



Good Times

COURSE GUIDE

SPRING 2025



**GET OUT
AND PLAY!**

**AQUATICS • VISUAL ARTS
FITNESS & WELLNESS
DANCE & MUSIC • ATHLETICS
THERAPEUTIC REC
SPECIAL EVENTS & MORE!**

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This Course Guide covers March-mid June 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. Crittenden – 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

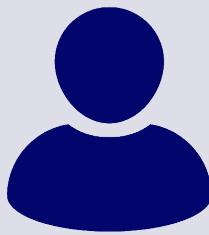
Debra Rocke – Chair
Gregg Mottinger – Vice Chair
Tasha Turnbull – Member
Bryan Mackey – Member
Nathaniel G. (Nate) Kinnison – Member
Virginia (Ginny) Alberts – Member
Stephen K. Powell – Member
Derrick Person – Ex-Officio

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

FROM THE DIRECTOR

As spring blossoms across Norfolk, I'm delighted to present our Spring Good Times Course Guide, packed with exciting programs and activities for every member of our community. This season brings a wonderful opportunity to embrace the warmer weather, learn new skills, and connect with neighbors as nature reawakens.



Darrell R. Crittenden, Director

Join our popular spring athletics programs, showcasing youth outdoor soccer and cheerleading. Adults can also enjoy competitive volleyball, softball, and basketball in our evening leagues. While the Norfolk Fitness & Wellness Center undergoes construction, our popular fitness and wellness programs are on the move! We're excited to continue offering a wide range of activities for all ages and abilities, with everything from high-energy body sculpt classes to accessible chair aerobics and beginner boxing sessions. No matter your fitness goals or interests, we've got you covered during this transition period.

Our comprehensive dance program offers classes in ballet, hip hop, jazz, tap, and modern dance for students of all ages and skill levels. Complement your dance education with our music program, featuring both individual and group instruction in voice, piano, and brass instruments. Take advantage of our lineup of arts classes this season, featuring a diverse range of creative opportunities, including pottery, stained glass, painting, drawing, printmaking, and more. We've significantly expanded our open studio hours, giving you more flexibility to work on personal projects with access to our professional-grade facilities and supportive community of fellow artists. Special events this spring include our award-winning EGGS-Treme Egg Drop, where thousands of eggs fall from the sky into your waiting hands, and our popular Family Game Nights and exciting March Madness tournaments.

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!**

REGISTER >>

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 Recreation Center	IR	948 Ingleside Rd., 23502	(757) 441-5621
Lambert's Point Community Center	LPC	1251 W. 42nd St., 23508	(757) 423-1088
Norview Community Center	NC	6380 Sewells Point Rd., 23513	(757) 823-4301
Sherwood Forest Community Center	SFC	4537 Little John Dr., 23513	(757) 441-1440
Tarrallton Community Center	TC	2100 Tarrallton Dr., 23518	(757) 441-5824
Therapeutic Recreation Center	TR	180 E. Evans St., 23503	(757) 441-1765
Titustown Community Center	TTC	7545 Diven St., 23505	(757) 441-1764

INDOOR SWIMMING POOLS

Huntersville Indoor Swimming Pool	HI	830 Goff St., 23504	(757) 664-7431
Northside Indoor Swimming Pool	NI	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

ATHLETIC FIELDS

Huntersville Park	HP	830 Goff St., 23504
Ingleside Park	IP	948 Ingleside Rd., 23502
Lafayette Park	LP	3500 Granby St., 23504
Lake Taylor Complex	LTC	1384 Kempsville Rd., 23502
Lakewood Park	LWP	1612 Willow Wood Dr., 23509
Northside Park	NP	8400 Tidewater Dr., 23505
Titustown Park	TPP	7545 Diven St., 23505

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.

3010201-01	4/7-6/2	M	4-4:30 p.m.	\$25 / \$38	NI
3010201-21	4/12-5/31	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.

3010401-01	4/8-6/3	M	4-4:45 p.m.	\$30 / \$45	NI
3010401-31	4/12-5/31	Sa	10-10:45 a.m.	\$30 / \$45	HI



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.

3010501-01	4/7-6/2	M	5-5:45 p.m.	\$30 / \$45	NI
3010501-31	4/12-5/31	Sa	10-10:45 a.m.	\$30 / \$45	HI

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.

3010601-01	4/7-6/2	M	5-5:45 p.m.	\$30 / \$45	NI
3010601-21	4/12-5/31	Sa	10-10:45 a.m.	\$30 / \$45	SS





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

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

3010701-01	4/10-5/29	Th	4-4:45 p.m.	\$30 / \$45	NI
3010701-31	4/12-5/31	Sa	11-11:45 a.m.	\$30 / \$45	HI

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.

3010801-01	4/10-5/29	Th	4-4:45 p.m.	\$30 / \$45	NI
3010801-31	4/12-5/31	Sa	11-11:45 a.m.	\$30 / \$45	HI

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.

3010901-01	4/10-5/29	Th	5-5:45 p.m.	\$30 / \$45	NI
3010901-21	4/12-5/31	Sa	11-11:45 a.m.	\$30 / \$45	SS
3010901-31	4/12-5/31	Sa	12-12:45 p.m.	\$30 / \$45	HI

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.

3011001-01	4/10-5/29	Th	5-5:45 p.m.	\$30 / \$45	NI
3011001-21	4/12-5/31	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.

3011302-21	4/12-5/31	Sa	12-12:45 p.m.	\$30 / \$45	SS
3011302-31	4/12-5/31	Sa	12-12:45 p.m.	\$30 / \$45	HI





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.

1060700-01	3/31-5/23	M,Tu,Th,Sa	6-8 p.m.	\$50 / \$50	BR
1060700-04	3/31-5/23	M,Tu,Sa	6-8 p.m.	\$50 / \$50	EO
1060700-07	3/31-5/23	Tu,Th,Sa	6-8 p.m.	\$50 / \$50	IR
1060700-11	3/31-5/23	M,Tu,W,Sa	6-8 p.m.	\$50 / \$50	SFC
1060700-13	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.

1060701-01	3/31-5/23	M,W,Th,Sa	6-8 p.m.	\$50 / \$50	BR
1060701-07	3/31-5/23	Tu,Th,Sa	6-8 p.m.	\$50 / \$50	IR
1060701-11	3/31-5/23	M,Tu,W,Sa	6:30-8 p.m.	\$50 / \$50	SFC
1060701-11	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.

