



FLUVANNA PARKS & RECREATION

Winter/Spring 2017 Program Guide

- Active Older Adults
- Athletics and Fitness
 - Enrichment
- Outdoor Activities
 - Special Events



Photos courtesy of
Otis Sowell, Jr.

Start the New Year with Parks and Rec!

MISSION STATEMENT

Our Parks and Recreation Department's mission is to promote opportunities for all residents to pursue safe and enjoyable leisure activities in balance with the protection and conservation of Fluvanna's natural resources.

FLUVANNA PARKS AND RECREATION STAFF

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FLUVANNA PARKS AND RECREATION ADVISORY BOARD

Members shall advise the Director of Parks and Recreation and the Board of Supervisors on the planning and development of a comprehensive system of parks and recreation services for the benefit of the citizens of Fluvanna County. Members also serve as a liaison between the Parks and Recreation Director, the Board of Supervisors and the citizens of the county.

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Financial Assistance

Parks and Recreation offers scholarships to Fluvanna County residents who qualify. Please fill out a scholarship application and provide a copy of your most recent pay stub for management to review. You can find the form on the Parks and Recreation website or at one of our offices. Each household member is allowed one discounted program per program guide.

Volunteer Opportunities

We are committed to working cooperatively in the development of our programs and amenities to identify and meet the needs of our citizens. Become an active partner with us as we strive to improve the quality of life for all Fluvanna County residents. Call (434) 589 - 2016 for opportunities to get involved.

Interested in Teaching a Class or Workshop?

Teaching doesn't have to be hard! Tell us what you like, we'll help you make the curriculum, advertise the program, and bring you the students. Call (434) 589 - 2016 to discuss your class interest.

FCPR Inclement Weather Policy

In the event of inclement weather, the Parks and Recreation Department's sponsored activities will be cancelled if Fluvanna County Schools are closed or close early for the day. Call (434) 589 - 2016, Monday - Friday 8am-5pm or visit our Facebook page for info about Parks and Recreation Programs.

FLUVANNA COUNTY ... THE HEART OF VIRGINIA AND YOUR GATEWAY TO THE FUTURE

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BOARD OF SUPERVISORS

- **Columbia District:** Mike Sheridan, Chair
mikesherdan@fluvannacounty.org
- **Cunningham District:** Donald W. Weaver
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- **Fork Union District:** Mozell Booker, Vice Chair
mbooker@fluvannacounty.org
- **Palmyra District :** Patricia B. Eager
peager@fluvannacounty.org
- **Rivanna District:** Tony O’Brien
tobrien@fluvannacounty.org

Board Meetings are the 1st Wednesday at 4pm and 3rd Wednesday at 7pm of every month.
www.fluvannacounty.org/government/bos



HOW TO REGISTER

- Registration for all programs and activities opens as soon as the current program guide is published and distributed.
- You must be signed up one week prior to the first class of each session.
- You must be registered to participate in a program, unless listing states otherwise.
- Register online at <http://fluvannacounty.org/services/parks-and-recreation> and click “Register Now.”
- Register in person at the following locations during business hours:
 - **Pleasant Grove House Museum** 271 Pleasant Grove Drive, Palmyra, VA 22963
•Business Hours: Monday - Friday, 8am - 5pm & Saturday - Sunday 12 - 4pm.
 - **Fluvanna Community Center** 5725 James Madison Highway, Fork Union, VA 23055
•Business Hours: Monday - Friday, 8am - 5pm.
- After business hours, you can leave registrations and payments in one of our three drop boxes:
 - **Pleasant Grove Equestrian Parking** 271 Pleasant Grove Drive, Palmyra, VA 22963
 - **Carybrook Sports Complex** 8788 James Madison Highway, Palmyra, VA 23055
 - **Fluvanna Community Center** 5725 James Madison Highway, Fork Union, VA 23055
- Course instructors will not collect fees.
- A \$20 charge will be added for any returned check.

ATHLETICS AND FITNESS

ADULT LEARN TO SWIM

Ages 18 + / See Dates and Times Below / \$50 / Health Nutz Aquatics Center

Always wanted to learn to swim? Now is the time! We offer small classes designed to get you comfortable in the water. Floating, Bobbing, beginning Freestyle and Backstroke will be covered. This class is also great for people who can swim a little but are nervous about the deeper water. **For more information please contact Jonathan Pace at (434) 842 - 3150 or jonathanpace@fluvannacounty.org.**

Session 1: Jan 4 - Jan 25 / Wednesdays / 10 - 10:45am

Session 2: Feb 1 - Feb 22 / Wednesdays / 10 - 10:45am

ADVANCED ADULT SWIM TECHNIQUE

Ages 18 + / See Dates and Times Below / \$40 / Health Nutz Aquatics Center

Learn swim drills and skills to improve your technique and stamina. This class is designed for the advanced adult swimmer, Tri-athlete or lap swimmers who want to improve their fitness and swim strokes. **For more information please contact Jonathan Pace at (434) 842 - 3150 or jonathanpace@fluvannacounty.org.**

Session 1: Jan 5 - Jan 26 / Thursdays / 6:45 - 7:30pm

Session 2: Feb 2 - Feb 23 / Thursdays / 6:45 - 7:30pm

AFTER SCHOOL KARATE - TAE KWON DO KARATE

Ages 5+ / Wednesdays / See Dates and Times Below / \$55 / Carysbrook Gym

Afterschool Tae Kwon Do Karate is here! This martial arts is a branch of Grand Master Dong's whose headquarters is in Richmond. In this 6 week session, beginner students will learn their basics - (front snap kick, blocks, punches, and self-defense grabs). This class will help you improve self-confidence and self-discipline while learning how to protect and defend. Skills are taught and reinforced with fun learning skills- (targets, stations, partners, and blocking games). Students are always learning while never getting bored! Colored belt students will continue to learn their requirements for their next ranking belt. Instructor Bonnie Snoddy is a 5th degree black belt with many years of teaching experience.

