COURSE GUIDE

SPRING 2020

AQUATICS PG. 4
RECREATIONAL SPORTS PG. 10
NEW OUTDOOR ADVENTURE PROGRAM PG. 18

SUMMER CAMP PROGRAMS (BACK-PAGE)

REGISTRATION TODAY!
FROM THE RPOS DIRECTOR

Norfolk Recreation, Parks & Open Space proudly offers a diverse selection of programs to our patrons.

Calling all outdoor enthusiasts! Our new Outdoor Adventure Program (OAP) will launch in February. OAP offers a series of environmental workshops, outdoor trips and bike rides for youth and adults. Learn more in our Special Events section.

Last year we launched online registration for spring break and summer camp registration. Parents! Save this web address – norfolkfun.norfolk.gov. Registration and camp details can be found on the back-page of this Good Times edition. We offer outdoor recreation, art and crafts, special guest speakers, field trips and more! And save this date: summer camp registration opens on April 6th.

Our historic cemetery tours will kick off in April. Come learn more about the rich history of Norfolk and the intricate life stories of military heroes, residents from the Victorian era, and more.

So you have game? We have sports and athletics offerings for you. Let us help you find a team and sport of your liking. Our recreational sports are offered year-round. Contact the Lakewood Athletic Office for more information.

May and June bring our annual spring music and dance recitals, the largest events for our Lakewood music and dance participants. Our artists practice and rehearse in the fall and winter for these performances.

Our exceptionally talented and dedicated RPOS staff members work with youths and adults throughout all our Good Times courses. Check us out this spring and you’ll find programs and activities for every age and interest!

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>
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</thead>
<tbody>
<tr>
<td>Resident</td>
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<td>Non-resident</td>
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<table>
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<tr>
<th>Adult (18-64) Athletic/Rec Card</th>
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<tr>
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<table>
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<tr>
<th>Family (adult + 3 or more)</th>
<th>General Rate</th>
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<tr>
<td>Resident</td>
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| Daily facility entry            | $3          | $2           |
| Adult Athletic Card             | $10         |              |
### FACILITIES INFORMATION

#### RECREATION CENTERS

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Phone</th>
<th>Address</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Bayview Recreation Center</td>
<td>441-1626</td>
<td>8613 Willow Terrace, 23503</td>
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<tr>
<td>Berkeley Community Center</td>
<td>441-1912</td>
<td>121 W. Liberty St., 23523</td>
<td>(Open Sat: 11a-4p)</td>
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<td>Campostella Recreation Center</td>
<td>441-1974</td>
<td>1130 Leake St., 23523</td>
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<tr>
<td>Captain’s Quarters Recreation Center</td>
<td>441-1715</td>
<td>800 Little Bay Ave., 23503</td>
<td>(Open June-Aug)</td>
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<tr>
<td>Crossroads Community Center</td>
<td>965-9430</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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<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>664-6474</td>
<td>830 Goff St., 23504</td>
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<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>
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<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>
<td>(Open Sat: 11a-4p)</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>
<td>Southside Senior Center</td>
<td>664-6484</td>
<td>925 S. Main St., 23523</td>
<td>(Mon-Fri: 9a-6p)</td>
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<tr>
<td>Tarrallton Community Center</td>
<td>441-1765</td>
<td>2100 Tarrallton Dr., 23518</td>
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<td>Therapeutic Recreation Center</td>
<td>441-1764</td>
<td>180 E. Evans St., 23505</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>
<td>Young Terrace Community Center</td>
<td>441-2692</td>
<td>804 Whitaker Ln., 23510</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-12:00p; 3-4:00p; T: 9-10:00a, 2:30-5:00p; W: 9a-12p, 2:30-4:00p; Th: closed; F: 11-12p, 3-5:00p
- M-Th: 9a-8:00p; F: 9a-6:00p; Sat: 11:00a-4:00p

#### INDOOR & OUTDOOR POOLS*

<table>
<thead>
<tr>
<th>Pool Name</th>
<th>Phone</th>
<th>Address</th>
<th>Hours/Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Huntersville Indoor Pool</td>
<td>664-7431</td>
<td>830 Goff St., 23504</td>
<td>(Mon-Fri: 6:30a-8p (Closed 1p-3p), Sat 8a-5p, Closed Sun)</td>
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<tr>
<td>Norfolk Fitness &amp; Wellness Center (NFWC)</td>
<td>823-4306</td>
<td>7300 Newport Ave., 23505</td>
<td>(Mon-Fri: 6:30a-8p, Sat 8a-5p, Closed Sun)</td>
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<tr>
<td>Northside Indoor Pool</td>
<td>441-1760</td>
<td>8401 Tidewater Dr., 23518</td>
<td>(Mon-Fri: 6:30a-8p (Closed 1p-3p), Sat 8a-5p, Closed Sun)</td>
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<tr>
<td>Southside Aquatic Center Indoor Pool</td>
<td>333-3281</td>
<td>1750 Campostella Rd., 23523</td>
<td>(Mon-Wed, Fri 6:30a-8p (Closed 1p-3p), Sat 8a-5p, Sun 8a-5p, Closed Thu)</td>
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*Outdoor pools are open June 17 – September 2.

#### OTHER FACILITIES

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Phone</th>
<th>Address</th>
<th>Notes</th>
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</thead>
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<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>
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<tr>
<td>Lakewood Athletic Office</td>
<td>441-5834/5</td>
<td>1612 Willow Wood Dr., 23509</td>
<td>(M,W 9a-9p and 1,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>
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<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>
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<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>
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<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>Titustown Visual Arts Center</td>
<td>441-1227</td>
<td>7545 Diven St., 23505</td>
<td>(Call for specific hours)</td>
</tr>
<tr>
<td>Vivian C. Mason Teen Center</td>
<td>747-2679</td>
<td>700 E. Olney Rd., 23504</td>
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</table>

SEE PAGE 19 FOR REGISTRATION DETAILS
American Red Cross Programs

PARENT AND 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
3010201-11 Sa 4/4-5/23 12:00-12:30p $25/$38

LOCATION: NORTHSIDE SWIMMING POOL
3010201-01 Sa 4/4-5/23 12:00-12:30p $25/$38

LOCATION: SOUTH AQUATICS CENTER INDOOR POOL
3010201-21 Sa 4/4-5/23 9:00-9:30a $25/$38

PARENT AND 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 in Level 1.

LOCATION: NORTHSIDE SWIMMING POOL
3010301-11 Sa 4/4-5/23 12:30-1:00p $25/$38

LOCATION: NORTHSIDE SWIMMING POOL
3010301-01 Sa 4/4-5/23 12:30-1:00p $25/$38

LOCATION: SOUTH AQUATICS CENTER INDOOR POOL
3010301-21 Sa 4/4-5/23 9:00-9:30a $25/$38

PRESCHOOL AQUATICS LEVEL 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
3010401-32 Tu,th 3/31-4/23 5:00-5:45p $30/$45

3010401-31 Sa 4/4-5/23 9:00-9:45a $30/$45

LOCATION: NORTHSIDE SWIMMING POOL
3010401-11 M,W 3/30-4/22 4:00-4:45p $30/$45

3010401-12 M,W 4/4-5/23 4:00-4:45p $30/$45

LOCATION: NORTH AQUATICS CENTER INDOOR POOL
3010401-02 M 3/30-5/18 5:00-5:45p $30/$45

3010401-01 Sa 4/4-5/23 10:00-10:45a $30/$45

LOCATION: SOUTH AQUATICS CENTER INDOOR POOL
3010401-21 Sa 4/4-5/23 9:00-9:45a $30/$45

PRESCHOOL AQUATICS LEVEL 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: NORTHSIDE SWIMMING POOL
3010501-11 M,W 3/30-4/22 5:00-5:45p $30/$45

3010501-12 Sa 4/4-5/23 9:00-9:45a $30/$45

3010501-13 M,W 5/4-6/1 5:00-5:45p $30/$45

LOCATION: NORTH AQUATICS CENTER INDOOR POOL
3010501-01 W 4/1-5/20 5:00-5:45p $30/$45

PRESCHOOL AQUATICS LEVEL 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.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3010601-11 M,W 3/30-4/22 6:00-6:45p $30/$45

3010601-12 Tu,th 3/31-4/23 4:00-4:45p $30/$45

3010601-13 M,W 5/4-6/1 6:00-6:45p $30/$45

3010601-14 Tu,th 5/5-5/28 4:00-4:45p $30/$45

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

LOCATION: HUNTERSVILLE INDOOR POOL
3010701-31 Tu,th 3/31-4/23 5:00-5:45a $30/$45

3010701-32 Sa 4/4-5/23 10:00-10:45p $30/$45

LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3010701-11 Tu,th 3/31-4/23 5:00-5:45p $30/$45

3010701-12 Sa 4/4-5/23 10:00-10:45p $30/$45

3010701-13 Tu,th 5/5-5/28 5:00-5:45p $30/$45

LOCATION: NORTH AQUATICS CENTER INDOOR POOL
3010701-01 M 3/30-5/18 5:00-5:45p $30/$45

3010701-02 Sa 4/4-5/23 11:00-11:45a $30/$45

3010701-03 Sa 4/4-5/23 12:00-12:45p $30/$45

LOCATION: SOUTH AQUATICS CENTER INDOOR POOL
3010701-21 Sa 4/4-5/23 10:00-10:45a $30/$45

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS
Ages 6-15 • Participants begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills. Participants should be comfortable performing Level 1 skills.

LOCATION: HUNTERSVILLE INDOOR POOL
3010801-31 Tu,th 3/31-4/23 5:00-5:45a $30/$45

3010801-32 Sa 4/4-5/23 10:00-10:45a $30/$45

LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3010801-11 Tu,th 3/31-4/23 5:00-5:45p $30/$45

3010801-12 Sa 4/4-5/23 11:00-11:45a $30/$45

LOCATION: NORTH AQUATICS CENTER INDOOR POOL
3010801-01 M 3/30-5/18 6:00-6:45p $30/$45

3010801-02 Sa 4/4-5/23 10:00-10:45a $30/$45

3010801-03 Sa 4/4-5/23 11:00-11:45a $30/$45

LOCATION: SOUTH AQUATICS CENTER INDOOR POOL
3010801-21 Sa 4/4-5/23 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 scissors and dolphin kicks, learns the survival float, treading water, and headfirst entries. Participants should be comfortable performing Level 2 exit skills.

