MISSION STATEMENT
Our Parks & Recreation Department’s mission is to promote opportunities for all residents to pursue safe and enjoyable leisure activities in balance with the protection and conservation of Fluvanna’s natural resources.

FLUVANNA COUNTY PARKS AND RECREATION STAFF

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
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</tbody>
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FLUVANNA COUNTY PARKS AND RECREATION ADVISORY BOARD

Members shall advise the Director of Parks and Recreation and the Board of Supervisors on the planning and development of a comprehensive system of parks and recreation services for the benefit of citizens of Fluvanna County. Members also serve as a liaison between the Parks and Recreation Director, the Board of Supervisors and the citizens of the county.

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<thead>
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<tr>
<td>Student Rep</td>
<td>Vacant</td>
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Scholarships: Parks and Recreation offers scholarships to Fluvanna County residents who fill out a Scholarship Application and provide a copy of their most recent pay stub for FPCR management to review. You can find the form on the Parks and Recreation website or go to the office to pick one up.

Volunteer Opportunities: We are committed on working cooperatively in the development of our programs and amenities to identify and meet the needs of our citizens. Become an active partner with use as we strive to improve the quality of life for all Fluvanna County residents. Call (434) 589-2016 for opportunities.

FCPR Inclement Weather Policy: In the event of inclement weather, the Parks & Rec Department’s sponsored activities will be cancelled if Fluvanna County schools are closed and/or close early for the day. Call 434-589-2016, M-F 8 am to 5 pm for info about Parks and Rec programs.

Interested in teaching a class?
Contact Fluvanna County Parks and Recreation department at (434) 589-2016 to discuss your class interest and to receive an Instructor Application.
FLUVANNA COUNTY ... THE HEART OF CENTRAL VIRGINIA
AND YOUR GATEWAY TO THE FUTURE

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HOW TO REGISTER
• Registration for all programs and activities opens as soon as the current program guide is published and distributed. You must be signed up one week prior to the first class of each session.
• You must be registered to participate in a program, unless listing states otherwise.
• Register online through www.active.com.
  Use keywords: FCPR Winter/Spring 2015 Guide
• Register in person at the following location:
  Fluvanna Community Center
  5725 James Madison Highway
  Fork Union VA 23055
  (M-F, 8am - 5pm)
  Fax: 434-842-3150
• Pleasant Grove House
  271 Pleasant Grove Drive
  Palmyra, VA 22963
  (M-F, 8am-5pm)
  434-589-2016
• You can drop your registration form in the drop box:
  Carysbrook Recreation Center
  8788 James Madison Highway
  Fork Union, VA 23055
• Include payment with your registration form:
  a check or money order, payable to FCPR.
• The instructor WILL NOT collect fees.
• A $20 charge will be added for any returned check.

FLUVANNA SPORTS ORGANIZATIONS

Baseball
FYB - Fluvanna Youth Baseball
(Spring & Fall)
Register in August, Ages 4-18
Contact: Rob Ford
fordr611@aol.com

Basketball
FCPR - Fluvanna County Parks & Recreation
(Fall & Winter)
Register by the end of October,
Ages 3 -13
Contact: Aaron Spitzer
(434) 842-3150
aspitzer@fluvannacounty.org

Football
• TJYFL - Thomas Jefferson Youth
  Football League (Fall)
  Ages 8-14
  Fluvanna County
  Contact: Scott Fraser (434) 591-0062
  scott@chesapeakemarketing.com

Charlottesville
tjyfl1@gmail.com
(434) 249-5206
www.TJYFL.net
• Fluvanna County Pop Warner
  Contact: Amber Rivera
  amberlohr@yahoo.com
  www.popwarner.com

Tennis
Camp Friendship Tennis Center
Contact: Alina Ackenbom
(434) 589-5867
alina@campfriendship.com
www.friendshiptennis.com

Soccer
FYSA - Fluvanna Youth Soccer
Association (Spring & Fall)
Parent & Me, Little Strikers, U6-U16
Contact: Tom Beckham
Luke285tb@aol.com
www.fysa.org

Softball
FGSL - Fluvanna Girls Softball
League (Spring & Fall)
Register August, Ages 5-18
Contact: Tiffany Rosales
(434) 242-1933
fluvannasoftball@gmail.com
www.fgsl1.com

Swimming
• FAST - Fluvanna Aquatic Sports
  Team (Summer)
  Contact: Coz DiFazio
  (434) 326-5533
  info@fluvanna-swimming.org
  www.fluvanna-swimming.org
• LMST - Lake Monticello Swim
  Team (Summer)
  Contact: Laura Payne
  lmst-info@comcast.net
  www.lmst.jsi.org

FUMA Aquatic Club
http://www.teamunify.com/
Home.jsp?team=vsfast
Attention Veterans and Dependents:
Do you know your Veterans Benefits? We do!

Virginia Department of Veterans Services
www.virginiaforveterans.com
Need help? Visit us at Fluvanna County Parks & Recreation Center
• 5725 James Madison Highway
Call Pam Zirkle - (434) 295-2782 pamela.zirkle@dvs.virginia.gov
Or call 434-842-1035 for directions. • 1st and 3rd Wednesdays from 9am - noon.
AFTER SCHOOL KARATE – TAE KWON DO KARATE
Ages 5+ / See Dates Below / $55 / Carysbrook Gym
Tae Kwon Do Karate will be starting a new six week session on Wednesday, January 7. This is a branch of Grand Master Dong’s whose headquarters is in Richmond. Beginner students will learn their basics: stances, front snap kick, blocks, punches, and self-defense grabs. These classes help to improve self-confidence and self-discipline while learning how to protect and defend. Skills are taught and reinforced with fun learning skills: targets, stations, partners, and blocking games. Students are always learning while never getting bored! Colored belt students will continue to learn their requirements for their next ranking belt. Instructor: 5th Degree Master Bonnie Snoody. For questions, contact Aaron Spitzer at 434-842-3150 or via email at aspitzer@fluvannacounty.org.

