



October 13, 2009

FOR IMMEDIATE RELEASE

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James City County Parks and Recreation November 2009 Events, Classes & Activities

Special & Family Events

Annual Senior Health Fair

Friday, November 6, 8:30am – noon, **FREE**

James City/Williamsburg Community Center

Pamper your mind, body, and spirit, while taking advantage of **FREE** preventive health screenings and learning about senior services available in the community. Flu shots, tetanus, and pneumonia shots will be available as well as vision, hearing, cholesterol and blood pressure screenings. Also take advantage of information provided about nutrition, home health care, pharmacies, medical equipment, pet therapy, social and recreational services and more! Information: www.jccEgov.com/recreation or 259-3200.

Blue Ridge Hiking Trip (all ages)

Tuesday, November 10, 6-8pm & Saturday, November 14, 7am-6pm

\$50; \$45 for JC/W residents

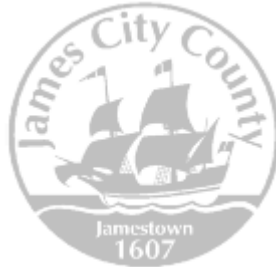
James City/Williamsburg Community Center

Come explore the natural beauty of the Blue Ridge Mountains! Before departure, you'll spend Tuesday evening learning how to plan for a hike, how to prepare your pack, the proper gear and clothing needed for hiking, how to read maps and compasses and proper safety precautions while hiking. Then on Saturday, we'll take a day trip to the Blue Ridge Mountains where you'll put all of our knowledge to use. Must dress in appropriate outdoor clothing and hiking boots and bring lunch and water for Saturday. The Tuesday night orientation meeting is mandatory for trip participants. #81153-A
Information: www.jccEgov.com/recreation or 259-3200.

The Great Park Pursuit (all ages)

\$15; \$10 for JC/W residents

Come discover your County parks by participating in the **Great Park Pursuit**, a self-



guided tour where you'll be challenged to visit at least County nine parks before next September. The registration fee includes a T-shirt, activity log and water bottle. Quarterly drawings include an annual drawing with prize packages featuring outdoor sporting goods and equipment. Visit the James City/Williamsburg Community Center, the James River Community Center or Satellite Services for more information and an activity log. #80951-B. Information: www.jccEgov.com/recreation or 259-3200.

Youth

Rec Connect – Before/After School Programs

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. The program runs through the last day of class for Williamsburg-James City County public schools. The Before/After program is offered at all elementary schools, Monday-Friday, 7am until school starts and from school dismissal until 6pm. An After-School program only is offered at Berkeley and Toano Middle Schools. James Blair students are transported to Berkeley. \$30 initial registration fee for James City/Williamsburg residents. Discounts of 15-75% are available to any qualified resident based on total income. For more information on financial aid, please call 259-5416.

Teens

Saving for Your Future (grades 6-12)

Tuesday, November 17, 6-8:30pm

\$25; \$20 for JC/W residents

James City/Williamsburg Community Center

Do you ever sit back and wonder where your money went? Ever think “man, I wish I had money to buy a...?” Well, wonder no longer. Whether you are still getting an allowance or you have a paid job, join us for this interactive “money workshop” where you will learn how to make and keep a budget as well as developing skills and knowledge that will help you succeed in the future. #61104-A. Information: www.jccEgov.com/recreation or 259-3200.

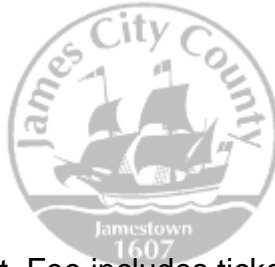
Slapshot Showdown (grades 6-12)

Saturday, November 21, 5-11pm

\$35; \$30 for JC/W residents

James River Community Center

Travel with us to the Norfolk Scope to see a Norfolk Admirals hockey game. Hang out with your friends while watching our local hockey team face off. If you're lucky, you



might even get to meet the mascot. Fee includes ticket and transportation to game. #61102-A. Information: www.jccEgov.com/recreation or 259-3200.

