

Jefferson County Parks & Recreation

Activity Guide



A perfect place to grow...

Jefferson
County
Parks &
Recreation



www.jcprc.org



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Welcome!



What can I do at Parks & Rec?

1-3 years old

Dance Lessons	Family Special Events
Gymnastics	Indoor Playground
Martial Arts	Preschool Playtime
Pony School	Toddler Learning Time

3-6 years old

Martial Arts	Family Special Events
Dance Lessons	Holiday Sports Camp (5-12)
Gymnastics	Little All Stars
Indoor Playground	Brazilian United Soccer (4-6)
Preschool Playtime	Indoor Futsal League (4-6)
Learn to Ride (4-10)	Basketball Skills (5-8)
Ms. Shelley's Pony School (2.5-5)	Nerf Wars (5-14)
Animal Adventures (4-11)	Winter Cheer Camp (5-14)
SportFit (5-10)	Play & Learn Preschool
Little Laxers (4-6)	

6-12 years old

Martial Arts	SportFit w/ Mr. Earl (8-12)
Dance Lessons	SportFit w/Ms. Heidi (7-12)
Gymnastics	Volleyball Clinics (8-13)
Learn to Ride (4-10)	Holiday Sports Camp (5-12)
Inventor's Workshop (8+)	Archery (8-16)
Lego Engineering (7-13)	SNAG Golf (6-16)
Animal Adventures (4-11)	Indoor Futsal League (6-11)
Family Special Events	Basketball Skills (5-12)
Nerf Wars (5-14)	Brazilian United Soccer (4-10)

Teens & Adults

Teen Ninjas	Knitting and Crochet (18+)
Adult Self Defense (18+)	Late Night Indoor Soccer (18+)
Gymnastics (5-14)	Adult Fitness Classes (18+)
Family Special Events	Recreational Volleyball (18+)
Nerf Wars (5-14)	Discover WV Outdoors (18+)
Volleyball Clinics (8-13)	Garment Sewing (15+)
Archery (8-16)	
SNAG Golf (6-13)	Sewing & Quilting (15+)
Boot Camp (18+)	Knitting (14+)
Adult Volleyball Drop-In (18+)	Crochet (14+)
Country Line Dancing (18+)	Bus Trips
Square Dance (18+)	

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Our Staff

Jennifer Myers.....	Director
David Kling.....	Assistant Director
Tim Lykins.....	Park Manager
Brenda Whittington.....	Financial Coordinator
Becki Zaglifa.....	Public Relations
Terri Burhans	Community Development
Joyce Moler	Office Assistant
Nicole Cooper.....	Office Assistant
Mary Reck	Office Assistant

Scholarships Available

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

Martial Arts

Mommy & Me Karate

Bring an adult buddy to help you improve coordination and balance. This is a perfect opportunity to play and learn skills together. Wear loose fitting clothing, and be prepared to go barefoot.

1-5 yrs / 6 wks / \$49 Instructor Chelsy Erickson
Program #4515 Sun, 9/10-10/15 1:45-2:15 pm
Program #4516 Sun, 10/29-12/10 1:45-2:15 pm
 (No class 11/26)

Little Dragons

Classes will cover basic karate skills, balance, coordination, self control, respect, and most importantly, the children will have fun! Wear loose fitting clothing.

3-5 yrs / 6 wks / \$49 Instructor Chelsy Erickson
Program #4517 Sun, 9/10-10/15 2:30-3:00 pm
Program #4518 Sun, 10/29-12/10 2:30-3:00 pm
 (No class 11/26)

Little Ninjas

This is a traditional beginner karate course for youth ages 4-6. Participants will learn balance, coordination, respect, discipline, self-esteem, self-control, and more--all while having fun!

4-6 yrs / 6 wks / \$55 Instructor Chelsy Erickson
Program #4519 Sun, 9/10-10/15 3:15-3:45 pm
Program #4520 Sun, 10/29-12/10 3:15-3:45 pm
 (No class 11/26)

Homeschool Karate

Gain confidence and discipline while learning the basics of martial arts in a friendly and warm atmosphere.

6-12 yrs / 6 wks / \$59 Instructor Chelsy Erickson
Program #4527 Sun, 9/10-10/15 12:45-1:30 pm
Program #4528 Sun, 10/29-12/10 12:45-1:30 pm
 (No class 11/26)

Ninjas

Are you a beginner-intermediate level participant or an experienced belt holder? Come out and join our traditional karate class. Develop or hone your karate skills while you gain balance, control, coordination, strength, and flexibility. There is now optional belt testing with our Instructor! Please see your instructor for more details.

7 yrs & up / 6 wks / \$65 Instructor Chelsy Erickson
Program #4521 Sun, 9/10-10/15 4:00-5:00 pm
Program #4522 Sun, 10/29-12/10 4:00-5:00 pm
 (No class 11/26)

Advanced Ninjas

For advanced students who are interested in learning more self-defense and testing for belts. Previous training is required for this class whether it has been through Parks and Recreation or from another instructor. All students with previous experience are welcome.

7 yrs & up / 6 wks / \$65 Instructor Chelsy Erickson
Program #4523 Sun, 9/10-10/15 5:15-6:15 pm
Program #4524 Sun, 10/29-12/10 5:15-6:15 pm
 (No class 11/26)

Teen Ninjas

Are you a beginner-intermediate level participant or an experienced belt holder? This class is a continuation of Ninja class for more advanced students. Develop or hone your karate skills while you gain balance, control, coordination, strength, and flexibility. There is now optional belt testing with our instructor! Please see your instructor for more details.

13-17 yrs / 6 wks / \$65 Instructor Chelsy Erickson
Program #4525 Sun, 9/10-10/15 6:30-7:30 pm
Program #4526 Sun, 10/29-12/10 6:30-7:30 pm
 (No class 11/26)

Adult Self Defense

This class is paced for a cardio workout. Advanced students may be performing multiple techniques while a beginner is practicing one technique at the same pace. In this way, we train you safely while providing a challenging pace and thorough workout.

18 yrs & up / 6 wks / \$65 Instructor Chelsy Erickson
Program #4529 Sun, 9/10-10/15 11:30 am-12:30 pm
Program #4530 Sun, 10/29-12/10 11:30 am-12:30 pm
 (No class 11/26)

**All Martial Arts Classes will be taught in the
 Jefferson County Community Center in Sam Michael's Park.**



Dance Lessons

NEW!
Private Lessons Available.
See information below.

Pre-Ballet 1

Join the Royal Stars Dance at Jefferson County Parks & Recreation and learn the fundamental steps of ballet. All students are asked to wear pink tights, pink shoes and pink leotard. Hair should be pinned in bun or out of face.

3 yrs and up / 6 wks / \$55 Instructor Mikaela Petersen

Jefferson County Community Center

Program #4493	Mon, 9/11-10/16	3:30-4:15 pm
Program #4494	Mon, 10/30-12/4	3:30-4:15 pm
Program #4495	Wed, 9/13-10/18	6:25-7:10 pm
Program #4496	Wed, 11/1-12/6	6:25-7:10 pm

5-7 yrs / 6 wks / \$60 Instructor Cara Patterson

Jefferson County Community Center

Program #4513	Sun, 9/17-10/22	5:30-6:30 pm
Program #4514	Sun, 11/5-12/17	5:30-6:30 pm

(no class 11/26)

Pre-Ballet 2

This class combines the basics of ballet along with teaching rhythm and coordination. The students will grow to love the fine art of ballet. Pink leotard, pink tights and pink shoes are recommended. Children will learn ballet basic skills, terminology, and stretches.

5 yrs and up / 6 wks / \$55 Instructor Mikaela Petersen

Jefferson County Community Center

Program #4497	Wed, 9/13-10/18	4:45-5:30 pm
Program #4498	Wed, 11/1-12/6	4:45-5:30 pm

Ballet 1

Designed for students who have graduated from at least one year of pre-ballet at Royal Stars or transferring from other school. Learn the fundamentals of a ballet barre and center steps. Students who have earned blue star or above may wear royal blue leotard. All others black leotard all students wear pink tights, pink shoes. No skirts. Hair in bun or pinned out of face.

6 yrs and up / 6 wks / \$55 Instructor Mikaela Petersen

Jefferson County Community Center

Program #4499	Mon, 9/11-10/16	5:40-6:40 pm
Program #4500	Mon, 10/30-12/4	5:40-6:40 pm

6 yrs and up / 6 wks / \$55 Instructor Cara Patterson

Jefferson County Community Center

Program #4501	Sun, 9/17-10/22	4:20-5:20 pm
Program #4502	Sun, 11/5-12/17	4:20-5:20 pm

(no class 11/26)

Private Dance Lessons Call 304-728-3207 for more info.

Private Dance Lessons are available with both dance instructors.

Lessons are \$25 per hour. Children must have completed at least

one 6-week session before private lessons can be scheduled.

Mikaela Petersen - Monday and Wednesday afternoon lessons available.

Cara Patterson - Saturday morning lessons available.

Ballet 2

7 year olds may take this class if they have completed Ballet 1. Progress beyond the basics of ballet in this class of barre and center combinations. Black or royal blue leotard, pink tights, pink shoes. Hair in bun or pinned out of face. Experience is required.

