

Lynchburg Parks & Recreation

# Activity Guide

Summer 2013  
May - August



... *endless possibilities*



[www.LynchburgVA.gov/ParksAndRec](http://www.LynchburgVA.gov/ParksAndRec)

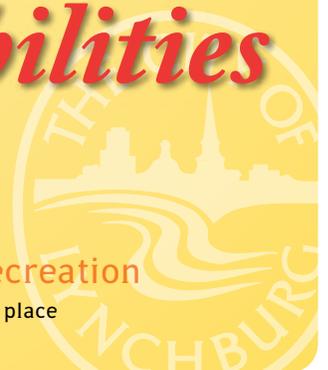


434.455.5858



[facebook.com/LynchburgParksAndRecreation](https://facebook.com/LynchburgParksAndRecreation)

The Lynchburg Parks & Recreation Facebook page is the best place to get updates on classes and activities. Like our page today!



# Parks and Recreation Offices Relocated

**MAILING ADDRESS: 301 GROVE ST, LYNCHBURG, VA 24501**  
(STAFF PHONE NUMBERS AND EMAIL ADDRESSES REMAIN THE SAME.)

Due to extensive renovations to the Miller Center, the Customer Service Desk, staff offices, classes, clubs and the Lynchburg office of the Virginia Cooperative Extension Service have relocated. We anticipate returning to a beautiful, renovated facility in mid-year, 2014. Please bear with us during this transition.

## PARKS AND RECREATION TEMPORARY OFFICE LOCATIONS

### PARKS AND RECREATION MAIN OFFICES (434) 455-5858

*Customer Service Desk, Administrative staff, Director, Park Services and Special Events Coordinator*

**2704 Concord Turnpike** (Former Region 2000 Administration and Shop Buildings)  
Office Hours: Monday–Friday, 8:30 am–5:00 pm

### ATHLETICS, AQUATICS AND NATURE ZONE

**825 Kemper Street** (Historic Kemper Street Station)  
*Call for an appointment: Athletics (434) 455-5849 or Naturalist (434) 455-5828*  
See Nature Zone ad on page 9.

### CENTER PROGRAM SUPERVISORS, RECREATION SERVICES MANAGER AND VOLUNTEER COORDINATOR

**525 Taylor Street** (Water Filtration Plant)  
*Call for an appointment. See directory below.*

### VIRGINIA COOPERATIVE EXTENSION SERVICE OFFICES (434) 455-3740

**2348 Lakeside Drive**  
Office Hours: Monday–Friday, 8:00 am–5:00 pm  
*To get up-to-date information on the Miller Center renovations “Like Us” on Facebook and/or go to: [www.LynchburgVA.gov/ParksAndRec](http://www.LynchburgVA.gov/ParksAndRec).*

## DIRECT NUMBERS ARE LISTED BELOW FOR YOUR CONVENIENCE

Athletics - Adults.....	Ron Martin .....	(434) 455-5873
Athletics/Aquatics .....	Maggie Mace .....	(434) 455-5882
Athletics - Youth .....	Joanna Nisbet .....	(434) 455-5884
Banner Permits.....	Sharon Brown .....	(434) 455-5871
Community Market .....	Jennifer Kennedy .....	(434) 455-4486
Centers - City-Wide .....	Allyson McSwain.....	(434) 455-5837
Centers - Neighborhood .....	Charlotte Lester.....	(434) 455-5857
Nature Zone.....	Laura Rogers .....	(434) 455-5878
Park Management.....	Andrew Reeder.....	(434) 455-5876
Recreation Manager .....	Benita Ripley .....	(434) 455-5877
Special Event Permits.....	Sharon Brown .....	(434) 455-5871
Templeton Senior Center.....	Lynn Fox .....	(434) 455-4115
Volunteer Coordinator .....	Paula Tannenbaum .....	(434) 455-5886

### RENTALS:

Armory.....	Mark Reasor.....	(434) 455-5875
Athletic Fields.....	Maggie Mace.....	(434) 455-5882
Aviary .....	Mark Reasor.....	(434) 455-5875
Miller Park Pool .....	Joanna Nisbit.....	(434) 455-5884
Neighborhood Centers.....	Mark Reasor.....	(434) 455-5875
Picnic Shelters.....	Tamara Parker .....	(434) 455-5887
Stadium .....	Mark Reasor.....	(434) 455-5875

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## Parks and Recreation Customer Service

**(434) 455-5858**

Walk in:  
**2704 Concord Turnpike**  
**Lynchburg, VA 24501**

## Cancellations & Information

**(434) 455-5860**

- 1 Athletics
- 2 Arts/City-Wide Classes
- 3 Neighborhood Centers
- 4 Naturalist/Adventure
- 6 Parks
- 7 Community Market

# Aquatics—Splish Splashing Fun!

## Miller Park POOL

2100 Park Ave.

- Spiral water slide!
- Low and high diving boards
- Kiddie pool and giant mushroom with cascading water
- Lawn chairs
- Concession area
- ADA accessible

### SEASON:

Opens weekends starting June 1

Opens daily starting June 8 through August 18

### HOURS:

Monday–Saturday:  
12:00–6:00pm

Sunday:  
1:00–5:00pm

### ADMISSION COST:

(Special \$5.00 rate applies to Memorial Day)

2 & Under: Free

Youth Ages 3–15: \$2.00

*Children 10 & under must be accompanied by an adult.*

Adults Ages 16 & Up: \$3.00

Season Pass: \$50.00

Family Pass Base Rate: \$90.00

*Valid for up to 3 family members. Each additional family member is \$25.00.*

### LAP SWIM TIME

Ages 16 & Up

Great opportunity for Triathletes!

5/27–8/2

34025.201

M W Th F 6:00–7:00am

M–F 9:00–11:00am

Fee: \$55.00/LR \$40.00

## Special Events

### MEMORIAL DAY OPENING DAY CELEBRATION

Monday, May 27

12:00–6:00pm

Tickets \$5.00

Purchase tickets early to guarantee admission and avoid lines!

### MILITARY APPRECIATION DAY

Thursday, July 4

12:00–6:00pm

Show your Military I.D. for FREE admission!

*Check website for complete listing.*

## RIVERFRONT PARK FOUNTAIN

1000 Jefferson St.

Cool fountain water freshness in the park on the river.

## RIVERSIDE PARK SPRAYGROUND

2338 Rivermont Ave.

Squirting water, spitting frogs, dumping buckets, and more!

*For more fun explore the NEW playground, designed for all abilities, beside the Sprayground.*

Both Open Daily: May 1 – October 1  
11:00am–7:00pm

Free

Come have fun and remember...

- Be patient and practice common courtesy as no lifeguards on duty.
- Children must be supervised at all times.
- Appropriate attire is required.



## POOL RENTALS

*Splash, slide and dive with families, coworkers and friends!*

Miller Park Pool is available for rentals when closed to the general public. All Rentals have a two-hour minimum which includes an hour and 45 minutes of swim time.

Private rentals accepted between June 13 and mid-August.

(Note: dates subject to change).

**MAIN POOL RENTAL FEES:**  
\$90.00 per hour

**MAIN POOL & KIDDIE AREAS:**  
\$120.00 per hour

To accommodate groups exceeding 125 people, there is an additional \$30.00 per hour charge.

☑ = Online Registration Available

LR = Lynchburg Resident Discount

# Aquatics .....

## SWIM LESSONS

Choose the American Red Cross Swim Lesson that suits your needs. Individual classes are between 30 and 45 minutes in length. Each class meets a total of eight sessions, Mondays through Thursdays. Fridays are reserved for make-up days. All classes are held at the Miller Park Pool. Register by Wednesday before.

Fee \$55.00 / LR \$40.00

SWIM LESSONS	AGES	CLASS NUMBER	DATES M-TH	TIMES
PARENT & CHILD	18 months–3 years	34018.201	6/17–6/27	6:30–7:00pm
	18 months–3 years	34018.202	7/8–7/18	6:30–7:00pm
PRE-SCHOOL: LEVEL 1	3–4 years	34010.201	6/17–6/27	10:50–11:20am
	3–5 years	34010.202	7/8–7/18	10:10–10:40am
PRE-SCHOOL: LEVEL 2	3–4 years	34010.203	6/17–6/27	10:10–10:40am
	4–5 years	34010.204	6/17–6/27	7:05–7:35pm
	3–4 years	34010.205	7/8–7/18	10:50–11:20am
	4–5 years	34010.206	7/8–7/18	10:50–11:20am
	3–5 years	34010.207	7/29–8/8	10:50–11:20am
LEVEL 2: SHALLOW WATER	4–7 years	34012.201	7/8–7/18	9:20–10:00am
	4–7 years	34012.202	7/8–7/18	7:05–7:45pm
PRE-SCHOOL 3 & LEVEL 2	4–7 years	34012.203	7/29–8/8	10:00–10:40am
LEVEL 2	5–15 years	34012.204	6/17–6/27	9:40–10:25am
	6–15 years	34012.205	6/17–6/27	6:30–7:15pm
	8–15 years	34012.206	7/29–8/8	10:35–11:20am
LEVEL 2: ADVANCED	6–15 years	34012.207	6/17–6/27	10:35–11:20am
	6–15 years	34012.208	7/8–7/18	9:55–10:40am
LEVEL 3	6–15 years	34013.201	6/17–6/27	10:35–11:20am
	7–15 years	34013.202	7/8–7/18	6:30–7:15pm
LEVEL 3: ADVANCED	7–15 years	34013.203	7/8–7/18	9:00–9:45am
LEVEL 4	7–15 years	34014.201	6/17–6/27	9:40–10:25am
	8–15 years	34014.202	7/29–8/8	10:35–11:20am
ADULTS	16 years & up	34017.201	7/8–7/18	6:30–7:15pm

## Swim Lesson Descriptions

### PARENT & CHILD

Class Instructor will lead the parents as they help their child (ages 18 months-3 years) become comfortable in and around the water, begin water exploration, and help develop skills necessary for swimming readiness.

### PRE-SCHOOL: LEVEL 1

No pre-requisite skills needed. This class orients pre-school age children to the aquatic environment and helps them acquire rudimentary levels of basic aquatic skills.