LOCATION: HUNTERSVILLE INDOOR POOL
3010901-31 Sa 4/4-5/23 11:00-11:45a $30/$45

LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3010901-11 Tu,th 3/31-4/23 6:00-6:45p $30/$45

3010901-12 Tu,th 5/5-5/28 6:00-6:45p $30/$45

LOCATION: NORTH AQUATICS CENTER INDOOR POOL
3010901-01 W 4/1-5/20 5:00-5:45p $30/$45

3010901-02 Sa 4/4-5/23 9:00-9:45a $30/$45

3010901-03 Sa 4/4-5/23 11:00-11:45a $30/$45

LOCATION: SOUTH AQUATICS CENTER INDOOR POOL
3010901-21 Sa 4/4-5/23 11:00-11:45a $30/$45
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. Participants should be comfortable performing Level 3 exit skills.

LOCATION: HUNTERSVILLE INDOOR POOL
3011001-31 Sa 4/4-5/23 11:00-11:45a $30/$45

LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3011002-11 Tu, Th 3/31-4/23 6:00-6:45p $30/$45

LOCATION: NORTHSIDE SWIMMING POOL
3011001-01 W 4/7-5/20 6:00-6:45p $30/$45

3011001-02 Sa 4/4-5/23 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. Participants should be comfortable performing Level 4 exit skills.

LOCATION: NORTHSIDE SWIMMING POOL
3011001-01 M 3/30-5/18 6:00-6:45p $30/$45

3011001-02 Sa 4/4-5/23 11:00-11:45a $30/$45

LEVEL 6: FITNESS 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. Participants should be comfortable performing Level 5 exit skills.

LOCATION: NORTHSIDE SWIMMING POOL
3011201-01 Sa 4/4-5/23 10:00-10:45a $30/$45

BEGINNER SWIMMING
Ages 6 & 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 comfortable performing Level 5 exit skills.

LOCATION: HUNTERSVILLE INDOOR POOL
3011301-31 Sa 4/4-5/23 12:00-12:45p $30/$45

LOCATION: NORTHSIDE SWIMMING POOL
3011302-01 W 4/7-5/20 6:00-6:45p $30/$45

LOCATION: SOUTHSIDE AQUATICS CENTER INDOOR POOL
3011302-21 Sa 4/4-5/23 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
3011405-01 Sa 4/4-5/23 9:00-9:45a $30/$45

LOW IMPACT
Ages 16 & Up • Low intensity workout in shallow water. Exercises that help improve joint flexibility and muscle strength. Classes taught by certified instructors.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3011502-11 M,W,F 4/1-4/29 11:00-11:50a $30/$45

3011502-12 M,W,F 5/1-5/29 11:00-11:50a $30/$45

3011502-13 M,W,F 6/1-6/29 11:00-11:50a $30/$45

LOCATION: NORTHSIDE SWIMMING POOL
3011502-01 M,W,F 4/1-4/29 12:00-12:50p $30/$45

3011502-02 M,W,F 5/1-5/29 12:00-12:50p $30/$45

3011502-03 M,W,F 6/1-6/29 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. Classes taught by certified instructors.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3011602-11 M,W,F 4/1-4/29 8:00-8:45a $30/$45

3011602-12 M,W,F 5/1-5/29 8:00-8:45a $30/$45

3011602-13 M,W,F 6/1-6/29 8:00-8:45a $30/$45

LOCATION: NORTHSIDE SWIMMING POOL
3011602-01 M,W,F 4/1-4/29 9:00-9:45a $30/$45

3011602-02 M,W,F 5/1-5/29 9:00-9:45a $30/$45

3011602-03 M,W,F 6/1-6/29 9:00-9:45a $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. Classes taught by certified instructors.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3011702-11 Tu, Th 4/2-4/30 9:00-9:45a $30/$45

3011702-12 Tu, Th 5/5-5/28 9:00-9:45a $30/$45

3011702-13 Tu, Th 6/2-6/30 9:00-9:45a $30/$45

LOCATION: NORTHSIDE SWIMMING POOL
3011702-01 M,W,F 4/1-4/29 6:00-6:50p $30/$45

3011702-02 M,W,F 5/1-5/29 6:00-6:50p $30/$45

3011702-03 M,W,F 6/1-6/29 6:00-6:50p $30/$45

LIFEGUARD TRAINING
American Red Cross Certification Class
Two-year certification
Pre-requisites required

Ages 15 & Up • Lifeguard candidates will be trained to prevent and respond to emergencies in and around swimming pools. Program includes CPR/AED training, first aid, bloodborne pathogens and administering emergency oxygen certifications.

Course pre-requisites: Minimum age - 15 years old by last class meeting. Participants must successfully complete the pre-course swimming test: 300-yard continuous swim using rhythmic breathing (face must enter water between breaths with no stopping), two-minute tread in deep water (legs only), 20-yard swim, 10-lb brick retrieval (seven-feet) and brick tow (20-yards). Goggles may not be worn during pre-course testing.

We offer free lifeguard prep classes each week at Huntsville Pool (Tu/Th 6pm) to help prepare lifeguard candidates to meet course pre-course requirements. Norfolk Recreation Card required to use pool.

All participants must register on the American Red Cross Learning Portal after completing pre-course requirements.

Contact host pool to schedule pre-course swims and specific class dates.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3011805-11 M 3/3-3/21 4:00-5:00p $42/$50

3011805-12 Sa 9:00a-5:00p $42/$50

LOCATION: NORTHSIDE SWIMMING POOL
3011805-01 M, Sa 4/7-4/20 8:00a-5:00p $42/$50

LOCATION: SOUTHSIDE AQUATICS CENTER INDOOR POOL
3011805-21 M-F 2/10-2/21 3:00-8:00p $42/$50

NO CLASSES 5/25
**COMPUTERS**

**BEGINNER COMPUTER COURSE**
Ages 55 & Up • Learn about computer parts, basic maintenance and Windows 7 operating system. Basic typing skills emphasized. Instructed by C. King.
LOCATION: NORVIEW COMMUNITY CENTER
302004-01 Tu, Th 3/31-6/4 10:00a-12:00p $25/$38

**INTERMEDIATE COMPUTER COURSE**
Ages 55 & Up • Prerequisite: Proficiency in Beginner Computer or equivalent. Experience with Microsoft 2013 programs, computer’s operating system, loading and unloading programs and drivers, folder organization, and, basic home-use troubleshooting. Instructed by C. King.
LOCATION: NORVIEW COMMUNITY CENTER
302020-01 M, W 3/30-6/3 10:00a-12:00p $25/$38

**INTRO TO COMPUTING**
Ages 18 & Up • Learn about computer parts, basic maintenance and Windows 7 operating systems. Basic typing skills emphasized and ethical uses of the internal explained and demonstrated. Instructed by C. King.
LOCATION: LAMBERTS POINT COMMUNITY CENTER
302030-01 Tu 3/31-6/2 6:00-8:00p $45/$68

**MICROSOFT EXCEL 2013**
Ages 18 & Up • Prerequisite: Proficiency in Beginner Computer. Learn basic spreadsheet functions, keyboard shortcuts, how to navigate the menu bars, customize ribbon options, and, create formulas to assist with business or home finances. Instructed by C. King.
LOCATION: NORVIEW COMMUNITY CENTER
302050-01 M 3/30-6/3 6:00-8:00p $45/$68

**MICROSOFT POWER POINT & PUBLISHER**
Ages 18 & Up • Prerequisite: Proficiency in Beginner Computer or equivalent. Create professional slide shows by importing pictures, graphics and video. Create your own publications for print and the web. Instructed by C. King.
LOCATION: NORVIEW COMMUNITY CENTER
303060-01 Th 4/2-6/4 6:00-8:00p $45/$68

**MICROSOFT WORD 2013 BASICS**
LOCATION: NORVIEW COMMUNITY CENTER
302060-01 Th 4/2-6/4 6:00-8:00p $45/$68

**DANCE**

**BALLET I**
Ages 7-13 • Barre work, basic Ballet skills, attention to posture, stretching. Instructed by S. Dean / M. Ortt.
LOCATION: LAKewood DANCE AND MUSIC
303030-01 M 3/30-6/1 6:00-7:00p $29/$43*

**APP BALLET PRE-POINTE**
Ages 8 & Up • Prerequisite: Ballet IV or equivalent skills. Must be currently enrolled in any Ballet IV or higher to participate in this course. *INSTRUCTOR PERMISSION REQUIRED. Emphasis on advanced barre work and ballet skills. Instructed by S. Dean.
LOCATION: LAKewood DANCE AND MUSIC
303080-01 W 4/1-6/3 6:00-7:00p $32/$48

**APP BALLET PTE/PARTNER**
Ages 11 & Up • Prerequisite: Ballet V or equivalent skills. Must be enrolled in two ballet classes/week and *INSTRUCTOR PERMISSION REQUIRED. Enhanced classical ballet training thru structured and disciplined intermediate ballet technique. Increase strength and coordination through beginning pointe work. Instructed by K. Hill.
LOCATION: LAKewood DANCE AND MUSIC
303090-01 F 4/3-5/29 4:00-5:00p $29/$43*

**PARENT AND ME**
LOCATION: LAKewood DANCE AND MUSIC
303100-01 M 3/30-6/3 10:00-10:30a $14/$29

**BELLY DANCE I**
Ages 14-18 • Explore the Ancient Art of Middle Eastern Belly Dance. Learn basic moves, warm-ups, isolations, choreography, and self-expression. Instructed by S. Barnes.
LOCATION: NORVIEW COMMUNITY CENTER
303110-01 Th 4/2-5/28 5:30-6:30p $29/$43*

**TAHITIAN CARDIO**
Ages 16 & Up • Come circle, shimmy bump, roll and drop your hips to the fast pace of drumming and other twanging instruments. Exotic sounds of Island music in BARE FEET. Instructed by Ms. Cricket.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
303100-01 W 4/1-6/3 5:30-6:30p $32/$48

**HAWAIIAN DANCE**
Ages 16 & Up • Learn to hula and tell the song’s story with lovely hand and hip sways. BARE FEET ONLY. Instructed by Ms. Cricket. No Class May 25.
LOCATION: LAKewood DANCE AND MUSIC
303080-01 M 3/30-6/1 10:00-11:00a $29/$43*

**JAZZ INT/ADV CONTEMPORARY**
Ages 14 & Up • Blend of Modern and Jazz dance. Must have previous Jazz and/or Ballet experience. *INSTRUCTOR PERMISSION REQUIRED. Instructed by J. Prochazka.
LOCATION: LAKewood DANCE AND MUSIC
303240-02 W 4/1-6/3 7:00p-8:00p $32/$48

**SOCIAL DANCE**
Ages 16 & Up • Learn the steps to your favorite Ballroom Dances such as, Cha Cha, Waltz, Rumba, etc. Partners encouraged. Instructed by A. Minter / S. Dean.
LOCATION: LAKewood DANCE AND MUSIC
303280-05 M 3/30-6/1 8:00-9:00p $29/$43*

* Instructor recommendation required. Those without may be removed from class.

