FROM THE RPOS DIRECTOR

We have exciting news to share! Norfolk Recreation, Parks & Open Space (RPOS) is a finalist for the 2019 National Gold Medal Awards for Excellence in Park and Recreation Management. The Gold Medal Award is the highest level of recognition for parks and recreation across the country. We are one of the few recreation departments in the state to receive this recognition and the only one in Hampton Roads. The American Academy for Park and Recreation Administration (AAPRA), in partnership with the National Recreation and Park Association (NRPA), present the award. Visit Norfolk.gov/play to check out our Gold Medal Award finalist video. We are proud to get recognition for what we do best – serving our residents and patrons!

RPOS is also one of only 169 parks and recreation agencies in the country and one of 11 in Virginia to have successfully achieved national accreditation through the Commission for Accreditation of Parks and Recreation Agencies (CAPRA). We are currently working on re-accreditation for 2022.

Be sure to check out our offerings for fall. We have a variety of classes in aquatics, dance, boxing, visual arts and more. Youth football, futsal and basketball are just a few options in athletics.

The fall is also a great time to plant a tree. Tree planting season in our region can be easily remembered as from Halloween through Valentine's Day. This fall-winter planting strategy allows roots to get established before the hot and dry summer months. If you would like to request the planting of one or more trees near your home, business, favorite park, or other public space, please contact Norfolk Cares at (757) 664-6510 or visit Norfolk.gov/requesttracker.aspx.

The benefits of tree planting include clean air and water, stormwater control, shade, cooler summer temperatures, beautification and more.

Let’s #getoutandplay this fall season!

Sincerely,

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

Recreation Fee Changes
Effective July 1, 2018

<table>
<thead>
<tr>
<th>Youth (5-17) Athletic/Rec Card</th>
<th>General Rate</th>
<th>Power Up Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident</td>
<td>$20</td>
<td>$10</td>
</tr>
<tr>
<td>Non-resident</td>
<td>$100</td>
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<table>
<thead>
<tr>
<th>Adult (18-64) Athletic/Rec Card</th>
<th>General Rate</th>
<th>Power Up Rate</th>
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<tbody>
<tr>
<td>Resident</td>
<td>$50</td>
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<tr>
<td>Non-resident</td>
<td>$100</td>
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</table>

<table>
<thead>
<tr>
<th>Family (adult + 3 or more)</th>
<th>General Rate</th>
<th>Power Up Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident</td>
<td>$100</td>
<td>$50</td>
</tr>
</tbody>
</table>

| Daily facility entry           | $3           | $2            |
| Adult Athletic Card            | $10          |
## FACILITIES INFORMATION

### RECREATION CENTERS

<table>
<thead>
<tr>
<th>Center</th>
<th>Phone</th>
<th>Address</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bayview Recreation Center</td>
<td>441-1626</td>
<td>8613 Willow Terrace, 23503</td>
<td>Open Sat: 11a-4p</td>
</tr>
<tr>
<td>Berkley Community Center</td>
<td>441-1912</td>
<td>121 W. Liberty St., 23523</td>
<td>(Open June-Aug)</td>
</tr>
<tr>
<td>Campostella Recreation Center</td>
<td>441-1974</td>
<td>1130 Leake St., 23523</td>
<td></td>
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<tr>
<td>Captain's Quarters Recreation Center</td>
<td>441-1715</td>
<td>800 Little Bay Ave., 23503</td>
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<tr>
<td>Crossroads Community Center</td>
<td>965-9450</td>
<td>8019 Old Ocean View Rd., 23505</td>
<td></td>
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<tr>
<td>E. Ocean View Community Center</td>
<td>441-1785</td>
<td>9520 E. 20th Bay St., 23518</td>
<td>(Open Sat: 11a-4p)</td>
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<tr>
<td>Fairlawn Recreation Center</td>
<td>441-5670</td>
<td>1014 Kempsville Rd., 23502</td>
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<tr>
<td>Grandy Village Recreation Center</td>
<td>441-2117</td>
<td>3016 Kimball Terrace, 23504</td>
<td></td>
</tr>
<tr>
<td>Huntersville Community Center</td>
<td>664-7430</td>
<td>830 Goff St., 23504</td>
<td>(Open Sat: 11a-4p)</td>
</tr>
<tr>
<td>Ingleside Recreation Center</td>
<td>441-5621</td>
<td>940 Ingleside Rd., 23502</td>
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<tr>
<td>Lambert’s Point Community Center</td>
<td>423-1088</td>
<td>1251 W. 42nd St., 23508</td>
<td>(Open Sat: 11a-4p)</td>
</tr>
<tr>
<td>Merrimack Landing Recreation Center</td>
<td>441-1783</td>
<td>8809 Monitor Way, 23503</td>
<td></td>
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<tr>
<td>Norview Community Center</td>
<td>441-1440</td>
<td>6380 Sewells Point Rd., 23513</td>
<td>(Open Sat: 11a-4p)</td>
</tr>
<tr>
<td>Park Place Community Center</td>
<td>664-7531</td>
<td>606 W. 29th St., 23508</td>
<td></td>
</tr>
<tr>
<td>Sherwood Forest Community Center</td>
<td>441-5824</td>
<td>4537 Little John Dr., 23513</td>
<td></td>
</tr>
<tr>
<td>Southside Senior Center</td>
<td>664-6484</td>
<td>925 S. Main St., 23523</td>
<td>(Mon-Fri 9a-6p)</td>
</tr>
<tr>
<td>Tarrallton Community Center</td>
<td>441-1765</td>
<td>2100 Tarrallton Dr., 23518</td>
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</tr>
<tr>
<td>Therapeutic Recreation Center</td>
<td>441-1764</td>
<td>180 E. Evans St., 23505</td>
<td>(Open Mon-Fri 6:30a-8:15p, Sat 8a-4:45p)</td>
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<tr>
<td>Titustown Recreation Center</td>
<td>441-1259</td>
<td>7545 Diven St., 23505</td>
<td>(Open Mon-Fri 6:30a-8:30p, Sat: 11a-4:00p)</td>
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<tr>
<td>Young Terrace Community Center</td>
<td>441-2692</td>
<td>804 Whitaker Ln., 23510</td>
<td></td>
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### 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-12p; **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 & OUTDOOR POOLS*

<table>
<thead>
<tr>
<th>Pool</th>
<th>Phone</th>
<th>Address</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Huntersville Indoor Pool</td>
<td>664-7431</td>
<td>830 Goff St., 23504</td>
<td>(Closed 1p-3p, M-F)</td>
</tr>
<tr>
<td>Norfolk Fitness &amp; Wellness Center (NFWC)</td>
<td>823-4306</td>
<td>7300 Newport Ave., 23505</td>
<td></td>
</tr>
<tr>
<td>Northside Indoor Pool</td>
<td>441-1760</td>
<td>8401 Tidewater Dr., 23518</td>
<td>(Closed 1p-3p, M-F)</td>
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<tr>
<td>Southside Aquatic Center Indoor Pool</td>
<td>333-3281</td>
<td>1750 Campostella Rd., 23523</td>
<td>(Closed 1p-3p, M-F, Closed Thursday, Open Sunday 1p-5p)</td>
</tr>
</tbody>
</table>

*Outdoor pools are open June 17 – September 2.

### OTHER FACILITIES

<table>
<thead>
<tr>
<th>Facility</th>
<th>Phone</th>
<th>Address</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campostella Computer Resource Center</td>
<td>543-0876</td>
<td>1714 Mt. Vernon Ave., 23523</td>
<td>(Mon-Fri 10a-7p Sat 11a-4p)</td>
</tr>
<tr>
<td>Diggs Town Computer Resource Center</td>
<td>227-9915</td>
<td>1401 Melon St., 23523</td>
<td>(Mon-Fri 4p-7p)</td>
</tr>
<tr>
<td>Ingleside Community Gym</td>
<td>226-7102</td>
<td>960 Ingleside Rd., 23502</td>
<td>(Mon-Thu 4p-8p, Fri 4p-6p)</td>
</tr>
<tr>
<td>Lakewood Athletic Office</td>
<td>441-5834/5</td>
<td>1612 Willow Wood Dr., 23509</td>
<td>(M,W 9a-8p and T, TH, F 9a-6p)</td>
</tr>
<tr>
<td>Lakewood Dance &amp; Music</td>
<td>441-5833</td>
<td>1612 Willow Wood Dr., 23509</td>
<td>(Call for specific hours)</td>
</tr>
<tr>
<td>Norfolk Boxing Center</td>
<td>823-1180</td>
<td>150 Park Ave., 23510</td>
<td>(Mon-Fri 6:30a-2o, 4p-7:30p)</td>
</tr>
<tr>
<td>Norfolk Fitness &amp; Wellness Center (NFWC)</td>
<td>823-4301</td>
<td>7300 Newport Ave., 23505</td>
<td>(Mon-Fri 6:30a-8:15p, Sat 8a-4:45p)</td>
</tr>
<tr>
<td>Northside Skate Plaza</td>
<td>441-5834/5</td>
<td>8401 Tidewater Dr., 23518</td>
<td>(Sunrise to Sunset)</td>
</tr>
<tr>
<td>Oakleaf Computer Resource Center</td>
<td>227-9915</td>
<td>1704 Greenleaf Dr., 23523</td>
<td>(Mon-Fri 4p-7p)</td>
</tr>
<tr>
<td>Titustown Visual Arts Center</td>
<td>441-1227</td>
<td>7545 Diven St., 23505</td>
<td>(Call for specific hours)</td>
</tr>
</tbody>
</table>
AMERICAN RED CROSS LEARN TO SWIM

PARENT & CHILD AQUATICS 1
Ages 6 months-3 years • Participants are introduced to swimming and water safety skills that are developmentally appropriate for infants and toddlers. Routines that are familiar are extremely important to this age group. Each class uses toys, songs, fun and games to keep the children engaged and enjoying the water experience, all-the-while teaching them basic aquatic skills.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER
1010301-01 M,W 9/9-10/2 9:00-9:45a $30/$45
1010301-02 Sa 9/9-10/2 10:00-10:45a $30/$45

LOCATION: NORTHSIDE SWIMMING POOL
1010201-01 M,W 9/9-10/2 9:00-9:45a $30/$45
1010201-02 Sa 9/9-10/2 10:00-10:45a $30/$45

LOCATION: NORFOLK FITNESS & WELLNESS CENTER
1010301-21 M,W 10/14-11/6 9:00-9:45a $30/$45
1010301-22 Sa 10/14-11/6 10:00-10:45a $30/$45

LOCATION: NORFOLK FITNESS & WELLNESS CENTER
1010301-31 M,W 11/2-12/6 9:00-9:45a $30/$45
1010301-32 Sa 11/2-12/6 10:00-10:45a $30/$45

LOCATION: NORTHSIDE SWIMMING POOL
1010201-31 M,W 11/2-12/6 9:00-9:45a $30/$45
1010201-32 Sa 11/2-12/6 10:00-10:45a $30/$45

PRESCHOOL AQUATICS 3
Ages 4-5 • Preschool Aquatics Level 3 builds on the skills learned in Levels 1 and 2. Participants perform basic aquatic skills with greater proficiency, for longer distances and times. In addition, previously acquired water safety knowledge and skills are reinforced and expanded upon.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER
1010601-11 M,W 9/16-10/3 6:00-6:45p $30/$45
1010601-12 Tu, Th 9/10-10/3 4:00-4:45p $30/$45
1010601-13 Sa 9/14-11/2 10:00-10:45a $30/$45
1010601-14 M,W 10/14-11/6 6:00-6:45p $30/$45
1010601-15 Tu, Th 10/16-11/7 4:00-4:45a $30/$45

LEVEL 1: INTRODUCTION TO WATER SAFETY
Ages 4-5 • Participants are introduced to basic skills as the foundation for the development of water competency.

