

Boot Camp

Burn fat & gain muscle, tone and strengthen your core all in one hour!! We start with 40 minutes of boot camp—this consists of a mixture of cardio segments, strength training segments and calisthenics. Plus, a few, fun surprises to burn fat and motivate you. We will end with 20 minutes of Pilates core work that will target your abs, back, hips, and glutes. Beginner to Advanced variations will be taught.

CHILDCARE INCLUDED (Please see Childcare Guidelines)

18 yrs and up / 8 wks / \$128 Instructor Teresa Cantrell
Jefferson County Community Center
Program #4123 Tues & Thur, 2/14-4/6 9:30-10:30 am
Program #4124 Tues & Thur, 4/11-6/1 9:30-10:30 am

18 yrs and up / 8 wks / \$70 Instructor Teresa Cantrell
Jefferson County Community Center

Program #4125 Tues, 2/14-4/6 9:30-10:30 am
Program #4126 Tues, 4/11-5/30 9:30-10:30 am

18 yrs and up / 8 wks / \$70 Instructor Teresa Cantrell
Jefferson County Community Center

Program #4127 Thur, 2/16-4/6 9:30-10:30 am
Program #4128 Thur, 4/13-6/1 9:30-10:30 am



Pilates

The Pilates method emphasizes core and powerhouse strength and lengthens and strengthens. Pilates exercises do not include a lot of repetitions for each move. Instead, we will be doing each exercise with precision to get significant results in a shorter time. Beginner to Advanced variations will be taught. This is a great follow-up class to Boot Camp, and also works well as a stand-alone class.

CHILDCARE INCLUDED (Please see Childcare Guidelines)

18 yrs and up / 8 wks / \$70 Instructor Teresa Cantrell
Jefferson County Community Center
Program #4129 Tues, 2/14-4/4 10:30-11:00 am
Program #4130 Tues, 4/11-5/30 10:30-11:00 am



Guidelines for Childcare:

- Childcare is available only for the first 15 children.
- No guarantee is made that childcare is available each class. Please call in advance for daily availability.
- Participants MUST pre-register in order to take advantage of childcare.
- Childcare is FREE for the first 2 children a participant has. The participant must pay \$5 for the 3rd and 4th child each (not to exceed 4 children). This fee must be paid each time they bring more than 2 children. Fee is payable at the front desk before your class begins.



Body Business

This is a full body workout with choreographed dance routines, floor work and stretching.

Instructor Sandra Watkins

18 yrs & up / 11 weeks / \$55 Shepherdstown Elem. School
Program #4147 Mon/Wed, 1/23-4/5 5:30-6:30 pm
18 yrs & up / 9 weeks / \$45 Shepherdstown Elem. School
Program #4148 Mon/Wed, 4/10-6/7 5:30-6:30 pm



235 Sam Michael's Lane

Shenandoah Junction, WV 25442

Phone: (304) 728-3207 Fax: (304) 728-9746

Email: Info@jcprc.org Website: www.jcprc.org

Return Service Requested

Jefferson County Parks & Recreation

Activity Guide

Teen & Adult Opportunities

Winter & Spring 2017



A perfect place to
Jefferson
County
Parks &
Recreation

www.jcprc.org

Be your daughter's Prince Charming and take her out for an evening she won't soon forget. Couples will have fun with crafts, music, and dinner. Photo opportunities will be available by 'Beyond the Lens' photography. **(Pre-registration will be available until Thurs, 2/25 only, so we can prepare food. Thanks!)**



Program #4068	<i>\$20 with dinner per couple</i>
	<i>\$8 for each additional child</i>
Program #4069	<i>\$10 without dinner per couple</i>
	<i>\$8 for each additional child</i>
	\$12 at door (no dinner)

Join us this year as we celebrate Easter and have Breakfast with the Easter Bunny himself! Children will have the opportunity to participate in an Easter Egg Hunt, make an Easter Craft, and get their picture taken with the Easter Bunny! Children will be served a breakfast of pancakes, sausage and juice. Adults may purchase breakfast at the event. All children must be accompanied by an adult.