Contact Jonathan Pace with questions at (434) 842 - 3150 or jonathanpace@fluvannacounty.org.

Session 1: Jan 4 - Feb 15 (No Class on Jan 25)

Sessions 2: Feb 22 - March 29

Session 3: April 12 - May 17

Beginners: 3:30 - 4:10pm

Colored Belts: 4:15 - 5pm



ATHLETICS AND FITNESS

HATHA YOGA 1 & 2 MIXED LEVELS

Ages 16 + / See Dates and Times Below / \$48 / Fluvanna Community Center

Discover new health and serenity by learning to both tone and relax the body and to calm the mind. Bring a mat and small pillow. Do not eat for two hour prior to class. Beginners are welcome! Instructor Devi Peterson (RN) is certified to teach Integral Yoga Hatha Levels. If you need to register, please arrive 15 minutes early so you can be ready for class.

Contact Jonathan Pace with questions: (434) 842-3150 or jonthanpace@fluvannacounty.org.

Session 1: Jan 9 - Feb 13 / Mondays / 10:30 - 11:45am

Session 2: Jan 10 - Feb 14 / Tuesdays / 6 - 7:15pm

Session 3: Feb 27 - April 3 / Mondays / 10:30 - 11:45am

Session 4: Feb 28 - April 4 / Tuesdays / 6 - 7:15pm

Session 5: April 17 - May 22 / Mondays / 10:30 - 11:45am

Session 6: April 18 - May 23 / Tuesdays / 6 - 7:15pm

HOMESCHOOL GYM

Ages 5 - 14 / Mondays / March 6 - May 1 / Carysbrook Gym / \$50; \$5 off for each additional sibling / Ages 5 - 9 (1 - 1:50pm) / Ages 10 - 14 (2 - 2:50pm)

Looking for a way to get your child involved in physical activity? If so, come learn the basics of a few sports. This program is designed for homeschool kids to get some activity during the week. We will focus on football for the first four weeks and soccer for the last four weeks, weather permitting.

Contact Jonathan Pace with questions: (434) 842 - 3150 or jonathanpace@fluvannacounty.org.

KIDDIE TEE - BALL

Ages 3 & 4 / Saturdays / April 1 - May 13 / 10 - 11am / Carysbrook Gym / \$50

The Fluvanna County Parks and Recreation Kiddie Tee-Ball is an exciting and innovative sports program that introduces 3 & 4 year olds to the game. Fun, skill development, socialization, teamwork and parent/child interaction are emphasized. Children learn basic sport skills in a safe, age appropriate, noncompetitive environment. First 3 weeks in gym, second 3 weeks outside.

Instructor: Harold Boyd

For more information please contact Jonathan Pace at (434) 842 - 3150 or jonathanpace@fluvannacounty.org.

ATHLETICS AND FITNESS

***NEW PROGRAM* GOLF AT THE LAKE**

**Ages 5 to 18 / Tuesday's / April 11 - May 16 / 4:30 - 5:30pm / \$90 /
Lake Monticello Golf Course**

Fluvanna County Parks and Recreation and the Lake Monticello Golf Club are partnering to offer a great new youth program. This program is designed to teach children of all ages the rules, etiquette, as well as provide instruction on how to improve your golf game. All levels of experience are welcome.

Instructor: Mark Marshall

For more information please contact Jonathan Pace at (434) 842 - 3150 or jonathanpace@fluvannacounty.org.

OUTDOOR ACTIVITIES

**INFO MEETING FOR BACKPACKING IN VIRGINIA WORKSHOP AND TREK
Ages 18+ / Jan 21 @ 11am; Feb 18 and Mar 18 @ 4pm (You only need to attend one of these meetings) / All meetings at Pleasant Grove Park / FREE**

This is a one hour informational meeting for those interested in taking the Backpacking in Virginia Workshop and Trek. We will discuss when and where we will hike and what kind of equipment you will need, and where to buy or rent equipment. Attendance is required if you are partaking in the Backpacking Workshop and Trek.

BACKPACKING IN VIRGINIA WORKSHOP AND TREK

Ages 18+ (If under 18, must be accompanied by a parent or guardian.) / \$125 / Class size limited to the first 8 people registered / Workshops on Apr 22, Apr 29 and May 13 at 8am / All workshops at Pleasant Grove Park / Trek on May 27 - 28

This is an introduction to backpacking in Virginia workshop, for everyone of all skill levels. You will learn to backpack with a "crew," using Leave No Trace Principles, hiking, cooking and eating as a team. Participants must be able to carry a full backpack for several miles in a day, sleep in a tent and be willing to share camp responsibilities. There will be 3 days of "classwork," which will cover what to bring and how to pack. Participants need to supply their own backpacks, sleeping bags, tents and other gear. Meetings 1 and 2 will be hands on – learn your equipment. Meeting 3 will be a day hike at Pleasant Grove with your full pack; we will cook a backpacker's one pot meal for lunch. The 4th meeting will be an overnight backpack trek, on the Three Ridges Trail. This is a 15 mile loop; we will leave early Saturday morning, hike 7.5 miles and camp overnight and hike 7.5 miles back Sunday. Transportation provided and Saturday night's one pot dinner included. You will be responsible for your own lunches, Sunday breakfast and snacks. This is a moderate 2 day hike; you should be in good physical shape to do this.

Instructor : Eric Armentrout, Certified in *Leave No Trace, Remote Wilderness First Aid,* and *Outdoor Leadership*. Eric is an experienced backpacker, with over 35 years of outdoor experience.

