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: Agnor Hurt Elementary Cafeteria

<table>
<thead>
<tr>
<th>WCS Beginners (Level 1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesdays, Jan 8 - Feb 12, 6:00-7:30pm</td>
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<tr>
<td>Fee: $59 Alb. Co. Res. $69 NCR</td>
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</tbody>
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<table>
<thead>
<tr>
<th>WCS Intermediate (Level 2)</th>
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<tbody>
<tr>
<td>Wed., March 11 – April 22, (no class 4/8) 6-7:30pm</td>
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<tr>
<td>Fee: $59 Alb. Co. Res. $69 NCR</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>WCS “New Hot Moves”</th>
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</thead>
<tbody>
<tr>
<td>Wednesdays, April 29 – June 3, 6:00-7:30pm</td>
</tr>
<tr>
<td>Fee: $59 Alb. Co. Res. $69 NCR</td>
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</tbody>
</table>

Level 1 Country Western Two-Step

Country Western is a smooth, joyful, quick-paced dance. Couples spin and turn and glide their way around the dance floor to modern country music. Made popular by the movie Urban cowboy, it is now widely enjoyed by both swing and ballroom dancers everywhere. Cowboy boots optional! Beginners welcome.

Instructor: Kristin Wenger
Location: Agnor Hurt Elementary School Cafeteria
Fee: $59 Alb. Co. Res. $69 NCR
Wed., March 11 – April 22, (no class 4/8) 7:30-9pm

“Learn a WCS 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. (Not for beginners)

Instructor: Kristin Wenger
Location: Agnor Hurt Elementary School Cafeteria
Fee: $59 Alb. Co. Res. $69 NCR
Wednesdays 7:30-9:00pm, April 29 – June 3

WCS Musicality Intensive

It is said that “real dancing happens in between the numbers.” This course is all about exploring in between the numbers! Learn to use the music to bring style, personality, and playfulness into your west coast swing dancing. Participants must know basic WCS.

Instructor: Kristin Wenger
Location: Agnor Hurt Elementary School Cafeteria
Fee: $59 Alb. Co. Res. $69 NCR
Wednesdays, Jan 8 – Feb 12, 7:30-9:00pm
DANCE

**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
*Session 1:* **Mon., Jan 6 – Mar. 9,** (no class 1/20 & 3/2)  
  - 6:30-7:30pm Beginner Class  
  - 7:30-8:30pm Intermediate Class  
*Fee:* $60 Alb. Co. Res.  
  $70 NCR (8 class session)
*Session 2:* **Mondays, March 30 – May 11** (no class 4/6)  
  - 6:30-7:30pm Beginner Class  
  - 7:30-8:30pm Intermediate Class  
  $55 NCR (6 class session)

**Virginia Reelers Square Dance Club**
FREE Square Dance Beginners Lessons on January 22 & 29, 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. Depending on the demand, either an introductory Basic/Mainstream class or a more advanced Plus class will start Feb. 5th and will continue every Wednesday night, 7-9 pm.

*Location:* Woodbrooke Elementary School Cafeteria  
*Cost:* To be announced.  
*More Information:* visit virginiareelers.com or call Jim Hassmer, President of the Virginia Reelers Square Dance Club of Charlottesville (434) 466-4375

**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.

**Cajun/Zydeco Dance**
Introduction to the basic, easy and fun dance from Southwest Louisiana. The dance steps are easy to learn, and you won’t want to sit once you put it all together. We’ll learn the Cajun two-step, Cajun waltz, a little Cajun jig, and high active zydeco. We will also discuss Cajun culture, and the origins of Cajun/zydeco music and dance.  
*Instructor:* Dan Falwell  
*Fee:* $20 – 4 class sessions. Check Website for dates.

FITNESS

**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:* Crozet Elementary Cafeteria  
*Tuesdays & Thursdays 6:15-7:15pm*  
*Jan 7 – Feb 20,* (no class Jan 14, 21, 28 & Feb 11)  
  $45 NCR (10 class session)

**Pilates**
Exercise 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 8 – May 27th,* (no class 4/8)  
*Fee:* $68, 20 classes

**Chair Aerobics at Scottsville Community Center**
Very low impact aerobics class. Exercise for the mind, body and spirit!