8 yrs and up / 6 wks / \$55 Instructor Mikaela Petersen

Jefferson County Community Center

Program #4503	Mon, 9/11-10/16	4:30-5:30 pm
Program #4504	Mon, 10/30-12/4	4:30-5:30 pm

Hip Hop

Hip hop, a fast and upbeat form of urban dance elements will be incorporated into this class. Students should wear comfortable clothing and jazz shoes or sneakers for class.

7 yrs and up / 6 wks / \$55 Instructor Cara Patterson

Jefferson County Community Center

Program #4507	Sun, 9/17-10/22	2:00-3:00 pm
Program #4508	Sun, 11/5-12/17	2:00-3:00 pm

(no class 11/26)

Jazz

Jazz is the combination of fast, upbeat movements and music. Jazz is a form of dance that expresses a contemporary style set to popular music. Jazz shoes or tennis shoes and comfortable clothes are recommended.

7 yrs and up / 6 wks / \$55 Instructor Cara Patterson

Jefferson County Community Center

Program #4509	Sun, 9/17-10/22	3:10-4:10 pm
Program #4510	Sun, 11/5-12/17	3:10-4:10 pm

(no class 11/26)

Tap 1

Have fun learning the basic steps to become a tap dancer using the Al Gilbert Graded Tap Method. Pink leotard, pink tights, suntan tap shoes.

5 yrs and up / 6 wks / \$55 Instructor Mikaela Petersen

Jefferson County Community Center

Program #4505	Wed, 9/13-10/18	5:35-6:20 pm
Program #4506	Wed, 11/1-12/6	5:35-6:20 pm

Dance Express

This class is a great way for beginner dancers to have the opportunity to try many types of dance. Each class will begin with a quick warm-up stretch. Each class will be dedicated to introducing a different style of dance. Some of the styles included but not limited to are: ballet, jazz, hip hop and lyrical.

On the last week of class, parents will have the opportunity to see what the children have learned with a small performance.

5-8 yrs / 6 wks / \$55 Instructor Cara Patterson

Jefferson County Community Center

Program #4511	Sun, 9/17-10/22	12:50-1:50 pm
Program #4512	Sun, 11/5-12/17	12:50-1:50 pm

(no class 11/26)

Gymnastics

Tumbling into 2's

Bring an adult buddy to help you improve coordination and balance on our gymnastics equipment. Go through an obstacle course using large motor skills, swing on the bars, and improve balancing skills on the beam. Wear loose fitting clothing, and be prepared to go barefoot.

1-2 yrs / 6 wks / \$47

Jefferson County Community Center

Program #4533	Mon, 9/11-10/16	9:00-9:30 am
Program #4534	Mon, 10/30-12/4	9:00-9:30 am
Program #4531	Mon, 9/11-10/16	4:30-5:00 pm
Program #4532	Mon, 10/30-12/4	4:30-5:00 pm

Tumble Bugs

For our youngest gymnasts, this 40 minute parent participation preschool gymnastic program is ideal for the beginner tumbler. This program focuses on developing your child's gymnastic and creative movement skills. Gymnasts will learn the basics of rolls, handstands and jumps all while developing their upper and lower body coordination, flexibility and strength. Walk on the beam and swing on the bars. This program is fun for both the child and the adult.

2-3 yrs / 6 wks / \$52

Jefferson County Community Center

Program #4535	Sun, 9/10-10/15	1:00-1:40 pm
Program #4536	Sun, 10/29-12/10	1:00-1:40 pm
(no class 11/26)		
Program #4537	Mon, 9/11-10/16	9:40-10:20 am
Program #4538	Mon, 10/30-12/4	9:40-10:20 am

Tumble Bunnies

A fun and imaginative way to learn gymnastics basics. Our 45 minute beginner preschool gymnastic program is designed to introduce basic gymnastic skills to young children who have no gymnastic experience and to those who have not yet acquired basic gymnastic skills. Gymnasts will work on skills using the beam, bars and springboard. Gymnasts will learn forward and backward rolls, bridges, handstands and cartwheels. This introduction to basic gymnastics is both fun and rewarding as the gymnast discovers the many new ways that they can move. Parents are welcome to observe during the last class.

3-4 yrs / 6 wks / \$63

Jefferson County Community Center

Program #4539	Sun, 9/10-10/15	2:00-2:45 pm
Program #4540	Sun, 10/29-12/10	2:00-2:45 pm
(no class 11/26)		
Program #4541	Mon, 9/11-10/16	10:30-11:15 am
Program #4542	Mon, 10/30-12/4	10:30-11:15 am
Program #4543	Mon, 9/11-10/16	5:10-5:55 pm
Program #4544	Mon, 10/30-12/4	5:10-5:55 pm

Tumble Bears

Our beginner program is designed to introduce basic gymnastic skills to young children who have no gymnastic experience and to those who have not yet acquired basic gymnastic skills. Gymnasts will work on skills using the beam, bars and springboard. Gymnasts will learn forward and backward rolls, bridges, handstands and cartwheels. This introduction to basic gymnastics is both fun and rewarding as the gymnast discovers the many new ways that they can move. Parents are welcome to observe during the last class.

4-6 yrs / 6 wks / \$68

Jefferson County Community Center

Program #4545	Sun, 9/10-10/15	3:00-4:00 pm
Program #4546	Sun, 10/29-12/10	3:00-4:00 pm
(no class 11/26)		
Program #4547	Mon, 9/11-10/16	6:05-7:05 pm
Program #4548	Mon, 10/30-12/4	6:05-7:05 pm

Beginner Gymnastics

In this 60 minute program students will learn the proper fundamentals of gymnastics. Our fun filled weekly lesson plans will keep the students interested and excited about learning the basics of gymnastics. Gymnasts will work on skills using the beam, bars and springboard. Gymnasts will learn forward and backward rolls, bridges, handstands and cartwheels. This introduction to basic gymnastics is both fun and rewarding. Parents are welcome to observe during the last class.

6-12 yrs / 6 wks / \$68

Jefferson County Community Center

Program #4549	Sun, 9/10-10/15	4:15-5:15 pm
Program #4550	Sun, 10/29-12/10	4:15-5:15 pm
(no class 11/26)		
Program #4551	Mon, 9/11-10/16	7:15-8:15 pm
Program #4552	Mon, 10/30-12/4	7:15-8:15 pm

Intermediate Gymnastics

This program is for gymnasts that have mastered basic positions and skills. The intermediate gymnastic level introduces the gymnast to skills on the high beam, handstand forward rolls, round offs, front walkovers and back walkovers. Gymnasts will also work on skills using the bars and springboard. Independent cartwheel required for this class. Parents are welcome to observe during the last class.

6-14 yrs / 6 wks / \$68

Jefferson County Community Center

Program #4553	Sun, 9/10-10/15	5:30-6:30 pm
Program #4554	Sun, 10/29-12/10	5:30-6:30 pm
(no class 11/26)		
Program #4555	Mon, 9/11-10/16	7:15-8:15 pm
Program #4556	Mon, 10/30-12/4	7:15-8:15 pm

Hobbies & Interests

Indoor Playground

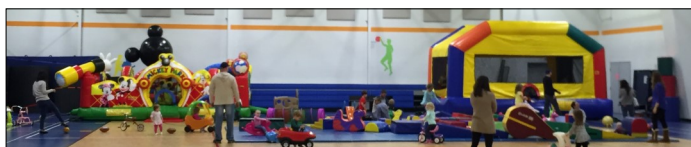
Offered on Thursdays & Fridays, this activity is for children ages 1-5 and allows them to explore various obstacles on their own. Indoor play toys are provided and young children have plenty of room to run and play in a non-confined environment. Adults are responsible for supervising the children they bring. Please no more than five children per adult. Any preschools or other large groups, please call 304-728-3207 in advance to let us know you are coming. Purchase a 10 punch pass for \$40 and save \$10! Indoor Playground may close for set-up of special events.

1-5 yrs / \$5 for first child, \$3 for additional siblings

Jefferson County Community Center

Thur, Fri starting 9/7 10:00 am-3:00 pm

(Indoor Playground will not be open 10/5, 10/6, 10/27, 11/10, 11/23, 11/24, 12/8, 12/28, 12/29)



Preschool Playtime

Run, jump, roll, climb, bounce in our gymnastics room! This parent/child class will be a great opportunity for you to explore and have fun. Staff will be present to assist as needed. No instruction will be given during this time. This is a drop-in (not drop off) program, parents must interact with their child during this time. Parents must pay each Monday and present receipt.

2-5 yrs / \$5 per child

Jefferson County Community Center

Mondays, 9/11-12/18 11:30 am-4:00 pm

(Preschool Playtime will not be open 10/2)

Learn to Ride

Parents, can't get your child to let you take those training wheels off their bike? Come to Sam Michael's Park to get them off. JCPRC staff will be outside with your child to help them succeed. Most of the training will be done in the grass and with mats in case of a fall. A special technique will also be used to enhance balance before they try to ride. Child must have a helmet. JCPRC will also be doing bike fitting, chain lubrication, tire inflation, and helmet fitting. Please be sure to bring your child's bike. Training wheels must be easy to remove; please bring them as well if your child uses them.

