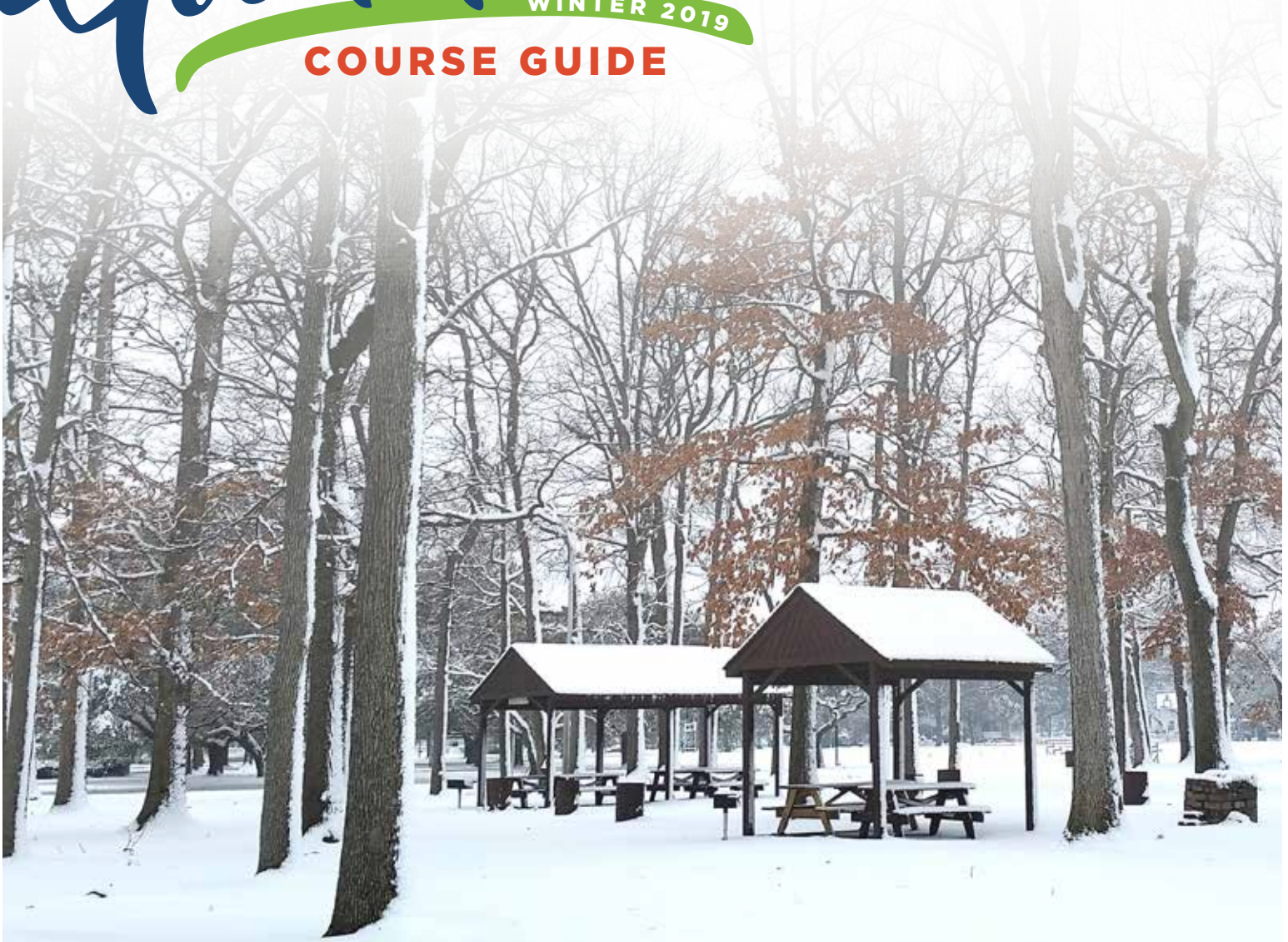


Good Times

WINTER 2019

COURSE GUIDE

THE CITY OF
NORFOLK
RECREATION, PARKS & OPEN SPACE



LAFAYETTE PARK



FITNESS PG. 7



BOXING PG. 10



**RECREATIONAL SPORTS
PG. 10**

**REGISTER
TODAY!**

FROM THE RPOS DIRECTOR

As we plan for 2019, it's a good time to jump start a personal health and wellness plan. What better way to get and stay fit than to participate in a class or program offered by the Norfolk Department of Recreation, Parks and Open Space (RPOS)? We offer courses for all ages and interests. Staff at the Norfolk Fitness & Wellness Center (NFWC) and the Boxing Center are available to help you create a health and wellness plan that works for you.

Our aquatics program offers classes for everyone, from beginners to recreational swimmers. We are pleased to announce recent renovations at the Northside Pool. Your safety is our highest priority. We also want to ensure our patrons have the best experience at our facilities.

Have you been to the recently completed Highland Park Veterans Kayak Launch? Located at the corner of 44th Street and Colley Avenue, the Highland Park Veterans Kayak Launch provides yet another access point for water activities in Norfolk. We greatly appreciate the input from the surrounding community and the Highland Park Civic League for the establishment and naming of the pier.

No matter your interest -- boxing, music lessons, yoga, dance, pottery or a computer course — RPOS has a program for you!



Sincerely,

Darrell R. Crittendon, CPRP
Director, Recreation, Parks & Open Space

Recreation Fee Changes

Effective July 1, 2018

ATTENTION

Youth (5-17) Athletic/Rec Card	General Rate	Power Up Rate
Resident	\$20	\$10
Non-resident	\$100	
Adult (18-64) Athletic/Rec Card	General Rate	Power Up Rate
Resident	\$50	\$20
Non-resident	\$100	
Family (adult + 3 or more)	General Rate	Power Up Rate
Resident	\$100	\$50
Daily facility entry	\$3	\$2
Adult Athletic Card	\$10	

FACILITIES INFORMATION

SEE PAGE 19 FOR
REGISTRATION DETAILS

RECREATION CENTERS

Bayview Recreation Center	●	441-1626	8613 Willow Terrace, 23503	
Berkley Community Center	●	441-1912	121 W. Liberty St., 23523	(Open Sat: 11a-4p)
Campostella Recreation Center	○	441-1974	1130 Leake St., 23523	
Captain's Quarters Recreation Center		441-1715	800 Little Bay Ave., 23503	(Open June-Aug)
Crossroads Community Center	●	965-9430	8019 Old Ocean View Rd., 23505	
E. Ocean View Community Center	●	441-1785	9520 E. 20th Bay St., 23518	(Open Sat: 11a-4p)
Fairlawn Recreation Center	●	441-5670	1014 Kempsville Rd., 23502	
Grandy Village Recreation Center	○	441-2117	3016 Kimball Terrace, 23504	
Huntersville Community Center	●	664-7430	830 Goff St., 23504	(Open Sat: 11a-4p)
Ingleside Recreation Center	○	441-5621	940 Ingleside Rd., 23502	
Lambert's Point Community Center	☆	423-1088	1251 W. 42nd St., 23508	(Open Sat: 11a-4p)
Merrimack Landing Recreation Center	○	441-1783	8809 Monitor Way, 23503	
Norview Community Center	☆	441-1440	6380 Sewells Point Rd., 23513	(Open Sat: 11a-4p)
Park Place Community Center	○	664-7531	606 W. 29th St., 23508	
Sherwood Forest Community Center	●	441-5824	4537 Little John Dr., 23513	
Southside Senior Center		664-6484	925 S. Main St., 23523	(Mon-Fri: 9a-6p)
Tarrallton Community Center	●	441-1765	2100 Tarrallton Dr., 23518	
Therapeutic Recreation Center	★	441-1764	180 E. Evans St., 23503	
Titustown Recreation Center	○	441-1259	7545 Diven St., 23505	
Young Terrace Community Center	●	441-2692	804 Whitaker Ln., 23510	

OPEN RECREATION HOURS

- M-Th: 6:30-9:30a, 2:30-8:00p; Fri: 6:30-9:30a, 2:30-6:00p
- M-Th: 2:30-8:00p; Fri: 2:30-6:00p
- M-Th: 2:30-8:00p; Fri: 2:30-6:00p; Sat: 11:00a-4:00p
- ☆ M-F: 10:00a-8:30p; Sat: 11:00a-4:00p
- ★ M: 9a-12:00p; 3-4:00p; T: 9-10:00a, 2:30-5:00p; W: 9a-12p, 2:30-4:00p; Th: closed; F: 11-12p, 3-5:00p
- M-Th: 9a-8:00p; F: 9a-6:00p; Sat: 11:00a-4:00p

INDOOR POOLS

Huntersville Indoor Pool	664-7431	830 Goff St., 23504
Norfolk Fitness & Wellness Center (NFWC)	823-4306	7300 Newport Ave., 23505
Northside Indoor Pool	441-1760	8401 Tidewater Dr., 23518
Southside Aquatic Center Indoor Pool	333-3281	1750 Campostella Rd., 23523

OTHER FACILITIES

Campostella Computer Resource Center	543-0876	1714 Mt. Vernon Ave., 23523
Diggs Town Computer Resource Center	227-9915	1401 Melon St., 23523
Ingleside Community Gym	226-7102	960 Ingleside Rd., 23502
Lakewood Athletic Office	441-5834/5	1612 Willow Wood Dr., 23509
Lakewood Dance & Music	441-5833	1612 Willow Wood Dr., 23509
Norfolk Boxing Center	823-1180	150 Park Ave., 23510
Norfolk Fitness & Wellness Center (NFWC)	823-4301	7300 Newport Ave., 23505
Northside Skate Plaza	441-5834/5	8401 Tidewater Dr., 23518
Oakleaf Computer Resource Center	227-9915	1704 Greenleaf Dr., 23523
Titustown Visual Arts Center	441-1227	7545 Diven St., 23505

PARENT & CHILD AQUATICS 1

Ages 6mos-4 • Orient preschool-age and caregiver(s) with basic elements of water safety and the learn-to-swim program. Child must be at least 6 months of age and wear a swim diaper if needed. Parent or caregiver must accompany child in the water.

LOCATION: NORTHSIDE SWIMMING POOL

2010201-01	Sa	1/12-3/2	12:00-12:30p	\$25/\$38
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LOCATION: SOUTHSIDE AQUATIC CENTER INDOOR POOL

2010201-21	Sa	1/12-3/2	9:00-9:30a	\$25/\$38
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PARENT & CHILD AQUATICS 2

Ages 6mos-4 years • Prerequisite: Completion of Parent & Child Aquatics 1. Foster safety and independence in the water and acquire basic aquatic skills.

LOCATION: NORTHSIDE SWIMMING POOL

2010301-01	Sa	1/12-3/2	12:30-1:00p	\$25/\$38
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LOCATION: SOUTHSIDE AQUATIC CENTER INDOOR POOL

2010301-21	Sa	1/12-3/2	9:00-9:30a	\$25/\$38
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PRESCHOOL AQUATICS LEVEL 1

Ages 4-5 • No skill prerequisites. Orient preschool-age children to aquatic environments and acquire rudimentary levels of basic aquatic skills. Child must confidently separate from parent and follow instructor's direction. Build upon the foundation of safety and independence in the water while learning more complex aquatic skills.

LOCATION: HUNTERSVILLE INDOOR POOL

2010401-32	Sa	1/12-3/2	9:00-9:45a	\$30/\$45
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2010401-31	Tu,Th	1/8-1/31	5:00-5:45p	\$30/\$45
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LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2010401-11	M,W	1/7-2/4	4:00-4:45p	\$30/\$45
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2010401-12	M,W	2/13-3/13	4:00-4:45p	\$30/\$45
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LOCATION: NORTHSIDE SWIMMING POOL

2010401-02	M	1/7-3/11	5:00-5:45p	\$30/\$45
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LOCATION: SOUTHSIDE AQUATIC CENTER INDOOR POOL

2010401-21	Sa	1/12-3/2	9:00-9:45a	\$30/\$45
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PRESCHOOL AQUATICS LEVEL 2

Ages 4-5 • Prerequisites: Preschool Aquatics Level 1 or demonstrated ability to perform exit skills of that level. Foster safety and independence in the water and acquire basic aquatic skills.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2010501-12	Sa	1/12-3/2	9:00-9:45a	\$30/\$45
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2010501-11	M,W	1/7-2/4	5:00-5:45p	\$30/\$45
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2010501-13	M,W	2/13-3/13	5:00-5:45p	\$30/\$45
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LOCATION: NORTHSIDE SWIMMING POOL

2010501-01	Sa	1/12-3/2	10:00-10:45a	\$30/\$45
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2010501-02	W	1/9-2/27	5:00-5:45p	\$30/\$45
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PRESCHOOL AQUATICS LEVEL 3

Ages 4-5 • Prerequisites: Preschool Aquatics Level 2 or demonstrated ability to perform exit skills of that level. Build upon the foundation of safety and independence in the water while learning more complex aquatic skills.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2010601-11	M,W	1/7-2/4	6:00-6:45p	\$30/\$45
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2010601-12	M,W	2/13-3/13	6:00-6:45p	\$30/\$45
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LEVEL 1: INTRODUCTION TO WATER SAFETY

Ages 6-15 • Child must confidently separate from parent & follow instructor's directions. Develop positive attitudes, good swim habits and safe practices.

