710302-41	Sa	9/17-11/5	10-10:45a	9/17	\$25/\$38
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LEVEL 3: STROKE DEVELOPMENT

Ages 6-15 • Prerequisite: Valid Level II certificate or demonstrated ability to perform exit skills of that level. Introduces new swimming and water safety skills and builds on previously learned skills. Includes the front crawl and backstroke, scissors and dolphin kicks, survival float, increased time treading water, and to enter the water headfirst.

LOCATION: HUNTERSVILLE POOL

710303-32	Sa	9/10-10/29	11-11:45a	8/31	\$30/\$45
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LOCATION: NFWC POOL

710303-13	Tu,Th	10/18-11/10	6-6:45p	8/31	\$30/\$45
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710303-12	Sa	9/10-10/29	9-9:45a	8/31	\$30/\$45
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710303-11	Tu,Th	9/13-10/6	6-6:45p	8/31	\$30/\$45
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LOCATION: NORTHSIDE POOL

710303-01	Sa	9/10-10/29	10-10:45a	8/31	\$30/\$45
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710303-02	W,F	9/14-10/7	6-6:45p	8/31	\$30/\$45
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LOCATION: SOUTHSIDE AQUATIC

710303-41	Sa	9/17-11/5	10-10:45a	9/17	\$25/\$38
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LEVEL 4: STROKE IMPROVEMENT

Ages 6-15 • Valid Level 3 certificate or demonstrated ability to perform same exit skills. Develop level 3 strokes and other aquatic skills.

LOCATION: HUNTERSVILLE POOL

710304-32	Sa	9/10-10/29	11-11:45a	8/31	\$30/\$45
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LOCATION: NFWC POOL

710304-13	Tu,Th	10/18-11/10	6-6:45p	8/31	\$30/\$45
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710304-11	Tu,Th	9/13-10/6	6-6:45p	8/31	\$30/\$45
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AQUATICS

Registration begins 08/22

LOCATION: NORTHSIDE POOL

710304-01	Sa	9/10-10/29	9-9:45a	8/31	\$30/\$45
710304-02	M	9/12-10/31	5-5:45p	8/31	\$30/\$45

LEVEL 5: STROKE REFINEMENT

Ages 6-15 • Level 4 certificate or demonstrated ability of exit skills.

LOCATION: NORTHSIDE POOL

710305-01	Sa	9/10-10/29	10-10:45a	8/31	\$30/\$45
710305-02	M	9/12-10/31	6-6:45p	8/31	\$30/\$45

LEVEL 6: FITNESS SWIMMER

Ages 6-15 • Level 5 certificate or demonstrated ability of exit skills. Refine strokes for ease, efficiency, power and smoothness.

LOCATION: NORTHSIDE POOL

710306-01	Sa	9/10-10/29	9-9:45a	8/31	\$30/\$45
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BEGINNER SWIMMING

Ages 16 & Up • Progress through each level at an individual pace.

LOCATION: NFWC POOL

710307-11	Sa	9/10-10/29	11-11:45a	8/31	\$30/\$45
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LOCATION: NORTHSIDE POOL

710307-01	W	9/14-11/2	6-6:45a	8/31	\$30/\$45
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LOCATION: SOUTHSIDE AQUATIC

710307-41	Sa	9/17-11/5	11-11:45a	9/17	\$25/\$38
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H2LOW IMPACT

Ages 16 & Up • Exercises that help improve joint flexibility and muscle strength.

LOCATION: NFWC POOL

710401-11	M,W,F	10/3-10/31	11-11:45a	9/23	\$30/\$45
710401-12	M,W,F	11/2-11/30	11-11:45a	10/23	\$30/\$45

LOCATION: NORTHSIDE POOL

710401-01	M,W,F	10/3-10/31	12-12:50p	9/23	\$30/\$45
710401-02	M,W,F	11/2-11/30	12-12:50p	10/23	\$30/\$45

SHALLOW WATER FITNESS

Ages 16 & Up • Water shoes recommended. Improve your cardiovascular health, flexibility, muscle tone and endurance. Shoes, gloves, swim caps and other water wear may be worn for those sensitive to water temps 84-86.

LOCATION: NFWC POOL

710402-11	M,W,F	10/3-10/31	8-8:45a	9/23	\$30/\$45
710402-12	M,W,F	11/2-11/30	8-8:45a	10/23	\$30/\$45

LOCATION: NORTHSIDE POOL

710402-01	M,W,F	10/3-10/31	9-9:50a	9/23	\$30/\$45
710402-02	M,W,F	11/2-11/30	9-9:50a	10/23	\$30/\$45

DEEP WATER FITNESS

Ages 16 & Up • Prerequisite: Tread water comfortably w/o a flotation device. Participants wear provided flotation belt for buoyancy. Enjoy a high-energy, non-impact cardiovascular workout in deep water.

LOCATION: NFWC POOL

710403-11	Tu,Th	10/4-10/27	9-9:45a	9/23	\$30/\$45
710403-12	Tu,Th	11/1-11/29	9-9:45a	10/23	\$30/\$45

LOCATION: NORTHSIDE POOL

710403-01	M,W,F	10/3-10/31	6-6:50p	9/23	\$30/\$45
710403-02	M,W,F	11/2-11/30	6-6:50p	10/23	\$30/\$45

BEFORE & AFTER CARE

BE COOL BEFORE & AFTER SCHOOL!

Ages 5-12

Registration is August 20, 8:30 a.m. - 12:30 p.m. and is first-come, first-served. Visit the location your child will attend to register.

LOCATIONS:

BAYVIEW RECREATION CENTER	441-1629
CROSSROADS RECREATION CENTER	441-1974
FAIRLAWN RECREATION CENTER	441-5670
SHERWOOD FOREST COMMUNITY CENTER	441-5824
TARRALLTON COMMUNITY CENTER	441-1765
YOUNG TERRACE COMMUNITY CENTER	441-2692

NEW - Camp payments are now made monthly. The first payment is due at registration. Following payments are due between the 1st and 5th each month.

FEE (PER CHILD):

Before AND After School: \$120/month

Before OR After School: \$80/month



Along with homework help, students take part in fun activities such as active games, fitness programs, outdoor exploration, arts and crafts, and so much more!

COMPUTERS

Registration begins 08/22

BEGINNER COMPUTER COURSE

Ages 55 & Up • Learn about computer parts, basic maintenance, and the Windows 7 operating system. Basic typing skills emphasized.

LOCATION: NORVIEW COM CTR

132010-01	Tu,Th	9/13-11/17	10a-12p	9/2	\$25/\$38
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INTERMEDIATE COMPUTER COURSE

Ages 55 & Up • Prerequisite: Proficiency in Beginner Computer Course or equivalent. Experiment with Microsoft 2013 programs. Learn about a computer's operating system, loading and unloading programs and drivers, folder organization and basic home-use troubleshooting.

LOCATION: NORVIEW COM CTR

132011-01	M,W	9/12-11/16	10a-12p	9/2	\$25/\$38
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INTRO TO COMPUTING

Ages 18 & Up • Learn about computer parts, basic maintenance and the Windows 7 operating system. Basic typing skills emphasized and ethical uses of the internet explained and demonstrated.

LOCATION: NORVIEW COM CTR

132012-01	M	9/12-11/14	6-8p	9/2	\$45/\$68
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DANCE

BALLET COMPANY

Ages 12 & Up • Apprentice Ballet Level B or equivalent skills en pointe and instructor permission required. Exhibit correct placement, strong technical execution of steps and knowledge of ballet vocabulary. Emphasis on musicality and performance quality. Intermediate and advanced pointe work taught. To be in Ballet Company, register for 430017 -01 & 430017-02.

LOCATION: LAKEWOOD DANCE/MUSIC

130017-01	M	9/12-11/14	4-6p	9/2	\$60/\$90
130017-02	W	9/14-11/16	4-5:30p	9/2	\$45/\$68
130017-03	F	9/16-12/2	4-5:30p	9/2	\$45/\$68
130017-04	F	9/16-12/2	5:30-6p	9/2	\$15/\$23

BALLET I

Ages: 7-13 • Barre work, basic ballet skills, attention to posture, stretching.

LOCATION: LAKEWOOD DANCE/MUSIC

130310-01	Sa	9/17-11/19	11:30-12:30p	9/2	\$32/\$48
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Ages: 14 & Up

130310-04	W	9/14-11/16	7-8p	9/2	\$32/\$48
130310-05	Sa	9/17-11/19	9:30-10:30a	9/2	\$32/\$48

LOCATION: NFWC

130310-02	Tu	9/13-11/15	5:15-6:15p	9/2	\$32/\$48
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LOCATION: NORVIEW COM CTR

130310-03	Th	9/15-11/17	6:30-7:30p	9/2	\$32/\$48
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BALLET II

Ages: 7-13 • Ballet I or equivalent skills and instructor permission required. Emphasizes advanced barre work, center work and ballet skills.

LOCATION: LAKEWOOD DANCE/MUSIC

130311-01	Th	9/15-11/17	4:30-5:30p	9/2	\$32/\$48
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BALLET III

Ages: 8-13 • Prerequisite: Ballet II or equivalent skills. Instructor permission required. Emphasizes advanced barre work, center work and ballet skills.

LOCATION: LAKEWOOD DANCE/MUSIC

130312-01	F	9/16-12/2	5:30-6:30p	9/2	\$32/\$48
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BALLET IV

Ages: 9-18 • Completion of Ballet III or equivalent skills and instructor permission

MICROSOFT EXCEL 2013

Ages 18 & Up • Prerequisite: Proficiency in Beginner Computer Course or equivalent. Learn basic spreadsheet functions in Excel 2013, keyboard shortcuts and how to navigate the menu bars, customize ribbon options, and create formulas to help with your business or home finances.

LOCATION: NORVIEW COM CTR

132013-01	W	9/14-11/16	6-8p	9/2	\$45/\$68
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MICROSOFT POWER PT & PUB

Ages 18 & Up • Prerequisite: Proficiency in Beginner Computer Course or equivalent. Create professional slide shows by importing pictures, graphics and video. Create your own publications for print and the web.

LOCATION: LAMBERTS PT. COM CNT

132014-01	Tu	9/13-11/15	6-8p	9/2	\$45/\$68
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MICROSOFT WORD 2013 BASICS

Ages 18 & Up • Prerequisite: Proficiency in Beginner Computer Course or equivalent. Learn to use Microsoft Word 2013. Navigate Word ribbon menus, keyboard shortcuts, tables and borders. Introduction of flyer templates.

LOCATION: NORVIEW COM CTR

132015-01	Th	9/15-11/17	6-8p	9/2	\$45/\$68
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required. Emphasis on advanced barre work, center work and ballet skills. A second ballet course/week strongly recommended.

LOCATION: LAKEWOOD DANCE/MUSIC

130313-01	F	9/16-12/2	4-5:30p	9/2	\$45/\$68
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Ages 13 & Up

130313-02	W	9/14-11/16	8-9:30p	9/2	\$45/\$68
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LOCATION: NFWC

130313-03	Sa	9/17-11/19	11a-12:30p	9/2	\$45/\$68
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BALLET V

Ages 11-18 • Completion of Ballet IV or equivalent skills and instructor permission required. Continue a serious study of steps and technique with a performance emphasis. Strengthen technical skill at an intermediate level with proper technique, strength and coordination. A second ballet course/week strongly recommended.

LOCATION: LAKEWOOD DANCE/MUSIC

130314-01	Th	9/15-11/17	6:30-8p	9/2	\$45/\$68
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APP BALLET: PRE-POINTE

Ages 9-18 • Prerequisite: Ballet IV or equivalent skills. Must be currently enrolled in any Ballet IV or higher to participate in this course. Instructor permission required. Emphasis on advanced barre work and ballet skills.

