

CLASS SCHEDULE

Arts & Crafts

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.

Tues. and Wed., Feb. 9 - 10 Fee: \$60.00
 1:00 p.m. - 3:30 p.m. Instructor: Ed Lockett
 One of a Kind Gallery TIACA
 604 State Street, Bristol, TN.



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.

Wed. and Thurs., Feb. 17 - 18 Fee: \$60.00
 4:00 p.m. - 6:00 p.m. Instructor: Mimi Kind
 One of a Kind Gallery
 604 State Street, Bristol, TN.



J - 57 CALLIGRAPHY

Learn the art of writing in this elegant penmanship style. Instruction given with the beginner in mind. Chancery, Cursive and Italian Script will be taught.

Tues., Feb. 2 - March 2 Fee: \$40.00 includes supplies
 6:00 p.m. - 7:15 p.m. Instructor: Joseph Marler
 Douglass Center



J - 111 FUSING JEWELRY

Create beautiful pendants, brooches or earrings by fusing dichroic glass. Class will run for two separate Tuesdays.

Tues., Feb. 2 and 9 Fee: \$30.00 includes supplies
 6:00 p.m. - 8:00 p.m. Instructor: Nancy Johnston
 Art Unlimited
 57 Piedmont Ave., Bristol, VA.



J - 110 STAINED GLASS

Learn the technique of cutting and piecing together stained glass to create a beautiful project. Two separate projects will be completed during the course.

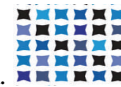
Thurs., Feb. 4 - March 11 Fee: \$40.00 includes supplies
 6:00 p.m. - 8:00 p.m. Instructor: Nancy Johnston
 Art Unlimited
 57 Piedmont Ave., Bristol, VA.



J- 1202 MOSIAC ART

Make a single or double planter out of cinder block. Learn the art through use of broken glass remnants. Student brings the cinder block. All other supplies will be provided through the instructor.

Tues., Feb. 16 and 23 Fee: \$35.00
 6:00 p.m. - 8:00 p.m. Instructor: Nancy Johnston
 Art Unlimited
 57 Piedmont Ave., Bristol, VA.



Educational

J- 50 BREAD MAKING

Have fun cooking and learning at the same time in our new bread making class. Three classes covering 1.cornbreads (basic, double & Mexican), 2. Italian Bread (Focaccia), Portuguese Bread (Broa), 3. German Bread (Zopf) plus Challah.
 Tues., Mar. 9 - 23 Fee: \$50.00
 6:00 p.m - 8:30 p.m. Instructor: Joseph Marler
 Douglass Center



D-100 BEGINNING SIGN LANGUAGE

Mon., Jan. 25 - Mar. 15 no class Feb.1 & Mar. 1 Fee: \$45.00 (includes text)
 7:00 p.m. - 9:00 p.m. Instructor: J.C. Hobbs
 Douglass Center



D-101 ADVANCED SIGN LANGUAGE

Mon., Mar. 22 - Apr. 19 no class Apr. 5 Fee: \$25.00
 7:00 p.m. - 9:00 p.m. Instructor: J.C. Hobbs
 Douglass Center



D-160 CAKE DECORATING

Class is designed for all ability levels. Learn from the beginning as you create basic designs or gain insight on advanced ideas or decorating styles.
 Mon., Jan. 25 - Mar. 1 Fee: \$30.00 plus supplies
 6:30 p.m. - 7:45 p.m. Instructor: Barbara Tate
 Douglass Center

J-950 PHOTOGRAPHY AND CAMERA

Learn the techniques on use of your digital camera plus helps on 35 mm photography. Ideas given on group photography as well as winter landscapes.
 Thurs., Feb. 4 - 25 Fee: \$30.00
 6:30 p.m. - 7:30 p.m. Instructor: Mark Marquette
 Douglass Center Photojournalist



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,
 P.O. Box 16523, Bristol, Virginia 24209

Office hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.



Classes & activities will be canceled if city schools are closed for that day due to weather. Announcements will also be made on our MESSAGE LINE.



Fitness

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.
 Thurs., Feb. 4 - Mar. 11 Fee: \$30.00
 6:30 p.m. - 7:30 p.m. Instructor: Sandra Cox
 Douglass Center



We are pleased to have the Bristol YMCA and our department agreeing to a joint sponsorship allowing us to offer classes through their facility and programs. The following two classes may be taken by purchasing a \$55.00 multi-purpose pass good for 12 sessions to be used in a four week period.

STEP CHALLENGE AEROBICS

A fun high energy class incorporating the step for a great cardio workout.
 Tues. and Thurs., Feb. 2 5:45 p.m. - 6:45 p.m. YMCA

BEGINNER YOGA

Basic yoga involving alignment awareness of breath, strength, balance, and relaxation.

