



August 30, 2010

FOR IMMEDIATE RELEASE

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James City County Parks & Recreation

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

Special/Family Events

Harvest Festival featuring Scarecrow Stuffing!

Saturday, September 25, 11am-4pm

Chickahominy Riverfront Park

\$3/car parking fee

Come to the Harvest Festival for music, entertainment, local vendors, fall food favorites and more! Families will enjoy participating in the Fall Fest Family Area that includes a scarecrow stuffing class (\$17/scarecrow cash/checks only), largest pumpkin contest, pumpkin bowling, carnival games, moonwalks, a hayride, pony and cart rides and more! Adults can enjoy live entertainment on the main stage including dance troops and bluegrass bands and local vendors selling art, jewelry, unique handmade crafts, plants and more. Come dressed as a scarecrow, enter the Scarecrow Costume Contest, and enter your pumpkin in the Largest Pumpkin Contest.

Info: www.jccEgov.com/recreation or 259-4200.

Preschool/Youth

Rec Connect – Before/After School Programs

Registration for the Before and After School Program 2010 - 2011 is underway. There is a \$40/child (\$35/child James City/Williamsburg residents) annual registration fee 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, 259-5414.

Clay Date (ages 3-5 with an adult partner; max. 2 children/adult)

Mon., Sept. 20-Oct. 4, 11am-12:30pm



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

James City/Williamsburg Community Center

Young students will collaborate with their grown-ups to create handmade clay treasures such as handprint plates, picture frames, mugs, sculptures and more! \$10 materials fee/child due first class. Info: www.jccEgov.com/recreation or 259-4200.

Youth

Piano Lessons – Explore, Learn, Play! (ages 7-12)

Ages 7-9: Thurs., Sept. 9-30, 5-6pm or Sat., Sept. 11-Oct. 2, 9-10am

Ages 10-12: Thurs., Sept. 9-30, 6:15-7:15pm or Sat., Sept. 11-Oct. 2, 10:15-11:15am

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

Piano & Organ Outlet, 6316 Richmond Road/Lightfoot

Did you know that piano lessons are fun, educational, and pull on the creative juices of children? While learning the Alfred method on digital pianos, your child will have a blast exploring their natural abilities at their own pace. For information, please call 564-9592.

Teens/Adults

Art Journaling & Mixed Media Workshop (ages 14+)

Teens: Thurs., Sept. 9 – Oct. 28, 6-8pm

Adults: Fri., Sept. 10-Oct. 29, 6-8pm

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

James City/Williamsburg Community Center

Whether you're looking to express yourself creatively for the first time, or are an experienced artist in a creative rut, you'll be inspired by art journaling. Crafters, scrap bookers, photographers and all interested in having creative fun will benefit from this workshop. Students will supply their own materials.

Info: www.jccEgov.com/recreation or 259-4200.

Keyboard Lessons

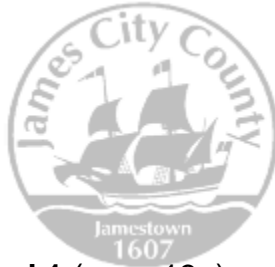
Mon., Sept. 20-Oct. 25, 11am-noon

Wed., Sept. 22-Oct. 27, 6-7pm

\$60/session; \$55 for James City/Williamsburg residents

Piano & Organ Outlet, 6316 Richmond Road/Lightfoot

Playing the keyboard has been known to reduce stress and increase hand-eye coordination. You'll be playing a song by the end of the first lesson! All the materials included. No experience necessary. For more information, please call 564-9592.



Introduction to Bellydance – Level 1 (ages 13+)

Tues., Sept. 21-Oct. 12, 6:30-7:30pm

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

James City/Williamsburg Community Center

Ever thought about learning to bellydance but don't know where to start? This beginners workshop will teach the muscle groups, concepts and basic techniques.

This is the most fun you'll ever have doing a workout! No previous experience required.

Info: www.jccEgov.com/recreation or 259-4200.

Bellydance Body Fitness Workout (ages 13+)

Thurs., Sept. 30- Oct. 21, 6:30-7:30pm

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

James City/Williamsburg Community Center

Are you ready for more of a workout challenge? Join us as we enjoy a workout that fuses some traditional bellydance steps with aerobic exercise and body sculpting. No previous experience required. Info: www.jccEgov.com/recreation or 259-4200.

Your Financial Puzzle... Are All of the Pieces in Place?

