



# September 2010 Events Calendar

## Special Events

### Harvest Festival featuring Scarecrow Stuffing!



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 which includes a scarecrow stuffing class (\$17/scarecrow cash/checks only), largest pumpkin contest, pumpkin bowling, arts and crafts, carnival games, moonwalks, a hayride, pony and cart rides and more! For adults, there'll be live entertainment on the main stage throughout the day, including dance troops and bluegrass bands and local vendors selling art, jewelry, unique handmade crafts, plants and more. Come dressed as a scarecrow and enter the Scarecrow Costume Contest and enter your pumpkin in the Largest Pumpkin Contest. Don't forget your camera! You'll need money for parking, the scarecrow stuffing class, food concessions and craft vendors, but all other activities are FREE! **Saturday, September 25, 11am-4pm, Chickahominy Riverfront Park. \$3/car parking fee.**

## 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 per child plus weekly payment fees. All Rec Connect registration forms, program information and fees are available for download at [www.jccEgov.com/recreation](http://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.



## Calling All Outdoor Enthusiasts

### Do you have an idea for a new outdoor program for youth or adults?

Do you have a passion for outdoor adventure or environmental education? Would you be interested in teaching an outdoor class or summer camp? We're looking for environmental educators and outdoor, archery and paddling instructors! If you're interested or if you have an idea about an outdoor program you'd like to see offered, please contact [parcs.rec@james-city.va.us](mailto:parcs.rec@james-city.va.us) or call 259-5355. Please include the activity, suggested location and materials needed.



# Fine Arts—Youth/Adults

## **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! New project ideas will be regularly offered, so the class may be repeated. Items will be available for later pick-up after kiln firing. Dress for mess and be ready to get your hands dirty! \$10 materials fee/child due first class. 209060-A.

## **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 will receive individual instruction to begin a lifetime hobby. Students provide own supplies. For a list of supplies, please call the instructor at 220-3755. 209010-A.

## **Oil Painting Intermediate** (ages 17+)

Tues., Sept. 7 – Oct. 19, 1-3pm (209020-A)

Wed., Sept. 8-Oct. 20, 10am-noon (209020-B)

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

James City/Williamsburg Community Center

Join us to create your own masterpiece while making new friends. This class is for participants who have some experience with oil painting. For a list of supplies, please call the instructor at 220-3755.

## **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. This class is for participants who have some experience with oil painting. For a list of supplies, please call the instructor at 220-3755. 209160-A.

## **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

Join us to create your own masterpiece while making new friends. For participants who have some experience with oil or pastel painting. For a list of supplies, call 220-3755. 209030-A.

## **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. You'll also learn the basics of drawing the human figure. Students provide own supplies. For a list of supplies, please call the instructor at 220-3755. 209080-A.



## Fine Arts—Youth/Adults, con't

### **Pottery** (ages 17+)

Tues., Sept. 7-Dec. 7, 9:30am-noon (209040-A, no class 11/23)

Tues., Sept. 7-Dec. 7, 6-8:30pm (209040-B, no class 11/23)

Mon., Sept. 13-Dec. 6, 6-8:30pm (209040-C)

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

James City/Williamsburg Community Center

Turn raw clay into finished bowls, mugs and vases. Instruction will focus on wheel-throwing techniques, but hand-builders are also welcome. 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). Students should dress for mess. For extra practice, sign up for open studio time!

### **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 they have begun earlier in class. Kiln not included. 209180-A.

### **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. Instruction will focus on hand-building techniques, but intermediate-advanced wheel students are also welcome. Hand-building/sculpture is 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. Students should dress for mess. 209050-A.

## Special Interests—Youth, Teens & Adults

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

**Ages 7-9:** Thurs., Sept. 9-30, 5-6pm (209140-A)

or Sat., Sept. 11-Oct. 2, 9-10am (209140-B)

**Ages 10-12:** Thurs., Sept. 9-30, 6:15-7:15pm (209140-C)

or Sat., Sept. 11-Oct. 2, 10:15-11:15am (209140-D)

\$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 and improving memorization and small motor skills, your child will have a blast exploring their natural abilities at their own pace. Both children and their parents find it truly rewarding when a child reaches a pre-set goal or milestone, whether that is learning a new song, performing in front of others or just finding enjoyment in music. All classes are held at the Piano and Organ Outlet on Richmond Road. Please call 564-9592 for more information.