LOCATION: HUNTERSVILLE INDOOR POOL

2010701-32	Sa	1/12-3/2	10:00-10:45a	\$30/\$45
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2010701-31	Tu,Th	1/8-1/31	5:00-5:45p	\$30/\$45
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LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2010701-12	Sa	1/12-3/2	10:00-10:45a	\$30/\$45
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2010701-11	Tu,Th	1/8-1/31	4:00-4:45p	\$30/\$45
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2010701-13	Tu,Th	2/12-3/7	4:00-4:45p	\$30/\$45
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LOCATION: NORTHSIDE SWIMMING POOL

2010701-01	Sa	1/12-3/2	11:00-11:45a	\$30/\$45
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2010701-02	Sa	1/12-3/2	12:00-12:45p	\$30/\$45
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2010701-03	M	1/7-3/11	5:00-5:45p	\$30/\$45
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LOCATION: SOUTHSIDE AQUATIC CENTER INDOOR POOL

2010701-21	Sa	1/12-3/2	10:00-10:45a	\$30/\$45
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LEVEL 2: FUNDAMENTAL AQUATICS

Ages 6-15 • Prerequisite: Valid Level I certificate or demonstrated ability to perform exit skills of that level. Improve fundamental skills, such as floating without support, and to recover to a vertical position.

LOCATION: HUNTERSVILLE INDOOR POOL

2010801-32	Sa	1/12-3/2	10:00-10:45a	\$30/\$45
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2010801-31	Tu,Th	1/8-1/31	5:00-5:45p	\$30/\$45
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LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2010801-12	Sa	1/12-3/2	11:00-11:45a	\$30/\$45
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2010801-11	Tu,Th	1/8-1/31	5:00-5:45p	\$30/\$45
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2010801-13	Tu,Th	2/12-3/7	5:00-5:45p	\$30/\$45
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LOCATION: NORTHSIDE SWIMMING POOL

2010801-01	Sa	1/12-3/2	10:00-10:45a	\$30/\$45
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2010801-02	M	1/7-3/11	6:00-6:45p	\$30/\$45
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LOCATION: SOUTHSIDE AQUATIC CENTER INDOOR POOL

2010801-21	Sa	1/12-3/2	10:00-10:45a	\$30/\$45
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LEVEL 3: STROKE DEVELOPMENT

Ages 6-15 • Prerequisite: Valid Level II certificate or demonstrated ability of that level. Introduces new swimming and water safety skills. Includes the front crawl and backstroke, scissors and dolphin kicks, survival float, increased time treading water, and to enter the water headfirst.

LOCATION: HUNTERSVILLE INDOOR POOL

2010901-31	Sa	1/12-3/2	11:00-11:45a	\$30/\$45
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LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2010901-11	Tu,Th	1/8-1/31	6:00-6:45p	\$30/\$45
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2010901-12	Tu,Th	2/12-3/7	6:00-6:45p	\$30/\$45
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LOCATION: NORTHSIDE SWIMMING POOL

2010901-02	Sa	1/12-3/2	11:00-11:45a	\$30/\$45
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2010901-01	Sa	1/12-3/2	9:00-9:45a	\$30/\$45
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2010901-03	W	1/9-2/27	5:00-5:45p	\$30/\$45
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LOCATION: SOUTHSIDE AQUATIC CENTER INDOOR POOL

2010901-21	Sa	1/12-3/2	11:00-11:45a	\$30/\$45
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LEVEL 4: STROKE IMPROVEMENT

Ages 6-15 • Valid Level 3 certificate or demonstrated ability to perform same exit skills. Develop level 3 strokes and other aquatic skills.

LOCATION: HUNTERSVILLE INDOOR POOL

2011001-31	Sa	1/12-3/2	11:00-11:45a	\$30/\$45
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LOCATION: NORTHSIDE SWIMMING POOL

2011001-01	Sa	1/12-3/2	9:00-9:45a	\$30/\$45
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2011001-02	W	1/9-2/27	6:00-6:45p	\$30/\$45
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LEVEL 5: STROKE REFINEMENT

Ages 6-15 • Level 4 certificate or demonstrated ability of exit skills. Learn proper technique for all strokes, as well as other advanced water skills to encourage safety and preparedness in aquatic environments.

LOCATION: NORTHSIDE SWIMMING POOL

2011101-01	Sa	1/12-3/2	11:00-11:45a	\$30/\$45
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2011101-02	M	1/7-3/11	6:00-6:45p	\$30/\$45
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LEVEL 6: FITNESS SWIMMER

Ages 6-15 • Level 5 certificate or demonstrated ability of exit skills. Refine strokes for ease, efficiency, power and smoothness.

LOCATION: NORTHSIDE SWIMMING POOL

2011201-01	Sa	1/12-3/2	10:00-10:45a	\$30/\$45
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COMPUTERS

BEGINNER SWIMMING

Ages 16 & Up • Progress through each level at an individual pace.

LOCATION: NORTHSIDE SWIMMING POOL

2011302-01 W 1/9-2/27 6:00-6:45p \$30/\$45

LOCATION: SOUTHSIDE AQUATIC CENTER INDOOR POOL

2011302-21 Sa 1/12-3/2 11:00-11:45a \$30/\$45

LOCATION: HUNTERSVILLE INDOOR POOL

2011302-31 Sa 1/12-3/12 12p-12:45p \$30/\$45

FITNESS FOR THE CASUAL SWIMMER

Ages 16 & Up • Take your casual swimming to a new level and build both strength and stamina - while developing technique. Workouts will be tailored to the skill level and physical goals of the participants.

Ages 16 and older. Must be able to swim 50 yards or one lap comfortably.

LOCATION: NORTHSIDE SWIMMING POOL

2011405-01 Sa 1/12-3/2 9:00-9:45a \$30/\$45

H2LOW IMPACT

Ages 16 & Up • Exercises that help improve joint flexibility and muscle strength.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2011502-11 M,W,F 1/2-1/30 11:00-11:50p \$30/\$45

2011502-12 M,W,F 2/1-2/27 11:00-11:50p \$30/\$45

2011502-13 M,W,F 3/1-3/29 12:00-12:50p \$30/\$45

LOCATION: NORTHSIDE SWIMMING POOL

2011502-01 M,W,F 1/2-1/30 12:00-12:50p \$30/\$45

2011502-02 M,W,F 2/1-2/27 12:00-12:50p \$30/\$45

2011502-03 M,W,F 3/1-3/29 12:00-12:50p \$30/\$45

SHALLOW WATER FITNESS

Ages 16 & Up • Water shoes recommended. Improve your cardiovascular health, flexibility, muscle tone and endurance. Shoes, gloves, swim caps and other water wear may be worn for those sensitive to water temps 84-86.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2011602-11 M,W,F 1/2-1/30 8:00-8:50a \$30/\$45

2011602-12 M,W,F 2/1-2/27 8:00-8:50a \$30/\$45

2011602-13 M,W,F 3/1-3/29 8:00-8:50a \$30/\$45

LOCATION: NORTHSIDE SWIMMING POOL

2011602-01 M,W,F 1/2-1/30 9:00-9:50a \$30/\$45

2011602-02 M,W,F 2/1-2/27 9:00-9:50a \$30/\$45

2011602-03 M,W,F 3/1-3/29 9:00-9:50a \$30/\$45

DEEP WATER FITNESS

Ages 16 & Up • Prerequisite: Tread water comfortably w/o a flotation device. Participants wear provided flotation belt for buoyancy. Enjoy a high-energy, non-impact cardiovascular workout in deep water.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2011702-11 Tu,Th 1/3-1/31 9:00-9:50a \$30/\$45

2011702-12 Tu,Th 2/5-2/28 9:00-9:50a \$30/\$45

2011702-13 Tu,Th 3/5-3/28 9:00-9:50a \$30/\$45

LOCATION: NORTHSIDE SWIMMING POOL

2011702-01 M,W,F 1/2-1/30 6:00-6:50p \$30/\$45

2011702-02 M,W,F 2/1-2/27 6:00-6:50p \$30/\$45

2011702-03 M,W,F 3/1-3/29 6:00-6:50p \$30/\$45

BEGINNER COMPUTER COURSE

Ages 55 & Up • Learn about computer parts, basic maintenance and the Windows 10 operating system. Basic typing skills emphasized. Instructed by Christina King.

LOCATION: NORVIEW COMMUNITY CENTER

2020104-01 Tu,Th 1/8-3/14 10:00a-12:00p \$25/\$38

INTERMEDIATE COMPUTER COURSE

Ages 55 & Up • Proficiency in Beg Computer. Experiment with Microsoft 2013 programs, learn about computer's operating system, loading and unloading programs and drivers, folder organization, and, troubleshooting. Instructed by Christina King.

LOCATION: NORVIEW COMMUNITY CENTER

2020204-01 M,W 1/7-3/18 10:00a-12:00p \$25/\$38

INTRO TO COMPUTING

Ages 18 & Up • Learn about computer parts, basic maintenance and the Windows 7 operating system. Basic typing skills emphasized and ethical uses of the internet. Instructed by Christina King.

LOCATION: NORVIEW COMMUNITY CENTER

2020305-01 M 1/7-3/18 6:00-8:00p \$45/\$68

MICROSOFT EXCEL 2013

Ages 18 & Up • Pre-req: Proficiency Beg Computer. Learn basic spreadsheet functions in Excel 2013, keyboard shortcuts and how to navigate the menu bars, customize ribbon options, and create formulas. Instructed by Christina King.

LOCATION: NORVIEW COMMUNITY CENTER

2020405-01 W 1/9-3/13 6:00-8:00p \$45/\$68

MICROSOFT POWER POINT & PUBLISHER

Ages 18 & Up • Pre-req: Proficiency in Beg Computer. Create professional slide shows by importing pictures, graphics and video. Create your own publications for print/web. Instructed by Christina King.

LOCATION: LAMBERTS POINT COMMUNITY CENTER

2020505-01 Tu 1/8-3/12 6:00-8:00p \$45/\$68

MICROSOFT WORD 2013 BASICS

Ages 18 & Up • Pre-req: Proficiency in Beg Computer. Learn to use Microsoft Word 2013. Navigate Word ribbon menus, keyboard shortcuts, tables and borders. Introduction of flier templates. Instructed by Christina King.

LOCATION: NORVIEW COMMUNITY CENTER

2020605-01 Th 1/10-3/14 6:00-8:00p \$45/\$68

SAVE THE DATE!

**AMERICAN RED CROSS
LIFEGUARD PROGRAM**

Upcoming class dates pg. 18



Note: Unless specified, all classes are in preparation for Dance Magic Recital. If registering after 12/20, an additional \$5 late fee will apply.

BALLET COMPANY

Ages 12 & Up • Apprentice Level B or equivalent skills en pointe and exhibit correct placement. *INSTRUCTOR PERMISSION REQUIRED. Instructed by Kristen Hill.

