

Jefferson County Parks & Recreation

Activity Guide

Fall 2016

Join the Adventure!

Be sure to check out the
**NEW Adult and Teen
Activities!**



A perfect place to grow...

Jefferson
County
Parks &
Recreation



www.jcprc.org

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Welcome!



What can I do at Parks & Rec?

1-3 years old

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

3-6 years old

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

6-12 years old

Martial Arts	SportFit w/ Mr. Earl (8-12)
Dance Lessons	SportFit w/Ms. Heidi (7-12)
Gymnastics & Cheer	Volleyball Clinics (8-13)
Irish Road Bowling (9+)	Holiday Sports Camp (5-12)
Learn to Ride (4-10)	Archery (8-16)
What's Inside?	SNAG Golf (6-13)
Inventor's Workshop (8+)	Soccer Skills (5-11)
Lego Engineering (7-13)	Indoor Futsal League (6-11)
Animal Adventures (4-11)	Basketball Academy (5-12)
Family Special Events	Square Dance
Nerf Wars (5-14)	

Teens & Adults

Teen Ninjas	Square Dance
Adult Self Defense (18+)	Knitting and Crochet (18+)
Gymnastics & Cheer	Late Night Indoor Soccer (18+)
Irish Road Bowling	Adult Fitness Classes (18+)
Family Special Events	Baby Boomer Gadgets
Nerf Wars (5-14)	Window Screen Painting
Bingo (18+)	Recreational Volleyball (18+)
Volleyball Clinics (8-13)	Campfire Cooking (18+)
Archery (8-16)	Discover WV Outdoors (18+)
SNAG Golf (6-13)	What's it like to work in a Zoo & Aquarium Laboratory?
Basketball Academy (12-20)	Wildlife Forensic Science
Boot Camp (18+)	Sewing and Quilting (15+)
Pilates (18+)	Needle Tatting (15+)
Yoga (18+)	Publishing 101 (18+)
Adult Volleyball Drop-In (18+)	
Country Line Dancing (18+)	

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Our Staff

Jennifer Myers	Director
David Kling	Assistant Director
Tim Lykins	Park Manager
Brenda Whittington	Administrative Coordinator
Becki Zaglifa	Public Relations
Joyce Moler	Administrative Assistant
Nicole Cooper	Office Assistant
Mary Reck	Office Assistant

Scholarships Available

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

Martial Arts

Mommy & Me Karate

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

1-5 yrs / 6 wks / \$49 Instructor Chelsy Erickson
Program #3801 Sun, 9/11-10/23 1:45-2:15 pm
 (No Class 10/2)
Program #3802 Sun, 11/6-12/11 1:45-2:15 pm

Little Dragons

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

3-5 yrs / 6 wks / \$49 Instructor Chelsy Erickson
Program #3803 Sun, 9/11-10/23 2:30-3:00 pm
 (No Class 10/2)
Program #3804 Sun, 11/6-12/11 2:30-3:00 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!

4-6 yrs / 6 wks / \$55 Instructor Chelsy Erickson
Program #3805 Sun, 9/11-10/23 3:15-3:45 pm
 (No Class 10/2)
Program #3806 Sun, 11/6-12/11 3:15-3:45 pm

Homeschool Karate

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

6-12 yrs / 6 wks / \$59 Instructor Chelsy Erickson
Program #3813 Sun, 9/11-10/23 12:45-1:30 pm
 (No Class 10/2)
Program #3814 Sun, 11/6-12/11 12:45-1:30 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.

7 yrs & up / 6 wks / \$65 Instructor Chelsy Erickson
Program #3807 Sun, 9/11-10/23 4:00-5:00 pm
 (No Class 10/2)
Program #3808 Sun, 11/6-12/11 4:00-5:00 pm

Advanced Ninjas

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

7 yrs and up / 6 wks / \$65 Instructor Chelsy Erickson
Program #3809 Sun, 9/11-10/23 5:15-6:15 pm
 (No Class 10/2)
Program #3810 Sun, 11/6-12/11 5:15-6:15 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.

13-17 yrs / 6 wks / \$65 Instructor Chelsy Erickson
Program #3811 Sun, 9/11-10/23 6:30-7:30 pm
 (No Class 10/2)
Program #3812 Sun, 11/6-12/11 6:30-7:30 pm

Adult Self Defense

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

18 yrs and up / 6 wks / \$65 Instructor Chelsy Erickson
Program #3815 Sun, 9/11-10/23 11:30am-12:30 pm
 (No Class 10/2)
Program #3816 Sun, 11/6-12/11 11:30am-12:30 pm

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

Dance Lessons

Tiny Tot

You and your toddler will begin to learn pre-ballet skills as you journey through music and movement to learn body awareness, how to follow directions, and have fun. Parent participation may be required.

2-3 yrs / 6 wks / \$45 Instructor Ariel Cifala
Jefferson County Community Center

Program #3783 Tues, 9/13-10/18 4:00-4:30 pm
Program #3784 Tues, 11/1-12/13 4:00-4:30 pm
(no class 11/8)

2-3 yrs / 6 wks / \$45 Instructor Cara Patterson
Jefferson County Community Center

Program #3785 Sun, 9/11-10/23 4:00-4:30 pm
(no class 10/2)
Program #3786 Sun, 11/6-12/11 4:00-4:30 pm

Pre-Ballet 1

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

3 yrs and up / 6 wks / \$55 Instructor Mikaela Petersen
Jefferson County Community Center

Program #3771 Mon, 9/12-10/17 3:30-4:15 pm
Program #3772 Mon, 10/31-12/5 3:30-4:15 pm
Program #3773 Wed, 9/14-10/19 6:25-7:10 pm
Program #3774 Wed, 11/2-12/14 6:25-7:10 pm
(no class 11/23)

5-7 yrs / 6 wks / \$60 Instructor Mikaela Petersen
Jefferson County Community Center

Program #3799 Sun, 9/11-10/23 4:45-5:45 pm
(no class 10/2)
Program #3800 Sun, 11/6-12/11 4:45-5:45 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.

5 yrs and up / 6 wks / \$55 Instructor Mikaela Petersen
Jefferson County Community Center

Program #3775 Wed, 9/14-10/19 4:45-5:30 pm
Program #3776 Wed, 11/2-12/14 4:45-5:30 pm
(no class 11/23)

Ballet 1

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

6 yrs and up / 6 wks / \$55 Instructor Mikaela Petersen
Jefferson County Community Center

Program #3777 Mon, 9/12-10/17 5:40-6:40 pm
Program #3778 Mon, 10/31-12/5 5:40-6:40 pm

Ballet 2

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

8 yrs and up / 6 wks / \$55 Instructor Mikaela Petersen
Jefferson County Community Center

Program #3779 Mon, 9/12-10/17 4:30-5:30 pm
Program #3780 Mon, 10/31-12/5 4:30-5:30 pm

Hip Hop

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

7 yrs and up / 6 wks / \$55 Instructor Cara Patterson
Jefferson County Community Center

Program #3793 Sun, 9/11-10/23 2:45-3:45 pm
(no class 10/2)
Program #3794 Sun, 11/6-12/11 2:45-3:45 pm

Tap 1

Have fun learning the basic steps to become a tap dancer using the Al Gilbert Graded Tap Method. Pink leotard, pink tights, sultan tap shoes should be worn for this class.

