West Coast Swing
WCS is the modern-day swing dance, and has experienced soaring global popularity in the past 2 decades. Sometimes smooth and graceful, sometimes funky and playful, people of all ages love it because you can use it to dance to contemporary music playing on today’s radio pop, rock, jazz, and R&B radio stations. Come see what the rave is all about!
Instructor: Kristin Wenger
Location: Murray High School, 1200 Forest Street
Fee: $59 Alb. Co. Res. $69 NCR, (6 class session)
Session 1: Tuesdays, Sept 11 – Oct 16
  6:00-7:30pm WCS Level 1
  7:30-9:00pm WCS New Cool Moves: Cool new moves, fun patterns, fancy footwork, and other elements to spice up your west coast swing dancing. Students should be competent in their basics.
Session 2: Tuesdays, Oct 30 – Dec 11, no class Nov 6
  6:00-7:30pm WCS Level 2
  7:30-9:00pm WCS Better Building Blocks: The most beautiful house in the world will fall down if it isn’t built on a solid foundation. In this class, we will focus on good WCS technique to help build confidence and enhance dance skills. Laughter, success, and a few “A-ha!” moments guaranteed. Appropriate for any dancer who knows basic WCS, from advanced-beginner to advanced.

Bachatango
Bachatango is a popular hybrid dance that combines the Caribbean style of bachata from the Dominican Republic and Argentine Tango. This highly improvisational dance allows the performers to play not only with different hand holds and styling, but also games with footwork. No previous experience is required for this class. Partners are encouraged, but not necessary.
Instructor: Edwin Roa
Location: Murray High School, 1200 Forest Street
Fee: $55 Alb. Co. Res. $65 NCR, (6 class session)
  Mondays 8:00-9:00pm
Session 2: Tuesdays, Oct 30 – Dec 11, no class Nov 6
  6:00-7:30pm WCS Level 2
  7:30-9:00pm WCS Better Building Blocks: The most beautiful house in the world will fall down if it isn’t built on a solid foundation. In this class, we will focus on good WCS technique to help build confidence and enhance dance skills. Laughter, success, and a few “A-ha!” moments guaranteed. Appropriate for any dancer who knows basic WCS, from advanced-beginner to advanced.

Kizomba
Kizomba developed from Angolan roots. It has been highly influenced by Brazilian culture and music. It can be said that it has a similar vision as Argentine Tango, but with a more afro-Caribbean perspective. This dance has been highly popularized within the past 5 years and is often showcased in contemporary clubs. No previous experience is required for this class. Partners are encouraged, but not necessary.
Instructor: Edwin Roa
Location: Murray High School, 1200 Forest Street
Fee: $55 Alb. Co. Res. $65 NCR
  Mondays 8:00-9:00pm
Session 2: Tuesdays, Oct 30 – Dec 11, no class Nov 6
  6:00-7:30pm WCS Level 2
  7:30-9:00pm WCS Better Building Blocks: The most beautiful house in the world will fall down if it isn’t built on a solid foundation. In this class, we will focus on good WCS technique to help build confidence and enhance dance skills. Laughter, success, and a few “A-ha!” moments guaranteed. Appropriate for any dancer who knows basic WCS, from advanced-beginner to advanced.

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.
  Thursdays 7:30-9:00pm www.cvilleswingdance.com
Location: Murray High School, 1200 Forest Street
Line Dance
Come out and Line Dance with us, you don’t need a partner, dance to all types of music, friendly atmosphere. Line dance reduces stress, increases energy, improves mobility and muscle tone. (No open toe or open back shoes; feet need to be able to slide.)
Instructor: Olivia Ray
Location: Greer Elementary School
Fee: $45 Alb. Co. Res. $55 NCR (6 class session)

Session 1: Mondays, Sept 10 – Oct 15
6:30-7:30pm Beginner Class
7:30-8:30pm Intermediate Class

Session 2: Mondays, Oct 29 – Dec 17
(No class Nov 5 & Dec 3)
6:30-7:30pm Beginner Class
7:30-8:30pm Intermediate Class

Square Dance
Free Open Houses on Sept. 12 and 19, 7pm.
Come dance with us! Learn modern Western square dance—a fun way to get physical and mental exercise. Once you know the moves, you can dance anywhere in the world! Singles and couples welcome. No special dress required. Classes start Sept. 26 and will be every Wednesday night from 7-9pm.
Location: Woodbrook Elementary School Cafeteria, 100 Woodbrook Dr. Cost: $50 for 15 classes.
Caller: Dave Terrell, More info: visit www.virginiareelers.com or call 434-295-2474

Folk Dancing
Charlottesville International Folk Dancers meet Wednesday evenings from 6:30pm to 8:20pm at the Senior Center located at 1180 Pepsi Place. Join people of all ages to learn and dance to lively line, circle and partner dances from many different countries. Newcomers are always warmly welcomed. Teaching is from 6:30pm to 7:15pm, and recreational dancing is from 7:15pm to 8:20pm.
For more information, call Sue Chase 540-456-8176.