LOCATION: LAKEWOOD DANCE AND MUSIC

2030205-01	M	1/7-3/18	4:00-6:00p	\$54/\$81
2030205-02	W	1/9-3/13	4:00-5:30p	\$45/\$68

BALLET I

Ages 7-13 • Basic Ballet skills, attention to posture, stretching, and barre work. Instructed by S. Dean & M. Ortt

LOCATION: LAKEWOOD DANCE AND MUSIC

2030301-02	Sa	1/12-3/16	10:30-11:30a	\$32/\$48
2030301-04	Ages 14+ M	1/7-3/18	6:00-7:00p	\$29/\$43

BALLET II

Ages 7-13 • Ballet I or equivalent skills, emphasizes advanced barre and center work. *INSTRUCTOR PERMISSION REQUIRED. Instructed by S. Dean & M. Ortt

LOCATION: LAKEWOOD DANCE AND MUSIC

2030401-01	Th	1/10-3/14	5:30-6:30p	\$32/\$48
2030401-02	Ages 14+ M	1/7-3/18	7:00-8:00p	\$29/\$43

BALLET III

Ages 8-13 • Preq: Ballet II or equivalent skills, emphasizes advanced barre and center work and Ballet skills. INSTRUCTOR PERMISSION REQUIRED. Instructed by Melanie Ortt.

LOCATION: LAKEWOOD DANCE AND MUSIC

2030501-01	Tu	1/8-3/12	5:00-6:00p	\$32/\$48
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BALLET IV

Ages 8-18 • Pre-req: Ballet III. Advance barre work and center work. *INSTRUCTOR PERMISSION REQUIRED. Instructed by Melanie Ortt.

LOCATION: LAKEWOOD DANCE AND MUSIC

2030601-01	Sa	1/12-3/16	12:30-2:00p	\$45/\$68
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BALLET V

Ages 11-18 • Prereq: Ballet IV or equivalent skills. Second Ballet course per week recommended. *INSTRUCTOR PERMISSION REQUIRED. Instructed by Melanie Ortt.

LOCATION: LAKEWOOD DANCE AND MUSIC

2030701-01	Th	1/10-3/14	6:30-8:00p	\$45/\$68
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APP BALLET PRE-PTE

Ages 8 & Up • Pre-req: Ballet IV or equivalent skills. Advanced barre work and Ballet skills. Must be enrolled in Ballet IV or higher. *INSTRUCTOR PERMISSION REQUIRED. Instructed by Kristen Hill.

LOCATION: LAKEWOOD DANCE AND MUSIC

2030805-01	W	1/9-3/13	6:00-7:00p	\$32/\$48
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APP BALLET PTE/PARTNER

Ages 11 & Up • Pre-req: Ballet V or equivalent skills and 2 Ballet classes per week. Increase strength and coordination through beginning pointe work. *INSTRUCTOR PERMISSION REQUIRED. Instructed by Kristen Hill.

LOCATION: LAKEWOOD DANCE AND MUSIC

2030905-01	F	1/11-3/15	4:00-5:00p	\$32/\$48
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BELLY DANCE I

Ages 16 & Up • Explore the Ancient Art of Middle Eastern Belly Dance. Learn basic moves, warm-ups, isolations, choreography, and self-expression. Instructed by S. Barnes.

LOCATION: NORVIEW COMMUNITY CENTER

2031105-01	Th	1/10-3/14	5:30-6:30p	\$32/\$48
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BELLY DANCE II

Ages 16 & Up • Pre-req: At least 3 sessions of Belly Dance I with regular attendance and 1 recital performance. Technique, combinations, veil work and zils. *AUDITION AND INSTRUCTOR PERMISSION REQUIRED. Instructed by S. Barnes.

LOCATION: LAKEWOOD DANCE AND MUSIC

2031205-01	M	1/7-3/18	7:00-8:00p	\$29/\$43
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BELLY DANCE III

Ages 16 & Up • Pre-req: At least 6 sessions with regular attendance, 2 dance recitals and proficiency in basic veil and zil technique while in Belly Dance II. *AUDITION AND INSTRUCTOR PERMISSION REQUIRED. Instructed by S. Barnes.

LOCATION: LAKEWOOD DANCE AND MUSIC

2031305-01	Th	1/10-3/14	8:00-9:00p	\$32/\$48
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CREATIVE DANCE I

Ages 4-6 • Introduces participants to self-awareness and expression, develops coordination, basic motor and social skills. Instructed by J. Timme & C. Pittman.

LOCATION: LAKEWOOD DANCE AND MUSIC

2031501-03	Th	1/10-3/14	3:30-4:30p	\$32/\$48
2031501-02	Tu	1/8-3/12	5:00-6:00p	\$32/\$48

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2031501-05	Sa	1/12-3/16	12:00-1:00p	\$32/\$48
2031501-04	W	1/9-3/13	3:30-4:30p	\$32/\$48

CREATIVE DANCE II

Ages 5-6 • INSTRUCTORS PERMISSION ONLY. Instructed by J. Timme & C. Pittman.

LOCATION: LAKEWOOD DANCE AND MUSIC

2031601-01	Tu	1/8-3/12	4:00-5:00p	\$32/\$48
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LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2031601-03	Age 6 only Sa	1/12-3/16	11:00a-12:00p	\$32/\$48
2031601-02	W	1/9-3/13	4:30-5:30p	\$32/\$48

TAHITIAN CARDIO

Ages 16 & Up • Come circle, Shimmy, bump, roll and drop your hips to the fast pace of drumming and other twanging instruments. Exotic sounds of island music in bare feet. Instructed by J. Timme.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2031705-01	Sa	1/12-3/16	10:00-11:00a	\$32/\$48
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HAWAIIAN DANCE

Ages 16 & Up • Learn to Hula and tell the song's story with lovely hands and gentle hip sways in this class designed for women. Instructed by J. Timme.

LOCATION: LAKEWOOD DANCE AND MUSIC

2031805-01	M	1/7-3/18	10:00-11:00a	\$29/\$43
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HIP-HOP

Ages 14 & Up • Enjoy the energetic and self-expression of Hip-Hop dance. Instructed by Angela Minter.

LOCATION: LAKEWOOD DANCE AND MUSIC

2032005-01	W	1/9-3/13	8:00-9:00p	\$32/\$48
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JAZZ I

Ages 7-15 • Have fun learning the free and energetic techniques of Jazz Dance. Class includes basic styles and patterns. Instructed by C. Pittman.

LOCATION: LAKEWOOD DANCE AND MUSIC

2032101-01	Th	1/10-3/14	5:30-6:30p	\$32/\$48
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JAZZ II

Ages 9-16 • Completion of three sessions of Jazz I. *INSTRUCTOR PERMISSION REQUIRED. Instructed by C. Pittman.

LOCATION: LAKEWOOD DANCE AND MUSIC

2032201-01	Th	1/10-3/14	4:30-5:30p	\$32/\$48
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DANCE

JAZZ III

Ages 12-17 • Pre-req: Completion of Jazz I/II. Emphasis on performing. *INSTRUCTOR PERMISSION REQUIRED. Instructed by C. Pittman.

LOCATION: LAKEWOOD DANCE AND MUSIC

2032301-01	Tu	1/8-3/12	6:00-7:30p	\$45/\$68
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JAZZ II / ADU

Ages 14 & Up • Pre-req: Completion of Jazz I. *INSTRUCTOR PERMISSION REQUIRED. Instructed by Melanie Ortt.

LOCATION: LAKEWOOD DANCE AND MUSIC

2032405-01	Th	1/10-3/14	8:00-9:00p	\$32/\$48
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FUSION LINE DANCE

Ages 16 & Up • Combo of Country Line, Zumba, Tap, Jazz, Ballet, Belly Dance... Learn all the basic moves. No Experience needed, NOT A DANCE RECITAL PERFORMANCE CLASS. Instructed by J. Timme.

LOCATION: LAKEWOOD DANCE AND MUSIC

2032605-01	M	1/7-3/18	11:00a-12:00p	\$29/\$43
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LYRICAL DANCE

Ages 16 & Up • This class Requires Advance Dance Skills and strong commitment. *AUDITION AND INSTRUCTOR PERMISSION REQUIRED. Instructed by J. Wozniak.

LOCATION: LAKEWOOD DANCE AND MUSIC

2032705-01	Tu	1/8-3/12	7:30-9:00p	\$45/\$68
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SOCIAL DANCE

Ages 16 & Up • Learn the steps to your favorite Ballroom Dances, such as, Cha Cha, Waltz, Rumba, etc. Partners encouraged. Instructed by A. Minter & S. Dean.

LOCATION: LAKEWOOD DANCE AND MUSIC

2032805-01	M	1/7-3/18	8:00-9:00p	\$29/\$43
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TAP I / YTH

Ages 8-15 • Tap is easy to learn and a fun way to exercise. Develop a sense of rhythm in this beginning level class. Instructed by Melanie Ortt.

LOCATION: LAKEWOOD DANCE AND MUSIC

2032901-01	Sa	1/12-3/16	11:30a-12:30p	\$32/\$48
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TAP II TN/ADU/SR

Ages 16 & Up • Pre-req: Completion of Tap I, only Recital dance rehearsal. *INSTRUCTOR PERMISSION REQUIRED. Instructed by Melanie Ortt.

LOCATION: LAKEWOOD DANCE AND MUSIC

2033001-02	Th	1/10-3/14	11:00a-12:00p	\$32/\$48
2033001-01	Tu	1/8-3/12	6:30-7:30p	\$32/\$48

MODERN DANCE: INT/ADV

Ages 11 & Up • Participants must have at least three years of ballet technique, modern, and contemporary. *INSTRUCTOR PERMISSION REQUIRED. Instructed by Melanie Ortt.

LOCATION: LAKEWOOD DANCE AND MUSIC

2033505-01	Sa	1/12-3/16	9:15-10:30a	\$40/\$60
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BALLET: BOYS

Ages 7 & Up • Athletic, fast paced Ballet for boys and men. Must take another full length Ballet class to participate. *INSTRUCTOR PERMISSION REQUIRED. Instructed by Melanie Ortt.

LOCATION: LAKEWOOD DANCE AND MUSIC

2033805-01	Tu	1/8-3/12	6:00-6:30p	\$13/\$19
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FITNESS

Registration begins 12/03

30 MINUTE ABS

Ages 15 & Up • Focusing on the upper, lower and side abdominal muscles, participate in exercises design to increase torso strength and reduce lower back strain.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2040205-03	Th	1/10-3/14	7:00-7:30p	\$13/\$20
2040205-01	Tu	1/8-3/12	7:00-7:30p	\$13/\$20
2040205-02	W	1/9-3/13	7:30-8:00p	\$13/\$20

AQUA FITNESS

Ages 15 & Up • Water exercise is an excellent way to a fit and health body. Classes are designed to build strength, flexibility, and cardiovascular fitness. It takes advantage of your buoyancy in the water and resistance the water creates.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2040305-01	Th	1/10-3/14	12:00-1:00p	\$25/\$38
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AQUA ZUMBA

Ages 15 & Up • Aqua Zumba offers a safe, challenging, water-based workout that is cardio-conditioning, body-toning, and exhilarating beyond belief. Splashing, stretching, twisting, laughing, hooting and hollering are often heard during this class. Come join the party.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2040405-02	F	1/11-3/15	5:30-6:30p	\$30/\$43
2040405-01	M	1/7-3/11	12:00-1:00p	\$30/\$43

BOOT CAMP

Ages 15 & Up • Boot camp is a fun, innovative way to lose fat and build muscle. Both men and women will find Boot Camp to be a team-oriented challenge with empowering results. Run, jump, push and pull your way to a better body.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2040505-01	M,W	1/7-3/13	6:00-6:45p	\$50/\$75
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LOW IMPACT BOOT CAMP

Ages 15 & Up • If you love Boot Camp style classes but need one with minimal joint stress, give this class a try. Boot Camp is an exciting exercise class that will continue to challenge your body each week.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2040605-01	M	1/7-3/11	6:30-7:30p	\$25/\$38
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GET ON THE BALL

Ages 15 & Up • This stability ball exercise class focuses on increasing joint mobility, flexibility, coordination, balance and strength. The stability ball is an excellent way to strengthen your core and allow you to use multiple muscle groups at the same time.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2040705-01	M	1/7-3/11	5:30-6:30p	\$25/\$38
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LOW IMPACT MIX

Ages 15 & Up • Experience the traditional aerobic workout with minimal joint stress using a mixture of cardiovascular training methods such as tabata, step and interval training.