LOCATION: NFWC

130315-01	Tu	9/13-11/15	4:15-5:15p	9/2	\$32/\$48
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APP BALLET POINTE/PARTNERING

Ages 11 & Up • Prerequisite: Ballet V or equivalent skills. Must be enrolled in two ballet classes/week. Instructor permission required. Enhance classical ballet training thru structured and disciplined intermediate ballet technique course. Increase strength and coordination through beginning pointe work.

LOCATION: LAKEWOOD DANCE/MUSIC

130316-01	F	9/16-12/2	4-5:30p	9/2	\$45/\$68
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BALLET CHOREOGRAPHY

Ages 9 & Up • Instructor permission required. Work with choreographers to prepare pieces for the December Dance Magic performance. *Class dates are October 14 & 21, 28, November 4, 18.

LOCATION: LAKEWOOD DANCE/MUSIC

130318-01	F	10/14-11/18	7-9:30p	9/2	\$25/\$38
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DANCE

Registration begins 08/22

BELLY DANCE I

Ages 16 & Up • Explore the ancient art of Middle Eastern Belly Dance. Learn warm-ups, basic moves, isolations, and choreography and self-expression.

LOCATION: NORVIEW COM CTR

130410-02	Th	9/15-11/17	5:30-6:30p	9/2	\$32/\$48
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BELLY DANCE II

Ages 16 & Up • Prerequisite: Belly Dance I at least 3 sessions with regular attendance. At least 1 Norfolk Recreation Belly Dance recital preferred. Audition and instructor permission required. Perfect technique, combinations, veil work and zils.

LOCATION: NFWC

130411-01	M	9/12-11/14	6:45-7:45p	9/2	\$32/\$48
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BELLY DANCE III

Ages 16 & Up • Prerequisite: Belly Dance II at least 6 sessions with regular attendance, at least 2 Norfolk performances in a Belly Dance II class, & proficiency in basic veil and zil technique. Audition and instructor permission required. Enhance performance skills by participating in impromptu solo exercises during class, performing a solo and choreographing/teaching a dance to the class.

LOCATION: LAKEWOOD DANCE/MUSIC

130412-01	Th	9/15-11/17	8:30-9:30p	9/2	\$32/\$48
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CLOGGING

Ages 14 & Up • True American folk dance originating in the Appalachian Mountains. Class covers basic rhythmic clogging steps, mountain figures and line dances.

LOCATION: LAKEWOOD DANCE/MUSIC

130510-01	Tu	9/13-11/15	7-8p	9/2	\$32/\$48
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MOMMY & ME

Ages 2-4 • Experience creative movements and learn basic rhythms through the use of percussion instruments. Enhance social skills through exciting games and simple art projects. Fee includes parent and one child. Parent participation required.

LOCATION: LAKEWOOD DANCE/MUSIC

130610-01	M	9/12-11/14	11a-12p	9/2	\$64/\$96
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CREATIVE DANCE

Ages 4-6 • Introduces children to self-awareness and self-expression. Students develop coordination, basic motor skills and social skills.

LOCATION: LAKEWOOD DANCE/MUSIC

130710-02	Tu	9/13-11/15	5:30-6:30p	9/2	\$32/\$48
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130710-03	Th	9/15-11/17	3:30-4:30p	9/2	\$32/\$48
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130710-04	Sa	9/17-11/19	10:30-11:30a	9/2	\$32/\$48
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LOCATION: NORVIEW COM CTR

130710-05	W	9/14-11/16	5-6p	9/2	\$32/\$48
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CREATIVE DANCE II

Ages: 5-6 • Five year olds must have completed 3 consecutive sessions of Creative Dance I. New six year olds must have completed 1 session of Creative Dance I.

LOCATION: LAKEWOOD DANCE/MUSIC

130711-01	Tu	9/13-11/15	4-5p	9/2	\$32/\$48
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130711-02	Sa	9/17-11/19	9:30-10:30a	9/2	\$32/\$48
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TAHITIAN CARDIO

Ages 16 & Up • Dance to the fast pace of drumming and other twanging and tinkling instruments. June recital optional. Must be willing to dance in bare feet.

LOCATION: NFWC

130810-01	Sa	9/17-11/19	10-11a	9/2	\$32/\$48
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HAWAIIAN DANCE I

Ages 16 & Up • Learn to hula and tell the song's story with lovely hands and gentle hip sways in this class designed for women.

LOCATION: LAKEWOOD DANCE/MUSIC

130910-01	M	9/12-11/14	10-11a	9/2	\$32/\$48
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HIP HOP

Ages 7-13 • Enjoy the energetic and self-expression of hip-hop dance.

LOCATION: CROSSROADS REC CTR

131010-01	Th	9/15-11/17	5-6p	9/2	\$32/\$48
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LOCATION: LAKEWOOD DANCE/MUSIC

131010-02	Th	9/15-11/17	5:30-6:30p	9/2	\$32/\$48
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Ages 14 & Up

131010-03	W	9/14-11/16	8-9p	9/2	\$32/\$48
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IRISH STEP DANCE

Ages 7-14 • Learn the basics of Irish Step dancing. Master the skill of cuts over two-threes and clicks. Transform them into the ballet-like soft shoe or clogging /tap-dancing like hard-shoe jigs and reels.

LOCATION: LAKEWOOD DANCE/MUSIC

131110-01	W	9/14-11/16	4-5p	9/2	\$32/\$48
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IRISH STEP II

Ages 7-14 • Continuance in the basics of Irish Step dance. Master the skill of cuts over two-three and clicks. Transform them into the ballet-like soft shoe or clogging/tap-dancing like hard shoe jigs and reels.

LOCATION: LAKEWOOD DANCE/MUSIC

131111-01	W	9/14-11/16	4:30-5:30p	9/2	\$32/\$48
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JAZZ DANCE I

Ages 7-15 • Have fun learning the free and energetic techniques of jazz dance.

This form is seen in movies, on musical theater stage and television. Class includes various styles, basic patterns and technique of jazz dance.

LOCATION: LAKEWOOD DANCE/MUSIC

131210-01	Th	9/15-11/17	4:30-5:30p	9/2	\$32/\$48
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Ages 16 & Up

131210-02	Th	9/15-11/17	8-9p	9/2	\$32/\$48
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JAZZ DANCE II

Ages 9-16 • Completion of a minimum of three sessions of Jazz I or equivalent and instructor permission required. Expand on styles, terminology and techniques of jazz dance. An emphasis on performance.

LOCATION: LAKEWOOD DANCE/MUSIC

131211-02	W	9/14-11/16	6-7p	9/2	\$32/\$48
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Ages 16 & Up

131211-01	Th	9/15-11/17	5:30-6:30p	9/2	\$32/\$48
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JAZZ III

Ages: 12-17 • Prerequisite: Completion of Jazz I & II or equivalent skills. Instructor permission required. Continue your jazz training with an emphasis on performing.

LOCATION: LAKEWOOD DANCE/MUSIC

131212-01	Tu	9/13-11/15	6-7p	9/2	\$32/\$48
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Ages 16 & Up

131212-02	Tu	9/13-11/15	6:30-7:45p	9/2	\$38/\$57
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JAZZ IV/CONTEMPORARY

Ages 14 & Up • Requires advanced dance skills and a strong commitment to dance and instructor permission. Explore contemporary, jazz and modern dance.

LOCATION: LAKEWOOD DANCE/MUSIC

131213-01	W	9/14-11/16	5:30-6:30p	9/2	\$32/\$48
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LINE DANCE

Ages 16 & Up • Learn traditional line dances plus current trends. Class includes 1, 2 and 4-wall dances and circle dances. No partner required.

LOCATION: LAKEWOOD DANCE/MUSIC

131310-01	W	9/14-11/16	10:30-11:30a	9/2	\$32/\$48
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131310-02	Th	9/15-11/17	7:30-8:30p	9/2	\$32/\$48
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DANCE

Registration begins 08/22

LYRICAL

Ages 16 & Up • Prerequisite: Advanced dance skills and strong commitment. Instructor permission required. Lyrical Dance combines modern technique.

LOCATION: LAKEWOOD DANCE/MUSIC

131410-01	Tu	9/13-11/15	7:45-9p	9/2	\$38/\$57
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SOCIAL DANCE

Ages 16 & Up • Learn the steps to favorites such as the Waltz, Swing, Fox Trot, and Tango. Call (757) 441- 5833 to learn more. Signing up w/a partner encouraged; a partner is not guaranteed.

LOCATION: LAKEWOOD DANCE/MUSIC

131510-01	M	9/12-11/14	8:30-9:30p	9/2	\$32/\$48
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TAP I

Ages 7-15 • Tap is easy to learn, and a fun, excellent way to exercise and develop a sense of rhythm.

LOCATION: LAKEWOOD DANCE/MUSIC

131610-01	Tu	9/13-11/15	4-5p	9/2	\$32/\$48
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131610-02	Sa	9/17-11/19	10:30-11:30a	9/2	\$32/\$48
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Ages 14 & Up

131610-03	M	9/12-11/14	6:30-7:30p	9/2	\$32/\$48
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TAP II

Ages: 7-15 • Prerequisite: Completion of Tap I or equivalent dance skills. Instructor permission required. Expand on the basics learned in Tap I. No class Nov 11, 25.

LOCATION: LAKEWOOD DANCE/MUSIC

131611-01	Sa	9/17-11/19	11:30a-12:30p	9/2	\$32/\$48
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Ages 16 & Up

131611-02	M	9/12-11/14	7:30-8:30p	9/2	\$32/\$48
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131611-03	Th	9/15-11/17	11a-12p	9/2	\$32/\$48
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TAP III

Ages 16 & Up • Emphasis on performing. Prerequisite: Minimum of three years of Tap or equivalent. Instructor permission required.

LOCATION: LAKEWOOD DANCE/MUSIC

131612-01	W	9/14-11/16	7-8p	9/2	\$32/\$48
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TAP IV

Age:s 14-18 • Prerequisite: Advanced dance skills and strong commitment. Instructor permission required. Improve technique and knowledge.

LOCATION: LAKEWOOD DANCE/MUSIC

131613-01	Tu	9/13-11/15	5-6p	9/2	\$32/\$48
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FITNESS

30 MINUTES ABS

Ages 15 & Up • Focuson the upper,lower and side abdominal muscles to increase torso strength and reduce lower back strain.

LOCATION: NFWC

140101-01	Tu	9/13-11/15	7-7:30p	9/03	\$13/\$20
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140101-02	W	9/14-11/16	7:30-8p	9/03	\$13/\$20
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140101-03	Th	9/15-11/17	7-7:30p	9/03	\$13/\$20
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AQUA ZUMBA

Ages 15 & Up • A safe, challenging, water-based workout that is cardio-conditioning, body-toning, and exhilarating.

LOCATION: NFWC POOL

140202-01	M	9/12-11/14	12-1p	9/03	\$25/\$38
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140202-02	F	9/16-11/18	5:30-6:30p	9/03	\$25/\$38
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BOOT CAMP

Ages 15 & Up • Both men and women will find Boot Camp to be a team-oriented challenge with empowering results.

LOCATION: NFWC

140401-01	M,W	9/12-11/16	6-6:45p	9/03	\$50/\$75
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LOW IMPACT BOOT CAMP

Ages 15 & Up • If you love Boot Camp style classes but need one with minimal joint stress, this class will continue to challenge your body.

LOCATION: LAKEWOOD DANCE/MUSIC

140402-01	M	9/12-11/14	6:30-7:30p	9/03	\$25/\$38
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GET ON THE BALL

Ages 15 & Up •The stability ball increases joint mobility, flexibility, coordination, balance and strength.

LOCATION: LAKEWOOD DANCE/MUSIC

140501-01	M	9/12-11/14	5:30-6:30p	9/03	\$25/\$38
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LOW IMPACT MIX

Ages 15 & Up • Traditional aerobic workout with minimal joint stress using a mixture of cardiovascular training methods such as tabata, and step.