NO CLASSES 5/25
30 MINUTE ABS
Ages 15 & Up • Focusing on the upper, lower and side abdominal muscles, participate in exercises designed to increase torso strength and reduce lower back strain.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3040205-01 Tu 3/31-6/2 7:00-7:30p $15/$20
3040205-03 Th 4/2-6/4 7:00-7:30p $15/$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
3040305-02 Tu 3/31-6/2 6:30-7:30p $25/$38
3040305-01 Th 4/2-6/4 12:00-1:00p $25/$38

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
3040405-02 F 4/2-6/5 5:30-6:30p $30/$43
3040405-01 M 3/30-6/1 12:00-1:00p $30/$43

BOOT CAMP
Ages 15 & Up • Boot camp is a fun, innovative way to lose fat and build muscle. Both men and women will find Boot Camp to be a team-oriented challenge with empowering results. Run, jump, push and pull your way to a better body.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3040505-01 M,W 3/30-6/3 6:00-6:45p $50/$75

CORE AND BALANCE
Ages 15 & Up • Core and Balance is a low impact class for all ages and fitness levels. It focuses on the all-important “core muscles” which are critical for flexibility and balance. The class helps you build strength and flexibility and results in an improved posture and a strong, lean, body.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3042505-01 Th 4/2-6/4 9:00-9:45a $25/$38

DEEP STRETCH
Ages 15 & Up • This class will teach fundamentals for stretching. Small and large muscle groups of the body engaged to increase flexibility by using breathing to relax and stretch muscles.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3042705-01 W 4/3-6/3 5:30-6:30p $25/$38

FUNCTIONAL FITNESS
Ages 15 & Up • Functional fitness exercises are designed to train and develop your muscles to make it easier and safer to perform everyday activities, such as carrying groceries or playing a game of basketball with your kids.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3042805-01 Tu 3/31-6/2 6:00-6:45p $25/$38

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
3040705-01 M 3/30-6/1 5:30-6:30p $25/$38

SEMI-PRO
Ages 17 & Up • Potential, current, former Pro/Semi-Pro, current and former collegiate dancers and Cheerleaders or anyone that wants to dance to have FUN! All styles with weekly themes will be taught from Jazz, Hip-Hop, Funk, Crunk, Country, Cheer and more. Instructed by E. Williamson.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3034205-06 3/31-6/2 7:00-8:00p $32/$48
3034205-02 3/30-6/1 4:30-5:30p $29/$43
3034505-01 3/30-6/1 12:00-1:00p $29/$43
3034405-01 3/30-6/1 5:00-6:00p $29/$43
3034305-01 3/30-6/1 1:00-2:00p $29/$43
3040205-01 M 3/30-6/1 12:00-1:00p $29/$43
3040102-01 M 3/30-6/1 12:00-1:00p $29/$43
3040505-01 M 3/30-6/1 6:00-6:45p $25/$38
3040705-01 M 3/30-6/1 5:30-6:30p $25/$38
3054405-01 Sa 9:00-9:45a $25/$38

CHEER/DANCE/TUMBLE
Ages 7-13 • This class is being offered to school aged students who would enjoy a variety of cheer leading chants, stunts and all styles of dance from ballet, jazz, and hip-hop. Basic tumbling which includes rolls, flips and flexibility. Instructed by E. Williamson.
No Class May 25.
LOCATION: CROSSROADS COMMUNITY CENTER
3034205-02 Tu 3/31-6/2 4:30-5:30p $32/$48
LOCATION: FAIRLAWN RECREATION CENTER
3034205-01 M 3/30-6/1 4:30-5:30p $29/$43
LOCATION: LAKEWOOD DANCE AND MUSIC
3034205-05 W 4/1-6/3 5:00-6:00p $32/$48
3034205-06 W 4/1-6/3 6:00-7:00p $32/$48

ADV HIP-HOP
Ages 15 & Up • Traditional class structure where basic movements and techniques are learned and then applied to Choreography. Advanced Dancers Only. Instructor K. Jones.
LOCATION: LAKEWOOD DANCE AND MUSIC
3034305-01 Sa 4/4-5/30 1:00-2:00p $29/$43

HIP-HOP CHOREOGRAPHY
Ages 12 & Up • Learn original Choreography with various movement styles that range from the basic to the more intricate. Instructed by K. Jones.
LOCATION: LAKEWOOD DANCE AND MUSIC
3034405-01 Sa 4/4-5/30 12:00-1:00p $29/$43

COMMERCIAL HIP-HOP
Ages 12 & Up • Learn the moves to dance along to your favorite artist’s music videos and live performance. Instructed by K. Jones.
LOCATION: LAKEWOOD DANCE AND MUSIC
3034505-02 Sa 4/4-5/30 11:00a-12:00p $29/$43
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3034505-01 F 4/3-5/29 6:00-7:00p $29/$43

FUNCTIONAL FITNESS
Ages 15 & Up • Functional fitness exercises are designed to train and develop your muscles to make it easier and safer to perform everyday activities, such as carrying groceries or playing a game of basketball with your kids.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3042405-01 M 4/2-6/4 5:00-6:00p $25/$38
3042705-01 W 4/3-6/3 5:30-6:30p $25/$38
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
3040905-01 F 4/3-6/5 7:00-8:00p $25/$38
3040905-02 M 3/30-6/1 6:30-7:30p $25/$38

KETTLE BELLS
Ages 15 & Up • This class will focus on kettle bell movements and skills. Develop core strength, cardiovascular endurance, and balance.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3042605-01 T 5/30-6/15p $25/$38

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
3040605-01 M 3/30-6/1 6:30-7:30p $25/$38

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
3040805-01 W 4/2-6/3 9:30-10:30a $25/$38
3040805-02 W 4/1-6/3 5:30-6:30p $25/$38

PILATES 1
Ages 15 & Up • Pilates® is a series of simple, yet challenging, exercises designed to tone, strengthen and lengthen muscles focuses on the core postural muscles which help keep the body balanced and are essential to providing support for the spine. Pilates® exercises teach breathing awareness and alignment of the spine with the aim to strengthen the deep torso muscles. Stretch bands will be used during this class and are provided.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3040005-01 F 4/3-6/5 5:00-6:00p $25/$38
3040005-01 M 3/30-6/1 5:30-6:30p $25/$38

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
3040005-02 F 4/3-6/5 5:00-6:00p $25/$38
3040005-01 M 3/30-6/1 5:30-6:30p $25/$38

STEP AEROBICS
Ages 15 & Up • This is a progressive class. While some modifications are offered, be advised that some choreography is advanced. Step your way to better health! Cross train with step aerobics. Class includes techniques of bench stepping. Benches are provided.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3041205-01 Tu 3/31-6/2 6:00-7:00p $25/$38

TONING WITH RESISTANCE
Ages 15 & Up • Tone and strengthen major muscle groups using free weights, bands and other methods. Lighter weights (with higher repetitions) as opposed to heavier weights (with lower repetitions) are utilized in an effort to strengthen muscles rather than bulk ing up. Equipment will be provided.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3043005-01 W 4/1-6/3 6:30-7:30p $25/$38

WARRIORS FITNESS
Ages 15 & Up • This class combines intense strength training with vigorous cardiovascular training that will push you till you feel the very last rep. Circuit training; functional fitness techniques and mat exercises will be part of each workout.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3041405-01 Tu, Th 3/31-6/4 6:45-7:30a $50/$75

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
3041505-01 Tu, Th 3/31-6/4 6:00-7:00p $50/$75

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
3041705-01 M 3/31-6/4 5:30-6:30p $25/$38

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
3041905-01 F 4/3-6/5 4:00-5:00p $25/$38

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 tempo of Latin dance, Zumba provides a fun workout experience.
LOCATION: LAKEWOOD DANCE AND MUSIC
3042005-01 M 3/30-6/1 6:30-7:30p $25/$38

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
3042205-02 F 4/3-6/5 10:30-11:30a $25/$38
3042205-01 Tu 3/31-6/2 9:30-10:30a $25/$38

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
3042305-01 F 4/3-6/5 9:30-10:30a $25/$38
3042305-02 Th 4/2-6/4 6:00-7:00p $25/$38

NO CLASSES 5/25
GUITAR: BEGINNER
Ages 7-11 & Up • Bring an acoustic or electric guitar to learn basic beginner guitar skills. Lesson materials cost approximately $10.00. Instructed by Amy Ferebee.
LOCATION: LAKEWOOD DANCE AND MUSIC
3050205-01 Ages 7-10 Tu 3/31-6/2 6:00-6:30p $32/$48
3050205-02 Ages 7-10 W 4/1-6/3 5:30-6:00p $32/$48
3050205-05 Th & Up W 4/1-6/3 6:00-7:00p $37/$56

GUITAR & UKULELE: HOMESCHOOL BEG.
Ages 7-14 • Bring an acoustic or electric guitar or ukulele to learn basic beginner skills. Materials cost $15.00. Instructed by Amy Ferebee.
LOCATION: LAKEWOOD DANCE AND MUSIC
3050308-01 $3 6:00-7:00p $37/$56

GUITAR: ADV. BEG. I
Ages 9-12 • Prerequisite: Must know 3 of the 5 basic chord shapes (AED); where they are on the first three strings; able to switch from chord to chord. Bring acoustic or electric guitar. Instructed by Amy Ferebee.
LOCATION: LAKEWOOD DANCE AND MUSIC
3050309-01 $3 6:00-7:00p $37/$56

GUITAR: ADV. BEG. II
Ages 11 & Up • Prerequisite: Completion of at least one session of Advanced Beginner Guitar I. Equipment: Acoustic or electric guitar. Instructed by Amy Ferebee.
LOCATION: LAKEWOOD DANCE AND MUSIC
3050402-01 $3 6:00-7:00p $37/$56

