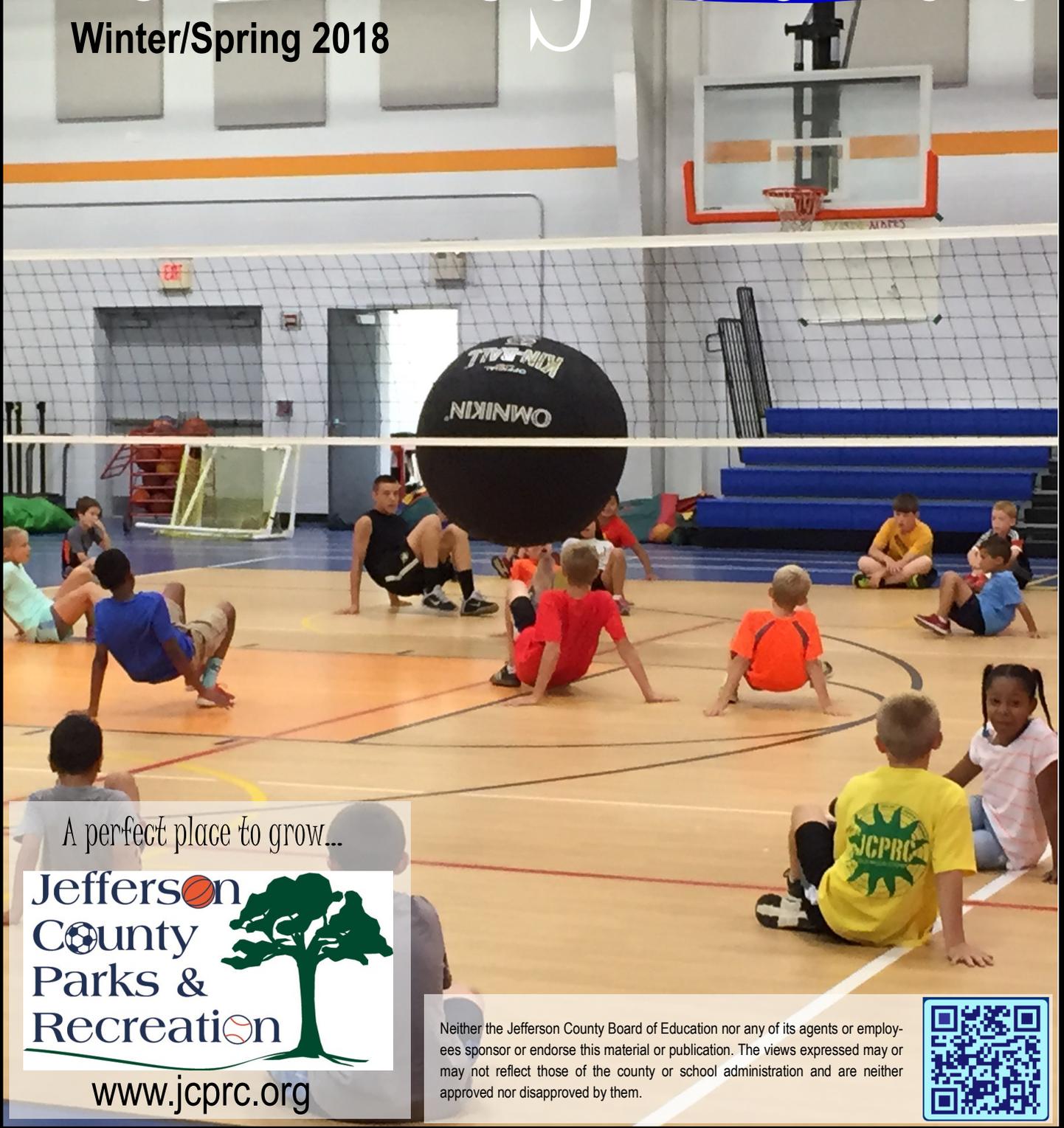


Jefferson County Parks & Recreation

# Activity Guide

Winter/Spring 2018



A perfect place to grow...



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

Neither the Jefferson County Board of Education nor any of its agents or employees sponsor or endorse this material or publication. The views expressed may or may not reflect those of the county or school administration and are neither approved nor disapproved by them.



# Welcome!



## What can my child do at Parks & Rec?

### 1-3 years old

Dance Lessons	Family Special Events
Gymnastics	Indoor Playground
Martial Arts	Toddler Learning Time
Pony School	Zumbini (0-4)

### 3-6 years old

Dance Lessons	Nerf Wars (5-9)
Gymnastics	Build a Watershed (3-5) FREE
Martial Arts	Water Games (3-5) FREE
Family Special Events	River Pollution(3-5) FREE
Indoor Playground	Let's Play - Mobile Rec
Pony School (2.5-5)	No School Fun Days (5-12)
Play & Learn Preschool	Hoola Hoop for Kids (6-9)
Animal Adventures (4-11)	BottleCap Crafts
Learn To Ride (4-6)	SportFit with Ms. Heidi (5-10)
Little All Stars (3-6)	Basketball Skills (6-8)
Little Laxers (4-6)	SNAG Golf (5-10)
Sports Express Camp (5-12)	Winter Cheer Camp w/ Rams (4-16)
Indoor Futsal League (4-6)	Mom & Me/Dad & Me Cooking

### 6-12 years old

Dance Lessons	Archery (8-16)
Gymnastics	Winter Cheer Camp w/ Rams (4-16)
Martial Arts	Mom & Me/Dad & Me Cooking
Family Special Events	Hoola Hoop for Kids (6-9)
Animal Adventures (4-11)	Hoola Hoop for Tweens (10-14)
Sports Express Camp (5-12)	BottleCap Crafts
Indoor Futsal League	Winter Cheer Camp w/ Rams (4-16)
Learn To Ride (4-10)	Mom & Me/Dad & Me Cooking
Nerf Wars (5-9 and 10-14)	Let's Play - Mobile Rec
Sport Fit w/ Mr. Earl (8-12)	No School Fun Days (5-12)
Sport Fit w/ Ms. Heidi (5-10)	Glue & Water Resist (5-12)
Volleyball League (8-13)	LEGO Engineering (7-13)
Basketball Skills (6-12)	STEM Adventures (8 & up)
SNAG Golf (5-10)	Lacrosse Clinic
Sports Express Lite (8-14)	Little Laxers (7-10)

### Teens & Adults

Sports Express Lite (8-14)	Tai Chi (18+)
Bootcamp (18+)	Healthy Steps Walking
Fitness (18+)	Nerf Wars - Redux!
Recreational Volleyball (18+)	Crochet
Late Night Indoor Soccer (18+)	Knitting
Square Dance	Garment Sewing (15+)
Country Line Dancing	Quilting (15+)
Leadership Classes (16+)	Nerf Wars - Redux!
Hoopdance Teens & Adults (15+)	Bus Trips

## Table of Contents

Preschool Programs .....	Pages 3
Nature & Conservation.....	Page 3
Dance Lessons .....	Page 4-5
Gymnastics .....	Page 6
Special Events .....	Pages 7
Hobbies & Interests.....	Pages 8-9
Sports .....	Page 10-11
Martial Arts.....	Pages 12
Friday Night Cooking Series .....	Page 13
Teen & Adult .....	Pages 14-19
Bus Trips.....	Pages 20-21
Thank You!.....	Page 22
Park Information & Map .....	Page 23-24
Park Policies & Pricing .....	Page 25-26
Enrollment Form.....	Page 27

## Our Staff

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

## Scholarships Available

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

# Preschool Programs



## Ride from the Start Pony School

These 'parent-child' classes, brought to you by instructors from Ride from the Start 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](http://www.msshelleysponyschool.com).

<b>2 1/2-5 yrs / 4 wks / \$70</b>		<b>Instructor Jaymee Houser</b>
<b>Program #4968</b>	<b>Sa, 3/17-4/14</b>	<b>3:00-4:00 pm</b> (no class 3/31)
<b>Program #4969</b>	<b>Sa, 3/17-4/14</b>	<b>4:30-5:30 pm</b> (no class 3/31)
<b>Program #4970</b>	<b>Sa, 4/28-5/19</b>	<b>3:00-4:00 pm</b>
<b>Program #4971</b>	<b>Sa, 4/28-5/19</b>	<b>4:30-5:30 pm</b>

## Little All Stars

Bring your little one to this fun and entertaining class where they 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 & minnows.

**3-5 yrs / 6 wks / \$40**

**Jefferson County Community Center - Heidi Citro**

<b>Program #4940</b>	<b>Wed, 1/24-2/28</b>	<b>10:00-10:45 am</b>
<b>Program #4941</b>	<b>Wed, 1/24-2/28</b>	<b>4:30-5:15 pm</b>
<b>Program #4942</b>	<b>Wed, 3/14-4/25</b>	<b>10:00-10:45 am</b>
	(no class 4/4)	
<b>Program #4943</b>	<b>Wed, 3/14-4/25</b>	<b>4:30-5:15 pm</b>
	(no class 4/4)	
<b>Program #4944</b>	<b>Thur, 1/25-3/1</b>	<b>10:00-10:45 am</b>
<b>Program #4945</b>	<b>Thur, 1/25-3/1</b>	<b>4:30-5:15 pm</b>
<b>Program #4946</b>	<b>Thur, 3/15-4/26</b>	<b>10:00-10:45 am</b>
	(no class 4/5)	
<b>Program #4947</b>	<b>Thur, 3/15-4/26</b>	<b>4:30-5:15 pm</b>
	(no class 4/5)	

## Zumbini®

Created by Zumba and BabyFirst, Zumbini® is an early childhood education program that uses original music and movement to promote cognitive, social, fine/gross motor skill, and emotional development for children ages 0-4, all while creating the ultimate bonding experience for families. This is a parent/child class and parent participation/involvement is required.

**0-4 yrs / 6 wks / \$135 1st child, \$50 for siblings**

**Instructor Shaikia Allen**

**Jefferson County Community Center**

<b>Program #4955</b>	<b>Tues, 1/16-2/20</b>	<b>11:15 am-12:00 pm</b>
<b>Program #4956</b>	<b>Tues, 3/6-4/17</b>	<b>11:15 am-12:00 pm</b>
	(no class 4/3)	

## Nature & Conservation



These programs are offered through a partnership with the Eastern Panhandle Conservation District (EPCD), and are offered free of charge as part of their outreach to the community. We thank the EPCD for their partnership!

