

Prince George County Parks and Recreation

# 2020 Activity Guide

## Winter-Spring



**Youth  
Sports**

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We are very excited to present our **Winter/Spring Activity Guide**. Our latest brochure offers a variety of activities for participants of all ages. Youth will enjoy our seasonal activities, Summer Day Camp, athletic programs, and classes. You and your family are invited to join us at our **free "Movie in the Park"** held at Scott Park throughout the summer. This Spring we are very excited to **partner with the US Fish and Wildlife Services** to offer programming at the James River National Wildlife Refuge in Prince George!

Start the New Year out right getting in shape at either of our exercise facilities located at both the Parks and Recreation Community Center and Central Wellness Center, partially funded from generous grants from the **John Randolph Foundation!** Adults looking for other ways to get in shape, may enjoy our Zumba Classes, Yoga, Country Heat Live, Cize Live, Basic Abs and Fitness or if you aren't sure what particular exercise you would enjoy, try Ballroom Dance. Participants of all ages are encouraged to try their hand at **Pickleball** at either Temple Park or the Central Wellness Center.

We are actively looking for classes/programs that you want to see at our facility...suggestions welcome. Thank you for your participation!

Sincerely,



**Keith B. Rotzoll**

*"To enhance the quality of life of Prince George County residents by promoting healthy lifestyles and providing enriching leisure services."*

## Acknowledgements

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## Social Media

Follow us on social media for the latest program updates, new classes, events, and sporting updates!



**APPOMATTOX RIVER REGIONAL CANOE/ KAYAK LAUNCH**



### KNOW BEFORE YOU GO!

We are also able to send you an email and/or text message letting you know when games, special activities and classes are cancelled or delayed. Please **visit the Prince George County website at [www.princegeorgeva.org](http://www.princegeorgeva.org)** to sign up for this feature. On the home page of the website, click on "Know Before You Go Rainout" and then enter either your email address or cell phone number. Once you do this we will be able to either send an email and/or text message to you as soon as we know the games are cancelled or delayed.



# YOUTH RECREATIONAL LEAGUES

## Important Registration Information

T-ball and coach pitch will be running concurrently with the regular baseball and softball season in the spring. This means all baseball/softball, with the exception of Blastball, will be running the same time as spring soccer. Both the boys and girls coach pitch teams will be participating in the Dixie Youth Leagues. **Players age 5 and up can only participate in ONE spring league.**

## Registration

Registration is required for each league. A parent or legal guardian must register the youth at the Recreation Office or online at [www.princegeorgeva.org/onlineregistration](http://www.princegeorgeva.org/onlineregistration). A birth certificate is required for first-time sign-ups.

Family registration fee for youth sports will be \$30.00 for 1 child; \$50.00 for 2 children; \$70.00 for 3 children and \$10 for every additional child past three.

A player may move up one age group in baseball/softball IF they are within one years age of the cutoff for that division. They may only move up if they have participated for at least one year in their listed age division and with the consent of the Recreation Department. Players may NOT move up from any 4 year old leagues. Contact Parks and Recreation if interested.

## Baseball–Softball Ages 3-8

On Site Registration: Prince George Community Center, January 6– February 7, Monday–Friday, 8:30am–5:00pm (closed January 17th & 20th) and Saturday, January 25 9:00am–Noon.

### BLASTBALL

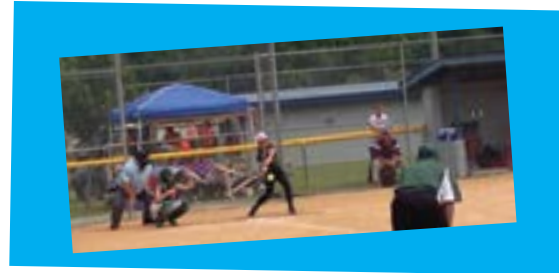
This league is for boys and girls 3 & 4 years old. This league is designed to teach the fundamental skills of baseball and softball. *Participants must be 3 years of age and cannot have reached their 5th birthday on or before May 1, 2020. Blastball registrants can also sign up for mini-mite soccer.*

### T-BALL BOYS

This is a league for participants that teaches the basics of baseball, such as catching, throwing, and hitting. T-ball is designed for boys ages 5 & 6. *Participants must have reached 5 years of age and cannot be 7 years of age on or before May 1, 2020.*

### T-BALL GIRLS

This is a league for participants that teaches the



basics of softball, such as catching, throwing, and hitting. T-ball is designed for girls ages 5 & 6. *Participants must have reached 5 years of age and cannot be 7 years of age on or before July 31, 2020.*

### AA (COACH PITCH BOYS)

This is a league for boys ages 7 & 8. In this league, the coaches will be pitching to the participants so that they can learn the fundamentals of hitting, running, and sportsmanship. *Participants must be 7 years of age and not 9 years of age on or before May 1, 2020.*

### DARLINGS (COACH PITCH GIRLS)

This is a league for girls ages 7 & 8. In this league, the coaches will be pitching to the participants so that they can learn the fundamentals of hitting, running, and sportsmanship. *Participants must be 7 years of age and not 9 years of age on or before July 31, 2020.*

**Register Today!**  
Sign-up your family now at:  
[www.princegeorgeva.org/onlineregistration](http://www.princegeorgeva.org/onlineregistration)

## Baseball–Softball Ages 9-15

On Site Registration: Prince George Community Center, January 6–February 7, Monday–Friday, 8:30am–5:00pm (closed January 17th & 20th) and Saturday, January 25 9:00am–Noon.