LOCATION: LAKEWOOD DANCE AND MUSIC

2040805-01	W	1/9-3/13	9:30-10:30a	\$25/\$38
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LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2040805-03	Sa	1/12-3/16	9:30-10:30a	\$25/\$38
2040805-02	W	1/9-3/13	5:30-6:30p	\$25/\$38

PILATES 1

Ages 15 & Up • Pilates® is a series of simple, yet challenging, exercises designed to tone, strengthen and lengthen muscles focuses on the core postural muscles which help keep the body balanced and are essential to providing support for the spine. Pilates® exercises teach breathing awareness and alignment of the spine with the aim to strengthen the deep torso muscles. Stretch bands will be used during this class and are provided.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2040905-01	F	1/11-3/15	7:00-8:00p	\$25/\$38
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PILATES 2

Ages 15 & Up • Prerequisite: Completion Pilates I or equivalent Pilates abilities. Equipment: Bring exercise mat to each class. Continue to preform exercises learned in Pilates I while adding more challenging elements to your routine. Stability balls and stretch bands will be used during this class. Bands are provided.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2041005-02	F	1/11-3/15	5:00-6:00p	\$25/\$38
2041005-01	W	1/9-3/13	6:30-7:30p	\$25/\$38

STEP AEROBICS

Ages 15 & Up • This is a progressive class. While some modifications are offered, be advised that some choreography is advanced. Step your way to better health! Cross train with step aerobics. Class includes techniques of bench stepping. Benches are provided.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2041205-02	Sa	1/12-3/16	8:30-9:30a	\$25/\$38
2041205-01	Tu	1/8-3/12	6:00-7:00p	\$25/\$38

TONING WITH RESISTANCE

Ages 15 & Up • Tone and strengthen major muscle groups using free weights, bands and other methods. Lighter weights (with higher repetitions) as opposed to heavier weights (with lower repetitions) are utilized in an effort to strengthen muscles rather than bulking up. Equipment will be provided.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2041305-01	W	1/9-3/13	6:30-7:30p	\$25/\$38
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WARRIORS FITNESS

Ages 15 & Up • This class combines intense strength training with vigorous cardiovascular training that will push you till the very last rep. Circuit training, functional fitness techniques and mat exercises will be part of each workout.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2041405-01	Tu,Th	1/8-3/14	6:45-7:30a	\$50/\$75
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WOMEN ON WEIGHTS

Ages 15 & Up • WOW is a class where women get one-on one strength training with a Certified Personal Trainer in a group setting. This highly interactive class encourages confidence and teaches women to be comfortable in the gym setting.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2041505-01	Tu,Th	1/8-3/14	6:00-7:00p	\$50/\$75
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INTRO TO YOGA

Ages 15 & Up • Learn proper breathing and relaxation techniques while performing flexibility exercises and asanas (poses) to enhance posture and increase range of motion. Individuals with physical limitations can do yoga as modifications can be made to exercises to allow for participation. These modifications will be demonstrated.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2041605-02	F	1/11-3/15	6:00-7:00p	\$25/\$38
2041605-01	Tu	1/8-3/12	4:00-5:00p	\$25/\$38

YOGA 1

Ages 15 & Up • Equipment: Bring exercise mat and yoga blocks to each class. Learn proper breathing techniques while preforming flexibility exercises and asanas(poses) to enhance posture and increase range of motion. Individuals with physical limitations can do yoga as modifications can be made to exercises to allow for participation. These modifications will be demonstrated

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2041705-01	Th	1/10-3/14	4:30-5:30p	\$25/\$38
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YOGA 2

Ages 15 & Up • Continue to perform proper breathing and relaxation techniques learned in Yoga I while adding more challenging postures to your routine. Modifications can be made to exercise to allow for participation by individuals with physical limitations. Modifications will be demonstrated.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2041805-01	M	1/7-3/11	6:30-7:30p	\$25/\$38
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YOGA 3

Ages 15 & Up • Prerequisite: Completion of Yoga I and II. Instructor permission required. Equipment: Bring exercise mat and yoga blocks to each class. Continue to preform proper breathing and relaxation techniques learned in Yoga I and II while adding more challenging postures to your routine. Continue to perform proper breathing and relaxation techniques learned in Yoga I and II while adding more challenging postures to you routine.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2041905-01	F	1/11-3/15	4:00-5:00p	\$25/\$38
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ZUMBA

Ages 15 & Up • Lose pounds and inches, trim and tone every muscle in your body, and burn more than 700 calories in this party-style workout. Zumba is a Latin-inspired dance workout set to Latin and international music. By utilizing the move and temp of Latin dance, Zumba provides a fun workout experience.

LOCATION: LAKEWOOD DANCE AND MUSIC

2042105-01	Th	1/10-3/14	9:30-10:30a	\$25/\$38
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LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2042105-02	M	1/7-3/11	5:30-6:30p	\$25/\$38
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ZUMBA GOLD

Ages 15 & Up • Zumba Gold is a class designed for the mature active adult population and for those just beginning an exercise program. This workout is a wonderful way to become active, remain active and enjoy dancing.

LOCATION: LAKEWOOD DANCE AND MUSIC

2042205-02	F	1/11-3/15	10:30-11:30a	\$25/\$38
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2042205-01	Tu	1/8-3/12	9:30-10:30a	\$25/\$38
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ZUMBA MIX

Ages 15 & Up • This class incorporates Latin dance, kickboxing, and martial arts with aerobic exercise to gain flexibility, strength, endurance, and cardiovascular benefits.

LOCATION: LAKEWOOD DANCE AND MUSIC

2042305-01	F	1/11-3/15	9:30-10:30a	\$25/\$38
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LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2042305-02	Th	1/10-3/14	6:00-7:00p	\$25/\$38
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FUNCTIONAL FITNESS

Ages 15 & Up • Functional fitness exercises are designed to train and develop your muscles to make it easier and safer to perform everyday activities, such as carrying groceries or playing a game of basketball with your kids.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2042405-01	Tu	1/8-3/12	6:00-6:45p	\$25/\$38
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CORE AND BALANCE

Ages 15 & Up • Core and Balance is a low impact class for all ages and fitness levels. It focuses on the all-important "core muscles" which are critical for flexibility and balance. The class helps you build strength and flexibility and results in an improved posture and a strong, lean, body.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2042505-01	Th	1/10-3/14	9:00-9:45a	\$25/\$38
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KETTLE BELLS

Ages 15 & Up • This class will focus on kettle bell movements and skills. Develop core strength, cardiovascular endurance, and balance.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2042605-01	Tu	1/8-3/12	5:30-6:30p	\$25/\$38
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DEEP STRETCH

Ages 15 & Up • This class will teach fundamentals for stretching. Small and large muscle groups of the body engaged to increase flexibility by using breathing to relax and stretch muscles.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2042705-01	W	1/9-3/13	5:30-6:30p	\$25/\$38
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GUITAR: BEGINNER

Ages 7-10 • Ages 11 & Up • Bring an acoustic or electric guitar to learn basic beginner guitar skills. Lesson materials cost approximately \$11.00. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (Room 312)

2050205-01	Ages 7-10	Tu	1/8-3/12	6:00-6:30p	\$32/\$48
2050205-02	Ages 7-10	W	1/9-3/13	5:30-6:00p	\$32/\$48
2050205-03	Ages 11 & Up	W	1/9-3/13	6:00-7:00p	\$37/\$56

GUITAR: ADV. BEGINNER I

Ages 8-12 • Prerequisite: Must know 3 of the 5 basic chord shapes (AED); where they are on the first three strings; able to switch from chord to chord. Bring acoustic or electric guitar. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (Room 312)

2050301-01		Th	1/10-3/14	5:30-6:00p	\$32/\$48
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GUITAR: ADV. BEGINNER II

Ages 8-12 • Prerequisite: Completion of at least one session of Advanced Beginner Guitar I. Equipment: Acoustic or electric guitar. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (Room 312)

2050401-01		Th	1/10-3/14	6:00-6:30p	\$32/\$48
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GUITAR: INTERMEDIATE

Ages 11 & Up • Prerequisite: Must know the 5 basic chord shapes (CAGED) in first position and know the notes on all 6 strings in first position. Equipment: Acoustic or electric guitar. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (Room 312)

2050505-01		W	1/9-3/13	7:00-8:00p	\$37/\$56
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PIANO: BEGINNER

Ages 7-11 • Ages 12 & Up • Lesson materials cost approximately \$10.00. A list of required materials is provided by instructor at first class.

LOCATION: LAKEWOOD DANCE AND MUSIC

2050605-03	Ages 7-11	W	1/9-3/13	5:30-6:00p	\$32/\$48
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LOCATION: NORFOLK FITNESS & WELLNESS CENTER (Room 310)

2050605-01	Ages 7-11	M	1/7-3/18	5:30-6:00p	\$29/\$43
2050605-02	Ages 7-11	M	1/7-3/18	6:00-6:30p	\$29/\$43
2050605-04	Ages 12 & Up	M	1/7-3/18	7:00-8:00p	\$33/\$50

PIANO: PRELUDE

Ages 7-11 • Prerequisite: Students must have completed one session of Youth Beginner Piano and be using the Piano Pronto Prelude Book. Materials cost approximately \$10.00.

LOCATION: LAKEWOOD DANCE AND MUSIC

2050701-03		W	1/9-3/13	6:00-6:30p	\$32/\$48
2050701-04		M	1/7-3/18	5:30-6:00p	\$29/\$43

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (Room 310)

2050701-01		M	1/7-3/18	6:30-7:00p	\$29/\$43
2050701-02		Tu	1/8-3/12	6:00-6:30p	\$32/\$48

PIANO MOV. I & II

Ages 7-13 • Prerequisite: Completion of Piano Pronto Prelude. Students must be using Piano Pronto Movt. I or II by Eklund.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (Room 310)

2050801-01		Tu	1/8-3/12	5:30-6:00p	\$32/\$48
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LOCATION: LAKEWOOD DANCE AND MUSIC

2050801-02		M	1/7-3/18	6:00-6:30p	\$29/\$43
2050801-03		M	1/7-3/18	6:30-7:00p	\$29/\$43

PIANO: PREL./MVT. I/II

Ages 12 & Up • Prerequisite: Must have completed one session of Beginner Piano and be using the Piano Pronto Prelude Book, Piano Pronto Movement I Book or the Piano Pronto Movement II Book. Materials cost approximately \$10.00.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (Room 310)

2050905-01		M	1/7-3/18	12:00-1:00p	\$33/\$50
2050905-02		Tu	1/8-3/12	7:00-8:00p	\$37/\$56

UKULELE: BEGINNER

Ages 9 & Up • Equipment: ukulele. Learn to tune your ukulele, play songs using easy chords, the music alphabet, and to interpret chords and scales (note reading not required). Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (Room 312)

2051105-01		Tu	1/8-3/12	6:30-7:00p	\$32/\$48
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UKULELE: BEYOND BEG.

Ages 9 & Up • Bring your ukulele and build on your ukulele foundation. Learn fun, slightly challenging songs in jazz, blues, country, pop, classical, and, Americana. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (Room 312)

2051205-01		Tu	1/8-3/12	7:00-7:30p	\$32/\$48
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GUITAR: HOMESCHOOL BEGINNER

Ages 7-10 • Ages 11-17 • Bring an acoustic or electric guitar to learn basic beginner skills. Materials cost approximately \$11.00. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (Room 312)

2052401-02	Ages 11-17	Tu	1/8-3/12	1:00-2:00p	\$37/\$56
2052401-01	Ages 7-10	Tu	1/8-3/12	2:00-2:30p	\$32/\$48

UKULELE: HOMESCHOOL BEG.

Ages 7-10 • Ages 11-17 • Equipment: ukulele. Learn to tune your ukulele, play songs using easy chords, the music alphabet, and to interpret chords and scales (note reading not required). Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (Room 312)

2052501-01	Ages 7-10	Th	1/10-3/14	2:30-3:00p	\$32/\$48
2052501-02	Ages 11-17	Th	1/10-3/14	1:30-2:30p	\$37/\$56

PRIVATE MUSIC LESSONS

AVAILABLE FOR NORFOLK RESIDENTS ONLY AGES 7 & UP

REGISTRATION DEADLINE: DEC 28

Ages 7 & Up

Private lessons available at any level for piano, voice, guitar (acoustic and electric), bass guitar, strings (violin, viola, cello, sting bass), banjo, mandolin, harmonica, lap dulcimer and ukulele. Lessons are held at Lakewood Dance & Music Center and Norfolk Fitness & Wellness Center (Rm. 310 or 312). Ten-week courses meet 10 times and cost \$110. Monday 9-week courses meet 9 times and cost \$99. See page 19 for registration details.