5 yrs and up / 6 wks / \$55 Instructor Mikaela Petersen
Jefferson County Community Center

Program #3781 Wed, 9/14-10/19 5:35-6:20 pm
Program #3782 Wed, 11/2-12/14 5:35-6:20 pm
(no class 11/23)

Dance Lessons

Homeschool Ballet

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 and ballet slippers are recommended.

6-9 yrs / 6 wks / \$55 Instructor Ariel Cifala
Jefferson County Community Center

Program #3787 Tues, 9/13-10/18 3:00-3:45 pm
Program #3788 Tues, 11/1-12/13 3:00-3:45 pm
(no class 11/8)

Homeschool Jazz

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

7 yrs and up / 6 wks / \$55 Instructor Ariel Cifala
Jefferson County Community Center

Program #3789 Tues, 9/13-10/18 2:00-2:45 pm
Program #3790 Tues, 11/1-12/13 2:00-2:45 pm
(no class 11/8)

Jazz

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

7 yrs and up / 6 wks / \$55 Instructor Cara Patterson
Jefferson County Community Center

Program #3797 Sun, 9/11-10/23 6:00-7:00 pm
(no class 10/2)
Program #3798 Sun, 11/6-12/11 6:00-7:00 pm

Dance Express

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

5-8 yrs / 6 wks / \$55 Instructor Cara Patterson
Jefferson County Community Center

Program #3791 Sun, 9/11-10/23 1:30-2:30 pm
(no class 10/2)
Program #3792 Sun, 11/6-12/11 1:30-2:30 pm

Modern Jam

In this class we will experience what it's like to express feelings and emotions through movement to many styles of music. Children will become more confident in dance and move to the music. Along with this class we will be learning basic techniques of modern, like African, Martha Graham, old styles of modern, and contemporary dance. Modern Jam will be full of fun and excitement and a great way to express who you are and to be you!

7 yrs and up / 6 wks / \$55 Instructor Cara Patterson
Jefferson County Community Center

Program #3795 Sun, 9/11-10/23 7:15-8:15 pm
(no class 10/2)
Program #3796 Sun, 11/6-12/11 7:15-8:15 pm

Jefferson County Parks & Recreation



Planning is underway for next year!
Mark your calendar now.

July 1, 2017

Donations are welcome at the Jefferson County Community Center.

Gymnastics & Cheerleading

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.

2-3yrs / 6 wks / \$42
Jefferson County Community Center

Program #3817 Mon, 9/12-10/17 4:30-5:00 pm
Program #3818 Mon, 11/7-12/12 4:30-5:00 pm

Tumble Bugs

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

2-3yrs / 6 wks / \$47
Jefferson County Community Center

Program #3819 Sun, 9/11-10/23* 1:00-1:40 pm
Program #3820 Sun, 11/6-12/11 1:00-1:40 pm

Tumble Bunnies

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

3-4 yrs / 6 wks / \$58
Jefferson County Community Center

Program #3821 Sun, 9/11-10/23* 2:00-2:45 pm
Program #3822 Sun, 11/6-12/11 2:00-2:45 pm
Program #3823 Mon, 9/12-10/17 5:10-5:55 pm
Program #3824 Mon, 11/7-12/12 5:10-5:55 pm

Intermediate Gymnastics

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

6-14 yrs / 6 wks / \$63
Jefferson County Community Center

Program #3833 Sun, 9/11-10/23* 5:30-6:30 pm
Program #3834 Sun, 11/6-12/11 5:30-6:30 pm
Program #3835 Mon, 9/12-10/17 7:15-8:15 pm
Program #3836 Mon, 11/7-12/12 7:15-8:15 pm

*NO CLASS WILL BE HELD 10/2

Fundamentals of Cheerleading

This program is ideal for beginners who want to learn cheerleading. Children will be taught basic knowledge of cheerleading moves and motions, beginner tumbling skills, cheers and chants, and more. Children can follow up these classes with a fun week of cheer camp the week of 12/27-12/30 when the Shepherd University Rams Cheerleading team hosts a 4-day camp! (Camp tuition paid separate from this class)

6-15 yrs / 6 wks / \$63
Jefferson County Community Center

Program #3837 Sun, 9/11-10/23* 6:45-7:45 pm
Program #3838 Sun, 11/6-12/11 6:45-7:45 pm

Tumble Bears

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

4-6 yrs / 6 wks / \$63
Jefferson County Community Center

Program #3825 Sun, 9/11-10/23* 3:00-4:00 pm
Program #3826 Sun, 11/6-12/11 3:00-4:00 pm
Program #3827 Mon, 9/12-10/17 6:05-7:05 pm
Program #3828 Mon, 11/7-12/12 6:05-7:05 pm

Beginner Gymnastics

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

6-12 yrs / 6 wks / \$63
Jefferson County Community Center

Program #3829 Sun, 9/11-10/23* 4:15-5:15 pm
Program #3830 Sun, 11/6-12/11 4:15-5:15 pm
Program #3831 Mon, 9/12-10/17 7:15-8:15 pm
Program #3832 Mon, 11/7-12/12 7:15-8:15 pm

Winter Cheer Camp with the Shepherd Rams

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

4-16 yrs / 4 days / \$75
Jefferson County Community Center

Program #3839 Tues-Fri, 12/27-12/30 1:00-4:30 pm

Hobbies & Interests

Indoor Playground

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

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

Jefferson County Community Center

Thur, Fri starting 9/8 10:00 am-3:00 pm

(Indoor Playground will not be open 10/6, 10/7, 10/28, 11/11, 11/24, 11/25, 12/29, 12/30)



Irish Road Bowling

Fascinating sport/game being played now in the Eastern Panhandle of WV. It is easy to learn and exciting to play. Just throw a small bore cannonball down a quiet country road of 1.5 miles at a leisurely pace. Anyone from 9 to 90 can play the game. Spectators are as welcome as players but it's hard to just watch someone else play without wanting to join in the game. Exercise and have fun at the same time. The game is free and addicting so join us in Shepherdstown on Sunday September 11th, on Trough Rd just outside of Shepherdstown off Rt. 230. Registration begins at 12:30 at the beginning of Trough Rd Match time will be at 1:30. We have the cannonballs if you don't already have your own. For further info call Mary Wolfe at (304) 258-4958 or e-mail mwolfe4@frontier.com

9 yrs and up / 1 day / FREE

Trough Road in Shepherdstown Sun, 9/11 1:30 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. Most of the training will be done in the grass and with mats in case of a fall. A special technique will also be used to enhance balance before they try to ride. Child must have a helmet. JCPRC will also be doing bike fitting, chain lubrication, tire inflation, and helmet fitting. Please be sure to bring your child's bike. Training wheels must be easy to remove; please bring them as well if your child uses them.