### PRE-SCHOOL: LEVEL 2

Designed for 3-5 year olds who can submerge their mouth and blow bubbles for three seconds, can glide on their front and back for two body lengths, and can float on both their front and back for three seconds. All skills can be done with support.

### LEVEL 2: SHALLOW WATER

A class for younger Level 2 students who are more comfortable in shallower water. Designed for 4-7 year olds who can fully submerge their face and float on both their front and back with support.



### LEVEL 2

Fundamental Aquatic Skills – for the child who can fully submerge their face and can float on their front and back with support.

### PRE-SCHOOL 3 & LEVEL 2

A combined class of Pre-School Level 3 students and younger Level 2 students who are more comfortable in shallower water. Designed for 4-7 year olds who can fully submerge their face, glide on their front and back at least two body lengths, float on both their front and back (can be done with assistance) for at least five seconds.

Participants must also be able to swim using combined arm and leg action for three body lengths, then float for five seconds, then resume swimming on their backs this time for at least three body lengths.

### LEVEL 2: ADVANCED

Fundamental Aquatic Skills – for the child who can float unsupported on their front and back, and can perform front and back glides without support.

### LEVEL 3

Stroke Development – for the child who can float unsupported on their front and back, can swim five body lengths (assistance can be given when taking a breath), and is comfortable with deep water.

### LEVEL 3: ADVANCED

Stroke Development –for the child who can float without support on both their front and back, can swim both front crawl and elementary backstroke for at least 5 body lengths (assistance can be given when taking a breath), and is comfortable with deep water.

### LEVEL 4

Stroke Improvement – for the child who can swim both front crawl and elementary backstroke for 15 yards and can tread water or float for at least 30 seconds. This level develops the swimmers confidence in the skills learned and improves other aquatic skills.

### ADULTS

Class sizes are limited for individual attention. Swimmers of all levels are welcome to join this class.

## Learn about Our Parks and Trails

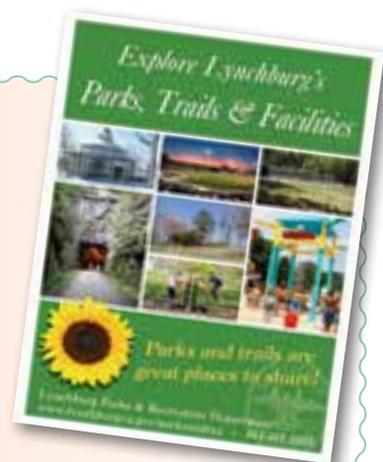
Visit the Parks and Recreation customer service desk, the Community Market, or a center and pick up your copy of *Explore Lynchburg's Parks, Trails & Facilities*.

### LYNCHBURG TRAILS

... your bicycle and walking superhighway to healthy transportation!

... Commute by trail – walk and bike to work on our greenways and bike routes.

RIDE Solutions can help you get started. Visit [www.ridesolutions.org](http://www.ridesolutions.org) to develop an alternative transportation guide targeted to meet your needs.



# Aquatics .....

## Lifeguard Training

### ✓ ARC LIFEGUARD TRAINING

Ages 15 & Up

The American Red Cross (ARC) Lifeguard Training Class teaches lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. Participants must complete a pre-course swim test and then pass a final written test and skills challenge in order to obtain certification. Times will vary by day so please check with instructor prior to class. Certifications are valid for two years. Register by Friday before.

**\$225.00 / LR \$200.00**

Miller Park Pool  
Maggie Mace

**34000.303**

Tu W Th 5/28-5/30 1:00-6:00pm

**34000.304**

Tu W Th 6/4-6/6 1:00-6:00pm

### ✓ CPR CERTIFICATION FOR LIFEGUARDS

Ages 16 & Up

Participants learn and demonstrate their technical skills and must successfully pass the written test with a minimum score of 80 for completion. Certification earned is valid for two years. Proof of previous certification required for returning guards. Space is limited. Register by Friday before.

**\$90.00 / LR \$75.00**

825 Kemper St  
Maggie Mace

**34002.101**

Tu 5/7 5:00-9:00pm

**34002.301**

Tu 5/21 5:00-9:00pm

### ✓ WATER SAFETY INSTRUCTOR (WSI) CERTIFICATION

Ages 16 & Up

Learn to teach water safety and American Red Cross Learn-to-Swim classes. Current Lifeguard certification strongly recommended. Must pass pre-course training and swim test to receive WSI. Register by 5/22.

**\$225.00 / LR \$200.00**

Miller Park Pool  
Joanna Nisbet

**34001.201**

M-Sa 6/3-6/8 2:00-7:00pm



### ✓ JR. LIFEGUARD TRAINING

Ages 13-15

Want to be a lifeguard but not yet 15? Start working on your skills now! This class will prepare young teens to complete and pass the American Red Cross lifeguard training certification class. Learn basic rescue skills, first aid, and pool safety. Register by 7/12.

**\$100.00 / LR \$80.00**

Miller Park Pool  
Maggie Mace

**34000.301**

M-F 7/15-7/19 10:00-11:30am

## Summer Camp— Register Now!

- See page 25 for Camp Registration Form.
- Complete a Summer Camp Registration Form for each camper, photocopies accepted. Additional copies are available at Recreation Centers and [www.lyncburgva.gov/parksandrec](http://www.lyncburgva.gov/parksandrec)
- Mail in: return form and payment, check or money order, made payable to City of Lynchburg Send to: Lynchburg Parks & Recreation Department, 301 Grove St, Lynchburg, VA 24501
- Walk in: registration form and payment accepted at the Lynchburg Parks & Recreation Customer Service Desk, 2704 Concord Turnpike or your nearest Recreation Center, Monday-Friday except City holidays.
- Proof of age/residency/guardianship may be required.
- Need-based financial assistance may be available to qualified applicants.

## Adventure Camps



### ✓ YOUNG NATURALIST CAMP

Ages 6-8

Campers discover the wonders of nature each day through hands on lessons, games, hikes and fishing. Register by 6/17.

**\$75.00 / LR \$50.00**

Ivy Creek Park  
Kathie Driscoll

**54001.202**

M-F 6/24-6/28 9:30-11:30am

# Summer Camps

## FAIRVIEW eXtreme

Ages 6–11

This high energy eXtreme camp is back with archery and pickleball being new additions! Returning are the classic weekly trips to the Miller Park Pool, outdoor adventures, tennis workshops, arts, hikes, and excursions to popular city destinations. Campers acquire an appreciation for fitness, teamwork, nature, and learn new life skills. Water Balloon Battleship, camper designed obstacle course and wacky science experiments are some of the wild and crazy activities campers can expect. Register early! This camp at the Fairview Center fills early! Lunch included.

**\$120.00 / LR \$80.00 per session**

Session 1

**63200.220**

M–F 6/3–6/28 12:00–6:00pm

Session 2

**63200.230**

M–F 7/8–8/2 12:00–6:00pm

## SUMMER ADVENTURE CAMP

Ages 9–12

NEW extended hours include play time before and after camp! Canoeing, hiking, geocaching, outdoor adventure games, camping and survival skills, field trips and more... does camp get any more adventurous than this? We dare ya to find out! Enjoy a pizza party and Miller Park Pool on the last day of camp! Register by 7/26.

**\$195.00 / LR \$130.00**

Ivy Creek Park  
Amber Buck

**54001.201**

M–F 8/5–8/9 8:30am–5:30pm



## Sports Camps

### FOR BOYS - SKILLS & DRILLS

Ages 8–10

Boys can enhance their sports skills with basketball, flag football, soccer, and tennis drills. Practice ball handling, footwork, speed, agility, and eye hand coordination. Register by 6/3.

**\$75.00 / LR \$50.00**

Jefferson Park Center

**62200.202**

M–F 6/10–6/14 8:30am–5:30pm

### FOR GIRLS - SKILLS & DRILLS

Ages 8–10

This Skills and Drills is designed to enhance girls' skills with basketball, conditioning, soccer, and tennis drills. Practice ball handling, footwork, speed, agility, and eye hand coordination. Register by 8/5.

**\$75.00 / LR \$50.00**

Jefferson Park Center

**62201.203**

M–F 8/12–8/16 8:30am–5:30pm

### TENNIS CAMPS

See Tennis Section on pages 18–19 for additional tennis camps, clinics and classes.

## Transportation Camps

### TRANSPORTATION CAMP

Ages 12–16

Explore the city – by foot, on wheels, with a ticket, and in a canoe. Gain independence as you learn your way around with maps, tickets, and schedules. Meet new people, see new places, and discover new ways to travel. Register by 5/24.

**\$75.00 / LR \$50.00**

Daniel's Hill Center

**67200.202**

M–F 6/3–6/7 8:30am–5:30pm

### TRANSPORTATION CAMP, JR.

Ages 8–10

Discover the city – by foot, on wheels, with a ticket, and in a canoe. Gain confidence as you learn your way around with maps, tickets, and schedules. Meet new people, see new places, and discover new ways to travel. Register by 7/29.

**\$75.00/ LR \$50.00**

Daniel's Hill Center

**67201.203**

M–F 8/5–8/9 8:30am–5:30pm



### SUMMER AT THE CENTER

Ages 6–11

During Summer at the Center, campers explore the season with warm weather activities led by center staff, guest instructors, and neighborhood guides. Play in the shade, cool off in the pool, meet new friends, express yourself in art, try your hand at crafts, and sample a variety of summer sports and games. Discover treasures in the neighborhood, in the parks, and beyond. Lunch included. Register one week prior.

**\$120.00 / LR \$80.00 per Session**

#### FULL-DAY – SESSION 1

M–F 6/3–6/28 8:30am–5:30pm

Register by May 24

**66200.201** Diamond Hill Center

**64200.201** Yoder Center

#### FULL-DAY-SESSION 2

M–F 7/8–8/2 8:30am–5:30pm

Register by July 1

**66200.202** Diamond Hill Center

**64200.202** Yoder Center

#### HALF-DAY

M–F 6/25–8/2 12:00am–5:30pm

Register by June 17

**67200.201** Daniel's Hill Center

**62200.201** Jefferson Park Center

= Online Registration Available

LR = Lynchburg Resident Discount

# Preschool



## ✓ WEE WILD GANG: MAYDAY

Ages 2-5

Hail, the gang's all here for a special wee wild adventure at Ivy Creek Park! Come and explore nature and discover how plants and animals use warning signs to stay alive. Register by 5/6.