Session 1: Jan 7-Feb 11 Wednesdays
Beginning & White Belts 3:30-4:15pm; Colored Belts 4:15-5pm
Session 2: Feb 18-Mar 25 Wednesdays
Beginning & White Belts 3:30-4:15pm; Colored Belts 4:15-5pm
Session 3: Apr 8-May 13 Wednesdays
Beginning & White Belts 3:30-4:15pm; Colored Belts 4:15-5pm

ADULT CARDIO TENNIS
Ages 18+ / Mondays April 13-May 4 / 6:15-7:15pm / $45 / Camp Friendship
Are you looking for a new fitness routine? Are you looking for a way to improve your tennis skills or get started with tennis? Cardio Tennis is a new, fun group fitness program taught by a certified teaching professional. It’s a 60-minute program which includes a warm-up, cardio drills and games, and a cool-down phase. No previous tennis experience required. For questions, contact Aaron Spitzer at 434-842-3150 or via email at aspitzer@fluvannacounty.org.

Carysbrook Gym Hours
The Carysbrook Gym will be open be starting March 23, Monday through Thursday 5pm until

HOME SCHOOL GYM
Ages 5-14 / Feb 25-Apr 22 / Ages 5 - 9 (1-1:50pm); Ages 10 - 14 (2-2:50pm) / $50, $5 off for each additional sibling / Carysbrook Gym
Looking for a way to get your child involved in physical activity? At Home School Gym participants can learn the basics of a few sports. This program is designed for homeschool students to get active during the week. Along with traditional gym games, ages 5 to 9 will learn to play soccer and ages 10 to 14 will learn baseball/whiffle ball. For questions, contact Aaron Spitzer at 434-842-3150 or via email at aspitzer@fluvannacounty.org.

KIDDIE TEE-BALL
Ages 3-4 / Saturdays April 11-May 16 / 10-11am / $50 / Carysbrook Gym
Fluvanna County Parks and Recreation’s Kiddie Tee-Ball is an exciting and innovative sports program that introduces 3 & 4 year olds to the game. Fun, skill development, socialization, teamwork and parent/child interaction are emphasized. Children learn basic sport skills in a safe, age appropriate, noncompetitive environment. First 3 weeks in gym, second 3 weeks outside. On the last week, the Piedmont Family YMCA will travel to Fluvanna to scrimmage our kids for a game type atmosphere. For questions, contact Aaron Spitzer at 434-842-3150 or via email at aspitzer@fluvannacounty.org.

QUICKSTART TENNIS
Ages 10 & Under / Wednesdays April 15-May 6 / 5:45-6:35pm / $45 / Camp Friendship
Here at Camp Friendship, our pros will use the United States Tennis Association’s QuickStart Teaching Method. This is the new approach to teach young kids the game of tennis. Smaller court dimensions, lower nets, lighter tennis balls and shorter racquets help youth experience early success, which in turn makes the game of tennis more fun! For questions, contact Aaron Spitzer at 434-842-3150 or via email at aspitzer@fluvannacounty.org.

ADULT CARDIO TENNIS
Ages 18+ / Mondays April 13-May 4 / 6:15-7:15pm / $45 / Camp Friendship
Are you looking for a new fitness routine? Are you looking for a way to improve your tennis skills or get started with tennis? Cardio Tennis is a new, fun group fitness program taught by a certified teaching professional. It’s a 60-minute program which includes a warm-up, cardio drills and games, and a cool-down phase. No previous tennis experience required. For questions, contact Aaron Spitzer at 434-842-3150 or via email at aspitzer@fluvannacounty.org.

Carysbrook Gym Hours
The Carysbrook Gym will be open be starting March 23, Monday through Thursday 5pm until
9pm. Please see the schedule below for programs that are happening each night. For more questions, please contact the Fluvanna County Parks and Recreation Department 434-589-2016. The gym is also available to rent on a first come first serve basis.

- Monday: Pickleball - Ages 16 years+
- Tuesday: Volleyball - Ages 16 years+
- Wednesday: Basketball - Ages 16-29
- Thursday: Basketball - Ages 30 years+

FITNESS AND WELLNESS

AQUA ZUMBA
Ages 10+ / See Dates Below / $40 / Health Nutz Fitness & Aquatic Studio
Known as the Zumba® “pool party,” the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting, and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water based workout that is cardio-conditioning, body-toning, and most of all exhilarating beyond belief. Instructor: Natasha. For questions, contact Aaron Spitzer at 434-842-3150 or via email at aspitzer@fluvannacounty.org.

