

# Youth Swimming

Barb Hunt directs our swim program that will be held at the Charles Town Athletic Club. Our program offers a variety of classes for children ages 3 months to 16 years of age. Children will be taught skills such as how to enter and exit a pool, back floating, kicking, arm movement, and more.

## Parent-Child Swim

This is an introduction to water class for children ages 3 to 36 months and a parent or guardian. Participants will learn water adjustment and personal safety as well as basic water skills. Children must wear snug fitting plastic pants and swim diapers under a swim suit-no disposable or cloth diapers.

## Pre-School 1

In this class, children ages 3-5 will get an introduction to water without a parent.

Children will learn how to blow bubbles, submerge head, float, kick, and stroke on front and back with support.

## Pre-School 2

Children in this class must be able to do all abilities taught in Pre-school 1. Preschoolers will learn how to swim on front and back for 5 yards without support. (Note: Children are usually in this class level 3-5 times.)

## Level 1

This is an introduction to swim for children ages 6-10 years of age. By the end of class, children should be comfortable in water and should be able to submerge face, float, kick, and stroke on front and back with support. (Note: Children are usually in this class level 2-3 times.)

## Level 2

In this class, children must be able to swim 5 yards on their front and back. The objective of this class is to refine strokes and learn the front crawl and back crawl, elementary backstroke, and improve face in breathing and be able to swim 10 yards at the end of the program.

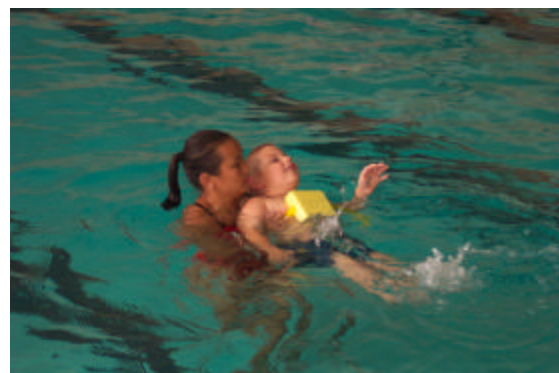
## Level 3:

Children ages 6-16 can enjoy this swim program while improving and refining their skills. Swimmers must be able to swim 25 yards on front and back.

**Fee (All classes):** \$28 per child per session  
**Location:** Charles Town Athletic Club

## YOUTH SWIMMING SCHEDULE

	Session I Sundays 1/7-1/28	Session II Sundays 2/11-3/4	Session II Fridays 3/23-4/20 (no class 4/6)	Session III Sundays 3/25-4/22 (no class 4/8)	Session IV Fridays 4/27-5/18	Session IV Sundays 4/28-5/20
Parent/Child (3-36 mo.)	# 101 5:00-5:30 p.m.	# 107 5:00-5:30 p.m.	#113 5:30-6:00 p.m.	#118 5:00-5:30 p.m.	#124 5:30-6:00 p.m.	#129 5:00-5:30 p.m.
Pre-School 1 (3-5 years)	————	————	#114 6:05-6:35 p.m.	————	#125 6:05-6:35 p.m.	————
	#102 5:40-6:10 p.m.	#108 5:40-6:10 p.m.	#115 6:40-7:10 p.m.	#119 5:40-6:10 p.m.	#126 6:40-7:10 p.m.	#130 5:40-6:10 p.m.
Pre-School 2 (3-5 years)	#103 5:00-5:30 p.m.	#109 5:00-5:30 p.m.	#116 7:20-7:50 p.m.	#120 5:00-5:30 p.m.	#127 7:20-7:50 p.m.	#131 5:00-5:30 p.m.
Level 1 (6-10 years)	# 104 6:15-6:45 p.m.	#110 6:15-6:45 p.m.	#117 8:00-8:30 p.m.	#121 6:15-6:45 p.m.	#128 8:00-8:30 p.m.	#132 6:15-6:45 p.m.
Level 2 (6-10 years)	#105 6:50-7:20 p.m.	#111 6:50-7:20 p.m.	————	#122 6:50-7:20 p.m.	————	#133 6:50-7:20 p.m.
Level 3 (6-16 years)	#106 7:00-7:50 p.m.	#112 7:00-7:50 p.m.	————	#123 7:00-7:50 p.m.	————	#134 7:00-7:50 p.m.



# Youth Gymnastics

Taught by Dana Cifala and Brittney Sharp, this program will teach children basic motor skills and tumbling elements. Children will be exposed to balance beams, uneven bars, vault, and trampoline. Children should wear sweat pants or shorts to be comfortable during the class. Bare-foot or dance slippers are preferred. No sock feet please! At the end of each session, parents will be invited to the last class to see what their children have learned during their session. Classes are limited so please register early. All classes are held at the JCCC.

YOUTH GYMNASTICS SCHEDULE				
Class	Day/Time	SESSION I 1/8-2/26 No Class wk of 1/15 & 2/19	SESSION II 3/5-4/13	SESSION III 4/23-6/8 No Class wk of 5/28
<b>Tumbling Into 2s</b> You will help your child develop skills while having fun. Your child will get the opportunity to go through an obstacle course, utilize motor skills, and ball skills. Prerequisite: Child must be able to walk. <b>Ages:</b> 1-2 & parent or guardian <b>Fee:</b> \$40.00 per session	Mon 10:00-10:30 a.m.	#135	#157	#179
	Tues 10:00-10:30 a.m.	#136	#158	#180
	Wed 10:00-10:30 a.m.	#137	#159	#181
	Thurs 10:00-10:30 a.m.	#138	#160	#182
	Mon 5:00-5:30 p.m.	#139	#161	#183
<b>Beginner 2-3 Year Olds</b> Parent interaction during the class is imperative. The emphasis is on having fun while developing coordination and body awareness. Children will be introduced to basic gymnastic and motor skills. <b>Ages:</b> 2-3 & parent or guardian <b>Fee:</b> \$40.00 per session	Mon 10:40-11:10 a.m.	#140	#162	#184
	Tues 10:40-11:10 a.m.	#141	#163	#185
	Thur 10:40-11:10 a.m.	#142	#164	#186
	Mon 5:40-6:10 p.m.	#143	#165	#187
	Mon 11:20-11:50 a.m.	#144	#166	#188
<b>Repeater 3-4 Year Olds</b> 3-year olds must have completed one session of the 2-3 Year Old Class, be independent, and have good listening skills. Parent interaction may be required. The class will begin to prepare children for the 4-5 Year Old class. <b>Fee:</b> \$42.00 per session.	Mon 12:00-12:45 p.m.	#145	#167	#189
	Tues 11:20-11:50 p.m.	#146	#168	#190
	Thurs 11:20-11:50 a.m.	#147	#169	#191
<b>Family Gymnastics</b> Designed for parents and their children, siblings of all ages will have the opportunity to play, learn, and help each other. Children will be exposed to basic tumbling elements, gymnastics equipment, and movement games and activities. <b>Fee:</b> \$60.00 per session	Wed 11:40 a.m.-12:25 p.m.	#148	#170	#192
<b>Beginner 4-5 Year Olds</b> Students will be introduced to basic motor skills and tumbling elements. Children will begin to learn the basics such as rolls, cartwheels, tripods, handstands, and headstands. <b>Fee:</b> \$60.00 per session	Tues 12:00-12:45 p.m.	#149	#171	#193
	Tues 6:15 -7:00 p.m.	#150	#172	#194
	Wed 10:45-11:30 a.m.	#151	#173	#195
	Thurs 12:00-12:45 p.m.	#152	#174	#196
	Thurs 4:30-5:15 p.m.	#153	#175	#197
<b>Beginner 6-10 Year Olds</b> This class is designed for children who have never taken a gymnastics class. Children will learn basic tumbling elements and gymnastic skills. They will be introduced to cartwheels, handstands, backbends, and tripods. <b>Fee:</b> \$60.00 per session	Tues 5: 15-6:00 p.m.	#154	#176	#198
	Tues 7:10-7:55 p.m.	#155	#177	#199
	Thur 5:30-6:15 p.m.	#156	#178	#200

## YOUTH GYMNASTICS (Cont'd)

Class	Day/Time	SESSION I 1/8-2/26 No Class wk of 1/15 & 2/19	SESSION II 3/5-4/13	SESSION III 4/23-6/8 No Class wk of 5/28
<b>Intermediate 5-8 Year Olds</b> Prerequisite: Completed a beginner gymnastic class and are able to do a cartwheel and a backbend. Children will concentrate on perfecting their gymnastic skills and will begin to learn round offs and walkovers. Fee: \$60.00 per session	Mon 4:00-4:45 p.m.	#201	#207	#213
	Thur 6:30-7:15 p.m.	#202	#208	#214
	Tues 4:30-5:15 p.m.	#219	#485	#486
<b>Intermediate 9-14 Year Olds</b> Prerequisite: Completed a beginner gymnastics class and are able to do a cartwheel and a backbend. Children will concentrate on perfecting their gymnastic skills and will begin to learn round offs and walkovers. Fee: \$60.00 per session	Mon 6:15-7:00 p.m.	#203	#209	#215
<b>Advanced</b> Prerequisite: Able to do standing backbends, handstands and round offs. Children will be taught how to do walkovers and handsprings. Participants will be divided into groups according to age and skill level. Fee: \$70.00 per session	Mon 7:00-8:00 p.m.	#204	#210	#216
	Thur 7:10-8:10 p.m.	#205	#211	#217
<b>Home school Gymnastics</b> This class is designed for the home-schooled student. These classes are scheduled during the day for the convenience of the home school parent and also enable the freedom of movement through the gym in a less busy atmosphere. Participants will learn and improve on basic tumbling skills and movements as well as have the opportunity to use gymnastics equipment. Fee: \$60.00 per session	Wed 1:45 –2:30 p.m.	#206	#212	#218