Time for Spring Cleaning! Join us for our annual spring community yard sale at the JCCC. The JCPRC will provide tables and advertisement for the event. Advertisements will be placed in local newspapers, Facebook, JCPRC website, and signage in and near the parks. Your space will include two 8' tables.



Get into the Christmas spirit and visit with Santa and other special guests. Enjoy a fun craft and have your picture taken with Santa. Blakeley Street Bakery will join Mrs. Claus in the "cookie kitchen" and help kids decorate their very own Christmas cookies! We will also have Santa's Workshop open with wooden toys and crafts for kids to build and paint all by themselves! Visit the elves' playground where kids will get to bounce and "sled" down the inflatable "snow hill".

Enjoy an evening with your family at the Jefferson County Community Center. We will have a DJ here playing your family's favorite "dance party" songs! We will also have moon bounces, air hockey, table tennis, and a family game area. Food will be available for purchase at the concessions stand. Cost per family of 6 members or less, please add \$2 per additional family members.



Battle your friends in Nerf War Combat! Kids are invited to bring their Nerf blasters and darts to the JCCC for a night of Nerf battles and fun! Kids will have the opportunity to hang with friends, take advantage of our concession stand, and release some energy! Kids may only bring a maximum of 40 darts and up to 2 nerf blasters. Pre-registration is encouraged as space is limited and walk-in registration is not guaranteed.



10-14 yrs / 1 day / \$10		
Jefferson County Community Center		
Program #4077	Fri, 1/20	7:30-9:45 pm
Program #4078	Fri, 2/17	7:30-9:45 pm
Program #4079	Fri, 3/17	7:30-9:45 pm
Program #4080	Fri, 4/21	7:30-9:45 pm

So... you've let your kids have all the fun, now it's YOUR turn! Get a group of adults together to play and have fun in our full gymnasium. 2 Nerf Blasters, 40 dart limit still applies.



Concessions will be available for an additional fee. After the Polar Party, bring your blankets, chairs and pajamas to settle down for a very GRINCHY double feature movie event featuring The Grinch Who Stole Christmas AND The Grinch! Admission for the movie is free. Doors will open at 7:30pm and movie will start at 7:45pm. Concessions will be will be available during the movie event.

**All ages / 1 day / \$8 per child JCCC
Program #3937 Sat, 12/3 5:30-7:30 pm**

Spring is an excellent time to tour, shop, go to a theater, or take a boat ride. You will make your own itinerary for the day. There is always something new to see and do. For your convenience, we will be making a food and restroom stop going to and from New York City. Please bring a photo ID. Bus pick up location will be at the Food Lion in Charles Town. Specific departure and return times will be communicated as the date draws near. **Children under 18 must be accompanied by a paying adult.**



Sand, sun, fries with vinegar, cotton candy, seafood, swimming in the ocean, and don't forget the arts and crafts... Boy! What a day you will have. Bring your family and friends for a day of fun you won't forget. For your convenience, we will be making a food and restroom stop going to and from Ocean City. Please bring a photo ID. Bus pick up location will be at the Food Lion in Charles Town. Specific departure and return times will be communicated as the date draws near.



MIDDLE SCHOOL



1st Friday of each month from September - May!
6:30-10:00 pm

DJ Xbox Ping Pong

Basketball Moon Bounce

\$10
PER STUDENT

and more!

Both inspirational and uplifting, Jonah is entirely entertaining. Explore the extreme elements that Jonah encounters as he runs away from his sacred duty. Jonah is a special story that will keep you on the edge of your seat. Sight and Sound brings the action front and center to each guest. Enjoy a show with live animals, state of the art sound and lighting, and brilliant acting and costumes. We will have lunch at Hershey Farms Restaurant, and stop at the Kitchen Kettle Village for shopping before returning home. Please bring a photo ID. Bus pick up location will be at the Food Lion in Charles Town. Specific departure and return times will be communicated as the date draws near.

Children under 18 must be accompanied by a paying adult.