LOCATION: HUNTERSVILLE INDOOR POOL
1010701-31 Tu, Th 9/10-10/3 5:00-5:45p $30/$45
1010701-32 Sa 9/14-11/2 10:00-10:45a $30/$45

LOCATION: NORFOLK FITNESS & WELLNESS CENTER
1010701-11 M,W 9/16-10/3 4:00-4:45p $30/$45
1010701-12 Sa 9/14-11/2 10:00-10:45a $30/$45
1010701-13 Tu, Th 10/15-11/7 4:00-4:45p $30/$45

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS
Ages 6-15 • Participants begins gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

LOCATION: HUNTERSVILLE INDOOR POOL
1010801-31 Tu, Th 9/10-10/3 5:00-5:45p $30/$45
1010801-32 Sa 9/14-11/2 10:00-10:45a $30/$45

LOCATION: NORFOLK FITNESS & WELLNESS CENTER
1010801-11 M,W 9/16-11/3 5:00-5:45p $30/$45
1010801-12 Sa 9/14-11/2 11:00-11:45a $30/$45
1010801-13 Tu, Th 10/15-11/7 5:00-5:45p $30/$45

LOCATION: NORTHSIDE SWIMMING POOL
1010801-01 M 9/9-10/28 6:00-6:45p $30/$45
1010801-02 W 9/9-10/30 5:00-5:45p $30/$45
1010801-03 Sa 9/14-11/2 11:00-11:45a $30/$45

LOCATION: SOUTHSIDE AQUATICS CENTER INDOOR POOL
1010801-21 Sa 9/14-11/2 10:00-10:45a $30/$45

LEVEL 3: STROKE DEVELOPMENT
Ages 6-15 • Participants learn to swim the front crawl and elementary backstroke, is introduced to the scissor and dolphin kicks, learns the survival float, treading water, and headfirst entries.

LOCATION: HUNTERSVILLE INDOOR POOL
1010901-31 Sa 9/14-11/2 11:00-11:45a $30/$45

LOCATION: NORFOLK FITNESS & WELLNESS CENTER
1010901-11 Tu, Th 9/10-10/3 5:00-5:45p $30/$45
1010901-12 Sa 9/14-11/2 11:00-11:45a $30/$45
1010901-13 Tu, Th 10/15-11/7 5:00-5:45p $30/$45

LOCATION: NORTHSIDE SWIMMING POOL
1010901-01 M 9/9-10/28 5:00-5:45p $30/$45
1010901-02 Sa 9/14-11/2 11:00-11:45a $30/$45

LOCATION: SOUTHSIDE AQUATICS CENTER INDOOR POOL
1010901-21 Sa 9/14-11/2 11:00-11:45a $30/$45

PRESCHOOL AQUATICS 1
Ages 4-5 • Participants are introduced to swimming and water safety skills that are developmentally appropriate for young children. Preschool Aquatics puts the "fun" in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim.

LOCATION: HUNTERSVILLE INDOOR POOL
1010401-31 Tu, Th 9/9-10/3 5:00-5:45p $30/$45
1010401-32 Sa 9/9-10/2 9:00-9:45a $30/$45

LOCATION: NORFOLK FITNESS & WELLNESS CENTER
1010401-11 M,W 9/9-10/2 4:00-4:45p $30/$45
1010401-12 Tu, Th 9/10-10/3 1:00-1:45p $30/$45
1010401-13 Sa 9/14-11/2 9:00-9:45a $30/$45
1010401-14 M,W 10/14-11/6 4:00-4:45p $30/$45
1010401-15 Tu, Th 10/15-11/7 1:00-1:45p $30/$45

LOCATION: NORTHSIDE SWIMMING POOL
1010401-01 M 9/9-10/30 5:00-5:45p $30/$45
1010401-02 Sa 9/9-11/2 10:00-10:45a $30/$45

LOCATION: SOUTHSIDE AQUATICS CENTER INDOOR POOL
1010401-21 Sa 9/9-11/2 9:00-9:45a $30/$45

PRESCHOOL AQUATICS 2
Ages 4-5 • This level continues laying the foundation for developing water competency and further skill development. Preschool Aquatics Level 2 marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER
1010501-11 M,W 9/9-10/2 5:00-5:45p $30/$45
1010501-12 Tu, Th 9/10-10/3 1:00-1:45p $30/$45
1010501-13 Sa 9/14-11/2 9:00-9:45a $30/$45
1010501-14 M,W 10/14-11/6 5:00-5:45p $30/$45
1010501-15 Tu, Th 10/15-11/7 1:00-1:45a $30/$45

LOCATION: NORTHSIDE SWIMMING POOL
1010501-01 W 9/9-10/30 5:00-5:45p $30/$45
1010501-02 Sa 9/9-11/2 12:00-12:45p $30/$45

AQUATICS HOTLINE: 757-441-1605
NO CLASSES 11/11/2019
LEVEL 4: STROKE IMPROVEMENT  
Ages 6-15 • Participants are introduced to new swimming and water safety skills and to build on previously learned skills, improving the swimming stroke proficiency and swimming for longer distances.  
LOCATION: HUNTERSVILLE INDOOR POOL  
1011001-31 Sa 9/14-11/2 11:00-11:45a $30/$45  
LOCATION: NORFOLK FITNESS & WELLNESS CENTER  
1011001-11 Tu,Th 9/10-10/3 6:00-6:45p $30/$45  
1011001-12 Tu,Th 10/15-11/7 6:00-6:45p $30/$45  
LOCATION: NORTHSIDE SWIMMING POOL  
1011001-01 W 9/11-11/30 6:00-6:45p $30/$45  
1011001-02 Sa 9/14-11/2 9:00-9:45a $30/$45  

LEVEL 5: STROKE REFINEMENT  
Ages 6-15 • Participants refine all six swimming strokes, introduce new water safety skills, and perform flip turns on the front and back. The expectations are higher now regarding distance and quality  
LOCATION: NORTHSIDE SWIMMING POOL  
1011001-01 Sa 9/14-11/2 11:00-11:45a $30/$45  

LEVEL 6: FITNESS SWIMMER  
Ages 6-15 • Participants refine swimming, physical fitness in the water and water safety skills. The expectations are quite high regarding distance and quality. Participants learn principles of training and how to evaluate their own level of fitness.  
LOCATION: NORTHSIDE SWIMMING POOL  
1011001-01 Sa 9/14-11/2 10:00-10:45a $30/$45  

BEGINNER SWIMMING  
Ages 16 & Up • Participants gain basic aquatic skills and develop swimming strokes, including the front crawl, breaststroke and elementary backstroke. Participants also learn skills and concepts needed to stay safe around water.  
LOCATION: HUNTERSVILLE INDOOR POOL  
1011001-31 Sa 9/14-11/2 12:00-12:45p $30/$45  
LOCATION: NORFOLK FITNESS & WELLNESS CENTER  
1011001-11 Tu,Th 9/10-10/3 12:00-12:45p $30/$45  
1011001-12 Tu,Th 10/15-11/7 12:00-12:45p $30/$45  
LOCATION: NORTHSIDE SWIMMING POOL  
1011001-01 W 9/11-11/30 6:00-6:45p $30/$45  
LOCATION: SOUTHSIDE AQUATICS CENTER INDOOR POOL  
1011001-21 Sa 9/14-11/2 11:00-11:45a $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 and level and physical goals of participants. Ages 16 and older. Must be able to swim 50 yards or one lap comfortably.  
LOCATION: NORTHSIDE SWIMMING POOL  
1011005-01 Sa 9/14-11/2 9:00-9:45a $30/$45  

WATER FITNESS PROGRAMS  

H2LOW IMPACT  
Ages 16 & Up • Low intensity workout in shallow water. Exercises that help improve joint flexibility and muscle strength.  
LOCATION: NORFOLK FITNESS & WELLNESS CENTER  
1011502-11 M,W,F 10/2-10/30 11:00-11:50p $30/$45  
1011502-12 M,W,F 11/1-11/27 11:00-11:50p $30/$45  
1011502-13 M,W,F 12/2-12/30 12:00-12:50p $30/$45  
LOCATION: NORTHSIDE SWIMMING POOL  
1011502-01 M,W,F 10/2-10/30 12:00-12:50p $30/$45  
1011502-02 M,W,F 11/1-11/27 12:00-12:50p $30/$45  
1011502-03 M,W,F 12/2-12/30 12:00-12:50p $30/$45  

SHALLOW WATER FITNESS  
Ages 16 & Up • Improve your cardiovascular health, flexibility, muscle tone and endurance. A medium intensity workout in shallow water. Water shoes are recommended.  
LOCATION: NORFOLK FITNESS & WELLNESS CENTER  
1011602-11 M,W,F 10/2-10/30 8:00-8:50a $30/$45  
1011602-12 M,W,F 11/1-11/27 8:00-8:50a $30/$45  
1011602-13 M,W,F 12/2-12/30 8:00-8:50a $30/$45  
LOCATION: NORTHSIDE SWIMMING POOL  
1011602-01 M,W,F 10/2-10/30 9:00-9:50a $30/$45  
1011602-02 M,W,F 11/1-11/27 9:00-9:50a $30/$45  
1011602-03 M,W,F 12/2-12/30 9:00-9:50a $30/$45  