1060702-01	3/31-5/23	M,Tu,W,Sa	6-8 p.m.	\$50 / \$50	BR
1060702-03	3/31-5/23	Tu,Th,Sa	6-8 p.m.	\$50 / \$50	CC
1060702-04	3/31-5/23	M,Tu,Sa	6-8 p.m.	\$50 / \$50	EO
1060702-07	3/31-5/23	M,W,Th,Sa	6-8 p.m.	\$50 / \$50	IR
1060702-11	3/31-5/23	M,Tu,W,Sa	6:30-8 p.m.	\$50 / \$50	SFC
1060702-13	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.

1060703-01	3/31-5/23	M,W,Th,Sa	6-8 p.m.	\$50 / \$50	BR
1060703-07	3/31-5/23	M,W,Th,Sa	6-8 p.m.	\$50 / \$50	IR
1060703-11	3/31-5/23	M,Tu,W,Sa	6:30-8 p.m.	\$50 / \$50	SFC
1060703-13	3/31-5/23	M,Th,Sa	6-8 p.m.	\$50 / \$50	TTC



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	Tu,Th,Sa	6-8 p.m.	\$50 / \$50	CC
1060900-02	(9/5)-8/1	M,Tu,W,Sa	6-8 p.m.	\$50 / \$50	EO
1060900-03	(9/5)-8/1	M,W,Sa	6-8 p.m.	\$50 / \$50	IR
1060900-06	(9/5)-8/1	M,W,Sa	6-8 p.m.	\$50 / \$50	CE



ATHLETICS

ADULT SOFTBALL LEAGUE (SPRING)

Ages 18+

The Adult Softball League offers various divisions based on skill levels and offered for male and female participants older than 18 years old. League will consist of 12 game regular season with a playoff single elimination tournament for qualifying teams. Division games will be initially scheduled on a specific day of the week with possible make-ups designated on other days based on facilities availability and discretion of the Norfolk Athletics Office.

3060703-02	4/9-6/10	Tu	6:45-11 p.m.	\$375 / \$375	NP
3060703-03	4/8-6/10	Tu	6:45-11 p.m.	\$375 / \$375	NP
3060703-04	4/8-6/10	Tu	6:45-11 p.m.	\$375 / \$375	NP
3060703-06	4/11-6/13	F	6:45-11 p.m.	\$375 / \$375	NP
3060703-07	4/11-6/13	F	6:45-11 p.m.	\$375 / \$375	NP



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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ADULT BASKETBALL LEAGUE (SUMMER)

Ages 18+

The Adult Basketball League consists of various divisions being offered for participants older than 18 years for men. League will consist of 8 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.

3060700-02	5/7-7/8	M,W	6:45-11 p.m.	\$350 / \$350	FR
3060700-03	5/7-7/8	M,W	6:45-11 p.m.	\$350 / \$350	FR





FITNESS & WELLNESS

BOOT CAMP • Ages 15+

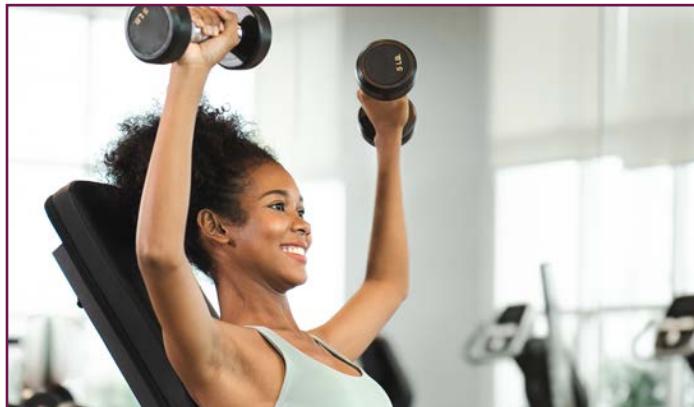
Boot Camp is a fun and innovative way to lose fat and build muscle. Both men and women will find Boot Camp to be a team-oriented challenge with empowering results. Run, jump, push, and pull your way to a better body!

1040505-12	4/2-4/30	M,W	5-5:45 p.m.	\$30 / \$45	LPC
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HITT FITT • Ages 15+

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

1040607-04	4/1-4/30	M,W	6-6:45 p.m.	\$30 / \$45	LPC
1040607-05	5/1-5/31	M,W	6-6:45 p.m.	\$30 / \$45	LPC



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.

1041505-12	4/1-4/29	Tu,Th	6-7 p.m.	\$30 / \$45	LPC
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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.

1042505-12	4/1-4/29	Tu,Th	10-10:45 a.m.	\$30 / \$45	LD
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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.

1042805-12	4/4-4/25	F	10:15-11 a.m.	\$20 / \$30	LD
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CHAIR AEROBICS • Ages 15+

Enjoy low impact total body exercises, all from the comfort of a chair!

1043005-12	4/2-4/30	M,W	11-11:45 a.m.	\$20 / \$30	EO
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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.

1043805-12	4/3-4/29	Tu,Th	5-5:45 p.m.	\$30 / \$45	LPC
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BEGINNER BOXING • Ages 8+

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

1043105-128	4/7-4/25	M-F	4-5 p.m.	\$30 / \$30	NB
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1043105-129	5/4-5/30	M-F	4-5 p.m.	\$30 / \$30	NB
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1043105-130	6/2-6/27	M-F	4-5 p.m.	\$30 / \$30	NB
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NORFOLK FITNESS & WELLNESS CENTER CLASS RELOCATION

NFWC Closing March 28

A brand-new NFWC is on the way! While new things are happening, we will be relocating current classes to other Norfolk Parks & Recreation facilities.

	MON	TUE	WED	THU	FRI
10 AM		Core & Balance (moving to LDM)		Core & Balance (moving to LDM)	Deep Stretch (moving to LDM)
11 AM	Chair Aerobics (moving to EOVC)	Personal Training (moving to LPCC)	Chair Aerobics (moving to EOVC)	Personal Training (moving to LPCC)	Personal Training (moving to LPCC)
2 PM	Personal Training (moving to LPCC)		Personal Training (moving to LPCC)		Personal Training (moving to LPCC)
3 PM			Personal Training (moving to LPCC)		Personal Training (moving to LPCC)
5 PM	Boot Camp (moving to LPCC)	Body Sculpt (moving to LPCC)	Boot Camp (moving to LPCC)	Body Sculpt (moving to LPCC)	
6 PM	HITT Fit (moving to LPCC)	Women on Weights (moving to LPCC)	HITT Fit (moving to LPCC)	Women on Weights (moving to LPCC)	

CLASS
RELOCATION
BEGINS
APRIL 1

LAKEWOOD
DANCE & MUSIC (LDM)
1612 Willow Wood Drive, 23509

EAST OCEAN VIEW
COMMUNITY CENTER (EOVCC)
9520 E. 20th Street, 23518

LAMBERT'S POINT
COMMUNITY CENTER (LPCC)
1251 W. 42nd Street, 23508



Volunteer Coaches Needed

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

Sports Include:

- Baseball
- Soccer
- Cheerleading
- Basketball
- Volleyball

CONTACT
NORFOLK
ATHLETICS
(757) 823-4304





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.

