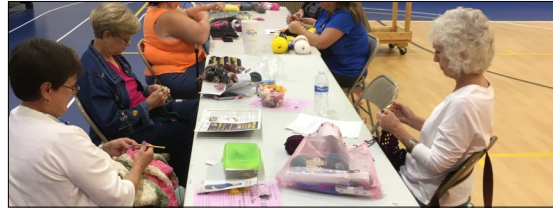


En Plein Air Painting Workshop

Let the history and beauty of Peter Burr Farm inspire you. Paint gardens, flowering trees, open landscape and more. We will delve deeper into the aspects of plein-air painting with an Impressionistic flare. We'll work rain or shine. **A \$10 supply fee (cash or check) is due to instructor on first day of the workshop.**

18 yrs & up / 1 day / \$35
Peter Burr Farm
Instructor Jennifer Glymph
Program #4456 Fri, 6/30 3:00-7:00 pm



Knit or Crochet for Charity

If you knit, crochet, or do any other needlecrafts and would like to use your time and talents to donate handmade items to local charities, this group will give you the opportunity to enjoy an afternoon of needlework while doing just that. Please bring your own knitting needles/crochet hooks/yarn/ supplies to class. The only cost to you is your time, talents, and whatever yarn you can provide. There will be a variety of knit and crochet patterns and project ideas available. There may also be some donated yarn available at class. If you would like to speak with the facilitator prior to class please call 304-725-3172 (before 7 p.m. please).

Please Note: Some guidance will be provided but this class is not an instructional class.

14 yrs & up / 4 wks / FREE
Wright Denny Intermediate—Library
Instructor Judy Slusher
Program #4339 Tues, 6/20 12:30-2:00 pm
Program #4340 Tues, 8/1 12:30-2:00 pm

Easy and Engaging Environmental Education For Early Childhood

In this training for early childhood educators, we'll examine the benefits of environmental education on academic achievement, social emotional development, and overall mental and physical health, and then explore ways to incorporate environmental education into your existing classroom schedule. Included in this training will be a comprehensive overview of the Ranson Old Town Community Garden's Budding Botanist Preschool Curriculum. We'll include time for group discussion, brainstorming, and individual planning so that all participants walk away inspired and ready to take action.

18 yrs & up / 1 day / \$25 **Jefferson County Community Center** **Instructor Emma Huvos**
Program #4459 **Sat, 5/20** **8:00 am-12:00 pm**



235 Sam Michael's Lane
 Shenandoah Junction, WV 25442
 Phone: (304) 728-3207 Fax: (304) 728-9746
 Email: Info@jcprc.org Website: www.jcprc.org

Return Service Requested

Jefferson County Parks & Recreation

Activity Guide

Teen & Adult Opportunities

Summer 2017



A perfect place to
 Jefferson
 County
 Parks &
 Recreation

www.jcprc.org

Adult & Teen Activities

Parent & Child Crochet

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

All ages / 4 wks / \$30 Instructor Judy Slusher
Wright Denny Intermediate—Library
Program #4336 Tue, 7/11-8/1 10:00 am-12:00 pm

Parent & Child Knitting

Learn a new craft with your child this summer. Students age 13 to adult may attend alone. Children ages 8 – 12 must be accompanied by an adult. The basic Knit, Purl, Cast on, and Bind off techniques will be introduced in this class and students will receive yarn and a pattern for a small project. **There will be a supply fee of \$14 for each student which includes a tote bag, knitting needles, two types of yarn and assorted instruction sheets.**

If you would like to contact the instructor prior to class to discuss your needs, please call 304-725-3172 (before 7 p.m. please).

All ages / 4 wks / \$30
Wright Denny Intermediate—Library
Instructor Judy Slusher
Program #4341 Tue, 6/6-6/27 10:00 am-12:00 pm

Complete your Own Knit/Crochet Project

This class is designed for students who know the basic knit or crochet stitches and would like to learn new techniques, need help in understanding a pattern or completing a project. Instructor will provide individualized attention while you refresh skills or learn new ones. If you would like to learn either Knit or Crochet and the class schedules for those classes do not work for you, please call the instructor at the following phone number to discuss your needs. Assorted patterns will be available. Please bring a project to work on or call 304-725-3172 (before 7 p.m. please) prior to class with any project ideas or questions.