A player may move up one age group in baseball/softball IF they are within one years age of the cutoff for that division. They may only move up if they have participated for at least one year in their listed age division and with the consent of the Recreation Department. Players may NOT move up from any 4 year old leagues. Contact Parks and Recreation if interested.

P.G. Parks and Recreation participates in **Dixie Youth Baseball, Dixie Softball, and Babe Ruth Baseball.**

### ANGELS

This fast pitch softball league is for girls ages 9 & 10. This league is designed to teach the fundamentals of softball along with the sportsmanship that comes with winning and losing. *Participants must be 9 years of age and cannot have reached their 11th birthday on or before July 31, 2020.*

### PONYTAILS

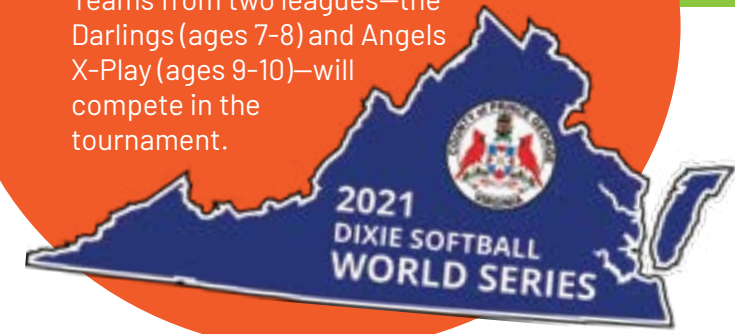
This league is for girls ages 11 & 12. This is a league is designed to fine tune your softball skills and introduce more complex aspects of fast pitch softball. *Participants must be 11 years of age and cannot have reached their 13th birthday on or before July 31, 2020.*

### BELLES

This softball league is for girls ages 13-15. In this league the girls will be taught fast-pitch softball at a higher recreational level. *Participants must be 13 years of age and cannot have reached their 16th birthday on or before July 31, 2020.*

## DID YOU KNOW?

Prince George County will host the 2021 Dixie Softball World Series! Teams from two leagues—the Darlings (ages 7-8) and Angels X-Play (ages 9-10)—will compete in the tournament.



### AAA

This baseball league is for participants age 9 & 10. This is a league designed to teach the fundamentals of baseball along with the sportsmanship that comes with winning and losing. *Participants must be 9 years of age and cannot have reached their 11th birthday on or before May 1, 2020.*

### MAJOR

This league is for participants ages 11 & 12. This is a league designed to fine-tune your baseball skills and level of play. *Participants must be 11 years of age and cannot have reached their 13th birthday on or before May 1, 2020.*

### BABE RUTH (13-15)

This baseball league is for participants ages 13-15. This is a league designed to teach each participant baseball at a higher recreational level. *Participants must be 13 years of age and cannot have reached their 16th birthday on or before May 1, 2020.*

### BABE RUTH (16-18)

This league is a competitive baseball league for boys 16-18 where the team travels within the tri-cities area to play games. *Participants cannot have reached their 19th birthday on or before January 1, 2020.*

### DEBS

This league is a competitive softball league for girls ages 16-18 where the team travels within the tri-cities area to play games. *Participants cannot have reached their 19th birthday on or before July 31, 2020.*

# YOUTH RECREATIONAL LEAGUES

## Spring Soccer Ages 4-18

*On Site Registration: Prince George Community Center, January 6- February 7, Monday-Friday, 8:30am-5:00pm (closed January 17th & 20th) and Saturday, January 25 9:00am-Noon.*

*A player may move up one age group in soccer IF they are within one years age of the cutoff for that division. They may only move up if they have participated for at least one year in their listed age division and with the consent of the Recreation Department. Players may NOT move up from any 4 year old leagues. Contact Parks and Recreation if interested.*

### MINI-MITES SOCCER

This league is for 4 year old boys and girls. This is an instructional league that teaches the very basics of soccer.

*Participants must be 4 years old and cannot have reached their 5th birthday on or before Dec. 31, 2019.*

### MIGHTY MITES SOCCER

This league is for boys and girls ages 5 & 6. This league is designed to introduce fundamentals such as passing, dribbling and trapping.

