



Good Times
COURSE GUIDE
FALL 2024

THE CITY OF
NORFOLK
DEPARTMENT OF PARKS AND RECREATION

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This Course Guide covers September-December 2024.
Events are subject to change. Please visit our website for the latest version.



PARKS & RECREATION

Norfolk Parks & Recreation Office

220 Boush Street
Norfolk, VA 23510
Norfolk.gov/ParksandRec
(757) 823-4291



  @NorfolkParksRec

Darrell R. Crittendon – Director
Edward Matthews – Assistant Director
Ted Dudley – Bureau Manager of Cemeteries
Steve Patton – Bureau Manager of Parks & Forestry Operations
Lauren Wiltsey – Bureau Manager of Planning & Administration
Kari Diop – Bureau Manager of Recreation & Community Wellness

NORFOLK CITY COUNCIL

Kenneth Cooper Alexander, Ph.D. – Mayor
Martin A. Thomas, Jr. – Vice Mayor, Ward 1
Courtney R. Doyle – Councilmember, Ward 2
Mamie B. Johnson – Councilmember, Ward 3
John E. "JP" Paige – Councilmember, Ward 4
Thomas R. Smigiel, Jr. – Councilmember, Ward 5
Andria P. McClellan – Councilmember, Superward 6
Danica J. Royster – Councilmember, Superward 7

RECREATION COMMISSION

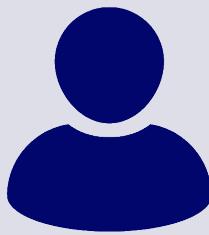
Debra Rocke – Chair
Gregg Mottinger – Vice Chair
Tasha Turnbull – Member
Bryan Mackey – Member
Nathaniel G. (Nate) Kinnison – Member
Virginia (Ginny) Alberts – Member
Stephen K. Powell – Member
Derrick Person – Ex-Officio

The Recreation Commission meets on the second Thursday of the month (except July and August) at 12 p.m. at rotating recreation centers.

WAYS TO REGISTER



Visit Norfolk.gov/ParksandRec
Click on the Register Tab



In person at any
Recreation Center



Scan this QR Code

WELCOME!

Welcome back to the Good Times

Course Guide! Our department is excited to re-launch this resource that promotes our programs. It will be released three times per year: Fall (Sept-Dec), Winter (Jan-March), Spring (March-June) and Summer (June-August). You can download this edition at Norfolk.gov/ParksandRec, or pick up a copy at any NPR facility.



Darrell R. Crittenden, Director

Norfolk Parks & Recreation is fully accredited through the Commission for Accreditation of Parks and Recreation Agencies (CAPRA), and we continue to meet and exceed all national standards with a 100% rating and score. We are so proud to serve our Norfolk residents while striving to keep you first. Please be sure to follow us on social media, on Facebook and Instagram @NorfolkParksRec, and bookmark our website at Norfolk.gov/ParksandRec.

We hope you'll take a few minutes to peruse this edition and find all the great programs you've come to love. On behalf of the entire department, I want to thank you for supporting Norfolk Parks & Recreation. As we jump into fall, remember to GET OUT AND PLAY!



WHEN TO REGISTER

Norfolk Residents: Begins Monday, August 26, 2024, at 10 a.m.

Non-Residents: Begins Tuesday, September 3, 2024, at 10 a.m.

REGISTRATION POLICIES

- Full payment must be made at the time of registration.
- Courses are filled on a first-come, first-served basis.
- Payment is accepted by VISA/MasterCard, check, or money order made payable to Norfolk City Treasurer. Current photo I.D. required.
- Registration may be accepted up to 7 days after class start date, if space is available.
- A \$5 late fee applies to registration 7 days or less prior to class start date.
- If a student misses a class, Norfolk Parks & Recreation will try to accommodate a make-up session; no make-up classes are guaranteed.
- Class sessions may occasionally be canceled due to unexpected circumstances. Every attempt will be made to contact participants and to schedule a make-up session for the class. Ensure contact information is current with instructor.

REFUND POLICY

Refunds will be issued in the event of the following ONLY:

- Course cancellation by NPR
- Deployment
- Illness/injury requiring the individual to discontinue participation.
- Death

Documentation will be required. Accounts will not be issued a credit in lieu of a refund. Refund will be pro-rated in the event it takes place after the start of the course.

Have a general question about recreation programming? Email us at ParksRec@Norfolk.gov

MEMBERSHIP

Your All-Access Pass to Fun!

One Card. One Low Rate. Endless Possibilities.

Norfolk's **Facility Use I.D. Card** gives you year-round access to all of Norfolk's community/recreation centers, pools, and athletics programming. The Facility Use I.D. Card must be presented upon entering a facility. Facility Use I.D. Cards are not required for registration and attendance of fee-based classes.

ANNUAL MEMBERSHIP PRICING

MEMBERSHIP TYPE	ANNUAL RESIDENT	ANNUAL NON-RESIDENT	POWER-UP
Family (Adult + 3 or more)	\$100	\$200	\$50
Adult (18-64)	\$50	\$100	\$20
Youth (5-17)	\$20	\$100	\$10
Senior (65+)	Free	\$100	

**Replacement cards are \$3*

Facility Use I.D. Cards are valid for one year of the purchase date and must be renewed in person. Memberships can be purchased at any recreation/community or pool facility. Norfolk residents are required to bring a valid ID and proof of Norfolk residency (i.e., utility bill). For youth membership, please provide an original birth certificate.

A **PowerUp membership rate** is available through the Department of Human Services to individuals and families who qualify for Medicaid. To find out if you qualify, check the Virginia Department of Social Services or call the Norfolk Department of Human Services at (757) 664-6000.

Pay by check or money order made out to **Norfolk City Treasurer**. Credit and debit cards with a Visa or Mastercard logo are accepted. Cash will be accepted per transaction (up to \$10).

Norfolk's Department of Parks & Recreation has a **Telecommunications Device for the Deaf (TDD)** machine. This machine allows us to communicate more effectively with our hearing-impaired participants. The TDD number is (757) 441-1764. If you have a hearing impairment, please press your spacebar so that the staff will know that you are calling on the TDD.

You can also utilize the Virginia Relay Center at (800) 828-1120.



LOCATION KEY

RECREATION & COMMUNITY CENTERS

Bayview Recreation Center	BR	8613 Willow Terrace, 23503	(757) 441-1626
Berkley Community Center	BC	121 W. Liberty St., 23523	(757) 441-1912
Crossroads Community Center	CC	8019 Old Ocean View Rd., 23518	(757) 965-9430
East Ocean View Community and Senior Center	EO	9520 E. 20th Bay St., 23518	(757) 441-1785
Fairlawn Recreation Center	FR	1014 Kempsville Rd., 23502	(757) 441-5670
Horace C. Downing Senior Center	HD	555 E. Liberty St., 23510	(757) 441-1968
Huntersville Community Center	HC	830 Goff St., 23504	(757) 664-7434
Ingleside Community Center	IC	948 Ingleside Rd., 23502	(757) 441-5621
Lambert's Point Community Center	LPC	1251 W. 42nd St., 23508	(757) 423-1088
Norfolk Fitness & Wellness Center	NFW	7300 Newport Ave., 23505	(757) 823-4301
Norview Community Center	NC	6380 Sewells Point Rd., 23513	(757) 441-1440
Sherwood Forest Community Center	SFC	4537 Little John Dr., 23513	(757) 441-5824
Tarrallton Community Center	TC	2100 Tarrallton Dr., 23518	(757) 441-1765
Therapeutic Recreation Center	TR	180 E. Evans St., 23503	(757) 441-1764
Titustown Community Center	TTC	7545 Diven St., 23505	(757) 441-1259

INDOOR SWIMMING POOLS

Huntersville Indoor Swimming Pool	HP	830 Goff St., 23504	(757) 664-7431
Northside Indoor Swimming Pool	NP	8401 Tidewater Dr., 23518	(757) 441-1760
Southside Aquatics Center Indoor Swimming Pool	SS	1750 Campostella Rd., 23523	(757) 333-3281

