



# FLUVANNA PARKS & RECREATION

- Active Older Adults
  - Athletics
  - Classes
  - Fitness
- Outdoor Activities
- Special Events



## Fall/Winter 2015 Program Guide

*Fall into Fun!*

## 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.

**Mike Sheridan - BOS Liaison**  
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**Wade Parrish - Chairman**  
 (434) 981-4490 / parrishw@embarqmail.com

**Jerry Custer - Vice Chairman**  
 (434) 589-3969 / jcuster@radiometeramerica.com

**Scott Morris - School Liaison**  
 (434) 589-8208 / smorris@mail.fluco.org

**Bobbi Vernon - At Large**  
 (434) 591-0101 / bobbie.vernon2@gmail.com

**Eva McGehee - Student**  
 (434) 589-1139 / ejmbookworm@gmail.com

**David Wood - At Large**  
 (434) 589-8584 / halloween13dw@gmail.com

**David McGlothlin - Social Services Liaison**  
 (434) 842-8221 / david.mcglathlin@dss.virginia.gov

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 (434) 589-7215 / alintecum@brvgs.512.va.us

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 (434) 591-1950 / jthomp75@vt.edu

**Walter Hussey**  
 (703) 967-1798 / whthinker@yahoo.com

<p style="text-align: center;"><b>Financial Assistance</b></p> <p>Parks and Recreation offers scholarships to Fluvanna County residents who fill out a scholarship application and provide a copy of their most recent pay stub for FCPR management to review. You can find the form on the Parks and Recreation website or at one of our offices to pick one up.</p>	<p style="text-align: center;"><b>FCPR Inclement Weather Policy</b></p> <p>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 through Friday 8am-5pm for info about Parks and Rec Programs.</p>
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<p style="text-align: center;"><b>Volunteer Opportunities</b></p> <p>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.</p>	<p style="text-align: center;"><b>Interested in Teaching a Class or Workshop?</b></p> <p>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.</p>
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# FLUVANNA COUNTY ... THE HEART OF CENTRAL VIRGINIA AND YOUR GATEWAY TO THE FUTURE

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## BOARD OF SUPERVISORS

- Columbia District: Mike Sheridan  
[mikesherdan@fluvannacounty.org](mailto:mikesherdan@fluvannacounty.org)
- Cunningham District: Donald W. Weaver  
[dweaver@fluvannacounty.org](mailto:dweaver@fluvannacounty.org)
- Fork Union District: Mozell Booker, Chair  
[mbooker@fluvannacounty.org](mailto:mbooker@fluvannacounty.org)
- Palmyra District: Robert Ullenbruch, Vice Chair  
[rullenbruch@fluvannacounty.org](mailto:rullenbruch@fluvannacounty.org)
- Rivanna District: Tony O'Brien  
[tobrien@fluvannacounty.org](mailto:tobrien@fluvannacounty.org)

Board Meetings are the 1st Wednesday at 4pm and 3rd Wednesday at 7pm of every month.  
[www.fluvannacounty.org/government/bos](http://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:
  - **Fluvanna Community Center** 5725 James Madison Highway, Fork Union, VA 23055  
•Business Hours: Monday-Friday, 8 a.m.-5 p.m.
  - **Pleasant Grove House Museum** 271 Pleasant Grove Drive, Palmyra, VA 22963  
•Business Hours: Monday-Friday, 8 a.m.-5 p.m. & Saturday-Sunday 12 p.m. - 4 p.m.
- 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

## **Little Tykes Basketball Player Development Program**

**Ages 3-4 / Saturdays / 9-10am / November 7-December 19 (No program on November 28) /**

**Carysbrook Gym / \$50**

Players will learn the basics of basketball and skill development. This program is designed to introduce your child to the fundamentals of basketball while participating in fun skill exercises, relays and game like situations. This program is taught by Coach Harold Boyd, an experienced basketball coach. He is patient, knowledgeable and understanding and will lead all clinics and games. All sessions are organized by age. Open until filled--space is limited! **Contact Aaron Spitzer with questions: (434) 842-3150 [aspitzer@fluvannacounty.org](mailto:aspitzer@fluvannacounty.org)**

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## **Mighty Mites Basketball League**

**Ages 5-6 / Saturdays / 10-11am / November 7-December 19 (No program on November 28) /**

**Carysbrook Gym / \$50**

This program is designed as a transitional league between the Little Tykes program and the Parks and Recreation basketball league. The first two weeks will be instructional and the last four weeks will be organized games. Teams will be formed based on evaluation by our coach during the first two weeks. The key focus in the Mighty Mites League is on learning the game as we emphasize "healthy competition". Volunteer coaches are needed for the 4 weeks of games and are essential for this program. Volunteer coaches serve as referees on the floor during games and are used as teachers for both teams during game situations. The coach, Harold Boyd is patient, knowledgeable and understanding and will lead all clinics and games **Contact Aaron Spitzer with questions: (434) 842-3150, [aspitzer@fluvannacounty.org](mailto:aspitzer@fluvannacounty.org)**

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## **Super Stars Basketball League**

**Ages 4-18 / Saturdays / Noon-1pm / November 7-December 19 (No program on November 28) /**

**Carysbrook Gym / \$10**

This is a basketball league for children with special needs to practice skills and game play with their friends and siblings. Participants needing one to one assistance need to come with an aide or volunteer. Coaches will teach basic basketball skills and help players scrimmage in a fun environment. **Contact Claire Lowande with questions (434) 589-2016, [Clowande@fluvannacounty.org](mailto:Clowande@fluvannacounty.org)**

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## **Fluvanna Elite Wrestling — the "FEW"**