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

Jefferson County Community Center, rear parking lot.

Program #3848 Sun, 9/18 10:00 am-12:00 pm

Animal Adventures

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

4-11 yrs / 6 wk / \$84 Jefferson County Community Center Instructor - Melissa Kowalski

Program #3846 Fri, 9/2-10/7 5:00-6:00 pm Program #3847 Fri, 10/14-12/2 5:00-6:00 pm (no class 11/25)

What's Inside? Inventor's Workshop

Have you ever wondered how something works or what it looks like on the inside? Young inventors will have a chance for exploration, destruction, and invention in this newly created class! During the first three weeks of class, kids will be given their own household object to disassemble and explore. Objects will include phones, hand mixers, alarm clocks and more. Parts and pieces will be stored for each participant, so on the last day of class, kids will create their own, new invention with all they have collected. This is a great opportunity for kids to learn what makes ordinary, everyday objects tick, spin, move and work!

(Eye protection will be required and provided for each participant. Kids will be using tools such as hammers, hot glue guns, and screwdrivers. A signed waiver will be required before participants will be admitted to class)

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

Jefferson County Community Center

Program #3858 Thur, 9/15-10/6 5:30-6:30pm

LEGO Engineering

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

7-13 yrs / 4 wks / \$60 Instructor Heidi Citro

Jefferson County Community Center

Program #3856 Wed, 9/14-10/5 5:45-7:15 pm

Program #3857 Wed, 10/19-11/9 5:45-7:15 pm

Ms. Shelley's Pony School

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

2.5-5 yrs / 4 wk / \$65

Majestic Reins Stable

Program #3840

Sa, 9/10-10/1 3:00-4:00 pm

Program #3841

Sa, 9/10-10/1 4:30-5:30 pm

Program #3842

Sa, 10/15-11/5 3:00-4:00 pm

Program #3843

Sa, 10/15-11/5 4:30-5:30 pm

Program #3844

Sa, 11/19-12/17 3:00-4:00 pm

(no class 11/26)

Program #3845

Sa, 11/19-12/17 4:30-5:30 pm

(no class 11/26)

Special Events & Bus Trips

Holiday Craft Fair & Vendor Show

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

Jefferson County Community Center
Program #3939 Sat, 11/19 9:00 am-2:00 pm

Wee Warrior Dash

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

3-15 yrs / 1 day / Free
Sam Michael's Park
Program #3206 Sat, 10/29 Begins @ 2:00 pm

Halloween Happening & Chili Cook-off

Ghosts, Goblins, Princesses and Pumpkins await you with fun and thrills. Enjoy games, hayrides, Trick or Treat Trail, bonfire (burn restrictions permitting) and much more at this family friendly event. Concessions will be available for an additional fee. Pre-Registration is encouraged. Chili will be available for tasting, and may be available for purchase while supplies last.

All ages / 1 day / \$8 per child
Jefferson County Community Center
Program #3949 Sat, 10/29 5:30-8:30 pm

Community Center Yard Sale

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

18 and up / 1 day / \$25
Jefferson County Community Center
Program #3940 Sat, 10/1 8:00 am-1:00 pm

Elf PJ Party

Need a couple more hours to finish your holiday shopping? Bring your pajama clad child(ren) to the JCCC to enjoy basketball, movies, crafts, music, moonbounce and festive treats. Pizza will be served for dinner.

5 and up / 1 day / \$20
Jefferson County Community Center
Program #3938 Sat, 12/10 5:00-9:00 pm

Santa's Polar Party

Join us as we welcome Santa to the Sam Michael's Park "North Pole." Get into the Christmas spirit and visit with Santa and other special guests. Enjoy a fun craft and have your picture taken with Santa. Blakeley Street Bakery will join Mrs. Claus in the "cookie kitchen" and help kids decorate their very own Christmas cookies! Kids will get to use decorating bags of frosting and sparkles and sprinkles! We will also have Santa's Workshop open with wooden toys and crafts for kids to build and paint all by themselves! And it wouldn't be a visit to the "North Pole" without a visit to the elves' playground where kids will get to bounce and "sled" down the inflatable "snow hill".

Concessions will be available for an additional fee. After the Polar Party, bring your blankets, chairs and pajamas to settle down for a very GRINCHY double feature movie event featuring The Grinch Who Stole Christmas AND The Grinch! Admission for the movie is free. Doors will open at 7:30pm and movie will start at 7:45pm. Concessions will be available during the movie event.
 ** Kids ages 17 and below should register for this event. Adults are free**

All ages / 1 day / \$8 per child
Jefferson County Community Center
Program #3937 Sat, 12/3 5:30-7:30 pm

Movie Night at the JCCC - (Double Feature)

How the Grinch Stole Christmas AND The Grinch

Come on out to the Jefferson County Community Center gym and enjoy a movie on our giant inflatable movie screen. Bring your blankets and chairs. Refreshments will be served for an additional fee. The movie night will feature two tales of "Whoville" and admission is FREE! This event will begin with the animated movie "How the Grinch Stole Christmas". When the movie is done, we will show "The Grinch" live-action movie! Double the Grinch, double the Christmas-time fun!

All ages / 1 day / FREE ADMISSION
Jefferson County Community Center
The Grinch Who Stole Christmas AND The Grinch
Sat, 12/3 7:30-9:30 pm



Elf PJ Party

Need a couple more hours to finish your holiday shopping? Bring your pajama-clad children to the JCCC to enjoy basketball, movies, crafts, music, moon bounce, and festive treats. Pizza will be served for dinner.

Ages 5 and up December 10 5:00-9:00 pm



Jefferson County Parks & Recreation ~ 8 ~ Register for classes at: www.jcprc.org

Sampson - Sight & Sound Theater Bus Trip

The world's first superhero and the strongest man who ever lived. He killed a lion with his bare hands and defeated a thousand soldiers. The story is filled with extraordinary feats of strength, and amazing special effects. We will visit Kitchen Kettle where you can do some shopping and enjoy lunch on your own. Cost includes admission to show and transportation only. All children under the age of 18 must be accompanied by a parent or guardian that is 18 years of age or older. Bus will pick up at 7:45 am from the Food Lion shopping center in Charles Town.