LOCATION: LAKEWOOD DANCE/MUSIC

140601-01	W	9/14-11/16	9:30-10:30a	9/03	\$25/\$38
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LOCATION: NFWC

140601-02	W	9/14-11/16	5:30-6:30p	9/03	\$25/\$38
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140601-03	Sa	9/17-11/19	9:30-10:30a	9/03	\$25/\$38
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PILATES I

Ages 15 & Up • Pilates® is a series of simple, yet challenging, exercises designed to tone, strengthen and lengthen muscles focuses on the core postural muscles which help keep the body balanced and are essential to providing support for the spine.

LOCATION: NFWC

140701-01	F	9/16-11/1	87-8p	9/03	\$25/\$38
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PILATES II

Ages 15 & Up • Prerequisite: Completion Pilates I or equivalent Pilates abilities.

Exercise mat required. Add more challenging elements to your routine. Stretch bands provided.

LOCATION: NFWC

140702-01	W	9/14-11/16	6:30-7:30p	9/03	\$25/\$38
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140702-02	F	9/16-11/18	5-6p	9/03	\$25/\$38
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PILATES, CORE & MORE

Ages 15 & Up • Prerequisite: Completion Pilates® I or equivalent Pilates® abilities.

Traditional Pilates® exercises along with other core and full body functional exercises will get your body strong, lean, toned and flexible.

LOCATION: NFWC

140703-01	M	9/12-11/14	10-11a	9/03	\$25/\$38
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STEP AEROBICS

Ages 15 & Up • Cross train with step aerobics. Benches provided.

LOCATION: NFWC

141001-01	Tu	9/13-11/15	6-7p	9/03	\$25/\$38
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141001-02	Sa	9/17-11/19	8:30-9:30a	9/03	\$25/\$38
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TONING WITH RESISTANCE

Ages 15 & Up • Tone and strengthen major muscle groups using free weights, bands and other methods. Equipment provided.

LOCATION: NFWC

141101-02	W	9/14-11/16	6:30-7:30p	9/03	\$25/\$38
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FITNESS

Registration begins 08/22

WARRIOR FITNESS

Ages 15 & Up • Intense strength training with vigorous cardiovascular training.

LOCATION: NFWC

141201-01 M,W 9/12-11/16 6:45-7:30a 9/03 \$50/\$75

WOMEN ON WEIGHTS

Ages 15 & Up • In WOW women get a Certified Personal Trainer in a group setting.

Encourages confidence and comfort in a gym setting.

LOCATION: NFWC

141301-01 Tu,Th 9/13-11/17 6-7p 9/03 \$50/\$75

INTRO TO YOGA

Ages 15 & Up • Learn proper breathing and relaxation techniques while performing

flexibility exercises and asanas (poses) to enhance posture and increase range of

motion. Modifications for those with physical limitations.

LOCATION: NFWC

141401-01 Tu 9/13-11/15 4-5p 9/03 \$25/\$38

141401-02 F 9/16-11/18 6-7p 9/03 \$25/\$38

YOGA 1

Ages 15 & Up • Mat and yoga blocks required. Learn proper breathing and relaxation

techniques & perform flexibility exercises and asanas (poses) to enhance posture and

increase range of motion. Modifications for those with physical limitations.

LOCATION: NFWC

141402-01 Tu,Th 9/15-11/17 4:30-5:30p 9/03 \$25/\$3

YOGA 2

Ages 15 & Up • Continue to perform proper breathing and relaxation techniques with

more challenging postures. Modifications demonstrated.

LOCATION: NFWC

141403-01 M 9/12-11/14 6:30-7:30p 9/03 \$25/\$38

YOGA 3

Ages 15 & Up • Prerequisite: Yoga I and II. Instructor permission required. Continue to

perform proper breathing and relaxation techniques with more challenging postures.

Exercise mat and yoga blocks required.

LOCATION: NFWC

141404-01 F 9/16-11/18 4-5p 9/03 \$25/\$38

YOGA WITH FLOW

Ages 15 & Up • Completion of Intro to Yoga or equivalent and instructor permission

required. Exercise mat and yoga required. Continue to perform proper breathing and

relaxation techniques with more challenging postures. Modifications demonstrated.

LOCATION: NFWC

141405-01 M 9/12-11/14 11a-12p 9/03 \$25/\$38

ZUMBA

Ages 15 & Up • Lose pounds and inches, trim and tone every muscle in your body, and burn more than 700 calories in this party-style workout.

LOCATION: LAKEWOOD DANCE/MUSIC

141501-01 Th 9/15-11/17 9:30-10:30a 9/03 \$25/\$38

LOCATION: NFWC

141501-03 M 9/12-11/14 5:30-6:30p 9/03 \$25/\$38

ZUMBA GOLD

Ages 50 & Up • Zumba Gold is a class designed for the mature active adult

population and for those just beginning an exercise program.

LOCATION: LAKEWOOD DANCE/MUSIC

141502-01 Tu 9/13-11/15 9:30-10:30a 9/03 \$25/\$38

141502-02 F 9/16-11/18 10:30-11:30a 9/03 \$25/\$38

ZUMBA MIX

Ages 15 & Up • Latin dance, kickboxing, and martial arts with aerobic exercise to

gain flexibility, strength, endurance, and cardiovascular benefits.

LOCATION: LAKEWOOD DANCE/MUSIC

141503-01 F 9/16-11/18 9:30-10:30a 9/03 \$25/\$38

LOCATION: NFWC

141503-02 Th 9/15-11/17 6-7p 9/03 \$25/\$38

TAE KWON DO 1

Ages 5 & Up • Develop strength, speed, balance, flexibility and stamina as well as

mental and physical discipline.

LOCATION: NFWC

141601-01 Tu,F 10/4-10/28 4:45-5:45p 9/03 \$38/\$57

141601-02 Tu,F 11/1-11/25 4:45-5:45p 10/21 \$43/\$62

141601-03 Tu/F 12/06-12/30 4:45p-5:45p 12/2 \$38/\$57

TAE KWON DO 2

Ages 5 & Up • Develop strength, speed, balance, flexibility and stamina as well as

mental and physical discipline.

LOCATION: NFWC

141602-01 Tu,F 10/4-10/28 5:45-6:45p 9/23 \$38/\$57

141602-02 Tu,F 11/1-11/25 5:45-6:45p 10/21 \$38/\$57

141602-03 Tu/F 12/06-12/30 5:45p-6:45p 12/2 \$38/\$57

TAE KWON DO 3

Ages 5 & Up • Develop strength, speed, balance, flexibility and stamina as well as

mental and physical discipline.

LOCATION: NFWC

141603-01 Tu,F 10/4-10/28 6:45-7:45p 9/23 \$38/\$57

141603-02 Tu,F 11/1-11/25 6:45-7:45p 10/28 \$38/\$57

141603-03 Tu/F 12-06-12/30 6:45p-7:45p 12/2 \$38/\$57

FUNCTIONAL FITNESS

Ages 15 & Up • Combination of strength training, body weight movements, and

cardio to challenge your body.

LOCATION: NFWC

141801-01 Tu 9/13-11/15 6-6:45p 9/03 \$25/\$38

CORE AND BALANCE

Ages 15 & Up • Low-impact class that focuses on "core muscles" critical for flexibility and balance.

LOCATION: NFWC

141901-01 Th 9/15-11/17 9-9:45a 9/03 \$25/\$38

MUSIC

EXPERIENCE STRINGS

Ages 4-6 • Learn how and why a vibrating string makes music. Experience the banjo,

guitar, dulcimer, mandolin, ukulele and violin. An instrument petting zoo and more!

LOCATION: NFWC (Room 312)

150201-01 W 9/14-11/16 11:30a-12p 9/2 \$32/\$48

MUSICAL STORY TIME

Ages 3-5 • Learn songs that tell stories words that rhyme. Write and perform our

own original story-song! Parent of 3yo must attend.

LOCATION: NFWC (Room 312)

150202-01 W 9/14-11/16 9:30-10a 9/2 \$32/\$48

SINGING, CLAPPING & COUNTING

Ages 3-5 • Learn rhythm basics, enjoy traditional folk and popular songs and get

introduced to percussion instruments. Parent of 3yo must attend.

LOCATION: NFWC (Room 312)

150203-01 W 9/14-11/16 10-10:30a 9/2 \$32/\$48

MUSIC

Registration begins 08/22

SINGING SCHOLARS

Ages 3-5 • Sing along with guitar-player Amy Ferebee Learn songs that teach the alphabet, counting, shapes and rhyming. Parent of 3yo must attend.

LOCATION: NFWC (Room 312)

150204-01 W 9/14-11/16 10:30-11a 9/2 \$32/\$48

UKULELE FOR LITTLE ONES

Ages 4-6 • Learn your first ukelele (provided for class) chords and songs!

LOCATION: NFWC (Room 312)

150205-01 W 9/14-11/16 11-11:30a 9/2 \$32/\$48

BEGINNER GUITAR

Ages 7-10; 11 & Up • Equipment: Acoustic or electric guitar. Learn basic beginner guitar skills, play your first tunes! Materials cost approximately \$11.

LOCATION: NFWC (Room 312); Ages 7-10

150301-01 W 9/14-11/16 5:30-6p 9/2 \$32/\$48

LOCATION: NFWC (Room 312); Ages 11 & Up

150301-02 W 9/14-11/16 2:30-3:30p 9/2 \$37/\$56

150301-03 W 9/14-11/16 6-7p 9/2 \$37/\$56

GUITAR: ADVANCED BEGINNER I

Ages 8-12 • Must know 3 of the 5 basic chord shapes (AED), where they are on the first 3 strings, able to switch from chord to chord. A focus on completing the book.

Materials cost sproximately \$11. Equipment: Acoustic or electric guitar.

LOCATION: NFWC (Room 312)

150302-01 Th 9/15-11/17 5:30-6p 9/2 \$32/\$48

GUITAR: ADVANCED BEGINNER II

Ages 8-12 • Prerequisite: Completion of at least one session of Advanced Beginner Guitar I. Instructor's permission required. Equipment: Acoustic or electric guitar.

Build on concepts and learn new chords. Materials cost approximately \$11.

LOCATION: NFWC (Room 312)

150303-01 Th 9/15-11/17 6-6:30p 9/2 \$32/\$48

GUITAR: INTERMEDIATE I

Ages 11 & Up • Prerequisite: Must know the 5 basic chord shapes (CAGED) in first position and know the notes on all 6 strings in first position. Instructor's permission required. Equipment: Acoustic or electric guitar. Review beginner guitar concepts

and learn more difficult chords and rhythms. Materials cost approximately \$11.

LOCATION: NFWC (Room 312)

150306-01 W 9/14-11/16 7-8p 9/2 \$37/\$56

PIANO: BEGINNER

Ages 7-11; 12 & Up • Materials cost approximately \$15. A list of required materials is provided by instructor at first class.

LOCATION: NFWC (Room 310); Ages 7-11

150501-01 M 9/12-11/14 5:30-6p 9/2 \$32/\$48

150501-02 M 9/12-11/14 6-6:30p 9/2 \$32/\$48

150501-03 Th 9/15-11/17 6-6:30p 9/2 \$32/\$48

LOCATION: NFWC (Room 310); Ages 12 & Up

150501-04 M 9/12-11/14 10-11a 9/2 \$37/\$56

150501-05 M 9/12-11/14 7-8p 9/2 \$37/\$56

150501-06 W 9/14-11/16 7-8p 9/2 \$37/\$56

PIANO: YOUTH GREEN PRIMER LEVEL

Ages 7-11 • Prerequisite: Students must have completed one session of Youth Beginner Piano. Materials cost approximately \$15.

LOCATION: NFWC (Room 310)

150502-01 M 9/12-11/14 6:30-7p 9/2 \$32/\$48

150502-02 Th 9/15-11/17 5:30-6p 9/2 \$32/\$48

150502-03 F 9/16-12/2 5-5:30p 9/2 \$32/\$48

PIANO: BLUE BK I/RED BK II

Ages 7-13; 12 & Up • Prerequisite: Completion of Green Primer Level or equivalent. Instructor permission required. Materials cost approximately \$15.