# Youth Dance

Our dance program is headed up by two area dance instructors that have a wide variety of experience and talent!! Our classes are geared to teach each participant the fundamentals of dance. Ballet Slippers and a leotard are recommended. Parents will be invited to attend the last class to see what their children have learned. **NO CLASS WILL BE HELD ON MONDAYS 1/15, 2/19 OR 5/28.**  
**All Locations:** JCCC, Gym  
 Lauren Doty is certified to teach by through Dance Masters of America and has been

teaching for 25 years. She is currently on the board of directors for Chapter 17 of Dance Masters of America and continues to study dance through that organization. She has lived and taught dance in Jefferson County for 15 years. "Miss Lauren" believes that children respond best to a positive, enthusiastic approach to teaching and that learning should be fun!  
 Natasha Tillman holds a degree in Dance from Hollins University where she had the opportunity to study dance from around the

globe. She has studied in Germany and Cannes, France at the International Dance Festival and Consortium on modern dance. After graduating from Hollins, Tillman moved to New York where she was part of the Ann Liv Young's dance company. Tillman still performs and hopes to enter graduate school to obtain her masters in dance.

## YOUTH DANCE SCHEDULE

Class	Age	Days/Time	Instructor	Session I (1/8-2/26)	Session II (3/5-4/13)	Session III (4/23-6/8)
<b>Tiny Tot</b> You and your toddler will begin to learn pre-ballet and tap skills as you journey through music and movement to learn body awareness, how to follow directions, and have fun. Parent participation is required. Fee: \$20.00	2-3	Mon 11:00-11:30 a.m.	Miss Lauren	220	237	254
	2-3	Tues 11:00-11:30 a.m.	Miss Lauren	221	238	255
<b>Pre-Ballet</b> This class combines the basics of ballet along with teaching rhythm and coordination. The students will grow to love the fine art of ballet. Ballet Slippers are recommended. Fee: \$30.00	4-5	Wed 4:15-5:00 p.m.	Miss Natasha	222	239	256
	4-6	Wed 5:00-5:45 p.m.	Miss Natasha	223	240	257
	4-6	Mon 11:45a.m.-12:30 p.m.	Miss Lauren	224	241	258
<b>Ballet I</b> This class combines the basics of ballet. The students will grow to love the fine art of ballet as they learn the fundamentals and learn to follow instructions and have fun. Ballet Slippers are recommended. Fee: \$30.00	6-8	Tues 5:00-6:00 p.m.	Miss Lauren	225	242	259
	6-8	Thurs 4:30-5:30 p.m.	Miss Lauren	226	243	260
	9-12	Tues 6:15-7:15 p.m.	Miss Lauren	227	244	261
	9-12	Thurs 3:30-4:30 p.m.	Miss Lauren	228	245	262
<b>Home school Ballet</b> Fee: \$30.00	6-12	Mon 1:00-2:00 p.m.	Miss Lauren	229	246	263
	6-12	Thurs 1:00-2:00 p.m.	Miss Lauren	230	247	264
<b>Combination Dance</b> The perfect introduction to dance providing instructions in the basics of ballet, jazz, tap and hip hop as well as other modern and Broadway dance favorites. Students will have fun while learning self confidence and an appreciation of the movement. Fee: \$30	6-8	Thurs 4:30-5:30 p.m.	Miss Natasha	231	248	265
	9-12	Thurs 5:30-6:30 p.m.	Miss Natasha	232	249	266
<b>Home school Combination Dance</b> Fee: \$30.00	6-12	Thurs 2:15-3:15 p.m.	Miss Lauren	233	250	267
<b>Hip Hop</b> Hip-Hop is noted for its lively, sometimes very bouncy style, and its highly energetic and expressively performed. The hip hop class will emphasize creativity, building confidence, personal expression, energy and FUN! Fee: \$30.00	6-9	Wed 5:45-6:45 p.m.	Miss Natasha	234	251	268
	10-14	Wed 6:50-7:50 p.m.	Miss Natasha	235	252	269
	10-14	Thurs 6:30-7:30 p.m.	Miss Natasha	236	253	270

# The Majestics Guard—Flag, Majorette & Pom Pom

The Majestics Guard is offering group lessons through the JCPRC. We are a performing youth group performing at a few local parades & events. For more information please contact the Majestics director at [director@majesticsguard.com](mailto:director@majesticsguard.com) or check out the website at [www.majesticsguard.com](http://www.majesticsguard.com). Your child will learn the basics on their chosen piece of equipment and practice each week to fine tune their skills and add new ones. After completion of the beginner class, your child will move to the monthly class where we will continue to build on and incorporate what we have already learned as well as learn even more! They will also learn concentration, technique, rhythm and grace. Additional classes can be added if there is enough interest from the community. ALL students must have the proper equipment to participate in this class. Each student will be required to purchase the necessary equipment 2 WEEKS PRIOR to class start. Please contact the Majestics guard for more information.

## Pom Pom

Students will learn the basic motions with pom poms, group marching, formations and performance routines. This IS NOT a cheerleading class.

## Pom Poms - Tiny Tots I- Beginner

Prerequisite: NONE, NO EXPERIENCE REQUIRED!

## Pom Poms - Tiny Tots

Prerequisite: Pom Pom Tiny Tots I (Beginner)

## Pom Poms—Junior Beginner

Prerequisite: NONE, no experience required

## Pom Poms - Junior

Prerequisite: Pom Poms Junior Beginner

## Majorette (Baton) Classes

Students will learn all the basics, including correct marching techniques! Did you know that twirling will increase your child's skill and dexterity, improve mental alertness and sharpen coordination The required equipment is a professional balanced baton, halos and practice caps.

## Flag Twirling

Students will move from the beginning level to intermediate as they progress.

## Flag Twirling - Beginner

This class is limited to those in grades 6th - 12th grade, due to the weight and height of the equipment. You will learn your positions, shoulders, presents, slams, flats and more. This course will also include marching with a flag and an introduction to spinning!

## Flag Twirling

Learn how to transition all of those basic moves you learned in the beginning class into spins & tosses.

Location: JCCC

Fee: \$25.00 per session

Equipment Fee: \$35.00 per specialty class, includes performance t-shirt (make check out to Majestic Guard)



## MAJESTICS COLOR GUARD

Class Name	Ages	Class Times	PROGRAM #				
			JAN	FEB	MAR	APR	MAY
<b>POM POMS</b>							
Tiny Tots Beginner	4-6	1:00-1:30 p.m.	#271	#279	#291	#303	#315
Tiny Tots Monthly	4-6	2:20-2:50 p.m.	#272	#280	#292	#304	#316
Junior Beginner	7-12	1:40-2:10 p.m.	#273	#281	#293	#305	#317
Junior Monthly	7-12	3:00-3:30 p.m.	#274	#282	#294	#306	#318
<b>MAJORETTE (BATON)</b>							
Tiny Tots Beginner	4-6	3:40-4:10 p.m.	#275	#283	#295	#307	#319
Tiny Tots Monthly	4-6	4:20-4:50 p.m.	No Class	#284	#296	#308	#320
Junior Beginner	7-12	5:00-5:30 p.m.	#276	#285	#297	#309	#321
Junior Monthly	7-12	5:40-6:10 p.m.	No Class	#286	#298	#310	#322
Senior Beginner	13 & up	6:20-6:50 p.m.	#277	#287	#299	#311	#323
Senior Monthly	13 & up	7:00-7:30 p.m.	No Class	#288	#300	#312	#324
<b>FLAG TWIRLING</b>							
Beginner	11 & up	7:00-7:30 p.m.	#278	#289	#301	#313	#325
Monthly	11 & up	7:40-8:10 p.m.	No Class	#290	#302	#314	#326



## Martial Arts

Tang Soo Do is a Korean style, combat martial art centered on high kicks and powerful punches. David Winslow, certified Tang Soo Do instructor, will be offering programs for ages 7-adult. Students are coached to achieve progressively more difficult goals tailored to their individual physical abilities. A supply fee for uniform cost should be paid to the instructor on the first night of class, \$30.00 for children and \$35.00 for adults.

**Location:** JCCC Gym

### Tang Soo Do Hu Sin Sil – Level 1

This beginner class focuses on developing stamina, flexibility, and self-discipline.

