



February 24, 2010
FOR IMMEDIATE RELEASE
Contact: Veda McMullen

James City County Parks & Recreation
Phone: (757) 259-5415
Fax: (757) 259-5420
Email: vmcmulle@james-city.va.us

James City County Parks and Recreation March 2010 News, Events, Classes & Activities

Special & Family Events

Family Fun Night

Saturday, March 13, 6:30-9:30pm
\$3/person, 12 and younger FREE!

James City/Williamsburg Community Center

Break out of the winter blahs and have some FUN! Join us for three hours of family fun creating awesome arts and crafts, searching for the lost leprechaun, playing a little ball, challenging your family on the Wii, and more! Pre-register or pay at the door. Info: www.jccEgov.com/recreation or 259-3200.

Preschool/Youth

Rec Connect – Summer Camp, Before/After School Programs

Registration for Summer Camp and the Before and After School Program 2010 - 2011 has begun. There is a \$40/child (\$35/child James City/Williamsburg residents) annual registration fee per child plus weekly payment fees. All Rec Connect registration forms, program information and fees are available for download at www.jccEgov.com/recreation or call the Rec Connect Info Line at 259-3170. Discounts of 15-75% are available to any qualified resident based on total income. 259-5416.

Byte Size Learning Computer Class (ages 2 ½ - 7)

Fri., March 5 – April 30 (no class 4/2)

\$95/session; \$90 for James City/Williamsburg residents

James City/Williamsburg Community Center

Ages 2 ½ - 3: 9-10am & **Ages 3-7:** 5:30-6:30pm

Surf, Explore, Discover...be a computer detective on a learning adventure to imaginative places such as the E-mail Trail or Internet Island! Help prepare your child



with the skills they'll need for the future! No need for your child to ever have used a computer before this class. When class ends, children continue to enjoy their mission from home with online software activities. For information, please visit <http://www.bytesizelearningllc.com>. Info: www.jccEgov.com/recreation or 259-3200.

English Country Dancing (ages 6-18)

Thurs., March 11 – April 15, 3-4:30pm

\$30; \$25 for James City/Williamsburg residents

James City/Williamsburg Community Center

Do you love the Colonial and Regency lifestyle? Students will learn basic steps, patterns and routines, while listening to period music and having fun at the same time! No experience or partner needed. Info: www.jccEgov.com/recreation or 259-3200.

U Can Play, Too – Piano Lessons (ages 7-12)

Sat., March 6-27

\$55/session; \$50 for James City/Williamsburg residents

Piano & Organ Outlet, 6316 Richmond Road

Ages 7-9: 9-10am & **Ages 10-12:** 10:15-11:15am

Explore and play while learning the Alfred method on digital pianos. Your child will have a blast exploring their natural abilities at their own pace. Info:

www.jccEgov.com/recreation or 259-3200.

Regency Lifestyle Craft Class (ages 12-18)

Thurs., March 11 – April 15, 1-3pm

\$25; \$20 for James City/Williamsburg residents

James City/Williamsburg Community Center

Perfect for homeschoolers! Do you enjoy Jane Austen films and early American lifestyle? Are you interested in handmade crafts related to this lifestyle? Each participant will learn the skills needed to make freshwater pearl necklaces, silhouette portraits, paper fans, perfumes, sachets, and penmanship. \$25 materials fee due instructor. Info: www.jccEgov.com/recreation or 259-3200.

Teens

Campus Tour Series (grades 9-12)

Sat., March 20, 7am-5pm



\$20; \$15 for James City/Williamsburg residents

James City/Williamsburg Community Center

Travel with us to James Madison University in Harrisonburg . Tour this unique campus in the heart of the Shenandoah Valley. Fee includes transportation and lunch. Parents welcome. Info: www.jccEgov.com/recreation or 259-3200.

Landscape Design 101 (grades 9-12)

Sat., March 27, 10am-2pm

\$25; \$20 for James City/Williamsburg residents

James City/Williamsburg Community Center

Have you ever thought about a career in landscaping? Learn the basic types of plants, and soils, and what goes into designing the perfect flower garden. Please bring lunch.

Info: www.jccEgov.com/recreation or 259-3200.