OTHER FACILITIES

Cedar Grove Cemetery	CG	238 E. Princess Anne Rd., 23510	
Community Beach	CB	700 E. Ocean View Ave., 23503	
Lakewood Dance & Music Center	LD	1612 Willow Wood Dr., 23509	(757) 441-5833
Norfolk Athletics Office	NA	7300 Newport Ave., 23505	(757) 823-4304
Norfolk Boxing Center	NB	606 W. 29th St., 23508	(757) 823-1180
Titustown Visual Arts Center	TV	7545 Diven St., 23505	(757) 441-1227

ATHLETIC FIELDS

Campostella Elementary School (CE)	CE	1106 Campostella Rd., 23523	
Crossroads Elementary School (CRE)	CRE	8021 Old Ocean View Rd., 23518	
Ingleside Park (IP)	IP	948 Ingleside Rd., 23502	
Lafayette Park (LP)	LP	3500 Granby St., 23504	
Lakewood Park (LWP)	LWP	1612 Willow Wood Dr., 23509	
Lake Taylor Complex (LTC)	LTC	1384 Kempsville Rd., 23502	

PLEASE NOTE:

- Any location listed as **OFF** is an offsite location
- This is not a comprehensive list of all of our locations; it only lists the locations noted in this edition
- For a location's hours of operation, please visit our website at NORFOLK.GOV/PARKSANDREC



AQUATICS

PARENT AND CHILD AQUATICS • Ages 6 mo.-3 yrs

Participants are introduced to swimming and water safety skills that are developmentally appropriate for infants and toddlers. Routines that are familiar are extremely important to this age group. Each class uses toys, songs, fun, and games to keep the children engaged and enjoying the water experience, all the while teaching them basic aquatic skills.

1010201-01	9/9-10/28	M	4-4:30 p.m.	\$25 / \$38	NP
1010201-21	9/14-11/2	Sa	10-10:30 a.m.	\$25 / \$38	SS

PRE-SCHOOL AQUATICS 1 • Ages 4-5

Participants are introduced to swimming and water safety skills that are developmentally appropriate for young children. Preschool Aquatics puts the “fun” in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim.

1010401-01	9/9-10/28	M	4-4:45 p.m.	\$30 / \$45	NP
1010401-31	9/11-10/4	W,F	4-4:45 p.m.	\$30 / \$45	HP
1010401-32	10/23-11/15	W,F	4-4:45 p.m.	\$30 / \$45	HP

PRE-SCHOOL AQUATICS 2 • Ages 4-5

This level continues laying the foundation for developing water competency and further skill development. Preschool Aquatics Level 2 marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes.

1010501-01	9/9-10/28	M	5-5:45 p.m.	\$30 / \$45	NP
1010501-31	9/11-10/4	W,F	4-4:45 p.m.	\$30 / \$45	HP
1010501-32	10/23-11/15	W,F	4-4:45 p.m.	\$30 / \$45	HP

PRE-SCHOOL AQUATICS 3 • Ages 4-5

Preschool Aquatics Level 3 builds on the skills learned in Levels 1 and 2. Participants perform basic aquatic skills with greater proficiency, for longer distances and times. In addition, previously acquired water safety knowledge and skills are reinforced and expanded upon.

1010601-01	9/9-10/28	M	5-5:45 p.m.	\$30 / \$45	NP
1010601-21	9/14-11/2	Sa	10-10:45 a.m.	\$30 / \$45	SS





AQUATICS

Level 1: INTRO TO WATER SAFETY • Ages 6-15

Participants are introduced to basic skills as the foundation for the development of water competency.

1010701-01	9/12-10/31	Th	4-4:45 p.m.	\$30 / \$45	NP
1010701-31	9/11-10/4	W,F	5-5:45 p.m.	\$30 / \$45	HP
1010701-32	10/23-11/15	W,F	5-5:45 p.m.	\$30 / \$45	HP

Level 2: FUNDAMENTAL AQUATIC SKILLS

Ages 6-15

Participants begins gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

1010801-01	9/12-10/31	Th	4-4:45 p.m.	\$30 / \$45	NP
1010801-31	9/11-10/4	W,F	5-5:45 p.m.	\$30 / \$45	HP
1010801-32	10/23-11/15	W,F	5-5:45 p.m.	\$30 / \$45	HP

Level 3: STROKE DEVELOPMENT • Ages 6-15

Participants learn to swim the front crawl and elementary backstroke, is introduced to the scissors and dolphin kicks, learns the survival float, treading water, and headfirst entries.

1010901-01	9/12-10/31	Th	5-5:45 p.m.	\$30 / \$45	NP
1010901-21	9/14-11/2	Sa	11-11:45 a.m.	\$30 / \$45	SS

Level 4: STROKE IMPROVEMENT • Ages 6-15

Participants are introduced to new swimming and water safety skills and to build on previously learned skills, improving the swimming stroke proficiency and swimming for longer distances.

1011001-01	9/12-10/31	Th	5-5:45 p.m.	\$30 / \$45	NP
1011001-21	9/14-11/2	Sa	11-11:45 a.m.	\$30 / \$45	SS

BEGINNER SWIMMING • Ages 16 & Up

Participants gain basic aquatic skills and develop swimming strokes, including the front crawl, breaststroke and elementary backstroke. Participants also learn skills and concepts needed to stay safe around water.

1011302-21	9/14-11/2	Sa	12-12:45 p.m.	\$30 / \$45	SS
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POOL HOURS BEGINNING 9/3/24

HUNTERSVILLE INDOOR POOL (HV)

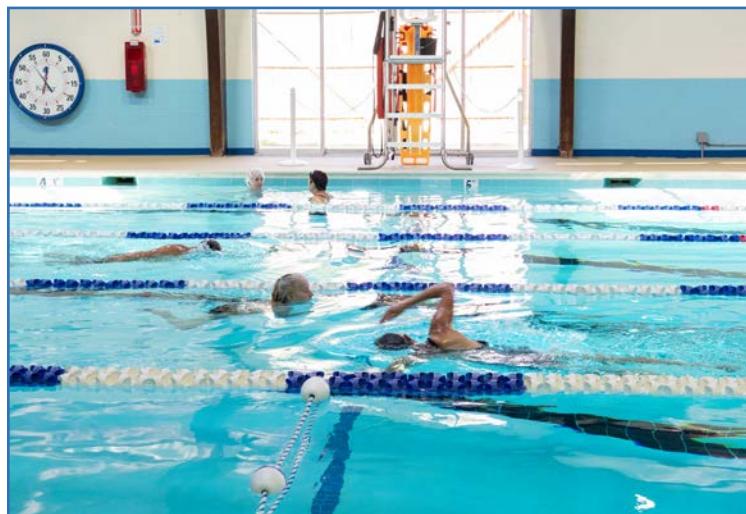
MONDAY	7 a.m.-8 p.m.
WEDNESDAY	7 a.m.-8 p.m.
FRIDAY	7 a.m.-8 p.m.
SATURDAY	10 a.m.-6 p.m.

NORTHSIDE INDOOR POOL (NV)

MONDAY	7 a.m.-8 p.m.
TUESDAY	7 a.m.-8 p.m.
THURSDAY	7 a.m.-8 p.m.
SATURDAY	10 a.m.-6 p.m.

SOUTHSIDE AQUATIC CENTER (SS)

TUESDAY	7 a.m.-8 p.m.
WEDNESDAY	7 a.m.-8 p.m.
THURSDAY	7 a.m.-8 p.m.
SATURDAY	10 a.m.-6 p.m.





ATHLETICS

INDOOR SOCCER FUTSAL 6U DIVISION

Ages 5-6

Recreation youth division for the indoor futsal program. Practices will be held during the week and games will be played on Saturdays at the various community center locations.

I060300-01	9/5-11/11	M-Sa	6-8 p.m.	\$50 / \$50	BR
I060300-04	9/5-11/11	M-Sa	6-8 p.m.	\$50 / \$50	EO
I060300-07	9/5-11/11	M-Sa	6-8 p.m.	\$50 / \$50	IC
I060300-11	9/5-11/11	M-Sa	6:30-8 p.m.	\$50 / \$50	SFC
I060300-13	9/5-11/11	M-Sa	6-8 p.m.	\$50 / \$50	TC

INDOOR SOCCER FUTSAL 8U DIVISION

Ages 5-8

Recreation youth division for the indoor futsal program. Practices will be held during the week and games will be played on Saturdays at the various community center locations.