DEEP WATER FITNESS  
Ages 16 & Up • Prerequisite: Tread water comfortably without 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  
1011702-11 Tu,Th 10/1-10/31 9:00-9:50a $30/$45  
1011702-12 Tu,Th 11/5-11/26 9:00-9:50a $30/$45  
1011702-13 Tu,Th 12/2-12/30 9:00-9:50a $30/$45  
LOCATION: NORTHSIDE SWIMMING POOL  
1011702-01 M,W,F 10/2-10/30 6:00-6:50p $30/$45  
1011702-02 M,W,F 11/1-11/27 6:00-6:50p $30/$45  
1011702-03 M,W,F 12/2-12/30 6:00-6:50p $30/$45  

COMPUTERS  

BEG COMPUTER  
Ages 55 & Up • Learn about computer parts, basic maintenance and the Windows 10 operating system. Basic typing skills emphasized. Instructed by C. King.  
LOCATION: NORVIEW COMMUNITY CENTER  
1020104-01 Tu,Th 9/10-11/4 10:00a-12:00p $25/$38  

INT COMPUTER  
Ages 55 & Up • Proficiency in Beg Computer Course or equivalent. Experiment with Microsoft 2013 programs, learn about computer’s operating system, loading and unloading programs and drivers, folder organization, and, troubleshooting. Instructed by C. King.  
LOCATION: NORVIEW COMMUNITY CENTER  
1020204-01 M 9/9-11/18 10:00a-12:00 $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 C. King.  
LOCATION: NORVIEW COMMUNITY CENTER  
1020305-01 M,W,F 9/9-11/18 10:00a-12:00 $25/$38  

MICROSOFT EXCEL 2013  
Ages 18 & Up • Pre-req: Proficiency Beg Computer Course or equivalent. Learn basic spreadsheet functions in Excel 2013, keyboard shortcuts and how to navigate the menu bars, customize ribbon options, and create formula. Instructed by C. King.  
LOCATION: NORVIEW COMMUNITY CENTER  
1020405-01 W 9/9-11/18 6:00-8:00p $45/$68  

NO CLASSES 11/11/2019
DANCE

Ballet Company
Ages 12 & Up • Apprentice Level B or equivalent skills en pointe and exhibit correct placement. INSTRUCTOR PERMISSION REQUIRED. Instructed by K. Hill. No Class Nov 11.
LOCATION: LAKEWOOD DANCE AND MUSIC
1033805-01 M 9/9-11/18 4:30-6:30p $60/$90
1033805-02 W 9/9-11/18 6:30-8:00p $45/$68

Ballet I
Ages 7-13 • Basic Ballet skills, attention to posture, stretching, and barre work. Instructed by S. Dean / M. Ortt. No Class Nov 11.
LOCATION: LAKEWOOD DANCE AND MUSIC
1031205-01 M 9/9-11/18 4:30-6:30p $3/$2/$48
1031205-02 Sa 9/9-11/18 10:30-11:30a $3/$2/$48
1031205-04 14 & Up M 9/9-11/18 6:00-7:00p $3/$2/$48

Ballet II
Ages 7-13 • Ballet I or equivalent skills, emphasizes advanced barre work, center work. INSTRUCTOR PERMISSION REQUIRED. Instructed by S. Dean. No Class Nov 11.
LOCATION: LAKEWOOD DANCE AND MUSIC
1031305-01 M 9/9-11/18 4:30-5:30p 8:00-9:00p $25/$38
1031305-02 Tu 9/9-11/18 5:30-6:30p 3:30-4p $3/$2/$48
1031305-03 Th 9/9-11/18 6:30-7:30p $3/$2/$48

Ballet III
Ages 8-13 • Pre-req, Ballet I or equivalent skills emphasizes advanced barre work, center work and Ballet skills. INSTRUCTOR PERMISSION REQUIRED. Instructed by M. Ortt.
LOCATION: LAKEWOOD DANCE AND MUSIC
1031401-01 M 9/9-11/18 7:00-8:00p $3/$2/$48
1031401-02 14 & Up M 9/9-11/18 6:00-7:00p $3/$2/$48

Ballet IV
Ages 8-18 • Pre-req, Ballet III or equivalent skills, advanced barre work and center work. INSTRUCTOR PERMISSION REQUIRED. Instructed by M.Orrt.
LOCATION: LAKEWOOD DANCE AND MUSIC
1031501-01 M 9/9-11/18 5:00-6:30p $3/$2/$48

Creative I
Ages 11-18 • Pre-req, Ballet IV or equivalent skills, Second Ballet course per week recommended.
INSTRUCTOR PERMISSION REQUIRED. Instructed by M. Ortt.
LOCATION: LAKEWOOD DANCE AND MUSIC
1031601-01 Th 9/9-11/18 8:00-9:00p $3/$2/$48

Creative II
Ages 6-7 • Advancement only with INSTRUCTORS PERMISSION for promotion, in addition to 5yrs old with at least three sessions of Creative I, or, 6yrs old with at least one session of Creative I. Instructed by Ms. Cricket.
LOCATION: LAKEWOOD DANCE AND MUSIC
1031701-01 M 9/9-11/18 3:30-4:30p $3/$2/$48

Registration begins 8/26
**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 Ms. Cricket. No Class Nov 11.
LOCATION: LAKEWOOD DANCE AND MUSIC
1031901-01 M 9/10-11/12 7:00-8:30p $45/$68

**TAHITIAN CARDIO**
Ages 16 & Up • Come circle, shimmy, bump, roll and drop your hips to the fast pace of drumming and other twanging & tinkling instruments. Exotic sounds of island music in bare feet. Instructed by Ms. Cricket.
LOCATION: LAKEWOOD DANCE AND MUSIC
1033505-01 M 9/9-11/18 11:00a-12:00p $32/$48

**MODERN DANCE INT/ADV**
Ages 11 & Up • Participant must have at least 3 years ballet technique, modern, and contemporary.
INSTRUCTOR PERMISSION REQUIRED. Instructed by M. Ortt.
LOCATION: LAKEWOOD DANCE AND MUSIC
1033505-01 Sa 9/14-11/6 9:15-10:30a $40/$60

**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. No Class Nov 11.
LOCATION: LAKEWOOD DANCE AND MUSIC
1032805-01 M 9/9-11/18 8:00-9:00p $32/$48

**TAP I / YTH**
Ages 7-15 • Tap is easy to learn and a fun way to exercise. Develop a sense of rhythm in this beginning level class. Instructed by M. Ortt.
LOCATION: LAKEWOOD DANCE AND MUSIC
1032901-01 Tu 9/11-11/13 6:00-7:00p $32/$48

**TAP II / ADU**
Ages 16 & Up • Pre-req: Completion of Tap I or equivalent dance skills. Only Recital dance rehearsed.
INSTRUCTOR PERMISSION REQUIRED. Instructed by M. Ortt.
LOCATION: LAKEWOOD DANCE AND MUSIC
1033001-01 Tu 9/11-11/13 5:30-6:30p $32/$48

**FITNESS**

**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
1040205-01 Tu 9/7-11/12 7:00-7:30p $13/$20
1040205-02 W 9/7-11/13 7:30-8:00p $13/$20
1040205-03 Th 9/7-11/14 7:00-7:30p $13/$20

**AQUA FITNESS**
Ages 15 & Up • Water exercise is an excellent way to a fit and healthy 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
1040305-01 Tu 9/14-11/16 6:00-7:00p $25/$33

**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
1040405-01 Tu 9/7-11/13 5:30-6:30p $30/$45
1040405-02 F 9/7-11/13 6:30-7:30p $30/$45

**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
1040505-01 M,W 9/7-11/13 6:00-6:45p $50/$75
**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  
1040605-01 M 9/9-11/11 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  
1040705-01 M 9/9-11/11 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  
1040805-01 W 9/9-11/13 9:30-10:30a $25/$38  
1040805-02 W 9/9-11/13 5:30-6:30p $25/$38  
1040805-03 Sa 9/14-11/16 9:30-10:30a $25/$38

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**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  
1040905-01 F 9/13-1/15 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 perform 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  
1041005-02 F 9/13-1/15 5:00-6:00p $25/$38  
1041005-01 M 9/9-11/11 5:30-6:30p $25/$38

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**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  
1041205-01 Tu 9/10-11/12 6:00-7:00p $25/$38  
1041205-02 Sa 9/14-11/16 8:30-9:30a $25/$38

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**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  
1041305-01 W 9/9-11/13 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  
1041405-01 Tu,th 9/10-11/14 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  
1041505-01 Tu,th 9/10-11/14 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  
1041605-01 Tu 9/10-11/12 4:00-5:00p $25/$38  
1041605-02 F 9/13-11/15 6:00-7:00p $25/$38

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**YOGA 1**  
Ages 15 & Up • Equipment: Bring exercise mat and yoga blocks to each class. Learn proper breathing 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  
1041705-01 Th 9/12-11/14 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  
1041805-01 M 9/9-11/11 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 perform 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 your routine.  
LOCATION: NORFOLK FITNESS & WELLNESS CENTER  
1041905-01 F 9/13-11/15 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  
1042105-01 Tu 9/12-11/14 9:30-10:30a $25/$38  
1042105-02 M 9/9-11/11 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  
1042205-01 Tu 9/10-11/12 9:30-10:30a $25/$38  
1042205-02 F 9/13-11/15 10:30-11:30a $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  
1042305-01 F 9/13-11/15 9:30-10:30a $25/$38