All ages / 1 day / \$126 Adults / \$74 Child (under 12)
Bus Departs from Food Lion in Charles Town
Program #3748 Sat, 9/10 7:45 am-10:30 pm

New York City

Radio City "Christmas Spectacular"

Don't miss this one-of-a-kind celebration that brings together family, friends, and loved ones. The Rockettes dazzle in brilliant dance numbers and Radio City is aglow with the joy of the season. Join Santa on his sleigh ride, see ice skaters swirl across the stage, and catch a snowflake or two in this immersive theatrical experience like no other. Our trip will depart from the Jefferson County Community Center at Sam Michael's Park at 5:00 am, we will arrive in NY at roughly 10:30 am. The bus will drop you off at 7th and 31th St. Show starts at 11:00 am, so you will have some time to check out the city. The bus will leave New York to return home around 8:00 pm (be back to the bus at 7:30 pm). Please eat before or bring a small breakfast with you for the bus ride to NY. The bus will make one stop each way at Delaware House. A paying adult must accompany participants under the age of 18 years. Trip will go rain or shine. Cost includes transportation and ticket for the show only.

All ages / 1 day / \$130
Bus Departs from Jefferson County
Community Center @ Sam Michael's Park
Program #3760 Sat, 11/19 5:00 am-1:00 am

Nerf Wars!

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

5-9 yrs / 1 day / \$10

Jefferson County Community Center

Program #3850 Fri, 10/21 5:00-6:50 pm
Program #3851 Fri, 11/18 5:00-6:50 pm
Program #3852 Fri, 12/16 5:00-6:50 pm

10-14 yrs / 1 day / \$10

Jefferson County Community Center

Program #3853 Fri, 10/21 7:10-10:00 pm
Program #3854 Fri, 11/18 7:10-10:00 pm
Program #3855 Fri, 12/16 7:10-10:00 pm



Join us and win CASH!!!
Bingo will be offered the 2nd Friday of each month.
FREE BABYSITTING AVAILABLE!!!

Children under 18 are not allowed in the gym during game play.

Progressive Jackpot

Only \$22 Admission

Doors open at 5:30

Early Bird at 6:30

Regular Games at 7:00



Sports

SportFit w/ Mr. Earl

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

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

Wright Denny Elementary School

Program #3862 Mon, 9/19-10/24 4:00-5:00 pm

SportFit w/ Ms. Heidi

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

7-12 yrs / 6 wks / \$50 Instructor Heidi Citro

Jefferson County Community Center

Program #3859 Tues, 11/15-12/20 5:00-6:00 pm

Beginner Volleyball Clinic

Join some of our volleyball league coaches in this fall clinic. Beginner players will learn skills such as hitting, serving, setting and bumping. Clinic will include small sided games and scrimmages. This clinic is for players who have no volleyball experience.

8-13 yrs / 8 wks / \$60

Instructors Pat Houghton/Keith Powers

Jefferson County Community Center

Program #3865 Tues, 9/13-11/1 6:00-7:00 pm

Advanced Volleyball Clinic

Join some of our volleyball league coaches in this fall clinic. Players will learn skills such as hitting, serving, setting and bumping. Clinic will include small sided games and scrimmages. This clinic is for players who have at least 1 season of volleyball league experience.

8-13 yrs / 8 wks / \$60

Instructors Pat Houghton/Keith Powers

Jefferson County Community Center

Program #3866 Tues 9/13-11/2 7:15-8:15 pm

Archery

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

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

Sam Michael's Park

Program #3863 Wed, 9/21-10/26 4:30-5:30 pm

SNAG Golf

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

6-13 yrs / 8 wks / \$65

Jefferson County Community Center

Program #3867 Thur, 10/20-12/15 4:45-5:45 pm

(no class 11/24)

Little All Stars

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

3-6 yrs / 6 wks / \$40

Jefferson County Community Center

Program #3947 Tues, 9/13-10/25 11:00-11:45 am

(no class 10/4)

Program #3948 Tues, 11/15-12/20 11:00-11:45 am

Program #3945 Wed, 9/14-10/26 10:00-10:45 am

(no class 10/5)

Program #3946 Wed, 11/2-12/14 10:00-10:45 am

(no class 11/23)

Program #3860 Wed, 9/14-10/19 4:30-5:15 pm

Program #3861 Wed, 11/2-12/14 4:30-5:15 pm

(No class 11/23)

Soccer Skills

This soccer program is developmentally appropriate for boys and girls who are interested in soccer. Children will learn and improve on skills they already know. Through small sided games and scrimmages, you child will learn how to dribble, pass, shoot, and learn positional skills and techniques.

5-7 yrs / 6 wks / \$50

Jefferson County Community Center

Program #3878 Tues, 9/13-10/18 4:30-5:15 pm

Program #3879 Tues, 11/1-12/13 4:30-5:15 pm

(No class 11/8)

8-11 yrs / 6 wks / \$50

Jefferson County Community Center

Program #3880 Tues, 9/13-10/18 5:30-6:15 pm

Program #3881 Tues, 11/1-12/13 5:30-6:15 pm

(No class 11/8)

Indoor Futsal League

Teams may submit full rosters for teams in the "competitive" division or register as a 'free agent' and be placed on a team in the "non-competitive" division. Teams will play 7 games. All games will be held on Saturdays, starting 1/14/16, Thursdays, starting 1/19/16 and Tuesdays, starting 1/17/16. Teams will have a 45-minute practice once per week. Practice days and times are to be determined. Practices will start on Monday, 1/2/16. Game times will vary. Cost includes t-shirt for each player. Registration deadline is Monday, December 19th. Volunteer coaches are needed. Volunteer coaches meeting will be held on Monday, December 19th from 6:30-7:30pm. Please provide shirt size at time of registration. This is a co-ed league. Ten players max per team. Please be aware we may need to combine both divisions if there are not enough individuals or teams in their respective age group.

Competitive "Team Division"

7-9 yrs (U9) / 7 games

\$75 per player before 12/5

\$85 per player after 12/5

\$65 for each additional sibling/coach discount before 12/5

\$75 for each additional sibling/coach discount after 12/5

Program #3882

10-11 yrs (U11) / 7 games

\$75 per player before 12/5

\$85 per player after 12/5

\$65 for each additional sibling/coach discount before 12/5

\$75 for each additional sibling/coach discount after 12/5

Program #3883

Games begin Sat, 1/14 8:00 am-7:00 pm

Games begin Tues, 1/17 5:30-8:30 pm

Games begin Thur, 1/19 5:30-8:30 pm

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

Teams do not have to register at the same time.