**The Fall 2010 Parks and Recreation Activity Brochure is now online!** For the complete list of classes, events and activities available through December, you can view or download a copy at [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation). The brochure is available exclusively online, supporting the County's ongoing efforts to reduce paper use and printing and distribution costs. A self-service computer kiosk is also available at the James City/Williamsburg Community Center. 259-4200.

## Special Interests—Youth, Teens & Adults , con't

### **Art Journaling & Mixed Media Workshop** (ages 14+)

**Teens:** Thurs., Sept. 9 – Oct. 28, 6-8pm (209220-A)

**Adults:** Fri., Sept. 10-Oct. 29, 6-8pm (209220-B)

\$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. Art Journaling is a process of having fun with art, releasing any self-criticism, like we did as children. For experienced artists the process of art journaling and connecting with others in the creative process ignites new fires and opens new doors. For those with no experience this can be a very therapeutic and fun workshop. Skill is not necessary to get the most out this experience, but skill may be discovered during the process as different media and techniques are introduced. Crafters, scrap bookers, photographers, and all interested in having creative fun will benefit from this workshop. Students supply their own materials.

### **Keyboard Lessons**

Mon., Sept. 20-Oct. 25, 11am-noon (209070-A)

Wed., Sept. 22-Oct. 27, 6-7pm (209070-B)

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

Piano & Organ Outlet, 6316 Richmond Road/Lightfoot

Need a new way to relax? Playing the keyboard has been known to reduce stress and increase hand-eye coordination. Have fun learning to play the keyboard. No experience necessary. You'll be playing a song by the end of the first lesson! All the materials included. All classes are held at the Piano and Organ Outlet on Richmond Road. For more information, please call 564-9592.

### **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," using pre-paid tuition and 529 plans and more. As a participant you'll gain an insider view on the college admission process, recapture your out-of-pocket college costs, and avoid jeopardizing your retirement nest egg. Instructors are registered representatives of and offers securities and investment advisory services thought MML Investors Services Inc. Member SIPC. 209210-A.

### **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

Your financial plan is actually like a big puzzle; many pieces come together to form a clear picture. 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. 209200-A.

#### **To Register for all Programs:**

Visit [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or the James City/Williamsburg Community Center (JCWCC), 5301 Longhill Road, the James River Community Center, 8901 Pocahontas Trail or Satellite Services, 3127 Forge Road. By phone: Monday—Friday, (757) 887-5810, 4-8 p.m. On the weekends, 259-4200, 1-5 p.m.

## Dance

### **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? Looking to dust off your shimmy and snake arms? Never danced in a group format before? This beginners workshop will teach the muscle groups, concepts and basic techniques of this popular dance form and will focus on posture, muscle contraction drills, and a sequence of basic steps to get you moving and dancing. No intro bellydance class would be complete without learning a shimmy or two! This is the most fun you'll ever have doing a workout! No previous dance experience required. 309540-A.

### **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

Familiar with the art of bellydance? Are you ready for a little 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 bellydance classes are required, but come prepared for a unique twist to the traditional fitness class! 309540-B.

## Sports & Athletics

### **Sandlot Tots** (ages 3-5 years)

Mon./Wed., Sept. 13-22, 5:30-6:15pm (509070-A)

Tues./Thurs., Sept. 28-Oct. 7, 5:30-6:15pm (510070-A)

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

James City/Williamsburg Community Center

Come play in the dirt...and 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!

### **Sandlot Sluggers** (ages 6-9)

Mon./Wed., Sept. 13-22, 6:30-7:15pm (509070-B)

Tues./Thurs., Sept. 28-Oct. 7, 6:30-7:15pm (510070-B)

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

James City/Williamsburg Community Center

Let's 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.