Wed., Sept. 22, 6-8:30pm

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

James City/Williamsburg Community Center

This seminar will show you how to direct every dollar in your personal economy in the most efficient way possible. Topics discussed include retirement planning, college funding, family protection and tax and investment diversification.

Info: www.jccEgov.com/recreation or 259-4200.

Little-Known Secrets of Paying for College

Wed., Sept. 15, 6-8:30pm

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

James City/Williamsburg Community Center

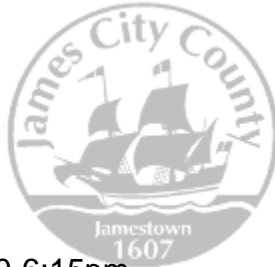
This educational workshop will help you avoid costly college funding mistakes such as not applying for financial aid because you "earn too much" and using pre-paid tuition and 529 plans. Learn about the college admission process, recapture your out-of-pocket college costs, and avoid jeopardizing your retirement nest egg.

Info: www.jccEgov.com/recreation or 259-4200.

Sports and Athletics

Sandlot Tots (ages 3-5 years)

Mon./Wed., Sept. 13-22, 5:30-6:15pm



Tues./Thurs., Sept. 28-Oct. 7, 5:30-6:15pm
\$35; \$30 for James City/Williamsburg residents
James City/Williamsburg Community Center
Come play in the dirt and learn the 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! Info: www.jccEgov.com/recreation or 259-4200.

Sandlot Sluggers (ages 6-9)

Mon./Wed., Sept. 13-22, 6:30-7:15pm
Tues./Thurs., Sept. 28-Oct. 7, 6:30-7:15pm
\$35/session; \$30 for James City/Williamsburg residents
James City/Williamsburg Community Center
Dive feet first into the dirt and learn the extraordinary 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. Info: www.jccEgov.com/recreation or 259-4200.

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

Ages 3-5: Sat., Sept. 11-Oct. 2, 9:30-10:15am
Ages 6-9: Sat., Sept. 11-Oct. 2, 10:30-11:15am
\$35/session; \$30 for James City/Williamsburg residents
James City/Williamsburg Community Center
Learn the basics through games, relays and drills. No equipment required.
Info: www.jccEgov.com/recreation or 259-4200.

Little Chippers (ages 5-7)

Fri., Sept. 10 – Oct. 1, 5-6pm

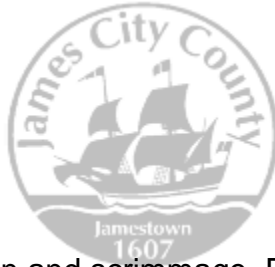
Little Drivers (ages 8-10)

Fri., Sept. 10- Oct. 1, 6-7pm

\$65/session; \$60 for James City/Williamsburg residents
Williamsburg National Golf Course
Classes introduce the basics of driving, putting, stance, chipping and rules. A limited number of clubs provided by the Sticks for Kids program will be available, or you can bring your own. No jeans allowed. Info: www.jccEgov.com/recreation or 259-4200.

Stonehouse Developmental Soccer (boys and girls ages 6-9)

Mon., Sept. 13-Oct. 4, 5:30-6:30pm
\$35; \$30 for James City/Williamsburg residents
Stonehouse Elementary School
This four-week program introduces children to soccer. Each night will focus on a new



skill with time devoted to instruction and scrimmage. Players will learn new skills and play a game each night. Info: www.jccEgov.com/recreation or 259-4200.

Lacrosse Skills Clinic (girls ages 8-18, boys ages 7-14)

Sun., Sept. 12-Oct. 3; Girls: 1-3pm, Boys: 3-5pm, **FREE!!**

Warhill Sports Complex

Beginner lacrosse players and those interested in learning the sport are encouraged to attend this basic lacrosse skills clinic! The clinic is free, but equipment is required (there will be a limited amount of loaner equipment available). Boy's contact: Brian Erwin, blerwin@msn.com or (757) 345-2557. Girl's contact: Megan Foley, meganfoley@cox.net or (301) 908-5784.

Beginner Pickleball (ages 14+), **FREE!**

Sat., Sept. 18-25, 10-11am

Tues., Sept. 21-28, 10-11am

Mid County Park

A fast growing hybrid of badminton and tennis, pickleball is easy and fun to learn and can quickly develop into a fast-paced, competitive game. Lessons will be lead by experienced players, providing instruction in rules, scoring and equipment, and the fundamentals of serving, volleying and game strategy. Suitable for middle and high school students. Visit www.usapa.org for details of the sport. For more information, call Ted Hanson at (757) 645-3629 or Gary Bock (757) 561-1193.