**Ages 6-14 / Mondays & Wednesdays / 6-7:30pm / November 9-March 7 / Fluvanna High School**

**Wrestling Room / \$50 plus \*\$15 for membership card plus \*\*\$50 deposit**

**\*Fee will be given to the instructor to enroll each wrestler into a USA Wrestling Membership (card included)**

**\*\*Deposit check will be returned when singlet is returned at the end of the season**

This youth program is designed to teach the fundamental skills and rules of wrestling through safe and structured practice sessions that emphasize good sportsmanship, courtesy, mutual respect, and character. Young wrestlers will build skills in a fun, yet productive environment by incorporating the "games approach" endorsed by "USA Wrestling". Practice sessions will include time for goal setting, warm-ups, stretching, and practicing new and previously taught techniques. Practice matches (wrestlers paired by weight), cool down and discussion of techniques will close each practice. The long term goal is to prepare experienced and confident athletes for our local school program as well as introduce an Olympic sport. The head coach, Don Butterworth, is the former coach at Western Albemarle High School. **A physical is required to participate in this program and participants are responsible to provide their own wrestling shoes and headgear. Contact Aaron Spitzer with questions: (434) 842-3150, [aspitzer@fluvannacounty.org](mailto:aspitzer@fluvannacounty.org)**

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## **Carysbrook Open Gym**

**All Ages / 5-9pm / September 8-November 19 / 5-9pm / FREE / Carysbrook Gym**

Carysbrook Gym is open for free play in the evenings again! The following activities will be set up for the indicated days. **Contact Aaron Spitzer with questions: (434) 842-3150, [aspitzer@fluvannacounty.org](mailto:aspitzer@fluvannacounty.org)**

**Mondays:** Pickleball (9am-12pm currently; 5-9pm after 9/1)

**Tuesdays:** Volleyball or Youth Basketball (17 years and under only)

**Thursdays:** Adult Basketball or open play (18+)

# ATHLETICS

## **FCPR Basketball League**

**Ages 7-17 / December-March / See Dates Below / Carysbrook and Fluvanna Middle School / \$60 By November 14, \$70 After**

### **2015 - 2016 AGE BRACKETS:**

**7-8 year olds** – games and practices at Carysbrook Gym

**9-10 year olds** – games and practices at Carysbrook Gym

**11-13 year olds** – games at FMS, practices at Carysbrook Gym

**14-17 year olds** – games at FMS, practices at Carysbrook Gym (could travel to surrounding counties for games)

### **7-17 Year Old Player Evaluation Process & Season Schedule Information:**

Each player will be evaluated on a standardized set of skills (dribbling, lay-ups, shooting, and height measurement). Scores will be used by FCPR to establish teams.

**Ages 7 & 8:** 9 - 10am / Saturday, Nov 14; Make-up, Nov 17 / 6:30 - 7:30pm

**Ages 9 & 10:** 10 - 11am / Saturday, Nov 14; Make-up, Nov 17 / 6:30 - 7:30pm

**Ages 11-13:** 11 - Noon / Saturday, Nov 14; Make-up, Nov 19 / 6:30 - 7:30pm

**Ages 14-17:** Noon - 1pm / Saturday, Nov 14; Make-up, Nov 19 / 6:30 - 7:30pm

**ALL EVALUATION SESSIONS WILL BE HELD AT CARYSBROOK GYM**

Each player 7 YEARS AND OLDER will need to be evaluated to be placed on a team.

### **FCPR Basketball League Highlight Information**

\* Child cannot turn older than upper age limit before February 1, 2016

\* Team scheduled basketball practice nights are Monday – Thursday

\* Teams only practice ONE night a week for one hour

\* The team selection process will be based on the player evaluation and last season participation.

\* The league promotes good sportsmanship and fair play

\* All children are required to play half of each quarter of the game

\* Games are scheduled on Saturday mornings starting at 9am

**COACHES NEEDED - Contact Aaron Spitzer at [aspitzer@fluvannacounty.org](mailto:aspitzer@fluvannacounty.org), (434) 842-3150**

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### **AFTER SCHOOL KARATE - TAE KWON DO KARATE**

**Ages 3 + / Wednesdays See Time and Dates Below / Carysbrook Gym / \$55**

Afterschool Tae Kwon Do Karate will begin on Wednesday, September 2. 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). The classes help to 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: 5<sup>th</sup> Degree Master Bonnie Snoodly **Contact Aaron Spitzer with questions: (434) 842-3150, [aspitzer@fluvannacounty.org](mailto:aspitzer@fluvannacounty.org)**

**Session 1:** Sept 2-Oct 7

**Session 2:** Oct 14-Nov 11 / (Please note one class is on a **Monday, Oct 19**)

Beginner & White Belts / 3:30-4:10pm

Colored Belts & Advanced Belts / 4:15-5pm

# ATHLETICS

## **Cheerleading**

**Ages 5-13 / Mondays / 3-5pm / Beginning December 7 / Central Elementary / See Cost Below**

The Fluvanna County Extended Education in partnership with the Fluvanna County Parks and Recreation will be offering cheerleading this year. Participants will be registered as Extended Education students. They will be expected to follow all the rules and requirements of that program. The actual cheerleading program will end at 5pm, and students may be picked up at that time or parents can pick them up until 6pm without any additional fees. Late fees are charged after 6pm. Transportation can be provided by the Fluvanna County School Transportation to Central (The Extended Education transfer buses). For more information, please call Gary Greenwood at 589-8318 after 4pm or email at [exeducation@apps.fluco.org](mailto:exeducation@apps.fluco.org). (Saturday games starting January 2)

**Cost:** Extended Education Fee of \$5.00/day plus \$15 shirt cost

**Contact Aaron Spitzer with questions: (434) 842-3150, [aspitzer@fluvannacounty.org](mailto:aspitzer@fluvannacounty.org)**

# FITNESS AND WELLNESS

## **Homeschool Gym**

**Ages 5-14 / Mondays / See Times Below / September 14-November 16 (no class October 12 or November 9) / Carysbrook Gym / \$50; \$5 off for each additional sibling**

Looking for a way to get your child involved in physical activity? If so, this program is what you are looking for. In this class, kids will be moving around as we learn some basics of a few activities. For the first six weeks, we will be learning the game of flag football. For the final two weeks, we will play various gym activity games. **Contact**

**Aaron Spitzer with questions: (434) 842-3150, [aspitzer@fluvannacounty.org](mailto:aspitzer@fluvannacounty.org)**

**Ages 5-9 (1-1:50pm)**

**Ages 10-14 (2-2:50pm)**

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## **Hatha Yoga 1 & 2 Mixed Levels**