**\$11.00 / LR \$7.00**

Ivy Creek Park  
Kathie Driscoll

54003.201  
W 5/8 10:00-11:30am

## ✓ WEE WILD SPROUTS: FUN WITH FISH

Ages 2-3

Toddlers will discover how fun fish can be through games and exploration. Wee might even meet a few of these playful pisces. Register by 6/10.

**\$11.00 / LR \$7.00**

Ivy Creek Park  
Kathie Driscoll

54003.203  
W 6/12 10:00-11:00am



## ✓ WEE WILD SPROUTS: A HUNTING WE WILL GO!

Ages 2-3

Have you ever caught a tiger or a rhinoceros? Wee mean beetles, of course. Come on this special safari to hunt for these mini beasts and more! Register by 8/12.

**\$11.00 / LR \$7.00**

Ivy Creek Park  
Kathie Driscoll

54003.207  
W 8/14 10:00-11:00am

## ✓ WEE WILD ONES: FUN WITH FISHING

Ages 4-5

Our wee wild ones will have a chance to "wet a line" at this very hands on activity. Register by 6/9.

**\$11.00 / LR \$7.00**

Ivy Creek Park  
Kathie Driscoll

54003.202  
Tu 6/11 10:00-11:30am

## ✓ WEE WILD ONES: THE WALK

Ages 4-5

Wonder what it's like to walk under the sea? Wee will search for SpongeBob's lost episode "The Walk" at Ivy Creek Park. Register by 7/7.

**\$11.00 / LR \$7.00**

Ivy Creek Park  
Kathie Driscoll

54003.204  
Tu 7/9 10:00-11:30am

## ✓ WEE WILD ONES: A HUNTING WEE WILL GO!

Ages 4-5

Have you ever caught a tiger or a rhinoceros? Wee mean beetles, of course. Come on this special safari to hunt for these mini beasts and more! Register by 8/11.

**\$11.00 / LR \$7.00**

Ivy Creek Park  
Kathie Driscoll

54003.206  
Tu 8/13 10:00-11:30am

## ✓ WEE WILD SPROUTS: THE WALK

Ages 2-3

Wonder what it's like to walk under the sea? Wee will search for SpongeBob's lost episode "The Walk" at Ivy Creek Park. Register by 7/8.

**\$11.00 / LR \$7.00**

Ivy Creek Park  
Kathie Driscoll

54003.205  
W 7/10 10:00-11:00am

# BIRTHDAY PARTIES!

*Birthday Parties limited to 12 people total. Call The Nature Zone for more details at 455-5828.*



## CANOE ADVENTURE BIRTHDAY PARTIES

April - October

Hit the water for your child's birthday! Party includes a brief orientation to canoeing, a ride around Ivy Creek Park's Clemmons Lake, and of course a few paddling games! Cake, drinks and goody bags are enjoyed back on shore.

Ages 8 & Up

**\$145.00 / LR \$130.00**

## ANIMAL SAFARI OR DINOSAUR SAFARI THEMED CHOICES

Available Year Round

Looking for a "WILD" birthday experience for your little explorer or preschooler?

Search no further than The Nature Zone's Animal Safari OR Dinosaur Safari birthday parties!

Explore the nature center, join in a live animal or dinosaur program, play an animal or dino-game, or enjoy a puppet show.

The Grand Finale - birthday cake, drinks and a goody bag - one for each "party animal"!

Ages 3-4

**\$115.00 / LR \$100.00**

Ages 5 & Up

**\$140.00 / LR \$125.00**

*After-School Programs*



**AFTER-SCHOOL PROGRAM**

*In The Neighborhoods*

Ages 6-17

Each of the neighborhood centers provides an After-School Program which contributes to a healthy, active, and educated community – providing a safe and engaging environment for youth to explore a rich variety of recreational and educational activities during the after-school period. The program focuses on arts, academics, and active play with routine visits from the “Y on Wheels” Activity Bus. Register your child on site at the neighborhood center.

M-F 5/1-5/24 3:00-6:00pm

65500.300 College Hill Center

67500.300 Daniel’s Hill Center

66500.300 Diamond Hill Center

62500.300 Jefferson Park Center

64500.300 Yoder Center

**FAIRVIEW eXtras**

*Serving Youth City-Wide*

Ages 6-17

After-school activities provided for children in a safe, supervised and fun atmosphere. Fairview eXtras offers a variety of enriching activities including: free play, homework assistance, nutritious snacks and structured programs from cultural arts to athletics. We pride ourselves on educating our youth to be healthy, active and involved in the community. Visits from the “Y on Wheels” Activity Bus also scheduled. Register monthly and pay on site by the first meeting day of the month.

**\$15.00 / LR \$10.00**

Fairview Center

63100.150

M-F 5/1-5/22 3:30-6:30pm



**Y ON WHEELS**

Parks and Recreation is excited to welcome the YMCA as a partner expanding healthy and active activities in our **After-School Programs** and **Summer Camps**. The “Y on Wheels” Activity Bus will bring fun, high energy activities in addition to nutrition training to these groups. Contact the center near you to learn when the bus will be visiting.



*Where exploring the wonders of nature is a natural connection!*

**Located in the historic Kemper Street Station.  
Hours of operation vary seasonally.**

[www.LynchburgVA.gov/ParksAndRec](http://www.LynchburgVA.gov/ParksAndRec)

The Nature Zone offers something for everyone in the family! Spark your imagination with our interactive displays... meet some “wild” animals... play with toys, puzzles and more at our “Kids’ Corner”... and browse our extensive collection of animal mounts, featuring local birds, snakes, insects and a few exotic visitors! Don’t forget to check out our gift shop!

**SPRING HOURS (THROUGH MAY 31)**

- Wednesdays, 3:00 pm - dusk
- Fridays, 12:00 - 6:00 pm
- Saturdays, 10:00 am - 4:00 pm

**SUMMER HOURS (JUNE-SEPTMEBER)**

- Wednesdays, 3:00 - 9:00 pm
- Fridays, 12:00 - 6:00 pm
- Saturdays, 10:00 am - 4:00 pm

**ADMISSION**

- Kids (2-17): \$1.00
- Adults (18-49): \$2.00
- Seniors: (50+): \$1.00
- Annual Passes: \$30.00

For more information,  
Call: (434) 455-5828

E-mail: [naturezone@lynchburgva.gov](mailto:naturezone@lynchburgva.gov)

“Like” The Nature Zone

**COMING THIS SUMMER!**  
**MINI NATURE CENTER**  
Highlighting our native wetland and aquatic habitats the **Cabin at Ivy Creek Park** is being transformed into a mini nature center. Meet live aquatic animals, experience interactive displays and join in hands-on programs! Call 455-5828 for more details!

= Online Registration Available  
LR = Lynchburg Resident Discount

# Youth

## Youth Classes & Activities

### ✔ NATURE ZONE DINO MITES

Ages 5-7

Join the club for those who love dinosaurs! Study three or four different dinosaurs each month with fun activities. Register one day prior to club date.

**\$12.00 / LR \$8.00**

Nature Zone  
Vic Fleet

**52001.205**

Tu 5/14 5:00-6:00pm

**52001.206**

Tu 6/11 5:00-6:00pm

**52001.207**

Tu 7/9 5:00-6:00pm

**52001.208**

Tu 8/13 5:00-6:00pm

### WATER WONDERS

Ages 6-16

Learn about the stages of the water cycle and explore its connection to all living things.

Daniel's Hill Center

Th 5/2-5/23 5:00-6:00pm

### MY FAVORITE LADY TEA

Ages 6 & Up

Celebrate Mother's Day by honoring the women in your life at this evening tea. Light refreshments served.

Diamond Hill Center

Th 5/9 5:30-7:00pm

### ✔ DRAWING WORKSHOP

Ages 6-12

Learn basic drawing techniques in this two-part workshop. Register by 7/30.

**\$5.00**

Fairview Center  
Cassie Vitale

**63600.201**

M W 8/12-8/14 3:30-4:30pm



### ✔ LEGO WORKSHOP

Ages 6-12

This LEGO workshop will introduce beginners to the art of building and teach experienced LEGO crafters new tricks and techniques. Register by 8/1.

**\$23.00 / LR \$15.00**

Fairview Center

**63700.201**

Th 8/8-8/15 1:00-4:00pm

### ✔ NATURE ZONE DINOPHILES

Ages 8-12

Be a dinophile! This club is for those who can't ever get enough of those fantastic Mesozoic beasts. Members get a new set of fact sheets each month. Register one day prior to club date.

**\$15.00 / LR \$10.00**

Nature Zone  
Vic Fleet

**52001.201**

Tu 5/7 6:00-7:30pm

**52001.202**

Tu 6/4 6:00-7:30pm

**52001.203**

Tu 7/2 6:00-7:30pm

**52001.204**

Tu 8/6 6:00-7:30pm

### ✔ BAKING BASICS

Ages 8-14

Learn how to make homemade baked goods and the secrets of being a great baker. Register by 7/30.

**\$10.00**

Fairview Center  
Cassie Vitale

**63400.201**

Tu Th 8/13-8/15 3:00-5:00pm

### PLANNING FOR THE FUTURE

Ages 12-18

An Old Dominion Job Corp representative discusses the importance of education, preparing for the future, and career planning.

College Hill Center  
John Mastroianni

Tu 5/7 5:00-6:00pm

## Outdoor Adventures

### ✔ BEAUTIFUL BATS: FACT VS. FICTION

Ages 7 & Up

Master Naturalist and bat expert, Bonnie Miles will debunk the archaic myths about bats at this not to miss presentation! Program includes night bat viewing over Clemmons Lake. Advance registration appreciated.

Ivy Creek Park  
Kathie Driscoll

**57500.203**

Sa 5/18 7:00-8:30pm



### ✔ FISHIN' 101

Ages 8 & Up

Everything you wanted to know about fishing... and more! Learn the basics and even a few tricks of the trade during this hands on workshop. All materials provided! Register by 6/17.