*Participants must be 5 years of age and cannot have reached their 7th birthday on or before Dec 31, 2019.*

### PEEWEE SOCCER

For boys and girls ages 7 & 8. The Peewee division is designed to teach the basic fundamentals of soccer and to introduce positions and teamwork. *Participants must be 7 years of age and cannot have reached their 9th birthday on or before Dec. 31, 2019.*

### JUNIOR SOCCER

Boys and girls in this age group are 9 & 10 years of age. This age division is designed to fine tune



each skill learned through the different age groups and the sportsmanship that goes with winning and losing. *Participants must be 9 years of age and cannot have reached their 11th birthday on or before Dec. 31, 2019.*

### SENIOR SOCCER

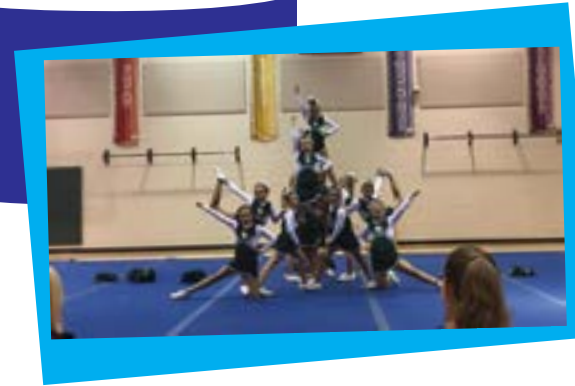
For boys and girls age 11-13. This division will teach the children recreational soccer at a higher level. *Participants must be 11 years of age and cannot have reached their 14th birthday on or before Dec. 31, 2019.*

### U14 TRAVEL SOCCER

For boys and girls age 14. Games played in Colonial Heights. *\$30 per participant. All participants must be 11 years of age and cannot have reached their 15th birthday on or before December 31, 2019.*

### U18 Travel Soccer

For boys and girls age 15-18. Games played in Colonial Heights. *\$30 per participant. All participants must be 15 years of age and cannot have reached their 19th birthday on or before December 31, 2019.*



## Football/Cheerleading Ages 4-18



*The Prince George Parks and Recreation is a member in both the **Chesterfield Quarter Back League (CQL)** and **Chesterfield Cheerleading League (CCL)**. Participants in these leagues, aged eight to fourteen years old, have the opportunity to experience travel football and cheerleading.*

*Registration for youth football and cheerleading runs from May 18-June 12, Monday-Friday 8:30am-5:00pm, and Saturday, June 6 (9:00am-12:00pm) at the Parks and Recreation Office located at 11100 Old Stage Road Prince George.*

*Participants will be responsible for purchasing game pants for football or a cheerleading package, available through the Parks and Recreation Office.*

### FLAG FOOTBALL

Flag Football is for boys and girl's ages 5 - 7. This year teams will compete in the CQL! This IS a travel program.

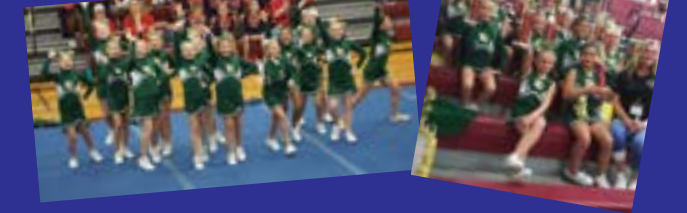
*Participants must be 5 years of age and cannot have reached 8 years of age on or before August 1, 2020.*

### FLAG CHEERLEADING

Flag Cheerleading is for girls ages 5 - 7. Flag Cheerleaders will cheer for the Flag Football teams. This IS a travel program.

*Participants must be 5 years old and cannot have*

## JUNIOR CHEERLEADERS MINOR CHEERLEADERS



### DID YOU KNOW?

*Last year, our Minor Cheerleaders came in 1st place and our Junior Cheerleaders came in 2nd Place in the CCL Cheerleading Competition. Congrats, ladies!*

*reached their 8th birthday on or before September 30, 2020.*

### YOUTH TACKLE FOOTBALL

Playing in this league gives participants an opportunity to experience travel football. CQL is divided into three divisions: **Minor Division 8 and 9; Junior Division 10 and 11; and Senior Division 12, 13, and 14 year olds.** Youth football players will be responsible for purchasing green game pants, which will be available through the Recreation Department.

*Participants must be 8 years of age and cannot have reached 15 years of age on or before August 1, 2020. 14 year olds must weigh under 150 pounds—only FOUR slots available.*

### YOUTH CHEERLEADING

Playing in this league gives participants an opportunity to travel to surrounding areas with their team. Youth Cheerleading will be broken up into three different divisions: **Minors 8 and 9, Juniors 10 and 11, and Seniors 12, 13, and 14 year olds.** Youth cheerleaders will be responsible for purchasing a cheerleading package which will be available through the Recreation Department.