All Ages / 1 day / \$152
Bus depart from, and returns to Food Lion in Charles Town.
Program #4084 Sat, 6/17 Time is TBD

ALL TRIPS ARE SCHEDULED AS A PARTNERSHIP WITH SCHROCK TRAVEL. SCHROCK TRAVEL MAY CANCEL TRIPS AT ANY TIME DUE TO LOW ENROLLMENT. IF TRIPS ARE CANCELED YOU WILL BE GIVEN A FULL REFUND.

NEST is a light hearted approach toward enhancing a student's total wellness. Students will practice yoga poses, relaxation, breath and mindfulness skills. Students will also engage in games and creative arts to build self-confidence and mind/body expression. ***There is a \$8 supply fee to be paid to the instructor at the first class for a personal yoga mat.***



Students who have participated previously do not need to purchase a new mat - please bring your mat with you.

Grades 4 & 5 / 8 wks / \$25 Instructor Diana Brubaker
Shepherdstown Elementary - Gym
Program #4161 Mon, 4/3-6/5 3:30-5:00 pm
 (no class 4/17, 5/29)

Grades 1-3 / 8 wks / \$25 Instructor Diana Brubaker
Shepherdstown Elementary - Gym
Program #4162 Wed, 4/5-5/31 3:30-5:00 pm
 (no class 4/19)

Kindergarten / 8 wks / \$25 Instructor Diana Brubaker
Shepherdstown Elementary - Gym
Program #4163 Thur, 4/6-6/1 3:30-5:00 pm
(no class 4/20)

(no class 4/20)

Square Dance Level 1

Square dancing is a fun way to obtain both mental and physical exercise. Doctors who square dance, praise the physical and social benefits of square dancing. Nice, easy and fun lessons prepare you for club level dancing. There are several square dancing clubs in nearby areas. The dancers have more fun than you can imagine. We will square dance as couples, but singles are invited into lessons. Also, families, adults and children are invited. Experienced square dancers from a local club will be available to fill in as partners where needed. In square dancing, you will meet many, many friendly people. Square dancing is considered to be "Friendship", set to music. The instructor will have booklets of square dance movements (calls), which cost \$4.



All ages / 7 wk / \$35 Instructor Carl Odell
Charles Town Middle School - Cafeteria
Program #4131 Mon, 1/23-3/13 7:00-9:00 pm
(no class 2/20)

Country Line Dancing Level 1

Learn the basics of dance, dance floor etiquette, and at least six dances to the style of country music. Please wear smooth soled shoes.



18 yrs & up / 7 wks / \$55 (Single) Instructor Allen Keefer
Charles Town Middle School - Cafeteria

Program #4149	Th, 1/5-2/16	6:30-7:30 pm
Program #4150	Th, 3/2-4/13	6:30-7:30 pm
Program #4151	Th, 4/27-6/8	6:30-7:30 pm

18 yrs & up / 7 wks / \$85 (Couple) Instructor Allen Keefer
Charles Town Middle School - Cafeteria

Program #4152	Th, 1/5-2/16	6:30-7:30 pm
Program #4153	Th, 3/2-4/13	6:30-7:30 pm
Program #4154	Th, 4/27-6/8	6:30-7:30 pm

Country Line Dancing Level 2

Continue the basics of country line dance level 1. Dance classes are co-sponsored by the Boot Kicker International, and you must register with them at a cost of \$30. Please wear smooth soled shoes.



18 yrs & up / 7 wks / \$55 (Single) Instructor Allen Keefer
Charles Town Middle School - Cafeteria

Program #4155	Th, 1/5-2/16	7:30-8:30 pm
Program #4156	Th, 3/2-4/13	7:30-8:30 pm
Program #4157	Th, 4/27-6/8	7:30-8:30 pm

18 yrs & up / 7 wks / \$85 (Couple) Instructor Allen Keefer
Charles Town Middle School - Cafeteria

Program #4158	Th, 1/5-2/16	7:30-8:30 pm
Program #4159	Th, 3/2-4/13	7:30-8:30 pm
Program #4160	Th, 4/27-6/8	7:30-8:30 pm

