

SCHEDULE

Arts & Crafts

J-57 CALLIGRAPHY

Learn the art of this elegant style of handwriting. Instruction is given with the beginning student in mind. Chancery, Cursive and Italic Script will be covered.
Tues. , Oct. 6 - Nov. 3
6:00 p.m. - 7:15 p.m.
Douglass Center
Fee: \$40.00 includes supplies
Instructor: Joseph Marler



J-500 POTTERY

A hands on class with step by step instruction. You will learn to transform clay into a beautiful work of art on the electric potter's wheel. The clay will be formed into a bowl then fired and glazed during your class.
Wed. & Thurs. , Oct. 28 - 29
11:00 a.m. - 1:00 a.m.
One of a Kind Gallery
604 State Street, Bristol, TN.
Fee: \$60.00
Instructor: Ed Lockett
TIACA



J-111 FABRIC DESIGN & BATIK

Learn techniques using wax, dyes and bleach to create exciting works of art on fabrics. All materials included to complete your own special project.
Tues. & Wed. , Oct. 27 - 28
11:00 a.m. - 1:00 a.m.
One of a Kind Gallery
604 State Street, Bristol, TN.
Fee: \$60.00
Instructor: Mimi Kind



J-110 STAINED GLASS

Learn the technique of cutting and piecing together stained glass to make a beautiful creation. This beginning class will allow you to work on two separate projects.
Thurs. , Oct. 1 - Nov. 5
6:00 p.m. - 8:00 p.m.
Art Unlimited
57 Piedmont Ave. , Bristol, VA.
Fee: \$40.00 includes supplies
Instructor: Nancy Johnston



J-111 FUSING JEWELRY

Create your own beautiful pendants, brooch or earrings by fusing dichroic glass. A two session class meeting on Tuesdays.
Tues. , Oct. 6 - 13
6:00 p.m. - 8:00 p.m.
Art Unlimited
57 Piedmont Ave. , Bristol, VA.
Fee: \$30.00 includes supplies
Instructor: Nancy Johnston



Web Page Address and Phone Contact



www.bristolva.org/parks.html

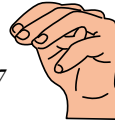
DEPARTMENT PHONE (276) 645 - 7275
MESSAGE LINE (276) 645 - 7368



Educational

D-100 BEGINNING SIGN LANGUAGE

Mon. , Sept. 21 - Nov. 9 *no class Oct. 5 & Nov. 2*
7:00 p.m. - 9:00 p.m.
Douglass Center
Fee: \$50.00 (includes text)
Instructor: J.C. Hobbs



D-100 ADVANCED SIGN LANGUAGE

Mon. , Nov. 16 - Dec. 14 *no class Dec. 7*
7:00 p.m. - 9:00 p.m.
Douglass Center
Fee: \$30.00
Instructor: J.C. Hobbs

D-160 CAKE DECORATING

Class is designed for the beginner but all skill levels are welcome. Learn the basic designs as well as tips on icing and decorating styles. Participants will purchase supplies from list issued by the instructor.
Tues. , Sept. 29 - Oct. 27
6:30 p.m. - 7:45 p.m.
Douglass Center
Fee: \$30.00 plus supplies
Instructor: Barbara Tate



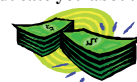
J-950 FALL PHOTOGRAPHY

Principal aspects of digital and 35mm photography will be covered. Special emphasis on autumn themed photos centering around lighting and composition. Tips and guidance on the purchases of cameras will be given.
Thurs. , Oct. 1 - 22
6:30 p.m. - 7:30 p.m.
Douglass Center
Fee: \$30.00
Instructor: Mark Marquette
Photojournalist



L-100 FINANCIAL WORKSHOP

This workshop is designed to educate you about relevant financial topics.
Mon. , Sept. 28 - Oct. 19
6:00 p.m. - 7:30 p.m.
500 Cumberland Street
Fee: \$15.00 includes book
Instructor: Rob Simis, FA
of Edward Jones



J-1202 BALLROOM DANCING

Learn swing dancing for fun & exercise. You will learn basic steps plus patterns while being encouraged to add your own special touches to this dance.
Tues. , Oct. 6 - Nov. 10
6:30 p.m. - 7:30 p.m.
Douglass Center
Fee: \$30.00
Instructor: Sandra Cox



J-50 BREAD MAKING

Have fun cooking and learning at the same time in our new bread making class. Three week class covering cornbreads (basic, double & Mexican), Italian Bread (Focaccia), Portuguese Bread (Broa), German Bread (Zopf) plus Challah.
Tues. , Nov. 10 - 24
6:00 p.m. - 8:30 p.m.
Douglass Center
Fee: \$50.00
Instructor: Joseph Marler



In partnering with the YMCA we are offering 12 class sessions within an anytime four-week period during the fall. Choose from Pilates, Zumba, Cycling, Cardio Kick and other fitness classes.
Fee: \$55.00 multi-purpose pass

J-100 GETTING TO KNOW (YOU)RSELF SEMINAR

Develop an increased knowledge/ acceptance of, and confidence in yourself. Increase your general good feelings and improve communications with others.
Tues. , Oct. 6 - 20
6:30 p.m. - 8:00 p.m.
Douglass Center
Fee: \$30.00
Instructor: Maura Ubinger
Teacher, Trainer



Youth

J-101 BEGINNING BALLET

Learn the beautiful art of dance in this beginning level class for 8 -10 year olds taught by Bristol Ballet Studios.
Sat. , Oct. 3 - Nov. 21
9:00 a.m. - 10:00 a.m.
628 Cumberland Street, Bristol, VA.
Fee: \$64.00
Instructor: Michelle Plescia



D-113 KARATE (ages 6 - mid teens)

Tues. , Oct. 6 - Nov. 10
5:30 p.m. - 6:30 p.m.
Japan Karate Organization
503 State Street, Bristol, VA.
Fee: \$25.00
Instructor: Howard Smith



Registration Procedures & Policies

Pre-registration is preferred for all instructional programs and can be made in person or by calling (276) 645-PARK. Refunds given before start of class. Refunds unavailable after beginning session unless request is accompanied by a doctor's statement in which case any un-used portion will be refunded less a \$2.00 service fee.