GUITAR: INTERMEDIATE
Ages 11 & Up • Prerequisite: Must know the 5 basic chord shapes (CAGED) in first position and know the notes on all 6 strings in first position. Equipment: Acoustic or electric guitar. Instructed by Amy Ferebee.
LOCATION: LAKEWOOD DANCE AND MUSIC
3050505-01 $3 6:00-7:00p $37/$56

PIANO: BEGINNER
Ages 7-11 • Ages 12 & Up • Lesson materials cost approximately $20.00. A list of required materials is provided by instructor at first class.
LOCATION: LAKEWOOD DANCE AND MUSIC
3050605-02 Ages 7-11 M 3/30-6/8 6:30-7:00p $32/$48
3050605-04 Ages 7-11 W 4/1-6/3 5:30-6:00p $32/$48
3050605-05 Ages 12 & Up M 3/30-6/8 1:00-2:00p $37/$56
LOCATION: NORTFOLK FITNESS & WELLNESS CENTER (ROOM 310)
3050605-01 Ages 7-11 M 3/30-6/8 6:00-6:30p $32/$48
3050605-02 Ages 7-11 W 4/1-6/3 5:00-5:30p $32/$48
3050605-06 Ages 12 & Up M 3/30-6/8 7:00-8:00p $37/$56

PIANO: PRELUDE
Ages 7-11 • Prerequisite: Students must have completed one session of Beginner Piano and be using the Piano Pronto Prelude Book. Materials cost approximately $10.00.
LOCATION: LAKEWOOD DANCE AND MUSIC
3050701-02 M 3/30-6/8 6:00-6:30p $32/$48
3050701-06 W 4/1-6/3 6:00-6:30p $32/$48
LOCATION: NORTFOLK FITNESS & WELLNESS CENTER (ROOM 310)
3050701-01 M 3/30-6/8 6:30-7:00p $32/$48
3050701-03 Tu 3/31-6/2 5:30-6:00p $32/$48
3050701-04 Tu 3/31-6/2 6:00-6:30p $32/$48
3050701-05 W 4/1-6/3 4:30-5:00p $32/$48

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 Ekland. Instructed by Alec Poletsky.
LOCATION: LAKEWOOD DANCE AND MUSIC
3050801-02 M 3/30-6/8 7:00-7:30p $32/$48

LOCATION: NORTFOLK FITNESS & WELLNESS CENTER (ROOM 310)
3050801-01 M 3/30-6/8 5:30-6:00p $32/$48
3050801-03 W 4/1-6/3 5:30-6:00p $32/$48
3050801-04 W 4/1-6/3 6:00-6:30p $32/$48

PIANO: PREL./MVT. I/II
Ages 12 & Up • Prerequisite: Must have completed one session of Beginner Piano and be using the Piano Pronto Prelude Book, Piano Pronto Movement I Book or the Piano Pronto Movement II Book. Materials cost approximately $10.00.
LOCATION: LAKEWOOD DANCE AND MUSIC
3050905-01 M 3/30-6/8 10:00-11:00a $37/$56
LOCATION: NORTFOLK FITNESS & WELLNESS CENTER (ROOM 310)
3050905-02 Tu 3/31-6/2 12:30p-1:30p $37/$56
3050905-03 Tu 3/31-6/2 7:00p-8:00p $37/$56

UKULELE: BEGINNER
Ages 9 & Up • Equipment: ukulele. Learn to tune your ukulele, play songs using easy chords, the music alphabet, and to interpret chords and scales (note reading not required). Instructed by Amy Ferebee.
LOCATION: NORTFOLK FITNESS & WELLNESS CENTER (ROOM 312)
3051005-01 Tu 3/31-6/2 6:30-7:00p $32/$48

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: NORTFOLK FITNESS & WELLNESS CENTER (ROOM 312)
3051205-01 Tu 3/31-6/2 7:00-8:00p $37/$56

VOICE: VARIETY
Ages 10-12 & 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: NORTFOLK FITNESS & WELLNESS CENTER (ROOM 310)
3051305-01 M 3/31-6/3 10:00-11:00a $37/$56

MINI CLASS: 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 (piano provided). All instruments and voices welcome as group creates interesting textures with simple well known songs and original compositions. Instructed by Amy Ferebee.
LOCATION: NORTFOLK FITNESS & WELLNESS CENTER (ROOM 312)
3052605-01 Sat 4/25-5/16 10:00-11:00a $15/$19

PRIVATE MUSIC LESSONS
AVAILABLE FOR AGES 7 & UP
REGISTRATION DEADLINE: MARCH 20TH

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 19 for additional registration details.

NO CLASSES 5/25

$5 Late fee applies to registration 7 days or less prior to class start date.
RECREATIONAL SPORTS

ADULT SPRING SOFTBALL
Registration begins 2/24

SENIOR MEN DIVISION 40 AND OVER
3060702-01 M 4/20-6/22 6:45-11:30p $400

MEN HYBRID C DIVISION
3060702-02 Tu 4/21-6/23 6:45-11:30p $400

MEN A DIVISION
3060702-03 W 4/22-6/24 6:45-11:30p $400

WOMEN OPEN DIVISION
3060702-04 W 4/22-6/24 6:45-11:30p $400

WOMEN DUFFER DIVISION
3060702-05 Th 4/23-6/25 6:45-11:30p $400

COED HYBRID DIVISION
3060702-06 F 4/24-6/25 6:45-11:30p $400

COED DUFFER DIVISION
3060702-07 F 4/24-6/28 6:45-11:30p $400

ADULT BASKETBALL LEAGUE
Registration begins 2/24

MEN OPEN DIVISION
LOCATION: LAMBERTS POINT & NORVIEW COMMUNITY CENTER
3060802-01 Tu, Th 4/21-6/2 6:15-8:30p $450

WOMEN OPEN DIVISION
LOCATION: LAMBERTS POINT & NORVIEW COMMUNITY CENTER
3060802-02 Tu, Th 4/21-6/2 6:15-8:30p $300

YOUTH OUTDOOR SOCCER
Boys and Girls ages 5-16 • Registration: January 28, 2020 – March 8, 2020
Season Starts: Saturday March 18, 2020

RBI BASEBALL AND SOFTBALL
Boys and Girls ages 5-15 • Registration: April 1, 2020 – May 1, 2020
Season Starts: May 16, 2020
To find a team near you, please contact the Lakewood Athletic Office at 757-441-5834
All players are required to have a Recreation I.D. Card.
*Additional registration fees may apply and are determined by team’s affiliate athletic association.

UPCOMING YOUTH SPORTS

YOUTH FOOTBALL
Boys and Girls ages 5-15 • Team Registration: July 1, 2020 – August 20, 2020
Season Starts: Saturday, August 29, 2020

INDOOR FUTSAL
Boys and Girls 5-15 • Team Registration: September 14, 2020 – October 16, 2020
Season Starts Saturday, November 14, 2020

YOUTH BASKETBALL
Boys and Girls 5-16 • Team Registration November 16, 2020 – December 23, 2020
Season Starts Saturday, January 9, 2021

BEGINNER BOXING
Ages: 8 & up • Introduction to the basics of boxing: Stance, straight line & circle movement, & the four basic punches to head & body.
LOCATION: NORFOLK BOXING CENTER
3043005-01 M-Th 3/30 - 6/4 5:00-6:00pm $50/$75

INTERMEDIATE BOXING
Ages: 8 & up • This is a follow-on to Beginner Boxing. Focus on refining those skills plus: combinations, & defenses against the four basic punches.
LOCATION: NORFOLK BOXING CENTER
3043105-01 M-Th 3/30 - 6/4 5:30-7:30pm $50/$75

LITTLE WARRIORS
Ages: 6-7 • Introductory boxing & fitness fun with class sizes of 7 participants per session.
LOCATION: NORFOLK BOXING CENTER
3043505-01 F 4/3 – 6/5 Session 1: 4:30-5:00pm Session 2: 5:00-5:30pm $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
3043305-01 Tu/Th 3/31 – 6/4 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
3043405-01 M/W/F 3/30 – 6/5 12:00pm – 12:45pm $35/$50

ANNUAL PASSES:
TEAM NORFOLK
Ages: 8 & up • 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

NORFOLK BOXING
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     DAYS  DATES      TIMES
Huntersville Recreation Center  Tu  Sep-May  11a-1p
Ingleside Recreation Center  W  Sep-May  10a-12p
Norview Community Center  Th  Sep-May  11a-2:30p
Oakmont Senior Club  1st/3rd Tu  Sep-May  11a-2:30p
Sherwood Forest Comm Center  Th  Sep-May  10a-1p
Tarrallton Recreation Center  F  Sep-May  11a-1p
Titustown Recreation Center  Tu/Th  Sep-May  10a-2p

SOUTHSIDE SENIOR CENTER EVENTS (Meet year-round)

Day        Date        Event/Topic        Time
M  Ongoing  Tours & Patron Led Activities  10a
Tu  Ongoing  Crochet & Crafts Club (Nifty Knitters)  10a
Tu  1st Tues.  Secret Garden Workshop (Indoor)  11a
Tu  4th Tues.  Triad Senior Safety Meeting (NFWC)  2pm
W  Ongoing  Chair Cardio  10a
W  Ongoing  Chair Cardio  10a
W  2nd Tues.  Senior Club Meeting  11a
W  3rd Wed  Caring Seniors of S. S. Support Group  11a
Th  Ongoing  Enrichment Social  10a
Th  Ongoing  Ceramics Workshop  10a
Th  Ongoing  Bingo Challenge  2p
F  Ongoing  Game Day Fun Day (Physical)  11a
F  2nd Fri.  Birthday Shout Out Social  12n
F  3rd Fri.  ManCave Social  3pm

DID YOU KNOW WORKSHOP
March 26, 3:00pm – 6:00pm
LOCATION: SOUTHSIDE SENIOR CENTER
Cost: Free
Call (757) 664-6484 for more information

INDOOR “SECRET GARDEN” 1 YEAR ANNIVERSARY
April 21, 10:00am – 2:00pm
LOCATION: SOUTHSIDE SENIOR CENTER
Cost: Free
Call (757) 664-6484 for more information

SENIOR OLYMPICS
May 4-7, Time: TBA
LOCATION: TBA
Cost: TBA * Call (757) 664-6484 or (757) 441-1785 for more information

EAST OCEAN VIEW SENIOR CENTER EVENTS (Meet year-round)