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Registration begins 8/26
<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Ages</th>
<th>Prerequisite</th>
<th>Equipment</th>
<th>Location</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GUITAR</strong></td>
<td>Beginner</td>
<td>Ages 7-10</td>
<td>Bring an acoustic or electric guitar to learn basic beginner guitar skills. Lesson materials cost approximately $11.00.</td>
<td>Taught by Amy Ferebee.</td>
<td>Norfolk Fitness &amp; Wellness Center (Room 312)</td>
<td>$25/$38</td>
<td></td>
</tr>
<tr>
<td><strong>GUITAR</strong></td>
<td>Advanced, Beg. I</td>
<td>Ages 8-12</td>
<td>Must know 3 of the 5 basic chord shapes (AEOD), where they are on the first three strings; able to switch from chord to chord. Bring acoustic or electric guitar.</td>
<td>Taught by Amy Ferebee.</td>
<td>Norfolk Fitness &amp; Wellness Center (Room 312)</td>
<td>$32/$48</td>
<td></td>
</tr>
<tr>
<td><strong>GUITAR</strong></td>
<td>Advanced, Beg. II</td>
<td>Ages 8-12</td>
<td>Completion of at least one session of Advanced Beginner Guitar 1. Equipment: Acoustic or electric guitar.</td>
<td>Taught by Amy Ferebee.</td>
<td>Norfolk Fitness &amp; Wellness Center (Room 312)</td>
<td>$32/$48</td>
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<tr>
<td><strong>GUITAR</strong></td>
<td>Intermediate</td>
<td>Ages 11 &amp; Up</td>
<td>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.</td>
<td>Taught by Amy Ferebee.</td>
<td>Norfolk Fitness &amp; Wellness Center (Room 312)</td>
<td>$32/$48</td>
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<tr>
<td><strong>PIANO</strong></td>
<td>Beginner</td>
<td>Ages 7-11</td>
<td>Ages 12 &amp; Up</td>
<td>Lesson materials cost approximately $20.00. A list of required materials is provided by instructor at first class.</td>
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<td>$32/$48</td>
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<tr>
<td><strong>PIANO</strong></td>
<td>Prelude</td>
<td>Ages 7-11</td>
<td>Must have completed one session of Youth Beginner Piano and be using the Piano Pronto Prelude Book.</td>
<td>Materials cost approximately $10.00.</td>
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<td>$32/$48</td>
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<tr>
<td><strong>PIANO</strong></td>
<td>Mvt. I &amp; II</td>
<td>Ages 7-13</td>
<td>Prerequisite: Completion of Piano Pronto Prelude. Students must be using Piano Pronto Mvt. I or II by Eklund.</td>
<td></td>
<td></td>
<td>$32/$48</td>
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<tr>
<td><strong>PIANO</strong></td>
<td>Mvt. III &amp; IV</td>
<td>Ages 12 &amp; Up</td>
<td>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.</td>
<td>Materials cost approximately $10.00.</td>
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<td>$32/$48</td>
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</tr>
<tr>
<td><strong>UKULELE</strong></td>
<td>Beginner</td>
<td>Ages 9 &amp; Up</td>
<td>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).</td>
<td>Taught by Amy Ferebee.</td>
<td></td>
<td>$32/$48</td>
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</tr>
<tr>
<td><strong>UKULELE</strong></td>
<td>Homeschool Beginner</td>
<td>Ages 7-12</td>
<td>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).</td>
<td>Taught by Amy Ferebee.</td>
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</tbody>
</table>
MUSIC

UKULELE: BEYOND BEGINNER
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)
1051205-01  Tu  9/10-11/12  7:00-7:30p  $32/$48

UKULELE: ADVANCED BEGINNER
Ages 9 & Up • Bring your ukulele, move beyond the basics with moveable four-fingered and barred chords and expand your repertoire of right-hand strumming and picking styles. Must have completed Beyond Beginner Ukulele or have instructor permission. Instructed by Amy Ferebee.
LOCATION: NORFOLK FITNESS & WELLNESS CENTERROOM 312)
1052905-01  Tu  9/10-11/12  7:30-8:00p  $32/$48

VOICE: VARIETY
Ages 11 & Up • Learn basic vocal fundamentals to include breath control, note reading, rhythms, posture, ear training, sight reading and more! Enjoy a variety of music while learning to sing. Instructed by Amber Garrett.
LOCATION: LAKEWOOD DANCE AND MUSIC
1051305-01

WORKSHOP: JAM SESSION
Ages 13 & Up • Have fun playing music with others by learning to interact and communicate rhythms and simple music theory. Bring your own instrument. All instruments and voices welcome as group creates interesting textures with simple well known songs and original compositions. Instructed by Amy Ferebee.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 312)
1052605-01  W  9/11-11/13  7:00-8:00p  $37/$56

WORKSHOP: UKULELE STRUM ALONG
Ages 13 & Up • Have fun strumming your ukulele and singing easy songs ranging from traditional and modern genres. Participants should know some basic chords (C-F-G-Am, D-G-A-Bm, G-C-D-Em, A-D-E-Fm) and be “Beyond Beginner” - “Advanced” level. Instructed by Amy Ferebee.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
1051905-01  Sa  10/5  10:00-11:00a  $4/$56

ANNUAL PASSES:
TEAM NORFOLK
Ages: 8-40 • Competitive amateur boxing team.
LOCATION: NORFOLK BOXING CENTER
M - F  5:30pm – 7:30pm  $100/$150 (annual fee)

FITNESS PASS
Ages: 15 & up • Use of fitness area between 6:30am-2pm and boxing area between 12-2pm
LOCATION: NORFOLK BOXING CENTER
M – F  6:30am – 2:00pm  $60/$125 (annual fee)

ONE-TIME PASSES:
PERSONAL TRAINING / PRIVATE BOXING LESSON
Ages: 15 & up (Personal Fitness Training) / 5 & up (Boxing) • One-on-one training designed to achieve your fitness goals or boxing goals at a time of your choosing.
LOCATION: NORFOLK BOXING CENTER
M – F  6:30am – 2:00pm  $30/hour

TEAM BUILDING / CAMP SESSION(S)
Ages: 9 & up • Directed boxing / fitness session designed to provide a fun, challenging fitness & boxing session(s).
LOCATION: NORFOLK BOXING CENTER
M – F  6:30am – 2:00pm  $5/person/hour

PRIVATE MUSIC LESSONS
AVAILABLE FOR AGES 7 & UP
REGISTRATION DEADLINE: AUGUST 30TH
Private lessons are 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. Classes fill quickly; register early.
Private lessons are held at Lakewood Dance & Music Center and Norfolk Fitness & Wellness Center (Rm. 310 or 312). Register in person at the Lakewood Dance & Music Center or online at norfolk.gov/play. Ten week courses meet 10 times and cost $110. Norfolk residents only. See page ___ for additional registration details.
Missed classes cannot be rescheduled or refunded.
M:  9/9-11/18  Note: No class Nov 11
Tu:  9/10-11/12
W:  9/11-11/13
Th:  9/12-11/14
F:  9/13-11/15

NO CLASSES 11/11/2019
RECREATIONAL SPORTS
Registration begins 8/26

ADULT FALL SOFTBALL
Ages 18 & Up • REGISTRATION JULY 1, 2019 – AUGUST 2, 2019
LOCATION: VARIOUS

SENIOR DIVISION MEN 40 AND OVER
1060602-01 M 8/19-11/18 6:45-11:30p $400

MEN DUFFER DIVISION
1060602-02 Tu 8/20-11/19 6:30-11:30p $400

MEN HYBRID TUESDAY
1060602-09 W 8/21-11/20 6:30-11:30p $400

MEN A UPPER DIVISION
1060602-03 W 8/21-11/20 6:30-11:30p $400

WOMEN OPEN DIVISION
1060602-04 W 8/21-11/20 6:30-11:30p $300

MEN DUFFER THURSDAY DIVISION
1060602-06 Th 8/22-11/21 6:30-11:30p $400

MEN HYBRID THURSDAY DIVISION
1060602-10 Th 8/22-11/21 6:30-11:30p $400

COED HYBRID DIVISION
1060602-07 F 8/23-11/22 6:30-11:30p $400

COED DUFFER DIVISION
1060602-08 F 8/23-11/22 6:30-11:30p $400

TO REGISTER: Call 441-5834 or email rposathletics@norfolk.gov for details.
NOTE: a $25 fee will apply for all teams that drop after the deadline.

UPCOMING YOUTH SPORTS

YOUTH FOOTBALL
Boys and Girls ages 5-15
Team Registration: July 1, 2019 – August 9, 2019
Season Starts: Saturday, August 24, 2019

INDOOR FUTSAL
Boys and Girls 5-16
Team Registration: September 9, 2019 – October 18, 2019
Season Starts: Saturday, November 2, 2019

YOUTH BASKETBALL
Boys and Girls 5-16
Team Registration November 25, 2019 – December 23, 2019
Season Starts Saturday, January 11, 2020

To find a team near you, please contact the Lakewood Athletic Office at 757-441-5834
All players are required to have a Facility Use/Athletic I.D. Card.
*Additional registration fees may apply and are determined by team’s affiliate athletic association.
Additional information the athletics email address is rposathletics@norfolk.gov

SENIORS

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

Day Date Event/Topic Time
Tu Sep-May Secret Garden Workshop 10a
Tu Ongoing Crochet Class 11a
Tu Ongoing Book Club Discussion Group 11a
Tu 4th Tues. Triad Senior Safety Meeting (NFWC) 2pm
W 2nd Tues. Senior Club Meeting 11a
W 3rd Wed Caring Seniors of S. S. Social 1a
W Ongoing Chair Cardio 11a
Th Ongoing Morning Joe & Trivia 9a
Th Ongoing Ceramics Workshop 10a
Th Ongoing Enrichment Fellowship 10a
F Ongoing Game Day Social 11a
F Ongoing Wellness Walkers 1pm
F 3rd Fri. Birthday Shout Out Social 12n

SOUTHSIDE SENIOR CENTER EVENTS

Day Date Event/Topic Time
Tu Ongoing Secret Garden Workshop 10a
Tu Ongoing Crochet Class 11a
Tu Ongoing Book Club Discussion Group 11a
Tu 4th Tues. Triad Senior Safety Meeting (NFWC) 2pm
W 2nd Tues. Senior Club Meeting 11a
W 3rd Wed Caring Seniors of S. S. Social 1a
W Ongoing Chair Cardio 11a
Th Ongoing Morning Joe & Trivia 9a
Th Ongoing Ceramics Workshop 10a
Th Ongoing Enrichment Fellowship 10a
F Ongoing Game Day Social 11a
F Ongoing Wellness Walkers 1pm
F 3rd Fri. Birthday Shout Out Social 12n

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Stay Informed about Norfolk Recreation, Parks and Open Space Events, Programs and Services!
EAST OCEAN VIEW SENIOR CENTER EVENTS

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event/Topic</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tu</td>
<td>Ongoing</td>
<td>Social Hour/Crocheting/Knitting</td>
<td>10a</td>
</tr>
<tr>
<td>Tu</td>
<td>Ongoing</td>
<td>Exercising</td>
<td>10:30a</td>
</tr>
<tr>
<td>Tu</td>
<td>Ongoing</td>
<td>Line Dancing</td>
<td>11a</td>
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<tr>
<td>Tu</td>
<td>Ongoing</td>
<td>Billiards and table games</td>
<td>1pm-5pm</td>
</tr>
<tr>
<td>W</td>
<td>Ongoing</td>
<td>60+ Meeting</td>
<td>11a</td>
</tr>
<tr>
<td>W</td>
<td>Ongoing</td>
<td>Canasta</td>
<td>11a</td>
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<tr>
<td>W</td>
<td>Ongoing</td>
<td>Bingo/Social</td>
<td>1pm-5pm</td>
</tr>
<tr>
<td>Th</td>
<td>Ongoing</td>
<td>Billiards, Exercises &amp; quilting</td>
<td>10a</td>
</tr>
<tr>
<td>Th</td>
<td>Ongoing</td>
<td>Table Tennis</td>
<td>2pm-5pm</td>
</tr>
<tr>
<td>F</td>
<td>Ongoing</td>
<td>Bridge</td>
<td>10a</td>
</tr>
<tr>
<td>F</td>
<td>Ongoing</td>
<td>Table Tennis</td>
<td>1pm-5pm</td>
</tr>
<tr>
<td>F</td>
<td>Ongoing</td>
<td>Cards/Open games</td>
<td>1pm-5pm</td>
</tr>
</tbody>
</table>

(SEE ADDITIONAL SENIOR EVENTS ON PAGE 18)

TEENS WITH A PURPOSE

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 develops teens to be peer leaders who together with their adult support team help youth grow into competent, healthy people and develop to their fullest potential.

