

Prince George County

Parks and Recreation Community Times

**August
2017**

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Central Wellness Center Open House

The Central Wellness Center located at 11023 Prince George Drive, held it's Open House on August 12, 2017 with numerous residents in attendance. Thanks to the **John Randolph Foundation** for their generous grant for this facility. This facility features 13 cardiovascular machines, five strength and various free weights. This facility is open to residents 13- Adult, participants 13-15 must be accompanied by an adult.

Hours of Operation:

Monday—Thursday 5:00pm to 8:00pm

Friday 5:00pm to 7:00pm

We hope to have morning hours available in September.

\$5 a participant – per month

\$50 a participant – per year

No family discounts.



Upcoming Registrations/Events

| | |
|-------------------------|-------|
| Wrestling Registration | 9/05 |
| Basketball Registration | 10/09 |
| Zumba Breast Cancer | 10/14 |
| Harvest Festival | 10/21 |
| Charles Town | 10/28 |
| Tree Lighting | 11/29 |
| Breakfast with Santa | 12/02 |
| Christmas Parade | 12/02 |

Harvest Festival

The Prince George Parks and Recreation Department is sponsoring it's annual Harvest Festival on Saturday, October 21, at Temple Park, 14307 Prince George Drive from 5:00PM to 8:00PM. This event, for county youth up to 13 years old will feature games, a hay ride, haunted forest, exhibits, cakewalk, costume contest, Giant Space Walk, Moon Walk, Rock-wall/Slide Combo, bungee trampoline, gaming trailer, a petting zoo and lots of fun!!!!

For a minimal charge you can even make your own scarecrow (all proceeds go to the Prince George Animal Shelter). The concession stand will be open for the purchase of food and drinks (all proceeds go to the WCPGC). Come out and help us celebrate our 11th annual Harvest Festival! See you there!



Member Profile



Andrea Schneck

Member since January 2013

Andrea joined the PG Community Center Gym in January 2013 because to be well grounded you need fitness of mind, body, and soul. She has found that here... you can sometimes find all three. When asked if she would recommend the gym to others she replied, "Yes, absolutely! Regardless of your fitness level there is something here for all fitness levels, even if you just want to come socialize." Andrea said in the future she would like to see the gym acquire some different cardio pieces like a stair climber or a rowing machine to add to the current cardio pieces. When asked what the best thing about coming here was Andrea said, "You might come in here dreading the exertion, but when you leave with a smile on your face, friends by your side, and a few pounds lighter it's so worth it!"

Coach's Corner

John Brown

Parks & Recreations Coach

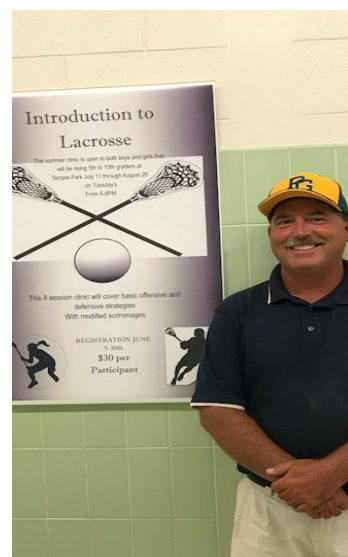
John has been coaching for Parks and Recreation for 10 years. He has experience coaching soccer, baseball, softball, flag football, tackle football and wrestling with football being his favorite to coach. John likes coaching for Parks & Recreation because of the friendly staff, He says the staff always goes above and beyond to meet the needs of his team. John's favorite moment of coaching football for Parks & Recreation is EVERYTHING. He loves everything about coaching football.



Intro to Lacrosse

Thanks to Julia Ellison (a teacher at JEJ Moore Middle School who played college lacrosse) and Richard Johnson (who has coached the recreation field hockey program since 2007), the Parks and Recreation Department started "Introduction to Lacrosse," an eight week summer program. Fifteen boys and girls signed up for the program that started on July 11th, and is held on Thursday nights at Temple Park.

Lacrosse is a team sport where participants use a long-handled stick and a lacrosse ball. Players use the head of the lacrosse stick to carry, pass, and catch the ball to shoot the ball into the opponent's goal. According to Johnson "this is the start of what we hope will be a successful youth program that will eventually move into a High School sport in the County."



