

# Good Times

COURSE GUIDE

WINTER  
2025

GET OUT AND PLAY!

- AQUATICS
- ATHLETICS
- FITNESS & WELLNESS
- ACTIVE SENIORS
- DANCE & MUSIC
- SPECIAL EVENTS
- VISUAL ARTS
- THERAPEUTIC REC





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**This Course Guide covers January-March 2025.**

*Listings 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

Jeremy McGee – Councilmember, Superward 6

Carlos J. Clanton – Councilmember, Superward 7

## RECREATION COMMISSION

Debra Locke – Chair

Gregg Mottinger – Vice Chair

Tasha Turnbull – Member

Bryan Mackey – Member

Nathaniel G. (Nate) Kinnison – Member

Virginia (Ginny) Alberts – Member

Stephen K. Powell – Member

Darrick Person – Ex-Officio

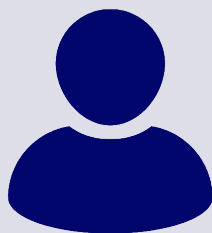
*The Recreation Commission meets on the second Thursday of the month (except July and August) at 12 p.m. at rotating recreation centers.*



## WAYS TO REGISTER



Visit [Norfolk.gov/ParksandRec](http://Norfolk.gov/ParksandRec)  
Click on the Register Tab



In person at any  
Recreation Center



Scan this QR Code

## FROM THE DIRECTOR

As winter settles over the city of Norfolk, I'm delighted to present our Winter Course Guide, packed with exciting programs and activities for every member of our community. This season brings a wonderful opportunity to stay active, learn new skills, and connect with neighbors despite the chilly weather.



*Darrell R. Crittendon, Director*

Our indoor pools provide a warm haven from the winter weather, offering everything from pre-school swim classes to beginner swimming. For sports enthusiasts, our athletics program continues to thrive with youth basketball and outdoor soccer, as well as cheerleading and adult volleyball, offering recreational leagues that foster both competition and camaraderie. This winter's fitness and wellness programs emphasize total body and mind health. From high-energy boxing sessions to restorative deep stretch programs, our certified instructors are committed to helping you achieve your wellness goals.

Our arts programs continue to flourish with an expanded selection of dance classes for all ages, from ballet and hip hop to jazz and tap dance. The music program now features both individual instruction and group sessions in brass, piano, and voice, while our visual arts studio offers pottery, stained glass, and painting classes throughout the season. Special events this winter include our annual Family Sneaker Ball, popular Family Game Nights, and our exciting March Madness tournaments. Our department has also prepared an exciting variety of programs specifically tailored for our senior residents, and multiple fun opportunities for our therapeutic recreation participants to remain active, engaged, and connected during the colder months.

Whether you're a longtime participant or joining us for the first time, we look forward to seeing you this winter. None of these programs would be possible without your active participation, and on behalf of the entire department, I'd like to thank you for your support.

**Remember to GET OUT AND PLAY!**



## 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](mailto: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
<b>Family</b> (Adult + 3 or more)	\$100	\$200	\$50
<b>Adult</b> (18-64)	\$50	\$100	\$20
<b>Youth</b> (5-17)	\$20	\$100	\$10
<b>Senior</b> (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

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
Park Place Multi-Services Center	PP	606 W. 29th St., 23508	(757) 823-1130
Titustown Visual Arts Center	TV	7545 Diven St., 23505	(757) 441-1227

## SCHOOLS & ATHLETIC FIELDS

Campostella Elementary School	CE	1106 Campostella Rd., 23523	
Crossroads Elementary School	CRE	8021 Old Ocean View Rd., 23518	
Grandy Village Park	GVP	2971 Kimball Loop, 23504	
Huntersville Park	HP	830 Goff St., 23504	
Ingleside Park	IP	948 Ingleside Rd., 23502	
Jaycox Elementary Park	JE	1300 Marshall Ave., 23504	
Lafayette Park	LP	3500 Granby St., 23504	
Lakewood Park	LWP	1612 Willow Wood Dr., 23509	
Lake Taylor Complex	LTC	1384 Kempsville Rd., 23502	
Norview Middle School	NM	6325 Sewells Point Rd., 23513	
Ruffner Middle School	RM	610 May Ave., 23504	

### 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](http://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.

2010201-01	1/13-3/17	M	4-4:30 p.m.	\$25 / \$38	NP
2010201-21	1/18-3/8	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.

2010401-01	1/13-3/17	M	4-4:45 p.m.	\$30 / \$45	NP
2010401-31	1/18-3/8	Sa	10-10:45 a.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.

2010501-01	1/13-3/17	M	5-5:45 p.m.	\$30 / \$45	NP
2010501-31	1/18-3/8	Sa	10-10:45 a.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.

2010601-01	1/13-3/17	M	5-5:45 p.m.	\$30 / \$45	NP
2010601-21	1/18-3/8	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.

2010701-01	1/16-3/16	Th	4-4:45 p.m.	\$30 / \$45	NP
2010701-31	1/18-3/8	Sa	11-11:45 a.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.

2010801-01	1/16-3/16	Th	4-4:45 p.m.	\$30 / \$45	NP
2010801-31	1/18-3/8	Sa	11-11:45 a.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.

2010901-01	1/16-3/16	Th	5-5:45 p.m.	\$30 / \$45	NP
2010901-21	1/18-3/8	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.

2011001-01	1/16-3/13	Th	5-5:45 p.m.	\$30 / \$45	NP
2011001-21	1/18-3/8	Sa	12-12:45 p.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.

2011302-21	1/18-3/8	Sa	12-12:45 p.m.	\$30 / \$45	SS
2011302-31	1/18-3/8	Sa	12-12:45 p.m.	\$30 / \$45	HP

THE CITY OF  
**NORFOLK**  
DEPARTMENT OF PARKS & RECREATION

## SPRING 2025 SWIM LESSONS

**Registration Opens  
March 3**





# ATHLETICS

## YOUTH BASKETBALL 6U DIVISION

### Ages 5-6

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

I060500-01	1/25-3/8	T, Th, Sa	6-8 p.m.	\$50 / \$50	BR
I060500-02	1/25-3/8	M, W, Sa	6-8 p.m.	\$50 / \$50	BC
I060500-04	1/25-3/8	M, Tu, W, Sa	6-8 p.m.	\$50 / \$50	EO
I060500-05	1/25-3/8	M, Sa	6-8 p.m.	\$50 / \$50	FR
I060500-06	1/25-3/8	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	HC
I060500-07	1/25-3/8	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	IC
I060500-08	1/25-3/8	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	LPC
I060500-09	1/25-3/8	Tu, Sa	6-8 p.m.	\$50 / \$50	NC
I060500-10	1/25-3/8	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	PP
I060500-11	1/25-3/8	M, W, Sa	6:30-8 p.m.	\$50 / \$50	SFC
I060500-15	1/25-3/8	M, W, Sa	6-8 p.m.	\$50 / \$50	CE