Inclusion/Specialized Therapeutic Recreation

Buddy Art (ages 6+ with special needs), **FREE**

Saturdays, November 7, 14 & 21, 3-4pm

James City/Williamsburg Community Center

Offered in partnership with *This Century Art Gallery*, this multimedia workshop helps participants experience all different types of art. Students will be assigned one-on-one Buddies. The Buddies, volunteers from the College of William & Mary's Sharpe Community Scholars Program, will provide individualized attention and assistance. For more information and to register, contact Karen Schwartz at 565-2795 or by email at karenschwartzart@cox.net. To learn more visit:

www.thiscenturyartgallery.org/BuddyArt/Buddy_Art.htm.

Teensational Socials (ages 12-22 with physical, emotional or cognitive disabilities)

Saturday, November 28, 1-3pm, #91170-A

\$20; \$15/session for JC/W residents

James City/Williamsburg Community Center

The socials are an opportunity for youth to practice social skills, meet new people, learn new skills and have a great time! Sessions held monthly. Each session includes a craft, new activity and a snack. Trained and experienced staff will work on communication, teamwork and socialization. Space is limited, so register now! For more information, call 259-5454.

Youth Sports and Athletics

Half Pint Soccer (ages 3-8 years)

Ages 3-5: Saturday, November 21 – December 19 (no class 11/28), 9:30-10:15am
#51103-A.

Ages 6-8: Saturday, November 21 – December 19 (no class 11/28), 10:30-11:15am
#51103-B.

\$30; \$25/session for JC/W residents

James City/Williamsburg Community Center

Learn the basics of soccer through games, relays and drills. Children should come dressed to play. No equipment required. Information: www.jccEgov.com/recreation or 259-3200.

Adults, Special Interests

Beginning Oil Painting (ages 17+)

Thursday, November 5 – December 17 (no class 11/26), 1-3pm



\$60; \$55 for JC/W residents

James City/Williamsburg Community Center

If you've never picked up 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 the list of supplies, please call the instructor at 220-3755. #21101-A. Information: www.jccEgov.com/recreation or 259-3200.

Oil Painting Intermediate (ages 17+)

Tuesday, November 3 – December 15, -12/15 (no class 11/24), 1-3pm, #21102-A

Wednesday, November 4 – December 16, (no class 11/25), 10am-noon, #21102-B

\$60; \$55 for JC/W 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. Information: www.jccEgov.com/recreation or 259-3200.

Pastel and Advanced Drawing (ages 17+)

Wednesday, November 4 – December 16 (no class 11/25), 1-3pm

\$60; \$55 for JC/W residents

James City/Williamsburg Community Center

Join us to create your own masterpiece while honing your drawing skills. This class is for participants who have some experience with pastels and drawing. For a list of supplies, please call the instructor at 220-3755. #21103-A.

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

Basic Drawing (ages 17+)

Thursday, November 5 – December 17 (no class 11/26), 10am-noon

\$50; \$45 for JC/W 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 must provide own supplies. For a list of supplies, please call the instructor at 220-3755. #21108-A. Information:

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

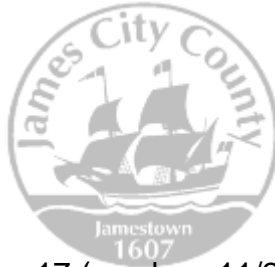
Tole Painting (ages 17+)

Tuesday, November 3 – December 15 (no class 11/24), 6-8pm

\$55; \$50 for JC/W residents

James City/Williamsburg Community Center

Students will learn to paint a picture on wooden plaques depicting vegetables, animals, flowers or fruit. Students must provide own supplies. For list, contact instructor at 564-0190. #21116-A. Information: www.jccEgov.com/recreation or 259-3200.