*Participants must be 8 years of age and cannot have reached 15 years of age on or before September 30, 2020.*

## Karate Classes

Karate classes build positive self-image, sportsmanship, self defense, and better concentration. They are held on Tuesday and Thursday nights at W. A. Walton Elementary School in the gym. *These classes are for anyone ages 6 and over. Classes run for eight weeks. The program fee is \$60 per participant with multi-child discounts.*



## Travel Field Hockey

Prince George Parks and Recreation will be offering a competitive girls travel field hockey team that will compete in three tournaments. The team will practice in Prince George County. This is for girls in grades 2nd through 11th. *Dates, times, fees to be announced.*



## Toddler Tumble Class

Prince George Parks and Recreation is offering a program for pre-school children ages 2 through 4. The class will keep your child energized with a mixture of clapping, moving, tumbling, balance, climbing, catcing, throwing, and hopping. *Thursday nights from 5:30 pm-6:00 pm or Friday mornings from 10:00 am-10:30 am at the Prince George Community Center starting February 6th and 7th. The class cost is \$50 per child with multi-child discounts. Registration will be held December 9 through January 10th or until filled.*

## Day Camp June 15-August 13 Ages 6-12

Activities will include sports and games, arts and crafts, special field trips, and guest programs. Camp will be held at Scott Park on Mondays and Wednesdays from 9:30 am to 2:30 pm and at Temple Park on Tuesdays and Thursdays from 9:30 am to 2:30 pm.

*Registration will be begin May 1 until filled. Late registrants will be placed on a "waiting list" and will be accepted into the program IF participation numbers permit. Youth are asked to wear tennis shoes and proper play clothes (no open toe sandals or flip-flops). The camp is free but will have associated trip fees. Must be a Prince George resident and a parent or legal guardian must sign child up in the office. First time participants must present a copy of birth certificate when registering.*



## Sports Camps Ages 7-14

### BASEBALL CAMP

The camp is designed to teach the fundamentals of baseball. The date and time is TBA but will take place over Spring Break and is open to County residents ages 9-12. The cost will be \$30.00.

### SOFTBALL CAMP

The camp is designed to teach the fundamentals of softball. The date and time is TBA but will take place over Spring Break and is open to County residents ages 9-12. The cost will be \$30.00.

### MLB PITCH, HIT, & RUN

Prince George Parks and Recreation will be hosting MLB 2020 Pitch, Hit, and Run on Friday, March 20, 6:00 pm at the JEJ Moore Athletic Complex. This is for boys and girls 7 to 14 years of age. *Participants can pre-register online, in the Parks and Recreation Office, or register the day of the event by 5:30 pm.*



## Did you know?

**County residents ages 13-15 can work out at the Prince George Central Wellness Center and Prince George Community Center when accompanied by an adult. Looking for more activities for your family? Make sure to check their website for the latest news!**



"Great place for families."

-Kaya A., Google Review

# ADULT EXERCISE PROGRAMS

## Adult Classes

For dates, times, and prices of classes visit our website.

### ZUMBA EXERCISE CLASS

Zumba is a fusion of Latin and International music set to dance themes creating a dynamic, exciting, and effective fitness workout. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. This class goes on the principle that a workout should be "fun and easy to do."

### YOGA CLASS

Yoga is a mind body exercise involving stretching and creating balance in the body through developing both strength and flexibility. Bring a mat with you for floor exercises.

### BASIC ABS

This class will include muscle conditioning with a complete dynamic workout for all fitness levels. It will deliver strength, balance, flexibility endurance for core stability to tone, lengthen and define your muscle class incorporates all this using only your body resistance to burn calories and get the results you desire. Bring a mat for floor exercises and weights.

### PICKLEBALL

The Prince George Central Wellness Center, 11023 Prince George Drive, is open for Pickleball. Come and check it out!

Courts will be available on Tuesdays and Fridays from 9:00 am-noon.



### BALLROOM DANCE CLASSES

Come join ballroom dance classes for beginner and experienced dancers to meet new friends and learn new dance steps. Participants will learn the Basic Fox Trot, Waltz, and East Coast Swing. Leave the program with the confidence to dance at any social event!

Class will be held for four weeks at the Prince George Community Center on Wednesdays beginning March 4, from 6:30 pm-7:30 pm. Register January 27—until filled. Program fee is \$20 per participant.



## Mature Adult

### PG MOVERS

The "PG Movers" is a group that offers a variety of Mature Adult activities for people 40 years of age and older. Activities include traveling, attending events, dining out, becoming and staying physically fit, and much more! We will meet periodically throughout the year. Come out and join!!! Contact Debbie Lafland at [dlafland@princegeorgecountyva.gov](mailto:dlafland@princegeorgecountyva.gov) for more information.

### ARTHRITIS CLASS

The Arthritis Foundation Exercise Program is a free community based, recreational group exercise and education program designed specifically for people with arthritis and related diseases.

### MIND-BODY EXERCISES

This free class will feature two mindful exercise forms, Yoga and Tai Chi, and present strategies and movement sequences to incorporate mind-body exercise into physical activity programming.

### HUNTER SAFETY

Certificate awarded. This course will be instructed by the Department of Game and Inland Fisheries. Pre-Registration is required. To register and locate dates and times, please log on to [www.dgif.virginia.gov](http://www.dgif.virginia.gov) or call 1-888-516-0844.