Day        Date        Event/Topic        Time
M  Ongoing  Pickleball  9am-12:30pm
Tu  Ongoing  Social Hour/Crocheting/Knitting  10a
Tu  Ongoing  Exercising  10:30a
Tu  Ongoing  Line Dancing  11a
Tu  Ongoing  Billiards and table games  1pm-5pm
W  Ongoing  60+ Meeting  11a
W  Ongoing  Canasta  11a
W  Ongoing  Bingo/social  1pm-5pm
Th  Ongoing  Pickleball  9am-12:30pm
Th  Ongoing  Billiards, Exercises & quilting  10a
Th  Ongoing  Table Tennis  2pm-5pm
F  Ongoing  Bridge  10a
F  Ongoing  Table Tennis  1pm-5pm
F  Ongoing  Cards/Open games  1pm-5pm

SENIOR SPECIAL EVENTS

BALLOON TENNIS
March 12, 10:00am-11:30am
LOCATION: EAST OCEAN VIEW COMMUNITY CENTER AND SENIOR CENTER
Cost: Free. Call (757) 441-1785 for more information

AARP SAFE DRIVING TRAINING
March 19, 9:00am-4:00pm
LOCATION: EAST OCEAN VIEW COMMUNITY CENTER AND SENIOR CENTER
Cost: Free. Call (757) 441-1785 for more information

GAME DAY
March 27, 10:00am-4:00pm
LOCATION: EAST OCEAN VIEW COMMUNITY CENTER AND SENIOR CENTER
Cost: Free. Call (757) 441-1785 for more information

GARDENING WITH A PURPOSE
April 4-July 7, 9:00am-12pm
LOCATION: EAST OCEAN VIEW COMMUNITY CENTER AND SENIOR CENTER
Cost: Free. Call (757) 441-1785 for more information

REPOTTING PLANTS/SOCIAL
April 14-23, 10:00am-12:00pm
LOCATION: EAST OCEAN VIEW COMMUNITY CENTER AND SENIOR CENTER
Cost: Free. Call (757) 441-1785 for more information

SENIOR FISHING SESSIONS
May 5-June 16, 9:30am-12:30pm
LOCATION: EAST OCEAN VIEW COMMUNITY CENTER AND SENIOR CENTER
Cost: Free. Call (757) 441-1785 for more information

MOTHER’S DAY LUNCHEON/SPRING FASHION SHOW
May 14, 11:00am-2:00pm
LOCATION: EAST OCEAN VIEW COMMUNITY CENTER AND SENIOR CENTER
Cost: Free. Call (757) 441-1785 for more information

NATURE SCAVENGER HUNT
May 26, 10:00am-11:30am
LOCATION: EAST OCEAN VIEW COMMUNITY CENTER AND SENIOR CENTER
Cost: Free. Call (757) 441-1785 for more information
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 located at 700 E. Olney Rd., Norfolk VA. For more information, call 757-747-2679 or visit TWPTheMovement.org.

SPRING @ 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 artists in the field of music production and performance poetry/rap.

Wednesday - Gardening, Visual Arts & HealthLiving: 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, family night or just read and relax. On alternating Thursdays there is Youth Circles where teen circle up with their mentors for closed growth conversations to promote, healing, healthy lifestyles, bonding and conflict resolution, includes dinner, games and give-aways!

Weeknight programs also include: Homework Club, Yoga, Computer Technology, special guest performing artist and teen open mic nights. All members receive incentives for volunteerism and community edutainment.

Book a Picnic Shelter Today!

Looking for an outdoor venue for a special event?

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!

Norfolk Public School students ages 5 to 12 can be enrolled if they attend the NPS elementary school adjacent to a participating recreation center.

Cost per child: $160 per month for before or after care; $240 per month for both before and after care. \( ** \)Power Up discounts available for qualifying participants.

Contact a participating center for registration information:
Bayview * Crossroads * Fairlawn * Sherwood Forest
Tarrallton * Young Terrace
Norfolk.gov/Play

Active Participants can apply for H.I.P (Horticulture Internship Program) for Teens and Teen Inspired Leaders - paid opportunities for teens!
SPECIAL EVENTS (Call 441-1764 for more info.)

SPRING FLING Ages 18 & Up • Come to the TRC for light refreshments, dancing & fun to celebrate the spring season!
LOCATION: THERAPEUTIC RECREATION CENTER 3080805-06 Sa 4/18 3:00-5:00p 4/10 $20/$20

MIRACLES IN ART Ages 6 • May 7-28 • Paul Street Gallery, 7545 Diven Street
FREE ADMISSION • M-F: 10a-4p; Sa: 10a-2p
Featuring artwork from individuals with disabilities.

DAY FOR PEOPLE WITH DISABILITIES Ages 6 - 19 • Saturday, May 2, 10a-2p • Virginia Zoo, 3500 Granby Street
Enjoy a resource fair of service providers and organizations that support individuals with disabilities. Admission is free for individuals with a disability and one caregiver. Regular zoo admission applies to all other guests.

TRC ALICE IN WONDERLAND PROM Ages 18 & Up • Join the TRC for a prom to remember with music, food, a photo booth & a lot of dancing. Formal attire required.
LOCATION: THERAPEUTIC RECREATION CENTER 3080505-02 Sa 5/16 6:00-8:00p 5/8 $20/$20

TRC BEACH PARTY Ages 13 & Up • Enjoy a cookout, play beach games & spend time with friends at OV Beach. Beach towel, chair & bathing suit optional, sunscreen mandatory.
LOCATION: THERAPEUTIC RECREATION CENTER 3080305-02 Sa 6/6 11:00a-2:00p 5/29 $15/$15

ALL ABOUT NAILS Ages 13 & Up • Experiment with colors & designs while learning basic nail care & maintenance. $5 supply fee included. No class 4/9.
LOCATION: THERAPEUTIC RECREATION CENTER 3080605-02 Th 4/2-5/7 4:00-4:50p 3/26 $20/$30

OLDER TEEN & ADULT PROGRAMS

AQUA III Ages 18 & Up • Prerequisite: Must be able to engage in aerobic exercise for at least 30 minutes and dress & toilet independently. No swimming skills necessary, must be comfortable standing in water 4’ - 6’ deep unassisted. Swimsuits required. Class will combine high-intensity cardio exercises, traveling exercises, suspended exercises & jumping. Increase mobility & muscle tone during this shallow & deep water workout. No class 5/25.
LOCATION: NORTHSIDE POOL 3081505-01 M 3/30-6/8 9:00-9:45a 3/23 $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 5/25.
LOCATION: AMF LITTLE CREEK LANE 3081205-06 M 3/30-6/8 12:00-2:15p 3/23 $15/$23

LET’S DO BRUNCH Ages 18 & Up • Transportation provided from TRC to event site only. Enjoy a morning brunch while socializing with friends. $15 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER 3081005-03 M 3/30-4/7 9:00-9:45a 3/23 $30/$45

SUNSET HIKES Ages 18 & Up • Transportation provided from TRC to hiking location 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 & bring water with you. No class 5/25.
LOCATION: THERAPEUTIC RECREATION CENTER 3081405-01 M 3/30-6/8 6:00-8:30p 3/23 $15/$23

TIDES BASEBALL GAME Ages 18 & Up • Transportation provided from TRC to event site only. Enjoy an evening at the ballpark watching the Norfolk Tides! Bring money for concessions. $15 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER 3081505-02 M 5/11 5:30-9:30p 5/4 $20/$30

GARDENING Ages 18 & Up • Learn everything you need to know about gardening. $15 supply fee included. No class 5/26.
LOCATION: THERAPEUTIC RECREATION CENTER 3081605-01 Tu 5/5-6/9 9:30-10:00a 4/28 $30/$45

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

PROGRAMS FOR INDIVIDUALS WITH DISABILITIES

Registration begins 2/24
OUT & ABOUT
Ages 18 & Up • Travel throughout Hampton Roads to farmer’s markets, library, mall, movies & more. $20
supply fee included. Program time may be lengthened depending on the outing.
LOCATION: THERAPEUTIC RECREATION CENTER
3081705-01  Tu 3/31-4/28  9:30-11:30a  3/24  $35/$53

FIT & FUN I
Ages 18 & Up • Learn how to use various machines such as treadmills & ellipticals to increase your
cardiovascular fitness as well as your overall strength. Bring gym bag with the proper attire to change into
as well as a small towel & water. No class 5/26.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
3081905-01  Tu 3/31-6/9  1:00-2:30p  3/24  $15/$25

CHAIR EXERCISE
Ages 18 & Up • Low to moderate exercises to strengthen muscle, increase flexibility & range of motion from
your chair. Bring a water bottle & wear tennis shoes & clothing that allows for ease of movement. No class
5/26.
LOCATION: THERAPEUTIC RECREATION CENTER
3082005-01  Tu 3/31-6/2  4:30-5:35p  3/24  $15/$25

DEVELOPMENTAL READING
Ages 18 & Up • Improve reading skills using a developmental phonics reading series. Class is 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
3082105-01  Tu 3/31-6/2  6:30-7:10p  3/24  $15/$25

ADVANCED MEDITATION
Ages 18 & Up • Quiet the mind & body while increasing ability to focus & become more mindful through a
series of deep breathing exercises.
LOCATION: THERAPEUTIC RECREATION CENTER
3082205-01  Tu 3/31-6/2  6:30-7:10p  3/24  $15/$25

VIRGINIA INTERNATIONAL TATTOO
Ages 18 & Up • Transportation provided from TRC to event site only. Listen to drums, bagpipes, singing &
enjoy dancing from around the world.
LOCATION: THERAPEUTIC RECREATION CENTER
3082505-01  Tu 4/21  6:30-10:35p  4/14  $5/$8

AQUA II
Ages 18 & Up • Prereq: Proficiency in Aqua I course or equivalent. Must be able to dress & toilet
independently. No swimming skills necessary, 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. No class 4/8.
LOCATION: NORTHSIDE POOL
3082605-01  W 4/1-6/10  9:00-9:45a  3/25  $15/$25

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 $40 (cash) to purchase pieces. $10 supply fee included. Supply fee
covers use of equipment, a basic paint inventory, as well as firing of pieces. Participants must provide own
ceramic pieces & any special paints not provided in center inventory. Paint decorative/functional art, try
LOCATION: THERAPEUTIC RECREATION CENTER
3082705-01  W 4/1-6/10  10:30a-12:00p  3/25  $25/$38

