



Contact Us!

James City County Parks and Recreation Administration

- Director
..... John Carnifax, 259-5361
- Community Centers Administrator
..... Seth Benton, 259-4171
- Management and Resource Administrator
..... Carla Brittle, 259-5412
- Parks Administrator
..... Nancy Ellis, 259-5370
- Recreation Administrator
..... Phil Mease, 259-5394

Programs

- Aquatics
..... Alister Perkinson, 259-4185
- Fine Arts/Special Events and Interests
..... Kelley Herbert, 259-5353
- Health/Wellness/Dance
..... Debbie Post, 259-5372
- Inclusion
..... Tracy Newsom, 259-5354
- Senior Connection
..... 259-4187
- Sports and Athletics/
Outdoor Recreation
..... Angie Sims, 259-5355
- Teens/REC Connect
..... Phyllis Hurr, 259-5356
- Youth/REC Connect
..... Greg Tarbox, 259-5378

Other Services

- Financial Aid
..... Dolores Durling, 259-5414
- 2007 Legacy Hall Coordinator
..... Joan Etchberger, 259-5410
- Volunteer and Resource Coordinator
..... Vicki Sprigg, 259-5403

Parks & Recreation Hotlines (757)

For changes in program schedules or operations, call:

Incident Weather 259-4200
 Activity Hotline 259-3232
 REC Connect Info Line 259-3170

Holiday Closings

James City/Williamsburg and James River Community Centers

Thanksgiving Day ... Thursday, 11/24
 Christmas Eve Saturday, 12/24
 Christmas Day Sunday, 12/25
 New Year's Day Sunday, 1/1

Fee Schedule

Residents of James City County and the City of Williamsburg qualify for discounted rates on all programs. Throughout the brochure, look for the resident fee listed next to the regular fee.

Our Mission

We work in partnership with citizens to ensure responsive programs, facilities and open space which promote personal growth, social development and healthy lifestyles.

James City County Values

Integrity – Earning confidence and respect by aligning our values, words and actions.

Collaboration – Making better decisions by building partnerships and sharing knowledge and resources.

Excellence – Providing outstanding customer service by striving to be the best in everything we do.

Stewardship

Improving our quality of life by safeguarding and enhancing the resources entrusted to us.

Next Edition

The **Spring/Summer 2012** edition of the *Destination Recreation* activity brochure will be available in February. You can download the brochure at jccEgov.com/recreation or pick up copies at the Community Centers, the Satellite Services Office in Toano or at the libraries. Brochures will also be distributed through the Williamsburg/James City County Schools to youth in grades K-8th. The Division also produces two annual educational mailers, distributed to all County and City households. Look for the fall mailer in November!

Photos

The Parks and Recreation staff takes photos and video of participants enrolled in our programs, classes, at our parks and facilities, and at special events. These photos or videos may be used in our brochures, advertising or other publications. If you do not wish to have your picture taken or to appear in a video, please immediately tell our photographers!

About the Cover

Finding Balance is about integrating the aspects of life that are truly important to you. Making those positive choices is a powerful tool for living well. Parks and Recreation can lend a hand in helping you to balance your fitness, childcare and family wellness goals. For yourself, take care of your body and mind by working out in the community centers, visiting our parks or taking a class. While you work, know your children are in good hands in our before and after school programs and summer camps. To strengthen your family, participate in the host of quality special events and activities we offer annually. Check inside this brochure for more ideas on building your foundation for better living.

Finding Balance



Thirty minutes of moderate to intense aerobic exercise, five days a week is well supported as our exercise goal. However, many of us strive to find that time. James City County's health and wellness program coordinator Debbie Post says research shows that moderate-intensity physical activity

can be accumulated throughout the day and that 10-minute exercise bouts can be just as effective as exercising for 30 minutes straight. The key, whether working out for 10 minutes or half an hour, is to get the heart rate up, preferably between 60 percent and 90 percent of your normal rate. Look below for activities that you may already participate in, and how they can help you stay fit. Calories burned during exercise are influenced by body weight, workout intensity, conditioning level and metabolism. Check out these activities with calories expended according to your weight:

Activity (one hour)	130 lbs	155 lbs	180 lbs	205 lbs
Aerobics, general	384	457	531	605
Backpacking, Hiking with pack	413	493	572	651
Badminton	266	317	368	419
Bagging grass, leaves	236	281	327	372
Ballet, twist, jazz, tap	266	317	368	419
Basketball game, competitive	472	563	654	745
Bowling	177	211	245	279
Canoeing, camping trip	236	281	327	372
Carpentry, general	207	246	286	326
Carrying small children	177	211	245	279
Children's games, hopscotch	295	352	409	465
Construction, exterior, remodeling	325	387	449	512
Cycling, <10mph, leisure bicycling	236	281	327	372
Cycling, >20mph, racing	944	1126	1308	1489
Cycling, mountain bike, bmx	502	598	695	791
Electrical work, plumbing	207	246	286	326
Fishing, general	177	211	245	279
Gardening, general	236	281	327	372
General cleaning	207	246	286	326
Golf, general	266	317	368	419
Horesback riding, saddling horse	207	246	286	326
Kayaking	295	352	409	465
Kickball	413	493	572	651
Mowing lawn, walk, power mower	325	387	449	512
Running, 5 mph (12 minute mile)	472	563	654	745
Running, 10.9 mph (5.5 min mile)	1062	1267	1471	1675
Skateboarding	295	352	409	465
Softball or baseball	295	352	409	465
Stair machine	531	633	735	838
Stretching, hatha yoga	236	281	327	372
Swimming leisurely, not laps	354	422	490	558
Walking 3.0 mph, moderate	195	232	270	307
Water aerobics	236	281	327	372

*Statistics courtesy <http://www.nutristrategy.com/activitylist4.htm>

“Life is like riding a bicycle. To keep your balance you must keep moving.”

Albert Einstein

Finding Balance



James City County Parks and Recreation is celebrating its 30th Anniversary of providing quality, affordable and award-winning programs and services to the community. From our humble beginnings in 1981, your support and guidance has been the story of our success. The Division offers hundreds of camps, classes and events annually, operates two Community Centers and provides 18 parks with over 1,500 acres to enjoy the outdoors. We are here to help you find the balance in your life – exercise and recreation, social interaction and learning, growth and relaxation, aquatics, athletics, health and wellness, outdoor adventures, youth and teen leadership and development, fine arts, inclusion programming and before and after school care – all make our community a healthier place to live, work and play. With your continued support, the future is full of possibilities!

Parks and Recreation can help you progress beyond just being physically active. Let us help you and your family to find a healthy balance:

Social – Recreation helps you feel more connected with society. Feeling comfortable with who you are allows you to effectively communicate with others and helps to build a strong social network. A great way to improve the whole family's health is to participate in our annual family events, to connect our youth to the community through the Youth Advisory Council and Teens Toward Success program and to help our little ones to feel comfortable expressing themselves and interacting with other kids their own age through our state-licensed REC Connect School Age Program.

Emotional – Recreation allows us to feel good about ourselves and teaches us

James City County Parks and Recreation

how to deal with stress. Sign up for yoga, water aerobics or other fitness classes to help bring calmness to your everyday life. Don't over-schedule or over-commit your time, the more tasks you take on the more stress is likely to ensue.

Tune into Nature – Sometimes it's healthy to get away from the everyday grind and appreciate the beauty of nature. County parks offer countless opportunities for fresh air, historic trailblazing, spectacular sunrises and sunsets as well as a host of park amenities to enjoy.

Learn Something New – Learning something new can keep you feeling young and healthy, stimulating your brain to develop new skills and expand your knowledge. We offer hundreds of classes annually, review this brochure and sign up for programs of interest to you!



Sign up for a pottery class and learn to turn raw clay into creative masterpieces!

Do Something for Others – Helping others is always a good way to make you feel good. Parks and Recreation always needs volunteers to support our community events, trail care, gardening, coaching and pledge leaders, just to name a few.

Do Something for Yourself – It's always important to take care of others, but it's also important to take care of yourself. Eat well, exercise often, reduce stress and find relaxing recreation outlets to enjoy the company of family and friends.

*12 Rules to Find Balance in Your Life:
[http://socyberly.com/lifestyle-choices/
12-rules-to-find-balance-in-your-life/](http://socyberly.com/lifestyle-choices/12-rules-to-find-balance-in-your-life/)*

Fall 2011/Winter 2012