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

### WCS Beginners (Level 1)
Tuesdays, Jan 8 - Feb 19, 6:00-7:30pm
(no class 1/22)
Fee: $59 Alb. Co. Res. $69 NCR

### WCS – New Hot Moves
Tuesdays, Jan 8 – Feb 19, 7:30-9:00pm
(no class 1/22)
Fee: $59 Alb. Co. Res. $69 NCR

### WCS Intermediate (Level 2)
Tuesdays, March 5 – April 16, 6:00-7:30pm
(no class 4/2)
Fee: $59 Alb. Co. Res. $69 NCR

Nightclub Two-Step

NC2 is a graceful, romantic slow dance that is easy to learn. It is popular with swing dancers and ballroom dancers alike, and is perfect for weddings or nightclubs where contemporary music is playing.

**Instructor:** Kristin Wenger

**Location:** Murray High School, 1200 Forest Street

### NC2 Beginners (Level 1)
Tuesdays, March 5 - April 16, 7:30-9:00pm
(no class 4/2)
Fee: $59 Alb. Co. Res. $69 NCR

### NC2 Level 2
Tuesdays, April 23 – May 28, 6:00-7:30pm
Fee: $59 Alb. Co. Res. $69 NCR

“Learn a Routine” Class

Learn a choreographed mini-routine for fun and practice! No partner necessary. There will be an opportunity to perform later as a group (optional). Participants should be competent in basic WCS patterns.

**Instructor:** Kristin Wenger

**Location:** Murray High School, 1200 Forest Street

**Fee:** $59 Alb. Co. Res. $69 NCR

**Tuesdays 7:30-9:00pm, April 23 – May 28

Nightclub Salsa

Salsa is a form of social dance that originated in New York with strong influences from Latin America, particularly Cuba and Puerto Rico. Salsa is very popular worldwide as well as right here in Charlottesville! This class is ideal for those experienced dancers that are ready to challenge themselves and grow to the next level. Classes will be offered at an intermediate/advance level. Students must dominate the basic patterns. Partners are encouraged but not required.

**Instructor:** Edwin Roa

**Location:** Murray High School, 1200 Forest Street

**Fee:** $55 Alb. Co. Res. $65 NCR

**Mondays 7:00-8:00pm, Jan 28 - Mar 11, (no class 2/18)

Bachata Fusion

This dance style has its roots from the Dominican Republic; its rhythm is highly popular today among our current club scene. This class will focus on intermediate/advance patterns, with influences from other dance styles like Salsa, Zouk, Argentine Tango, and more. Classes are highly active, so basic knowledge of dance is necessary. Participants are encouraged but not required.

**Instructor:** Edwin Roa

**Location:** Murray High School, 1200 Forest Street

**Fee:** $55 Alb. Co. Res. $65 NCR

**Mondays 8:00-9:00pm, Jan 28 - Mar 11, (no class 2/18)
**Line Dance**
Come out and Line Dance with us, you do not need a partner, dance to all types of music, friendly atmosphere. Line dance reduces stress, increases energy, and 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:** $60 Alb. Co. Res. $70 NCR (8 class session)

- **Session 1:** Mondays, Jan 7 – Mar 11  
  - (no class 1/21 & 2/18)  
  - 6:30-7:30pm Beginner Class  
  - 7:30-8:30pm Intermediate Class

- **Session 2:** Mondays, April 8 – May 13 (no class 4/1)  
  - 6:30-7:30pm Beginner Class  
  - 7:30-8:30pm Intermediate Class

**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.

**Virginia Reelers Square Dance Club**
FREE OPEN HOUSE on January 16 & 23, 7:00 pm.

*Come dance with us!* See for yourself how much fun square dancing is! No experience, partner, dancing ability or special clothing needed. Learn while you dance. Bring a partner or come alone. It is a great way to interact socially. Exercise your body and mind while having fun. We would love to have you join us, the Virginia Reelers Square Dance Club and caller Jim Hassmer, for two hours of interactive fun. Depending on the demand, either an introductory Basic/Mainstream class or a more advanced Plus class will start Jan 30 and will continue every Wednesday night, 7-9 pm.

