

Teen & Adult

Activity Guide

Winter/Spring
2020
www.jcprc.org

A perfect place to grow.



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Register online at www.jcprc.org or call our office at 304-728-3207 and we will be happy to help!

Beginner–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 hook, tote bag, stitch samples, and a variety of patterns. **Intermediates**—Refresh 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 304-7285-3172 (before 7pm please). Kids under age 13 are welcome to take this class, but must be accompanied by an adult. **No class on 1/20/20.**

Ages 14+	4 Weeks/Session	Instructor Judy Slusher
Resident: \$33.00	Non-resident: \$38.00	
Jefferson County Community Center	Charles Town Middle School- Library	
Activity #6474	Activity #6473	
Mon Jan 6-Feb 3	Tue, Jan 14-Feb 4	
9:30-11:30 AM	6:00-8:00 PM	

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, 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 (before 7 p.m. please). *kids under the age of 13 are welcome to take this class, but must be accompanied by an adult.

Ages 14+	4 Weeks/Session	Instructor Judy Slusher
Resident: \$33.00	Non-resident: \$38.00	
Charles Town Middle School- Library	Jefferson County Community Center	
Activity #6470	Activity #6471	
Tue, Feb 25-Mar 17	Mon, Feb 24-Mar 16	
6:00-8:00 PM	9:30-11:30 AM	

Parent and Child Crochet

Learn a new craft with your child this winter. Students age 13 to adult may attend alone. Children ages 8-12 must be accompanied by an adult. Basic crochet-stitch techniques will be introduced in this class and students will receive yarn and a pattern for a small project. There will be a supply fee of \$12 for each student which includes a tote bag, a crochet hook, two types of yarn, assorted instruction sheets, and sample stitches. If you would like to contact the instructor prior to class to discuss your needs, please call 304-725-3172 (before 7 p.m. please).

Ages 8+	4 Weeks/Session	Instructor Judy Slusher
Jefferson County Community Center		
Resident: \$33.00	Non-resident: \$38.00	
Activity #6475	Sat Jan 18-Feb 8	10:00 AM-12:00 PM

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, need help in understanding a pattern or completing a project. Instructor will provide individualized attention while you refresh skills or learn new ones. If you would like to learn either Knit or Crochet and the class schedules for those classes do not work for you, please call the instructor at the following phone number to discuss your needs. Assorted patterns will be available. Please bring a project to work on or call 304-725-3172 (before 7:00 p.m. please) prior to class with any project ideas or questions. Any minor under age 14 must be accompanied by a registered adult. **No class on 1/20, 4/6, 4/13, 5/25.**

Ages 14+	4 Weeks/Session	Instructor Judy Slusher
Jefferson County Community Center		
Resident: \$33.00	Non-resident: \$38.00	
Activity #6476	Mon Jan 6-Feb 3	12:00-2:00 PM
Activity #6477	Mon Feb 24-Mar 16	12:00-2:00 PM
Activity #6478	Mon Mar 23-Apr 27	12:00-2:00 PM
Activity #6479	Mon May 4-Jun 1	12:00-2:00 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 yarn available at class. If you would like to speak with the facilitator prior to class please call 304-725-3172 (before 7 p.m. please). Please Note: Some guidance will be provided but this class is not an instructional class. Any minor under age 14 must be accompanied by a registered adult.

Ages 14+	Instructor Judy Slusher	Free
Apple Tree Gardens - Community Room		
Activity #6480	Tue Jan 21	12:00-2:00 PM
Activity #6481	Tue Feb 18	12:00-2:00 PM
Activity #6482	Tue Mar 24	12:00-2:00 PM
Activity #6483	Tue Apr 28	12:00-2:00 PM
Activity #6484	Tue May 26	12:00-2:00 PM

Parent and Child Knitting

Learn a new craft with your child this winter. Students age 13 to adult may attend alone. Children ages 8-12 must be accompanied by an adult. The basic Knit, Purl, cast on, and Bind off techniques will be introduced in this class and students will receive yarn and a pattern for a small project. There will be a supply fee of \$14 for each student which includes a tote bag, knitting needles, two types of yarn and assorted instruction sheets. If you would like to contact the instructor prior to class to discuss your needs, please call 304-725-3172 (before 7 p.m. please).

Ages 8+	4 Weeks/Session	Instructor Judy Slusher
Jefferson County Community Center		
Resident: \$33.00	Non-resident: \$38.00	
Activity #6472	Sat Feb 22-Mar 14	10:00 AM-12:00 PM

Teen & Adult

Dance & Music



Adult Ballet

Have fun and exercise while learning the fundamentals of ballet! No Class 4/8, 4/15.

Ages 18+ 6 Weeks/Session
Instructor New Hopewell Center For The Arts
Jefferson County Community Center
Resident: \$91.00 Non-resident: \$96.00

Activity #6507 Wed Jan 22-Feb 26 6:30-7:30 PM

Ages 18+ 7 Weeks/Session
Instructor New Hopewell Center For The Arts
Jefferson County Community Center
Resident: \$106.00 Non-resident: \$111.00

Activity #6508 Wed Mar 18-May 13 6:30-7:30 PM

Adult Jazz

Move to some fast and upbeat music and learn the basics of jazz dance! No Class 4/8, 4/15.