Pilates
Exercises tone and strengthen the muscles of the core, as well as aligning the whole body using fun exercises that challenge and balance you. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles.
Instructor: Janet Pitt
Location: Broadus Wood Elementary
Wednesdays 6:30-7:30pm
Sept 12 – Dec 19, (No class Nov 21), 14 classes
Fee: $53

Mindfulness Yoga @ COB 5th Street
Mindfulness Yoga: The focus of the practice will be to live in the body and to learn to perceive clearly through it by unifying breath, body and mind. The objectives will be to increase flexibility, strength, endurance, improve balance and use the breath more effectively. Please bring a Yoga Mat.
Instructor: Carol Brown
Location: County Office Bldg. 5th Street, Room A
Fee: $60 Alb. Co. Res. $70 NCR (10 class session)
Dates: Sept 11 – Nov 20, (No class Nov 6)
Tuesdays 5:30-6:45pm Mindfulness Yoga
Tuesdays 7:00-8:15pm Mindfulness Yoga

Physical Fitness through Martial Arts
A comprehensive workout building strength, flexibility, endurance and mental agility developed through martial art techniques, forms, and self-defense moves. Stretch your strength, skills and confidence. Non-contact. All ages over 15.
Instructor: Jim Clawson and experienced black belts.
Location: Broadus Wood Elementary
Mondays 6:15-7:15pm
Sept 10 – Dec 17, (No class Nov 5), 14 classes
Fee: $53

Albemarle County Parks & Recreation www.albemarle.org/parks (434) 296-5844
**FITNESS**

**Cardio C’ENERGY**
This class is for everyone! It’s a fun fusion of basic exercises, pilates, and low-impact/high energy moves, including kickboxing and balance. This whole body workout is for exercisers of all levels of fitness. You work at your level of comfort while learning how to increase endurance and improve your cardiovascular fitness. We are made to move. Come join other men and women and work up a sweat.

**Instructor:** Janet Pond  
**Location:** Murray High School, 1200 Forest Street  
**Fee:** $40 Alb. Co. Res. $45 NCR (10 class sessions)  
**Mondays & Thursdays 5:30-6:15pm**  
**Session 1:** Sept 10 – Oct 11  
**Session 2:** Oct 15 – Nov 19, (No class Nov 5)

**SPORTS**

**VOLLEYBALL Adult Co-ed**
OLDER THAN 18? Come join our energetic co-ed adults for Volleyball Pick-up Games on Tuesdays and/or Thursday nights at Sutherland Middle School from 7-9pm for LOTS of competitive fun! Come knock some rust off and get back in the game!

**Tuesdays, Sept 11 – Dec 11, Fee: $50**  
**Thursdays, Sept 13 – Dec 13, Fee: $50**

**VOLLEYBALL CLINIC**
Girls 5th grade thru 8th grade will experience volleyball related games to challenge and improve hand eye coordination, personal strength, confidence, agility and much more.

**Camp Directors:** Janet Hefren & Mandy Newberry  
**Location:** Sutherland Middle School  
**Fee:** $40  
**Saturday, October 13, 9am – 12noon**

**Men’s BASKETBALL League**

**Location:** Albemarle High School  
**Dates:** Sundays, December – April  
**Divisions:** A, B, C, D leagues.  
Team Registration Forms available on-line beginning in November.  [www.albemarle.org/parks](http://www.albemarle.org/parks)

**Area SPORTS Leagues**
Albemarle County Parks & Recreation co-sponsors or assists with youth and adult athletic leagues throughout the County.

**Sports included are:** Tennis, Football, Volleyball, Soccer, Lacrosse, Field Hockey, Fastpitch Softball, Softball, Baseball and T-ball.  
For a complete list of contacts visit our website at [www.albemarle.org/parks](http://www.albemarle.org/parks) and download the contact sheet.

