



Albemarle County Parks & Recreation

FALL 2008

Alb. Co. Res. = Albemarle County Residents
NCR = Non County Residents

All East Coast, West Coast, & Night Club 2-Step

Classes Taught by: Kristin Wenger
Class Location: Murray High School
\$36 Alb. Co. Res. \$54 NCR

EAST COAST SWING DANCE

ECS is lively and quick-paced, enjoyed by dancers of all ages and abilities.

Session 1: Tuesdays, Sept. 23 – Oct. 28
6:00-7:00pm Level 1

Session 2: Tuesdays, Nov. 11 – Dec. 16
6:00-7:00pm Level 2

WEST COAST SWING DANCE

WCS is the modern-day swing. Born in the 1940's from west coast lindy-hop, it has evolved through the decades, influenced by changes in popular music and youth culture.

Session 1: Tuesdays, Sept. 23 – Oct. 28
7:00-8:00pm Level 1

Session 2: Tuesdays, Nov. 11 – Dec. 16
8:00-9:00pm Level 2

WEST COAST SWING DANCE

-Advanced WCS "Brand New Moves"

This class is for dancers who have recently completed an intermediate WCS class and are ready for the next step, or for long-time dancers who wish to expand their repertoire, boost technique, and build confidence. Guaranteed to make you sweat a little, laugh a lot, and make you a better dancer.

Session 1: Tuesdays, Sept. 23 – Oct. 28
8:00-9:00pm

NIGHT CLUB 2-STEP

'NC2' was invented 20+ years ago by a professional dancer frustrated that modern slow pop and country ballads did not match well with traditional slow dances like waltz and foxtrot. NC2 is a graceful romantic slow dance that is easy to learn. It is currently experiencing soaring crossover popularity in the swing dance, country western dance, and ballroom circles. (Hint for the fellas: Ladies LOVE this dance!)

Session 2: Tuesdays, Nov. 11 – Dec. 16
7:00-8:00pm Level 1

LINE DANCE

Line dance reduces stress, increases energy, improves strength and muscle tone. It's friendly, social and you don't need a partner. Instructor: Olivia Ray

Location: Greer Elementary School

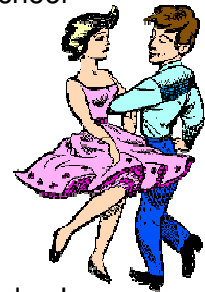
Mondays, Sept. 8 – Nov. 24

(No class Oct. 20 & Nov. 3)

6:30-7:30pm Beginner

7:30-8:30pm Intermediate

\$50 Alb. Co. Res. \$75 NCR



SQUARE DANCE

Great exercise! Lots of fun! Learn to Square Dance with George Jordan and the Virginia Reelers. Couples and singles welcome. No experience necessary. Beginner and plus classes start September 17 and will meet on Wednesdays through January. **Come to our free Open House Dance on Wednesday, September 17, 7-9pm, Woodbrook Elementary School.**

For more information go to:

www.virginareelers.com or call 973-8858.

Please visit our web site at www.albemarle.org/parks

FREE WEEKLY DANCE PRACTICE

(Sponsored by the Charlottesville Swing Dance Society)

Dance Students, Do you need space, music and a partner to practice the dance moves you learned in swing class last month or last year? Come out and practice with your fellow students. No partner is needed. Beginner-Advanced dancers are all welcome.

When: Thursdays 7:30-9:00pm

Where: Murray High School,
1200 Forest Street

Call #980-2744 to check about cancellations

<http://avenue.org/swing>

BALL ROOM DANCE

Couples only. Come join Miller, Dorsey, Basie & new modern music and learn to Fox Trot, Waltz, Polka, Lindy Hop, and ChaCha! Basic thru semi-advanced instruction.

Instructor: Al & Ann Marie McGibney

Location: Jouett Middle School

Wednesdays 7:00-9:00pm

Session 1: Sept. 17 – Oct. 22

Session 2: Nov. 5 – Dec. 17

(No class Nov. 26)

\$60/Couple Alb. Co. Res. \$90/Couple NCR



BALL ROOM DANCE

Couples only. Come join Miller, Dorsey, Basie & new modern music and learn to Fox Trot, Waltz, Polka, Lindy Hop, and ChaCha! Basic thru semi-advanced instruction.

