



Albemarle County Parks & Recreation

Fall Youth & Teen Classes 2008

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

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.charlottesville.tennis.org, in the Upcoming Events Section of our Home Page. Direct questions to Chris Shaw at highschool@charlottesville.tennis.org.

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

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



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.

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 pon 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. Or visit their website at <http://aimusaonline.org>

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!