

ADULT PROGRAMS

Rhumba II

Ages: 18+
Instructor: Star Studios

Spend your winter evenings learning this romantic, Latin dance. The Rumba presents distinct hip movements that will sharpen your sense of rhythm and timing. The Rumba class is the basis for the Mamba and Cha-cha. Select your partner and sign up today.

Activity Code	Dates	Location	Day	Time	Fees	Deadline
93001C	1/13-2/17	QCC	Wed	6:30-7:30 pm	\$120/couple Res \$130/couple non-Res	1/11

Intro To Cha-Cha

Ages: 18+
Instructor: Star Studios

Couples - do you want to "Dance with the Stars?" We can not guarantee that, but join this introduction to the Cha-Cha and we ensure a good time! Learn basic positioning and movements for the Cha-Cha in this 6 week class. Please sign up with a dance partner.

Activity Code	Dates	Location	Day	Time	Fees	Deadline
93002C	1/13-2/17	QCC	Wed	7:45-8:45 pm	\$120/couple Res \$130/couple non-Res	1/11

American Style Karate

Ages: 4 - Adult
Instructor: D. Frank

This ongoing program promotes a healthy lifestyle as well as confidence and self assurance. Instructors will coach you to a level of fitness and personal achievement. For more information and additional child discounts, call David Frank at 932-4828.

Activity Code	Dates	Location	Day	Time	Fees	Deadline
92015L	Nov	QCC	Mon/Thur	6:30-8:30 pm	\$25 Month Res	1st of each month
92015M	Dec	QCC	Mon/Thur	6:30-8:30 pm	\$30 non-Res	
92015N	Jan	QCC	Mon/Thur	6:30-8:30 pm		
92015O	Feb	QCC	Mon/Thur	6:30-8:30 pm		
92015P	March	QCC	Mon/Thur	6:30-8:30 pm		
92015Q	Apr	QCC	Mon/Thur	6:30-8:30 pm		
92015R	May	QCC	Mon/Thur	6:30-8:30 pm		

Stroller Strides

Ages: Adults with infants 6 weeks old - 4 years old
Instructor: A. Fincher

Stroller Strides is a one hour total body workout designed specifically for moms with stroller age children (6 weeks - 4 years), offering classes that combine power walking and intervals of body toning using exercise tubing (provided) AND your stroller. All strollers, except umbrella strollers will work fine. Classes are taught by nationally certified instructors who are moms—just like you—and structure the class so that moms can make baby happy and not miss out on the work out. For weather updates and more information please visit www.strollerstrides.net/mechanicsville or contact Ms. Fincher at annafincher@strollerstrides.net

Activity Code	Dates	Location	Day	Time	Fees	Deadline
93015M	4/6-4/27	QCP	Tue	6:00-7:00 pm	\$30 Res, \$35 non-Res	4/5
93015N	4/8-4/29	QCP	Thur	6:00-7:00 pm	\$30 Res, \$35 non-Res	4/7
93015O	5/4-5/25	QCP	Tue	6:00-7:00 pm	\$30 Res, \$35 non-Res	5/3
93015P	5/6-5/27	QCP	Thur	6:00-7:00 pm	\$30 Res, \$35 non-Res	5/5

DID YOU KNOW YOU CAN REGISTER ON-LINE FOR PROGRAMS?

See p. 24 for more information



ADULT PROGRAMS

Adult Basketball League

Ages: 18+ and 30+
Deadline: 11/18/09

Gather up your team for the newly structured adult basketball season. Teams will be accepted on a first come, first serve basis. Teams must register by the deadline and all players must sign a Code of Conduct before they can play. Team representatives should call Parks and Recreation (966-8502) for a team packet. Each team member must register prior to the deadline to be accepted. All players on team rosters must be paid before they can participate in practices or games. Organizational Meeting Nov.18@6:30pm at the Old Courthouse.

Activity Code	Age	Dates	Location	Day	Time	Fees	Deadline
93006B	18+	12/8	NKMS	Tue	Begin 6:30pm	\$50 Res	11/18
93007B	30+	12/10	NKMS	Thur	Begin 6:30pm	\$55 non-Res	

Mandatory Coaches Meeting November 18@6:30 pm in the Old Courthouse Building; each team must submit tentative team roster to register team for the league, along with payment.