**Program #:** 327  
**Fee:** \$80.00  
**Ages:** 7 & up  
**Day (s):** Mondays & Wednesdays  
**Date (s):** January 3-February 21  
 (NO CLASS 1/15 or 2/19)  
**Time (s):** 6:00-7:00 p.m.

**Program #:** 328  
**Fee:** \$80.00  
**Ages:** 7 & up  
**Day (s):** Mondays & Wednesdays  
**Date (s):** January 3-February 21  
 (NO CLASS 1/15 or 2/19)  
**Time (s):** 7:00-8:00 p.m.

### Tang Soo Do Hu Sin Sil – Level II

This intermediate to advanced class focuses on developing stamina, flexibility, and self-discipline.

**Program #:** 329  
**Fee:** \$80.00  
**Ages:** 7 & up  
**Day (s):** Mondays & Wednesdays  
**Date (s):** March 5-April 25  
**Time (s):** 6:00-7:00 p.m.

**Program #:** 330  
**Fee:** \$80.00  
**Ages:** 7 & up  
**Day (s):** Mondays & Wednesdays

**Date (s):** March 5-April 25  
**Time (s):** 7:00-8:00 p.m.

## Youth Tennis

### Tennis Lessons

In these beginner classes, students ages 6-12, will be introduced to the basics of tennis-including eye-hand coordination, volleys, groundstroke, the serve, and keeping score. The class will combine fun and games with focus on proper form.

**Location:** South Jefferson Park

**Program #:** 331  
**Fee:** \$28.00  
**Ages:** 6-8  
**Day (s):** Saturdays  
**Date (s):** April 7-28  
**Time (s):** 10:00-11:00 a.m.

**Program #:** 332  
**Fee:** \$28.00  
**Ages:** 9-12  
**Day (s):** Saturdays  
**Date (s):** April 7-28  
**Time (s):** 11:15 a.m.-12:15 p.m.

**Program #:** 333  
**Fee:** \$28.00  
**Ages:** 6-8  
**Day (s):** Saturdays  
**Date (s):** May 5-26  
**Time (s):** 10:00-11:00 a.m.

**Program #:** 334  
**Fee:** \$28.00  
**Ages:** 9-12  
**Day (s):** Saturdays  
**Date (s):** May 5-26  
**Time (s):** 11:15 a.m.-12:15 p.m.

### Indoor Tennis Lessons

These brand new tennis classes will offer children the opportunity to practice their tennis skills all winter long. These classes will be held at the JCCC. Participants ages 6-12 will be introduced to the basics of tennis-including eye-hand coordination, volleys, groundstroke, the serve, and keeping score.

**Location:** JCCC Gym

**Program #:** 335  
**Fee:** \$28.00  
**Ages:** 6-8  
**Day (s):** Fridays  
**Date (s):** January 19– February 9  
**Time (s):** 5:00-5:45 p.m.

**Program #:** 336  
**Fee:** \$28.00  
**Ages:** 9-12  
**Day (s):** Fridays

**Date (s):** January 19– February 9  
**Time (s):** 4:00-4:45 p.m.

**Program #:** 337  
**Fee:** \$28.00  
**Ages:** 6-8  
**Day (s):** Fridays  
**Date (s):** February 23-March 16  
**Time (s):** 5:00-5:45 p.m.

**Program #:** 338  
**Fee:** \$28.00  
**Ages:** 9-12  
**Day (s):** Fridays  
**Date (s):** February 23-March 16  
**Time (s):** 4:00-4:45 p.m.

## Youth Archery

These beginner classes are for youth ages 8-12. Youth are encouraged to participate in this introduction to the sport of archery. This sport can be rewarding, life long activity, which helps to develop self-confidence and discipline. This course is designed to acquaint the beginner archer with basics in care of use of equipment. All equipment is provided. In the event of inclement weather please call (304) 728-9044.

**Fee:** \$28.00 per session  
**Ages:** 8-12  
**Location:** Sam Michael's Park, Maintenance Building

### Beginner I

**Program #:** 339  
**Day (s):** Saturdays  
**Date (s):** April 7-28  
**Time (s):** 9:00-10:00 a.m.

**Program #:** 340  
**Day (s):** Saturdays  
**Date (s):** May 12-June 2  
**Time (s):** 9:00-10:00 a.m.

### Beginner II

**Program #:** 341  
**Day (s):** Saturdays  
**Date (s):** April 7-28  
**Time (s):** 10:15-11:15 a.m.

**Program #:** 342  
**Day (s):** Saturdays  
**Date (s):** May 12-June 2  
**Time (s):** 10:15-11:15 a.m.

## Pre-School Activities

### Preschool Socialization

This class is perfect for your pre-schooler to socialize with other children in a safe and fun

environment. In this class, your child may sing silly songs with movement and music, color, cut, paste/glue, building with blocks, finger paint, read stories, making snacks, preschool science and indoor gym.

**Program #:** 343  
**Fee:** \$25.00  
**Ages:** 3-5  
**Day (s):** Tuesdays  
**Date (s):** January 16-February 5  
**Time (s):** 1:00-2:00 p.m.  
**Location:** JCCC, Preschool Room

### Busy in the Kitchen

In this class children will mix, stir, measure, pour, or spread. Children will create a snack and then taste what they make.

**Program #:** 344  
**Fee:** \$25.00  
**Ages:** 3-5  
**Day (s):** Thursdays  
**Date (s):** February 1-22  
**Time (s):** 1:00-2:00 p.m.  
**Location:** JCCC, Preschool Room

### Preschool Science

Children will explore science through a variety of fun projects.

**Program #:** 345  
**Fee:** \$7.00  
**Ages:** 3-5  
**Day (s):** Tuesday  
**Date (s):** February 27  
**Time (s):** 1:00-2:00 p.m.  
**Location:** JCCC, Preschool Room

### Preschool Sock Hop

Children are invited to wear your favorite crazy socks and enjoy music, dancing, socialization, and a snack.

**Program #:** 346  
**Fee:** \$7.00  
**Ages:** 3-5  
**Day (s):** Thursday  
**Date (s):** January 25  
**Time (s):** 1:00-2:00 p.m.  
**Location:** JCCC, Preschool Room

### Social Emotional Skills

Children will learn to "use their words," role play situations, come up with their own solutions and have fun while making new friends.

**Program #:** 347  
**Fee:** \$25.00  
**Ages:** 3-5  
**Day (s):** Thursdays  
**Date (s):** March 8-29  
**Time (s):** 1:00-2:00 p.m.

**Location:** JCCC, Preschool Room



### Indoor Playground

This activity for children ages 1-5 will allow your child to explore a variety of obstacles on their own. Slides, teeter-totters, climbing toys, mats, mini basketball hoops and multi-sized balls and more are available to allow young children plenty of room to run and play in a non-confining environment. **Adults are responsible for supervising the children they bring.** The playground is open on Friday mornings from 9:00 a.m.-10:30 a.m. beginning January 5th– April 27th. Please no more than three children per adult. Any preschools or other large groups, please call (304) 728-3207 in advance to let us know you are coming or to schedule your own time. Fee: \$5 per child.

### Evening Indoor Playground

This activity for children ages 1-5 will allow your child to explore a variety of obstacles on their own. Slides, teeter-totters, climbing toys, mats, mini basketball hoops and multi-sized balls and more are available to allow young children plenty of room to run and play in a non-confining environment. **Adults are responsible for supervising the children they bring.** The evening playground is open from 5:00 p.m.-6:30 p.m. on the following dates: 1/12, 1/26, 2/9, 2/23, 3/9, 3/23, 4/13, 4/27. Please no more than three children per adult. Any preschools or other large groups, please call (304) 728-3207 in advance to let us know you are coming or to schedule your own time. Fee: \$5 per child.

### Finger-paint Play Date

Children love to get their hands messy! Join us as we explore the fun of finger painting and allow children to express their own creativity and individuality. Make sure to wear old clothing and prepare to get messy. Parents are welcome to join in on the fun.

**Program #:** 348  
**Fee:** \$5.00 per child  
**Ages:** 3-5  
**Day (s):** Tuesday  
**Date (s):** March 13

**Time (s):** 1:00-1:45 p.m.  
**Location:** JCCC, Preschool Room

**Program #:** 349  
**Fee:** \$5.00 per child  
**Ages:** 3-5  
**Day (s):** Friday  
**Date (s):** March 9  
**Time (s):** 6:00-6:45 p.m.  
**Location:** JCCC, Preschool Room

### Play Dough Play Date

Play dough can keep your child entertained for hours. We will be making play dough from scratch, which can be used to create shapes with your cookie cutters, rolling pins, and more. Your child will be able to color his or her own portion of dough to take home. Parents are welcome to join their child in this class.

**Program #:** 350  
**Fee:** \$5.00 per child  
**Ages:** 3-5  
**Day (s):** Tuesday  
**Date (s):** April 3  
**Time (s):** 1:00 p.m.-1:45 p.m.  
**Location:** JCCC, Preschool Room

### Parachute Play

Create ripples and waves using rhythmic parachute play. This new and exciting program combines fun with rhythm and muscular development.