Please visit the Albemarle County Parks & Recreation website to REGISTER FOR CLASSES and to view a complete listing of all programs!  
[www.albemarle.org/parks](http://www.albemarle.org/parks)

If you have questions please call Albemarle County Parks & Recreation (434) 296-5844
Chair Yoga
This class is designed for those not able to get up/down on a yoga mat, recovering from an injury, and for learning stretching techniques that can easily be done at work. This class will be suitable for all body types and ages. You will learn how to stretch the entire body and find your level of flexibility, strength, endurance, and balance.
Instructor: Carol Brown
Location: Greenwood Community Center
Fee: $60 Alb. Co. Res. $70 NCR (10 class session)
Thursdays, Sept 13 – Nov 15, 1:30-2:30pm

Beginner Yoga
A class designed to teach the basics of yoga. This class is for beginners, returning beginners, and for someone who has some yoga experience wanting to deepen their insight into postures and breath. You will be learning yoga poses with an understanding of proper alignment, finding your level of flexibility, strength, endurance, and balance.
Instructor: Carol Brown
Location: Greenwood Community Center
Fee: $60 Alb. Co. Res. $70 NCR (10 class session)
Mondays, Sept 10 – Nov 12, 1:30-2:30pm

Intermediate Yoga
This class is designed for someone who has a basic understanding of the proper alignment within a pose. You will be working on deepening your level of flexibility, strength, endurance, and balance. You will also be deepening your practice of being present to physical sensations within the body; feeling where you are tense and learning to release.
Instructor: Carol Brown
Location: Greenwood Community Center
Fee: $60 Alb. Co. Res. $70 NCR (10 class session)
Monday Session: Sept 10 – Nov 12, 12-1:15pm
Thursday Session: Sept 13 – Nov 15, 12-1:15pm

Martial Arts Classes
We are a traditional martial arts dojo located just outside of Charlottesville in the Greenwood Community Center. We offer training in Chito Ryu Karate Do for the past 15 years. We offer classes to men, women, and children starting from age 7. To learn more about the program: email Erin Hagedorn CvilleBudokan@gmail.com
Chief Instructor: Erin Hagedorn
Location: Greenwood Community Center
All Ranks: Tuesdays & Thursdays 5:30-7:00pm
Session 1: August 21 – Oct 11
Session 2: Oct 23 – Dec 18, (No class Nov 22)
Cost per 8 Week Session: $64 One day per week $100 Two days per week
Family Rate: 3rd, 4th, & 5th member 1/2 price

Iaijutsu Classes
We are a traditional martial arts dojo located just outside of Charlottesville in the Greenwood Community Center. We have been training students in iaijutsu (Samurai Swordsmanship) for the past 9 years. Classes offered to men, women, and children starting from age 7. To learn more about the program: email Doug Gellman dzg@hotmail.com
Chief Instructor: Doug Gellman
Location: Greenwood Community Center
Saturdays 9:30-11:00am
Sept 15 – Nov 3
Cost per 8 Week Session: $64
Family Rate: 3rd, 4th, & 5th member 1/2 price
**Beginning/Intermediate Tai Chi**

*Tai Chi Chuan* is an exercise for health, conducive to both mental and physical well-being; an exercise promoting balance, coordination, synchronization, and meditation in motion. This class provides an introduction to the basic exercises and techniques of *Tai Chi*. Students learn the art of Tai Chi through the original 13 postures and movements from the Yang Family Secret Long Form, as well as the special short forms developed in San Francisco by H.H. Lui and Dr. Bennett. The class is designed for people with no experience as well as for those people with backgrounds in Tai Chi, body movement, dance, or martial arts. The lessons are appropriate for individuals of all ages.

**Location:** Greenwood Community Center  
**Wednesdays 6:00-7:30pm**  
**Sept 12 – Dec 5, (No class Nov 21), 12 classes**  
**Fee:** $72 Alb. Co. Res.  $82 NCR

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**Waltz Whirl**

Every First and Third Monday at Greenwood Community Center 7:00-9:00pm. Dance & practice to recorded music, no partner necessary, help available, no experience needed. For more information call Rick Martin 434-823-6999 or Carol Bradford 540-942-3914.