I060301-01	9/5-11/11	M-Sa	6-8 p.m.	\$50 / \$50	BR
I060301-04	9/5-11/11	M-Sa	6:30-8 p.m.	\$50 / \$50	EO
I060301-07	9/5-11/11	M-Sa	6-8 p.m.	\$50 / \$50	IC
I060301-11	9/5-11/11	M-Sa	6-8 p.m.	\$50 / \$50	SFC
I060301-13	9/5-11/11	M-Sa	6-8 p.m.	\$50 / \$50	TC

INDOOR SOCCER FUTSAL 10U DIVISION

Ages 8-10

Recreation youth division for the indoor futsal program. Practices will be held during the week and games will be played on Saturdays at the various community center locations.

I060302-01	9/5-11/11	M-Sa	6-8 p.m.	\$50 / \$50	BR
I060302-03	9/5-11/11	M-Sa	6:30-8 p.m.	\$50 / \$50	CC
I060302-04	9/5-11/11	M-Sa	6:30-8 p.m.	\$50 / \$50	EO
I060302-06	9/5-11/11	M-Sa	6:30-8 p.m.	\$50 / \$50	IC
I060302-11	9/5-11/11	M-Sa	6-8 p.m.	\$50 / \$50	SFC
I060302-13	9/5-11/11	M-Sa	6-8 p.m.	\$50 / \$50	TC

INDOOR SOCCER FUTSAL 12U DIVISION

Ages 9-12

Recreation youth division for the indoor futsal program. Practices will be held during the week and games will be played on Saturdays at the various community center locations.

I060303-01	9/5-11/11	M-Sa	6-8 p.m.	\$50 / \$50	BR
I060303-04	9/5-11/11	M-Sa	6-8 p.m.	\$50 / \$50	EO
I060303-07	9/5-11/11	M-Sa	6-8 p.m.	\$50 / \$50	IC
I060303-11	9/5-11/11	M-Sa	6-8 p.m.	\$50 / \$50	SFC
I060303-13	9/5-11/11	M-Sa	6-8 p.m.	\$50 / \$50	TC

TINY STRIKERS INDOOR SOCCER

Ages 4-6

Recreation youth division for the Tiny Strikers indoor soccer program. Program will consist of 20 minutes introductory fundamental skill training and 20 minutes of game simulation for participants. All session will be hosted at site of Youth Soccer League Games. Practices will be held during the week and games will be played on Saturdays at the various community center locations.

I060600-01	10/7-11/4	M	6:30-7:30 p.m.	\$15 / \$15	LWP
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BASKETBALL TEEN 14U DIVISION

Ages 12-14

Recreation youth division for the teen basketball program. Practices will be held during the week and games will be played on Saturdays at the various community center locations.

1060504-06	10/7-11/18	M-Sa	6-8 p.m.	\$50 / \$50	HC
1060504-07	10/7-11/18	M-Sa	6-8 p.m.	\$50 / \$50	IC
1060504-08	10/7-11/18	M-Sa	6-8 p.m.	\$50 / \$50	LPC

BASKETBALL TEEN 16U DIVISION

Ages 14-16

Recreation youth division for the teen basketball program. Practices will be held during the week and games will be played on Saturdays at the various community center locations.

1060505-06	10/7-1/13	M-Sa	6-8 p.m.	\$50 / \$50	HC
1060505-07	10/7-1/13	M-Sa	6-8 p.m.	\$50 / \$50	IC
1060505-08	10/7-1/13	M-Sa	6-8 p.m.	\$50 / \$50	LPC
1060505-09	10/7-1/13	M-Sa	6-8 p.m.	\$50 / \$50	NC



CHEERLEADING Ages 5-16

Recreation youth division for the cheerleading program. Practices will be held during the week and games will be played on Saturdays at the various community center locations.

1060900-01	9/5-8/1/25	Tu,Th,Sa	6-8 p.m.	\$50 / \$50	CC
1060900-02	9/5-8/1/25	M,Tu,W,Sa	6-8 p.m.	\$50 / \$50	EO
1060900-02	9/5-8/1/25	M,W,Sa	6-8 p.m.	\$50 / \$50	IC
1060900-06	9/5-8/1/25	M,W,Sa	6-8 p.m.	\$50 / \$50	CE

ADULT SOFTBALL LEAGUE - FALL

Ages 18+

League will consist of 12 regular season games with a playoff single elimination tournament for qualifying teams. Each division will have a home run rule specification that will be based on the skill level of the division. For division specific rules please contact the Norfolk Athletic Office prior to registering. Division games will be initially scheduled on designated weeknights with possible make-ups being scheduled on various days based on facilities availability and discretion of the Norfolk Athletics Office.

3060702-01	8/19-10/21	M	6:45-10 p.m.	\$775 / \$775	NP
3060702-03	8/20-10/15	Tu	6:45-10 p.m.	\$375 / \$375	NP
3060702-04	8/21-10/16	W	6:45-10 p.m.	\$775 / \$775	NP
3060702-06	8/23-10/18	F	6:45-10 p.m.	\$375 / \$375	NP





FITNESS & WELLNESS

BOOT CAMP • Ages 15+

Boot Camp is a fun and innovative way to lose fat and build muscle. Both men and women will find Boot Camp to be a team-oriented challenge with empowering results. Run, jump, push, and pull your way to a better body!

*Please note: no class 11.

1040505-09	9/4-9/30	M,W	5-5:45 p.m.	\$30 / \$45	NFW
1040505-10	10/7-10/30	M,W	5-5:45 p.m.	\$30 / \$45	NFW
1040505-11	11/4-12/2	M,W	5-5:45 p.m.	\$30 / \$45	NFW

WOMEN ON WEIGHTS • Ages 15+

WOW is a class where women get one-on-one strength training with a Certified Personal Trainer in a group setting. This highly interactive class encourages confidence and teaches women to be comfortable in the gym.

*Please note: no class Nov. 5 and 28.

1041505-09	9/3-9/26	Tu,Th	6-6:45 p.m.	\$30 / \$40	NFW
1041505-10	10/8-10/31	Tu,Th	6-6:45 p.m.	\$30 / \$40	NFW
1041505-11	11/7-12/5	Tu,Th	6-6:45 p.m.	\$30 / \$40	NFW

CORE AND BALANCE • Ages 15+

Core and Balance is a low impact class for all ages and fitness levels. It focuses on the all-important "core muscles" which are critical for flexibility and balance. The class helps you build strength and flexibility and results in an improved posture and a strong, lean, body. *Please note: no class Nov. 5 and 28.

1042505-09	9/3-9/26	Tu,Th	10-10:45 a.m.	\$30 / \$45	NFW
1042505-10	10/8-10/31	Tu,Th	10-10:45 a.m.	\$30 / \$45	NFW
1042505-11	11/7-12/5	Tu,Th	10-10:45 a.m.	\$30 / \$45	NFW

DEEP STRETCH • Ages 15+

This class will teach fundamentals for stretching. Small and large muscle groups of the body are engaged to increase flexibility by using breathing to relax and stretch muscles. *Please note: no class Nov. 29.

1042805-09	9/6-9/27	F	10:15-11 a.m.	\$20 / \$30	NFW
1042805-10	10/4-10/25	F	10:15-11 a.m.	\$20 / \$30	NFW
1042805-11	11/8-12/6	F	10:15-11 a.m.	\$20 / \$30	NFW

BODY SCULPT • Ages 15+

This class is an anaerobic, muscle-toning class focused on core and body muscle strength. Build strength and have fun while doing it! This class is for all fitness levels. *Please note: no class Nov. 5 and 28.

1043805-06	9/3-9/26	Tu,Th	5-5:45 p.m.	\$30 / \$45	NFW
1043805-10	10/8-10/31	Tu,Th	5-5:45 p.m.	\$30 / \$45	NFW
1043805-11	11/7-12/5	Tu,Th	5-5:45 p.m.	\$30 / \$45	NFW

KETTLEBELLS • Ages 15+

This kettlebell course is sure to get your heart rate up while also allowing for toning and muscle building. Come learn how to effectively use the kettlebells, and get your weekly dose of cardio through this circuit style workout.