FALL @ VCM TEEN CENTER AGES 12-19 YEARS OLD

Monday - Teen Gathering: Make new friends, develop your talents, become a leader. Mondays enjoy various arts and leadership workshops, bonding and a meal.

Tuesday - Poetry, Rap & Recording Sessions: Develop, edit, perform and record your own original creations in the Teens With a Purpose Music Studio. Participants experience will be guided by established teaching artist in the field of music production and performance poetry/rap.

Wednesday - Gardening, Visual Arts & HealthE Living: Got a green thumb? Teens plant, nurture and harvest produce and flowers in the Safe Creative Community Garden; explore the world of visual arts or get moving with dance and step workshops. All these activities alternate on Wednesdays.

Thursdays - Members Decide Thursdays: teen decide between movies, board and video games, sports or read and relax or on Youth Circles Thursdays teen circle up with their mentors for closed conversations, includes dinner, games and give-aways!

2019 TWP Gala & Move Maker Awards

November 7th, 2019, Chrysler Museum. Celebrate youth in Hampton Roads and their Mentors who have beaten the odds and triumphed over adversity. Nominate a youth today at www.twpthemovement.org

All located at Vivian C. Mason Teen Center, 700 E. Olney Rd., Norfolk, VA 23504. For more information on these events and programs call (757) 747-2679 or visit www.TWPTheMovement.org

Weeknight programs also include: Visual art, gardening, hip hop yoga, community yoga, Youth Circle-group talk and a teen open mic.
THERAPEUTIC RECREATION

SPECIAL EVENTS  (Call 757-441-1764 for more info.)

FALL FESTIVAL
Ages 18 & Up • Enjoy an afternoon of fall festivities & warm food!
LOCATION: THERAPEUTIC RECREATION CENTER
1080005-01  F  9/27  4:00-6:00p  9/20  $20/$20

HALLOWEEN PARTY
Ages 18 & Up • Join us for a Halloween dance & dinner. Dress in your best Halloween costume.
LOCATION: THERAPEUTIC RECREATION CENTER
1080700-01  F  10/25  6:00-8:00p  10/18  $20/$20

THANKSGIVING FEAST
Ages 18 & Up • Spend time with friends, old & new, around a thanksgiving meal!
LOCATION: THERAPEUTIC RECREATION CENTER
1080205-01  W  11/20  12:00-2:00p  11/13  $15/$15

CHRISTMAS PARTY
Ages 18 & Up • Enjoy contemporary Christmas music along with a festive meal. Create an ornament to take home.
LOCATION: THERAPEUTIC RECREATION CENTER
1080305-01  M  12/6  5:15-6:15p  11/30  $15/$23

ALL ABOUT NAILS
Ages 18 & Up • Experiment with colors & designs while learning basic nail care & maintenance. $5 supply fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
1080505-01  W  9/11-10/9  4:00-4:50p  9/4  $20/$30

CHRISTMAS PARTY NEW!
Ages 18 & Up • Enjoy contemporary Christmas music along with a festive meal. Create an ornament to take home.
LOCATION: THERAPEUTIC RECREATION CENTER
1080305-01  M  12/6  11:00a-1:00p  12/9  $20/$20

CHILDREN & TEEN PROGRAMS

ALLEY CATS
Ages 6-19 • Learn the basics of bowling. Adaptive equipment is available if needed. Bring $4 CASH each week. Shoe rental included.
LOCATION: AMF LITTLE CREEK LANES
1080405-01  Tu  9/10-11/12  5:15-6:15p  9/3  $15/$23

GUITAR LEVEL I
Ages 13 & Up • Bring an acoustic guitar & a few picks. Learn modified chords to play familiar tunes.
LOCATION: THERAPEUTIC RECREATION CENTER
1080605-01  W  9/11-11/13  5:00-5:45p  9/4  $15/$23

CHAIR EXERCISE
Ages 18 & Up • Must be able to engage in aerobic exercise for at least 30 min. and dress/toilet independently. No swimming skills necessary, but must be comfortable standing in water 4"-6" deep unassisted. Swimsuits required. Class will combine high-intensity cardio exercises & plyometric power moves. Increase mobility & muscle tone during this shallow and deep-water workout. No class 11/11.
LOCATION: NORTHSIDE POOL
1080905-01  M  9/9-11/18  9:00-9:45a  9/3  $15/$23

SPARES & STRIKES
Ages 18 & Up • Head to AMF Little Creek Lanes for bowling fun! Adaptive equipment available. Bring $4 CASH each week. Shoe rental included. No class 11/11.
LOCATION: AMF LITTLE CREEK LANES
1081005-01  M  9/9,9/9,23/10,30/10,1/14  5:00-7:00p  9/3  $15/$23

THANKSGIVING FEAST
Ages 18 & Up • Spend time with friends, old & new, around a thanksgiving meal!
LOCATION: THERAPEUTIC RECREATION CENTER
1080205-01  W  11/20  12:00-2:00p  11/13  $15/$15

SPARES & STRIKES
Ages 18 & Up • Head to AMF Little Creek Lanes for bowling fun! Adaptive equipment available. Bring $4 CASH each week. Shoe rental included. No class 11/11.
LOCATION: AMF LITTLE CREEK LANES
1081005-01  M  9/9,9/9,23/10,30/10,1/14  5:00-7:00p  9/3  $15/$23

LET’S DO BRUNCH
Ages 18 & Up • Enjoy a morning brunch, while socializing with friends. Bring a minimum of $10 each week for brunch. $10 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
1081105-01  M  9/16,10/7,11/4  9:30-11:30a  9/9  $20/$30

SUNSET HIKES
Ages 18 & Up • Transportation provided from TRC to hiking locations only. Explore different hiking locations throughout Hampton Roads. Must be able to walk on uneven terrain for up to 4 miles. Wear weather appropriate clothing and closed toe walking shoes. Water is required.
LOCATION: THERAPEUTIC RECREATION CENTER
1081110-01  M  9/16,10/7,11/4  9:30-11:30a  9/9  $20/$30

ALL ABOUT NAILS
Ages 18 & Up • Experiment with colors & designs while learning basic nail care & maintenance. $5 supply fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
1080505-01  W  9/11-10/9  4:00-4:50p  9/4  $20/$30

BRAIN GAMES
Ages 18 & Up • Stimulate the brain by playing a series of games involving critical thinking, counting, memory & teambuilding. Also, learn how to demonstrate simple magic tricks to peers!
LOCATION: THERAPEUTIC RECREATION CENTER
1081205-01  Tu  9/16-10/30  6:00-7:00p  9/9  $20/$30

FIT & FUN I
Ages 18 & Up • Increase your fitness awareness by participating in workouts at the gym. Learn how to use various machines such as treadmills & ellipticals to increase your cardiovascular fitness as well as your overall strength. Bring gym bag with the proper attire to change into as well as a small towel & water.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
1080805-01  Tu  9/9-11/12  10:00-11:30a  9/3  $15/$15

FIT & FUN I
Ages 18 & Up • Increase your fitness awareness by participating in workouts at the gym. Learn how to use various machines such as treadmills & ellipticals to increase your cardiovascular fitness as well as your overall strength. Bring gym bag with the proper attire to change into as well as a small towel & water.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
1080805-01  Tu  9/9-11/12  10:00-11:30a  9/3  $15/$15

OLDER TEEN & ADULT PROGRAMS

STRESS MANAGEMENT
Ages 18 & Up • Learn stress management techniques to assist you in enhancing your quality of life. $30 supply fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
1081305-01  M  9/9-11/11  12:00-1:15p  9/3  $15/$23

SPARES & STRIKES
Ages 18 & Up • Head to AMF Little Creek Lanes for bowling fun! Adaptive equipment available. Bring $4 CASH each week. Shoe rental included. No class 11/11.
LOCATION: AMF LITTLE CREEK LANES
1081005-01  M  9/9,9/9,23/10,30/10,1/14  5:00-7:00p  9/3  $15/$23

SPARES & STRIKES
Ages 18 & Up • Head to AMF Little Creek Lanes for bowling fun! Adaptive equipment available. Bring $4 CASH each week. Shoe rental included. No class 11/11.
LOCATION: AMF LITTLE CREEK LANES
1081005-01  M  9/9,9/9,23/10,30/10,1/14  5:00-7:00p  9/3  $15/$23

SPARES & STRIKES
Ages 18 & Up • Head to AMF Little Creek Lanes for bowling fun! Adaptive equipment available. Bring $4 CASH each week. Shoe rental included. No class 11/11.
LOCATION: AMF LITTLE CREEK LANES
1081005-01  M  9/9,9/9,23/10,30/10,1/14  5:00-7:00p  9/3  $15/$23

SPARES & STRIKES
Ages 18 & Up • Head to AMF Little Creek Lanes for bowling fun! Adaptive equipment available. Bring $4 CASH each week. Shoe rental included. No class 11/11.
LOCATION: AMF LITTLE CREEK LANES
1081005-01  M  9/9,9/9,23/10,30/10,1/14  5:00-7:00p  9/3  $15/$23