Instructor: Al & Ann Marie McGibney

Location: Scottsville Community Center

Mondays 7:00-9:00pm

Sept. 15 – Oct. 20

\$60/Couple Alb. Co. Res. \$90/Couple NCR

SHAPE UP FOR SENIORS - Free

Stretching and Flexibility exercise for Seniors. Year around classes, you may join in at anytime. Meadows Community Center. Mondays, Wednesdays, & Fridays 3-4pm

AEROBICS

Exercise for the mind, body and spirit!

Instructor: Jeanne Sheets

Location: Scottsville Community Center

Tuesdays & Thursdays 6:30-7:30pm

Call for exact dates.

AEROBICS

This class will help you build stamina, increase endurance, and improve the cardiovascular system while burning fat.

Location: Crozet Elementary School

Monday & Thursday 6:30-7:30pm

Sept. 8 – Nov. 20

(No class Oct. 20 & Nov. 3)

\$45 Alb. Co. Res.\$68 NCR

EAST MEETS WEST:

Mat Science / Pilates

A comprehensive workout designed to develop integrated strength & flexibility for the entire body. Incorporates movements from a wide range of disciplines, including Pilates, yoga & aerobics. Includes some use of free apparatus. An excellent class for young & old, novice & expert.

Location: Broadus Wood Elementary

Monday & Wednesday 6:00-6:45pm

Sept. 8 – Nov. 19

(No class Oct. 20 & Nov. 3)

\$45 Alb. Co. Res.\$68 NCR

CARDIO CRAZE

Movement designed to condition, train and improve the cardiovascular system while burning fat. Includes some use of free apparatus. Classes alternate between hi-lo/circuit/body sculpting and step/interval step. Personal level of intensity can be adjusted to suit individual needs.

Location: Broadus Wood Elementary

Monday & Wednesday 6:50-7:45pm

Sept. 8 – Nov. 19

(No class Oct. 20 & Nov. 3)

\$45 Alb. Co. Res.\$68 NCR

Please visit our web site at www.albemarle.org/parks

YOGA

(All Yoga Classes are 10 sessions and cost: \$45 Alb. Co. Res. \$68 NCR)

Yoga is an ancient system of training the mind and body, leading to greater flexibility and relaxation. Please bring a yoga mat.

Location: County Office Bldg. 5th St.

1600 5th Street, Meeting Room A

Instructor: Carol Brown

Tuesdays 5:30pm - 6:45pm

Tuesdays 7:00pm – 8:15pm

September 9 – December 2

(No class Oct. 14, 21, & Nov. 4)

Location: Baker Butler Elementary

Class Room A-17

Instructor: Madhuri Mix

Thursdays 5:00 – 6:15pm

Thursdays 6:30 – 7:45pm

September 11 – November 13

Location: Sutherland Middle School

Instructor: Madhuri Mix

Mondays 4:30 – 5:45pm

September 8 – November 24

(No class Oct. 20 & Nov. 3)

AIM SELF-DEFENSE & SAFETY AWARENESS

(Boys and Girls ages 4-15)

This exciting and valuable course is designed for self-defense purposes only, emphasizing safety awareness. A certified black belt will instruct children how to avoid dangerous situations, how to walk away from a fight and when necessary, defend themselves.

AIM CHEER / POM PROGRAM

(Boys and Girls ages 4-15)

The program is designed to enhance self-confidence, self-esteem, and physical fitness. Learn cheers, chants, jumps, leaps and pom routines!

*Flyers will be distributed in September to all students for the Cheer & Self Defense Classes. Registration and payment is on-site. For more information call Jim or Susan Johnson at #1-800-323-3755.



YOGA CLASSES at Greenwood

Classes Taught by: Carol Brown

Class Location: Greenwood Community Center

\$45 Alb. Co. Res. \$68 NCR

(Please bring a yoga mat.)

Beginner Meditation & Breath Work

This class will consist of gentle Yoga stretches, meditation, and breath work. Stretching is to facilitate sitting in meditation (cushion or chair). A gentle loving approach is used in learning to meditate. By practicing basic breathing techniques we will be learning how our breath affects our body.