Knit or Crochet for Charity

If you knit, crochet, or do any other needlecrafts and would like to use your time and talents to donate handmade items to local charities, this group will give you the opportunity to enjoy an afternoon of needlework while doing just that. Please bring your own knitting needles/crochet hooks/yarn/supplies to class. The only cost to you is your time, talents, and whatever yarn you can provide. There will be a variety of knit and crochet patterns and project ideas available. There may also be some donated materials available at class. If you would like to speak with the facilitator prior to class please call 304-725-3172 (before 7pm please). **Please note: Some guidance will be provided but this class NOT an instructional class.**



14 yrs & up / 1 day / Free
Apple Tree Gardens - Community Room

Square Dance Level 2

Once the level 1 class is over, continue on to the level 2 class, where you will practice your new skills and enjoy the company of the other new dancers as well as the experienced helpers who will continue to attend classes to assist you in gaining more skills.



All ages / 7 wk / \$35 Instructor Carl Odell
Charles Town Middle School - Cafeteria
Program #4132 Mon, 3/27-5/15 7:00-9:00 pm
(no class 4/17)

Square Dance Caller's Workshop

This course is for beginner square dance callers. The students will learn the techniques of resolving the square, to get original dancers back with original partners and back to the home position in the proper sequence. Students will learn how to chain calls together to make an interesting dance and how to conduct a party dance for non-square dancers.



All ages / 6 wk / \$40 Instructor Carl Odell
Charles Town Middle School - Cafeteria
Program #4133 Tues, 1/17-2/21 7:00-9:00 pm
Program #4134 Tues, 3/7-4/11 7:00-9:00 pm

Discover WV Outdoors...One Destination at a Time

WEST VIRGINIA IS HOME TO SOME OF THE MOST BEAUTIFUL SCENERY AND UNIQUE ATTRACTIONS AND ACTIVITIES IN THE UNITED STATES.



In this class, you will explore the many ways you can enjoy West Virginia Outdoors. Whether you have lived in WV your whole life or are new to the state, the information shared in this class will identify destinations and activities of interest to you. Whether you want to experience nature in a wilderness setting or just relax and unwind, the mountain state offers unlimited opportunities to satisfy your interests. From full service resorts and secluded cabins and developed campgrounds and wilderness camping, you can experience it all and more. Participants are welcome to share information about interesting places to go while traveling the mountain state. Brochures and other materials about destinations in West Virginia will be provided.

Register early as this class is expected to fill up fast!
Registered participants may bring a guest

18 yrs & up / 1 day / \$10 Instructor Clark Dixon
Charles Town MS - Room 53
Program #4164 Mon, 4/10 6:30-8:30 pm

Program #4143	Tues, 1/10	12:30-2:00 pm
Program #4144	Tues, 2/21	12:30-2:00 pm
Program #4145	Tues, 3/28	12:30-2:00 pm
Program #4146	Tues, 4/25	12:30-2:00 pm

Beginner Quilting

Have you ever wanted to learn to quilt but the process seemed too intimidating? Come to this beginner class and learn the steps of piecing a quilt top and then putting it together into a lap quilt you can say you did yourself. Students will need to provide their own materials. Please bring sewing machine if you have one.



15 yrs & up / 6 wks / \$60 Instructor Nancy Bende
Charles Town MS - FACS Room
Program #4188 Wed, 2/15-3/22 6:30-8:30 pm

Beginner Garment Sewing - Level 1

This beginner sewing class is for the absolute beginner. If you have the desire to sew but have no idea where to start, this class is for you. Learn how to use a sewing machine, read a pattern and make a pair of pajama pants. Students will need to provide their own materials. Supply list will be provided at first class.



15 yrs & up / 4 wks / \$40 Instructor Nancy Bender
Charles Town MS - FACS Room
Program #4186 Tues, 1/17-2/7 6:30-8:30 pm

Beginner Garment Sewing - Level 2

This beginner sewing class is for the absolute beginner. If you have the desire to sew but have no idea where to start, this class is for you. Learn how to use a sewing machine, read a pattern and make a pair of pajama pants. Students will need to provide their own materials. Supply list will be provided at first class.



