

Prince George County

Parks and Recreation Community Times

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Welcome!

Welcome to our new News Letter! We start the new with a look at our past. 2012 was a very big year for Prince George Parks and Recreation! During the year we moved our office to Old North elementary school on Old Stage Road. The new Community Center provides added office and classroom space, permitting day long inter-generational programming for our County citizens. In addition to new programming at the new Community Center, we have continued to offer our established programs throughout the County.

The year featured a variety of activities for participants of all ages. Youth enjoyed our spring/summer seasonal activities, which included a Spring Break trip to the Great Wolf Lodge in Williamsburg, Easter Egg Hunt, Summer Day Camp, Horse Back Riding, Tennis and Swimming lessons. Youth also participated in our wide

range of athletic programs, including Field Hockey, Soccer, Baseball, and Softball. Fall/Winter sports include Football, Cheerleading, and Basketball.

In 2012, Prince George Parks and Recreation offered a wide range of Adult and Youth Classes, Trips. Seasonal Activities included our annual Harvest Festival held at Temple Park, Christmas Card Contest, Christmas Parade, Breakfast with Santa, and Santa Calls where by special arrangement, someone we know at the North Pole, will call your child. We are actively looking for classes/programs that you want to see at our new community building...suggestions welcome.



Keith B. Rotzoll, Director
krotzoll@princegeorgeva.org

Upcoming Registrations/Events

- Baseball/Softball Registration
March 4- -15, 2013
- Advisory Commission Meeting
March 13, 2013 - 4:00 p.m.
- Easter Egg Hunt - Temple
March 30, 2013 - 11:00 a.m.
- Kite Festival - Temple
April 13, 2013 - 11:00 a.m.
- Football/Cheerleading Reg.
June 3 - 14, 2013

Baseball/Softball Clinics

The Prince George County Recreation Department is proud to offer a Youth Softball Clinic for participant's ages 9 to 12 this spring! Coach Allen Manning who is the softball coach for Richmond Ruckus will teach the Clinic. The morning session will be defense and the afternoon session will be offense. This Clinic will help get your player ready for the upcoming softball season.. Clinic will be held at

the JEJ Moore Middle School on Thur., April 4, 2013, 9 am to 4 pm The program fee is \$25 per participant.

The Recreation Department will also be offering a Youth Baseball Clinic for participant's ages 9 to 12 this spring! Coach Donnie Brittingham, Prince George Middle School Baseball Coach, will teach the Clinic. The Clinic will include both fielding and hitting instruc-

tion. Participants should have some baseball background. Registration is limited to 25 participants so enroll soon! Clinic will be held at JEJ Moore Middle School on Friday, April 5, 2013, 10 am to 3 pm. The program fee is \$20 per participant. Registration will be taken for both clinics during regular office hours at the Parks and Recreation office from Mar. 4 - 15, 2013.

Instructor Profile

Valerie Nichols Certified Fitness Instructor

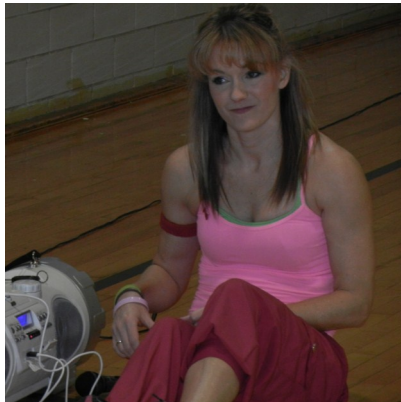
National Certifications:

AFAA certified Group Fitness Instructor, Body Pump®, Zumba®, YogaFlex®, On the Ball®, AFAA Personal Trainer (in Progress), CPR, AED, & Basic First Aid

Valerie has been a fitness instructor for Prince George County Parks and Recreation Department for over five years. She currently teaches Zumba 6:30pm-7:15pm and Yoga 7:15pm- 8:00pm Mondays at the P.G. Alternative Education Center, Fit For Beginners class, Zumba 6:30pm-7:15pm and Yoga 7:15pm- 8:00pm Tuesdays at the Prince George Community Center by North Elementary, and Basic Fitness & Abs 6:30-pm-7:15pm on Wednesdays at the P.G. Community Center. She presently has close to 90 participants and

many of them have been attending her classes for several years.