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

Non-Competitive "Free Agents Division"

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

\$65 for each additional sibling/coach discount before 12/5

\$75 for each additional sibling/coach discount after 12/5

Program #3884

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

\$65 for each additional sibling/coach discount before 12/5

\$75 for each additional sibling/coach discount after 12/5

Program #3885

Games begin Sat, 1/14 8:00 am-7:00 pm

Games begin Tues, 1/17 5:30-8:30 pm

Games begin Thur, 1/19 5:30-8:30 pm

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

Holiday Sports Express Camp

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

5-12 yrs / 4 days / \$75

Jefferson County Community Center

Program #3864 Tues-Fri, 12/27-12/30 9:00 am-5:00 pm

Basketball 3v3 Academy

Whether you're a beginner or advanced player, this program will provide fundamental basketball instruction, multi-position play, strength and conditioning, and three-on-three practice. See below for age groups and times.

5-8 yrs / 7 wks / \$50

Jefferson County Community Center - Train Great Fitness

Program #3868 Mon, 9/12-10/24 4:30-5:30 pm

9-11 yrs / 7 wks / \$50

Jefferson County Community Center - Train Great Fitness

Program #3869 Mon, 9/12-10/24 5:30-6:30 pm

12-14 yrs / 7 wks / \$50

Jefferson County Community Center - Train Great Fitness

Program #3870 Mon, 9/12-10/24 6:30-7:30 pm

15-17 yrs / 7 wks / \$50

Jefferson County Community Center - Train Great Fitness

Program #3871 Mon, 9/12-10/24 7:30-8:30 pm

18-20 yrs / 7 wks / \$50

Jefferson County Community Center - Train Great Fitness

Program #3872 Mon, 9/12-10/24 8:30-9:30 pm

5-8 yrs / 7 wks / \$50

Jefferson County Community Center - Train Great Fitness

Program #3873 Mon, 11/7-12/19 4:30-5:30 pm

9-11 yrs / 7 wks / \$50

Jefferson County Community Center - Train Great Fitness

Program #3874 Mon, 11/7-12/19 5:30-6:30 pm

12-14 yrs / 7 wks / \$50

Jefferson County Community Center - Train Great Fitness

Program #3875 Mon, 11/7-12/19 6:30-7:30 pm

15-17 yrs / 7 wks / \$50

Jefferson County Community Center - Train Great Fitness

Program #3876 Mon, 11/7-12/19 7:30-8:30 pm

18-20 yrs / 7 wks / \$50

Jefferson County Community Center - Train Great Fitness

Program #3877 Mon, 11/7-12/19 8:30-9:30 pm

Adult & Teen

This includes Adult & Continuing Education courses formerly offered by Jefferson County Schools.

Boot Camp

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

18 yrs and up / 8 wks / \$128 Instructor Teresa Cantrell
Jefferson County Community Center
Program #3761 Tues & Thur, 10/11-12/8 9:30-10:30 am
(No class 11/24/)

18 yrs and up / 8 wks / \$70 Instructor Teresa Cantrell
Jefferson County Community Center
Program #3762 Tues, 10/11-12/6 9:30-10:30 am
Program #3763 Thur, 10/13-12/8 9:30-10:30 am
(No class 11/24)

18 yrs and up / 8 wks / \$128 Instructor Teresa Cantrell
Jefferson County Community Center
Program #3764 Tues & Thur, 12/13-2/9 9:30-10:30 am
(No class 11/24)

18 yrs and up / 8 wks / \$70 Instructor Teresa Cantrell
Jefferson County Community Center
Program #3765 Tues, 12/13-1/31 9:30-10:30 am
Program #3766 Thur, 12/15-2/9 9:30-10:30 am
(No class 11/24)

Guidelines for Childcare:

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

Country Line Dancing Level 1

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

18 yrs & up / 7 wks / \$55 (Single) Instructor Allen Keefer
Charles Town Middle School - Cafeteria
Program #3899 Th, 9/1-10/13 6:30-7:30 pm
Program #3900 Th, 10/27-12/15 6:30-7:30 pm
(no class 11/24)

18 yrs & up / 7 wks / \$85 (Couple) Instructor Allen Keefer
Charles Town Middle School - Cafeteria
Program #3902 Th, 9/1-10/13 6:30-7:30 pm
Program #3901 Th, 10/27-12/15 6:30-7:30 pm
(no class 11/24)

Pilates

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

18 yrs and up / 8 wks / \$70 Instructor Teresa Cantrell
Jefferson County Community Center
Program #3767 Tues, 10/11-12/6 10:30-11:00 am
Program #3768 Tues, 12/13-1/31 10:30-11:00 am

Beginner Yoga

This is a basic introduction to yoga including level one postures, breathwork and meditation/relaxation techniques. Students will be given a foundation to begin a home practice to help with strength, flexibility, stress management and overall well being.

CHILDCARE INCLUDED (Please see Childcare Guidelines)
18 yrs and up / 8 wks / \$63 Instructor Alexis Evans
Jefferson County Community Center
Program #3769 Mon, 9/12-10/17 9:30-10:30 am
Program #3770 Mon, 10/31-12/5 9:30-10:30 am

Yoga 4 Every Body

A comprehensive accessible Hatha Yoga program teaching you how to safely stretch, strengthen and lengthen - encouraging a more supple, healthier spine along with a stronger core. This yoga practice enhances balance, stamina, flexibility - deepening mindfulness and a sense of well being. Please wear comfortable clothing. Bring a mat and small blanket or shawl. Lisha Simester, is author of The Natural Health Bible and has been teaching Yoga for years.

18 yrs & up / 12 wks / \$60 Instructor Lisha Simester
Wright Denny Intermediate - Auditorium
Program #3898 Mon, 9/12-12/5 6:00-7:30 pm
(no class 10/3)

Country Line Dancing Level 2

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

18 yrs & up / 7 wks / \$55 (Single) Instructor Allen Keefer
Charles Town Middle School - Cafeteria
Program #3903 Th, 9/1-10/13 7:30-8:30 pm
Program #3904 Th, 10/27-12/15 7:30-8:30 pm
(no class 11/24)

18 yrs & up / 7 wks / \$85 (Couple) Instructor Allen Keefer
Charles Town Middle School - Cafeteria
Program #3905 Th, 9/1-10/13 7:30-8:30 pm
Program #3906 Th, 10/27-12/15 7:30-8:30 pm
(no class 11/24)

Square Dance Level 1

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

All ages / 7 wk / \$35 Instructor Carl Odell
Charles Town Middle School - Cafeteria
Program #3886 Mon, 9/12-10/24 7:00-9:00 pm

Square Dance Level 2

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

All ages / 7 wk / \$35 Instructor Carl Odell
Charles Town Middle School - Cafeteria
Program #3887 Mon, 11/7-12/19 7:00-9:00 pm

Late Night Indoor Soccer

Do you enjoy playing soccer, but do not have a place to play, players to field a team, or working too late? If so, come out to join this fun activity at the Jefferson County Community Center! Pick-up games played once a week. Sign up for the entire season and save \$16.