15 yrs & up / 6 wks / \$60 Instructor Nancy Bender
Charles Town MS - FACS Room
Program #4187 Wed, 4/5-5/17 6:30-8:30 pm
(no class 4/19)

Beginner Tatting

Lace making looks complicated and tedious but it doesn't have to be. Tatting is fun and easy to learn. Come learn to make lace, doilies, ornaments and more. Students will need to purchase "Learn Tatting Step-by-Step Kit", which is \$28 or may purchase one from the instructor.



15 yrs & up / 4 wks / \$40 Instructor Nancy Bender
Charles Town MS - FACS Room
Program #4189 Wed, 3/21-4/11 6:30-8:30 pm

Intermediate Sewing & Quilting

If you have basic sewing skills but want to expand your knowledge and skills, this class is for you. Learn new techniques and improve your sewing skills with a pattern of your choice (suggestions from instructor are available). A supply list will be supplied upon registration.



15 yrs & up / 6 wks / \$60 Instructor Nancy Bender
Charles Town MS - FACS Room
Program #4184 Th, 1/5-2/9 6:30-8:30 pm
Program #4185 Th, 3/2-4/6 6:30-8:30 pm

Introduction to Genealogy

Genealogy is gaining in popularity and many people wonder where to start. Come learn how to research your family tree, what information to trust and how to choose genealogy software. Bring your laptop or tablet and follow along to some interesting research sites.

Beginners / Intermediate Knitting

Beginners: Learn the basic knit and purl stitches, how to cast on and bind off, and how to understand basic patterns. A **supply fee of \$14** is to be paid to the instructor at the first class to cover the cost of yarn (both cotton and acrylic), a tote bag, knitting needles, yarn needles, and a variety of patterns.



Intermediates: Refresh your skills, receive assistance with patterns, stitches, or techniques. Feel free to bring a project from home. If you would like to contact the instructor prior to class to discuss your needs, please call 304-725-3172 (please, no calls after 7:00 p.m.)

14 yrs & up / 4 wks / \$30 Instructor Judy Slusher
Jefferson County Community Center
Program #4136 Tues, 1/17-2/7 9:30-11:30 am

14 yrs & up / 4 wks / \$30 Instructor Judy Slusher
Charles Town MS - Library
Program #4135 Tues, 2/28-3/21 6:00-8:00 pm

***Kids under the age of 14 are welcome to take this class, but must be accompanied by a registered adult.**

Beginners / Intermediate Crochet

Beginners: Learn basic crochet stitches and how to read a basic pattern. There will be a **\$12 supply fee** to be paid to the instructor at the first class which covers the cost of yarn (both cotton and acrylic), a crochet book, tote bag, stitch samples, and a variety of patterns.



Intermediates: Refresh your skills, receive assistance with patterns, stitches, or techniques. Feel free to bring a project from home. If you would like to contact the instructor prior to class to discuss your needs, please call 304-725-3172 (please, no calls after 7:00 p.m.)

14 yrs & up / 4 wks / \$30 Instructor Judy Slusher
Jefferson County Community Center
Program #4137 Mon, 3/6-3/27 9:30-11:30 am

14 yrs & up / 4 wks / \$30 Instructor Judy Slusher
Charles Town MS - Library
Program #4138 Mon, 3/28-4/25 6:00-8:00 pm
(no class 4/18)

***Kids under the age of 14 are welcome to take this class, but must be accompanied by a registered adult.**

Complete Your Own Knit/Crochet Project

This class is designed for students who know the basic knit or crochet stitches and would like to learn new techniques, or need help in completing a project. The instructor will provide individualized attention while you refresh skills or learn new ones.



Please bring a project to work on. Assorted patterns will also be available. Please call 304-725-3172 (please, no calls after 7:00 p.m.) prior to class to discuss your project requirements or with any questions.