For questions please contact Alyson Pieno at (434) 589 - 2016 or apieno@fluvannacounty.org.

OUTDOOR ACTIVITIES

HORSEBACK RIDING AT EQUUS SPRINGS FARM

Introduction to Horseback Riding

Ages 5+ / See Dates & Times Below / \$100 / Equus Springs Farm

Ages 5 to 95 with little or no riding experience will learn grooming, tacking, and riding.

Session 1:	Jan 12 - Feb 2	Thursdays	4:30 - 5:30pm
Session 2:	Jan 28 - Feb 18	Saturdays	9 - 10am
Session 3:	Feb 23 - Mar 16	Thursdays	4:30 - 5:30pm
Session 4:	Apr 6 - Apr 27	Thursdays	6 - 7pm
Session 5:	Apr 7 - Apr 28	Fridays	4:30 - 5:30pm
Session 6:	Apr 8 - Apr 29	Saturdays	10:30 - 11:30am

Beginner Horseback Riding

Ages 6+ / See Dates & Times Below / \$100 / Equus Springs Farm

This class is a beginners class for children ages 6 and up with some experience who are able to trot independently and control speed and direction of the horse.

Session 1:	Jan 18 - Feb 8	Wednesdays	4:30 - 5:30pm
Session 2:	Feb 16 - Mar 9	Thursdays	4:30 - 5:30pm
Session 3:	Mar 25 - Apr 15	Saturdays	9 - 10am
Session 4:	Apr 14 - May 5	Fridays	6 - 7pm

Intermediate Hunter Horseback Riding

Ages 8+ / See Dates & Times Below / \$100 / Equus Springs Farm

Ages 8 and up with many years of experience; must be able to canter and jump 18" or lope patterns safely in a group.

Session 1:	Feb 3 - Feb 24	Fridays	4:30 - 5:30pm
Session 2:	Mar 1 - Mar 22	Wednesdays	4:30 - 5:30pm
Session 3:	Mar 31 - Apr 21	Fridays	6 - 7pm

Instructor: Heather Antonacci

Please contact Alyson Pieno at (434) 589 - 2016 or apieno@fluvannacounty.org for all horseback riding questions.

PLEASANT GROVE TRAIL RIDE

All Ages / April 28 - 30 / \$30 Saturday ride with lunch / \$55 for the weekend (camping) with lunch + dinner / Pleasant Grove Park

Saddle up and join us for a beautiful weekend of trail riding! Rides are self-guided and at your own pace with well-marked trails. Shoes are recommended for horses with sensitive feet. There will be short and long ride options, an AQHA obstacle challenge (all breeds are welcome) and other events. Overnight camping will be available with a limited number of electric hookups. Port-A-Johns and non-potable water will be available. No showers. A copy of a negative Coggins will be required for every horse.

For more information please contact Alyson Pieno at (434) 589 - 2016 or apieno@fluvannacounty.org.

DOG OBEDIENCE TRAINING



About the Instructor:

Upon graduating from UVA, Ashleigh Morris looked to the dog world for a career path. Her natural ability with dogs led her to also pursue a career in dog training. Studying under an Animal Behavior Consultant, Ashleigh learned a variety of skills to help others solve their dog's behavior problems. She also learned to train dogs and humans in the basic skills needed to enhance the human - animal bond. Ashleigh has been training on her own since 2005 and continues to expand her knowledge and education in order to help people mold their dogs into the perfect companion. She uses positive reinforcement methods. Contact Ashleigh at (434) 589 -7209 or aymorris@hotmail.com with any questions.

BEGINNING OBEDIENCE

All Ages / See Dates & Times Below / \$75 / Dog Spot @ Fluvanna Community Center

Dogs will be dogs until humans teach them some proper manners. Learn how to positively motivate your dog to interact with people in an acceptable way by teaching sit, look, down, stay, come, leave it, and loose-leash walking — all building blocks to living with a well-mannered dog. Typical behavior problems and solutions for biting, barking, and many other issues will be discussed. Dogs of all ages with up-to-date shots are welcome. Families are encouraged to attend together.

Session 1:	Jan 10 - Feb 7	Tuesdays	10 - 11am
Session 2:	Jan 11 - Feb 8	Wednesdays	6:30 - 7:30pm
Session 3:	Feb 15 - March 15	Wednesdays	6:30 - 7:30pm
Session 4:	Feb 16 - March 16	Thursdays	3:30 - 4:30pm
Session 5:	March 29 - April 26	Wednesdays	7:30 - 8:30pm
Session 6:	March 30 - April 27	Thursdays	10 - 11am



INTERMEDIATE OBEDIENCE

Dates & Times Below / \$75 / Dog Spot @ Fluvanna Community Center

Take your dog's training to the next level with Intermediate Obedience. Learn how to get your dog to focus on you and come to you with lots of distractions while your dog builds on already-learned skills. Graduates of Beginning Obedience or dogs that have passed an assessment test may enter this class. This is a 4-week class.

Session 1:	Jan 10 - Jan 31	Tuesdays	9 - 10am
Session 2:	Jan 11 - Feb 1	Wednesdays	7:30 - 8:30pm
Session 3:	Feb 15 - March 8	Wednesdays	7:30 - 8:30pm
Session 4:	Feb 16 - March 9	Thursdays	4:30 - 5:30pm
Session 5:	March 29 - April 19	Wednesdays	6:30 - 7:30pm
Session 6:	March 30 - April 20	Thursdays	9 - 10am

***NOTE* Depending on demand, either Intermediate Obedience, Confidence Building, or Canine Good Citizen, will run during the dates/times listed. Please let Ashleigh know as soon as possible which class you are interested in. You will be contacted closer to the class date as to what class will be held. Since the Confidence Class is held outdoors the dates/times it is offered is limited.**

DOG OBEDIENCE TRAINING

CANINE GOOD CITIZEN

Dates & Times Below / \$75 / Dog Spot @ Fluvanna Community Center

This class is designed to teach you how to teach your dog to be a good citizen in the community. Most of your dog's learning will be at home as the two of you work together every day. Ashleigh will spend each class teaching the 10 skills needed to pass the Canine Good Citizen test. She is a Canine Good Citizen Test evaluator and can offer the official AKC test for an additional fee upon graduation.