**Session 1:** Jan 2-Jan 30 Mondays, Wednesdays, & Fridays 9-10am
**Session 2:** Feb 2-Feb 27 Mondays, Wednesdays, & Fridays 9-10am
**Session 3:** Mar 2-Mar 30 Mondays, Wednesdays, & Fridays 9-10am
**Session 4:** Apr 1-Apr 29 Mondays, Wednesdays, & Fridays 9-10am

JAWS WATER AEROBICS
Ages 10+ / See Dates Below / 8am, 9:15am, 10:15am, or 6:30pm / $40 / Health Nutz Fitness & Aquatic Center
This class offers a combination of different aquatic exercise classes all mixed into one. You can exercise in the shallow or deep end and it covers all different ability levels. A variety of equipment is available to ensure you get the workout that is right for you. For questions, contact Aaron Spitzer at 434-842-3150 or via email at aspitzer@fluvannacounty.org.
Instructor: Rex

**Session 1:** Jan 6-Jan 29 Tuesdays & Thursdays 8am, 9:15am, 10:15am, or 6:30pm
**Session 2:** Feb 3-Feb 26 Tuesdays & Thursdays 8am, 9:15am, 10:15am, or 6:30pm
**Session 3:** Mar 3-Mar 31 Tuesdays & Thursdays 8am, 9:15am, 10:15am, or 6:30pm
**Session 4:** Apr 2-Apr 30 Tuesdays & Thursdays 8am, 9:15am, 10:15am, or 6:30pm

FLUVANNA MOTHER’S GROUP
CHILD’S PLAY AND SOCIALIZATION
Infants-6 / Tuesdays ongoing-May 19 / $5 per year per child / Carysbrook Gym
Welcome to another fun year at the Carysbrook Playgroup! We are so glad you have decided to join us! This group is an open playgroup designed for children birth to 6 years old. We meet on Tuesdays at the Carysbrook Gym. Our play area in the gym includes a variety of toys and play mats for your child to enjoy. We encourage parents, grandparents, and caretakers to play with the children and socialize in our kid-friendly environment and ask that all parents and caretakers help with the setting up and taking down of the toys and mats at the beginning and closing of our time together. We frequently bring a picnic lunch to eat together on the playground.
Some events may change - reminders will be sent out before each event. The group may be canceled due to inclement weather – if Fluvanna County Public Schools are closed, our group will NOT meet, if the schools are on a 2 hour delay the group will still meet at the regular time.

FUN EVENTS FOR 2015:
February 10-Valentine’s Party. Bring a treat to share and Valentines to exchange.
March 17-St. Patrick’s Day Party. Wear green and bring a green treat to share.
April 7-Easter Egg Hunt and Party. Guest appearance by the Easter Bunny! Bring your own basket and 6 filled eggs per child.
April 21-FREE Spring/Summer Clothes Swap. Bring in all your gently used clothes to swap.
May 19-(Last day of Group) End of the year party. Bring one side dish to share. The last day of playgroup may change due to hot summer weather.

Please contact me, Kristen Sorrell, at vakidgroup@yahoo.com or at VAKIDGROUP on Facebook if you have any further questions.

VOLUNTEERS NEEDED

This is a non-profit group and we are in need of your help because we are a 100% volunteer based program. Please let me know if you would be interested in volunteering once a month or in a fill-in capacity. We will schedule days to help clean the provided toys or take toy bins home to clean to promote a healthy and safe play area.

SNOW TUBING

Ages 7+ / February 7 / 8am-2pm / $35 /
Meet @ Carysbrook Gym

Enjoy the fun of winter as FCPR takes a trip to “The Plunge” at Wintergreen Ski Resort! The Plunge is Virginia’s largest tubing park which provides an amazing thrill each time you go down the mountain. Plus there is no walking back up the mountain—just step on the conveyor and it will take you back to the top for another thrilling ride. The session is for two hours (10am – Noon) and you must be 42 inches or taller to ride. Registration deadline is January 23. For questions, contact Aaron Spitzer at 434-842-3150 or via email at aspitzer@fluvannacounty.org.

TAI CHI FOR HEALTH

Ages 16+ / See Dates Below / See Prices Below / Fluvanna Community Center

This winter’s focus will be on the Yang Style with the introduction of Sun. Yang style has been found to help with Diabetes because it uses the larger muscles and because of its expansive movements. It also helps with Parkinson’s and I find the rocking to relaxing. The Beginners course is designed to be stand-alone class, which is perfect for drop-ins. We will be covering easy qigong movements and 1 tai chi movement per class. The additional time will be for those continuing their understanding and enjoyment of tai chi. Instructor: Meghan Bryant For questions, contact Aaron Spitzer at 434-842-3150 or via email at aspitzer@fluvannacounty.org.

Session 1: Jan 14-Feb 18 Wednesdays Beginners & Foundation Skills 6-6:30pm; Flow of Foundation Movements as a Set 6:30-7pm Cost: $45 for hour; $24 for 30 minutes
Session 2: Mar 4-Mar 25 Wednesdays Intro Moves for Yang and Sun 6-6:30pm; Flow of Foundation Movements as a Set 6:30-7pm Cost: $30 for hour; $16 for 30 minutes
Session 3: Apr 8-Apr 29 Wednesdays Foundation Moves for Yang and Sun 6-6:30pm; Flow of Foundation Movements as a Set 6:30-7pm. Cost: $30 for hour; $16 for 30 minutes

HATHA YOGA 1 & 2 MIXED LEVEL

Ages 13+ / See Dates Below/ $48 / Fluvanna Community Center

Discover new health and serenity by learning to both tone and relax the body and to calm the mind. Bring a yoga mat and small pillow. Do not eat for two hours prior to class. Beginners are welcome! Instructor Devi Peterson (RN) is certified to teach Integral Yoga Hatha Levels. If you need to register, please arrive 15 minutes early so you can be ready for class. Instructor: Devi Peterson

Session 1: Jan 6-Feb 10 Tuesdays 6-7:30pm
Session 2: Feb 24-Mar 31 Tuesdays 6-7:30pm
Session 3: Apr 14-May 19 Tuesdays 6-7:30pm

LIBRARY

SNUGGLE UP WITH A GOOD BOOK @ FLUVANNA LIBRARY

All Ages / December 15-March 21 / FREE / Fluvanna Library

Winter Reading Program. Open to all readers! Read for entries into drawings for great prizes! Sponsored by the Friends of the Library.