TRAILBLAZERS
Ages 18 & Up • Transportation provided from the TRC to event site only. Lace up your hiking boots & get
ready to explore the scenic side of the Seven Cities! Trailblazers will explore a different hiking trail each
class up to 5 miles. Dress appropriately for the weather, wear closed-toe shoes. Bring a bag lunch & extra
water. No class 4/8.
LOCATION: THERAPEUTIC RECREATION CENTER
3082805-01  W 4/1-4/29  9:00a-12:00p  3/25  $15/$23

FARM TOURS NEW!
Ages 18 & Up • Transportation provided from TRC to event site only. Discover farms in Hampton Roads!
Learn about animals and how farmers take care of them. Wear closed toe shoes & bring money for animal
feed (optional).
LOCATION: THERAPEUTIC RECREATION CENTER
3082905-01  W 5/5-5/20  9:30-11:30a  4/29  $10/$15

GUITAR LEVEL I
Ages 13 & Up • Bring an acoustic guitar & a few picks. Learn modified chords to play familiar tunes. No class
4/8.
LOCATION: THERAPEUTIC RECREATION CENTER
3083005-01  W 4/1-6/10  5:30-6:30p  3/25  $30/$45

A CAT ON A HOT TIN ROOF NEW!
Ages 18 & Up • Transportation provided from TRC to event site only. Join TRC staff at The Wells Theatre for a
night of professional acting. $55 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
3083105-01  W 4/15  6:00-10:30p  4/8  $60/$90

STRAWBERRY PICKING
Ages 18 & Up • Transportation provided from TRC to event site only. Enjoy the morning picking strawberries.
Bring at least $15 to purchase strawberries & lunch (bag lunch optional). Don’t forget your bucket! Dress
appropriately for the weather - rain or shine!
LOCATION: THERAPEUTIC RECREATION CENTER
3083405-01  W 5/13  11:00a-2:00p  5/6  $5/$8

RIDE THE TIDE - KUNG FU TEA SOCIAL NEW!
Ages 18 & Up • Transportation provided from TRC to event site only. Learn how to utilize Norfolk, public
transportation & The Tide with your friends & enjoy our last stop at Kung Fu Tea shop in Downtown Norfolk!
Bring money for tea & $4 for The Tide.
LOCATION: THERAPEUTIC RECREATION CENTER
3083605-01  W 5/20  4:00-6:00p  5/13  $5/$8

NORFOLK BIKE MONTH INCLUSIVE RIDE NEW! 🏃
Ages 18 & Up • Celebrate Norfolk Bike Month with an inclusive bike ride with the public. Depart from Smart
Mouth Brewery in Ghent touring the Elizabeth River Trail on wheels.
LOCATION: THERAPEUTIC RECREATION CENTER
3083805-01  TBD  TBD  6:00-8:00p  TBD  $5/$8

KROC CENTER
Ages 18 & Up • Transportation provided from TRC to event site only. Enjoy the day at the Kroc Center pool,
bring swimsuit, towel & change of clothes! Eat lunch at the Kroc Café, bring money or bag lunch. $10 trip
fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
3084205-01  W 5/27  9:00a-2:00p  5/20  $15/$23

Indicates transportation is available from participant home to program location. Call (757) 441-1764 for details.
## THE HOBBIT PLAY NEW!
Ages 18 & Up • Transportation provided from TRC to event site only. Join TRC staff at The Wells Theatre for a night of professional acting. $55 supply fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
3085305-01  W  6/3  6:00-10:30p  5/27  $60/$90

## GO GREEN 🌿
Ages 18 & Up • Show your community pride by working as a team to adopt a road right here in Norfolk. Work together to keep Norfolk green & beautiful.
LOCATION: THERAPEUTIC RECREATION CENTER
3084505-01  Th  5/14-6/11  9:00-9:50a  5/7  $15/$25

## HISTORY IN THE MAKING 🌿
Ages 18 & Up • Educate your mind & fill your stomach at Norfolk Botanical Gardens, Chrysler Museum & MacArthur Memorial. Bring $15 each class to purchase brunch or bring a bag brunch.
LOCATION: THERAPEUTIC RECREATION CENTER
3084405-01  Th  5/14-5/28  9:00a-12:00p  5/7  $10/$15

## FIT & FUN II 🏃‍♀️
Ages 18 & Up • Learn how to use various machines such as treadmills & ellipticals to increase your cardiovascular fitness and overall strength. Bring gym bag with the proper attire to change into as well as a small towel & water. No class 4/10.
LOCATION: NORTHSIDE POOL
3084905-01  Th  4/2-5/7  10:00-11:30a  3/26  $45/$68

## BARRE FITNESS 🕉️
Ages 18 & Up • Join this ballet inspired workout! Combine functional yoga, Pilates & ballet moves for a power workout. Wear clothing that allows for ease of movement & bring a water bottle. No class 4/10.
LOCATION: THERAPEUTIC RECREATION CENTER
3084905-01  Th  4/2-6/11  1:00-2:30p  3/26  $15/$25

## GUIDED CANVAS PAINTING 🎨
Ages 18 & Up • Instructor will guide participants through paintings step by step. Scenes will include landscapes, flowers & more. $20 supply fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
3084805-01  Th  5/14-6/11  3:00-4:30p  5/7  $35/$55

## ALL ABOUT NAILS 💅
Ages 15 & Up • Experiment with colors & designs while learning basic nail care & maintenance. $5 supply fee included. No class 4/9.
LOCATION: THERAPEUTIC RECREATION CENTER
3080605-02  Th  4/2-5/7  4:00-4:50p  3/26  $20/$30

## 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 4/9.
LOCATION: THERAPEUTIC RECREATION CENTER
3080905-06  Th  4/2-6/11  5:30-6:15p  3/26  $15/$23

## WAIST AWAY 🙈
Ages 18 & Up • Learn how to become healthier through group exercise & healthy meal prep & enjoy healthy dinners with peers. $25 supply fee included. No class 4/9.
LOCATION: THERAPEUTIC RECREATION CENTER
3085005-01  Th  4/2-5/7  6:30-8:00p  3/26  $40/$60

## DINING OUT & KEEPING IT LITE 🍽️
Ages 18 & Up • Transportation provided from TRC to event site only. Enjoy dining in the community without blowing your healthy lifestyle. All meals will be ordered from the lite menu. Try tasty alternatives to soda, ranch dressing & anything fried. Bring $25 to cover dinner each outing. $30 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
3085105-01  Th  5/14-6/11  6:30-9:00p  5/7  $45/$68

## LADIES NIGHT NEW! 🎨
Ages 18 & Up • Thursday’s are for the ladies! Have fun with the girls doing face masks, watching movies & chatting together! $10 supply fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
3084605-01  F  4/3  6:30-8:00p  3/27  $15/$23

## COOKING 🍽️
Ages 18 & Up • Prepare meals 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 meal will be served. $30 supply fee included. No class 4/9.
LOCATION: THERAPEUTIC RECREATION CENTER
3085505-01  Th  4/2-5/7  9:00a-10:00a  5/6  $45/$68

## AQUA I 🏖️
Ages 18 & Up • Must be able to dress & toilet independently. No swimming skills necessary, must be comfortable standing in water 4’-6’ deep unassisted. Swimsuits required. Water is the perfect medium for physical rehabilitation. Increase mobility & range of motion in a gentle water workout. No class 4/10.
LOCATION: NORTHSIDE POOL
3083505-01  Th  5/14-6/12  9:00-9:50a  5/8  $15/$23

## STRETCH & GO 🏃‍♀️
Ages 18 & Up • Start your morning off right by stretching those tired muscles & taking a stroll in the fresh spring air. Burn calories & walk off the stress of the week with friends. Wear tennis shoes & clothing that allows for ease of movement. No class 4/10.
LOCATION: THERAPEUTIC RECREATION CENTER
3083605-01  Th  5/14-6/12  9:00-9:50a  5/8  $15/$23

## INTRO TO YOGA NEW! 🍀
Ages 18 & Up • Start your morning off right with a full body workout focusing on strengthen & toning, while improving overall strength & flexibility. Water, tennis shoes & clothing that allows for ease of movement are required.
LOCATION: THERAPEUTIC RECREATION CENTER
3083905-01  F  5/7-6/12  9:00-9:50a  5/8  $15/$23

## BOOT CAMP 🏃‍♀️
Ages 18 & Up • Classes consist of a warm-up, strength training, cardio & cool down. Designed to make you sweat with high-intensity workout. Wear tennis shoes, clothing that allows for ease of movement & bring a water bottle. No class 4/10.
LOCATION: THERAPEUTIC RECREATION CENTER
3086005-01  F  4/3-6/12  1:30-2:30p  3/27  $15/$23

## FRIDAY NIGHT RETREATS 🎥
Ages 18 & Up • Transportation provided from TRC to event site only. Don’t sit home watching TV when you can enjoy 3 evening outings with friends from the TRC! Cost for the 5/15 trip to see “Seize the Day Cabaret” by the Hurrah Players is included. $35 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
3086205-01  F  4/3, 4/24, 5/15  6:00-10:00p  3/27  $45/$68

## BUSHGARDENS 🎩
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
3086405-01  Sa  5/9  10:30a-8:00p  5/1  $25/$38

## JUMP AROUND 🎆
Ages 18 & Up • Transportation provided from TRC to event site only. Join the TRC staff at Jump for trampoline fun. Bring $25 for admission, socks & lunch (or bag lunch). $5 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
3086505-01  Sa  4/25  9:15a-12:45p  4/17  $10/$15

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**Registration begins 2/24**

**NO CLASSES 5/25**
THERAPEUTIC RECREATION

VA SAFARI PARK
Ages 18 & Up • Transportation provided from TRC to event site only. Have you ever wondered what it’s like to meet 200 animals up close & personal? Drive through the VA Safari Park in Natural Bridge, VA where you will meet & feed tons of different animals! Walk through interactive exhibits where you will be able to feed giraffes! Bring $30 for admission & animal feed. Pack snacks, lunch & dinner or bring extra money to purchase food. $14 trip fee included.
LOCATION: THERAPEUTIC RECREATION CENTER
TBD 3/30-6/5 TBD 3/23 $55/$83

1 ON 1 PERSONAL DIETARY & EXERCISE COACH
Ages 18 & Up • Participant & instructor will review daily dietary habits & meals, then workout at NFWC using aerobic & strength training equipment. Participant must be independent in meal prep or parent/caregiver must attend dietary portion of class. 4 sessions will be planned between coach & participant.
LOCATION: NORFOLK FITNESS & WELLNESS CENTER
TBD 3/30-6/5 TBD 3/23 $60/$90