4-10 yrs / 1 day / \$18 Instructor Jeff Fiolek

Jefferson County Community Center, rear parking lot.

Program #4258 Sun, 9/9 10:00 am-12:00 pm

STEM Adventures - Inventor's Workshop

Kids will enjoy hands-on activities learning about different aspects of SCIENCE, TECHNOLOGY, ENGINEERING, and MATH in this Inventor's Workshop! What's the difference between playdough, slime, and ooblek? Make all 3 and decide for yourself! Learn to wire LED lights and make your own pocket flashlight, explore movement with your own robotic hand, and then at the last class use everything you learned and create your own invention!

(Kids will be cutting cardboard and using low-voltage electrical circuits and mixing basic household chemicals. A signed waiver will be required before participants will be admitted to class)

8 yrs & up / 4 wks / \$55 Instructor Barb Matlock

Jefferson County Community Center

Program #4634 Th, 9/14-10/5 5:30-6:30pm

Program #4635 Th, 10/19-11/9 5:30-6:30pm

LEGO Engineering

Build engineer designed projects such as boats, bridges, mazes, cars and use special pieces to create your own unique designs. Children are not able to take any LEGOs used in this class home.

7-13 yrs / 6 wks / \$60 Instructor Heidi Citro

Jefferson County Community Center

Program #4628 Wed, 9/13-10/18 5:45-7:15 pm

Program #4629 Wed, 11/1-12/6 5:45-7:15 pm



Ms. Shelley's Pony School

These 'parent-child' classes, brought to you by instructors from Ms. Shelley's Pony School each include a story, song, hands-on activity, a horse lesson, a craft/manipulative and a short riding lesson. Your child will learn a wide range of information about ponies and horses. They will have fun and become more confident around ponies, and gradually learn to control the pony at the walk. This is an ideal program for small children who are fearful around large animals, but will also provide enough hands-on time to please children who are more eager to interact with the horses. Classes may run late due to number of students and to ensure each child has their time with the horse. For more information about Ride from the Start Pony School please visit www.msshelleysponyschool.com.

2.5-5 yrs / 4 wk / \$65

Majestic Reins Stable

Program #4668 Sa, 10/14-11/4 3:00-4:00 pm

Program #4669 Sa, 10/14-11/4 4:30-5:30 pm

Program #4670 Sa, 11/18-12/16 3:00-4:00 pm
(no class 11/25)

Program #4671 Sa, 11/18-12/16 4:30-5:30 pm
(no class 11/25)

Hobbies & Interests

Little Explorers

Enjoy nature hikes, exploring the park grounds at Sam Michael's and experiencing the natural world around us. This class will include stories, games, crafts, and other nature and ecology-based activities. *Please dress child appropriately, as class will be held outside, rain or shine.*

3-5 yrs / 6 wk / \$40 Instructor Heidi Citro
Jefferson County Community Center
Program #4630 Th, 9/14-10/19 11:00 am-12:00 pm
Program #4631 Th, 11/2-12/14 11:00 am-12:00 pm
(no class 11/23)
5-8 yrs / 6 wk / \$40 Instructor Heidi Citro
Jefferson County Community Center
Program #4632 Th, 9/14-10/19 4:30 pm-5:30 pm
Program #4633 Th, 11/2-12/14 4:30 am-5:30 pm
(no class 11/23)

Glue and Watercolor Resist Painting

Students will outline a design/drawing with black glue and paint it with watercolor paint when the glue is dry.

A \$5 supply fee is due to the instructor on the first day of class.
8-12 yrs / 2 days / \$35 Instructor Jennifer Glymph
Jefferson County Community Center
Program #4672 Tues/Th, 10/10 & 10/12
5:00-7:00 pm

Make it Rain! Learn to make a Native American Rainstick!

Students will learn about the legend of the rainstick and make their own using paper mache and acrylic paint.

A \$5 supply fee is due to the instructor on the first day of class.
8-12 yrs / 3 days / \$45 Instructor Jennifer Glymph
Jefferson County Community Center
Program #4673 Mon/Wed/Fri, 11/6, 11/8, 11/10
5:00-7:00 pm

Bottlecap Crafts: Holiday Magnets and Ornaments

Family craft time making snowman ornaments and holiday magnets from bottle caps, paper, paint, buttons, ribbon, and mod podge.

A \$3 supply fee is due to the instructor on the first day of class.
All Ages / 2 days / \$35 Instructor Jennifer Glymph
Jefferson County Community Center
Program #4674 Mon/Wed, 12/4 & 12/6
5:00-6:00 pm

The Wonder of Art - Express Yourself

Explore the works of the world's greatest artists then try your hand at creating your own masterpiece. Picasso, O'Keeffe, Cezanne, Klimt, Monet, Stella, Matisse, or Van Gogh.

A \$10 supply fee is due to the instructor on the first day of class.
Grades 3-5 / 6 wks / \$40 Instructor Judy Chesley
South Jefferson Elementary School
Program #4675 Wed, 10/18-11/29 4:00-5:00 pm
(no class 11/22)

Animal Adventures

Meet and learn about real, live, exotic animals! Under close adult supervision, participants will hold, pet, and/or feed animals throughout this six week course. Animals include birds, reptiles, hedgehogs, amphibians, and invertebrates. Students will learn about proper animal handling, basic biology, animal behavior, animals' jobs in nature, husbandry, and the importance of biodiversity. Classes also include coloring and/or crafts related to the animals present each week. One or more animals will be at each class.

4-11 yrs / 6 wk / \$90 Jefferson County Community Center
Instructor - Melissa Kowalski
Program #4621 Fri, 9/15-11/3 5:00-6:00 pm
(no class 10/13, 10/27)

Jefferson County Parks and Recreation



**BATTLE YOUR FRIENDS
IN NERF WAR COMBAT!**

LET THE WAR BEGIN!

AGES 5-9

Friday, 9/15
Program #4676
5:00-7:15

Friday, 10/20
Program #4622
5:00-7:15

Friday, 11/17
Program #4623
5:00-7:15

Friday, 12/15
Program #4624
5:00-7:15

AGES 10-14

Friday, 9/15
Program #4677
7:30-9:45

Friday, 10/20
Program #4625
7:30-9:45

Friday, 11/17
Program #4626
7:30-9:45

Friday, 12/15
Program #4627
7:30-9:45

**\$10
per child**

(Kids need to bring their own Nerf Blasters (limit 2) and Darts (limit 40))

Special Events

Community Center Yard Sale

One man's stuff is another man's treasure. Booth space is 8'x16'. Advertisements will be placed in various local publications.

18 and up / 1 day / \$25

Jefferson County Community Center

Program #4660 Sat, 10/14 8:00 am-1:00 pm

Halloween Happening

Ghosts, Goblins, Princesses and Pumpkins await you with fun and thrills. Enjoy inflatables, hayrides, trick or treating, and much more at this family friendly event. Concessions will be available for an additional fee.

Pre-Registration is not required, but encouraged.

All ages / 1 day / \$5 per child in advance or \$7 at the door

Jefferson County Community Center

Program #4659 Fri, 10/27 6:00-8:30 pm

Holiday Craft Fair & Vendor Show

Get in the holiday spirit and find handcrafted gifts for family & friends... or something special for yourself! Admission is free for shoppers!!! Craft vendors must pay a \$30 fee for their space. For additional information please call the JCPRC main office at (304) 728-3207.

Jefferson County Community Center

Program #4483 Sat, 11/11 9:00 am-2:00 pm

Wee Warrior Dash

Put on your Halloween costume and join the JCPRC, Two River's Treads and Freedom's Run for this 1-mile fun run obstacle course. Please call our main office for additional details.

3-15 yrs / 1 day / Free

Sam Michael's Park

Program #4658 Sat, 11/11 Begins @ 10:30 pm

Movie Night in the Park

Grab your chairs and blankets and join us for a FREE movie event at the park!

Hocus Pocus October 13

Wright Denny Intermediate

Sponsored by West Virginia Rivers

Beauty and the Beast September 29

Ranson Civic Center

Sponsored by West Virginia Rivers



Santa's Polar Party

Join us as we welcome Santa to the Sam Michael's Park "North Pole."

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! Kids will get to use decorating bags of frosting and sparkles and sprinkles! We will also have Santa's Lego Workshop where kids will have the opportunity to build a Lego Christmas themed mini-set! And it wouldn't be a visit to the "North Pole" without a visit to the elves' playground where kids will get to bounce and "sled" down the inflatable "snow hill".



Concessions will be available for an additional fee. After the Polar Party, bring your blankets, chairs and pajamas to settle down for a movie! Admission for the movie is free. Doors will open at 7:30pm and movie will start at 7:45pm. Concessions will be available during the movie event.

*** Kids ages 17 and below should register for this event. Adults are free***

All ages / 1 day / \$10 per child in advance or \$12 at the door

Jefferson County Community Center

Program #4662 Fri, 12/8 5:30-8:00 pm



Noon Years Eve Party!