## 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.

I060900-01	(9/5)-8/1	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	CC
I060900-02	(9/5)-8/1	M, Tu, W, Sa	6-8 p.m.	\$50 / \$50	EO
I060900-03	(9/5)-8/1	M, W, Sa	6-8 p.m.	\$50 / \$50	IC
I060900-04	(9/30)-2/10	M-Sa	6-8 p.m.	\$50 / \$50	TTC
I060900-06	(9/5)-8/1	M, W, Sa	6-8 p.m.	\$50 / \$50	CE

## YOUTH BASKETBALL 8U DIVISION

### Ages 6-8

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

I060501-01	1/25-3/8	T, Th, Sa	6-8 p.m.	\$50 / \$50	BR
I060501-04	1/25-3/8	M, Tu, Sa	6-8 p.m.	\$50 / \$50	EO
I060501-05	1/25-3/8	M, Sa	6-8 p.m.	\$50 / \$50	FR
I060501-06	1/25-3/8	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	HC
I060501-07	1/25-3/8	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	IC
I060501-08	1/25-3/8	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	LPC
I060501-09	1/25-3/8	M, Sa	6-8 p.m.	\$50 / \$50	NC
I060501-10	1/25-3/8	M, Th, Sa	6-8 p.m.	\$50 / \$50	PPC
I060501-11	1/25-3/8	M, W, Sa	6:30-8 p.m.	\$50 / \$50	SFC
I060501-13	1/25-3/8	M, Sa	6-8 p.m.	\$50 / \$50	TTC
I060501-15	1/25-3/8	Tu, W, Sa	6-8 p.m.	\$50 / \$50	JE
I060501-16	1/25-3/8	M, W, Sa	6-8 p.m.	\$50 / \$50	BC
I060501-17	1/25-3/8	W, Sa	6-8 p.m.	\$50 / \$50	RM
I060501-18	1/25-3/8	M, W, Sa	6-8 p.m.	\$50 / \$50	BC
I060501-19	1/25-3/8	M, W, Sa	6-8 p.m.	\$50 / \$50	BC
I060501-20	1/25-3/8	M, Sa	6-8 p.m.	\$50 / \$50	NM
I060501-21	1/25-3/8	F, Sa	6-8 p.m.	\$50 / \$50	BC



## TINY HOOPERS • Age 4

Recreation youth division for the Tiny Hoopers basketball program. Program will consist of 40 minutes introductory fundamental skill training and a period of game simulation for participants. All session will be hosted at the Norfolk Fitness Center.

I060601-01	1/6-2/10	M	6:30-7:30 p.m.	\$15 / \$15	NFW
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# ATHLETICS

## YOUTH BASKETBALL 10U DIVISION

**Ages 8-10**

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

1060502-01	1/25-3/8	M, W, Sa	6-8 p.m.	\$50 / \$50	BR
1060502-02	1/25-3/8	M, W, Sa	6-8 p.m.	\$50 / \$50	BC
1060502-03	1/25-3/8	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	CC
1060502-04	1/25-3/8	M, Tu, Sa	6-8 p.m.	\$50 / \$50	EO
1060502-05	1/25-3/8	M, Sa	6-8 p.m.	\$50 / \$50	FR
1060502-07	1/25-3/8	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	IC
1060502-08	1/25-3/8	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	LPC
1060502-09	1/25-3/8	M, Sa	6-8 p.m.	\$50 / \$50	NC
1060502-10	1/25-3/8	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	PPC
1060502-11	1/25-3/8	M, Tu, Sa	6:30-8 p.m.	\$50 / \$50	SFC
1060502-12	1/25-3/8	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	TC
1060502-13	1/25-3/8	W, Sa	6-8 p.m.	\$50 / \$50	TTC
1060502-16	1/25-3/8	M, W, Sa	6-8 p.m.	\$50 / \$50	CE
1060502-17	1/25-3/8	M, W, Sa	6-8 p.m.	\$50 / \$50	JE
1060502-18	1/25-3/8	W, Sa	6-8 p.m.	\$50 / \$50	TTC
1060502-19	1/25-3/8	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	HC
1060502-20	1/25-3/8	M, W, Sa	6-8 p.m.	\$50 / \$50	BC
1060502-21	1/25-3/8	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	BC

## YOUTH BASKETBALL 12U DIVISION

**Ages 9-12**

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

1060503-03	1/25-3/8	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	CC
1060503-04	1/25-3/8	M, Tu, Sa	6-8 p.m.	\$50 / \$50	EO
1060503-05	1/25-3/8	M, Sa	6-8 p.m.	\$50 / \$50	FR
1060503-06	1/25-3/8	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	HC
1060503-07	1/25-3/8	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	IC
1060503-08	1/25-3/8	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	LPC
1060503-09	1/25-3/8	M, Sa	6-8 p.m.	\$50 / \$50	NC
1060503-10	1/25-3/8	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	PPC
1060503-11	1/25-3/8	M, Tu, Sa	6-8 p.m.	\$50 / \$50	SFC
1060503-13	1/25-3/8	Th, Sa	6:30-8 p.m.	\$50 / \$50	TTC
1060503-16	1/25-3/8	M, W, Sa	6-8 p.m.	\$50 / \$50	CE
1060503-17	1/25-3/8	M, W, Sa	6-8 p.m.	\$50 / \$50	GVP
1060503-18	1/25-3/8	M, W, Sa	6-8 p.m.	\$50 / \$50	CE
1060503-19	1/25-3/8	W, Sa	6-8 p.m.	\$50 / \$50	TTC
1060503-20	1/25-3/8	M, W, Sa	6-8 p.m.	\$50 / \$50	CE



## ADULT VOLLEYBALL • Ages 18+

The Adult Volleyball League consists of an open co-ed division being offered for male & female participants older than 18 years. Roster limit of 6-15 players per team. League will consist of 6 game regular season with a playoff single elimination tournament for qualifying teams. 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. Registration available beginning Jan. 20.

3060704-01	3/10-4/7	M	6:30-8:30 p.m.	\$100 / \$100	LPC
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## ATHLETICS

### YOUTH OUTDOOR SOCCER 6U DIVISION

#### Ages 5-6

Recreation youth division for the outdoor soccer program. Practices will be held during the week and games will be played on Saturdays at the various community center locations. Registration available beginning Jan. 20.

I060700-01	3/31-5/23	M, Tu, Th, Sa	6-8 p.m.	\$50 / \$50	BR
I060700-04	3/31-5/23	M, Tu, Sa	6-8 p.m.	\$50 / \$50	EO
I060700-07	3/31-5/23	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	IC
I060700-11	3/31-5/23	M, Tu, W, Sa	6-8 p.m.	\$50 / \$50	SFC
I060700-13	3/31-5/23	M, Th, Sa	6-8 p.m.	\$50 / \$50	TTC

### YOUTH OUTDOOR SOCCER 8U DIVISION

#### Ages 6-8

Recreation youth division for the outdoor soccer program. Practices will be held during the week and games will be played on Saturdays at the various community center locations. Registration available beginning Jan. 20.