**\$12.00 / LR \$8.00**

Ivy Creek Park  
Win Risinger

**51003.202**

Sa 6/22 8:00-11:00am

# Adult Classes

## VIN ETCHING

Ages 18 & Up

Vehicle Identification Number (VIN) glass etching permanently marks a vehicle with its own set of fingerprints making the vehicle easily traced if stolen. Drop in, first come, first serve. Sponsored by the Virginia State Police and the Lynchburg Police Department.

Diamond Hill Center

Tu 5/28 10:00am–2:00pm

## BRIDGE CLASS, ADVANCED

Ages 18 & Up

Improve your game learning the finer points of bridge with this four week class. Previous playing experience is a must! Last class before fall. Register by 5/31.

**\$36.00 / LR \$24.00**

Templeton Center  
Ed Moldenke

74002.220

M 6/3–6/24 9:30–11:30am

## GENEALOGY 101

Ages 18 & Up

This class takes you step-by-step through the process of finding your ancestors. You will explore the evidence and clues to be found in attics, cemeteries, courthouses, and on the web to find your roots. Register by 5/31.

**\$38.00 / LR \$25.00**

Templeton Center  
Marsha Berry

74003.222

M 6/3–6/24 10:30am–12:00pm

## GETTING PAID TO TALK— VOICE ACTING

Ages 18 & Up

Learn all about voice acting used in commercials, audio books, documentaries, animation, and training materials. Listen to demos from working professionals then read and record a script with a producer's direction. Register by 8/2.

**\$18.00 / LR \$12.00**

Templeton Center  
Voice Coaches Staff

73004.240

Tu 8/6 6:00–8:30pm

## Stained Glass & Pottery

### STAINED GLASS PANEL

Ages 18 & Up

Learn to cut, grind, and solder to create a colorful window hanging. Register one week prior to first class.

**\$70.00 / LR \$55.00**

The Art Studio  
Jackson Heights Center  
720 Winston Ridge Rd  
Carter Martin

63600.211

Th 5/16–7/11 9:30–11:30am

63600.210

Th 5/23–7/11 6:30–8:30pm

63600.240

Th 8/15–10/3 6:30–8:30pm



### BEGINNING HAND BUILT & WHEEL POTTERY

Ages 18 & Up

Learn to make clay pottery using both hand forming and wheel throwing techniques. Register one week prior to first class.

**\$65.00 / LR \$50.00**

The Art Studio  
Jackson Heights Center  
720 Winston Ridge Rd  
Gail Speidell

26000.220

Tu 6/11–7/30 9:00am–12:00pm

26000.221

W 6/12–7/31 6:00–9:00pm



You are cordially invited to

## The Art Studio Open House

*New home of  
stained glass and pottery classes.*

**Wednesday, May 15, 2013**

**6:00–8:00PM**

Stained glass and pottery displays, demonstrations, hands-on clay activities and door prizes.

Refreshments served.

**BRING A FRIEND!**

Jackson Heights Center  
720 Winston Ridge Road

☑ = Online Registration Available

LR = Lynchburg Resident Discount

# Adult Classes.....

## Painting

### ✓ BEGINNING WATERCOLORS

Ages 18 & Up

Discover the basics of layering, blending and building depth in your paintings. Learn different techniques and how to correct mistakes. Beginners only. Register by 5/14.

**\$75.00 / LR \$60.00**

Templeton Center  
Betty Leary

**74401.210**

Th 5/16-6/27 6:30-8:30pm



### ✓ OIL PAINTING BASICS

Ages 18 & Up

Learn to mix colors and incorporate basic design elements as you paint a beautiful landscape. Register by Friday before.

**\$45.00 / LR \$30.00**

Templeton Center  
Rodney Laughon

**73004.210**

Tu 5/21 1:00-4:00pm

**73004.230**

Tu 8/13 1:00-4:00pm

### ✓ PAINTING IN THE PARK

Ages 18 & Up

Try your hand at painting in a fun, outdoor setting. Guided instruction, with a gifted artist, will give you a great introduction to painting with acrylics. One day class, all supplies furnished. Register by 6/12.

**\$10.00**

Peaks View Park Small Shelter  
Betty Leary

**74400.220**

Sa 6/15 9:30-11:30am

## Photography

### ✓ HOW TO USE YOUR DIGITAL CAMERA

Ages 18 & Up

Learn the basic features of your digital camera such as settings, optical versus digital zoom, and resolution. Gain helpful tips for taking better pictures and learn how to download them. Bring your camera to class.

Register by 6/5.

**\$30.00 / LR \$20.00**

Templeton Center  
LuAnn Hunt

**73004.220**

M 6/10 6:00-9:00pm

### ✓ HOW TO EDIT YOUR DIGITAL PHOTOS

Ages 18 & Up

Learn how to edit your digital photos with free photo editing software. Learn to correct color, change to black and white, add text, touch up images, crop, resize, and store photos online. Optional: bring your own photos on a jump drive to edit. Register by 7/31.

**\$30.00 / LR \$20.00**

Information Technology Center  
3550 Young Pl  
LuAnn Hunt

**73004.241**

M 8/5 9:00-11:00 am

## Dance

### ✓ ADULT BALLET

Ages 18 & Up

Stay in shape through the art of classical ballet! Work on flexibility, dance terminology, dance technique, and musicality. Register by 5/10.

**\$60.00 / LR \$45.00**

Templeton Center  
Arielle Bielicki

**74101.210**

M 5/13-6/24 6:00-7:30pm

### ✓ OLD SCHOOL "ROCK N' ROLL" LINE DANCING

Ages 18 & Up

Have fun doing Shag-style line dances to music from the 50s and 60s. Receive step-by-step instructions and handouts for each dance. No class on 6/18. Register by 5/13.

**\$25.00 / LR \$17.00**

Templeton Center  
Linda Parker

**74100.210**

Tu 5/14-6/25 7:15-8:15pm

### ✓ TRIBAL BELLY DANCE

Ages 18 & Up

Celebrate the beauty, grace and natural power of the female form and the importance of the female tribal community. Learn the fundamental elements of tribal-style belly dance. Must register at Mind Body Studio.

**\$40.00 / six classes**

Mind Body Studio  
311 Rivermont Ave  
(434) 528-1100  
Nancy McAndrew

**27103.253**

M 6/4-7/8 7:30-8:30pm

**27103.254**

M 7/15-8/19 7:30-8:30pm

**27103.255**

M 8/26-9/30 7:30-8:30pm

## Health & Fitness



### ZUMBA EXERCISE CLASS

Ages 18 & Up

An exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music. No class 5/27. Register and pay monthly.

**\$33.00 / LR \$22.00**

Templeton Center

**74208.211**

M W 5/1-5/29 5:00-5:45pm

**74208.221**

M W 6/3-6/26 5:00-5:45pm

**74208.231**

M W 7/1-7/31 5:00-5:45pm

**74208.241**

M W 8/5-8/28 5:00-5:45pm

### ZUMBA AT NOON

Ages 18 & Up

A great cardio workout using interval training with easy to follow dance moves to upbeat Latin rhythms. Register and pay monthly.

**\$33.00 / LR \$22.00**

Templeton Center

**74208.210**

Tu Th 5/2-5/30 12:00-12:45pm

**74208.220**

Tu Th 6/4-6/27 12:00-12:45pm

**74208.230**

Tu Th 7/2-7/30 12:00-12:45pm

**74208.240**

Tu Th 8/1-8/29 12:00-12:45pm

### ZUMBA AT FAIRVIEW

Ages 18 & Up

Move your feet to a Latin beat for a fun cardio workout that will tone and trim your body. Register monthly.

**\$33.00 / LR \$22.00**

Fairview Center

Jamey Love

**63300.212**

Tu Th 5/2-5/30 6:00-6:45pm

**63300.222**

Tu Th 6/4-6/27 6:00-6:45pm

**63300.232**

Tu Th 7/2-7/30 6:00-6:45pm

**63300.242**

Tu Th 8/1-8/29 6:00-6:45pm



### COMMUNITY YOGA I

Ages 18 & Up

Learn fundamental techniques of Vinyasa (flow) Yoga such as: breathing, postures, alignment, safe transitions, and meditation. Must register at Mind Body Studio.

**\$40.00**

Mind Body Studio

311 Rivermont Ave

(434) 528-1100

Mike Cundiff

**271001.235**

Tu 6/4-7/9 6:00-7:00pm

**271001.236**

Tu 7/16-8/20 6:00-7:00pm

**271001.240**

Tu 8/27-10/1 6:00-7:00pm

### COMMUNITY YOGA II

Ages 18 & Up

Learn the fundamentals of Vinyasa (flow) Yoga. Including breathing, postures, alignment, safe transitions, and meditation techniques. Must register at Mind Body Studio.

**\$40.00**

Mind Body Studio

311 Rivermont Ave

(434) 528-1100

Mike Cundiff

**271001.238**

Th 6/6-7/11 6:00-7:00pm

**271001.239**

Th 7/18-8/22 6:00-7:00pm

**271001.240**

Th 8/29-10/3 6:00-7:00pm

### LIFESTYLE & WEIGHT MANAGEMENT

Ages 18 & Up

Learn the natural way! Topics covered: food diets, appropriate types of exercise, building support systems, and lifestyle management to keep the extra pounds off. Must register at Mind Body Studio.

**\$40.00**

Mind Body Studio

311 Rivermont Ave

(434) 528-1100

Mike Cundiff

**27103.220**

W 6/5-7/10 4:30-5:30pm

**27103.230**

W 7/17-8/21 4:30-5:30pm

**27103.240**

W 8/28-10/2 4:30-5:30pm

## INSTRUCTORS WANTED!

Do you have a special interest or life skill you are willing to share as a volunteer or for payment? Instructors are wanted to teach a variety of classes in Arts, Pottery, Stained Glass, Ceramics, Theatre, Fitness, Dance, Life Skills and more. Must be 18 years old. To learn more how you can share your passion with others, call Allyson McSwain (434) 455-5837 or email [allyson.mcswain@lynchburgva.gov](mailto:allyson.mcswain@lynchburgva.gov)

# Special Interest Groups.....

## Fairview Center

3621 Campbell Ave  
(434) 847-1751



Get involved! A variety of special interest groups meet regularly at the Fairview Center. Groups are traditionally for fifty-plus citizens; space permitting, younger adults are always welcome. Many activities are citizen led, no registration is required and most are free or have nominal fees.

### 50-PLUS BILLIARDS

Two tables are available for recreational billiards.

