

Prince  
George  
County

# Parks and Recreation Community Times

March  
2015

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## Welcome!



Parks and Recreation is happy to welcome Chris Underhill to the staff fulltime! He has worked for the department for over three years part time and volunteered for over five years, but started this month as Assistant Athletic Coordinator. Chris has over twenty years of experience with youth athletic programming.

Chris' favorite quote is from Thomas Edison, "The doctor

of the future will give no medicine, but will interest her or his patients in the care of human frame, in a proper diet, and in the cause and prevention of disease."

Welcome to Parks and Recreation Chris!



## Easter Egg Hunt

Prince George Parks and Recreation Department will have their annual Easter Egg Hunt on **April 4th, 2015 11:00am at Temple Park**. The hunt starts **PROMPTLY** at 11:00am so be on time. Make sure you bring a

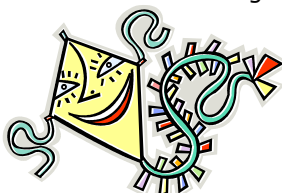
basket or bag for all of your eggs and prizes. Ages 2 – 10 years old. **THIS IS FOR COUNTY YOUTH ONLY.**



## Kite Festival

Prince George Parks and Recreation is proud to be hosting its 3rd Annual Kite Festival on Saturday, April 11th 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! The Kite Festival 1K Fun Run for ages

5-12 starts promptly at 11 am.! "Life's A Breeze Kites" will be on site to sell specialty kites for all ages. Come out and enjoy the day with friends and family. Our concession area will be open for business so come hungry!



## Upcoming Registrations/Events

- Easter Egg Hunt 4/04
- Kite Festival 4/11
- Baseball/Softball Registrations ages 4-8 4/13-4/24
- Charles Town Tip 4/18
- Day Camp Registration 5/4-5/29 (or until filled)

## Instructor Profile

### George Epps

**Parks & Recreations Karate Instructor**

Born and raised in Prince George, Sensei Epps joined the USMC in 1973. He ran track and boxed while in the USMC. Those sports took him to nine countries. While in France, he was introduced to the martial arts in 1974. Forty years later, and with 25 of those years with his instructor from Okinawa Japan, Sensei Epps still trains six days a week. Sensei Epps has traveled to Okinawa on two occasions to live and train with his teacher and Seikichi Odo (his teacher) has spent 13 summers at Sensei Epps' home in VA. for their one on one training.

The final destination should not be the goal in Karate. It should be the journey of enlightenment. As we train our bodies, our minds are enlightened by the "WAY". To learn more about how you could benefit from this life journey, contact the P.G. Rec. Dept. (804) 458-6164 or Sensei Epps (804) 861-9418.



## Coach's Corner

### Mike Hanzlik

**Parks & Recreations Baseball Coach**

Mike has 9 years of coaching experience with baseball in and around Prince George County. Mike enjoys coaching to see the progression thought-out the season and getting the most out of kids. Mike's most memorable moment in coaching was seeing a player that had not gotten a hit all season get a hit to bring in the winning run and giving him the game ball. Mike also added that he keeps coming back to coaching because of the KIDS and not the wins and losses that come with coaching.



## Rockin' Family Summer Concerts



Brittany Marie™



This summer Prince George Parks and Recreation in partnership with the GFWC James River Junior Women's Club is pleased to be sponsoring a "Rockin' Family Summer Concerts" starting May 30th will feature three family friendly summer concerts. Prince George native and rising country music artist Brittany Marie will headline the first concert on May 30th. The July 18th show will be headlined by Prince George Natives, and PGHS Graduates, One Way Ryde. The August headliner is still to be determined. The concerts will be held at Moore Athletic Fields, bring your lawn chair! Entrance cost is \$5.00 per person, ages 4 and under are free! Gates open at 5:30 pm, there will be Pre-Show activities and headliners start at 7pm to 9pm.

## Prince George Central Wellness Center



The Prince George Central Wellness Center (formally known as Old Moore) is developing into a principal hub for active youth and adults. The indoor facility is utilized for Zumba and Yoga classes, basketball leagues, school practices, and sport clinics. Staff is actively looking for grant and other funding to purchase exercise equipment for community use. In addition, the County Building and Grounds shop is based on site.

Last fall, thanks to support from the Board of Supervisors and County Administration, lights were placed behind the building to facilitate evening practices. The fields are currently being used for recreation and school soccer practices. This fall the lighted fields will host our tackle football league practices. The facility addition truly has been a big benefit to both the department and their participants.

## Equipment Donations Being Accepted



Prince George Parks and Recreation with the help of Prince George Promise is sponsoring a donation drive. 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, in good condition, to the Prince George Parks & Recreation Community Center.



**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](http://www.princegeorgeva.org)

## New Card Scanner

The Prince George Community Center exercise rooms have upgraded to a new system for checking in and out. All members are now giving a card with their picture on it and a barcode to scan in and out with. The new system will help provide better accountability of who is going in and out of the gym and also allows staff to make sure all members are current and up to date.

## Exercise Room

The Exercise rooms are now open to residents ages 13– adult, housing 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 8:00pm

Friday 7:00am to 7:00 pm.

### Fee:

\$5 a participant – per month

\$50 a participant – per year

No family discounts.

## Wellness Tips

- Don't start your day with an empty tank. Eat a healthy breakfast every day—packed with fiber—to get your metabolism moving and prepare your body for whatever lies ahead. Studies show that a fiber packed breakfast may also lower cholesterol levels.
- Giving your mind time to rest through meditation or breathing exercises allows you to release stress and let go of situations that are beyond your control. This year, try a meditation class or taking ten deep breaths when you notice a moment of stress or frustration.

## 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.