Ring in the New Year family style at Sam Michael's Park!

This exciting end-of-the-year countdown will include a dance party, arts & crafts, and a special countdown at noon—complete with party hats, noise makers, and an apple juice toast!

Light, festive, hors d'oeuvres will be served.

All ages / 1 day / \$25 per family

Jefferson County Community Center

Program #4702 Su, 12/31 11:00 am-2:00 pm

Bus Trip - SunFest in Ocean City

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'll have. Bring the 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. Bring picture ID. Bus pick up location will be at the Food Lion in Charles Town. Specific departure and return times are still yet TBD.

All ages / 1 day / \$84

Bus Departs from Food Lion in Charles Town

Program #4492 Sat, 9/23

Approx. 7:00 am-11:00 pm (times subject to change)

Bus Trip - WV Mine War Tour

The rich history of WV calls to you on this three-day tour. Day one, travelers will depart from Somerset Plaza, US 340 Charles Town, WV and travel to Tamarack Cultural Center in Beckley, WV for lunch. Next stop will be the Beckley Exhibition Coal Mine where you will learn about life in the coal camps and travel by train 1500 feet underground to explore the working life of 20th Century "pick" miners. We'll end our day with a stop at the Whipple Company Store, built in 1890 where you will hear stories and learn more about how every feature of the this store was designed for physical and social control of the miners and their wives. Day, we will visit the site of the "Matewan Massacre" a reenactment followed by a visit to the Matewan Mine War Museum. From there, it's off to Blair Mountain Battlefield and then to the Buffalo Creek Memorial, the site of a 1972 flood caused by a failed coal company sludge dam. This flood took the lives of 129 people and left 5000 homeless. We will hear about it from one of the survivors. Our final day will include a visit to the McDowell County Court House, the site of the legendary assassinations that lead led to the Battle of Blair Mountain. We'll end our trip with tours of the Bramwell mansions and lunch at the Bramwell Café. Price includes transportation, two nights lodging at Hawks Nest State Park Lodge, breakfast and lunch daily, all tours, guides and admissions. Dinner is on your own. Please contact us at 304-728-3207 for a more detailed description of this adventure.

All ages / 3 day

\$499 Single Occupancy; \$549 Double Occupancy

Bus Departs from Somerset Plaza

US 340 Charles Town, WV on 9/29 at 7 am and returns 10/1 at 6 pm

Trip hosted by High Adventures - Doug Estep

Program #4696 (Single) Fri, 9/29-10/1

Program #4697 (Double) Fri, 9/29-10/1

Bus Trip - Southern Maryland Tour

The Birthplace of Religious Freedom in America

Steeped in history and beauty and surrounded by the broad Potomac River, the Patuxent River, and the Chesapeake Bay, St. Mary's County is the heart of southern Maryland. First settled in 1634, St Mary's City is one of the earliest surviving settlements in the country and is widely regarded as the birthplace of religious tolerance in North America. Surrounded by water on three sides, its economy and culture naturally developed around fishing and agriculture. Come join us on a three-day exploration of this nearby destination that is a world apart. Destinations to look forward to on this amazing trip through history include: The St Clements Island Museum; A boat ride to and walking tour of St Clements Island; The Piney Point Lighthouse Museum; A visit to St Mary's City, Maryland's first capital; The Patuxent Naval Air Station Museum; and Sotterly Plantation. Lodging at Country Inn and Suites, Lexington Park, MD is included in pricing.

All ages / 3 day

\$499 Single Occupancy; \$549 Double Occupancy

Bus Departs from Somerset Plaza

US 340 Charles Town, WV on 10/6 at 7 am and returns 10/8 at 6 pm

Trip hosted by High Adventures - Doug Estep

Program #4698 (Single) Fri, 10/6-10/8

Program #4699 (Double) Fri, 10/6-10/8

Bus Trip - New York City

Radio City "Christmas Spectacular"

Don't miss this one-of-a-kind celebration that brings together family, friends, and loved ones. The Rockettes dazzle in brilliant dance numbers and Radio City is aglow with the joy of the season. Join Santa on his sleigh ride, see ice skaters swirl across the stage, and catch a snowflake or two in this immersive theatrical experience like no other. The bus will drop you off near Radio City Music Hall. Our trip will depart from the Jefferson County Community Center at Sam Michael's Park at 5:00 am, we will arrive in NY at roughly 10:30 am, show starts at 11:00am. After the show, you will have some time to check out the city. The bus will leave New York to return home around 8:00 pm (be back to the bus at 7:30pm). Please eat before or bring a small breakfast with you for the bus ride to NY. The bus will make one stop each way at Delaware House. A paying adult must accompany participants under the age of 18 years. Trip will go rain or shine. Cost includes transportation and ticket for the show.

All ages / 1 day / \$130

Bus Departs from Jefferson County

Community Center @ Sam Michael's Park

Program #4678 Sat, 11/18 5:00 am-1:00 am

Sports

SportFit w/ Mr. Earl

A class based on fitness and sports fun, including basketball skills, soccer, baseball, running and overall fitness. This class will concentrate on specific sports skills while also increasing overall fitness and agility of participants.

8-12 yrs / 6 wks / \$60 Instructor Jay Earl

Wright Denny Elementary School

Program #4652 Mon, 9/11-10/16 3:50-4:50 pm

SportFit w/ Ms. Heidi

A class based on fitness and sports fun, including basketball skills, soccer, baseball, running and overall fitness. This class will concentrate on specific sports skills while also increasing overall fitness and agility of participants.

5-10 yrs / 6 wks / \$60 Instructor Heidi Citro

CW Shipley Elementary

Program #4641 Tues, 9/12-10/17 4:00-5:00 pm

Program #4642 Tues, 11/7-12/12 4:00-5:00 pm

Beginner Volleyball Clinic

Join Coach Cami and Coach Heather in this fall clinic. Beginning players will learn skills such as hitting, serving, setting, and passing. Clinic will include small sided games and scrimmages. This clinic is for players who have no volleyball experience.

8-13 yrs / 6 wks / \$65

Instructors Coach Cami & Coach Heather

Jefferson County Community Center

Program #4638 Mon, 9/11-10/16 6:00-7:00 pm

Advanced Volleyball Clinic

Join Coach Cami and Coach Heather in this fall clinic. Advanced players will improve and fine tune skills such as hitting, serving, setting and passing. Clinic will include small sided games and scrimmages. This clinic is for players who have at least 1 season of volleyball league experience.

8-13 yrs / 6 wks / \$65

Instructors Coach Cami & Coach Heather

Jefferson County Community Center

Program #4639 Mon, 9/11-10/16 7:15-8:15 pm

Archery

Enjoy this beginner to intermediate class for kids. This sport can be a rewarding, lifelong activity which will develop self-confidence and discipline. This course is designed to acquaint the beginner archer with basics in care and use of the equipment as well as technique. Participants are encouraged to wear comfortable clothing and sneakers.

8-16 yrs / 6 wks / \$74 Instructor Jay Earl

Sam Michael's Park

Program #4653 Mon, 9/11-10/23 6:00-7:00 pm

SNAG® Golf

Are you interested in getting your child started playing golf? Our instructors use the SNAG (Starting New At Golf) system. SNAG Golf is all about having FUN while learning the basics. SNAG incorporates developmentally appropriate equipment that will allow golf to be learned and played in non-traditional venues, such as on a soccer field or in a gym.

4-8 yrs / 6 wks / \$65

Instructors Katy Burhans

Jefferson County Community Center

Program #4679 Wed, 9/13-10/18 5:30-6:30 pm

Program #4693 Wed, 11/1-12/13 5:30-6:30 pm

(No class 11/22)

9-16 yrs / 6 wks / \$65

Instructors Katy Burhans

Jefferson County Community Center

Program #4692 Wed, 9/13-10/18 6:45-7:45 pm

Program #4680 Wed, 11/1-12/13 6:45-7:45 pm

(No class 11/22)

Little All Stars

Bring your little one to this fun and entertaining class where they will learn the basics of several sports skills. Learn and practice kicking, throwing, dribbling, shooting, and reinforce those skills with fun, small sided games like red light/green light and sharks and minnows.

3-6 yrs / 6 wks / \$40 Instructor Heidi Citro

Jefferson County Community Center

Program #4643 Tues, 9/12-10/17 11:00-11:45 am

Program #4644 Tues, 10/31-12/5 11:00-11:45 am

Program #4645 Wed, 9/13-10/18 10:00-10:45 am

Program #4646 Wed, 11/1-12/6 10:00-10:45 am

Program #4647 Wed, 9/13-10/18 4:30-5:15 pm

Program #4648 Wed, 11/1-12/6 4:30-5:15 pm

Little LaXers - Lacrosse Fundamentals for Beginners

Learn the game of lacrosse using fiddleSTX®! This course will teach children the fundamental skills of lacrosse - how to scoop, cradle, pass, catch and shoot - all using soft rubber balls and miniature lacrosse sticks called fiddleSTX®. This course is suitable for kids of all skills levels.