Mondays, Wednesdays & Fridays  
9:30am-1:00pm



### 50-PLUS TENNIS

Start your morning with fresh air and some friendly unstructured tennis competition. Weather permitting.

Wednesdays & Fridays  
10:00am

### BRIDGE GROUP

Like to play bridge? Foursomes meet other enthusiasts weekly. Come and enjoy bridge in this laid back atmosphere.

Mondays  
9:30am-11:30am

### CERAMICS CLUB

Join ceramic enthusiasts twice a week for open studio time. You select the project and paint/glaze it to your liking.

**\$5.00 Monthly Fee, payable onsite**

Wednesdays & Fridays  
9:30am-12:00pm

### COMPUTER TIME

Don't let your fear of the unknown keep you from exploring the world of computers. Center computers are available for public use at no charge. Need assistance, staff may be able to help with the basics. Call (434) 847-1751 to check availability of staff assistance.

Wednesdays & Fridays  
9:30am-1:00pm

### GAME ENTHUSIASTS- WHAT'S YOUR GAME?

Whether it's Kings in the Corner, Skip-Bo, Dominoes, or some other game, join other game enthusiasts for some fun!

Wednesdays & Fridays  
9:30am-12:00pm

### GEM & MINERAL CLUB

This club promotes and extends the knowledge of minerals, geology, fossils, lapidary arts, and associated fields. Come check it out!

3rd Wednesday, monthly  
7:00-9:00pm



### HILL CITY WRITER'S CLUB

Learn the craft of writing and find out more about publishing. Club members include poets, journalists, essayists, technical writers, editors, booksellers, and creators of genre and literary fiction. Choose the time that best fits your schedule. Both groups meet weekly.

Mondays 9:00-11:00am  
Tuesdays 7:00-9:00pm

*Interested in starting a club or independent special interest group? Call Allyson McSwain, City-Wide Centers Supervisor, (434) 455-5837.*

## Templeton Center

225 Wiggington Rd  
(434) 455-4115



Meet new friends with similar interests. A variety of special interest groups meet regularly at the Templeton Center or at off-campus locations in Lynchburg. Groups are traditionally for fifty-plus citizens, with space permitting, younger adults welcome. Get involved! Many activities are citizen led, no registration is required and most are free or have only nominal fees.

### BRIDGE CLUB, LYNCHBURG DUPLICATE

Competitive club play in a friendly atmosphere. Experienced players of all ages invited. Come one or all three days. Club Treasurer collects dues.

Mondays 12:30pm  
Wednesdays 7:00pm  
Fridays 10:00am

### BRIDGE, SOCIAL / PARTY

Bring your foursome and enjoy a morning of friendly fun. The tables are ready, just come and play!

Tuesdays & Thursdays  
9:30-11:30am

### CANASTA

Come and learn or refresh your memory while playing this popular and fun card game. All skill levels welcomed.

Fridays  
9:30-11:30am

### CORNHOLE FUN

Play Cornhole... a great game, similar to horseshoes except you use wooden boxes and corn bags.

Wednesdays  
1:00-3:00pm

# Special Interest Groups

## COMPUTER TIME

Don't let your fear of the unknown keep you from exploring the world of computers. Call ahead, (434) 455-4115, staff may be available to help you with the basics.

Tuesdays & Thursdays  
10:30-11:30am

## CURRENT ISSUES AND EVENTS

Keep up with the times as this inquisitive discussion group examines the world's headlines.

Discussion Leader:  
Dr. James Campbell

2nd & 4th Wednesdays  
10:30-11:30am

## LITERATURE FOR LIFE

Enjoy reading and discussing great works of literature and poetry.

Discussion Leader:  
Dr. James Campbell

2nd Thursday  
10:30-11:30am



## MAHJONG

Enjoy this popular Chinese tile game of skill, strategy and luck. Newcomers and experienced players welcomed.

Thursdays  
9:30am-12:30pm

## VIDEO CHAIR EXERCISE CLASS

Experience a great work out in this 45-minute class. Work at your own pace, progress at your own speed. Commit to be fit!

Mondays, Tuesdays,  
Thursdays & Fridays  
9:30-10:15am

## Off-Campus Groups

Call (434) 455-4115  
for additional information.

## 50-PLUS BOWLING

Enjoy weekly recreational bowling without the cost and stress of league attendance and play. All skill levels welcomed.

\$1.25 / game plus tax,  
payable on site

Fort Hill Bowling Center  
6105 Fort Ave

Tuesdays  
1:00-3:00pm

## GOLDEN GOURMET

Why eat alone? Join this group of fun loving diners as they visit different restaurants each month. Diners are encouraged to bring a funny story or joke to share with the group. Check the Fifty-Plus newsletter for locations. Register by the Wednesday before, call 455-4115.

4th Friday, monthly  
11:30am-1:00pm

## NEW CHAPTER BOOK GROUP

This independent group of readers meets monthly to discuss pre-selected books of interest. See the Fifty-Plus newsletter or call 455-4115 for upcoming book selections.

Drowsy Poet - Givens Books  
2236 Lakeside Drive

4th Monday, monthly  
10:00-11:00am

## PUTT-PUTT LEAGUE

Play miniature golf each Monday morning beginning mid-April. Adults only please. No registration required.

\$3.00/two games

Putt-Putt Fun Center  
8105 Timberlake Rd

Mondays  
9:00-11:00am

## SUMMER CONCERT SERIES



All Ages Welcome

Templeton Center  
225 Wiggington Rd

Enjoy a variety of music in our  
Summer Concert Series!

Concerts begin at 7:00pm.  
Donations accepted.

MAY 4

### THE MCKENZIES

Traditional folk music with  
guitar, mandolin, fiddle and  
more!

JUNE 8

### LYNCH MOUNTAIN RAMBLERS

Toe tapping bluegrass sounds!

JULY 13

### AGELESS WONDERS

Celebrating their 45th year  
of performing with a special  
concert, "I Hear America  
Singing."

AUGUST 10

### SMOKEY WILSON

Country, gospel sing-along  
with some old time favorites.

Program and special interest group suggestions welcome.

Call Lynn Fox at the Templeton Center, (434) 455-4115.

☑ = Online Registration Available

LR = Lynchburg Resident Discount

# Fifty-Plus

## Newsletter

The Fifty-Plus monthly newsletter has a calendar showing daily activities. View it online at [www.LynchburgVa.Gov/ParksAndRec](http://www.LynchburgVa.Gov/ParksAndRec) or pick up a copy at one of the Parks and Recreation Centers, Community Market, Lynchburg Public Libraries, and Lynchburg Visitors Center. Call the Templeton Senior Center at (434) 455-4115 for other locations.

## Be Creative

### CANDY VASE ARRANGEMENTS

Ages 50 & Up

Create your own edible and attractive candy bar arrangements displayed in a vase. A wonderful gift for any occasion. Participants should bring a small bag of Hershey's Kisses. Register by 5/3.

**\$6.00**

Templeton Center  
Tamara Reynolds

**73004.211**

Tu 5/7 10:30–11:30am



### BEADING WITH JAMIE

Ages 50 & Up

Learn beading techniques including terms, bead selection, and composition as you design your own beautiful piece of jewelry. Register by Friday before.

**\$10.00**

Templeton Center  
Jamie Carlund

**74004.210**

Tu 5/28 7:00–8:30pm

**74004.220**

Tu 6/25 7:00–8:30pm

**74004.240**

Tu 8/27 7:00–8:30pm



### YOUNG AT HEART FIFTY-PLUS PROGRAM

Ages 50 & Up

Join us for a featured topic and enjoy the company of friends. Group resumes in September.

**\$3.00, payable on site**

Diamond Hill Center

Queen for the Day Luncheon

Th 5/9 11:00am–1:00pm

Summer Gardening and Craft

Th 5/23 11:00am–1:00pm

## For Your Health

### NUTRITIONAL NEWS

Ages 50 & Up

What's in your salad? Get nutritional news about fruits and vegetables, what's in season, and how your choices can impact your health. Stay for lunch following the presentation. Register and pay for lunch by 5/24.

**\$4.00**

Templeton Center  
Stephanie Makovsky

**73003.210**

Tu 5/28 10:30–11:30am

### FOOT CARE AND CHALLENGES

Ages 50 & Up

A Centra Health Nurse Educator presents information to help you keep your feet healthy. Gain insight into challenging foot conditions such as bunions, corns, and plantar fasciitis. Take a screening test for your feet.

Templeton Center  
Joyce Scott

**73003.220**

Tu 6/11 10:30–11:30am

## LUNCH AND LEARN

Ages 50 & Up

Join us for lunch and learn to age gracefully with new and old friends. Topics and menus change monthly. Register one week prior to each session. Call 845-1751.

**\$3.00, payable on site**

Fairview Center

Tips for Caregivers

W 6/26 11:00am–12:30pm

Services to Remain Independent

W 7/24 11:00am–12:30pm

Staying Connected and Involved  
in the Community

W 8/28 11:00am–12:30pm

## Armchair Travel & Culture

View far away countries through the photos and experiences of these featured travelers.

### EXPERIENCING GREECE

Experience the feel of Greece through slides and stories by Frances Simopoulos along with some samples of Greek cuisine.

Templeton Center

**73004.213**

W 5/15 10:30–11:30am

### EXPERIENCING AFRICA

Travel with CVCC professor Dr. Michelle Penner as she shares her experiences from across the continent of Africa.

Templeton Center

**73004.233**

Th 7/11 10:30–11:30am



## Gardens of the World Series

Join world traveler and Master Gardener, Susan Timmons, as she shares her photos and travel adventures from across the globe. Please register by the day before. All held at the Templeton Center.

### ✓ COSTA RICA

Orchid Paradise: Bosque de Paz Ecological Preserve and Lankester Botanical Gardens  
73003.214  
Tu 5/21 10:30–11:30am

### ✓ NEW ZEALAND

Christchurch:  
The Garden City  
73003.224  
Tu 6/18 10:30–11:30am

### ✓ SPAIN

Generalife Garden:  
Alhambra of Granada  
73003.234  
Tu 7/30 10:30–11:30am

### ✓ CHINA

The Lingering Garden of Suzhou  
73003.244  
Tu 8/20 10:30–11:30am

## Meet the Author Series

Please register by the Tuesday before.  
Call 455-4115.