3030301-01	3/17-5/5	M	5-6 p.m.	\$40 / \$60	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.

3030501-01	3/18-5/6	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.

3030805-01	3/20-5/8	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.

3030950-01	3/17-5/5	M	7-8 p.m.	\$40 / \$60	LD
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3030950-02	3/20-5/8	Th	1:30-2:30 p.m.	\$40 / \$60	LD
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ADULT INTERMEDIATE BALLET • Ages 13+

Dancers will expand vocabulary, refine port de bras, build strength and flexibility. Recommended for students with at least two years of ballet experience.

3030960-01	3/18-5/6	Tu	6-7 p.m.	\$40 / \$60	LD
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3030950-02	3/21-5/9	F	11:15 a.m.-12:15 p.m.	\$40 / \$60	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.

3031550-01	3/19-5/7	W	5-6 p.m.	\$40 / \$60	LD
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LITTLE MOVERS • Ages 4-6

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.

3031650-01	3/18-5/6	Tu	5-6 p.m.	\$40 / \$60	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.

3031875-01	3/17-5/5	M	5-6 p.m.	\$40 / \$60	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.

3031901-01	3/20-5/8	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!

3032005-02	3/20-5/8	Th	7-8 p.m.	\$40 / \$60	LD
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YOUTH BEGINNING JAZZ • Ages 7-12

Have fun learning the free and energetic techniques of jazz dance including isolations, syncopation, contraction/expansion, flexibility, and developing personal expression.

3032101-01	3/18-5/6	Tu	5:30-6:30 p.m.	\$40 / \$60	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.

3032201-01	3/17-5/5	M	6-7 p.m.	\$40 / \$60	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.

3032405-01	3/20-5/8	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. If you're energetic and love to show personality, this is for you!

3032605-01	3/17-5/5	M	7-8 p.m.	\$40 / \$60	LD
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CHARLESTON JAZZ • Ages 13+

Charleston is an old-fashioned social jazz dance from the 1920s. Think flappers! Learn basic Charleston steps and solo jazz moves to incorporate into your own unique expression.

3032830-01	3/19-5/7	W	11 a.m.-12 p.m.	\$40 / \$60	LD
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YOUTH SOLO JAZZ ERA • Ages 8-14

Do you like to bounce and have fun? Then Solo Jazz Era is for you! Dances from the Jazz Era blend African and European styles of movement for a rollicking good time. No experience needed.

3032833-01	3/19-5/7	W	5-6 p.m.	\$40 / \$60	LD
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ADULT SOLO JAZZ ERA • Ages 13+

Emerging at the turn of the 20th Century, dances from the Jazz Era blend African and European styles of movement. Jazz dance became a popular feature in ballrooms in the 1940s and 50s. Topics may include Charleston, Lindy Hop, and developing individuality through improvisation.

3032835-01	3/18-5/6	Tu	6-7 p.m.	\$40 / \$60	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. Class will incorporate core training, spinal mobility, and phrases. Recommended for students with at least two years of dance experience.

3032710-01	3/20-5/8	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.

3032750-01	3/18-5/6	Tu	6:30-7:30 p.m.	\$40 / \$60	NC
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ADULT LINE DANCE • Ages 15+

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.

3032810-01	3/18-5/6	Tu	7-8 p.m.	\$40 / \$60	LD
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ADULT SOLO LATIN MOVEMENT • Ages 13+

Explore the rhythms, sounds, and movements of popular Latin dances like salsa and bachata. Learn basic steps, flares, and build confidence in personal styling.

3032820-01	3/19-5/7	W	6-7 p.m.	\$40 / \$60	LD
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ADULT SOCIAL LATIN DANCE • Ages 15+

NEW CLASS! This is a social dance class where we will learn basic partnered Salsa and Bachata. Perfect for couples wanting to learn a dance together and dancers looking to explore lead or follow roles in a social dance environment! Registering with a partner is recommended, but not required.

3032825-01	3/19-5/7	W	7-8 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.

3032901-01	3/17-5/5	M	6-7 p.m.	\$40 / \$60	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.

3032905-01	3/19-5/7	W	5-6 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 June 19 or July 4.

3033000-01	3/20-5/8	Th	6-7 p.m.	\$40 / \$60	LD
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3033000-02	3/21-5/9	F	10:15-11:15 a.m.	\$40 / \$60	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.

3033001-01	3/18-5/6	Tu	7-8 p.m.	\$40 / \$60	LD
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3033001-02	3/20-5/8	Th	12:30-1:30 p.m.	\$40 / \$60	LD
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ADULT TAP CLUB • Ages 15+

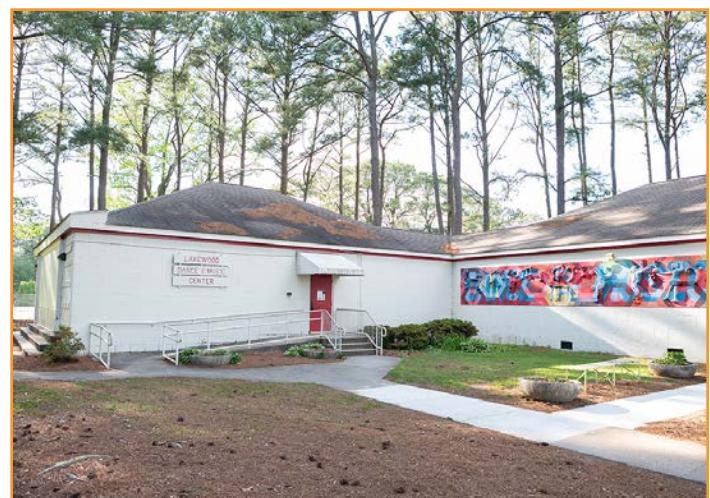
Learn fun tap routines and have the option to take part in community outreach performances. Previous tap experience required.

3033300-01	3/18-5/6	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.

3033505-01	3/19-5/7	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) students should provide their own brass instrument. Private saxophone (alto, tenor, or baritone - all levels) students 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.

