FROM THE RPOS DIRECTOR

Summer means fun in the sun! Recreation, Parks & Open Space offers a variety of ways to enjoy your summer. Whether you want to run, walk, swim or just hang out with friends on our 7.5 miles of beaches along the Chesapeake Bay, our award winning, and highly trained lifeguards will keep you safe. We also offer a youth summer splash program at our pools. Last year we had over 30,000 participants.

How else can you spend the summer? Glad you asked. We offer programming through one of our many summer camps for youth ages 5 to 16 located at 21 recreation sites throughout the city – Camp Willoughby, Camp Wake-Up, Camp Get Out & Play and Norview Navigators. Activities and field trips are centered around cultural enrichment, health and physical activities, outdoor and environmental education, personal development and life skills, and social enhancement.

For our athletes, we recently introduced a new youth summer basketball league at Lambert’s Point. Registration is coming soon for our adult softball league and youth football and indoor futsal. We have sports league opportunities for all ages.

We offer evening programming through our Nighthawk program. The Norfolk Nighthawks season kicks off the end of June from 9pm – 12:30am at select recreation centers with game nights, fitness demos, dance, computer classes, community partner sponsored programming and more.

Be sure to check out upcoming senior programming, and historical and educational tours at Elmwood and Cedar Grove cemeteries in our Special Events section (pg. 18). Want to learn more? Be sure to follow us on Facebook and Instagram @NorfolkRPOS.

Sincerely,

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

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**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>
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<tr>
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</tr>
<tr>
<td>Non-resident</td>
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</tr>
</tbody>
</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>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bayview Recreation Center</td>
<td>441-1626</td>
<td>8613 Willow Terrace, 23503</td>
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</tr>
<tr>
<td>Berkley Community Center</td>
<td>441-1912</td>
<td>121 W. Liberty St., 23523</td>
<td>(Open Sat: 11a-4p)</td>
</tr>
<tr>
<td>Campostella Recreation Center</td>
<td>441-1974</td>
<td>1130 Leake St., 23523</td>
<td></td>
</tr>
<tr>
<td>Captain’s Quarters Recreation Center</td>
<td>441-1715</td>
<td>800 Little Bay Ave., 23503</td>
<td>(Open June-Aug)</td>
</tr>
<tr>
<td>Crossroads Community Center</td>
<td>965-9450</td>
<td>8019 Old Ocean View Rd., 23505</td>
<td></td>
</tr>
<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>
</tr>
<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>
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<tr>
<td>Huntersville Community Center</td>
<td>664-7430</td>
<td>830 Goff St., 23504</td>
<td></td>
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<tr>
<td>Ingleside Recreation Center</td>
<td>441-5621</td>
<td>940 Ingleside Rd., 23502</td>
<td>(Open Sat: 11a-4p)</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>
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<tr>
<td>Merrimack Landing Recreation Center</td>
<td>441-1783</td>
<td>8809 Monitor Way, 23503</td>
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<tr>
<td>Norview Community Center</td>
<td>441-1440</td>
<td>6380 Sewells Point Rd., 23513</td>
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<tr>
<td>Park Place Community Center</td>
<td>664-7531</td>
<td>606 W. 29th St., 23508</td>
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<tr>
<td>Sherwood Forest Community Center</td>
<td>441-5824</td>
<td>4537 Little John Dr., 23513</td>
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</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>
<td>Therapeutic Recreation Center</td>
<td>441-1764</td>
<td>180 E. Evans St., 23503</td>
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<tr>
<td>Titustown Recreation Center</td>
<td>441-1259</td>
<td>7545 Diven St., 23505</td>
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</tr>
<tr>
<td>Young Terrace Community Center</td>
<td>441-2692</td>
<td>804 Whitaker Ln., 23510</td>
<td></td>
</tr>
</tbody>
</table>

### OPEN RECREATION HOURS
- M-Th: 6:30-9:30a, 2:30-6:00p; Fri: 6:30-9:30a, 2:30-6:00p
- M-Th: 2:30-6:00p; Sat: 2:30-8:00p
- M-Th: 2:30-6:00p; 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; 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 Type</th>
<th>Phone</th>
<th>Address</th>
<th>Notes</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>
</tr>
<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>
<tr>
<td>Chesterfield Outdoor Pool</td>
<td>441-5410</td>
<td>2915 Westminster Ave., 23504</td>
<td>(M-F 3PM-6PM, SAT 1PM-5PM, CLOSED SUNDAY)</td>
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</tbody>
</table>

*NFWC has both an indoor and outdoor pool. Outdoor pools are open June 17 – September 2.

### OTHER FACILITIES

<table>
<thead>
<tr>
<th>Facility</th>
<th>Phone</th>
<th>Address</th>
<th>Notes</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-9p and T, Th, F 9a-6p)</td>
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<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-2p, 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>
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<tr>
<td>Titustown Visual Arts Center</td>
<td>441-1227</td>
<td>7545 Diven St., 23505</td>
<td>(Call for specific hours)</td>
</tr>
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**INDOOR POOL HOURS**
- OPEN 6:30A-8P M-F
- OPEN 7:30A-5P SAT

**OUTDOOR POOL HOURS**
- M, T, F 11AM-7PM, SAT 11AM-4PM
- SUN 1-4PM, CLOSED WEDNESDAY
### 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: NORTHSIDE SWIMMING POOL**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>4010201-01</td>
<td>Sa</td>
<td>6/22-8/10</td>
<td>12:00-12:30p</td>
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<tr>
<td>4010201-21</td>
<td>Sa</td>
<td>6/22-8/10</td>
<td>9:00-9:30a</td>
<td>$25/$38</td>
<td></td>
</tr>
</tbody>
</table>

#### PARENT & CHILD AQUATICS 2
**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. Parent and Child Aquatics Level 2 builds upon the skills learned.

**LOCATION: NORTHSIDE SWIMMING POOL**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>4010301-01</td>
<td>Sa</td>
<td>6/22-8/10</td>
<td>12:00-12:30p</td>
<td>$25/$38</td>
<td></td>
</tr>
<tr>
<td>4010301-21</td>
<td>Sa</td>
<td>6/22-8/10</td>
<td>9:00-9:30a</td>
<td>$25/$38</td>
<td></td>
</tr>
</tbody>
</table>

#### 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**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>4010801-01</td>
<td>Sa</td>
<td>6/22-8/10</td>
<td>10:00-10:45a</td>
<td>$30/$45</td>
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<tr>
<td>4010801-12</td>
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<td>4010801-31</td>
<td>Tu,Th</td>
<td>6/22-8/10</td>
<td>11:00-11:45a</td>
<td>$30/$45</td>
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</table>

#### 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: SOUTHSHORE AQUATIC CENTER INDOOR POOL**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>4010901-01</td>
<td>M</td>
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<td>5:00-5:45a</td>
<td>$30/$45</td>
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<tr>
<td>4010901-12</td>
<td>Sa</td>
<td>6/22-8/10</td>
<td>10:00-10:45a</td>
<td>$30/$45</td>
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<tr>
<td>4010901-31</td>
<td>Tu,Th</td>
<td>6/22-8/10</td>
<td>11:00-11:45a</td>
<td>$30/$45</td>
<td></td>
</tr>
</tbody>
</table>

#### 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: NORTHSHORE SWIMMING POOL**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>4011001-01</td>
<td>W</td>
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<td>6:00-6:45p</td>
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<tr>
<td>4011001-02</td>
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<td>6/22-8/10</td>
<td>9:00-9:45a</td>
<td>$30/$45</td>
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</tr>
</tbody>
</table>

### LEVEL 1: INTRODUCTION TO WATER SAFETY
**Ages 6-15** • Participants are introduced to basic skills as the foundation for the development of water competency.