Valerie Nichols has participated in numerous Prince George community events as a resident. She was on the Board of The Friends of Burrowsville



School in which she operated as Co-Chairperson of the Library Committee and played a key role in establishing the Burrowsville Community Center. In addition, she hosted ZUMBA for HEART and ZUMBA for the CURE sponsored by Prince George County Parks and Recreation Department to raise money for American Heart Association® and The American Cancer Society®. She has also been a host for several Tri-Cities area Health Fairs and taught fitness classes for the leading Richmond area gyms. Valerie enjoys the challenge of creating fitness that is fun! She feels privileged to be a part of the Prince George Rec. Department's new fitness facility at the Prince George Community Center.

Coach's Corner

Reggie Jones has been coaching in some c for the Recreation Department for 29 years. He has coached in various leagues and ages throughout his years with the Department and in some cases two to three teams in different age groups in the same season. Mr. Jones said that one of his special moments was when 7 of the girls he coached played for the high school softball team and went on to play in the regional and state softball tournament. When asked why he has been coaching for such a great length of time and how much longer he planned to coach Mr. Jones gave this response, " I love coaching and watching the kids develop along the way in every sport that I coach and I plan to stay with it as long as

my health will allow me to keep doing it."



New Bridge Club for Community Center

A local party bridge group, who has some players with many years experience and some novice players, have moved to play bridge at the newly opened Prince George Parks and Recreation Center on Old Stage Road.

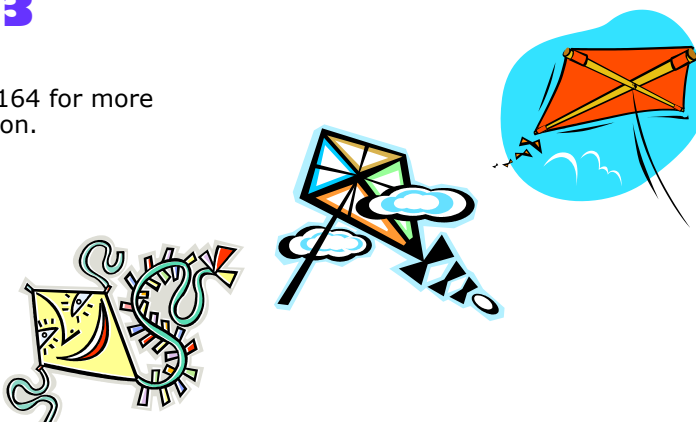
They are playing on Tuesdays from 12 Noon to Three PM on a weekly basis. Bridge players are welcome. Please call Debbie Lafland at 458 6164 for more information. This is fun bridge; join us.



Kite Festival 2013

Prince George Parks and Recreation is proud to be hosting its first Kite Festival on Saturday, April 13th from 11 a.m. to 3 p.m. at Temple Park! The festival will feature fun contests for all groups. Participants will have the opportunity to build and fly a kite! Our concession area will be open for business so come hungry. Come out and enjoy the day with friends and family. Call the Parks and Recreation office

at 458-6164 for more information.



Easter Egg Hunt

Prince George Parks and Recreation Department will have their annual Easter Egg Hunt on **March 30, 2013 from 11:00am – 12:00 noon at Temple Park.** The hunt starts right at 11:00am so be on time. Make sure you bring a basket or bag for all of your eggs and prizes. Ages 2 – 10 years old. THIS IS FOR COUNTY YOUTH.



Prince George Parks and Recreation

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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

- Eat foods rich in vitamin C every day.
- Select foods rich in carotenoids.
- Be a semi-vegetarian.
- Eat tomatoes and tomato products.
- Choose skinless turkey breast.
- Eat fish to help your heart.
- If you're trying to lose weight, eat foods with high water content.



GET WELL!

New Exercise Room

The Prince George Parks and Recreation Department's new Exercise Room is now open to residents, ages 13 - adult. The Exercise Room, located in the Prince George Community Center, 11100 Old Stage Road, houses cardiovascular machines as well as a number of weight machines. **Participants 13 - 15 must be accompanied by an adult.** Thanks to the John Randolph Foundation for their grant funding of this project.

Mon. - Thurs. 7 am - 8 pm \$5 a participant - per month
Fri. 7 am - 7 pm \$50 a participant - per year
No family discounts

Since 01/02/13, 290 memberships have been sold.

County citizens write, "We have found that the new recreation facility at the Old North Elementary School is a great place to workout and meet others from the county. Whoever had this idea of using the old school for this project should be congratulated. It is great to see that the facility could be put to such good use. Looking forward to what may be coming in the future.

Gibby and Pam Elder