3050105-01	3/17-5/5	M	6-6:30 p.m.	\$110 / \$165	LD
3050105-02	3/17-5/5	M	7-7:30 p.m.	\$110 / \$165	LD
3050105-03	3/17-5/5	M	7:30-8 p.m.	\$110 / \$165	LD
3050105-04	3/18-5/6	Tu	7:30-8 p.m.	\$110 / \$165	LD
3050105-05	3/19-5/7	W	6-6:30 p.m.	\$110 / \$165	LD
3050105-06	3/19-5/7	W	6:30-7 p.m.	\$110 / \$165	LD
3050105-07	3/20-5/8	Th	6:30-7 p.m.	\$110 / \$165	LD
3050105-08	3/20-5/8	Th	7-7:30 p.m.	\$110 / \$165	LD
3050105-09	3/20-5/8	Th	7:30-8 p.m.	\$110 / \$165	LD

PRIVATE VOICE LESSONS • Ages 13+

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

3050110-01	3/18-5/6	Tu	4-4:30 p.m.	\$110 / \$165	LD
3050110-02	3/18-5/6	Tu	4:30-5 p.m.	\$110 / \$165	LD
3050110-03	3/18-5/6	Tu	5-5:30 p.m.	\$110 / \$165	LD
3050110-04	3/18-5/6	Tu	5:30-6 p.m.	\$110 / \$165	LD
3050110-05	3/19-5/7	W	4-4:30 p.m.	\$110 / \$165	LD
3050110-06	3/19-5/7	W	4:30-5 p.m.	\$110 / \$165	LD
3050110-07	3/19-5/7	W	5-5:30 p.m.	\$110 / \$165	LD
3050110-08	3/19-5/7	W	5:30-6 p.m.	\$110 / \$165	LD

VIBRANT VOICES • Ages 13+

This class is a new choral program for participants ages 13 and up, and will focus on vocal techniques, ensemble singing, and performing as a group. Join us for a fun, creative opportunity to connect with others through the power of music! Make-up lessons will not be available if student misses lesson.

3051305-01	3/17-5/5	M	6-8 p.m.	\$50 / \$75	LD
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PIANO: BEGINNER • Ages 7+

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

3050605-01	3/17-5/5	M	6:30-7 p.m.	\$40 / \$60	LD
3050605-02	3/18-5/6	Tu	6-6:30 p.m.	\$40 / \$60	LD
3050605-03	3/19-5/7	W	7-7:30 p.m.	\$40 / \$60	LD

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 approx. \$24. Make-up lessons will not be available if student misses lesson.

3050701-01	3/18-5/6	Tu	6:30-7 p.m.	\$40 / \$60	LD
2050701-02	3/19-5/7	W	7:30-8 p.m.	\$40 / \$60	LD

PIANO: MOVT. 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 approx. \$12. Make-up lessons will not be available if student misses lessons.

3050801-01	3/18-5/6	Tu	7-7:30 p.m.	\$40 / \$60	LD
3050801-02	3/20-5/8	Th	6-6:30 p.m.	\$40 / \$60	LD





SPECIAL EVENTS

MARCH MADNESS

3092605-11	3/19-3/22	Tu-Sa	4-8 p.m.	\$0 / \$0	LPC
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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	HP
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BASKETFUL OF EGG CREATIONS

3020101-01	4/12	Sa	2-4 p.m.	\$0 / \$0	NP
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ESPORTS TOURNAMENT

3093706-02	4/14	M	4-7:30 p.m.	\$0 / \$0	LPC
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SPRING FAMILY FIELD DAY

3094603-01	4/17	Th	4-7 p.m.	\$0 / \$0	TPP
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EGG HUNT & SPRING FESTIVAL

3094403-01	4/17	Th	5-7:30 p.m.	\$0 / \$0	HC
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KIDS NIGHT OUT

3093301-05	3/25	Tu	6-7:30 p.m.	\$0 / \$0	NC
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3093301-01	4/11	F	6-8 p.m.	\$0 / \$0	BR
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FAMILY NIGHT OUT

3093103-02	4/17	Th	5-7 p.m.	\$0 / \$0	BR
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3093103-10	4/30	W	6:30-8 p.m.	\$0 / \$0	SFC
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3093103-12	5/8	Th	5:30-7:30 p.m.	\$0 / \$0	HC
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3093103-07	5/22	Th	4:30-7:30 p.m.	\$0 / \$0	BR
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PAINT NIGHT

3092203-02	4/17	Th	6:30-8:30 p.m.	\$0 / \$0	FR
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3092203-04	4/26	Sa	12-3 p.m.	\$0 / \$0	IP
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CINCO DE MAYO:TACO FIESTA

3092405-01	5/5	M	4-7 p.m.	\$0 / \$0	LPC
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GO SKATE DAY

4020203-01	6/21	Sa	1-6 p.m.	\$0 / \$0	NP
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EGGS-TREME EGG DROP • All ages

Join us for a safe and fun way for you and your family to hunt for eggs at Tarrallton Park on Saturday, April 12! Watch as the helicopter drops thousands of eggs from the sky! Families will enjoy games, prizes, raffles, music, and more! Free; registration required at Norfolk.gov/EggDrop today!

4/12	Sa	10 a.m.-2 p.m.	\$0 / \$0	TP
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SPRING BREAK CAMPS • Ages 5-12

Spring Break Camp 2025 is for participants 5-12 (5-year-olds must currently be enrolled in Kindergarten). Participants will engage in recreational activities such as crafts, outdoor/indoor nature and active games and other fun activities. Limited space available; registration opens online 2/10 at 10 a.m.

3090701-02	4/14-4/18	M-F	8 a.m.-6 p.m.	\$50 / \$25	CC
3090701-04	4/14-4/18	M-F	8 a.m.-6 p.m.	\$50 / \$25	BR
3090701-05	4/14-4/18	M-F	8 a.m.-6 p.m.	\$50 / \$25	FR



WOMEN'S NEW YEAR, NEW YOU FITNESS WORKOUTS

2093902-01	Thru 5/29	Th	12-1 p.m.	\$0 / \$0	HC
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THE CITY OF
NORFOLK
DEPARTMENT OF PARKS & RECREATION

 MTS
MUSIC THEORY STUDIOS
www.musictheorystudios.com

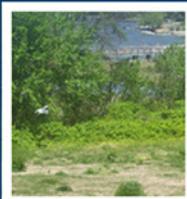
 AM
AMERICAN MUSIC INSTITUTE

UPCOMING EVENTS SCHEDULE

LAMBERT'S POINT OPEN SPACE

JUNE

MAY



SATURDAY
3
2:30 P.M.

PARK
EXPLORERS
SERIES



MONDAY
12
6 P.M.

MAY
FLOWERS:
SUPER
POLLINATORS



TUESDAY
20
9 A.M.

MORNING
NATURE
JOURNALING



THURSDAY
12
11 A.M.

LUNCH
& LEARN
PICNIC
SERIES



SATURDAY
14
3-4 P.M.

GLOBAL
WIND
DAY



THURSDAY
26
10:30 A.M.