**LOCATION: HUNTERSVILLE INDOOR POOL**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
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<td>4010701-12</td>
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<td>6/22-8/10</td>
<td>10:00-10:45a</td>
<td>$30/$45</td>
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</tr>
</tbody>
</table>

### 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**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>4010801-01</td>
<td>M</td>
<td>6/17-7/10</td>
<td>6:00-6:45p</td>
<td>$30/$45</td>
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</tr>
<tr>
<td>4010801-02</td>
<td>Sa</td>
<td>6/22-8/10</td>
<td>10:00-10:45a</td>
<td>$30/$45</td>
<td></td>
</tr>
</tbody>
</table>

### 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**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>4010901-01</td>
<td>M</td>
<td>6/17-7/10</td>
<td>6:00-6:45p</td>
<td>$30/$45</td>
<td></td>
</tr>
<tr>
<td>4010901-02</td>
<td>Sa</td>
<td>6/22-8/10</td>
<td>10:00-10:45a</td>
<td>$30/$45</td>
<td></td>
</tr>
</tbody>
</table>

### 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**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>4011001-01</td>
<td>W</td>
<td>6/17-7/10</td>
<td>6:00-6:45p</td>
<td>$30/$45</td>
<td></td>
</tr>
<tr>
<td>4011001-02</td>
<td>Sa</td>
<td>6/22-8/10</td>
<td>9:00-9:45a</td>
<td>$30/$45</td>
<td></td>
</tr>
</tbody>
</table>

**NO CLASSES JULY 4**
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 in regard to distance and quality.
LOCATION: NORTHSIDE SWIMMING POOL
401101-01 Sa 6/22-8/10 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
4011201-01 Sa 6/22-8/10 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: NORTHSIDE SWIMMING POOL
4011302-31 Sa 6/22-8/10 12:00-12:45p $30/$45
LOCATION: NORTHSIDE SWIMMING POOL
4011302-01 W 6/19-8/7 6:00-6:45p $30/$45
LOCATION: SOUTHSIDE AQUATICS CENTER INDOOR POOL
4011302-21 Sa 6/22-8/10 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 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
4011405-01 Sa 6/22-8/10 9:00-9:45a $30/$45

WATER FITNESS PROGRAMS

LOW IMPACT
Ages 16 & Up • Low intensity workout in shallow water. Exercises that help improve joint flexibility and muscle strength.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
4011502-11 M,W,F 7/1-7/31 11:00-11:50p $30/$45
4011502-12 M,W,F 8/2-8/30 11:00-11:50p $30/$45
4011502-13 M,W,F 9/4-9/30 12:00-12:50p $30/$45
LOCATION: NORTHSIDE SWIMMING POOL
4011502-01 M,W,F 7/1-7/31 12:00-12:50p $30/$45
4011502-02 M,W,F 8/2-8/30 12:00-12:50p $30/$45
4011502-03 M,W,F 9/4-9/30 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
4011602-11 M,W,F 7/1-7/31 8:00-8:50a $30/$45
4011602-12 M,W,F 8/2-8/30 8:00-8:50a $30/$45
4011602-13 M,W,F 9/4-9/30 8:00-8:50a $30/$45
LOCATION: NORTHSIDE SWIMMING POOL
4011602-01 M,W,F 7/1-7/31 9:00-9:50a $30/$45
4011602-02 M,W,F 8/2-8/30 9:00-9:50a $30/$45
4011602-03 M,W,F 9/4-9/30 9:00-9:50a $30/$45

DEEP WATER FITNESS
Ages 16 & Up • Prerequisite: Tread water comfortably without a flotation device. Participants wear provided floatation belt for buoyancy. Enjoy a high-energy, non-impact cardiovascular workout in deep water.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
4011702-11 Tu,Th 7/2-7/30 9:00-9:50a $30/$45
4011702-12 Tu,Th 8/1-8/29 9:00-9:50a $30/$45
4011702-13 Tu,Th 9/5-9/26 9:00-9:50a $30/$45
LOCATION: NORTHSIDE SWIMMING POOL
4011702-01 M,W,F 7/1-7/31 6:00-6:50p $30/$45
4011702-02 M,W,F 8/2-8/30 6:00-6:50p $30/$45
4011702-03 M,W,F 9/4-9/30 6:00-6:50p $30/$45

COMPUTERS

INTERMEDIATE COMPUTER
Ages 55 & Up • Pre-requisite: Proficiency in Beg. Computer or equivalent. Use of Microsoft programs and basic home-use troubleshooting. No Class Jul 4.
LOCATION: NORVIEW COMMUNITY CENTER
4020204-01 M,W 6/17-8/7 10:00a-12:00p $20/$30

INTRO TO COMPUTING
Ages: 18 & Up • Learn basic maintenance, Windows 10, basic typing skills, and uses of the internet. Instructed by Christina King.
LOCATION: NORVIEW COMMUNITY CENTER
4020305-01 M 6/17-8/5 6:00-8:00p $36/$54

MICROSOFT EXCEL 2013
Ages: 18 & Up • Pre-requisite: Proficiency in Beg. Computer or equivalent. Learn spreadsheet functions, keyboard shortcuts, how to navigate menu bars, and create formulas to assist with business and home finances. Instructed by Christina King.
LOCATION: NORVIEW COMMUNITY CENTER
4020405-01 W 6/19-8/7 6:00-8:00p $36/$54

