

# Activity Guide

Winter/Spring  
2019  
[www.jcprc.org](http://www.jcprc.org)



*A perfect place to grow.*

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## What can I do at Parks & Rec?

### Ages 1-3

Dance (3)  
Let's Play Mobile Rec  
Toddler Play Dates (2-5)

Parent & Child Fitness (0-2)  
Soedorable Art (2-12)  
Special Events  
Square Dance

Gymnastics  
Martial Arts (3-5)  
Bus Trip

### Ages 3-6

Dance  
Animal Adventures (4-12)  
School's Out Camp (5-12)  
Soedorable Art (2-12)  
Superhero Training Academy (4-6)  
Kids' Cooking Adventures (5-8)

Gymnastics  
Learn to Ride (4-10)  
Let's Play Mobile Rec  
Special Events  
Bus Trips  
Square Dance

All About Soil (4-7)  
Nerf Wars (5-14)  
Martial Arts  
Toddler Play Dates (2-5)  
Little All-Stars  
Indoor Futsal League (4-6)

### Ages 6-12

Dance  
Animal Adventures (4-12)  
STEM Adventures (8+)  
Kids' Cooking Adventures (5-8)  
Martial Arts  
Youth Lacrosse (8+)  
Archery (7-16)  
Volleyball League (8-14)

Gymnastics  
Learn to Ride (4-10)  
School's Out Camp (5-12)  
Nerf Wars (5-14)  
Special Events  
Floor Hockey (8-12)  
Basketball Skills  
Square Dance

All About Soil (4-7)  
Lego Engineering (7-13)  
Let's Play Mobile Rec  
Soedorable Art (2-12)  
Bus Trips  
Sport Fit (7-12)  
Indoor Futsal League  
Country Line Dance

### Teens & Adults

Dance  
STEM Adventures (8+)  
Martial Arts (13-17)  
Bus Trips  
Archery (7-16)  
Adult Kickball League  
Country Line Dance  
Pickleball (50+)

Gymnastics (6-14)  
Let's Play Mobile Rec  
Special Events  
Youth Lacrosse (8+)  
Indoor Futsal League (12-14)  
Fitness Classes (18+)  
Crocheting & Knitting (14+)  
Late Night Indoor Soccer (18+)

Lego Engineering (7-13)  
Nerf Wars (5-14)  
Indoor Yard Sale  
Indoor & Outdoor  
Volleyball League (8-14)  
Square Dance  
Volleyball (18+)

Scholarships are available for some programs.

If you would like a scholarship application or if you are interested in contributing to our Scholarship program, please contact Brenda Whittington at the JCPRC 304-728-3207 or email [bwhittington@jcprc.org](mailto:bwhittington@jcprc.org).

Register for programs online at [www.jcprc.org](http://www.jcprc.org) or call our office at 304-728-3207 and we will be happy to help!

**Jefferson County Parks and Recreation is  
a perfect place to grow!**

## Our Staff

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# Martial Arts

## 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.



Ages 7-12 6 weeks/session  
JCCC Activity Room  
Instructor Chelsy Erickson

Resident: \$6700. Non-resident: \$72.00

Activity #5617	Sun, Jan 20-Feb 24	5:15-6:15 PM
Activity #5618	Sun, Mar 17-Apr 28	5:15-6:15 PM
Activity #5619	Sun, May 12-Jun 23	5:15-6:15 PM

## Little Dragons

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

Ages 3-5 6 weeks/session  
JCCC Activity Room  
Instructor Chelsy Erickson

Resident: \$51.00. Non-resident: \$56.00

Activity #5602	Sun, Jan 20-Feb 24	12:30-1:00 PM
Activity #5603	Sun, Mar 17-Apr 28	12:30-1:00 PM
Activity #5604	Sun, May 12-Jun 23	12:30-1:00 PM

## 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.

Ages 13-17 6 weeks/session  
JCCC Activity Room  
Instructor Chelsy Erickson

Resident: \$6700. Non-resident: \$72.00

Activity #5620	Sun, Jan 20-Feb 24	6:30-7:30 PM
Activity #5621	Sun, Mar 17-Apr 28	6:30-7:30 PM
Activity #5622	Sun, May 12-Jun 23	6:30-7:30 PM



## 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!

Ages 4-6 6 weeks/session  
JCCC Activity Room  
Instructor Chelsy Erickson

Resident: \$5700. Non-resident: \$62.00

Activity #5605	Sun, Jan 20-Feb 24	1:15-1:45 PM
Activity #5606	Sun, Jan 20-Feb 24	3:15-3:45 PM
Activity #5607	Sun, Mar 17-Apr 28	1:15-1:45 PM
Activity #5608	Sun, Mar 17-Apr 28	3:15-3:45 PM
Activity #5609	Sun, May 12-Jun 23	1:15-1:45 PM
Activity #5610	Sun, May 12-Jun 23	3:15-3:45 PM

## 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.



Ages 7-12 6 weeks/session  
JCCC Activity Room  
Instructor Chelsy Erickson

Resident: \$6700. Non-resident: \$72.00

Activity #5611	Sun, Jan 20-Feb 24	2:00-3:00 PM
Activity #5612	Sun, Jan 20-Feb 24	4:00-5:00 PM
Activity #5613	Sun, Mar 17-Apr 28	2:00-3:00 PM
Activity #5614	Sun, Mar 17-Apr 28	4:00-5:00 PM
Activity #5615	Sun, May 12-Jun 23	2:00-3:00 PM
Activity #5616	Sun, May 12-Jun 23	4:00-5:00 PM

**\*\*PLEASE NOTE: There will be no Martial Arts Classes held on 4/21 or 5/26**



Battle your friends in Nerf War Combat! Kids are invited to bring their Nerf blasters and darts to the JCCC for a night of Nerf battles and fun! Kids will have the opportunity to hang with friends and release some energy!

Ages 5-9 5:00-7:15 PM

Cost \$10.00/participant

Activity #5500	Fri, Dec 28
Activity #5501	Fri, Jan 18
Activity #5502	Fri, Feb 15
Activity #5503	Fri, Mar 15
Activity #5504	Fri, Apr 19

Limit 40 darts and 2 Nerf Blasters. Eye protection is recommended and available upon request. Parents must sign a release form before kids play.

Ages 10-14 7:30-9:45 PM

Cost \$10.00/participant

Activity #5493	Fri, Dec 28
Activity #5494	Fri, Jan 18
Activity #5495	Fri, Feb 15
Activity #5496	Fri, Mar 15
Activity #5497	Fri, Apr 19

# Gymnastics & Cheer

## 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.

Ages 1-2 6 weeks/session  
JCCC Half Gym  
Resident: \$49.00. Non-resident: \$54.00

<b>Activity #5570</b>	<b>Mon, Jan 28-Mar 11</b>	<b>4:15-4:45 PM</b>
<b>Activity #5571</b>	<b>Mon, Apr 1-May 13</b>	<b>4:15-4:45 PM</b>

## 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.

Ages 2-3 6 weeks/session  
JCCC Half Gym  
Resident: \$54.00. Non-resident: \$59.00

<b>Activity #5572</b>	<b>Sun, Jan 20-Feb 24</b>	<b>1:00-1:40 PM</b>
<b>Activity #5573</b>	<b>Sun, Mar 17-Apr 28</b>	<b>1:00-1:40 PM</b>
<b>Activity #5574</b>	<b>Sun, May 12-Jun 23</b>	<b>1:00-1:40 PM</b>
<b>Activity #5575</b>	<b>Sun, Jul 7-Aug 11</b>	<b>1:00-1:40 PM</b>

## 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.

Ages 3-4 6 weeks/session  
JCCC Half Gym  
Resident: \$65.00. Non-resident: \$70.00

<b>Activity #5576</b>	<b>Sun, Jan 20-Feb 24</b>	<b>1:50-2:35 PM</b>
<b>Activity #5577</b>	<b>Sun, Mar 17-Apr 28</b>	<b>1:50-2:35 PM</b>
<b>Activity #5578</b>	<b>Sun, May 12-Jun 23</b>	<b>1:50-2:35 PM</b>
<b>Activity #5579</b>	<b>Sun, Jul 7-Aug 11</b>	<b>1:50-2:35 PM</b>

## 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.

Ages 4-6 6 weeks/session  
JCCC Half Gym  
Resident: \$70.00. Non-resident: \$75.00

<b>Activity #5580</b>	<b>Sun, Jan 20-Feb 24</b>	<b>2:45-3:45 PM</b>
<b>Activity #5581</b>	<b>Sun, Mar 17-Apr 28</b>	<b>2:45-3:45 PM</b>
<b>Activity #5582</b>	<b>Sun, May 12-Jun 23</b>	<b>2:45-3:45 PM</b>
<b>Activity #5583</b>	<b>Sun, Jul 7-Aug 11</b>	<b>2:45-3:45 PM</b>
<b>Activity #5584</b>	<b>Mon, Jan 28-Mar 11</b>	<b>5:00-6:00 PM</b>
<b>Activity #5585</b>	<b>Mon, Apr 1-May 13</b>	<b>5:00-6:00 PM</b>

## Superhero Training Academy

Do you want to learn to leap through the air, jump over tall buildings, and hover off the ground? Come join the Superhero Training Academy and take part in rescue missions, spying games and problem-solving tasks while we swing, climb, jump, balance and even fly our way around the gymnastics gym. The Superhero Training Academy is a class that will allow your tot to use their super strength to safely explore the gymnastics gym while learning the core values behind all Superheroes: Respect, Responsibility, Caring, and Honesty. Children will make 1 craft during this program and will receive their very own superhero mask at the Superhero Training Academy Graduation.

Ages 4-6 6 weeks/session  
JCCC Half Gym  
Resident: \$49.00. Non-resident: \$54.00

<b>Activity #5598</b>	<b>Sun, Jan 20-Feb 24</b>	<b>3:55-4:25 PM</b>
<b>Activity #5599</b>	<b>Sun, Mar 17-Apr 28</b>	<b>3:55-4:25 PM</b>
<b>Activity #5600</b>	<b>Sun, May 12-Jun 23</b>	<b>3:55-4:25 PM</b>
<b>Activity #5601</b>	<b>Sun, Jul 7-Aug 11</b>	<b>3:55-4:25 PM</b>

**\*\*PLEASE NOTE: There will be no Gymnastics Classes held on 2/18, 4/15, 4/21 or 5/26**



## Gymnastics & Cheer

### 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. The Monday evening intermediate and beginner classes are held at the same time, students will be split into groups based on age and skill level.



