

Park Postings:

Jefferson County Parks and Recreation



September 24, 2021

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What's Happening Next Week?

- Week 2 of Fitness Classes with Ms. Heidi
- Week 3 of Gymnastics
- Week 2 of Troxell Basketball Training
- Week 3 of Big & Little Kickers
- Week 3 for Volleyball programs
- Week 3 of Martial Arts
- Drop-in Pickleball, 9/28, 9am-12PM, \$2/person
- Drop-in Volleyball, 9/30, 7pm-9pm, \$4/person

Staff Spotlight: Heidi Citro

Heidi graduated in 2015 from Shepherd University with a Recreation and Leisure Studies Degree and finished her master's degree in Exercise Science and Health Promotion in August. She has been a staff member at JCPRC for 6 years teaching Toddler Learning and running many different Youth Camps and Fitness Classes. Heidi is looking forward to continuing to provide the community with opportunities to be active and improve their health and wellness



This Week in Programs:

This was another great week for programs. Our gymnasts worked on their forward rolls, bars, and balance beams, and they did it with grace. Coach Chris Troxell worked hard with his students to go back to the basics and dial in on their skills to fine tune them, Ms. Heidi's fitness classes began, and the weather was perfect for the outdoor classes at the AMP! They focused on gaining strength, stretching, and of course having fun! Our Big and Little Kickers are working hard as always, to improve their skills and learn to play soccer as a team! Anna and her volleyball players have been working on serving and setting, two of the most important skills in volleyball!

Jefferson County Parks and Recreation
235 Sam Michaels Lane, Shenandoah Junction, WV

www.jcprc.org

(304)728-3207

Office is open Monday-Friday 8AM-5PM

Upcoming Events & Programs:

1. **Gymnastics: Caterpillars, Frogs, Wildcats, Gymnastics 1**
 - Sessions begin on 10/24 and 10/26, times and prices vary.
2. **Indoor Playground:**
 - Thursdays and Fridays, 10am-12pm or 1pm-3pm, \$4 per child, pre-register online.
3. **Complete your own Knit/Crochet Project:**
 - Begins 10/18 or 10/19, 12PM, \$34
4. **Martial Arts: Little Dragon, Little Ninjas, Ninjas, Advanced Ninjas**
 - Sessions begin 10/24, times vary depending on class.



COVID-19 Updates and information:

With the rise in COVID-19 numbers and Fall programs underway, we are strongly recommending the use of masks in our building. We are doing our best to offer safe programming for everyone, including our staff, participants, and parents! We suggest that anyone entering the JCCC, wear a mask in all common areas (lobby, bathrooms, etc.) and keep it on when not actively participating in a program or activity. In addition, we encourage to wait outside whenever possible and social distance when indoors. With your help and cooperation, we can continue to run programs, with safety being our #1 Priority. THANK YOU!



Joke of the Week:

Sometimes all you need is a good laugh to get you through the day, call our Joke Line to hear the joke of the week!

Call (304)728-9044

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