1042605-09	9/4-9/25	W	6-6:45 p.m.	\$20 / \$30	NFW
1042605-10	10/8-10/29	W	6-6:45 p.m.	\$20 / \$30	NFW
1042605-11	11/6-11/27	W	6-6:45 p.m.	\$20 / \$30	NFW

CORE & CARDIO • Ages 15+

The core is your body's power source, creating support for all that our bodies can do. During Core & Cardio, you will elevate your heart rate while gaining muscular endurance and strength in your core muscles. *Please note: no class Nov. 28.

1043905-09	9/5-9/26	Th	6-6:45 p.m.	\$20 / \$30	NFW
1043905-10	10/3-10/24	Th	6-6:45 p.m.	\$20 / \$30	NFW
1043905-11	11/7-12/5	Th	6-6:45 p.m.	\$20 / \$30	NFW



FITNESS & WELLNESS

YOUTH FIT • Ages 3-5

This youth inspired fitness class engages and challenges kids to enhance fitness levels, coordination, balance, and motor skills. *Please note: no class Nov. 5.

1044005-09	9/3-9/24	Tu	4-5 p.m.	\$20 / \$30	NFW
1044005-10	10/8-10/29	Tu	4-5 p.m.	\$20 / \$30	NFW
1044005-11	11/12-12/3	Tu	4-5 p.m.	\$20 / \$30	NFW

HIIT & FIT • Ages 15+

This class is designed for our weekend warriors! Functional training, aerobic, and anaerobic drills for a great start to the weekend.

1044105-09	9/7-9/28	Sa	12-12:45 p.m.	\$20 / \$30	NFW
1044105-10	10/5-10/26	Sa	12-12:45 p.m.	\$20 / \$30	NFW
1044105-11	11/2-11/23	Sa	12-12:45 p.m.	\$20 / \$30	NFW

BEGINNER BOXING • Ages 8+

Introduction to the basics of boxing: stance, movement/footwork, straight punches to head and body, and straight punch combinations.

1043105-121	9/2-9/27	M-F	4-5 p.m.	\$30 / \$30	NB
1043105-122	10/7-10/25	M-F	4-5 p.m.	\$30 / \$30	NB
1043105-123	11/4-11/29	M-F	4-5 p.m.	\$30 / \$30	NB





DANCE

YOUTH BEGINNING BALLET • Ages 7-12

An introductory class recommended for any students new to ballet and for returning students with less than two years of ballet experience. Includes barre work, basic ballet skills, attention to posture, stretching. *Please note: no class Nov. 11.

1030301-01	9/9-11/4	M	5-6 p.m.	\$45 / \$68	LD
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YOUTH INTERMEDIATE BALLET • Ages 9-14

Dancers will expand vocabulary, refine port de bras, build strength and flexibility. Recommended for students with at least two years of ballet experience. *Please note: no class Nov. 5.

1030501-01	9/10-11/12	Tu	5-6 p.m.	\$45 / \$68	LD
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ADULT BEGINNING BALLET • Ages 13+

An introductory class recommended for any students new to ballet and for returning students interested in skill building. Includes barre work, basic ballet skills, attention to posture, stretching. *Please note: no class Nov. 11.

1030950-01	9/9-11/4	M	7-8 p.m.	\$45 / \$68	LD
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1030950-02	9/12-11/14	Th	1:30-2:30 p.m.	\$50 / \$75	LD
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ADULT INTERMEDIATE BALLET • Ages 15+

Dancers will expand vocabulary, refine port de bras, build strength and flexibility. Recommended for students with at least two years of ballet experience. *Please note: no class Nov. 5.

1030960-01	9/10-11/12	T	6-7 p.m.	\$45 / \$68	LD
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1030960-02	9/13-11/15	F	11:15 a.m.-12:15 p.m.	\$50 / \$75	LD
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CREATIVE DANCE • Ages 4-6

Ballet-based program that introduces dance fundamentals in a fun and creative environment. Improves listening skills and develops coordination and social skills.

1031550-01	9/11-11/13	W	5-6 p.m.	\$50 / \$75	LD
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1031550-02	9/12-11/14	Th	5-6 p.m.	\$50 / \$75	LD
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TINY TOT HIP HOP • Ages 4-6

Introduces the fundamentals of hip hop dance in a fun and creative environment. Improves listening skills, develops coordination, and social skills. *Please note: no class Nov. 11.

1031875-01	9/9-11/4	M	5-6 p.m.	\$45 / \$68	LD
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YOUTH HIP HOP • Ages 7-12

Enjoy learning the basic skills and tricks of the Hip Hop culture. Class will draw on a variety of styles from old school to new school.

1031901-01	9/12-11/14	Th	5-6 p.m.	\$50 / \$75	LD
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ADULT HIP HOP • Ages 13+

Have fun mixing it up to today's hottest jams. Enjoy a fun-filled, high-energy class packed with the latest dance moves. Whether you are destined for the stage or just looking for a great workout, this class is for you!

1032005-01	9/12-11/14	Th	7-8 p.m.	\$50 / \$75	LD
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YOUTH BEGINNING JAZZ • Ages 7-12

Have fun learning the free and energetic techniques of jazz dance. Class includes basic styles and patterns. *Please note: no class Nov. 5.

1032101-01	9/10-11/12	Tu	5:30-6:30 p.m.	\$45 / \$68	NC
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YOUTH INTERMEDIATE JAZZ • Ages 9-14

Dancers will expand their jazz vocabulary, work on more complicated isolations, build strength and flexibility. Recommended for students with at least two years of dance experience. *Please note: no class Nov. 11.

1032201-01	9/9-11/4	M	6-7 p.m.	\$45 / \$68	LD
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ADULT JAZZ • Ages 13+

Have fun learning the free and energetic techniques of jazz dance. Class includes basic patterns and isolations as well as turns, jumps, and choreography.

1032405-01	9/12-11/14	Th	7-8 p.m.	\$50 / \$75	LD
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STREET JAZZ • Ages 14+

NEW CLASS! This sassy form of urban jazz pulls from hip-hop, traditional jazz, and vogue. Class includes isolations, pirouette sequences, flexibility exercises, and combinations. *Please note: no class Nov. 11.

1032605-01	9/9-11/4	M	7-8 p.m.	\$45 / \$68	LD
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CONTEMPORARY • Ages 14+

NEW CLASS! An intermediate/advanced level class designed for dancers who want to challenge themselves while celebrating dance as a creative outlet. Dancers will start with a meditative warm-up and move into a series of X work, core training, spinal mobility, and phrases. Recommended for students with at least two years of dance experience.

1032710-01	9/12-11/14	Th	6-7 p.m.	\$50 / \$75	LD
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VOGUE: LET'S HAVE A KIKI • Ages 14+

NEW CLASS! Introduction to Vogue dancing! Learn the five elements of vogue femme and other fundamentals of ballroom, learn about Vogue trailblazers, and brush up on Vogue history. This class is perfect for someone who wants to express themselves and have fun. *Please note: no class Nov. 5.

1032750-01	9/10-11/12	Tu	6:30-7:30 p.m.	\$45 / \$68	NC
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YOUTH LINE DANCE • Ages 9-14

NEW CLASS! Line dance is casual fun for dancers of all skill levels! Learn short, upbeat routines that are a fun workout on their own and can be shared with others at cookouts and parties! No experience needed. *Please note: no class Nov. 5.

1032805-01	9/10-11/12	Tu	5-6 p.m.	\$45 / \$68	LD
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ADULT LINE DANCE • Ages 15+

NEW CLASS! Line dance is casual fun for dancers of all skill levels! Learn short, upbeat routines that are a fun workout on their own and can be shared with others at cookouts and parties! No experience needed. *Please note: no class Nov. 5.