### BOATER SAFETY

Certificate awarded. This course will be instructed by the Coast Guard. Pre-registration is required. To register and locate dates and times, please log on to [www.dgif.virginia.gov](http://www.dgif.virginia.gov) or call 1-888-516-0844.

### BASIC DSLR PHOTO COURSE

This three-hour course is designed for people who bought a Digital-Single Lens Reflex (DSLR) camera and who want to take better pictures. Class is limited to 15 participants, the fee is \$35 per participant. Class taught by David Breidenbach and will be held January 25, 9:00 am-12:00 pm at the Prince George Community Center, 11100 Old Stage Road. Register December 2—until filled.

### MOBILE PHONE/ PAD PHOTOGRAPHY WORKSHOP

The workshop will be taught by Ken Newman. This entry-level class is for students who want learn or improve their phone/pad digital photography and image sharing. Participants will learn the basics of mobile device photography, basic image editing and the use of a few popular photography apps. Students will also learn how to post images to popular social media sites such as Facebook and Instagram. Participants should bring their mobile device(s) and power cord/charger to this class. Class will meet at the Prince George Community Center, 11100 Old Stage Road, 9:00 am-noon on March 28. The fee is \$30.00 per person. Registration will be held January 27-March 25.

### SAFE BANKING FOR SENIORS

BSV is participating in the American Bankers Association Foundation's Safe Banking for Seniors campaign in a nationwide effort to help



# ADULT CLASSES

older customers and their financial caregivers understand the risks of fraud and financial abuse and how to protect themselves and their loved ones. Financial abuse against older Americans can take many forms, from illegal debits, to third-party scams and even unauthorized withdrawals ban an approved financial caregiver.

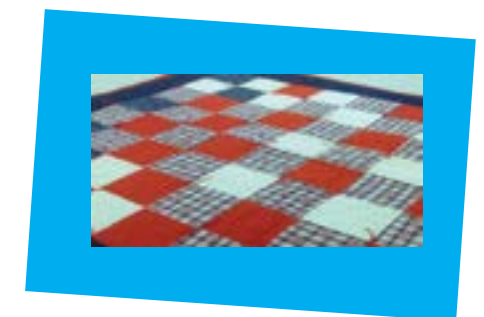
Sessions to be held at 11:00 am. January 23: Identifying and Avoiding Scams, February 27: Preventing Identity Theft, March 26: Choosing a Financial Caregiver and April 23: Acting as a Responsible Financial Caregiver. No registration required.

### FUN BRIDGE CLUB

This club invites and welcomes new members. Must have an understanding of the game. Club meets every Tuesday from 12:00-3:00 pm in the Library at the Prince George Community Center, 11100 Old Stage Road Prince George.

### SCRAPS FROM THE HEART

Prince George Parks and Recreation Department is sponsoring "Scraps from the Heart." Participants design and make lap quilts from scraps of material. If you would like to join us, please call (804) 458-6164 or email [dlafland@princegeorgecountyva.gov](mailto:dlafland@princegeorgecountyva.gov).



## Sign-up Today!

For dates, times, and prices of classes visit our website: [www.princegeorgeva.org/onlineregistration](http://www.princegeorgeva.org/onlineregistration)

# COMMUNITY EVENTS

## February

### Zumba-For-Heart

Join us at the **Prince George Community Center on Saturday, February 8 from 9:30 am-11:30am to support the American Heart Association.** We will exercise to music with refreshments to follow. There will be a \$5.00 donation with all proceeds going to the American Heart Association. Last year, we raised \$1000 for the American Heart Association! Valerie Nichols, a Certified Instructor, will lead the event. 2/8 at 9:30 am. Prince George Community Center, 11100 Old Stage Road.

## March

### Pickleball Open House

Come learn to play Pickleball! **A free beginner's clinic will be held on Saturday, March 14, 2020, from 10:00 am-1:00 pm at the Prince George Wellness Center Gymnasium.** Come dressed in gym clothes and tennis shoes with non-marking soles. You will learn the basic fundamentals and rules of the game and will be playing a few games. Pickleball paddles and balls will be provided. Children under 16 years old must be accompanied by a parent. 3/14 at 10:00 am. Prince George Central Wellness Center, 11023 Prince George Drive, Disputanta, VA 23842. For more information, call our office at 804-458-6164 or Jared Dieffenbach at 804-704-0374.

### Arm Wrestling Contest

The Prince George Recreation Department and "Team Brutal" will host an **Arm Wrestling Competition Saturday March 21st, at the Central Wellness Center.** Register January 20-March 13 and on site the day of the event. Cost is \$30 per participant. 1st, 2nd and 3rd place medals for all Divisions. 3/21 at Prince George Central Wellness Center, 11023 Prince George Drive, Disputanta, VA 23842.



### E-Sports Tournament

Prince George Parks and Recreation is hosting an **E-Sports Tournament (NBA 2K20 and NFL Madden20) presented by Shenandoah University on February 15, 2020.** The Tournament will be held at the Central Wellness Center for ages 8 and up. Register December 1-February 1. The fee is \$15 per participant. Prizes for 1st and 2nd place. 2/15 at Prince George Central Wellness Center, 11023 Prince George Drive, Disputanta, VA 23842.