**Ages 13 + / See Dates and Times Below / Fluvanna Community Center / \$48**

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 Aaron Spitzer with questions: (434) 842-3150, [aspitzer@fluvannacounty.org](mailto:aspitzer@fluvannacounty.org)**

**Session 1:** Aug 25-Sept 29

Tuesdays

6:15-7:45pm

**Session 2:** Oct 6-Nov 17 (No class Nov 3)

Tuesdays

6:15-7:45pm

**Session 3:** Dec 1-Jan 19 (No class Dec 22 & 29)

Tuesdays

6:15-7:45pm

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## **Aqua Zumba**

**Ages 10 + / See Dates and Times Below / Health Nutz Fitness and Aquatic Center / \$40**

Known as the Zumba® “pool party,” the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting, and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water based workout that is cardio-conditioning, body-toning, and most of all exhilarating beyond belief. **Instructor: Natasha Contact Aaron Spitzer with questions: (434) 842-3150, [aspitzer@fluvannacounty.org](mailto:aspitzer@fluvannacounty.org)**

**Session 1:** Sept 2-Sept 30

M,W,F

9-10am

**Session 2:** Oct 2-Oct 30

M,W,F

9-10am

**Session 3:** Nov 2-Nov 30

M,W,F

9-10am

**Session 4:** Dec 2-Dec 30 (No Class Dec 25)

M,W,F

9-10am

# FITNESS AND WELLNESS

## **Little Minnows Preschool Swim Class**

**Ages 3-4 / See Dates and Times Below / Health Nutz Fitness and Aquatic Center / \$50**

Introduce your child to water with this introductory swim class. There is a maximum of five children for this class and if the class will fill up, another class will be held at 11am if there is enough participation interest. Minimum: 3

**Contact Aaron Spitzer with questions: (434) 842-3150, [aspitzer@fluvannacounty.org](mailto:aspitzer@fluvannacounty.org)**

**Session 1:** Sept 2 - Sept 23      Wednesdays      10-10:45am

**Session 2:** Oct 7 - Oct 28      Wednesdays      10-10:45am

**Session 3:** Nov 4 - Nov 25      Wednesdays      10-10:45am

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## **Jaws Water Aerobics**

**Ages 10+ / See Dates and Times Below / Health Nutz Fitness and Aquatic Center / \$40**

This class offers a combination of different aquatic exercise classes all mixed into one. You can exercise in the shallow or deep end and it covers all different ability levels. A variety of equipment is available to ensure you get the workout that is right for you. **Contact Aaron Spitzer with questions: (434) 842-3150,**

**[aspitzer@fluvannacounty.org](mailto:aspitzer@fluvannacounty.org)**

**Session 1:** Sept 1-Sept 29      Tues + Thurs      8am, 9:15am, 10:15am, or 6:30pm

**Session 2:** Oct 1-Oct 29      Tues + Thurs      8am, 9:15am, 10:15am, or 6:30pm

**Session 3:** Nov 3-Nov 24      Tues + Thurs      8am, 9:15am, 10:15am, or 6:30pm

**Session 4:** Dec 1-Dec 31 (No Class Dec 24)      Tues + Thurs      8am, 9:15am, 10:15am, or 6:30pm

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## **Adult Swimming Fitness**

**Ages 18+ / See Dates and Times Below / Health Nutz Fitness and Aquatic Center / \$50**

This class is designed for the adult who can swim but would like to learn to swim better! Some of the things you will learn are stroke technique and stamina skills, freestyle, breaststroke, and elementary backstroke. Minimum: 3 Maximum: 9 **Contact Aaron Spitzer with questions: (434) 842-3150, [aspitzer@fluvannacounty.org](mailto:aspitzer@fluvannacounty.org)**

**Session 1:** Sept 2-Sept 23      Wednesdays      Noon-12:45pm

**Session 2:** Oct 7-Oct 28      Wednesdays      Noon-12:45pm

**Session 3:** Nov 4-Nov 25      Wednesdays      Noon-12:45pm

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# ENRICHMENT

## **Fluvanna Mothers Group - Child's Play and Socialization**

**Infants-6 / Tuesdays beginning September 8 from 10am-noon / Carysbrook Gym / \$5 per year**

**Welcome to another fun year at the Carysbrook Playgroup!** We are so glad you have decided to join us! This group is an open playgroup designed for children birth to 6 years old. We meet on **Tuesdays, beginning on September 8, 2015 from 10am -12pm at the Carysbrook Gym.** Our play area in the gym includes a variety of toys and play mats for your child to enjoy. We encourage parents, grandparents, and caretakers to play with the children and socialize in our kid-friendly environment. We also frequently bring a picnic lunch to eat together on the playground after group.

To fund all of our wonderful events and activities throughout the year, purchase cleaning supplies and any bins and/or new toys that we may need, we do ask for a **\$5 YEARLY** denotation 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.) Some events may change - Reminders will be sent out before each event. The group follows the FCPR Inclement Weather policy. See page 2 for details.

***FUN EVENTS FOR 2015!***

**Sept 8** – Our Group Starts!

**Sept 29** – FREE Winter Clothes Swap. Bring in all your gently used clothes to swap.

**Oct 27** – Halloween Costume Party. Bring tricks or treats to share.

**Nov 24** – Thanksgiving Celebration. Bring a snack to share.

**Dec 15** – Christmas Party (Santa is Coming!) Bring one present to donate if you would like.

**Dec 22 and Dec 29** – **No group.** Merry Christmas and Happy New Year, 2016!

Please contact Kristen Sorrell at [carysbrookplaygroup@gmail.com](mailto:carysbrookplaygroup@gmail.com) if you have any questions. **Volunteers Needed**

# ENRICHMENT

## Santa Claus Train Ride

All ages / 9:30-10:15am / December 12 / Purchase tickets at Fluvanna Community Center / \$24 per person over 2 yrs old

ALL ABOARD! FCPR is once again partnering with the Old Dominion Chapter of the National Railroad Historical Society to bring you another memorable train ride. Here's your chance to meet the happiest man in a red suit. There will be a small treat as well as a great time for all! Purchase your ticket at a Fluvanna Parks and Recreation office and drive yourself to Dillwyn for the great adventure. Train departs at 9:30am and last for 45 minutes. **Contact Aaron Spitzer with questions: (434) 842-3150, [aspitzer@fluvannacounty.org](mailto:aspitzer@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](mailto:aymorris@hotmail.com) with any questions.