Ages 6-12 6 weeks/session  
JCCC Half Gym  
Resident: \$70.00. Non-resident: \$75.00

Activity #5586	Sun, Jan 20-Feb 24	4:35-5:35 PM
Activity #5587	Sun, Mar 17-Apr 28	4:35-5:35 PM
Activity #5588	Sun, May 12-Jun 23	4:35-5:35 PM
Activity #5589	Sun, Jul 7-Aug 11	4:35-5:35 PM
Activity #5590	Mon, Jan 28-Mar 11	6:10-7:10 PM
Activity #5591	Mon, Apr 1-May 13	6:10-7:10 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. Parents are welcome to observe during the last class. The Monday evening intermediate and beginner classes are held at the same time, students will be split, based on age and skill level.

Ages 6-14 6 weeks/session  
JCCC Half Gym  
Resident: \$70.00. Non-resident: \$75.00



Activity #5592	Sun, Jan 20-Feb 24	5:45-6:45 PM
Activity #5593	Sun, Mar 17-Apr 28	5:45-6:45 PM
Activity #5594	Sun, May 12-Jun 23	5:45-6:45 PM
Activity #5595	Sun, Jul 7-Aug 11	5:45-6:45 PM
Activity #5596	Mon, Jan 28-Mar 11	6:10-7:10 PM
Activity #5597	Mon, Apr 1-May 13	6:10-7:10 PM

**\*\*PLEASE NOTE:** There will be no Gymnastics Classes held on 2/18, 4/15, 4/21 or 5/26

# CIT

COUNSELOR IN TRAINING

*Get ready for summer!  
Our CIT program will return this year!  
If your teen is interested, please connect with  
David Kling: [dkling@jcprc.org](mailto:dkling@jcprc.org)*

The Jefferson County Parks & Recreation Commission will be offering a Counselor-In-Training (CIT) program for teens, ages 13-17, who are seeking leadership and work experience through a summer camp work setting. Qualified and selected teens will go through an interview process as if they were applying for a camp counselor position. Selected candidates will be selected for 1-3 weeks of camp to work in a camp setting of their choosing (day camps, sports camps, art camps, special interest camps, etc.). This summer, JCPRC will be selecting up to 10 qualified candidates into this program. At the end of each week of camp your child works, they will be evaluated on how they did. The goal of this program is to prepare children for potential work experiences and the possibility of becoming a paid junior counselor. This is also an excellent way to get volunteer hours. Applications are being accepted until Friday, March 23rd. Candidates may choose up to 3 weeks of camps.

There will be a registration cost of \$75 associated with this program.

# Dance

## Atomic Rhythms

Come join this exciting one-hour class and learn about rhythms. You will need tap shoes, a 5 gallon plastic bucket, and a pair of drum sticks. Students will learn how to integrate drumming techniques with tap shoe rhythms. An exciting way to learn to dance and create music with your feet and hands.



Ages 6-10 8 weeks/session  
Dance Room

Instructor: New Hopewell Center For The Arts  
Resident: \$75.00. Non-resident: \$80.00

**Activity #5731 Mon, Apr 8-Jun 3 6:30-7:30 PM**

Ages 6-10  
Dance Room

Instructor: New Hopewell Center For The Arts  
Resident: \$90.00. Non-resident: \$95.00

**Activity #5730 Mon, Jan 28-Apr 1 6:30-7:30 PM**

## Creative Movement

Come explore the world of rhythm and entertainment. In this fun filled class, children will use rhythm sticks, hula hoops, learn basics of ballet, tap, and singing. Come have fun and explore the art of entertainment.

Ages 3-5 6 weeks/session  
Dance Room

Instructor: New Hopewell Center For The Arts  
Resident: \$75.00. Non-resident: \$80.00

**Activity #5728 Thu, Apr 25-May 30 11:45 AM-12:30 PM**

**Activity #5729 Tue, Apr 30-Jun 4 11:45 AM-12:30 PM**

Ages 3-5 8 weeks/session  
Dance Room

Instructor: New Hopewell Center For The Arts  
Resident: \$90.00. Non-resident: \$95.00

**Activity #5724 Tue, Jan 8-Feb 26 11:45 AM-12:30 PM**

**Activity #5725 Tue, Mar 5-Apr 23 11:45 AM-12:30 PM**

**Activity #5726 Thu, Jan 3-Feb 21 11:45 AM-12:30 PM**

**Activity #5727 Thu, Feb 28-Apr 18 11:45 AM-12:30 PM**

**\*\*PLEASE NOTE: There will be no Dance Classes held on 2/18, 3/11, 4/15, 4/18, 4/21, 4/22, 4/28, 5/27, 6/30**

## 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.

Ages 5-7 4 weeks/session  
Dance Room

Instructor: Mikaela Petersen  
Resident: \$42.00. Non-resident: \$47.00

**Activity #5562 Thu, May 9-May 30 4:00-4:45 PM**

Ages 5-7 6 weeks/session  
Dance Room

Instructor: Cara Patterson  
Resident: \$62.00. Non-resident: \$67.00

**Activity #5557 Sun, Jan 20-Feb 24 2:50-3:50 PM**

**Activity #5558 Sun, Mar 17-May 5 2:50-3:50 PM**

**Activity #5559 Sun, Jun 2-Jul 14 2:50-3:50 PM**

Ages 5-7 6 weeks/session  
Dance Room

Instructor: Mikaela Petersen  
Resident: \$57.00. Non-resident: \$62.00

**Activity #5560 Thu, Jan 24-Feb 28 4:00-4:45 PM**

**Activity #5561 Thu, Mar 14-Apr 25 4:00-4:45 PM**

## 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.

Ages 5-14 4 weeks/session  
Dance Room

Instructor: Mikaela Petersen  
Resident: \$42.00. Non-resident: \$47.00

**Activity #5565 Thu, May 9-May 30 4:50-5:35 PM**

Ages 5-7 6 weeks/session  
Dance Room

Instructor: Mikaela Petersen  
Resident: \$57.00. Non-resident: \$62.00

**Activity #5563 Thu, Jan 24-Feb 28 4:50-5:35 PM**

**Activity #5564 Thu, Mar 14-Apr 25 4:50-5:35 PM**



Family & Community



Enrichment



The Arts



Health & Fitness

### Did you notice these icons next to some programs?

Kids ages 6-12 are invited to participate in a new challenge and could win a FREE week of Summer Day Camp!

Stop into the Community Center to get your program punch card. If you take a class with one of these icons, we will punch your card.

Once you have 4 punches, including two different interest areas, write your name on the back and enter our drawing for a FREE WEEK OF DAY CAMP!

## Dance

### 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.



Ages 7-15 6 weeks/session  
Dance Room  
Instructor: Cara Patterson  
Resident: \$62.00. Non-resident: \$6700

Activity #5551	Sun, Jan 20-Feb 24	1:40-2:40 PM
Activity #5552	Sun, Mar 17-May 5	1:40-2:40 PM
Activity #5553	Sun, Jun 2-Jul 14	1:40-2:40 PM

### Tap 1

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



Ages 5-15 4 weeks/session  
Dance Room  
Instructor: Mikaela Petersen  
Resident: \$42.00. Non-resident: \$4700

Activity #5550	Thu, May 9-May 30	5:45-6:30 PM
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Ages 5-15 6 weeks/session  
Dance Room  
Instructor: Mikaela Petersen  
Resident: \$62.00. Non-resident: \$6700

Activity #5548	Thu, Jan 24-Feb 28	5:45-6:30 PM
Activity #5549	Thu, Mar 14-Apr 25	5:45-6:30 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. Classes 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.

Ages 5-8 6 weeks/session  
Dance Room  
Instructor: Cara Patterson  
Resident: \$62.00. Non-resident: \$6700

Activity #5554	Sun, Jan 20-Feb 24	12:30-1:30 PM
Activity #5555	Sun, Mar 17-May 5	12:30-1:30 PM
Activity #5556	Sun, Jun 2-Jul 14	12:30-1:30 PM

### Country Line Dancing Level 1 (Youth)

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.

Ages 6-15 7 weeks/session  
Charles Town Middle School - Cafeteria  
Instructor: Allen Keefer  
Resident: \$3700. Non-resident: \$4200

Activity #5660	Thu, Jan 3-Feb 14	6:30-7:30 PM
Activity #5661	Thu, Feb 21-Apr 4	6:30-7:30 PM
Activity #5662	Thu, Apr 11-May 23	6:30-7:30 PM

### Country Line Dancing Level 2 (Youth)

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.

Ages 6-15 7 weeks/session  
Charles Town Middle School - Cafeteria  
Instructor: Allen Keefer  
Resident: \$3700. Non-resident: \$4200

Activity #5669	Thu, Jan 3-Feb 14	7:30-8:30 PM
Activity #5670	Thu, Feb 21-Apr 4	7:30-8:30 PM
Activity #5671	Thu, Apr 11-May 23	7:30-8:30 PM

**\*\*PLEASE NOTE: There will be no Dance Classes held on 2/18, 3/11, 4/15, 4/18, 4/21, 4/22, 4/28, 5/27, 6/30**

Opening  
Spring 2019





## Interests & Hobbies

### All About Soil

Learn how to make paint from soil, how soil is formed and how to use recycled materials and balloons to start seeds. Crafts will be constructed and taken home after each session.

Ages 4-7  
JCCC Activity Room  
FREE SINGLE DAY ACTIVITIES

Activity #5678	Wed, Jan 23-Jan 23	4:00-5:00 PM
Activity #5679	Wed, Feb 27-Feb 27	4:00-5:00 PM
Activity #5680	Wed, Mar 27-Mar 27	4:00-5:00 PM

### Animal Adventures

Animal lovers will meet, learn about, and interact with real, live animals! Under close adult supervision, participants will hold, pet, and/or feed animals throughout this six week course. Animals include birds, reptiles, mammals, amphibians, and invertebrates. Students will learn about proper animal handling, basic biology, animal behavior, animals' jobs in nature, husbandry, and the importance of biodiversity. Two or more animals will be at each class!