AARP FREE TAX-AIDE

All Ages / February 3-April 15 / FREE / Fluvanna Library

Walk-ins accepted or make an appointment at (434) 589-2691. Mondays & Tuesdays 9am-12:30pm Wednesdays & Thursdays 4-7:30pm

FRIDAY MORNING STORY TIME

All Ages / January 9-May 8 / FREE / Fluvanna Library

Join us for some fun songs, stories, and a craft. Closed for Lee-Jackson Day, January 16.

FRIDAY MOVIES @ THE LIBRARY

All Ages / Every 1st and 3rd Friday, All Year Long, 2pm & 7pm / FREE / Fluvanna Library

Contact the library for titles at (434) 589-1400 or via email at FluvannaLibrary@Gmail.com. Sponsored by Friends of the Library. January’s movies on 2nd and 4th Fridays due to Holidays.
We offer a fido-friendly spot for families and their furry friends to learn together. Fun events are held throughout the year to help bring dog owners together in a social atmosphere at the Fluvanna Dog Spot. We are excited about being able to offer this vital service to the citizens of Fluvanna and surrounding counties. Ashleigh Morris is now a Canine Good Citizens evaluator and will give a CGC test at graduation for those who desire their certificate.

BEGINNING OBEDIENCE

All Ages / See Dates Below / $75 / Dog Spot @ Fluvanna Community Center

Dogs will be dogs until humans teach them some proper manners. Learn how to positively motivate your dog to interact with people in an acceptable way by teaching sit, stand, down, stay, come, leave it, and loose-leash walking – all building blocks to living with a well-mannered dog. Typical behavior problems and solutions for humping, barking, and many other issues will be discussed. Dogs of all ages with up-to-date shots are welcome. Families are encouraged to attend together. For more information, contact Claire Lowande at (434) 589-2016 or via email at clowande@fluvannacounty.org.

Session 1: Jan 7-Feb 4 Wednesdays 6:30-7:30pm
Session 2: Feb 9-Mar 16** Mondays 6:30-7:30pm **no class Feb 16
Session 3: Feb 11-Mar 11 Wednesdays 3:30-4:30pm
Session 4: Mar 18-Apr 15 Wednesdays 6:30-7:30pm

INTERMEDIATE OBEDIENCE

6 Months+ / See Dates Below / $75 / Dog Spot @ Fluvanna Community Center

Take your dog’s training to the next level with Intermediate Obedience. Learn how to get your dog to focus on you and come with lots of distractions while your dog builds on already learned skills. Graduates of Beginning Obedience or dogs that have passed an assessment test may enter this class. This is a 4-week class. For more information, contact Claire Lowande at (434) 589-2016 or via email at clowande@fluvannacounty.org.

Session 1*: Jan 7-Jan 28 Wednesdays 7:30-8:30pm
Session 2*: Feb 9-Mar 9 Mondays 7:30-8:30pm (no class Feb 16)
Session 3: Feb 11-Mar 4 Wednesdays 2:30-3:30pm
Session 4*: Mar 18-Apr 8 Wednesdays 7:30-8:30pm

CANINE GOOD CITIZEN CLASS

6 Months+ / See Dates Below / $75 / Dog Spot @ Fluvanna Community Center

This class is designed to teach you how to teach your dog to be a good citizen in the community. You are actually the student in this class. Most of your dog’s learning will be at home as the two of you work together every day. There are 10 skills needed to pass the CGC test—accepting a friendly stranger, sitting politely for a greeting, ability to be handled by others, walking on a loose leash, walking through a crowd, “sit,” “down,” and “stay,” coming when called, reaction to another dog, reaction to distractions, and supervised separation. This is a 5-week class. For more information, contact Claire Lowande at (434) 589-2016 or via email at clowande@fluvannacounty.org.

Session 1*: Jan 7-Feb 4 Wednesdays 7:30-8:30pm
Session 2*: Feb 9-Mar 16 Mondays 7:30-8:30pm (no class Feb 16)
Session 3: Feb 11-Mar 11 Wednesdays 4:30-5:30pm
Session 4*: Mar 18-Apr 15 Wednesdays 7:30-8:30pm

*NOTE* Depending on demand one or the other of the following classes will run during this time. Please let Claire Lowande know as soon as possible if you have an interest in either class. You will be contacted on which one will run.
ACTIVE OLDER ADULTS

ACTIVE OLDER ADULTS LUNCH/MOVIE
55+ / May 18 / 10am-5pm / $20 / Meet at Fluvanna Community Center
Interested in getting out for a few hours spending time with friends? If so, take advantage of lunch at the Wood Grill followed by a movie. The movie will be selected the week of the event. Space is limited so sign up early to ensure you a spot! For more information contact Jonathan Pace at jonathanpace@fluvannacounty.org or (434) 842-3150.

FORK UNION ACTIVE OLDER ADULTS CENTER
55+ / Tuesdays & Wednesdays / 10am-2pm / FREE / Fluvanna Community Center
Come to the Fork Union Active Older Adults Center to hang out with friends or meet new ones. We play games, do crafts, and go on trips. JABA provides a case manager, nurse, and lunch for members on Wednesdays. To find out more information contact Jonathan Pace at (434) 842-3150 or jonathanpace@fluvannacounty.org.