#### DID YOU KNOW?

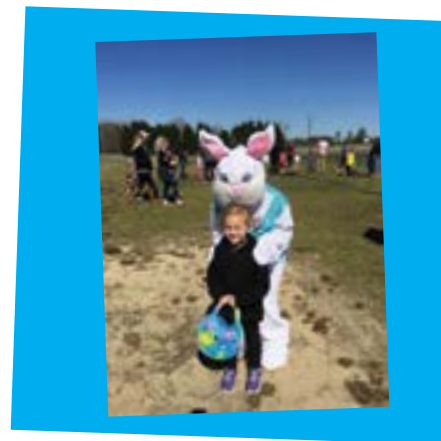
The fastest growing sport in the world, Pickleball is easy to learn and fun for all ages. It combines many elements of tennis, badminton, and ping-pong, and it's played both indoors and outdoors on a badminton-sized court with a modified tennis net.



## April

### Appomattox River Regional Park 5K Trail Run

Prince George Parks and Recreation, the Riverside Regional Jail, and Friends of the Lower Appomattox River (FOLAR) are proud to host the **5th Annual Appomattox River Regional Park 5K Trail Run on Saturday, April 4th, at 9:00 am.** Participants at all levels are encouraged to come out and enjoy the festivities. Proceeds go to FOLAR and the Special Olympics. 4/4 at 9:00 am. Appomattox River Regional Park, 800 FOLAR Trail. N. Prince George, VA 23860. Register at <http://www.runsignup.com/AARP-5K>. Sponsorships available.



### Easter Egg Hunt

This event for ages 2-10 will be held at **Temple Recreation Park on Saturday, April 11.** The hunt will begin promptly at 11:00 am and make sure to look for a visit from the Easter Bunny! Easter baskets or bags are required. 4/11 at 11:00 am. Temple Recreation Park, 14307 Prince George Drive, Disputanta, VA 23842. Thanks to the Boy Scouts and Girl Scouts for their help with this event.

### Community Yard Sale

Prince George County Parks and Recreation is holding a **Community Yard Sale on Saturday, April 25th from 9:00 am-2:00 pm at Temple Park Pavilion.** The fee is \$20 (CASH OR CHECK ONLY - checks made payable to the Prince George Parks and Recreation Foundation). There are 25 spaces available (10X10) the first 15 spaces will be under the pavilion (no electricity available). Reserve your space now through April 23rd (or until full) at the Parks and Recreation Office (11100 Old Stage Road Prince George, VA 23875). All proceeds will go to the Prince George Parks and Recreation Foundation. 4/25 at 9:00 am. Temple Recreation Park, 14307 Prince George Drive, Disputanta, VA 23842. For more information call 804-458-6164.

For more events and event photos, make sure to follow us on Facebook!



## Kite Festival

Prince George Parks and Recreation is proud to be hosting its **Seventh Annual Kite Festival on Saturday, April 25th!** This family friendly event will feature kite demonstrations and fun contests for all groups. Participants will have the opportunity to build, fly, and take home their own kite. The Kite Festival 1K Fun Run will be for participants ages 5-12, starting promptly at 11:00 am. Come out and enjoy the day with friends and family!

4/25 at 11:00 am-3:00pm. Temple Recreation Park, 14307 Prince George Drive, Disputanta, VA 23842.

## May

### Community Art Exhibit

Prince George Parks and Recreation will be hosting a **Community Art Exhibit on Saturday, May 2nd from 10:00 am to 3:00 pm at the Prince George County Library.** We invite you to display your paintings, photography, sculpture, or other media. Interested artists can register at the Parks and Recreation office, 11100 Old Stage Road. Space is limited so register early for a spot.

5/2 at 10:00 am. Prince George County Library, 6605 Courthouse Road. For more information please call (804) 458-6164.

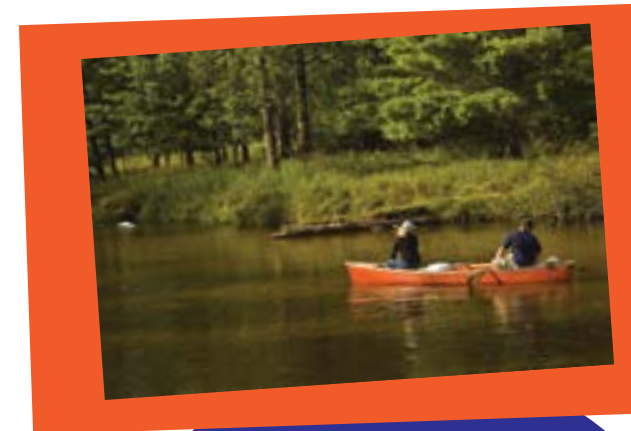


## June & July

### Movie In The Park

Prince George Parks and Recreation will be sponsoring **free "Movie In The Park" at Scott Park on June 12th and July 10th at 8:30 pm.** Bring a lawn chair or blanket, and come enjoy a movie in the park! Concessions will be available on site. We request that no outside food, drinks, or coolers be brought to the movie.