Session 1:	Jan 10 - Feb 7	Tuesdays	9 - 10am
Session 2:	Jan 11 - Feb 8	Wednesdays	7:30 - 8:30pm
Session 3:	Feb 15 - March 15	Wednesdays	7:30 - 8:30pm
Session 4:	Feb 16 - March 16	Thursdays	4:30 - 5:30pm
Session 5:	March 29 - April 26	Wednesdays	6:30 - 7:30pm
Session 6:	March 30 - April 27	Thursdays	9 - 10am

CONFIDENCE BUILDING

Dates & Times Below / \$75 / Dog Spot @ Fluvanna Community Center

Help your dog gain confidence while you have fun teaching your dog to conquer a variety of obstacles. The more dogs learn, the more confidence and trust they place in their human. Dogs must have completed a Beginning Obedience class before enrolling in this course. This is a 4-week course.

Session 1:	March 29 - April 19	Wednesdays	6:30 - 7:30pm
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DOG TRAINING CLINICS

Dates and Times Below / \$30 / Dog Spot @ Fluvanna Community Center

Training clinics are designed to help people learn how to teach basic skills to their dogs. Clinic I is a prerequisite to taking Clinic II, Clinic III & IV unless you have trained with Ashleigh previously. You can choose which clinics you attend, or attend all of them.

Clinic I: Jan 19 Thursday 3:30 - 4:30pm

WITHOUT DOGS - no you didn't read that wrong. This Clinic is designed so that the 2-legged students can get up to speed on positive reinforcement and how to use it to meet your training goals. Since you are your dog's primary trainer it is a must for you to understand how to communicate with them to help them grow into the canine companion that you want them to be.

Clinic II: Feb 21 Tuesday 10 - 11am

Look, sit, come, stay and wait. (Perfect for teaching the dogs not to dash out the door.)

Clinic III: March 21 Tuesday 10 - 11am

Look, sit, come, down and settle.

(Ideal for having the dogs chill while company is over.)

Clinic IV: April 18 Tuesday 3:30 - 4:30pm

Look, sit, come, leave it and drop it.

(A must if the dog snags an item they shouldn't have!)

12th Annual Quetzal Kite Festival

Free Event

May 13

10am - 4pm

Pleasant Grove Park

The region's premier kite festival is back in Fluvanna County at beautiful Pleasant Grove Park. Join several of your closest friends and neighbors for a free day of kites, sun, and fun. There will be free face painting, food vendors, and kites for kids (until they run out). Kite flyers from Richmond Air Force and Wings Over Washington kite clubs will be on hand with demonstrations and fun for the whole family. There are also interactive activities for the kids throughout the day. For more information and directions go to the Quetzal website at www.quetzalfest.com or contact the Fluvanna County Parks and Recreation Department at (434) 842 - 3150. If you would like to help sponsor this event, contact Jonathan Pace at the number listed above or via email at jonathanpace@fluvannacounty.org. This program will be cancelled if it rains.



Fluvanna County Parks and Recreation Presents...

Father – Daughter Dance



February 11 from 6 - 9pm

Early Registration before Feb 5: \$15 per couple

Late Registration after Feb 5: \$25 per couple

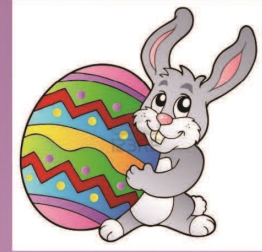
\$5 for each additional family member

Enjoy a special evening of dancing, photos, and refreshments at the Fluvanna County Middle School. Register no later than February 5 for the best price. If you have any questions please contact Alyson Pieno at (434) 589-2016 or apieno@fluvannacounty.org. Register at www.fluvanna.recdesk.com or at one of our two office locations.





Fluvanna County Parks and Recreation
Presents our Annual



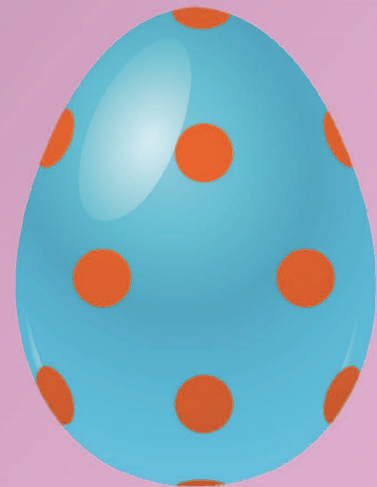
Easter Egg Hunt!

Free for Ages Infant - 12 Years Old

Saturday April 15 from 10am - 12pm at Pleasant Grove Park

Hunt begins promptly at 10am!

Show up early for crafts and face painting! Please bring your own basket. If you have any questions please contact Alyson Pieno at (434) 589-2016 or apieno@fluvannacounty.org.



Missing the lazy pool days of

summer? Want to keep the kids active, in shape, and ready for next summer's water activities without the full commitment of a winter swim team?



Join us for our NEW program!

Making Makos



Register NOW

at

IswimFAST.org

(And check back in coming months for more information on our spring stroke clinic)

Tuesdays and Thursdays

4:15 - 5:15

\$105 / month

BUS TRANSPORTATION IS AVAILABLE FROM
FLUVANNA PUBLIC SCHOOLS.