### ✓ JUDGE J. SAMUEL JOHNSTON

Find out *Why Judges Wear Robes* when Judge J. Samuel Johnston shares humorous stories and anecdotes from his 30 plus years on the bench.  
Templeton Center  
73003.211  
Th 5/23 10:30–11:30am

### ✓ B.A. GOODJOHN

Randolph College professor, Bunny Goodjohn shares about her book, *Sticklebacks and Snow Globes*. Set in the 1970s, the book captures the life of a London estate resident and the neighborhood kids.  
Templeton Center  
73003.221  
Th 6/20 10:30–11:30am

### ✓ KATHLEEN GRISSOM

Kathleen Grissom shares about the writing of her historical fiction work, *The Kitchen House*, which is set in the antebellum south.  
Templeton Center  
73003.231  
Th 7/25 10:30–11:30am

## Fitness



### ✓ SCULPT AND TONE EXERCISE CLASS

Ages 50 & Up  
Begin with a cardio workout then focus on trimming and toning using weights, bands, and mats. Younger adults welcome. Register and pay monthly.  
\$33.00 / LR \$22.00  
Templeton Center  
Sunny Nikolova Weaver  
74209.210  
Tu Th 5/2–5/30 6:00–7:00pm  
74209.220  
Tu Th 6/4–6/27 6:00–7:00pm  
74209.230  
Tu Th 7/2–7/30 6:00–7:00pm  
74209.240  
Tu Th 8/1–8/29 6:00–7:00pm

### ✓ FAIRVIEW FITNESS

Ages 50 & Up  
Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone. Some floor exercises and weight training are a part of this class. Register and pay monthly.  
\$33.00 / LR \$22.00  
Fairview Center  
Sunny Nikolova Weaver  
63300.210  
M W F 5/3–5/31 11:30am–12:20pm  
63300.220  
M W F 6/3–6/28 11:30am–12:20pm  
63300.230  
M W F 7/1–7/31 11:30am–12:20pm  
63300.240  
M W F 8/2–8/30 11:30am–12:20pm

### ✓ LINE DANCE

Ages 50 & Up  
Learn some new line dances and brush up on the basics while you get a good cardio workout. Register by the first class each month.  
\$23.00 / LR \$15.00  
Fairview Center  
Karen Bridgett  
63300.211  
W 6/5–7/17 10:30–11:20am  
63300.213  
W 7/24–8/28 10:30–11:20am

### ✓ YOGA

Ages 50 & Up  
Class combines stretching, breathing, and holding postures. Register and pay monthly.  
\$33.00 / LR \$22.00  
Templeton Center  
Debbie Ladd  
74203.210  
Tu 5/7–5/28 8:15–9:05am  
74203.220  
Tu 6/4–6/25 8:15–9:05am  
74203.230  
Tu 7/2–7/30 8:15–9:05am  
74203.240  
Tu 8/6–8/27 8:15–9:05am



## ✓ PUNT, PASS & KICK CHALLENGE

Ages 6–15

A free, co-ed football skills challenge, testing youth's punting, passing, and kicking skills. Points are awarded in each skill, based on distance and accuracy. The overall high scorer, in each age division, will advance to the sectional competition. Birth Certificates are required; age determined as of 12/31/13. Register by 8/8.

City Stadium Football Field  
Contact: Joanna Nisbet

31040.302

M 8/12 1:00–4:30pm

Inclement weather date is 8/14/13

## Youth Athletic Organizations

**Blue Ridge Lacrosse Club**  
[www.blueridgelax.org](http://www.blueridgelax.org)

**Central Virginia United (Soccer)**  
[www.centralvirginiaunited.com](http://www.centralvirginiaunited.com)

**Central Virginia Volleyball Association**  
[www.cvvb.org](http://www.cvvb.org)

**Girls on the Run of Greater Lynchburg**  
[www.girlsontherungreaterlynchburg.org](http://www.girlsontherungreaterlynchburg.org)

**Hill City Youth Football and Cheerleading**  
[www.hillcityyouth.com](http://www.hillcityyouth.com)

**Lynchburg Little League Baseball**  
[www.lynchburglittleleague.com](http://www.lynchburglittleleague.com)

**Lynchburg Tennis Patrons Association**  
[www.lynchburgtennis.org](http://www.lynchburgtennis.org)



## ✓ GIRLS' FALL SOFTBALL

Ages 6–15

Our Girls' Fall Softball League is ideal for new players and those who want to continue to work on their softball skills. Girls are placed on teams according to their age. Practices begin in late August and games are scheduled after Labor Day through October. Register by 8/15.

**\$55.00 / LR \$40.00**

Peaks View Softball Field 1  
Contact: Joanna Nisbet

31011.301

M–Sa 8/19–11/2 6:00–10:00pm

## Tennis

*Tennis is the "Sport of a Lifetime!"* United States Professional Tennis Association (USPTA) Professional Instructor, Kersten Cardwell and volunteers will instruct a series of tennis classes, camps and clinics for a variety of ages and ability levels. Choose the class that fits your needs.



### ✓ LITTLE HITTERS TENNIS CLASS

Ages 4–7

Instructors will teach your child the basics of tennis including forehands, backhands, volleys, overheads and serves. Kids will play on a smaller court making it more fun while learning the game. Register by 5/3.

**\$75.00 / LR \$60.00**

Riverside Park Tennis Courts

31051.201

M W 5/6–5/22 4:30–5:00pm

### ✓ FUTURE STARS TENNIS CLINIC

Ages 7–11

Instructors will help youth develop their forehand, backhand, volley, overhead and serving to apply in match situations. Register by 5/3.

**\$75.00 / LR \$60.00**

Riverside Park Tennis Courts

31052.201

M W 5/6–5/22 5:00–6:00pm

### ✓ FUTURE STARS TENNIS CAMP

Ages 4–16

This four-day camp will emphasize stroke and skill development, court positioning, and strategies for match play. As the players improve, skills will become increasingly more difficult. Register by 7/7.

**\$60.00 / LR \$45.00**

Riverside Park Tennis Courts

M–Th 9:00am–12:00pm

**Activity #**    **Date**

31050.201    July 8–11

31050.202    July 15–18

31050.203    July 22–25

31050.204    July 29–August 1

31050.205    August 5–8

## TENNIS PLAYDAYS

### ✓ TENNIS MATCH PLAY

Ages 4–18

Tennis instruction provided during match play. As the players' skills develop, matches will become increasingly more difficult. Register by the Friday before.

**Session Fee: \$8.00 / LR \$5.00**

Riverside Park Tennis Courts

**Day:** Saturday

**Time:** 12:00–1:00pm

Activity #	Date
31054.201	May 4
31054.202	May 11
31054.203	May 18
31054.204	May 25
31054.205	June 1
31054.206	June 8
31054.207	June 15
31054.208	June 22
31054.209	June 29

### ✓ JUNIORS TENNIS TOURNAMENT PREP

Ages 12–18

Instructors will help teens prepare for school match play and USTA tournaments. Register by 5/3.

**\$80.00 / LR \$65.00**

Riverside Park Tennis Courts

**31052.202**

M W 5/6–5/22 6:00–7:00pm

### ✓ CARDIO-TENNIS

Ages 14 & Up

Tennis training for players of all abilities and ages. The ultimate full body calorie burning workout! Register by 5/3.

**\$75.00 / LR \$60.00**

Riverside Park Tennis Courts

**31053.201**

M W 5/6–5/22 7:00–8:00pm

**31053.202**

T Th 6/4–6/27 7:00–8:00pm

### ✓ ADULT EVENING TENNIS LESSONS

Ages 16 & Up

Learn the game of tennis or improve your existing skills from a USPTA Certified Instructor. Tennis is the "Sport of a Lifetime!" Register by 6/3.

**\$60.00 / LR \$45.00**

Riverside Park Tennis Courts

**30004.201**

T Th 6/4–6/27 6:00–7:00pm



## LYNCHBURG CITY TENNIS TOURNAMENT

June 29 & 30

E.C. Glass High School  
Tennis Courts

Ages 10 & Up

Age Divisions–NTRP Divisions–  
Family Division (i.e., Parent/  
Child, etc.)

**Fee: \$20.00**, includes T-shirt,  
Prizes, and Trophies

For more information  
and to register contact:

Michael Jacobs  
(434) 238-7022

### ARCHERY CLASSES COMING SOON!

Learn the basics of this popular  
pastime and discover why it's one  
of the hottest hobbies around!

Call (434) 455-5828 for more info!



## CHALLENGED SPORTS EXCHANGE

A variety of recreational and sports activities are available for individuals with developmental disabilities and/or physical challenges in the Central Virginia region through the Challenged Sports Exchange (CSE).

Monthly movies are shown at the Daniel's Hill Center located at 317 Norwood Street.

### CSE PARTNERS INCLUDE:

Lynchburg Parks and Recreation  
Department, ARC of Central  
Virginia, Grace Church, and  
VSA Arts of Virginia

For calendars, newsletters or  
additional information contact:

### CSE Office

**22174 Timberlake Rd  
Suite B1**

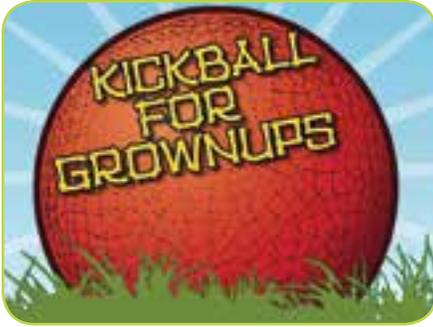
**Lynchburg VA 24502  
(434) 455-1178**

email: [cseleague@gmail.com](mailto:cseleague@gmail.com)

[ChallengedSportsExchange.com](http://ChallengedSportsExchange.com)

✓ = Online Registration Available

LR = Lynchburg Resident Discount



## ADULT KICKBALL

Ages 18 & Up

Kick it old school! Play kickball at Peaks View Park! Teams include ten players and will play double headers one night per week.

