DANCE

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 10 – Oct 15
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 29 – Dec 10 no class Nov 5
6:00-7:30pm WCS Level 2
7:30-9:00pm WCS “Technique Intensive: 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.

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 9 – Oct 21 (no class 9/30)
6:30-7:30pm Beginner Class
7:30-8:30pm Intermediate Class

Session 2: Mondays, Nov 11 - Dec 16
6:30-7:30pm Beginner Class
7:30-8:30pm Intermediate Class

Square Dance
Free Open Houses on Sept. 11 and 18, 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. 25 and will be every Wednesday night from 7-9pm.

Location: Woodbrook Elementary School Cafeteria, 100 Woodbrook Dr. Cost: $50 for 15 classes.
Caller: Jim Hassmer
More information: visit www.virginiareelers.com or call 434-466-4375
**DANCE**

**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.

**www.cvilleswingdance.com**

**Thursdays 7:30-9:00pm**
**Location:** Murray High School, 1200 Forest Street
Charlottesville, VA 22902

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**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.

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**YOGA**

**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 10 – Nov 19, (No class Nov 5)
- Tuesdays 5:30-6:45pm Mindfulness Yoga
- Tuesdays 7:00-8:15pm Mindfulness Yoga

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**FITNESS**

**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 11 – Dec 18,** (No class 10/16, 11/27), 13 classes

**Fee:** $53

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**SPECIAL INTEREST**

**Duplicate Bridge**
Beginner & intermediate duplicate bridge lessons Wednesdays 6-8pm at the Cavalier Inn. Sponsored by the Jefferson Bridge Association. Games days are Mondays 7pm, Wednesdays 12:30pm and Fridays 12:30pm. Please contact Nan Massie, ACBL certified instructor, for more info. **chobridge@aol.com** or 434-531-5547.
**SPECIAL INTEREST**

**Disaster + Travel + Wilderness First Aid**
Hands-on learn how to save life and limb during the critical minutes or hours before an ambulance arrives, in a rural or wilderness area, or urban disaster zone. This course blends classroom and hands-on rescue scenario practice. 2-year WFA certification.

**Cost $195.** 10% of proceeds go to a local community nonprofit organization. No prerequisites. For adults and youths ages 12+ .... know your loved ones are safe wherever they are. **Location:** Ivy Creek Natural Area, 1780 Earlysville Rd. Cville 22903

**Dates:** 2-day class run 8:30am to 6:45pm Nov. 16-17

**CPR/AED/Choking for Adult/Child/Infant - Cost $49**

**Location:** At MEDIC 250 West Main St. Downtown Cville 22902,

**Dates:** 1-class 6:30-9:45pm, Nov 15

More info. & online registration: [www.solowfa.com](http://www.solowfa.com) or call 434-465-8733.

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**SPORS**

**Men’s BASKETBALL League**

**Location:** Albemarle High School

**Dates:** Sundays, December – April

**Divisions:** A, B, C, D

Team Registration Forms available on-line beginning in October. [www.albemarle.org/parks](http://www.albemarle.org/parks)

**Open Gym Basketball**

**Location:** Yancy School Community Center

Albemarle County Parks and Rec is sponsoring a Free Open Gym Basketball Program. The gym will be open for supervised play for all ages.

**Saturday & Sundays, Nov – March 2020**

**Time:** 1-5pm

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**Albemarle County Volleyball Club (ACVC)**

**OLDER THAN 18?** Come join our co-ed adults for Volleyball Pick-up Games on Thursday nights at Sutherland Middle School from 7-9pm for LOTS of competitive fun! Bring a friend or make it a fun “date night”!

**Fee:** $50

**Next Session Dates:** Thursdays, Sept 5 – Dec 12

**ACVC Volleyball Clinics:**

**Grades 3-5, Oct 5:**

Come join in on the fun, and get to learn the exciting sport of VOLLEYBALL! Fun beginner drills bring the game to life!

**Fee:** $35

**Location:** Sutherland Middle School

**Time:** 9-10:30

**Grades 6-9, Oct 5:**

Hone your skills and stay fresh with lots of fun challenges and reps. Gets you ready for upcoming competitions!

**Fee:** $55

**Location:** Sutherland Middle School

**Time:** 9-noon

**Pickleball**

Open Play Pickleball at Agnor Hurt Elementary Gym

**Tuesdays & Thursdays, 6:15-9:00pm**

September 3 – December 19

**Fee:** $2 at the door

**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.
**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 12 – Nov 14, 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 posses 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 9 – Nov 11, 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 9 – Nov 11, 12-1:15pm  
**Thursday Session:** Sept 12 – Nov 14, 12-1:15pm

**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 10 years. Classes offered to men, women, and children starting from age 7. **To learn more about the program:** email Doug Gellman  
**Chief Instructor:** Doug Gellman  
**Location:** Greenwood Community Center  
**Saturdays 9:30-11:00am**  
**Session 1:** Aug 24 – Oct 19 (no class 9/27)  
**Session 2:** Nov 2 – Dec 21,  
**Cost per 8 Week Session:** $64  
**Family Rate:** 3rd, 4th, & 5th member 1/2 price

**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  
**Chief Instructor:** Erin Hagedorn  
**Location:** Greenwood Community Center  
**All Ranks:** Tuesdays & Thursdays 5:30-7:00pm  
**Session 1:** Aug 20 – Oct 10  
**Session 2:** Oct 22 – Dec 17  
**Cost per 8 Week Session:** $64 One day per week  
$100 Two days per week  
**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.