**\*NOTE\* Depending on demand, either Intermediate Obedience, or Canine Good Citizen, will run during the times listed above. If you have an interest in these classes, notify Claire Lowande or Ashleigh Morris. Claire Lowande (434) 589-2016, [clowande@fluvannacounty.org](mailto:clowande@fluvannacounty.org)**

## 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:	September 8 - October 6	Tuesdays	6:30-7:30pm
Session 2:	September 10-October 8	Thursday	2:30-3:30pm
Session 3:	October 19 - November 16	Mondays	7:30-8:30pm
Session 4:	October 21 - November 25 (skips Nov 11)	Wednesdays	3:30-4:30pm



## Intermediate Obedience

6 Months+ / See 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*:	September 8 - September 29	Tuesdays	7:30-8:30pm
Session 2*:	September 10 - October 1	Thursdays	3:30-4:30pm
Session 3*:	October 19 - November 9	Mondays	6:30-7:30pm
Session 4*:	October 21 - November 18 (skips Nov 11)	Wednesdays	2:30-3:30pm



# DOG OBEDIENCE TRAINING

## **Canine Good Citizen**

**6 Months+ / See 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. **Contact Claire Lowande with questions: (434) 589-2016, [clowande@fluvannacounty.org](mailto:clowande@fluvannacounty.org)**

<b>Session 1*:</b> September 8 - October 6	Tuesdays	7:30-8:30pm
<b>Session 2*:</b> September 10 - October 8	Thursdays	3:30-4:30pm
<b>Session 3*:</b> October 19 - November 16	Mondays	6:30-7:30pm
<b>Session 4*:</b> October 21 - November 25 (skips Nov 11)	Wednesdays	2:30-3:30pm

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## **Confidence Building**

**6 Months+ / See 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. **Contact Claire Lowande with questions: (434) 589-2016, [clowande@fluvannacounty.org](mailto:clowande@fluvannacounty.org)**

<b>Session 1*:</b> September 8 - September 29	Tuesdays	7:30-8:30pm
<b>Session 2*:</b> September 10 - October 1	Thursdays	3:30-4:30pm
<b>Session 3*:</b> October 19 - November 9	Mondays	6:30-7:30pm
<b>Session 4*:</b> October 21 - November 18 (skips Nov 11)	Wednesdays	2:30-3:30pm

# DOG TRAINING CLINICS

Training clinics are designed to help people learn how to teach basic skills to their dogs, or to review beginning skills. 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 you can attend all of them. Look, sit and come will be covered in each clinic, as they are the basic commands that all dogs should know. Different clinics will cover additional commands. It is always a good idea to brush up on your dog's skills-use it or lose it! This is the perfect time to get your dog prepared for travel or for family coming to visit over the holidays.

### **Clinic I:**

**All Ages / Tuesday December 1 / 6:30-7:30pm / \$30 / Dog Spot @ Fluvanna Community Center**

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:**

**All Ages / Tuesday December 8 / 6:30-7:30pm / \$30 / Dog Spot @ Fluvanna Community Center**

Look, sit, come, stay & wait (perfect for teaching the dogs not to dash out the door)

### **Clinic III:**

**All Ages / Thursday December 10 / 6:30-7:30pm / \$30 / Dog Spot @ Fluvanna Community Center**

Look, sit, come, down & settle (ideal for having the dogs chill while company is over)

### **Clinic IV:**

**All Ages / Thursday December 15 / 6:30-7:30pm / \$30 / Dog Spot @ Fluvanna Community Center**

Look, sit, come, leave it & drop it (a must if the dog snags a holiday item the shouldn't have!)

**Contact Claire Lowande with questions: (434) 589-2016, [clowande@fluvannacounty.org](mailto:clowande@fluvannacounty.org)**

# **ACTIVE OLDER ADULTS**

## **Active Older Adults Centers**

Our Active Older Adults programs provide a wide variety of recreation and leisure activities for ages 55 years and older, at 2 locations. Activities include specialty and creative crafts classes, fitness and walking clubs, cultural events, field trips, and senior forums. Seniors may also participate in computer classes at local libraries, holiday events, Senior Olympics, and sports programs. Most programs are FREE unless otherwise indicated. **Contact Jonathan Pace with questions: (434) 842-3150, jonathanpace@fluvannacounty.org**

### **Location 1: Fork Union Active Older Adults Center**

- Tuesdays and Wednesdays, 10am-2pm, at the Fluvanna Community Center

### **Location 2: Cunningham Active Older Adults Center**

- 1st and 3rd Mondays of every month, 10am-2pm, at the Scottsville VFW
- 

## **7th Annual Celebration for Seniors**

**55+ / Wednesday December 16 / 10am-2pm / FREE / Fluvanna Community Center**

Calling all seniors! If you are 55 and over, come join FCPR for a senior luncheon with a surprise visit from you know who, the "JOLLY OLD MAN." If you are interested in the event, please RSVP by December 4 to **Jonathan Pace: (434) 842-3150, jonathanpace@fluvannacounty.org**

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## **Pickleball**

**55+ / Mondays / 5-9pm / 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 ping pong paddles and a whiffle ball that moves slower than a tennis ball. The game is played on a badminton-size court that is divided by a 34-inch-high net making the game easier for any athlete to cover the court! Extra paddles and balls will be available to borrow. It's fast-paced, easy to learn, great exercise, and lots of fun! \*Pickleball hours move to 5-9pm in September\*

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

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# **THERAPEUTIC RECREATION**

Fluvanna Parks and Recreation is making an effort to expand our recreation offerings for individuals with disabilities in the county. The goal of the Therapeutic Recreation program is to have fun, improve and maintain physical health, improve social skills and self-esteem, and teach recreation and life skills. We encourage inclusion in all of our programs when appropriate. For more information about Therapeutic programs and the possibility of inclusion, contact Claire Lowande at (434) 589-2016 or [clowande@fluvannacounty.org](mailto:clowande@fluvannacounty.org).