MICROSOFT POWERPOINT & PUBLISHER
LOCATION: LAMBERTS POINT COMMUNITY CENTER
4020505-01 Tu 6/18-8/6 6:00-8:00p $36/$54

MICROSOFT WORD 2013-BASICS
LOCATION: NORVIEW COMMUNITY CENTER
4020605-01 Th 6/20-8/15 6:00-8:00p $36/$54

NO CLASSES JULY 4

NORFOLK LIFEGUARDS
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Ages/Description</th>
<th>Location</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>4030205-01</td>
<td>BALLET DANCE I</td>
<td>Ages 7-8 • Pre-requisite: Ballet I or equivalent skills. Emphasizes advanced barre work, center work and ballet skills. INSTRUCTOR PERMISSION REQUIRED. Instructed by M. Ortt. No Class Jul 4.</td>
<td>LAKEWOOD DANCE AND MUSIC</td>
<td>6/20-8/15</td>
<td>6:00-6:30p</td>
<td>$26/$38</td>
</tr>
<tr>
<td>4030205-02</td>
<td>BALLET DANCE II</td>
<td>Ages 8-13 • Pre-requisite: Ballet II or equivalent skills. Emphasizes advanced barre work, center work and ballet skills. INSTRUCTOR PERMISSION REQUIRED. Instructed by S. Dean. No Class Jul 4.</td>
<td>LAKEWOOD DANCE AND MUSIC</td>
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<td>6:00-6:30p</td>
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<tr>
<td>4031005-01</td>
<td>BALLET DANCE III</td>
<td>Ages 9-14 • Pre-requisite: Ballet III or equivalent skills. Emphasizes advanced barre work, center work and ballet skills. INSTRUCTOR PERMISSION REQUIRED. Instructed by M. Ortt. No Class Jul 4.</td>
<td>LAKEWOOD DANCE AND MUSIC</td>
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<tr>
<td>4031105-01</td>
<td>BALLET DANCE IV</td>
<td>Ages 10-15 • Pre-requisite: Ballet IV or equivalent skills. Emphasizes advanced barre work, center work and ballet skills. INSTRUCTOR PERMISSION REQUIRED. Instructed by M. Ortt. No Class Jul 4.</td>
<td>LAKEWOOD DANCE AND MUSIC</td>
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<tr>
<td>4031205-01</td>
<td>BALLET DANCE V</td>
<td>Ages 12-16 • Pre-requisite: Ballet V or equivalent skills. Emphasizes advanced barre work, center work and ballet skills. INSTRUCTOR PERMISSION REQUIRED. Instructed by K. Hill. No Class Jul 4.</td>
<td>LAKEWOOD DANCE AND MUSIC</td>
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<td>4030905-01</td>
<td>APP BALLET PRE-POINT</td>
<td>Ages 8-10 • Pre-requisite: Ballet IV or equivalent skills. Emphasizes advanced barre work and ballet skills. INSTRUCTOR PERMISSION REQUIRED. Instructed by K. Hill. No Class Jul 4.</td>
<td>LAKEWOOD DANCE AND MUSIC</td>
<td>6/20-8/15</td>
<td>6:00-6:30p</td>
<td>$26/$38</td>
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* Instructor recommendation required. Those without may be removed from class.
JAZZ DANCE I
Ages 7-15 • Tons of fun learning the free and energetic techniques of Jazz Dance. Class includes various styles and basic patterns of Jazz Dance. Instructed by C. Pittman. No Class Jul 4.
LOCATION: LAKEWOOD DANCE AND MUSIC
4032101-01 Th 6/20-8/15  5:30-6:30p  $26/$38

JAZZ DANCE II
Ages 9-15 • Completion of three sessions of Jazz I or equivalent. INSTRUCTOR PERMISSION REQUIRED. Instructed by C. Pittman.
No Class Jul 4.
LOCATION: LAKEWOOD DANCE AND MUSIC
4032201-01 Th 6/20-8/15  4:30-5:30p  $26/$38

JAZZ DANCE III
Ages 12-17 • Pre-requisite: Completion of Jazz I/II or equivalent skills. Emphasis on performing. INSTRUCTOR PERMISSION REQUIRED. Instructed by C. Pittman.
LOCATION: LAKEWOOD DANCE AND MUSIC
4032301-01 Tu 6/18-8/6  6:00-7:30p  $38/$58

MODERN DANCE INT/ADV
Ages 11 & Up • Must have at least 3 years ballet technique, modern, or contemporary. INSTRUCTOR PERMISSION REQUIRED. Instructed by M. Ortt.
LOCATION: LAKEWOOD DANCE AND MUSIC
4033505-01 Sa 6/22-8/10  9:15-10:30a  $32/$48

AQUA ZUMBA
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
4040205-01 Th 6/20-8/22 12:00-1:00p  $25/$38

LOW IMPACT BOOT CAMP
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
4040605-01 M 6/17-8/19  8:00-9:00p  $25/$38

30 MINUTE ABS
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
4040205-01 Tu 6/18-8/20  7:00-7:30p  $15/$20
4040205-02 W 6/19-8/21  7:30-8:00p  $15/$20
4040205-03 Th 6/20-8/22  7:00-7:30p  $15/$20

LOW IMPACT MIX
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
4040805-01 W 6/19-8/21  9:30-10:30a  $25/$38

LOW IMPACT BOOT CAMP
15 & up • 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
4040605-01 M 6/17-8/19  6:30-7:30p  $25/$38

PILATES 1
15 & up • Pilates® is a series of simple, yet challenging, exercises designed to tone, strengthen and lengthen muscles. 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
4040905-01 F 6/21-8/23  7:00-8:00p  $25/$38

BORDERLINE DANCE
Ages 7-15 • Learn the basics of Tap. Instructed by M. Ortt.
LOCATION: LAKEWOOD DANCE AND MUSIC
4032905-01 Sa 6/22-8/10  10:30-11:30a  $26/$38
**PILATES 2**
15 & up • Prerequisite: Completion of 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

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<td>6/21-8/23</td>
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**STEP AEROBICS**
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

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**TONING WITH RESISTANCE**
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

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**WARRIORS FITNESS**
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

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**INTRO TO YOGA**
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

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<td>6/21-8/23</td>
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</table>

**YOGA 1**
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

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<td>6/20-8/22</td>
<td>4:30-5:30p</td>
<td>$25/$38</td>
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</table>

**YOGA 2**
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

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<td>6/17-8/19</td>
<td>6:30-7:30p</td>
<td>$25/$38</td>
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</table>

**YOGA 3**
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

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<td>6/21-8/25</td>
<td>4:00-5:00p</td>
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**ZUMBA**
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

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<td>6/20-8/22</td>
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**ZUMBA GOLD**
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

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<td>6/21-8/23</td>
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</table>

**ZUMBA MIX**
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

<table>
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<th>Code</th>
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**FUNCTIONAL FITNESS**
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

<table>
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**CORE AND BALANCE**
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

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**KETTLE BELLS**
15 & up • This class will focus on kettle bell movements and skills. Develop core strength, cardiovascular endurance, and balance.

**LOCATION:** NORFOLK FITNESS & WELLNESS CENTER

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<td>6/18-8/20</td>
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**DEEP STRETCH**
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

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PIANO: ADV. BEG. I; AGES 8 - 12

Ages 8-12 • Prerequisite: Must know 5 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)

4050701-02 Th 6/20-8/15 5:00-5:30p $26/$38
4050701-01 M 7/8-8/12 6:30-7:00p $22/$34

PIANO: ADV. BEG. II

Ages 8-12 • Ages 8-12

Prerequisite: Completion of at least one session of Advanced Beginner Guitar I.

Equipment: Acoustic or electric guitar. Instructed by Amy Ferebee. No Class Jul 4.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 312)

4050401-01 Th 6/27-8/22 6:00-6:30p $26/$38

PIANO: INTER. AGES 11 & UP

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)

4050501-01 W 6/26-8/14 7:00-8:00p $30/$45

PIANO: BEGINNER

Ages 7-11 • Ages 8-12

Prerequisite: Must have completed one session of Beginner Piano and be using the Piano Pronto Prelude Book by Eklund. Materials cost approximately $10.00. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 310)

4050601-02 Tu 7/9-8/13 4:30-5:00p $26/$38
4050601-01 M 6/17-7/11 6:00-7:00p $26/$38

PIANO: PRELUDE

Ages 7-11 • Prerequisite: Students must have completed one session of Youth Beginner Piano and be using the Piano Pronto Prelude Book by Eklund. Materials cost approximately $10.00. No Class Jul 4.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 310)

4050701-01 M 7/8-8/12 6:30-7:00p $19/$29
4050701-02 Th 6/20-8/15 5:00-5:30p $26/$38

PIANO: MOV'T. I & II

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

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 310)

4050801-01 M 7/8-8/12 5:30-6:00p $19/$29
4050801-02 M 7/8-8/12 6:00-6:30p $19/$29

PIANO: PREL/MVT. 1/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 by Eklund. Materials cost approximately $10.00. No Class Jul 4.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 310)

4050901-01 M 6/17-8/5 12:00-1:00p $30/$45
4050901-02 Th 6/20-8/15 7:00-8:00p $30/$45

PIANO: MOV'T. III & IV

Ages 8-14 • Prerequisite: Completion of Piano Pronto Prelude, Movt. I & II books. Students must be using Piano Pronto Movt. III or IV by Eklund. Instructed by Kathleen Murphy. No Class Jul 4.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 310)

4051001-01 Th 6/20-8/15 6:30-7:00p $26/$38

UKULELE: BEGINNER

Ages 9-10 • 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)

4051105-01 Tu 6/25-8/13 6:30-7:00p $26/$38

UKULELE: BEYOND BEGINNER

Ages 9-10 • Bring your ukulele and build on your ukulele foundation. Learn fun, slightly challenging songs in jazz, blues, country, pop, classical, and American. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 312)

4051205-01 Tu 6/25-8/13 7:00-7:30p $26/$38

VOICE: VARIETY AGES

Ages 7-10 • 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 Kathleen Murphy.