Open to swimmers ages 4 to 18 that can swim a length of the pool.

No prior experience is required and meet participation is completely optional.

Scholarships may be available for qualifying swimmers!

Contact FAST at 434-207-4784 for more information

Or email us at info@iswimfast.org



Health Nutz Fitness & Aquatic Center

109 Crofton Plaza, Palmyra, VA

ENRICHMENT

FLUVANNA MOTHERS PLAY GROUP

Infants - 6 / Tuesdays / Ends May 23 / 10am - 12pm / \$5 per child per year /

Carysbrook Gym

This is a weekly playgroup designed for children birth to 6. Our play area in the gym includes toys and play mats for your child to enjoy. We encourage parents and caretakers to play with the children and socialize in our kid-friendly environment. To fund all of our wonderful events throughout the year, purchase cleaning supplies and any bins and new toys, we ask for \$5 per child. Also, if you would like to donate any toys to the group, feel free to bring them. (However, please no stuffed animals due to cleaning and storage issues.)

FUN EVENTS FOR 2017!

February 7 - Valentine's Party. Bring a treat to share.

March 14 - St. Patrick's Day Party. Wear green and bring a green treat to share!

March 28 - Easter Egg Hunt and Party. *Bring your own basket and 6 filled eggs per child.

April 18 - FREE Spring/Summer Clothes Swap. Bring in your gently used clothes to swap.

May 23 - Last day of group. End of the year party. Bring one side dish to share. The last day of playgroup may change due to hot summer weather.

Please contact Adrianna Wilder at carysbrookplaygroup@gmail.com if you have any questions. Volunteers Needed!

CLAY WORKSHOP *POTTERY FUN FOR EVERYONE*

Ages 10+ (or younger with an accompanying adult) / \$80 / Saturdays /

Fluvanna Community Center

This is a great workshop for all ages. From the young artist to the advanced potter, use the fundamentals of clay and hand building to create sculpture and pottery. Whether you're an experienced artist or have never worked with clay before, learn or practice various ceramic techniques. For the advanced, use this as an open studio time to be creative. All pieces will be fired for glaze or paint. Supplies are provided.

Session 1: February 11, 18, 25 and March 4 8 - 11am

Session 2: March 11, 18, 25 and April 1 8 - 11am

Instructor: Eric Armentrout, Sculptor and Graphic Artist. With a degree in Art from Radford University, Eric has a lifetime of art experience, working with space Artist Kim Poor, Sculptor Marsha Montoya and Oil Painter Dan Storey.

For questions please contact Alyson Pieno at (434) 589 - 2016 or apieno@fluvannacounty.org.

ENRICHMENT

LEAVE NO TRACE AWARENESS WORKSHOP

FREE / Jan 21, Feb 18, Mar 18 / 2 - 3pm /

Pleasant Grove House Museum

In this one hour workshop you will learn the seven principles of Leave No Trace (LNT), the history of LNT and why it is important to practice Leave No Trace. The LNT program has been developed in cooperation with land managers and National, State and County Parks, experiencing significant growth over the past few years.

Instructor: Eric Armentrout -

Certified Leave No Trace Trainer

If you have any questions please contact

Alyson Pieno at (434) 589 - 2016 or

apieno@fluvannacounty.org.



4TH ANNUAL EARTH DAY



April 22 / 10am - 2pm / Pleasant Grove Park

Fluvanna County will be holding its 4th Annual Earth Day Celebration on April 22, 2017. The celebration will feature a tire drop off for all Fluvanna residents, environmental education, nature hikes and family fun activities. This year's celebration will NOT host a hazardous waste drop off.

For more information about the activities or how to contribute to the celebration please contact

Sean Sweeney at (434) 842 - 3150 or

ssweeney@fluvannacounty.org.



Connect with us on Facebook for News, Updates,
Photos, and Events:

www.Facebook.com/FluvannaParksandRecreation

ACTIVE OLDER ADULTS

ACTIVE OLDER ADULT CENTERS

Fluvanna County's Active Older Adult programs provide a variety of recreation and leisure activities for ages 55+ at several locations. Activities include crafts, cultural events, field trips, guest speakers, and community forums. Seniors also participate in library events, holiday functions, and other sport programs. Most programs are free unless otherwise indicated. **Please contact Sean Sweeney with questions: (434) 842 - 3150 or ssweeney@fluvannacounty.org.**

Fork Union Active Older Adult Center: Tuesdays and Wednesdays, 10am - 2pm:
Fluvanna Community Center.

Cunningham Active Older Adult Center: 1st & 3rd Monday of every month, 10am - 2pm:
Scottsville VFW.

Kents Store: 2nd & 4th Thursday of every month,
New Start Date and Location to be Determined

PICKLEBALL

55+ / Mondays / FREE / Carysbrook Gym

Pickleball is a cross between Ping Pong, Tennis, and Badminton and is the fastest growing sport for athletes 50 and over! Players use oversized wooden paddles and a whiffle ball that moves and bounces slower than a tennis ball. The game is played on a badminton sized court. Paddles and balls are provided. **Please contact Sean Sweeney with questions at (434) 842 - 3150 or ssweeney@fluvannacounty.org.**

Mondays: Until March 13; 5:30 - 8:30pm at Annex Gym @ Fluvanna Middle School
Starting March 20; 5:30 - 8:30pm at Carysbrook Gym

Fridays: 1:30 - 4pm at Carysbrook Gym

Saturdays: 6 - 8pm at Carysbrook Gym

SMITHSONIAN MUSEUM OF AFRICAN AMERICAN HISTORY & CULTURE TRIP All Ages (Anyone under 18 or with special needs must be accompanied by a parent or guardian) / Tentative Date May 13 / \$40

Join us for a trip to the National Museum of African American History and Culture! This is a Smithsonian Museum that opened in September 2016 on the National Mall in Washington DC. The museum features a variety of exhibits and educational programs on topics such as slavery, post-Civil War reconstruction, the Harlem Renaissance, and the civil rights movement. The museum is the only national museum devoted exclusively to the documentation of African American life, art, history and culture. Due to a high level of interest since opening, timed passes are required and will not be made available for sale until April 2017. The trip will be in May, depending on when the timed passes are sold. A \$15 deposit is due by February 28. Look for more information and logistics about the trip to be announced closer to April.