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## **Fall Nature Hike**

**Ages 5-18 / Wednesday September 9 / 6-7pm / Pleasant Grove Park / Free, but pre-registration is required**

For children with special needs and their family members, this hike will be led by a Rivanna Master Naturalist to engage children with nature. Activities will be crafted to accommodate all mobility or learning abilities, so please contact Claire Lowande with information about your participant -- (434) 589-2016, [clowande@fluvannacounty.org](mailto:clowande@fluvannacounty.org)

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## **Super Stars Basketball League**

**Ages 6-18 / Saturdays November 7-December 19 / Noon-1pm / Carysbrook Gym / \$10**

This is a basketball league for children with special needs to practice skills and game play with their friends and siblings. Participants needing one to one assistance need to come with an aide or volunteer. Coaches will teach basic basketball skills and help players scrimmage in a fun environment. **Contact Claire Lowande with questions: (434) 589-2016, [clowande@fluvannacounty.org](mailto:clowande@fluvannacounty.org)**



**August 20-22**  
**Pleasant Grove**  
**Park**

**T**he Fluvanna County Fair is back this year and better than ever! The Carnival also makes its debut at this year's Fair. This year's Fair will also host the Albemarle and Fluvanna 4-H Livestock Shows.

**W**e will have live entertainment all weekend long headlined by Cobalt Whiskey from 2 to 3:30 Saturday, August 22nd and Cedar Creek from 4 p.m. to 7 p.m.

**T**here will also be a horse pull, hayrides by Layz S Ranch, craft and food vendors, hot wing and pie eating contests and much more!

**F**or more information on entering the Home Arts competition contact Tee White by e-mail at tee@forkunionbaptist.org. Check out the Fluvanna County Fair's Facebook page for a full schedule of events.

**\$2 Gate Fee**  
**3 and under are FREE**  
**\*Thursday night 18 and Under are FREE**

**- Carnival Hours -**

**Wednesday: 6-10pm**

**Thursday: 6-10pm**

**Friday: 4-10pm**

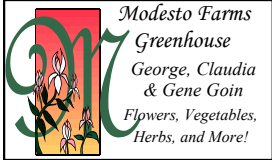
**Saturday: 10am-3pm & 5-10pm**

**- Fair Hours -**

**Thursday: 4-9pm**

**Friday: 4-9pm**

**Saturday: 10am-9pm**



**For more information on how to become a sponsor, vendor, volunteer or just for more details about the Fair contact Jonathan Pace at (434)842-3150 or by email at jonathanpace@fluvannacounty.org.**

# 11TH ANNUAL HALLOWEEN FESTIVAL



## **FRIDAY, OCTOBER 23:**

THE FLUVANNA COUNTY LIBRARY WILL HELP YOU GET INTO THE HALLOWEEN SPIRIT WITH A MAGIC SHOW AND A MOVIE.

- FREE
- CONCESSIONS FOR SALE
- CRAFTS AT 5PM
- MAGIC AT 6PM
- MOVIE AT 7PM

## **SATURDAY, OCTOBER 24:**

A *GHOSTLY* GOOD TIME FOR KIDS OF ALL AGES. THERE WILL BE CRAFTS, GAMES AND PRIZES TO WIN, A YOUTH COSTUME CONTEST AND HAUNTED HAYRIDES (\$2). FAMILIES WILL HAVE A FRIGHTENINGLY FUN EVENING IN A SAFE, KID-FRIENDLY ENVIRONMENT.

- FREE
- HAY-RIDE \$2
- 6:00 - 8:30PM
- PLEASANT GROVE PARK POLE BARN

# *Holiday Celebration 2015*

**Free with  
MACAA food  
donation**

- **December 5th, 2015**
- **Carysbrook Gym & Performing Arts Center**
- **Photos with Santa, crafts, holiday performances, and family fun**

**Watch your friends and neighbors perform holiday dances, skits, and performances.**

**Your donation of a non-perishable food item will benefit Fluvanna families this season**

**Free 4x6in. photos with Santa Claus**

# PLEASANT GROVE A NATURAL EXPERIENCE

## Experience new habitats!

A lot has been going on at our county parks. Those tubes in the fields are young trees surrounding new, unmowed habitats being developed for increased wildlife viewing opportunities including the return of quail. Already the meadow larks have moved in!

That lovely new garden near the community garden was planted by the Master Gardeners and the Department of Game and Inland Fisheries to demonstrate the joy of native plants feeding pollinators. Watch for new signs and learning opportunities!

## HUGGED A TREE LATELY??

A great kid (and adult) learning opportunity begins behind the library. Pick up a scavenger hunt sheet at the kiosk and walk the Girl Scout tree ID trail. Kids who complete the scavenger hunt get a prize at the library front desk.

## CELEBRATE AT OLD FARM DAY, NATURALLY!

Did you know native pollinators are essential to 73% of our foods!! Learn more at the Master Gardener booth on October 3rd at Pleasant Grove Park.

## Love Butterflies??

You are invited to come to the Pollinator Garden (near the Community Garden) on September 19 from 10 to 11AM to learn about attracting butterflies to your garden and yard. Register at the Pleasant Grove House Museums, or email [clowande@fluvannacounty.org](mailto:clowande@fluvannacounty.org).

## JOIN THE TEAM!

Students grades 7-12, public school, home school or private school are invited to join the Envirothon team! This competition for grades 9-12 involves environmental issues in forestry, soils, aquatic ecology, wildlife and environmental issues. For more information, email Ida Swenson at [idathefriz@gmail.com](mailto:idathefriz@gmail.com).

