

NEW OFFICE LOCATION
 We are proud to announce that our new administrative offices are now located in Sugar Hollow Park
 

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. & Wed., May 19 & 20
7:00 p.m. - 9:00 p.m.
One Of A Kind Gallery
604 State Street, Bristol, TN.

Fee: \$60.00
Instructor: Ed Lockett
TIACA



J-57 CALLIGRAPHY

Class is open for those who are looking for a beginning course in calligraphy. Instruction given in helping participants to learn this beautiful handwriting skill.

Tues., April 28 - May 26
6:00 p.m. - 7:15 p.m.
Douglass Center

Fee: \$40.00
Instructor: Joseph Marler



J - 111 FUSING JEWELRY

Create beautiful pendants, brooches or earrings by fusing dichroic glass. Two separate class workshops are available.

Tues., April 28 - May 5
6:00 p.m. - 8:00 p.m.
Art Unlimited
57 Piedmont Ave., Bristol, VA.

Fee: \$30.00 includes supplies
Instructor: Nancy Johnston



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., April 30 - June 4
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 FABRIC DESIGN & BATIK

Learn techniques using wax, dyes and bleach to create exciting works of art on fabrics. All materials included to complete your project.

Wed. & Thurs., May 20 & 21
7:00 p.m. - 9:00 p.m.
One Of A Kind Gallery

Fee: \$60.00
Instructor: Mimi Kind

Youth

D-113 KARATE (ages 6 - mid teens)

Tues., April 21 - May 26
5:30 p.m. - 6:30 p.m.
Japan Karate Organization
503 State Street, Bristol, Va.

Fee: \$25.00
Instructor: Howard Smith



Contact Information

Phone 276-645-7275
Message Line 276-645-7377

WEB ADDRESS
www.bristolva.org/parks.html

Educational

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., April 28 - May 26
6:30 p.m. - 7:45 p.m.
Douglass Center

Fee: \$30.00 plus supplies
Instructor: Barbara Tate

J-950 NATURE & SPRING PHOTOGRAPHY

Principal aspects of digital and 35mm photography will be covered with emphasis on spring & nature themed photos.

Thurs., May 7 - 28
6:30 p.m. - 7:30 p.m.
Douglass Center

Fee: \$30.00
Instructor: Mark Marquette
Photojournalist



J-50 BREAD MAKING

Have fun cooking and learning at the same time in our new bread making class. Three separate classes offered:

- A. Cornbread, Basic Cornbread, Double Cornbread, Spicy Mexican Cornbread
- B. Focaccia (Italian Bread) and Broa (Portuguese Bread)
- C. Zopf (Braided German Bread) and Challah

Participants will enjoy appetizers complimenting each bread. Hands on instruction.



Tues., May 5 - 19
6:00 p.m. - 8:30 p.m.
Douglass Center

Fee: \$25 / class or \$60 for all three
Instructor: Joseph Marler

L-100 INVESTING

Clear and practical investing education given. Learn key principles of saving and investing. Specific strategies given to obtain long-term financial goals.

Mon., April 27 - May 18
6:00 p.m. - 7:30 p.m.
500 Cumberland St., Bristol, VA.

Fee: \$15.00 includes book
Instructor: Rob Simis
of Edward D. Jones



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, 8:30 a.m. - 5:00 p.m.

Fitness

We are pleased to announce that the Bristol YMCA and our department have agreed 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., May 5- 28 5:45 p.m. - 6:45 p.m. YMCA

BEGINNER YOGA

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

Thurs., May 7 - 28 6:45 p.m. - 7:45 p.m. YMCA

or

Sat., May 9 - 30 8:05 a.m. - 9:05 a.m. YMCA



Special Events

BARK IN THE PARK

Cumberland Square Park will become a place for "Dog Days" on Thursday, August 6th. Some of the activities include:

A Celebrity Walk

Largest & Smallest Dog

Best Dog and Owners Look A Like Costumes

Best Dog Trick

Booths offering services & interests of dog lovers along with rescue groups
Come out to the park and enjoy this very popular fun-filled evening event.

For further information call 276-645-7370.

Activities begin at 6:30 p.m.