### Build-A-Watershed

Kids are invited to learn to construct their own watershed. They will learn that is isn't a shed with water. Ha!

**3-5 yrs / 1 day / Free**

**Jefferson County Community Center - EPCD staff**

<b>Program #4937</b>	<b>Wed, 1/10</b>	<b>4:00-5:00 pm</b>
----------------------	------------------	---------------------

### Water Games

Come join us to play games that will teach kids about water, water usage, and how to conserve daily water consumption!

**3-5 yrs / 1 day / Free**

**Jefferson County Community Center - EPCD staff**

<b>Program #4938</b>	<b>Wed, 2/14</b>	<b>4:00-5:00 pm</b>
----------------------	------------------	---------------------

### River Pollution

Kids are invited to learn about the pollution that occurs daily in our water. This program includes hands-on activities.

**3-5 yrs / 1 day / Free**

**Jefferson County Community Center - EPCD staff**

<b>Program #4939</b>	<b>Wed, 3/14</b>	<b>4:00-5:00 pm</b>
----------------------	------------------	---------------------



Introduce your child to the basics of alphabet, numbers, colors and shapes through various crafts, stories and other activities. Our program is designed for children ages 1 1/2 to 3 years, and offers children an educationally sound and happy preschool experience. One and two day per week programs available.

**For more information about Toddler Learning Time or future enrollment, please contact**

**Ms. Stacie at [standski@jeffersoncountywv.org](mailto:standski@jeffersoncountywv.org)**



Play & Learn Preschool's mission is to provide children ages 3-5 with a well-rounded Kindergarten prep program in a positive, safe, and supportive environment. Classes for 3 year olds meet Tues and Thurs. Four year old classes meet on Mon, Wed, and Fri.

**For more information about Play & Learn preschool or future enrollment, please contact**

**Ms. Holly at [hjunki@jeffersoncountywv.org](mailto:hjunki@jeffersoncountywv.org)**

# Dance Lessons

## 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 & up / 6 wks / \$55**

**Jefferson County Community Center - Mikaela Petersen**  
**Program #4718**    **Mon, 1/22-3/5**    **3:30-4:15 pm**

(no class 2/19)

**Program #4719**    **Mon, 3/26-5/7**    **3:30-4:15 pm**

(no class 4/2)

**Program #4720**    **Wed, 1/17-2/21**    **6:25-7:10 pm**

**Program #4721**    **Wed, 3/14-4/25**    **6:25-7:10 pm**  
 (no class 4/4)

**3 yrs & up / 4 wks / \$37**

**Jefferson County Community Center - Mikaela Petersen**  
**Program #4722**    **Wed, 5/9-5/30**    **6:25-7:10 pm**

**5-7 yrs / 6 wks / \$60**

**Jefferson County Community Center - Cara Patterson**  
**Program #4749**    **Sun, 1/21-3/4**    **5:30-6:30 pm**

(no class 2/18)

**Program #4750**    **Sun, 4/1-5/6**    **5:30-6:30 pm**

**Program #4751**    **Sun, 5/20-7/15**    **5:30-6:30 pm**

(no class 5/27, 6/17, 7/1)

**Program #4752**    **Sun, 7/22-8/26**    **5:30-6:30 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 & up / 6 wks / \$55**

**Jefferson County Community Center - Mikaela Petersen**

**Program #4723**    **Wed, 1/17-2/21**    **4:45-5:30 pm**

**Program #4724**    **Wed, 3/14-4/25**    **4:45-5:30 pm**

(no class 4/4)

**5 yrs & up / 4 wks / \$37**

**Jefferson County Community Center - Mikaela Petersen**

**Program #4725**    **Wed, 5/9-5/30**    **4:45-5:30 pm**



**ROYAL STARS DANCE**

Jefferson County Parks & Recreation

## 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. Class limit 10 students. 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 & up / 6 wks / \$55**

**Jefferson County Community Center - Mikaela Petersen**

**Program #4726**    **Mon, 1/22-3/5**    **5:40-6:40 pm**

(no class 2/19)

**Program #4727**    **Mon, 3/26-5/7**    **5:40-6:40 pm**

(no class 4/2)

**6 yrs & up / 6 wks / \$55**

**Jefferson County Community Center - Cara Patterson**

**Program #4728**    **Sun, 1/21-3/4**    **4:20-5:20 pm**

(no class 2/18)

**Program #4729**    **Sun, 1/21-3/4**    **4:20-5:20 pm**

**Program #4730**    **Sun, 5/20-7/15**    **4:20-5:20 pm**

(no class 5/27, 6/17, 7/1)

**Program #4731**    **Sun, 7/22-8/26**    **4:20-5:20 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 & up / 6 wks / \$55**

**Jefferson County Community Center - Mikaela Petersen**

**Program #4732**    **Mon, 1/22-3/5**    **4:30-5:30 pm**

(no class 2/19)

**Program #4733**    **Mon, 3/26-5/7**    **4:30-5:30 pm**

(no class 4/2)

## Tap 1

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

**5 yrs & up / 6 wks / \$55**

**Jefferson County Community Center - Mikaela Petersen**

**Program #4734**    **Wed, 1/17-2/21**    **5:35-6:20 pm**

**Program #4735**    **Wed, 3/14-4/25**    **5:35-6:20 pm**

(no class 4/4)

**5 yrs & up / 4 wks / \$37**

**Jefferson County Community Center - Mikaela Petersen**

**Program #4736**    **Wed, 5/9-5/30**    **5:25-6:20 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 & Up / 6 wks / \$55**

<b>Jefferson County Community Center - Cara Patterson</b>		
<b>Program #4737</b>	<b>Sun, 1/21-3/4</b>	<b>2:00-3:00 pm</b>
	(no class 2/18)	
<b>Program #4738</b>	<b>Sun, 4/1-5/6</b>	<b>2:00-3:00 pm</b>
<b>Program #4739</b>	<b>Sun, 5/20-7/15</b>	<b>2:00-3:00 pm</b>
	(no class 5/27, 6/17, 7/1)	
<b>Program #4740</b>	<b>Sun, 7/22-8/26</b>	<b>2:00-3:00 pm</b>

### Jazz

This class combines the basics of ballet along with teaching rhythm and coordination.

Pink leotard and ballet slippers are recommended.

**7 yrs & up / 6 wks / \$55**

<b>Jefferson County Community Center - Cara Patterson</b>		
<b>Program #4741</b>	<b>Sun, 1/21-3/4</b>	<b>3:10-4:10 pm</b>
	(no class 2/18)	
<b>Program #4742</b>	<b>Sun, 4/1-5/6</b>	<b>3:10-4:10 pm</b>
<b>Program #4743</b>	<b>Sun, 5/20-7/15</b>	<b>3:10-4:10 pm</b>
	(no class 5/27, 6/17, 7/1)	
<b>Program #4744</b>	<b>Sun, 7/22-8/26</b>	<b>3:10-4:10 pm</b>

### Dance Express

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

**5-8 yrs / 6 wks / \$55**

<b>Jefferson County Community Center - Cara Patterson</b>		
<b>Program #4745</b>	<b>Sun, 1/21-3/4</b>	<b>12:50-1:50 pm</b>
	(no class 2/18)	
<b>Program #4746</b>	<b>Sun, 4/1-5/6</b>	<b>12:50-1:50 pm</b>
<b>Program #4747</b>	<b>Sun, 5/20-7/15</b>	<b>12:50-1:50 pm</b>
	(no class 5/27, 6/17, 7/1)	
<b>Program #4748</b>	<b>Sun, 7/22-8/26</b>	<b>12:50-1:50 pm</b>

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

Private Dance Lessons are available with both dance instructors. Lessons are \$25 per hour. Children must have completed at least one 6-week session before private lessons can be scheduled.

**Mikaela Petersen** - Monday and Wednesday afternoon lessons available.

**Cara Patterson** - Saturday morning lessons available.



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

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

**Multiple locations convenient to Winchester, Front Royal, Martinsburg and Ranson. Visit [vhurgentcare.com](http://vhurgentcare.com) to view all locations and reserve your spot with online check-in.**

#### Hours:

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

[vhurgentcare.com](http://vhurgentcare.com)

*In collaboration with East Mountain Health Physicians.*



# Gymnastics

## Tumbling into 2's

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

1-2 yrs / 6 wks / \$47

### Jefferson County Community Center

Program #4753	Mon, 1/22-3/5*	4:30-5:00 pm
Program #4754	Mon, 3/26-5/7*	4:30-5:00 pm
Program #4972	Mon, 1/22-3/5*	9:00-9:30 am
Program #4973	Mon, 3/26-5/7*	9:00-9:30 am

## Tumble Bugs

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

2-3 yrs / 6 wks / \$52

### Jefferson County Community Center

Program #4755	Sun, 1/21-3/4*	1:00-1:40 pm
Program #4756	Sun, 4/1-5/6	1:00-1:40 pm
Program #4757	Sun, 5/20-7/15*	1:00-1:40 pm
Program #4758	Sun, 7/22-8/26	1:00-1:40 pm
Program #4759	Mon, 1/22-3/5*	9:40-10:20 am
Program #4760	Mon, 3/26-5/7*	9:40-10:20 am
Program #4959	Mon, 1/22-3/5*	9:40-10:20 am
Program #4760	Mon, 3/26-5/7*	9:40-10:20 am

## Tumble Bunnies

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

3-4 yrs / 6 wks / \$63

### Jefferson County Community Center

Program #4761	Sun, 1/21-3/4*	2:00-2:45 pm
Program #4762	Sun, 4/1-5/6	2:00-2:45 pm
Program #4763	Sun, 5/20-7/15*	2:00-2:45 pm
Program #4764	Sun, 7/22-8/26	2:00-2:45 pm
Program #4765	Mon, 1/22-3/5*	5:10-5:55 pm
Program #4766	Mon, 3/26-5/7*	5:10-5:55 pm
Program #4974	Mon, 1/22-3/5*	10:30-11:15 am
Program #4766	Mon, 3/26-5/7*	10:30-11:15 am

## Tumble Bears

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

4-6 yrs / 6 wks / \$68

### Jefferson County Community Center

Program #4767	Sun, 1/21-3/4*	3:00-4:00 pm
Program #4768	Sun, 4/1-5/6	3:00-4:00 pm
Program #4769	Sun, 5/20-7/15*	3:00-4:00 pm
Program #4770	Sun, 7/22-8/26	3:00-4:00 pm
Program #4771	Mon, 1/22-3/5*	6:05-7:05 pm
Program #4772	Mon, 3/26-5/7*	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.