LOCATION: LAKEWOOD DANCE AND MUSIC

4051305-01 Ages 7-10 Tu 6/7-8/6 5:30-6:30p $30/$45
4051305-02 Ages 11&Up Tu 6/7-8/6 7:30-8:30p $30/$45

MUSIC THEATER AND MORE CAMP

Ages 7-15 • Prerequisite: No experience necessary – just the desire to act, sing, and dance! Students who play a musical instrument can bring their instrument. Call 441-5833 so that your instrument can be incorporated into the script. Participants will perform a musical production at The Kroc Center Auditorium on 8/9


LOCATION: LAKEWOOD DANCE AND MUSIC

4051701-01 Tu 6/25-8/13 10:00a-12:00p $110/$165

WORKSHOP: UKULELE STRUM ALONG

Ages 7-15 • 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-F#m) and be “Beyond Beginner” level. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 312)

4051905-01 Sa 7/20 10:00a-12:00p $7/$11

4051905-02 Sa 7/27 10:00a-12:00p $7/$11

WORKSHOP: RHYTHM AND ROOTS

Ages 3-5 • Sing, move, clap and count while learning rhythm basics, singing traditional folk and popular songs and exploring simple hand percussion instruments. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 312)

4052001-01 Sa 8/10 12:15-1:00p $5/$8
4052001-02 Sa 8/17 12:15-1:00p $5/$8

WORKSHOP: INTRO. TO STRINGS

Ages 4-6 • Experiment with the banjo, guitar, dulcimer, mandolin, ukulele and violin and learn how and why a vibrating string can make music. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 312)

4052101-01 Tu 6/25-8/13 10:00a-12:00p $7/$11

4052101-02 Tu 8/6-8/13 10:00a-12:00p $7/$11

WORKSHOP: SINGING SCHOLARS

Ages 3-5 • Learn Songs that tell stories, learn about rhyming words and write and perform your own original story-song. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 312)

4052201-01 Sa 8/3 10:00a-12:00p $3/$5
PRIVATE MUSIC LESSONS
AVAILABLE FOR NORFOLK RESIDENTS ONLY AGES 7 & UP
REGISTRATION DEADLINE: JUNE 7TH

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. Eight-week courses meet 8 times and cost $88. Norfolk residents only. See page 19 for additional registration details. Missed classes cannot be rescheduled or refunded.

M: 6/17-8/5
Tu: 6/18-8/6
W: 6/19-8/7 Note: No class July 4
Th: 6/20-8/15
F: 6/28-8/16

Strings private lessons meet 5 times and cost $55.
Thur: 7/11-8/8
Bass guitar private lessons meet 6 times and cost $66.
Mon: 7/8-8/12
Dates for 8 week classes taught by Amy Ferebee:
F: 6/28-8/16

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
4052705-01 Sa 6/29 11:00a-12:00p $4/$6
4052705-02 Sa 7/27 11:00a-12:00p $4/$6
4052705-03 Sa 8/10 11:00a-12:00p $4/$6

WORKSHOP: SONGWRITING
Ages 13 & up • With the help of a facilitator compose your own songs by organizing your thoughts and musical ideas. Discover useful resources. Learn about journaling. Bring your lyrics and instruments and dive into the world of original songwriting! Instructed by Amy Ferebee.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
4042305-01 F 6/28-8/16 5:00-6:00pm $50/$75

WORKSHOP: PERCUSSION
Ages 10 & up • Start your summer off with a bang! Have fun playing percussion instruments (drums, xylophone and auxiliary percussion). Instructed by Kim Haywood.
LOCATION: LAKEWOOD DANCE AND MUSIC
4052805-01 M 6/17 10:30a-2:30p $15/$22

MUSIC

WORKSHOP: BEGINNER BOXING
Ages: 7 & up • Introduction to the basics of boxing: stance, straight line & circle movement, & the four basic punches to head & body.
LOCATION: NORFOLK BOXING CENTER
4043105-01 M-Th 6/17 – 8/22 5:00-6:00pm $50/$75

INTERMEDIATE BOXING
Ages: 7 & up • Follow-up to Beginner Boxing. Focus on refining those skills plus: combinations, & defenses against the four basic punches.
LOCATION: NORFOLK BOXING CENTER
4043205-01 M-Th 6/17 – 8/22 5:00-6:00pm $50/$75

LITTLE WARRIORS
Ages: 6-7 • Introductory boxing & fitness fun.
LOCATION: NORFOLK BOXING CENTER
4043505-01 F 6/21– 8/23 5:30-6:30pm $20/$30

WARRIOR-FITT
Ages: 15 & up • Intense functional strength training & metabolic conditioning to maximize muscular/cardiovascular fitness, mobility, flexibility, & mental toughness in a tough but fun group atmosphere.
LOCATION: NORFOLK BOXING CENTER
4043305-01 T, Th 6/18 – 8/22 6:45am – 7:30am $35/$50

CARDIO-BOXX
Ages: 15 & up • Intense functional strength training & metabolic conditioning & boxing techniques to maximize muscular/cardiovascular fitness, mobility, flexibility, & mental toughness in a tough but fun group atmosphere.
LOCATION: NORFOLK BOXING CENTER
4043405-01 M, W, F 6/17 – 8/23 12:00pm – 12:45pm $35/$50

ANNUAL PASSES:

TEAM NORFOLK
Ages: 8-40 • Competitive amateur boxing team.
LOCATION: NORFOLK BOXING CENTER
M – F 5:30pm – 7:30pm $10/$50 (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: 8 & 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
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 Tu 8/20-11/19 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

Note: 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
Huntersville Recreation Center
Ingleside Recreation Center
Norview Community Center
Sherwood Forest Comm Center
Tarrallton Recreation Center
Titustown Recreation Center

DAYS DATES TIMES
Tu Sep-May 11a-1p
W year round 10a-12p
W Sep-May 10a-1p
F year round 11a-1p
Tu/Th year round 10a-2p

SOUTHSIDE SENIOR CENTER EVENTS

Day Date Event/Topic Time
Tu On going Nifty Knitters Crochet Class 10a
Tu On going Crochet w/Purpose (Advanced) 3p
Tu On going Triad Senior Safety Meeting Norfolk Fitness & Wellness Center 1p
W On going Senior Club Meeting – 2nd Wed. 11a
W On going Senior Exercise 11a
W On going Tea Talk Social 3p
W On going Caring Seniors of Southside Women’s Fellowship – 3rd Wed. 11a
Th On going Ceramics Workshop 10a
Th On going Enrichment Group 11a
Th On going Secret Garden Club 10a
Th On going Billiards & Card Games 3p
F On going Water Walking Aerobics at S.S. Aquatics 11a
F On going Errand Day Out – 2nd Fri. 10a
F On going Man Cave Social 3p
F On going Game Day 12:30p
F On going Birthday Tributes – 4th Fri. 12noon