Ages 4-12 6 weeks/session  
JCCC Activity Room  
Instructor: Melissa Kowalski  
Resident: \$99.00. Non-resident: \$104.00

Activity #5681	Thu, Jan 17-Feb 21	5:00-6:00 PM
Activity #5682	Thu, Feb 28-Apr 4	5:00-6:00 PM
Activity #5683	Thu, Apr 11-May 23	5:00-6:00 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. Activities may vary from session to session.



Ages 8+ 4 weeks/session  
Jefferson County Community Center  
Instructor: Barb Matlock  
Resident: \$52.00. Non-resident: \$57.00

Activity #5686	Wed, Jan 30-Feb 20	5:00-6:00 PM
Activity #5687	Wed, Mar 13-Apr 3	5:00-6:00 PM

### 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. 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. Parents please plan on being an active participant in this class.



Ages 4-10 One Day Activity  
JCCC rear parking lot  
Instructor: Jeff Fiolek

Resident: \$15.00. Non-resident: \$23.00

Activity #5778	Sat, Apr 27	10:00AM-12:00PM
Activity #5779	Sat, May 18	10:00AM-12:00PM
Activity #5780	Sat, Jun 1	10:00AM-12:00PM

### LEGO Engineering

Build engineer designed projects such as boats, bridges, mazes, cars and use special pieces to create your own unique designs. Children will not be allowed to take home any of the LEGOs.



Ages 7-13 4 weeks/session  
Jefferson County Community Center  
Resident: \$62.00. Non-resident: \$67.00

Activity #5684	Wed, Jan 30-Feb 20	6:30-7:30 PM
Activity #5685	Wed, Mar 13-Apr 3	6:30-7:30 PM



### Let's Play! Mobile Recreation

We'll be on the road with our parks and rec mobile. We will play structured games and sports with the kids and also allow for some unstructured free time with our wide variety of sports equipment. Kids all ages / 1 day / FREE Apple Tree Gardens

All ages are welcome!  
Apple Tree Gardens

Fri, May 24 4:30-6:30 PM

### Soedorable Art

Soedorable Art is the perfect way to enjoy an afternoon. We start with a blank canvas and all the supplies needed to complete a beautiful work of Soedorable Art!!! I'm here to guide you through your painting until you are happy with your masterpiece.

Children ages 2-6 will be required to have a parent present for child assistance.

Ladybug Painting  
Activity #5695  
Saturday, March 23  
(Registration Deadline: Mar. 14)

1:00-3:00 PM

Cost: \$35  
All materials and supplies included.



## Special Events & Camps

### Community Center Yard Sale

One man's stuff is another man's treasure. Booth space will be made available for a small fee, booth space includes two 8-foot tables. Advertisements will be placed in various local publications and social media.

Jefferson County Community Center  
Resident: \$27.00. Non-resident: \$32.00

**Activity #5773 Sat, Apr 13 8:00 AM-1:00 PM**

### Hoppin' Down the Bunny Trail

#### Easter Bunny Fun Run

This AWARD WINNING Spring event, celebrating good health and a happy Easter returns for more high energy fun! Join us for The Kids Egg Run and Bunny Hop! Kids will hop or walk or run down the 1/2 mile "Bunny Trail", stopping along the way to collect eggs and try activities. Kids will splash, zoom down a giant slide, have a blast with prize balloons, and be challenged with hidden egg treasures before making their way to the finish line to receive a special Bunny Trail Medal! After the Egg Run, kids and families are invited into the gym for a special Bunny Hop Dance with plenty of healthy snacks, a chance to win family-fun giveaways, and enjoy a musical concert with our special guest, the Easter Bunny himself! All registered participants will receive an event t-shirt, a bunny medal, and a bag for collecting prizes along the Bunny Trail. Registration is required. This event is limited to 300 kids. We expect this event to fill, so please register early! Jefferson County Parks and Recreation was presented with the Eugene M/ Fuller Award from the West Virginia Recreation and Park Association for "Hoppin' Down the Bunny Trail" on October 18, 2018.



All Ages are Welcome!  
Sam Michaels Park  
\$12.00/participant

**Activity #5547 Sat, Apr 6 9:00-11:00 AM**

### Pancakes & Princesses

What could be better than delicious pancakes? Adding in a little fairy dust and sparkle! Join your favorite princesses at this very special breakfast event where kids will have the opportunity to take photos, make a craft, and dance the morning away with their favorites! Kids are invited to dress like royalty! Pre-registration is required.



Ages 2-12  
Jefferson County Community Center  
\$12.00/participant

**Activity #5783 Sat, Mar 30 8:00-10:00 AM**



### Parents Night Out

Leave the kids with us at the Jefferson County Community Center! Parents can go get dinner, grab a movie, go shopping, or enjoy some alone time? You deserve it! Your little ones will have a blast with our staff; eating pizza, watching a movie, doing arts & crafts and of course playing a TON of games. If your child has a favorite book or any homework feel free to send that with them! Kids are also encouraged to bring a pillow and sleeping bag or blanket to use at the end of the night during the movie. With all of these fun activities planned, your child is guaranteed to leave with a full belly and empty tank! Must register 7 days prior to course date.

Ages 5-12

Jefferson County Community Center  
Resident: \$15.00. Non-resident: \$20.00

**Activity #5776 Fri, Mar 29 6:00-10:00 PM**

### School's Out - Fun Day!

No School!? Bring your kids to the JCCC for a day filled with fun! We'll play sports, games, watch a movie and keep them occupied for the day while you work. Please provide a packed lunch, 2 snacks, and water.

Ages 5-12

Jefferson County Community Center  
Resident: \$25.00. Non-resident: \$40.00

**Activity #5688 Tue, Mar 12 8:00 AM-5:00 PM**



### School's Out - Spring Break Camp!

Bring your kids to the JCCC during spring break for a week filled with fun! We'll play sports, games, watch a movie and keep them occupied for the week while you work. Please provide a packed lunch, 2 snacks, and water.

Ages 5-12

Jefferson County Community Center  
Resident: \$90.00. Non-resident: \$95.00

**Activity #5689 Mon-Fri, Apr 15-Apr 19 8:00AM-5:00PM**



### Daddy Daughter Dance

Be your daughter's Prince Charming and take her out for an evening she won't soon forget. Couples will have fun with crafts, music and food. Photo opportunities will also be available by Beyond the Lens photography.

All Ages

Jefferson County Community Center  
Friday, February 22 5:30-8:30 PM

**Activity # 5771 Includes Dinner \$22.00 per couple  
(Additional Sibling: \$12, includes dinner)**

**Activity # 5772 Opt Out Dinner \$12.00 per couple  
(Additional Sibling \$8.00)**



# Plan your next Party at the Park!

Birthdays Showers Family Friends Fun!

## Saturdays

3:00pm-5:00pm  
5:30pm-7:30pm  
8:00pm-10:00pm

&

## Sundays

10:00am-12:00pm  
12:30pm-2:30pm  
3:00pm-5:00pm

Timeslots are reserved on a first-come, first-serve basis. Some dates may not have parties available.



### What you get!

Party Packages include 1/2 gym, moon bounce, and 5 tables and 25 chairs set-up. We will have a birthday party attendant on staff to help with questions the day of the event. Kids will have plenty of space to run and bounce with their friends!  
(Additional participants can join the fun for only \$5 each!)



### How to book!

Call our office at 304-728-3207 and we will be happy to get your Party booked! The cost for our NEW! Party Package is \$149, and includes 1/2 gym, 1 moon bounce, table & chairs. You are able to decorate for your party however you choose.

Set-up and clean-up time (15 min. before and 15 min. after) will be available at no additional fee. All guests are required to sign a liability waiver.



### Where's the Party?

All party packages are available at the Jefferson County Community Center in Sam Michaels Park.  
235 Sam Michaels Lane, Shenandoah Junction, WV 25442



A perfect place to grow...

[www.jcprc.org](http://www.jcprc.org)





## Cooking Classes for Kids

Enjoy these hands on cooking classes. Kids will have fun creating fun sweets and treats, while learning basics of cooking, food and kitchen safety. Due to limited supply, children will be able to sample foods they create, there will not be enough for family members to eat.

### Kids Cooking Adventures Cookies!

Ages 5-8

Page Jackson Elementary - cafeteria

Resident: \$35.00 Non-resident: \$40.00

Activity #5691 Sat, March 23 9:00 AM-Noon

### Kids Cooking Adventures Finger Food Treats!

Ages 5-8

Page Jackson Elementary - cafeteria

Resident: \$35.00 Non-resident: \$40.00

Activity #5693 Sat, May 25 9:00 AM-Noon

### Kids Cooking Adventures Cupcakes!

Ages 5-8

Page Jackson Elementary - cafeteria

Resident: \$35.00 Non-resident: \$40.00

Activity #5692 Sat, April 27 9:00 AM-Noon



# Indoor Playground

Thursdays & Fridays

10am-3pm

Jefferson County Community Center  
(Some dates may not be available.)

Cost: \$5.00 for the first child  
\$3.00 for siblings

10 visit  
punch pass  
available  
\$40!



# PreSchool Programming



Introduce your child to the basics of alphabet, numbers, colors and shapes through various crafts, stories and other activities. Our program is designed for children age one and a half to three years of age, and based on a commitment to offering children an educationally sound and happy preschool experience where they can learn about themselves and about the world around them. We know the preschool experience is a first and very important step in a long education process, and we will strive to make it as fun and educational as possible. Toddler Learning Time is a tuition based program and parents will be required to make monthly payments.

Enrollments are accepted on a rolling basis, as spaces are available.

**2 yrs / \$90 per month**      **Instructor Stacie Tanski**  
**Jefferson County Community Center**  
**Mon/Wed/Fri 9:00 am-10:30 am**

**2 yrs / \$90 per month**      **Instructor Stacie Tanski**  
**Jefferson County Community Center**  
**Mon/Wed/Fri 11:00 am-12:30 pm**

**16 mos. (must be mobile) / \$80 per month**  
(Children must be 16 mos. on or before September 1 to enroll)

**Instructor Stacie Tanski**  
**Jefferson County Community Center**  
**Tue/Thur 9:00 am-10:30 am**

**3 yrs / \$100 per month**      **Instructor Stacie Tanski**  
**Jefferson County Community Center**  
**Tue/Thur 11:00 am-1:00 pm**

Registration Fee: \$50      Materials Fee: \$50  
Registration fee and materials fee are non-refundable.