Ages 18+ 6 Weeks/Session
Instructor New Hopewell Center For The Arts
Jefferson County Community Center
Resident: \$91.00 Non-resident: \$96.00

Activity #6509 Wed Jan 22-Feb 26 7:30-8:30 PM

Ages 18+ 7 Weeks/Session
Instructor New Hopewell Center For The Arts
Jefferson County Community Center
Resident: \$106.00 Non-resident: \$111.00

Activity #6510 Wed Mar 18-May 13 7:30-8:30 PM

Country Line Dancing Level 1 (Single)

This is a seven-week session for the beginner dancer. In this class, a student will learn approximately 85% of all steps needed for any type of dance, basics of dance, and dance floor etiquette. Although this beginner class is centered around Country Music and a Western, Cowboy/Cowgirl theme, most of the dances taught can be danced to any kind of music. Completion of this class is required to enter the Intermediate Level class. Although some couple dances are taught, you do not need a partner. It is best to wear smooth-soled low heel shoes or boots. **No class on 4/9.**

Ages 18+ 7 Weeks/Session Instructor Allen Keefer
Charles Town Middle School - Cafeteria
Resident: \$58.00 Non-resident: \$63.00

Activity #6487 Thu Jan 23-Mar 5 6:30-7:30 PM

Activity #6488 Thu Mar 26-May 14 6:30-7:30 PM

Country Line Dancing Level 1 (Couple)

This is a seven-week session for the beginner dancer. In this class, a student will learn approximately 85% of all steps needed for any type of dance, basics of dance, and dance floor etiquette. Although this beginner class is centered around Country Music and a Western, Cowboy/Cowgirl theme, most of the dances taught can be danced to any kind of music. Completion of this class is required to enter the Intermediate Level class. Although some couple dances are taught, you do not need a partner. It is best to wear smooth-soled low heel shoes or boots. **No class on 4/9.**

Ages 18+ 7 Weeks/Session Instructor Allen Keefer
Charles Town Middle School - Cafeteria
Resident: \$88.00 Non-resident: \$93.00

Activity #6489 Thu Jan 23-Mar 5 6:30-7:30 PM

Activity #6490 Thu Mar 26-May 14 6:30-7:30 PM

Country Line Dancing Level 2 (Single)

This is two seven-week sessions (part A and part B) for the intermediate-level dancer. This level is sometimes called "Improver" or "Advanced Beginner". These fourteen weeks of classes are designed to prepare the dancer for the more complicated movements of the Advance-Level classes. It covers the basics of different styles of dance such as the Mambo and Swing. You will also learn many couple and line dances. A partner is not required. **No class 4/9.**

Ages 18+ 7 Weeks/Session Instructor Allen Keefer
Charles Town Middle School - Cafeteria
Resident: \$58.00 Non-resident: \$63.00

Activity #6493 Thu Jan 23-Mar 5 7:30-8:30 PM

Activity #6494 Thu Mar 26-May 14 7:30-8:30 PM

Country Line Dancing Level 2 (Couple)

This is a seven-week session for the beginner dancer. In this class, a student will learn approximately 85% of all steps needed for any type of dance, basics of dance, and dance floor etiquette. Although this beginner class is centered around Country Music and a Western, Cowboy/Cowgirl theme, most of the dances taught can be danced to any kind of music. Completion of this class is required to enter the Intermediate Level class. Although some couple dances are taught, you do not need a partner. It is best to wear smooth-soled low heel shoes or boots. **No class on 4/9.**

Ages 18+ 7 Weeks/Session Instructor Allen Keefer
Charles Town Middle School - Cafeteria
Resident: \$88.00 Non-resident: \$93.00

Activity #6495 Thu Jan 23-Mar 5 7:30-8:30 PM

Activity #6496 Thu Mar 26-May 14 7:30-8:30 PM

Square Dance Callers Workshop

This course is for beginner square dance callers. The student 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. The student will learn how to conduct a party dance for non-square dancers.

Ages 18+ 7 Weeks/Session Instructor Allen Keefer Charles Town Middle School - Cafeteria
Resident: \$43.00 Non-resident: \$48.00

Activity #6468 Tue Jan 28-Mar 10 7:00-9:00 PM

Activity #6469 Tue Mar 31-May 19 7:00-9:00 PM

Teen & Adult

Fitness



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 and 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. Weight and measurements are taken at the beginning and end of each session to check your progress. DAYCARE AVAILABLE, BUT NOT GUARANTEED FOR THOSE WHO PRE-REGISTER.