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
Huntersville Recreation Center Tu Sep-May 11a-1p
Ingleside Recreation Center W year round 10a-12p
Norview Community Center W Sep-May 11a-2p
Sherwood Forest Comm Center Th Sep-May 10a-1p
Tarrallton Recreation Center F year round 11a-1p
Titustown Recreation Center Tu/Th year round 10a-2p

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

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

NO CLASSES JULY 4
### EAST OCEAN VIEW SENIOR CENTER EVENTS

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event/Topic</th>
<th>Time</th>
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<tbody>
<tr>
<td>M</td>
<td>Ongoing</td>
<td>Fit and Fabulous</td>
<td>9:30a</td>
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<tr>
<td>Tu &amp; Th</td>
<td>Ongoing</td>
<td>Billiards/Pool</td>
<td>9:30a – 12p and 2p – 5p</td>
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<tr>
<td>Tu</td>
<td>Ongoing</td>
<td>Line Dancing</td>
<td>10:30a</td>
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<td>Tu</td>
<td>Ongoing</td>
<td>Crochet</td>
<td>10:30a</td>
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<tr>
<td>Tu</td>
<td>Ongoing</td>
<td>Senior Exercise</td>
<td>11a</td>
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<tr>
<td>T &amp; W</td>
<td>Ongoing</td>
<td>Mexican Train</td>
<td>1p</td>
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<tr>
<td>W</td>
<td>Ongoing</td>
<td>60+ Club Meeting and Activity</td>
<td>11a</td>
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<tr>
<td>W</td>
<td>Ongoing</td>
<td>Adult Social</td>
<td>12:30p</td>
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<tr>
<td>W</td>
<td>Ongoing</td>
<td>Monthly Birthday Club</td>
<td>12:30p</td>
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<tr>
<td>W</td>
<td>Ongoing</td>
<td>Bingo</td>
<td>12:30p</td>
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<td>Th</td>
<td>Ongoing</td>
<td>Table Tennis Club</td>
<td>12p</td>
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<td>Th</td>
<td>Ongoing</td>
<td>Book Club</td>
<td>2:30p</td>
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<td>Th</td>
<td>Ongoing</td>
<td>Thursday Support Group (1st Thursday of each month)</td>
<td>1p</td>
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<tr>
<td>Th</td>
<td>Ongoing</td>
<td>The Quilting Ladies</td>
<td>10a</td>
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<tr>
<td>Th</td>
<td>Ongoing</td>
<td>BUNCO (Every other Thursday of the month)</td>
<td>12:30p</td>
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<tr>
<td>F</td>
<td>Ongoing</td>
<td>Bridge Club</td>
<td>10a</td>
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</tbody>
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### SENIORS (CONTINUED)

Registration begins 5/28

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### 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.

#### SUMMER @ VCM TEEN CENTER

**Mondays from 5:30p-7:30p • Ages 12-19**

**The Gathering**

Make new friends, develop your talents, become a leader. Join TWP each Monday for this free gathering. Participants receive incentives for volunteerism and community edutainment.

**Tuesdays from 5:30-7:30pm • Ages 12-19**

Poetry Workshops Spoken Word Poetry has become a national trend. Now more than ever young people are picking up their pens and stepping up to microphones profoundly and poetically expressing themselves. Be a part of TWP Poetry Workshops to develop writing, performance and critical thinking, skills through performance poetry.

**Wednesday from 5:30 - 7:30pm Ages 12-19**

Just AART Music Workshops Just AART is a new arts and technology component of TWP. Learn to create positive music, rap, poetry and videos as both a performer and the engineer behind the technology that makes it all happen. Here you can become part of the weekly broadcasted Radio show 757 Teen Connect.

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

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**Hear This Summer Camp June 17th - June 28th** Campers will bond, enjoy field trip, arts, outdoor activities and exploring the world of spoken word poetry. They will explore language in ways that are fun and exciting by creating original positive music, rap, poetry and videos.

**Camp Inspired July 15th – July 26th** A curriculum-driven, teen leadership program offered free of charge. Camp Inspired teen’s have a unique summer experience, including outdoor activities, field trips, visual and mass media art, photography, guest speakers, cook-outs and so much more! Most importantly, Camp Inspired is led by powerful, passionate teen peer leaders, supported by an adult team.

*Camps are free of charge, registration is required. Open to rising seventh through rising twelfth grade students. Other activities include: field trips, mass media art, photography, guest speakers, cook-outs and so much more!*

**Busch Gardens Field Trip**

July 31st, 2019, 8am-8pm

Community field trip to Busch Gardens. Costs are associated with this field trip.

**My Block is Beautiful**

June 28th, 2019, 4pm-7pm

My Block is Beautiful, a block party with a purpose. The St. Paul’s quadrant community is celebrated through interactive art, music, health, food & more! My Block is Beautiful is free and open to the public.

**2019 F.U.S.E - Life is Living Festival**

July 27th, 2019 Noon – 8pm at the Safe Creative Community Space

Festival celebrating urban life through live music, arts, culture, crafts, interactive fun, food and more! The festival will also include Art and Cultural Workshops; Health Awareness & Screenings, Food, Arts & Craft Vendors.

**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
CHILDREN & TEEN PROGRAMS

CHILLIN’ AT THE POOL
Ages 6-19 • Bash in the summer sun while playing with friends in an outdoor pool. Play group games & enjoy chill time. Swimsuits required.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
4080305-01 M 6/7-8/9 5:00-5:50p 6/10 $15/$23

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
4080405-01 Tu 6/18-8/20 5:15-5:50p 6/11 $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
4082605-01 W 6/19-8/21 4:15-5:00p 6/12 $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. No class 7/4.
LOCATION: THERAPEUTIC RECREATION CENTER
4083205-01 Th 6/20-8/29 5:30-6:15p 6/13 $15/$23

INTRO TO KAYAKING
Ages 13 & Up • Grab your paddles & PFDs for a morning of kayaking! Bathing suit required as you will get wet. Bring sunscreen, water, hat, & sunglasses. $5 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
4083705-01 F 6/21, 6/28 9:00-11:00a 6/14 $12/$18

FANTASTIC VOYAGES
Ages 6-12 • Prerequisite: To ensure success in this structured environment, the child must have participated in at least one session of a Therapeutic Recreation Program to register for summer camp. Meet new friends, hang out with old ones & take trips around Hampton Roads. Enjoy local beaches, state parks, movies & much more. Bring a bag lunch & drink each day. $50 trip fee included. No class 7/4.
LOCATION: THERAPEUTIC RECREATION CENTER
4080605-01 W-F 7/17-8/9 9:00a-4:30p 7/10 $20/$35

TEEN TRAVELS
Ages 13-19 • Spend part of your summer learning new & exciting leisure activities. Participate in outdoor activities such as hiking, fishing, kayaking & canoeing during visits to beaches & state parks. There will be more fun & games such as mini golf, laser tag, watching movies & playing Nintendo Wii. Bring a bag lunch & drink each day, $50 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
4080605-01 W-F 7/17-8/9 9:00a-4:30p 7/10 $20/$35