**Location:** Woodbrook Elementary School Cafeteria  
**Cost:** $50 for a semester  
**More Information:** visit virginiareelers.com or call (434) 466-4375

**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

**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)

**Yoga Classes at Yancey**

Yoga is an ancient system of training the mind and body, leading to greater flexibility, relaxation, and self-awareness. Please bring a Yoga Mat.

**Instructor:** Vivian Feggans  
**Location:** Yancey School Community Center  
**Fee:** $48

**Dates:** Tues., Jan 8 – March 12, 6:30-8pm *(Every Tuesday)*  
& Sat., Jan 12 & 26, Feb 9 & 23, Mar. 9, 9:30-11am *(Every other Saturday)*

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Albemarle County Parks & Recreation  
[www.albemarle.org/parks](http://www.albemarle.org/parks)  
(434) 296-5844
**Cardio C’ENERGY**
This class is for everyone! It is 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:** Jan. 14th - Feb. 21st (no class 1/21 & 2/18)  
**Session 2:** March 4th – April 15th (no class 3/28 & 4/1)

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**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 & experienced black belts  
**Location:** Broadus Wood Elementary  
**Mondays 6:15-7:15pm**  
Jan 7 – May 20th, (No class 1/21, 2/18, 4/1)  
**Fee:** $64, 17 classes

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**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**  
Jan 9 – May 29th, (no class 4/3), **Fee:** $75, 20 classes

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**Beekeeping**
Central Virginia Beekeepers Association will present a County sponsored course for new or prospective beekeepers. Will cover ‘the life and times’ of the honeybee, setting up a hive, seasonal management and honey production and much more. One session (exact date TBA, weather dependent) will be held outside with bees, one student’s name will be drawn for a colony of bees. Course fee includes a copy of The Beekeepers Handbook, Fourth Edition, by Dianna Sammataro, which must be picked up from the Albemarle County Office Building at 401 McIntire Road, Room 118, the Parks & Recreation Office before the start of the class. **Books will be available for pick-up January 4. There is a reading assignment to complete before the first class.**

**Dates:** Thursdays, February 7, 14, 21, 28  
**Time:** 7:00pm to 9:00pm  
**Class Location:** The County Office Building 5th Street, 1600 5th Street, Meeting Room A  
**Class Limit:** 40 students  
**Cost:** $60, includes cost of text book

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**Disaster + Travel + Wilderness First Aid**
Hands-on learn how to save life and limb in a disaster, rural, or wilderness setting. $195/2 year certification  
Flyer: [www.solowfa.com/forms/dwfa-flyer.pdf](http://www.solowfa.com/forms/dwfa-flyer.pdf)  
**Dates:** choose Jan. 12-13, March 16-17, May 11-12 or June 15-16.  
**Info & To Register:** [www.solowfa.com](http://www.solowfa.com)  
**Location:** Mountaintop Montessori, 440 Pinnacle Place, Charlottesville, VA 22911

**CPR/AED/Choking cert. course for Adult/Child/Infant**
No video! Far more intellectually stimulating and hands on than any course you have taken before.  
Friday evening 6:30pm - 9:45pm  
**Dates:** choose Jan. 11, March 15, May 10, or June 14  
**Location:** MEDIC, 250 West Main Street, Charlottesville, VA 22902  
**To register:** call 434-465-8733, $49/2 year certification

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**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](mailto:chobridge@aol.com) or 434-531-5547.
### 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. **Instructor:** Carol Brown  
**Location:** Greenwood Community Center  
**Fee:** $60 Alb. Co. Res. $70 NCR (10 class session)  
**Thursdays 1:30-2:30pm**  
**Session 1:** Jan 10 – March 14  
**Session 2:** March 28 – May 30