Ages 18+ 8 Weeks/Session Jefferson County Community Center Instructor Teresa Cantrell
Resident: \$131.00 Non-resident: \$136.00

Activity #6456	Tue,Thu	Jan 7-Feb 27	9:30-10:30 AM
Activity #6457	Tue,Thu	Mar 3-Apr 23	9:30-10:30 AM
Activity #6458	Tue,Thu	Apr 28-Jun 18	9:30-10:30 AM
Activity #6459	Tue,Thu	Jun 23-Aug 13	9:30-10:30 AM

Ages 18+ 8 Weeks/Session
Jefferson County Community Center
Instructor Teresa Cantrell
Resident: \$73.00 Non-resident: \$78.00

Activity #6460	Tue	Jan 7-Feb 25	9:30-10:30 AM
Activity #6461	Tue	Mar 3-Apr 21	9:30-10:30 AM
Activity #6462	Tue	Apr 28-Jun 16	9:30-10:30 AM
Activity #6463	Tue	Jun 23-Aug 11	9:30-10:30 AM

Ages 18+ 8 Weeks/Session
Jefferson County Community Center
Instructor Teresa Cantrell
Resident: \$73.00 Non-resident: \$78.00

Activity #6464	Thu	Jan 2-Feb 27	9:30-10:30 AM
Activity #6465	Thu	Mar 5-Apr 23	9:30-10:30 AM
Activity #6466	Thu	Apr 30-Jun 18	9:30-10:30 AM
Activity #6467	Thu	Jun 25-Aug 13	9:30-10:30 AM

Stroller Fit

Break out those jogging strollers and let your child join you for this fun exercise class! The instructor will lead you through a walking, jogging sequence with some strengthening exercises as well. We may go outside when the weather is nice so come prepared! **No class 4/7, 4/21.**

Infants & Toddlers under 3 with their Adult 6 Weeks/Session
Instructor Heidi Citro Jefferson County Community Center
Resident: \$25.00 Non-resident: \$30.00

Activity #6505	Tue	Jan 21-Feb 25	11:00-11:45 AM
Activity #6506	Tue	Mar 17-May 5	11:00-11:45 AM

Tai Chi

Tai Chi is balanced, relaxed, peaceful, fluid and graceful as river, aesthetic to watch and invigorating to perform. This class welcomes teens through older adults. You do not need to be strong or athletic to participate in this mindful, slow motion class. Join this class to rejuvenate your mind and body! **No class 4/7, 4/9, 4/14, 4/16.**

Ages 16+ 6 Weeks/Session
Instructor New Hopewell Center For The Arts
Jefferson County Community Center
Resident: \$91.00 Non-resident: \$96.00

Activity #6511	Tue	Jan 21-Feb 25	12:30-1:30 PM
Activity #6512	Thu	Jan 23-Feb 27	12:30-1:30 PM

Ages 16+ 7 Weeks/Session
Instructor New Hopewell Center For The Arts
Jefferson County Community Center
Resident: \$106.00 Non-resident: \$111.00

Activity #6513	Tue	Mar 17-May 12	12:30-1:30 PM
Activity #6514	Thu	Mar 19-May 14	12:30-1:30 PM

Body Business

This is a full body workout with choreographed dance routines, floor work and stretching. Please check with instructor for class skip dates and make up dates. Classes will be held on Fridays if a Monday or Wednesday is skipped due to school closure or holiday. Please check with instructor for specific Friday make up dates.

Ages 18+ 10 Weeks/Session
Instructor Sandy Watkins
Shepherdstown Elementary School.
Resident: \$51.00 Non-resident: \$56.00

Activity #6485	Mon,Wed	Jan 13-Mar 18	5:30-6:30 PM
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Ages 18+ 11 Weeks/Session
Instructor Sandy Watkins
Shepherdstown Elementary School.
Resident: \$51.00 Non-resident: \$56.00

Activity #6486	Mon,Wed	Mar 23-Jun 3	5:30-6:30 PM
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Super Seniors Fitness

Become a "super senior" ...stronger, more flexible, better balance and increase your range of motion. For ages 50+, our senior certified instructor will guide the class through safe and gentle stretching to increase your flexibility. We quickly lose our balance ability as we age. We will practice safe, fun skills to help us regain our natural balance abilities. We will use light weights and bands to increase strength. We will practice functional movements. This will increase our mobility in everyday tasks. All exercises can be done seated or standing.
No class on 1/20, 2/17.

Ages 50+ 6 Weeks/Session Instructor Teresa Cantrell
Jefferson County Community Center
Resident: \$60.00 Non-resident: \$65.00

Activity #6556	Mon	Jan 6-Feb 24	4:00-5:00 PM
Activity #6506	Tue	Mar 17-May 5	11:00-11:45 AM



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Register online
www.jcprc.org