To obtain information and registration packet  
please email Stacie Tanski at  
stanski@jeffersoncountywv.org

## The Play & Learn Program



Play & Learn Program's mission is to provide children ages 3-5 with a well-rounded program in a positive, safe, and supportive environment. Our mission is achieved by a professional and dedicated staff that will guide your child through a variety of meaningful and interesting experiences, which will help to develop your child's cognitive, social, and physical skills through appropriate activities. Your child will have fun learning through play.

### Learning Outcomes include:

- Enhance self esteem & individuality
- Build friendships
- Develop respect & promote teamwork
- Encourage reading readiness
- Strengthen listening & speaking skills
- Provide opportunities for self-expression
- Learn to get along with & respect others
- Encourage creativity

Children must be fully toilet trained prior to the first day of class.  
Use of disposable undergarments are not permitted.

**4-5 yrs / \$180 per month**      **Instructor Holly Junkin**  
**Jefferson County Community Center**  
**Mon/Wed/Fri 9:00 am-11:30 am**

**4-5 yrs / \$180 per month**      **Instructor Holly Junkin**  
**Jefferson County Community Center**  
**Mon/Wed/Fri 1:00 pm-3:30 pm**

**3-4 yrs / \$130 per month**      **Instructor Holly Junkin**  
**Jefferson County Community Center**  
**Tue/Thur 9:00 am-11:30 am**

**3-4 yrs / \$130 per month**      **Instructor Holly Junkin**  
**Jefferson County Community Center**  
**Tue/Thur 1:00 pm-3:30 pm**

Registration Fee: \$50      Materials Fee: \$50  
Registration fee and materials fee are non-refundable.

To obtain information and registration packet  
please email Holly Junkin at  
hjunkin@jeffersoncountywv.org

## Parent & Child Classes

### Toddler Play Date - Valentine's Day Craft

Bring your 2-5 year old out for a fun afternoon of arts, crafts, play and socialization. Our instructors will have all the supplies to help you and your child create some fun memories! A great way to meet other moms and get the kiddos out of the house! Parents must stay with the child in the class. Infant siblings are welcome to come hang out in their strollers while the 2-5 year olds do some crafting!

Ages 2-5 1 day Activity

JCCC Activity Room

Resident: \$12.00. Non-resident: \$17.00

Activity #5708 Wed, Feb 13 1:00 PM-2:30 PM

### Toddler Play Date - St. Patrick's Day Craft

Bring your 2-5 year old out for a fun afternoon of arts, crafts, play and socialization. Our instructors will have all the supplies to help you and your child create some fun memories! A great way to meet other moms and get the kiddos out of the house! Parents must stay with the child in the class. Infant siblings are welcome to come hang out in their strollers while the 2-5 year olds do some crafting!

Ages 2-5 1 day Activity

JCCC Activity Room

Resident: \$12.00. Non-resident: \$17.00

Activity #5709 Thu, Mar 14 1:30-3:00 PM

### Toddler Play Date - Easter Craft

Bring your 2-5 year old out for a fun afternoon of arts, crafts, play and socialization. Our instructors will have all the supplies to help you and your child create some fun memories! A great way to meet other moms and get the kiddos out of the house! Parents must stay with the child in the class. Infant siblings are welcome to come hang out in their strollers while the 2-5 year olds do some crafting!

Ages 2-5 1 day Activity

JCCC Activity Room

Resident: \$12.00. Non-resident: \$17.00

Activity #5710 Wed, Apr 10 1:00-2:30 PM



### Mommy & Me Move

Come enjoy a fun mix of structured and unstructured playtime with your little one. Ms. Heidi will lead you through fun exercises for you and your child in our gymnastics room. You will then have time to play with your child on a baby and toddler-friendly obstacle course. This is a great opportunity to socialize your child and make some mommy friends! Children should at least be crawling and be able to stand and support their own weight.

Ages 0-2 1/2 years & your adult 6 weeks/session

Jefferson County Community Center

Instructor: Heidi Citro

Resident: \$49.00. Non-resident: \$54.00

Activity #5566 Mon, Jan 28-Mar 11 9:45-10:30 AM

Activity #5567 Mon, Apr 1-May 13 9:45-10:30 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! Infants & toddlers less than 3 years and their person / 6 wks / \$40

Ages 0-2 1/2 years & your adult 6 weeks/session

Jefferson County Community Center

Instructor: Heidi Citro

Resident: \$40.00. Non-resident: \$45.00

Activity #5676 Wed, Fri, Jan 23-Mar 1 11:15 AM-12:00 PM

Activity #5677 Wed, Fri, Mar 13-Apr 26 11:15 AM-12:00 PM

No class 4/17, 4/19

### Baby Fit

Strap your baby into a wearable carrier and join us for this low-impact exercise class. Get into shape while bonding with baby during this mix of cardio and strengthening exercises. Please bring a yoga mat and a blanket or mat to lay your child on if necessary!

Age: 2 mo-1 year old & your adult 6 weeks/session

Jefferson County Community Center

Instructor: Heidi Citro

Resident: \$49.00. Non-resident: \$54.00

Activity #5568 Mon, Jan 28-Mar 11 10:45-11:15 AM

Activity #5569 Mon, Apr 1-May 13 10:45-11:15 AM



## Athletics

### Archery - Indoor

With our S.A.F.E. Archery equipment we can move the fun sport of Archery indoors. 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.



Jefferson County Community Center  
Resident: \$75.00 Non-resident: \$80.00

Ages 7-11	Instructor Jay Earl	6 weeks/session
<b>Activity #5700</b>	<b>Mon, Jan 28-Mar 11</b>	<b>5:00-5:50 PM</b>
Ages 11-16	Instructor Jay Earl	6 weeks/session
<b>Activity #5701</b>	<b>Mon, Jan 28-Mar 11</b>	<b>6:00-6:50 PM</b>
Ages 7-16	Instructor Jay Earl	6 weeks/session
<b>Activity #5702</b>	<b>Mon, Jan 28-Mar 11</b>	<b>7:00-7:50 PM</b>

No class 2/18

### Archery - Outdoor

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. Please dress comfortably. Class may be held indoors if there is inclement weather and we will use our S.A.F.E. Archery equipment.



Sam Michael's Park - Mason Pavilion  
Resident: \$75.00 Non-resident: \$80.00

Ages 7-11	Instructor Jay Earl	6 weeks/session
<b>Activity #5703</b>	<b>Mon, Mar 25-May 6</b>	<b>5:00-5:50 PM</b>
Ages 11-16	Instructor Jay Earl	6 weeks/session
<b>Activity #5704</b>	<b>Mon, Mar 25-May 6</b>	<b>6:00-6:50 PM</b>
Ages 7-16	Instructor Jay Earl	6 weeks/session
<b>Activity #5705</b>	<b>Mon, Mar 25-May 6</b>	<b>7:00-7:50 PM</b>

No class 4/15

### Floor Hockey

This program is intended to teach your child to enjoy being physically active while having fun and learning the importance of working together in a team-sport atmosphere. Children will learn fundamental hockey skills, emphasizing on stick and puck control, offense/defense techniques and the rules of the game of hockey. We will have hockey sticks, but if your child already has a hockey stick, they are welcome to bring their own.



Ages 7-12 6 weeks/session  
Jefferson County Community Center  
Instructor: Eric Sanders

Resident: \$40.00 Non-resident: \$45.00

<b>Activity #5782</b>	<b>Wed, Apr 24-May 29</b>	<b>5:45-6:45 PM</b>
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### Basketball Skills

You 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!

Ages 6-8 Instructor Jeff Fiolek 6 weeks/session

Jefferson County Community Center

Resident: \$700 Non-resident: \$62.00

<b>Activity #5706</b>	<b>Wed, Apr 24-May 29</b>	<b>5:00-5:45 PM</b>
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Ages 9-12 Instructor Jeff Fiolek

Jefferson County Community Center

Resident: \$5700 Non-resident: \$62.00

<b>Activity #5707</b>	<b>Wed, Apr 24-May 29</b>	<b>6:00-6:45 PM</b>
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### Youth Lacrosse

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. Feel free to bring your own stick if you have one.

Age 8-16 6 weeks/session

Asbury United Methodist Church - Gymnasium

Resident: \$30.00 Non-resident: \$35.00

<b>Activity #5774</b>	<b>Sat, Jan 19-Feb 23</b>	<b>9:00-10:00 AM</b>
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<b>Activity #5775</b>	<b>Sat, Mar 9-Apr 13</b>	<b>9:00-10:00 AM</b>
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### 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.

Ages 3-6 Instructor Heidi Citro 6 weeks/session

Jefferson County Community Center

Resident: \$42.00 Non-resident: \$47.00

<b>Activity #5696</b>	<b>Wed, Jan 23-Feb 27</b>	<b>10:00-10:45 AM</b>
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<b>Activity #5697</b>	<b>Wed, Mar 13-Apr 24</b>	<b>10:00-10:45 AM</b>
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No class 4/17

### Sport Fit with 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.

Ages 8-12 Instructor Heidi Citro 6 weeks/session

Jefferson County Community Center

Resident: \$62.00 Non-resident: \$67.00

<b>Activity #5698</b>	<b>Wed, Jan 23-Feb 27</b>	<b>4:45-5:30PM</b>
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<b>Activity #5699</b>	<b>Wed, Mar 13-Apr 24</b>	<b>4:45-5:30PM</b>
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No class 4/17

# Volleyball League

## Girl's Volleyball League 12-14

This league designed for players to learn the fundamental volleyball skills and teamwork skills while having fun. Our goal is to provide an atmosphere that promotes sportsmanship, fair play in a safe environment for players, coaches, officials and spectators. Background checks will be conducted on all volunteer coaches. Volunteer coaches are required to attend a pre-season coaches meetings. Teams will practice two nights per week at the Jefferson County Community Center and/or Wildwood Middle School. Practices will begin on Tuesday, April 2nd. Practices are held on Tuesdays and Thursdays. League games will start on Saturday, April 20th. Teams will play 8 games. Participant's age is determined by how old they will be on April 1st. Game times will vary on Saturdays between 9am-4pm. COACHES MEETINGS HELD ON 3/7/19 AND 3/28/19 AT 6:30PM AT THE JEFFERSON COUNTY COMMUNITY CENTER. Week 8 will consist of a league wide tournament. All 14-year old's entering this league MUST be in 8th grade.