*The Monday evening intermediate and beginner classes are held at the same time. Students will be divided into groups based on age and skill level.*

6-12 yrs / 6 wks / \$68

### Jefferson County Community Center

Program #4773	Sun, 1/21-3/4*	4:15-5:15 pm
Program #4774	Sun, 4/1-5/6	4:15-5:15 pm
Program #4775	Sun, 5/20-7/15*	4:15-5:15 pm
Program #4776	Sun, 7/22-8/26	4:15-5:15 pm
Program #4777	Mon, 1/22-3/5*	7:15-8:15 pm
Program #4778	Mon, 3/26-5/7*	7:15-8:15 pm

## Intermediate Gymnastics

This program is for gymnasts that have mastered basic positions and skills. The intermediate gymnastic level introduces the gymnast to skills on the high beam, handstand forward rolls, round offs, front walkovers and back walkovers. Gymnasts will also work on skills using the bars and springboard. Parents are welcome to observe during the last class. *The Monday evening intermediate and beginner classes are held at the same time. Students will be divided into groups based on age and skill level.*

6-14 yrs / 6 wks / \$68

### Jefferson County Community Center

Program #4779	Sun, 1/21-3/4*	5:30-6:30 pm
Program #4780	Sun, 4/1-5/6	5:30-6:30 pm
Program #4781	Sun, 5/20-7/15*	5:30-6:30 pm
Program #4782	Sun, 7/22-8/26	5:30-6:30 pm
Program #4777	Mon, 1/22-3/5*	7:15-8:15 pm
Program #4778	Mon, 3/26-5/7*	7:15-8:15 pm

**\*\* Please note, there will be NO gymnastics classes on the following dates:**

**February 18, February 19, April 2, May 27, June 17, July 1 Please mark your calendars! Thanks.**

# Special Events

## Santa's Polar Party

Visit with Santa, decorate cookies, build a Lego toy in Santa's workshop and go "sledding". Then, stay late for a movie!

**All ages / 1 day / \$10 child**  
(MUST Pre-register)

**Jefferson County Community Center**  
Program #4662 Fri., 12/8 5:30-8:00 pm



## Daddy Daughter Dance

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

**Jefferson County Community Center**

Fri, 2/23 5:30-8:30 pm

All ages / 1 day

Program #4905

With Dinner Option

\$20 per couple,

\$8 for each additional sibling



Program #4906

Without Dinner Option

\$10 per couple,

\$8 for each additional sibling

## Summer Camp Open House

Welcome in warmer weather and get prepared for our spring/summer activities. We'll have fun activities, food, vendors and discounts on some programs.

**All ages / 1 day / FREE**

**Jefferson County Community Center**  
Sa, 4/7 10:00 am -12:00 pm

## JCCC Community Yard Sale

Time for Spring Cleaning! Join us for our annual community yard sale at the JCCC. The JCPRC will provide tables and advertisement for the event. Advertisements will be placed in local newspapers, facebook, JCPRC website, and signage in the parks. Your space will consist of two eight foot tables is a 8'x16' space.

**All ages / 1 day / \$25**

**Jefferson County Community Center**  
Program #4907 Sat, 4/14 8:00am-1:00pm

## Noon Year's Eve Party



Families are invited to ring in the new year— complete with party hats, noise makers, and an apple juice toast! Light, festive hors d'oeuvres will be served.

**All ages / 1 day / \$25 per family**  
**Jefferson County Community Center**  
Program #4702 Sat., 12/31 11:00 am-2:00 pm

## Hoppin' Down the Bunny Trail -



New at Sam Michael's this year, a redesigned spring event to get kids moving. Join us for the **Kids Egg Run and Bunny Hop!**

Kids will hop or walk or run down the 1/2 mile "Bunny Trail", stopping along the way to collect eggs and try activities. Kids will make a splash with paint, zoom down a giant slide, have a blast with prize balloons, and be challenged with hidden egg treasures before making

their way to the finish line to receive a special **Bunny Trail Medal!**

After the Egg Run, kids and families are invited into the gym for a special Bunny Hop Dance with plenty of healthy snacks, a chance to win family-fun giveaways, and enjoy the music of the **Parents Choice Award-winning "Rainbow Rock Band"** with our special guest, the Easter Bunny himself!

All registered participants will receive an event t-shirt, a bunny medal, and a bag for collecting prizes along the Bunny Trail.

**Registration is required.**

This event is offered thanks to a partnership with WVU Health.

**All ages / 1 day / \$10/child**  
**Jefferson County Community Center**  
Program #4908 Sat, 3/17 9:00 am - 12:00 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 and inflatables 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 the first child \$3 for each additional sibling**  
**Jefferson County Community Center**  
**Thursdays & Fridays beginning January 6**  
**10:00 am-3:00 pm**  
(not open 2/26, 3/30, 3/31, or 4/1)

## 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**  
**Program #4934 Sat, 4/14 10:00 am-12:00 pm**  
**Program #4935 Sat, 5/5 10:00 am-12:00 pm**  
**Program #4936 Sat, 6/9 10:00 am-12:00 pm**

## Animal Adventures

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

**Two or more animals will be at each class!**

**4-12 yrs / 6 wks / \$90 Instructor: Melissa Kowalski**  
**Jefferson County Community Center**  
**Program #4817 Fri, 1/19-3/2 5:00-6:00 pm**  
(no class 2/23)  
**Program #4818 Fri, 3/16-4/27 5:00-6:00 pm**  
(no class 4/6)

## Let's Play! - Mobile Rec



We are hitting the road with our parks & rec mobile! We will play structured games and sports with the kids and also allow for some unstructured free time with our wide variety of sports equipment.

**Kids of all ages / 1 day / FREE**  
**Apple Tree Gardens**  
**Wednesday, 5/16 4:30-6:30 pm**

## LEGO Engineering

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

**7-13 yrs / 4 wk / \$60 Instructor Heidi Citro**  
**Jefferson County Community Center**  
**Program #4819 Wed, 1/24-2/14 5:45-7:00 pm**  
**Program #4820 Wed, 3/7-3/28 5:45-7:00 pm**

## Celebrate Cultural Diversity

Grab your passport and let us travel around the world and learn the art of different cultures - Japan, Africa, South America, Native American and Egyptian. Quilts, fans, lanterns, bookmaking, dragons, kimono dolls, crests, carp kites, origami boxes, weaving and more...

**Grades 3-5 / 6 wk / \$40 Instructor Judy Chesley**  
**South Jefferson Elementary School**  
**Program #5000 Wed, 1/17-2-21 4:00-5:00 pm**

## STEM Adventures

Kids will enjoy hands-on activities learning about different aspects of Science, Technology, Engineering and Math in this inventor's workshop. Activities may vary from session to session.

**8 yrs and up / 4 wk / \$55 Instructor Barb Matlock**  
**Jefferson County Community Center**  
**Program #4821 Thurs, 1/25-2/15 5:30-6:30 pm**  
**Program #4822 Thurs, 3/1-3/22 5:30-6:30 pm**  
**Program #4823 Thurs, 4/12-5/3 5:30-6:30 pm**

## No School Fun Day!

No School? Bring your kids to the Jefferson County Community Center in Sam Michael's Park for a day filled with fun! We'll play sports, games, watch a movie, and keep them occupied for the day while you work. Please pack a lunch and water bottle.

**5-12 yrs and up / 1 day / \$35**  
**Jefferson County Community Center**  
**Program #4824 Mon, 1/15 8:00 am-5:00 pm**  
**Program #4825 Mon, 2/19 8:00 am-5:00 pm**

### Hoola Hoop Fun for Kids



Students will learn basic hooping tricks, skills and techniques. We will also incorporate games and stretching into each class to keep it fun and light hearted.

Practicing hooping teaches students patience and persistence, while reminding them that challenges are FUN! In the process they will build confidence, boost brain power, exercise, and connect with others. Hooping uses a step by step self-regulated problem solving format with automatic reinforcement at every level of accomplishment! There are no losers in this sort of practice! Everyone wins! And the step by step model for learning, bleeds into learning in general. Within the first class they will have seen obvious improvement and be excited to continue. Each class their skills will improve. Each practice there is more improvement and positive reinforcement. This relates to learning reading, spelling and math. It is easy for students to approach learning with greater ease and confidence when they can relate it to something that is fun for them, and then something magic happens...learning becomes more fun. Challenges become more fun!

Hoops will be provided for use, and handmade hoops will be available for purchase.

**6-9 yrs / 4 wks / \$40**

**Program #4989 Tues, 3/13-4/3 5:00-5:45 pm**



### Hoopdance for Tweens



Students will learn the basics of hoopdance and work towards performing a choreographed hoopdance for family and friends. No dance or hooping experience necessary. This class is open to all skill levels.

Practicing hooping teaches students patience and persistence, while reminding them that challenges are FUN! In the process they will build confidence, boost brain power, exercise, and connect with others. Hooping uses a step by step self-regulated problem solving format with automatic reinforcement at every level of accomplishment! There are no losers in this sort of practice! Everyone wins! And the step by step model for learning, bleeds into learning in general. Within the first class they will have seen obvious improvement and be excited to continue. Each class their skills will improve. Each practice there is more improvement and positive reinforcement. This relates to learning reading, spelling and math. It is easy for students to approach learning with greater ease and confidence when they can relate it to something that is fun for them, and then something magic happens...learning becomes more fun. Challenges become more fun! Hoops will be provided for use, and handmade hoops will be available for purchase.

**10-14 yrs / 4 wks / \$40**

**Program #4990 Tues, 3/13-4/3 6:00-6:50 pm**

### Glue & Water Resist Painting

Participants will outline a design/drawing with black glue and paint it with watercolor paint when the glue is dry. You'll leave with original master pieces of your own design. A \$5 supply fee is due to the instructor on the first day of class.

**8-12 yrs / 2 days / \$35**

**Program #4984 Tues 3/13 & Thur 3/15 5:00-7:00 pm**

### Bottlecap Crafts: Holiday Magnets and Ornaments

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

A \$3 supply fee is due to the instructor on the first day of class.