NUTRITION FOR LIFE
Ages 18 & Up • The dietary/lifestyle coach comes to your home for 3 classes & discuss dietary routines to help manage your weight & improve overall health by preparing homemade meals. Caregiver/guardian is highly recommended to attend. $50 supply fee is included.
LOCATION: THERAPEUTIC RECREATION CENTER
TBD 3/30-6/5 TBD 3/23 $55/$83

WHISKERS & TAILS
Ages 18 & Up • Schedule 5 individual 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
TBD 3/30-6/5 TBD 3/23 $15/$25

VISUAL ARTS

YOUTH ART

ACRYLIC SHADES
Ages 13-18 • Exploring still life acrylic painting using the multiple shades between white and black. Instructed by Chatia Chalmers
LOCATION: TITUSTOWN VISUAL ARTS CENTER
3112201-01 Th 5/7-6/04 6:30-7:30p $30/$45

ZEN PASTELS
Ages 7-10 • Ages 11-16 • Discovering nature, insects and wildlife with the help of oil pastels Instructed by Chatia Chalmers
LOCATION: TITUSTOWN VISUAL ARTS CENTER
3112401-07 Ages 11-16 Th 5/7-6/04 5:00-6:00p $30/$45
3112401-02 Ages 7-10 W 4/22-5/20 4:30-5:30p $30/$45

HOMESCHOOL ZEN PASTELS
Ages 7-10 • Discovering nature, insects and wildlife with the help of oil pastels Instructed by Chatia Chalmers
LOCATION: TITUSTOWN VISUAL ARTS CENTER
3112301-01 Tu 4/21-5/19 10:30a-11:30a $30/$45

SPRING BREAK ART CAMP
Ages 7-12 • Learning and exploring charcoal, watercolor, oil pastels, acrylic painting and more. Instructed by Chatia Chalmers
LOCATION: TITUSTOWN VISUAL ARTS CENTER
3110901-01 Mon- Thu 4/13-4/16 10:00a-2:00p $55/$83

TEEN SPRING BREAK ART WORKSHOP
Ages 13-18 • Exploring still life acrylic painting using the multiple shades between white and black. Instructed by Chatia Chalmers
LOCATION: TITUSTOWN VISUAL ARTS CENTER
3114102-02 Tu 3/31-6/2 6:30-8:30p $30/$45

LOCATION: TITUSTOWN VISUAL ARTS CENTER
3112302-02 Mon- Thu 4/13-4/16 2:30-4:30p $30/$45

YOUTH PRIVATE DRAWING
Ages 7-17 • Spend time drawing one on one! Explore fundamentals of drawing including perspective, line and shading. Instructed by Chatia Chalmers
LOCATION: TITUSTOWN VISUAL ARTS CENTER
3111101-01 M 4/20-6/01 4:00-5:00p $50/$75
3111102-01 M 4/20-6/01 3:00-4:00p $50/$75

ADULT ART

CLAY SCULPTURE
Ages 18 & Up • Explore textures, design techniques, shape, glazing application techniques and more. Instructed by Patricia Isehoun.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
3110502-01 Th 4/2-5/21 10:00a-12:30p $50/$75

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
3111502-01 W 4/1-5/15 2:00-4:30p $55/$83

FELTING
Ages 18 & Up • Felting includes blending, condensing and pressing beautiful vibrant fibers together into an original design. Projects include: flat wet felting, a felted pot, felted soap and a felted birdhouse and dry felting techniques. Instructed by Leigh Babcock.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
3111001-01 M 4/6-5/4 6:30-8:30p $45/$68

HOT GLASS
Ages 18 & Up • Learn to pair beautiful colored stained glass together to fuse into one of a kind artworks. Instructed by Robert Peterson.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
3111702-01 F 4/5-5/22 10:00a-12:30p $50/$75
3111702-01 S 4/4-5/23 10:00a-12:30p $50/$75

HOT GLASS JEWELRY
Ages 18 & Up • Fuse beautiful stained glass together to create gorgeous jewelry including glass earrings, pendants, and necklaces. Students required to purchase glass prior to first class. Instructed by Leigh Babcock.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
3111703-01 W 3/25-4/22 2:00-4:00p $40/$60

MOASICS
Ages 18 & Up • Mosaic art is the process of embedding objects onto a surface. Decorate wooden frames, small table tops, pre-poured stepping stones, tiles and sculpture! Instructed by Leigh Babcock.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
3111201-01 Th 4/2-5/21 10:00a-12:30p $50/$75

OIL PAINTING
Ages 18 & Up • Experience the unmistakable depth and vibrancy of oil paint. Intermediate and Advanced participants required to bring easels. Instructed by Thomas Murphy.
LOCATION: FAIRLAWN RECREATION CENTER
3112302-01 Th 4/2-5/24 10:00a-12:30p $40/$50
3112302-02 Th 4/2-5/24 12:30-2:30p $40/$50

LOCATION: TITUSTOWN VISUAL ARTS CENTER
3112302-03 M 3/30-6/1 6:30-8:30p $40/$50

OPEN STUDIO QUILTING
Ages 18 & Up • Experience required and must be able to work without instructor guidance. Participants required to bring sewing machine if so desired.
LOCATION: TITUSTOWN VISUAL ARTS CENTER
3114102-01 M 3/30-6/1 10:00a-12:00p $30/$45
3114102-02 Tu 3/31-6/2 6:30-8:30p $30/$45

All classes take place at the Titustown Visual Arts Center unless otherwise noted. NO CLASSES 5/25

Registration begins 2/24
**OPEN STUDIO SEWING**  
Ages 18 & Up • Experience required and ability to work without instructor. Participants required to bring sewing machine if so desired.  
LOCATION: TITUSTOWN VISUAL ARTS CENTER  
311402-01 Th 4/2-6/4 10:00a-12:30p $30/$45  
311402-02 Th 4/2-6/4 6:30-8:30p $30/$45

**OPEN STUDIO PAINTING**  
Ages 18 & Up • Req-Painting experience & ability to work independently without instructor guidance; participants are required to bring easels.  
LOCATION: TITUSTOWN VISUAL ARTS CENTER  
311702-03 F 4/3-5/22 10:00a-12:30p $35/$55  
311702-04 F 4/3-5/22 1:00p-3:30p $35/$55  
311702-01 Tu 4/7-4/28 1:00-3:30p $35/$55  
311702-02 Tu 4/7-5/26 10:00a-12:30p $35/$55

**PHOTOGRAPHY/DARKROOM/OPEN STUDIO**  
Ages 18 & Up • Must have darkroom experience and the ability to work without instructor guidance.  
LOCATION: TITUSTOWN VISUAL ARTS CENTER  
311302-01 Sa 4/4-5/23 10:00a-12:00p $75/$113

**POTTERY ON THE WHEEL: ALL LEVELS**  
Ages 18 & Up • Learn how to center, throw and glaze as well as how to use equipment properly and safely, Instructed by Pam Gray.  
LOCATION: TITUSTOWN VISUAL ARTS CENTER  
3113302-02 W 4/1-6/2 10:00a-12:00p $50/$75  
3113302-03 W 4/1-6/2 6:30-8:30p $50/$75

**POTTERY ON THE WHEEL & ALTERING**  
Ages 18 & Up • Combine wheel thrown pieces with hand built parts to create a new form. Embellish or alter traditional thrown forms. Completion of introductory course or equivalent skill level required. Instructed by Pam Gray.  
LOCATION: TITUSTOWN VISUAL ARTS CENTER  
3113502-01 W 4/1-5/20 10:00a-12:30p $35/$55  
3113502-02 W 4/1-5/20 1:00p-3:30p $35/$55

**PRINTMAKING**  
Ages 18 & Up • Explore linoleum block printing as well as intaglio and monotype methods. Instructed by Virginia Van Horn.  
LOCATION: TITUSTOWN VISUAL ARTS CENTER  
311502-01 Sa 4/4-5/23 10:00a-12:00p $50/$75

**REPOUSSE**  
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 to adorn with your own metal designs. Instructed by Hillary Davenport.  
LOCATION: TITUSTOWN VISUAL ARTS CENTER  
3115202-01 W 4/1-5/20 10:00a-12:30p $700/$1660

**SILVER JEWELRY BEGINNING**  
Ages 18 & Up • Learn the basics in metalsmithing from designing to creating functional pieces of jewelry. Instructed by Hillary Davenport.  
LOCATION: TITUSTOWN VISUAL ARTS CENTER  
3114702-01 M 3/30-5/10 10:00a-12:30p $55/$83  
3114702-03 Th 4/5-5/21 6:00-8:30p $55/$83

**SILVER JEWELRY INTERMEDIATE/ADVANCED**  
Ages 18 & Up • Prerequisite: Completion of Beginners Silver Jewelry or equivalent skill level. Expand on learned techniques with more complex and detailed metalsmithing processes. Instructed by H. Davenport.  
LOCATION: TITUSTOWN VISUAL ARTS CENTER  
3114902-01 Tu 3/31-5/19 10:00a-12:30p $55/$83  
3114902-02 Tu 3/31-5/19 6:00-8:30p $55/$83

**STAINED GLASS: BEGINNING**  
Ages 18 & Up • Explore light and color in this introduction to the art of stained glass! Beginning projects teach glass-cutting, copper foil technique, lead caning technique and soldering. Instructed by R. Peterson.  
LOCATION: TITUSTOWN VISUAL ARTS CENTER  
311502-01 W 4/1-5/20 6:00-8:30p $55/$83

**STAINED GLASS: INTERMEDIATE/ADVANCED**  
Ages 18 & Up • Prerequisite: Completion of Beginners Stained Glass or equivalent skill level. Instructors permission required. Build and refine skills in cutting, foiling, lead caning and soldering. Students will construct a flat panel lamp. Instructed by Robert Peterson.  
LOCATION: TITUSTOWN VISUAL ARTS CENTER  
3115102-01 M 3/30-5/18 6:00-8:30p $55/$83

**WORKSHOPS**

**ASSEMBLE**  
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 Van Horn.  
LOCATION: TITUSTOWN VISUAL ARTS CENTER  
3382502-01 Sa 5/9-5/16 10:00a-12:30p $75/$153

**JUNK JEWELERY**  
Ages 18 & Up • Reinvent your costume jewelry. A beginner friendly workshop-no jewelry skills necessary. Instructed by Hillary Davenport.  
LOCATION: TITUSTOWN VISUAL ARTS CENTER  
3382102-01 F 4/10 10:00a-1:00p $35/$55