I060701-01	3/31-5/23	M, W, Th, Sa	6-8 p.m.	\$50 / \$50	BR
I060701-07	3/31-5/23	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	IC
I060701-11	3/31-5/23	M, Tu, W, Sa	6:30-8 p.m.	\$50 / \$50	SFC
I060701-11	3/31-5/23	M, Th, Sa	6-8 p.m.	\$50 / \$50	TTC

### YOUTH OUTDOOR SOCCER 10U DIVISION

#### Ages 8-10

Recreation youth division for the outdoor soccer program. Practices will be held during the week and games will be played on Saturdays at the various community center locations. Registration available beginning Jan. 20.

I060702-01	3/31-5/23	M, Tu, W, Sa	6-8 p.m.	\$50 / \$50	BR
I060702-03	3/31-5/23	Tu, Th, Sa	6-8 p.m.	\$50 / \$50	CC
I060702-04	3/31-5/23	M, Tu, Sa	6-8 p.m.	\$50 / \$50	EO
I060702-07	3/31-5/23	M, W, Th, Sa	6-8 p.m.	\$50 / \$50	IC
I060702-11	3/31-5/23	M, Tu, W, Sa	6:30-8 p.m.	\$50 / \$50	SFC
I060702-13	3/31-5/23	M, Th, Sa	6-8 p.m.	\$50 / \$50	TTC

### YOUTH OUTDOOR SOCCER 10U DIVISION

#### Ages 10-12

Recreation youth division for the outdoor soccer program. Practices will be held during the week and games will be played on Saturdays at the various community center locations. Registration available beginning Jan. 20.

I060703-01	3/31-5/23	M, W, Th, Sa	6-8 p.m.	\$50 / \$50	BR
I060703-07	3/31-5/23	M, W, Th, Sa	6-8 p.m.	\$50 / \$50	IC
I060703-11	3/31-5/23	M, Tu, W, Sa	6:30-8 p.m.	\$50 / \$50	SFC
I060703-13	3/31-5/23	M, Th, Sa	6-8 p.m.	\$50 / \$50	TTC







## Sports Include:

- Baseball
- Basketball
- Cheerleading
- Soccer
- Volleyball

### Contact:

NORFOLK ATHLETICS  
(757) 823-4304  
7300 NEWPORT AVE.

## VOLUNTEER NOW!

## JOIN OUR VOLUNTEER COMMUNITY

Help us to support youth with mentorship by volunteering in our dynamic sport programs.

# ADULT LEAGUE REGISTRATION

**COMING SOON**

### SPRING SOFTBALL

(Men's, Women's & Co-Ed)

### SUMMER BASKETBALL

(Men's)



REGISTRATION  
BEGINS  
JANUARY 20



REGISTRATION  
BEGINS  
FEBRUARY 26

THE CITY OF  
**NORFOLK**  
DEPARTMENT OF PARKS & RECREATION





## 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!

I040505-01	1/6-1/29	M,W	5-5:45 p.m.	\$30 / \$45	NFW
I040505-02	2/3-2/26	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.

I041505-01	1/7-1/30	Tu,Th	6-6:45 p.m.	\$30 / \$40	NFW
I041505-02	2/4-2/27	Tu,Th	6-6:45 p.m.	\$30 / \$40	NFW

### CORE AND BALANCE • Ages 15+

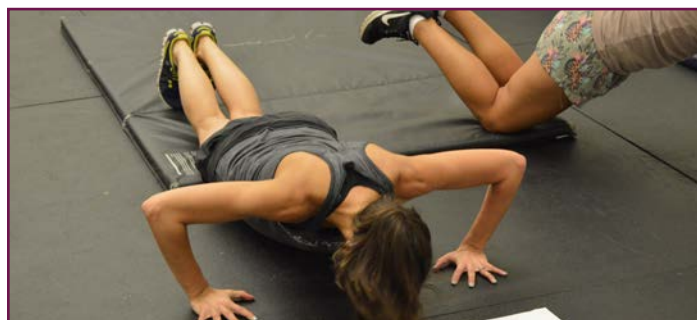
Core and Balance is a low impact class for all ages and fitness levels. It focuses on the all-important "core muscles" which are critical for flexibility and balance. The class helps you build strength and flexibility and results in an improved posture and a strong, lean, body.

I042505-01	1/7-1/30	Tu,Th	10-10:45 a.m.	\$30 / \$45	NFW
I042505-02	2/4-2/27	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.

I042805-01	1/10-1/31	F	10:15-11 a.m.	\$20 / \$30	NFW
I042805-02	2/7-2/28	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.

I043805-01	1/7-1/30	Tu,Th	5-5:45 p.m.	\$30 / \$45	NFW
I043805-02	2/4-2/27	Tu,Th	5-5:45 p.m.	\$30 / \$45	NFW

### YOUTH FIT • Ages 3-5

This youth inspired fitness class engages and challenges kids to enhance fitness levels, coordination, balance, and motor skills.

I044005-01	1/7-1/28	Tu	4-4:45 p.m.	\$0 / \$0	NFW
I044005-02	2/4-2/25	Tu	4-4:45 p.m.	\$0 / \$0	NFW

### BEGINNER BOXING • Ages 8+

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

I043105-125	1/6-1/31	M-F	4-5 p.m.	\$30 / \$30	NB
I043105-126	2/3-2/28	M-F	4-5 p.m.	\$30 / \$30	NB
I043105-127	3/3-3/28	M-F	4-5 p.m.	\$30 / \$30	NB







## ACTIVE SENIORS

### CROCHETING CLASS

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

5072604-01	Thru 2/25	Tu	10 a.m.-12 p.m.	\$0 / \$0	EO
5072604-02	1/5-2/28	Th, F	12:30-1:30 p.m.	\$0 / \$0	HD

### SENIORS PICKLEBALL

5071904-01	1/3-2/26	M, W	9:30 a.m.-1:30 p.m.	\$0 / \$0	EO
5071904-02	1/2-2/27	Tu, Th	9:30 a.m.-1:30 p.m.	\$0 / \$0	EO
5071904-03	1/3-2/26	W	9:30 a.m.-1:30 p.m.	\$0 / \$0	EO
5071904-04	1/5-2/21	F	12:30-2:30 p.m.	\$0 / \$0	EO

### SENIORS VALENTINE'S DAY

2071204-03	2/14	F	11 a.m.-1 p.m.	\$0 / \$0	HD
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### EGG HUNT: SENIORS

3073704-01	3/12	W	11 a.m.-2 p.m.	\$0 / \$0	EO
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### 60+ CLUB

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

5071704-02	Thru 2/24	M	12:30-2:30 p.m.	\$0 / \$0	EO
5071704-04	Thru 2/21	F	10 a.m.-1 p.m.	\$0 / \$0	TC
5071704-05	Thru 5/30	F	12:30-2:30 p.m.	\$0 / \$0	SFC

### SENIOR GAMERS

5071804-02	Thru 2/27	Tu, Th	12:30-2:30 p.m.	\$0 / \$0	EO
5071804-03	Thru 2/27	Th	12:30-2 p.m.	\$0 / \$0	EO
5071804-04	Thru 2/28	F	10 a.m.-2:30 p.m.	\$0 / \$0	EO



### MEN'S PICKLEBALL TOURNAMENT

2071904-01	1/16-1/17	Th, F	9 a.m.-3 p.m.	\$0 / \$0	EO
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# 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, and stretching. \*Please note: no class Jan. 20 or Feb. 17.