Ages 12-14      8 weeks/session  
Jefferson County Community Center  
Resident: \$50.00. Non-resident: \$55.00



Activity #5751	Sat, Apr 20-Jun 8	Individual Cost: \$60
Activity #5748	Sat, Apr 20-Jun 8	Coach/Sibling Cost: \$50

## Volleyball League 8-11 yr coach/sibling (coed)

This league designed for players to learn the fundamental volleyball skills and teamwork skills while having fun. Our goal is to provide an atmosphere that promotes sportsmanship, fair play in a safe environment for players, coaches, officials and spectators. Background checks will be conducted on all volunteer coaches. Volunteer coaches are required to attend a pre-season coaches meetings. Teams will practice two nights per week at the Jefferson County Community Center and/or Wildwood Middle School. Practices will begin on Tuesday, April 2nd. Practices are held on Tuesdays and Thursdays. League games will start on Saturday, April 20th. Teams will play 8 games. Participant's age is determined by how old they will be on April 1st. Game times will vary on Saturdays between 9am-4pm. COACHES MEETINGS HELD ON 3/7/19 AND 3/28/19 AT 6:30PM AT THE JEFFERSON COUNTY COMMUNITY CENTER. Week 8 will consist of a league wide tournament. The 8-11 juniors division is Co-Ed.

Ages 8-11      8 weeks/session  
Jefferson County Community Center  
Resident: \$50.00. Non-resident: \$55.00



Activity #5746	Sat, Apr 20-Jun 8	Individual Resident Cost: \$60	Non-Resident:\$65
Activity #5744	Sat, Apr 20-Jun 8	Coach/Sibling Cost: \$50	Non-Resident: \$55

Save  
the  
date!  
  
2019



Our first  
Family  
Festival  
at





### Jefferson County Lacrosse (High School Boys' team)

Join the Jefferson County Parks & Recreation Commission as we embark on creating the first high school lacrosse team in Jefferson County, through the WVSLA for the Spring 2019 season.

The Jefferson County team will consist of 15-25 players across Jefferson County. Students from Washington High School or Jefferson High School may participate.

Each player will need to provide their own helmet, stick and pads as well as register with USA Lacrosse (\$25).

Volunteer Head Coach and Assistant Coaches are needed!  
Coach membership cost: \$50 fee to USA Lacrosse.

\*Practices will start at the end of March and games will begin in mid-April.

\*Practices may start sooner, as JCPRC is not tied to WVSSCA rules and regulations.

9-12 graders / March - May / \$150 registration fee + USA Lacrosse fees



### 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 304-725-3172 (before 7 p.m. please). Any minor under age 14 must be accompanied by a registered adult.

Age 14+ 4 weeks/session

Charles Town Middle School - Library

Instructor: Judy Slusher

Resident: \$32.00. Non-resident: \$37.00

**Activity #5642 Tue, Feb 19-Mar 19 6:00-8:00 PM**

Age 14+ 4 weeks/session

Jefferson County Community Center

Instructor: Judy Slusher

Resident: \$32.00. Non-resident: \$37.00

**Activity #5641 Mon, Feb 25-Mar 18 9:30-11:30 AM**

No class 3/12

### 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 (before 7 p.m. please) Any minor under age 14 must be accompanied by a registered adult.

Age 14+ 4 weeks/session

Charles Town Middle School - Library

Instructor: Judy Slusher

Resident: \$32.00. Non-resident: \$37.00

**Activity #5640 Tue, Jan 15-Feb 5 6:00-8:00 PM**

Age 14+ 4 weeks/session

Jefferson County Community Center

Instructor: Judy Slusher

Resident: \$32.00. Non-resident: \$37.00

**Activity #5639 Mon, Jan 7-Feb 4 9:30-11:30 AM**

No class 1/21

### 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.

Age 14+ 4 weeks/session

Jefferson County Community Center

Instructor: Judy Slusher

Resident: \$32.00. Non-resident: \$37.00

**Activity #5643 Mon, Jan 7-Feb 4 12:00-2:00 PM**

**Activity #5644 Mon, Feb 25-Mar 18 12:00-2:00 PM**

**Activity #5645 Mon, Mar 25-Apr 22 12:00-2:00 PM**

**Activity #5646 Mon, Apr 29-May 20 12:00-2:00 PM**

No class 1/21, 4/15

### 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).

Apple Tree Gardens - Community Room

Instructor: Judy Slusher FREE One Day Activity

**Activity #5647 Tue, Jan 8 12:30-2:00 PM**

**Activity #5649 Tue, Mar 26 12:30-2:00 PM**

**Activity #5648 Tue, Feb 12 12:30-2:00 PM**

**Activity #5650 Tue, Apr 30 12:30-2:00 PM**

**Activity #5651 Tue, May 28 12:30-2:00 PM**

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.

**Do you have a special talent or skill you'd like to share?**

**Are you interested in being a Summer Program Instructor?**

For more information about becoming an instructor with Jefferson County Parks and Recreation,

please contact David Kling, Asst. Director at [dkling@jcprc.org](mailto:dkling@jcprc.org).

# Teen & Adult

## Adult Fitness & Athletics



### 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. Please see day care guidelines. Guidelines for Childcare: Childcare 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 each for the 3rd and 4th child (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.

Ages 18+ 8 weeks/session  
Jefferson County Community Center  
Instructor: Theresa Cantrell  
Resident: \$72.00. Non-resident: \$77.00

Activity #5627	Tue, Jan 15-Mar 5	9:30-10:30 AM
Activity #5628	Tue, Mar 12-Apr 30	9:30-10:30 AM
Activity #5629	Tue, May 7-Jun 25	9:30-10:30 AM
Activity #5631	Thu, Jan 17-Mar 7	9:30-10:30 AM
Activity #5632	Thu, Mar 14-May 2	9:30-10:30 AM
Activity #5633	Thu, May 9-Jun 27	9:30-10:30 AM
Activity #5634	Thu, Jul 11-Aug 29	9:30-10:30 AM

Ages 18+ 9 weeks/session  
Jefferson County Community Center  
Instructor: Theresa Cantrell  
Resident: \$72.00. Non-resident: \$77.00

Activity #5630	Tue, Jul 2-Aug 27	9:30-10:30 AM
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Ages 18+ 8 weeks/session  
Jefferson County Community Center  
Instructor: Theresa Cantrell  
Resident: \$130.00. Non-resident: \$135.00

Activity #5623	Tue & Thu, Jan 15-Mar 7	9:30-10:30 AM
Activity #5624	Tue & Thu, Mar 12-May 2	9:30-10:30 AM
Activity #5625	Tue & Thu, May 7-Jun 27	9:30-10:30 AM

Ages 18+ 9 weeks/session  
Jefferson County Community Center  
Instructor: Theresa Cantrell  
Resident: \$130.00. Non-resident: \$135.00

Activity #5626	Tue & Thu, Jul 2-Aug 27	9:30-10:30 AM
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No class 7/4

## JCC TEEN NIGHT

Middle School kids are invited to JCC TEEN NIGHT  
at Jefferson County Parks and Rec

1st Friday  
of each month  
Sept - Dec.  
6:30-10pm

Basketball  
Moon Bounces  
Volleyball  
XBox  
Music

Admission  
\$8.00  
Concessions Available  
for an additional fee.

### Adult 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! 18 yrs & up / \$6 per visit

Ages 18+ Cost: \$6/person  
Jefferson County Community Center

Thu, Jan 3-May 30

8:30-10:30 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.

Ages 18+ 8 weeks/session  
Charles Town Middle School  
Resident: \$25.00. Non-resident: \$30.00

Activity #5672 Sun, Jan 6-Mar 3 7:00-9:00 PM

Ages 18+ 9 weeks/session  
Charles Town Middle School  
Resident: \$27.00. Non-resident: \$32.00

Activity #5673 Sun, Mar 10-May 12 7:00-9:00 PM

### Pickleball

Join the craze and drop by for some fun! This new activity is growing fast and you need to jump on board. Play friendly pickup games or practice your skills with friends in our gymnasium. Participants must pay at the community center per visit. No pre-registration is required. 50 yrs & up / Mondays, January thru May / \$2 per visit 8:30am-11:30am

Ages 50+ Cost: \$2.00/person  
Jefferson County Community Center

Mon, Jan 7-May 20

8:30-11:30 AM

### Adult Kickball League - Individual Registration



Bring your "A" game...and your friends! Our winter kickball league is for adults only and will be held on the second and fourth Fridays of the month (January-April). NO GAMES PLAYED ON FRIDAY, FEBRUARY 22ND. Games will start at 6pm and end by 10pm. Teams will play 6 regular season games and then compete in a tournament at the end of the season. No roster limit, but you must have a roster submitted before the season starts. Minimum roster of 7 is needed to submit a team. Teams may play with 5 to avoid forfeit. League play starts Friday, January 11th. Individual Fee: \$75/person Team Fee: \$500/team Location: Jefferson County Community Center Gymnasium

Ages 18+ 8 weeks/session  
Jefferson County Community Center  
Resident: \$75.00. Non-resident: \$80.00

Activity #5755 Fri, Jan 11-Apr 26 6:00-10:00 PM

### Adult Kickball League - Team Registration



Bring your "A" game...and your friends! Our winter kickball league is for adults only and will be held on the second and fourth Fridays of the month (January-April). NO GAMES PLAYED ON FRIDAY, FEBRUARY 22ND. Games will start at 6pm and end by 10pm. Teams will play 6 regular season games and then compete in a tournament at the end of the season. No roster limit, but you must have a roster submitted before the season starts. Minimum roster of 7 is needed to submit a team. Teams may play with 5 to avoid forfeit. League play starts Friday, January 11th. Individual Fee: \$75/person Team Fee: \$500/team Location: Jefferson County Community Center Gymnasium

Ages 18+ 8 weeks/session  
Jefferson County Community Center  
Resident: \$500.00. Non-resident: \$505.00

Activity #5757 Fri, Jan 11-Apr 26 6:00-10:00 PM

### 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. 18 yrs & up / \$6 per visit

Ages 18+ Cost: \$6/person  
Jefferson County Community Center

Wed, Jan 2-Apr 24

9:00-11:00 PM





## Teen & Adult

## Fitness & Dance



### 50 Carat Tap

Finally, an adult tap class geared to the needs of the over 50 set. Come out and have fun. Live a little, laugh a little, and get in shape! Fitness can and should be fun. Grab your tap shoes and let's dance!