OLDER TEEN & ADULT PROGRAMS

AQUA III
Ages 18 & Up • Prerequisite: 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.
LOCATION: NORTHSIDE SWIMMING POOL
4081705-01 M 6/17-8/9 9:00-9:45a 6/10 $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.
LOCATION: AMF LITTLE CREEK LANES
4081805-01 M 6/17-8/9 12:00-2:15p 6/10 $15/$23

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 5 miles. Wear weather appropriate clothing & closed toe walking shoes. Water is required.
LOCATION: THERAPEUTIC RECREATION CENTER
4081905-01 M 6/17-7/15 6:00-8:30p 6/10 $15/$23

NIGHT LIFE NEW!
Ages 18 & Up • Transportation provided from TRC to event site only. Travel throughout Hampton Roads to places like Waterside, the movies, dinner & much more! $20 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
4082005-01 M 7/11-8/9 5:30-7:00p 7/15 $35/$53

ROCK PAINTING NEW!
Ages 18 & Up • Put your personal touch on each rock using paint and paint pens. Last day of class we will place the rocks at a community garden & stop to enjoy ice cream. Bring $10 on the last day of class. $20 supply fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
4082105-01 M 7/22-8/9 10:00-11:00a 6/11 $35/$53

FIT & FUN I
Ages 18 & Up • Learn how to use various machines such as treadmills & weight lifting to increase your cardiovascular fitness as well as your overall strength. Wear gym clothes, bring water & small towel optional.
LOCATION: THERAPEUTIC RECREATION CENTER
4082205-01 W 7/25-8/20 10:00-11:30a 7/16 $35/$53

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
4082305-01 Tu 6/18-8/20 4:30-5:20p 6/11 $15/$23

Indicates transportation is available from participant home to program location. Call (757) 441-1764 for details.
STRETCH AWAY & CARDIO TRAINING
Ages 18 & Up • Stretch away tension, improve muscle tone & cardiovascular health with the use of weights, agility ladders & cardio exercises. Bring water & wear tennis shoes with clothing that allows for ease of movement.
LOCATION: THERAPEUTIC RECREATION CENTER
4081605-01 Tu 6/18-8/20 5:30-6:20p 6/11 $15/$25

ADVANCED MEDITATION
Ages 18 & Up • Quiet the mind and body while increasing ability to focus & become more mindful through a series of deep breathing exercises.
LOCATION: THERAPEUTIC RECREATION CENTER
4081705-01 Tu 6/18-8/20 6:30-7:10p 6/11 $15/$25

PRO BOWLERS
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
4081805-01 Tu 6/18-8/20 5:15-6:15p 6/11 $15/$25

PIER FISHIN’
Ages 18 & Up • Join us for a morning of fishing off the pier. Sunscreen, hat, & sunglasses required.
LOCATION: THERAPEUTIC RECREATION CENTER
4081905-01 Tu 7/9 9:00-11:00a 7/2 $5/$8

PADDLEBOARDING
Ages 18 & Up • Travel to East Beach with TRC staff & enjoy the day learning to paddle on the bay. Each participant must wear appropriate water attire, bring sunscreen, bring a change of clothes & water shoes. $30 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
4082005-01 Tu 8/6 11:00a-3:00p 7/30 $35/$55

CINEMA CAFÉ
Ages 18 & Up • Get out of the heat & enjoy a movie & lunch at the Cinema Cafe. 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
4082105-01 Th 6/20-8/29 5:30-6:30p 7/25 $35/$53

AQUA II
Ages 18 & Up • Preere: 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 SWIMMING POOL
4082205-01 W 6/19-9/21 9:00-9:45a 6/12 $15/$25

CATCH ALL CRAFTS
Ages 18 & Up • Get your creative juices flowing by making an array of crafts from recycled materials. Wear appropriate clothing for crafting. $20 supply fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
4082305-01 W 6/19-9/21 10:30a-12:00p 6/12 $35/$53

OCEAN BREEZE
Ages 18 & Up • Transportation provided from TRC to event site only. Cool off at Ocean Breeze Water Park! Race down 16 water slides, splash into Run Away Bay wave pool & relax on the Adventure River! Bring sunscreen, a beach towel & wear your swimsuit. $42 trip fee included. The trip fee will cover admission into Ocean Breeze Water Park & lunch.
LOCATION: THERAPEUTIC RECREATION CENTER
4082405-01 W 7/17 9:30a-1:30p 7/10 $47/$71

BUSCH GARDENS: FUN IN THE SUN NEW!
Ages 18 & Up • Transportation provided from TRC to event site only. Enjoy a day of fun in the sun at Busch Gardens enjoying rides, shows & good food with friends. Bring an I.D. & current season pass or estimated $50 cash to purchase discounted day pass, an additional $25 for snacks, drinks (refillable cup) & lunch. $20 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
4084605-01 W 8/7 9:00a-6:00p 7/31 $25/$38

DAVE & BUSTERS
Ages 18 & Up • Transportation provided from TRC to event site only. Let’s Play! Come enjoy an afternoon of arcade games. Bring $50 for game card & a bag lunch or extra money to purchase lunch at the food court!
LOCATION: THERAPEUTIC RECREATION CENTER
4082505-01 W 8/21 10:30a-2:30p 8/14 $5/$8

GUITAR LEVEL I
Ages 18 & Up • Bring an acoustic guitar & a few picks. Learn modified chords to play familiar tunes.
LOCATION: THERAPEUTIC RECREATION CENTER
4082605-01 W 6/19-8/21 4:15-5:00p 6/12 $15/$25

BEACH BUMS
Ages 18 & Up • Travel to our local beaches & participate in fun activities! Bring a bag lunch, plenty to drink, sunscreen, bathing suit, towel & other beach gear. No class 7/4.
LOCATION: THERAPEUTIC RECREATION CENTER
4082705-01 Th 6/20-7/25 9:00a-1:00p 6/13 $15/$25

COOKING
Ages 18 & Up • Prepare breakfast, lunch or dinner with real foods that come directly from nature as your 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. No class 7/4.
LOCATION: THERAPEUTIC RECREATION CENTER
4082805-01 Th 6/20-7/25 10:00-11:30a 6/13 $45/$68

OUT & ABOUT NEW DAY!
Ages 18 & Up • Travel throughout Hampton Roads to the farmers market, library, mall, movies, pool, beach & more. $20 trip fee included. Program time may be lengthened depending on outings.
LOCATION: THERAPEUTIC RECREATION CENTER
4082905-01 Th 8/1-8/29 9:00-1:30a 7/25 $35/$53

FIT & FUN II
Ages 18 & Up • Learn how to use various machines such as treadmills & ellipticals to increase your cardiovascular fitness as well as overall strength. Wear gym clothes, bring water & small towel optional. No class 7/4.
LOCATION: THERAPEUTIC RECREATION CENTER
4083005-01 Th 8/1-8/29 1:00-2:30p 6/13 $15/$23

DANCE FIT
Ages 18 & Up • Join us for dancing & fitness. Wear clothing that allows for ease of movement & water bottle to every class. No class 7/4.
LOCATION: THERAPEUTIC RECREATION CENTER
4083105-01 Th 6/20-8/29 3:00-3:50p 6/13 $15/$23