TOTS
ON THE
TRAIL



SATURDAY
TBA
12 P.M.

AFTER-
WORK
BOOT
CAMP

FOR MORE DETAILS, VISIT OUR CALENDAR:
NORFOLK.GOV/PARKSANDREC



ACTIVE SENIORS

SENIORS LINE DANCING

5072604-03	3/3-5/26	M	10 a.m.-12 p.m.	\$0 / \$0	EO
5072604-04	3/7-5/30	Th, F	12:30-1:30 p.m.	\$0 / \$0	HD
60+ CLUB					
5071504-02	Thru 6/25	W	9:30 a.m.-3 p.m.	\$0 / \$0	EO

SENIOR CONVERSATION GROUP

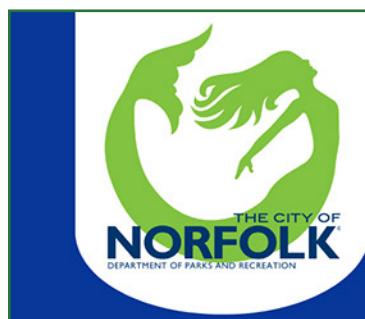
5071704-05	Thru 5/30	F	12:30-2:30 p.m.	\$0 / \$0	SFC
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SENIOR OLYMPICS

3074204	4/28	M	8 a.m.-2:30 p.m.	\$0 / \$0	OFF
3073904	4/29	Tu	8 a.m.-2:30 p.m.	\$0 / \$0	OFF
3074004	4/30	W	8 a.m.-2:30 p.m.	\$0 / \$0	OFF
3074104	5/1	Th	8 a.m.-2:30 p.m.	\$0 / \$0	OFF

SENIOR GAMERS

5071804-01	3/4-5/27	Tu, Th	12:30-2:30 p.m.	\$0 / \$0	EO
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SENIOR OLYMPICS

Senior Olympics in Norfolk is back!

We invite seniors from across the Hampton Roads area to come together, compete, and showcase their strength, skill, and spirit in a variety of athletic events. Whether you're a seasoned athlete or just looking to have fun and stay active, the Senior Olympics offer a welcoming space for all levels. Join us as we bring back this empowering tradition, and let's celebrate the joy of movement, camaraderie, and the golden years!



 **April 28 - May 2**

 **8 A.M. - 2:30 P.M.**

 **ODU Student Recreation & Wellness Center
4700 Powhatan Ave.**

Questions? Email
ParksRecEvents@Norfolk.gov



SIGN UP TODAY AT NORFOLKFUN.NORFOLK.GOV



VISUAL ARTS

BEGINNING POTTERY ON THE WHEEL

Ages 18+

Learn how to throw pottery on the wheel and then move into weekly projects., including making cups, vases, pitchers, and bowls. Participants are required to purchase a basic tool kit and clay that fires to cone 6, which must be verified during the first class.

3113302-01 3/20-5/8 Th 12-2:30 p.m. \$100 / \$150 TV

POTTERY ON THE WHEEL: WORKING THROUGH CONCEPTS • Ages 18+

This class is designed for more experienced ceramic artists who are ready to take their craft to the next level. Participants should be confident in throwing on the wheel without instruction and have a solid understanding of glazing techniques.

3116902-01 3/20-5/8 Th 4-6:30 p.m. \$100 / \$150 TV

YOUTH CLAY HANDBUILDING • Ages 6-17

Learn the basics to the treatment and usage of clay to create original ceramic artwork!

3116701-01 3/18-5/6 Tu 5-6:30 p.m. \$60 / \$90 TV

ADULT CLAY HANDBUILDING • Ages 18+

This class is designed for all skill levels, where you'll dive into a variety of techniques to create ceramic artwork. This class is structured with a two-week project schedule, and you'll be required to complete projects related to the course. Sign up today for a focused, hands-on experience!

3116702-01 3/18-5/6 Tu 12-2:30 p.m. \$100 / \$150 TV



HOT GLASS • Ages 18+

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

3116302-01	3/18-5/6	Tu	1-3:30 p.m.	\$80 / \$120	TV
3116302-02	3/18-5/6	Tu	5:30-8 p.m.	\$80 / \$120	TV

WEDNESDAY STAINED GLASS • Ages 18+

Learn to create original glass work using stained glass. Beginning projects include glass cutting, copper foil technique, lead canning, and soldering.

3116502-01	3/19-5/7	W	5:30-8 p.m.	\$80 / \$120	TV
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THURSDAY STAINED GLASS • Ages 18+

Create original glass art using stained glass. Beginning projects include glass cutting, copper foil technique, lead canning, and soldering.

3116602-01	3/20-5/8	Th	1-3:30 p.m.	\$80 / \$120	TV
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ADULT PRINTMAKING • Ages 18+

Learn to create original artwork through the printmaking medium.

3115802-01	3/17-5/5	M	11 a.m.-1 p.m.	\$60 / \$90	TV
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ADULT ACRYLIC MIXED MEDIA • Ages 18+

Experimental class with the primary medium as acrylic paint. Learn acrylic image transfers and create unique collaged work.

3115902-01	3/19-5/7	W	10 a.m.-12 p.m.	\$70 / \$105	TV
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YOUTH ACRYLIC MIX MEDIA • Ages 6-17

Experimental class with the primary medium as acrylic paint. Learn acrylic image transfers and create unique collaged work.

3116001-01	3/17-5/5	M	5-6:30 p.m.	\$60 / \$90	TV
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ADULT DRAWING • Ages 18+

Learn the fundamentals to seeing like an artist and improve your drawing capabilities.

3116102-01	3/18-5/6	Tu	10 a.m.-12 p.m.	\$50 / \$75	TV
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YOUTH DRAWING • Ages 6-17

Learn the secrets to seeing and drawing to realism. Learn the fundamentals through your own subject matter of choice!

3116201-01	3/20-5/8	Th	7-8 p.m.	\$40 / \$60	TV
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VISUAL ARTS

ADULT WATERCOLOR • Ages 18+

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

3117002-01	3/19-5/7	W	1-3 p.m.	\$90 / \$135	TV
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YOUTH WATERCOLOR • Ages 6-17

Learn the basics of using watercolors to create unique artwork. Supplies provided but you may bring your own.

3117101-01	3/20-5/8	Th	5-6 p.m.	\$40 / \$60	TV
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Open Studios

Effective starting Spring Session 2025, Open Studio hours will only be available during the posted times of each scheduled class. As we continue transitioning our facility and sharing space with other community members, it is essential that all participants adhere to the designated Open Studio hours; using the studio outside of posted Open Studio hours will not be permitted. If you arrive outside of these times, you will be asked to leave the space.