*Instructor:* Jeanne Morris  
*Location:* Scottsville Community Center  
*Tuesdays & Thursdays 9:30-10:30am*  
*Jan 7 – Feb 27,* 16 classes  
*Fee:* $48
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)

Tuesday, Jan 7 - March 10, 5:30-6:45pm
Tuesday, Jan 7 - March 10, 7:00-8:15pm

SPECIAL INTEREST

Disaster + Travel + Wilderness First Aid

Hands-on learn how to save life and limb in a disaster, rural, or wilderness setting.

Flyer: www.solowfa.com/forms/dwfa-flyer.pdf

Dates: choose January 11-12, March 7-8, May 2-3, May 13-14, May 19-20, or June 20-21.

Times: 8:30am-6:45pm each day

Location: Mountaintop Montessori, 440 Pinnacle Place, Charlottesville, VA 22911

$215 (for 2-year certification)

Info & To Register: www.solowfa.com

CPR/AED/Choking for Adult/Child/Infant Certification Course

> No video!
> Far more intellectually-stimulating and hands-on than any course you’ve taken before.
> Friday evening 6:30pm - 9:45pm
> Dates: choose January 10, March 6, or May 1
> Location: MEDIC, 250 West Main Street, Charlottesville, VA 22902

$49 (for 2-year certification)

To register call 434-465-8733

Beekeeping

Central Virginia Beekeepers Association will present a County sponsored course for new or prospective beekeepers. Will cover bee biology, equipment, setting up a hive, seasonal management, disease and pest prevention and much more. Participants will be offered experienced mentors and opportunities for fieldwork as well as membership in CVBA. One class 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 Beekeeper’s 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: Fridays, 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
CLASSES AT GREENWOOD COMMUNITY CENTER

**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 1:30–2:30pm**
**Session 1:** Jan 16 – March 19
**Session 2:** April 2 - June 4

**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 13 – March 16
**Session 2:** April 6- June 15, (no class May 25)

**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 13 – March 16, 12-1:15pm
**Thursday Session:** Jan 16 - March 19, 12-1:15pm
**Monday Session:** April 6- June 15 12-1:15pm (no class May 25)
**Thursday Session:** April 2- June 4 12-1:15pm

**Essentrics®**
Essentrics® is a dynamic full-body, rebalancing workout for men and women of all fitness levels. The technique simultaneously combines stretching and strengthening while engaging all 650 muscles, to create a **strong, flexible and pain-free** body. Experience what it feels like to be happy and healthy in your body, with this fun, flowing workout set to inspiring music! (Bring your own mat)

**Instructor:** Donna Ginsberg - Certified Integrative Health Coach by Duke IM, Founder of Higher Plane Health Coaching
**Location:** Greenwood Community Center
**Fee:** $10 donation

**Wednesdays 10:15am-11:00am**
**Jan 15-March 18, 10 classes**

**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 15 – March 4 (8 weeks)**
**Wednesdays 6:45pm – 7:30pm**
**Fee:** $36

**Waltz Whirl**
Every Second and Fourth 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 434-987-87118. Cost: $7-$10 donation.
**Martial Arts Classes**
We are a traditional martial arts dojo located just outside of Charlottesville in the Greenwood Community Center. We have offered 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 7 – Feb 27
Session 2: March 10 – April 30
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: Jan 11 – March 14 (no class 2/29 & 3/7)
Session 2: March 21 – May 16 (no class 4/4)
Cost per 8 Week Session: $64

**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!

**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
Location: Greenwood Community Center
Wednesdays 6:00–7:30pm
Fee: $72 Alb. Co. Res. $82 NCR (12 class session)
Session 1: Jan 8 – March 25
Session 2: April 8 – June 24

**Somatic Movements to Increase Neuromuscular Control**
As one moves through life it is possible to become a victim of the stresses of our Western lifestyle. This can lead to chronically tight muscles and soreness and a belief that one’s abilities reduce with age. In this class Dr. Bennett shows students how to defy this myth by regaining voluntary control of (to relax) muscles, especially those of the back, neck, hips and shoulders. Amazingly, this is not done through hard work, but slow gentle, often quite novel movements. Students report reduction in discomfort and increases in range of motion and energy. This class will be taught by Bradford C. Bennett, PhD, who brings 30 years’ experience in the Somatic Arts, blending the approaches of Thomas Hanna, Milton Trager, Moshe Feldenkrais, F. M. Alexander, and Charlotte Selver. He combines this knowledge with his academic understandings as a Professor (Ret.) Kinesiology and Orthopedic Surgery to create a unique experience.
Instructor: Bradford Bennett, Ph.D.
Location: Greenwood Community Center
Wednesdays 4:45–5:45pm
Session 1: Jan 8 – March 25, (no class Feb 12 & 19)
Session 2: April 8 – June 24
Fee: $72 Alb. Co. Res. $82 NCR
ACVC VOLLEYBALL Open Gym & Clinics & Camps