Classes fill quickly; register early.

Missed classes cannot be rescheduled or refunded.

M: 1/7-3/18

Tu: 1/8-3/12

W: 1/9-3/13

Th: 1/10-3/14

F: 1/11-3/15

Note: No class 1/21 & 2/18

NORFOLK BOXING

BEGINNER BOXING

Ages 7 & Up • Introduction to the basics of boxing: stance, movement/footwork, straight punches to head & body; and straight punch combinations. Instructed by Jerry Hart.

LOCATION: NORFOLK BOXING CENTER

2043105-01 M-Th 1/7-3/14 5:00-6:00p \$50/\$75

INTERMEDIATE BOXING

Ages 7 & Up • Follow-on to Beginner Boxing with focus on refining those skills and adding: bent-arm punches, pivoting, combinations with bent-arm punches, and defenses against the four basic punches.

LOCATION: NORFOLK BOXING CENTER

2043205-01 M-Th 1/7-3/14 5:00-6:00p \$50/\$75

WARRIOR FITT

Ages 15 & Up • Combination of intense functional strength training and vigorous metabolic conditioning that will maximize both muscular and cardiovascular fitness, mobility, flexibility, balance, and mental toughness in a tough but fun group atmosphere. Instructed by Vincent Howze.

LOCATION: NORFOLK BOXING CENTER

2043305-01 Tu,Th 1/8-3/14 6:45-7:30a \$35/\$50

CARDIO BOXX

Ages 15 & Up • Combination of intense strength training and vigorous boxing conditioning that will maximize muscular and cardiovascular fitness, mobility, and flexibility, in a tough but fun group atmosphere. Instructed by Randell Johnson.

LOCATION: NORFOLK BOXING CENTER

2043405-01 M,W,F 1/7-3/15 12:00-12:45p \$35/\$50

LITTLE WARRIORS

Ages 6-7 • For ages 6-7. This 10-week class introduces new athletes to boxing and fitness through a series of fun activities.

LOCATION: NORFOLK BOXING CENTER

2043505-01 F 1/11-3/15 5:30-6:30p \$20/\$30



RECREATIONAL SPORTS

Registration begins 12/03

FUTSAL (INDOOR) SOCCER (AGE 5-17)

Registration: September 17 - October 19

Season starts: November 3

YOUTH BASKETBALL

Registration: November 26 - December 28

Season starts: January 12

TO REGISTER: Call 441-5834 or email athletics@norfolk.gov for details.

NOTE: a \$25 fee will apply for all teams that drop after the deadline.



Senior adults can take any adult course listed in Good Times. However, senior adult courses are only available to individuals ages 55 or better, unless otherwise noted. Age has its privileges!

NOTE: Senior Club event calendars are available at each club location. See page 3 for facility addresses and phone numbers.

NORFOLK SENIOR CLUBS

Meeting locations, days and times at a glance.

LOCATIONS	DAYS	DATES	TIMES
Bayview Recreation Center	F	year round	9am-3pm
Huntersville Recreation Center	Tu	Sep-May	11am-1pm
Ingleside Recreation Center	W	year round	10am-12pm
Norview Community Center	W	Sep-May	11am-2pm
Sherwood Forest Comm Center	Th	Sep-May	10am-1pm
Tarrallton Recreation Center	F	year round	11am-1pm
Titustown Recreation Center	Tu/Th	year round	10am-2pm

SOUTHSIDE SENIOR CENTER EVENTS

Day	Date	Event/Topic	Time
F	12/7	Holiday Party	10a
W	12/19	Birthday Bingo	11a
Tu	1/8	New Year's Vision Party	11am
F	1/18	Cinema Café Trip	9am
Tu	1/29	Birthday Luncheon	11am
F	2/9	Sweethearts On Parade	10am
Tu	2/19	Birthday Luncheon	11am
Tu&F	Ongoing	Secret Garden Socials	11am
W	Ongoing	Senior Club Meeting (2nd Wednesday each month)	11am
W	Ongoing	Women's Fellowship (3rd Wednesday each month)	11am

SENIOR SOCIAL BOWLING CLUB

\$9.00 includes three games plus shoe rental. Cash or checks accepted.

AMF Bowling Lanes M, Ongoing 9:30am - 1:00pm

CERAMICS

Learn techniques and develop skills in decorating and glazing ceramics. Students must purchase their own supplies. Call (757) 664-6484 for the supply list. \$35 estimated supply cost.

Register by 11/8/18.

360101-03, Southside SC Th, 1/10-3/14 10-11:30am \$20/\$30

PING PONG CLUB - FREE!

Huntersville, Titustown

W, Ongoing 10:00a - 12:00p

Norview, Ingleside

W, Ongoing 11:00a - 1:00p

Sherwood Forrest, Titustown, Southside

Th, Ongoing 10:00a - 12:00p

Bayview

F, Ongoing 10:00a-12:00p

EAST OCEAN VIEW SENIOR CENTER EVENTS

Day	Date	Event/Topic	Time
F	12-7	Breakfast with Santa: Call for more information	9:30am-1pm
F	12-7	Holiday Party: Holiday Inn on Greenwich Road	10am-2pm
Tu	12-11	ALL ABOUT COCO!	12:00pm
Tu	12-18	Cookie Exchange/ Gift SWAP	12:30pm
Th	12-20	Christmas Bulbs/ Craft	10:00am
Tu	1-3	Let Get physical/ Kick Off Pickleball	12:30pm
Tu	1-8	New Year, New You	12:30pm
Tu	1-15	National Wear a Hat Day	10:00am
Tu	1-22	National Soup Month	12:30pm
F	2-1	Men's Super Bowl Social	1:00pm
Tu	2-5	A Releasing to the Sky for Someone You Love	12:30pm
Tu	2-12-19-26	Dish Cloth Swap A Thon	10:00am
Th	2-21	It's All About Chocolate: Candy Making	10:30am
Tu	3-5	Cake Decorating	12:30pm
Tu	3-12	The Heart Knows: Guest Speaker	12:30pm
Th	3-21	Pillow Making	10:30am
Th	3-28	The New Way to Tie-Dye (Bring your own t-shirts)	10:30am
Tu-Th	Ongoing	Billiards/Pool	9:30-12pm / 2-5pm
Tu	Ongoing	Crochet Workshop	11am
Tu	Ongoing	Crochet w/Purpose Grp	3pm
Tu	Ongoing	Nifty Knitters	10:30am
Tu	Ongoing	Line Dance	10:30am
Tu	Ongoing	Crochet	10:30am
Tu	Ongoing	Mexican Train	1:00pm
Tu	Ongoing	Lunch Program/ Sponsored By SSSEVA 60+	12-2pm
Tu-F	Ongoing	Choir Practice	12:30pm / 10:00am
Tu&F	Ongoing	Secret Garden Socials	11:00am
Tu	Ongoing	Senior Exercise	11:00am
W	Ongoing	Senior Club Meeting (2nd Wednesday each month)	11:00am
W	Ongoing	Women's Fellowship (3rd Wednesday each month)	11:00am
W	Ongoing	60+ Club Meeting & Activity	11:00am
W	Ongoing	Line Dance	4:00pm
W	Ongoing	Mexican Train	2:30pm
W	Ongoing	Adult Social	1:00pm-3:00pm
W	Ongoing	Bingo	12:30pm
W	Ongoing	Lunch Program/ Sponsored By SSSEVA 60+	9:30am
W	Ongoing	Choir Practice	9:30am
Th	Ongoing	Enrichment Hour	10:00am
Th	Ongoing	Dance Cardio (Chair)	11:00am
Th	Ongoing	Refurb Workshop	3:00pm
Th	Ongoing	Table Tennis Club	12:00pm
Th	Ongoing	Book Club	2:30pm
Th	Ongoing	1st Thursday Support Group	1:00pm
Th	Ongoing	The Quitting Ladies	10:00am
Th	Ongoing	BUNCO	12:30pm
Th	Ongoing	Support Group (1st Th)	2:00pm
F	Ongoing	Bridge Club	10:00am
F	Ongoing	Aquatics (Water Walking)	11:00am
F	Ongoing	Mancave Friday	3:00pm

Teens Creatively Cultivating the Next Generation of Leaders

Join Teens With a Purpose (TWP) for free events at the Vivian C. Mason (VCM) Teen Center. Teens With a Purpose is a peer-led Creative Youth Development Organization that supports youth so they can grow into competent, healthy people and develop to their fullest potential. Events located at Vivian C. Mason Teen Center, 700 E. Olney Rd., Norfolk, VA 23504. Visit www.TWPTheMovement.org or call (757) 747-2679 for more information.

<p>EVENINGS @ VCM TEEN CENTER M: 5:30 pm-8pm; Tu, W: 5:30 pm-7:30pm Ages 12-19</p>	<p>Monday - The Gathering: Make new friends, develop your talents, become a leader. Join TWP each Monday for this free teen gathering. Participate in leadership training, poetry, visual arts & music studio sessions led by TWP Staff/Mentor and teen peer leaders plus guest speakers forums.</p>	<p>Tuesday - Poetry & Recording Sessions: Designed to help teens use creative writing to develop critical thinking, public speaking, increase literacy and self expression through spoken word poetry, rap and hip hop lyric writing and performance skill development. Learn music production in TWP studio and record their original work.</p>	<p>Wednesday - Garden & HealthE Living: Join us for Gardening & Healthy Living night. Garden, harvest and plant fresh vegetables and herbs every week. Move your body with dance and step workshops.</p>
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Quarterly Open Mics

VIBES Open Mic, 5:30 p.m. - 7:30 p.m. Join us for the livest teen and young adult open mic in the 757! Take the stage to show your talent or just enjoy the show!

THERAPEUTIC RECREATION



SPECIAL EVENTS (CALL 441-1764 FOR MORE INFO.)

NEW YEARS RESOLUTION PARTY **NEW!** 🚐

Ages 18 & Up • Enjoy snacks and treats as we discuss the possibilities that come with a New Year. Ring in 2019 with games for a chance to win prizes.

LOCATION: THERAPEUTIC RECREATION CENTER

2080005-01	Sa	1/12	5:00-7:00p	1/4	\$15/\$15
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SWEETHEART BALL 🚐

Ages 18 & Up • Love is in the air! Wear an outfit fit for royalty, two guests will be crowned King & Queen. Plenty of heart healthy snacks will be served.

LOCATION: THERAPEUTIC RECREATION CENTER

2080105-01	F	2/8	7:00-9:00p	2/1	\$10/\$10
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BLACK HISTORY CELEBRATION 🚐

Ages 18 & Up • Enjoy the rich culture of African Americans. Wear red, yellow, and green to show your spirit! Celebratory dinner will be served.

LOCATION: THERAPEUTIC RECREATION CENTER

2080205-01	F	2/22	6:00-8:00p	2/15	\$15/\$15
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ST. PATRICKS DAY PARTY 🚐

Ages 18 & Up • Enjoy a festive meal & themed activities. Wear your most festive St Patty's attire & with luck you may win a prize.

LOCATION: THERAPEUTIC RECREATION CENTER

2080305-01	Sa	3/9	5:00-7:00p	3/1	\$15/\$15
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CHILDREN & TEEN PROGRAMS

DIY KIDS CRAFTERS **NEW!**

Ages 6-19 • Make unique take-home crafts with the TRC Staff! \$20 supply fee included. No class 1/21 & 2/18.

LOCATION: THERAPEUTIC RECREATION CENTER

2080405-01	M	1/7-3/18	5:00-5:50p	12/31	\$35/\$53
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ALLEY CATS

Ages 6-19 • Learn the basic rules of bowling. Adaptive equipment available if needed. Bring \$4 CASH each week. Shoe rental is included.

LOCATION: AMF LITTLE CREEK LANES

2080505-01	Tu	1/8-3/12	5:15-6:15p	12/31	\$15/\$23
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GUITAR LEVEL I

Ages 13 & Up • Bring an acoustic guitar & a few picks. Learn modified chords to play familiar tunes.