OPEN STUDIO: MOSAICS • Ages 18+

The process of Mosaic art is so easy! Enjoy new friendships in an open studio environment. MUST be comfortable with working without an instructor.

3111802-01	3/17-5/5	M	6-8 p.m.	\$35 / \$53	TV
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OPEN STUDIO: STAINED GLASS • Ages 18+

Create original glass art using stained glass using open studio hours within the facility. MUST be comfortable with working without an instructor.

3116402-01	3/19-5/7	W	1-3:30 p.m.	\$35 / \$53	TV
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OPEN STUDIO: SEWING / QUILTING • Ages 18+

Experience required and participants to bring sewing machine if so desired. MUST be comfortable with working without an instructor.

31114102-01	3/20-5/8	Th	2-5 p.m.	\$35 / \$53	TV
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OPEN STUDIO: JEWELRY • Ages 18+

Provides a creative space for artists of all levels to explore and develop their jewelry-making skills. MUST be comfortable working without an instructor

3114802-01	3/31-5/5	M	3-5 p.m.	\$35 / \$53	TV
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3114802-02	4/4-5/9	F	11 a.m.-1 p.m.	\$35 / \$53	TV
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OPEN STUDIO: HANDBUILDING & POTTERY

Ages 18+

For those looking to use the studio space, kiln firing, and glazes provided. MUST be comfortable with working without an instructor.

POTTERY ONLY:

3116802-01	3/17-5/5	M	1-4 p.m.	\$100 / \$150	TV
	3/19-5/7	W	12-3 p.m.	\$100 / \$150	TV
	3/21-5/9	F	11 a.m.-2 p.m.	\$100 / \$150	TV

HANDBUILDING ONLY:

3116802-02	3/17-5/5	M	4-8 p.m.	\$100 / \$150	TV
	3/19-5/7	W	4-7 p.m.	\$100 / \$150	TV
	3/21-5/9	F	2-5 p.m.	\$100 / \$150	TV

OPEN STUDIO: SUMI-E • Ages 18+

Explore the timeless art of Japanese ink painting in a relaxed, open studio environment. MUST be comfortable with working without an instructor.

3112502-01	3/19-5/7	W	1:30-4:30 p.m.	\$35 / \$53	TV
3112502-02	3/19-5/7	W	4:30-7:30 p.m.	\$35 / \$53	TV

OPEN STUDIO: PAINTING • Ages 18+

Painting experience and ability to work independently required. Participants are also required to bring easel for studio time. MUST be comfortable with working without an instructor.

3112702-01	3/21-5/9	F	1:30-3:30 p.m.	\$35 / \$53	TV
3112702-02	3/21-5/9	F	3:30-5:30 p.m.	\$35 / \$53	TV

OPEN STUDIO: DRAWING • Ages 18+

Offers a creative space for artists of all levels to explore and develop their drawing skills, where you can enjoy new friendships while working independently. MUST be comfortable working without an instructor.

3111302-01	3/31-5/9	M, F	1-3 p.m.	\$35 / \$53	TV
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OPEN STUDIO: WATERCOLOR • Ages 18+

Provides a relaxed, creative environment for artists of all levels to experiment with watercolor techniques, build new connections, and work independently. MUST be comfortable working without an instructor.

3113202-01	3/31-5/9	M, F	3-5 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 May 19 or 26.

3080005-01	3/24-6/9	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 TR to hiking location only. *Please note: no class May 26.

3080105-01	3/24-6/2	M	5:30-8 p.m.	\$15	OFF
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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.

3080205-01	4/1-6/3	Tu	9-9:45 a.m.	\$15	SS
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STRETCH & MEDITATE • Ages 18+

Increase flexibility and 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.

3080305-01	4/1-6/3	Tu	10-11:30 a.m.	\$15	TRC
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FARM TO TABLE • Ages 18+

Discover the benefits of growing and preparing fresh, nutritious food! Engage in gardening activities, shop at local farmers' markets, learn cooking skills, and create healthy meals! \$50 supply fee included. Transportation provided but limited.

3080405-01	4/29-6/3	Tu	12:30-3:30 p.m.	\$65	TRC
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YOUTH ALLEY CATS • Ages 6-22

Learn the basics of bowling. Adaptive equipment is available if needed. Bring \$10 cash for two games each week. Shoe rental included.

3080505-01	4/1-6/3	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.

3080605-01	4/1-6/3	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. \$50 supply fee included. Transportation provided but limited.

*Please note: no class May 7.

3080705-01	4/2-6/4	W	10-11:30 a.m.	\$65	TRC
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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. *Please note: no class May 7.

3080805-01	4/2-6/4	W	2-2:45 p.m.	\$15	TRC
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VIRGINIA INTERNATIONAL TATTOO • Ages 18+

Come enjoy drums, bagpipes, singing, and dancing from around the world. Be advised performances at this event can be extremely loud at times. Transportation provided from TRC to Norfolk Scope only.

3080905-01	4/23	W	6:30-10 p.m.	\$5	OFF
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FREDERICKSBURG NATS GAME • Ages 18+

Enjoy a day trip to Fredericksburg to watch the Fredericksburg Nats play in style from a suite! Bring money (no cash, card only) for concessions and souvenirs. \$20 trip fee included. Transportation provided from TRC to Fredericksburg only.

3081005-01	5/7	W	7 a.m.-5 p.m.	\$25	OFF
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GO APE • Ages 18+

Weight limit 285 lbs. Swing from the trees and reach new heights at Go Ape! Wear close-toed shoes and clothes that allow for ease of movement. \$60 trip fee included. Transportation from TRC to Go Ape only.

3081105-01	4/3	Th	9 a.m.-4 p.m.	\$65	OFF
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THERAPEUTIC RECREATION

PLANT HOUSE • Ages 18+

Join us for an afternoon at the Plant House building your own terrarium with friends. The Plant House crew will provide an overview on air plant care and terrarium assembly. Then you'll be able to select air plants and decor to make a terrarium that is one-of-a-kind and perfect to display at your home. Bring a minimum of \$35 to purchase your glass piece (prices vary based on size). Transportation provided but limited.

3081205-01	4/10	Th	1-3:30 p.m.	\$5	OFF
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AMERICAN ROVER • Ages 18+

Enjoy a sail on the American Rover. \$35 trip fee included. Transportation provided but limited.

3081305-01	4/24	W	6-10:30 p.m.	\$45	OFF
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STRAWBERRY PICKING • Ages 18+

Enjoy the morning picking strawberries. Bring a bag lunch & money to purchase strawberries. Dress appropriately for the weather—rain or shine! Wear shoes for muddy conditions. Transportation provided but limited.