LOCATION: NFWC (Room 310); Ages 7-13

150503-01 Th 9/15-11/17 6:30-7p 9/2 \$32/\$48

150503-02 F 9/16-12/2 5:30-6p 9/2 \$32/\$48

LOCATION: NFWC (Room 310); Ages 12 & Up

150503-03 M 9/12-11/14 11a-12p 9/2 \$37/\$56

150503-04 M 9/12-11/14 12-1p 9/2 \$37/\$56

150503-05 W 9/14-11/16 6-7p 9/2 \$37/\$56

UKULELE: BEGINNER

Ages 9 & Up • Learn to tune your ukulele and play some very simple, well known songs using easy chords, the types of ukuleles and its history. Learn the music alphabet, and what chords and scales are. Reading not required.

Equipment: Ukulele

LOCATION: NFWC (Room 312)

150701-01 Tu 9/13-11/15 6-6:30p 9/2 \$32/\$48

UKULELE: BEYOND BEGINNER

Ages 9 & Up • Build on your ukelele foundation. Learn fun, slightly challenging songs in jazz, blues, country, pop, country, classical, and Americana.

LOCATION: NFWC (Room 312)

150702-01 Tu 9/13-11/15 6:30-7p 9/2 \$32/\$48

BROADWAY VOICE

Ages 11 & Up • Learn basic vocal fundamentals to include breath control, note reading, rhythms, posture, ear training, sight reading and more while singing music from Broadway shows.

LOCATION: LAKEWOOD DANCE/MUSIC

150803-01 W 9/14-11/16 7-8p 9/2 \$37/\$56

VOICE: VARIETY

Ages 11 & Up • Learn basic vocal fundamentals to include breath control, note reading, rhythms, posture, ear training, sight reading and more! Enjoy a variety of music while learning to sing.

LOCATION: LAKEWOOD DANCE/MUSIC

150804-01 Tu 9/13-11/15 5:30-6:30p 9/2 \$37/\$56

PRIVATE MUSIC INSTRUCTION

Available for Norfolk Residents only ages 7 & up

REGISTRATION DEADLINE: September 2

Private lessons available at any level for piano, voice, guitar (acoustic and electric), bass guitar, strings (violin, viola, cello), saxophone, clarinet, flute, banjo, mandolin, harmonica, lap dulcimer and ukulele. Classes fill quickly; register early.

Private lessons are held at Lakewood Dance & Music Center and Norfolk Fitness & Wellness Center (Rm. 310 or 312). Register in person at the Lakewood Dance & Music Center or online at norfolk.gov/play. Ten week courses meet 10 times and cost \$110. Norfolk residents only. See page 19 for registration details. *Missed classes cannot be rescheduled or refunded.*

Mon.: 9/12-11/14 Wed.: 9/14-11/16 Fri.: 9/16-12/02
Tues.: 9/13-11/15 Thur.: 9/15-11/17



NORTHSIDE SKATE PLAZA
8401 Tidewater Drive
Norfolk 23518
Open daily, sunrise to sunset.

This is a "skate at your own risk" park. The park is manned during peak hours (varies based on season). Special events are posted on the display board at the skate plaza.

FREE!

SENIORS

Registration begins 08/22

Senior adults can take any adult course listed in Good Times. However, senior adult courses are only available to individuals ages 55 or better, unless otherwise noted. Age has its privileges!

NOTE: Senior Club event calendars are available at each club location. See page 3 for facility addresses and phone numbers.

NORFOLK SENIOR CLUBS

Meeting locations, days and times at a glance.

LOCATIONS	DAYS	DATES	TIMES
Bayview Recreation Center	F	year round	9a-3p
East Ocean View Community Center	Th	Sep-May	10a-3p
Huntersville Recreation Center	Tu	Sep-May	11a-1p
Ingleside Recreation Center	W	year round	10a-12p
Norview Community Center	W	Sep-May	11a-2P
Sherwood Forest Community Center	Th	Sep-May	10a-1P
Tarrallton Recreation Center	F	year round	11a-1P
Titustown Recreation Center	Tu/Th	year round	10a-2P
Young Terrace Community Center	Tu/W	year round	10a-2P

OCEAN VIEW SENIOR CENTER EVENTS

Day	Date	Event/Topic	Time
Tu	9/6	Grandparents Day Social	12:00p
Th	9/8	Art Show	10:00a-2:00p
F	9/9	Bicycle Club (Final Ride)	9:00a
Th	9/15	Scrap Book Club	10:00a
Th	10/4	Crossword Puzzle Day	11:00a
F	10/7	Sock Hop - 60s, 70s, & 80s	2:00p-6:00p
Th	10/13	AARP Safe Driving Training	9:00a-4:00p
F	10/21	Great Pumpkin Carnival	1:00p
F	10/28	Join us in the Bahamas	5:00p
Tu	11/8	Craft in a Box	12:00p
Tu	11/10	Recipe Exchange	10:30a
Th	11/15	Creative Jewelry Craft	10:30a
Tu	Ongoing	Cize Exercise	1:15p
Tu	Ongoing	Nifty Knitters	10:00a
Tu-Th	Ongoing	Billards	9:30a
Tu-Th	Ongoing	Senior Exercise	11:00a
W	Ongoing	60+ Club Meeting	10:00a
W	Ongoing	Adult Social	1:00p
W	Ongoing	BINGO	1:00p
Th	Ongoing	Table Tennis Club	9:30a
Th	Ongoing	Book Club	2:00p
Th	Ongoing	Support Group	1:00p
Th	Ongoing	The Quilting Ladies	10:00a
F	Ongoing	Bridge Club	10:00a

SOUTHSIDE SENIOR CENTER EVENTS

Day	Date	Event/Topic	Time
Tu	9/6	Cholesterol Education Workshop	10:00a
W	9/14	Southside Open House & Tours!	10:00a
W	9/14	Did You Know - Workshop	3:00p
Th	9/15	Let's Do Couponing	11:00a
W	9/21	What's Healthy to You?	11:00a & 4:00p
W	9/21	Halt the Salt Tasting Event	11:00a & 4:00p
Th	9/29	Laugh to Live Luncheon	11:00a
W	10/5	Mental Health Support Workshop	11:00a
Th	10/13	Pink Power Survivor Party	4:00p
Th	10/13	Did You Know - Cardio	4:00p
W	10/19	Thrift Store Treasure Hunting	10:00a
F	10/28	Costumes & Comedy @ NFWC	11:00a
Th	11/3	Let's Talk Turkey Recipe Exchange	11:00a
Th	11/10	The Brave Brunch	11:00a
Tu	11/15	No Bake Cooking	10:00a
W	11/16	Alzheimer's Awareness Workshop	11:00a
Th	11/17	Did You Know - Cardio	4:00p
Tu	11/22	Diabetic Dieter's Workshop	10:00a
Tu	Ongoing	Man Cave Tuesday	4:00p
W	Ongoing	Computer tutoring	10:00a
W	Ongoing	Cardio Club	4:00p
F	Ongoing	Birthday Bash! (4th)	12:30p
F	Ongoing	Water Walking @ Southside Aquatic Center	10:00a

CERAMICS

Learn techniques and develop skills in decorating and glazing ceramics. Students must purchase their own supplies. Call (757) 664-6484 for the supply list.
261604-01, Southside SC Th, 9/13-11/15 10:30a-11:30a \$20/\$30

SENIOR SOCIAL BOWLING CLUB

\$8.25 includes three games plus shoe rental. Cash or checks accepted.
AMF Bowling Lanes M, Ongoing 9:30a - 1:00p

PING PONG CLUB - FREE!

Huntersville, Titustown, Young Terrace
Tu, Ongoing 6/7-8/30 11:00a - 1:00p
Norview/Ingleside
W, Ongoing 9/14-11/18 11:00a - 1:00p
East Ocean View, Sherwood Forres, Titustown
Th, Ongoing 9/15-11/17 10:00a - 12:00p
Tarrallton/Bayview
F, Ongoing 9/16-11/18 10:00a - 12:00p

SPORTS

TEAM NORFOLK BOXING (BARRAUD PARK)

2500 Barraud Avenue • Norfolk, VA 23504 Office: (757) 441-2787/2326

Team Norfolk Boxing will soon be moving to its brand new location at Harbor Park later this fall. Stay tuned for details!

TO PARTICIPATE

- Must be a Norfolk resident.
- Must meet age and weight requirements (if applicable)
- Child may only play on one sports team per season.
- Must possess a current Athletic I.D. card (costs \$5/child and are valid for one year.)

Registration takes place at the Lakewood Athletic Office Monday - Friday during office hours. In order for youth to play in the first game, they must be registered by the "1st player registration" date. Call (757) 441-5834/35 for information.

YOUTH INDOOR SOCCER (AGE 5-17)

Registration: September 26 - October 28
Team registration deadline: October 24 (minimum 6 contracts submitted)
1st player registration: November 2
Final player registration: November 23
Season starts: November 4
Cost: Varies by association

YOUTH BASKETBALL (AGE 5-17)

Registration: November 28 - December 30
Team registration deadline: December 30 (minimum 5 contracts submitted)
1st player registration: January 11
Final player registration: January 25
Season starts: January 14
Cost: \$400 per team

TECHNOLOGY

Registration begins 08/22

Stop by your local resource center for homework and computer assistance. Online tutorials can help you learn Microsoft Office applications such as Word, Excel, and Power Point. At Campostella Heights Computer Resource Center, you'll find additional classes, like Couponing, Budgeting, Resume Writing, and more! All services are free for Norfolk residents. Call for additional details. *Note the below hours are effective August 29.*

CAMPOSTELLA HEIGHTS CRC
1714 Mt. Vernon Avenue
757-543-0876
Mon - Fri: 10a - 7p

DIGGSTOWN CRC
1401 Melon Street
757-227-9915
Mon - Fri: 4p - 7p

OAKLEAF HEIGHTS CRC
1704 Greenleaf Drive
757-494-3298
Mon - Fri: 4p - 7p

TEENS WITH A PURPOSE

Join Teens With a Purpose (TWP) for free events at the Vivian C. Mason (VCM) Teen Center. Teens With a Purpose is a peer-led leadership organization that supports youth so they can grow into competent, healthy people and develop to their fullest potential. *For more information call (757) 747-2679 or visit www.TWPTheMovement.org*

EVENINGS @ VCM TEEN CENTER

The Gathering

Mondays from 5:30 p.m- 8:00 p.m • Ages 12-19

Make new friends, develop your talents, become a leader. Join TWP each Monday. Participants receive incentives for volunteerism and community edutainment.

Poetry Workshops

Tuesdays from 5:30 p.m- 7:30 p.m • Ages 12-19

Designed to encourage critical thinking and creative expression in literary arts and performance. Youth will explore the written and oral traditions of poetry and writing.

Just AART Music Workshops *NEW!*

Wednesdays from 5:30 p.m- 7:30 p.m • Ages 12-19

Learn to create positive music, rap, poetry and videos as both a performer and the engineer behind the technology that makes it all happen.

VIBES Open Mic

Third Wednesdays from 5:30 p.m- 7:30 p.m • Ages 12-19

Join us for the livest teen and young adult open mic in the 757! Take the stage to show your talent or just enjoy the show!

HALLOWEEN 5K ENTRY FORM

SATURDAY, OCTOBER 29, 9:00 A.M.



Name: _____

Phone: _____

Age: _____ Male: Female:

T-shirt Size: S M L XL XXL

Address: _____

Email: _____

Entry Fee: \$20 (\$25 after October 20) Entry Fee Enclosed: \$ _____ Date: _____

Checks and money orders only payable to: Norfolk City Treasurer.

Entry fee due by October 29 to: Norfolk Therapeutic Recreation Center, 180 E Evans St. Norfolk, VA 23503.