# OUTDOOR ACTIVITIES

## **Couples Canoe**

**Ages 18+ / September 12th /9am-4pm approx / \$35 per couple / Palmyra DGIF Boat Launch**

This is a romantic and leisurely canoe float down the historic Rivanna River from Crofton to Palmyra. Paddling experience not required. Wear swimsuits or loose suncreening coverups, hats, sunglasses. Bring water bottle, sunscreen and lunch/snacks for along the way. Light refreshments/snacks provided at journey completion. **Contact Claire Lowande with questions: (434) 589-2016, clowande@fluvannacounty.org**

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## **Brian's River Shuttle**

**Ages 18+ / Available upon request / \$15 per paddler / Meet at Palmyra DGIF Boat Launch**

In need of a shuttle for an unaccompanied day of paddling? We can help! We will meet you at the Palmyra Boat Launch and shuttle you and your vessel to the Crofton boat launch. Your 6-mile paddle ends at Palmyra where your vehicle is. Please call 3 days in advance to schedule and pay for a shuttle for your preferred date. **Contact Claire Lowande with questions: (434) 589-2016, clowande@fluvannacounty.org**

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## **Youth Archery Clinic**

**Ages 9-14 / September 22-October 20 / 4:30-5:30pm / \$75 / Camp Friendship**

Here at Friendship Outdoor Recreation Center, you will learn how to master the art of archery. Throughout the weeks you will learn the correct stance, aim and release techniques. All of our instructors are trained in archery and will guarantee a safe and fun time. **Contact Claire Lowande with questions: (434) 589-2016, clowande@fluvannacounty.org**

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## **Teen Archery Clinic**

**Ages 14-17 / September 23-October 21 / 4:30-5:30pm / \$75 / Camp Friendship**

Here at Friendship Outdoor Recreation Center, you will learn how to master the art of archery. Throughout the weeks you will learn the correct stance, aim and release techniques. All of our instructors are trained in archery and will guarantee a safe and fun time. **Contact Claire Lowande with questions: (434) 589-2016, clowande@fluvannacounty.org**

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## **Horseback Riding at Equus Springs Farm**

Call Claire Lowande with questions: (434) 589-2016, clowande@fluvannacounty.org

### **Pony Pals**

**Ages 5-7 / See Dates Below / \$100 / Equus Springs Farm**

Children age 5 to 7 with little riding experience will learn grooming, tacking, and riding.

**Session 1:** Sept 19-Oct 10      Saturdays      9-10am  
**Session 2:** Oct 7-Oct 28      Wednesdays      4-5pm  
**Session 3:** Oct 31-Nov 21      Saturdays      9-10am

### **Beginner Horseback Riding**

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

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

**Session 1:** Sept 24-Oct 15      Thursdays      4-5pm  
**Session 2:** Oct 2-Oct 23      Fridays      6-7pm  
**Session 3:** Oct 3-Oct 24      Saturdays      10:30-11:30am  
**Session 4:** Nov 24-Dec 15      Tuesdays      5-6pm  
**Session 5:** Dec 2-Dec 23      Wednesdays      4-5pm

### **Introduction to Horseback Riding**

**Ages 7+ / See Dates Below / \$100 / Equus Springs Farm**

Those ages 7 to 97 with little or no riding experience will learn grooming, tacking, and riding.

**Session 1:** Sept 24-Oct 14      Thursdays      6-7pm  
**Session 2:** Oct 3-Oct 24      Saturdays      9-10am  
**Session 3:** Oct 28-Nov 18      Wednesdays      4-5pm  
**Session 4:** Oct 29-Nov 19      Thursdays      4-5pm  
**Session 5:** Nov 7- Nov 28      Saturdays      10:30-11:30am  
**Session 6:** Dec 5-Dec 26      Saturdays      10:30-11:30am

### **Intermediate Hunter Horseback Riding**

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

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

**Session 1:** Sept 18-Oct 9      Fridays      4-5pm  
**Session 2:** Oct 23-Nov 13      Fridays      4-5pm  
**Session 3:** Nov 21-Dec 12      Saturdays      10:30-11:30am

# ONLINE REGISTRATION

Fluvanna Parks and Rec has a new online registration system! Now you can register yourself and your family members for any of our programs from your home computer and pay online with a credit card. Follow the instructions below to create an account, add to your household, and sign up for classes, leagues and programs!

## Creating An Account:

- Go to <http://fluvannacounty.org/services/parks-and-recreation>
- Select “Create Account” from the column on the left
- Fill out all the fields and click “Save” to complete the Profile setup process



**Account Login**

Not logged in

If you've already set up a profile click here to login

Login to RecDesk

If you have not set up a RecDesk account yet

**Create Account**



Member Profile

**Group/Family Members**

Name	Birth Date	
Ryan Morris	9-11-2001	Select

Add New Family Member

**Member**

ID: 51  
Name: Ryan Morris  
Head of Household: No  
Date of Birth: 9/11/2001  
Gender: M  
Email Address: mikeymo@gmail.com

**Address**

Address Line One: 45 Main  
Address Line Two:  
City, State, Zip Code: East Hampton, CT 06424

CHANGE



## Adding Family Members:

- To add members of your household to your account, click “Add New Family Member.” You should add family members if you will be registering for or paying for their participation in any Parks and Recreation programs.
- New family members can be added at a later time by going to your profile page and clicking the Add New Group/Family Member link.



# ONLINE REGISTRATION

## Registering for Programs:

- Once you have set up a Profile on the RecDesk Community portal, you need to Log In to begin registering for programs. Click on the Login button in the lower left-hand pane.
- Registrations can be initiated by either clicking on the Register button on the Program List page or by clicking on the Register Now button while viewing the Program Details.

Program Name	Start Date	Ages	Grades	Openings
Wednesday Zumba	3/23/2011			30

Showing 1 to 1 of 1 entries

**Program Detail**

Wednesday Zumba

Great exercise class to get the morning started off right.