Buddy Baseball (girls and boys with special needs between the ages of 5 and 20)

Buddy Baseball is provided in partnership with the Williamsburg Youth Baseball

League. Players are assisted by one-on-one volunteer Buddies, who make it possible to adapt play to individual player needs. The next season runs from April 4 - May 30.

Games are held on Sundays from 3-4pm, at the Warhill Sports Complex. For more information and to register, call Joel Schwartz at 565-2795.

Youth Sports

Sandlot Tots (ages 3-4 years)

Sat., March 27 – April 17, 10-10:45am

\$30; \$25 for James City/Williamsburg residents

James City/Williamsburg Community Center

Come learn the fantastic game of T-ball. Hitting, fielding, base running and throws taught in a fun atmosphere. No equipment necessary, but if you have a favorite glove, please bring it!

Multi-Sport Minis I and II (ages 3-9)

Sat., March 27 – April 17

\$30/session; \$25 for James City/Williamsburg residents

James City/Williamsburg Community Center

Ages 3 -5: 12-12:45pm & **Ages 6 -9:** 1-1:45pm

Learn the basics of golf, soccer, T-ball and basketball taught through games, drills and relays in a fun and safe atmosphere. No equipment necessary.

Sandlot Sluggers (ages 4-6)

Sat., March 27 – April 17, 11-11:45am

\$30; \$25 for James City/Williamsburg residents



James City/Williamsburg Community Center

Learn the game of T-ball/coach pitch. Skills will focus on throwing, catching, positions in field, base running and hitting taught through drills, games and relays.

Half Pint Soccer I and II (ages 3-9)

Sat., March 27 – April 17

\$30; \$25 for James City/Williamsburg residents

James City/Williamsburg Community Center

Ages 3-5: 10-10:45 & **Ages 6-9:** 11-11:45am

Learn the basics of soccer through games, relays and drills. Children should come dressed to play. No equipment required.

Youth/Adult Special Interests

Bellydance Basics (ages 13+)

Mon., March 1 – 22, 7-8pm

\$40; \$35 for James City/Williamsburg residents

James City/Williamsburg Community Center

Join us in this introductory class and begin to learn the muscle groups, concepts and basic techniques of this popular dance form. This is the most fun you'll have doing a workout! No previous dance experience required. Info: www.jccEgov.com/recreation or 259-3200.

Ergonomics: Surviving the Work Day

Tues., March 2, 5:30pm, FREE

James City/Williamsburg Community Center

This 45-minute workshop will teach you how to limit or even avoid neck pain, shoulder tightness, and back problems at work. Whether you work at a desk or on your feet, proper posture and ergonomics can go a long way towards making your day a healthy and safe one. Must pre-register, 259-5372. Info: www.performancechiropractic.com.

Photography Basics (ages 18+)

Thurs., March 4, 6:30-9pm

\$30; \$25 for James City/Williamsburg residents

James City/Williamsburg Community Center

Would you like to take better pictures with the camera you already have? Are you new to digital photography and have lots of questions? Learn all the tips and tricks to using your own camera. Bring your camera and owner's manual to class, along with a memory card and charged battery. \$5 materials fee of \$5 due to instructor.

Info: www.jccEgov.com/recreation or 259-3200.



Healthy Restaurant Choices

Thurs., March 4, 7-8pm, FREE

James City/Williamsburg Community Center

Is it possible to eat healthy, nutritionally-sound meals at restaurants? Learn the tips and tricks for eating well while on the go. Registration required; class must have a minimum of 5 participants. Info: www.jccEgov.com/recreation or 259-3200.

Posture Screenings

Thurs., March 11, 6-8pm, FREE!

James City/Williamsburg Community Center

Presenter Dr. Michelle Booth of Pinto Chiropractic and Rehabilitation can evaluate your posture from head to toe and show you the proper way to stand which decreases abnormal wear and tear on the joints. Info: www.jccEgov.com/recreation or 259-3200.