RACE WAIVER PLEASE READ AND SIGN TO PARTICIPATE

I know that running a road race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with running this event, including, but not limited to, falls, contact with other participants, the effects of weather, traffic, and conditions of the road, all such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Norfolk Therapeutic Recreation Center, sponsors and agencies and municipalities, their representatives, and successors for all claims or liability of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of Participant

Signature of Parent/Guardian of Participant

For questions or additional information, see page 13 or call (757) 441-1764.

THERAPEUTIC RECREATION

Registration begins 08/22

HALLOWEEN 5K AND MILE

All ages • Run, walk, or roll the 5k (3.1 miles) or 1 mile loop that starts and ends at the TR Center. Race begins at 9:00am. This event is open to everyone! \$20 early registration fee until 10/20. \$25 until registration closes at 8:30am on 10/29. Awards for top three times in each age group and the best costume! T-shirts will be given out the day of race. Light refreshments and award ceremony following. Registration form is on page 12.

LOCATION: THERAPEUTIC REC CTR

176666-01 Sa	10/29	9-11a	10/20	\$20/\$20
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FALL FESTIVAL

Ages 13 & Up • Enjoy an afternoon of fall festivities and warm food!

LOCATION: THERAPEUTIC REC CTR

176668-01 Sa	11/5	12-2p	10/28	\$15/\$15
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TODDLER PROGRAM

INTRO TO TR FOR TODDLERS - *NEW!*

Ages 3-5 • Certified Therapeutic Recreation Specialists create a playful environment geared to the needs of your child. Each week introduces different therapeutic intervention at a gradual pace with structured and free play. Activities may include aquatics, music, painting, sensory stimulation, physical activity, and more. \$5 nonrefundable supply fee is included.

LOCATION: THERAPEUTIC REC CTR

176622-01 M	9/12-11/14	9-10:30a	9/6	\$20/\$30
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CHILDREN & TEEN PROGRAMS

AQUAFIT JUNIORS

Ages 6-19 • Must be able to dress and toilet independently. No swimming skills necessary, but must be comfortable standing in water 4' deep unassisted. Swimsuits required. Use water weights, aqua bands, noodles, and more.

LOCATION: NFWC

176610-01 M	9/12-11/14	5-5:50p	9/6	\$15/\$23
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ALLEY CATS

Ages 6-19 • Learn the basic rules of bowling. Adaptive equipment is available if needed. Bring \$3 each week (cash only). Shoe rental is included.

LOCATION: AMF NORFOLK LANES

176611-01 Tu	9/13-11/15	5:15-6:30p	9/6	\$15/\$23
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JUNIOR FITNESS

Ages 6-19 • Increase physical activity by running, jumping, and lifting weights designed to make you sweat! Wear tennis shoes and clothing for ease of movement.

LOCATION: THERAPEUTIC REC CTR

176612-01 W	9/14-11/16	4-4:50p	9/7	\$15/\$23
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ALL ABOUT NAILS

Ages 13 & Up • Experimenting with different colors and designs. Discuss basic nail care and maintenance. \$10 nonrefundable supply fee is included.

LOCATION: THERAPEUTIC REC CTR

176643-01 W	9/14-11/16	4-4:50p	9/7	\$25/\$38
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TEEN GUITAR

Ages 13-19 • Equipment: Participant must bring an acoustic guitar and a few picks. Learn simple chords to play familiar tunes.

LOCATION: THERAPEUTIC REC CTR

176613-01 W	9/14-11/16	5-5:50p	9/7	\$15/\$23
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IRON CHEF

Ages 6-19 • Transform the TR Center into a five-star restaurant! Kids are involved in all aspects of the cooking process. \$25 nonrefundable supply fee included.

LOCATION: THERAPEUTIC REC CTR

176614-01 Th	10/20-11/17	4-6p	10/13	\$40/\$60
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MINI TRAILBLAZERS - *NEW!*

Ages 6-19 • Transportation provided from TRC to event site. Explore hiking trails all around Hampton Roads. Bring bag lunch and water. \$2 nonrefundable fee included.

LOCATION: THERAPEUTIC REC CTR

176615-01 Sa	9/24	9a-12p	9/16	\$7/\$11
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APPLE PICKING - *NEW!*

Ages 6-19 • Transportation: Provided from TRC to event site only. Bring a bag lunch to enjoy at the farm. Bring at least \$15 spending money (cash only) to buy the apples you pick. Dress appropriately for the weather. Closed toed shoes only.

LOCATION: THERAPEUTIC REC CTR

176620-01 Sa	10/1	9a-1p	9/23	\$5/\$8
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HALLOWEEN AT THE ZOO!

Ages 6-12 • Transportation: Provided from TRC to event site only. Put on your best costume and head to the Zoo! Enjoy a safe environment to trick-or-treat, hayrides, animal pumpkin encounters and more! We will also explore all the animals! Bring a bag lunch. \$7 nonrefundable trip fee is included.

LOCATION: THERAPEUTIC REC CTR

176665-01 Sa	10/22	10a-2p	10/14	\$12/\$18
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OLDER TEEN & ADULT PROGRAMS

AQUA LEVEL III

Ages 18 & Up • Must be able to engage in aerobic exercise for minimum of 30 minutes. Must be able to dress and toilet independently. No swimming skills necessary, but must be comfortable standing in water 4'-6' deep unassisted. Swimming suits are required. Combines high-intensity cardio exercises and plyometric power moves. Increase mobility and muscle tone during this workout.

LOCATION: NORTHSIDE POOL

176621-01 M	9/12-11/14	9-9:45a	9/6	\$15/\$23
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SPARES AND STRIKES

Ages 18 & Up • Head to the AMF Norfolk Lanes for bowling fun! Learn the basics rules of bowling while meeting new people and having fun. Adaptive equipment is available if needed. Bring \$3 each week (cash only). Shoe rental is included.

LOCATION: AMF NORFOLK LANES

176623-01 M	9/12-11/14	12-1:30p	9/6	\$15/\$23
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GROW: GARDENING RESTORES OUR WAY OF LIFE

Ages 18 & Up • Learn everything you need to know about gardening. \$15 nonrefundable supply fee is included.

LOCATION: VIRGINIA ZOO

176624-01 Tu	9/13-11/15	9-10:30a	9/6	\$30/\$45
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OUT AND ABOUT

Ages 18 & Up • Travel to local spots of your choice, such as farmers market, library, movies and more. Program time may vary. \$15 nonrefundable trip fee is included.

LOCATION: THERAPEUTIC REC CTR

176625-01 Tu	9/13-10/11	9:30-11:30a	9/6	\$30/\$45
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TEAM BUILDING - *NEW!*

Ages 18 & Up • Develop team skills through group games, energizers, and icebreakers. Improve basic communication skills, problem solving, critical thinking, and socialization. Wear tennis shoes and appropriate clothing.

LOCATION: THERAPEUTIC REC CTR

176626-01 Tu	10/18-11/15	10-10:50a	10/11	\$15/\$23
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CHAIR EXERCISE

Ages 18 & Up • Perform low to moderate exercises to strengthen muscle, increase flexibility and range of motion and more from your chair. Bring a water bottle, towel. Wear tennis shoes, clothing that allows for ease of movement.

LOCATION: THERAPEUTIC REC CTR

176628-01 Tu	9/13-11/15	3-3:50p	9/6	\$15/\$23
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THERAPEUTIC RECREATION

Registration begins 08/22

DEVELOPMENTAL READING I

Ages 18 & Up • *Sign up for Developmental Reading I or II. Improve basic reading skills using a developmental reading series. Assessment required prior to registration.

LOCATION: THERAPEUTIC REC CTR

176629-01 Tu 9/13-11/15 3:30-4:20p 9/6 \$15/\$23

DEVELOPMENTAL READING II

Ages 18 & Up • *Sign up for Developmental Reading I or II. Build upon current reading level by decoding unfamiliar words and reading books appropriate to skill level.

Assessment required prior to registration.

LOCATION: THERAPEUTIC REC CTR

176631-01 Tu 9/13-11/15 4:30-5:20p 9/6 \$15/\$23

PRO BOWLERS - NEW!

Ages 18 & Up • Players will have the opportunity to bowl without bumpers and improve their bowling skills. Bring \$3 each week.

LOCATION: AMF NORFOLK LANES

176632-01 Tu 9/13-11/15 5:15-6:30p 9/6 \$15/\$23

STRETCH AWAY

Ages 18 & Up • Stretch away tension while improving muscle tone and cardiovascular health. Cool down with freshly-prepared juice and discussion. Wear tennis shoes and appropriate clothing. \$20 nonrefundable supply fee is included.

LOCATION: THERAPEUTIC REC CTR

176633-01 Tu 9/13-11/15 6-7:20p 9/6 \$35/\$53

ADVANCED MEDITATION

Ages 18 & Up • 40- minute deep-breathing meditation uses meditative music & sounds to enhance learning, memory, and emotional control. Designed for both participants and parents/caregivers.

LOCATION: THERAPEUTIC REC CTR

176634-01 Tu 9/13-11/15 7:30-8:10p 9/6 \$15/\$23

AQUA STRETCH

Ages 18 & Up • Proficiency in Aqua Level I or equivalent. Must be able to dress and toilet independently. No swimming skills necessary; must be comfortable standing in water 4' deep unassisted. Swimming suits required. Low impact stretching techniques use body weight and water for resistance to elongate and mobilize the muscles. A gentle way to decrease pain in joints, and improve well-being.

LOCATION: NORTHSIDE POOL

176635-01 W 9/14-11/16 9-9:45a 9/7 \$15/\$23

GO GREEN

Ages 18 & Up • Show your community pride by working as a team to adopt a road right here in Norfolk. Participants will keep Norfolk green and beautiful.

LOCATION: THERAPEUTIC REC CTR

176636-01 W 9/14-11/16 9-9:50a 9/7 \$15/\$23

CANNING & PICKLING - NEW!

Ages 18 & Up • We will travel to multiple Farmer's Markets to find the best produce for the best prices. Get hands-on experience canning and pickling. \$15 nonrefundable supply fee is included.

LOCATION: THERAPEUTIC REC CTR

176640-01 W 9/14-11/16 10a-12p 9/7 \$30/\$45

APPLE PICKING - NEW!

Ages 18 & Up • Transportation: Provided from TRC to event site only. Bring a bag lunch to enjoy at the farm. Bring \$15+ spending money (cash only). Dress appropriately for weather, closed-toe shoes only.

LOCATION: THERAPEUTIC REC CTR

176641-01 W 9/28 10a-3p 9/21 \$5/\$8

READING CAFE

Ages 18 & Up • Read aloud and discuss the book in an informal setting. Notify staff at registration of your preference: Moby Dick, Charlotte's Web, or The Chronicles of Narnia: the Lion, the Witch, and the Wardrobe. The most voted book will be given out at the first class. Beverages provided. \$15 nonrefundable supply fee is included.

LOCATION: THERAPEUTIC REC CTR

176642-01 W 9/14-11/16 12:30a-2p 9/7 \$30/\$45

ALL ABOUT NAILS

Ages 13 & Up • Experiment with different colors and designs. Discuss basic nail care and maintenance. \$10 nonrefundable supply fee is included.

LOCATION: THERAPEUTIC REC CTR

176643-01 W 9/14-11/16 4-4:50p 9/7 \$25/\$38

TRAILBLAZERS

Ages 18 & Up • Transportation provided from TRC to event site only. Trailblazers will explore different hiking trails located around Hampton Roads (up to 5 miles). Wear weather-appropriate clothing and closed-toe shoes. Bring a bag lunch and water.

LOCATION: THERAPEUTIC REC CTR

176644-01 Th 9/15-10/6 9a-1p 9/8 \$10/\$15

FALL INTO YARN

Ages 18 & Up • Learn to sew different types of needle point. Supplies provided. \$20 nonrefundable supply fee is included.

LOCATION: THERAPEUTIC REC CTR

176647-01 Th 9/15-11/17 10-11a 9/8 \$35/\$53

FIT AND FUN AT THE GYM

Ages 18 & Up • Learn to use machines such as treadmills and ellipticals to increase cardiovascular fitness and strength. Bring a gym bag with the proper attire, small towel, and water.