4-6 yrs / 6 wks / \$55 Instructor Will Oconis

Sam Michael's Park

Program #4636 Mon, 9/11-10/16 4:30-5:15 pm

7-10 yrs / 6 wks / \$55 Instructor Will Oconis

Sam Michael's Park

Program #4637 Mon, 9/11-10/16 5:30-6:15 pm

Brazilian United Soccer Clinics

An excellent opportunity for players of all ages to experience this wonderful game which combines traditional Brazilian technical and tactical practices and also brings an incredible culture exchange. Kids will play soccer through a wide variety of drills and small-sided games.

**4-6 yrs / 6 wks / \$95 Instructor BUSA Instructor Staff
Sam Michael's Park**

Program #4654 Fri, 9/15-10/20 4:30-5:30 pm

Program #4655 Sat, 9/16-10/21 8:30-9:30 am

**7-10 yrs / 6 wks / \$95 Instructor BUSA Instructor Staff
Sam Michael's Park**

Program #4656 Fri, 9/15-10/20 4:30-5:30 pm

Program #4657 Sat, 9/16-10/21 9:30-10:30 am

Basketball Skills

Your child will enjoy this program focused on basketball skills. Our instructor is a long-time educator and teaches physical education. This class will include skills such as shooting, passing, dribbling, defense, small sided games, drills, scrimmages, and more!

**5-8 yrs / 6 wks / \$55 Instructor Jeff Fiolek
Sam Michael's Park**

Program #4491 Wed, 9/13-10/18 5:00-5:45 pm

**9-12 yrs / 6 wks / \$55 Instructor Jeff Fiolek
Sam Michael's Park**

Program #4492 Wed, 9/13-10/18 6:00-6:45 pm

Holiday Sports Express Camp

Perfect time for a sports camp! Come on out to the Jefferson County Community Center for a fun camp filled with sports and activities. Kids will play games and stay active. Please bring a packed lunch, snacks & water bottle each day.

5-12 yrs / 4 days / \$75

Jefferson County Community Center

Program #4651 Tues-Fri, 12/26-12/29 8:00 am-5:00 pm

Winter Cheer Camp with the Shepherd Rams

If your child is interested in becoming a cheerleader, this is a perfect opportunity to learn what the sport is all about! Our clinics, taught by Shepherd College Coach, Lindsey Bordovsky and her cheerleaders, incorporate the fundamentals of cheering- arm movements, jumps, dance, stunting, tumbling, and a variety of cheers and chants that incorporate these skills.

4-16 yrs / 4 days / \$75

Jefferson County Community Center

Program #4640 Tues-Fri, 12/26-12/29 1:00-4:30 pm



Indoor Futsal League

Teams may submit full rosters for teams in the "competitive" division or register as a 'free agent' and be placed on a team in the "non-competitive" division. Teams will play 7 games, all games will be held on Saturdays, starting 1/13/18, Thursdays, starting 1/18/18 & Tuesdays, starting 1/16/18. Teams will have a 45-minute practice once per week. Practice days and times are to be determined. Practices will start on Monday, 1/8/18. Game times will vary. Cost includes t-shirt for each player. Registration deadline is Friday, December 29th. Volunteer coaches are needed. Volunteer coaches meeting will be held on Monday, December 18th from 6:30-7:30pm. Please provide shirt size at time of registration. This is a co-ed league. Ten players max per team. Please be aware we may need to combine both divisions if there are not enough individuals or teams in their respective age group. Coaches will receive a \$10 discount at time of registration. Discounts must be done in person or over the phone.

Price goes up to \$85 on 12/29

Competitive Division

7-9 yrs (U9) / 7 games

\$75 per player

\$65 for each additional sibling or coach's child

Program #4663

10-11 yrs (U11) / 7 games

\$75 per player

\$65 for each additional sibling or coach's child

Program #4664

12-14 yrs (U14) / 7 games

\$75 per player

\$65 for each additional sibling or coach's child

Program #4665

Games begin Sat, 1/13 8:00 am-7:00 pm

Games begin Tues, 1/16 5:30-8:30 pm

Games begin Thur, 1/18 5:30-8:30 pm

Practice and game times/days will be assigned when rosters are complete.

Teams do not have to register at the same time.

Children may register individually. If teams submit rosters, teams will be placed together.

Non-Competitive Division

4-6 yrs (U6) / 7 games / \$75 per player

\$65 for each additional sibling or coach's child

Program #4666

7-9 yrs (U9) / 7 games / \$75 per player

\$65 for each additional sibling or coach's child

Program #4667

Games begin Sat, 1/13 8:00 am-7:00 pm

Games begin Tues, 1/16 5:30-8:30 pm

Games begin Thur, 1/18 5:30-8:30 pm

Practice and game times/days will be assigned when rosters are complete.

Adult & Teen

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 #4557 Tues & Th, 9/26-11/16 9:30-10:30 am
Program #4558 Tues & Th, 11/21-1/18 9:30-10:30 am
(No class 11/23, 12/26)

18 yrs and up / 8 wks / \$70 Instructor Teresa Cantrell
Jefferson County Community Center
Program #4559 Tues, 9/26-11/14 9:30-10:30 am
Program #4560 Tues, 11/21-1/16 9:30-10:30 am
(No class 12/26)

18 yrs and up / 8 wks / \$70 Instructor Teresa Cantrell
Jefferson County Community Center
Program #4561 Th, 9/28-11/16 9:30-10:30 am
Program #4562 Th, 11/30-1/18 9:30-10:30 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/day 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.

Fitness Consultation

Your fitness consultation will include BMI (body mass index), body fat calculation, flexibility, cardio and strength assessments. At the end of the consultation you will be provided with a basic exercise plan. Additional training sessions are available in packages of 3 or 6. Consultation and training sessions are 1 hour each. For more information and scheduling please contact Heidi Citro, hcitro@jeffersoncountywv.org. Payment will be made after scheduling your consultation or training sessions.

Consultant/Trainer Heidi Citro
Jefferson County Community Center
Program #4576 Fitness Consultation \$25.00
Program #4577 3 Training Sessions \$75.00
Program #4578 6 Training Sessions \$120.00

Late Night Indoor Soccer

Do you enjoy playing soccer, but do not have a place to play, players to field a team, or 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. Sign up for the entire season and save \$8.

18 yrs & up / 8 wks Jefferson County Community Center
\$6 at the door per visit or \$40 for 8 wks with program #4616
Wed, 11/8-12/27 9:00-11:00 pm

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 Instructor Kate Nedrich
Charles Town Middle School
Program #4615 Sun, 9/17-11/5 7:00-9:00 pm

Body Business

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

18 yrs & up / 11 wks / \$55 Instructor Sandra Watkins
Shepherdstown Elementary School
Program #4579 Mon/Wed, 8/28-11/15 5:30-6:30 pm

18 yrs & up / 6 wks / \$30 Instructor Sandra Watkins
Shepherdstown Elementary School
Program #4580 Mon/Wed, 11/27-1/10 5:30-6:30 pm



The 15 Invaluable Laws of Growth

John C. Maxwell says in order to reach your potential, you must be intentional about personal growth. This training curriculum will help you understand how personal growth really works, and how you can develop yourself to become a more effective and fulfilled individual. You will learn how to build up your sense of purpose and become more successful in every area of your life. Come alongside John in your growth journey to become the person you are destined to be!

16 yrs & up / 6 wks / \$189
Instructor Tim Jenkins TLI Leadership Development
Program #4700 Tues, 10/10-11/14 7:00-8:30 pm

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 each.

All ages / 7 wk / \$35 Instructor Carl Odell
Charles Town Middle School - Cafeteria
Program #4563 Mon, 9/11-10/23 7:00-9:00 pm

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 #4564 Mon, 10/30-12/11 7:00-9:00 pm

Square Dance Callers Workshop

This course is for beginner square dancer callers. The students will learn the techniques of resolving the square, to get 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.

All ages / 6 wk / \$40 Instructor Carl Odell
Charles Town Middle School - Cafeteria
Program #4565 Tues, 9/5-10/10 7:00-9:00 pm
Program #4566 Tues, 10/17-11/21 7:00-9:00 pm

Sometimes You Win, Sometimes You Learn

John takes the reader on a well worn path in the pursuit of raw leadership by examining what every human has in common; those experiences we can all say, "I have been there." Every one of us has experienced a disappointing loss in our own personal growth or leadership. How we have responded to those mistakes, errors, slips in judgment or just plain missing the goal has formed us even now. No bad experience has to ultimately defeat us. This book helps light the path to a more fulfilling life by examining loss, not from measuring what one does not have, but how loss can bring abundance. Every negative event or loss that occurs can become a great learning opportunity to take us all the newer and greater heights in our own lives.

16 yrs & up / 6 wks / \$189
Instructor Tim Jenkins TLI Leadership Development
Program #4701 Tues, 10/10-11/14 7:00-8:30 pm

Country Line Dancing

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.