14 yrs & up / 4 wks / \$30
Wright Denny Intermediate—Library
Instructor Judy Slusher
Program #4337 Mon, 6/5-6/26 10:00 am-12:00 pm
Program #4338 Mon, 7/10-7/31 10:00 am-12:00 pm

Body Business

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

18 & up / 11 wks / \$55
Shepherdstown Elementary School
Instructor Sandra Watkins
Program #4342 Mon & Wed, 6/12-8/23 5:30-6:30 pm

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. ****DAYCARE AVAILABLE, BUT NOT GUARANTEED FOR THOSE WHO PRE-REGISTER.** Please see day care guidelines.

18 yrs and up / 8 wks / \$128 Instructor Teresa Cantrell
Jefferson County Community Center
Program #4330 Tues & Thur, 6/6-7/27 9:30-10:30 am
Program #4331 Tues & Thur, 8/1-9/21 9:30-10:30 am

18 yrs and up / 8 wks / \$70 Instructor Teresa Cantrell
Jefferson County Community Center
Program #4332 Tues, 6/6-7/25 9:30-10:30 am
Program #4333 Tues, 8/1-9/19 9:30-10:30 am

18 yrs and up / 8 wks / \$70 Instructor Teresa Cantrell
Jefferson County Community Center
Program #4334 Thur, 6/8-7/27 9:30-10:30 am
Program #4335 Thur, 8/3-9/21 9:30-10:30 am

Guidelines for Childcare:

- Childcare is available only for the first 15 children.
- No guarantee is made that childcare is available each class. Please call in advance for daily availability.
- Participants **MUST** pre-register in order to take advantage of childcare.
- Childcare is **FREE** for the first 2 children a participant has.
- The participant must pay \$5 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.

Couch to 5K

Have you ever thought about running a 5K? Stop thinking about it, get out there and do it! This class will get you up off the couch and moving. Our instructor will help you make running fun while teaching you techniques to build endurance and strength. At the end of the class, you will be given an opportunity to participate in a 5K with your running group. (Race fee is not included in the cost of the class) Children are welcome to register for this class if accompanied by a responsible, registered adult.

12 yrs and up / 8 wks / \$35
Instructor Jessica Tubergen
Jefferson County Community Center
Program #4360 Mon/Wed, 5/8-7/12 6:30-7:30 pm
(no class 5/29, 7/3)

Fitness with Suzanne

Fall Fitness with Suzanne will begin Monday 9/11/17

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 and up / 8 wks / \$60 Instructor Suzanne Dillow
Ranson Elementary
Program #4343 Mon/Wed/Fri, 5/22-7/14
5:45-6:35 pm
Program #4344 Mon/Wed/Fri, 7/17-9/8
5:45-6:35 pm

18 yrs and up / 8 wks / \$60 Instructor Suzanne Dillow
Zion Church 215 E. Washington St., Charles Town
Program #4345 Mon/Wed/Fri, 5/22-7/14
9:00-10:00 am
Program #4346 Mon/Wed/Fri, 7/17-9/8
9:00-10:00 am

Fit N Trim

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

18 yrs and up / 8 wks / \$55 Instructor Suzanne Dillow
Bolivar Community Center
Program #4349 Tues/Thur, 5/23-7/13
12:00-1:00 pm
Program #4350 Tues/Thur, 7/18-9/7
12:00-1:00 pm

Strengthen & 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 and up / 8 wks / \$60 Instructor Suzanne Dillow
Zion Church 215 E. Washington St., Charles Town
Program #4347 Tues/Thur, 5/23-7/13
10:00-10:50 am
Program #4348 Tues/Thur, 7/18-9/7
10:00-10:50 am