Exercise Classes

Basic Abs

This class includes Jumping Jacks, Lunges, and Sit-ups. Muscle conditioning is a complete dynamic full body workout for all fitness levels that delivers strength, balance, flexibility, endurance, and core stability to tone, lengthen, and define your muscles. This class helps you use your own body resistance to burn calories and get the results you desire. Registration is August 1st, – until filled. Classes start on September 12, for 5 weeks, each Tuesday evening from 6:30pm – 7:15pm. Cost is \$25.00 for the 5 weeks. Classes are held at Prince George Parks and Recreation Community Center.

Yoga

Prince George Parks and Recreation Department is offering Yoga classes. Yoga involves stretching and creating balance in the body through developing both strength and flexibility. Registration will be August 1, until filled for all evening classes. Class starts on September 11th for Monday classes, from 7:15pm – 8:00pm at Prince George Central Wellness Center. Class starts September 12th for Tuesday classes from 7:15 pm to 8:00 pm at Prince George Parks and Recreation Community Center. The program fee is \$25 for 5 weeks of classes.

Cize It Up

Dance your way to fit with professional dance moves for everyday people with simple step by step dance routines. CIZE LIVE will have you burning up the dance floor and burning off the calories! It's so fun and exciting it doesn't even feel like a workout. Classes will be held on Thursday's beginning September 14th, 6:30 – 7:30pm for 5 weeks at the Prince George Community Center. Registration will begin August 1 – until full, cost is \$25 per participant.

Zumba

Prince George Parks and Recreation Department is registering for Zumba. Zumba is a fusion of Latin and International music-dance themes creating a dynamic, exciting, effective fitness workout. The Prince George Central Wellness Center classes are held every Monday night for 5 weeks starting September 11, from 6:30pm – 7:15pm, registration is August 1st until filled. The cost is \$25 for each set of classes.

Ballroom Dancing



The Prince George Parks and Recreation Department will be offering 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! The class will be held for four weeks at the Prince George Community Center on Wednesdays beginning October 4-25, from 6:30 p.m. to 7:30 p.m. Program fee is \$20 per participant. Registration will be held on-line at www.princegeorgeva.org/onlineregistration or at the Parks and Recreation office beginning August 7 -until filled.



Prince George Parks and Recreation

11100 Old Stage Road
Prince George, VA 23875

Phone: 804-458-6164

Fax: 804-458-5021

Email: recreation@princegeorgeva.org

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

We're on the web!
www.princegeorgeva.org

Wellness Tips

- Plan your meals for the week and try to get an extra meal out of a casserole or one pot dish you might have made on Sunday.
- Keep your brain and memory sharp. Learn a new language or hobby. Do crossword or jigsaw puzzles. And it is never too late to learn how to play an instrument.
- Pack a lunch instead of buying one every day. You will help your waist line and your pocket!
- Do you take the stairs? For the average American, climbing stairs for just two minutes a day (six to eight flights) will burn enough calories to prevent annual weight gain.

Exercise Room

The Exercise rooms are now open to residents ages 13- adult, housing cardiovascular machines as well as a number of weight machines at the Prince George Community Center 11100 Old Stage Road. Participants 13-15 must be accompanied by an adult. Thanks to the **John Randolph Foundation** for their grant funding of this project.

Hours of Operation:

Monday – Thursday 7:00am to 8:00pm

Friday—7:00am to 7:00 pm.

Saturday— 9:00 am to Noon

Fee:

\$5 a participant – per month

\$50 a participant – per year

No family discounts.

Wrestling



Prince George Parks and Recreation

Department will be holding registration for youth wrestling from September 5– November 30 for ages 5-12. Participants must be 5 by January 1, 2017. The cost is \$35 per participant. The season will run from early November to the end of February.

Zumba Fight Breast Cancer

Come join us for Zumba “Fight Breast Cancer” with Certified Zumba Instructor Valerie Nichols on Saturday, October 14 from 9:30 AM - 11:30 AM at the Prince George Community Center. The cost is \$5.00 with all proceeds going to the American Cancer Society. There will be light refreshments and Door Prizes. For more information call 804-458-6164.

Charles Town Trip

Prince George Parks and Recreation is sponsoring “Let’s go to Charles Town” October 28 leaving from Scott Memorial Park at 7am. We will arrive in Charles Town West Virginia at 11am and play the slots for approximately 7 hours. The bus will then depart from the Casino promptly at 6:30pm. The cost for the trip is \$45.

Register at the Parks and Recreation Office or online at www.princegeorgeva.org/online registration