SPARES & STRIKES
Ages 18 & Up • Head to AMF Little Creek Lanes for bowling fun! Adaptive equipment available. Bring $4 CASH each week. Shoe rental included. No class 11/11.
LOCATION: AMF LITTLE CREEK LANES
1081005-01  M  9/9,9/9,23/10,30/10,1/14  5:00-7:00p  9/3  $15/$23

SPARES & STRIKES
Ages 18 & Up • Head to AMF Little Creek Lanes for bowling fun! Adaptive equipment available. Bring $4 CASH each week. Shoe rental included. No class 11/11.
LOCATION: AMF LITTLE CREEK LANES
1081005-01  M  9/9,9/9,23/10,30/10,1/14  5:00-7:00p  9/3  $15/$23

LOCATION: THERAPEUTIC RECREATION CENTER
1081305-01  M  9/9-11/11  12:00-1:15p  9/3  $15/$23

NO CLASSES 11/11/2019
**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
1081905-01 Tu 9/10-11/12 4:30-5:20p 9/3 $15/$23

**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
1082005-01 Tu 9/10-11/12 5:30-6:20p 9/3 $15/$23

**PROBOWLERS**
Ages 18 & Up • Bowl without bumpers as a league to improve your independent bowling skills. Bring $4 CASH each week. Shoe rental included.
LOCATION: AMF LITTLE CREEK LANES
1082105-01 Tu 9/10-11/12 5:35-6:35p 9/3 $15/$23

**ADVANCED MEDITATION**
Ages 18 & Up • Quiet the mind & body while increasing ability to focus & become more mindful through a series of deep breathing exercises followed by discussion.
LOCATION: THERAPEUTIC RECREATION CENTER
1082205-01 Tu 9/10-11/12 6:30-7:10p 9/3 $15/$23

**MILLION BULB WALK**
Ages 18 & Up • Transportation provided from TCR to event site only. Take a walking tour of Norfolk Botanical Gardens Million Bulbs trail. Wear weather appropriate attire. Bring cash for snacks & drink if you desire. $20 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
1082305-01 Tu 11/19 6:00-9:00p 11/12 $25/$38

**AQUACISE II 🥇**
Ages 18 & Up • Prereq: Proficiency in Aqua I course or equivalent. Must be able to dress/toilet independently. No swimming skills necessary, but must be comfortable standing in water 4’ deep unassisted. Swimsuits required. Increase mobility & range of motion during this moderate level water workout. Participants can expect a warm-up, cardio workout & cool down.
LOCATION: NORTHSIDE POOL
1082405-01 W 9/11-11/13 9:00-9:45a 9/4 $15/$23

**TRAILBLAZERS**
Ages 18 & Up • Transportation provided from the TCR to event site only. Trailblazers will explore a different hiking trail each class. Bring water, snacks & hiking boots.
LOCATION: THERAPEUTIC RECREATION CENTER
1082505-01 W 9/11-10/9 9:00a-12:00p 9/11 $15/$23

**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 their own ceramic pieces & special paints not provided in center inventory. Paint decorative/functional art, try detailed paint strokes & new techniques.
LOCATION: THERAPEUTIC RECREATION CENTER
1082605-01 W 9/11-11/13 10:30a-12:00p 9/4 $25/$38

**WEIGHTLIFTING WEDNESDAY NEW!**
Ages 18 & Up • Come to the TCR for an introduction to weightlifting. Use a squat rack weighted bar to squat, dead lift & bench press. Class will consist of gross motor exercises, strength exercises & a cool down. Water, closed toe shoes & clothes that allow for ease of movement are required.
LOCATION: THERAPEUTIC RECREATION CENTER
1085905-01 W 10/16-11/13 1:00-2:00p 10/9 $15/$23

**ALL ABOUT NAILS**
Ages 18 & Up • Experiment with colors & designs while learning basic nail care & maintenance. $5 supply fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
1086005-01 W 9/11-11/15 5:00-5:45p 9/4 $15/$23

**TRC KITCHEN NEW!**
Ages 16 & Up • Come cook delicious meals to enjoy among fun conversations. $35 supply fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
1083905-01 W 10/23-11/20 4:00-6:00p 10/16 $50/$75

**GUITAR LEVEL I**
Ages 13 & Up • Bring an acoustic guitar & a few picks. Learn modified chords to play familiar tunes.
LOCATION: THERAPEUTIC RECREATION CENTER
1080605-01 W 9/11-11/15 $20/$30

**GO GREEN 🌍**
Ages 18 & Up • Show your community pride by working as a team to keep an adopted Norfolk road green & beautiful.
LOCATION: THERAPEUTIC RECREATION CENTER
1083005-01 Tu 10/9 $15/$23

**HAUNTED TOURS**
Ages 18 & Up • Transportation provided from TCR to event site only. Travel to Haunted Hunt Club Farms for a Haunted Hayride, Field of Screams, & walk through a Haunted Graveyard; you will need $35 cash for this event. For the second tour we will attend Busch Gardens Howl-O-Scream, you will need $45 or your season pass for this event - class will be 4:30-11p. $35 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
1082905-01 W, Th 10/16, 10/17 6:00-9:00p 10/9 $42/$63

**COOKING 🥦**
Ages 18 & Up • Prepare breakfast, lunch or dinner with real foods that come directly from nature as primary source of nutrition using EVOO, spices & good fats. First class is grocery shopping, no lunch provided. $30 supply fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
1083105-01 Th 9/30-10/7 $30 $15/$23

**HAUNTED TOURS**
Ages 18 & Up • Transportation provided from TCR to event site only. Travel to Haunted Hunt Club Farms for a Haunted Hayride, Field of Screams, & walk through a Haunted Graveyard; you will need $35 cash for this event. For the second tour we will attend Busch Gardens Howl-O-Scream, you will need $45 or your season pass for this event - class will be 4:30-11p. $35 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
1083105-01 Th 9/30-10/7 $30 $15/$23

**COOKING 🥦**
Ages 18 & Up • Prepare breakfast, lunch or dinner with real foods that come directly from nature as primary source of nutrition using EVOO, spices & good fats. First class is grocery shopping, no lunch provided. $30 supply fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
1083105-01 Th 9/30-10/7 $30 $15/$23

**FIT & FUN II**
Ages 18 & Up • Increase your fitness awareness by participating in workouts at the gym. Learn how to use various machines such as treadmills & ellipticals to increase your cardiovascular fitness as well as your overall strength. Bring gym bag with the proper attire to change into as well as a small towel & water.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
1083305-01 Th 9/12-11/4 1:00-2:30p 9/5 $15/$23

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*Indicates transportation is available from participant home to program location. Call (757) 441-1764 for details.*
<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Description</th>
<th>Cost</th>
<th>Location</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BARRÉ FITNESS</strong></td>
<td>18+</td>
<td>Join this ballet inspired workout! Participants will combine functional yoga, Pilates, &amp; ballet moves for a power workout. Wear clothing that allows for ease of movement. Participants may complete class with tennis shoes, barefoot, or socks with grips. Water is mandatory.</td>
<td>$15</td>
<td>THERAPEUTIC RECREATION CENTER</td>
<td>$15/$23</td>
</tr>
<tr>
<td><strong>GUITAR LEVEL II</strong></td>
<td>13+</td>
<td>Bring an acoustic guitar &amp; a few picks. Learn full chords to play familiar tunes. Must be able to play chords that are not modified.</td>
<td>$15</td>
<td>THERAPEUTIC RECREATION CENTER</td>
<td>$15/$23</td>
</tr>
<tr>
<td><strong>WAIST AWAY</strong></td>
<td>18+</td>
<td>Learn how to become healthier through exercise &amp; proper eating. Participate in group exercise, learn how to make healthy meals &amp; enjoy healthy dinners with peers. $25 supply fee included.</td>
<td>$40/$60</td>
<td>THERAPEUTIC RECREATION CENTER</td>
<td></td>
</tr>
<tr>
<td><strong>CLUB TRC</strong></td>
<td>18+</td>
<td>Looking to socialize with friends in the evening? Join the club! Participants will do a variety of activities on Club TRC nights that may include playing games, singing songs, dancing, making crafts &amp; strengthening friendships. Club sandwiches included. $25 supply fee included.</td>
<td>$30/$15</td>
<td>THERAPEUTIC RECREATION CENTER</td>
<td></td>
</tr>
<tr>
<td><strong>PUMPKIN DECORATING</strong></td>
<td>18+</td>
<td>Bring a pumpkin to carve, paint, or bedazzle any way you like. Decorations &amp; carving supplies provided. $5 supply fee included.</td>
<td>$40/$60</td>
<td>THERAPEUTIC RECREATION CENTER</td>
<td></td>
</tr>
<tr>
<td><strong>FARMERS MARKET</strong></td>
<td>18+</td>
<td>Join us at the Farmer’s Market to shop for fresh fruits &amp; vegetables, as well as look at the specialty shops. Bring $20 cash for lunch &amp; frozen yogurt. Extra money for shopping optional. $5 trip fee included.</td>
<td>$5/$9</td>
<td>THERAPEUTIC RECREATION CENTER</td>
<td></td>
</tr>
<tr>
<td><strong>AQUACISE</strong></td>
<td>18+</td>
<td>Must be able to dress &amp; toilet independently. No swimming skills needed, but must be comfortable standing in 4’ water unassisted. Swimsuits required. Increase mobility &amp; range of motion during this gentle water workout.</td>
<td>$15/$23</td>
<td>NORTH SIDE POOL</td>
<td></td>
</tr>
<tr>
<td><strong>CYCLING</strong></td>
<td>18+</td>
<td>Must be able to bike independently. Enjoy a fall morning biking around local parks in the Hampton Roads area. Learn the basics of bike safety, including rules of the road, helmet safety, parts of the bike &amp; riding on various terrains. Own bike &amp; helmet required!</td>
<td>$15/$23</td>
<td>THERAPEUTIC RECREATION CENTER</td>
<td></td>
</tr>
<tr>
<td><strong>BOOT CAMP</strong></td>
<td>18+</td>
<td>Classes consist of a warm-up, strength training, cardio &amp; cool-down. Designed to make you sweat with a high-intensity workout. Wear tennis shoes, clothing that allows for ease of movement &amp; bring water bottle.</td>
<td>$15</td>
<td>THERAPEUTIC RECREATION CENTER</td>
<td>$15/$23</td>
</tr>
<tr>
<td><strong>POTTERY &amp; SCULPTING</strong></td>
<td>18+</td>
<td>Explore your artsy side by molding pieces of clay using your hands and imagination. $15 supply fee included.</td>
<td>$27/$41</td>
<td>THERAPEUTIC RECREATION CENTER</td>
<td></td>
</tr>
</tbody>
</table>