**Cost:** $7-$10 donation.

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**Roller-skating**

The Greenwood Community Center offers public roller-skating on **Saturday Nights 6-9pm**. Admission is $3 to rent skates and $2 if you have your own skates. Roller blades are allowed. No metal wheels! Skating Rink is available for private skating parties!
Albemarle County Parks & Recreation has 12 parks with over 4,100 acres of parkland and 70 miles of trails. Park Activities: Walking, Hiking, Running, Biking, Disc Golf, Geocaching, Swimming, Fishing, Boating, & Horseback riding. Parks are open every day all year long. Park hours are 7am to dark each day.

Please visit our website, www.albemarle.org/parks for detailed information on each park.

Old Mills Trail:
The Old Mills Trail is located along a section of Albemarle County's Rivanna River Greenway, a 3 mile multi-use trail that begins at Darden Towe Park.

Multi-use Trail Parks:
Preddy Creek Trail Park (571 acres) and Patricia Ann Byrom Forest Preserve Park (600 acres) both have multi-use trails for hiking, running, mountain biking and horseback riding.

Walnut Creek Park has 15 miles of single track mountain bike trails/multi-use trails & an 18 hole Disc Golf Course.

DOG PARKS

Darden Towe Dog Park
Darden Towe Park features a 1 acre fenced-in area for dogs to run off-leash.

Chris Greene Lake Dog Park
Chris Greene Lake Park features a fenced-in area for dogs to run off-leash with a roped water access for dogs to swim. Both Dog Parks are open until dark every day.

Trail Work Days
Join us at a trail workday and help us build trails for the community. Saturday and mid-week volunteer options available.

*Email Tucker Rollins at trollins@albemarle.org or call (434) 296-5844 for more info.

BOATING & FISHING

Boat Launches
Albemarle County has well-maintained boat launches available at Beaver Creek Lake, Chris Greene Lake, Walnut Creek Lake and Totier Creek Park. U.S. Coast Guard-approved boats and crafts are welcome on the lakes, though gasoline-powered motors are prohibited. Electric motors are allowed. In addition to boating in one of the County’s many lakes, you can access the Rivanna River at Darden Towe Park.

Fishing
Mint Springs Valley Park is stocked with trout from October to June as a part of the Virginia Department of Game and Inland Fisheries Trout Program. A trout fishing license is required. In addition, an ample supply of sunfish, channel catfish, and largemouth bass are stocked at all lakes, for which a Virginia State Fishing License is required.

RENTALS

Community Centers
Rooms are available at Greenwood, Scottsville, and the Meadows Community Centers.

Shelters
Picnic shelters are available for reservation at Dorrier Park, Chris Greene, Mint Springs, Darden Towe Park, Walnut Creek, Simpson Park and Greenwood Community Center.

*You may make your Room or Shelter Reservation Online at www.albemarle.org/parks
Registration Information:

- Please plan to register for programs at least 5 days prior to the 1st class. There will be a minimum number of enrollment to hold each class. If the Parks & Recreation Department cancels a class you will receive a full refund.
- Registrations will be taken On-line with Credit Card or at the Albemarle County Parks & Recreation Office by mail or in person with check or cash. Please do not bring money to class. Full payment for classes must be made at time of registration.
- There will be no prorated fees if you register late for a class. No refund after 2nd class of session.
- Class schedules subject to change or cancel due to insufficient participant levels or for unforeseen circumstances.
- If schools are closed early or all day due to weather or emergency, all departmental programs are canceled.
- No classes on school holidays, teacher work days, or any day the schools are closed to students.

Make checks payable to: Albemarle County
Mail registration form and payment to: Albemarle County Parks and Recreation
401 McIntire Road
Charlottesville, VA 22902

Questions call Parks & Recreation (434) 296-5844

Please mail Registration Form below and payment to Albemarle County Parks & Recreation

### Registration Form 2018/2019: Albemarle County Parks & Recreation

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**Liability Release:** Albemarle County Parks and Recreation

I, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims or damages I may accrue against Albemarle County, its officers, agents or assigns for any and all injuries suffered by me at this event or while traveling to or from this event. I give Albemarle County permission to photograph or videotape the above named participant while participating in the recreation program. These pictures maybe used on Albemarle County's website, within other materials publicizing the recreation programs, or on television or in the newspaper. “Albemarle County does not discriminate on the basis of race, creed, sex, national origin, age, military service or disability. Reasonable accommodations will be provided to persons with disabilities, if requested”

Participant Signature (Parent if participant is under 18 years old) ____________________________ Date ____________________________