### Beginner Clogging
Beginner clogging class taught by the Skyline Country Cloggers. Learn basic clogging from scratch. The 8 fundamental clogging steps are taught, from which all other steps are formed. By the end of class, students will have learned at least 1-2 routines performed by the club.  
**Ages: 12 and up** (children under 12 must be accompanied by an adult taking the class).  
**For more info email:** info@skylinecloggers.com  
**Team website:** www.skylinecloggers.com  
**Location:** Greenwood Community Center  
**January 16 – March 6** (8 weeks)  
**Wednesdays 6:45pm – 7:30pm**  
**Fee:** $36

### 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 1:30-2:30pm**  
**Session 1:** Jan 7 – March 11  
**Session 2:** March 25 – June 3, (no class 5/27)

### 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.

### 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:** Jan 7 – March 11, 12-1:15pm  
**Thursday Session:** Jan 10 - March 14, 12-1:15pm  
**Monday Session:** March 25 – June 3, 12-1:15pm (no class 5/27)  
**Thursday Session:** March 28 – May 30, 12-1:15pm

### 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!
**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:** Jan 29 – March 21  
**Session 2:** April 2 – May 23  
**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**  
**Session 1:** Feb 2 – March 30 (no class March 2nd)  
**Session 2:** April 6 – May 25  
**Cost per 8 Week Session:** $64

**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. **Instructors:** Bradford Bennett, Ph.D., Susan Spengler, Stephanie Guerlain  

**Location:** Greenwood Community Center  
**Wednesdays 6:00-7:30pm**  
**Fee:** $72 Alb. Co. Res.  
$82 NCR (12 class session)  
**Session 1:** Jan 9 – March 27  
**Session 2:** April 10 – June 26
### Varsity & JV Prep Volleyball Camp

Camp is for girls who have already played at least one season on a high school Varsity or JV team, allowing them to play competitively amongst similarly skilled athletes. Join other Varsity and JV players for a week of intense fine-tuning prior to high school tryouts. **Fee**: $45  
**Location**: Hollymead Elementary School  
**Dates**: July 15-18  
**Time**: 12:30-2:00pm

### Albermarle County Volleyball Club (ACVC)

**Older Than 18?** Come join our co-ed adults on Tuesday and 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!  
**Next Session Dates**: Jan 3rd- April 25th  
**Fee**: $50

### ACVC Grades 8th-12th

ACVC is offering weekly OPEN GYM volleyball practice for girls grades 8-12. Want to get more ball time, work on your serve, scrimmage to gain more experience? This is your opportunity to step up your game! Space is limited to 18 players, so sign up early!  
**Grades**: 8th - 12th grades girls  
**Location**: Hollymead Elementary School  
**Time**: Thursdays 6:30-8pm  
**Session Dates**: April 11 - June 20, 10 weeks  
**Fee**: $50

### Summer Volleyball Camps

**(Girls grades 6-12)**

**2019 Summer Camps:**  
TIPS is excited for our 16th successful year! Not only are we bringing back the signature skill instruction, leadership coaching and wellness enhancing aspects of TIPS, WE ARE BETTER THAN EVER! Our 2019 summer camps are lengthened each day to allow for a more thorough and in-depth experience. Concentrated skills and drills, athletic conditioning, lessons in health and wellness and our popular leadership coaching will fill the day and players will come home a better teammate, a stronger leader and a healthier young woman.  
**Camp Directors**: Janet Hefren & Mandy Newberry  
**Monday-Thursday 4-day Camp**:  
**Location**: Sutherland Middle School for All Skill Camps  
**All Skill Level Camp**: June 17-20, (6-12grade) Fee $195  
**All Skill Level Camp**: July 15-18, (6-12 grade) Fee $195  
**Monday-Thursday 4-day Camp**:  
**Advanced Camp**: July 15-18, (9-12 grade) Fee $160  
**Location for Advanced Camp**: Hollymead Elem School