Coed Soccer (men 30+ and women 18+)

Sun., Sept. 12-Nov. 21, 4-8pm

\$425/team

Warhill Sports Complex

This league is designed to offer fun and competitive soccer games in a recreational setting. Each team is guaranteed eight games with the end-of-the-season tournament deciding the overall champion. Register your team under the captain's. Roster forms available at www.jccEgov.com/recreation, at the James City/Williamsburg Community Center or call 259-5355.

Adults

Beginning Oil Painting (ages 16+)

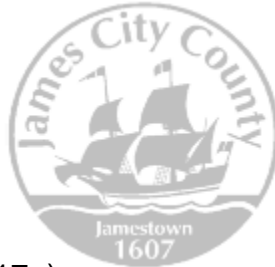
Thurs., Sept. 9-Oct. 21, 1-3pm

\$80; \$75 for James City/Williamsburg residents

James City/Williamsburg Community Center

If you've never picked a brush or you want to brush up on the basics, this is the class for you! Students provide own supplies. For a list, please call the instructor at 220-3755.

Info: www.jccEgov.com/recreation or 259-4200.



Oil Painting Intermediate (ages 17+)

Tues., Sept. 7 – Oct. 19, 1-3pm

Wed., Sept. 8-Oct. 20, 10am-noon

\$80/session; \$75 for James City/Williamsburg residents

James City/Williamsburg Community Center

Join us to create your own masterpiece! For those with some oil painting experience.

For a list of supplies, please call the instructor at 220-3755.

Info: www.jccEgov.com/recreation or 259-4200.

Oil Painting Workshop (ages 17+)

Tues., Sept. 7-Oct. 19, 6-8pm

\$80; \$75 for James City/Williamsburg residents

James City/Williamsburg Community Center

Join us to create your own masterpiece. For a list of supplies, please call the instructor

at 220-3755. Info: www.jccEgov.com/recreation or 259-4200.

Pastels and Drawing Workshop (ages 17+)

Wed., Sept. 8-Oct. 20, 1-3pm

\$80; \$75 for James City/Williamsburg residents

James City/Williamsburg Community Center

Designed for those with some experience in oil or pastel painting. For a list of supplies, please call the instructor at 220-3755. Info: www.jccEgov.com/recreation or 259-4200.

Basic Drawing (ages 17+)

Thurs., Sept. 9-Oct. 21, 10am-noon

\$70; \$65 for James City/Williamsburg residents

James City/Williamsburg Community Center

Learn the basics of drawing or brush up on those skills you haven't used in years.

Students provide own supplies. For a list, please call the instructor at 220-3755.

Info: www.jccEgov.com/recreation or 259-4200.

Pottery (ages 17+)

Tues., Sept. 7-Dec. 7, 9:30am-noon, (no class 11/23)

Tues., Sept. 7-Dec. 7, 6-8:30pm, (no class 11/23)

Mon., Sept. 13-Dec. 6, 6-8:30pm

\$105/session; \$100 for James City/Williamsburg residents

James City/Williamsburg Community Center

Turn raw clay into finished bowls, mugs and vases. Class is appropriate for students at any level of experience, including the novice. \$20 materials fee covers glaze materials and one bag of clay (additional clay available at \$11/bag).

Info: www.jccEgov.com/recreation or 259-4200.



Open Studio Time (ages 17+)

Fri., Sept. 10-Dec. 10, 6-8pm

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

James City/Williamsburg Community Center

Must be enrolled in current pottery class to register. Practice can make the difference in how you progress in pottery. Uninstructed, this open studio time allows students in the current Pottery classes to continue work on pieces begun earlier in class. Kiln not included. Info: www.jccEgov.com/recreation or 259-4200.

Clay Hand-Building and Sculpture (ages 17+)

Mon., Sept. 13-Dec. 6, 1:30-4pm

\$70; \$65 for James City/Williamsburg residents

James City/Williamsburg Community Center

Learn to turn raw clay into fabulous finished functional and/or sculptural forms.

Appropriate for students at any level of experience, including the novice. \$20 materials fee due first class for one bag of clay and glazes for the session.

Info: www.jccEgov.com/recreation or call 259-4200.

Fitness

Indoor Cycling

Tues./Thurs., Sept. 7-30, 5:30-6:20pm

\$65; \$60 for James City/Williamsburg residents

Tues./Thurs., Sept. 7-30, 6:25-6:55pm or 7-7:30pm

\$35/session; \$30 for James City/Williamsburg residents

James City/Williamsburg Community Center, outdoor trailer

This class will use music, motivation and enthusiastic coaching to lead students through a ride that best suits their fitness level and goals. Min.15; max.30.