**Program #:** 351  
**Fee:** \$5.00 per child  
**Ages:** 3-5  
**Day (s):** Thursday  
**Date (s):** April 5  
**Time (s):** 1:00-1:45 p.m.  
**Location:** JCCC, Gym



### Princess Tea Party

Does your daughter want to be a princess? Let her dreams come true as we indulge your little princess. Girls ages 3-5 should come dressed in their favorite princess dress and enjoy an afternoon snack and tea. We will watch a princess movie and create our own tiaras. Moms or Dads are welcome to join us!

**Program #:** 352  
**Fee:** \$7.00  
**Ages:** 3-5  
**Day (s):** Friday  
**Date (s):** January 26  
**Time (s):** 6:00-7:00 p.m.  
**Location:** JCCC, Preschool Room

**Program #:** 353  
**Fee:** \$7.00  
**Ages:** 3-6  
**Day (s):** Tuesday  
**Date (s):** April 10  
**Time (s):** 1:00-2:00 p.m.  
**Location:** JCCC, Preschool Room

### Super Hero Party

Come dressed up as your favorite super hero and enjoy being served a super snack while watching a super hero movie.

**Program #:** 354  
**Fee:** \$5.00 per child  
**Ages:** 3-6  
**Day (s):** Friday  
**Date (s):** March 23  
**Time (s):** 2:00-4:00 p.m.  
**Location:** JCCC, Pre-school Room

### Once Upon a Story

In this class children will be introduced to stories old and new. The activities include Art, Language, Movement, and Music-all relating to the story of the day. Some of the books may include Little Red Riding Hood and the Big Brown Bear.

**Program #:** 355  
**Fee:** \$20.00  
**Ages:** 3-5  
**Day (s):** Tuesdays  
**Date (s):** May 1-22  
**Time (s):** 1:00 -2:00 p.m.  
**Location:** JCCC, Preschool Room

### Colors, Shapes, Numbers, & Finger Plays

This 4 week class for children ages 3-5 and a parent teaches your pre-schooler the basics. We will learn a different color, shape, number and finger play each week. Also, we will play musical instruments, listen to a short story and learn each others names. Come with your child and get them off on a positive step toward learning while interacting with other children.

**Program #:** 356  
**Fee:** \$25.00  
**Ages:** 3-5  
**Day (s):** Tuesdays  
**Date (s):** April 12-May 3  
**Time (s):** 1:00-2:00 p.m.  
**Location:** JCCC, Preschool Room

### Crazy Concoctions

Kids love to create, and in this class we will make an instant volcano, slime, foam, and homemade ice cream!

**Program #:** 357  
**Fee:** \$7.00  
**Ages:** 3-5  
**Day (s):** Tuesday  
**Date (s):** March 6  
**Time (s):** 1:00-2:00 p.m.  
**Location:** JCCC, Preschool Room

### Teddy Bear Pajama Picnic

Wear your favorite P.J.'s, and bring your favorite stuffed animal, as we read "Teddy Bear Picnic", make a craft, and have our very own picnic!

**Program #:** 358  
**Fee:** \$7.00  
**Ages:** 3-6  
**Day (s):** Tuesday  
**Date (s):** January 16  
**Time (s):** 1:00-2:00 p.m.  
**Location:** JCCC, Preschool Room

### Parent & Preschooler Art Class

Paint! Be Creative! Get Messy! Together with parents or grandparents, preschoolers will make festive winter crafts and projects.

**Program #:** 359  
**Fee:** \$12.00  
**Ages:** 3-5  
**Day (s):** Thursday  
**Date (s):** January 11  
**Time (s):** 1:00-2:00 p.m.  
**Location:** JCCC, Preschool Room

### Mom's Afternoon Out

Have errands to run and no time to do it? Drop your pre-schooler off to have an afternoon filled with movies, games, crafts, play, and more.

**Program #:** 360  
**Fee:** \$10.00  
**Ages:** 3-5  
**Day (s):** Tuesday  
**Date (s):** February 20  
**Time (s):** 12:30-2:30 p.m.  
**Location:** JCCC, Preschool Room

### Holiday Crafts

Bring your pre-schooler out for an afternoon craft. Your child will enjoy making various crafts while socializing with others.

**Fee:** \$5.00 per child per craft  
**Ages:** 3-5  
**Location:** JCCC, Preschool Room

### Valentine's Craft

**Program #:** 361

**Day (s):** Tuesday  
**Date (s):** February 13  
**Time (s):** 1:30-2:30 p.m.

**Program #:** 362  
**Day (s):** Saturday  
**Date (s):** February 10  
**Time (s):** 10:00-11:00 a.m.

### Saint Patrick's Day Craft

**Program #:** 363  
**Day (s):** Tuesday  
**Date (s):** March 6  
**Time (s):** 1:30-2:30 p.m.

**Program #:** 364  
**Day (s):** Saturday  
**Date (s):** March 10  
**Time (s):** 10:00-11:00 a.m.

### Easter Craft

**Program #:** 365  
**Day (s):** Tuesday  
**Date (s):** March 27  
**Time (s):** 1:30-2:30 p.m.

### Pre-K Music Play

For tots ages 16-36 months, with parent. Take the first steps on a fun and informal journey of musicianship studies through percussion, rhymes, singing games and simple movement. These music-making activities naturally encourage the development of basic musical skills.

**Program #:** 366  
**Fee:** \$10.00  
**Ages:** 4-6  
**Day (s):** Thursdays  
**Date (s):** 3:30-4:15 p.m.  
**Time (s):** 10:00-11:00 a.m.  
**Location:** JCCC, Preschool Room

### Fun shop-Tots

Build up and enhance the self esteem and creativity in your child. This class is intended to help children learn about and appreciate some of the ways people are alike and different. Through lessons, children explore six concepts – comparing, acceptance, listening, understanding, kindness, and cooperation—through art, literature, math, science, play, music, and movement.

**Program #:** 367  
**Fee:** \$10.00  
**Ages:** 3-5  
**Day (s):** Thursdays  
**Date (s):** May 10-31  
**Time (s):** 1:30-2:30 p.m.  
**Location:** JCCC, Preschool Room

### Birds of a Feather

Learn what makes a bird a bird through

costumes, crafts, and a hike! Children will see and feel bird nests, feathers and explore the park in search of birds! Be sure to dress in outdoor attire. Parents are encouraged to participate. Offered in partnership with the Potomac Valley Audubon Society.

**Location:** Sam Michaels Park Pavilion  
**Fee:** \$5.00 per child per session  
**Ages:** 3-5

**Program #:** 368  
**Day (s):** Saturday  
**Date (s):** March 31  
**Time (s):** 10:00-11:00 a.m.

**Program #:** 369  
**Day (s):** Wednesday  
**Date (s):** April 25  
**Time (s):** 2:00-3:00 p.m.

### Incredible Insects, Splendid Spiders

Compare and contrast insects and spiders with costumes, games, and a hike! After learning about these "creepy crawlies," we will explore the park in search of these tiny creatures. Be sure to dress in outdoor attire. Parents are encouraged to participate. Offered in partnership with the Potomac Valley Audubon Society.

**Location:** JCCC  
**Fee:** \$5.00 per child per session  
**Ages:** 3-5

**Program #:** 370  
**Day (s):** Wednesday  
**Date (s):** May 16  
**Time (s):** 2:00-3:00 p.m.

**Program #:** 371  
**Day (s):** Saturday  
**Date (s):** May 19  
**Time (s):** 10:00-11:00 a.m.

---

## Youth Exercise, Sports & Leagues

---

### Indoor Soccer

Join us as we offer this brand new indoor soccer league for children ages 5-12. Games will be played on Saturday mornings beginning January 6. Fee: \$60 per child. Call the JCPRC Office at 304-728-3207 or email rkeelor@frontiernet.net for more info.

### Fitness for Kids

Designed for children ages 3-5, this is a creative movement class which uses props such as balls, scarves, hoops, music and imagination. The class will help children develop motor skills, flexibility, memory skills, strength, coordination, body awareness and a

positive attitude toward fitness.

**Program #:** 372  
**Fee:** \$35.00 per child per session  
**Ages:** 3-5  
**Day (s):** Friday  
**Date (s):** February 2-March 9  
**Time (s):** 4:00-4:45 p.m.  
**Location:** JCCC

**Program #:** 373  
**Fee:** \$35.00 per child per session  
**Ages:** 3-5  
**Day (s):** Friday  
**Date (s):** February 2-March 9  
**Time (s):** 9:00-10:00 a.m.  
**Location:** JCCC

**Program #:** 374  
**Fee:** \$35.00 per child per session  
**Ages:** 3-5  
**Day (s):** Friday  
**Date (s):** March 23-April 27  
**Time (s):** 4:00-4:45 p.m.  
**Location:** JCCC

**Program #:** 375  
**Fee:** \$35.00 per child per session  
**Ages:** 3-5  
**Day (s):** Friday  
**Date (s):** March 23-April 27  
**Time (s):** 9:00-10:00 a.m.  
**Location:** JCCC

### Cardio Kids

Concerned about your child's activity level? Reading a lot of worrisome information regarding child obesity? Well, here's a great program that can give you peace of mind. An age appropriate exercise program set to music will allow your child to enjoy being active through a variety of games and exercise.