LOCATION: THERAPEUTIC RECREATION CENTER

2080605-01	W	1/9-3/13	5:00-5:50p	1/2	\$15/\$23
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ALL ABOUT NAILS

Ages 13 & Up • Experiment with colors & designs while learning basic nail care & maintenance. \$5 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2080705-01	W	1/9-2/6	4:00-4:50p	1/2	\$20/\$30
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IRON CHEF

Ages 6-19 • Transform the TRC into a five-star restaurant! Children and teens will be involved in all aspects of the cooking process. \$25 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2080805-01	W	2/13-3/13	4:00-6:00p	2/6	\$40/\$60
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GUITAR LEVEL II

Ages 13 & Up • Bring an acoustic guitar & a few picks. Learn full chords to play familiar tunes. Must be able to play chords that are not modified.

LOCATION: THERAPEUTIC RECREATION CENTER

2080905-01	Th	1/10-3/14	5:30-6:15p	1/3	\$15/\$23
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PRINCESS PITFALLS KIDS PLAY **NEW!**

Ages 6-19 • Transportation provided from TRC to event site only. Join TRC staff at the Attucks Theatre for a children's play. \$10 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2081005-01	Sa	3/2	10:30a-2:00p	2/22	\$15/\$23
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OLDER TEEN & ADULT PROGRAMS

AQUACISE III 🚐

Ages 18 & Up • Prereq: Must be able to engage in aerobic exercise for at least 30 min. and dress/toilet independently. No swimming skills necessary, must be comfortable standing in water 4'-6' deep unassisted. Swimsuits required. Class will combine high-intensity cardio exercises, traveling exercises, suspended exercises & jumping. Increase mobility & muscle tone during this shallow & deep water workout. No class 1/21, 2/18 & 2/25.

LOCATION: NORTHSIDE POOL

2081105-01	M	1/7-3/18	9:00-9:45a	12/31	\$15/\$23
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THERAPEUTIC RECREATION

Programs for
individuals with
disABILITIES!

Registration begins 12/03

SPARES & STRIKES

Ages 18 & Up • Head to AMF Little Creek Lanes for bowling fun! Adaptive equipment available. Bring \$4 CASH each week. Shoe rental is included. No class 1/21, 2/18 & 2/25.

LOCATION: AMF LITTLE CREEK LANES

2081205-01	M	1/7-3/18	12:00-1:15p	12/31	\$15/\$23
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MOSAICS

Ages 18 & Up • Pick out colored tiles & glass, arrange, add items like shells or buttons, & glue pieces down. Cover it all with grout, allow it to set, wipe it clean & you are left with a beautiful work of art. \$15 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2081405-01	Tu	1/8-3/12	9:00-10:00a	12/31	\$30/\$45
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BOOKSHELF SHOP & SWAP NEW!

Ages 18 & Up • Clean out or update your bookshelves! Travel to the library, the Book Exchange, and Barnes and Noble to rid homes of old unused books & buy new ones.

LOCATION: THERAPEUTIC RECREATION CENTER

2081505-01	Tu	1/8-2/5	9:30-11:30a	12/31	\$15/\$23
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GUIDED CANVAS PAINTING

Ages 18 & Up • Instructor will guide participants step-by-step through different paintings each week. Scenes will include snow, flowers, & more. \$20 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2081605-01	Tu	2/12-3/12	10:00-11:30a	2/5	\$35/\$53
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FIT & FUN I

Ages 18 & Up • Learn how to use various machines such as treadmills & ellipticals to increase your cardiovascular fitness as well as your overall strength. Bring gym bag, proper attire, a small towel & water.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2081705-01	Tu	1/8-3/12	1:00-2:30p	12/31	\$15/\$23
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CHAIR EXERCISE

Ages 18 & Up • Low to moderate exercises to strengthen muscle, increase flexibility & range of motion from your chair. Bring a water bottle & wear tennis shoes & clothing that allows for ease of movement.

LOCATION: THERAPEUTIC RECREATION CENTER

2081805-01	Tu	1/8-3/12	3:00-3:50p	12/31	\$15/\$23
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DEVELOPMENTAL READING

Ages 18 & Up • Improve reading skills using a developmental phonics reading series. Class intended for adults that are able to read, but want to become more proficient in their reading. Participants need to be assessed for reading BEFORE signing up for the class.

LOCATION: THERAPEUTIC RECREATION CENTER

2081905-01	Tu	1/8-3/12	4:30-5:20p	12/31	\$15/\$23
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STRETCH AWAY

Ages 18 & Up • Stretch away tension, improve muscle tone, & cardiovascular health. Wear tennis shoes & clothing that allows for ease of movement.

LOCATION: THERAPEUTIC RECREATION CENTER

2082005-01	Tu	1/8-3/12	5:30-6:20p	12/31	\$15/\$23
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PROBOWLERS

Ages 18 & Up • Bowl without bumpers as a league to improve your independent bowling skills. Bring \$4 CASH each week. Shoe rental is included.

LOCATION: AMF LITTLE CREEK LANES

2082105-01	Tu	1/8-3/12	5:15-6:15p	12/31	\$15/\$23
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ADVANCED MEDITATION

Ages 18 & Up • Quiet the mind & body while increasing ability to focus & become more mindful through a series of deep breathing exercises.

LOCATION: THERAPEUTIC RECREATION CENTER

2082205-01	Tu	1/8-3/12	6:30-7:10p	12/31	\$15/\$23
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INTRO TO INDOOR CLIMBING

Ages 18 & Up • Transportation provided from TRC to event site only. Come learn about rock climbing & what it takes to get to the top of the wall!

LOCATION: THERAPEUTIC RECREATION CENTER

2082305-01	Tu	3/12	9:00-11:30a	3/5	\$5/\$8
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LEARN TO SWIM

Ages 18 & Up • Gain confidence in the water by learning the basics of stroke swimming including floating, kicking & freestyle. Participants taking this class should have a desire to swim suspended in the water.

LOCATION: NORTHSIDE POOL

2082405-01	W	1/9-3/13	9:00-9:45a	1/2	\$15/\$23
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CERAMICS

Ages 18 & Up • Visit the pottery store the first class to purchase enough pieces to paint for the entire 10-week class session. Bring a minimum of \$30 (cash) to purchase pieces. \$10 supply fee included. Supply fee covers use of equipment, a basic paint inventory, as well as firing of pieces. Participants must provide own ceramic pieces & special paints not provided in center inventory. Paint decorative/functional art, try detailed paint strokes & new techniques.

LOCATION: THERAPEUTIC RECREATION CENTER

2082505-01	W	1/9-3/13	10:30a-12:00p	1/2	\$25/\$38
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COVER TO COVER

Ages 18 & Up • Take your time reading a book front to back while enjoying tea or coffee with TRC friends. Discuss each chapter together during class. We will choose a book during the first class. \$20 supply fee included

LOCATION: THERAPEUTIC RECREATION CENTER

2084205-01	W	1/9-3/13	12:30-1:30p	1/2	\$35/\$53
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GUITAR LEVEL I

Ages 13 & Up • Bring an acoustic guitar & a few picks. Learn modified chords to play familiar tunes.

LOCATION: THERAPEUTIC RECREATION CENTER

2080605-01	W	1/9-3/13	5:00-5:50p	1/2	\$15/\$23
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ALL ABOUT NAILS

Ages 13 & Up • Experiment with colors & designs while learning basic nail care & maintenance. \$5 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2080705-01	W	1/9-2/6	4:00-4:50p	1/2	\$20/\$30
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BREAKFAST & BOWS

Ages 18 & Up • Transportation provided from TRC to event site only. Enjoy breakfast followed by a round of archery at Titustown Recreation Center. Bring extra money for breakfast, wear comfortable clothes & closed toe shoes.

LOCATION: THERAPEUTIC RECREATION CENTER

2082605-01	W	1/9-1/30	8:30-11:30a	1/2	\$15/\$23
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VIRGINIA AQUARIUM

Ages 18 & Up • Transportation provided from TRC to event site only. Visit all your underwater friends & have lunch in the Aquarium Cafe. Bring \$15 for lunch or bag lunch, extra money for souvenirs if desired. \$25 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2082705-01	W	1/16	9:30a-3:00p	1/9	\$30/\$45
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MERMAID FACTORY

Ages 18 & Up • Transportation provided from the TRC to event site only. Explore your artsy side, while also showcasing your Norfolk roots painting a Norfolk Mermaid! Bring \$30 cash to purchase a mermaid at the factory.

LOCATION: THERAPEUTIC RECREATION CENTER

2082805-01	W	1/23	1:00-3:30p	1/16	\$5/\$8
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NO CLASSES JANUARY 21, FEBRUARY 18

 Indicates transportation is available from participant home to program location. Call (757) 441-1764 for details.

THERAPEUTIC RECREATION

**Programs for
individuals with
disABILITIES!**

Registration begins 12/03

THE BLUEST EYE **NEW!**

Ages 18 & Up • Transportation provided from TRC to event site only. Join us at the Attucks Theatre for a night of professional acting. \$45 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2082905-01 W 3/6 6:00-10:30p 2/27 \$50/\$75

COOKING

Ages 18 & Up • Prepare meals with real foods that come directly from nature as the primary source of nutrition using EVOO, spices & good fats. First class will be grocery shopping, so no lunch will be served. \$30 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2083105-01 Th 1/10-2/7 10:00-11:30a 1/3 \$45/\$68

DIETARY HABITS FOR IMPROVED HEALTH **NEW!**

Ages 18 & Up • A nutrition course designed for parents, caregivers & participants addressing hypertension, cholesterol, glucose, & weight issues. Learn why the type of meals we eat can improve each of these health issues.

LOCATION: THERAPEUTIC RECREATION CENTER

2083205-01 Th 2/14-3/14 10:30-11:30a 2/7 \$15/\$23

SQUARE DANCING

Ages 18 & Up • Create a square dance by learning a little bit each week. Wear clothes that allow for ease of movement. Closed toe shoes are mandatory.

LOCATION: THERAPEUTIC RECREATION CENTER

2083305-01 Th 2/14-3/14 10:00-10:50a 2/7 \$15/\$23

FIT & FUN II

Ages 18 & Up • Learn how to use various machines such as treadmills & ellipticals to increase your cardiovascular fitness as well as your overall strength. Bring gym bag, proper attire, a small towel & water.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2083405-01 Th 1/10-3/14 1:00-2:30p 1/3 \$15/\$23

DANCE FIT

Ages 18 & Up • Join us for dancing & fitness. Wear clothes for ease of movement & closed toe shoes.

LOCATION: THERAPEUTIC RECREATION CENTER

2083505-01 Th 1/10-3/14 3:00-3:50p 1/3 \$15/\$23

GUITAR LEVEL II

Ages 13 & Up • Bring an acoustic guitar & a few picks. Learn full chords to play familiar tunes. Must be able to play chords that are not modified.

LOCATION: THERAPEUTIC RECREATION CENTER

2080905-01 Th 1/10-3/14 5:30-6:15p 1/3 \$15/\$23

WAIST AWAY

Ages 18 & Up • Learn to become healthier through group exercise, healthy meal prep & then enjoy healthy dinners with peers. \$25 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2083605-01 Th 1/10-2/7 6:30-8:00p 1/3 \$40/\$60

CHAT & CHEW

Ages 18 & Up • Our TRC version of "The View." Enjoy a light supper while discussing/debating a variety of topics with your peers. Bring a current newspaper/magazine article of interest to be addressed. Participants may also share current personal challenges or successes & receive support from the group. \$20 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2083705-01 Th 2/14-3/14 6:30-8:00p 2/7 \$35/\$53

OBX TRIP

Ages 18 & Up • Transportation provided from TRC to event site only. Travel to the Outer Banks of North Carolina for an adventure at Jockey's Ridge sand dunes, Bodie Island Light House & lunch! Bring money for souvenirs or extra spending money! \$20 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2083805-01 Th 1/31 8:00a-5:00p 1/24 \$25/\$38

AQUACISE I

Ages 18 & Up • Prereq: Must be able to dress & toilet independently. No swimming skills necessary, but must be comfortable standing in water 4' deep unassisted. Swimsuits are required. Water is the perfect medium for physical rehab. Increase mobility & range of motion during this gentle water workout.

LOCATION: NORTHSIDE POOL

2083905-01 F 1/11-3/15 9:00-9:45a 1/4 \$15/\$23

HOOPS 101

Ages 18 & Up • Learn new skills & drills to improve dribbling, passing, & shooting techniques. Wear tennis shoes & clothing that allows for ease of movement. No open toe shoes.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

2084005-01 F 1/11-2/8 9:30-10:30a 1/4 \$15/\$23

WINTER WONDERLAND HIKES **NEW!**

Ages 18 & Up • Enjoy a morning of hiking in the crisp winter air, finishing off a 1-3 mile hike enjoying a warm beverage at local coffee shops. Dress warm for the weather & bring money for hot beverage each week. Must be able to walk independently for at least 1 mile on uneven terrains.