Program Type: Adult  
Program Code:  
Online Registration: Yes  
Enrollment Begin Date: 3/22/2011  
Enrollment End Date:  
Instructor: Mr. Jones

**Program Registration**

Member: - Select Member - \*\*

Program Name: Wednesday Zumba

Fee Type: - Select Fee Type -

Amount: -0-

Note:

What is your T-shirt size?: M

\*\* If Member to register is not listed in drop down list, click the User Profile and Add New Group/Family Member

Save

- This will display the Program Registration page. Choose the Family Member who will be participating in the program.
- Choose the appropriate Fee Type and then answer any additional questions that may be required for the program.
- The new registration will be added to your shopping cart and is ready for payment. At this point, you can add more registrations to the shopping cart or complete the registration by going through the Payment/Checkout process.

## Checkout and Payment:

- Registrations are NOT complete until you go through the Checkout process. If there are pending registrations in your cart, click on Checkout.
- You will be directed to the Waiver page where you must click Accept to continue.
- Fill out your credit card information and click Continue. You will then be presented with a summary of the transaction. Click OK to complete the transaction or Cancel to go back.

# **FLUVANNA COUNTY PARKS AND FACILITIES**

## **Pleasant Grove Park (Western Trailhead)**

271 Pleasant Grove Drive  
Palmyra, VA 22963

- Heritage Trail
- Equestrian Trails
- Bike Trails
- Pole Barn
- Playground
- Athletic Fields
- 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 Dog Park**

Located at the Eastern Trailhead

- 2 fenced in areas for large and small dogs
- Dog water fountain

## **Pleasant Grove Park (Eastern Trailhead)**

110 Thomas Jefferson Highway  
Palmyra, VA 22963

- Dog Park
- ADA Trailhead
- Picnic Shelters

## **Carysbrook Sport Complex**

8788 James Madison Highway  
Fork Union, VA 23055  
(434) 842-3150

- Athletic Fields
- Gymnasium
- Playground

## **Carysbrook Performing Arts Center**

8880 James Madison Highway  
Palmyra, VA 23055  
(434) 842-3150

Features:

- Various Performances

## **Confederate 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

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

## **Cunningham Active Older Adult Center (VFW Hall)**

2997 W. River Road  
Scottsville, VA 24590  
(434) 842-3150

- Active Older Adult 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  
Kitchen: \$10/hour  
Meeting Room: \$10/hour + \$25 deposit

## **Heritage Trail Pavilions (Eastern Trailhead)**

Large Pavilion (40 people): \$50/hour (\$100 Deposit)  
Small Pavilion (25 people): \$25/hour (\$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: \$10 per hour (\$25 Deposit)  
Staffing Fee (after hours): \$15/hour

## **Canoes (Resident):**

\$25 each per day \$45 each for weekend (\$100 Deposit)

## **Canoes (Non-Resident):**

\$35 each per day, \$55 each per weekend (\$100 Deposit)

## **Tables**

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

## **Chairs**

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

## **PA System**

\$50/day, (\$100 Deposit)

## **18' x 30' Tent Canopy**

\$100/day, (\$100 Deposit)

## **14' x 20' Tent Canopy**

\$75/day, (\$100 Deposit)

## **Propane Grill**

\$50/day, \$70 for weekend (\$100 Deposit)



# **FLUVANNA SPORT ORGANIZATIONS**

## **Basketball**

FCPR Fluvanna County Parks & Recreation  
(Fall & Winter)  
Register by the end of October  
Ages 3-13  
Contact: Aaron Spitzer  
(434) 842-3150  
aspitzer@fluvannacounty.org

## **Tennis**

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

## **Soccer**

FYSA - Fluvanna Youth Soccer Association  
(Spring & Fall)  
Parent & Me, Little Strikers, U6-U16  
Contact: Tom Beckham  
Luke285tb@aol.com  
www.fysa.org

## **Baseball**

FYB - Fluvanna Youth Baseball  
(Spring - Fall)  
Register in August, Age 4-18  
Contact: Rob Ford  
fordr611@aol.com

## **Football**

FCPR - Fluvanna County Parks & Recreation  
(Fall)  
Ages U12 (11 & 12 year olds)  
Contact: Aaron Spitzer  
(434) 842-3150  
aspitzer@fluvannacounty.org

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

Fluvanna County Pop Warner  
Contact Amber Rivera  
Amberlohr@yahoo.com  
www.popwarner.com

## **Swimming**

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

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

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

## **Softball**

FGSL - Fluvanna Girls Softball League  
(Spring & Fall)  
Register August, Ages 5-18  
Contact: Tiffany Rosales  
(434) 242-1933  
fluvannasoftwareball@gmail.com  
www.fgsl1.com



## **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 12pm – 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 of 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**  
PO Box 21  
Palmyra, VA 22963  
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

**Partnership for Aging**  
Deborrah Foreman  
(434) 962-8153

**Virginia Department of Game  
and Inland Fisheries**  
Chris Heberling, Game Warden  
(540) 295-7446  
www.dgif.virginia.gov

**Child Services Act**  
196 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

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

**Layz S Ranch**  
2253 Thomas Jefferson Parkway  
Palmyra, VA 22963  
(434) 591-0898

**Fluvanna Art Association**  
www.fluvannaartassociation.com

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

***Virginia Department of Veterans Services***  
**www.virginiaforveterans.com**

Need help? Visit us at Fluvanna County Parks & Recreation Center  
• 5725 James Madison Highway

Call Pam Zirkle - (434) 295-2782 [pamela.zirkle@dvs.virginia.gov](mailto:pamela.zirkle@dvs.virginia.gov)

Or call 434-842-1035 for directions. • 1st and 3rd Wednesdays from 9am - noon.

# FLUVANNA COUNTY LIBRARY

## **Tuesday Morning Musical Story Time**

**August 11- December 15 / Tuesdays at 10 a.m.**

Join us for some fun stories, songs and movement. Infants to Preschool.



## **Friday Morning Story Time**

**August 14- December 18 / Fridays at 10 a.m.**

Join us for some fun stories and a craft. Infants to Preschool.

## **Friday Movies @ the Library**

**Every 1st and 3rd Fridays all year long / 2pm & 7pm**

Contact the Library for titles at (434) 589-1400 or via email at

[fluvannalibrary@gmail.com](mailto:fluvannalibrary@gmail.com)

Sponsored by the Friends of the Library



## **Moonlight Madness**

**September 19 / Saturday / 7:30-9:30 p.m.**

Come and observe the moon, enjoy moon related activities and a “Howl at the Moon the Loudest” contest at 8 p.m. Fun for the whole family!