**All Ages / 2 days / \$35 Instructor Jennifer Glymph**

**Jefferson County Community Center  
Program #4674 Mon/Wed, 12/4 & 12/6  
5:00-6:00 pm**



### BATTLE YOUR FRIENDS IN NERF WAR COMBAT!

Battle your friends in Nerf War Combat! Kids are invited to bring their Nerf blasters and darts to the JCCC for a night of Nerf battles and fun! Kids will have the opportunity to hang with friends and release some energy! Kids may 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. (Eye protection is recommended and available upon request.)

**5-9 yrs / 1 day / \$10**

**Jefferson County Community Center**

<b>Program #4910</b>	<b>Fri, 1/19</b>	<b>5:00 - 7:15 pm</b>
<b>Program #4911</b>	<b>Fri, 2/16</b>	<b>5:00 - 7:15 pm</b>
<b>Program #4912</b>	<b>Fri, 3/16</b>	<b>5:00 - 7:15 pm</b>
<b>Program #4913</b>	<b>Fri, 4/20</b>	<b>5:00 - 7:15 pm</b>

**10-14 yrs / 1 day / \$10**

**Jefferson County Community Center**

<b>Program #4914</b>	<b>Fri, 1/19</b>	<b>7:30 - 9:45 pm</b>
<b>Program #4915</b>	<b>Fri, 2/16</b>	<b>7:30 - 9:45 pm</b>
<b>Program #4916</b>	<b>Fri, 3/16</b>	<b>7:30 - 9:45 pm</b>
<b>Program #4917</b>	<b>Fri, 4/20</b>	<b>7:30 - 9:45 pm</b>

### Nerf Wars-Redux!

Get a group of adults together to play and have fun in our full gymnasium. 2 Nerf Blasters, 40 dart limit still applies. Childcare will be provided if you call in advance and let us know!

**18 yrs & up / 1 day / \$10**

**Jefferson County Community Center**

**Program #4918 Fri, 3/23 7:30-9:30 pm**

# Sports & Leagues

## 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**

**Wright Denny Elementary School - Jay Earl**  
**Program #4948**    **Tues, 1/16-2/20**    **3:50-4:50 pm**  
**Program #4949**    **Tues, 3/6-4/17**    **3:50-4:50 pm**  
 (no class 4/3)

## SportFit w/ Ms. Heidi

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

**5-10 yrs / 6 wks / \$60**

**South Jefferson Elementary - Heidi Citro**  
**Program #4957**    **Mon, 1/22-3/5**    **4:00-5:00 pm**  
 (no class 2/19)  
**Program #4958**    **Mon, 3/19-4/30**    **4:00-5:00 pm**  
 (no class 4/2)

**5-10 yrs / 6 wks / \$60**

**CW Shipley Elementary School - Heidi Citro**  
**Program #4950**    **Tues, 1/23-2/27**    **4:00-5:00 pm**  
**Program #4951**    **Tues, 3/13-4/24**    **4:00-5:00 pm**  
 (no class 4/3)

## Little LaXers - Lacrosse Fundamentals for Beginners

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

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

**Sam Michael's Park**  
**Program #4963**    **Mon, 1/22-3/5**    **4:30-5:15 pm**  
 (no class 2/19)  
**Program #4964**    **Mon, 3/26-5/7**    **4:30-5:15 pm**  
 (no class 4/2)

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

**Sam Michael's Park**  
**Program #4965**    **Mon, 1/22-3/5**    **5:30-6:15 pm**  
 (no class 2/19)  
**Program #4966**    **Mon, 3/26-5/7**    **5:30-6:15 pm**  
 (no class 4/2)

## 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**

**Sam Michael's Park—Mason Pavilion - Jay Earl**  
**Program #4952**    **Tues, 4/24-5/29**    **4:30-5:30 pm**

## Basketball Skills

Shooting, passing, dribbling are skills the kids in this class will learn about and practice! Jeff Fiolek, our instructor, is a long-time physical education educator. This class will also include small-sided games, drills, scrimmages and more.

**6-8 yrs / 6 wks / \$55**

**Jefferson County Community Center - Jeff Fiolek**  
**Program #4929**    **Mon, 4/16-5/21**    **5:00-5:45 pm**

**9-12 yrs / 6 wks / \$55**

**Jefferson County Community Center - Jeff Fiolek**  
**Program #4930**    **Mon, 4/16-5/21**    **6:00-6:45 pm**

## SNAG Golf

The Starting New At Golf system incorporates developmentally appropriate equipment that allows new golfers the opportunity to learn basic skills in non-traditional venues, such as on a soccer field or in a gym... plus, it's bright, colorful, and fun!

**5-10 yrs / 6 wks / \$65**

**Jefferson County Community Center - Katy Burhans**  
**Program #4961**    **Wed, 4/18-5/23**    **5:30-6:30 pm**

## Sports Express Lite w/ Mr. Earl

Hockey, soccer, basketball, handball, volleyball, gagaball, and the very best of summer camp games! Sounds like fun, doesn't it? Kids will be placed on teams and will compete in a different sport each week. Fundamentals and rules of each sport will be covered.

**8-14 yrs / 8 wks / \$75**

**Jefferson County Community Center - Jay Earl**  
**Program #4954**    **Tues, 1/23-3/13**    **6:00-8:00 pm**

## Lacrosse Clinic

Join Coach Will in this 2-week clinic. Players will focus on shooting, dodging, passing, catching, footwork, and other sport-specific lacrosse skills. This clinic is intended for beginner/intermediate players who already have the ability to pass and catch.

**10-15 yrs / 2 days / \$50**

**Sam Michael's Park**  
**Program #4967**    **Mon, 3/23 and 3/30**    **6:30-7:30 pm**

### Spring Break Sports Express Camp

FIVE DAYS of sports camp FUN! Kids will play gym-class styles games, keep moving, make new friends, and have a great week with one of our most popular camps!

**5-12 yrs / 1 wk / \$85**  
**Jefferson County Community Center**  
**Jay Earl/David Viands**

**Program #4953 Mon-Fri, 4/2-4/6 8:00am-5:00 pm**

### Holiday Sports Express Camp

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

**5-12 yrs / 4 days / \$75**  
**Jefferson County Community Center**

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

### Winter Cheer Camp with the Shepherd Rams

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

**4-16 yrs / 4 days / \$75**

**Jefferson County Community Center**

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



### JCPRC Volleyball League

This league designed for players to learn the fundamental volleyball skills and teamwork skills while having fun. Our goal is to provide an atmosphere that promotes sportsmanship, fair play in a safe environment for players, coaches, officials, and spectators.

Background checks will be conducted on all volunteer coaches. Volunteer coaches are required to attend a pre-season coaches meeting. Teams will practice two nights per week at the Jefferson County Community Center and/or Wildwood Middle School. Practices will begin on Tuesday, April 10. Practices are held on Tuesdays and Thursdays. League games will start on Saturday, April 21. Teams will play 8 games. Participant's age is determined by how old they will be on April 1. Game times will vary on Saturdays between 9am-4pm. **Coaches Meetings held on 3/7/18 and 3/28/18 at 6:30 pm at the Jefferson County Community Center.**

Week 8 will consist of a league-wide tournament. All 14 year olds entering this league must be in 8th grade. The 8-11 junior division is co-ed.

<b>Co-Ed League</b>	
8-11 yrs Program #4795	Individual (co-ed) \$60/child
8-11 yrs Program #4796	Coach's Child/Sibling (co-ed) \$50/child

<b>Girls League</b>	
12-14 yrs Program #4793	Individual \$60/child
12-14 yrs Program #4794	Coach's Child/Sibling \$50/child



### Indoor Futsal League

Keep your feet kicking through the cold, winter months when fields are closed! Indoor Futsal League is indoor soccer!!!

Teams may submit full rosters for teams in the "competitive" division or register as a 'free agent' and be placed on a team in the "non-competitive" division. Teams will play 7 games, all games will be held on Saturdays, starting 1/13/18, Tuesdays, starting 1/16/18 and Thursdays, starting 1/18/18. Teams will have a 45-minute practice per week. Practice days and times are to be determined. Practices will start on Monday, 1/8/18. Game times will vary. Cost includes t-shirt for each player. Please provide shirt size at the time of registration.

**Registration deadline is Friday, December 29.** Volunteer coaches are needed. Volunteer coaches meeting will be held on Monday, December 18 from 6:30-7:30 pm. This is a co-ed league. Ten players per team maximum. Please be aware we may need to combine both divisions if there are not enough individuals or teams in their respective age group. Coaches will receive a \$10 discount at the time of registration. Registrations must be done in person or over the phone to receive the coaches' discount.

<b>Competitive Division</b>	
\$75/player	\$65/add'l siblings and/or coach's child
Program #4663	7-9 yrs (U9) / 7 games
Program #4664	10-11 yrs (U11) / 7 games
Program #4665	12-14 yrs (U14) / 7 games

<b>Non-Competitive Division</b>	
\$75/player	\$65/add'l siblings and/or coach's child
Program #4666	4-6 yrs (U6) / 7 games
Program #4667	7-9 yrs (U9) / 7 games

Games will be played on Saturdays, beginning 1/13 from 8am-7pm or Tuesdays, beginning 1/16 from 5:30-8:30pm or Thursdays, 1/18 from 5:30-8:30pm. Practice and game times/days will be assigned when rosters are complete.

**\*\*Prices go up to \$85 on December 29\*\***

# 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

<b>Jefferson County Community Center - Chelsy Erickson</b>		
Program #4789	Sun, 1/21-3/4*	1:45-2:15 pm
Program #4790	Sun, 4/1-5/6	1:45-2:15 pm
Program #4791	Sun, 5/20-7/15*	1:45-2:15 pm
Program #4792	Sun, 7/22-8/26	1:45-2:15 pm

## Little Dragons

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

3-5 yrs / 6 wks / \$49

<b>Jefferson County Community Center - Chelsy Erickson</b>		
Program #4797	Sun, 1/21-3/4*	2:30-3:00 pm
Program #4798	Sun, 4/1-5/6	2:30-3:00 pm
Program #4799	Sun, 5/20-7/15*	2:30-3:00 pm
Program #4800	Sun, 7/22-8/26	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

<b>Jefferson County Community Center - Chelsy Erickson</b>		
Program #4801	Sun, 1/21-3/4*	3:15-3:45 pm
Program #4802	Sun, 4/1-5/6	3:15-3:45 pm
Program #4803	Sun, 5/20-7/15*	3:15-3:45 pm
Program #4804	Sun, 7/22-8/26	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

<b>Jefferson County Community Center - Chelsy Erickson</b>		
Program #4785	Sun, 1/21-3/4*	12:45-1:30 pm
Program #4786	Sun, 4/1-5/6	12:45-1:30 pm
Program #4787	Sun, 5/20-7/15*	12:45-1:30 pm
Program #4788	Sun, 7/22-8/26	12:45-1:30 pm

**\*\* Please note, there will be NO martial arts classes on the following dates:  
February 18, May 27, June 17, July 1  
Please mark your calendars! Thanks.**

## Ninjas

Are you a beginner-intermediate level participant or an experience 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.