Ages 50+ 6 weeks/session  
Dance Room

Instructor: New Hopewell Center For The Arts  
Resident: \$75.00. Non-resident: \$80.00

Activity #5722 Tue, Mar 5-Apr 9 7:00-8:00 PM

Activity #5723 Tue, Apr 23-May 28 7:00-8:00 PM

Ages 50+ 8 weeks/session  
Dance Room

Instructor: New Hopewell Center For The Arts  
Resident: \$90.00. Non-resident: \$95.00

Activity #5719 Wed, Jan 16-Mar 6 10:00-11:00 AM

Activity #5721 Tue, Jan 8-Feb 26 7:00-8:00 PM

Activity #5720 Wed, Mar 13-May 8 10:00-11:00 AM

No class 4/17

### Body Business

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

Ages 18+ 11 weeks/session

Shepherdstown Elementary School Instructor: Sandy Watkins  
Resident: \$55.00. Non-resident: \$60.00

Activity #5652 Mon, Wed, Jan 14-Mar 27 5:30-6:30 PM

Activity #5653 Mon, Wed, Apr 1-Jun 12 5:30-6:30 PM

### Adult Ballet Barre Workout

A one-hour class of classical ballet barre warm-up and center floor exercises to help with balance, improve flexibility, and strengthen muscles.

Ages 18+ 6 weeks/session  
Dance Room

Instructor: New Hopewell Center For The Arts  
Resident: \$75.00. Non-resident: \$80.00

Activity #5718 Tue, Apr 30-Jun 4 9:00-10:00 AM

Ages 18+ 8 weeks/session  
Dance Room at Jefferson County Community Center  
Instructor: New Hopewell Center For The Arts  
Resident: \$90.00. Non-resident: \$95.00

Activity #5713 Tue, Jan 8-Feb 26 9:00-10:00 AM

Activity #5714 Tue, Mar 5-Apr 23 9:00-10:00 AM

Activity #5715 Thu, Dec 6-Feb 7 9:00-10:00 AM

Activity #5716 Thu, Feb 14-Apr 4 9:00-10:00 AM

Activity #5717 Thu, Apr 11-May 30 9:00-10:00 AM

No class 12/27, 1/3

### Walk with Ease

This 6-week low impact walking program will be sure to get you up and moving. Each participant will receive an informational participant guide and pre-walk lecture from our NRPA trained instructor. Class will consist of warm ups, stretches, walking, cool down and more stretches. Children must be accompanied by a responsible, paying adult.

All Ages 6 weeks/session  
JCCC Gym or Outdoors

Resident: \$12.00. Non-resident: \$17.00

Activity #5712 Wed, Thu, Fri, Apr 24-May 31 2:00-3:00 PM

## Jefferson County Parks & Recreation



Save the Date!  
June 29, 2019



# Teen & Adult

## Fitness with Suzanne



### 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 Elementary School Instructor: Susanne Dillow  
Resident: \$62.00. Non-resident: \$67.00

Activity #5764	Tue, Thu, Jan 8-Feb 21	4:15-5:45 PM
Activity #5765	Tue, Thu, Feb 26-Apr 11	4:15-5:45 PM
Activity #5766	Tue, Thu, Apr 23-Jun 6	4:15-5:45 PM

### Aerobic 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

Blue Ridge Elementary School Instructor: Susanne Dillow  
Resident: \$44.00. Non-resident: \$49.00

Activity #5758	Mon, Wed, Jan 7-Feb 20	6:40-7:30 PM
Activity #5759	Mon, Wed, Feb 25-Apr 10	6:40-7:30 PM
Activity #5760	Mon, Wed, Apr 22-Jun 5	6:40-7:30 PM

### Body in Motion

Relax in this calming class with slow, easy to follow simplified yoga movements. This workout helps you lengthen, strengthen, and tone muscles without joint stress, while improving balance and posture. Achieve a full range of 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  
Instructor: Susanne Dillow

Resident: \$32.00. Non-resident: \$37.00

Activity #5739	Fri, Jan 11-Feb 22	10:00-10:40 AM
Activity #5740	Fri, Mar 1-Apr 12	10:00-10:40 AM
Activity #5741	Fri, Apr 26-Jun 7	10:00-10:40 AM

### 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  
Instructor: Susanne Dillow

Resident: \$55.00. Non-resident: \$60.00

Activity #5742	Tue, Thu, Jan 8-Feb 21	10:00-10:50 AM
Activity #5743	Tue, Thu, Feb 26-Apr 11	10:00-10:50 AM
Activity #5745	Tue, Thu, Apr 23-Jun 6	10:00-10:50 AM

\*Summer Fitness will begin 6/10/19\*

### 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/flatten the abs, 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 Instructor: Susanne Dillow  
Resident: \$55.00. Non-resident: \$60.00

Activity #5747	Tue, Thu, Jan 8-Feb 21	11:40 AM-12:35 PM
Activity #5749	Tue, Thu, Feb 26-Apr 11	11:40 AM-12:35 PM
Activity #5750	Tue, Thu, Apr 23-Jun 6	11:40 AM-12:35 PM

Ages 18+ 7 weeks/session

TA Lowery Elementary Instructor: Susanne Dillow  
Resident: \$55.00. Non-resident: \$60.00

Activity #5752	Mon, Wed, Jan 7-Feb 20	4:15-5:10 PM
Activity #5754	Mon, Wed, Feb 25-Apr 10	4:15-5:10 PM
Activity #5756	Mon, Wed, Apr 22-Jun 5	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, 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, hand weights, and exercise ball to each class (exercise ball is optional).

Ages 18+ 7 weeks/session

Ranson Elementary School Instructor: Susanne Dillow  
Resident: \$42.00. Non-resident: \$47.00

Activity #5761	Sat, Jan 12-Feb 23	8:30-9:45 AM
Activity #5762	Sat, Mar 2-Apr 13	8:30-9:45 AM
Activity #5763	Sat, Apr 20-Jun 1	8:30-9:45 AM

### Trimnastics

A class to firm, tighten, strengthen and tone your body with floor/standing exercises! Also, improve your flexibility and balance with stretching movements for a total body workout. A flexible body can inch your way from stiff to limber, for a healthier you. Bring an exercise mat and hand weights to each class.

Ages 18+ 7 weeks/session

Ranson Elementary School Instructor: Susanne Dillow  
Resident: \$55.00. Non-resident: \$60.00

Activity #5733	MWF, Jan 7-Feb 22	5:45-6:35 PM
Activity #5734	MWF, Feb 25-Apr 12	5:45-6:35 PM
Activity #5735	MWF, Apr 22-Jun 7	5:45-6:35 PM

Ages 18+ 7 weeks/session

Zion Church - 215 E. Washington St., Charles Town  
Instructor: Susanne Dillow

Activity #5736	MWF, Jan 7-Feb 22	9:00-9:55 AM
Activity #5737	MWF, Feb 25-Apr 12	9:00-9:55 AM
Activity #5738	MWF, Apr 22-Jun 7	9:00-9:55 AM

### Fitness Pass

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

Activity #5770  
Jan 7-Jun 8  
Resident: \$190.00  
Non-resident: \$195.00

Activity #5767	Activity #5768	Activity #5769
Jan 7-Feb 23	Feb 25-Apr 13	Apr 22-Jun 8
Resident: \$72.00	Non-resident: \$77.00	

### 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.

Ages 18+ 7 weeks/session  
Charles Town Middle School - Cafeteria  
Instructor: Allen Keefer  
Resident: \$8700. Non-resident: \$92.00

Activity #5657	Thu, Jan 3-Feb 14	6:30-7:30 PM
Activity #5658	Thu, Feb 21-Apr 4	6:30-7:30 PM
Activity #5659	Thu, Apr 11-May 23	6:30-7:30 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.

Ages 18+ 7 weeks/session  
Charles Town Middle School - Cafeteria  
Instructor: Allen Keefer  
Resident: \$5700. Non-resident: \$62.00

Activity #5654	Thu, Jan 3-Feb 14	6:30-7:30 PM
Activity #5655	Thu, Feb 21-Apr 4	6:30-7:30 PM
Activity #5656	Thu, Apr 11-May 23	6:30-7:30 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 near-by 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 the be "Friendship", set to music. The instructor will have booklets of square dance movements (calls); \$4 each.

All Ages Welcome 6 weeks/session  
Charles Town Middle School - Cafeteria  
Instructor: Carl Odell  
Resident: \$32.00. Non-resident: \$37.00

Activity #5635	Mon, Jan 28-Mar 11	7:00-9:00 PM
No class 2/18		

### Country Line Dancing Level 2 (Couple)

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.

Ages 18+ 7 weeks/session  
Charles Town Middle School - Cafeteria  
Instructor: Allen Keefer  
Resident: \$8700. Non-resident: \$92.00

Activity #5666	Thu, Jan 3-Feb 14	7:30-8:30 PM
Activity #5667	Thu, Feb 21-Apr 4	7:30-8:30 PM
Activity #5668	Thu, Apr 11-May 23	7:30-8:30 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.

Ages 18+ 7 weeks/session  
Charles Town Middle School - Cafeteria  
Instructor: Allen Keefer  
Resident: \$5700. Non-resident: \$62.00

Activity #5663	Thu, Jan 3-Feb 14	7:30-8:30 PM
Activity #5664	Thu, Feb 21-Apr 4	7:30-8:30 PM
Activity #5665	Thu, Apr 11-May 23	7:30-8:30 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 Welcome 6 weeks/session  
Charles Town Middle School - Cafeteria  
Instructor: Carl Odell  
Resident: \$32.00. Non-resident: \$37.00

Activity #5636	Mon, Mar 25-May 6	7:00-9:00 PM
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### 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 and 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 Welcome 7 weeks/session  
Charles Town Middle School - Cafeteria  
Instructor: Carl Odell  
Resident: \$42.00. Non-resident: \$47.00

Activity #5637	Tue, Jan 29-Mar 19	7:00-9:00 PM
Activity #5638	Tue, Apr 2-May 21	7:00-9:00 PM
No class 3/12, 4/16		



## Bus Trips



### Ski Trip to Seven Springs

Enjoy some fresh powder on the slopes at Seven Springs Ski Resort. Ticket includes your seat on a Schrock motor coach. Cost does not include a lift ticket, ski/snowboard rental or any other fee at Seven Springs. All minors must be accompanied by a paying parent/guardian. Drop off and pick up from Food Lion parking lot in Charles Town.