Adult COED Spring Softball League

Ages: 18+
Deadline: 3/10/10

Gather up your team for softball! This league will give you the opportunity to have fun in a recreational based league. This league will play by ASA rules with COED addendums. Team representative meeting is March 10th@6:30pm in the Old Courthouse. Games will begin April 5th. You will play a double-header each scheduled day. **Game balls are included in the registration fee.**

Activity Code	Dates	Location	Day	Time	Fees	Deadline
93009C	Begin 4/5	QCP	Mon-Fri	Begin 6:15pm	\$520 team	3/10

Mandatory Coaches Meeting March 10@6:30 pm in the Old Courthouse Building; each team must submit tentative team roster to register team for the league, along with payment.

OPENING SEASON SOFTBALL TOURNAMENT MARCH 27-28
BOTH LEAGUES WILL PARTICIPATE IN AN OPENING SEASON TOURNAMENT ON
MARCH 27 AND MARCH 28.

Adult Men's Spring Softball League

Ages: 18+
Deadline: 3/10/10

Gather up your team for softball! This league is a competitive Men's softball league. This league will play by ASA rules. Team representative meeting is March 10th@7:30pm in the Old Courthouse. Games will begin April 5th. You will play a double-header each scheduled day. **Game balls are included in the registration fee.**

Activity Code	Dates	Location	Day	Time	Fees	Deadline
93031A	Begin 4/5	P&R Field #3	Mon-Fri	Begin 6:15pm	\$520 team	3/10

Mandatory Coaches Meeting March 10@6:30 pm in the Old Courthouse Building; each team must submit tentative team roster to register team for the league, along with payment.

Open Gym Basketball

Ages: 18+ and 30+
Instructor: P&R Staff

Keep up your skills in the off season. Join NKPR for some hoops and pick up games. Players must sign in each night of attendance. Please wear athletic shoes and bring water. **Please note: There may be nights when the gym is closed due to other activities.** You must present a valid drivers license at the door for age verification.

Activity Code	Dates	Location	Day	Time	Fees
93018C	4/6-11/9	NKES	Tue 18+	6:30-9:30pm	\$20 pass or \$2 per night
93018D	4/8-11/11	NKES	Thur 30+	6:30-9:30pm	

ADULT PROGRAMS

Adult Golf Lessons

Ages: 16+ Have you been invited to play golf with friends, asked to play in a tournament, or just want to learn to play golf? Professional golf instructors will teach you basic skills, fundamentals and rules of golf.

Instructor: Royal NK Staff

Price includes 5 buckets of range balls and 2 rounds of twilight golf!!!

Activity Code	Dates	Location	Day	Time	Fees	Deadline
93012I	4/7-4/28	Royal NK	Wed	5:00-6:00 pm	\$119 Res \$124 non-Res	4/5

Adult 7 v 7 Soccer League

Ages: 18+ This league will offer soccer to adults in a recreational setting with fun and competitive games. The end of the season tournament will decide the overall champion. Contact Parks and Recreation for a team registration packet. There is a maximum of 15 players per team.

Deadline: 3/10/10

Activity Code	Dates	Location	Day	Time	Fees	Deadline
93016C	Begin 3/21	P&R Field	Sun	Begin 2:00pm	\$300 team	3/10

Mandatory Coaches Meeting March 10@7:30 pm in the Old Courthouse Building; each team must submit tentative team roster to register team for the league, along with payment.

Adult Indoor Soccer - New Kent United

Ages: 18+
Deadline: 12/18/09 (after this date a \$5 late fee will apply and as space permits)

NKPR is teaming up with Mechanicsville United for Indoor Soccer this winter. This is great off season training for youth and adults. This is also a great opportunity to reintroduce a pasttime from high school or college. All interests and abilities are welcome!

Activity Code	Dates	Location	Day	Time	Fees
93037A	1/10-2/28	P & R Gym	Sun	Various starting at noon	\$75 Res \$80 non-Res

Group Basic Dog Obedience Course

Ages: 10+ (parent attendance required)
Dogs must be between 12 weeks and 6 months old

Instructor: S. Jackson

During this 7 week class, with your dedication and devotion, you will learn how to train your puppy to be a well mannered member of the family and you will learn how to be a benevolent leader to your puppy. Over time your dog will learn to listen to your cues while you eliminate or curtail unacceptable behavior challenges. **Your pet must be current on Dhlpp, Rabies and Bordatella Vaccines to attend class. Please do not bring your puppy to the first class. Contact Parks and Recreation for a supplies list.**