Please contact Sean Sweeney at (434) 842 - 3150 or ssweeney@fluvannacounty.org with any questions.

Winter Reading Program @ The Fluvanna County Library

Monday, December 12 - Saturday, March 18

Calling all kid, teen, and adult readers! Sign-up to READ for the win! Starting Monday, December 12. Cool prizes for all ages!



Preschool Story Times

Tuesday Mornings at 10 a.m.

January 3 - May 16

Join us for some fun stories, songs, and movement with *Mother Goose on the Loose*. Infants to Preschool.

Friday Mornings at 10 a.m.

January 6 - May 19

Join us for some fun stories and a craft. Preschool

Friday Movies @ the Library

1st & 3rd Fridays at 2 & 7 p.m.

"No School Today" @ the Library

Friday, February 17

10 a.m. - Friday Morning Storytime - Dr. Seuss

1-3 p.m. - Builder Party - Fun for all ages! Come explore our great new building materials Gears, K'nex, LEGOs, KEVA planks.

Spring Break @ the Library

Mini Golf Week @ the Library!!! Stop in a play a round a golf.

Monday, April 3

1-3 p.m. - Builder Party - Fun for all ages! Come explore our great building materials Gears, K'nex, LEGOs, KEVA planks.

Tuesday, April 4

10 a.m. - Tuesday Morning Storytime - *Mother Goose on the Loose*

Thursday, April 6

All Day - Family Board Game Day! Come try out a new game or try out an old favorite with family and friends.

In Kid's Craft Room. No registration required.

10 a.m. - Family Friendly Movie - FREE Popcorn! - TBD

Friday, April 7

10 a.m. - Friday Morning Storytime

Contact the Library with questions at (434) 589-1400 or via email at fluvannalibrary@gmail.com.

Sponsored by the Friends of the Library.

Rivanna History Day

Step back into the past with this living history exhibit where you will learn about life on a plantation home alongside the Rivanna River in the 18th and 19th centuries.



Saturday April 1, 2016

10am to 4pm

FREE

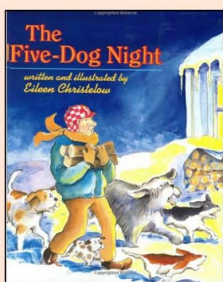
Pleasant Grove Park

Highlights:

- Fun food facts and cooking demonstration
- Dugout canoe, batteau artifacts on display
- Lock gate artifact recovered from the lock at Palmyra Mill



Preparing for Five-Dog Nights ... in Fluvanna



When Old Betty tries to advise Ezra on how to survive the cold winter nights, Ezra rebuffs her concerns because he has his own private source of warmth.

The lazy dog-days of summer are behind us once again. The days are shortening and offering cooler nights for good sleeping. Soon we will be adding sweaters and long underwear to our daily wardrobe. Perhaps soon we'll see snowflakes dancing in the air.

Winters may not be quite as severe in Fluvanna as they are in Ezra and Betty's community, but let's see how they might help us with those inevitable "two-dog nights." Better to be over prepared than to be caught off guard...

Gather supplies to keep you comfortable if the power goes out during the winter.

- Food you can eat without cooking (remember to have protein, fruits and vegetables)
- Warm blankets
- Warm clothes (jacket, sweatshirts or sweaters)
- Flashlight (don't use candles)
- Car charger for your cell phone
- Water for drinking
- Alternative source of heat, if possible

Fluvanna Emergency Management
132 Main Street, Palmyra, VA 22963

Never hesitate to call 9-1-1 if you require emergency medical assistance.
If you need a non-emergency welfare check, please call the Sheriff's Office at 434-589-8211.



To read the entire story for yourself, visit the Fluvanna Public Library and borrow the book, "The Five-Dog Night" written and illustrated by Eileen Christelow.

FLUVANNA COUNTY PARKS AND FACILITIES

Pleasant Grove Park (Western Trailhead)

271 Pleasant Grove Drive
Palmyra, VA 22963

- Hiking, Equestrian and Biking Trails
- Pole Barn
- Playground
- Athletic Fields
- Butterfly Garden
- Outdoor Stage

Pleasant Grove House Museum and Welcome Center

271 Pleasant Grove Drive
Palmyra, VA 22963
(434) 589-2016

- Parks and Rec Office
- Transportation Museum
- Summer Kitchen

Pleasant Grove Park (Eastern Trailhead)

110 Thomas Jefferson Parkway
Palmyra, VA 22963

- Dog Park (3 Fenced Areas)
- ADA Trailhead
- Picnic Shelters
- Fitness Loop

Carysbrook Sport Complex

8788 James Madison Highway
Fork Union, VA 23055

- Athletic Fields
- Gymnasium
- Playground
- Picnic Shelter

Carysbrook Performing Arts Center

8880 James Madison Highway
Palmyra, VA 23055

- Various Performances
- Rental Options

Civil War Park

Court Square
Palmyra, VA 22963

- Fluvanna's First Park (1828)
- 1/2-acre space with picnic tables and Civil War tributes

Fluvanna Community Center

5725 James Madison Highway
Fork Union, VA 23055
(434) 842-3150

- Parks and Rec Office
- Fork Union Active Older Adults Center
- Playground
- Rentals All Year Long

Cunningham Active Older Adult Center (VFW Hall)

2997 W. River Road
Scottsville, VA 24590

- Programs on 1st & 3rd Monday every month



FACILITIES & EQUIPMENT RENTAL RATES

Fluvanna County Parks and Recreation rents facilities for weddings, receptions, meetings, conferences, lectures, dances, luncheons, parties and family reunions. Facilities and equipment are listed below. Refunds may be given when requested ONE WEEK PRIOR TO THE START OF THE RENTAL. A \$10 service charge will be deducted from the refund unless the cause is due to a change in the class schedule.