Music and Movies in the Park

During the month of July there will be movies & music in Cumberland Square Park. Concerts begin at 6:30 p.m. with the movies showing at 9:00 p.m. Musical groups are listed below. Movie listings are available on Bristol VA. Utilities web page.

July 2	<i>Amazed By Grace</i>
9	<i>Kids Our Age</i>
16	<i>Tennessee Green</i>
23	<i>Bullseye</i>
30	<i>David O'Roark & the Southern Countrymen</i>

Food vendors will be present for your pleasure.

Senior Showchoir The Bristol VA. Sr. Showchoir will present "Listen to the Music" at the Paramount on Thurs., July 30 at 7:30 pm and Fri. July 31 at 12 noon

Athletics

MEN'S SOFTBALL LEAGUES

A.S.A. church, civic, and industrial leagues open play April 20. The season runs through June with games played at Sugar Hollow Park. A SUMMER LEAGUE will begin in July. The organizational meeting will be held in June. Further information can be obtained by contacting our department.

WOMEN'S OPEN SOFTBALL

League will begin June 1 and run through mid - August at Sugar Hollow Park. More information can be obtained by contacting our department through April. Schedules made in May.



GOLF LEAGUE

An industrial, church, and civic golf league will begin in June at Clear Creek Golf Club. An organizational meeting will be held in late May. Interested parties are encouraged to call and obtain more information.

YOUTH FOOTBALL & CHEERLEADING REGISTRATIONS

Open for youth ages 8 - 12. Programs are divided in to two divisions: Pee Wee and Midget. Information and registration will be available in respective schools in May. Practice begins in August with the seasonal play to follow.



CHEERLEADING CAMP

Bristol Virginia city youth involved in our cheerleading program are eligible to sign up and participate. The camp is slated for July 30 and 31 at Waldo Miles Retreat in Sugar Hollow Park.



KICKBALL LEAGUE

A kid's game that has become popular played by adults on teams in organized coed leagues. League play will begin May 5 with games played at Sugar Hollow and going through July.

NEW



Outdoor Recreational Facilities

SUGAR HOLLOW RECREATION AREA

Recreational opportunities include over 2 miles of lighted walking trails, a play ground station, wetlands nature area 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. Recreational areas include three softball fields along with several soccer fields.

The campground contains 75 camping sites that 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 and a sewage dump 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. A pool and bathhouse are available for rent either individually or as a package deal between late May and early August. Two dormitories are available for rent, also.

Children's Opportunities

NATIONAL JUNIOR TENNIS LEAGUE (NJTL)

Available for children ages 6 - 16. NJTL helps develop tennis skills for the young by introducing them to the game of tennis as well as developing their skills through drills and team play. Sites will be Van Pelt, Stonewall Jackson, and Virginia High tennis courts. The program dates are June 8 - July 17 from 9:00 a.m. - 11:00 a.m. Monday - Friday. Registration can be made upon the participant's first visit to the program.



SUMMER PLAYGROUNDS

Children ages 6 - 12 are welcome to participate in this Monday - Friday program beginning June 8 and running through July 17 at Stonewall Jackson, Van Pelt and Washington - Lee Elementary schools. Operating hours will be 11:00 a.m. - 3:00 p.m. Monday - Friday. Activities include arts & crafts, organized play, field trips and swimming. Registration can be made upon your child's first visit.



HERSHEY'S TRACK & FIELD

Open for children ages 9 - 14. The event is slated for Saturday, May 16 at Virginia High School Track & Field complex. Top qualifiers are eligible to move on to the district meet. Registration will begin at 9:00 a.m. with races and field events starting at 10:00 a.m. Co-sponsored with Bristol Youth Services.

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 center 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
Dance
Social Activities

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

The 15th Annual Senior Prom is slated for May 5 at the Slater Community Center from 6:00 p.m. - 8:00 p.m. Activities include, dinner, DJ & dancing plus door prizes. No admission charge.

The 9th annual Senior Jamboree is scheduled for May 22nd at the Bristol Mall. Activities include live entertainment, banner parade, door prizes, booths pertaining to senior adult related organizations and health screens.

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



BRISTOL VIRGINIA
PARKS & RECREATION
DEPARTMENT

2009

SPRING ACTIVITIES

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