**NOTES**: No Classes 11/11/2019

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

**BUSCH GARDENS CHRISTMASTOWN**

Ages 18 & Up • Transportation provided from TRC to event site only. Spend a magical evening at Christmas Town in Busch Gardens with friends. Cost of admission will be announced. Bring an additional $25 for dinner & hot drinks. Dress warm! $20 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1085505-01  
Sa, 12/15  
10:00a-12:00p  
$20/$30

**HOLIDAY ORNAMENT MAKING**

Ages 18 & Up • Spend two days making unique ornaments for your family & friends! $15 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1085505-01  
Tu, W  
12/10, 12/11  
10:00a-12:00p  
$20/$30

**MAKE HOLIDAY MUSIC NEW!**

Ages 18 & Up • Equipment optional. You may bring your guitar, shake your tambourine or maracas, or raise your voice. Come show off your holiday spirit through music! Enjoy dinner with your friends after playing traditional holiday songs. $5 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1085505-01  
Th  
12/12  
5:30-7:00p  
$10/$15

**HURRAH FOR THE HOLIDAYS**

Ages 18 & Up • Transportation provided from TRC to event site only. Get in the holiday spirit as we visit the Roper Theater to see the Hurrah! Players sing & dance to joyful holiday classics. Bring along a few dollars if you wish to buy a snack during intermission. $20 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1085505-01  
Th  
12/12  
10:00a-12:30p  
$20/$30

**HOLIDAY KARAOKE NEW!**

Ages 18 & Up • Come sip on hot chocolate as we sing along to holiday tunes. $2 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1085505-01  
Th  
12/19  
5:00-6:00p  
$7/$11

**VISUAL ARTS**

**YOUTH ART**

**CLAY SCULPTURE FOR TEENS**

Ages 12-17 • Clay sculpture is a world of fun; explore texture, glazing and special techniques. Instructed by Virginia VanHorn.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1110501-01  
M  
9/15-10/28  
6:30-8:30p  
$50/$75

**PRINTMAKING**

Ages 9-17 • Carve an image into linoleum block and charge it with ink to print endless multiples of your very own original artwork. Instructed by Virginia VanHorn.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1110901-01  
M 9/15-10/28  
4:00-6:00p  
$50/$73

**ADULT ART**

**CLAY HANDBUILDING / INTERMEDIATE / ADVANCED**

Ages 18 & Up • Prerequisite: must have clay experience. This class includes demonstrations with instructor guidance Instructed by Patricia Kehouh.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1110502-01  
Th  
9/12-10/31  
10:00a-12:30p  
$50/$75

**COLLAGE AND BEESWAX**

Ages 18 & Up • Collage with layers of beeswax using vintage photographs, postcards, stamps, special papers, ribbons, text, found objects, and jewelry. Instructed by Leigh Babcock.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1110602-01  
M  
10/21-11/25  
6:30-8:30p  
$45/$68

**ENAMELING**

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

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1110502-01  
W  
9/11-10/30  
1:00-3:30p  
$55/$83

**FELTMaking IN THE FALL**

Ages 18 & Up • Felt is created by pressing gorgeous blended fibers together into an original design. Try sewing and felting to create a one of a kind piece of artwork. Instructed by Leigh Babcock.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1110702-01  
M  
9/12-10/14  
6:30-8:30p  
$45/$68

**FUNCTIONAL CLAY HANDBUILDING**

Ages 18 & Up • This class includes demonstrations using slabs and coils to make functional pieces. Instructed by Pam Gray.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1110802-01  
T  
9/11-11/12  
6:30-8:30p  
$50/$75

**HOT GLASS**

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

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1110502-01  
W  
9/11-10/30  
1:00-3:30p  
$55/$83

**MOSAICS**

Ages 18 & Up • Begin with an introductory project to learn the easy technique of Mosaic Art. Upon completion, choose a personal project: wooden birdhouse, a frame, a small table, pre-poured stepping stone, or sculpture and more! Instructed by Leigh Babcock.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1110802-01  
Th  
9/12-10/31  
10:00a-12:30p  
$50/$75

**OIL PAINTING**

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

LOCATION: FAIRLAWN RECREATION CENTER

1112801-01  
Th  
9/12-11/14  
10:00a-12:00p  
$40/$60

**OPEN STUDIO QUILTING**

Ages 18 & Up • Experience required and ability to work without an instructor. Participants required to bring sewing machine if so desired.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1114102-01  
Tu  
9/17-10/29  
6:00-8:30p  
$30/$45

1114102-02  
M  
9/17-10/29  
10:00a-12:30p  
$30/$45

All classes take place at the Titustown Visual Arts Center unless otherwise noted.

NO CLASSES 11/11/2019
OPEN STUDIO SEWING
Ages 18 & Up • Experience required and ability to work without an instructor. Participants required to bring sewing machine if so desired.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
1114602-01 Th 9/12-10/31 6:00-8:30p $30/$45
1114602-02 Th 9/12-10/31 10:00a-12:30p $30/$45

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 brush strokes. Instructed by Mike Lane.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
1112502-01 W 9/18-11/06 10:00a-12:30p $45/$68
1112502-02 W 9/18-11/06 1:00-3:30p $45/$68

PAINTING/OPEN 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
1112702-01 Tu 9/10-10/29 10:00a-12:30p $35/$53
1112702-02 Tu 9/10-10/29 1:00-3:30p $35/$53
1112702-03 F 9/13-11/1 10:00a-12:30p $35/$53
1112702-04 F 9/13-11/1 1:00-3:30p $35/$53

POTTERY ON THE WHEEL/ALL LEVELS
Ages 18 & Up • Learn how to center, throw and glaze; understand special techniques and safety management. Instructed by Pam Gray.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
1113302-01 W 9/13-11/15 10:00a-12:00p $50/$75

POTTERY ON THE WHEEL/ADV
Ages 18 & Up • Prerequisite: Intermediate course or equivalent. Schedule a meeting with instructor for permission to join. Those without permission will be removed. Develop new skills while focusing on simplicity of form, balance proportion. Instructed by Mildred Tickle.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
1113702-01 Sa 9/14-11/2 10:00a-12:30p $50/$75

PRINTMAKING
Ages 18 & Up • Gain exposure to a multitude of printmaking techniques. Explore linoleum block printing as well as monotype methods. Instructed by Virginia VanHorn.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
1114302-01 W 9/11-10/30 6:00-8:30p $55/$83

SILVER JEWELRY/BEGINNING
Ages 18 & Up • Learn the basics of metalsmithing from designing to creating functional pieces of jewelry. Instructed by Hillary Davenport.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
1114702-01 Th 9/12-10/31 6:00-8:30p $55/$83
1114702-01 M 9/9-10/28 10:00a-12:30p $55/$83

SILVER JEWELRY/INTERMEDIATE/ADV
Ages 18 & Up • Prerequisite: Intro to Jewelry or equivalent. Expand techniques with more complex, detailed metalsmithing processes. Instructed by Hillary Davenport.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
1114902-01 Tu 9/10-10/29 10:00a-12:30p $55/$83
1114902-02 Tu 9/10-10/29 6:00-8:30p $55/$83

SILVER JEWELRY/OPEN STUDIO
Ages 18 & Up • Enjoy studio time to create freely. Instructor guidance available by Hillary Davenport.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
1115402-01 Sa 9/14-11/02 10:00a-12:30p $55/$83

STAINED GLASS/BEGINNING
Ages 18 & Up • Beginning projects include glass-cutting, copper foil technique, lead came and soldering. Instructed by Robert Peterson.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
1115102-01 W 9/11-10/30 6:00-8:30p $55/$83

STAINED GLASS/INTERMEDIATE/ADV
Ages 18 & Up • Two classes shared in one night! Participants must complete Stained Glass Beginning. Instructed by Robert Peterson.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
1115302-01 M 9/9-10/28 6:00-8:30p $55/$83

THE ART OF REPOUSSE NEW!
Ages 18 & Up • Learn the art of Repousse which involves “drawing on metal” by pushing thin metal into designs to create unique works that can then be mounted to hard surfaces. Create unique picture frames, wall hanging, decorate furniture, or anything you wish or adorn with your own metal designs. Instructed by Hillary Davenport.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
1115202-01 W 9/11-10/30 10:00a-12:30p $55/$83

WORKSHOPS

ASSEMBLAGE NEW!
Ages 18 & Up • Assemblage is a form of sculpture comprised of found objects, arranged in such a way to create an original artwork. Instructed by Virginia VanHorn.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
1382502-01 S 10/12-10/19 10:00a-1:00p $35/$55

GLASS FUSED HOLIDAY ORNAMENTS
Ages 18 & Up • Just in time for the holidays; learn to cut stained glass and create an original ornament. Instructed by Robert Peterson.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
1380302-01 T 10/29-11/5 2:00p-4:00p $35/$55

JUNK JEWELRY
Ages 18 & Up • Reinvent your costume jewelry! A beginner friendly workshop—no jewelry skills necessary. Instructed by Hillary Davenport.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
1380802-01 W 10/2-10/9 10:00a-1:00p $35/$55

METAL FLOWERS NEW!
Ages 18 & Up • Design and create your own flower out of metal using metalsmithing. Instructed by Hillary Davenport.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
1382102-01 F 10/11-10/18 10:00a-1:00p $40/$58

THREE MODELS THREE SATURDAYS!
Ages 18 & Up • Paint or draw three models three Saturdays. Ability to work independently without instructor. Participants required to bring portable easels if so desired.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
1382402-01 Sa 10/5-10/19 10:00-12:30p $30/$45

SPECIAL EVENT FOR VISUAL ARTS

THE PAUL STREET GALLERY PRESENTS “POUR” A POTTERY AND CLAY HANDBUILDING EXHIBITION
Opening September 14th 10:00am-1:00pm, exhibition runs through November 15th
LOCATION: TITUSTOWN RECREATION AND VISUAL ARTS CENTER
Cost: FREE AND OPEN TO THE PUBLIC Call (757) 441-1227 for more information

NO CLASSES 11/11/19
SENIOR EVENTS

MAKE A KITE, FLY A KITE
September 19, 10:00am-12:00pm
LOCATION: EAST OCEAN VIEW COMMUNITY CENTER AND SENIOR CENTER
Cost: Free  Call (757) 441-1785 for more information

SWAP A THON
September 24, 10:00am-12:00pm
LOCATION: EAST OCEAN VIEW COMMUNITY AND SENIOR CENTER
Cost: Free  Call (757) 441-1785 for more information