3081405-01	5/1	Th	10 a.m.-2 p.m.	\$5	OFF
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NORFOLK BOTANICAL GARDEN • Ages 18+

Walk around the Norfolk Botanical Garden. Bring valid ID, bag lunch, and \$16 for admission. \$8 trip fee included. Transportation provided but limited.

3081505-01	5/8	Th	10 a.m.-2 p.m.	\$13	OFF
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TIDES GAME • Ages 18+

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

3081605-01	5/15	Th	11 a.m.-3 p.m.	\$25	OFF
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KAYAKING • Ages 18+

Join us for a morning kayak on the bay! Wear a bathing suit/clothing that can get wet and don't forget to wear sunscreen and a hat! Transportation provided but limited.

3081705-01	5/22	Th	9 a.m.-12 p.m.	\$5	OFF
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BUSCH GARDENS • Ages 18+

Spend an exhilarating day at Busch Gardens enjoying rides, shows, and good food. Bring a bag lunch to eat when you arrive at the park, I.D. and current season pass or single day ticket, an additional \$50 (card only) for drinks (refillable cup) and dinner. \$25 trip fee included. Transportation provided from TRC to Busch Gardens only.

3081805-01	5/29	Th	10 a.m.-9 p.m.	\$30	OFF
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BELLYAKING ON THE BAY • Ages 13+

Spend the evening at the beach with friends from local cities. Enjoy bellyaking on the bay. Wear a bathing suit and bring a beach towel/chair and sunscreen. \$15 supply fee included. Transportation provided but limited.

3081905-01	6/12	Th	5-6:30 p.m.	\$15	OFF
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ECO EXPLORERS • Ages 18+

Reduce, Reuse, Recycle! Explore the outdoors, clean the community, and learn about sustainable practices while promoting environmental awareness. Create eco-friendly crafts using natural or recycled materials. \$10 supply fee included.

3082005-01	4/4-6/6	F	9-10 a.m.	\$25	TRC
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DANCE, MOVE & GROOVE • Ages 18+

Get your body moving while grooving to classic and trending dances. Wear closed-toe shoes and clothes that allow for ease of movement. Bring a water bottle.

3082105-01	4/4-5/2	F	10-10:45 a.m.	\$15	TRC
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GUIDED CANVAS PAINTING • Ages 18+

Instructor will guide participants step-by-step through paintings each week. Scenes will include animals, landscapes, and more. \$20 supply fee included.

3082205-01	5/9-6/6	F	10:30 a.m.-2:45 p.m.	\$35	TRC
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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. Please only sign up for fitness class that is best suited for needs/level/fitness desires. Transportation provided but limited.

3082305-01	4/4-6/6	F	2-2:45 p.m.	\$15	TRC
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NEON NIGHTS DANCE • Ages 13+

Spend the evening with friends from local cities. Dress in your brightest neon or 80's-themed outfit as we dance the night away in Chesapeake at the Great Bridge Recreation Center. Enjoy food and games, while dancing along to the music and making new friends! \$15 supply fee included. Transportation provided from TRC to Great Bridge Recreation Center only.

3082405-01	4/12	Sa	4-7:30 p.m.	\$15	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

5090101-8	3/1-3/31	Su-Sa	2:30-6 p.m.	\$80 / \$80	BR
5090101-9	4/1-4/30	Su-Sa	2:30-6 p.m.	\$80 / \$80	BR
5090101-10	5/1-5/31	Su-Sa	2:30-6 p.m.	\$80 / \$80	BR

NORVIEW COMMUNITY CENTER

5090201-8	3/1-3/31	M-F	2:30-6 p.m.	\$80 / \$80	NC
5090201-9	4/1-4/30	M-F	2:30-6 p.m.	\$80 / \$80	NC
5090201-10	5/1-5/31	M-F	2:30-6 p.m.	\$80 / \$80	NC

FAIRLAWN RECREATION CENTER

5090301-7	3/1-3/31	Su-Sa	2:30-6 p.m.	\$80 / \$80	FR
5090301-8	4/1-4/30	Su-Sa	2:30-6 p.m.	\$80 / \$80	FR
5090301-10	5/1-5/31	Su-Sa	2:30-6 p.m.	\$80 / \$80	FR

SHERWOOD FOREST COMMUNITY CENTER

5090401-8	3/1-3/31	Su-Sa	2:30-6 p.m.	\$80 / \$80	SFC
5090401-9	4/1-4/30	Su-Sa	2:30-6 p.m.	\$80 / \$80	SFC
5090401-10	5/1-5/31	Su-Sa	2:30-6 p.m.	\$80 / \$80	SFC

TARRALLTON COMMUNITY CENTER

5090501-8	3/1-3/31	Su-Sa	2:30-6 p.m.	\$80 / \$80	TC
5090501-9	4/1-4/30	Su-Sa	2:30-6 p.m.	\$80 / \$80	TC
5090501-10	5/1-5/31	Su-Sa	2:30-6 p.m.	\$80 / \$80	TC

BERKLEY COMMUNITY CENTER

5090801-8	3/1-3/31	Su-Sa	2:30-6 p.m.	\$80 / \$80	BC
5090801-9	4/1-4/30	Su-Sa	2:30-6 p.m.	\$80 / \$80	BC
5090801-10	5/1-5/31	Su-Sa	2:30-6 p.m.	\$80 / \$80	BC

CROSSROADS COMMUNITY CENTER

5090901-8	3/1-3/31	Su-Sa	2:30-6 p.m.	\$80 / \$40	CC
5090901-9	4/1-4/30	Su-Sa	2:30-6 p.m.	\$80 / \$40	CC
5090901-10	5/1-5/31	Su-Sa	2:30-6 p.m.	\$80 / \$40	CC



S.O.A.R.: GRADES 6-8 • Ages 11-14

NORVIEW COMMUNITY CENTER

5090206-08	3/1-3/31	M-Sa	2:30-6 p.m.	\$40 / \$40	NC
5090206-09	4/1-4/30	M-Sa	2:30-6 p.m.	\$40 / \$40	NC
5090206-10	5/1-5/31	M-Sa	2:30-6 p.m.	\$40 / \$40	NC

FAIRLAWN RECREATION CENTER

5090306-08	3/1-3/31	M-Sa	2:30-6 p.m.	\$40 / \$40	FR
5090306-09	4/1-4/30	M-Sa	2:30-6 p.m.	\$40 / \$40	FR
5090306-10	5/1-5/31	M-Sa	2:30-6 p.m.	\$40 / \$40	FR

CROSSROADS COMMUNITY CENTER

5090906-08	3/1-3/31	M-F	2:30-6 p.m.	\$40 / \$20	CC
5090906-09	4/1-4/30	M-F	2:30-6 p.m.	\$40 / \$20	CC
5090906-10	5/1-5/30	M-F	2:30-6 p.m.	\$40 / \$20	CC

SUMMER CAMPS

NORFOLK EXPLORERS (Youth)

Bayview Recreation Center	Ingleside Recreation Center
Berkley Community Center	Norview Community Center
Crossroads Community Center	Sherwood Forest Community Center
East Ocean View Community Center	Tarrallton Community Center
Fairlawn Recreation Center	Titustown Community Center
Huntersville Community Center	

NORFOLK NAVIGATORS (Teens)

Lamberts Point Community Center

CAMP INFORMATION

Dates: June 9 - August 8
(excluding Juneteenth and Independence Day holidays)

Times: 8 a.m. - 6 p.m.