2030301-01	1/6-2/24	M	5-6 p.m.	\$30 / \$45	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.

2030501-01	1/7-2/25	Tu	5-6 p.m.	\$40 / \$60	LD
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## PRE-POINTE • Ages 9+

Students will learn foot and ankle strengthening exercises, barre work with emphasis on correct foot and body alignment, and center work. Pre-Pointe students must be concurrently enrolled in Youth Intermediate Ballet or higher. Pre-Pointe may not be taken as a stand-alone class.

2030805-01	1/9-2/27	Th	5-6 p.m.	\$40 / \$60	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 Jan. 20 or Feb. 17.

2030950-01	1/6-2/24	M	7-8 p.m.	\$30 / \$45	LD
2030950-02	1/9-2/27	Th	1:30-2:30 p.m.	\$40 / \$60	LD

## 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 Feb. 7.

2030960-01	1/7-2/25	Tu	6-7 p.m.	\$40 / \$60	LD
2030960-02	1/10-2/28	F	11:15 a.m.-12:15 p.m.	\$35 / \$53	LD

## CREATIVE DANCE • Ages 4-7

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

2031550-01	1/8-2/26	W	5-6 p.m.	\$40 / \$60	LD
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## LITTLE MOVERS • Ages 4-7

NEW CLASS! Introduces dance fundamentals in a fun and creative environment incorporating games, movement activities, line and social dances. Improves listening skills, develops coordination and social skills.

2031650-01	1/7-2/25	Tu	5-6 p.m.	\$40 / \$60	LD
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## TINY TOT HIP HOP • Ages 4-7

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 Jan. 20 or Feb. 17.

2031875-01	1/6-2/24	M	5-6 p.m.	\$30 / \$45	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.

2031901-01	1/9-2/27	Th	5-6 p.m.	\$40 / \$60	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!

2032005-02	1/9-2/27	Th	7-8 p.m.	\$40 / \$60	LD
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## DANCE

### 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 Jan. 20 or Feb. 17.*

2032201-01	1/6-2/24	M	6-7 p.m.	\$30 / \$45	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.

2032405-01	1/9-2/27	Th	7-8 p.m.	\$40 / \$60	LD
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### STREET JAZZ • Ages 14+

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 Jan. 20 or Feb. 17.*

2032605-01	1/6-2/24	M	7-8 p.m.	\$30 / \$45	LD
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### CONTEMPORARY • Ages 14+

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.

2032710-01	1/9-2/27	Th	6-7 p.m.	\$40 / \$60	LD
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### VOGUE: LET'S HAVE A KIKI • Ages 14+

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.

2032750-01	1/7-2/25	Tu	6:30-7:30 p.m.	\$40 / \$60	NC
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### ADULT LINE DANCE • Ages 13+

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.

2032810-01	1/7-2/25	Tu	7-8 p.m.	\$40 / \$60	LD
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### ADULT SOLO LATIN MOVEMENT • Ages 15+

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.

2032820-01	1/8-2/26	W	6-7 p.m.	\$40 / \$60	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 Jan. 20 or Feb. 17.*

2032901-01	1/6-2/24	M	6-7 p.m.	\$30 / \$45	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.

2032905-01	1/8-2/26	W	6-7 p.m.	\$40 / \$60	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. *\*Please note: no class Feb. 7.*

2033000-01	1/9-2/27	Th	6-7 p.m.	\$40 / \$60	LD
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2033000-02	1/10-2/28	F	10:15-11:15 a.m.	\$35 / \$53	LD
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## 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.

2033001-01	1/7-2/25	Tu	7-8 p.m.	\$40 / \$60	LD
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2033001-02	1/9-2/27	Th	12:30-1:30 p.m.	\$40 / \$60	LD
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## ADULT TAP CLUB • Ages 15+

Learn fun tap routines and have the option to take part in community outreach performances. Previous tap experience required.

2033300-01	1/7-2/25	Tu	11:30 a.m.-12:30 p.m.	\$40 / \$60	LD
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## ADULT MODERN DANCE • Ages 13+

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

2033505-01	1/8-2/26	W	7-8 p.m.	\$40 / \$60	LD
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# MUSIC

## PRIVATE MUSIC LESSONS • Ages 7+

Private brass (trumpet - all levels; trombone - all levels; euphonium - beginner through intermediate; tuba - beginner) should provide their own brass instrument. Private saxophone (alto, tenor, or baritone - all levels) should provide their own saxophone instrument. Private Piano (beginner; Piano Pronto Prelude Book, Piano Pronto Mvt. I Book, and Piano Pronto Mvt. II Book ONLY). Make-up classes will not be available if student misses lesson. *\*Please note: no class Jan. 20 or Feb. 17.*

2050105-01	1/6-2/24	M	5-5:30 p.m.	\$83 / \$125	NFW
2050105-02	1/6-2/24	M	5:30-6 p.m.	\$83 / \$125	NFW
2050105-03	1/6-2/24	M	6-6:30 p.m.	\$83 / \$125	NFW
2050105-04	1/6-2/24	M	7-7:30 p.m.	\$83 / \$125	NFW
2050105-05	1/6-2/24	M	7:30-8 p.m.	\$83 / \$125	NFW
2050105-06	1/7-2/25	Tu	6-6:30 p.m.	\$110 / \$165	NFW
2050105-07	1/7-2/25	Tu	6:30-7 p.m.	\$110 / \$165	NFW
2050105-08	1/8-2/26	W	3:30-4 p.m.	\$110 / \$165	NFW
2050105-10	1/8-2/26	W	4:30-5 p.m.	\$110 / \$165	NFW
2050105-11	1/8-2/26	W	5-5:30 p.m.	\$110 / \$165	NFW
2050105-12	1/8-2/26	W	5:30-6 p.m.	\$110 / \$165	NFW
2050105-13	1/8-2/26	W	6-6:30 p.m.	\$110 / \$165	NFW
2050105-14	1/9-2/27	Th	3:30-4 p.m.	\$110 / \$165	NFW
2050105-15	1/9-2/27	Th	4-4:30 p.m.	\$110 / \$165	NFW
2050105-16	1/9-2/27	Th	4:30-5 p.m.	\$110 / \$165	NFW

## PRIVATE VOICE LESSONS • Ages 13+

Private Voice: Instructor will provide materials. Make-up lessons will not be available if student misses lesson.

2050110-01	1/7-2/25	Tu	10:30-11 a.m.	\$110 / \$165	LD
2050110-02	1/7-2/25	Tu	11-11:30 a.m.	\$110 / \$165	LD
2050110-03	1/7-2/25	Tu	4:30-5 p.m.	\$110 / \$165	LD
2050110-04	1/7-2/25	Tu	5-5:30 p.m.	\$110 / \$165	LD
2050110-05	1/7-2/25	Tu	5:30-6 p.m.	\$110 / \$165	LD

## PIANO: BEGINNER • Ages 7+

Prerequisite: 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. *\*Please note: no class Jan. 20 or Feb. 17.*

2050605-01	1/6-2/24	M	6:30-7 p.m.	\$30 / \$45	LD
2050605-02	1/7-2/25	Tu	6-6:30 p.m.	\$40 / \$60	NFW
2050605-03	1/8-2/26	W	3-3:30 p.m.	\$40 / \$60	NFW

## PIANO: PRELUDE • Ages 7+

Prerequisite: Students must have completed one session of Youth Beginner Piano and be using the Piano Pronto Prelude Book by Eklund. Materials cost approximately \$24. Make-up lessons will not be available if student misses lesson.