**Program #:** 376  
**Fee:** \$35.00  
**Ages:** 6-10  
**Day (s):** Fridays  
**Date (s):** February 2-March 9  
**Time (s):** 5:00-5:45 p.m.  
**Location:** JCCC

**Program #:** 377  
**Fee:** \$35.00  
**Ages:** 6-10  
**Day (s):** Fridays  
**Date (s):** March 23-April 27  
**Time (s):** 5:00-5:45 p.m.  
**Location:** JCCC

### Yoga for Mom & Me

This class invites children and their grownup to explore a balance of accessible yoga poses that calm and strengthen, in a playful, non competitive environment. Child-friendly

postures are chosen to build self-esteem, enhance focus and develop those all too rare qualities of patience and self-awareness. Poses are introduced in a familiar, encouraging and fun format, allowing children unconsciously at their own pace to accept and learn breathing and self-calming techniques which gradually begin to transfer to situations at home, school and play. Take advantage of this unique opportunity for enhancing your child's personal and physical path to self discovery.

**Program #:** 378  
**Fee:** \$20.00  
**Ages:** 1-2  
**Day (s):** Tuesdays  
**Date (s):** January 23-February 27  
**Time (s):** 8:45-9:15 a.m.  
**Location:** JCCC

**Program #:** 379  
**Fee:** \$25.00  
**Ages:** 3-5  
**Day (s):** Tuesdays  
**Date (s):** January 23-February 27  
**Time (s):** 9:30-10:15 a.m.  
**Location:** JCCC

**Program #:** 380  
**Fee:** \$20.00  
**Ages:** 1-2  
**Day (s):** Tuesdays  
**Date (s):** March 20-April 24  
**Time (s):** 8:45-9:15 a.m.  
**Location:** JCCC

**Program #:** 381  
**Fee:** \$25.00  
**Ages:** 3-5  
**Day (s):** Tuesdays  
**Date (s):** March 20-April 24  
**Time (s):** 9:30-10:5 a.m.  
**Location:** JCCC

**Program #:** 382  
**Fee:** \$25.00  
**Ages:** 3-5  
**Day (s):** Thursdays  
**Date (s):** January 25-March 1  
**Time (s):** 9:00-9:45 a.m.  
**Location:** JCCC

**Program #:** 383  
**Fee:** \$25.00  
**Ages:** 3-5  
**Day (s):** Thursdays  
**Date (s):** March 22-April 26  
**Time (s):** 9:00-9:45 a.m.  
**Location:** JCCC

### Bouncin Babies

A class for all your active babies and parent. Come play and have some fun with mommy or daddy. Use bean bags, balls, rattles, and

more. You can shake, rattle, and roll to exciting, lively music with tambourines, shakers, drums and other instruments.

**Program #:** 384  
**Fee:** \$20.00  
**Ages:** 1-2  
**Day (s):** Thursdays  
**Date (s):** January 25-March 1  
**Time (s):** 9:50-10:20 a.m.  
**Location:** JCCC

**Program #:** 385  
**Fee:** \$25.00  
**Ages:** 3-5  
**Day (s):** Thursdays  
**Date (s):** March 22-April 26  
**Time (s):** 9:50-10:20 a.m.  
**Location:** JCCC

## Youth Activities

### Group Voice Class

Everyone can sing! Build the necessary skills to develop your voice in this weekly, one hour voice class. Students will focus on proper breathing, posture, diction and relaxation, all through fun warm up exercises. Each student receives one-on-one time with the teacher and works on all styles of music from classical to contemporary. The choice is yours. Students perform in a recital for family and friends at the final class. A material fee of \$5.00 per person payable to the instructor at the first class.

**Program #:** 386  
**Fee:** \$50.00  
**Ages:** 8-11  
**Day (s):** Thursdays  
**Date (s):** February 1-March 22  
**Time (s):** 4:30-5:30 p.m.  
**Location:** JCCC

**Program #:** 387  
**Fee:** \$50.00  
**Ages:** 12-16  
**Day (s):** Thursdays  
**Date (s):** February 1-March 22  
**Time (s):** 5:45-6:45 p.m.  
**Location:** JCCC



### Mudworks-Pottery

Denise Kupiszewski, The Mud Peddler, has been instructing pottery classes for over ten years. She has been honored as an artist-in-residence at Boarman Arts Center and is an active member of the Shenandoah Potters Guild. In these fun new classes for youth ages 7-14 participants will have the opportunity to explore their creativity and get their hands dirty! Each Mudworks class will include a different hand built pottery project, so returning students will always do something new. In some cases participants will create two or more projects a day. Everyone will work with slab, coil, and pinch techniques. Notes: Please wear clothes that are comfortable and can get dirty! All supplies will be provided. No experience is necessary! Parents are asked to drop off their child. Unfortunately, we cannot be responsible for any items that break during the firing process.

**All Locations:** JCCC  
**Fee:** \$25.00 per session  
**Ages:** 7-14  
**Time (s):** 4:00-6:00 p.m.

Mondays 4:00-6:00 p.m.			
—	—	#393	1/22
#389	2/12	—	—
#390	3/12	#395	3/19
#391	4/9	#396	4/16
#392	5/7	#397	5/14

### Egg Extravaganza

Do your kids love to dye Easter Eggs but you don't like the mess. Bring your hard-boiled eggs to us and let us clean up. We will have a variety of egg dyes for children ages 3 and up. Adults must accompany children.

**Program #:** 398  
**Fee:** \$3.00  
**Ages:** 3 and up  
**Day (s):** Saturday  
**Date (s):** March 24  
**Time (s):** 10:00-11:00 a.m.  
**Location:** JCCC, Preschool Room

## Young Adults

**Location for all Young Adult Programs:** JCCC

### Lock in at the JCCC

Bring your sleeping bag and join your friends for a night of basketball, volleyball, movies, and more! Food from our concession stand

will be available for purchase. Pre-registration is required for this event. Young adults will not be permitted to leave unless signed out by a parent.

**Program #:** 399  
**Fee:** \$35.00  
**Ages:** 13-16  
**Day (s):** Saturday and Sunday  
**Date (s):** February 17 thru February 18  
**Time (s):** 8:00 p.m. until 8:00 a.m.

### Pizza and Basketball

Hey High School Students! Come and enjoy a night of basketball playing with friends while enjoying pizza. You must register by the Thursday before the event.

**Fee:** \$7:00 per session  
**Ages:** 14-18

Fridays 7:00-9:00 p.m.	
January 12	#400
February 9	#401
March 9	#402
April 13	#403
May 11	#404

### High School Dodge Ball Tournament

Need a way to get out some energy? Get your friends together and enter in our Dodge Ball Tournament. This will be a double elimination tournament with the winner from each match being determined in a best of 5 series.

Teams will consist of a minimum of 8 players and a maximum of 10. Eight players will play at a time. Check-in is at 8am with games beginning at 10am. Pre-registration is required by 3/31 with team member names and a team name.

**Program #** 405  
**Fee:** \$75 per team of 8-10  
**Ages:** 15-18  
**Day (s):** Saturday  
**Date (s):** April 7  
**Time (s):** 9:00 a.m. - 8:00 p.m.

### Middle School Teen Dances

The JCCC will play host to a variety of Teen Dances this winter and spring. All dances will offer middle school students that opportunity to come have fun and spend time with their friends. The concession stand will be open for teens who want to enjoy dinner at the JCCC. Dances will held the 1st Friday of each month from 7-10 p.m. Fee: \$5.00. For more information on the dances call the JCPRC office at 304-728-3207. Dance Themes for this Winter & Spring are New Years, Valentines, Saint Patrick's Day, Easter,

Masquerade Ball, and Formal.

## Adult Programs



### Mudworks-Pottery

Denise Kupiszewski, The Mud Peddler, has been instructing pottery classes for over ten years. She has been honored as an artist-in-residence at Boarman Arts Center and is an active member of the Shenandoah Potters Guild. In these new classes for adults, participants will have the opportunity to explore their creativity and get their hands dirty! Each Mudworks class will include a different hand built pottery project, so returning students will always do something new. In some cases participants will create two or more projects a day. Everyone will work with slab, coil, and pinch techniques as well as use the pottery wheel. All supplies will be provided. No experience is necessary! Unfortunately, we can't be responsible for any items that break during the firing process.

**All Locations:** JCCC, Activity Room  
**Fee:** \$25.00  
**Ages:** 15 & up

Saturday 9:30 a.m.-12:00 p.m.	
January 13	#406
February 10	#407
March 10	#408
April 7	#409
May 5	#410

### Introduction to Scrapbooking

Join representatives of Creative Memories for a beginners scrapbooking class and photo organization tips. All materials are provided as well as opportunities to customize and build your own scrapbooking collections. Participants should bring 6-8 photos of your choice. Participants will have the opportunity to make a card to get started.