All Ages

Drop off/pick up from Food Lion Parking lot in Charles Town  
Resident: \$41.00. Non-resident: \$46.00



**Activity #5792 Sat, Feb 9**

### Philadelphia Flower Show

Check out America's leading floral and garden designers. Designers will create tropical jungles, temperate forests and native woodlands. Ticket includes a seat on a Schrock motor coach and admission to the flower show. Pick up and drop off will be at the Food Lion parking lot in Charles Town.

All Ages

Trip leaves from the parking lot of Food Lion in Charles Town.  
Departure time is TBD.

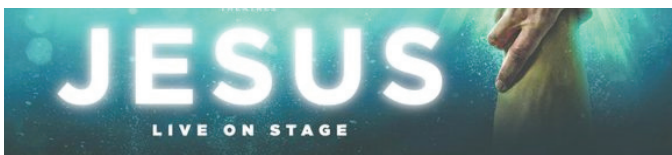
Resident: \$105.00. Non-resident: \$110.00

**Activity #5786 Tue, Mar 5**



PHS

philadelphia  
flower show



### Jesus - Sight and Sound Theatre

Jesus is an action packed musical stage adventure that takes you on a miraculous journey alongside the most famous person ever to walk the earth and tells about the everyday lives he changed forever. Experience the greatest rescue story of all time. This is one show you won't want to miss. We will have lunch at The Hershey Farm Restaurant before leaving to come home. Children must be accompanied by an adult. Trip will drop off and pick up at the Food Lion parking lot in Charles Town.

All Ages

Trip leaves from the parking lot of Food Lion in Charles Town.  
Departure time is TBD.

Resident: \$169.00. Non-resident: \$174.00

**Activity #5787 Sat, Mar 30**



### Cherry Blossom

Enjoy the incredible skyline views, sumptuous lunch and the thrill of the luxury cruising vessel. Ticket includes a seat on a Schrock motor coach, lunch and cruise on the Odyssey. Drop off and pick up from Food Lion parking lot in Charles Town.

All Ages

Drop off/pick up from Food Lion Parking lot in Charles Town  
Resident: \$130.00. Non-resident: \$135.00



**Activity #5791 Tue, Apr 2**

### New York City, Your Way

Enjoy a day trip to New York City. See the sights, do some shopping, take in a matinee on Broadway, or just enjoy exploring the city on your own. All minors must be accompanied by a paying adult or guardian. Ticket includes a seat on a Schrock motorcoach.

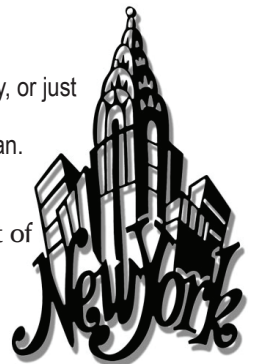
All Ages

Trip leaves from the parking lot of  
Food Lion in Charles Town.

Resident: \$119.00

**Activity #5785 Sat, April 20**

**Activity #5795 Sat, August 3**



### Mount Vernon

Spend the day exploring George Washington's estate. Tickets include a ride on a Schrock motor coach and admission to Mount Vernon. Drop off and pick up from Food Lion parking lot in Charles Town. All children must be accompanied by a paying parent/guardian.

All Ages

Drop off/pick up from Food Lion Parking lot in Charles Town  
Resident: \$69.00. Non-resident: \$74.00

**Activity #5788 Sat, Jun 8**



### National Harbor

Join us along the waterfront of the Potomac River in Oxen Hill, MD. Shop, dine, check out the MGM Casino, and more! Ticket includes a seat on a Schrock motor coach only.

All Ages

Drop off/pick up from Food Lion Parking lot in Charles Town  
Resident: \$49.00. Non-resident: \$54.00

**Activity #5790 Sat, Aug 10**



### Future Bus Trips

• WVU Game •

• Jiffy Lube Live •

Additional Information on these upcoming bus trips will be released once confirmed with Schrock.

Please watch our flyers and Facebook page for more information. Thanks!

\*\*\* Please Note: Our bus trips are run in partnership with Schrock. All sales are final; refunds cannot be granted if you cancel. \*\*\*

# Scholarship Program

Dear Residents,

Jefferson County Parks and Recreation is proud to have a Scholarship program in place to make recreation available to more of our residents in Jefferson County.

JCPRC recognizes that there are residents of Jefferson County who require financial assistance in order to participate in certain activities through parks and recreation. It is important to continue to ensure that the most vulnerable and stressed individuals do not lose access to the important social and physical benefits realized through leisure activities.

This assistance are available while still being mindful of revenues needed to provide high quality programs at an affordable cost to all. Scholarships are awarded to Jefferson County residents only. Scholarships are subsidized by various avenues, including program fees and an allocation from the Jefferson County Commission.

Donations subsidize a small percentage of the scholarships awarded annually. Donations to the scholarship fund are received by way of the parks and recreation registration form where other registrants pledge a contribution amount.

Scholarships are granted based on financial need. Applicants complete the standard activity registration form and a 1 page form providing household information including: family size, employment information of all adults in the household, status of federal free or reduced lunch program, total household income, the amount they are able to pay towards the program, and explanation of extenuating circumstances.

An individual scholarship is limited to 50% of the class fee.

For more information about our Scholarship Program, please contact Brenda Whittington at [bwhittington@jcprc.org](mailto:bwhittington@jcprc.org) or call 304-728-3207.



a perfect place to grow!



To register for programs, go online - [www.jcprc.org](http://www.jcprc.org) or call our office at 304-728-3207!

## Jefferson County Parks & Recreation Commission - Youth Scholarship Fund Application

Participant's Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Activity Name: \_\_\_\_\_ # \_\_\_\_\_

Activity Fee: \$ \_\_\_\_\_ T-shirt Size: \_\_\_\_\_ Amount Participant Can Pay: \$ OR % \_\_\_\_\_

Please list any allergies/medical conditions: \_\_\_\_\_

The Jefferson County Parks and Recreation Commission maintains a scholarship fund to help Jefferson County youth that do not have the financial means to participate in recreation programs. Every effort will be made to accommodate your request. Qualifying applicants will only be required to pay a portion of the fee according to their financial ability. **ONLY ONE APPLICATION WILL BE APPROVED PER SESSION.**

### PLEASE PRINT

Parent/Guardian's Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Relationship to Child: \_\_\_\_\_

Address: \_\_\_\_\_

Street, City, State, Zip: \_\_\_\_\_

Phone: (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_

Email: \_\_\_\_\_

### EMPLOYMENT

Father/Guardian Employment: \_\_\_\_\_ (W) Phone: \_\_\_\_\_

Mother/Guardian Employment: \_\_\_\_\_ (W) Phone: \_\_\_\_\_

**ABSOLUTELY NO SCHOLARSHIP REQUEST WILL BE CONSIDERED WITHOUT THE APPLICANT SUBMITTING VERIFICATION OR RECEIVING ONE OF THE FOLLOWING LISTED BELOW.**

Family's Monthly Gross Income: \$ \_\_\_\_\_ Size of Family: \_\_\_\_\_

I FEEL THAT I AM ELIGIBLE FOR ASSISTANCE BECAUSE I HAVE BEEN APPROVED FOR:

\_\_\_\_ PUBLIC ASSISTANCE    \_\_\_\_ PUBLIC HOUSING    \_\_\_\_ FOOD STAMPS    \_\_\_\_ ENERGY ASSISTANCE  
\_\_\_\_ SS OR SSI AS PRIMARY SOURCE OF INCOME    \_\_\_\_ OTHER: \_\_\_\_\_

\*Please provide necessary documentation for each item checked.

### REQUESTED ACTIVITY/ASSISTANCE

Have you ever applied for a scholarship with JCPR before? Circle one Yes or No If yes, when? \_\_\_\_\_

How did you hear about our Scholarship Program? \_\_\_\_\_

I, \_\_\_\_\_ acknowledge that I have read and fully understand the information on registration guidelines and JCPRC policies. I realize inherent risks could be involved in these programs. Therefore, I shall not hold the JCPRC or its employees liable for injuries that might occur during these supervised programs. In the event of a program/event cancellation your JCPR account will be credited the full amount of the program(s) you were approved for.