2050701-01	1/7-2/25	Tu	4:30-5 p.m.	\$40 / \$60	NFW
2050701-02	1/8-2/26	W	6:30-7 p.m.	\$40 / \$60	NFW

## PIANO: MOV'T. I & II • Ages 7+

Prerequisite: Students must have completed the Piano Pronto Prelude Book and be using Piano Pronto Movt. I or II Books by Eklund. Materials cost approximately \$12. Make-up lessons will not be available if student misses lessons.

2050801-01	1/7-2/25	Tu	5-5:30 p.m.	\$40 / \$60	NFW
2050801-02	1/9-2/27	Th	3-3:30 p.m.	\$40 / \$60	NFW



## MUSIC THEORY • Ages 10+

This class is perfect for beginners eager to learn the fundamentals of music theory.

2053100-01	1/7-2/25	Tu	3-3:45 p.m.	\$60 / \$90	NFW
2053100-02	1/9-2/25	Th	5:15-6 p.m.	\$60 / \$90	NFW





## SPECIAL EVENTS

### FAMILY GAME NIGHT

2091203-01	1/8	W	6:30-8 p.m.	\$0 / \$0	SFC
2091203-02	1/23	Th	6-8 p.m.	\$0 / \$0	FR

### FAMILY GAME NIGHT: NERF'S UP

1091203-03	1/22	W	6-7:30 p.m.	\$0 / \$0	BR
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### PAINT NIGHT

1092203-03	1/22	W	6:30-8 p.m.	\$0 / \$0	SFC
2092203-04	2/11	Tu	6:15-8 p.m.	\$0 / \$0	TC
2092203-05	2/13	Th	6-7:30 p.m.	\$0 / \$0	BR

### BLACK HISTORY MONTH: TRIVIA

2100503-03	2/3	M	6:15-8 p.m.	\$0 / \$0	TC
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### FAMILY NIGHT OUT

2093103-05	2/12	W	6-8 p.m.	\$0 / \$0	CC
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### SNEAKER BALL

2100304-02	2/22	Sa	4-7 p.m.	\$0 / \$0	FR
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### FAMILY GAME NIGHT

3091203-04	3/6	Th	6:15-8:15 p.m.	\$0 / \$0	TC
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### MARCH MADNESS

3092605-01	3/19	W	6-8 p.m.	\$0 / \$0	CC
3092605-03	3/20	Th	6-8 p.m.	\$0 / \$0	FR
3092605-11	3/19-3/22	Tu-Sa	4-8 p.m.	\$0 / \$0	LPC

### MARCH MADNESS TEEN TOURNAMENT

3092601-02	3/29	W	11 a.m.-2 p.m.	\$0 / \$0	HC
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### YOUTH DOUBLE DUTCH CLINIC

3090103-01	3/29	W	12-3 p.m.	\$0 / \$0	HC
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### KIDS NIGHT OUT

3093301-02	1/8-5/21	W	6-7:30 p.m.	\$0 / \$0	SFC
3093301-03	2/6-4/24	Th	6-7:30 p.m.	\$0 / \$0	SFC
3093301-04	1/7-5/20	Tu	6-7:30 p.m.	\$0 / \$0	SFC
3093301-05	3/25	Tu	6-7:30 p.m.	\$0 / \$0	NC

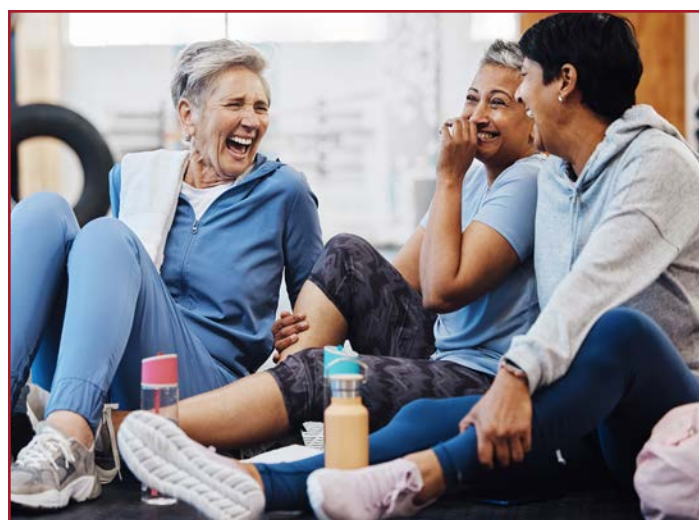
### TEEN NIGHT OUT

3091706-01	3/12	W	6-8:30 p.m.	\$0 / \$0	SFC
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### WOMEN'S NEWYEAR, NEWYOU FITNESS WORKOUTS

2093902-01	1/9-5/29	Th	12-1 p.m.	\$0 / \$0	HC
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3rd Annual

# FAMILY SNEAKER BALL

*Formal Attire & Fly Kicks*

★ SATURDAY ★  
**FEBRUARY 22**

FAIRLAWN RECREATION CENTER  
1014 Kempsville Rd.

4 PM - 7 PM



**FREE**

REGISTRATION REQUIRED

Each participant must have their  
own individual ticket to enter.

NORFOLKFUN.NORFOLK.GOV

THE CITY OF  
**NORFOLK**  
DEPARTMENT OF PARKS & RECREATION





## VISUAL ARTS

### CLAY HANDBUILDING / All Levels

This class includes demonstrations with instructor guidance, studio time (8 hours), available glaze, and kiln firing.

2110502-02	1/7-3/4	Tu	12-2:30 p.m.	\$100 / \$150	TV
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### CLAY HANDBUILDING / Open Studio • Ages 18+

Open Studio is for participants who have clay hand building experience. Must be able to work without instructor guidance. Includes studio time (8 hours), available glaze, kiln firing.

2110302-01	1/7-3/18	Tu	5-8 p.m.	\$100 / \$150	TV
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### POTTERY ON THE WHEEL / All Levels • Ages 18+

Learn to throw unique works of clay art! Weekly projects examples include bowl, vase, cups, and pitchers. Participants are required to purchase a basic wheel throwing kit and their own clay that can fire to Cone 6. Class includes studio time (8 hours). Glazes and kilns are available for use.

2116602-02	1/9-3/6	Th	4-6:30 p.m.	\$100 / \$150	TV
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### POTTERY ON THE WHEEL / Open Studio Ages 18+

Must have experience with throwing on the wheel. Must be comfortable working without an instructor. Includes 8 hrs of studio-time, glaze, and kilns for use.

2114602-01	1/8-3/12	W	1-3 p.m.	\$100 / \$120	TV
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### HOT GLASS • Ages 18+

Learn to fuse beautiful colored stained glass into one-of-a-kind artwork.