Classes may be canceled due to insufficient registration. We strive to offer a curriculum that will meet the needs of the general public. Requests regarding any future program are most welcomed.

Mailing address:

**Bristol Virginia Parks & Recreation Department
300 Lee Street, Bristol, Virginia 24201**

Office hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.

Our new office location

21361 Sugar Hollow Drive
Bristol, VA. 24202

Athletics



YOUTH FOOTBALL & CHEERLEADING

Open for youth ages 8 -12. The programs are divided into two divisions, Pee-Wee & Midget. Games are played at Sugar Hollow Park September - October with a concluding bowl game played in each division at Gene Malcolm Stadium.



PUNT, PASS AND KICK CONTEST

Our department along with our youth coaches will conduct the NFL's Annual Punt, Pass and Kick Contest in September. Winners advance to state competition. The exact dates and times will be announced through our Youth Football Program.



MEN'S BASKETBALL LEAGUE

Players must be 18 years of age and up. League is composed of teams from churches, civic clubs & industries. An organizational meeting is slated for October. League play November - February.

SENIOR MEN'S BASKETBALL

Men ages 50 and up are invited to participate in this program on Tuesday and Thursday evenings at Virginia Middle School. Pick-up games are played from those men in attendance. Play begins in November.



YOUTH BASKETBALL LEAGUE

For boys and girls ages 8 - 13. Boys will practice during the week with games played on Saturdays at Van Pelt and Virginia High. Girls practice and will play games during the week at Washington-Lee and Van Pelt. An organizational meeting is scheduled for mid October.



WELCOME TO SUGAR HOLLOW PARK

Recreational opportunities include over 2 miles of lighted walking trails, a play ground station and golf practice area. The picnic area boasts of numerous picnic pads available on a first - come basis. Also available are nine picnic shelters plus amphitheatre secured by reservations through October. Other recreational venues include three softball fields along with several soccer fields, a wetlands nature area plus bike trails. There is also a dog area for pet enthusiasts to allow their dogs to run unleashed.

The campground contains 75 camping sites which will accommodate all types of RV's. Each site contains a picnic table plus charcoal grill. On site are also two comfort stations complete with hot showers. A sewage dump is available for the camper's use.

Waldo Miles Retreat is available for public use on a reservation basis. The retreat is made up of a fully enclosed facility seating up to 250 people including a "break-out" room seating 40. Bathrooms and a large fireplace are also part of its furnishings. During the summer a pool and bathhouse are available for rent.

Special Events



OCTOBER A "BOOOOTIFUL" EVENING AT THE MALL
Sat., Oct. 31 5:30 p.m. Join us for an evening of exciting and safe Halloween fun at the Bristol Mall. Events will include: Costume Contests, Trick or Treating, plus other "spooky" activities. Co sponsor - Bristol Mall

NOVEMBER

THANKSGIVING ESSAY CONTEST

Students in grades 3 - 5 of Bristol Virginia schools are invited to submit a written essay based upon the announced Thanksgiving theme. Ribbons will be awarded to the top four papers in each grade. Further details and theme will be announced in early November through the schools.



DECEMBER

CHRISTMAS CARD CONTEST

For Bristol Virginia students in grades K - 5. Ribbons awarded to the top four cards in two divisions; K - 2 and 3 - 5. The overall winner will become the "official" Christmas Card of the department for the 2010 Holiday season. Flyers will be given out in late November through schools with details.

SANTA CALLING

Santa has lined up help with the department and the Bristol Optimist Club to aid in calling children ages 2 - 7 on Thursday, December 17 from 6:00 p.m. - 7:00 p.m. To reserve a call phone 276 - 645 - 7275 beginning in December.



Senior Adult Activities

at the

Douglass Senior Center



The Department's Senior Adult Division is operated from the Douglass Senior Center where programs for the senior adult are centered around the themes of fun, fitness, and fellowship. The center offers a well-equipped wellness area with professional exercise equipment, two lounges, kitchen, ceramic studio and billiards room. Below is a partial listing of programs offered. To inquire about a specific one please call (276) 645 - 7370. The center offers evening hours of operation on Tuesdays & Thursdays from 5 p.m.- 8 p.m.

Exercise & Aquatics
Strength Training
Computer & Internet
Ceramics
Educational Events

Nutrition Programs
Health Screenings
Day Trips & Excursions
Dance
Social Activities

Senior Choir
Bible Studies
Arts & Crafts
Bridge & Mah-Jongg
Overnight Tours



Senior Showchoir

CHRISTMAS SHOW

Tuesday, December 15th 7:30 p.m.
Paramount Center For The Arts



BRISTOL VIRGINIA
PARKS & RECREATION
DEPARTMENT
300 Lee Street
Bristol, Virginia 24201

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DEPARTMENT

2009

FALL ACTIVITIES