## **“No School Today” Activities & Movie**

**October 9 / Friday / 1pm - 4pm**

1 p.m. Activities – imagination station, craft and activities

2 p.m. Movie - TBD

Contact the Library for titles at (434) 589-1400 or via email at

[fluvannalibrary@gmail.com](mailto:fluvannalibrary@gmail.com). Sponsored by the Friends of the Library.



## **Winter Break Activities & Movies**

**December 21 & 28 / Mondays / 1pm-4pm**

1 p.m. – Activities

2 p.m. – Movie - TBD

Contact the Library for titles at (434) 589-1400 or via email at

[fluvannalibrary@gmail.com](mailto:fluvannalibrary@gmail.com). Sponsored by the Friends of the Library.

## **Bring in the New Year with Australia**

**December 31 / Thursday / 11 a.m.**

Join in the festivities and learn about Australia as they welcome in the New Year! All ages welcome.



## **Winter Reading Program @ the Library**

Calling all kid, teen, and adult readers! Sign-up to Read to the Rhythm beginning Monday, December 14. Cool prizes. Sponsored by the Friends of the Library.

## **Please contact the Library for more information or with any questions at:**

Fluvanna County Public Library

214 Commons Blvd.

Palmyra, VA 22963

(434) 589-1400

or via email at [fluvannalibrary@gmail.com](mailto:fluvannalibrary@gmail.com)

# BE PREPARED FOR WINTER POWER OUTAGES

## CALL A FAMILY MEETING AND MAKE A PLAN.

Power outages can strike without any warning. If the power is out for several hours, how will you stay



warm? How will you prepare food? It's important to make a plan so that you will know what to do, how to find each other, and how to communicate in an emergency.

### Make a Power Outage Plan:

- Have a **battery-powered or hand-cranked radio** to listen for emergency updates.
- Use **flashlights or electric lanterns** to provide light; candles are dangerous fire hazards. During extended outages, keep a **supply of extra batteries**.
- Keep a **three- to 14-day supply of water** and of **nonperishable food** such as ready-to-eat canned meats, fruits and vegetables, canned juices, milk, and soup. Remember to get a hand-operated can opener & one gallon of water /person/day.

### Actions to take during a power outage:

- If using a **portable generator** during a power outage, always **operate it outside**, away from doors and windows to avoid dangerous carbon monoxide.
- Keep **refrigerator & freezer doors closed** as much as possible to prevent food spoilage.
- During the winter, let the sun warm rooms during the day and close shades and curtains at night.
- Avoid plugging emergency generators into electric outlets or hooking them directly to your home's electrical system - they can feed electricity back into the power lines, putting you and line workers in danger.
- When the power comes back on, wait a few minutes before turning on major appliances, to help eliminate problems that could occur if there's a sharp increase in demand. If you think electric power has been restored to your area but your home is still without power, call your local power company.

Families can build an emergency kit before the lights go out!



FLUVANNA EMERGENCY MANAGEMENT FIND US AT: [WWW.FLUVANNACOUNTY.ORG/SERVICES/EMERGENCY-SERVICES](http://WWW.FLUVANNACOUNTY.ORG/SERVICES/EMERGENCY-SERVICES)

# Fluvanna 4-H Clubs Invite You To Make the Best Better



### What is 4-H?

4-H is the youth development education program of Virginia Cooperative Extension. Through 4-H, youth ages 9-18 are encouraged to participate in a variety of activities that emphasize 4-H's "learning by doing" philosophy of youth development. Clubs may accept Cloverbud members ages 5-8.

### Volunteers Needed

Share your passion with youth! Our programs are volunteer led, allowing Fluvanna 4-H to reach over 1,000 youth annually in a variety of program areas from science and technology to expressive arts and communication. Volunteers are needed for both long and short term programs. Contact Kim Mayo to learn about current opportunities with Fluvanna 4-H.

### Fluvanna 4-H Clubs:

Colts and Fillies	Horse 'N Around
Livestock	Outdoor Adventures
Teen Leaders	Shooting Sports
Real Steel Robotics and Engineering	

**\*\*New for 2015\*\***  
**Envirothon**

For more information, please contact the Virginia Cooperative Extension-Fluvanna Unit Office.

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# Registration Form

## How to Register:

**Online:** www.fluvannacounty.org, navigate to the Parks and Recreation department and click "Register Now!"

**By Mail:** Send registration with check or money order to P.O. Box 70, Palmyra VA 22963

**In Person:** Stop by the Fluvanna Community Center or Pleasant Grove House Museum during business hours.

-Fluvanna Community Center: 5725 James Madison Highway, Fork Union, VA 23055

-Pleasant Grove House Museum: 271 Pleasant Grove Drive, Palmyra, VA 22963

**Drop Box:** We have 3 drop boxes for those who wish to register after business hours. Please leave check or money order at...

-Carysbrook Sports Complex: 8788 James Madison Highway, Fork Union VA 23055

-Fluvanna Community Center: 5725 James Madison Highway, Fork Union, VA 23055

-Pleasant Grove Horse Parking: 271 Pleasant Grove Drive, Palmyra, VA 22963

## Parks and Recreation Hours of Operation:

-Fluvanna Community Center: 8am-5pm Monday-Friday

-Pleasant Grove House Museum: 8am-5pm Monday-Friday, 12pm-4pm Saturday and Sunday



**FLUVANNA  
PARKS & RECREATION**

Allergies \_\_\_\_\_ Special Needs \_\_\_\_\_

Email Address \_\_\_\_\_

To subscribe for Program Guides to be mailed to your address above at \$3/year, check here

If school-aged student, please complete the following: Age \_\_\_\_\_ D.O.B \_\_\_\_\_ School: \_\_\_\_\_

Gender:  Boy  Girl T-shirt Age:  Youth  Adult Size:  Small  Medium  Large  X-Large

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 Parent or 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 \_\_\_\_\_