1032810-01	9/10-11/12	Tu	7-8 p.m.	\$45 / \$68	LD
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YOUTH INTRO TO LATIN DANCE • Ages 9-14

NEW CLASS! Explore basic rhythms, sounds, and movements of popular Latin dances like salsa and bachata. Learn basic steps, solo movement, and build confidence in personal styling. No experience required.

1032815-01	9/11-11/13	W	7-8 p.m.	\$50 / \$75	LD
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ADULT INTRO TO LATIN DANCE • Ages 15+

NEW CLASS! Explore basic rhythms, sounds, and movements of popular Latin dances like salsa and bachata. Learn basic steps, solo movement, and build confidence in personal styling. No experience required.

1032820-01	9/11-11/13	W	6-7 p.m.	\$50 / \$75	LD
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INTRO TO CHARLESTON • Ages 13+

NEW CLASS! Charleston is an old-fashioned social jazz dance from the 1920s. Think flappers! Learn the basic steps and solo jazz moves. Recommended for students with at least one year of dance experience. *Please note: no class Nov. 5.

1032830-01	9/10-11/12	Tu	6-7 p.m.	\$45 / \$68	LD
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DANCE

YOUTH BEGINNING TAP • Ages 7-12

Learn the basic sounds and rhythms of tap dance. An introductory class recommended for any students new to tap and for returning students with less than two years of tap experience. *Please note: no class Nov. 11.

1032901-01	9/9-11/4	M	6-7 p.m.	\$45 / \$68	LD
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YOUTH INTERMEDIATE TAP • Ages 9-14

Continue building tap vocabulary, accuracy, and speed. Students should have at least two years tap experience and be comfortable performing time steps.

1032905-01	9/11-11/13	W	6-7 p.m.	\$50 / \$75	LD
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ADULT BEGINNING TAP • Ages 13+

Learn the basic sounds and rhythms of tap dance. An introductory class recommended for any students new to tap and for returning students with less than two years of tap experience.

1033000-01	9/12-11/14	Th	6-7 p.m.	\$50/ \$75	LD
1033000-02	9/13-11/15	F	10:15-11:15 a.m.	\$50 / \$75	LD

ADULT INTERMEDIATE TAP • Ages 15+

Continue building tap vocabulary, accuracy, and speed. Students should have at least two years tap experience and be comfortable performing time steps. *Please note: no class Nov. 5.

1033001-01	9/10-11/12	Tu	7-8 p.m.	\$45 / \$68	LD
1033001-02	9/12-11/14	Th	12:30-1:30 p.m.	\$50 / \$75	LD

TAP CLUB • Ages 15+

Learn fun tap routines and have the option to take part in community outreach performances. Previous tap experience required. *Please note: no class Nov. 5.

1033300-01	9/10-11/12	Tu	11:30 a.m.-12:30 p.m.	\$45 / \$68	LD
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MODERN DANCE • Ages 13+

An abstract dance form consisting of a rich tapestry of form, breath, shape, and texture.

1033505-01	9/11-11/13	W	7-8 p.m.	\$50 / \$75	LD
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ADULT DANCE TECHNIQUE WORKSHOP

Ages 13+

A four-week dance sampler geared for experienced beginner through intermediate level. Dancers are welcome to come to any or all classes during the workshop. Stay in shape before fall classes or try out a new genre! Class schedule: Tuesdays, Ballet (6 p.m.), Tap (7 p.m.); Wednesdays, Ballet (6 p.m.), Modern (7 p.m.); Thursdays, Ballet (6 p.m.), Jazz (7 p.m.).

4034050-01	8/13-9/5	Tu,W,Th	6-8 p.m.	\$50 / \$75	LD
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MUSIC

PRIVATE VOICE LESSONS • Ages 7+

Private voice lessons (all levels) instructor will provide vocal materials.

1050105-01	9/10-11/12	Th	5:30-6 p.m.	\$124 / \$186	LD
1050105-02	9/12-11/14	Th	5:30-6 p.m.	\$138 / \$207	LD
1050105-03	9/12-11/14	Th	6-6:30 p.m.	\$138 / \$207	LD
1050105-04	9/12-11/14	Th	6:30-7 p.m.	\$138 / \$207	LD

PRIVATE BRASS OR SAXOPHONE LESSONS

Ages 7+

Private brass (trumpet - all levels; trombone - all levels; euphonium - beginner through intermediate; tuba - beginner). Private saxophone (alto, tenor, or baritone - all levels). Students should provide their own instrument.

1050105-11	9/9-11/4	M	5-5:30 p.m.	\$124 / \$186	NFW
1050105-12	9/9-11/4	M	5:30-6 p.m.	\$124 / \$186	NFW
1050105-13	9/9-11/4	M	6-6:30 p.m.	\$124 / \$186	NFW
1050105-14	9/9-11/4	M	6:30-7 p.m.	\$124 / \$186	NFW
1050105-15	9/9-11/4	M	7-7:30 p.m.	\$124 / \$186	NFW

PRIVATE PIANO LESSONS • Ages 7+

(Beginners, Piano Pronto Prelude Book, Piano Pronto Mvt. I Book, and Piano Pronto Mvt. II Book ONLY)

1050105-20	9/10-11/12	Tu	5:30-6 p.m.	\$124 / \$186	NFW
1050105-21	9/10-11/12	Tu	6-6:30 p.m.	\$124 / \$186	NFW
1050105-22	9/10-11/12	Tu	6:30-7 p.m.	\$124 / \$186	NFW
1050105-23	9/10-11/12	Tu	7-7:30 p.m.	\$124 / \$186	NFW
1050105-24	9/10-11/12	Tu	7:30-8 p.m.	\$124 / \$186	NFW
1050105-25	9/11-11/13	W	6:30-7 p.m.	\$138 / \$207	NFW
1050105-26	9/11-11/13	W	7-7:30 p.m.	\$138 / \$207	NFW
1050105-27	9/11-11/13	W	7:30-8 p.m.	\$138 / \$207	NFW
1050105-28	9/12-11/14	Th	7:30-8 p.m.	\$138 / \$207	NFW

VOICE: VARIETY • Ages 11+

Learn basic vocal fundamentals to include breath control, note reading, rhythms, posture, ear training, sight reading and more! Enjoy a variety of music while learning to sing. Make-up lessons will not be available if student misses lesson.

1051305-01	9/12-11/14	Th	7-8 p.m.	\$50 / \$75	LD
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MUSIC

PIANO: BEGINNER • Ages 7+

Students must be beginners. Lesson materials cost approximately \$24. A list of materials is provided by instructor at first class. Make up lessons will not be available if student misses lesson.

1050605-01	9/9-11/4	M	6:30-7 p.m.	\$45 / \$68	LD
1050605-02	9/11-11/13	W	6-6:30 p.m.	\$50 / \$75	NFW
1050605-03	9/12-11/14	Th	7-7:30 p.m.	\$50 / \$75	NFW

PIANO: PRELUDE / MVT I • Ages 7+

Prerequisite: Students must have completed one session of Youth Beginner Piano and be using the Piano Pronto Prelude Book or the Piano Pronto Mvt. I Book by Eklund. Materials cost approximately \$24. Make-up lessons will not be available if student misses lesson. *Please note: no class Nov. 5.

1050701-01	9/9-11/4	M	5:30-6 p.m.	\$45 / \$68	LD
1050701-02	9/9-11/4	M	6-6:30 p.m.	\$45 / \$68	LD
1050701-03	9/10-11/12	Tu	6-6:30 p.m.	\$45 / \$68	LD
1050701-04	9/10-11/12	Tu	6:30-7 p.m.	\$45 / \$68	LD
1050701-05	9/10-11/12	Tu	4:30-5 p.m.	\$45 / \$68	NFW
1050701-05	9/11-11/13	W	5:30-6 p.m.	\$50 / \$75	NFW

PIANO: MOVT. I & II • Ages 7+

Prerequisite: Students must have completed the Piano Pronto Prelude Book and be using Piano Pronto Mvt. I or II by Eklund. Materials cost approximately \$12. Make-up lessons will not be available if student misses lessons. *Please note: no class Nov. 5.