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please return completed application and necessary documentation to:**

Jefferson County Parks and Recreation Commission  
Attn: Youth Scholarship Fund Application  
235 Sam Michael's Lane  
Shenandoah Junction, WV 25442





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JEFFERSON COUNTY PARKS AND RECREATION COMMISSION FACILITY AND RENTAL FEES					
Facility /Equipment	Base Fee (Non Residents)	Additional Fees	Discount Fee (County Resident)	Additional Fees	Jefferson County Non-Profit Mon-Thurs Only: Excludes Holidays
<b>Pavilions</b>					
Sam Michaels Park Mason Pavilion	\$135 per day	\$35 Kitchen Addl. Picnic Tables \$7 ea.	\$125 per day	\$30 Kitchen Addl. Picnic Tables \$5 ea.	50% Discount*
Veteran's Pavilion	\$135 per day  \$93 per day  Veteran's Rate	None	\$125 per day  \$93 per day  Veteran's Rate	None	50% Discount*
Leetown Park Pavilion	\$100 per day	None	\$90 per day	None	50% Discount*
Morgan's Grove Pavilion	\$135 per day	\$35 Kitchen	\$125 per day	\$30 Kitchen	50% Discount*
Mount Mission Park	\$135 per day	\$35 Kitchen	\$125 per day	\$30 Kitchen	50% Discount*
<b>Sam Michaels Community Center</b>					
Full Gym	\$110 per hour	\$1 Chairs \$3 Tables	\$100 per hour	\$1 Chairs \$3 Tables	50% Discount*
Half Gym	\$70 per hour	\$1 Chairs \$3 Tables	\$60 per hour	\$1 Chairs \$3 Tables	50% Discount*
Activity Room	\$50 per hour	None	\$40 per hour	None	50% Discount*
Dance Room	\$30 per hour	None	\$20 per hour	None	50% Discount*
<b>Athletic Fields/Facilities (Leagues- Including Little League, Travel Leagues, etc. must contact JCPRC at 304-728-3207 for pricing.)</b>					
Baseball/Softball Fields	\$25 per hour	Lights \$10 p/h	\$20 per hour	Lights \$10 p/h	
Soccer Fields	\$25 per hour	None	\$20 per hour	None	
Tennis Courts	\$10 per hour	None	\$10 per hour	None	
<b>Special Event Facilities **/Services</b>					
Festival Field	\$500 per day base price	None	\$500 per day base price	None	
Dog Park	\$250 per day	None	\$250 per day	None	
Tournament Field (8am-8pm)	\$200 per event	Kitchen \$50	\$200 per event	Kitchen \$50	
Tournament Field - All Nighter	\$250 per event	Kitchen \$50	\$250 per event	Kitchen \$50	
5K Course (EMS Required onsite)	\$150 per event	None	\$150 per event	None	
The Columns Event Facility	\$500 - 3 day rental	None	\$500 -3 day rental	None	
Camping Sites (Moulton Park Only)	\$20 per day	None	\$20 per day	None	
Inflatable Obstacle Course***			\$75 - 2 hours \$150 -Daily	None	
Inflatable Mickey Park***			\$65 - 2 hours \$130 -Daily	None	
Standard Moon bounce***			\$55 - 2 hours \$110 - Daily	None	
Giant Slide***			\$75 - 2 hours \$150 - Daily	\$150 w/water -2hrs	
Nerf War Course			\$25 - 2 hours	None	
Air Hockey Table			\$25 - 2 hours	None	
Inflatable Screen (onsite only)			\$100 per use	None	
*Jefferson County Based Non-Profit Organizations must provide a 501C3 verification to receive a discounted rate. 50% rentals are only available Mon - Thurs and do not include holidays.					
**Events with an expected attendance of over 100 people must fill out a special events application.					
**The above rental rates apply to personal use. Any renter utilizing park facilities and charging fees must pay 15% of their gross profits to the Jefferson County Parks and Recreation Commission and event must be approved by JCPRC.					
***Inflatables require a recreation attendant to be present @\$12 per hour					



# Park & Facility

## Information

### MORGAN 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.

### SAM MICHAELS 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, receptions, and reunions and family events. The well shaded Mason Picnic Pavilion offers an adjacent kitchen and restroom facility. The Veterans Memorial Pavilion offers picnic tables, bathrooms and close proximity to the large playground area and Jefferson County Community Center.

You will also find The Columns at Sam Michaels, baseball fields, athletic fields, playgrounds, walking and running trails, dog park, disc golf, event space and more.

The Sam Michael's Amphitheater is under construction.

### JAMES HITE PARK



Our newest 119-acre park that includes a 2-mile walking trail, soccer and football fields and picnic pavilions. Future plans include, playground, dog park and softball fields.

### 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.

### MOUNT MISSION PARK



This picturesque three and one-half acre park is located on Mission Road, near Shannondale. 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 newly renovated playground, new basketball hoop, horseshoe pits, sand volleyball and a baseball diamond make this park a convenient site for neighborhood get-togethers.

### LEETOWN PARK



Located one mile East of Leetown, on off of old Leetown Pike, 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.

### MOULTON PARK



On the shore of the Shenandoah River, just North of the Blooming Bridge, this half-mile of river frontage features camping and other recreational opportunities. A public boat ramp gives access for fishing the Shenandoah River. Camping is restricted to permit only, available at the Jefferson County Community Center.

### PETER BURR FARM

The oldest wood frame structure in West Virginia, Peter Burr Farm is owned and maintained by the Jefferson County Historic Landmarks Commission. They offer events and workshops to the public periodically though out the year. More information can be found at: <http://www.jeffersoncountyhlc.org/>

Jefferson County Parks and Recreation has two undeveloped parks, Harvest Hills Park and Heather Marriot Park.

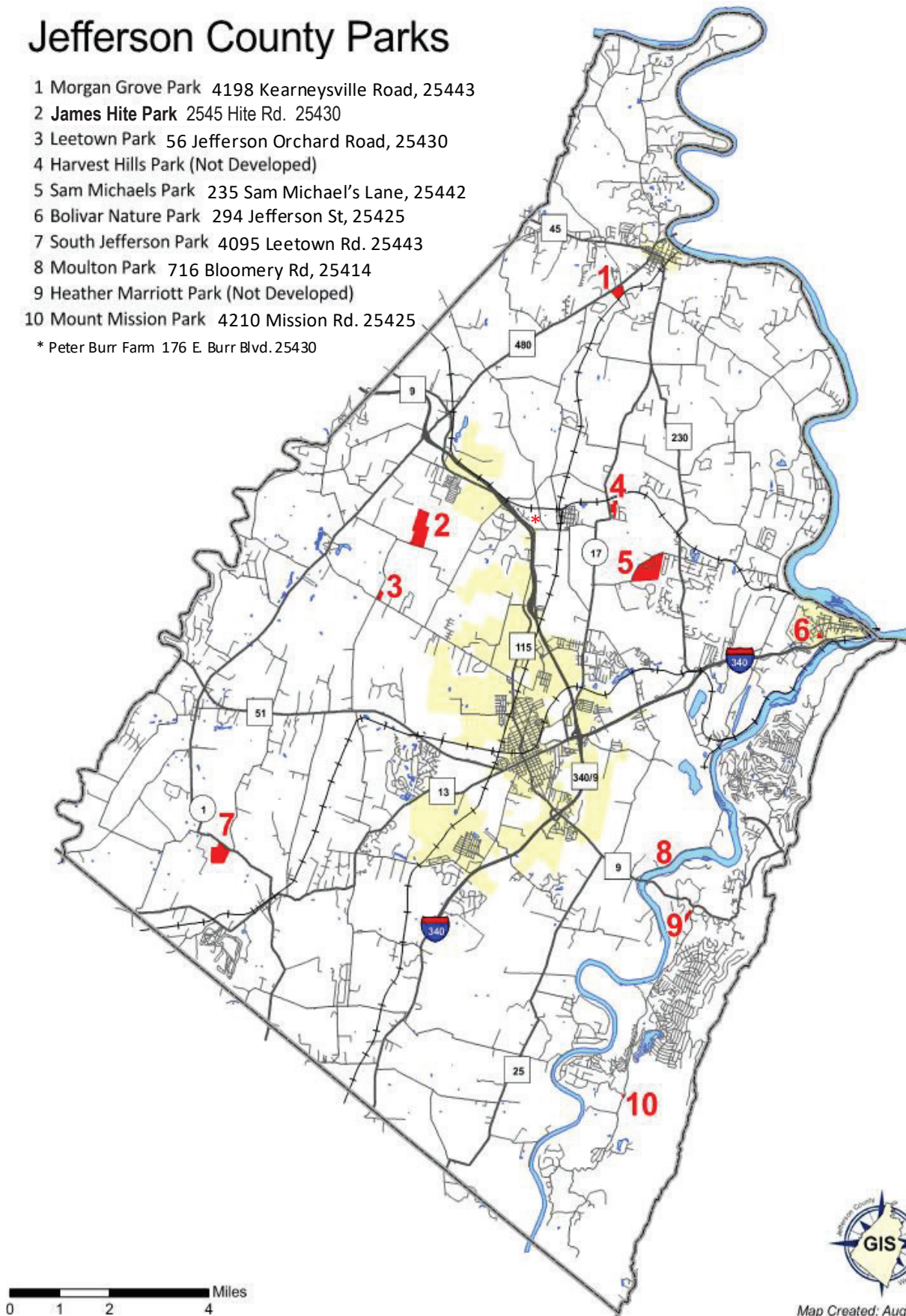
Additional Park information - including rental information is available at [www.jcprc.org](http://www.jcprc.org) or by calling our office at 304-728-3207.



# Jefferson County Parks



- 1 Morgan Grove Park 4198 Kearneysville Road, 25443
  - 2 **James Hite Park** 2545 Hite Rd. 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
- \* Peter Burr Farm 176 E. Burr Blvd. 25430



Map Created: August 6, 2012

# 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](mailto: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.

## 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.

## Tips 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:

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 REFUND or CREDIT within one month of the program cancellation. For any program fee under \$20, no refunds will be processed, only credit to JCPRC accounts will be issued.

## 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) -----8am-5pm  
Saturday -----10am-5pm  
Sunday -----12pm-5pm

## Observed Holidays

The Park Office will be closed on the following holidays:

New Year's Day ----- January 1  
Martin Luther King Day ----- January 21  
President's Day ----- February 18  
Easter ----- April 21  
Memorial Day ----- May 27

**\*\*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 our Facebook page for the most up to the minute cancellation information.**

## 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  
**James Lee**  
**Gene Taylor**

**Ann Mountz**, Vice President  
**Dale Manuel**  
**Lanae Johnson**

**David Hill**, Treasurer  
**Mike Jacobs**  
**Katie Osantowski**

**Heather McIntyre**, Secretary  
**Paul Marshall**







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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 _____ (Not Yourself. This person will be contacted if we cannot reach the person listed above.)			Non-Resident Fee <input type="checkbox"/> Please Add \$5 if your do NOT live in Jefferson County.		
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. _____ <input type="checkbox"/> Credit Card # _____ <div style="display: flex; justify-content: space-around;">     </div> Exp Date _____ CVC Code _____ X _____ Credit Card Signature _____			
Rec'd by _____ Date ____/____/____ Office Use Only		<b>I/We have read the below Participant Waiver &amp; Release and sign voluntarily. X _____</b> 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.			





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...the perfect place to grow.**



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Shenandoah Junction, WV 25442  
Phone: 304-728-3207  
Fax: 304-728-9746  
Email: [info@jcprc.org](mailto:info@jcprc.org)  
Website: [www.jcprc.org](http://www.jcprc.org)

Return Service Requested