LOCATION: THERAPEUTIC RECREATION CENTER

2084105-01 F 2/15-3/15 8:30-11:30a 2/8 \$15/\$23

LET'S DO LUNCH: SEAFOOD EDITION

Ages 18 & Up • Enjoy lunch at Catch 31 and Surf Rider. \$10 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2084305-01 F 3/1 & 3/15 12:00-2:30p 2/22 \$17/\$26

BOOT CAMP

Ages 18 & Up • Classes consist of a warm-up, strength training, cardio, & cool-down. Designed to make you sweat with a high-intensity workout. Wear tennis shoes, clothing that allows for ease of movement & bring water bottle.

LOCATION: THERAPEUTIC RECREATION CENTER

2084405-01 F 1/11-3/15 1:30-2:30p 1/4 \$15/\$23

BEGINNER KNITTING **NEW!**

Ages 18 & Up • Enjoy hot chocolate as you learn the basics of knitting by completing a scarf. Bring \$15 to the first day of class to purchase knitting needles & yarn. \$3 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2084505-01 F 1/11-3/15 3:00-3:50p 1/4 \$18/\$27

BEGINNER SKIING

Ages 18 & Up • Transportation provided from TRC to event site only. Travel to Wintergreen Resort to participate in the Adaptive Sports Program. Each participant will have 2 instructors present for the entire lesson. Wear layers & bring a pair of gloves, hat, snow pants, jacket, & a change of clothes. Bring a bag lunch. \$25 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2084605-01 F 1/11 9:00a-8:00p 1/4 \$30/\$45

OUT TO THE THEATRE

Ages 18 & Up • Transportation provided from TRC to event site only. Enjoy 3 evenings out to the theatre. Show, venue, and cost will be announced. \$30 trip fee covers cost of 3rd outing to see Disney presented by the Hurrah Players.

LOCATION: THERAPEUTIC RECREATION CENTER

2084705-01 F 1/25,2/15,3/15 6:00-10:00p 1/18 \$40/\$60

THERAPEUTIC RECREATION

Programs for individuals with disABILITIES!

ADMIRALS HOCKEY

Ages 18 & Up • Transportation provided from TRC to event site only. Come cheer on the Norfolk Admirals! Eat dinner beforehand & dress for the cool temp of the hockey rink. Bring \$10 (cash) if you want to purchase a drink, snack or souvenir at the game. \$21 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2084805-01 Sa 1/19 6:00-10:30p 1/11 \$26/\$39

LASER QUEST

Ages 18 & Up • Transportation provided from TRC to event site only. Put your spy skills to use in this interactive game of laser tag. Bring \$20 for games. Wear clothing that allows for an ease of movement & tennis shoes are required. \$5 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2084905-01 Sa 1/26 9:15a-12:00p 1/18 \$10/\$15

MOVIE TIME

Ages 18 & Up • Transportation provided from the TRC to event site only. Get out of the cold & enjoy a movie at a local theater. Movie choices will be announced the week of the trip. Bring money for tickets (\$6), food & beverages during the movie. \$5 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2085005-01 Sa 2/9 9:30a-1:30p 2/1 \$10/\$15

CRAB TREE FALLS HIKE **NEW!**

Ages 18 & Up • Transportation provided from the TRC to event site only. This scenic 2.5-mile loop trail to Crabtree Falls is moderate to strenuous with a steep incline & rocky terrain. Wear tennis shoes/hiking shoes & bring lunch and water. Dinner will be provided. \$15 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2085105-01 Sa 2/23 8:00a-6:30p 2/15 \$20/\$30

BRENTWOOD FARM **NEW!**

Ages 18 & Up • Transportation provided from TRC to event site only. Visit a beautiful 28 acre sheep farm! They grow lavender and have plenty more to see! Bring bag lunch. Extra money for farm shop if desired.

LOCATION: THERAPEUTIC RECREATION CENTER

2083005-01 Sa 3/2 9:00a-1:30p 2/22 \$5/\$8

ALPACA FARM

Ages 18 & Up • Transportation provided from TRC to event site only. Enjoy a day on the Benson Family Alpaca Farm in Suffolk. Bring a picnic lunch. Crafts will be made with Alpaca wool. Enjoy a cool treat before returning back to TRC. \$20 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

2085205-01 Sa 3/16 9:00a-3:00p 3/8 \$25/\$38

NUTRITION FOR LIFE

Ages 18 & Up • The dietary/lifestyle coach comes to your home for three classes & discuss dietary routines to help manage your weight & improve overall health by preparing homemade meals. Caregiver/guardian is highly recommended to attend. \$50 supply fee is included.


LOCATION: THERAPEUTIC RECREATION CENTER

2085305-01 TBD 1/7-3/15 TBD 12/31 \$60/\$90

Stay Connected!



 **Instagram**
@getoutandplaynfk

 **facebook**
@NorfolkRPOS



**Stay Informed about
Norfolk Department of Recreation, Parks and Open Space
Events, Programs and Services!**

CARTOONING

Ages 9-17 • Create your own original characters and take steps toward creating your own comic strip.

Instructor: Boylan

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2110101-01	W	1/16-2/27	5:00-6:00p	\$35/\$53
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CLAY SCULPTURE

Ages 9-17 • Hand build 3-D imaginative creatures and functional ware. Then embellish with mark-making techniques and glaze choices. Instructor: Boylan

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2110301-01	W	1/24-3/6	6:30-8:00p	\$55/\$80
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HOMESCHOOL POTTERY ON THE WHEEL

Ages 9-17 • Focus on centering and foundational forms, such as cylinders and bowls, in addition to glazing.

Instructor: Boylan

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2110501-01	Th	1/10-3/14	10:00a-12:00p	\$50/\$75
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CLAY HANDBUILDING

Ages 18 & Up • Explore textures, design techniques, shape, glazing application techniques and more.

Instructor: Ruel

LOCATION: NORVIEW COMMUNITY CENTER

2110502-01	Tu	1/8-3/12	10:30a-12:30p	\$50/\$75
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THE MONSTER LAB

Ages 9-17 • Create your own plush silly monster; imagination is all that is required. Instructor: Caudill

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2110601-01	Sa	3/2-3/9	10:00a-12:30p	\$40/\$60
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POTTERY ON THE WHEEL

Ages 9-17 • Focus on centering and foundational forms, such as cylinders and bowls, in addition to glazing.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2110701-01	M	1/21-3/18	6:00-8:30p	\$50/\$75
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DRAWING

Ages 18 & Up • Break down hurdles to drawing success. Instructor: Murphy

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2110802-01	Th	1/10-3/14	6:30-8:30p	\$50/\$75
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PRINTMAKING FOR TEENS

Ages 12-17 • Carve an image into linoleum block and charge it with ink to print endless variations of your original artwork. Instructor: Boylan

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2110901-01	Tu	1/15-3/5	4:00-5:00p	\$45/\$68
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FELTMAKING EXTENDED

Ages 18 & Up • Blend, condense, and press beautiful vibrant fibers together into an original design.

Instructor: Babcock

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2111001-01	F	2/1-3/8	10:00a-12:30p	\$50/\$75
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HOT GLASS

Ages 18 & Up • Learn to fuse together beautiful colored stained glass into one-of-a-kind artwork.

Instructor: Peterson

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2111002-01	F	1/18-2/8	10:00a-12:30p	\$50/\$75
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PRIVATE DRAWING

Ages 9-17 • Spend time drawing one on one! Explore the fundamentals of drawing including perspective, line, and shading. Instructor: Boylan

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2111101-01	M	1/21-2/11	4:30-5:30p	\$75/\$113
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2111101-02	M	2/25-3/18	4:30-5:30p	\$75/\$113
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PRIVATE POTTERY ON THE WHEEL

Ages 12-17 • Students learn to practice appropriate use of tools glazes, and studio safety. Instructor: Boylan

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2111301-01	Th	1/10-3/14	1:30-3:30p	\$100/\$150
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SKETCHBOOK SANCTUARY

Ages 9-17 • Develop your own unique style, tell your story, and take risks as you are led through use of innovative techniques and materials. Instructor: Boylan

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2111501-01	W	1/16-3/6	3:30-4:30p	\$30/\$45
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ENAMELING

Ages 18 & Up • Classical techniques & applications of enameling, combining the process with traditional jewelry making. Instructor: Davenport

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2111502-01	W	1/9-2/27	1:00-3:30p	\$55/\$83
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MOSAICS

Ages 18 & Up • Decorate wooden frames, small tabletops, pre-poured stepping stones, bird baths, tiles, and sculpture! Instructor: Babcock

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2111802-01	Th	1/10-2/28	10:00a-12:30p	\$50/\$75
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SEWING FOR TEENS

Ages 12-17 • Design pillows, pajamas, drawstring bags and more! Teen approved. Instructor: Caudill

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2112001-01	M	1/7-3/11	6:30-8:30p	\$40/\$60
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SEWING FOR KIDS

Ages 8-11 • Beginning sewing specifically designed for kids! Instructor: Caudill

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2112101-01	Sa	1/26-3/2	10:00a-1:00p	\$50/\$75
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OIL PAINTING

Ages 18 & Up • Experience the depth and vibrancy of oil paint. Easels required for intermediate and advanced students. Instructor: Murphy

LOCATION: FAIRLAWN RECREATION CENTER

2112302-01	Th	1/10-3/14	10:00a-12:30p	\$40/\$60
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2112302-02	Th	1/10-3/14	6:00-8:30p	\$40/\$60
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LOCATION: TITUSTOWN VISUAL ARTS CENTER

2112302-03	M	1/14-3/11	6:00-8:30p	\$40/\$60
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ACRYLIC PAINTING

Ages 18 & Up • Introduction to painting. Instructor: Murphy

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2112402-01	Tu	1/9-3/12	10:00a-12:00p	\$40/\$60
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ORIENTAL BRUSH PAINTING/SUMI-E

Ages 18 & Up • Bring nature to life, express the essence of a painting with the beauty and grace of simple strokes.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2112502-01	W	1/9-3/13	10:00a-12:30p	\$35/\$53
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2112502-02	W	1/9-3/13	1:00-3:00p	\$35/\$53
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PAINTING STUDIO

Ages 18 & Up • Painting experience required and ability to work independently without instructor. Participants are required to bring easel.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2112702-02	F	1/11-3/15	10:00a-12:30p	\$35/\$53
2112702-01	Tu	1/8-2/26	1:00-3:30p	\$35/\$53

POTTERY ON THE WHEEL/ALL LEVELS

Ages 18 & Up • Learn how to center, throw, and glaze with special techniques. Instructor: Gray

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2113302-01	Tu	1/8-3/12	6:30-8:30p	\$50/\$75
2113302-02	W	1/9-3/13	6:30-8:30p	\$50/\$75
2113302-03	W	1/9-3/13	10:00a-12:00p	\$50/\$75

POTTERY ON THE WHEEL/INTERMEDIATE

Ages 18 & Up • Completion of introductory course or equivalent skill level. Expand skills in centering, form, and glazing. Instructor: Tickle

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2113502-01	Tu	1/8-3/12	10:00a-12:00p	\$50/\$75
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POTTERY ON THE WHEEL/ADVANCED

Ages 18 & Up • Prerequisite: Intermediate course or equivalent. Develop new skills & focus on simplicity of form, balance, and proportion. Instructor recommendation required. Those without may be removed from class. Instructor: Tickle

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2113702-01	F	1/11-3/15	10:00a-12:00p	\$50/\$75
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POTTERY ON THE WHEEL/ALL LEVELS

Ages 18 & Up • Learn to center, throw, and study form, as well as techniques for glazing, and safety management. Instructor: Holbrook

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2113902-01	Th	1/10-3/14	6:30-8:30p	\$50/\$75
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QUILTING

Ages 18 & Up • Learn to cut, piece, sew, and finish a quilt. Instructor: Caudill

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2114102-01	M	1/7-3/11	10:00a-12:30p	\$30/\$45
2114102-02	Tu	1/8-3/12	6:30-8:30p	\$30/\$45

