**SCHEDULE OF CLASSES**

### Arts & Crafts

**B-11 MEET & GREET**
Come and meet our talented craft instructor. Crafts displayed such as needle felt, basketry, jewelry among others. Grab some decorating ideas for the Holiday season.

**Wed. Oct. 2.**
**Fee: None**
Douglass Center
Classes forthcoming on above mentioned crafts.....

**B-20 BASKETRY**
Make this simple jelly basket in just two sessions. No experience is required. Great idea for the Holiday Season!

**Wed., Oct. 9 & 16**
**Fee: $15.00 includes supplies**
Douglass Center
TN Basket Assoc. & Tri-State Basket Guild

**D-23 WOMEN’S SELF DEFENSE**
In the everyday world more and more women are enrolling in self-defense classes. Now is the opportunity to take advantage of this training from a well respected instructor and staff. Learn to fend off an unwanted action with common everyday items as well as certain movements with hands and body reactions.

**Tue.**, **Oct. 8**
6:30 p.m. - 8:00 p.m.
**Fee: $15.00**
Japan Karate Organization
Instructor: Howard Smith, Certified

### Educational

**D-950 A WALKING EDUCATION OF NATURE AND AUTUMN**
Enjoy a guided educational tour of our wetlands and the effects Fall has on wildlife, vegetation and trees. A wonderful Sunday afternoon idea as you enjoy the brisk fall outdoors. Participants will make their very own walking stick for future walks as well!

**Sun., Sept. 29**
1:30 p.m. - 3:30 p.m.
Sugar Hollow Park

**D-113 KARATE (ages 6 - mid teens)**
**Tue., Sept. 24 - Oct. 22**
5:30 p.m. - 6:30 p.m.
Japan Karate Organization
Fee: $25.00
503 State Street, Bristol, VA. 24201
Instructor: Howard Smith

### Memorial Bricks & Stones

**D-114 KARATE (ages 6 - mid teens)**
**Tue., Sept. 24 - Oct. 22**
5:30 p.m. - 6:30 p.m.
Japan Karate Organization
Fee: $25.00
503 State Street, Bristol, VA. 24201
Instructor: Howard Smith

Honour your loved one who has served in our armed services with a memorial brick. Two sizes are available:

- **Standard 4 x 8**
- **Granite 12 x 12**

Bricks are placed in Cumberland Square Park Memorial area.

Call 276-645-7275 to place an order.

**D-100 BODY TONING & STRETCHING**
Perfect for those wanting to keep their muscles and joints toned and moving with ease. Class uses standup reps, exercise balls, mats and light hand weights.

**Tues., Thurs., Fri., 9:00 a.m. - 10:00 a.m.**
Instructor: Amy Francisco, Certified

**B-200 LOW IMPACT TONE & STRETCH**
Designed for those with mobility issues. All exercise done in seated position using dyna stretch bands and weights.

**Mon. & Wed. 9:30 a.m. - 10:30 a.m.**
Instructor: Amy Francisco, Certified

Both Classes - Fee: $15.00 4 weeks - Location: Douglass Center
Registered Senior Adults of Douglass Senior Center - no charge

**B-250 LINE DANCE INSTRUCTION**
No partner needed. Cowboy / ballroom / hip-hop style line dance will be taught.

**Mon., Oct. 21 - Nov. 18 no class Nov. 11 10:45 a.m. - 12 noon Fee: $25.00**
Instructor: Kathy “Mac” Douglass Center

### Youth

**D-133 LOW IMPACT TONE & STRETCH**
Designed for those with mobility issues. All exercise done in seated position using dyna stretch bands and weights.

**Mon. & Wed. 9:30 a.m.**
**Fee: $15.00**
Douglass Center
Instructor: Kathy “Mac” Douglass Center

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Designed for those with mobility issues. All exercise done in seated position using dyna stretch bands and weights.

**Mon. & Wed. 9:30 a.m. - 10:30 a.m.**
Instructor: Amy Francisco, Certified

Both Classes - Fee: $15.00 4 weeks - Location: Douglass Center
Registered Senior Adults of Douglass Senior Center - no charge

### Fitness

**B-250 LINE DANCE INSTRUCTION**
No partner needed. Cowboy / ballroom / hip-hop style line dance will be taught.

**Mon., Oct. 21 - Nov. 18 no class Nov. 11 10:45 a.m. - 12 noon Fee: $25.00**
Instructor: Kathy “Mac” Douglass Center

### Contacts

Visit us on Facebook - Bristol VA. Parks & Recreation Dept.

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### Registration Procedures & Policies

**Pre-registration required 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 unused 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. Mail: PO BOX 16523, Bristol, VA. 24209**

**Bristol Virginia Parks & Recreation Department**
**P.O. Box 16523, Bristol, VA. 24209**
**Office hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.**
Thanks to a grant our new Dog Shade and dog activity stations. A Grand Opening is slated for October 1.

The campground contains numerous camping sites which accommodates all types of RVs. 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. Wi-Fi and TV Cable hook up available at many sites.

Sugar Hollow Campground is a ARVC rated campground open mid-April - October. Waldos Miles Retreat is available for public use on a reservation basis. The retreat is made up of a fully enclosed facility seating up to 100 people including a “break-out” room. Bathrooms and a large fireplace are also part of its furnishings. During the summer a pool and bathhouse are available for rent late May - August.