Call our office
304-728-3207



Return this form
235 Sam Michael's Lane
Shenandoah Junction, WV 25442

Payer Name			Home		
Address			Work		
City	State	Zip	Cell		
Email Address					
Participant Name	Birthdate M/D/Y	Activity #	Class Title	Allergies? Medical Conditions?	Class Fee
Emergency Contact _____ <small>(Not Yourself. This person will be contacted if we cannot reach the person listed above.)</small>			Non-Resident Fee <input type="checkbox"/> <small>Please Add \$5 if your do NOT live in Jefferson County.</small>		
Relation <input type="checkbox"/> Parent <input type="checkbox"/> Grandparent <input type="checkbox"/> Friend <input type="checkbox"/> Aunt/Uncle <input type="checkbox"/> Neighbor <input type="checkbox"/> Other _____			Total Due _____		
Emergency Phone _____					
Payment Options		<input type="checkbox"/> Cash <input type="checkbox"/> Check No. _____			
<div style="border: 1px solid black; padding: 2px;"> Rec'd by _____ Date ____/____/____ <small>Office Use Only</small> </div>		<input type="checkbox"/> Credit Card # _____ <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> </div> <div style="text-align: center;"> </div> </div> Exp Date _____ CVC Code ____ _ X _____ Credit Card Signature			
<p>I/We have read the below Participant Waiver & Release and sign voluntarily. X _____</p> <p>We the staff of the Jefferson County Parks and Recreation Commission (JCPRC), recognize our obligation to make our participants, both young and old, fully aware of the inherent risks associated with sports and recreational activities that we offer. Participants may suffer injuries, including, but not limited to minor injuries such as bruises and more serious injuries such as broken bones, dislocations, muscle pulls and stitches. There are many other risks of injury including catastrophic injuries such as permanent paralysis or even death from back or neck or head injuries which may arise due to participation in this activity. JCPRC insists that all students and their parents agree to abide by all of the safety rules and policies of JCPRC. JCPRC, its coaches, volunteers, instructors, and staff members will not accept responsibility of injuries sustained by any participant while participating in our programs. I hereby consent to have my child participate in programs offered by the JCPRC. I have read the preceding information, and I am now fully aware of the hazards and risks associated and the distinct possibility of injuries that my child or myself may suffer as a result of participation in the sport or activity. I realize it is not possible to specifically list each and every individual injury risk, and I voluntarily assume all risks normally incident to the nature of the activities of which I am registering. It is hereby agreed that I, my executors, or other representatives waive and release all rights and claims for damages that I may have individually, or that my executors or other representatives may have on my behalf, or on behalf of my child, against JCPRC and/or Jefferson County Commission, their representatives, whether paid or volunteer, for any injuries or damages that my child or myself sustain in connection with programs or other activities related to the JCPRC. I also understand that injury incurred and the resulting medical expense from that injury will be my responsibility and JCPRC will not be responsible for payment of any related expenses. Furthermore, it is the responsibility of the parent/guardian to notify JCPRC staff of any medical conditions/special needs of any participant prior to the start of class. JCPRC, instructors, and staff are not responsible for your child prior to or after class time. I acknowledge that I have read and fully understand the information on registration guidelines and the refund policy. I realize inherent risks could be involved in these programs. Therefore, I shall not hold the JCPRC, Jefferson County Commission, or their employees liable for injuries that might occur during these supervised programs.</p>					

30-30-30

This early evening class is a workout class targeting the entire body. Including cardio (aerobics, walking), muscle strengthening, and toning exercises. Complete the class with stretching movements to improve flexibility and balance for a healthier you! Bring an exercise mat and hand weights to each class.

Ages 18+ 7 Weeks/Session Blue Ridge Primary School
Resident: \$64.00 Non-resident: \$69.00

Activity #6545	Tue,Thu	Jan 7-Feb 20	4:15-5:45 PM
Activity #6546	Tue,Thu	Feb 25-Apr 16	4:15-5:45 PM
Activity #6547	Tue,Thu	Apr 21-Jun 4	4:15-5:45 PM

Body in Motion

Relax in this calming class with slow, easy to follow simplified yoga movements. This workout helps you lengthen and strengthen the muscles while toning the body without joint stress, also improving balance and posture. Achieve a full range body motion for a healthier you! Bring an exercise mat to each class.

Ages 18+ 7 Weeks/Session
Zion Church - 215 E. Washington St., Charles Town
Resident: \$39.00 Non-resident: \$44.00

Activity #6527	Fri	Jan 10-Feb 21	10:00-10:45 AM
Activity #6528	Fri	Feb 28-Apr 17	10:00-10:45 AM
Activity #6529	Fri	Apr 24-Jun 5	10:00-10:45 AM

Cardio Mix Workout

This class offers a mix of mid to high level workout including step aerobics, aerobics, or interval training, all helping to burn calories. For a total body workout, exercises to trim, tone, and strengthen the body. Bring an exercise mat and weights to each class.

Ages 18+ 7 Weeks/Session Ranson Elementary School
Resident: \$42.00 Non-resident: \$47.00

Activity #6539	Mon,Wed	Jan 6-Feb 19	6:45-7:30 PM
Activity #6540	Mon,Wed	Feb 24-Apr 15	6:45-7:30 PM
Activity #6541	Mon,Wed	Apr 20-Jun 3	6:45-7:30 PM

Strengthen & Tone

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

Ages 18+ 7 Weeks/Session
Zion Church - 215 E. Washington St., Charles Town
Resident: \$57.00 Non-resident: \$62.00

Activity #6530	Tue,Thu	Jan 7-Feb 20	10:00-10:50 AM
Activity #6531	Tue,Thu	Feb 25-Apr 16	10:00-10:50 AM
Activity #6532	Tue,Thu	Apr 21-Jun 4	10:00-10:50 AM

Just Move!