14 yrs & up / 4 wks / \$30
Instructor Judy Slusher
Jefferson County Community Center

Program #4139	Tues, 1/17-2/7	12:00-2:00 pm
Program #4140	Mon, 1/23-2/13	2:00-4:00 pm
Program #4141	Mon, 3/6-3/27	12:00-2:00 pm
Program #4142	Mon, 4/3-5/1	12:00-2:00 pm

(no class 4/17)

15 yrs & up / 4 wks / \$40
Instructor Nancy Bender
Jefferson County Community Center
Program #4190 Mon, 3/20-4/10 6:30-8:30 pm



Introduction to Cake Decorating

We cannot actually bake a cake in class, but we will discuss various tips and tricks for baking the perfect cake. This will include ways of preventing 'doming' and crusty edges; using the proper pan and how to fill it. Our discussion will include various ways to prepare the oven and the cake pan as well as cooling the cake properly to prevent it from sticking. We will prepare a 'crusting buttercream' recipe in class, demonstrating flavoring and coloring the icing. The difference between 'crusting' and 'non-crusting' icing will be discussed as well as the ingredients for both. Icing consistency will be explained and demonstrated. Icing will be distributed among the students and each will have the opportunity to both flavor and color the icing to be used to decorate cupcakes during class. Pastry bags, couplers and icing tips will be explained and each student will be given the opportunity to prepare a pastry bag with a coupler and without. Finally, students will be shown various techniques for decorating their cupcakes, and will decorate their cupcakes in class.

Students will be asked to bring a large towel to protect the tabletop as well as six cupcakes of their choice. A container to take decorated cupcakes home will be required. Please bring a pen/pencil and note paper for taking notes during class. Pastry bags, couplers and icing tips will be provided. **All minors must be accompanied by an adult/guardian.**
A \$10 supply fee is due to the instructor at the beginning of class.

13 yrs & up / 1 wks / \$35 Instructor Mary Ann Nelson
Jefferson County Community Center
Program #4207 Tues, 2/7 6:30-8:30 pm
Program #4208 Tues, 5/9 6:30-8:30 pm

Cake Decorating 1

The proper way to torte a cake and fill it will be demonstrated and explained. The use of a 'crusting buttercream' will be demonstrated, resulting in a perfectly smooth, iced cake ready for decorating. Icing consistency will be explained. Basic decorating techniques will be demonstrated such as borders, simple flowers and leaves, as well as writing and printing on your cake. Students will be given the opportunity to practice these skills prior to decorating their cake. Students will be then given the opportunity to torte, dill and ice their cake, using the newly learned techniques to decorate the cake in class.

Students will also be asked to bring a container of 'crusting' buttercream for both icing their cake and for the decorations they will be making. (Recipe available upon request) Please bring a pen/pencil and note paper for taking notes during class. Pastry bags, couplers and icing tips will be provided. **All minors must be accompanied by an adult/guardian.**
A \$10 supply fee is due to the instructor at the beginning of class.

13 yrs & up / 1 wks / \$35 Instructor Mary Ann Nelson
Jefferson County Community Center
Program #4209 Tues, 2/14 6:30-8:30 pm
Program #4210 Tues, 5/16 6:30-8:30 pm

Baby Boomer Gadgets (to help you live independently)

Do you want to age gracefully, stay independent and in your own home? This class is for you. Learn about the many helpful "gadgets" that can make your life easier. Kitchen, bathroom, car, home, security and the top 10 items seniors should have. Come find out and enjoy the show.

13 yrs & up / 3 wks / \$20 Instructor Clare Chesnavage
Jefferson County Community Center
Program #4197 Sat, 1/21-2/4 4:30-5:30pm
Program #4198 Sat, 2/25-3/11 4:30-5:30pm
Program #4199 Sat, 4/29-5/13 4:30-5:30pm

Window Screen Painting, A Baltimore Folk Art

Learn to paint on a window screen. This unique folk art will introduce you to a new form of art. It's fun and easy. **There is a \$10 supply fee payable to the instructor at the first class.**

13 yrs & up / 4 wks / \$30 Instructor Clare Chesnavage
Jefferson County Community Center
Program #4191 Sat, 1/21-2/11 10:00 am-12:00 pm
Program #4192 Sat, 2/25-3/18 10:00 am-12:00 pm
Program #4193 Sat, 4/29-5/20 10:00 am-12:00 pm

What's it like to work in a Zoo & Aquarium Laboratory?

