M-4 CRAFTY TUESDAYS
Set aside one Tuesday in each month to enjoy and make a new craft item. A morning class which allows you to take home a new handcraft each time.
10:30 am - 12 noon
Douglass Center
Fee: $5.00 per class
$5.00 Douglass Senior Center members
Tues., Jan. 28
Sock-Snowman
Tues., March 24
Watercolor Luminaries

J-950 EYE-CATCHING PHOTOS WORKSHOP
Learn to take photos like a pro as our seasoned professional shares tips on composition & other special skills. Your “selfies” will be the talk of social media! Learn the full use of your phone camera, tablet and digital camera.
Tues., Feb. 18 or March 10
Douglass Center
Fee: $10.00
Instructor: Dan Grogan
Accomplished Photographer

D-113 KARATE (ages 6 - mid teens)
A great self-discipline, self-defense approach in learning the techniques of Karate. Class is an excellent beginner course for youth to gauge their interest in pursuing more advanced classes. Instructor is a noted professional in his field!
Tues., Feb. 18 - March 10
Douglass Center
Fee: $25.00
5:30 p.m. - 6:30 p.m.
Instructor: Howard Smith
Japan Karate Organization 503 State Street, Bristol, VA. 24201

Pre-registration is preferred for all instructional programs and can be made in person or by calling (276) 645-PARK or (276) 645-7370. 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 may be posted on our web page.
You will also find updates on our Facebook page.

Cumberland Square Park
A portion of Cumberland Square Park is set aside to honor those who have served in the armed services. Bricks or granite stones may be purchased with your loved one’s name, branch, rank and years of service etched on them. Orders can be made through our office.
The park can be rented for special events such as public forums, music concerts, weddings, etc. Call either 276-645-7275 or 276-645-7474.

B-100 BODY TONE AND STRETCH
Great way to keep muscles and joints toned and moving with ease. Class uses standup reps, exercise balls, mats and light weights.
Tues. & Thurs. 9:00 a.m. -10:00 a.m.
Fee: $20.00 monthly (Registered Senior Adult N/C)
Douglass Center
Instructor: Amy Francisco Certified

B-200 LOW IMPACT TONE & STRETCH
Class for those with mobility issues. Exercises are done in seated position using dynamarbands and hand weights.
Mon., Wed., Fri. 9:30 a.m. - 10:30 a.m.
Fee: $20.00 monthly (Registered Senior Adult N/C)
Douglass Center
Instructor: Amy Francisco Certified

D-23 ADULT 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.
Tues., Feb. 11
6:30 pm - 8:00 pm
Fee: $15.00
Instructor: Howard Smith
Douglass Center
711 Oakview Ave.
Bristol, VA. 24201

Contact Information
DEPARTMENT PHONE (276) 645-7275
DOUGLASS SENIOR CENTER (276) 645-7370
Web Page - www.bristolva.org
Facebook Bristol VA. Parks & Recreation Dept.
Pages Douglass Senior Center
<table>
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<tr>
<th>Athletics</th>
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<tr>
<td><strong>YOUTH &amp; ADULT BASKETBALL LEAGUES</strong>&lt;br&gt; Youth leagues for ages 5 - 13 are being played throughout the week and Saturdays at Van Pelt and VA. Middle schools. Adult league is played on Tuesdays and Thursdays at VA. Middle. A Youth All-Star game will end the season.</td>
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<td><strong>BOY’S OPTIMIST’S SPEED SHOT CONTEST</strong>&lt;br&gt;The 40th Annual Optimist Speed Shot Contest will be held in mid-February. Participants will compete in various basketball shots based upon their ages. Boys playing in the Bristol Virginia Parks &amp; Recreation Youth League are eligible.</td>
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<td><strong>GIRLS’ OPTIMIST SPEED SHOT CONTEST</strong>&lt;br&gt;The 21st Annual Speed Shot Contest for girls playing in the Bristol Virginia Parks and Recreation Department’s Youth Basketball League is planned for mid-February. Girls will compete in various hoop shooting contests based upon their age.</td>
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<td><strong>CO-ED SOFTBALL LEAGUE</strong>&lt;br&gt;A Co-Ed Softball League will begin in late April and run through June with games being played at Sugar Hollow Park. Sign-ups slated for early April.</td>
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<th>Special</th>
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<td><strong>VALENTINE SERENADE</strong>&lt;br&gt;Surprise that special someone on Friday, February 14th with a song of love and/or appreciation. Along with our singing duet team, 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 $20.00 per visit. To request a serenade call (276) 645 - 7275. Our department has been delivering love songs on Valentine’s Day for over 20 years! A very popular and unique way to say “I Love You”.</td>
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<td><strong>CITY EASTER EGG HUNT</strong>&lt;br&gt;The annual city-wide Easter Egg Hunt is slated for Saturday, April 11 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 to search for eggs and valuable prizes hidden within the park. Other Easter festivities include games, photos plus Department and Organizational Mascots.</td>
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<th>Outdoor Recreational Facilities</th>
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<td><strong>SUGAR HOLLOW PARK</strong>&lt;br&gt;Winter recreational opportunities include concrete and mountain walking trails, a playground station, 18 hole disc golf, wetlands nature area, dog park &amp; biking trails. Although the Picnic &amp; Campground areas are closed for the Winter, reservations are being accepted for the normal operating month’s of April - October. Waldo Miles is available now for rental (weather permitting). The pool is available for rental from late May to early September. Call 276-645-7275 to reserve your spot or to obtain further information.</td>
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<th>Field Rentals</th>
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<td><strong>HAVING A SPRING/SUMMER WEDDING?</strong>&lt;br&gt;Rent our beautiful Wedding pagoda for that special day. Base fee: $50.00. Chairs additional fee.</td>
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<th>Winter Activities</th>
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<td><strong>BRISTOL VIRGINIA PARKS &amp; RECREATION</strong></td>
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| Exercise & Aquatics<br>Strength Training<br>Computer & Internet<br>Ceramics<br>Education & Training<br>Game Days<br>Social Activities<br>Performing Arts (Showchoir<br>Bible Studies<br>Arts & Crafts<br>Bridge & Mahjong<br>Overnight Tours |

**Call to schedule a field rental of our facilities. Available to rent are: softball and soccer fields plus disc golf course and areas for organized runs and walks plus mountain bike trails. Rentals are per day. Hourly ballfield practice times also available. Call 276-645-7373.**

**Dedicated to providing exceptional recreation and leisure services for our residents and visitors by offering the best of facilities and programs through a friendly customer oriented staff.**