LOCATION: NFWC

176648-01 Th 9/15-11/17 1-2:30p 9/8 \$15/\$23

DANCE FUSION - NEW!

Ages 18 & Up • Exercise through various dance styles. Dance styles will include, ballet, jazz, country, line, hip hop, and more. Wear shoes and appropriate clothing.

LOCATION: THERAPEUTIC REC CTR

176649-01 Th 9/15-11/17 4-4:50p 9/8 \$15/\$23

BEGINNER GUITAR

Ages 18 & Up • Bring an acoustic guitar and picks to learn simple chords and tunes.

LOCATION: THERAPEUTIC REC CTR

176650-01 Th 9/15-11/17 5:30-6:15p 9/8 \$15/\$23

MEGASKILLS FOR LIFE - NEW!

Ages 18 & Up • Sharpen essential MegaSkills to lead to more success in perseverance, confidence, motivation, responsibility, effort, caring, & teamwork. Enjoy a nutritious light dinner and socialization. \$20 nonrefundable supply fee is included.

LOCATION: THERAPEUTIC REC CTR

176651-01 Th 9/15-10/13 6:30-8p 9/8 \$35/\$53

ACTIVE EVENINGS - NEW!

Ages 18 & Up • Utilize your gross motor muscle groups with unique activities and traditional games such as indoor volleyball, corn hole, jump rope, etc. Enjoy a nutritious light dinner and socialization. \$20 nonrefundable trip fee is included.

LOCATION: THERAPEUTIC REC CTR

176652-01 Th 10/20-11/17 6:30-8p 10/13 \$35/\$53

THERAPEUTIC RECREATION

Registration begins 08/22

AQUA LEVEL I

Ages 18 & Up • Must be able to dress and toilet independently. No swimming skills necessary; must be comfortable standing in water 4' deep unassisted. Swimsuits required. Increase mobility and range of motion during this gentle water workout.

LOCATION: NORTHSIDE POOL
176653-01 F 9/16-11/18 9-9:45a 9/9 \$15/\$23

SOCCER 101

Ages 18 & Up • Learn to improve dribbling, passing, and shooting techniques. Wear tennis shoes (no open-toes), appropriate clothing. Class outside, weather permitting.

LOCATION: NFWC
176655-01 F 9/23-10/14 9:30-10:30a 9/16 \$15/\$23

CYCLING WORKSHOP

Ages 18 & Up • Must be able to bike independently. Learn the rules of the road, helmet safety, parts of the bike, and ride various terrains. Bike & helmet required.

LOCATION: THERAPEUTIC REC CTR
176654-01 F 10/21-11/4 9-11:30a 10/14 \$10/\$15

COOKING

Ages 18 & Up • Learn to cook light, healthy & fresh meals. Lunch follows. First class is grocery shopping, no lunch served. \$25 nonrefundable supply fee is included.

LOCATION: THERAPEUTIC REC CTR
176656-01 F 9/16-10/14 10-11:30a 9/9 \$40/\$60

PUMPKIN DECORATING WORKSHOP

Ages 18 & Up • Bring a pumpkin to carve, paint, or bedazzle. Roast pumpkin seeds while you work. \$5 nonrefundable supply fee is included.

LOCATION: THERAPEUTIC REC CTR
176657-01 F 10/21 10:30a-12p 10/14 \$10/\$15

FARMER'S MARKET

Ages 18 & Up • Transportation: Provided from TRC to event site only. Lunch at Princess Anne County Grill and a trip to Gilly's Creamery for fresh ice cream. Bring \$20 cash for food and extra for shopping. \$5 nonrefundable trip fee is included.

LOCATION: THERAPEUTIC REC CTR
176658-01 F 10/14 10a-3p 10/7 \$10/\$15

SELF GUIDED R & R - NEW!

Ages 18 & Up • Transportation provided from TRC to event site only. Travel to local spots with whatever relaxes you—a favorite book, music, painting supplies, newspaper, etc! Bring a bag lunch. \$5 nonrefundable supply fee is included.

LOCATION: THERAPEUTIC REC CTR
176659-01 F 9/16-11/18 12-3p 9/9 \$20/\$30



BOOTCAMP

Ages 18 & Up • A warm-up, strength training, cardio, and cool-down. Wear tennis shoes and clothing that allows for ease of movement.

LOCATION: THERAPEUTIC REC CTR
176660-01 F 9/16-11/18 2-3p 9/9 \$15/\$23

BUSCH GARDENS

Ages 18 & Up • Transportation provided from TRC to event site only. Parents or guardians: Escort participant into TR Center at drop-off for program updates. Dress for the weather (day and night-time temperature differences!). Bring current Busch Gardens Season Pass or cash to purchase a discounted day pass, \$25 for snacks, drinks, and lunch. Eat breakfast prior to outing. \$15 nonrefundable trip fee is included.

LOCATION: THERAPEUTIC REC CTR
176661-01 F 9/16 9a-6:30p 9/9 \$20/\$30

FRIDAY NIGHT RETREATS

Ages 18 & Up • Transportation provided from TRC to event site only. Parents or guardians: Escort the participant into the TR Center at drop-off for updates. Costs for two of the trips will be announced. Cost for the 10/14 to see Hurrah Players is included. \$30 non-refundable trip fee is included.

LOCATION: THERAPEUTIC REC CTR
176637-01 F 9/23, 10/14, 10/28 6-10p 9/16 \$40/\$60

TRC BONFIRE

Ages 18 & Up • Transportation provided from TRC to event site only. Enjoy campfire food and stories at the TRC Bonfire. \$10 nonrefundable supply fee is included.

LOCATION: THERAPEUTIC REC CTR
176662-01 Sa 9/17 5:30-8p 9/10 \$15/\$23

ODU FOOTBALL - NEW!

Ages 18 & Up • Transportation: Provided from TRC to event site only. Let's go Big Blue! \$35 nonrefundable trip fee is included.

LOCATION: THERAPEUTIC REC CTR
176663-01 Sa 10/8 TBD 9/30 \$40/\$60

BUSCH GARDENS: HOWL-O-SCREAM

Ages 18 & Up • Transportation provided from TRC to event site only. Parents or guardians: Escort participant into TR Center at drop-off for program updates. Dress for the weather (day and night-time temperature differences!). Bring current Busch Gardens Season Pass or cash to purchase a discounted day pass, \$25 for snacks, drinks, and dinner. Eat lunch prior to outing. \$15 nonrefundable trip fee is included.

LOCATION: THERAPEUTIC REC CTR
176664-01 Sa 10/15 1:30-10p 10/7 \$20/\$30

COLONIAL WILLIAMSBURG

Ages 18 & Up • Transportation provided from the TRC to event site only. Parents or guardians: escort the participant into the TR Center at drop-off for program updates. Tour the historic grounds of and eat lunch in the local coffee shop. Bring \$20 cash for lunch plus spending money. \$10 nonrefundable trip fee is included.

LOCATION: THERAPEUTIC REC CTR
176667-01 Sa 11/19 11a-6p 11/11 \$15/\$23



Be sure to check out the insert for all the Holly Jolly TR events in December!



It's a Holly Jolly December at TRC!

New!

TACKY SWEATER WORKSHOP



Ages 18 & Up • You bring the sweater and we provide the tacky! Add a touch of tinsel or a bundle of bells to make your holiday season a little cheerier! \$5 nonrefundable supply fee is included.

176670-01 M 12/12 12-2p 12/5 \$10/\$15

HOLIDAY ORNAMENT MAKING



Ages 18 & Up • Spend two days making unique ornaments for your family and friends! \$8 nonrefundable supply fee is included.

176690-01 Tu,W 12/6-12/7 9-11a 11/29 \$15/\$23

HOLIDAY EXERCISE



Ages 18 & Up • Low to moderate exercises to strengthen muscle, increase flexibility and range of motion and much more. Bring a water bottle, wear tennis shoes and clothing that allows for ease of movement.

176691-01 Tu,Th 12/6-12/15 11a-12p 11/29 \$15/\$23

New!

ROCK CLIMBING

Ages 18 & Up • Climb to new heights as you learn the basics of rock climbing. Class includes instruction, safety briefing, climbing games & workouts, debrief and cool down. Athletic attire and close toed shoes are required.

176693-01 W 12/7 1:30-3p 11/30 \$5/\$8

HOLIDAY BAKING



Ages 18 & Up • Learn to bake holiday goodies from scratch and enjoy the sweet smell of fresh baked treats. \$15 nonrefundable supply fee is included.

176694-01 Th,F 12/8-12/9 10a-12p 12/1 \$22/\$33

HOLIDAY GIFTS



Ages 18 & Up • Make special gifts for your family and friends! \$15 nonrefundable supply fee is included.

176695-01 Th,F 12/15-12/16 9-11a 12/8 \$22/\$33

HOLIDAY LIGHTS TOUR

Ages 6 & Up • Transportation: Provided from TRC to event site only. Take a tour of a local holiday lights display. Afterward, we will stop for a deliciously warm treat. \$10 nonrefundable trip fee.

176696-01 Th 12/15 6-8p 12/8 \$15/\$23

BUSCH GARDENS CHRISTMASTOWN

Ages 18 & Up • Transportation provided from TRC to event site only. Spend a magical evening at Christmas Town in Busch Gardens with your friends from the TRC. Cost of admission will be announced. Bring an additional \$25 cash for dinner and hot drinks. \$15 nonrefundable trip fee is included.

176699-01 Sa 12/3 1:30-10p 11/23 \$20/\$30

Special Events!

HOLLY JOLLY

Ages 18 & Up • Join us for an evening of merriment to include dancing, a sing-a-long, dinner, and a gift exchange. Wear a festive outfit and bring a \$5 wrapped gift for the gift exchange.

176698-01 F 12/9 7-9p 12/2 \$15/\$15

TACKY SWEATER PARTY - NEW!



Ages 18 & Up • Show off your most tacky sweater while enjoying lunch and delicious holiday sweets! First, second, and third place prizes for tackiest sweaters will be awarded!

176692-01 Tu 12/13 1-3p 12/6 \$15/\$15



Indicates transportation is available from participant home to program location. Space may be limited. Call (757) 441-1764 for details.