Cunningham Active Older Adults Center
55+ / 1st & 3rd Monday of every month / 10am-2pm / FREE / Scottsville VFW
Come to the Cunningham Active Older Adult Center to hang out with friends or meet new ones. We play games, do crafts, and go on trips. Lunch is provided by JABA. To find out more information contact Jonathan Pace at (434) 842-3150 or jonathanpace@fluvannacounty.org.

2nd ANNUAL ACTIVE OLDER ADULTS VALENTINE’S DAY DANCE
55+ / February 11 / 11am-2pm / FREE / Carysbrook Gym
Love is in the air this February! Bring that special someone, or a friend, and enjoy some good music and food. Fluvanna County Parks and Recreation in partnership with JABA are putting on their 2nd Annual Senior Valentine’s Day Dance. Lunch will be provided. Deadline to RSVP is February 2nd. For more information or to reserve your spot contact Jonathan Pace at (434) 842-3150 jonathanpace@fluvannacounty.org.

PICKELBALL
55+ / Mondays / 10am-12pm / FREE / Carysbrook Gym
Pickleball is a cross between Ping Pong, Tennis, and Badminton and is the fastest growing sport for athletes 50 and over! Players use oversized ping pong paddles and a whiffle ball that moves slower than a tennis ball. The game is played on a badminton-size court that is divided by a 34-inch-high net making the game easier for any athlete to cover the court! Extra paddles and balls will be available to borrow. It’s fast-paced, easy to learn, great exercise, and lots of fun! Contact jonathanpace@fluvannacounty.org or (434) 842-3150 for more information.

SPECIAL EVENTS

EASTER EGG-STRAVAGANZA
Ages 2-12 / April 4 / 10am-12pm / FREE / Pleasant Grove Park
Fluvanna citizens can participate in fun Easter traditions at this year’s Easter Egg-Stravaganza. The Easter egg hunt will begin promptly at 10am followed by games and photo opportunities with the Easter Bunny. Participants will be divided among age groups with a designated area for participants with special needs. For more information, contact Claire Lowande at (434) 589-2016 or via email at clowande@fluvannacounty.org.
SPECIAL EVENTS

2nd ANNUAL EARTH DAY CELEBRATION
All Ages / April 25 / 10am-2pm / FREE / Pleasant Grover Park
Fluvanna County Parks is hosting their 2nd Annual Earth Day Celebration this April. We will have many informative speakers, nature hikes, kid’s activities, food vendors, hazardous waste and tire drop-off, giveaways and much more. For more information or to be a part of the Earth Day Celebration contact Jonathan Pace at (434)-842-3150 or jonathanpace@fluvannacounty.org.

FATHER-DAUGHTER DANCE
Ages 7-12 / February 7 / 6-9pm / $15 per couple, $5 for each additional family member / Carysbrook Gym
Enjoy a father-daughter date for Valentine’s Day. Dads (or a special adult) can take their daughters out for a night of dancing, games, refreshments, a souvenir photo and more. Couples must be pre-registered for this event by January 30. For more information, contact Claire Lowande at (434) 589-2016 or via email at clowande@fluvannacounty.org.

MOTHER-SON DANCE
Ages 7-12 / March 14 / 6-9pm / $15 per couple, $5 for each additional family member / Fluvanna Community Center
Father’s aren’t the only ones who can have a good time—mothers (or special adults) are invited to take their sons to a fun, spring-themed dance with games, refreshments, a souvenir photo and more. Couples must be pre-registered for this event by February 27. For more information, contact Claire Lowande at (434) 589-2016 or via email at clowande@fluvannacounty.org.

10th ANNUAL QUETZAL KITE FESTIVAL
All Ages / May 16 / 10am-4pm / FREE / Pleasant Grove Park
The region’s premier kite festival is back in Fluvanna County on May 16th at beautiful Pleasant Grove Park in Palmyra, Virginia. Join several thousands of your closest friends and neighbors for a free fun day of kites, sun, and fun. There will be free face painting, food vendors, and kites for kids (until they run out). Kite flyers from Richmond Air Force and Wings Over Washington kite clubs will be on hand with demonstrations and fun for the whole family. There are also interactive activities for the kids throughout the day. For more information and directions go to the Quetzal website at www.quetzalfest.com or contact Aaron Spitzer at 434-842-3150 or via email at aspitzer@fluvannacounty.org. If you would like to help sponsor this event, please contact Aaron Spitzer at the number listed above. This program will be cancelled if it rains.

YOUTH AND ADULT ENRICHMENT

HOW TO BE AN AWESOME BABYSITTER
Ages 13-18 / Tuesdays April 6-May 5 / 5-6pm / $50 / Fluvanna County Library
This class will provide babysitters all that they need to create a memorable experience with the children in their care. From games and creative activities to bedtime tricks and secrets, babysitters will leave this course knowledgeable and certified as an Awesome Babysitter. For more information, contact Claire Lowande at (434) 589-2016 or via email at clowande@fluvannacounty.org.

INTRODUCTION TO WINDOWS 8.1
Ages 18+ / Monday February 16 / 6-8:30pm / $35 / New Fork Baptist Church
Learn Windows 8.1 basic skills to use the Start Screen, navigate around your PC, switch between apps, add and remove apps, customize your desktop with your favorite apps or shortcuts, and use of the five charms – Search, Share, Start, Devices, and Settings. Lab will be accessible on Monday, Tuesday, and Thursday for additional help. For more information, contact Claire Lowande at (434) 589-2016 or via email at clowande@fluvannacounty.org.