Organizational Meeting  
8/5 6:00pm

Kemper St Station

Coaches Meeting

8/26 6:00pm

Kemper St Station

Registration

8/19-22 4:00-6:00pm

Kemper St Station

**Team Fee: \$100.00**

**Additional Non-Resident Fee:  
\$15.00/player**

Peaks View Softball Field 3

Contact: Ron Martin

**30011.301**

M-Th 9/9-10/10 6:30pm

## ADULT WIFFLE BALL

Ages 18 & Up

Enjoy a fun, fall season playing one night a week of double-headers for a total of eight games.

Organizational Meeting

8/5 6:00pm

Kemper St Station

Coaches Meeting

8/26 6:00pm

Kemper St Station

Registration

8/19-22 4:00-6:00pm

Kemper St Station

**Team Sports Fee: \$100.00**

**Non Resident Fee:**

**\$15.00/player**

**Additional Non-Resident Fee:**

**\$15.00/player**

Peaks View Park Field

Contact: Ron Martin

**30010.301**

M-Th 9/9-10/10 6:30pm



## ADULT SOFTBALL

Ages 40 & Up

Enjoy a fun fall season playing one night a week of double-headers for a total of eight games.

Organizational Meeting

7/22 6:00pm

Kemper St Station

Coaches Meeting

8/26 6:00pm

Kemper St Station

Registration

8/12-15 4:00-6:00pm

Kemper St Station

**Team Fee: \$225.00**

**Additional Non-Resident Fee:**

**\$15.00/player**

Peaks View Park Field

Contact: Ron Martin

**30009.301**

M-Th 9/3-10/10 6:30pm

## Fifty-Plus Sports

### ☑ FIFTY-PLUS SOFTBALL

Ages 50 & Up

Coed games focused on fun and friendly competition. Register and pay monthly on site.

**\$10.00**

Peaks View Softball Field 1

Lynn Fox

**73702.210**

W F 5/1-5/31 10:00am-12:00pm

**73702.220**

W F 6/5-6/28 9:00-11:00am

**73702.230**

W F 7/3-7/31 9:00-11:00am

**73702.240**

W F 8/2-8/30 9:00-11:00am

### ☑ PICKLEBALL

Ages 50 & Up

Discover the fun of Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis.

Summer schedule includes the opportunity to play on both indoor and outdoor courts! No games on 7/4.

Tuesday Location:

Peaks View Park Tennis Courts

Wiggington Rd Entrance

Thursday Location:

Heritage United Methodist Church

582 Leesville Rd

Register and pay monthly on site.

**\$10.00**

Marsha Berry

**74206.210**

Tu 5/7-5/28 9:00-11:00am

Th 5/2-5/30 3:00-5:00pm

**74206.220**

Tu 6/4-6/25 9:00-11:00am

Th 6/6-6/27 3:00-5:00pm

**74206.230**

Tu 7/2-7/30 9:00-11:00am

Th 7/11-7/25 3:00-5:00pm

**74206.240**

Tu 8/6-8/27 9:00-11:00am

Th 8/1-8/29 3:00-5:00pm



## ATHLETIC

SCHEDULES • SCORES • STANDINGS

ARE WE PLAYING TODAY?

CANCELLATION LINE:

(434) 455-5892

WWW.TEAMSIDELINE.COM/

LYNCHBURG

# Family Fun in our Parks

## CANOE & KAYAK RENTALS

May  
Saturdays & Sundays,  
10:00am–5:00pm

June–August  
Saturdays, 8:00am–1:00pm  
Sundays, 4:00–8:00pm

Enjoy the serene surroundings at Ivy Creek Park's Clemmons Lake fishing or hit the water in a canoe or kayak. Bring a group for the fun of it.

**Canoe Rentals: \$8.00 / Hour**

**Kayak Rentals: \$6.00 / Hour**

PFDs are provided.

Water proof storage boxes available for additional charge.

Group rentals available by appointment.

Minimum: 3 Rentals/2 Hours  
For reservations, call: (434) 455-5828

## SCOUT AND YOUTH GROUP LEADERS!

Do you need canoe teaching instruction? We can help.

Certified instructors are available to increase your paddling skills.

Call the Nature Zone, (434) 455-5828 for more information!

## REC-ON AT RIVERSIDE PARK

Try your hand at cornhole and other games of toss while enjoying an outing to Riverside Park. Learn more about what Lynchburg Parks and Recreation has to offer for the summer.

Riverside Park  
2238 Rivermont Ave  
Tamara Reynolds

Sa 5/18 10:00am–12:00pm

## CLAY CRAFTS & GAMES IN THE PARK

Ages 5 & Up

Enjoy a variety of clay crafts and classic outdoor games in the afternoon at Riverside Park, near Sprayground. Register by 6/19.

Riverside Park  
2238 Rivermont Ave

**63000.220**

Sa 6/22 2:00–4:00pm

## ADOPT-A-TRAIL ORIENTATION

Ages 16 & Up

Help keep our hiking and biking trails clean for everyone's enjoyment. Whether you're a group or an individual, adopting a section of trail is easy and fun! Parks and Recreation provides all of the training and equipment for this rewarding program. Register by Monday before orientation. To schedule a special orientation, especially for your group, call our Volunteer Coordinator, 455-5886.

Ivy Creek Park Shelter  
Paula Tannenbaum

**57200.201**

Su 8/18 2:30–3:30pm

**57200.202**

Sa 8/24 10:30–11:30am

## PLAY TO LEARN: BASEBALL

Ages 6–17

Learn the basics of the game of baseball; and see images from the heyday of Jefferson Park Stadium.

**\$2.00 payable on site**

Jefferson Park

Sa 5/18 11:00am–1:00pm

## LETTERBOXING AT THE AWARENESS GARDEN

Ages 8 & Up

A family fun activity similar to geocaching without the GPS. Explore this beautiful natural area while searching for letterboxes through written clues. Stamps and logbooks provided or you can bring your own. Register by 6/5.

**\$5.00 / Family**

Awareness Garden  
515 Monticello Ave  
Tamara Reynolds

**72003.220**

Sa 6/8 10:00am–12:00pm



## Art in the Park

Saturday, May 11

11:00am–1:00pm

Get creative in the Neighborhood Center Parks. Imagine, build, and express.

### COLLEGE HILL CENTER BUTTERFLIES ON A LINE

Use construction paper and paint to create gigantic butterflies on a line to float in the sky.

### DANIEL'S HILL CENTER LADYBUGS & FLOWERS

Create ladybugs and flower designs from recycled materials and put them on public display in the Center's garden space.

### DIAMOND HILL CENTER FLAT FIGURES AT PLAY

Decorate, embellish, and stake paper cut outs at play in the park.

### JEFFERSON PARK CENTER SPELL IT OUT, VOLUME II

WordWorks! joins the fun for this second annual wordfest. Send a message to the world on the open air terraces of Jefferson Park. Use grand letters to say it loud and say it proud. Snap a photo for remembrances!

### YODER CENTER IMAGINE THAT!

Construct sculptures from found objects and create recycled art in the park.

☑ = Online Registration Available

LR = Lynchburg Resident Discount

## Special Events.....

### SPECIAL EVENTS PLANNING

Planning a special event in the City of Lynchburg? For information on banners, logistics and permitting contact:  
Sharon Brown  
Special Events Coordinator  
(434) 455-5871  
sharon.brown@lynchburgva.gov



#### 13TH ANNUAL FESTIVAL OF GARDENING

Saturday, May 4  
8:30am–1:00pm  
The Aviary at Miller Park  
Park Ave

Sponsored by Hill City Master Gardeners Association. Free seminars, demonstrations, and sale of plants and garden accessories. Foggy Café will offer sandwiches, bakery items and beverages.

Contact: Sue Chipman  
(434) 384-9014 or  
visit [www.hcmga.com](http://www.hcmga.com)

#### BIG BOYS TOYS

Saturday, May 4  
11:00am  
Riverfront Park  
1000 Jefferson St

Big Boys Toys will feature the latest gadgets, latest technologies, and the biggest brands for the male lifestyle. Special Guest: The Gator Boys!

Contact: Kim Jennings  
(434) 401-3366



#### JAMES RIVER WINE & MUSIC FESTIVAL

Saturday, May 11  
11:00am–5:00pm  
Riverfront Park  
1000 Jefferson St.

Live music, food, wine tasting, and crafts.

Admission Fee  
Contact: Frank Britt  
(434) 385-0600 or visit  
[www.vawinelover.com/festival](http://www.vawinelover.com/festival)



#### FRIDAY CHEERS

May 17, May 24, May 31  
June 7, June 14, June 21  
June 28, July 5, July 12, July 19  
5:30pm  
Riverfront Park  
1000 Jefferson St

Meet your friends to relax and unwind for Friday Cheers. Great live music, terrific food and beverages! Bring your ID, must be 21 or older unless accompanied by a parent.

Contact: Anna Bentson,  
Lynch's Landing  
(434) 528-3950

#### INTERNATIONAL DJ FESTIVAL

Saturday, June 1, 2013  
5:00–9:00pm

Riverfront Park  
1000 Jefferson St.

The ultimate experience. DJ's from Haiti, France and the US.

Contact: Jack Edma  
(434) 528-3950

#### BATTEAU FESTIVAL

Saturday, June 15  
9:00am–2:00pm

Percival's Island  
1600 Concord Trpk

Come join us as we watch the Batteau launch and enjoy the festivities – craft demonstrations, food vendors, children's activities, storytelling, and other period activities.

Contact: Anna Bentson,  
Lynch's Landing  
(434) 528-3950

#### PRESBYTERIAN HOME 5K

Saturday, June 22  
8:00am

150 Linden Ave

The Presbyterian Home & Family Services 11th Annual 5K and Youth Run. The race winds down Linden Avenue to Peakland Place and back.

Contact: Brandon Gregory  
(434) 455-3636



# Registration Information

- For the classes, activities or trips that have activity numbers register online or complete a Registration Form (page 24), including waiver with signature, for each person (photocopies accepted).
- Only registered participants are permitted in classes.

## FULL OR CANCELLED ACTIVITIES

- Classes and activities may be cancelled if minimum enrollments are not met by the deadline.
- If programs are full or cancelled by the Department, participants will be contacted within three business days to discuss an alternative activity option or a refund. If the participant cannot be contacted within three business days, a refund will be processed.

## REFUND POLICY

- Refunds will only be considered if requested at least 10 business days prior to the start of the activity and may be subject to an administrative fee for incurred costs.
- No refunds (or partial refunds) will be issued to customers who fail to attend an activity/class.