Get up and move with us! This is a class to get you back into exercise with low impact cardio; exercises to help strengthen, tone, tighten core, and improve flexibility for a total body workout. Bring an exercise mat and hand weights to each class.

Ages 18+ 7 Weeks/Session Bolivar Community Center
Resident: \$56.00 Non-resident: \$61.00

Activity #6533	Tue,Thu	Jan 7-Feb 20	11:40 AM-12:40 PM
Activity #6534	Tue,Thu	Feb 25-Apr 16	11:40 AM-12:40 PM
Activity #6535	Tue,Thu	Apr 21-Jun 4	11:40 AM-12:40 PM

Ages 18+ 7 Weeks/Session TA Lowery Elementary
Resident: \$56.00 Non-resident: \$61.00

Activity #6536	Mon,Wed	Jan 6-Feb 19	4:15-5:10 PM
Activity #6537	Mon,Wed	Feb 24-Apr 15	4:15-5:10 PM
Activity #6538	Mon,Wed	Apr 20-Jun 3	4:15-5:10 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, exercise ball and hoop. 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 (ball and hoop are optional).

Ages 18+ 7 Weeks/Session Ranson Elementary School
Resident: \$42.00 Non-resident: \$47.00

Activity #6542	Sat	Jan 11-Feb 22	8:30-9:45 AM
Activity #6543	Sat	Feb 29-Apr 18	8:30-9:45 AM
Activity #6544	Sat	Apr 25-Jun 6	8:30-9:45 AM

Trimnastics

A class to trim and tone the body while improving your strength, flexibility, coordination and balance. All for a healthier you!! Bring an exercise mat and hand weights to each class.

Ages 18+ 7 Weeks/Session Ranson Elementary School
Resident: \$55.00 Non-resident: \$60.00

Activity #6524	Mon,Wed,Fri	Jan 6-Feb 21	5:45-6:40 PM
Activity #6525	Mon,Wed,Fri	Feb 24-Apr 17	5:45-6:40 PM
Activity #6526	Mon,Wed,Fri	Apr 20-Jun 5	5:45-6:40 PM

Ages 18+ 7 Weeks/Session
Zion Church - 215 E. Washington St., Charles Town
Resident: \$55.00 Non-resident: \$60.00

Activity #6521	Mon,Wed,Fri	Jan 6-Feb 21	9:00-9:55 AM
Activity #6522	Mon,Wed,Fri	Feb 24-Apr 17	9:00-9:55 AM
Activity #6523	Mon,Wed,Fri	Apr 20-Jun 5	9:00-9:55 AM

Summer Session will begin 6/8/20

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.

Activity #6551
Jan 6-Jun 6
(21 weeks)
Resident: \$191.00
Non-resident: \$196.00

Activity #6548
Jan 6-Feb 22
7 weeks
Resident: \$73.00
Non-resident: \$78.00

Activity #6549
Feb 24-Apr 18
7 weeks
Resident: \$73.00
Non-resident: \$78.00

Activity #6550
Apr 20-Jun 6
7 weeks
Resident: \$73.00
Non-resident: \$78.00



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www.jcprc.org



Call our office
304-728-3207



Return this form
235 Sam Michael's Lane
Shenandoah Junction, WV 25442

Payer Name			Home
Address			Work
City	State	Zip	Cell

Email Address					
Participant Name	Birthdate M/D/Y	Activity #	Class Title	Allergies? Medical Conditions?	Class Fee

Emergency Contact _____ <small>(Not Yourself. This person will be contacted if we cannot reach the person listed above.)</small>		Non-Resident Fee <input type="checkbox"/> <small>Please Add \$5 if your do NOT live in Jefferson County.</small>
Relation <input type="checkbox"/> Parent <input type="checkbox"/> Grandparent <input type="checkbox"/> Friend <input type="checkbox"/> Aunt/Uncle <input type="checkbox"/> Neighbor <input type="checkbox"/> Other _____		Total Due _____
Emergency Phone _____		

Payment Options Rec'd by _____ Date ____/____/____ Office Use Only	<input type="checkbox"/> Cash <input type="checkbox"/> Check No. _____	<input type="checkbox"/> Credit Card # _____ Exp Date _____ CVC Code ____ _ X _____ Credit Card Signature
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I/We have read the below Participant Waiver & Release and sign voluntarily. X _____