VISUAL ARTS

Registration begins 08/22

HOMESCHOOL ANCIENT AMPHORA

Ages 4-7 • Use hand-built techniques to construct and decorate a ceramic jar inspired by this ceramic vessel from ancient Greece. Instructed by Shara Wertz.
LOCATION: VISUAL ARTS CTR
180308-01 F 10/28-11/18 10-11a 10/21 \$35/\$53

HOMESCHOOL CHARCOAL AND PASTEL

Ages 8-17 • Develop your drawing skills while learning to blend and layer pastels as if you're painting! We'll focus on a self-portrait and still-life compositions. All experience levels welcome. Instructed by Shara Wertz.
LOCATION: VISUAL ARTS CTR
180307-01 F 9/16-10/21 10-11a 9/2 \$45/\$68

HOMESCHOOL POTTERY ON THE WHEEL

Ages 8-17 • New students focus on centering and foundational forms and glazing. Returning students alter cylindrical forms. Handles, lids, plates and decorations introduced. Appropriate use of tools, glazes and studio safety. Instructed by Shara Wertz.
LOCATION: VISUAL ARTS CTR
180302-01 Th 9/15-11/3 10a-12:30p 9/2 \$50/\$75

GREAT JACK O' LANTERNS

Ages 4-7 • Create hand-built clay jars to store favorite treasures and treats. Turn your jar into a Jack o' Lantern, a mummy or any fiendish ghoul. Instructed by Shara Wertz
LOCATION: VISUAL ARTS CTR
180508-01 Th 9/29-10/13 4:30-5:30p 9/22 \$20/\$30

IMPRESSIVE IMPRESSIONS

Ages 4-7 • Big or small, tiny or tall it's bound to make an impression! A fun and exciting way to experiment with printmaking. Instructed by Shara Wertz.
LOCATION: VISUAL ARTS CTR
180411-01 Tu 11/1-11/15 4:30-5:30p 10/25 \$20/\$30

CHARISMATIC CHARACTERS

Ages 8-14 • Translate a 2D drawing of your favorite cartoon character into a 3D clay sculpture! Bring ideas and images to the first class. Instructed by Shara Wertz
LOCATION: VISUAL ARTS CTR
180206-01 Tu 9/13-10/18 4:30-5:30p 9/2 \$35/\$53

DRAWING: PRIVATE DRAWING

Ages 8-17 • Spend time drawing one-on-one. Explore the fundamentals of drawing including perspective, line and shading. Instructed by Shara Wertz.
LOCATION: VISUAL ARTS CTR
180202-01 M 9/26-10/24 4:30-5:15p 9/19 \$75/\$113

POTTERY ON THE WHEEL YOUTH

Ages 8-17 • New students will focus on centering and foundational forms, such as cylinders and bowls, in addition to glazing. Returning students learn to alter cylindrical forms. Handles, lids, plates and new decorations introduced. Appropriate use of tools, glazes and studio safety are practiced. Instructed by Shara Wertz.
LOCATION: VISUAL ARTS CTR
180502-01 M 9/12-10/31 6-8:30p 9/2 \$50/\$75

PRIVATE POTTERY ON THE WHEEL

Ages 8-17 • Beginners receive personalized instruction and focus on the basic skills to center and throw cylinders and bowls. Students progressing beyond basic skills experiment with more advanced forms, explore specific interests or concentrate on intricate projects.. Clay and tools provided for classroom use. Glazes and firing included. Appropriate use of tools, glazes and studio safety practiced. Instructed by: Shara Wertz
LOCATION: VISUAL ARTS CTR
180506-01 F 9/16-10/14 1-3p 9/2 \$100/\$150

TEEN CLAY WORKS POTTERY

Ages 12-17 • Dig in and explore variety of artistic possibilities with hand-built and wheel thrown clay projects. Instructed by: Shara Wertz
LOCATION: VISUAL ARTS CTR
180505-01 W 9/14-11/2 6-8p 9/2 \$45/\$68

TEEN PAINTING 101

Ages 13-17 • Go from drawing to painting in one swoop by experimenting with acrylic, watercolor and tempera paint. Bring one canvas. Instructed by Shara Wertz.
LOCATION: VISUAL ARTS CTR
180410-01 W 9/14-10/5 4:30-5:30p 9/2 \$35/\$53

ADOBE PHOTOSHOP: PRIVATE LESSON

Ages 18 & Up • Bring laptop installed with Adobe Photoshop (any version) and digital photos on a CD, memory card, or flash drive. A computer is available for class time use. Instructed by Leigh Babcock.
LOCATION: VISUAL ARTS CTR
180601-01 Tu 10/18-11/15 10-11a 10/11 \$125/\$188

CERAMICS

Ages 18 & Up • Learn techniques and develop skills in decorating and glazing ceramics. Gain knowledge about all aspects of this art including greenware, bisque, underglazes, glazes, overglazes, stains and techniques such as washing, antiquing, drybrushing, etc. Students must purchase own supplies. Instructed by Alberta Taylor.
LOCATION: TITUSTOWN REC CTR
182001-01 Tu 9/13-11/15 10a-12p 9/2 \$50/\$75
182001-02 Th 9/15-11/17 10a-12p 9/2 \$50/\$75

DRAWING/ALL LEVELS

Ages 18 & Up • Use classic exercises to learn to draw faces, figures, animals and objects. Break down the hurdles in drawing! Instructed by Thomas Murphy.
LOCATION: VISUAL ARTS CTR
180701-01 Th 9/29-11/17 6:30-8p 9/22 \$50/\$75

DRAWING & PAINTING

Ages 18 & Up • Explore drawing concepts as a springboard into painting. Bring your choice of painting media. Instructed by Thomas Murphy
LOCATION: FAIRLAWN REC CTR
180703-01 W 9/14-11/16 10a-12p 9/2 \$50/\$75

MOSAICS

Ages 18 & Up • Use mosaic to decorate wooden frames, small table tops, pre-poured stepping stones, bird baths, tiles and sculpture! Instructed by Patricia Isenhour.
LOCATION: VISUAL ARTS CTR
180901-01 Th 9/15-11/3 10a-12:30p 9/2 \$50/\$75

ACRYLIC PAINTING: BEGINNER

Ages 18 & Up • Get started by learning about acrylic paints, materials and the basic concepts of painting. Instructed by Thomas Murphy
LOCATION: VISUAL ARTS CTR
181005-01 Tu 9/13-11/15 10a-12p 9/2 \$50/\$75

ACRYLIC PAINTING: ADVANCED

Ages 18 & Up • Enjoy independent exploration of acrylic painting techniques. Build new skills in both individual and group projects. Instructed by Beverly Furman.
LOCATION: VISUAL ARTS CTR
181001-01 Th 9/15-11/17 1-3p 9/2 \$50/\$75

OIL PAINTING

Ages 18 & Up • Dive into the rich, irresistible texture of oil paint and experience its unmistakable depth and vibrancy. Instructed by: Thomas Murphy
LOCATION: FAIRLAWN REC CTR
181002-04 Th 9/15-11/17 10a-12p 9/2 \$40/\$60

VISUAL ARTS

Registration begins 08/22

181002-05Th 9/15-11/17 12:30-2:30p 9/2 \$40/\$60

LOCATION: VISUAL ARTS CTR

181002-01M 9/12-11/14 6:30-8:30p 9/2 \$40/\$60

ORIENTAL BRUSH PAINTING

Ages 18 & Up • Bring nature to life, express the essence of a painting with the beauty and grace of simple brush strokes. Instructed by Joan Grosch.

LOCATION: VISUAL ARTS CTR

181003-01W 9/14-11/16 10:30a-12:30p 9/2 \$45/\$68

PAINTING: STUDIO

Ages 18 & Up • Study independently with the medium of your choice. Painting experience and the ability to work without instruction is required.

LOCATION: VISUAL ARTS CTR

181004-01Tu 9/13-11/1 1-3p 9/2 \$25/\$38

BLACK & WHITE PHOTOGRAPHY

Ages 18 & Up • Learn to get the best results from your 35 mm camera and develop negatives and archival photographs in a darkroom. Instructed by Lenore Teevan.

LOCATION: VISUAL ARTS CTR

181101-01W 9/28-11/16 6-8:30p 9/21 \$125/\$188

DARKROOM STUDIO

Ages 18 & Up • Must have completed one course of black and white photography at the Visual Arts Center. This is a studio class without instruction.

LOCATION: VISUAL ARTS CTR

181103-01Th 9/15-11/17 6:30-8:30p 9/2 \$125/\$188

181101-01Sa 10/1-11/19 10a-12:30p 9/30 \$125/\$188

CLAY HANDBUILDING

Ages 18 & Up • Turn a clay slab into almost anything, explore textures, design techniques, shape, glazing application techniques and more! Instructed by Ann Ruel.

LOCATION: NORVIEW REC CTR

181201-01Tu 9/13-11/15 10:30a-12:30p 9/2 \$45/\$68

POTTERY ON THE WHEEL: BEGINNER

Ages 18 & Up • Learn how to center, throw and glaze and to use equipment properly and safely. Instructed by Pam Gray.

LOCATION: VISUAL ARTS CTR

181203-02W 9/14-11/16 10a-12p 9/2 \$50/\$75

181203-03W 9/14-11/16 6:30-8:30p 9/2 \$50/\$75

181203-01Tu 9/13-11/15 6:30-8:30p 9/2 \$50/\$75

POTTERY ON THE WHEEL: INTERMEDIATE

Ages 18 & Up • Prerequisite: Completion of the introductory course or equivalent. Must have experience centering clay and throwing forms to include cylinders and bowls. Expand your skills in centering, form and glazing. Instructed by Mildred Tickle.

LOCATION: VISUAL ARTS CTR

181204-01Tu 9/13-11/15 10a-12p 9/2 \$50/\$75

POTTERY ON THE WHEEL: ADVANCED

Ages 18 & Up • Completion of the intermediate course or equivalent and instructor permission required. Contact the Visual Arts Center no later than 1-week prior to registration. Develop new skills. Focus on simplicity of form, balance and proportion. Use color and design to complement work. Instructed by: Mildred Tickle.

LOCATION: VISUAL ARTS CTR

181205-01F 9/16-12/2 10a-12p 9/2 \$50/\$75

POTTERY OPEN STUDIO

Ages 18 & Up • Open Studio/Pottery on the Wheel is offered to participants who have completed our Pottery on the Wheel class. Enjoy independent studio without guidance from an instructor. Glazing dates are 10/6, 10/27, 11/17.

LOCATION: VISUAL ARTS CTR

181206-01Th 9/15-11/17 6:30-8:30p 9/2 \$50/\$75

QUILTING

Ages 18 & Up • Learn to cut, piece, sew and bind a quilt with hand or machine piecing and quilting. Instructed by Harris Gosselin

LOCATION: VISUAL ARTS CTR

181301-01M 9/12-11/14 10a-12p 9/2 \$30/\$45

181301-02Tu 9/13-11/15 6:30-8:30p 9/2 \$30/\$45

181301-03Th 9/15-11/17 10a-12p 9/2 \$30/\$45

181301-04Th 9/15-11/17 6:30-8:30p 9/2 \$30/\$45

SEWING/ALL LEVELS

Ages 18 & Up • Make a new hat or restore an old favorite. Use clothing patterns to piece together the latest styles. Dress up the view with custom-made window treatments. Instructed by Deloris Johnson.

LOCATION: NORVIEW REC CTR

181302-01Tu 9/13-11/15 6:30-8:30p 9/2 \$50/\$75

SILVER JEWELRY/ALL LEVELS

Ages 18 & Up • Students of all levels work independently to develop individual designs while learning to saw, file, solder and polish metal. Beginning students should be able to bezel set a stone by the end. Advanced students refine skills and learn additional techniques.

LOCATION: VISUAL ARTS CTR

181401-01Tu 9/13-11/15 10a-12p 9/2 \$55/\$83

181401-02Tu 9/13-11/15 6:30-8:30p 9/2 \$55/\$83

181401-03Sa 9/17-11/5 10a-12:30p 9/2 \$55/\$83

STAINED GLASS: BEGINNER

Ages 18 & Up • Learn glass-cutting, copper foil technique, lead coming technique and soldering. Instructed by Robert Peterson.

LOCATION: VISUAL ARTS CTR

181501-01W 9/21-11/9 6:30-9p 9/14 \$55/\$83

STAINED GLASS: INTERMEDIATE & ADVANCED

Ages 18 & Up • Two separate classes in one shared night! Intermediate participants must complete Beginning Stained Glass at the Visual Arts Center and will build and refine skills in cutting, foiling, lead caning and soldering to construct a flat panel lamp. Advanced participants must have completed our Intermediate class and will develop skills by constructing a Tiffany-style lamp or a project of choice. Instructed by Robert Peterson.

LOCATION: VISUAL ARTS CTR

181502-01M 9/19-11/7 6:30-9p 9/12 \$55/\$83

WORKSHOPS

BASIC ANATOMY

Ages 18 & Up • Learn basic forms of human anatomy, proportion, and a good approach to drawing people. Instructed by Thomas Murphy.

LOCATION: VISUAL ARTS CTR

181633-01Sa 10/8-10/22 10a-1p 9/30 \$35/\$53

CHALK PASTELS

Ages 18 & Up • Learn to work with tones, mix color and effectively use the contrast between lights and shadows to create exciting drawings. Instructed by Tom Murphy

LOCATION: VISUAL ARTS CTR

181613-01Sa 11/5-11/19 10a-1p 10/28 \$35/\$53

WORKSHOPS

Registration begins 08/22

CLAY IMAGE TRANSFERS

Ages 18 & Up • Get ready for the upcoming holidays! Create a festive piece of handbuilt autumn/winter themed pottery and embellish it using an easy silkscreen process to transfer images to your piece. After the image is transferred it may be hand colored using underglazes and then finished with glaze perfect for your holiday entertaining or decorating. Instructed by Pam Gray No Class Oct 29.