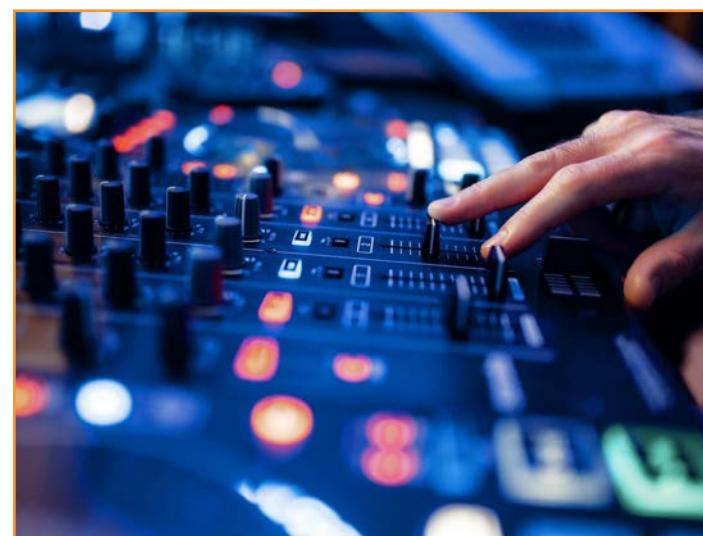
1050801-01	9/10-11/12	Tu	5-5:30 p.m.	\$45 / \$68	NFW
4050801-02	9/11-11/13	W	5-5:30 p.m.	\$50 / \$75	NFW
4050801-03	9/12-11/14	Th	6-6:30 p.m.	\$50 / \$75	NFW
4050801-04	9/12-11/14	Th	6:30-7 p.m.	\$50 / \$75	NFW



MUSIC TECHNOLOGY THEORY • Ages 11+

Have you ever wanted to create your own music? Have you ever wondered how producers create songs? Learn basic sound recording theory in order to create your own songs. Instructor will bring a mixing board, microphones and software. Make-up lessons will not be available if student misses lesson.

1053105-01	9/9-11/4	M	7-8 p.m.	\$45 / \$68	LD
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ACTIVE SENIORS

CROCHETING CLASS

5073104-01	9/3-2/25	Tu	10 a.m.-12 p.m.	\$0 / \$0	EO
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SENIOR LINE DANCING

5072604-01	9/3-2/25	Tu	10 a.m.-12 p.m.	\$0 / \$0	EO
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SENIOR BINGO

5072704-01	9/10	Tu	11 a.m.-1:30 p.m.	\$0 / \$0	NC
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SENIOR TRIP: CITY CRUISE BINGO

5070304-06	9/18	W	12-2 p.m.	\$30 / \$60	OFF
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SENIORS LUNCHEON

1073204-01	9/30	M	12-2 p.m.	\$0 / \$0	OFF
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FALL FESTIVAL

1070404-01	10/23	W	10 a.m.-12 p.m.	\$0 / \$0	EO
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BUNCO BONANZA

5072804-01	11/18	M	11 a.m.-2 p.m.	\$0 / \$0	EO
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60+ CLUB

5071504-02	9/11-6/25	W	9:30 a.m.-3 p.m.	\$0 / \$0	EO
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SENIOR CONVERSATION GROUP

5071704-02	ONGOING	M	12:30-2:30 p.m.	\$0 / \$0	EO
5071704-04	ONGOING	F	10 a.m.-1 p.m.	\$0 / \$0	TC
5071704-05	ONGOING	F	12:30-2:30 p.m.	\$0 / \$0	SFC

SENIOR GAMERS

5071804-02	ONGOING	Tu,Th	12:30-2:30 p.m.	\$0 / \$0	EO
5071804-03	ONGOING	Th	12:30-2 p.m.	\$0 / \$0	EO
5071804-04	ONGOING	F	10 a.m.-2:30 p.m.	\$0 / \$0	EO



HOLIDAY SENIOR PARTY

2071604-03	12/15	F	11 a.m.-2 p.m.	\$0 / \$0	OFF
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WINTER WONDERLAND (SENIORS)

2071004-02	12/19	Th	11 a.m.-2:30 p.m.	\$0 / \$0	HD
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VISUAL ARTS



ADULT PAINTING • Ages 18+

NEW! Learn how to paint various subject matter with acrylic. Improve your skills and enjoy the benefits of creativity for personal wellness. For all skill levels. Acrylic mix media (Tuesday) and acrylic painting (Wednesday).

1112402-01	9/10-11/19	Tu	1-3 p.m.	\$80 / \$120	TV
1112402-02	9/11-11/13	W	10 a.m.-12 p.m.	\$80 / \$120	TV

ADULT WATERCOLOR • Ages 18+

Learn the basics to watercolor painting for landscapes and portraiture.

1117102-01	9/11-11/20	W	1-3 p.m.	\$45 / \$67	TV
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YOUTH PAINTING

Explore the many different ways of using acrylic or watercolor paint! Learn the personal wellness benefits of painting. For all skill levels; beginners highly encouraged.

1116601-01	9/12-11/21	Th	7-8 p.m.	\$45 / \$67	TV
1116601-02	9/9-11/18	M	5-6:30 p.m.	\$45 / \$67	TV

ADULT DRAWING • Ages 18+

For all skill levels, beginners highly encouraged. Learn the basics to drawing what you see with a professional artist.

1110802-01	9/10-11/19	Tu	10 a.m.-12 p.m.	\$85 / \$127	TV
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YOUTH DRAWING CLASSES • Ages 6-17

Learn the basics of drawing while learning how to draw cartoon characters of all kinds!

1110101-01	9/9-11/18	M	7-8 p.m.	\$35 / \$52	TV
1110101-02	9/12-11/21	Th	5-6:30 p.m.	\$35 / \$52	TV

SUMI-E / PAINTING / Open Studio • Ages 18+

Painting experience required and ability to work independently without instructor. Participants may be required to bring easel if there are none available.

1112702-01	9/13-11/22	F	1-3 p.m.	\$35 / \$53	TV
1112702-02	9/13-11/22	F	10 a.m.-1 p.m.	\$35 / \$53	TV
1112702-03	9/11-11/20	W	12:30-3:30 p.m.	\$35 / \$53	TV
1112702-04	9/11-11/20	W	3:30-5:30 p.m.	\$35 / \$53	TV

POTTERY ON THE WHEEL / All Levels • Ages 18+

Learn to center, throw, glaze techniques, study form and safety management.

1113902-02	9/10-11/19	Tu	4-6 p.m.	\$100 / \$150	TV
1113902-01	9/12-10/31	Th	4-6 p.m.	\$100 / \$150	TV

POTTERY ON THE WHEEL / Open Studio

Ages 18+

For participants with experience. Must be able to work without instructor guidance. Includes studio time and use of glaze and kilns.

1117202-01	9/11-11/20	W	1-3 p.m.	\$100 / \$120	TV
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CLAY HANDBUILDING • Ages 18+

Learn to hand build various standard vases, bowls, cups, and more.

1116802-02	9/10-11/19	Tu	1-3 p.m.	\$100 / \$150	TV
1116802-03	9/12-11/21	Th	10 a.m.-12 p.m.	\$100 / \$150	TV
1116802-01	9/9-11/18	M	9:30-11:30 a.m.	\$100 / \$150	TV

HANDBUILDING / Open Studio • Ages 18+

Use of Ceramics studio without an instructor. Must be experienced and able to work without instructor help.

1116902-01	9/10-11/19	Tu	5-8 p.m.	\$100 / \$150	TV
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VISUAL ARTS

STAINED GLASS • Ages 18+

All levels are welcome! Beginning projects include, glass cutting, copper foiling techniques, lead cameing and soldering.

1115102-02	9/11-10/30	W	5:30-8 p.m.	\$80 / \$120	TV
1115102-01	9/12-10/31	W	1-3:30 p.m.	\$80 / \$120	TV

STAINED GLASS / Open Studio • Ages 18+

Open studio is for participants with advanced skills in stained glass. Must be able to work without instructor guidance.

1115302-01	9/11-10/30	W	1-3:30 p.m.	\$35 / \$53	TV
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MOSAICS / Open Studio • Ages 18+

Open studio time. Must be experienced and can work without an instructor.