ALBEMARLE 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 7th - April 30th, (except April 7 & 9)
Location: Sutherland Middle School
Time: Tuesdays & Thursdays 7-9pm
Fee: One night - $75 or Two nights - $135

New in March another location added Western Albemarle High School
Session Dates: March 5th- June 25th
Location: Western Albemarle High School
Time: Thursdays 7-9pm, (except April 9)
Fee: $75

ACVC ELEMENTARY & MIDDLE SCHOOL CLINICS - FEB 22 & MAY 16!

Come join in on the FUN!! Through challenging games and affirming activities, your student will greatly improve their beginners’ level of volleyball skills. Players will be challenged to achieve personal goals, build confidence, and improve hand-eye coordination, all while having FUN and learning a cool sport!

Grades 3rd-5th 9-10:30am Fee: $40
Location Hollymead Elementary School
Grades 6th-9th 9-12noon Fee: $65
Location- Sutherland Middle School

ACVC SUMMER VOLLEYBALL CAMPS (Girls grades 6-12)

2020 Summer Camps: ACVC is excited for our 18th successful year! Not only are we bringing back the signature skill instruction, leadership coaching and wellness enhancing aspects of ACVC, WE ARE BETTER THAN EVER! Our 2020 summer camps offer a comprehensive 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 9:00am – 12:30pm
Location: Hollymead Elementary School (3-5 grades)
Sutherland Middle School (6-12 grades)
All Skill Level Camp: June 15-18, (3-5grade) Fee $195
All Skill Level Camp: June 15-18, (6-12grade) Fee $220
All Skill Level Camp: July 13-16, (3-5grade) Fee $195
All Skill Level Camp: July 13-16, (6-12 grade) Fee $220

ACVC HIGH SCHOOL TRYOUTS PREP CAMP

This camp is to get you ready mentally and physically for being your best at high school tryouts. Our focus is to get your skills better than ever, your energy topped off, and develop greater confidence to show your coach.

Fee: $240
Location: Hollymead Elementary School
Dates: July 13-16
Time: 1-4pm

ACVC ADVANCED CAMP

High intensity camp for players with previous Varsity/JV or Elite team level experience. Players are placed into specific skill groups to work intentionally on their position of interest. Excellent instruction, high repetition camp!

Monday-Friday 4-day camp 6:30-8:30pm
July 13-16 (9-12 grade) Fee $210
Location: Sutherland Middle School
Spring Break Tennis Camp
Dates: April 6 - 9, 2020
Time: 9am to 12noon
Ages: 5-11
2 Locations: Western Albemarle High School
Darden Towe Park
Cost: $160
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)

Basketball
Free Open Play Basketball at Yancey School Community Center
Saturdays & Sundays 1:00-5:00pm
December 7 - March 29, 2020
Except – Dec 14th
1:00-3:00pm – ages 12 & under (under 8 must be accompanied by adult)
3:00-5:00pm – ages 13 - adults

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.

Pickleball
Open Play Pickleball at Agnor Hurt Elementary Gym
Tuesdays & Thursdays, 6:15-9:00pm
January 7 – May 28
Fee: $2 at the door

Free Movie Nights
Free Movie nights at our parks starting Spring 2020! Check our website for times and locations for free movie nights!
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, 2019 to January 19, 2020. 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 of 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

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 has 12 parks with over 4,100 acres of parkland and 80 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.

Boat Launches
*New Boat Launch
Albemarle County has added a new boat launch, Brook Hill Park, a 6.5 mile river access along the Rivanna River. We also offer 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
## ALBEMARLE COUNTY PARKS & RECREATION AMENITIES MATRIX

<table>
<thead>
<tr>
<th></th>
<th>Beaver Creek Lake Park</th>
<th>Chris Greene Lake</th>
<th>Darden Tower Park</th>
<th>Dorrier 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>
<th>Simpson Park</th>
<th>Toller Creek Park</th>
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<tbody>
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<td>Baseball Field</td>
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