6/12 and 7/10 at 8:30 pm. Scott Park, 6680 Courthouse Road. In case of inclement weather, call our office at 804-458-6164.



### Connect With Nature

Come out to James River National Wildlife Refuge to reconnect with the Great Outdoors. **Join us for guided and self-led nature walks, paddle Powells Creek (canoes, kayaks, life jackets provided), intro to archery, live animal demonstrations, and much more on Saturday, April 25th.** Activities conducted at various times throughout the day. This free event is sponsored by the US Fish and Wildlife Service and Prince George County Parks and Recreation Department. 4/25 at 9:00 am. James River National Wildlife Refuge, 4550 Flowerdew Hundred Road, North Prince George, VA 23860. No registration required.

This spring, we are very excited to partner with the US Fish and Wildlife Service to offer programming at the James River National Wildlife Refuge in Prince George.

### Wetlands Paddle

Reserve your spot to **paddle the tranquil waters along James River National Wildlife Refuge on Saturday, April 4 at 10:00 am or Friday, May 15 at 8:00 am.** Join a local naturalist as they guide you through this wild and historically rich part of Prince George County. Canoeing/kayaking experience recommended. Boats and life jackets will be provided. Additional details provided upon registration. This free event is sponsored by the US Fish and Wildlife Service and Prince George County Parks and Recreation Department. 4/4 at 10:00 am OR 5/15 at 8:00 am. James River National Wildlife Refuge, 4550 Flowerdew Hundred Road, North Prince George, VA 23860.

Each trip is limited to 16 participants, pre-registration required online or in office 2/3-3/31 (or until filled) for 4/4 Paddle and 3/16-5/8 (or until filled) for 5/15 Paddle.



For more events and event photos, make sure to follow us on Facebook!



# PARKS & RECREATION FACILITIES

## Facilities & Parks

### Rules for Use

Each park is available to Prince George citizens from dawn to dusk each day. Alcohol beverages are prohibited.

### Pavilion Reservations

County citizens, businesses, and organizations may reserve the pavilion facilities through the Parks and Recreation Department. You may visit the office, 11100 Old Stage Road, in person to fill out a reservation form. Scott Park and Temple Park Pavilions are reserved for half days either from dawn to 3:00 pm or 3:00 pm to dusk, in an effort to accommodate as many groups as possible. Self-cleanup required, call the office at 458-6164 with any questions.

### SCOTT MEMORIAL PARK

6680 Courthouse Road, 23875

The Scott Memorial Park features a large pavilion and picnic tables, restrooms, a newly renovated playground, and two lighted softball fields.

### MOORE ATHLETIC FIELDS

11455 Prince George Drive, 23842

The Moore Athletic Complex has four lighted baseball fields, multi-purpose field, and concession area.

### TEMPLE RECREATION PARK

14307 Prince George Drive, 23842

Temple Park features one full-size lighted softball field, multi-purpose field, three tennis courts, playground and large pavilion.

### PG CENTRAL WELLNESS CENTER

11023 Prince George Drive, 23842

The Prince George Central Wellness Center is a principal hub for active youth and adults. The indoor facility is utilized for Zumba and Yoga classes, basketball leagues, school practices, and sports clinics. It features a new Fitness Room,



SCOTT  
MEMORIAL  
PARK



MOORE  
ATHLETIC  
FIELDS



TEMPLE  
RECREATION  
PARK



PG CENTRAL  
WELLNESS  
CENTER



APPOMATTOX  
RIVER  
REGIONAL  
PARK



PRINCE GEORGE  
COMMUNITY  
CENTER



PRINCE GEORGE  
CENTRAL WELLNESS  
CENTER

Citizens Lounge and Computer Lab. The outdoor lighted rectangular field is used for recreation football practices, and recreation/school soccer practices.

### APPOMATTOX RIVER REGIONAL PARK

800 Folar Trail, 23860

The Prince George County Parks and Recreation Department is also proud to offer the newest addition to our parks. The Appomattox River Regional Park is located between I-295 and the Riverside Regional Jail on River Road. This park offers over 60 acres of wooded trails with an observation pier on the Appomattox River, Educational Shelter, Canoe/Kayak Launch and Restroom Facility. Come out for a walk and enjoy the outdoors.

## Exercise Rooms

Thanks to the John Randolph Foundation, the County Board of Supervisors, and County Administration, Prince George Parks and Recreation has **opened two Fitness Facilities** to assist citizens of Prince George County in their quest for a healthy lifestyle. Registration fee is \$5 per month and/or \$50 a year and the card can be used at both the Prince George Community Center

and Central Wellness Center locations. The two Exercise rooms are now open to County residents ages 13-and up. Participants 13-15 must be accompanied by an adult.