What goes on in a zoo and aquarium hospital? Do wild animals get sick? How do you treat an electric eel or a tarantula? How do you find out why an animal is sick when they can't tell you? Come to this fun, informational class and find out.

13 yrs & up / 3 wks / \$20 Instructor Clare Chesnavage
Jefferson County Community Center
Program #4194 Sat, 1/21-2/4 12:30-1:30pm
Program #4195 Sat, 2/25-3/11 12:30-1:30pm
Program #4196 Sat, 4/29-5/13 12:30-1:30pm

Wildlife Forensic Science

When a wildlife law is violated, forensic science can be an important part of finding the criminal. Join in the investigation. Learn about wildlife crime solving. Lots of hands on activities for children and adults.

There is a \$10 supply fee payable to the instructor at the first class.

13 yrs & up / 3 wks / \$20 Instructor Clare Chesnavage
Jefferson County Community Center
Program #4200 Sat, 1/21-2/4 2:00-4:00pm
Program #4201 Sat, 2/25-3/11 2:00-4:00pm
Program #4202 Sat, 4/29-5/13 2:00-4:00pm

Real Estate Pre-Licensing Class West Virginia Real Estate 90- Hour Pre-licensing

Blue Ridge Community and Technical College is partnering with Jefferson County Parks and Recreation to bring the WV Real Estate Course to Jefferson County. The course is approved through Blue Ridge Community and Technical College by the West Virginia Real Estate Commission. This course meets the education requirements of the West Virginia Real Estate Commission for real estate pre-licensing WV REC Provider # 66. Students must have a completion certificate from this course in order to apply for the West Virginia Real Estate Examination. Students must complete the 60-hour online component and the 33 hour in-class component in order to receive a certificate of completion. Students must receive a final grade of 75% or higher in order to receive a certificate of completion. Live classes are mandatory and students must document 60 hours of online time. The online portion of the course is provided by Dearborn RECampus - Modern Real Estate Practice

To register call 304-260-4380 ext. 2411 or use this link for the non-credit registration website <http://blueridgectc.augusoft.net/>

Wednesdays 5:30-8:30 pm June 14, 2017-August 30, 2017 Location: Jefferson County Community Center
Fee: \$599



Cardio Mix

Class offers a mix of mid to high level workouts including step aerobics, aerobics or interval training. There will also be 20 minutes of core training, total body toning and stretching. *Bring an exercise mat and hand weights to each class.*

18 yrs & up / 9 wks / \$50 Instructor Suzanne Dillow
Ranson Elementary School
Program #4175 Mon/Wed, 1/2-3/1 6:45-7:40 pm
Program #4176 Mon/Wed, 3/13-5/17 6:45-7:40 pm

Trimnastics

A class to increase your strength and flexibility while trimming and toning the body with floor exercises that will help maintain or gain a fitness level for a healthier you! Stretching movements for flexibility can inch your way from stiff to limber. *Bring an exercise mat and hand weights to each class.*

18 yrs & up / 9 wks / \$65 Instructor Suzanne Dillow
Ranson Elementary School
Program #4165 Mon/Wed/Fri, 1/2-3/3 5:45-6:35 pm
Program #4166 Mon/Wed/Fri, 3/13-5/19 5:45-6:35 pm

18 yrs & up / 9 wks / \$65 Instructor Suzanne Dillow
Zion Church - 215 E. Washington St., Charles Town
Program #4167 Mon/Wed/Fri, 1/2-3/3 9:00-10:00 am
Program #4168 Mon/Wed/Fri, 3/13-5/19 9:00-10:00 am