ADULT ARCHERY CLINIC
Ages 18+ / Mondays April 13-May 11 / 5-6pm / $75 / Camp Friendship
Come join Friendship Outdoor Recreation Center in our first adult archery clinic. Here you will learn many different techniques to become an archer. Come ready to fire some arrows and enjoy the fun. For more information, contact Claire Lowande at (434) 589-2016 or via email at clowande@fluvannacounty.org.

YOUTH ARCHERY CLINIC
Ages 9-13 / Tuesdays April 14-May 12 / 4:30-5:30pm / $75 / Camp Friendship
A Friendship Outdoor Recreation Center you will learn how to master the art of archery. Throughout the weeks you will learn the correct stance, aim, and release techniques. All of our instructors are trained in archery and will guarantee a safe and fun time. For more information, contact Claire Lowande at (434) 589-2016 or via email at clowande@fluvannacounty.org.

BOAT VIRGINIA
Ages 14+ / Tuesday & Thursday March 17 & 19 / 6-9pm / FREE / Fluvanna Community Center
This is a basic boat safety course taught by the Virginia Department of Game and Inland Fisheries. This class fulfills the boat safety education requirement to operate a watercraft in the Commonwealth of Virginia. Course focuses on safe operation of watercraft and the laws governing the use of watercraft in Virginia. For more information, contact Claire Lowande at (434) 589-2016 or via email at clowande@fluvannacounty.org.

YOUTH CANOEING CLINIC
Ages 9-13 / Wednesdays April 15-May 13 / 4:30-5:30 / $60 / Camp Friendship
Come join Friendship Outdoor Recreation Center for a canoeing clinic. You will learn the proper techniques to maneuver a canoe and read the river. All instructors are certified in Lifeguarding, CPR, First Aid, Waterfront and American Canoe Association. For more information, contact Claire Lowande at (434) 589-2016 or via email at clowande@fluvannacounty.org.

RIVANNA RIVER TEEN FLOAT
Ages 13-17 / Saturday April 25 / 9am-2pm / $45 / Meet at Fluvanna Community Center
This is a trip for entry-level teens. They will learn about the Rivanna’s ecosystem as well as the basic skills needed to operate a canoe. Subject to fair weather and river flow-rate. Alternate date will be May 2nd. For more information, contact Claire Lowande at (434) 589-2016 or via email at clowande@fluvannacounty.org.

PONY PALS
Ages 5-7 / See Dates Below / $100 / Equus Springs Farm
Children ages 5 to 7 with little riding experience will learn grooming, tacking, and riding. For more information, contact Claire Lowande at (434) 589-2016 or via email at clowande@fluvannacounty.org.

BEGINNER HORSEBACK RIDING
Ages 6+ / See Dates Below / $100 / Equus Springs Farm
This class is for children ages 6 and up with some riding experience who are able to trot independently and control speed and direction of horse. For more information, contact Claire Lowande at (434) 589-2016 or via email at clowande@fluvannacounty.org.

INTERMEDIATE HUNTER HORSEBACK RIDING
Ages 8+ / See Dates Below / $100 / Equus Springs Farm
This class is for those ages 8 and up who can canter/lope and jump 18” or lope patterns safely in a group. For more information, contact Claire Lowande at (434) 589-2016 or via email at clowande@fluvannacounty.org.
FLUVANNA COUNTY PARKS AND FACILITIES

Pleasant Grove Park
271 Pleasant Grove Drive
Palmyra, VA 22963
Features:
■ Heritage Trail
■ Equestrian Trails
■ Bike Trails
■ Pole Barn
■ Playground
■ Athletic Fields

Pleasant Grove House
Museum and Welcome Center
271 Pleasant Grove Drive
Palmyra, VA 22963
(434) 589-2016
Features:
■ Parks and Rec Office
■ Transportation Museum
■ Summer Kitchen

Carysbrook Sport Complex
8878 James Madison Highway
Fork Union, VA 23055
(434) 842-3150
Features:
■ Athletic Fields
■ Gymnasium
■ Playground

Carysbrook Performing Arts Center
8788 James Madison Highway
Palmyra, VA 23055
(434) 842-3150
Features:
■ Various Performances

Eastern Trailhead
Features:
■ Dog Park
■ ADA Trailhead
■ Picnic Shelters

Bremo Recreation Area
1364 Bremo Road
Bremo Bluff, VA 23022
Features:
■ Ball Field
■ Picnic Area
■ Playground

Fluvanna Community Center
5725 James Madison Highway
Fork Union, VA 23055
(434) 842-3150
Features:
■ Fork Union Active Older Adults Center programs on Tuesdays and Wednesdays
■ Parks and Rec Office
■ Playground
■ Rentals All Year Long

Confederate Park
Court Square
Palmyra, VA 22963
■ Fluvanna’s First Park (1828)
■ 1 acre space with picnic tables and Civil War tributes

Cunningham Active Older Adult Center
VFW Hall 2997 W. River Road
Scottsville, VA 24590
(434) 842-3150
■ Active Older Adult programs on 1st & 3rd Monday every month

Pleasant Grove Dog Park
Located at the Eastern Trailhead
Features:
■ 2 fenced in areas for large and small dogs
■ Dog water fountain

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FACILITIES & EQUIPMENT RENTAL RATES

Fluvanna County Parks and Recreation rents facilities for weddings, receptions, meetings, lectures, dances, luncheons, parties and family reunions. Facilities and equipment are listed below. Refunds may be given when requested PRIOR TO THE START OF THE RENTAL. A $10 service charge will be deducted from the refund unless the cause is due to a change in Parks and Recreation programming.