**METAL FLOWERS**  
Ages 18 & Up • Design your own flower out of metal using metalsmithing. Instructed by Hillary Davenport.  
LOCATION: TITUSTOWN VISUAL ARTS CENTER  
3382102-01 F 4/17-4/24 10:00a-12:30p $35/$53

**ORIENTAL BRUSH PAINTING/BEGINNERS**  
Ages 18 & Up • Learn how to express the essence of Sumi-e painting with the grace of simple brush strokes. Instructed by Mike Lane.  
LOCATION: TITUSTOWN VISUAL ARTS CENTER  
338502-01 Sa 5/9-5/16 6:00-8:30p $35/$53

**SPIRIT DOLLS**  
Ages 18 & Up • Create a doll to honor the spirit of creativity, strength, healing, generosity, gathering, love and kindness. Your spirit doll will be made using materials including: natural materials, twigs, strips of fabric, lace, raffia, ribbons, old jewelry, and paint. Instructed by Patricia Ivchenhour.  
LOCATION: TITUSTOWN VISUAL ARTS CENTER  
338502-01 Sa 5/9-5/16 10:00a-12:30p $35/$53

**SPRING WINDCHIMES**  
Ages 18 & Up • Spring wind chimes with eclectic vintage jewelry and glass! Go thrift store shopping for your wind chime base and collect fun items to bring and trade with others. Instructed by Leigh Babcock.  
LOCATION: TITUSTOWN VISUAL ARTS CENTER  
3382902-01 M 5/22-5/29 10:00a-12:30p $35/$53

**TWO MODELS TWO SATURDAYS**  
Ages 18 & Up • A drawing group with two models on two Saturdays! Ability to work independently without instructor guidance. Participants required to bring portable easels if so desired.  
LOCATION: TITUSTOWN VISUAL ARTS CENTER  
3382302-01 Sa 4/25-5/2 10:00a-12:30p $20/$30

**NO CLASSES 5/25**

Registration begins 2/24

$5 late fee applies to registration 7 days or less prior to class start date.
COMMUNITY ARTS EVENTS

ANNUAL SPRING MUSIC RECITAL
May 31, 2:00pm
NORFOLK MASONIC TEMPLE: 7100 GRANBY STREET, NORFOLK
Cost: $5 per person  Call (757) 441-5833 for more information

LAKWOOD SPRING DANCE RECITAL
June 6, 5:00pm – 9:00pm
HARRISON OPERA HOUSE, 160 WEST BEACH BOULEVARD, NORFOLK, VA 23510
Cost: $10.00 per person, tickets can be purchased through Ticketmaster
Call 757 441-5833 for more information

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

NORFOLK SOCIETY FOR CEMETARY CONSERVATION (NSCC) VOLUNTEER WORKDAYS
April-November
Tasks include landscape maintenance, beautification projects, monument restoration and cleaning.
See calendar for dates at http://www.norfolksocietyforcemeteryconservation.org/

CEMETERIESCAPE 2020 – PHOTO CONTEST & RECEPTION
Photo submissions accepted February 19-March 19, 2020 – Reception April 3, 2020

CEMETERY TOURS - ELMWOOD CEMETERY, 238 E. PRINCESS ANNE RD.

AGE OF AGONY - VICTORIAN MEDICINE NEW!
April 17, 6:00pm-7:30pm
Join tour guide Shannon Stafford as he introduces you to stories of diseases, Victorian operating rooms, and the challenges doctors faced!

CURIOUS DEATHS OF NORFOLK NEW!
May 15, 6:00pm-8:00pm
Join tour guide Shannon Stafford as he tells you stories of deaths that took place in Norfolk that will bewilder you.

DUTY, HONOR, COUNTRY NEW!
May 23, 2:00pm-3:30pm Memorial Day Weekend
Join tour guide Shannon Stafford as he honors those who fought for our freedoms.

FOR WHOM THE BELLS TOLL
June 19, 6:30pm-8:00pm
Join tour guide Shannon Stafford as he tells stories of murder, undertakers, city coroners, and Victorian mourning.

CEMETERY TOURS - CEDAR GROVE CEMETERY, 238 E. PRINCESS ANNE RD.

SYMBOLS OF DEATH NEW!
May 1, 6:00pm-7:30pm
Join tour guide Shannon Stafford, as he leads you on a journey of Victorian headstone symbols in Cedar Grove Cemetery. Home to many examples of Victorian era iconography that no other cemetery in Norfolk has.

HISTORIC CEDAR GROVE CEMETERY
May 8, 6:00pm-7:30pm
This tour of Norfolk’s oldest cemetery lets visitors peer through a portal to the past, led by tour guide Mike Frost.

A JOURNEY THROUGH THE HISTORY OF NORFOLK
June 5, 6:30pm-8:00pm
Join tour guide Shannon Stafford as he tells stories of little-known historical figures that helped build Norfolk.

OUTDOOR ADVENTURE PROGRAM NEW!
The NEW Outdoor Adventure Program (OAP) provides environmental education workshops and trips that will inspire the community to discover the natural world. The OAP will create a sustainable Norfolk community that promotes life enrichment through outdoor exploration while focusing on Conservation, Health and Wellness and Social Equality. Based on these core values, participants will discover new passions through nature at an affordable rate. Let’s all sustainably get out and play!

OUTDOOR ADVENTURE PROGRAM (OAP) INAUGURAL EVENT
February 21, 5:00pm-7:00pm
LOCATION: CAPTAIN’S QUARTERS RECREATION CENTER
Cost: Free
Call (757) 441-1785 for registration information

YOUTH ENVIRONMENTAL DAY
March 3, 6:00pm-7:30pm
LOCATION: CAPTAIN’S QUARTERS RECREATION CENTER
Cost: Free
Call (757) 441-1785 for registration information

TRAIL CHATTER
March 20, 6:45pm-8:00pm
LOCATION: CAPTAIN’S QUARTERS RECREATION CENTER
Cost: Free
Call (757) 441-1785 for registration information

DISASTER, TRAVEL & WILDERNESS FIRST AID COURSE
Saturday-Sunday March 28-29, 8:30am - 6:30pm
LOCATION: CAPTAIN’S QUARTERS RECREATION CENTER
Cost: Call (757) 441-1785 for registration information

CAMPING BASICS WORKSHOP
April 17, 6:00pm-8:00pm
LOCATION: CAPTAIN’S QUARTERS RECREATION CENTER
Cost: Free
Call (757) 441-1785 for registration information

TRAIL CHATTER
April 24, 6:45pm-8:00pm
LOCATION: LATITUDE CLIMBING AND FITNESS
Cost: Free
Call (757) 441-1785 for registration information

ERT BIKE RIDE
May 16, 12:00pm-2:30pm
LOCATION: NORFOLK PUBLIC LIBRARY LARCHMONT BRANCH
Cost: Free
Call (757) 441-1785 for registration information

TRAIL CHATTER
May 29, 6:45pm-8:00pm
LOCATION: LATITUDE CLIMBING AND FITNESS
Cost: Free
Call (757) 441-1785 for registration information
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, February 24, 2020 at 10:00 a.m.
Non-Residents • Begins Monday, March 2, 2020 at 10:00 a.m.
Therapeutic Recreation • Registration for residents begins Monday, February 24, promptly at 9:30a by lottery registration process. Lottery tickets distributed from 9:00a-9:30a. Arrive no earlier than 8:30a. Non-residents registration takes place Monday, March 2.

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.

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

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
Nathaniel Kinnison, not pictured

NO CLASSES 5/25
2020 SPRING BREAK AND SUMMER CAMP PROGRAMS

Spring Break Camp – Captain’s Quarters
April 13 - 17, 6:30am–6:00pm
LOCATION: CAPTAIN’S QUARTERS RECREATION CENTER
Ages: 5 and enrolled in kindergarten through age 12
Cost: $50 per person
Registration begins 03/02 at 10am until filled
Call (757) 441-1785 for additional information

All Sports Camp
April 13 - 17, 8:30am – 5:30pm
LOCATION: CROSSROADS RECREATION CENTER
Ages: 8 - 12
Cost: $50 per person
Registration begins 03/02 at 10am until filled
Call (757) 965-9430 for additional information

eSports Teen Camp NEW!
April 13 - 17, 8:30am – 5:30pm
LOCATION: FAIRLAWN COMMUNITY CENTER
Ages: 13 - 16
Cost: $50 per person
Registration begins 03/02 at 10am until filled
Call (757) 441-5670 for additional information

Camp Wake Up Summer Programs
June 22 – Aug 21, 6:30am–6:00pm
LOCATION: BAYVIEW, CROSSROADS, FAIRLAWN, SHERWOOD FOREST, TARRALLTON
Ages: 5 and completed kindergarten through age 12
Cost: $444 per child (field trips and t-shirt included)
Payable in three payments of $148.00 due April 6th, May 5th, and June 5th
Registration begins 04/06 at 10am until filled
Call any facility listed above for additional information

Get Out and Play Summer Programs
June 22 – Aug 21, 8:30am – 5:30pm
LOCATION: BERKLEY, CAMPOSTELLA, EAST OCEAN VIEW, GRANDY VILLAGE,
HUNTERSVILLE, INGLESIDE, LAMBERT’S POINT, MERRIMACK LANDING, NORVIEW,
PARK PLACE, TITUSTOWN, YOUNG TERRACE
Ages: 5 and completed kindergarten through age 12
Cost: $85 per person (field trips and t-shirt included)
Registration begins 04/07 at 10am until filled
Call any facility listed above for additional information

Norview Navigators
July 6 – Aug 14, 8:30am – 5:30pm
LOCATION: NORVIEW COMMUNITY CENTER
Ages: 13 - 16
Cost: $50 per person (field trips and t-shirt included)
Registration begins 04/07 at 10am until filled
Call (757) 441-1440 for additional information

Camp Willoughby Summer Program
June 22 – Aug 21, 6:30am–6:00pm
LOCATION: CAPTAINS QUARTERS RECREATION CENTER
Ages: 6 and completed 1st grade through age 12
Cost: $354 per child (field trips and t-shirt included)
Payable in three payments of $178.00 due April 6th, May 5th, and June 5th
Registration begins 04/06 at 10am until filled
Call (757) 441-1785 for additional information

Registration is Available Online and In-Person – must have valid Facility Use Card