7-12 yrs / 6 wks / \$65

<b>Jefferson County Community Center - Chelsy Erickson</b>		
Program #4805	Sun, 1/21-3/4*	4:00-5:00 pm
Program #4806	Sun, 4/1-5/6	4:00-5:00 pm
Program #4807	Sun, 5/20-7/15*	4:00-5:00 pm
Program #4808	Sun, 7/22-8/26	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.

7-12 yrs / 6 wks / \$65

<b>Jefferson County Community Center - Chelsy Erickson</b>		
Program #4809	Sun, 1/21-3/4*	5:15-6:15 pm
Program #4810	Sun, 4/1-5/6	5:15-6:15 pm
Program #4811	Sun, 5/20-7/15*	5:15-6:15 pm
Program #4812	Sun, 7/22-8/26	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

<b>Jefferson County Community Center - Chelsy Erickson</b>		
Program #4813	Sun, 1/21-3/4*	6:30-7:30 pm
Program #4814	Sun, 4/1-5/6	6:30-7:30 pm
Program #4815	Sun, 5/20-7/15*	6:30-7:30 pm
Program #4816	Sun, 7/22-8/26	6:30-7:30 pm





with *Chef Maggie Costello*

**Mother & Me Tea**

Celebrate the special relationship between mothers and their kids. We begin with puff pastry roll ups. Our sweet finish will include buttermilk cupcakes featuring chocolate ganache icing, peanut butter icing, and marshmallow cream.

6 & up / 1 day / \$35 Instructor **Chef Maggie Costello**  
 Program #4996 Fri, 1/19 6:00-8:00 pm  
 Program #4997 Add'l Sibling \$15.00 each



**Dad & Me Pizza Party**

Who needs to order out? Learn the basics to the perfect sauce and scratch-made dough. We will finish with the easiest homemade ice cream ever! Complete with your favorite hot fudge topping.

6 & up / 1 day / \$35 Instructor **Chef Maggie Costello**  
 Program #4992 Fri, 3/9 6:00-8:00 pm  
 Program #4993 Add'l Sibling \$15.00 each



**Chef's Favorite**

*Guacamole with Tostones*  
*Ricotta Stuffed Calzones*  
*Baklava*

It's time to celebrate Chef Maggie's favorite things!

16 & up / 1wk / \$35 Instructor **Chef Maggie Costello**  
 Program #4994 Fri, 1/26 6:00-8:00 pm



**Ladies Night**

*Honey Roasted Salmon with Mango Salsa*  
*and Coconut Black Bean Rice*  
*Chocolate Pots de Creme*

Grab your friends... it's time to cook. We will prepared a delicious meal that is made to impress!

16 & up / 1wk / \$35 Instructor **Chef Maggie Costello**  
 Program #4995 Fri, 10/20 6:00-8:00 pm



**\$5 materials fee due at beginning of each class**



**Jefferson County Parks and Recreation**

**SUMMER DAY CAMP**

Ages 5-14

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



**Watch for Summer Camp Discounts & Information this Spring!**

# Teen & Adult

## Boot Camp

Burn fat and gain muscle, tone and strengthen your core all in one hour! We start with 40 minutes of boot camp - this consists of a mixture of cardio segments and strength training segments and calisthenics. Plus, a few fun surprises to burn fat and motivate you. We will end with 20 minutes of Pilates core work that will target your abs, back, hips, and glutes. Beginner to Advanced variations will be taught. Weight and measurements are taken at the beginning and end of each session to check your progress.

**DAYCARE AVAILABLE, BUT NOT GUARANTEED FOR THOSE WHO PRE-REGISTER. Please see Daycare Guidelines.**

**18 yrs and up / 8 wks / \$128**

**Jefferson County Community Center - Teresa Cantrell**  
**Program #4826** Tues & Thur, 1/23-3/15 9:30-10:30 am  
 (no class 3/6, 3/8)  
**Program #4827** Tues & Thur, 3/20-5/17 9:30-10:30 am  
 (no class 4/3, 4/5)

**18 yrs and up / 1 days/6 wks / \$70**

**Jefferson County Community Center**  
**Program #4840** Tues, 1/23-3/15 9:30-10:30 am  
 (no class 3/6)  
**Program #4842** Thur, 1/25-3/15 9:30-10:30 am  
 (no class 3/8)  
**Program #4841** Tues, 3/20-5/15 9:30-10:30 am  
 (no class 4/3)  
**Program #4843** Thur, 3/22-5/17 9:30-10:30 am  
 (no class 4/5)

### Guidelines for Childcare:

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

## Fitness Consultation with Heidi

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

**Program #4844** Fitness Consultation \$25  
**Program #4845** 3 Training Sessions \$75  
**Program #4846** 6 Training Sessions \$120

## Body Business

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

**18 yrs and up / 10 wk / \$50 Instructor Sandra Watkins**  
**Shepherdstown Elementary School**

**Program #4855** Mon/Wed, 1/25-3/28 5:30-6:30 pm  
**Program #4856** Mon/Wed, 4/2-6/26 5:30-6:30 pm

## Recreational Volleyball

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

**18 yrs & up / 8 wks / \$25**

**Charles Town Middle School**  
**Program #4921** Sun, 1/14-3/4 7:00-9:00 pm  
**Program #4922** Sun, 3/18-5/20 7:00-9:00 pm  
 (no class on 3/25, 5/13)

## 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 \$20.

**18 yrs & up / \$6 per visit**

**Jefferson County Community Center**  
**Wed, 1/3-5/23 9:00-11:00 pm**

## Walk with Ease

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

**All ages / 6 wk / \$10 Instructor Heidi Citro**

**Jefferson County Community Center**  
**Program #4919** Mon, Wed, Fri 2/5-3/16 8:00-9:00 am  
**Program #4920** Mon, Wed, Fri 6/4-7/13 4:30-5:30 pm

## Tai Chi

Dr Paul Lam and a team of Tai Chi and medical specialists created this program for the Arthritis Foundation. This class is created using slow purposeful movements to increase flexibility and improve balance. This is a 6-week course designed for beginners. It is taught by a certified instructor, Gloria Hodges CTRS.

**18 yrs & up / 6 wk / \$10 Instructor Gloria Hodges**

**Jefferson County Community Center**  
**Program #4959** Fri, 1/19-2/23 1:30-2:30 pm

### Healthy Steps

Healthy-Steps is an exercise and movement program done to upbeat and energetic music. The program was designed by two medical doctors and a professional dancer. The program was created to improve overall wellness, range-of-motion, balance, strength, and endurance, as well as emotional well-being and self-image. The dance moves are simple and can be done from a chair. The class is taught by a certified instructor, Gloria Hodges, CTRS

**18 yrs & up / 6 wk / \$10**      **Instructor Gloria Hodges**  
**Jefferson County Community Center**  
**Program #4960    Fri, 3/9-4/13    1:30-2:30 pm**



### Square Dance Callers Workshop

This course is for beginner square dancer callers. The students will learn the techniques of resolving the square, to get original partners and back to the home position in the proper sequence. Students will learn how to chain calls together to make an interesting dance. The student will learn how to conduct a party dance for non-square dancers.

**All ages / 6 wk / \$40**      **Instructor Carl Odell**  
**Charles Town Middle School - Cafeteria**  
**Program #4830    Tues, 1/23-2/27    7:00-9:00 pm**  
**Program #4831    Tues, 3/13- 4/24    7:00-9:00 pm**

### Square Dance Level 1

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

**All ages / 7 wk / \$35**      **Instructor Carl Odell**  
**Charles Town Middle School - Cafeteria**  
**Program #4828    Mon, 1/22-3/12    7:00-9:00 pm**  
 (no class 2/19)

### 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 #4829    Mon, 3/26-5/14    7:00-9:00 pm**  
 (no class 4/2)

### Country Line Dancing Level 1

These seven-week sessions are for the beginner dancer. In this class, a student will learn approximately 85% of all steps needed for any type of dance, basics of dance, and dance floor etiquette. Although this beginner class is centered around Country Music and a Western, Cowboy/Cowgirl theme, most of the dances taught can be danced to any kind of music. Completion of this class is required to enter the Intermediate Level class. Although some couple dances are taught, you do not need a partner. It is best to wear smooth-soled low heel shoes or boots. Children under the age of 6 are free with a paying adult.

**16 yrs & up / 7 wks / \$55 (Single)**  
**Charles Town MS - Cafeteria**  
**Instructor - Allen Keefer**  
**Program #4857    Th, 1/4-2/15    6:30-7:30 pm**  
**Program #4858    Th, 2/22-4/12    6:30-7:30 pm**  
 (no class 4/5)  
**Program #4859    Th, 4/19-5/31    6:30-7:30 pm**

**16 yrs & up / 7 wks / \$85 (Couple)**  
**Charles Town MS - Cafeteria**  
**Instructor - Allen Keefer**  
**Program #4860    Th, 1/4-2/15    6:30-7:30 pm**  
**Program #4861    Th, 2/22-4/12    6:30-7:30 pm**  
 (no class 4/5)  
**Program #4862    Th, 4/19-5/31    6:30-7:30 pm**

**6-15 yrs / 7 wks / \$35 (Youth)**  
 Youth are invited to participate with a payed adult participant.  
**Charles Town MS - Cafeteria**  
**Instructor - Allen Keefer**  
**Program #4863    Th, 1/4-2/15    6:30-7:30 pm**  
**Program #4864    Th, 2/22-4/12    6:30-7:30 pm**  
 (no class 4/5)  
**Program #4865    Th, 4/19-5/31    6:30-7:30 pm**

### Country Line Dancing Level 2

These seven-week sessions are for the intermediate-level dancer. This level is sometimes called "Improver" or "Advanced Beginner". The classes are designed to prepare the dancer for the more complicated movements of the Advance-Level classes. It covers the basics of different styles of dance such as the Mambo and Swing, You will also learn many couple and line dances. A partner is not required. Children under the age of 6 are free with a paying adult.