Mondays 12:00-1:15pm

September 15 – November 17

Advanced Beginner to Intermediate

Concentration will be on awareness of body, breath, and balance. We will be working on finding dynamic relaxation in each posture, to find our edge. Must have basic Yoga experience.

Mondays 1:30-2:45pm

September 15 – November 17

Beginner Yoga

Concentration is on awareness of body and breath. We will be working on proper alignment, finding our edge, and using our breath to assist us in a posture.

Thursdays 12:00-1:15pm

September 18 – November 20

Yoga for Seniors

Gentle, basic yoga postures. Concentrating on awareness of body and breath. This class is specifically designed for 50+ students. Must be comfortable with getting up/down on the mat. No experience necessary.

Thursdays 1:30-2:45pm

September 18 – November 20

Please visit our web site at www.albemarle.org/parks

KARATE (Join in at anytime)

Come learn the art of self-defense while giving yourself a challenging work-out. Chito-ryu Karate-do is a traditional form of Karate. We are a part of the US ChitoKai founded by one of America's most knowledgeable and respected teachers, William J. Dometrich. We offer classes to men, women, and children from age 7 and up...you are never too old to begin training!

Website www.cvilleyoseikan.com

Instructor: Linda Gage

Location: Greenwood Community Center
Call #296-5844 for exact dates and times.

ART OF SWORDSMANSHIP

Come learn the ancient martial art of Iaijutsu (swordsmanship) as handed down by the world's oldest and foremost Iaijutsu organization, "Musō Jikiden Eishen-Ryu". This is a sophisticated form of using the sword in the manner of the Japanese Samurai. This is a very detailed skill and anyone expecting "instant results" is not advised to participate in this class. Under the aegis of the Jikishin Kai, Charlottesville Yoseikan is offering bokken basics for student's ages 13 years and up. For further information, contact Linda M. Gage, Chief Instructor, Charlottesville Yoseikan Chito-Ryu Karate-do. **Classes begin Saturday, September 6, 11am to 12noon.**

WOODWORKING CLASSES

A workshop experience using hand tools, for boys and girls ages 5 to 14, beginner and intermediate. An introduction to the Joys of Building!



Every finished project is a success. Instructor Judy Cahill is an experienced carpenter with a BA in Education and has been woodworking with children since 1980. For more information, call Judy Cahill at #979-1220. **Cost: \$58**

Location: Scottsville Community Center

Session A: 4:00-5:30pm Wednesdays,
September 17 – October 8

Session B: 4:00-5:30pm Thursdays,
September 18 – October 9

Session C: 9:30am-12:30pm Saturdays,
September 20 & 27

Session D: 9:30am-12:30pm Saturdays,
October 4 & 11

BRIDGE

Bridge for Intermediate players. Sponsored by the Jefferson Bridge Association.



Monday Nights from 7:00pm to 9:30pm at the Church of Our Savior, 1165 E. Rio Road. Please contact Nan Massie, ACBL certified instructor, for more information. chobridge@aol.com or 434-531-5547

ADULT BASKETBALL LEAGUE

Location: Albemarle High School
Dates: Sundays, December – April, 2009
Team Registration Forms will be available October 1st.

HIGH SCHOOL TENNIS SKILLS DEVELOPMENT PROGRAM

This tennis clinic will focus on tennis skills development through extensive drills, sports conditioning, sports psychology & strategy, and round robin matches. Open to all Albemarle County high school students.

Location: Tennis Courts at Albemarle High School.

September 22 - October 23, 2008

Mondays & Thursdays, 4:30 – 6:00pm

Cost: \$25. Open to the first 40 that register at www.charlottesvilletennis.org, in the Upcoming Events Section of our Home Page. Direct questions to Chris Shaw at highschool@charlottesvilletennis.org.

Sponsored by: Charlottesville Tennis
In Partnership with Albemarle County Parks and Recreation

ROLLERSKATING

The Greenwood Community Center offers public roller-skating October thru May.

Saturday Nights 6:00-9:00pm

Admission is \$3.00 to rent skates and \$2.00 if you have your own skates. Roller blades are allowed. **No metal wheels!** Skating Rink is available for private skating parties!

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