Activity Code	Dates	Location	Day	Time	Fees	Deadline
93032A	1/6-2/17	Airport	Wed	6:30-7:30 pm	\$ 95 Res	1/4
93032B	3/3-4/14	Airport	Wed	6:30-7:30 pm	\$100 non-Res	3/1
93032C	5/5-6/7	Airport	Wed	6:30-7:30 pm		5/3

Transitions Lifestyle Program

Ages: 18+
Instructor: Transitions Lifestyle Coach

Tired of gaining and losing the same weight? This lifestyle program has it all - stress management, accountability, metabolism boosting, body reshaping, eating and cooking low glycemic. Learn why you will never diet again. A separate **material fee of \$172** is payable to Eileen C. Edmonds. Call for more information about this six month program!

Activity Code	Dates	Location	Day	Time	Fees	Deadline
93033A	11/3-5/1	GWES	Sat	10:00-11:30 am	\$274 Res	11/3

ADULT PROGRAMS

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Cardio Combo

Ages: 18+
Instructor: L. Robertson

**BOGO Time....2 people sign up together, 1 full price & the 2nd ½ price.
So, 2 people = \$52.50**

Get your New Year started with The Energizer! Are you ready for a workout like no other? This class is filled with fitness, facts, and fun for men and women. Come and enjoy various forms of cardiovascular exercises: low impact, step, walking/jogging, interval training, kickboxing, Latin/Salsa/Zumba, and more! In addition to cardio, we focus on strength training: pilates, yoga, weights, and therabands. Each class is structured to provide a different workout focusing on various muscle groups. Modifications are offered for each movement. All levels are welcome! Please bring a towel and water bottle. I hope to see you!

Activity Code	Dates	Location	Day	Time	Fees	Deadline
93010I	1/5-2/11	GWES	Tue/Thur	6:30-7:30pm	\$35 Res	1/4
93010J	2/23-4/1	GWES	Tue/Thur	6:30-7:30pm	\$40 non-Res	2/23
93010K	4/13-5/20	GWES	Tue/Thur	6:30-7:30pm		4/13

Cardio Bootcamp/Sports Conditioning

Ages: 18+
Instructor: L. Robertson

Tired of the same 'ol workout? Ready for something new? Well...join me for this invigorating and challenging workout. This class is for men and women who want hard core results. Using a combination of military style workouts and sports conditioning exercises for an overall muscle confusion impact, you're sure to get a total body workout. Begin your New Year and each weekend working out with The Energizer and challenging yourself with the "I can...I will" positive attitude. Modifications are offered for each movement. All levels are welcome. Please bring a towel and water bottle.

Activity Code	Dates	Location	Day	Time	Fees	Deadline
93011I	1/2-2/6	GWES	Sat	8:00-9:00am	\$25 Res	1/1
93011J	2/20-3/27	GWES	Sat	8:00-9:00am	\$30 non-Res	2/19
93011K	4/10-5/15	GWES	Sat	8:00-9:00am		4/9

PILOGA

Ages: 18+
Instructor: L. Robertson

This class is a combination of Pilates and Yoga. We will use core strengthening exercises and stretching movements to achieve self-awareness of the body, mind, and spirit. You will gain flexibility, strength, and circulation using proper breathing techniques with each pose or movement. Please bring a yoga mat and water bottle. **BOGO Time....2 people sign up together, 1 full price & the 2nd ½ price.
So, 2 people = \$52.50**

Activity Code	Dates	Location	Day	Time	Fees	Deadline
93020H	1/5-2/11	GWES	Tue/Thur	7:35-8:20pm	\$35 Res	1/4
93020I	2/23-4/1	GWES	Tue/Thur	7:35-8:20pm	\$40 non-Res	2/23
93020J	4/13-5/20	GWES	Tue/Thur	7:35-8:20pm		4/13
93020K	1/2-2/6	GWES	Saturday	9:15-10:00am	\$25 Res	1/1
93020L	2/20-3/27	GWES	Saturday	9:15-10:00am	\$30 non-Res	2/19
93020M	4/10-5/15	GWES	Saturday	9:15-10:00am		4/9

Pilates

Ages: 18+
Instructor: K. Wheeler

Start your day with a refreshing routine of pilates twice a week. Strengthen your mind and body! Participants need to bring a yoga mat and water bottle.

Activity Code	Dates	Location	Day	Time	Fees	Deadline
93029B	11/2-12/9	PR Gym	Mon/Wed	8:30-9:15 am	\$60 Res \$65 non-Res	10/26

Low-Impact Aerobics

Ages: 18+
Instructor: K. Wheeler

Wake up those muscles & get a low impact workout with our Group Exercise Certified Instructor. Participants need to bring a towel a water bottle.