18 & up / 7 wk / Single \$55
Instructor Allen Keefer

Charles Town Middle School - Cafeteria
Program #4581 Th, 8/31-10/12 6:30-7:30 pm
Program #4582 Th, 10/19-12/7 6:30-7:30 pm
 (No class 11/23)

18 & up / 7 wk / Double \$85
Instructor Allen Keefer

Charles Town Middle School - Cafeteria
Program #4583 Th, 8/31-10/12 6:30-7:30 pm
Program #4584 Th, 10/19-12/7 6:30-7:30 pm
 (No class 11/23)

Country Line Dancing Level 2

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.

18 & up / 7 wk / Single \$55
Instructor Allen Keefer

Charles Town Middle School - Cafeteria
Program #4585 Th, 8/31-10/12 7:30-8:30 pm
Program #4586 Th, 10/19-12/7 7:30-8:30 pm
 (No class 11/23)

18 & up / 7 wk / Double \$85
Instructor Allen Keefer

Charles Town Middle School - Cafeteria
Program #4587 Th, 8/31-10/12 7:30-8:30 pm
Program #4588 Th, 10/19-12/7 7:30-8:30 pm
 (No class 11/23)

Art at the Park

Open Studio - Watercolors

Creativity awaits you at Sam Michael's Park.... Just add water!

Join us for an open studio with local artist Jen Glymph who will guide you through technique and tips of watercolor painting. This studio is open to all levels. You will work self-paced on a project of your choice. What are you waiting for? Get in touch with your creative side.



16 & up / 1 day / \$25 per person
Instructor Jen Glymph

Jefferson County Community Center - Activity Room
Program #4703 Sat, 10/7 9:00 am-noon

Cardio Mix

Class offers a mix of mid to high level workouts including step aerobics, aerobics or interval training. Also, for a total body workout, there will be exercises to trim, tone, and strengthen the body. *Bring an exercise mat and hand weights to each class.*

18 yrs & up / 9 wks / \$47 Instructor Suzanne Dillow
Ranson Elementary School
 Program #4605 Mon/Wed, 9/11-11/1 6:40-7:30 pm
 Program #4606 Mon/Wed, 11/6-12/27 6:40-7:30 pm

Trimnastics

A class to increase your strength and flexibility while trimming & 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 / 8 wks / \$60 Instructor Suzanne Dillow
Ranson Elementary School
 Program #4593 Mon/Wed/Fri, 9/11-11/3 5:45-6:35 pm
 Program #4594 Mon/Wed/Fri, 11/6-12/29 5:45-6:35 pm

18 yrs & up / 9 wks / \$60 Instructor Suzanne Dillow
Zion Church - 215 E. Washington St., Charles Town
 Program #4595 Mon/Wed/Fri, 9/11-11/3 9:00-9:55 am
 Program #4596 Mon/Wed/Fri, 11/6-12/29 9:00-9:55 am

Strengthen & Tone

This low impact class will give you a total body workout to help strengthen, tone and improve balance & 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 / 8 wks / \$60 Instructor Suzanne Dillow
Zion Church - 215 E. Washington St., Charles Town
 Program #4599 Tu/Th, 9/12-11/2 10:00-10:50 am
 Program #4600 Tu/Th, 11/7-12/28 10:00-10:50 am

Body In Motion

Relax in this calming class with slow, easy to follow simplified yoga movements and stretching to help improve flexibility, strength and balance while achieving a full range of body motion for a healthier you! *Bring an exercise mat to each class.*

18 yrs & up / 8 wks / \$30 Instructor Suzanne Dillow
Ranson Elementary School
 Program #4597 Fri, 9/15-11/3 10:00-10:35 am
 Program #4598 Fri, 11/10-12/29 10:00-10:35 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 / 8 wks / \$55 Instructor Suzanne Dillow
Bolivar Community Center
 Program #4601 Tu/Th, 9/12-11/2 11:35 am-12:30 pm
 Program #4602 Tu/Th, 11/7-12/28 11:35 am-12:30 pm

18 yrs & up / 9 wks / \$55 Instructor Suzanne Dillow
TA Lowry Elementary
 Program #4603 Mon/Wed, 9/11-11/1 4:20-5:10 pm
 Program #4604 Mon/Wed, 11/6-12/27 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 #4607 Sat, 9/16-11/4 8:30-9:45 am
 Program #4608 Sat, 11/11-12/30 8:30-9:45 am

30-30-30

This 90 minute class targets a total body workout - combining a warm up, cardio workout, exercises to strengthen and tone the body, and stretching. Join us anytime during the 90 minute class for your workout. *Bring an exercise mat and hand weights to each class.*

18 yrs & up / 8 wks / \$65 Instructor Suzanne Dillow
Blue Ridge Elementary School
 Program #4609 Tu/Th, 9/12-11/2 4:30-6:00 pm
 Program #4610 Tu/Th, 11/7-12/28 4:30-6:00 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 #4611 8 wks, 9/11-11/4 \$80
 Program #4612 8 wks, 11/6-12/30 \$80
 Program #4613 16 wks, 9/11-12/30 \$135

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 54
 Program #4614 Mon, 11/6 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 #4589 Tues, 9/12-10/3 6:30-8:30 pm

Beginner Garment Sewing Level 2

If you have taken the level 1 sewing class or have some previous sewing experience/knowledge and would like to learn more, this new class is for you. This class will expand on the basics and teach new techniques. Students will supply their own fabric and patterns. (Please contact instructor prior to class for pattern suggestions.)

15 yrs & up / 6 wks / \$60 Instructor Nancy Bender
Charles Town MS - FACS Room
Program #4590 Tues, 10/10-11/21 6:30-8:30 pm
(no class 10/31)

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). Students are to provide all their own sewing supplies.

15 yrs & up / 6 wks / \$60 Instructor Nancy Bender
Charles Town MS - FACS Room
Program #4591 Th, 9/7-10/19 6:30-8:30 pm
(no class 9/14)
Program #4592 Th, 10/26-12/7 6:30-8:30 pm
(no class 11/23)

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 #4567 Mon, 9/11-10/2 9:30-11:30 am

14* yrs & up / 4 wks / \$30 Instructor Judy Slusher
Charles Town MS - Library
Program #4568 Tues, 9/5-9/26 6:00-8:00 pm
*** Any minor under the age of 14 must be accompanied by a registered adult.***

Beginners / Intermediate Crochet

Beginners: Learn the 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 the yarn (both cotton and acrylic), a crochet hook, 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 #4569 Mon, 10/16-11/6 9:30-11:30 am

14* yrs & up / 4 wks / \$30 Instructor Judy Slusher
Charles Town MS - Library
Program #4570 Tues, 10/3-10/24 6:00-8:00 pm
*** Any minor under the age of 14 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, 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 p.m. please) prior to class with any project ideas or questions.

14* yrs & up / 4 wks / \$30 Instructor Judy Slusher
Jefferson County Community Center
Program #4571 Mon, 9/11-10/2 12:00-2:00 pm
Program #4572 Mon, 10/16-11/6 12:00-2:00 pm
*** Any minor under the age of 14 must be accompanied by a registered adult.***

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 hand-made 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 Instructor Judy Slusher
Apple Tree Gardens - Community Room
Program #4573 Tues, 9/12 12:30-2:00 pm
Program #4574 Tues, 10/17 12:30-2:00 pm
Program #4575 Tues, 11/7 12:30-2:00 pm

Friday Night Foodies Cooking Series

Friday Night Foodies Cooking Series

Chef Maggie Costello brings over 15 years of experience and believes food is the center of life.

Cooking does not need to be complicated. The keys to cooking well are technique and quality.

Practice the basic techniques... Use quality ingredients and equipment. That's about it.

Whatever your current level, I can teach you cooking basics to build or improve your arsenal of cooking techniques.

Let me show you the basics so you can begin your own journey. **What are you waiting for... Let's Cook!**

Wood Fired Pizza and Art Party

We'll kick off this exciting fall cooking series with a wood fired pizza and paint party at the Historic Peter Burr Farm. Join us as we fire up an authentic brick oven to create pizzas including prosciutto and fig, ricotta & garlic, and classic Neapolitan style. As a bonus, Chef Maggie will be joined by local artist Jen Glymph who will lead an outdoor mixed media art studio where you will create your own masterpiece. This event is sure to get your mouth watering and your creative juices flowing.

16 & up / 1wk / \$35 Instructor Chef Maggie Costello

**** This class meets at Historic Peter Burr Farm ****

Program #4684 Fri, 10/6 6:00-8:00 pm

Farmer's Market Favorites featuring:

Panzanella Salad

Seared Steak with Chimichurri and Corn Tomato Salsa

Pickled Vegetables with Yogurt Cream

This class will focus on basic knife skills and mise en place. It is also an awesome opportunity to introduce our local produce. Menu items are light yet delicious.

16 & up / 1wk / \$35 Instructor Chef Maggie Costello

Program #4685 Fri, 10/13 6:00-8:00 pm

Secret to the Sauce featuring:

Pan Fried Pork Chop with Pepper Gravy

Tomato Basil Sauce with Perfect Pasta

Tomato, Eggplant, and Feta Stacks

with Pesto Cream Sauce

Class will focus on the fundamentals of building flavor.

It is a great way to show off simple sauces that are much more delicious than those out of a jar. Definite must haves in your culinary arsenal.