18 yrs & up \$6 at the door per visit
Jefferson County Community Center
Wed, 11/9-12/28 9:00-11:00 pm

Recreational Volleyball

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

18 yrs & up / 9 wks / \$25 Instructor Kate Nedrich
Charles Town Middle School
Program #3936 Sun, 9/18-11/13 7:00-9:00 pm

Adult Volleyball Drop-In

Do you enjoy playing volleyball but can't find a gym to play? No worries, we are offering a drop-in volleyball program for adults 18 and up. All you need to do is show up!

18 yrs and up / \$6 per visit
Jefferson County Community Center
Thur, 9/8-12/29 7:00-9:00 pm

Body Business

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

18 yrs & up / 11 wks / \$55
Instructor Sandra Watkins
Shepherdstown Elementary School
Program #3896 Mon/Wed, 8/29-11/9 5:30-6:30 pm
 (no class 9/5, 9/21)

18 yrs & up / 6 wks / \$30
Instructor Sandra Watkins
Shepherdstown Elementary School
Program #3897 Mon/Wed, 12/5-1/18 5:30-6:30 pm

Beginner Needle Tatting

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

15 yrs & up / 4 wks / \$40 Instructor Nancy Bender
Charles Town MS - FACS Room
Program #3930 Mon, 10/17-11/7 6:30-8:30 pm

Jefferson County Parks and Recreation



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

LET THE WAR BEGIN!

AGES 5-9

Friday, 10/21
 Program #3850
 5:00-6:50

Friday, 11/18
 Program #3851
 5:00-6:50

Friday, 12/16
 Program #3852
 5:00-6:50

AGES 10-14

Friday, 10/21
 Program #3853
 7:10-10:00

Friday, 11/18
 Program #3854
 7:10-10:00

Friday, 12/16
 Program #3855
 7:10-10:00

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

Cardio Mix

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

18 yrs & up / 9 wks / \$50 Instructor Suzanne Dillow
Ranson Elementary School

Program #3629 Mon/Wed, 8/29-10/26
6:45-7:40 pm

Program #3916 Mon/Wed, 10/31-12/28
6:45-7:40 pm

Trimnastics

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

18 yrs & up / 9 wks / \$65 Instructor Suzanne Dillow
Ranson Elementary School

Program #3622 Mon/Wed/Fri, 8/29-10/28
5:45-6:35 pm

Program #3910 Mon/Wed/Fri, 10/31-12/30
5:45-6:35 pm

18 yrs & up / 9 wks / \$65 Instructor Suzanne Dillow
Zion Church - 215 E. Washington St., Charles Town
Program #3911 Mon/Wed/Fri, 10/31-12/30
9:00-10:00 am

18 yrs & up / 9 wks / \$65 Instructor Suzanne Dillow
Jefferson County Community Center
Program #3623 Mon/Wed/Fri, 8/29-10/28
9:00-10:00 am

Fit N Trim

A class to get you back to exercise with a low impact workout to help strengthen, tone, improve flexibility and 10 minutes of cardio for a total body workout.

Bring an exercise mat and hand weights to each class.

18 yrs & up / 9 wks / \$60 Instructor Suzanne Dillow
Bolivar Community Center

Program #3627 Tu/Th, 8/30-10/27
12:00-1:00 pm

Program #3913 Tu/Th, 11/1-12/29
12:00-1:00 pm

18 yrs & up / 9 wks / \$55 Instructor Suzanne Dillow
TA Lowry Elementary

Program #3914 Mon/Wed, 8/29-10/26
4:20-5:10 pm

18 yrs & up / 8 wks / \$55 Instructor Suzanne Dillow
TA Lowry Elementary

Program #3915 Mon/Wed, 10/31-12/21
4:20-5:10 pm

Total Fitness

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

18 yrs & up / 9 wks / \$45 Instructor Suzanne Dillow
Ranson Elementary School

Program #3631 Sat, 9/3-10/29 8:30-9:45 am
Program #3917 Sat, 11/5-12/31 8:30-9:45 am

30-30-30

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

18 yrs & up / 9 wks / \$70 Instructor Suzanne Dillow
Blue Ridge Elementary School

Program #3633 Tu/Th, 8/30-10/27 4:30-6:00 pm
Program #3918 Tu/Th, 11/1-12/29 4:30-6:00 pm

Strength & Tone

This low impact class will give you a total body workout to help strengthen, tone and improve flexibility & balance for a healthier you! *Bring an exercise mat and hand weights to each class.*

18 yrs & up / 9 wks / \$65 Instructor Suzanne Dillow
Zion Church - 215 E. Washington St., Charles Town

Program #3625 Tu/Th, 8/30-10/27 10:00-10:50 am
Program #3912 Tu/Th, 11/1-12/29 10:00-10:50 am

Fitness Pass

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

Program #3919 9 wks, 8/29-10/29 \$88
Program #3920 9 wks, 10/31-12/31 \$88
Program #3921 18 wks, 8/29-12/31 \$150

Baby Boomer Gadgets (to help you live independently)

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

13 yrs & up / 3 wks / \$20

Instructor Clare Chesnavage

Jefferson County Community Center

Program #3934 Sat, 10/8-10/22 11:30am-12:30pm

Window Screen Painting, A Baltimore Folk Art

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

13 yrs & up / 4 wks / \$30

Instructor Clare Chesnavage

Blue Ridge Elementary School—Art Room

Program #3932 Fri, 9/16-10/7 6:00-8:00 pm

Campfire Cooking Field Activity

Have you ever cooked outdoors? I mean really cooked outdoors? The outdoors cooking this class will offer is rather unique. Participants will practice cooking without a grill, range, pots, or pans. Participants will practice cooking using an open campfire very much like the early explorers and settlers on the frontier would have used in the period of this country's expansion west. This class will provide hands-on experience preparing and cooking meals over an open campfire using various cooking techniques. Participants will select food from a class handout listing foods and suggested ways to prepare them over a campfire. During this field activity the instructor will demonstrate certain campfire cooking techniques. Instructions will also include kinds of wood needed to start and build a fire, fire safety, wildfire prevention, and the principle of Leave No Trace fire use. Participants will bring their own ingredients to prepare a meal assisted by the instructor. Dessert will be provided by the instructor. Here's something to think about: If you were without the use of an electric range would you be able to prepare your meals using a campfire? Come learn, discover, and share. This will be a fun and challenging activity. Please register early as this class will fill.

Registration deadline is 11/5/16.

Registered participants may bring a guest.

18 yrs & up / 1 day / \$20 Instructor Clark Dixon
Sam Michael's Park - Boy Scout Camping Area
Program #3923 Sa, 11/12 10:00 am-2:00 pm

Discover WV Outdoors...One Destination at a Time

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

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

Register early as this class is expected to fill up fast!

Registered participants may bring a guest

Registration deadline is 9/28/16.