Thurs., Feb. 4 6:45 p.m. - 7:45 p.m. YMCA
 or
 Sat., Feb. 6 8:05 a.m. - 9:05 a.m. YMCA



D-113 KARATE (ages 6 - mid teens)

Tues., Feb. 2- Mar. 9 Fee: \$25.00
 5:30 p.m. - 6:30 p.m. Instructor: Howard Smith
 Japan Karate Organization
 503 State Street, Bristol, VA.



Web Address & Information

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



www.bristolva.org/parks.html

Cumberland Square Park

A portion of Cumberland Square Park is set aside to honor those of our citizens who have served in the armed services. Bricks or granite stones may be purchased with your loved ones name, branch, rank and years of service etched in them. These bricks or stones are then placed in the plaza near the Veterans Memorial. Brick or stone orders can be made through our office.



Athletics

OPTIMIST'S SPEED SHOT CONTEST

The 30th Annual Optimist Speed Shot Contest will be held at Van Pelt Elementary School in February. Participants will compete in various basketball shots based upon their ages. Boys playing in the Bristol Virginia Parks & Recreation Youth League are eligible.



UNITED SCREEN SPEED SHOT CONTEST

The 12th Annual Speed Shot Contest for girls playing in the Bristol Virginia Parks and Recreation Department's Youth Basketball League is planned for late February. Girls will compete in various hoop shooting contests based upon their age. This year's contest is co-sponsored with United Screen.

MEN'S INDUSTRIAL, CHURCH, & OPEN SOFTBALL LEAGUES

An organizational meeting will be held in early March for teams wishing to participate. The season will begin in April and run through July with games played at Sugar Hollow Park.



WOMEN'S OPEN SOFTBALL LEAGUE

A Women's Open Softball League will begin in late April and run through June with games being played at Sugar Hollow Park. An organizational meeting is slated for late March.

Popular Coed Sport

KICK BALL LEAGUE

An up and coming sport well represented last year. Organized league play with rules similar to the game you played in the school yards and gyms as a student. A great coed team sport. Season will begin in late May.



Outdoor Recreational Facilities

SUGAR HOLLOW PARK

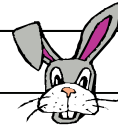
Winter recreational opportunities include concrete and mountain walking trails, a playground station, golf practice area, wetlands nature area, dog area & biking trails.

Although closed for the winter, the Picnic & Campground areas along with the Waldo Miles Retreat area are accepting reservations for their normal operating season of April - October. Call the office at (276) 645 - PARK to reserve your time and date.

Special Events

FEBRUARY

VALENTINE SERENADE: Cupid and our department have lined up singing duet teams to deliver that special someone a melody of love and / or appreciation on Friday, February 12th. Along with their song, a rose and card will be presented at each visit. Hours of the event are 9:00 a.m. - 5:00 p.m. Cost is \$16.00 per visit. To request a serenade call (276) 645 - PARK.



APRIL

EASTER EGG HUNT: The annual city-wide Easter Egg Hunt is slated for Saturday, April 3rd at Cumberland Square Park starting at 9:30 a.m. Our department along with the Easter Bunny invites all children ages 2 - 9 to bring a basket and come out in search for eggs and valuable prizes hidden within the park. There will be other festive Easter activities including mascots & games ongoing prior to the hunt.

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 well-equipped wellness areas 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.

Exercise & Aquatics
Strength Training
Computer & Internet
Ceramics
Educational Events

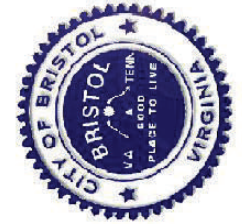
Nutrition Programs
Health Screenings
Day Trips & Excursions
Game Days
Social Activities

Performing Arts (Showchoir)
Bible Studies
Arts & Crafts
Bridge & Mahjong
Overnight Tours

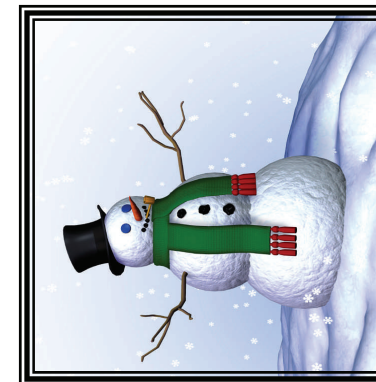


Wednesday, March 17th at the Bristol Mall. 11:00 a.m.

All seniors are invited to dress in green and come try your "Luck of the Irish"! Winners will receive prizes courtesy of The Bristol Mall.



BRISTOL VIRGINIA
PARKS & RECREATION
DEPARTMENT
P.O. Box 16523
Bristol, Virginia 24209



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DEPARTMENT

2010
Winter Activities