QUILTING & SEWING/ALL LEVELS

Ages 18 & Up • The essentials of sewing: understand how to use patterns to piece together the latest styles and special projects. Instructor: Caudill

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2114302-02	Th	1/10-2/21	6:30-8:30p	\$50/\$75
2114302-01	Th	1/10-2/28	10:00a-12:00p	\$50/\$75

MACHINE STITCHED QUILTING

Ages 18 & Up • Design a quilt with the ease of a sewing machine. instructor: Caudill

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2114402-01	Th	1/25-2/28	2:00-4:30p	\$55/\$80
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SILVER JEWELRY/BEGINNING

Ages 18 & Up • Learn the basics of metalsmithing from designing to creating functional pieces of jewelry. Instructor: Davenport

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2114702-02	Th	1/10-2/28	6:00-8:30p	\$55/\$83
2114702-01	M	1/14-3/11	10:00a-12:30p	\$55/\$83

SILVER JEWELRY/INTERMEDIATE/ADVANCED

Ages 18 & Up • Prerequisite: Intro to Jewelry or equivalent. Expand techniques with more complex processes. Instructor: Davenport

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2114902-01	Tu	1/8-2/26	10:00a-12:30p	\$55/\$83
2114902-02	Tu	1/8-2/26	6:00-8:30p	\$55/\$83

STAINED GLASS/BEGINNING

Ages 18 & Up • Beginning projects include glass-cutting, copper foil technique, lead coming and soldering. Instructor: Peterson

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2115102-01	W	1/9-2/27	6:00-8:30p	\$55/\$83
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STAINED GLASS/INTERMEDIATE/ADV

Ages 18 & Up • Two separate classes, one shared night! Intermediate participants must complete Beginning Stained Glass; ADV. students must complete the Intermediate class at the Visual Arts Center. Intermediate students build and refine skills in cutting, foiling, lead coming, and soldering. Students construct a flat panel lamp. Advanced students construct a Tiffany style lamp or a project of their choice. Instructor: Peterson

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2115302-01	M	1/7-3/11	6:00-8:30p	\$55/\$83
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SILVER JEWELRY/OPEN STUDIO

Ages 18 & Up • Enjoy studio time w/guidance. Instructor: Davenport

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2115402-01	Sa	1/12-3/9	10:00a-12:30p	\$55/\$83
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MIXED MEDIA

Ages 18 & Up • Art explored with mixed medium, wire sculpture, relief drawing, collage and more. Instructor: VanHorn

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2115502-01	M	1/7-2/25	10:00a-12:30p	\$50/\$75
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PRINTMAKING: MONOPRINTS

Ages 18 & Up • Printmaking for beginners! Instructor: VanHorn

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2115602-01	Sa	1/12-3/2	10:00a-1:00p	\$50/\$75
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PRINTMAKING

Ages 18 & Up • Explore linoleum block printing as well as intaglio and monotype methods. Instructor: Boylan

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2115702-01	F	1/11-3/1	1:00-3:00p	\$50/\$75
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WORKSHOPS

RING IN THE NEW YEAR

Ages 18 & Up • Learn the basics of jewelry making while creating a set of simple sterling silver rings. If you've been interested in silver jewelry this is the perfect introduction! Instructor: Davenport

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2380102-01	F	1/11-1/18	10:00a-1:00p	\$35/\$53
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SUMI-E, ORIENTAL BRUSH PAINTING

Ages 18 & Up • The Chinese year beginning in 2019 is the year of the Pig. Come learn how to express the essence of Sumi-e painting with the grace of simple brush strokes. Instructor: Mike Lane

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2380112-01	Sa	2/18	10:00a-1:00p	\$35/\$53
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EVERLASTING BOUQUET

Ages 18 & Up • Create a metal flower that can last forever! No experience needed. Instructor: Davenport

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2380202-01	F	1/25-2/1	10:00a-1:00p	\$35/\$53
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WORKSHOP FOR TEENS: SEWING PILLOWS & PAJAMAS

Ages 12-17 • Create your own pillows and pajamas! Instructor: Caudill

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2380402-01	Sa	1/12-1/19	10:00a-1:00p	\$35/\$53
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VISUAL ARTS WORKSHOPS (Continued)

Registration begins 12/03

ART & MUSIC WITH AMY FEREBEE!

Ages 18 & Up • Combine live music with art! Enjoy studio time (no instructor) and draw Amy Ferebee while she plays guitar! All mediums are welcome!

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2380502-01 Sa 2/23 10:00a-12:00p \$35/\$53

SEWING COZY PONCHOS

Ages 18 & Up • Get cozy this winter and learn to sew a gorgeous poncho! Instructor: Caudill

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2380602-01 M 1/14-1/21 1:00-3:00p \$35/\$53

WINTER PILLOWS!

Ages 18 & Up • Have fun sewing and making personalized pillows! Instructor: Caudill.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2380622-01 M 1/28-2/4 1:00-3:00p \$35/\$53

JUNK JEWELRY

Ages 18 & Up • Reinvent your costume jewelry. Instructor: Davenport

LOCATION: TITUSTOWN VISUAL ARTS CENTER

2380802-01 F 2/24 10a-1p \$35/\$53

SPECIAL EVENTS

PAUL STREET GALLERY EXHIBITION

Opening Reception: February 9, 10am-1pm

Exhibition: February 9 - April 6

The Paul Street Gallery celebrates our annual exhibition and partnership with the Blue Heron Chapter of the Sumi-e Society of America and the Bonsai Study Group.

SAVE THE DATE!

AMERICAN RED CROSS LIFEGUARD PROGRAM

Northside Pool Holiday Break Class: December 21, 22, 27, 28, 29

NFWC Spring Break Class: March 4-9

SSAC Spring Break Class: April 15-20

Northside Pool Spring Break Class: April 15-20



JAM'N JAMZ: FRUIT & NUT TREE ADOPTION FAIR

January 12, 10:00 a.m. - 2:00 p.m.

Ernie Morgan Center, 3500-A Granby Street

Enjoy the 'fruits' of your labor after planting one of these fruit and nut trees, free to Norfolk residents! Recipients agree to plant and maintain the tree, provide location info and complete a follow up survey.



NORFOLK BOXING CENTER

Beginner & Intermediate Boxing Classes • Little Warriors • Cardio-Boxx • Warrior-Fitt & more!

Norfolk Boxing Center

150 Park Avenue, Norfolk, VA 23510 • Hours: Mon-Fri, 6:30 a.m.-2:00 p.m. & 4:00-8:00 p.m.

<https://www.norfolk.gov/boxing> • 757-823-1186

HOW TO REGISTER

This information is not all-inclusive. Visit Norfolk.gov/play for a complete version of registration policies and procedures.

- Registration is available at Norfolk.gov/play and in person. Full payment must be made at time of registration.
- Courses are filled on a first-come, first-served basis.
- Payment is accepted by VISA/Mastercard, or money order made payable to Norfolk City Treasurer. Personal checks are not accepted. Current photo I.D. required.
- Payment for Therapeutic Recreation courses is accepted by VISA/Mastercard, check, or money order made payable to Norfolk City Treasurer. Current photo I.D. required.
- Registrations may be accepted after registration deadline if space is available. A \$5 late fee will apply. No registrations accepted after a course has begun.

WHEN TO REGISTER

Norfolk Residents • Begins Monday, December 3 at 10:00 a.m.

Non-Residents • Begins Monday, December 10 at 9:00 a.m.

Therapeutic Recreation • Registration for residents begins Monday, December 3, promptly at 9:30a by lottery registration process. Lottery tickets distributed from 9:00a-9:30a. Arrive no earlier than 8:30a. Non-residents registration takes place Monday, December 10.

Proof of Residency: Virginia driver's license/state ID; utility bill or lease agreement + out-of-state driver's license/state ID or military ID.

REFUND POLICY:

Refunds will be issued in the event of the following ONLY:

- Course cancellation by RPOS
- Deployment
- Illness/injury requiring the individual to discontinue participation.
- Death

Documentation will be required. Accounts will not be issued a credit in lieu of a refund. Refund will be pro-rated in the event it takes place after the start of the course.

ADDITIONAL INFO:

- If a student misses a class, RPOS will try to accommodate a make up session; no make-up classes are guaranteed.
- Class sessions may occasionally be cancelled due to unexpected circumstances. Every attempt will be made to contact participants and to schedule a make-up session for the class. Ensure contact information is current with instructor.
- If registering after December 20, a \$5 late fee will apply.

ONLINE REGISTRATION INSTRUCTIONS

1

Visit Norfolk.gov/Play

2

Click the
"Online Registration Tab"

3

Login & start shopping!

MEET THE RPOS COMMISSION

The RPOS Commission serves in an advisory capacity to the RPOS Director. Appointed by City Council, the commission serves as Council's eyes and ears in the community, determining the recreation needs and desires of citizens.

Contact the commission at RPOS@Norfolk.gov.



Michael S. O'Hearn
Retired Capt. US Navy, Chair



Virginia Alberts



Geroge H. Curtis, IV



David Dearborn



Gregg Mottinger



Darrick Person



Stephen Powell



Debra Roche

REGISTRATION

ONLINE REGISTRATION IS EASY! SEE P19.

WHERE DO I REGISTER?

COURSE CATEGORY	IF COURSE IS HELD AT:	REGISTER AT:	PHONE#	ADDRESS
Aquatics	Huntersville Indoor Pool	Huntersville Indoor Pool	(757) 664-7431	830 Goff St.
Aquatics	NFWC Indoor Pool	NFWC Indoor Pool	(757) 823-4306	7300 Newport Ave.
Aquatics	Northside Indoor Pool	Northside Indoor Pool	(757) 441-1760	8401 Tidewater Dr.
Aquatics	Southside Aquatic Center	Southside Aquatic Center	(757) 333-3281	1750 Campostella Rd.
Arts & crafts	Any Site Listed	Titustown Visual Arts Center	(757) 441-1227	7545 Diven St.
Dance	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
Fitness	Any Site Listed	NFWC	(757) 823-4301	7300 Newport Ave.
Music	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
Seniors	Any Site Listed	East Ocean View Community Center	(757) 441-1767	600 E. Ocean View Ave.
Martial Arts	NFWC	NFWC	(757) 823-4301	7300 Newport Ave.
Technology	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
Therapeutic Recreation	Any Site Listed	Therapeutic Recreation Center	(757) 441-1764	180 E. Evans St.

CLASS REGISTRATION FORM

I have read & accept the refund policy on page 19.

Participant Name (or Parent/Guardian if participant under 18) _____

Address, City, State, Zip Code _____

Phone Numbers (Day) _____ (Evening) _____ E-mail Address _____

PARTICIPANT LAST + FIRST NAME	BIRTH DATE MM/DD/ YYYY	SEX	ACTIVITY NUMBER	ACTIVITY NAME	SITE	DAY/TIME	TOTAL FEE

Individuals with a disability are entitled to participate in programs offered by the Norfolk Department of Recreation, Parks & Open Space. If you require any special accommodations, call (757) 441-1764 prior to registration.

Please hand-deliver this completed registration form to the respective activity site (see chart below). Make check payable to Norfolk City Treasurer.

Total Amount Due \$ _____

No cash accepted.

Form of payment: Check Money Order

Check/Money Order # _____

Emergency Contact Name: _____ Phone Number: _____ Relationship: _____

Medical Treatment Permission & Acknowledgment of Risks: In consideration of my participation in the activity provided by and through the City of Norfolk Department of Recreation, Parks & Open Space (RPOS) I, for myself or on behalf of the participant I represent, authorize the City of Norfolk employees to take and provide emergency care or assistance in the event of illness or injury while participating or being transported to/from an RPOS-sponsored activity. I have read the policies as they pertain to this activity. I acknowledge and assume the risks and responsibilities associated with this activity.

Signature of participant _____ Signature of parent/guardian (if participant under 18) _____ Date _____

Photo Permission Release Agreement: OPTIONAL. I understand that I, or the participant I represent, may be photographed and/or videotaped while participating in this activity. I agree to allow the City of Norfolk Department of Recreation, Parks & Open Space to use said photographs and/or videos in promotional collateral and campaigns. I further waive any compensation for publishing and/or printing such photographs. I attest to having read, fully understand, and agree to the condition as set forth above.

Signature of participant _____ Signature of parent/guardian (if participant under 18) _____ Date _____

VISA, Mastercard, checks and money orders (made payable to Norfolk City Treasurer) accepted.