Cardio Mix

Class offers a mix of mid to high level workouts including step, 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 and up / 8 wks / \$47 Instructor Suzanne Dillow
Ranson Elementary
Program #4351 Mon/Wed, 5/22-7/12
6:40-7:30 pm
Program #4352 Mon/Wed, 7/17-9/6
6:40-7:30 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 and up / 8 wks / \$45
Instructor Suzanne Dillow
Ranson Elementary School
Program #4353 Sat, 5/27-7/15 8:30-9:45 am
Program #4354 Sat, 7/22-9/9 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 and up / 8 wks / \$65 Instructor Suzanne Dillow
Blue Ridge Elementary School
Program #4355 Tues/Thur, 5/23-7/13 4:30-6:00 pm
Program #4356 Tues/Thur, 7/18-9/7 4:30-6:00 pm

Summer Fitness Pass

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

Program #4357 8 wks 5/22-7/15 \$80
Program #4358 8 wks 7/17-9/9 \$80
Program #4359 16 wks 5/22-9/9 \$135

Adult Martial Arts

Adult Self Defense

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

18 yrs & up / 6 wks / \$65 Jefferson County Community Center
Program #4266 Sun, 6/25-8/6 (No class 7/2) 11:30 am-12:30 pm

Cherry Blossom Odyssey Cruise

In Washington D.C.



Tuesday, April 4, 2017
8:45am-7:45pm
Cost: \$157.00
Program #4218

Enjoy entertainment and lunch on board the cruise, then go to the National Mall and take a walk around the Tidal Basin to view the Cherry Blossoms.

SPRINGFEST IN OCEAN CITY, MD



Saturday, May 6
Program #4083
Cost: \$84/seat

Sand, sun, fries with vinegar, cotton candy, seafood, swimming in the ocean, and don't forget the arts and crafts... Boy! What a day you will have. Bring your family and friends for a day of fun you won't forget.

1 day Bus Trip to SpringFest!



New York City Your Way

Spring is an excellent time to tour, shop, go to a theater, or take a boat ride. You will make your own itinerary for the day. There is always something new to see and do. For your convenience, we will be making a food and restroom stop going to and from New York City.

Saturday, April 22
Program #4082
Cost: \$84/seat



Saturday, June 17
Cost: \$152 per seat

includes theater ticket, lunch at Hershey Farms and round-trip bus transportation.

Program #4084

Inspirational and uplifting, Jonah is entirely entertaining. Sight and Sound brings the action front and center to each guest. Enjoy a show with live animals, state of the art sound and lighting, brilliant acting & costumes.

This is a 1-day bus trip to Lancaster, Pennsylvania.



Saturday, September 30



In historic Durbin, you have the opportunity to board and experience the sights and sounds of one of the rarest steam locomotives in existence -- Durbin Rocket, one of only three operating Climax geared logging locomotives on earth. Then board the Cheat Mountain Salamander for a ride into the high country spruce forests of the legendary Cheat Mountains. Enjoy a buffet lunch on the train and don't be surprised if you see a bear, bobcat, fox or other wild animals. There will be dinner at one of the local restaurants at the end of your ride. Cost includes 2 train rides, lunch and dinner. Minors must be accompanied by an adult.

Girl Friend Get Together

Men welcome too!

WEDNESDAY, June 21

Pick up your coupons and free shopping bag and spend some time shopping at Potomac Mills Mall. After lunch (on your own) we will venture to the quaint town of Historic Occoquan for a wine cruise along the Occoquan River. Take in the beautiful scenery as you float along. Continue the day shopping in the boutique stores in the area. The day ends with a nice dinner at a local restaurant.

BUS, WINE CRUISE and DINNER INCLUDED

Program #4461

Cost: \$99

Bus will leave Charles Town at 8:15am and return at 8:00 pm

Inner Harbor - Baltimore, MD



Treat yourself to a waterfront treasure along the shores of the Chesapeake Bay. Enjoy the many shops, boutiques, and open air stalls you find there. Dine at one of the many superb eating establishments. Visit the National Aquarium, the Maryland Science Center, Little Italy, or take a ride on the Water Taxi. Plan the day. Minors must be accompanied by an adult. Bus will pick up at the Food Lion in Charles Town. Bus will depart at 9:00 am and return at 7:30 pm.