2111002-03	1/7-2/25	Tu	1-3:30 p.m.	\$80 / \$120	TV
2111002-04	1/7-2/25	Tu	5:30-8 p.m.	\$80 / \$120	TV

### STAINED GLASS / All Levels • Ages 18+

Beginning projects include glass cutting, copper foil technique, lead coming, and soldering.

2117102-01	1/8-2/26	W	5:30-8 p.m.	\$80 / \$120	TV
2117102-02	1/9-2/27	Th	1-3:30 p.m.	\$80 / \$120	TV

### STAINED GLASS / Open Studio

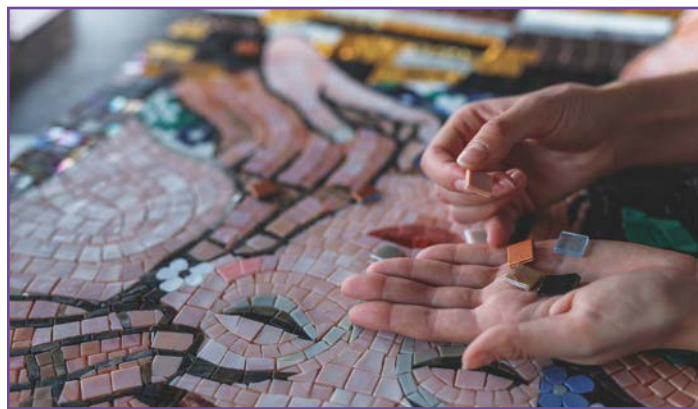
Must be able to work without instructor guidance. For those who have experience.

2115102-01	1/8-3/5	W	1-3:30 p.m.	\$35 / \$53	TV
2115102-02	1/8-2/26	W	1-3:30 p.m.	\$35 / \$53	TV

### MOSAICS / Open Studio • Ages 18+

Open studio is for participants who have experience with Mosaic Art. Must be able to work without instructor guidance. *Please note: no class Jan. 16.*

2111902-01	1/6-3/3	M	6-8 p.m.	\$35 / \$53	TV
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### QUILTING / Open Studio • Ages 18+

This is independent studio for those who can work without the guidance of an instructor.

2112001-01	1/9-3/6	Th	1-4 p.m.	\$35 / \$53	TV
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# VISUAL ARTS

## ACRYLIC PAINTING

Learn the basics to painting landscapes and figures. Supplies are provided; however, you may bring your own.

2112402-01	1/7-3/4	Tu	10 a.m.-12 p.m.	\$50 / \$75	TV
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## SUMI-E / PAINTING / Open Studio • Ages 18+

Must have prior experience with using SUMI-E to participate. Must be comfortable with working without instructor.

2112702-02	1/8-3/5	W	3:30-5:30 p.m.	\$35 / \$53	TV
2112702-06	1/8-3/5	W	12-3:30 p.m.	\$35 / \$53	TV

## ADULT MIXED MEDIA • Ages 18+

Acrylic paint focused mix media class. Learn various techniques to mixing mediums with Acrylic paint.

2116702-01	1/8-3/5	W	10 a.m.-12 p.m.	\$70 / \$84	TV
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## ADULT WATERCOLOR • Ages 18+

Learn the basics to using watercolors to create original artwork. Supplies are provided; however, you may bring your own.

2117002-01	1/8-3/5	W	1-3 p.m.	\$45 / \$54	TV
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## FRIDAY OPEN STUDIO PAINTING • Ages 18+

Must have experience with painting and comfortable working without an instructor.

2117802-01	1/10-3/14	F	10 a.m.-1 p.m.	\$35 / \$53	TV
2117802-02	1/10-3/14	F	1-3 p.m.	\$35 / \$53	TV



## YOUTH PAINTING

Learn different strategies to using acrylic paint for mix media art. Most supplies included; however, you can bring your own.

2116601-02	1/6-3/3	M	5-6:30 p.m.	\$45 / \$67	TV
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## YOUTH WATERCOLOR • Ages 6-17

Learn the basics to using Watercolors to create original artwork. Supplies provided but you may bring your own.

2116802-01	1/9-3/6	Th	5-6 p.m.	\$45 / \$67	TV
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## YOUTH DRAWING CLASSES • Ages 6-17

For those looking to improve their drawing skills. Learn to draw through the subject matter of Cartoon Illustrations.

2114001-01	1/6-3/3	M	7-8 p.m.	\$87 / \$0	TV
2114001-02	1/9-3/6	Th	7-8 p.m.	\$87 / \$0	TV







# 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 Jan.20.*

2080005-01	1/6-3/17	M	12-1:30 p.m.	\$15	OFF
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## STRETCH & MEDITATE • Ages 18+

Increase flexibility & range of motion in a relaxing environment. Bring water, and wear tennis shoes and clothing that allows for ease of movement. The sensory cart will be utilized to provide the most relaxing sensory environment. *\*Please note: no class Jan. 20 & Feb. 17.*

2080105-01	1/6-3/17	M	4-4:45 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.

2080205-01	1/7-3/11	Tu	9-9:45 a.m.	\$15	SS
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## WINTER HIKES • Ages 18+

Explore different hiking locations throughout Hampton Roads. Must be able to walk on uneven terrain for up to four miles. Wear weather-appropriate clothes and closed-toe shoes. Transportation provided from TR to hiking location only.

2080205-01	1/7-2/4	Tu	10 a.m.-12 p.m.	\$15	OFF
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## PROBOWLERS • Ages 18+

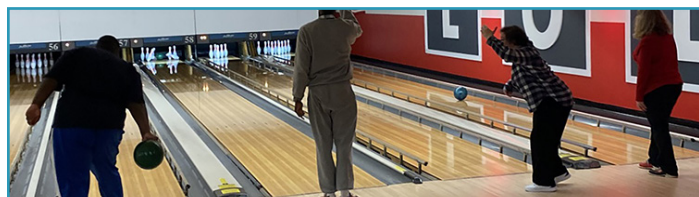
Bowl without bumpers as a league to improve independent bowling skills. Bring \$10 cash for two games each week. Shoe rental included.

2080405-01	1/7-3/11	Tu	5-6:15 p.m.	\$15	OFF
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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.

2080505-01	1/7-3/11	Tu	5-6:15 p.m.	\$15	OFF
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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.

2080605-01	1/8-2/5	W	10-11:30 a.m.	\$40	TR
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## CATCH ALL CRAFTS • Ages 18+

Get your creative juices flowing by making an array of crafts. Wear appropriate crafting clothes. \$20 supply fee included. Transportation provided but limited.

2080705-01	2/12-3/12	W	10-11:30 a.m.	\$35	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 a water bottle, and wear tennis shoes and clothing that allows for ease of movement. Please only sign up for fitness class that is best suited for needs/level/fitness desires. Transportation provided but limited.

2082205-01	1/8-2/5	W	2-2:45 p.m.	\$15	TR
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## DANCE, MOVE & GROOVE • Ages 18+

Get your body moving while grooving to classic and trending dances. Bring a water bottle, and wear closed-toe shoes and clothes that allow for ease of movement. Transportation provided but limited.