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**Monday-Thursday 4-day Camp**:  
**Advanced Camp**: July 15-18, (9-12 grade) Fee $160  
**Location for Advanced Camp**: Hollymead Elem School

### Athletic Camps

**Albermarle County Parks & Recreation**  
www.albemarle.org/parks  
(434) 296-5844
Albemarle County Baseball Camp (ACBC)

Event: An instructional baseball camp for ages 8-12 during Spring Break. This camp will teach kids the fundamentals and all aspects of the game. During the camp, players will receive 3 days of elite instruction provided by coaches who are former college players/coaches. This is a great camp for players who want to advance their game with teaching techniques in a small camp setting.

What to bring: Each camper must bring his own baseball equipment. Players should bring a glove, bat, cleats/spikes, hat and any other equipment they feel necessary to compete.

Location: Darden Towe Park
Time: 9am-12pm
Dates: April 3rd, 4th, and 5th
Price: $60

Spring Break Tennis Camp

Dates: April 1 - 4, 2018
Time: 9am to 12noon
Ages: 5-11
2 Locations: Western Albemarle High School & Towe Park
Cost: $150

Be a SuperStarter over Spring Break, Dr E's SuperStarters Tennis Camps combine QuickStart tennis instruction with life skills & teambuilding activities to help kids be better tennis players and better teammates on and off the court! The camps focus on TENNIS skills (strokes, rallying & playing), MOTOR skills (hand-eye coordination, footwork, movement, agility, balance & coordination) and TEAM skills such as communication, listening, being positive & supportive, working together, focus, and concentration. (Playbook and healthy snacks included)

Pickleball

Open Play Pickleball at Agnor Hurt Elementary Gym
Tuesdays & Thursdays, 6:15-9:00pm
January 8 – May 30
Fee: $2 at the door

Basketball (Women)

Open Play Basketball at Greer Elementary Gym for Women age 16+
Thursdays 6:30-8:30pm, Sundays 4:30-6:30
January 3 – March 24
Starting Feb 24th
Fee: $2 at the door
Canceled!

Basketball

Open Play Basketball at Yancey School Community Center
Saturdays & Sundays 1:00-5:00pm
January 5 – March 31, 2019
Free
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 and download the contact sheet.

Christmas Tree Recycling
This is a FREE program that recycles discarded Christmas Trees that are chipped into mulch for the public’s use. The County will operate 7 sites. The sites will be open from December 26, 2018 to January 14, 2019. The hours will be 7:00am until dark.
The sites are:
- Crozet Park in Crozet
- Greenwood Community Center in Greenwood
- Chris Greene Lake Park in Earlysville
- Darden Towe Park on Elks Drive
- Scottsville Community Center in Scottsville
- Walnut Creek Park off Old Lynchburg Road
- Rivanna Solid Waste Authority Recycling Center on McIntire Road (Note: Sunday hours are 12:30-5:30pm)
*Please remove all decorations, stands and nails, before dropping off your X-mas Tree.
FREE mulch will be available starting February 1

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

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.
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.

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.

Lake Sizes
Beaver Creek Lake 104 water acres
Chris Greene Lake 53 water acres
Mint Springs Lake 8 water acres
Totier Creek Lake 69 water acres
Walnut Creek Lake 45 water acres

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
# ALBEMARLE COUNTY PARKS & RECREATION
## AMENITIES MATRIX

<table>
<thead>
<tr>
<th></th>
<th>Beaver Creek Lake Park</th>
<th>Chris Greene Lake</th>
<th>Darden Towe Park</th>
<th>Dorrier Park</th>
<th>Charlotte Yancey Humphris Park</th>
<th>Ivy Creek Natural Area</th>
<th>Mint Springs Valley Park</th>
<th>Patricia Ann Byrom Forest Preserve Park</th>
<th>Preddy Creek Trail Park</th>
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