Pleasant Grove Park

Athletic Fields (Baseball, Softball, Soccer): \$10/hour
Tournaments: \$75/day
Pole Barn: \$75/day (\$100 Deposit)
Utilities: \$25/day
Horseback Riding on Trails: \$8 (non-residents)
Outdoor Stage: \$100/day
Meeting Room: \$10/hour + \$25 deposit

Heritage Trail Pavilions (Eastern Trailhead)

Large Pavilion (40 people): \$50/day (\$100 Deposit)
Small Pavilion (25 people): \$25/day (\$100 Deposit)

Carysbrook Sports Complex

Athletic Fields: \$10/hour; with lights \$20/hour (\$100 Deposit)
Tournaments (per fields): \$75/day (\$100 Deposit)
Gymnasium: \$50/hour; with tarp \$75/hour (\$100 Deposit)

Fluvanna Community Center

Meeting Room: \$20/hour (\$50 Deposit)
Auditorium: \$75/hour (\$100 Deposit)
Kitchen: Under Renovation until 2017
Staffing Fee (after hours): \$15/hour

Kayaks & Canoes:

\$20 each per day \$35 each for weekend (\$100 Deposit)
River Shuttle Available - \$5 a person. Call (434) 589 - 2016 to schedule at least 3 days in advance or for more information.

Tables

Rectangular: \$3 each per day (\$50 Deposit)
Round: \$5 each per day (\$50 Deposit)

Chairs

\$1 each per day (\$50 Deposit)

18' x 30' Tent Canopy

\$100/day (\$100 Deposit)

14' x 20' Tent Canopy

\$75/day (\$100 Deposit)



FLUVANNA SPORT ORGANIZATIONS

Basketball

Fluvanna County Parks & Recreation
(Fall & Winter)
Ages 3-13
Contact: Jonathan Pace
(434) 842-3150
jonathanpace@fluvannacounty.org

Tennis

Camp Friendship Tennis Center
Contact: Alina Ackenbom
(434) 589-5867
alina@campfriendship.com
www.friendshiptennis.com

Baseball

FYB - Fluvanna Youth Baseball
(Spring)
Ages 4-15
Baseballfluvannayouth@gmail.com
Website: fluvannayouthbaseball.com

Softball

Fluvanna Girls Softball League
(Spring & Fall)
Ages 5-18
Register January 4
Contact: Tiffany Rosales
(434) 242-1933
fluvannasoftball@gmail.com
www.fluvannagirlssoftball.com

Football

Fluvanna County Parks & Recreation
(Fall)
Ages 11 & 12
Contact: Jonathan Pace
(434) 842-3150
jonathanpace@fluvannacounty.org

JDYFL - Jefferson District Youth

Football League
(Fall)
Ages 8-14
Fluvanna County Contact:
Scott Fraser (757) 871-2190
Scott.fraser@accu-tech.com
www.TJFYL.net

Soccer

FYSA - Fluvanna Youth Soccer
Association
(Spring & Fall)
Littler Strikers & U5-U14
Contact: Tom Beckham at
FYSAforce@aol.com
Website: www.fysa.org

Swimming

LMST - Lake Monticello Swim
Team
(Summer)
Contact: Laura Payne
Lmst-info@comcast.net
www.lmst.jsl.org

FAST - Fluvanna Aquatics Sports

Team (Summer)
Contact: Coz DiFazio
(434) 326-5566
info@fluvanna-swimming.org
www.fluvanna-swimming.org

FUMA Aquatic Club

(Summer)
Contact: Ryan Campbell
campbellr@fuma.org
(434) 842-4210



Pleasant Grove House Museum

A slice of Fluvanna history resides in the renovated Pleasant Grove House and Summer Kitchen Museums. The House also serves as the County Welcome Center for visitors along with housing exhibits relating to the history of transportation in Fluvanna County.

Hours:

Monday to Friday 8am - 5pm
Saturday and Sunday 12 - 4pm

Address:

271 Pleasant Grove Drive
Palmyra, VA 229663

Phone: (434) 589 - 2016

COMMUNITY PARTNERS

**Fluvanna County
Extension Office**
5725 James Madison Highway
Fork Union, VA 23055
(434) 591 - 1950

Fluvanna County Library
214 Commons Boulevard
Palmyra, VA 22963
(434) 589 - 1400

School Board Office
14455 James Madison Highway
Palmyra, VA 22963
(434) 589 - 8208

Sheriff's Office
160 Commons Boulevard
Palmyra, VA 22963
(434) 589 - 8211

**Fluvanna County Historical
Society**
Physical Address: 14 Stone Jail
Street
Palmyra, VA 22963
Mailing Address: PO Box 8
Palmyra, VA 22963
(434) 589 - 7910
fluvannahistory@gmail.com

Jefferson Area Board for Aging
674 Hillsdale Dr. Ste. 9
Charlottesville, VA 22901
(434) 817 - 5222
jabacares@gmail.com

**Fluvanna Heritage Trail
Foundation**
PO Box 501
Palmyra, VA 22963
(434) 589 - 4839

Fluvanna Master Gardeners
(434) 591 - 1950
www.fluvannamg.org

Fluvanna Arts Council
265 Turkey Sag Trail
Suite 102, Box 210
Palmyra, VA 22963
(434) 842 - 1333
Info@Carysbrook.org