2080905-01	2/13-3/12	W	2-2:45 p.m.	\$15	TR
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## NBA PICK 'EMS • Ages 13+

Slam dunk! Catch up on each week's NBA highlights & show off your basketball knowledge by guessing the winners of each week's games. Person who guesses the most correct is in for a treat! \$10 supply fee included.

2081005-01	1/8-3/12	W	5-6 p.m.	\$25	TR
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## THERAPEUTIC RECREATION

### ODU WOMEN'S BASKETBALL • Ages 18+

Cheer on your local Lady Monarchs! Bring \$20 (no cash, card only) if you want to purchase a drink, snack, or souvenir at the game. \$15 trip fee included. Transportation provided from TR to ODU only.

2081405-01	1/29	W	5-9:30 p.m.	\$20	OFF
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### ADMIRALS HOCKEY • Ages 18+

Come cheer on the Norfolk Admirals! Dress for cool temperature of hockey rink. Bring \$20 (no cash, card only) if you want to purchase a drink, snack, or souvenir at the game. \$40 trip fee included. Transportation provided from TR to Norfolk Scope only.

2081205-01	3/5	W	6-10:30 p.m.	\$45	OFF
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### ODU MEN'S BASKETBALL • Ages 18+

Cheer on your local Monarchs! Bring \$20 (no cash, card only) if you want to purchase a drink, snack, or souvenir at the game. \$25 trip fee included. Transportation provided from TR to ODU only.

2081805-01	1/16	Th	5:30-10 p.m.	\$30	OFF
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### JAPANESE STEAKHOUSE • Ages 18+

Let's eat hibachi style! Bring at least \$30 for meal and tip. \$10 trip fee included. Transportation provided but limited.

2081605-01	1/23	Th	11:30 a.m.-10:30 p.m.	\$15	OFF
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### DAVE & BUSTER'S • Ages 18+

Let's eat & play! Come enjoy an afternoon of arcade games. Bring \$65 for game card and lunch at restaurant! \$5 trip fee included. Transportation provided but limited.

2081305-01	2/6	Th	10:30 a.m.-2 p.m.	\$10	OFF
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### VALENTINE'S DAY PARTY • Ages 13+

Love is in the air! Enjoy Valentine's Day themed fun with friends. Light refreshments served. \$15 supply fee included. Transportation provided but limited.

2081705-01	2/13	Th	6-8 p.m.	\$15	TR
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### CINEMA CAFE • Ages 13+

Get out of the cold and enjoy a movie at Cinema Cafe. Bring money for food and beverage during the movie. Ticket price included in trip fee. \$15 trip fee included. Transportation provided but limited.

2081505-01	2/20	Th	12-4 p.m.	\$32	OFF
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### TRAMPOLINE PARK • Ages 18+

Come jump with us at a local trampoline park. Wear clothing that allows for ease of movement. Must be able to spend an hour standing/jumping without shoes. Jump time and socks included in trip fee. \$27 trip fee included. Transportation provided but limited.

2081905-01	2/27	Th	2-4 p.m.	\$32	OFF
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### ST. PATRICK'S DAY PARTY • Ages 13+

Come shake your shamrocks! Enjoy St. Patrick's Day themed fun with your friends. Light refreshments will be served. \$15 supply fee included. Transportation provided but limited.

2082005-01	3/13	Th	6-8 p.m.	\$15	TR
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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.

2082105-01	1/10-3/14	F	10-11 a.m.	\$15	TR
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### GETTIN' FIT • Ages 18+

Full body workout for beginners. Bring water, and wear tennis shoes and clothing that allows for ease of movement & bring water. Please only sign up for fitness class that is best suited for needs/level/fitness desires. Transportation provided but limited.

2080805-01	1/10-3/14	F	2-2:45 p.m.	\$15	TR
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### TR BALL • Ages 15+

Spend the evening with friends from local cities/counties for another TR Department collaborative event! Get ready to dance the night away beginning with a red-carpet entrance, dinner, a Zen Den for those who need a moment away from the crowd/noise, and photo booth! This year's theme will be Hollywood Nights! Come dressed in formal attire. \$20 supply fee included. Transportation provided from TR to New Branch Farms in Smithfield only.

2082305-01	2/28	F	6-8 p.m.	\$25	OFF
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## S.O.A.R. AFTER-SCHOOL

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

5090101-6	1/6-1/31	Su-Sa	2:30-6 p.m.	\$80 / \$80	BR
5090101-7	2/1-2/28	Su-Sa	2:30-6 p.m.	\$80 / \$80	BR
5090101-8	3/1-3/31	Su-Sa	2:30-6 p.m.	\$80 / \$80	BR

#### NORVIEW COMMUNITY CENTER

5090201-6	1/6-1/31	M-F	2:30-6 p.m.	\$80 / \$80	NC
5090201-7	2/1-2/28	M-F	2:30-6 p.m.	\$80 / \$80	NC
5090201-8	3/1-3/31	M-F	2:30-6 p.m.	\$80 / \$80	NC

#### FAIRLAWN RECREATION CENTER

5090301-5	1/6-1/31	Su-Sa	2:30-6 p.m.	\$80 / \$80	FR
5090301-6	2/1-2/28	Su-Sa	2:30-6 p.m.	\$80 / \$80	FR
5090301-7	3/1-3/31	Su-Sa	2:30-6 p.m.	\$80 / \$80	FR

#### SHERWOOD FOREST COMMUNITY CENTER

5090401-6	1/6-1/31	Su-Sa	2:30-6 p.m.	\$80 / \$80	SFC
5090401-7	2/1-2/28	Su-Sa	2:30-6 p.m.	\$80 / \$80	SFC
5090401-8	3/1-3/31	Su-Sa	2:30-6 p.m.	\$80 / \$80	SFC

#### TARRALTON COMMUNITY CENTER

5090501-6	1/6-1/31	Su-Sa	2:30-6 p.m.	\$80 / \$80	TC
5090501-7	2/1-2/28	Su-Sa	2:30-6 p.m.	\$80 / \$80	TC
5090501-8	3/1-3/31	Su-Sa	2:30-6 p.m.	\$80 / \$80	TC

#### BERKLEY COMMUNITY CENTER

5090801-6	1/6-1/31	M-F	2:30-6 p.m.	\$80 / \$80	BC
5090801-7	2/1-2/28	Su-Sa	2:30-6 p.m.	\$80 / \$80	BC
5090801-8	3/1-3/31	Su-Sa	2:30-6 p.m.	\$80 / \$80	BC

#### CROSSROADS COMMUNITY CENTER

5090901-6	1/6-1/31	M-F	2:30-6 p.m.	\$80 / \$40	CC
5090901-7	2/1-2/28	Su-Sa	2:30-6 p.m.	\$80 / \$40	CC
5090901-8	3/1-3/31	Su-Sa	2:30-6 p.m.	\$80 / \$40	CC



### S.O.A.R.: GRADES 6-8 • Ages 11-14

#### NORVIEW COMMUNITY CENTER

5090206-06	1/6-1/31	M-Sa	2:30-6 p.m.	\$40 / \$40	NC
5090206-07	2/1-2/28	M-Sa	2:30-6 p.m.	\$40 / \$40	NC
5090206-08	3/1-3/31	M-Sa	2:30-6 p.m.	\$40 / \$40	NC