GUITAR LEVEL II
Ages 18 & 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. No class 7/4.
LOCATION: THERAPEUTIC RECREATION CENTER
4083205-01 Th 6/20-8/29 5:30-6:15p 6/13 $15/$23
TRADITIONAL GAMES
Ages 18 & Up • Enjoy hanging out with peers, healthy munchies & playing games! $35 supply fee included.
No class 7/4.
LOCATION: THERAPEUTIC RECREATION CENTER
4083505-01 Th 6/20-8/29 6:30-8:00p 6/15 $50/$75

WATER COUNTRY USA NEW!
Ages 18 & Up • Transportation provided from TRC to event site only. Spend the day splashing through the
pool and sliding down water slides with friends. Bring $45 for admission into the park, an I.D. & at least $25
for lunch in the park. $25 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
4083505-01 Th 8/22 9:00a-4:00p 8/15 $30/$45

AQUA I
Ages 18 & Up • Prereq: Must be able to dress & toilet independently. No swimming skills needed, but must
be comfortable standing in 4’ water unassisted. Swimsuits required. Increase mobility & range of motion
during this gentle water workout.
LOCATION: NORTHSIDE SWIMMING POOL
4083605-01 F 6/21-8/23 9:00-9:45a 6/14 $15/$23

FITNESS & SMOOTHIES NEW!
Ages 18 & Up • Classes consists of a warm up, strength training, cardio & cool down. Wear clothes for ease
of movement, tennis shoes & bring water. End each class with a fresh smoothie. $10 supply fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
4083705-01 F 6/21, 6/28 9:00-11:00a 6/14 $12/$18

ADULT CHILIN’ AT THE POOL NEW!
Ages 18 & Up • Back in the summer sun while playing with friends in an outdoor pool. Play games & enjoy
chill time. Swimsuit mandatory.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
4083905-01 F 7/26-8/23 1:30-2:30p 7/19 $15/$23

 Ella 15
 THERAPEUTIC RECREATION

NO CLASSES JULY 4

STAY INFORMED ABOUT NORFOLK RECREATION, PARKS AND OPEN SPACE EVENTS, PROGRAMS AND SERVICES!

A DAY AT CAPE CHARLES NEW!
Ages 18 & Up • Transportation provided from TRC to event site only. Join us for a day on the Eastern Shore
exploring the small harbor town of Cape Charles. Bring money for lunch & additional money for souvenirs
(optional). $5 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
4084005-01 F 7/5 9:00a-5:00p 6/28 $10/$15

OUT TO THE THEATRE
Ages 18 & Up • Transportation provided from TRC to event site only. Enjoy three evenings out to the theatre.
Show, venue & cost will be announced. $30 trip fee covers cost of 3rd outing to see Madagascar presented
by the Hurrah Players. $30 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
4084105-01 F 7/12,8/12,8/23 6:00-10:00p 7/5 $40/$60

PEACH PICKIN’ NEW!
Ages 18 & Up • Transportation from TRC to Martin Farm & Winery, Knotts Island, NC. Pick a bagful of
peaches, enjoy wine tasting (optional) & shop for locally grown produce at roadside farm stands. Bring
along a picnic lunch, a couple of drinks & at least $25 cash.
LOCATION: THERAPEUTIC RECREATION CENTER
4084205-01 Sa 7/6 9:00a-2:00p 6/28 $5/$8

BUSCH GARDENS
Ages 18 & Up • Transportation provided from TRC to event site only. Spend an exhilarating day at Busch
Gardens enjoying rides, shows, & good food with friends. Bring bag lunch to eat upon arrival, an I.D. &
current season pass or estimated $50 cash to purchase discounted day pass, an additional $25 for snacks,
drinks (refillable cup) & dinner. $20 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
4084305-01 Sa 7/27 11:00a-10:00p 7/19 $25/$38

NUTRITION FOR LIFE
Ages 18 & Up • The dietary/lifestyle coach comes to your home for three classes & discusses dietary routines
to help manage your weight & improve overall health by preparing homemade meals. Caregiver/guardian
is highly recommended to attend. $50 supply fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
4084405-01 TBD 6/17-8/23 TBD 6/10 $60/$90

WHISKERS & TAILS NEW!
Ages 18 & Up • Schedule 5 independent sessions with one of our therapy dogs. Bring a book to read to our
furry friend or simply enjoy petting & chatting with the best listener in town.
LOCATION: THERAPEUTIC RECREATION CENTER
4084505-01 TBD 6/17-8/23 TBD 6/10 $15/$23

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

KIDS ART CAMP
Ages 8-13 • Join us for a week-long exploration of art! Art Camp will feature different projects ranging in media to inspire creativity. Instructed by Virginia VanHorn.

LOCATION: TITUSTOWN VISUAL ARTS CENTER
4119901-01 M-F 6/24-6/28 10:00a-1:00p $55/$83
4119901-02 M-F 8/12-8/16 1:00-4:00p $55/$83

CLAY SCULPTURE
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
4112030-01 W 6/19-8/7 6:00-8:00p $50/$75

PRINTMAKING FOR TEENS
Ages 12-17 • Carve an image into a 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
4119901-01 Tu 6/18-8/6 4:30-6:30p $45/$68

ADULT ART

BEESWAX AND COLLAGE NEW!
Ages 18 & Up • COLLAGE with layers of beeswax using photographs, image transfers, postcards, special papers, text, found objects, and jewelry. Instructed by Leigh Babcock.

LOCATION: TITUSTOWN VISUAL ARTS CENTER
4119602-01 M 6/24-7/22 6:00-8:00p $45/$68

CLAY HANDBUILDING/INTERMEDIATE/ADVANCED
Ages 18 & Up • Prerequisite: must have clay experience. This class includes demonstrations with instructor guidance. Instructed by Patricia Ilenhour. No Class Jul 4.

LOCATION: TITUSTOWN VISUAL ARTS CENTER
4115020-01 Th 6/20-8/8 10:00a-12:30p $50/$75

DRAWING/ALL LEVELS
Ages 18 & Up • Use class exercises to break down the hurdles to your success in drawing. Instructed by Thomas Murphy. No Class Jul 4.

LOCATION: TITUSTOWN VISUAL ARTS CENTER
4119802-01 Th 6/20-7/25 6:00-8:30p $30/$45

ENCAUSTICS INTRO NEW!
Ages 18 & Up • Encaustic painting uses a medium composed of beeswax, pigment and resin. Explore melting and fusing techniques, line and edge, incorporate paper, photography and texture. Instructed by Leigh Babcock.

LOCATION: TITUSTOWN VISUAL ARTS CENTER
4116601-01 Th 7/22-8/19 2:00-4:00p $45/$68

FIVE MODELS FIVE SATURDAYS NEW!
Ages 18 & Up • Drawing and/or Painting with a new model each Saturday! Ability to work independently without instructor. Participants required to bring portable easels if so desired.