**Program #:** 411  
**Fee:** \$5.00  
**Ages:** 18 & up  
**Day (s):** Thursday  
**Date (s):** February 22  
**Time (s):** 7:00-8:30 p.m.  
**Location:** JCCC, Activity Room

### Scrapbooking

Love to scrapbook but don't have the space? Join us and representatives of Creative Memories for this fun scrapbooking class. Not only will you learn scrapbooking techniques, but you will get to spend time with your friends and make new ones. All materials are provided as well as opportunities to customize and build your own scrapbooking collections. Participants should bring photos of a recent event or related theme.

**Program #:** 412  
**Fee:** \$10.00  
**Ages:** 18 & up  
**Day (s):** Friday  
**Date (s):** March 9  
**Time (s):** 6:00-9:00 p.m.  
**Location:** JCCC, Activity Room

### Intro to Beading

Let's make some beautiful bracelets and earrings for special gifts or just something special for yourself. This two hour class will introduce the beginning beader to bead stringing, types of stringing materials, beads, findings and tools. All supplies and tools will be provided.

**Program #:** 413  
**Fee:** \$15.00  
**Ages:** 18 & up  
**Day (s):** Thursday  
**Date (s):** March 15  
**Time (s):** 10:00 a.m.-12:00 p.m.  
**Location:** JCCC, Activity Room

### Stress Reduction Workshop for Women

Mary Beth Mayhall will be offering this workshop for women, on a monthly basis, who want to learn more about how to create a space in their lives for themselves. The class will focus on stress awareness exercises and techniques to promote inner calm and relaxation. Mary Beth has her Masters in Counseling and has practiced in the field for eight years. Additional dates will be added as needed.

**Program #:** 414  
**Fee:** \$40.00  
**Day (s):** Saturday  
**Date (s):** February 10  
**Time (s):** 10:00 a.m.-1:00 p.m.  
**Location:** JCCC

### Parents Night Out:

Enjoy a fun night out without the kids! Go to dinner, see a movie, go shopping, or just relax while your children (ages 6-12) enjoy games and activities at the JCCC. Once in the center, they must remain until they leave for the evening and cannot come and go during this time. The night includes movies, dances, board and table games, basketball and more. Pre-registration is required by the Wednesday before the event. Please have your children eat dinner before they come or pick them up something to eat and bring it along.

**Program #:** 415  
**Fee:** \$7 per child  
**Ages:** 6-12  
**Day (s):** Saturday  
**Date (s):** January 20  
**Time (s):** 7:00-11:00 p.m.

### Garden Plots

Want to start your own vegetable garden but just don't have the place to do it? We can help. Rent your own 20' x 20' foot garden. Some restrictions will be placed on pesticides and fertilizers. Access to the plots will be available during Sam Michael's Park hours. Spots will be available starting the first week in April and will run through October. Spots are on a first come first serve basis.

**Program #** 416  
**Fee:** \$25.00  
**Ages:** All  
**Day:** All  
**Date:** April 1– October 31  
**Time:** Park Hours

## Fitness for Adults

### Adult Drop in Volleyball

Come on down to the gym and join us for our new adult drop-in volleyball program. We will open the gym on Thursday nights from 7:00-9:00 p.m. for all your gym rats that need a place to come and play. \$3.00 drop in fee per week.

**Program #:** 417  
**Fee:** \$2.00 per person  
**Ages:** 18+  
**Day (s):** Wednesdays  
**Date (s):** January 10-April 25  
**Time (s):** 8:00-10:00 p.m.

### Fitness Assessment

Want to get fit but not sure where to begin? Our certified staff will assist and motivate you to improve your health and maximize your fitness level. You will receive one-on-one instruction to develop a fitness program that

will meet your goals. Call the JCPRC office at (304)728-3207 for more information.

### Walking for Fitness

Our Walking for Fitness program has returned. This time our program will run for 24 weeks and will begin on January 8<sup>th</sup> and will run through June 10<sup>th</sup>. This program is designed to meet the needs of a busy lifestyle by allowing participants to walk when it best suits them. Keep track of your own laps and earn rewards as you go. Incentives range from water bottles to sweat shirts and beyond. Fee includes admittance to our fitness seminars. Fee: \$30.00.

### Get Pumped!

This new addition to our fitness program is designed to get you in our weight room and get you in-shape. This program runs much like our Walking for Fitness program by allowing participants to come and exercise when they want to. Keep track of your hours logged in the gym and earn rewards for your efforts. This program will run for 24 weeks starting January 8<sup>th</sup> and ending June 10<sup>th</sup>. Fee also includes free admittance to our fitness seminars. Fee: \$35.00.

### Fitness Seminars

The JCPRC will offer a two-part health and fitness seminar designed to better inform the community on current issues and answer questions related to personal and family health and fitness. The programs will feature Richard Keelor, Ph.D., formerly Director of Program Development for the President's Council on Physical Fitness & Sports. Dr. Keelor promises, "My presentations are designed to help people 'connect the dots' between the science of exercise and health promotion to achieve practical application in the lives of busy individuals and families."

**Fee:** \$10.00  
**Ages:** All  
**Location:** JCCC

### Shape-Up for Spring

The spring season is just around the corner and millions of Americans are looking forward to getting out of doors more regularly and perhaps losing a few "winter pounds." Come join Richard Keelor, Ph.D. to explore how you can design a personalized program of physical activity to maximize your investment in time and energy for optimal results. Dr. Keelor explains, "All exercise is not equal..." and will show you "...how to balance stretching, aerobics and strength conditioning." Dr. Keelor says, "Once you understand these concepts, your chances of success are greatly enhanced. Then, let me show you how to make it more fun."

**Program #:** 418  
**Day:** Saturday  
**Date (s):** March 10  
**Time (s):** 2:00-4:00 p.m.

### The Truths and Myths about Fat-Loss, Diets, and Exercise

Few topics create more confusion than fat-loss, dieting, body shaping, and proper exercise, Richard Keelor, Ph.D., will answer all your questions and provide a unique insight regarding why most diets fail. Dr. Keelor explains, "Building a fat-burning body is not rocket science...but it's very easy to lose confidence. This often leads to perpetual failure." Dr. Keelor says, "This two-hour session will destroy a number of myths that keep many people stuck in a repetitive cycle of despair and hopelessness."

**Program #:** 419  
**Day:** Saturday  
**Date (s):** April 14  
**Time (s):** 2:00-4:00 p.m.

### Dance for Fitness

This brand new class will focus on toning and flexibility based on basic ballet exercises including abs work. Participants will also learn a fun Jazz dance combination. No prior dance experience is needed. Wear comfortable clothing and tennis shoes.

**Location:** JCCC, Gym  
**Fee:** \$30.00 per session  
**Ages:** 18 & up

**Program #:** 420  
**Day (s):** Tuesdays  
**Date (s):** January 9-February 13  
**Time (s):** 11:45 a.m.-12:30 p.m.

**Program #:** 421  
**Day (s):** Tuesdays  
**Date (s):** February 27-April 3  
**Time (s):** 11:45 a.m.-12:30 p.m.

**Program #:** 422  
**Day (s):** Tuesdays  
**Date (s):** April 17-May 22  
**Time (s):** 11:45 a.m.-12:30 p.m.

### Low Impact Aerobics/Muscle Conditioning

This motivating, low impact, high energy cardiovascular workout is appropriate for the novice and senior exerciser. Class consists of thirty minutes of cardio and a thirty minute conditioning and flexibility component.

**Location:** JCCC  
**Fee:** \$35.00 per session  
**Ages:** 18 & up

Monday & Wednesday 5:45-6:45 p.m.	
January 8-February 7 (no class 1/15 & 1/17)	#423
February 26-March 21	#424
April 2-April 30 (no class 4/18)	#425
May 2-June 4 (no class 5/16 & 5/28)	#426

### Cardio Kickboxing/Muscle Conditioning

Join us for a high energy workout! You will learn the basic moves of kickboxing the first 30 min. of class. We will teach the proper technique and safety of kicking, striking, and punching. The final 30 min. consists of conditioning and flexibility. Get ready to sweat! Great for all fitness levels. Low & High Impact will be taught.

**Location:** JCCC  
**Fee:** \$35.00 per session

Monday & Wednesday 9:45-10:45 a.m.	
January 8-February 7 (no class 1/15 & 1/17)	#427
February 26-March 21	#428
April 2-April 30 (no class 4/18)	#429
May 2-June 4 (no class 5/16 & 5/28)	#430

### Yoga

Become more balanced and flexible, mentally and physically. In this class, you will learn gentle Yoga postures and meditation. Learn how to relax and focus, and how to calm yourself. Please bring a yoga mat to class.

**Location:** JCCC  
**Fee:** \$35.00

Tuesday 5:45-6:45 p.m.	
January 9-February 3	#431
February 13-March 10	#432
March 20-April 14	#433
April 24-May 14	#434

### Pilates

Using your core, Pilates strengthens, lengthens, and tones our whole body. Our well trained instructors will take you through the first 10 moves and beyond. Firm abdominal muscles with mat exercises and the use of a variety of props.