**Instructor:** Bradford Bennett, Ph.D., Susan Spengler,  
**Location:** Greenwood Community Center  
**Wednesdays 6:00-7:30pm**  
**Sept 11 – Dec 4, (No class Nov 20) 12 classes**  
**Fee:** $72 Alb. Co. Res. $82 NCR
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.

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.
Roller blades are allowed. No metal wheels! Skating Rink is available for private skating parties!

*New Class
ESSENTRICS® Aging Backwards
This is an age reversing workout that will restore movement in your joints, flexibility in your muscles, relieve pain, and stimulate your cells to increase energy, vibrancy and enhance your immune system. A full body workout created by the author of Forever Painless and the New York Times bestseller, Aging Backwards, this class is designed for men and women of all ages who are seeking a gentle, slow tempo class. Come join me in an ESSENTRICS® Aging Backwards workout and experience how good your body can feel! (Bring your exercise mat)
https://drive.google.com/file/d/1LYjiHGtYXDiySWHPN 6KzUnsw_MdmXwmd/view

New Class
ESSENTRICS® Stretch & Tone
Unlock your body with the liberating full-body movements of ESSENTRICS. This workout is designed to move your body in every direction it was designed to move; equally stretching and strengthening, as it rebalances all 650 muscles. ESSENTRICS is for men and women who:
Enjoy a dynamic workout with motivating music?
Want to increase flexibility, agility and strength?
Wish to slenderize and tone abs, arms, legs and butt?
Are runners, or cyclists with tight hips, shoulders and back seeking to rebalance, release tension and prevent injuries?
Come join me in an ESSENTRICS® Stretch & Tone workout and experience how good your body can feel! (Bring your exercise mat)
Instrutor: Donna Ginsberg - Certified Integrative Health Coach by Duke IM, Founder of Higher Plane Health Coaching Thursdays 9:00am-10:00am Sept 12-Dec 5 (no class Oct 10 & 17)
Fee $65 Alb. Co. Res $75 NCR
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.

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.

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Nature Photography Workshops for Adults at the Lewis & Clark Exploratory Center
Come learn about nature and photography on a walk on our trails! $15, includes museum admission. Bring your camera and a good pair of walking shoes.
  Saturday, October 5, 10:30 AM-11:30 AM: River and Rocks
  Saturday, October 12, 10:30 AM-11:30 AM: Insects and Birds
  Saturday, October 19, 10:30 AM-11:30 AM: Trees and Leaves

Family Photography Workshops at the Lewis & Clark Exploratory Center
This workshop is designed for children and their parents. (Children must be accompanied by an adult.) Bring your cameras and come explore the natural world! $10 per person, includes museum admission. We use simplified techniques we call “Up, Down, and All Around!” to get children comfortable as they take pictures.
  Saturday, October 5, 1 PM-1:45 PM: River and Rocks
  Saturday, October 12, 1 PM-1:45 PM: Insects and Birds
  Saturday, October 19, 1 PM-1:45 PM: Trees and Leaves

Mindful Photography Classes for Adults
Lewis & Clark Exploratory Center Executive Director Alexandria Searls runs these workshops for adults, using assignments from her two photography books, “Fifteen Exercises in Perception,” and “21 Days of Mindful Photography.” The class takes place on the nature trails of the Center as participants gain a greater understanding of their way of relating to the natural world. $25 per workshop or $100 for a series of five classes. Drop-ins accepted but reservations preferred. Please email lewisanndclark@lewisandclarkvirginia.org
  Tuesday, October 1, 1-2
  Tuesday, October 8, 1-2
  Tuesday, October 22, 1-2
  Tuesday, October 29, 1-2
  Tuesday, November 5, 1-2
If you have a small group that you would like to schedule for another time, please email lewisanndclark@lewisandclarkvirginia.org with your days and times of interest.

“The Foods of Lewis and Clark” Thursday, October 10, 5:30 PM
We’re giving a free lecture with a slide show on the foods of Lewis & Clark, in preparation for our annual celebratory dinner, “A Portable Feast,” which takes place on Thursday, October 24. Come learn about the culinary history of the Lewis and Clark Expedition, and especially about the recipes we’re going to be serving! Reservations required (limited seating). Please email lewisanndclark@lewisandclarkvirginia.org to make your reservation.

“A Vote for Democracy,” Sunday, November 24, 2 PM-4 PM
Come for the full enactment of our special historical program, “A Vote for Democracy,” which involves the audience in readings, votes, role playing, and polls related to pivotal decision making on the Lewis & Clark Expedition. Limited to 15 people. Tickets are $20. For more information, please email lewisanndclark@lewisandclarkvirginia.org A program of American Evolution 2019 and recipient of a 2019 grant from the Bama Works Fund of the Charlottesville Area Community Foundation. Ages 16 and up appropriate.

Holiday Giftmaking Join us December 14, 10-3 for Holiday Giftmaking for Kids and Adults
Check our Facebook page for more details in November. Past projects have included wreaths, bead bracelets, silhouettes, painted boxes, and more... Price will be dependent on selection of projects.