Activity Code	Dates	Location	Day	Time	Fees	Deadline
93030B	11/2-12/9	PR Gym	Mon/Wed	9:30 -10:15 am	\$60 Res \$65 non-Res	10/26

ADULT PROGRAMS

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Spanish

Ages: 18+
Instructor: L. Eckert

Hola! Adults can learn Spanish to increase fluency, use on the job, for travel and more! This 6- week class will offer a fun and exciting way to learn conversational Spanish.

Activity Code	Dates	Location	Day	Time	Fees	Deadline
93034A	11/10-12/15	NKES	Tue	4:45-5:45 pm	\$60 Res	11/4
93034B	1/5-2/9	NKES	Tue	4:45-5:45 pm	\$65 non-res	1/29
93034C	2/23-3/30	NKES	Tue	4:45-5:45 pm		2/15

Sewing for Adults

Ages: 18+
Instructor: T. Belback

This 4 week class is designed for adults to learn how to sew. Students will learn sewing terminology, tools, use of a sewing machine, how to follow a pattern, and much more! Projects for the adult class will include a small pillow, draw string pouch, and a notebook cover. All materials and sewing machines are provided in class cost. **No sewing experience required. No class 1/18 or 2/1.**

Activity Code	Dates	Location	Day	Time	Fees	Deadline
93035A	11/16-12/7	NKMS	Mon	6:00-8:00 pm	\$45 Res	11/12
93035B	1/4-2/8	NKMS	Mon	6:00-8:00 pm	\$50 non-res	12/29

Holiday Chocolate Candy Making

Ages: 18+
Instructor: Williamsburg Chocolatier

This is a fun Holiday Candy making demo where chocolate treats are made before your eyes! Students will learn how to fill molds, chocolate covered cherries, dip bon bons, pretzels, bark and more! There will be treats for sampling or to take home. Learn how to make special chocolate gifts in time for the holidays. Bring a pen to take notes and an appetite to sample!

Activity Code	Dates	Location	Day	Time	Fees	Deadline
93025A	12/19	QCC	Sat	1:00 - 3:00 pm	\$20 Res	12/11

Read for Recreation Book Club

Ages: 18+
Instructor: K. Baker

Do you like to read? Would you like to discuss your insights with other adults? Escape with a good book and "Read for Recreation."
No class on 4/5/10

2/22 - 3/15 Session: "The Time Travelers Wife" By Audrey Niffenegger

3/22-4/19 Session: "The Lost Symbol" By Dan Brown

Activity Code	Dates	Location	Day	Time	Fees	Deadline
93036A	2/22-3/15	PR Class	Mon	3:00-4:00 pm	FREE	2/15
93036B	3/22-4/19				*participant must provide book	3/15

BINGO

Ages: 50 and better!
Instructor: NKPR Staff

Join us for recreational BINGO the 2nd Friday of each month. We will have various forms of BINGO and a prize table to pick from. Help us fill the chairs for this traditional game of fun!

Activity Code	Dates	Location	Day	Time	Fees	Deadline
94004L	12/11	QCC	Fri	1:00-2:30 pm	\$2 Res	12/11
94004M	1/8					1/8
94004N	2/12					2/12
94004O	3/12					3/12

MATURE ADULT PROGRAMS

Local Trips

Ages: 50 and better!
Instructor: NKPR Staff & Volunteers

Join New Kent Parks and Recreation for a local day trip! Due to limited transportation - trips are reserved for those ages 50 & over and on a first come, first serve basis. If you are interested in following the Parks and Recreation van in your own vehicle, please let us know.

Chocolate Lover's Tea at The Jefferson

Enjoy this full service tea in the company of old and new friends. The Jefferson Hotel offers charm and beauty while featuring a bountiful buffet of chocolates! Tea served at 3 o'clock. Price includes tea and gratuity.

Activity Code	Dates	Day	Depart	Time	Return	Fees	Deadline
94011A	2/20	Sat	CH Lot	1:30 pm	5:30 pm	\$32 Res \$37 non-res	2/8

"A Grand Night for Singing" at the Swift Creek Playhouse

This day trip will feature memorable songs by legendary song writers Rodgers and Hammerstein. Enjoy music from Oklahoma, The King and I, South Pacific, The Sound of Music and much more! Ticket, lunch buffet, tax and gratuity are included in the fee.