Info: www.jccEgov.com/recreation or 259-4200.

Runner's Clinic

Tues., Sept. 14, 6pm, **FREE!**

James City/Williamsburg Community Center

Are you looking to start running, to run your first event, or to improve your running time?

You'll learn how to get the most out of your running experience, maximizing your

enjoyment, health, and (if you're interested) time goals. Must pre-register. For more

information, visit www.performancechiropractic.com or call Debbie Post at 259-5372.

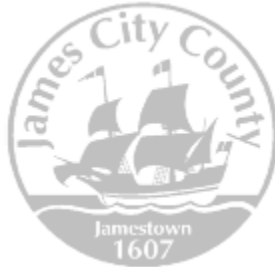
Bike: Pedal Your Way to Performance

Tues., Sept. 14, 6-7:30pm

\$15; \$10 for James City/Williamsburg residents

James City/Williamsburg Community Center

Are you going the distance on your bike? Are aches and pains cutting short your rides?



Often times easy tweaks and adjustments to your bike and your positioning can make all the difference between an uncomfortable, slow ride and a personal best time. Bring your bike for a one-on-one, 15-minute session. Must pre-register for appointment. Info: www.jccEgov.com/recreation or 259-4200.

What You Need to Know: Hip and Knee Replacement

Thurs., Sept. 16, 12:30pm, **FREE!**

James City/Williamsburg Community Center

What is surgery like? What can you do to prepare? How fast can you recover? These popular questions and more are presented and addressed by members of Comber Physical Therapy's expert therapists. Must preregister.

Info: www.jccEgov.com/recreation or 259-4200.

Track Your Health/Know Your Numbers

Sat., Sept. 18, 9:30am-1pm, **FREE!**

James City/Williamsburg Community Center

September Is National Cholesterol Education Month!

Come in for a free health screening that will include Blood Pressure and Total & HDL Cholesterol. Receive information about heart health, nutrition and cholesterol.

Info: www.jccEgov.com/recreation or 259-4200.

Fall Prevention: Finding Balance in Life

Wed., Sept. 22 & 29, 6pm, **FREE!**

James City/Williamsburg Community Center

Find your balance again in this FREE two-session course. This great overview is filled with helpful information that can help you avert unnecessary slips and falls in everyday life particularly due to the aging process and chronic conditions. Must preregister.

Info: www.jccEgov.com/recreation or 259-4200.

PhysioBall Class

Thurs., Sept. 23, 6pm, **FREE!**

James City/Williamsburg Community Center

Are you looking for a fun and enjoyable way to exercise and take care of your health? This 45-minute class will get your heart rate up, strengthen and tone your core muscles and can be adapted for use in your own living room. Appropriate for any level of fitness. Balls provided. Visit www.performancechiropractic.com or call Debbie Post at 259-5372 for information.

Aquatics

Learn To Swim Programs



Open registration through September 18. 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, FREE swim evaluations will be held on Wed., Sept. 15, 4:30-6:30pm at the James City/Williamsburg Community Center. Info: www.jccEgov.com/recreation or call **259-4185**.

Masters Swimming (ages 18+)

Mon., Wed., & Fri., Sept. 20-Nov. 19, 6-7am

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

James City/Williamsburg Community Center

Looking to improve your swimming and endurance? Training for a triathlon? There'll be coached practices in the mornings as well as weekly workouts for those who do not wish to attend coached practices. This program will provide training, but does not include competitions. If you plan to compete with Masters Swimming, meet registration will be your responsibility. Info: www.jccEgov.com/recreation or **259-4185**.

Adult Group Fitness Classes (ages 13+). Get in shape or stay in shape with a wide variety of land and water based classes. Over 140 classes offered monthly!

Professional instruction! Access requires either a combo pass or wristband. Class schedules and fees are posted online at www.jccEgov.com/recreation and at the James City/Williamsburg Community Center Front Desk.

Arthritis Foundation Exercise Program - Level I & Level II

Level I is a chair-based, low-intensity class that promotes joint flexibility, muscular strength, endurance, coordination and range of motion. Level II is moderate intensity and is designed to enhance your cardiovascular conditioning, range of motion, flexibility, muscular strength, endurance and coordination. For class times, schedules and fees, stop by the JCWCC Front Desk or visit Info: www.jccEgov.com/recreation or 259-4200.

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, 4-8pm and 259-4200 on weekends, 1-5pm.