### PRINCE GEORGE COMMUNITY CENTER

11100 Old Stage Road, Prince George 23875

The Fitness Facility at the Prince George Community Center has been open since November, 2012. The two Exercise rooms are open to County residents ages 13-and up. The cardiovascular room contains ellipticals, treadmills and stationery bikes. The weight room houses strength training machines with limited free weights.

*The Community Center Fitness Facility is open Monday–Thursday from 7:00 am –8:00 pm, Friday from 7:00 am–7:00 pm, Saturday from 9:00 am–noon.*

### PRINCE GEORGE CENTRAL WELLNESS CENTER

11023 Prince George Drive, Disputanta 23842

The newest facility at the Prince George Central Wellness Center opened last Spring. The Fitness Room features ellipticals, treadmills, stationery bikes, strength training machines, and limited free weights. Fitness Room participants should enter through the front of the building.

*The Wellness Center Fitness Room is open Monday–Thursday 7:00–10:00 am and 5:00–8:00 pm, and Friday 7:00–10:00 am and 5:00–7:00 pm.*



**“Good place to go to work out. Great selection of equipment.”**

*–Nick H., Google Review*

**Make a difference in your community.** Support Parks & Recreation's mission to enhance the quality of life of Prince George County residents by getting involved today.

## 1. Support

### Prince George Parks & Recreation Foundation

The Foundation's purpose is to support the department by raising funds, accepting gifts and grants to enhance or expand existing programs, services, facilities and technology.

Donate today by sending a check to:  
**Prince George Parks & Recreation Foundation**  
 PO Box 712  
 Prince George VA 23875  
 Donations will be tax exempt.

## 3. Donate

### Prince George Promise Donations



Donate your new or gently used youth team sports equipment (baseball/softball, soccer, football, basketball, field hockey)!! Equipment will be used by PG Parks and Recreation youth league participants.

Bring equipment to:  
**Prince George Parks & Recreation**  
 Community Center  
 11100 Old Stage Road

## 2. Sponsor

### Sponsorship Opportunities

#### BASEBALL/SOFTBALL

If you are interested in a sponsorship please call our office at 804-458-6164. Sponsorships will need to be submitted by **March 2, 2020**.

#### APPOMATTOX RIVER REGIONAL PARK 5K TRAIL RUN

Prince George Parks and Recreation, Riverside Regional Jail, and the Friends of the Lower Appomattox River (FOLAR) are proud to host the 4th Annual Appomattox River Regional Park 5K Trail Run on Saturday, April 4th! All profits and donations from the event will be split between the Special Olympics of Virginia and FOLAR. **All sponsorships need to be received by March 20th to be included on the race shirt.**

## 4. Attend

### Park Passes

Look for discounted park passes this spring/summer to



## View and Register for Activities Online!

You can log on NOW to create an account for you and your family members!

### HOW DO I REGISTER ONLINE?

Prince George Parks and Recreation is very excited to offer you the ability to easily and securely view and register for recreation activities online. Come visit our new online registration page and create your account today! Visit [www.princegeorgeva.org/onlineregistration](http://www.princegeorgeva.org/onlineregistration) to register now.

### WHY SHOULD I REGISTER ONLINE?

Our online registration system is:  
**Fast!** No more waiting in line.  
**Easy!** Programs are just a few clicks away.  
**Timely!** With anytime, around the clock access.  
**Convenient!** Register from the comfort of your home.

## Frequently Asked Questions

### WHAT TYPES OF PAYMENT DO YOU ACCEPT?

We accept Visa, MasterCard, and American Express.

### DO YOU ACCEPT CREDIT CARD PAYMENT FOR GYM MEMBERSHIPS?

We accept credit card payments for year memberships, but not monthly passes.

### HOW DO I CONTACT PARKS & RECREATION?

You can email us at [Recreation@princegeorgecountyva.gov](mailto:Recreation@princegeorgecountyva.gov) or give us a call at (804) 458-6164!

### DID YOU KNOW?

Last year's Zumba-For-Heart raised \$1,000 for the American Heart Association! Want to make a difference while having fun dancing with friends? Join us this year on Saturday, February 8 the Prince George Community Center. Details on page 11.



**Register Today!**  
 Sign-up your family now at:  
[www.princegeorgeva.org/onlineregistration](http://www.princegeorgeva.org/onlineregistration)



# Registration for Spring Softball, Baseball, and Soccer **BEGINS 1/6**



**PRINCE GEORGE COUNTY**  
A GLOBAL COMMUNITY WHERE  
FAMILIES THRIVE AND  
BUSINESSES PROSPER.



PHOTO BY: KEN NEWMAN

## **PRINCE GEORGE COMMUNITY CENTER**

11100 Old Stage Road  
Prince George, VA 23875  
Office: (804) 458-6164  
Fax: (804) 458-5021  
Activity Hotline: (804) 458-5186  
[WWW.PRINCEGEORGEVA.ORG](http://WWW.PRINCEGEORGEVA.ORG)

## **Let's be social!**

Follow us on social media for the latest program updates, new classes, events, and sporting updates!



[PG County Parks  
and Recreation](#)



[@PGParksandRec](#)