Fit N Trim

A class to get you back to exercise with a low impact workout to help strengthen, tone, improve flexibility and 10 minutes of cardio for a total body workout. *Bring an exercise mat and hand weights to each class.*

18 yrs & up / 9 wks / \$60 Instructor Suzanne Dillow
Bolivar Community Center
Program #4171 Tu/Th, 1/3-3/2 12:00-1:00 pm
Program #4172 Tu/Th, 3/14-5/18 12:00-1:00 pm

18 yrs & up / 9 wks / \$60 Instructor Suzanne Dillow
T.A. Lowery
Program #4173 Mon/Wed, 1/4-3/1 4:20-5:10 pm
Program #4174 Mon/Wed, 3/13-5/17 4:20-5:10 pm

Total Fitness

Get your total body workout in one class! This class (approximately 75 minutes) will include a cardio workout, exercises to strengthen and tone the body using hand weights, bands, and exercise ball (optional). Relax at the end of the class with simplified yoga/pilates movements to help achieve a full range of body motion for a healthier you. *Bring an exercise mat and hand weights to each class.*

18 yrs & up / 9 wks / \$45 Instructor Suzanne Dillow
Ranson Elementary School
Program #4177 Sat, 1/7-3/4 8:30-9:45 am
Program #4178 Sat, 3/18-5/20 8:30-9:45 am

30-30-30

This low impact class will give you a total body workout to help strengthen, tone, improve balance and flexibility. A flexible body can reach, twist and bend without stiffness, pain or strain for a healthier you!

Bring an exercise mat and hand weights to each class.

18 yrs & up / 9 wks / \$70 Instructor Suzanne Dillow
Blue Ridge Elementary School
Program #4179 Tu/Th, 1/3-3/2 4:30-6:00 pm
Program #4180 Tu/Th, 3/14-5/18 4:30-6:00 pm

Strengthen & Tone

This low impact class will give you a total body workout to help strengthen, tone, improve balance and flexibility. A flexible body can reach, twist and bend without stiffness, pain or strain, for a healthier you!

Bring an exercise mat and hand weights to each class.

18 yrs & up / 9 wks / \$65 Instructor Suzanne Dillow
Zion Church - 215 E. Washington St., Charles Town
Program #4169 Tu/Th, 1/3-3/2 10:00-10:50 pm
Program #4170 Tu/Th, 3/14-5/18 10:00-10:50 pm

Fitness Pass

Purchase a fitness pass for this fall for fitness classes instructed by Suzanne Dillow. Participants must present their receipt when taking a class using the fitness pass.

Program #4181 9 wks, 1/2-3/4 Cost: \$88
Program #4182 9 wks, 3/13-5/20 Cost: \$88
Program #4183 18 wks, 1/2-5/20 Cost: \$150

Late Night Indoor Soccer

Do you enjoy playing soccer? Come out to join this fun activity at the Jefferson County Community Center for a pick-up game!

Sign up for the entire season and save \$20.

18 yrs & up / 20 wks / \$100 for full session or \$6 per visit
Jefferson County Community Center
Program #4205 Wed, 1/4-5/24 9:00-11:00 pm
(No soccer on 4/19)

Adult Volleyball Drop-In

Do you enjoy playing volleyball but can't find a gym to play at? No worries, we are offering a drop-in volleyball program for adults 18 and up. **Sign up for the entire fall session and save \$17.**

18 yrs & up / 14 wks / \$80 for full session or \$6 per visit
Jefferson County Community Center
Program #4206 Thur, 1/5-4/6 8:15-10:15 pm
(No volleyball drop-in on 3/31)

Recreational Volleyball

Recreational volleyball offers fun and exercise for men and women. Come and enjoy the game for all in an encouraging environment. Take up this recreational sport that will add health and fun to your life! Pre-registration required.

18 yrs & up / 8 wks / \$25
Charles Town MS
Program #4203 Sun, 1/15-3/5 7:00-9:00 pm
Program #4204 Sun, 3/19-5/21 7:00-9:00 pm
(No volleyball drop-in on 3/31)