60’S, 70’S 80’S FALL SOCK HOP
September 27, 3:00pm-6:00pm
LOCATION: EAST OCEAN VIEW COMMUNITY AND SENIOR CENTER
Cost: Free  Call (757) 441-1785 for more information

MAKE A HALLOWEEN MASK
October 14, 10:00am-2:00pm
LOCATION: EAST OCEAN VIEW COMMUNITY AND SENIOR CENTER
Cost: Free  Call (757) 441-1785 for more information

FALL CARNIVAL
October 14, 10:00am-2:00pm
LOCATION: EAST OCEAN VIEW COMMUNITY AND SENIOR CENTER
Cost: Free  Call (757) 441-1785 for more information

PINK POWER SURVIVOR PARTY
October 15, 11:00am-1:00pm
LOCATION: SOUTH SIDE SENIOR CENTER
Cost: Free  Call (757) 664-6848 for more information

FALL CRAFT - PILLOW MAKING
October 31, 10:00am-2:00pm
LOCATION: EAST OCEAN VIEW COMMUNITY AND SENIOR CENTER
Cost: Free  Call (757) 441-1785 for more information

FALL CRAFT - HOLIDAY WREATH MAKING
November 7, 10:00am-12:00pm
LOCATION: EAST OCEAN VIEW COMMUNITY AND SENIOR CENTER
Cost: Free  Call (757) 441-1785 for more information

VETERANS DAY TRIBUTE
November 8, 10:00am-1:00pm
LOCATION: SOUTH SIDE SENIOR CENTER
Cost: Free  Call (757) 664-6848 for more information

BUNCO
November 14-28, (Every 2nd Thursday) Time: 12:00pm
LOCATION: EAST OCEAN VIEW COMMUNITY AND SENIOR CENTER
Cost: Free  Call (757) 441-1785 for more information

COMMUNITY CRAFT EXHIBIT & FAIR
November 19, 10:00am-3:00pm, LOCATION: SOUTH SIDE SENIOR CENTER
Cost: Free  Call (757) 664-6848 for more information

THE PRICE IS RIGHT - THANKSGIVINGS EDITION
November 19, 12:00pm-2:00pm
LOCATION: EAST OCEAN VIEW COMMUNITY AND SENIOR CENTER
Cost: Free  Call (757) 441-1785 for more information

DOLLAR DAYS
November 25, 10:30am, LOCATION: EAST OCEAN VIEW COMMUNITY AND SENIOR CENTER
Cost: Free  Call (757) 441-1785 for more information

ENVIRONMENTAL EVENT

NORFOLK ARBOR DAY
October 5, 10:00am-2:00pm
LOCATION: LAFAYETTE PARK
Cost: Free  Call (757) 823-4291 for more information

MUSIC & DANCE EVENTS

FALL MUSIC RECITAL/PARTY
November 16, 3:00pm-5:00pm
LOCATION: LAKEWOOD DANCE AND MUSIC CENTER, 1612 WILLOW WOOD DRIVE
For youth music students enrolled in the Fall 2019 session only.
Cost: Free  Call (757) 441-5833 for more information

2019 LAKEWOOD DANCE MAGIC RECITAL
November 23, 5:00pm-8:00pm
LOCATION: HARRISON OPERA HOUSE, 160 W. VIRGINIA BEACH BLVD, NORFOLK VA 23510
Cost: $10.00 per person, tickets can be purchased through Ticketmaster
Call (757) 441-5833 for more information

Cemetery Tours: $5 suggested donation per person.
Info & Weather Cancellations: Visit norfolksocietyforcemeteryconservation.org

LOCATION FOR THESE EVENTS: ELMWOOD CEMETERY, 238 E. PRINCESS ANNE RD.

ORDEAL BY INNOCENCE – BEING A CHILD IN THE VICTORIAN ERA CEMETERY TOUR
August 2, 6:30-8:30pm. Join tour guide Shannon Stafford as he explains what childhood was like during the Victorian Period.

ART OF DEATH – VICTORIAN SYMBOLS AND STATUES OF ELMWOOD CEMETERY
August 16, 6:30-8:00pm, September 20 – 6-7:30 pm. Join tour guide Shannon Stafford as he deciphers the secret language of Victorian headstone symbols and status of Elmwood Cemetery.

AGE OF AGONY - PERILS & PRACTICES OF VICTORIAN MEDICINE CEMETERY TOUR
August 23, 6:30-8:00pm. Join tour guide Shannon Stafford as shares stories of diseases, Victorian operating rooms, hospital histories and doctors oh my!

WHEN DUTY CALLS – HONORING FIRST RESPONDERS CEMETERY TOUR
September 6, 6:00-7:30pm. Join tour guide Shannon Stafford as he highlights the heroes that keep us safe every day.

HISTORY, MYSTERY, MURDER AND MAYHEM CEMETERY TOURS
October 18, 25, November 1 – 5:00-7:00pm. Join local historian Robert Hitchings and discover Norfolk’s link to the world’s most notorious murderers. Resurrect long forgotten tales of crime and chaos and learn where bodies are buried. Explore hauntingly beautiful memorial art and architecture. Material may not be suitable for children under the age of 12.

FROM HERE TO ETERNITY 5K TWILIGHT RUN-WALK
October 19, 5:00pm. Join the Norfolk Society for Cemetery Conservation (NSCC) and support important conservation efforts for Norfolk’s historic cemeteries. Elmwood & West Point Cemeteries. 238 E. Princess Anne Rd. Prizes, medals and a Victorian-Era themed costume contest at 4 p.m. Check-in 3:30-4:30 p.m. http://www.norfolksocietyforcemeteryconservation.org/

NSCC VOLUNTEER WORKDAYS - NORFOLK SOCIETY FOR CEMETERY CONSERVATION
Check for dates on the NSCC calendar at http://www.norfolksocietyforcemeteryconservation.org/. Elmwood Cemetery, 238 E. Princess Anne Rd.

NO CLASSES 11/11/2019
HOW TO REGISTER

• 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.
• Registration may be accepted up to 7 days after class start date, if space is available.
• A $5 late fee applies to registration 7 days or less prior to class start date.

WHEN TO REGISTER
Norfolk Residents • Begins Monday, August 26 at 10:00 a.m.
Non-Residents • Begins Tuesday, September 3 at 10:00 a.m.
Therapeutic Recreation • Registration for residents begins Monday, August 26, 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 Tuesday, Sept. 3.
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.

ONLINE REGISTRATION INSTRUCTIONS

1 Visit Norfolk.gov/Play
2 Click the “Online Registration Tab
3 Login & start shopping!

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.
• A $5 late fee applies to registration 7 days or less prior to class start date.

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
David Dearborn
Gregg Mottinger
Darrick Person
Stephen Powell
Debra Rocke

We want to welcome Nathaniel Kinnison, our newly appointed commission member, May 2019 (not pictured).
### WHERE DO I REGISTER?

<table>
<thead>
<tr>
<th>COURSE CATEGORY</th>
<th>IF COURSE IS HELD AT:</th>
<th>REGISTER AT:</th>
<th>PHONE#</th>
<th>ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquatics</td>
<td>Huntersville Indoor Pool</td>
<td>Huntersville Indoor Pool</td>
<td>(757) 664-7431</td>
<td>830 Goff St.</td>
</tr>
<tr>
<td>Aquatics</td>
<td>NFWC Indoor Pool</td>
<td>NFWC Indoor Pool</td>
<td>(757) 823-4306</td>
<td>7300 Newport Ave.</td>
</tr>
<tr>
<td>Aquatics</td>
<td>Northside Indoor Pool</td>
<td>Northside Indoor Pool</td>
<td>(757) 441-1760</td>
<td>8401 Tidewater Dr.</td>
</tr>
<tr>
<td>Aquatics</td>
<td>Southside Aquatic Center</td>
<td>Southside Aquatic Center</td>
<td>(757) 333-5281</td>
<td>1750 Campostella Rd.</td>
</tr>
<tr>
<td>Arts &amp; crafts</td>
<td>Any Site Listed</td>
<td>Titustown Visual Arts Center</td>
<td>(757) 441-1227</td>
<td>7545 Diven St.</td>
</tr>
<tr>
<td>Dance</td>
<td>Any Site Listed</td>
<td>Lakewood Dance &amp; Music Center</td>
<td>(757) 441-5833</td>
<td>1612 Willow Wood Dr.</td>
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<tr>
<td>Fitness</td>
<td>Any Site Listed</td>
<td>NFWC</td>
<td>(757) 823-4301</td>
<td>7300 Newport Ave.</td>
</tr>
<tr>
<td>Music</td>
<td>Any Site Listed</td>
<td>Lakewood Dance &amp; Music Center</td>
<td>(757) 441-5833</td>
<td>1612 Willow Wood Dr.</td>
</tr>
<tr>
<td>Seniors</td>
<td>Any Site Listed</td>
<td>East Ocean View Community Center</td>
<td>(757) 441-1767</td>
<td>600 E. Ocean View Ave.</td>
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<tr>
<td>Martial Arts</td>
<td>NFWC</td>
<td>NFWC</td>
<td>(757) 823-4301</td>
<td>7300 Newport Ave.</td>
</tr>
<tr>
<td>Technology</td>
<td>Any Site Listed</td>
<td>Lakewood Dance &amp; Music Center</td>
<td>(757) 441-5833</td>
<td>1612 Willow Wood Dr.</td>
</tr>
<tr>
<td>Therapeutic Recreation</td>
<td>Any Site Listed</td>
<td>Therapeutic Recreation Center</td>
<td>(757) 441-1764</td>
<td>180 E. Evans St.</td>
</tr>
</tbody>
</table>

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.

---

**CLASS REGISTRATION FORM**

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

**Address, City, State, Zip Code________________________________________________________________________**

**Phone Numbers (Day) ___________________________ (Evening) ___________________________ E-mail Address ___________________________**

<table>
<thead>
<tr>
<th>PARTICIPANT LAST + FIRST NAME</th>
<th>BIRTH DATE MM/DD/YYYY</th>
<th>SEX</th>
<th>ACTIVITY NUMBER</th>
<th>ACTIVITY NAME</th>
<th>SITE</th>
<th>DAY/TIME</th>
<th>TOTAL FEE</th>
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**Total Amount Due $_____________________.**

No cash accepted.

Form of payment: 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 _____________________________________________________________________________ Date __________

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 _____________________________________________________________________________ Date __________

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

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