Saturday, July 22
Program #4455

Cost: \$52 13 & up, \$42 12 & under



Jefferson County Parks and Recreation

SUMMER DAY CAMP

Sam Michael's Park
 Wright Denny Intermediate
 Shepherdstown Elementary
 Blue Ridge Primary

Ages 5-14

Sam Michael's Park
Program #4231

7:30am-5:30pm Mon-Fri
 1 field trip each week!
 Water Day Friday w/Water Slide
 \$129.00/week

Shepherdstown Elementary
Program #4240

8:00am-4:00pm Mon-Fri
 Swimming at Lambert Park pool once each week
 \$99.00/week

Wright Denny Intermediate
Program #4223

8:00am-4:00pm Mon-Fri
 Swimming at Jefferson Memorial Park pool twice each week
 \$99.00/week

Blue Ridge Primary
Program #4248

8:00am-4:00pm Mon-Fri
 \$85.00/week

Scholarships are available for some programs. Please contact Brenda at: 304-728-3207 or email: bwhittington@jcprc.org

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
Monday thru Friday, 8am-6pm.



Phone-In

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



Mail-In

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

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

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

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: _____
	EX Date: /		

I/WE HAVE READ THE BELOW PARTICIPANT WAIVER AND RELEASE AND SIGN IT VOLUNTARILY:	Credit Card/Participant	Waiver Authorization Signature: _____
	X _____	

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



100 MILES in 100 DAYS! Challenge

Name: _____

Address: _____

Email: _____ Phone: _____

Enter the number of miles you walk/run each day... How far can you go?

Days/Weeks	Week 1 April 17-23	Week 2 April 24-30	Week 3 May 1-7	Week 4 May 8-14	Week 5 May 15-21	Week 6 May 22-28	Week 7 May 29 June 4	Week 8 June 5-11	Week 9 June 12-18	Week 10 June 29-25	Week 11 June 26 July 2	Week 12 July 3-9	Week 13 July 10-16	Week 14 July 17-23	Week 15 July 24-30
Monday	1	8	15	22	29	36	43	50	57	64	71	78	85	92	99
Tuesday	2	9	16	23	30	37	44	51	58	65	72	79	86	93	100
Wednesday	3	10	17	24	31	38	45	52	59	66	73	80	87	94	
Thursday	4	11	18	25	32	39	46	53	60	67	74	81	88	95	
Friday	5	12	19	26	33	40	47	54	61	68	75	82	89	96	
Saturday	6	13	20	27	34	41	48	55	62	69	76	83	90	97	
Sunday	7	17	21	28	35	42	49	56	63	70	77	84	91	98	

I verify that I have walked/run the miles recorded. Signature: _____

100 Miles in 100 Days is a self-directed program designed to get you in the habit of being active everyday. This program puts you in charge—you decide when and where you want to get active. You can also substitute other forms of cardiovascular or aerobic exercise. Meaning any activity that gets your heart rate elevated. **20 minutes of aerobic activity = 1 mile.**

If you are new to exercise, please check with your doctor to make sure it is safe for you to begin walking or exercising.

Begin walking/exercising and keep track of your mileage starting on Monday, April 17. There is NO MAX to the miles that can be recorded. Weight lifting/strength, although important forms of exercise, are not included on this particular program.

Mail, fax or email your completed Tracking Form by August 1, 2017 to:
Mail: Jefferson County Parks and Recreation, 235 Sam Michael's Lane, Shenandoah Junction, WV 25442
Email: tburhans@jcprc.org Phone: 304-728-3207 Fax: 304-728-9746

All participants who complete 100 Miles in 100 Days will receive a FREE Jefferson County Community Center Punch Pass!

Register at www.jcprc.org or call our office at 304-728-3207

Program #4462 to register FREE or Program #4463 to register and receive a JCPRC t-shirt (\$10).