**Location:** JCCC, Gym  
**Fee:** \$35.00 per session

NO Class 1/15, 1/17, 4/18, 5/16, 5/28	Beginner 9:45-10:30 a.m.  Mon & Wed	Intermediate 9:00-9:45 a.m.  Mon & Wed
January 9- February 1	#435	#436
February 13- March 8	#437	#438
March 20-April 12	#439	#440
April 24-May 17	#441	#442

	Beginner 7:00-7:45 p.m.  Tues & Thur	Intermediate 7:00-7:45 p.m.  Mon & Wed
January 9- February 1	#443	#444
February 13- March 8	#445	#446
March 20-April 12	#447	#448
April 24-May 17	#449	#450

Proper stretching and nutrition will also be addressed.

**Location:** JCCC  
**Fee:** \$35.00

Monday & Wednesday 10:45-11:30 a.m.	
January 8-February 7 (no class 1/15 & 1/17)	#454
February 26-March 21	#455
April 2-April 30 (no class 4/18)	#456
May 2-June 4 (no class 5/16 & 5/28)	#457

## 55 & Older

### Senior Programming Board

Help start up new programs...help set up events...you know what you want to do...tell us!! This is an opportunity for you to voice your opinions and suggestions on what activities and services that you would like to have offered. We will meet the first Monday of each month from 12:00-1:00 p.m. at the JCCC. A light lunch will be provided. Please call the JCPRC office at (304)728-3207 to sign up.

### Once Upon a Story

We are looking for seniors to join us in bringing joy to kids! Children love books and love to hear stories. Come read and share your favorite books and memories with our pre-school. Call the JCPRC Office at (304) 728-3207 to sign up!

### Senior Balance, Strength & Mobility

This class is designed for seniors to work on range of motion and balance to improve daily living. Improve balance, strength mobility and muscle tone through a variety of safe exercises.

**Location:** JCCC

**Program #:** 458  
**Fee:** \$20.00  
**Day (s):** Tuesday & Thursday  
**Date (s):** January 9-February 3  
**Time (s):** 9:00-9:45 a.m.

**Program #:** 459  
**Fee:** \$20.00  
**Day (s):** Tuesday & Thursday  
**Date (s):** February 13-March 10  
**Time (s):** 9:00-9:45 a.m.

**Program #:** 460  
**Fee:** \$20.00  
**Day (s):** Tuesday & Thursday  
**Date (s):** March 20-April 14

**Time (s):** 9:00-9:45 a.m.

**Program #:** 461  
**Fee:** \$20.00  
**Day (s):** Tuesday & Thursday  
**Date (s):** April 24-May 14  
**Time (s):** 9:00-9:45 a.m.

### Senior Social Brown Bag Lunch

Spend time with friends and enjoy lunch, games, crafts, and more! You bring the food and we will have a variety of games and activities planned for you.

**Location:** JCCC

**Program #:** 462  
**Fee:** \$2 per person  
**Ages:** 55 and older  
**Day (s):** Friday  
**Date (s):** January 19  
**Time (s):** 11:00 a.m.-1:00 p.m.

**Program #:** 463  
**Fee:** \$2 per person  
**Ages:** 55 and older  
**Day (s):** Friday  
**Date (s):** February 16  
**Time (s):** 11:00 a.m.-1:00 p.m.

**Program #:** 464  
**Fee:** \$2 per person  
**Ages:** 55 and older  
**Day (s):** Friday  
**Date (s):** March 16  
**Time (s):** 11:00 a.m.-1:00 p.m.

**Program #:** 465  
**Fee:** \$2 per person  
**Ages:** 55 and older  
**Day (s):** Friday  
**Date (s):** April 20  
**Time (s):** 11:00 a.m.-1:00 p.m.

**Program #:** 466  
**Fee:** \$2 per person  
**Ages:** 55 and older  
**Day (s):** Friday  
**Date (s):** May 18  
**Time (s):** 11:00 a.m.-1:00 p.m.

### Senior Bingo

Come and enjoy your friends for a friendly game of bingo and win great prizes.

**Fee:** \$0.50 per card  
**Ages:** 55+  
**Day (s):** Wednesdays  
**Date (s):** 2/7,3/7,4/4, 5/2  
**Time (s):** 2:00-3:00 p.m.  
**Location:** JCCC

### Game Time

Get together with friends and play some of your favorite board and card games such as

### Zumba Fitness

Zumba Fitness is a Latino influenced dance style class that combines high energy moves and dance combinations that are designed to make your workout fun and make you feel great!! No prior dance experience is necessary. Wear comfortable clothing and sneakers.

**Location:** JCCC, Gym  
**Fee:** \$30.00  
**Ages:** 18 & up

**Program #:** 451  
**Day (s):** Thursdays  
**Date (s):** January 11-February 15  
**Time (s):** 5:00-6:00 p.m.

**Program #:** 452  
**Day (s):** Thursdays  
**Date (s):** March -April 5  
**Time (s):** 5:00-6:00 p.m.

**Program #:** 453  
**Day (s):** Thursdays  
**Date (s):** April 19-May 24  
**Time (s):** 5:00-6:00 p.m.

### Group Indoor Walk & Run

This class will teach you the proper technique for walking and running. All fitness levels will be taught. We will teach you how to monitor your heart rate and get to your target zone.

checkers, chess, hearts, and dominos. Please register in-advance.

**Program #** 467  
**Fee:** \$5.00  
**Ages:** 55+  
**Day (s):** Sunday  
**Date (s):** April 15  
**Time (s):** 2:00-4:00pm  
**Location:** JCCC

### Mudworks-Pottery

Denise Kupiszewski, The Mud Peddler, has been instructing pottery classes for over ten years. She has been honored as an artist-in-residence at Boarman Arts Center and is an active member of the Shenandoah Potters Guild. In these fun new classes for adults ages 15 & up, participants will have the opportunity to explore their creativity and get their hands dirty! Each Mudworks class will include a different hand built pottery project, so returning students will always do something new. In some cases participants will create two or more projects a day. Everyone will work with slab, coil, and pinch techniques as well as use the pottery wheel. Notes: Please wear clothes that are comfortable and can get dirty! All supplies will be provided. No experience is necessary! Unfortunately, we cannot be responsible for any items that break during the firing process.

**Location:** JCCC, Activity Room

**Program #:** 468  
**Fee:** \$20.00  
**Ages:** 55 & up  
**Day (s):** Saturday  
**Date (s):** January 20  
**Time (s):** 9:30 a.m.-12:00 p.m.

**Program #:** 469  
**Fee:** \$20.00  
**Ages:** 55 & up  
**Day (s):** Saturday  
**Date (s):** February 17  
**Time (s):** 9:30 a.m.-12:00 p.m.

**Program #:** 470  
**Fee:** \$20.00  
**Ages:** 55 & up  
**Day (s):** Saturday  
**Date (s):** March 17  
**Time (s):** 9:30 a.m.-12:00 p.m.

**Program #:** 471  
**Fee:** \$20.00  
**Ages:** 55 & up  
**Day (s):** Saturday  
**Date (s):** April 14  
**Time (s):** 9:30 a.m.-12:00 p.m.

---

---

## Special Events

---

---

### Community Center Indoor Yard Sale

Spring Cleaning? Join us on Saturday, April 28th from 8:00 a.m.– 2:00 p.m. for our community yard sale at the JCCC. The JCPRC will provide the tables and advertisement for the event. Advertisements will be placed in the Buyer's Guide, Journal, Spirit of Jefferson and the Herald. Your booth space size is approximately 5'x16', \$25 charge per space is required to help pay for expenses. Call the JCPRC office at 728-3207 for more info.

### 1st Annual Eastern Panhandle BBQ Cook Off

Sat. May 19, 2006 at Sam Michaels Park. Kick off the grilling season by showing off your best cooking. Show off your best half chicken, beef brisket, and pork spare ribs (no baby back or county cut). Cash prizes for winners. Chefs' entry Fee: \$75. Non-Chefs \$3 at the gate. Pre-registration is required by May 14th. Call JCPRC for details at 728-3207.

### Breakfast with Peter Cottontail

Join us this year as we celebrate Easter and have breakfast with Peter Cottontail himself! In addition to a continental breakfast, children will have the opportunity to make an Easter craft and get their picture taken with the Easter Bunny. All children must be accompanied by an adult. Fee: \$7/child (includes food, craft, and picture), \$3/adult (lunch only).

**Program #:** 472  
**Fee:** \$7.00/child-\$3/adult  
**Ages:** All  
**Day (s):** Saturday  
**Date (s):** March 31  
**Time (s):** 9:00 -11:00 a.m.  
**Location:** JCCC, Activity Room

### Easter Egg Hunt

Join us again this year for our annual Easter Egg Hunt. This year's event will feature more than 3000 eggs hidden for children of all ages.