LOCATION: TITUSTOWN VISUAL ARTS CENTER
4116501-01 Sa 6/22-7/27 10:00a-1:00p $35/$55
PRINTEMPTAKING
Ages 18 & Up • Gain exposure to a multitude of printmaking techniques. Explore linoleum block printing as well as intaglio and monotype methods. Instructed by Virginia VanHorn
LOCATION: TITUSTOWN VISUAL ARTS CENTER
4115702-01 F 6/21-8/9 2:00-4:00p $50/$75

QULTING
Ages 18 & Up • Quilting with traditional hand sewing techniques and/or a machine stitch approach. Explore textiles, design, composition and color. Instructed by Nancy Caudill. No Class Jul 4.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
414402-01 M 6/17-8/5 10:00a-12:30p $50/$75
414402-02 Tu 6/18-8/6 6:00-8:30p $40/$60

SSEWING ALL LEVELS
Ages 18 & Up • The essentials of sewing: understand how to use patterns to piece together the latest styles and special projects. Instructed by Nancy Caudill. No Class Jul 4.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
4144302-01 Th 6/20-8/15 10:00a-12:30p $50/$75
4144302-02 Th 6/20-8/15 6:00-8:30p $50/$75

SILVER JEWELRY/BEGINNING
Ages 18 & Up • Learn the basics of metalsmithing from designing to creating functional pieces of jewelry. Instructed by Hillary Davenport. No Class Jul 4.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
4144602-01 M 6/27-8/12 10:00a-12:30p $55/$83
4144602-02 Th 6/27-8/12 6:00-8:30p $55/$83

SILVER JEWELRY INTERM/ADV
Ages 18 & Up • Intro to Jewelry or equivalent. Expand techniques with more complex, detailed metalsmithing processes. Instructed by Hillary Davenport.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
4144902-01 Tu 6/25-8/15 10:00a-12:30p $55/$83
4144902-02 Tu 6/25-8/15 6:00-8:30p $55/$83

STAINED GLASS/BEGINNERS
Ages 18 & Up • Beginning projects: glass-cutting, copper foil technique, lead coming technique and soldering. Instructed by Robert Peterson.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
415502-01 W 6/19-8/7 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
415502-02 F 7/26 10:00a-2:00p $35/$53

Looking for an outdoor venue for a special event?
Book a Picnic Shelter Today!

Call 757-441-5834 for availability

Resident Fee:
$125 (Full Day) or $100 (Half Day)
Non-Resident Fee:
$250 (Full Day) or $200 (Half Day)

Available Parks:
- Barraud Park, Lafayette Park,
- Lakewood Park, Northside Park,
- and Poplar Hall

Special thanks to our Norfolk Park Rangers for keeping our picnic shelters clean, safe and enjoyable!
SENIOR EVENTS

NATIONAL BANANA SPLIT DAY
June 4, 2:30pm
LOCATION: EAST OCEAN VIEW COMMUNITY AND SENIOR CENTER, 9520 20TH BAY ST.
Cost: Free   Call (757) 441-1765 for more information

BICYCLE CLUB/WALKING OUTING
June 14-23, 8:00am-2:30pm
LOCATION: TO BE ANNOUNCED
Cost: Free   Call (757) 441-1785 for more information

HATS OFF TO FATHERS
June 21, 11:30am
LOCATION: EAST OCEAN VIEW COMMUNITY AND SENIOR CENTER, 9520 20TH BAY ST.
Cost: Free   Call (757) 441-1785 for more information

INDEPENDENCE DAY COOK OUT
July 12, 11:00am
LOCATION: EAST OCEAN VIEW COMMUNITY CENTER AND SENIOR CENTER, 9520 20TH BAY STREET
Cost: Free   Call (757) 441-1785 for more information

FREE TASTING FRIDAY AT MERMAID WINERY/FIELD TRIP
July 12, 4:30pm
LOCATION: EAST OCEAN VIEW COMMUNITY CENTER AND SENIOR CENTER, 9520 20TH BAY STREET
Cost: Free   Call (757) 441-1785 for more information

GAME SHOW-AMERICA SAYS
July 18, 11:00am
LOCATION: EAST OCEAN VIEW COMMUNITY & SENIOR CENTER 9520 20TH BAY ST.
Cost: Free   Call (757) 441-1785 for more information

BICYCLE CLUB/WALKING OUTING
July 19-26, 8:00am-2:30pm
LOCATION: TO BE ANNOUNCED
Cost: Free   Call (757) 441-1785 for more information

SUMMER CRAFT
August 8, 12:00pm
LOCATION: EAST OCEAN VIEW COMMUNITY & SENIOR CENTER, 9520 20TH BAY ST.
Cost: Free   Call (757) 441-1785 for more information

BICYCLE CLUB/WALKING OUTING
August 9-23, 8:00am-2:30pm
LOCATION: TO BE ANNOUNCED
Cost: Free   Call (757) 441-1785 for more information

DAY AT THE GREAT WOLF LODGE
August 16, 10:00am
LOCATION: 549 E ROCHAMBEAU DR, WILLIAMSBURG, VA 23188
Cost: $65.00   Call (757) 441-1785 for more information

OUTDOOR EXCURSION/FIELD TRIP
August 30, 10:00am
LOCATION: NORFOLK ZOO
Cost: $15.95   Call (757) 441-1785 for more information

CEMETERY EVENTS

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

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

AGE OF AGONY CEMETERY TOUR
June 8, 2pm-3:30pm; August 23, 6:30pm-8:00pm
Join tour guide Shannon Stafford as he shares stories of diseases, Victorian operating rooms, hospital histories and doctors, oh my!

FOR WHOM THE BELL TOLL-SOMBER TALES OF ELMWOOD CEMETERY
June 21, 6:30pm-8:00pm
Join tour guide Shannon Stafford as he tells stories of cold cases, undertakers, memento mori, and Victorian mourning.

THE GRIM TALES OF TECHNOLOGY–SHORT STORIES OF STRANGE DEATHS CEMETERY TOUR
July 5, 6:30pm-8:00pm
Join tour guide Shannon Stafford as he tells you stories of strange deaths that were caused by technology.

THE ROAD TAKEN: A JOURNEY THROUGH THE HISTORY OF NORFOLK
July 19, 6:30pm-8:00pm
Join tour guide Shannon Stafford as he tells you stories of little-known historical figures that helped build Norfolk.

ORDEAL BY INNOCENCE CEMETERY TOUR
August 2, 6:30pm-8:00pm
Join tour guide Shannon Stafford as he explains what childhood was like during the Victorian Period.

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

WHEN DUTY CALLS – HONORING FIRST RESPONDERS CEMETERY TOUR
September 6, 6pm-7:30pm
Join tour guide Shannon Stafford as he highlights the stories of past heroes that kept us safe.

NSCC VOLUNTEER WORKDAYS - NORFOLK SOCIETY FOR CEMETERY CONSERVATION
Thursdays: June 6, 13, 20, 27 • Saturday: June 1
Tasks include landscape maintenance, beautification projects, and monument restoration and cleaning.
http://www.norfolksocietyforcemeteryconservation.org/

LOCATION FOR THIS EVENT: CEDAR GROVE CEMETERY, 238 E. PRINCESS ANNE RD.

HISTORIC CEDAR GROVE CEMETERY TOUR
June 14, July 12, August 9, September 13 – 6pm-7:30pm
This tour of Norfolk’s oldest cemetery lets visitors peer through a portal to the past, led by tour guide Mike Frost.
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.
• Registrations may be accepted after registration deadline if space is available. A $5 late fee applies to registration 7 days or less prior to class start date. No registrations accepted after a course has begun.

WHEN TO REGISTER

Norfolk Residents • Begins Tuesday, May 28 at 10:00 a.m.
Non-Residents • Begins Tuesday, June 4 at 9:00 a.m.
Therapeutic Recreation • Registration for residents begins Tuesday, May 28, 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, June 4.
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.
• $5 late fee applies to registration 7 days or less prior to class start date.

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

David Dearborn

Gregg Mottinger

Darrick Person

Stephen Powell

Debra Rocke

NO CLASSES JULY 4
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) 333-5831</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>
</tr>
<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>
</tr>
<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>

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>
</tr>
</thead>
</table>

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.