**16 yrs & up / 7 wks / \$55 (Single)**  
**Charles Town MS - Cafeteria**  
**Instructor - Allen Keefer**  
**Program #4866    Th, 1/4-2/15    7:30-8:30 pm**  
**Program #4867    Th, 2/22-4/12    7:30-8:30 pm**  
 (no class 4/5)  
**Program #4868    Th, 4/19-5/31    7:30-8:30 pm**

**16 yrs & up / 7 wks / \$85 (Couple)**  
**Charles Town MS - Cafeteria**  
**Instructor - Allen Keefer**  
**Program #4869    Th, 1/4-2/15    7:30-8:30 pm**  
**Program #4870    Th, 2/22-4/12    7:30-8:30 pm**  
 (no class 4/5)  
**Program #4871    Th, 4/19-5/31    7:30-8:30 pm**

**6-15 yrs / 7 wks / \$35 (Youth)**  
 Youth are invited to participate with a payed adult participant.  
**Charles Town MS - Cafeteria**  
**Instructor - Allen Keefer**  
**Program #4872    Th, 1/4-2/15    7:30-8:30 pm**  
**Program #4873    Th, 2/22-4/12    7:30-8:30 pm**  
 (no class 4/5)  
**Program #4874    Th, 4/19-5/31    7:30-8:30 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, and a variety of patterns.

**Intermediates** – Refresh your skills, receive assistance with patterns, stitches, or techniques. Feel free to bring a project from home. If you would like to contact the instructor prior to class to discuss your needs, please call 304-725-3172 (before 7 p.m. please).

*Any minor under age 14 must be accompanied by a registered adult.*

**14 yrs & up / 4 wks / \$30**  
**Jefferson County Community Center**  
**Instructor - Judy Slusher**  
**Program #4832 Mon, 1/22-2/12 9:30-11:30 am**

**14 yrs & up / 4 wks / \$30**  
**Charles Town MS - Library**  
**Instructor - Judy Slusher**  
**Program #4833 Tues, 1/23-2/13 6:00-8:00 pm**

### Beginners / Intermediate Crochet

**Beginners** - Learn basic crochet stitches and how to read a basic pattern. There will be a \$12 supply fee to be paid to the instructor at the first class which covers the cost of yarn (both cotton and acrylic), a crochet hook, tote bag, stitch samples, and a variety of patterns.

**Intermediates** – Refresh skills, receive assistance with patterns, stitches, or techniques. Feel free to bring a project from home. If you would like to contact the instructor prior to class to discuss your needs, please call 304-725-3172 (before 7 p.m. please).

*Any minor under age 14 must be accompanied by a registered adult.*

**14 yrs & up / 4 wks / \$30**  
**Jefferson County Community Center**  
**Instructor - Judy Slusher**  
**Program #4834 Mon, 2/26-3/19 9:30-11:30 am**

**14 yrs & up / 4 wks / \$30**  
**Charles Town MS - Library**  
**Instructor - Judy Slusher**  
**Program #4835 Tues, 2/27-3/20 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, 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.

*Any minor under age 14 must be accompanied by a registered adult.*

**14 yrs & up / 4 wks / \$30**  
**Jefferson County Community Center**  
**Instructor - Judy Slusher**  
**Program #4836 Mon, 1/22-2/12 12:00-2:00 pm**  
**Program #4837 Mon, 2/26-3/19 12:00-2:00 pm**  
**Program #4838 Mon, 4/9-4/30 12:00-2:00 pm**  
**Program #4839 Tues, 4/10-5/1 6:00-8:00pm**

### Knitting Tutorial

This class is geared toward knitters with some basic skills but you don't need in depth experience. You will be introduced to the I-Cord technique, the Cable Cast-on and a Basic Cable Stitch. These are techniques that may have intimidated you in the past, but with hands-on instruction they can become easy ones you'll tend to fall back on! Participants should bring worsted weight yarn (a light color), knitting needles between size 7 and 9 – you'll need either double pointed or circular for the I-Cord – you may use the circular ones or straight needles for the other techniques. If you have any questions or other techniques you'd like to learn please feel free to call the instructor prior to class – 304-725-3172 (before 7 p.m. please).

**14 yrs & up / 1 day / \$30**  
**Jefferson County Community Center**  
**Instructor - Judy Slusher**  
**Program #4847 Tues, 2/20 9:30-11:30 am**

**14 yrs & up / 1 day / \$30**  
**Charles Town Middle School Library**  
**Instructor - Judy Slusher**  
**Program #4848 Tues, 2/20 6:00-8:00 pm**

### Crochet Tutorial

This one-night class is geared toward crocheters with some basic skills but you don't need in depth experience. Are you intimidated by FPDC, BPDC, Reverse SC in your instructions??? Sometimes it's just easier to understand instruction if it's demonstrated in person. In this one-night class you will be introduced to these techniques, along with an alternative to the "slip stich" to end a project that makes the ending virtually invisible. Participants should bring worsted weight yarn (a light color), crochet hook – either H or I. If you have any questions, or other techniques you'd like to be introduced to please call 304-725-3172 (before 7 p.m. please).

**14 yrs & up / 1 day / \$30**  
**Jefferson County Community Center**  
**Instructor - Judy Slusher**  
**Program #4849 Mon, 3/26 12:00-2:00 pm**

**14 yrs & up / 1 day / \$30**  
**Charles Town Middle School Library**  
**Instructor - Judy Slusher**  
**Program #4850 Mon, 3/26 6:00-8:00 pm**

### Knit or Crochet for Charity

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

*Any minor under age 14 must be accompanied by a registered adult.*

**14 yrs & up / 1 day / Free**  
**Apple Tree Gardens - Community Room**  
**Program #4851 Tues, 1/16 12:30-2:00 pm**  
**Program #4852 Tues, 2/20 12:30-2:00 pm**  
**Program #4853 Tues, 3/27 12:30-2:00 pm**  
**Program #4854 Tues, 5/15 12:30-2:00 pm**

### Beginner Garment Sewing Level 1

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

**15 yrs & up / 4 wks / \$40**  
**Charles Town MS - FACS Room**  
**Instructor - Nancy Bender**

**Program #4875** Tues, 1/16-2/6 6:30-8:30 pm  
**Program #4876** Tues, 4/10-5/1 6:30-8:30 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). Students are to provide all their own sewing supplies.

**15 yrs & up / 6 wks / \$60**  
**Charles Town MS - FACS Room**  
**Instructor - Nancy Bender**

**Program #4878** Th, 1/11-2/15 6:30-8:30 pm  
**Program #4879** Th, 2/22-3/29 6:30-8:30 pm  
**Program #4880** Th, 4/12-5/17 6:30-8:30 pm

### Beginner Garment Sewing Level 2

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

**15 yrs & up / 6 wks / \$60**  
**Charles Town MS - FACS Room**  
**Instructor - Nancy Bender**

**Program #4877** Wed, 2/21-3/28 6:30-8:30 pm

### Beginner Quilting

Students must have basic sewing for this class. This class will focus on cutting and piecing a quilt top as well as the various methods of quilting the layers together. All will work on the same pattern. Please contact instructor at nbendern@hotmail.com prior to class for pattern and a supply list.

**15 yrs & up / 9 wks / \$70**  
**Charles Town MS - FACS Room**  
**Instructor - Nancy Bender**

**Program #4923** Mon, 1/22-3/19 6:30-8:30 pm  
 (no class 2/19)

Jefferson County Parks and Recreation

# MIDDLE SCHOOL

# TEEN NIGHT

1st Friday of each month from September - May!

6:30-10:00 pm

**\$10**  
 PER STUDENT

DJ

Xbox

Ping Pong

Basketball

Moon Bounce

and more!

Concessions available  
 for an additional charge.

### 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! Stretching movements for flexibility can inch your way from stiff to limber. *Bring an exercise mat and hand weights to each class.*

**18 yrs & up / 7 wks / \$55**  
**Ranson Elementary School**  
**Instructor - Suzanne Dillow**  
**Program #4881 Mon/Wed/Fri, 1/8-2/23 5:45-6:35 pm**  
**Program #4882 Mon/Wed/Fri, 2/26-4/20 5:45-6:35 pm**  
**Program #4883 Mon/Wed/Fri, 4/23-6/8 5:45-6:35 pm**

**18 yrs & up / 7 wks / \$55**  
**Zion Church - 215 E. Washington St., Charles Town**  
**Instructor - Suzanne Dillow**  
**Program #4884 Mon/Wed/Fri, 1/8-2/23 9:00-9:55 am**  
**Program #4885 Mon/Wed/Fri, 2/26-4/20 9:00-9:55 am**  
**Program #4886 Mon/Wed/Fri, 4/23-6/8 9:00-9:55 am**

### Body In Motion

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

**18 yrs & up / 7 wks / \$30**  
**Zion Church - 215 E. Washington St., Charles Town**  
**Instructor - Suzanne Dillow**  
**Program #4887 Fri, 1/12-2/23 10:00-10:40 am**  
**Program #4888 Fri, 3/2-4/20 10:00-10:40 am**  
**Program #4889 Fri, 4/27-6/8 10:00-10:40 am**

### Strengthen & Tone

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

**18 yrs & up / 7 wks / \$55**  
**Zion Church - 215 E. Washington St., Charles Town**  
**Instructor - Suzanne Dillow**  
**Program #4890 Tu/Th, 1/9-2/22 10:00-10:50 am**  
**Program #4891 Tu/Th, 2/27-4/19 10:00-10:50 am**  
**Program #4892 Tu/Th, 4/24-6/7 10:00-10:50 am**

### Cardio Mix

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

**18 yrs & up / 7 wks / \$45**  
**Ranson Elementary School**  
**Instructor - Suzanne Dillow**  
**Program #4899 Mon/Wed, 1/8-2/21 6:40-7:30 pm**  
**Program #4900 Mon/Wed, 2/26-4/18 6:40-7:30 pm**  
**Program #4901 Mon/Wed, 4/23-6/6 6:40-7:30 pm**