**Pleasant Grove Park**
- Athletic Fields (Baseball, Softball, Soccer): $10/hour
- Tournaments: $75/day
- Pole Barn: $75/day ($100 Deposit)
- Utilities: $25/day
- Horseback Riding on Trails: $8 (non-residents)

**Heritage Trail Pavilions**
- Large Pavilion (40 people): $50/hour ($100 Deposit)
- Small Pavilion (25 people): $25/hour ($100 Deposit)

**Carysbrook Sports Complex**
- Athletic Fields: $10/hour; with lights $20/hour ($100 Deposit)
- Tournaments (per fields): $75/day ($100 Deposit)
- Gymnasium: $50/hour; with tarp $75/hour ($100 Deposit)

**Fluvanna Community Center**
- Meeting Room: $20/hour ($50 Deposit)
- Auditorium: $75/hour ($100 Deposit)
- Kitchen: $10 per hour ($25 Deposit)
- Staffing Fee (after hours): $15/hour

**Bremo Park**
- Picnic Shelter: $75/hour ($100 Deposit)
- Softball Field: $10/hour (Max $75/day) ($100 Deposit)
- Tournaments: $75/day ($100 Deposit)

**Canoes (Resident):**
- $25 each per day $45 each for weekend ($100 Deposit)

**Canoes (Non-Resident):**
- $35 each per day $55 each per weekend ($100 Deposit)

**Tables**
- $3 each per day ($50 Deposit)

**Chairs**
- $1 each per day ($50 deposit)

**PA System**
- $50/day ($100 Deposit)

**18’ x 30’ Tent Canopy**
- $100/day ($100 Deposit)

**14’ x 20’ Tent Canopy**
- $75/day ($100 Deposit)

**Propane Grill**
- $50/day $70 for weekend ($100 Deposit)
FLUVANNA COMMUNITY GARDEN
AT PLEASANT GROVE PARK

Join NOW! (No experience necessary)
Water, perimeter fencing, and plenty of sunshine are provided. The Fluvanna County Community Garden was developed jointly by Virginia Cooperative Extension, Fluvanna Master Gardeners and FCPR. A community centered gardening atmosphere is available for all interested residents. The garden promotes productive gardening practices and conserving resources to enhance the surrounding environment. The garden is conveniently located at Pleasant Grove. Workshops will be provided at no extra charge by Fluvanna Master Gardeners and VCE. Plot Assignments are based on a First Come First Served basis until filled. Fee: $45.00 per 10 x 15 plot Early-bird fee by February 14, 2015. $50.00 after February 14, 2015. Make check payable to Fluvanna Parks and Recreation. There will be an orientation meeting scheduled in the spring.

Renew NOW! Keep your soil!
Returning members must renew by January 15, 2015 to guarantee your spot(s). If you would like to request additional garden plot(s), please indicate that in your form. Once we have renewals in, plot assignments for returning gardeners will be emailed, and posted at the kiosk. After that posting all vacant plots will be opened to the public until May 1, 2015, at which point remaining plots may be utilized for “community plots”. Garden registration will close on May 1, 2015.

Important Information
The following is required to participate in the Community Garden Program:
■ Application must be completed and returned by May 1, 2015
■ Include check for $45 made out to Fluvanna Parks and Recreation for a single plot, $50 if after February 14.
■ Mail completed application and payment to FCPR; P.O. Box 70, Palmyra, VA 22963
■ Applications are accepted on a first come, first served basis
■ Applications can be found at http://fluvannacounty.org/services/parks-and-recreation/forms

4–H Junior Camp
June 8–June 12, 2015
We invite your child to spend one week (Monday–Friday) with 4–H campers from Fluvanna and Greene Counties at Holiday Lake 4–H Educational Center, an American Camp Association Accredited Camp in Appomattox, Virginia. Campers can choose from a variety of classes including swimming, canoeing, riflery, archery, high ropes, climbing tower, fishing, archaeology and many others. Trained teen and adult volunteer leaders from Fluvanna work with Holiday Lake staff to create a positive camp environment where youth learn valuable life skills such as Cooperation, Communication, and Self-Responsibility. We look forward to working with your child this summer. This is an overnight camp for youth ages 9–13. Participants must turn 9 by 9/30/15. Camp fees are $195 which includes transportation, meals, lodging, and a t-shirt. Contact Kim Mayo, 4–H Youth Development Agent at (434) 591–1950 or by email at kmayo@vt.edu for additional information.

Robotics Summer Day Camp
June 15–19, 2015
Unleash the inner scientist in your child, and engage your child in hands–on robotics and Aerospace Engineering activities this summer. Youth will design and test a variety of objects in this exciting educational program; and receive a first-hand introduction to Lego Robotics using the Lego Mindstorms EV3. Camp will meet from 8:30–12:30, and is open to Current 3rd & 4th graders. Fee: $40 for the week. Contact: Virginia Cooperative Extension- Fluvanna for more information. 434–591–1950. Registration opens in March 2015.