We the staff of the Jefferson County Parks and Recreation Commission (JCPRC), recognize our obligation to make our participants, both young and old, fully aware of the inherent risks associated with sports and recreational activities that we offer. Participants may suffer injuries, including, but not limited to minor injuries such as bruises and more serious injuries such as broken bones, dislocations, muscle pulls and stitches. There are many other risks of injury including catastrophic injuries such as permanent paralysis or even death from back or neck or head injuries which may arise due to participation in this activity. JCPRC insists that all students and their parents agree to abide by all of the safety rules and policies of JCPRC. JCPRC, its coaches, volunteers, instructors, and staff members will not accept responsibility of injuries sustained by any participant while participating in our programs. I hereby consent to have my child participate in programs offered by the JCPRC. I have read the preceding information, and I am now fully aware of the hazards and risks associated and the distinct possibility of injuries that my child or myself may suffer as a result of participation in the sport or activity. I realize it is not possible to specifically list each and every individual injury risk, and I voluntarily assume all risks normally incident to the nature of the activities of which I am registering. It is hereby agreed that I, my executors, or other representatives waive and release all rights and claims for damages that I may have individually, or that my executors or other representatives may have on my behalf, or on behalf of my child, against JCPRC and/or Jefferson County Commission, their representatives, whether paid or volunteer, for any injuries or damages that my child or myself sustain in connection with programs or other activities related to the JCPRC. I also understand that injury incurred and the resulting medical expense from that injury will be my responsibility and JCPRC will not be responsible for payment of any related expenses. Furthermore, it is the responsibility of the parent/guardian to notify JCPRC staff of any medical conditions/special needs of any participant prior to the start of class. JCPRC, instructors, and staff are not responsible for your child prior to or after class time. I acknowledge that I have read and fully understand the information on registration guidelines and the refund policy. I realize inherent risks could be involved in these programs. Therefore, I shall not hold the JCPRC, Jefferson County Commission, or their employees liable for injuries that might occur during these supervised programs.

Teen & Adult

Adult Athletics



Adult Basketball Drop-In

Stop by the JCCC for a friendly pick-up game of b-ball. Bring a few friends and burn off the rest of your weekend energy. \$3 per visit

Ages 18+ Jefferson County Community Center

Drop-In Fee \$3.00 Sun, Sep 8-Dec 22 7:00-9:00 PM

(Pre-registration not available)

Late Night Indoor Soccer

Do you enjoy playing soccer, but do not have a place to play, players to field a team, or are working too late? If so, come out to join this fun activity at the Jefferson County Community Center! Pick-up games played once a week. (no drop in on 11/27, 12/25)

Ages 18+ Jefferson County Community Center

Drop-In Fee \$5.00 Wed, Nov 6-Dec 18 9:00-11:00 PM

(Pre-registration not available)

Disc Golf Clinic

Travis Foreman will be instructing the clinic. He has been playing disc golf for 15 years and has been playing professionally for 10 years. This clinic will focus on the history of disc golf in addition to skills. Some skills taught will be basic throwing techniques, proper form, understanding which type of discs are needed for certain types of shots and all putting techniques. **Children under 12 must be accompanied by an adult. Please bring your own discs. Please meet by the practice basket, near the gravel parking lot (where you would enter for the baseball fields).**

Ages 8-Adult Jefferson County Community Center

Resident: \$41.00 Non-resident: \$46.00

Activity #6504 Wed Apr 29-May 20 5:00-7:00 PM

Adult Volleyball Drop-In

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! **Times vary during the winter months, please call our office for details at 304-728-3207. 18 yrs & up / \$5 per visit**

Ages 18+ Jefferson County Community Center

Drop-In Fee \$5.00 Thu Jan 2-May 28

(Pre-registration not available)

Pickleball

Join in on the fun that is sweeping the nation. Come with friends to play some pick up Pickleball games on our indoor courts. Take up this recreational sport that will add health and fun to your life! Or play anytime on our outdoor court behind the community center, just see the front desk for details. All ages / \$2 per visit (no pickleball on 9/23, 10/14, 11/11)

All Ages Welcome Jefferson County Community Center

Drop-In Fee \$2.00 Mon, Jan 6-May 18 8:30-11:30 AM

(Pre-registration not available)

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. No volleyball on 2/2, 4/12, 5/24.

Ages 18+ Charles Town Middle School

Resident: \$27.00 Non-resident: \$32.00

Activity #6499 Sun, Jan 12-Mar 8 7:00-9:00 PM

Activity #6500 Sun, Mar 29-May 31 7:00-9:00 PM

Adult Music

Beginner - Intermediate Guitar 1A

This course is designed for teens and adults who have little or no knowledge of playing the guitar. They should come with a playable guitar (acoustic or electric, note: acoustic preferred), a digital guitar tuner (optional, but, suggested), and a notebook with pencils.

Students should have a strong desire to learn to play the guitar while enjoying the wonders of making music. Students will advance as fast as their progress will allow, so join us and let's rock! No class 4/9. Course Instructions are as follows: Tuning the guitar by ear and by digital tuner Guitar anatomy and their complementary names String and fret names along with proper posture and positions Fundamental picking and strumming techniques, chords and their names, basic guitar scales and exercises with proper fingering exercises.