Ages:

Explorers: 5 - 12 (must have completed Kindergarten)
Navigators: 13 -16

Admission: \$150
(Power Up & payment plan options available)

REGISTRATION

Registration opens April 7, 2025, at 10 a.m. (ONLINE ONLY)!

NORFOLKFUN.NORFOLK.GOV

(Must be a Norfolk resident. Visit one of our community/recreation facilities prior to registration to ensure your account is valid and updated.)

THE CITY OF
NORFOLK
DEPARTMENT OF PARKS & RECREATION

Norfolk Youth Council TEEN EXPO

2025



SATURDAY, APRIL 5
NORVIEW COMMUNITY CENTER
6380 SEWELLS POINT RD.

TOPICS INCLUDE:

**Alternative Education, Addictions, Self Defense,
Career Choices & Scholarships**

11 A.M. - 2 P.M.

NORFOLK.GOV/NEL

FREE AND OPEN TO 8TH-12TH GRADE STUDENTS

DOOR PRIZES, T-SHIRTS, AND FREE LUNCH FOR EACH REGISTERED TEEN!

Get inspired and empowered!



JOIN THE TEAM

NORFOLK PARKS & RECREATION IS HIRING!

Connect with co-workers and serve your community in an environment that promotes fun and well-being!

We are seeking new and qualified talent to support our department's mission. The City of Norfolk offers an attractive benefits package to all eligible employees. New full-time hires will receive a sign-on bonus of \$5,000 upon completion of their probationary period.

VISIT NORFOLK.GOV/CAREERS TO VIEW OPPORTUNITIES



NORFOLK Beach Lifeguards

THE CITY OF NORFOLK IS RECRUITING BEACH LIFEGUARDS FOR SUMMER!

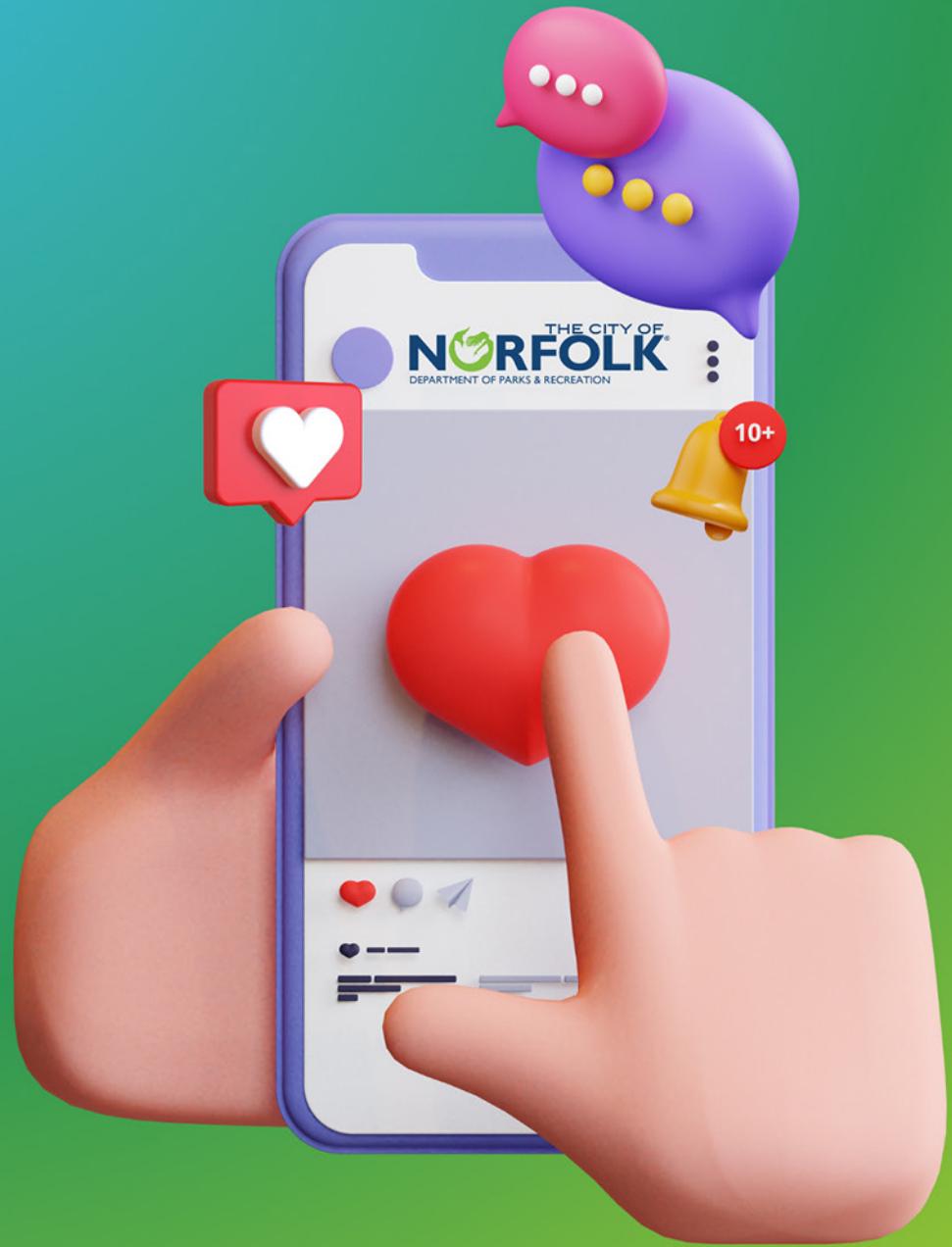
Norfolk Beach Lifeguards work Memorial Day weekend through Labor Day weekend, providing patron surveillance, beach patrolling, public education, and responding to emergencies on Norfolk beaches.

\$22 AN HOUR

SCAN HERE

NORFOLK
THE CITY OF
DEPARTMENT OF PARKS & RECREATION

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FROM NORFOLK PARKS & RECREATION!



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