18 yrs & up / 1 day / \$10 Instructor Clark Dixon
Charles Town MS - Room 53
Program #3924 Mon, 10/3 6:30-8:30 pm

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

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

13 yrs & up / 3 wks / \$20

Instructor Clare Chesnavage

Jefferson County Community Center

Program #3933 Sat, 10/8-10/22 10:00-11:00am

Wildlife Forensic Science

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

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

13 yrs & up / 3 wks / \$20

Instructor Clare Chesnavage

Jefferson County Community Center

Program # 3935 Sat, 10/8-10/22 1:00-3:00 pm

Intermediate Sewing & Quilting

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

15 yrs & up / 6 wks / \$40 Instructor Nancy Bender

Charles Town MS - FACS Room

Program #3925 Th, 9/15-10/20 6:30-8:30 pm

Program #3926 Th, 10/27-12/8 6:30-8:30 pm

(no class 11/24)

Beginner Garment Sewing

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

15 yrs & up / 4 wks / \$40 Instructor Nancy Bender

Charles Town MS - FACS Room

Program #3927 Mon, 9/12-10/10 6:30-8:30 pm

(no class 9/26)

Program #3928 Wed, 10/12-11/2 6:30-8:30 pm

Beginner Quilting

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

15 yrs & up / 6 wks / \$40 Instructor Nancy Bender

Charles Town MS - FACS Room

Program #3929 Tues, 9/27-11/1 6:30-8:30 pm

Beginners / Intermediate Knitting

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

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

18 yrs & up / 4 wks / \$30 Instructor **Judy Slusher**
Jefferson County Community Center
Program #3888 Mon, 9/12-10/3 9:30-11:30 am

18 yrs & up / 4 wks / \$30 Instructor **Judy Slusher**
Charles Town MS - Library
Program #3889 Tues, 9/6-9/27 6:00-8:00 pm

Complete Your Own Knit/Crochet Project

This class is designed for students who know the basic knit or crochet stitches and would like to learn new techniques, or need help in completing a project. The instructor will provide individualized attention while you refresh skills or learn new ones. Please bring a project to work on. Assorted patterns will also be available. Please call 304-725-3172 (please, no calls after 7:00 p.m.) prior to class to discuss your project requirements or with any questions.

18 yrs & up / 4 wks / \$30
 Instructor **Judy Slusher**
Jefferson County Community Center
Program #3890 Mon, 9/12-10/3 12:00-2:00 pm
Program #3891 Mon, 10/24-11/14 9:30-11:30 am

18 yrs & up / 4 wks / \$30 Instructor **Judy Slusher**
Charles Town Middle School - Library
Program #3892 Tues, 10/4-11/1 6:00-8:00 pm
 (no class 10/18)

Knit or Crochet for Charity

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

18 yrs & up / 1 day / Free
Apple Tree Gardens - Community Room
Program #3893 Tues, 9/13 12:30-2:00 pm
Program #3894 Tues, 10/11 12:30-2:00 pm
Program #3895 Tues, 11/29 12:30-2:00 pm

Publishing 101 How to Become a Published Author

Learn the basics needed to publish your first book. This class is taught by Bob O'Connor, author of 10 books. Some lessons will also be provided by other successful authors. Over a dozen books have been published by students of this class.

18 yrs & up / 9 wks / \$75 Instructor **Bob O'Connor**
Charles Town MS - classroom TBA
Program #3922 Tu, 9/20-11/22 6:00-8:00 pm
 (no class 11/8)

Introduction to Genealogy

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

15 yrs & up / 4 wks / \$40 Instructor **Nancy Bender**
Jefferson County Community Center
Program #3931 Mon, 11/14-12/5 6:30-8:30 pm



\$500 Jackpot Guaranteed!

Only \$22 Admission
Doors open at 5:30
Early Bird at 6:30
Regular Games at 7:00

Tip Jar, Concessions, Door Prizes Available!



Join us and win CASH!!!

Bingo will be offered the 2nd Friday of each month.

Children under 18 are not allowed in the gym during game play.

MIDDLE SCHOOL

TEEN NIGHT

1st Friday of each month from September - May!

6:30-10:00pm

DJ Basketball Xbox

Moon Bounce Ping Pong

and more!

\$10
PER STUDENT

Food Concessions available
for an additional fee.



Students must reside in Jefferson County and be in 6th, 7th, or 8th grade.
A student ID or parent sign-in will be required upon entry.
Bags, backpacks, alcohol, drugs, and inappropriate clothing are prohibited.

Jefferson County Parks & Recreation

235 Sam Michael's Lane, Shenandoah Junction, WV 25442

Jefferson County Parks & Recreation ~ 17 ~ Register for classes at: www.jcprc.org

A perfect place to grow



Thank You!

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

If you would like to be a sponsor, please contact Becki Zaglifa at bzaglifa@jcprc.org for more information.

1.888.WVU.1DOC



University Healthcare
Jefferson Medical Center

wvuniversityhealthcare.com

Charles Town Plumbing, Heating & Air Conditioning L.L.C.

HVAC (304)724-1521	Plumbing (304)725-9751
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PO Box 1164
Charles Town, WV 25414

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ctownhvac@aol.com

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RS ortho

HARPERS FERRY
Adventure Center

Kid's Closet Connection
Jefferson County, WV

America's Top
Drawer Children's
Consignment Sale
304-279-7374 for more details

www.KidsCloset.biz
Shop, Sell, Volunteer

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

If you would like to be a sponsor, please contact
Becki Zaglifa at bzaglifa@jcprc.org for more information.

Thank You!

Park & Facility Information

Park Shelter

Reservation Info:

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

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

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

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

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



Sam Michael's Park-

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

Sam Michael's Park Wedding Venue -

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

Leetown Park-

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

South Jefferson Park-

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

James Hite Park-

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

Moulton Park-

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

Bolivar Nature Park-

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

Morgan's Grove Park-

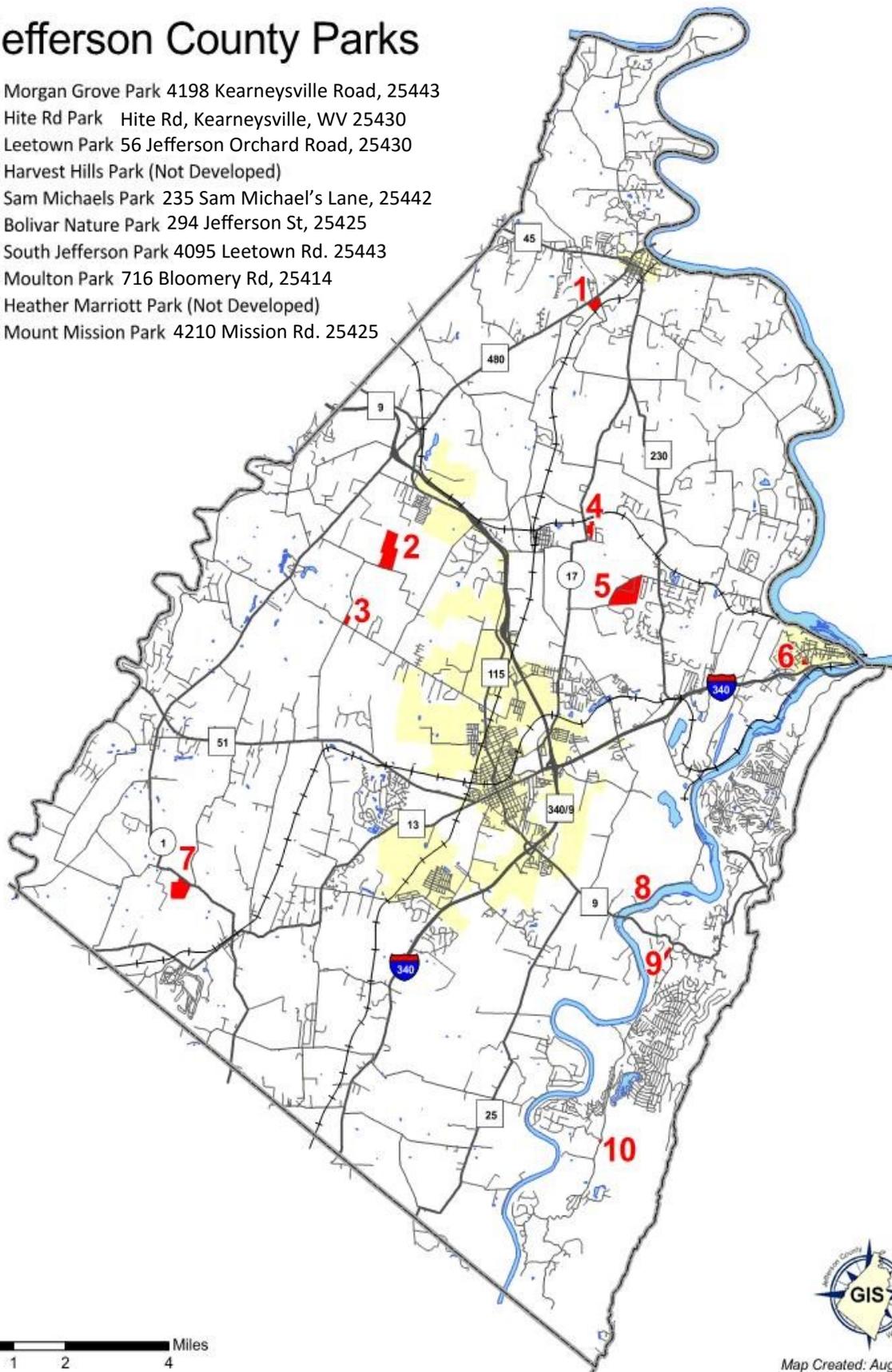
With over twenty acres of shade trees, meadows, playgrounds, and spring-fed streams, this popular park serves as an idyllic site for community gatherings and events. A 1500 square foot covered picnic pavilion with a full kitchen and restroom facility offers the perfect place to host family events as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

Mount Mission Park -

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

Jefferson County Parks

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



0 1 2 4 Miles

Jefferson County GIS
Map Created: August 6, 2012

Payments & Fees:

Please make your check(s) payable to: **Jefferson County Parks & Recreation.**

A \$25 fee will be charged for all returned check and declined credit cards. Incomplete registrations cannot be processed—full payment must accompany registration.

A \$5 out-of-county fee will be charged to any person not living in Jefferson County.

Registration is for the program, not attendance—no make ups, refunds or credits will be offered for missed classes.

Age Policy:

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

Scholarships:

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

Cancellation Policy:

Programs may be cancelled due to insufficient registration, school closings, or inclement weather. 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 cancelled.

Media/Photography:

The JCPRC reserves the right to take pictures at all events, activities, and programs. Pictures may be displayed in future commercials, brochures and web publications.

Attention Parents:

JCPRC instructors or staff are not responsible for your child prior to or after class time.

It is the responsibility of the parent/guardian to notify JCPRC staff of any medical conditions/special needs of a child at the time of registration.

Discipline Policy:

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

Alcohol Policy:

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

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

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 upon request. If insufficient registration causes a program to be cancelled, participants will receive a CREDIT on their JCPRC account within one month of the program cancellation, if refund is preferred, customers must call 304-728-3207 to request refund. Credits on account will expire if funds are not used within 18 months date of issue. For any program fee under \$20, no refunds will be processed, only credit to JCPRC accounts will be issued.

JCPRC Commission

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

Community Center - Daily Information

Facility Hours

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

Closures Observed:

Labor Day - Sept 5	CLOSED
Thanksgiving - Nov. 24 & 25	CLOSED
Christmas - Dec. 26	CLOSED

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

Facility Daily Fees

Age	Daily	20 visit Punch Pass	Yearly Pass
Youth (6-18 Years)	\$2.00	\$30.00	\$150.00
Adults (19-59 Years)	\$2.00	\$30.00	\$150.00
Senior Adults (60+)	\$1.00	\$15.00	\$100.00

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

OOPS!

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

Registration is Easy! 5 EASY WAYS TO SIGN UP!



Online Registration

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



Fax-In

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



Walk-in

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



Phone-In

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



Mail-In

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

PARENT					HOME	()	
ADDRESS					WORK	()	
CITY		STATE		ZIP		CELL	()
EMAIL	_____@_____						

ALLERGIES OR MEDICAL CONDITIONS: <i>List Participant and any allergies or medical conditions:</i> _____ _____	EMERGENCY CONTACT: _____ (not yourself—this person will be contacted IF we cannot reach the person listed above)	
	RELATION: Parent Grandparent Aunt/Uncle Friend Neighbor Other: _____	Phone () ()

PARTICIPANT NAME	DOB	PROGRAM #	CLASS TITLE	T-SHIRT SIZE <i>(if applicable)</i>	FEE
	/ /				\$
	/ /				\$
	/ /				\$
	/ /				\$
				TOTAL DUE	\$

PAYMENT OPTIONS Rec'd by _____ Date ____/____/____	For Office Use Cash Check # _____ \$ _____ Other: _____	REQUIRED CSC CODE: ____-____-____
	I/WE HAVE READ THE BELOW PARTICIPANT WAIVER AND RELEASE AND SIGN IT VOLUNTARILY:	
		Credit Card/Participant Waiver Authorization Signature: X _____

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

A perfect place to grow...



www.jcprc.org



235 Sam Michael's Lane

Shenandoah Junction, WV 25442

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

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

Return Service Requested