### Fit N Trim

A class to get you back into 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 / 7 wks / \$50**  
**Bolivar Community Center**  
**Instructor - Suzanne Dillow**  
**Program #4893 Tu/Th, 1/9-2/22 11:40 am-12:35 pm**  
**Program #4894 Tu/Th, 2/27-4/19 11:40 am-12:35 pm**  
**Program #4895 Tu/Th, 4/24-6/7 11:40 am-12:35 pm**

**18 yrs & up / 7 wks / \$50**  
**TA Lowery Elementary**  
**Instructor - Suzanne Dillow**  
**Program #4896 Mon/Wed, 1/8-2/21 4:20-5:10 pm**  
**Program #4897 Mon/Wed, 2/26-4/18 4:20-5:10 pm**  
**Program #4898 Mon/Wed, 4/23-6/6 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, hand weights, and exercise ball to each class.*

**18 yrs & up / 7 wks / \$40**  
**Ranson Elementary School**  
**Instructor - Suzanne Dillow**  
**Program #4902 Sat, 1/13-2/24 8:30-9:45 am**  
**Program #4903 Sat, 3/3-4/21 8:30-9:45 am**  
**Program #4904 Sat, 4/28-6/9 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 & up / 7 wks / \$65**  
**Blue Ridge Elementary School**  
**Instructor - Suzanne Dillow**  
**Program #4931 Tu/Th, 1/9-2/22 4:30-6:00 pm**  
**Program #4932 Tu/Th, 2/27-4/19 4:30-6:00 pm**  
**Program #4933 Tu/Th, 4/24-6/7 4:30-6:00 pm**

### Fitness Pass

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

**Program #4926 / 7 wks, 1/8-2/24 / \$70**  
**Program #4927 / 7 wks, 2/26-4/21 / \$70**  
**Program #4928 / 7 wks, 4/23-6/9 / \$70**  
**Program #4925 / 14 wks, 1/8-4/21 / \$120**  
**Program #4924 / 21 wks, 1/8-6/9 / \$180**

Summer fitness classes with Ms. Dillow will begin on June 6, 2018!

## Leadership Opportunities

### The 15 Invaluable Laws of Growth

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

**16 yrs & up / 6 wks / \$89**

**Instructor Tim Jenkins TLI Leadership Development  
Program #4700 Tues, 10/10-11/14 7:00-8:30 pm**

### Sometimes You Win, Sometimes You Learn

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

**16 yrs & up / 6 wks / \$89**

**Instructor Tim Jenkins TLI Leadership Development  
Program #4701 Tues, 10/10-11/14 7:00-8:30 pm**

### Hoopdance for Teens & Adults



Students will learn the basics of hoopdance and work towards performing a choreographed hoopdance for family and friends. No dance or hooping experience necessary. This class is open to all skill levels. Hooping is a great activity for teens who don't really get into team sports or organized dance classes. There is much more creative freedom in hooping and they will work together with the instructor to create to choreography.

Practicing hooping teaches students patience and persistence, while reminding them that challenges are FUN! In the process they will build confidence, boost brain power, exercise, and connect with others. Hooping uses a step by step self-regulated problem solving format with automatic reinforcement at every level of accomplishment! There are no losers in this sort of practice! Everyone wins! And the step by step model for learning, bleeds into learning in general. Within the first class they will have seen obvious improvement and be excited to continue. Each class their skills will improve. Each practice there is more improvement and positive reinforcement. This relates to learning reading, spelling and math. It is easy for students to approach learning with greater ease and confidence when they can relate it to something that is fun for them, and then something magic happens....learning becomes more fun. Challenges become more fun!

Hoops will be provided for use, and handmade hoops will be available for purchase.

**15 yrs & up / 4 wks / \$40**

**Program #4990 Tues, 3/13-4/3 7:00-7:45 pm**

### Nerf Wars—Redux!

So... you've let your kids have all the fun...  
now it's YOUR TURN!

Get a group of adults together to play and have fun in our full gymnasium. 2 Nerf Blasters, 40 dart limit still applies. Child-care will be provided if you call in advance and let us know!

**18 yrs & up / 1 day / \$10**

**Jefferson County Community Center  
Program #4918 Fri, 3/23 7:30-9:30 pm**



**Volunteers are always appreciated for our events and activities! If you would like to Volunteer at Jefferson County Parks and Recreation, please contact Terri at 304-728-3207 for an application!**

**Thank you!**

philadelphia 2018  
PHS flower show

WONDERS  
of WATER

**Philadelphia Flower Show**

Spring is right around the corner. You will find everything you need to make your home and yard the prettiest on the block. The theme of the Philadelphia Flower Show this year is "Wonders of Water".

This show is one of the largest flower & plant shows on the east coast. We have plenty of room to store your purchases for you. Lunch is on your own.

All minors must be accompanied by an adult.

**All ages / 1 day / \$99**

**Bus departs from Food Lion in Charles Town  
Program #4976      Tues, 3/6 time is TBD**

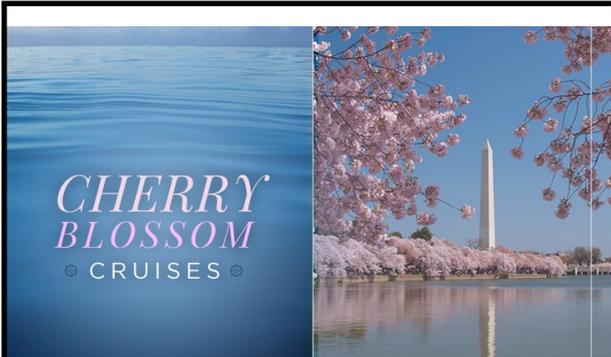


SIGHT & SOUND  
THEATRES®

**Sight and Sound Theater - Jesus**

Jesus is an action packed musical stage adventure that takes you on a miraculous journey alongside the most famous person to walk the earth and tells about the everyday lives he changed forever. Experience the greatest rescue story of all time. We will have lunch at The Hershey Farm Restaurant before leaving to come home. Children must be accompanied by an adult. Bus departs from Food Lion in Charles Town

**Program #4977      Adult \$159      Sat, 3/24 time is TBD  
Program #4978      Child \$107      Sat, 3/24 time is TBD**



**Cherry Blossom Luncheon  
Cruise on the Odyssey**

The Cherry Blossoms will surround us as we cruise the Potomac River, enjoying the sites and having a great lunch with good company. Bring a friend or family member and have double the fun!

**All ages / 1 day / \$124**

**Bus departs from Food Lion in Charles Town  
Program #4979      Tues, 4/3 time is TBD**



**Springtime in New York City**

We will take you to Manhattan and drop you off and you can enjoy the day shopping, exploring the city, etc.

The day is yours to spend at your leisure until early evening. We will make a stop for food and a bathroom break going and coming from New York.

Children must be accompanied by an adult.

**All ages / 1 day / \$89**

**Bus departs from Food Lion in Charles Town  
Program #4980      Sat, 4/21 time is TBD**

**TRIPS ARE SCHEDULED AS A PARTNERSHIP WITH SCHROCK TRAVEL. SCHROCK TRAVEL MAY CANCEL TRIPS AT ANY TIME DUE TO LOW ENROLLMENT. IF TRIPS ARE CANCELED YOU WILL BE GIVEN A FULL REFUND.**



**Crab Feast & Cruise**

Enjoy a riverboat ride in Hurlock, MD and enjoy crabs, corn on the cob, Maryland crab soup, fried chicken, clam strips, coleslaw, dessert and a non-alcoholic drink. We will also visit Layton's Chance Vineyard, where you can purchase your favorite bottle of wine.

All ages / 1 day / \$123

Bus departs from Food Lion in Charles Town  
 Program #4981 Sat, July 14 time is TBD



**Springfest Ocean City**

Calling all beach lovers! It's that time of year again, enjoy the day at the beach in Ocean City, Maryland at this annual event or just bask in the warm sunshine. Swim, buy arts and crafts, ride up and down the boardwalk on the trolley, fly a kite, eat seafood, listen to all the entertainment. Doesn't this sound like fun? Children must be accompanied by an adult.

All ages / 1 day / \$89

Bus departs from Food Lion in Charles Town  
 Program #4982 Sat, 5/5 time is TBD  
 Program #4983 Sat, 9/22 time is TBD

**TRIPS ARE SCHEDULED AS A PARTNERSHIP WITH SCHROCK TRAVEL. SCHROCK TRAVEL MAY CANCEL TRIPS AT ANY TIME DUE TO LOW ENROLLMENT. IF TRIPS ARE CANCELED YOU WILL BE GIVEN A FULL REFUND.**



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





Mark your calendars! June 30, 2018

Donations for fireworks accepted at the Jefferson County Community Center  
in Sam Michael's Park—235 Sam Michael's Lane, Shenandoah Junction, WV 25442

Thank You!

**River & Trail**  
OUTFITTERS  
Go Play!  
www.RiverTrail.com

**GUY'S**  
**BUICK - GMC TRUCKS**  
CHARLES TOWN - RANSON, WV  
www.guysbuickgmc.com

BUICK "CUSTOMER DRIVEN SINCE 1967" GMC WE ARE PROFESSIONAL GRADE

**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

Our Customers Are The **COOLEST!**  
And The **WARMEST!**  
NEW Comfort System Being INSTALLED Here By  
**SHENANDOAH**  
Air Conditioning & Heating, Inc.  
304-728-3531 • SHENANDOAHAIR.COM

We thank our in-kind sponsors for their partnership.

Emma Huvos - Nature Based Preschool  
James Remuzzi - Sustainable Solutions, LLC  
Ask Neal  
WVU Health  
Step In Time Bakers, Harpers Ferry

Club Volleyball Tryouts begin in November

**SHENANDOAH SURGE**  
ShenandoahSurge.com

Jefferson County Parks & Recreation

# Indoor Playground

Ages 1-5

Thursdays & Fridays

10 am-3 pm ~ Only \$5 and \$3 for each additional sibling



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 Terri Burhans at [tburhans@jcprc.org](mailto:tburhans@jcprc.org) for more information.

# 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 a.m.-5 p.m. 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.



### 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. A shaded picnic pavilion offers an adjacent kitchen and restroom facility. The Veterans Memorial Pavilion, new in 2014, offers public restrooms and covered picnic tables near the main playground and 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.

