

Prince George County

Parks and Recreation Community Times

March 2014

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Welcome!

Alecia Royer started working in the office in February 2014, she's new to the job but not the area, having lived in Prince George her whole life. She graduated from Prince George High School in 2005 and then graduated from Longwood University in 2010 with a Bachelors of Science degree. Alecia's been an active member of the Burrowsville Volunteer Fire Department for the past 12 years, spending her free time planning her wedding this coming fall to Drew Redfearn.

Alecia is a member of Mar-

tin's Brandon Episcopal Church in Burrowsville and also helps out seasonally at Upper Brandon Plantation. Her minor in college was History and loves being able to live in a community that is surrounded by such rich history.



Pitch Hit & Run

Open to Boys and Girls ages 7-14. Wednesday April 16th, 2014. 5:30 p.m. Moore Athletic Complex.

Call Parks and Recreation Office to register! Participation is Free.



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 Johnny Clements who is the softball coach for Prince George Middle School softball will teach the Clinic. The morning session will be defense and the afternoon session will be offense. The clinic will be held at the JEJ Moore Middle School on Fri., April 18, 2014, 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 instruction. Participants should have some baseball back-

ground. Registration is limited to 25 participants so enroll soon! Clinic will be held at JEJ Moore Middle School on Friday, April 18, 2014, 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 Rec. office from Mar. 3 until filled.

Upcoming

Registrations/Events

- Kite Festival - Temple April 12, - 11:00 a.m.
- Easter Egg Hunt - Temple April 19, - 11:00 a.m.
- Day Camp Reg. May 1— June 2
- Football/Cheerleading Reg. June 2 - 13

Instructor Profile

Laura Johnson

Parks & Recreations Art Instructor

Hello, my name is Laura H. Johnson, and I am a native of Prince George County, and have my home and business in PG still today. I attended James Madison University and graduated with a Bachelor of Fine Arts. After college, I returned to the area to work in several local flooring establishments before pursuing an Art Teaching position with PG Elementary Schools. In 2005, I established my own company, Art In Motion, an interior design firm that focuses on flooring and other interior renovations. Art in Motion is located off Rt. 156 in PG, and we have en-

joyed serving the local population with all of their interior design needs. I have also enjoyed using my art background to teach adult and children's art classes throughout the years. I am very pleased to call Prince George home, and am appreciative that it has afforded me the opportunity to make my living here as well.



Coach's Corner



Mr. Bendall enjoys coaching the kids the game of baseball and watching their abilities progress as they get older. He has 34 years of coaching in the county baseball, t-ball, all stars under his belt.

Mr. Bendall is hoping to continue coaching another 5-6 years to see a 4th generation of Bendall come through the program. The four generations are as follows: Tommy Bendall Sr., Tommy Bendall Jr., Ryan Bendall (Grandson) and Caden (great grandson).

Mr. Bendall thinks the county joining the Dixie Youth Baseball will be good for the county kids and expose them to different localities and styles of baseball.

North Group

Prince George Parks and Recreation was awarded a grant of \$1,487.04 from the **Prince George Promise** to purchase small weights, kettle balls, fitness bands, and ex-u-ropes (jump ropes). The grant is in support of a comprehensive exercise program for North Elementary School fifth graders held at the Prince George Community Center. The pilot program will run every other week beginning in January, 2014 through April. Students will use the existing Community Center treadmills, ellipticals, and bikes, funded through the **John Randolph Foundation**, and perform exercises in the Multi-Purpose room utilizing the purchased Prince George Promise equipment. The class will be taught jointly with North Elementary School and Prince



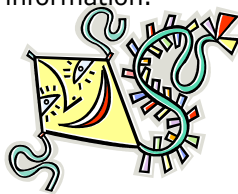
George Parks and Recreation staff. The goals will be to: 1- Introduce the students to the facilities exercise equipment in a safe and fun environment. 2- Integrate the use of existing equipment with specific age appropriate circuit training in the Multi-Purpose room. 3-

Teach the students new exercise programs designed to help attain physical fitness. 4- Provide an enjoyable experience for participating students. If successful, the program will become a regularly scheduled activity.

Kite Festival 2014

Prince George Parks and Recreation is proud to be hosting its 2nd Annual Kite Festival on Saturday, April 12th 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! New for 2104 is the Kite Festival **1K Fun Run** for ages 5-12 starting promptly at 11 am.! Come out and enjoy the day with friends and family. Our conces-

sion area will be open for business so come hungry! 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 **April 19, 2014 11:00am 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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Prince George, VA 23875

Phone: 804-458-6164

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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

- Eat foods rich in vitamin C every day.
- Don't make assumptions or take things personally.
- Chew your food until it is even consistency. There is no magic number of chews to get to.
- It is best to drink only a little bit of liquid with meals. One-half cup of room temperature water is average.
- Always speak with integrity.

Dixie Youth Baseball/Softball

New for the 2014 season, Prince George Parks and Recreation Department will be joining the Dixie Youth Baseball and Softball Associations for ages 9 through 12! The Dixie Youth Association is sponsored in eleven states throughout the Southeast Corridor of the United States. Joining Dixie Youth will allow Prince George County to showcase itself on a regional basis. Each season ends in an All-Star tournament series that culminates with the crowning of World Series Champions.

Exercise Room

The Exercise rooms are now open to residents ages 13– adult, 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.

Hours of Operation:

Monday – Thursday 7:00am to 7:00pm

Friday 7:00am to 7:00 pm.

Fee:

\$5 a participant – per month

\$50 a participant – per year

No family discounts.

Adult Classes & Activities

Call Parks & Recreation for registration and prices

Zumba Classes: offered Mondays and Thursdays.

Yoga Classes: offered Mondays, Tuesdays, and Thursdays.

Basic Abs & Fitness Class: offered Tuesdays.

Line Dance Lessons: offered Mondays.

Arthritis Exercise Program

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.

The class will be taught by Debbie Lafland, a certified instructor.

Classes for all age groups will be held on Tuesdays and Thursdays from 10am–11am at the Prince George Community Center.