Swing Dancing (ages 13+)

Thurs., March 11 – April 15, 7:30-9pm

\$40; \$35 for James City/Williamsburg residents

James City/Williamsburg Community Center

Do you have a special event coming up and you'd like to learn some new dance steps? Would you like to spice up your dance routine or get a little exercise while having lots of fun? Come learn the basics of 6-count East Coast Swing Dancing, with easy-to-do turns. Wear comfortable, leather-soled shoes – no flip-flops or sandals. Partners encouraged, but not necessary. Info: www.jccEgov.com/recreation or 259-3200.

Gait Analysis

Tues., March 16, 3-5:30pm, FREE

James City/Williamsburg Community Center

What could be more basic than walking and running? Local chiropractor and Certified Chiropractic Sports Physician Dr. Daniel Shaye and the Performance Chiropractic staff will be performing FREE gait analysis and digital foot scans. You may learn why your knee, your back or your hip hurts. Must register for appointment time, call or e-mail 259-5372 or dpost@james-city.va.us. Info: www.performancechiropractic.com.

Muscle Tone, Imbalance and Movement Patterns

Mon., March 22, 6:30pm, FREE

James City/Williamsburg Community Center

Learn how muscle imbalances can lead to muscle spasms and myofascial trigger points and how the way you move affects all of them as well as how to fix the problems. The session is free, but please pre-register. Info: www.jccEgov.com/recreation or 259-3200.



Bellydance – Figure 8’s and Shimmies (ages 13+)

Mon., March 29 – April 19, 7-8pm

\$40; \$35 for James City/Williamsburg residents

James City/Williamsburg Community Center

Join us for this session as we learn to sequentially move through muscle groups to create the shimmy, undulations and “figure eight” movements that are so popular in bellydance. No previous dance experience is required. Info:

www.jccEgov.com/recreation or 259-3200.

Aquatics

Learn To Swim Programs

Open registration will be held March 22 – April 10. Register only for the one course you need! After you have successfully passed a class, you can register for the next level during the two-week open registration periods. If you’re unsure of your or your child’s swimming needs or level, a FREE swim evaluation will be held on Wednesday, April 7, 4:30-6:30pm at the James City/Williamsburg Community Center. 259-4185.

American Red Cross Lifeguard Challenge (Half-Day Course)

Sat., March 20, 1-5pm

\$55; \$50 for James City/Williamsburg residents

James City/Williamsburg Community Center

Is your American Red Cross Lifeguard Certification about to expire? Are you comfortable with your skills and simply need to re-certify? Participants must successfully complete the prerequisite skills, three scenarios, first aid skills, back boarding and written tests. Failure to complete all requirements does not guarantee a full refund. **Classes will be held at Eastern State Hospital.** Course does not include materials or \$7 card fee. Registration is open until the week before the class start date. 259-4185.

Lifeguard CPR-PR AED Re-Certification

Sun., March 21, 1-5pm

\$25; \$20 James City/Williamsburg Community Center

James City/Williamsburg Community Center

Is your CPR-PR AED about to expire? Do you need to recertify before summer starts? This half-day class will re-certify your skills. Course does not include materials or \$7 card fee. Registration is open until the week before the class start date. 259-4185.

American Red Cross Lifeguard Review (Two-Day Course)

Sat., March 27, 9am-5pm & Sun., March 28, 1-5pm



\$105; \$100 for James City/Williamsburg residents
James City/Williamsburg Community Center

Is your American Red Cross Lifeguard Certification about to expire? Do you need to refresh your skills before you can successfully perform and pass the re-certification test? This review course will prepare you for the Lifeguard Challenge, which will take place on the second day. Participants must successfully complete the prerequisite skills, three scenarios, first aid skills, back boarding and written tests. Failure to complete all requirements does not guarantee a full refund. Classes will be held at the James City/Williamsburg Community Center on Saturday and Eastern State Hospital on Sunday. Participants must attend BOTH classes to obtain recertification. Course does not include materials or \$7 card fee. Registration is open until the week before the class start date. 259-4185.

TO REGISTER: Online at www.jccEgov.com/recreation or visit the James City/Williamsburg Community Center (JCWCC), 5301 Longhill Road, the James River Community Center (JRCC), 8901 Pocahontas Trail/Rt. 60 or the Satellite Services Office, 3127 Forge Road in Toano. By phone, call 887-5810, M-F, 2-8pm and on weekends, 1-6pm.