1111802-02	9/9-11/18	M	5-7 p.m.	\$70 / \$88	TV
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HOT GLASS • Ages 18+

Learn to pair beautiful colored stained glass together to fuse into one-of-a-kind artworks.

1111002-01	9/10-10/29	Tu	1-3:30 p.m.	\$80 / \$120	TV
1111002-02	9/10-10/29	Tu	5:30-8 p.m.	\$80 / \$120	TV



QUILTING / Open Studio • Ages 18+

Experience required and ability to work without an instructor.

1114102-01	9/12-11/21	Th	1-4 p.m.	\$35 / \$53	TV
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WORKSHOP: CHRISTMAS ORNAMENTS

Ages 18+

1380216-01	10/25-11/1	F	10 a.m.-12 p.m.	\$35 / \$53	TV
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THERAPEUTIC RECREATION

SPARES & STRIKES • Ages 18+

Head to AMF Little Creek Lanes for bowling fun! Adaptive equipment available. Bring \$10 cash for two games each week. Shoe rental included; transportation provided but limited. *Please note: no class Nov. 11.

1080005-01	9/9-11/18	M	12-1:30 p.m.	\$15	OFF
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SUNSET HIKES • Ages 18+

Explore different hiking locations throughout Hampton Roads. Must be able to walk on uneven terrain for up to four miles. Wear closed-toe shoes; water is required. Transportation provided from TRC to hiking location only.

1080105-01	9/9-10/7	M	5:30-7:30 p.m.	\$15	TR
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AQUACISE • Ages 18+

Increase mobility and range of motion during a full body water workout. Must be able to dress/toilet independently. No swimming skills necessary but must be comfortable standing in water that is four feet deep, unassisted. Transportation provided but limited. *Please note: no class Nov. 5.

1080205-01	9/10-11/19	Tu	9-9:45 a.m.	\$15	SS
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WALK & TALK • Ages 18+

Walk with us while you talk with us. Wear clothing that allows for ease of movement, tennis shoes, and bring water. *Please note: no class Nov. 5.

1080305-01	9/10-11/19	Tu	10-11 a.m.	\$15	TR
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YOUTH ALLEY CATS • Ages 6-20

Learn the basics of bowling. Adaptive equipment is available if needed. Bring \$10 cash for two games each week. Shoe rental included. *Please note: No class Nov. 5.

1080405-01	9/10-11/19	Tu	5-6:15 p.m.	\$15	OFF
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PROBOWLERS • Ages 18+

Bowl without bumpers as a league to improve independent bowling skills. Bring \$10 cash for two games each week. Shoe rental included. *Please note: no class on Nov. 5.

1080505-01	9/10-11/19	Tu	5-6:15 p.m.	\$15	OFF
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COOKING • Ages 18+

Learn to cook! \$40 supply fee included. Transportation provided but limited. *Please note: no class Nov. 5.

1080605-01	10/15-11/12	Tu	1:30-3:30 p.m.	\$55	TR
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CERAMICS • Ages 18+

Embrace your creative side by painting a variety of ceramic pieces. \$25 supply fee included. Transportation provided but limited.

1080705-01	9/11-11/13	W	10-11:30 a.m.	\$40	TR
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GETTIN' FIT • Ages 18+

Full body workout for beginners. Wear tennis shoes, clothing that allows for ease of movement & bring water. Transportation provided but limited.

1080805-01	9/11-11/13	W	3-3:45 p.m.	\$15	TR
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TIDES DAY GAME • Ages 18+

Enjoy an afternoon watching the Norfolk Tides! Bring money (no cash; card only) for concessions. \$20 trip fee included. Transportation provided but limited.

1081005-01	9/19	Th	11 a.m.-3 p.m.	\$25	OFF
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COROLLA WILD HORSE TOUR • Ages 18+

Join us for an off-road adventure to see the wild horses in Corolla, NC. Must be able to transfer into horse tour vehicle and withstand a bumpy, rough, off-road beach ride. No previous neck/back injury permitted. Must sign a waiver and be able to ride with NO restroom breaks for two hours. Bring a minimum of \$35(cash) for lunch and horse tour gratuity, plus extra money for souvenirs. \$125 trip fee included. Transportation provided from TR to Corolla only.

1081105-01	9/26	Th	8 a.m.-5 p.m.	\$130	OFF
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THERAPEUTIC RECREATION

HICKORY RIDGE FARM • Ages 18+

Visit Hickory Ridge Farm to buy produce. Bring at least \$25 to purchase produce. Bring bag lunch. Transportation provided but limited.

1081205-01	10/3	Th	10 a.m.-2 p.m.	\$5	OFF
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HUNT CLUB FARM HAUNTED TOURS • Ages 18+

Be prepared to be scared! Ride a haunted hayride, find your way through a scary corn maze while enjoying the adventure with friends. Bring \$35 for ticket & additional money for food (optional). \$15 trip free included. Transportation provided from TR to Hunt Club Farm only.

1081305-01	10/10	Th	5:30-9:30 p.m.	\$20	OFF
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PUMPKIN PALOOZA • Ages 18+

Spend the evening carving pumpkins with friends and students from ODU. Light refreshments will be served; \$15 supply fee included. Transportation provided but limited.

1081505-01	10/24	Th	4:30-6:30 p.m.	\$15	TR
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MORRIS FARM MARKET & FROG ISLAND

Ages 18+

Visit Morris Farm Market and enjoy lunch at Frog Island Seafood in Currituck, NC. Bring minimum of \$30 for shopping at the farmer's market and lunch. \$8 trip free included. Transportation provided but limited.

1081405-01	11/7	Th	9 a.m.-3 p.m.	\$13	OFF
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FRIDAY FUN • Ages 18+

Experience a variety of leisure activities with the group. Each class will be something different! Wear tennis shoes and clothing that allows for ease of movement.

1081605-01	9/13-10/11	F	10-11 a.m.	\$15	TR
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CRICUT CRAFTS • Ages 18+

Spend three days making Cricut crafts. \$35 supply fee included.

1081705-01	10/18-11/1	F	10-11 a.m.	\$45	TR
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BOOT CAMP • Ages 18+

Take it up a notch! Designed to make you sweat with a high-intensity workout. Bring water and wear tennis shoes and clothing that allows for ease of movement. Transportation provided but limited.

1081805-01	9/13-11/15	F	3:30-4:45 p.m.	\$15	TR
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HOLIDAY GIFTS • Ages 18+

Spend 2 days making special gifts for your family & friends. \$15 supply fee included. Transportation provided but limited.

1081905-01	12/3-12/4	Tu,W	10 a.m.-12 p.m.	\$22	TR
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HOLIDAY CRAFTS • Ages 18+

Spend 2 days making unique holiday crafts for yourself or others. \$15 supply fee included. Transportation provided but limited.

1082005-01	12/10-12/11	Tu,W	10 a.m.-12 p.m.	\$22	TR
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BUSCH GARDENS: CHRISTMASTOWN

Ages 18+

Spend a magical evening at Busch Gardens. Cost of admission TBA. Bring an additional \$25 for dinner & hot drinks. Dress warm! \$20 trip fee included. Transportation provided from TRC to Busch Gardens only.

1082105-01	12/5	Th	1-9 p.m.	\$25	OFF
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HOLIDAY PARTY • Ages 18+

Close out the year with a holiday celebration with friends! Light refreshments & holiday games will be provided. Transportation provided but limited.