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

**Ages 3-5:** Sat., Sept. 11-Oct. 2, 9:30-10:15am (509030-A)

**Ages 6-9:** Sat., Sept. 11-Oct. 2, 10:30-11:15am (509030-B)

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

James City/Williamsburg Community Center

Learn the basics through games, relays and drills. No equipment required; come dressed to play!

## Sports & Athletics, con't

### **Little Chippers** (ages 5-7)

Fri., Sept. 10 – Oct. 1, 5-6pm (509110-A)

### **Little Drivers** (ages 8-10)

Fri., Sept. 10- Oct. 1, 6-7pm (509120-A)

\$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. Also bring a water bottle and wear proper golf attire and shoes. No jeans will be allowed.

### **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. 509780-A.

### **Lacrosse Skills Clinic** (girls ages 8-18, boys ages 7-14), **FREE!**

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

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](mailto:blerwin@msn.com) or (757) 345-2557. Girl's contact: Megan Foley, [meganfoley@cox.net](mailto:meganfoley@cox.net) or (301) 908-5784.

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

Sat., Sept. 18-25, 10-11am (509759-A)

Tues., Sept. 21-28, 10-11am (509759-B)

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. Although many players tend to be older, it is played in many schools and is suitable for middle and high school students. Lessons will be lead by experienced Williamsburg pickleball players, providing instruction in rules, scoring and equipment, and on the fundamentals of serving, volleying and game strategy. Go to [www.usapa.org](http://www.usapa.org) for more details on 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 name; roster forms are available at the James City/Williamsburg Community Center. Call 259-5355 for more information details. 509700-A.

## Fitness/Special Interests

### Indoor Cycling

Tues./Thurs., Sept. 7-30, 5:30-6:20pm (309750-A)

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

Tues./Thurs., Sept. 7-30, 6:25-6:55pm (309750-B) or 7-7:30pm (309750-C)

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

James City/Williamsburg Community Center, outdoor cycling trailer

This class will use music, motivation and enthusiastic coaching to lead students through a ride that best suits their fitness level and goals. Indoor cycling allows riders to cycle at their current fitness level, and if desired, challenge themselves to improve their speed, endurance and overall fitness.

### Runner's Clinic, **FREE!**

Tues., Sept. 14, 6pm

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. For more information, visit [www.performancechiropractic.com](http://www.performancechiropractic.com) or call Debbie Post at 259-5372. Must pre-register. 309270-A.

### 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 rides? Are aches and pains cutting short your rides? Are you meeting your speed and training goals? 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. Preregister for your one-on-one, 15-minute session. 309810-A.

### What You Need to Know: Hip and Knee Replacement, **FREE!**

Thurs., Sept. 16, 12:30pm

James City/Williamsburg Community Center

Are you the ideal candidate? What is the 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. Helpful tips are shared to make the recovery time faster and easier. Questions and discussion are welcome. Session is free, but please pre-register.

### Track Your Health/Know Your Numbers, **FREE!**

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

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.

### Fall Prevention: Finding Balance in Life, **FREE!**

Wed., Sept. 22 & 29, 6pm

James City/Williamsburg Community Center

Find your balance again in this FREE two-session course. Learn home safety modifications and how to find balance again as the body changes. 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. Session is free, but please pre-register. 309690-A.

## Fitness/Special Interests, con't

### PhysioBall Class, FREE!

Thurs., Sept. 23, 6pm

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 will be provided. Wear loose, comfortable clothing. Visit [www.performancechiropractic.com](http://www.performancechiropractic.com) or call Debbie Post at 259-5372 for more information. Must pre-register. 309650-A.

**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](http://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 [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

## Aquatics

### Learn To Swim Programs

Open registration held 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 Wednesday, September 15, 4:30-6:30pm at the James City/Williamsburg Community Center pool. For more information, 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? Then join our Masters Swim program. There'll be coached practices in the mornings as well as weekly workouts for those who do not wish to attend coached practices. If you do not register for coached practices, you'll still be able to gain the benefits from this program, such as score recording and weekly workouts. This program will provide training, but does not include competitions. If you plan to compete with Masters Swimming, meet registration will be your own responsibility. A JCWCC Master Swim Cap will be provided with registration.