16 & up / 1wk / \$35 Instructor Chef Maggie Costello

Program #4686 Fri, 10/20 6:00-8:00 pm

\$5 materials fee due at beginning of each class

Classes are offered at the

Jefferson High School Teaching Kitchen

(Unless Otherwise Noted)

Soups, Stews, and Salad featuring:

Chicken and Corn Chowder over Perfect Rice

Tomato Basil Soup and Parmesan Garlic Croutons

Mediterranean Salad with my Signature Vinaigrette

This class will build off the sauce class... taking things a step further to create delicious soups and stews. These hearty dishes will be balanced out with a crisp fresh salad featuring my signature dressing. My basic vinaigrette recipe will teach others how to create their own personal flavor profile.

16 & up / 1wk / \$35 Instructor Chef Maggie Costello

Program #4687 Fri, 10/27 6:00-8:00 pm

All About the Butter featuring:

Seared Salmon with Lemon Garlic Compound Butter

Chicken Pot Pie

Pecan Scones with Brown Butter Glaze

Class will show off this amazing ingredient and the many ways to use it. Our first step is to make our own butter and compare it to what is available at the grocery store. My all time favorite (and all purpose) pastry dough will be featured in our chicken pot pie.

16 & up / 1wk / \$35 Instructor Chef Maggie Costello

Program #4688 Fri, 11/3 6:00-8:00 pm

Latin American Cuisine featuring:

Guacamole and Tostones

Salsa Verde

Sautéed Sweet Plantains

Red Chili Pork and Arepas

This class will be an introduction to the many flavors of Latin America and how to master them in your own kitchen.

16 & up / 1wk / \$35 Instructor Chef Maggie Costello

Program #4689 Fri, 11/10 6:00-8:00 pm

Sweet Tooth featuring:

Buttermilk Cupcakes with Ganache Icing

Skillet Brownies with Fresh Whipped Cream

Pound Cake with Raspberry Coulis

Easy and delicious recipes to satisfy your sweet tooth. No better way to end a delicious class line up just in time for the holidays.

16 & up / 1wk / \$35 Instructor Chef Maggie Costello

Program #4690 Fri, 11/17 6:00-8:00 pm

with

Chef Maggie Costello



Indoor Playground

Offered on Thursdays & Fridays, this activity is for children ages 1-5 and allows them to explore various obstacles on their own. Indoor play toys are provided and young children have plenty of room to run and play in a non-confined environment. Adults are responsible for supervising the children they bring. Please no more than five children per adult. Any preschools or other large groups, please call 304-728-3207 in advance to let us know you are coming. Purchase a 10 punch pass for \$40 and save \$10! Indoor Playground may close for set-up of special events.

1-5 yrs
\$5 for first child
\$3 for additional siblings
Location: JCCC
Th, Fri starting 9/7
10:00 am-3:00 pm

(Indoor Playground will not be open 10/5, 10/6, 10/27, 11/10, 11/23, 11/24, 12/8, 12/28, 12/29)



Daredevils will be daredevils. Fortunately, we're just around the corner.

Valley Health Urgent Care treats those everyday illnesses and injuries that require immediate attention but not necessarily a trip to the emergency room. This includes but is not limited to colds, flu, fever, burns, cuts, earaches, strep, pinkeye, sprains and strains. We also offer immunizations and sports physicals as well as on-site X-ray and lab services.

Multiple locations convenient to Winchester, Front Royal, Martinsburg and Ranson. Visit vhurgentcare.com to view all locations and reserve your spot with online check-in.

Hours:

M-F 8 A.M. — 8 P.M. • Weekends 9 A.M. — 6 P.M.

vhurgentcare.com

In collaboration with East Mountain Health Physicians.

ValleyHealth
 Urgent Care

A special "THANK YOU" to our sponsors,
the local businesses who help make the
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Commission programs a success!

Kid's Closet Connection

Jefferson County, WV



America's Top
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304-279-7374 for more details

www.KidsCloset.biz

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Club Volleyball Tryouts begin in November



ShenandoahSurge.com

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University
Healthcare

Jefferson Medical Center

wvuniversityhealthcare.com

Charles Town Plumbing, Heating
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(304)724-1521

Plumbing
(304)725-9751

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Charles Town, WV 25414

Fax: 304-724-1522
ctownhvac@aol.com

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Auto, Home, Life, Retirement

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MIDDLE SCHOOL

TEEN

\$10

PER STUDENT

NIGHT

1st Friday of each month.

6:30-10:00 pm

DJ Basketball Xbox Moon Bounce Ping Pong
and more!

Food Concessions available
for an additional fee.



Students must reside in Jefferson County and be in 6th, 7th, or 8th grade.

A student ID or parent sign-in will be required upon entry.

Bags, backpacks, alcohol, drugs, and inappropriate clothing are prohibited.

If you would like to be a sponsor, please contact Terri Burhans at tburhans@jcprc.org or call 304-728-3207 for more information.



Thank You



JCPRC nor any of it's employees sponsor or endorse the information presented on the ads on this page, or any ad presented in this publication.

Jefferson County Parks & Recreation ~ 19 ~ Register for classes at: www.jcprc.org

Park & Facility Information

Park Shelter

Reservation Info:

Facility Use Permits are available at the Parks & Recreation Office, 235 Sam Michael's Lane, Shenandoah Junction, WV 25442

Reservations are taken beginning the first working day of January for the current year. They can be made between 8:30 am-5 pm at the JCPRC Office.

Reservation fees and deposits vary depending on location. All pavilion fees, permit fees, and deposits are due at the time of reservation.

Shelters are available for public use, free of charge, on a first-come, first-serve basis if they are not already reserved.

Visit the JCPRC Website at www.jcprc.org for more information.



Sam Michael's Park-

The entrance to this one hundred and thirty acre park is located on Job Corps Road, near Harpers Ferry. The private setting of this park offers the perfect place to host weddings, wedding receptions, and reunions and other family events. The well shaded picnic pavilion offers an adjacent kitchen and restroom facility. The new Veterans Memorial Pavilion offers picnic tables, bathrooms and close proximity to the large playground area and Jefferson County Community Center. The sparse acreage lends well to community events such as concerts, dog shows, festivals, and more. Nestled within the park are little league fields, home of Jefferson County Parks and Recreation; Community Center, athletic fields, playgrounds, horseshoe pits, and a sand volleyball court.

Sam Michael's Park Wedding Venue -

Sam Michael's old home site, located in Sam Michael's Park, is available for rent for weddings and receptions.

Leetown Park-

Located four miles East of Leetown, on Leetown Road, this ten-acre park has been a gathering for softball games since the 1970's. On the park grounds are lighted softball fields, tennis courts, a playground, picnic pavilion, horse shoe pits, concession stand and new renovated restroom facility. This park offers a great place to host your company's softball league or to simply relax and just play a pick-up game of baseball. Ball fields available for reservations.

South Jefferson Park-

Located on Route 1, between Summit Point and Middleway, this seventy-one acre park accommodates six baseball fields, tennis courts, concession stand, a playground, and basketball court. It's a great place to relax and spend a day in the park.

James Hite Park-

This newly built, located on Hite Rd. in Kearneysville, offers newly constructed soccer and football fields, as well as a 2 mile walking/running around it's perimeter.

Moulton Park-

On the shore of the Shenandoah River, just North of the Bloomery Bridge, this half-mile of river frontage features camping and other recreational opportunities. The well-shaded, quiet hammock of foliage creates inviting habitat for squirrels, birds, and waterfowl. A public boat ramp gives access for fishing the Shenandoah River. Camping is restricted to permit only, please call Jefferson County Parks and Recreation at (304)-728-3207 for information.

Bolivar Nature Park-

Located on primrose alley, near Harpers Ferry, this 7-acre park is filled with plenty of botanical delights. A walking trail allows you to stroll through the park where you can relax on a bench and watch the deer graze. The gazebo and picnic tables are available for your convenience at the parks entrance.