**The Columns at Sam Michael's** - This space in Sam Michael's Park was the original homesite of Samuel Michaels and features the original columned porch foundation, electrical service and space for family and community gatherings. It's the perfect setting for a wedding or other formal event.

### 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.

### Moulton Park-

On the shore of the Shenandoah River, just North of the Blooming Bridge, this half-mile of river frontage features camping and other recreational opportunities. 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 the Jefferson County Parks and Recreation office 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 newly updated 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.

### James Hite Park-

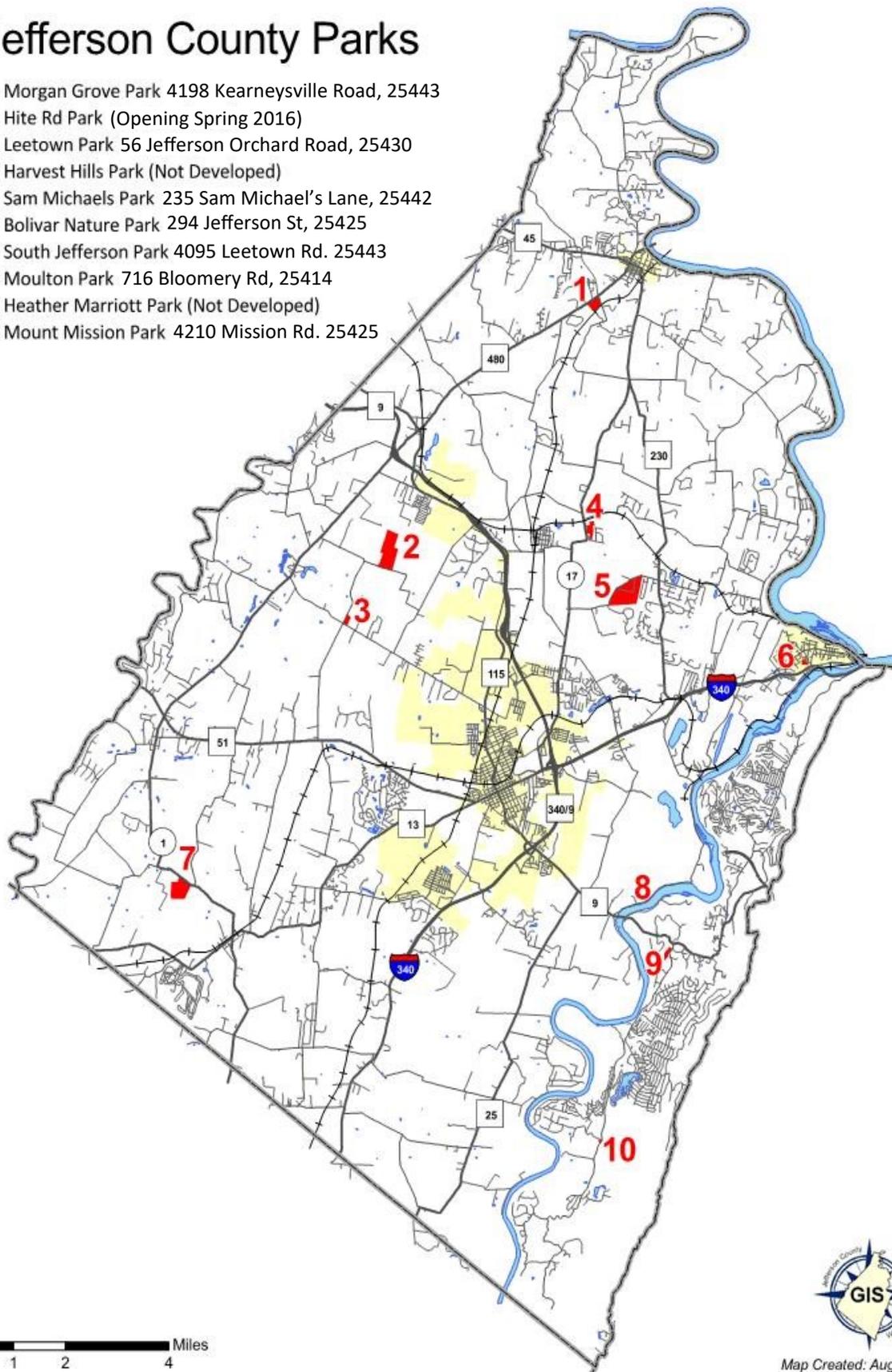
Our newest 119-acre park that currently consists of a 2-mile walking trail, soccer and football fields. Future plans include picnic pavilions, playground, dog park, and softball fields. Park will open in Spring of 2016 to the public.

### Peter Burr Farm-

Peter Burr Farm is owned by the Jefferson County Historic Landmarks Commission, and maintained in part by Jefferson County Parks and Recreation. Featuring beautiful grounds, a wood-frame barn, full restroom facilities, and the historical Peter Burr House. Peter Burr Farm is rentable for weddings, festivals, and other private and community gatherings. For more information, please contact Terri Burhans in our office at 304-7258-3207, ext. 5108

# Jefferson County Parks

- 1 Morgan Grove Park 4198 Kearneysville Road, 25443
- 2 Hite Rd Park (Opening Spring 2016)
- 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 of credits will be offered for missed classes.

## Age Policy:

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

## Scholarships:

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

## Cancellation Policy:

Programs may be cancelled due to insufficient registration, school closings, or inclement weather. Call (304) 728-9044 in case of inclement weather.

## Program Refund/Transfer Policy:

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

## Mark Your Calendar:

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

## Media/Photography:

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

## Attention Parents:

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

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

## Discipline Policy:

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

## Alcohol Policy:

Alcohol is not permitted in any Jefferson County Park. (Exceptions may apply for weddings. Please call Terri 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

## 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	8:00am - 8:00pm
Office Hours (Monday-Friday)	9:00am - 5:00pm
Saturday	10:00am - 5:00pm
Sunday	12:00pm - 6:00pm

### Closures Observed:

New Year's - Jan 1	CLOSED
Martin Luther King Day - Jan 15	CLOSED
Programs will run as scheduled. Business office will be closed.	
Presidents Day - Feb 19	CLOSED
Programs will run as scheduled. Business office will be closed.	
Memorial Day - May 28	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
6-59	\$2.00	\$30.00	\$150.00
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.

## JEFFERSON COUNTY PARKS AND RECREATION COMMISSION FACILITY AND RENTAL FEES

Facility /Equipment	Base Fee (Non Residents)	Additional Fees	Discount Fee (County Resident)	Additional Fees	Jefferson County Non-Profit Mon-Thurs Only: Excludes Holidays
<b>Pavilions</b>					
Sam Michaels Park Mason Pavilion	\$135 per day	\$35 Kitchen Addl. Picnic Tables \$7 ea.	\$125 per day	\$30 Kitchen Addl. Picnic Tables \$5 ea.	50% Discount*
Veteran's Pavilion	\$135 per day  \$93 per day  Veteran's Rate	None	\$125 per day  \$93 per day  Veteran's Rate	None	50% Discount*
Leetown Park Pavilion	\$100 per day	None	\$90 per day	None	50% Discount*
Morgan's Grove Pavilion	\$135 per day	\$35 Kitchen	\$125 per day	\$30 Kitchen	50% Discount*
Mount Mission Park	\$135 per day	\$35 Kitchen	\$125 per day	\$30 Kitchen	50% Discount*
<b>Sam Michaels Community Center</b>					
Full Gym	\$110 per hour	\$1 Chairs \$3 Tables	\$100 per hour	\$1 Chairs \$3 Tables	50% Discount*
Half Gym	\$70 per hour	\$1 Chairs \$3 Tables	\$60 per hour	\$1 Chairs \$3 Tables	50% Discount*
Activity Room	\$50 per hour	None	\$40 per hour	None	50% Discount*
Dance Room	\$30 per hour	None	\$20 per hour	None	50% Discount*
<b>Athletic Fields/Facilities</b>					
Baseball/Softball Fields	\$25 per hour	Lights \$10 p/h	\$20 per hour	Lights \$10 p/h	
Soccer Fields	\$25 per hour	None	\$20 per hour	None	
Tennis Courts	\$10 per hour	None	\$10 per hour	None	
<b>Special Event Facilities **/Services</b>					
Festival Field	\$500 per day base price	None	\$500 per day base price	None	
Dog Park	\$250 per day	None	\$250 per day	None	
Tournament Field (8am-8pm)	\$200 per event	Kitchen \$50	\$200 per event	Kitchen \$50	
Tournament Field - All Nighter	\$250 per event	Kitchen \$50	\$250 per event	Kitchen \$50	
5K Course (EMS Required onsite)	\$150 per event	None	\$150 per event	None	
The Columns Event Facility	\$500 -3 day rental	None	\$500 -3 day rental	None	
Camping Sites (Moulton Park Only)	\$20 per day	None	\$20 per day	None	
Inflatable Obstacle Course***			\$75 - 2 hours \$150 -Daily	None	
Inflatable Mickey Park***			\$65 - 2 hours \$130 -Daily	None	
Standard Moon bounce***			\$55 - 2 hours \$110 - Daily	None	
Giant Slide***			\$75 - 2 hours \$150 - Daily	\$150 w/water -2hrs	
Nerf War Course			\$25 - 2 hours	None	
Air Hockey Table			\$25 - 2 hours	None	
Inflatable Screen (onsite only)			\$100 per use	None	

\*Jefferson County Based Non-Profit Organizations must provide a 501C3 verification to receive a discounted rate. 50% rentals are only available Mon - Thurs and do not include holidays.

\*\* Events with an expected attendance of over 100 people must fill out a special events application.

\*\*The above rental rates apply to personal use. Any renter utilizing park facilities and charging fees must pay 15% of their gross profits to the Jefferson County Parks and Recreation Commission and event must be approved by JCPRC.

\*\*\*Inflatables require a recreation attendant to be present @\$12 per hour

# Registration is Easy! 5 EASY WAYS TO SIGN UP!



### Online Registration

Go to [www.jcprc.org](http://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

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

Jefferson  
County  
Parks &  
Recreation



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



A perfect place to grow...



235 Sam Michael's Lane

Shenandoah Junction, WV 25442

Phone: (304) 728-3207

Fax: (304) 728-9746

Email: [Info@jcprc.org](mailto:Info@jcprc.org)

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

Return Service Requested