Activity Code	Dates	Day	Depart	Time	Return	Fees	Deadline
94012A	4/14	Wed	CH Lot	11:15 am	5:00 pm	\$50 Res \$55 non-res	3/31

Winter Wonderland Social

It's here - the 4th Annual Winter Wonderland Social! Enjoy a catered lunch, door prizes, fellowship & more! Sit back and enjoy items from our famous dessert bar with a winter, warm beverage as you hear updates regarding the County from County Administration. Don't miss this great event!

Activity Code	Dates	Location
94002B	2/5	QCC

Day	Time	Fees
Fri	11:30-1:00 pm	\$10 Res \$15 Non Res

Deadline
1/22



Monday Club

Ages: 50 and better!
Instructor: K. Baker

Each class will start with a Lifelong Learning Speaker and snacks. Next challenge your mind with trivia and mind challenging activities. The remaining time will be an opportunity for fellowship, card games, board games, and even Wii Bowling! This time will also serve as a forum for planning future recreation programs and events for mature adults - including trips! No class on 1/18 or 2/15.

Activity Code	Dates	Location	Day	Time	Fees	Deadline
94007C	1/4-3/29	PR Class	Mon	10:30 - 12:00 noon	FREE	1/4

Move & Stretch

Ages: 50 and better!
Instructor: K. Baker

Give your body a good move and stretch! The instructor will incorporate exercises to wake up your joints and muscles. A walk around the Parks and Rec Fields will follow stretching. Please bring a water bottle and towel. No class on 1/18 or 2/15

Activity Code	Dates	Location	Day	Time	Fees	Deadline
94008B	1/4-3/29	PR Class	Mon	12:00-12:30 pm	FREE	1/4

Hunter Education Courses

Sponsored by the Virginia Department of Game and Inland Fisheries; this course is required in order to get your hunting license. Hunter education courses are designed to teach hunting safety, principles of conservation, and sportsmanship. Hunter education volunteers are committed to training the next generation to be safe, knowledgeable and ethical participants in an enduring Virginia tradition. The course is FREE, but space is limited. Participants need only to attend one of the offered days. Contact Jack Lee@966-5748 to register.

Ages:
All Ages

Dates	Time
8/28/10	8am-6pm
9/25/10	
10/30/10	

Location
Quinton Community Center



Boating Safety Courses

Been a while since you've taken a boating safety course? Learn more about Virginia's new boating safety education requirement. Don't get left in the past!

In 2007, the Virginia General Assembly enacted a law to establish a boating safety education compliance requirement.

As of July 1, 2009, all PWC operators 20 years old and younger must complete a boating safety course. This is the beginning of the phase-in of the Education Compliance Requirement for all Virginia boaters.

Ages:
All Ages

Dates	Time
5/15/10	8am-6pm

Location
Quinton Community Center



Be the Next GED SUCCESS STORY

It is not too late to register for class! Classes are in session until the end of May.

The morning class meets on Tuesdays and Thursdays from 9:30-12:30. The evening class meets on Tuesdays and Wednesdays from 5:30-8:30. Both classes meet at New Kent High School.

We also have a Distance Learning option for those people that cannot make it to class and a National External Diploma Program for adults that do not test well.

Adults 18 and over please contact MP RACE at 888-769-1151 or visit us at www.mprace.org.

Middle Peninsula Regional Adult Continuing Education (MP RACE) serves the counties of Essex, King & Queen, King William, Mathews, Middlesex, New Kent, and the Town of West Point.

ENTREPRENEUR EXPRESS WORKSHOP

Are you a business owner?

Are you thinking about starting a new business or expanding your existing one?

FREE WORKSHOP

This is an entrepreneurial business and management workshop with practical hands on lectures and exercises covering key elements of business practice, run by successful practitioners.

Segments will include:

- Start a Business/Write a Business Plan
- Growing Your Business/Marketing Strategy
- Financing/Managing Assets
- Other Available Resources/Mentoring
- Starting & Operating a Tourism Venture

**Friday January 29, 2010
8:30 a.m.—12:00 noon**

12007 CourthouseCircle
New Kent, VA 23124

Advanced registration required.
TO REGISTER go to: VASTARTUP.ORG
"Event Dates"; click Virginia map, east

For more info, contact:

Kathy Dolan (804) 371-0488 or
Kathryn.Dolan@vdba.virginia.gov