**Program #:** 473  
**Fee:** \$3 per child  
**Ages:** All  
**Day (s):** Saturday  
**Date (s):** April 7  
**Time (s):** 1:00 p.m.  
**Location:** Sam Michael's Park

---

---

## For the Family

---

---

### C&O Antietam Creek to Harpers Ferry Bike Trip

Take a ride with friends from Antietam Creek to Harpers Ferry along the C&O. We will park at the Antietam Creek parking area, ride to Harpers Ferry, and spend time enjoying Harpers Ferry, and then return. Fee covers Harpers Ferry entry fee. Participants must supply own bike and supplies. Children under the age of 16 must be accompanied by an adult. Pre-registration is required.

**Program#:** 474  
**Fee:** \$7  
**Ages:** All  
**Day (s):** Saturday  
**Date (s):** May 12  
**Time (s):** 9:00 a.m. 6:00pm

### Geocaching/GPS Treasure Hunt

If you're looking for an exciting new way to enjoy both time with your family and the outdoors, try your hand at geocaching! Join us as we explore this new "treasure hunting" activity by learning about the GPS systems while searching for caches at Sam Michael's Park. If you are new to the activity, we will have some GPS units available or if you're an old pro bring your unit and knowledge with you.

**Program #:** 475  
**Fee:** \$10.00 per family  
**Day (s):** Saturday  
**Date (s):** May 19  
**Time (s):** 9:00-11:00 a.m.  
**Location:** Sam Michael's Park

### Family Fun Night

Bring the family out for an evening of fun. Participants will have the opportunity to play games (basketball, volleyball, and board games) and socialize. Entry fee covers all games and activities. Register early so we can create an exciting experience for all participants. Refreshments will be available for purchase.

**Program #:** 476  
**Fee:** \$7.00/person  
\$20.00/family of 4  
**Ages:** All ages (10 and under with parent supervision)  
**Day (s):** Saturday  
**Date (s):** February 3  
**Time (s):** 7:00-9:00 p.m.  
**Location:** JCCC

### Spaghetti Dinner

Come and enjoy a night of great spaghetti and French bread. While at the community center enjoy basketball, volleyball, and much more. Pre-registration is required by the Wednesday before the event.

**Location:** JCCC  
**Program #:** 477  
**Fee:** \$7  
**Ages:** All ages  
**Day (s):** Sunday  
**Date (s):** February 11  
**Time (s):** 6:00-8:00 p.m.

**Program #:** 478  
**Fee:** \$7  
**Ages:** All ages  
**Day (s):** Sunday  
**Date (s):** April 15  
**Time (s):** 6:00-8:00 p.m.

### Family Fun Night and Ice Cream Sundae Party at the JCCC

Bring the family out for an evening of fun. Participants will have the opportunity to play games (basketball, volleyball, and board games) and socialize. Entry fee covers all games and activities. Register early so we can create an exciting experience for all participants. Registration fee includes trips to our ice-cream sundae bar. Other refreshments will be available for purchase. Pre-registration is required for this event.

**Program #** 479  
**Fee:** \$20/Family or \$7/Person  
**Ages:** All  
**Day (s):** Saturday  
**Date (s):** March 24  
**Time (s):** 6:00-9:00 p.m.  
**Location:** JCCC

### A Dog Day Afternoon

Come and enjoy chatting with friends while letting your dogs play. This is a free program.

**Program #:** 480  
**Fee:** Free  
**Ages:** All  
**Day (s):** Saturday  
**Date (s):** April 28  
**Time (s):** 2:00-5:00 pm  
**Location:** Sam Michaels Park

### Cinco De Mayo Celebration

Bring your favorite traditional Mexican dish as we celebrate Cinco de Mayo.

**Program #:** 481  
**Fee:** \$5.00  
**Ages:** All  
**Day:** Saturday  
**Date:** May 5  
**Time:** 6:00-9:00 p.m.  
**Location:** JCCC

### Astronomy for Everyone

Join Dr. Jason Best of the Shepherd University Observatory in an exploration of

the universe. Using the night sky as a backdrop, you will learn about the history of astronomy from ancient to modern times and current issues and events in astronomy. Particular focus will be placed on the solar system and the stars. Tools for surveying the constellations will be provided. Courses will be held rain or shine.

**Program #** 482  
**Fee:** \$20.00  
**Ages:** All  
**Day:** Saturday  
**Date:** March 31  
**Time:** 9:00-10:00 p.m.  
**Location:** Morgan's Grove Park

**Program #** 483  
**Fee:** \$20.00  
**Ages:** All  
**Day:** Saturday  
**Date:** April 28  
**Time:** 9:00-10:00 p.m.  
**Location:** JCCC

### New Year's Resolution Hike

Need a great way to kick off that New Year's Resolution? Come and enjoy us for a great walk around beautiful Sam Michael's Park.

**Program #** 484  
**Fee:** \$3:00  
**Ages:** All  
**Day (s):** Saturday  
**Date (s):** January 6  
**Time (s):** 12:00-1:00 p.m.  
**Location:** Sam Michael's Park

---

---

## Coming this Summer

---

---

### Summer Play Camps

The JCPRC will again be sponsoring Summer Play Camps at Morgan's Grove Park and Wright Denny Elementary School. Each site will be supervised by trained staff and will offer a variety of recreational opportunities for your child this summer. This program is designed for children ages 5-12. Camp will run Monday-Friday from 8:30 a.m.-4:00 p.m. Camp dates are June 11-August 10 with no camp the week of July 4. Fee: \$65 per week. Additional fees apply for field trips, special events, and a Camp T-shirt.

### Summer Sport Camps

The JCPRC will be hoding a wide variety of summer camps including Soccer, Basketball, Volleyball, Tennis, and more this summer at the JCCC. Please check in April for dates and times.

### Bus Trips

The JCPRC is planning a variety of bus trips for the spring and summer seasons. Do you have a place you would like to visit? Give us a call and let us know.

### Fireworks

The JCPRC and local businesses with be sponsoring a Fireworks Display for Independence Day on Saturday, July 30 at Sam Michael's Park. Donations are being accepted. If you would like to contribute, call the JCPRC office at (304) 728-3207.

### Summer Gospel Fest & Hog Roast

The JCPRC will be sponsoring their annual Summer Gospel Fest on Saturday, June 2. The event will be held at Sam Michael's Park in the Jefferson County Community Center. Please call the JCPRC office in March for more information.

---

---

## Geo-Caching... In the Parks

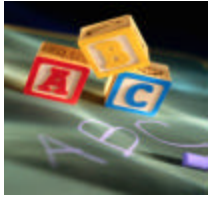
---

---

The sport where you are the search engine. Geo-caching is an entertaining adventure game for GPS users. Participating in a cache hunt is a good way to take advantage of the wonderful features and capability of a GPS unit. The basic idea is to have individuals and organizations set up caches all over the world and share the locations of these caches on the internet. GPS users can then use the location coordinates to find the caches. Once found, a cache may provide the visitor with a wide variety of rewards. All the visitor is asked to do is if they get something they should try to leave something for the cache. There are various caches set up throughout the park system, at locations such as Morgan's Grove Park, Sam Michael's Park, and more. Not sure how to get started? JCPRC has set up some learning caches just for you!! Units are available for rent by calling the JCPRC Office at 304-728-3207. Fee \$12.00 per day or \$20.00 for the weekend.



## Play & Learn Pre-school



Directed by Cheryl Craigo, our brand-new preschool is designed for children ages 3-5 as of September 1, 2006 and will be held in the activity room of the new JCCC. Space is limited so call early to reserve your spot.

An excellent preschool program that focuses on cognitive, language, physical and social-emotional development. Your child is encouraged to be an active participant by learning about his/her world through a variety of hands-on experiences with his/her peers including:

- Housekeeping
- Story time
- Music/Movement
- Cooking & Science
- Phonics
- Calendar & Weather
- Circle Time
- Art & Science
- Snack
- Field Trips
- Gymnastics
- Free Play

**General Information:** Children enrolled in the program get priority over new enrollments. The child must be toilet-trained. Call NOW to get your child on the waiting list for 2007-2008.

A detailed program brochure is available at the JCCC front desk. Pre-school begins on September 5, 2006 and ends on May 25, 2007. Morning & Afternoon Times are available.



## A Call for Instructors...

We are looking for instructors to teach arts & crafts, fitness, photography, and other specialty programs to seniors, adults, and children. If you have a talent you would like to share, give us a call at 728-3207. Bring in some extra money doing something you love to do and choose your own hours.

## Picnic Shelters

Have a party, reunion, wedding or picnic at one of the five picnic shelters available in our county parks. Shelters range in size to accommodate 20-200 people and are equipped with grills and electricity. Reservations for 2007 begin in January. Please call the JCPRC office at (304) 728-3207 for reservations.



## A Call for Volunteers

The Jefferson County Parks and Recreation Commission is seeking interested individuals to volunteer their time in the JCCC. Volunteer Opportunities are available in reception, programs, special events, and more!! Interested persons can call the JCPRC office at (304) 728-3207 for more information or to sign up!



## Adopt a Spot

Looking for a volunteer opportunity for your group or organization?

Help beautify your county parks by adopting a spot. Develop and maintain flowerbeds, pick up trash, paint signs, and make benches and tables. Groups will be recognized in our Program Guide.

Please call the JCPRC office at (304) 728-3207 for more information.