Social Services
8880 James Madison Highway
Fork Union, VA 23055
(434) 842 - 8221

Fork Union Military Academy
4744 James Madison Highway
Fork Union VA 23055
(434) 842 - 3212

Boy Scouts of America
Stonewall Jackson Area Council
www.bsa-sjac.org/districts/
monticello

Fluvanna Farm Bureau
15905 W. River Road
Fork Union, VA 23055
(434) 842 - 3411

**Virginia Department of Game
and Inland Fisheries**
Chris Heberling, Game Warden
(540) 899 - 4169
www.dgif.virginia.gov

Child Services Act
132 Main Street
Palmyra, VA 22963
(434) 591 - 1933

Chamber of Commerce
177 Main Street
Palmyra, VA 22963
(434) 489 - 3262

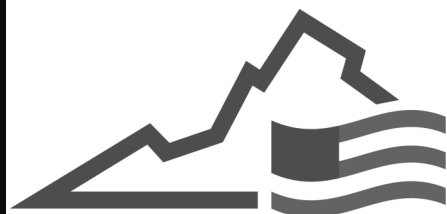
**Charlottesville Area Mountain
Bike Club (CAMBC)**
PO Box 6516
Charlottesville, VA 22906
info@cambc.org

Youth Advisory Committee
www.fluvannayac.org

Partnership for Aging
Deborah Foreman
(434) 962 - 8153

Fluvanna Art Association
www.fluvannaartassociation.com

Department of Social Services
8880 James Madison Highway
Fork Union, VA 23055
(434) 842 - 8221



Virginia Department of Veterans Services
www.dvs.virginia.gov

**Attention Veterans and Dependents:
Do you know your Veterans Benefits? We do!**

Virginia Department of Veterans Services
www.dvs.virginia.gov
Need help? Visit us at the Fluvanna Community Center by appointment only.
5725 James Madison Highway
Pamela Zirkle & Jeannette Flint (434) 295 - 2782
1st Wednesdays of each month from 9 - 11:30am

2017 FLUVANNA COUNTY COMMUNITY GARDEN

REGISTRATION FORM

- Please fill out the registration form to reserve your Community Garden Plot for 2017.
- Cost of one plot is \$45.00 before February 15th, \$50 after February 15th
- Make check payable to "FCPR"
- Send check and completed application to: FCPR, P.O. Box 70, Palmyra, VA 22963
- Attend one of two mandatory meetings (February 13th or 15th) to receive your plot assignment(s) and details on your responsibilities in the Community Garden.

NAME(S) OF GARDENER	ADDRESS	E-MAIL	TELEPHONE
1			
2			

Number of plots you are applying for _____. Two or more plots will be granted only if available.

If you wish to have a plot in close proximity to a friend, please indicate their name_____.

How many years have you been gardening?_____ Do you have experience gardening in VA?_____

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact VCE Fluvanna at 434-591-1950 to discuss accommodations. The Community Garden has a wheelchair/handicapped accessible bed.

Do you have an interest in attending educational programs such as:

- Managing garden pests_____
- Enriching your garden soil_____
- Growing vegetables_____
- Other_____



www.ext.vt.edu

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Virginia Cooperative
Extension/Fluvanna

5725 James Madison
Hwy
Fork Union, VA 23055
434-591-1950

jthomp7@vt.edu

Registration Form



FLUVANNA
PARKS & RECREATION

PAYMENT MUST ACCOMPANY THIS FORM
MAKE CHECKS PAYABLE TO "FCPR"
P.O. BOX 70, PALMYRA, VA 22963 (434) 589-2016

First Name _____ Middle Initial _____
Last Name _____ Birth Date __/__/__ Gender M/F

Mailing Address _____

Email Address _____

Home Phone _____ Mobile Phone _____

Emergency Contact: Name _____ Phone _____

Shirt Size: Youth Adult Small Medium Large X-Large

Special Needs/Disabilities _____ Allergies _____

Household Members:

Name: _____ Birth Date: ____/____/____

Name: _____ Birth Date: ____/____/____

Name: _____ Birth Date: ____/____/____

Name: _____ Birth Date: ____/____/____

Activity Title	Date(s)	Time(s)	Fee (non-resident add 15%)

Assumption Of Risk

I understand the nature of the activity in which I am (my child is) being enrolled. I understand that there are certain risks inherent with participating in recreational activity and that it is the duty of each participant to exercise reasonable care for their own safety and that of other participants. If this consent is given for my child, I also understand that, while participating in the activity, my child will be expected to behave in a reasonable and responsible manner and that the activity's supervisory staff has the authority to discipline my child in a manner similar to that imposed in Fluvanna County's public schools. I understand that under Virginia law, both Fluvanna County and its employees are immune from liability for negligence should I (my child) suffer any injury while participating in the activity and that I may consider procuring insurance to protect myself (my child) from such occurrences. With all this in mind, I hereby give my consent to enroll myself (my child) in the activity indicated. I also agree for my child to be transported by Parks and Recreation to the appropriate facility for my child to participate in such class if needed.

Signature of Participant or Legal Guardian if under 18 years of age _____ Date: _____

Print Legal Guardian's name for participants under 18 years of age: _____

Refund Policy: Refunds may be given when requested provided the request is made prior to the start of the activity. A \$10 service charge will be deducted from the refund unless the cause is due to a change in the class schedule. If supplies were purchased on your behalf, that amount may also be deducted from your refund. Allow up to 60 days for your refund to be mailed. A \$20 service charge will be assessed for any returned checks.

Office Use Only: Rec'd Date _____ By _____ Check # _____ Cash _____ CC _____