Ages 15+ 6 Weeks/Session

Instructor Rick Cooper

Jefferson County Community Center

Resident: \$91.00 Non-resident: \$96.00

Activity #6515 Thu Jan 23-Feb 27 6:00-7:00 PM

Activity #6516 Thu Mar 19-Apr 30 6:00-7:00 PM

Activity #6517 Thu May 14-Jun 18 6:00-7:00 PM

Intermediate - Advanced Guitar 2A

This course is designed for teens and adults who have fundamental experience in playing guitar or have completed Course 1A. They should come with a playable guitar (acoustic or electric, note: acoustic preferred), a digital guitar tuner (optional, but, suggested), and a notebook with pencils. Students should already possess a strong desire in learning to play excellent guitar. Students will advance as fast as their progress will allow, so let's rock the house one more time! No class 4/9. Course Instructions are as follows: Intermediate and advanced picking styles and techniques Chord transition skills and related arpeggio exercises Progressive scale transition skills Reading compression of guitar tabs and chord charts Treble and bass clef interpretation skills to rhythm and their measures. Progressive skills workshop Music theory using applied guitar techniques Guitar "voicing" using harmonies and rhythm exercises Progressive guitar applications using different "modals" with chord scales.

Ages 15+ 6 Weeks/Session

Instructor Rick Cooper

Jefferson County Community Center

Resident: \$91.00 Non-resident: \$96.00

Activity #6518 Thu Jan 23-Feb 27 7:15-8:15 PM

Activity #6519 Thu Mar 19-Apr 30 7:15-8:15 PM

Activity #6520 Thu May 14-Jun 18 7:15-8:15 PM

Bus Trips

Jefferson County Parks and Recreation is planning a partnership with Clarke County Parks and Recreation to provide bus trips in Spring 2020. There are three trips planned at this time. More information will be available soon. Busses will leave from the Food Lion in Charles Town for each trip. Save the dates! Please call Joyce Moler at 304-728-3207 for more information and/or questions.

Philadelphia Flower Show, Philadelphia PA

March 3, 2020



Springfest, Ocean City, MD

May 9, 2020



Totem Pole Playhouse, Fayetteville, PA

June 4, 2020

Always... Patsy Cline is more than just a tribute concert to the legendary country singer who died tragically at the age of 30 in a plane crash in 1963. The show is based on a true story about Cline's friendship with a fan from Houston named Louise Seger, who befriended the star in a Texas honky-tonk in 1961, and continued a correspondence with Cline until her death. The musical play, complete with down home humor, true emotion and even some audience participation, includes many of Cline's hits such as "Crazy", "Walking After Midnight", "I Fall to Pieces", "Sweet Dreams" ... 27 songs in all. The show title was inspired by Cline's letters to Seger, which were consistently signed "Love ALWAYS ... Patsy Cline."

Registration & Policy

Information



Payments & Fees:

- Please make your check(s) payable to: Jefferson County Parks & Recreation.
- A \$25 fee will be charged for all returned check and declined credit cards.
- Incomplete registrations cannot be processed—full payment must accompany registration.
- A \$5 out-of-county fee will be charged to any person not living in Jefferson County.
- A \$5 late fee will be charged if registration is received after the program starts.
- JCPRC is not responsible for lost, late, or misdirected mail.
- Registration is for the program, not attendance—no make ups, refunds or credits will be offered for missed classes.

Age Policy:

Program participants must be the advertised age before the program starts.

Scholarships:

Scholarships are available for some programs. Contact Brenda at the JCPRC (304) 728-3207 or email bwhittington@jcprc.org.

Cancellation Policy:

Programs may be cancelled due to insufficient registration, school closings, or inclement weather. Check social media the most up-to-date information.

Mark Your Calendar:

NO REMINDERS WILL BE SENT. You will only be notified if there is a problem processing your registration or if the class is canceled.

Media/Photography:

- The JCPRC reserves the right to take pictures at all events, activities, and programs. Pictures may be displayed in future commercials, brochures and web publications.
- Parents/children cannot take photos during classes without permission from the instructor and/or other parents of registered participants.

Attention Parents:

- JCPRC instructors or staff are not responsible for your child prior to or after class time.
- It is the responsibility of the parent/guardian to notify JCPRC staff of any medical conditions/special needs of a child prior to the start of class.

Discipline Policy:

The JCPRC has a discipline policy for recreation programs/facilities. In the event the participant is asked to leave a program/facility, no refund will be issued.

Trips Alcohol Policy:

We strive to have a family atmosphere on our trips. If you choose to drink while on our trips, please do so in a responsibly and make arrangements to have a designated driver for your trip home from the bus drop off area.

Refund Policy:

See new policy on the previous page page.

Oops:

While every effort is made to provide accuracy in this activity guide, mistakes do happen. JCPRC staff reserves the right to make final decisions about programming.

Jefferson County Community Center:

The Jefferson County Community Center is located in Sam Michael's Park. It hosts many of our activities and the main office for park business and programming.