LOCATION: VISUAL ARTS CTR

181617-01 Sa 10/22-11/5 10a-1p 10/14 \$35/\$53

FALL FOR THE FAUVES

Ages 18 & Up • Explore the expressive qualities of color. Discover the Fauve painters, also known as the Wild Beasts. Create a sense of spontaneity, and intense emotion through the use of vivid colors and lively brushstrokes. Instructed by Shara Wertz

LOCATION: VISUAL ARTS CTR

181637-01 Tu 11/8-11/15 1-3p 11/1 \$35/\$53

HOT GLASS!

Ages 18 & Up • Back by popular demand! Learn to pair beautiful colored glass together to fuse into one of a kind artworks. Class size is limited. Instructed by Robert Peterson.

LOCATION: VISUAL ARTS CTR

181631-01 F 10/7 10a-1p 9/30 \$35/\$53

181631-02 F 11/4 10a-1p 9/30 \$35/\$53

SPECIAL EVENTS

2016 F.U.S.E. FESTIVAL

September 3, 12:00 p.m. - 8:00 p.m.

Vivian C. Mason Center: 700 E. Olney Road

This festival highlights all that is beautiful in our community through live music, arts, culture, food and more! View The Life is Living, Human Experience exhibit - a multi-media artistic rendition of the voice and heart of the people and their experience. Includes workshops, screenings, and arts vendors. Call (757) 747-2679 or visit TWPTTheMovement.org for details.

NUISANCE WILDLIFE PREVENTION - FOR ADULTS

September 16, 7:00 p.m., Norview Community Center

September 29, 6:30 p.m., Titustown Recreation Center

October 13, 6:30 p.m., East Ocean View Community Center

Costs of eradicating wildlife once they have infested your home can be high. Learn tips for preventing pest wildlife in your yard and home, such as bats, rats, opossum, racoon, squirrels, birds, and snakes. Registration required. Call (757) 441-5834.

2016 PLAY DAY!

September 17, 10:00 a.m. - 2:00 p.m.

Tarrallton Park: 2100 Tarrallton Drive

Join us for free family fun! enjoy games, bounce houses, fitness, vendors, sports demonstrations and more! Details at norfolk.gov/play.

2016 INTERNATIONAL COASTAL CLEANUP

September 17, 9:00 a.m. - 12:00 p.m.

East Ocean View Community Center: 9520 East 20th Bay

Join Norfolk's Park Rangers in a world-wide shoreline cleanup effort to lead to trash-free waterways. Visit norfolk.gov/knb and register today!

GRANDPARENTS DAY PICNIC

September 22, 10:00 a.m.

Virginia Zoo: 3500 Granby Street

Enjoy a day at the zoo with a great lunch and train ride on the Virginia Zoo Express! Tickets are \$12 and can be purchased at the Ocean View or Southside Senior Centers. Call (757) 664-6484 or (757) 441-1767 for details.

NORFOLK ARBOR DAY

October 1, 10:00 a.m. - 2:00 p.m.

Lafayette Park: 3500 Granby Street

Join us for a day all about trees! This family-friendly event includes a Tree Trail Trek, yoga, Ask-the-Arborist, wood working, tree adoption, and more! Adopt a free tree.

FROM HERE TO ETERNITY CEMETERY 5K

October 22, TBD

Elmwood & West Point Cemeteries: 238 E. Princess Anne Road

Awards and after party at The Plot!

Register at NorfolkSocietyforCemeteryConservation.org

SENIOR DIVISION 1ST ANNUAL COSTUMES & COMEDY!

October 28, 4:00 p.m.

Norfolk Fitness & Wellness Center

Come out for an evening of comedy and laughs! Enjoy great music, delicious food and enter the costume contest! Come in full costume and get in for free! Tickets are \$5 and can be purchased at the Ocean View or Southside Senior Centers. Call (757) 664-6484 or (757) 441-1767 for details.

GUARDIANS OF THE GREENERY - FOR TODDLERS!

1st & 3rd Thursday in October & November, 10:00 a.m. - 10:45 p.m.

Lakewood Athletic Building: 1612 Willow Wood Drive

The perfect program for toddlers 3-5 years old who are curious about nature and enjoy the outdoors. A specially-selected nature book, nature craft, and adventure awaits! Adults must remain with their children. Registration required. Call (757) 441-5834 for details.

HALLOWEEN 5K AND MILE

October 29, 9:00 a.m.

Therapeutic Recreation Center

All ages • Run, walk, or roll the 5k (3.1 miles) or 1 mile loop that starts and ends at the TR Center. This event is open to everyone! \$20 early registration fee until 10/20. \$25 until registration closes at 8:30am on 10/29. Awards for top three times in each age group and the best costume! T-shirts will be given out the day of race. Light refreshments and award ceremony following. Call 441-1764 for more info.

TWP 2016 CELEBRATION W.MOVE MAKER & SCHOLARSHIP PROGRAM

November 10

Vivian C. Mason Center: 700 E. Olney Road

Celebrate Hampton Roads youth and their mentors who have triumphed over adversity. Commemorate TWP's 20 years of service to the region. Nominate a youth today! Call (757) 747-2679 or visit TWPTTheMovement.org for details.

FALL MUSIC RECITAL / PARTY

November 19, 3:00 p.m.

Lakewood Dance & Music center: 1612 Willow Wood Drive

Free admission. For youth music students enrolled in the Fall 2016 session only.

DANCE MAGIC!

December 3, 5:00 p.m.

Harrison Opera House: 160 E. Virginia Beach Boulevard

\$10 per person

Tickets sold at The Scope Box Office and at ticketmaster.com (surcharges apply); sale dates to be announced. Sales are final.

HOW TO REGISTER

- Registration is available at Norfolk.gov/Play and in person. Full payment must be made at time of registration.
- Courses are filled on a first-come, first-served basis.
- Payment is accepted by check or money order made payable to Norfolk City Treasurer. Post-dated, starter or counter checks not accepted. Name and address must be pre-printed on check. Current photo I.D. required. (A \$35 service fee for each returned check.)
- Registrations may be accepted after registration deadline if space is available. A \$5 late fee will apply. No registrations accepted after a course has begun.

WHEN TO REGISTER

- Norfolk Residents • Monday, August 22 at 10:00 a.m.
 Therapeutic Recreation • Registration begins Monday, August 22, promptly at 9:30a by lottery registration process. Lottery tickets distributed from 9:00a-9:30a. . Arrive no earlier than 8:30a.
 Non-Residents • Monday, August 29 at 10:00 a.m.

This information is not all-inclusive. A complete version of the registration policies and procedures can be found at Norfolk.gov/play.

GUIDE TO COURSE LISTINGS

Activity #	Day	Dates	Time	Reg. by	Resident/Non-resident fee
123456-01	M	9/13-11/15	6-8p	9/10	\$50/\$75

REFUND POLICY:

Refunds will be issued in the event of the following ONLY:

- Course cancellation by RPOS
- Deployment
- Illness/injury requiring the individual to discontinue participation.
- Death

Documentation will be required. Accounts will not be issued a credit in lieu of a refund. Refund will be pro-rated in the event it takes place after the start of the course.

ADDITIONAL INFO:

- If a student misses a class, RPOS will try to accommodate a make up session; no make-up classes are guaranteed.
- Class sessions may occasionally be cancelled due to unexpected circumstances. Every attempt will be made to contact participants and to schedule a make-up session for the class. Ensure contact information is current with instructor.



Move Mondays!

Explore fun ways to get your week started right!

norfolk.gov/moveitmondays

ONLINE REGISTRATION INSTRUCTIONS

1. Visit Norfolk.gov/Play
2. Click the "Online Registration Tab"
3. Login & start shopping!

MEET THE RPOS COMMISSION

The RPOS Commission serves in an advisory capacity to the RPOS Director. Appointed by City Council, the commission serves as Council's eyes and ears in the community, determining the recreation needs and desires of citizens. Contact the commission at RPOS@Norfolk.gov.



Michael S. O'Hearn
Retired Capt. US Navy
Chair



Virginia Alberts



George H. Curtis, IV



Gregg Moltinger



Stephen Powell



David Dearborn

REGISTRATION

ONLINE REGISTRATION IS EASY! SEE P19.

WHERE DO I REGISTER?

COURSE CATEGORY	COURSE LOCATION	REGISTER AT:	PHONE#	ADDRESS
Aquatics	Huntersville Indoor Pool	Huntersville Indoor Pool	(757) 664-7431	830 Goff St.
Aquatics	NFWC Indoor Pool	NFWC Indoor Pool	(757) 823-4306	7300 Newport Ave.
Aquatics	Northside Indoor Pool	Northside Indoor Pool	(757) 441-1760	8401 Tidewater Dr.
Aquatics	Southside Aquatic Center	Southside Aquatic Center	(757) 333-3281	1750 Campostella Rd.
Arts & crafts	Any Site Listed	Titustown Visual Arts Center	(757) 441-1227	7545 Diven St.
Dance	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
Fitness	Any Site Listed	NFWC	(757) 823-4301	7300 Newport Ave.
Music	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
Seniors	Any Site Listed	Ocean View Senior Center or Southside Senior Center	(757) 441-1767 (757) 664-6484	600 E. Ocean View Ave. 925 S. Main St.
Martial Arts	NFWC	NFWC	(757) 823-4301	7300 Newport Ave.
Technology	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
Therapeutic Recreation	Any Site Listed	Therapeutic Recreation Center	(757) 441-1764	180 E. Evans St.

CLASS REGISTRATION FORM

I have read & accept the refund policy on page 19.

Participant Name (or Parent/Guardian if participant under 18) _____

Address, City, State, Zip Code _____

Phone Numbers (Day) _____ (Evening) _____ E-mail Address _____

PARTICIPANT LAST + FIRST NAME	BIRTH DATE MM/DD/YYYY	SEX	ACTIVITY NUMBER	ACTIVITY NAME	SITE	DAY/TIME	TOTAL FEE

Individuals with a disability are entitled to participate in programs offered by the Norfolk Department of Recreation, Parks & Open Space. If you require any special accommodations, call (757) 441-1764 prior to registration.

Total Amount Due \$ _____
No cash accepted.

Only check or money orders accepted, made payable to Norfolk City Treasurer.

Form of payment: Check Money Order
Check/Money Order # _____

Emergency Contact Name: _____ Phone Number: _____ Relationship: _____

Medical Treatment Permission & Acknowledgment of Risks: In consideration of my participation in the activity provided by and through the City of Norfolk Department of Recreation, Parks & Open Space (RPOS), I, for myself or on behalf of the participant who I represent, authorize City of Norfolk employees to take and provide all necessary medical attention should I, or the participant who I represent, be injured while participating or being transported to or from any RPOS-sponsored activity. I have read the policies pertaining to cancellations, refunds, rules and regulations as they pertain to this activity. I acknowledge the risks and responsibilities involved in these activities, and assume the risks and responsibilities involved in these activities. I assume these risks realizing the capabilities of the person(s) participating. I have read this release and understand all its terms and execute it voluntarily and with full knowledge of its significance.

Signature of participant _____

Signature of parent/guardian (if participant under 18) _____

Date _____

Photo Permission Release Agreement: OPTIONAL. I understand that I, or the participant who I represent, may be photographed and/or videotaped while participating in this activity. I agree to allow the City of Norfolk Department of Recreation, Parks & Open Space to use said photographs and/or videotapes in Department publications, media campaigns, and/or for educational and safety training purposes. I further waive any compensation for publishing and/or printing such photographs. I understand that by affixing my signature on this form, I attest to having read, fully understand and agree to the conditions as set forth above.

Signature of participant _____

Signature of parent/guardian (if participant under 18) _____

Date _____