Morgan's Grove Park-

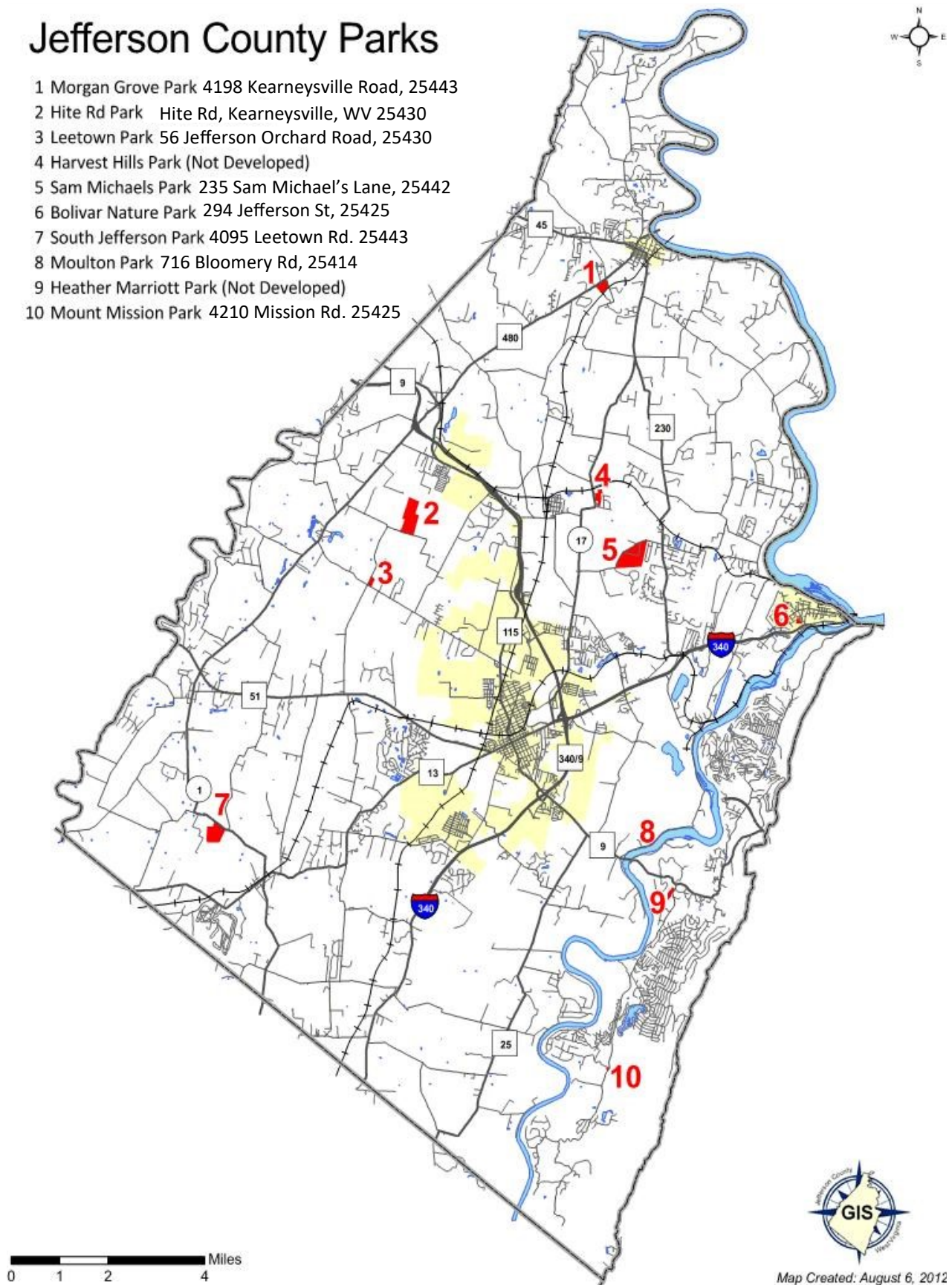
With over twenty acres of shade trees, meadows, playgrounds, and spring-fed streams, this popular park serves as an idyllic site for community gatherings and events. A 1500 square foot covered picnic pavilion with a full kitchen and restroom facility offers the perfect place to host family events as well as corporate functions. Other features of the park include playground equipment, soccer fields, sand volleyball, horseshoe pits, and a 3/4 mile walking trail.

Mount Mission Park -

This picturesque three and one-half acre park is located on Mission Road, near Shannondale. Shaded by oak and maple trees, the picnic pavilion, complete with restroom and kitchen facilities has played host to family reunions, weddings, and birthday parties. An old church on site, a playground, horseshoe pits, sand volleyball and a baseball diamond make this park a convenient site for neighborhood get-togethers.

Jefferson County Parks

- 1 Morgan Grove Park 4198 Kearneysville Road, 25443
- 2 Hite Rd Park Hite Rd, Kearneysville, WV 25430
- 3 Leetown Park 56 Jefferson Orchard Road, 25430
- 4 Harvest Hills Park (Not Developed)
- 5 Sam Michaels Park 235 Sam Michael's Lane, 25442
- 6 Bolivar Nature Park 294 Jefferson St, 25425
- 7 South Jefferson Park 4095 Leetown Rd. 25443
- 8 Moulton Park 716 Bloomery Rd, 25414
- 9 Heather Marriott Park (Not Developed)
- 10 Mount Mission Park 4210 Mission Rd. 25425



Map Created: August 6, 2012

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.

Registration is for the program, not attendance—no make ups, refunds of 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. Call (304) 728-9044 in case of inclement weather.

Program Refund/Transfer Policy:

After initial registration, refund requests must be submitted in writing at least five working days prior to the start of the program and are subject to a \$10 service charge. No refunds or credit will be given less than five days prior to, or after the first day of the class or program—NO EXCEPTIONS. Monetary refunds will only be given due to the department's cancellation of a program. If insufficient registration causes a program to be cancelled, participants will receive a JCPRC account credit within one week of the program cancellation. Customers may request a refund if a credit does not work for them. For any program fee under \$20, no refunds will be processed, only credit to JCPRC accounts will be issued. Additionally, any time a transfer from one program to another program is requested by a customer, there will be a \$5 transfer fee associated with that transaction.

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 cancelled.

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.

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 at the time of registration.

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.

Alcohol Policy:

Alcohol is not permitted in any Jefferson County Park. (*Exceptions may apply for weddings. Please call Joyce at 304-728-3207 with questions.*)

We strive to have a family atmosphere on our bus 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.

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.

Community Center - Daily Information

Facility Hours

Monday-Friday	8:00 am-8:00 pm
Office Hours (Monday-Friday)	8:00 am-6:00 pm
Saturday	10:00 am-6:00 pm
Sunday	12:00 pm-6:00 pm

Closures Observed:

Veteran's Day - Nov. 10	CLOSED
Labor Day - Sept 5	CLOSED
Thanksgiving - Nov. 24 & 25	CLOSED
Christmas - Dec. 26	CLOSED

In the event of inclement weather, the JCCC may open late or close early. Please call the cancellation line before driving out.	Cancellation line: (304) 728-9044
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Facility Daily Fees

Age	Daily	20 visit Punch Pass	Yearly Pass
Youth (6-18 Years)	\$2.00	\$30.00	\$150.00
Adults (19-59 Years)	\$2.00	\$30.00	\$150.00
Senior Adults	\$1.00	\$15.00	\$100.00

JCCC Fees: Fees provide access to the fitness room, open gym and indoor walking track. Punch Passes have no expiration date. Memberships and Punch Passes cannot be used toward programs. Additional fees apply for indoor playground.

OOPS!

JCPRC staff has made every effort to prepare this activity guide as accurately as possible. However, errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. JCPRC staff reserves the right to make any such adjustments. We apologize for any inconvenience these errors or adjustments may cause.

Registration is Easy! 5 EASY WAYS TO SIGN UP!



Online Registration

Go to www.jcprc.org
Pay with American Express,
Discover, VISA or MasterCard
anytime that's convenient for you!



Fax-In

(304) 728-9746
Fax form, including credit card
number, exp. date and 3 digit CSC.
Call to confirm receipt of fax. time
that's convenient for you!



Walk-in

Jefferson County Community Center
235 Sam Michael's Lane,
Shenandoah Junction, WV 25442
Office Hours Mon. thru Fri., 8am-6pm.
After Hours Drop Box available.



Phone-In

(304) 728-3207
Pay with American Express,
Discover, VISA or MasterCard,
Monday thru Friday, 8am -6pm.
Phone registration takes time.
Especially for new customers creating
a new account. Please be patient.
You can save time by registering online.



Mail-In

Fill out a registration form.
Mail it with payment to
235 Sam Michael's Lane,
Shenandoah Junction, WV 25442

PARENT					HOME	()
ADDRESS					WORK	()
CITY		STATE		ZIP		CELL ()
EMAIL	@					
ALLERGIES OR MEDICAL CONDITIONS: <small>List Participant and any allergies or medical conditions:</small>		EMERGENCY CONTACT: _____ <small>(not yourself—this person will be contacted IF we cannot reach the person listed above)</small>				
		RELATION: Parent Grandparent Aunt/Uncle Friend Neighbor Other: _____			Phone	() ()
PARTICIPANT NAME	DOB	PROGRAM #	CLASS TITLE		T-SHIRT SIZE <small>(if applicable)</small>	FEE
	/ /					\$
	/ /					\$
	/ /					\$
	/ /					\$
					TOTAL DUE	\$
PAYMENT OPTIONS		For Office Use		REQUIRED CSC CODE: _____		
Rec'd by _____ Date ____/____/____		Cash Check # _____ \$ _____ Other: _____				EX Date: ____/____/____
I/WE HAVE READ THE BELOW PARTICIPANT WAIVER AND RELEASE AND SIGN IT VOLUNTARILY:				Credit Card/Participant Waiver Authorization Signature: X _____		

We, the staff of the Jefferson County Parks and Recreation Commission (JCPRC), recognize our obligation to make our students and their parents fully aware of the inherent risks and hazards associated with sports & recreational activities that we offer. Students 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, 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 above information and am now fully aware of the hazards and risks associated and the distinct possibility of injuries that my child 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 the risks normally incident to the nature of the activities. 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 sustain in connection with programs or other activities related to the JCPRC. I also understand that any 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 a child 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.



A perfect place to grow...



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