1082205-01	12/19	Th	6-8 p.m.	\$15	TR
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SPECIAL EVENTS

FAMILY NIGHT OUT: SHERWOOD FOREST LEGO CLUB

1093103-04	9/3-12/17	Tu	6:30-7:30 p.m.	\$0 / \$0	SFC
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TEEN NIGHT

1091706-04	8/29-2/27	Th	6-8 p.m.	\$0 / \$0	TC
1091706-05	9/11	W	6:30-8:30 p.m.	\$0 / \$0	CC

FAMILY NIGHT OUT

1093103-03	9/19	Th	6:30-8 p.m.	\$0 / \$0	FR
1093103-06	9/19	Th	6-8 p.m.	\$0 / \$0	TC
1093103-07	12/11	W	6-7:30 p.m.	\$0 / \$0	BR

HALLOWEEN EVENT

1100403-04	10/29	Tu	6:30-8 p.m.	\$0 / \$0	BR
1100403-06	10/30	W	5-7:30 p.m.	\$0 / \$0	SFC

KIDS NIGHT OUT

1093301-01	11/7-11/21	Th	6:30-7:30 p.m.	\$0 / \$0	SFC
1093301-02	9/11-2/26	W	6-8 p.m.	\$0 / \$0	SFC

FAMILY GAME NIGHT

1091203-01	11/19	T	6:15-8 p.m.	\$0 / \$0	TC
1091203-02	11/21	Th	6:30-8 p.m.	\$0 / \$0	FR

FALL FESTIVAL

1092101-03	11/20	W	6-8 p.m.	\$0 / \$0	BR
1092101-04	10/29	Tu	6-8 p.m.	\$0 / \$0	FR
1092101-05	10/25	F	3-6 p.m.	\$0 / \$0	EO

COOKIES WITH SANTA

20100304-02	12/14	Sa	11 a.m.-1 p.m.	\$0 / \$0	FR
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DODGEBALL TOURNAMENT

1093206-01	12/10-12/17	Tu	6:30-8 p.m.	\$0 / \$0	SFC
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PAINT NIGHT

1092203-02	12/18	W	6:30-8 p.m.	\$0 / \$0	CC
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BIRD & BIKE

Join the Outdoor Rec team, Norfolk Park Rangers, and the Elizabeth River Trail Foundation on a leisurely ride to observe various bird species! All ages and experiences are welcome. Bikes and safety equipment (helmets, water, safety vest) will not be provided; please dress appropriately for the weather. The route will be approximately 4.9 miles in total, starting from the Lambert's Point parking lot and ending back at the same lot, with an opportunity to add mileage if interested. Binoculars will be available but in limited quantities.

3020600-003	9/21	Sa	10 a.m.-12 p.m.	\$0 / \$0	LP
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CEMETERY TOURS

Norfolk Society for Cemetery Conservation (NSCC) offers a variety of exciting tours that not only provide a detailed history about Norfolk's cemeteries, but also insight into the interesting lives of many of Norfolk's treasured residents. The tours are unique, so participants will gain different information with each tour experience. Suggested donation of \$5. PayPal and walk up donations accepted.

Tours are subject to cancellation due to inclement weather or unfavorable conditions; please visit the NSCC Facebook page for all the latest information.

THE SUMMER OF PESTILENCE 1855: (YELLOW FEVER EPIDEMIC IN NORFOLK)

Join Samantha McDonald as she takes you on a journey through the Yellow Fever Epidemic of 1855. Hear tales about those who lived and died.

9/29	Su	5 p.m.	Cedar Grove Cemetery
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LETTING THE DEAD REST IN PEACE: (A HALLOWEEN CEMETERY PICNIC)

BYOB – Bring your own blanket or fold-out chairs. Join Samantha McDonald as she reminisces about cemetery customs from the Victorian age and hear a few unfortunate tales from those who are buried in Cedar Grove (this is a sit-down tour).

10/20	Su	3:30 p.m.	Cedar Grove Cemetery
10/27	Su	3:30 p.m.	Cedar Grove Cemetery



The S.O.A.R. (Schools Out Afternoon Recreation) Program runs during the Norfolk Public Schools calendar. Participants are able to engage in recreational activities after school, field trips, and other fun activities. Program hours are from dismissal of school to 6 p.m. Program is closed on days that school is closed (holidays, teacher work days, inclement weather, etc.).

S.O.A.R.: GRADES K-5 • Ages 5-11

BAYVIEW RECREATION CENTER

5090101-2	9/1-9/30	M-F	2:30-6 p.m.	\$80 / \$40	BR
5090101-3	10/1-10/31	M-F	2:30-6 p.m.	\$80 / \$40	BR
5090101-4	11/1-11/30	M-F	2:30-6 p.m.	\$80 / \$40	BR
5090101-5	12/1-12/20	M-F	2:30-6 p.m.	\$80 / \$40	BR

NORVIEW COMMUNITY CENTER

5090201-2	9/1-9/30	M-F	2:30-6 p.m.	\$80 / \$40	NC
5090201-3	10/1-10/31	M-F	2:30-6 p.m.	\$80 / \$40	NC
5090201-4	11/1-11/30	M-F	2:30-6 p.m.	\$80 / \$40	NC
5090201-5	12/1-12/20	M-F	2:30-6 p.m.	\$80 / \$40	NC

FAIRLAWN RECREATION CENTER

5090301-2	10/1-10/31	M-F	2:30-6 p.m.	\$80 / \$40	FR
5090301-3	11/1-11/30	M-F	2:30-6 p.m.	\$80 / \$40	FR
5090301-4	12/1-12/20	M-F	2:30-6 p.m.	\$80 / \$40	FR

SHERWOOD FOREST COMMUNITY CENTER

5090401-2	9/1-9/30	M-F	2:30-6 p.m.	\$80 / \$40	SFC
5090401-3	10/1-10/31	M-F	2:30-6 p.m.	\$80 / \$40	SFC
5090401-4	11/1-11/30	M-F	2:30-6 p.m.	\$80 / \$40	SFC
5090401-5	12/1-12/20	M-F	2:30-6 p.m.	\$80 / \$40	SFC

TARRALLTON COMMUNITY CENTER

5090501-2	9/2-9/30	M-F	2:30-6 p.m.	\$80 / \$40	TC
5090501-3	10/1-10/31	M-F	2:30-6 p.m.	\$80 / \$40	TC
5090501-4	11/1-11/30	M-F	2:30-6 p.m.	\$80 / \$40	TC
5090501-5	12/1-12/20	M-F	2:30-6 p.m.	\$80 / \$40	TC

BERKLEY COMMUNITY CENTER

5090801-2	9/1-9/30	M-F	2:30-6 p.m.	\$80 / \$40	BC
5090801-3	10/1-10/31	M-F	2:30-6 p.m.	\$80 / \$40	BC
5090801-4	11/1-11/30	M-F	2:30-6 p.m.	\$80 / \$40	BC
5090801-5	12/1-12/20	M-F	2:30-6 p.m.	\$80 / \$40	BC

CROSSROADS COMMUNITY CENTER

5090901-2	9/1-9/30	M-F	2:30-6 p.m.	\$80 / \$40	CC
5090901-3	10/1-10/31	M-F	2:30-6 p.m.	\$80 / \$40	CC
5090901-4	11/1-11/30	M-F	2:30-6 p.m.	\$80 / \$40	CC
5090901-5	12/1-12/20	M-F	2:30-6 p.m.	\$80 / \$40	CC

S.O.A.R.: GRADES 6-8 • Ages 11-14

NORVIEW COMMUNITY CENTER

5090206-02	9/1-9/30	M-F	2:30-6 p.m.	\$40 / \$20	NC
5090206-03	10/1-10/31	M-F	2:30-6 p.m.	\$40 / \$20	NC
5090206-04	11/1-11/30	M-F	2:30-6 p.m.	\$40 / \$20	NC
5090206-05	12/1-12/20	M-F	2:30-6 p.m.	\$40 / \$20	NC

FAIRLAWN RECREATION CENTER

5090306-02	9/1-9/30	M-F	2:30-6 p.m.	\$40 / \$20	FR
5090306-03	10/1-10/31	M-F	2:30-6 p.m.	\$40 / \$20	FR
5090306-04	11/1-11/30	M-F	2:30-6 p.m.	\$40 / \$20	FR
5090306-05	12/1-12/20	M-F	2:30-6 p.m.	\$40 / \$20	FR

CROSSROADS COMMUNITY CENTER

5090906-02	9/1-9/30	M-F	2:30-6 p.m.	\$40 / \$20	CC
5090906-03	10/1-10/31	M-F	2:30-6 p.m.	\$40 / \$20	CC
5090906-04	11/1-11/30	M-F	2:30-6 p.m.	\$40 / \$20	CC
5090906-05	12/1-12/20	M-F	2:30-6 p.m.	\$40 / \$20	CC

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FROM NORFOLK PARKS & RECREATION!



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