Fluvanna Community Garden
Join NOW! (No experience necessary)
Water, perimeter fencing, initial tilling and plenty of sunshine are provided. The Fluvanna County Community Garden was developed jointly by the Virginia Cooperative Extension, Fluvanna Master Gardeners and FCPR. A community centered gardening atmosphere is available for all interested residents. The garden promotes productive gardening practices and conserving resources to enhance the surrounding environment. The garden is conveniently located at Pleasant Grove Park. Workshops will be provided at no extra charge by Fluvanna Master Gardeners and VCE. Plot assignments are based on a First Come, First Served basis.
**DID YOU KNOW?**

**Make the right call. If it’s potentially life-threatening, or you’re in doubt, don’t guess...call 911.**

**When to call 911...**

**What Is A True Medical Emergency?**

When should you call 911? Ask yourself the following questions:

- Is the victim's condition life or limb threatening?
- Could the victim's condition worsen and become life or limb-threatening on the way to the hospital?
- Could moving the victim cause further injury?
- Does the victim need the skills or equipment of paramedics or emergency medical technicians?
- Would distance or traffic conditions cause a delay in getting the victim?

**Stay Informed:** Sign up for FAN Mail (see green box on county website) and Code Red (see red box); Radio (WCHV 1260 AM; WINA 1070 AM; WVTF NPR); TV (WCAV CBS 19; WVAW ABC 16; WAHU FOX 27; WVIR NBC29) or NOAA Weather Radio

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**FIVE FRUITS AND VEGGIES EVERY DAY**

**MOVE2HEALTH THE COLORFUL WAY!**

**Join the Challenge:**

www.Move2HealthCentralVA.org

**FLUVANNA EMERGENCY MANAGEMENT**

www.fluvannacounty.org/services/emergency-services

**Be Prepared.**

**Get Ready for Winter’s Icy Flurries...**

While a snow day is usually a welcome break from school or work, in reality a winter storm can be very dangerous. Extremely low temperatures, strong winds, icing, sleet and freezing rain can knock out heat, power and communications for days at a time.

- Have shovels and scrapers on hand.
- Stay indoors, dress warmly in layers and stay dry.
- Have your kit stocked for a power outage.
- Have extra blankets ready to stay warm.
- Use alternate heat sources safely.
- Avoid driving.
- Watch for signs of frostbite.

**Stay Informed:** Sign up for FAN Mail (see green box on county website) and Code Red (see red box); Radio (WCHV 1260 AM; WINA 1070 AM; WVTF NPR); TV (WCAV CBS 19; WVAW ABC 16; WAHU FOX 27; WVIR NBC29) or NOAA Weather Radio

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**Fluvanna County Parks & Recreation - 434-589-2016**
**Registration Form**

**Fluvanna County Parks & Recreation - 434-842-3150**

**Fluvanna County Parks & Recreation - 434-589-2016**


**By Mail:** send registration form with a check or money order to P.O. Box 70, Palmyra, VA 22963

**In person:** stop by the Fluvanna Community Center, 5725 James Madison Hwy., Fork Union, VA 23055 or the Pleasant Grove House, 271 Pleasant Grove Drive, Palmyra, VA 22963

Drop box is available after hours at Carysbrook Recreation Center and Fluvanna Community Center

**Fluvanna Community Center Office Hours:** Mon - Fri / 8am – 5pm

**Pleasant Grove House Office Hours:** Mon - Fri / 8am – 5pm

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**PAYMENT MUST ACCOMPANY THIS FORM.**

Make checks payable to FCPR

P.O. Box 70, Palmyra, VA 22963, 434-589-2016

Registrant’s Name ___________________________________________ Date ______________

Mailing Address ____________________________________________ Home Phone ______________________

City ___________________ County ___________________ Zip _____________ □ Resident □ Non-Resident

Allergies: ___________________________ Special needs: __________________________

Email Address: ___________________________ Work Phone ______________________

To Subscribe for Program Guides to be mailed to your address above @ $3 for a year, check here

If school-aged student, please complete the following: AGE ___ D.O.B. _____ SCHOOL ________ Gender: Boy or Girl

Circle: Youth or Adult  T-shirt size: S  M  L  XL  Circle: Youth or Adult  Shorts:  S  M  L  XL

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**ASSUMPTION OF RISK**

I ASSUME ALL RISKS AND LIABILITY THAT MAY ARISE FROM MY OR MY CHILD’S INVOLVEMENT AND PARTICIPATION IN THIS ACTIVITY. I UNDERSTAND THAT THIS ACTIVITY CARIES THE POSSIBILITY OF PHYSICAL INJURY AND MAY INVOLVE PHYSICAL ACTIVITY THAT MAY BE STRENUOUS AND THERE ARE RISKS INHERENT IN THIS RECREATIONAL ACTIVITY. NOTHING CONTAINED HEREIN SHALL BE CONSTRUED TO GRANT AN EXPRESSED OR IMPLIED WARRANTY OF SAFETY.

Refunds may be given when requested PROVIDED THE REQUEST IS MADE PRIOR TO THE START OF THE ACTIVITY. A $10 service charge will be deducted from the refund unless the cause is due to a change in the class schedule. If supplies have been purchased on your behalf, that amount may also be deducted from your refund. Allow at least 60 days for your refund to be mailed. If you prefer you may opt to receive your refund in the form of a voucher.

Date ___________________ Signature of Participant or Legal Guardian if under 18 years of age __________________________________________________________

Print Parent or Legal Guardian’s name for participants under 18 years of age __________________________________________________________

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**OFFICE USE ONLY BELOW THIS LINE**

Invoice No.  Rec’d. Date:  / /  By:________________________ Check#________________ CASH

Deposit  Check # _________ Deposit  Cash ______