Tole Painting II (ages 17+)

Thursday, November 5 – December 17 (no class 11/26), 6-8pm

\$55; \$50 for JC/W residents

James City/Williamsburg Community Center

Students will build on an established skill level to paint a greater variety of fruits, flowers, and more on wooden plaques. Must provide own supplies. For list, call 564-0190. #21117-A. Information: www.jccEgov.com/recreation or 259-3200.

Watercolors (ages 17+)

Friday, November 6 – December 18 (no class 11/27), 10am-noon

\$75; \$70 for JC/W residents

James City/Williamsburg Community Center

Learn various watercolor techniques to create landscapes, flowers, animals and more. Students must provide own supplies. For the list, call the instructor at 564-0190. #21115-A. Information: www.jccEgov.com/recreation or 259-3200.

Jewelry-Making Classes (ages 16+)

\$20; \$15/session for JC/W residents

James City/Williamsburg Community Center

You'll learn the tips and tricks of design while you craft your very own beaded jewelry. Quality beads, pearls, clasps and materials provided. Leave with a finished piece the same day of class. Participants can sign up for a variety of classes including making beaded necklaces, bracelets and earrings as well as how to repair and recycle jewelry. Depending on class, there is also a \$10-\$20 materials fee due the instructor. Information: www.jccEgov.com/recreation or 259-3200.

Swing Dancing – Level 1 (ages 13+)

Wednesday, November 11 - December 9 (no class 11/25), 7-8pm

\$30; \$25 for JC/W residents

James City/Williamsburg Community Center

Learn the basics of Swing Dancing, with easy-to-do turns. Elements of Lindy Hop and Charleston will be introduced. Partners encouraged, but not necessary. Min. 5, max.12 students. #31152-A. Information: www.jccEgov.com/recreation or 259-3200.

Swing Dancing – Level 2 (ages 13+)(Prerequisite: Swing Dancing Level 1)

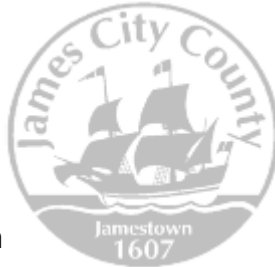
Wednesday, November 11 - December 9 (no class 11/25), 8-9pm

\$30; \$25 for JC/W residents

James City/Williamsburg Community Center

We'll review Level 1, then add on exciting new combinations and the basics of closed-position. Learn the steps to different tempos of music. Transitions into Charleston and Lindy Hop will be introduced. Min. 5, max.12. #31152-B.

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



Bellydance III (ages 13+)

Monday, November 9 – 30, 7-8pm

\$40; \$35 for JC/W residents

James City/Williamsburg Community Center

Even if you've never taken a bellydance class before, join us for the fun! This session will focus on circles, twists, slides and "shimmies" that everyone expects to see when they think of bellydance! Bellydance isn't just about hips – it also uses your core, shoulders and arms. No previous dance experience required. Minimum 5, maximum 15. #31154-A. Information: www.jccEgov.com/recreation or 259-3200.

Automatic External Defibrillation, FREE!

Saturday, November 14, 9:30am-noon

James City/Williamsburg Community Center

Could you save a life? See a demo of an AED and imagine yourself using it. Sudden Cardiac Death happens to 850 Americans each day according to the American Heart Association statistics. Information: www.jccEgov.com/recreation or 259-3200.

Aquatics

Learn To Swim Programs

Open registration will be held October 26 – November 15. After you have successfully passed a class, you can register for the next level during this two-week open registration period. If you're unsure of your or your child's swimming needs or level, FREE swim evaluations will be held at the JCWCC, 4:30-6:30pm, on Tuesday, November 3 and Wednesday, November 11. 259-4185.

Fitness

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! 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.

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, please call the number located next to each entry or 887-5810, M-F, 2-8pm and on weekends, 1-6pm.