Facility Hours

Monday - Friday -----8am-8pm

Office Hours (Monday - Friday) -----9am-5pm

Weekend hours vary, please call 304-728-3207.

Observed Holidays

The Park Office will be closed on the following holidays:

New Years Day ----- January 1

Martin Luther King Day ----- January 20

President's Day ----- February 17

Easter Sunday ----- April 12

Memorial Day ----- May 25

****The Community Center may remain open for some holidays, please check with instructors at the start of class to confirm meeting dates.****

In addition to holidays, the Community Center may close to conserve our operating budget if programs or rentals are not using the space. Always call the office at 304-728-3207 to check for availability of open gym or general facility use.

General Facility Use:

"General Facility Use" provides access to the fitness room, open gym, and indoor walking track. Punch Passes have no expiration date. Membership and Punch Passes cannot be used for programming or classes. Additional Fees apply for indoor playground.

Facility Use Fees:

Youth (6-18 years)----- Daily Fee: \$2

20 Visit Punch Pass: \$30 Yearly Pass: \$150

Adults (19-59 years)----- Daily Fee: \$2

20 Visit Punch Pass: \$30 Yearly Pass: \$150

Senior Adults (60+ years) ----- Daily Fee: \$1

20 Visit Punch Pass: \$15 Yearly Pass: \$100

Inclement Weather:

Jefferson County Parks and Recreation makes every effort to contact customers if classes are canceled due to inclement weather. Sometimes time is short due to quickly changing conditions.

Please check the Jefferson County Parks and Recreation Facebook Page for the most up-to-date information about cancelations.

JCPRC Commission

The Jefferson County Parks and Recreation Commission meets at 7:00 pm every third Wednesday of each month, except August and December, at the Jefferson County Community Center, located at Sam Michael's Park. The JCPRC is always open to input from citizens in the community for ideas or programs that may be beneficial to the county. Call the JCPRC office at (304)728-3207 for more information or to request to be put on the agenda for an upcoming meeting.

Board Term Length: 3 years. Board members are appointed by the Jefferson County Commission. Board members are as follows.

Toni Milbourne, President
Dale Manuel
David Dinges

Ann Mountz, Vice President
Paul Marshall
Katie Osantowski

David Hill, Treasurer
Gene Taylor
Jimmy Pierson

Heather McIntyre, Secretary
Missy Thompson



235 Sam Michaels Lane, Shenandoah Junction, WV 25442

Phone: 304-728-3207 email: info@jcprc.org web: www.jcprc.org

Cancellation/Refund Request Form

This form is required for all refund/credit considerations.

Please complete the form and return to: bwhittington@jcprc.org or to the Jefferson County Community Center.

Refund to be issued to: _____ Signature: _____
Activity Name: _____ Activity Number: _____
Participant's Name: _____ Phone Number: _____
Address: _____ City/State/Zip: _____

Reason for refund request: _____

Jefferson County Parks and Recreation Cancellation/Refund Policy

Our refund policy encourages early decisions, so as to not affect other customers or our ability to deliver efficient programs. All requests for refunds must be made prior to the start of the program. Registrations that require advanced tickets are not refundable. Refunds for Sports League registrations must be made prior to the listed league registration deadline. There are no refunds for missed sessions.

After initial registration, refund requests must be submitted in writing via refund request form and will be honored in the following manner:

Cancellation requested	14 days prior	7-13 days prior	Less than 7 days prior
Refund	Full refund minus \$12 admin fee	50% of the program cost+\$12 admin fee	Not eligible
Account Credit	Full refund minus \$12 admin fee	50% of the program cost + \$12 admin fee	Approval required. If approved, \$12 admin. fee will be applied
Program Transfer	\$5 transfer fee	\$5 transfer fee	Approval required. If approved, \$12 admin. fee will be applied.

Additional fees, including out-of-county fees, supply or material fees, t-shirt costs, or others, will not be included in the refund or credit.

Any time a transfer from one program to another program is requested by a customer, there will be a \$5 transfer fee added to the transaction.

If a program or activity is canceled due to low enrollment, a full refund or credit will be issued to your account within seven business days of the cancellation. No administrative fees will apply.

If a program or activity is canceled due to inclement weather, and is not able to be rescheduled, a credit will be issued to your JCPRC account within 7 days of the missed class.

If JCPRC reschedules or offers a make-up for missed or canceled classes, no refunds or credits will be issued.

Activity Refund Calculation

Activity Fee Paid: _____

☐ Transfer? ☐ Withdraw?

Minus Service Fee: _____

Subtotal: _____

Supply Fees Issued: _____
(t-shirts/materials/out-of-county fees)

NET REFUND: _____

Rec. Program Supervisor Approval: _____

- ☐ Refund Credit to JCPRC Account
☐ Refund to Credit Card
☐ Refund Check Paid

Please allow 7 days for processing.

Office Use Only:

- ☐ Refund Processed Date: _____
☐ Credit Processed Approval: _____
☐ Transfer Processed Amount: _____



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