## FOR FIFTY-PLUS REGISTRATION

- Fifty-Plus activities and classes are open to adults 50 or over (younger adults as space allows) or individuals accompanying an age-eligible participant.
- For the safety and well being of all participants, activities and centers are open to individuals who are physically able to negotiate in a center/program setting, are mentally alert, and are able to function independently.
- Participants needing assistance may bring a responsible adult of any age. This person must also register and pay activity costs when applicable.

*The Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodations are needed, please tell us upon registration and at least 10 days prior to the activity.*

## Center Directory

The Art Studio -

Jackson Heights Center	720 Winston Ridge Rd	(434) 455-4001
College Hill Center	811 Jackson St	(434) 847-1418
Daniel's Hill Center	317 Norwood St	(434) 847-1396
Diamond Hill Center	1005 17th St	(434) 847-1409
Fairview Center	3621 Campbell Ave	(434) 847-1751
Jefferson Park Center	405 York St	(434) 847-1405
Templeton Senior Center	225 Wiggington Rd	(434) 455-4115
Yoder Center	109 Jackson St	(434) 847-1645

## COMPUTER LABS

Browse the Internet, apply for jobs online, practice your keyboarding skills, or build your resume. Call a center to learn when computers are available for citizens 18 and up.

 = Online Registration Available  
 LR = Lynchburg Resident Discount

## 3 Easy Ways to Register



### 1. Online

[www.LynchburgVA.gov/ParksAndRec](http://www.LynchburgVA.gov/ParksAndRec)



### 2. Mail-in

Send registration form and payment (check or money order made payable to City of Lynchburg) to: Lynchburg Parks & Recreation Dept., 301 Grove Street, Lynchburg, VA 24501



### 3. Walk-in

Monday-Friday, except City holidays, at the Customer Service Desk, 2704 Concord Turnpike or your nearest Center.

## Scholarship Program

*If you are a City resident and are in need of financial assistance to participate in Parks and Recreation programs, you and your family members may qualify for a scholarship. Residents of all ages are eligible.*

Scholarship applications are online at [www.LynchburgVA.gov/ParksAndRec](http://www.LynchburgVA.gov/ParksAndRec), at 2704 Concord Turnpike, and at each neighborhood center. Completed applications must be submitted for approval five business days prior to actual activity registration deadline.

Call **(434) 455-5858** for more scholarship information.





### MEDICAL INFORMATION

Physician's Name \_\_\_\_\_ Office Phone # \_\_\_\_\_

List all allergies, including drug and food allergies: \_\_\_\_\_

List any important medical notes: \_\_\_\_\_

I understand that Parks & Recreation staff will not serve as the custodian of and will not dispense or administer any medications, inhalers, epinephrine injectors, or similar medical devices as part of the camp program. It is my child's responsibility to maintain custody of and administer any medications or medical devices my child may need. \_\_\_\_\_ (initial)

In the event of a medical emergency, I authorize camp staff to contact EMS at 911. If my child requires medical treatment I agree to be responsible for the cost of such treatment. \_\_\_\_\_ (initial)

### EMERGENCY CONTACTS

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Phone # \_\_\_\_\_  
Home \_\_\_\_\_ Cell \_\_\_\_\_ Work/Other \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Phone # \_\_\_\_\_  
Home \_\_\_\_\_ Cell \_\_\_\_\_ Work/Other \_\_\_\_\_

### DISMISSAL INSTRUCTIONS / CHECK ONE

My child has permission to sign out at the end of the camp day. I am aware that camp staff is not responsible for my child after they have left the camp program. \_\_\_\_\_ (initial)

My child will remain at camp; I will pick up my child at the end of the camp day. \_\_\_\_\_ (initial)

Only the following individuals have been authorized to pick up my child. \_\_\_\_\_ (initial)

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

### TRANSPORTATION PERMISSION

I grant permission for my child to utilize transportation provided by Parks & Recreation for field trips and camp activities. \_\_\_\_\_ (initial)

### MOVIE PERMISSION

Campers may watch movies which have been rated G or PG by the Motion Picture Association of America.

I do not give my child permission to watch G or PG rated films. \_\_\_\_\_ (initial)

I give my child permission to watch G or PG rated films. \_\_\_\_\_ (initial)

### LIABILITY & PHOTO RELEASE

I hereby release and hold harmless the City of Lynchburg, its officers, its employees and its partners from all actions, causes of action, damages and claims, or demands which I, my heirs, executors, administrators, or assignees may have against the City of Lynchburg, and/or other described parties for all personal injuries known or unknown incurred by participation in this/these activity/ies. \_\_\_\_\_ (initial)

I grant permission to use my child's name and likeness in any official communication materials. Materials may include, but are not limited to, Department publications, videos, billboards, television, print, social media, and web use. \_\_\_\_\_ (initial)

Sign Here →

\_\_\_\_\_  
Parent / Guardian Sign

\_\_\_\_\_  
Date

*If you are a City resident, in need of financial assistance, you may qualify for a scholarship.  
For further information, contact Center Staff or call Parks & Recreation Customer Service 455-5858.*

### TWO EASY WAYS TO COMPLETE YOUR REGISTRATION

**MAIL IN:** Return Registration Form and payment, check or money order, made payable to City of Lynchburg to:  
Lynchburg Parks & Recreation Department, 301 Grove St, Lynchburg, VA 24501

**WALK IN:** Registration Form and payment accepted at the Lynchburg Parks & Recreation Customer Service Desk,  
2704 Concord Turnpike or your nearest Recreation Center, Monday-Friday except City holidays.

## RecQuest

**NEW!**

Are you looking for an activity, class, or program suitable for all kinds of groups? RecQuest has the answer!

Programs are designed for everyone and every occasion — from Scouts, to neighborhood groups and social clubs, to family reunions. The Parks and Recreation staff can customize the program you want, when and where you want it. Use your location, or join us at one of Lynchburg's parks, trails or recreation centers. We provide all materials and the experienced instructors; you provide the date, time, and group!

### RecQuest Package Programs:

**Exploring the Arts:** Dance into Action!; Explore an Art Medium; Creative Sculpture; Theatre Fun.

**Athletics:** Basketball FUNDamentals; Winning Softball Skills; Fantastic Fitness.

**Genealogy Classes:** Introduction to Genealogy; Beyond Genealogy Basics; Genealogy on the Web.

**Naturalists:** Live Animals; Explore the Seasons; Fall and Winter Hibernation; Scout Badge programs.

Call 455-5858 to request more information and a fee schedule.

## Volunteer with Parks & Recreation!

Join us in exploring opportunities for volunteerism as we work to serve our community.

Parks & Recreation volunteers are investing their time, ideas, resources and experiences to serve our community. Yearly Adopt-A-Trail volunteers donate over 200 hours to help keep our trails free of litter. Community volunteers log over 4,500 hours assisting in the After-School and Senior Programs!

### VOLUNTEER POSITIONS INCLUDE:

- Adopt-A-Trail Groups and Families
- After-School Program Tutor
- Arts & Crafts Instructor and Assistant
- Center Aide
- Children's Theatre Assistant
- Nature Zone Volunteer and Animal Feeder
- Special Activities and Events Assistant
- and more!

Would you like to learn more about the Volunteer Program? A presentation for your group, business, or organization can be arranged. Call Paula Tannenbaum, Volunteer Coordinator, (434) 455-5886.

## YOUTH CORPS

Ages 15-18

Rising 10th, 11th, and 12th Graders

Discover Parks & Recreation while developing leadership and teamwork skills. Youth Corps crew members will help with meaningful projects at the Nature Zone, Neighborhood Centers, Templeton Senior Center, and in our parks. Earn community service credit—great for college applications and service organization requirements. For more information and registration, call Paula Tannenbaum, Volunteer Coordinator, (434) 455 5886 or email paula.tannenbaum@lynchburgva.gov.

**\$25.00** (includes Youth Corps T-Shirt)

Daniel's Hill Center  
Paula Tannenbaum

**67500.200**

M-Th 6/10-13 9:00am-3:00pm



## LYNCHBURG OFF-LEASH DOG PARK

Now open from sunrise to sunset, seven days a week.

For dog owners and their well-socialized four-legged friends!

The Friends of the Lynchburg Dog Park are extremely grateful for all the volunteers who helped monitor the Dog Park since its opening in June 2012. Monitors continue daily spot checks. The following rules should be upheld by owners and pets when using the park:

- Dogs must have a current, valid dog license from their City/County (must be attached to collar on dog).
- Only individuals seven years old and over are allowed in the off-leash dog areas.
- Owners must pick up after their pets as necessary and if possible, bring their own waste bags.
- Dog-on-human bites must be reported immediately by telephone to the Lynchburg Police Department, (434) 847-1602. Incident reports are located behind the sign-in sheets in the small brown box located in the park—please complete these reports as necessary and leave them in the box. Minor problems should also be reported to either the Friends of Lynchburg Dog Park, Inc., (434) 384-1972 or the Lynchburg Parks & Recreation Department, (434) 455-5858.
- For a complete list of the Dog Park Rules, refer to the website, [www.lynchburgdogpark.com](http://www.lynchburgdogpark.com).

If you would like to volunteer to become a park monitor or donate to the Dog Park, please contact the Friends of Lynchburg Dog Park, Inc. at [lynchburgdogpark@gmail.com](mailto:lynchburgdogpark@gmail.com)!

“Like” Friends of Lynchburg Dog Park 



*Fine Virginia handcrafts*  
*Locally owned eateries & shops*  
*Farm fresh produce*  
*Fresh bread baked daily*

*Tues. - Sat., 7 am - 2 pm.*  
**LynchburgCommunityMarket.com**  
 1219 Main Street • Lynchburg, VA 24504 • (434) 455-4485




**Green Market Wednesdays**  
 10:00am–2:00pm

**Garden Day**  
 Saturday, May 11

**230<sup>th</sup> Anniversary Celebration – Saturday, June 1**  
 Historic market with livestock, vendor demonstrations, music, memories, and more.

**Look for this guide in display racks all around town:**

- Lynchburg Libraries and City Hall
- Nature Zone and Centers
- Community Market and Main Office
- Many Local Food Lions and Krogers