#### FAIRLAWN RECREATION CENTER

5090306-06	1/6-1/31	M-Sa	2:30-6 p.m.	\$40 / \$40	FR
5090306-07	2/1-2/28	M-Sa	2:30-6 p.m.	\$40 / \$40	FR
5090306-08	3/1-3/31	M-Sa	2:30-6 p.m.	\$40 / \$40	FR

#### CROSSROADS COMMUNITY CENTER

5090906-06	1/6-1/31	M-F	2:30-6 p.m.	\$40 / \$20	CC
5090906-07	2/1-2/28	M-F	2:30-6 p.m.	\$40 / \$20	CC
5090906-08	3/1-3/31	M-F	2:30-6 p.m.	\$40 / \$20	CC



**APRIL**  
**14-18**  
**8 AM-6 PM**

# NORFOLK SPRING BREAK CAMP

**AGES: 5-12**

**Registration  
Begins**

**February 10 • 10 AM**

*Online Only!*



SCAN ME



- Locations: Bayview, Crossroads, & Fairlawn Recreation Centers
- Fee: \$50 (Power-Up \$25)
- Crafts, active play, nature, and outside fun!
- Must bring your own ready-made lunch/snack daily
- Active wear preferred and closed-toe shoes required

**NorfolkFun.Norfolk.gov**



# NORFOLK EMERGING LEADERS

Gain meaningful paid summer employment, explore careers in local government, gain valuable hands-on work experience, job readiness training and financial literacy education.

**PROGRAM DATES:**  
**June 2 – July 25, 2025**  
**AGES: 16–21**

- Norfolk Resident
- Earn \$15.00/hr
- Work up to 30 hrs per week
- Enrolled in high school, vocational, trade school, accredited college or university

***APPLY ONLINE TODAY!***



***FOR MORE INFORMATION:***

**NEL@NORFOLK.GOV OR (757) 823-4227**  
**Governmentjobs.com/careers/norfolk**





# NORFOLK Beach Lifeguards

**\$22**  
AN HOUR

## THE CITY OF NORFOLK IS RECRUITING BEACH LIFEGUARDS FOR SUMMER!

Norfolk Beach Lifeguards work Memorial Day weekend through Labor Day weekend, providing patron surveillance, beach patrolling, public education, and responding to emergencies on Norfolk beaches.

### Beach Lifeguard requirements include:

- Current Lifeguard/CPR-AED/FA Certification  
*We can train you!*
- Successful completion of physical qualifications
  - 500 yard swim (continuously)
  - 10-minute tread (legs only)
  - Retrieve 10lb. brick (10-foot depth)
  - 20-yard approach stroke (front crawl)
  - 20-yard brick retrieval/tow
  - 1 mile run (continuously)
- Completion of Norfolk Beach Lifeguard Academy – May 2025
- Weekend Availability (weekend shifts required)

*\*Norfolk Beach Lifeguards are paid for all training hours and issued all required uniform and PPE at no cost.*

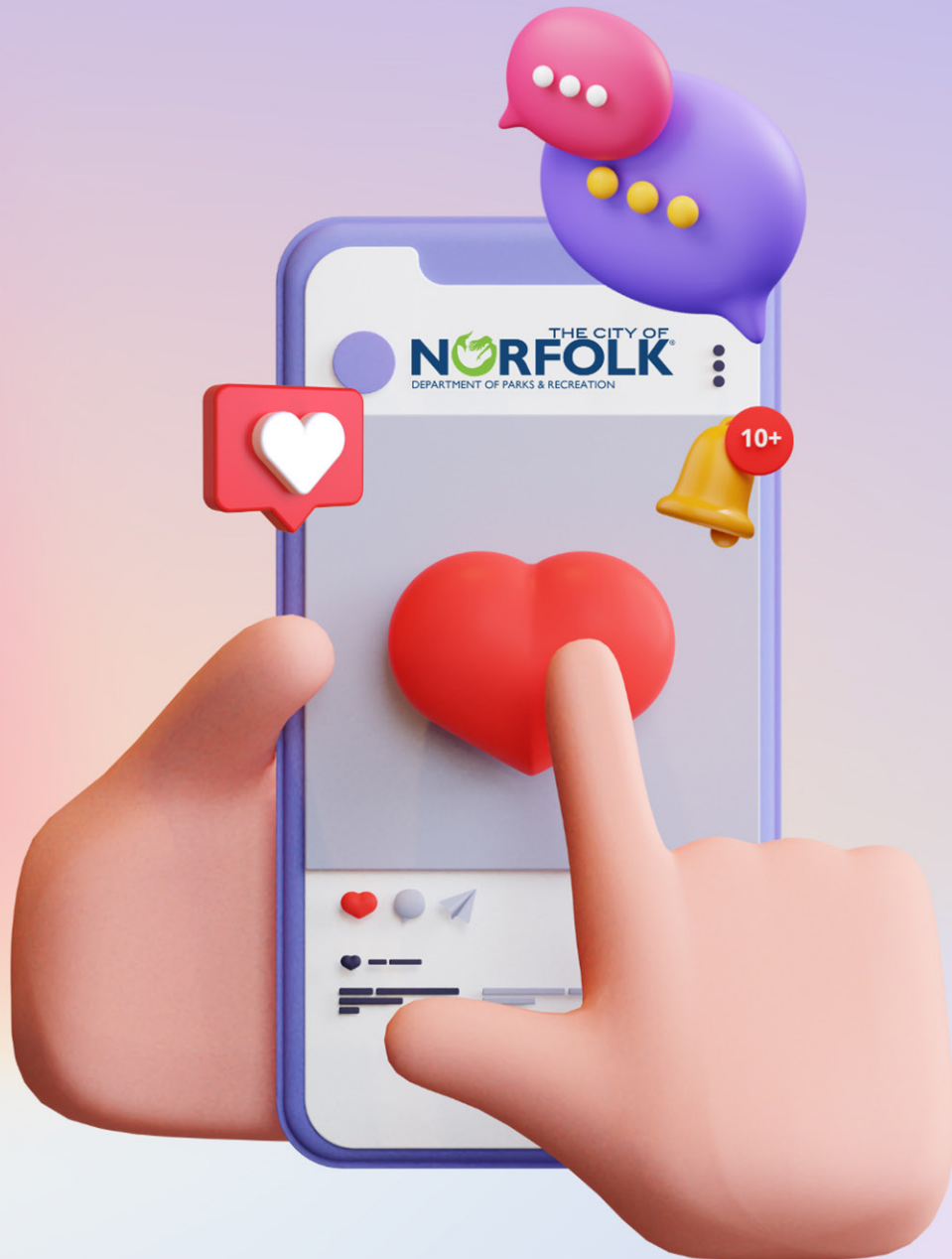
THE CITY OF  
**NORFOLK**  
DEPARTMENT OF PARKS & RECREATION

SCAN HERE





# FOLLOW US ON SOCIAL MEDIA!



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FROM NORFOLK PARKS & RECREATION!**



@NORFOLKPARKSREC