

# CLASS SCHEDULE

## Arts & Crafts

### J-500 SIMPLE SCRAP BOOKING

Create a keepsake that will be cherished for years. A hands on class with step by step instruction. You will learn to transform old photos & memorabilia into treasures. Cropping, layout, mounting and journalism will be covered.

Tues. , Feb. 10  
6:00 p.m. - 9:00 p.m.  
Douglass Center



Fee: \$15.00  
Instructor: Vanessa Beavers Smith

### J-50 ORGANIZING YOUR PHOTOS

Gather your holiday photos and attend this class! Learn to arrange and sort your pictures into an easy to find fashion. Participants will receive a keepsake box that will hold up to 600 photos.

Tues. , Feb. 17  
6:00 p.m. - 8:00 p.m.  
Douglass Center



Fee: \$36.00  
Instructor: Vanessa Beavers Smith

### 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. 3 - March 3  
6:00 p.m. - 7:00 p.m.  
Douglass Center

Fee: \$40.00 includes supplies  
Instructor: Joseph Marler

### J - 111 FUSING JEWELRY

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

Tues. , Feb. 3 or 10  
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. , Feb. 5 - March 12  
6:00 p.m. - 8:00 p.m.  
Art Unlimited

57 Piedmont Ave. , Bristol, VA.

Fee: \$30.00 includes supplies  
Instructor: Nancy Johnston



## Educational

### L-100 INVESTING

Learn the answers to your questions on investing for your retirement benefits. Asset allocation, mutual funds, 410 (k), stocks and bonds will be covered. Long term care, life insurance and estate planning will also be discussed.

Mon. , Feb. 23 - Mar. 16  
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

### D-100 BEGINNING SIGN LANGUAGE

Mon. , Jan. 26 - Mar. 16 *no class Feb.2 & Mar. 2*  
7:00 p.m. - 9:00 p.m.  
Douglass Center

Fee: \$45.00 ( includes text )  
Instructor: J.C. Hobbs



### D-101 ADVANCED SIGN LANGUAGE

Mon. , Mar. 23 - Apr. 20 *no class Apr. 6*  
7:00 p.m. - 9:00 p.m.  
Douglass Center

Fee: \$25.00  
Instructor: J.C. Hobbs



### D-160 ADVANCED CAKE DECORATING

Class is designed for those who have taken a beginning course. Learn to create complex designs and gain advanced ideas on decorating styles.  
Tues. , Feb. 10 - Mar. 10  
6:30 p.m. - 7:45 p.m.

Fee: \$30.00 plus supplies  
Instructor: Barbara Tate

### J-950 PHOTOGRAPHY

Learn the latest on use of your digital camera plus techniques of 35 mm will be reviewed. Ideas given on family photography as well as winter landscapes.

Thurs. , Feb. 5 - 26  
6:30 p.m. - 7:30 p.m.  
Douglass Center

Fee: \$30.00  
Instructor: Mark Marquette  
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,  
300 Lee Street, Bristol, Virginia 24201

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

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. , Feb. 3 - 26 5:45 p.m. - 6:45 p.m. YMCA

### BEGINNER YOGA

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

Thurs. , Feb. 5 - 26 6:45 p.m. - 7:45 p.m. YMCA  
or  
Sat. , Feb. 7 - 28 8:05 a.m. - 9:05 a.m. YMCA



## Youth

### D-113 KARATE (ages 6 - mid teens)

Tues. , Feb. 3- Mar. 10  
5:30 p.m. - 6:30 p.m.  
Japan Karate Organization  
503 State Street, Bristol, VA.

Fee: \$25.00  
Instructor: Howard Smith



## Web Address & Information

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



[www.bristolva.org/parks.html](http://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 are made through our office.



## Athletics

### OPTIMIST'S SPEED SHOT CONTEST

The 29th Annual Optimist Speed Shot Contest will be held at Van Pelt Elementary School in late January. 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 11th 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 June with games played at Sugar Hollow Park.



### CO-REC SOFTBALL LEAGUE

A Co-Rec Softball League will run from early Spring through mid - summer with games being played at Sugar Hollow Park. An organizational meeting will be held in March.

### 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.

## Wonderful Coed Sport

### KICK BALL LEAGUE

An up and coming sport well received 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 RECREATION AREA

Winter recreational opportunities include over 2 miles of lighted walking trails, a playground station, golf practice area and wetlands nature area.

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 13th. 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 12th 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 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

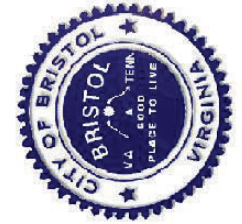


### St. Patrick's Day Bingo

Tuesday, 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.

PRSRT STD  
U.S. Postage  
PAID  
Bristol, TN/VA  
Permit No. 1



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



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# 2009 Winter Activities