



Fall Programs

September-November 2021

REGISTRATION OPENS AUGUST 23 AT 8AM.



This publication includes registration-based programs for September through November.

Additional programs and events are planned for the fall and will be shared monthly.

Visit our website and follow us on social media to see what's happening!

Follow us...



henrico.us/rec



Keep up-to-date on upcoming events by checking off the list below.

- 1. Visit henrico.us/rec
- 2. Mark your calendar
- 3. Follow us on social media for updates

Follow us...



PARK MOBILE

Pop-Up Programs in the Park

Recreation staff are popping up with free activities in the park. If you see them, stop by to say Hi and join them.

Keep an eye out, you never know where you'll see them next!



Follow us on Instagram @henricoparkmobile

YOUTH CLASSES

In-Person Programs

We are excited to be offering in-person classes again! All fall classes are free; however, registration is required in advance. Space is limited due to maintaining current CDC guidelines. Masks are required at all indoor programs and activities regardless of vaccination status. Masks are also recommended at outdoor programs if social distancing is not possible.

Creative Arts

Grandparent's Day - Tea & Craft

Sun, Sep 12, 2-4pm. Belmont Recreation Center.

Ages 2+. Come celebrate Grandparent's Day with your littles. We will enjoy tea and create a cute keepsake. Information: jon105@henrico.us

Beginner Sewing

Thu, Sep 16, 9am-noon. The Springs Recreation Center.

Ages 10-13. Simple sewing projects for beginners! We will review tool and sewing machine safety, basic hand and machine stitches, fabric measuring and cutting, and project finishing. All fabric and supplies will be provided. We will create a tote bag and a scrunchie. Information: cli04@henrico.us

Art Night Sampler

Mon, Oct 4, 6:30-8:30pm. Belmont Recreation Center.

Ages 8-12. Come and try your hand at a few different art methods. We'll be playing with wood, acrylics, and jewelry. Bring your friends and get a taste for each medium. Figure out which you like most and we'll make a class happen this Fall! Information: ola@henrico.us

A Squirt of Glue

Tue, Oct 5, 10-10:45am. Deep Run Recreation Center.

Tue, Nov 2, 10-10:45am. Deep Run Recreation Center.

Ages 2-5. Parents and Grans - and Tots - Monthly, together, guiding your little one, create an arts and crafts project that will encourage your child to develop their fine motor skills, allow for your child to expand their essential vocabulary. And most of all, have fun! Information: pit02@henrico.us

Elastic Bead Bracelet

Sun, Oct 17, 2-4pm. Belmont Recreation Center.

Ages 8-11. Come have fun and learn how to make an elastic bracelet from wooden and or plastic beads! Information: cli04@henrico.us

Magician Apprentice Class

Sat, Oct 30, 10-11am. Eastern Henrico Recreation Center.

Ages 8-11. Become a magician! You will not only learn how to perform several magic tricks; you will be able to go home and perform your own mini magic show. Please bring a deck of cards. Information: leh@henrico.us

Dance

Tiny Dancers

Wed, Sep 15-Oct 20, 4-5pm. Deep Run Recreation Center.

Thu, Sep 16-Oct 21, 4-5pm. Eastern Henrico Recreation Center.

Ages 3-4. A fun filled movement class that incorporates beginning ballet skills and technique with creative games and dances. Instructor: Village Dance. Information: pit02@henrico.us or cun04@henrico.us

Ballet Groove

Wed, Sep 15-Oct 20, 5-6pm. Deep Run Recreation Center.

Thu, Sep 16-Oct 21, 5-6pm. Eastern Henrico Recreation Center.

Ages 5-7. This class mixes ballet, jazz, and creative movements to create a fun and energetic class that will enhance coordination, motor skills and musicality. Instructor: Village Dance. Information: pit02@henrico.us or cun04@henrico.us

Beautiful Ballerinas

Wed, Oct 27-Dec 1, 4-5pm. Deep Run Recreation Center.

Ages 3-4. Dancers will explore beautiful lines and movements as they twirl and leap in this beginning ballet class. Instructor: Village Dance. Information: pit02@henrico.us

Ballet Stories

Wed, Oct 27-Dec 1, 5-6pm. Deep Run Recreation Center.

Ages 5-7. Dancers will learn classical ballet vocabulary and enjoy the classical ballet stories and music from the Nutcracker, Swan Lake and Cinderella. Instructor: Village Dance. Information: pit02@henrico.us



Registration required in advance. Begins August 23!

Register at connect.henricorecandparks.com

Mandatory Health Guidelines for participation in all Henrico Recreation and Parks registered programs are as follows:



- Temperature checks will be required for all registered participants.
- Masks are required at all indoor programs and activities regardless of vaccination status. Masks are also recommended at outdoor programs if social distancing is not possible.
- Social distancing of at least six feet is required for recreation programs indoors or outdoors.
- Social distancing of at least ten feet for all fitness programs is required.



YOUTH CLASSES

History

History Investigators

Sat, Sep 18, 10-11am. Clarke-Palmore House Museum.

Ages 5-11 with an adult. Join the History Investigators as we go to the Clarke-Palmore House to practice our detective skills. You will receive a folder with objectives like finding objects and following clues to hidden boxes. Information: leh@henrico.us

Learn to Read a Map with Mable the Pig

Sat, Oct 16, 11am-noon. Meadow Farm.

Ages 3-6 with an adult. Adventures abound in the true story of how a baby pig learned to navigate the streets of Henrico County safely. It's a "tail" you don't want to miss! Develop your mapping skills by constructing a map to take you around Meadow Farm. Information: cha129@henrico.us

Family Sleuths - The Case of the Missing Toy

Sat, Oct 23, 10-11am. Meadow Farm.

Sat, Oct 23, 11am-noon. Meadow Farm.

Ages 6-12 with an adult. A mystery has arisen at Meadow Farm. A toy belonging to Lizzie Sheppard is missing. Use secret codes, puzzles, and riddles hidden in different spots around the farm to help uncover clues to find the culprit and reunite Lizzie with her missing toy. Information: leh@henrico.us

T'was the Saturday Before Thanksgiving

Sat, Nov 20, 11am-noon. Meadow Farm.

Ages 3-6 with an adult. The animals are worried! The turkeys have heard rumors about what's to come! It's a fanciful story you don't want to miss. Join us for a "tail" and a timeless holiday craft. Information: cha129@henrico.us

Home and Garden

Get Your Pumpkin On

Sun, Oct 24, 1:30-3:30pm. The Springs Recreation Center.

Ages 8+. Registration of an adult is required with participants under 16. Pumpkins, pumpkins everywhere! Come carve out a fabulous pumpkin for Halloween. Join in on some ghouly games and creepy contests. Yummy spider cider will be served too! We'll have all the stuff, you just bring your creativity! Information: ola@henrico.us



A Taste of Thanksgiving

Wed, Nov 24, 10-11:30am. The Springs Recreation Center.

Ages 5-8. This program will offer a sample of the holiday! We will enjoy a pumpkin treat, gratefulness activity, and talk about why we gather for Thanksgiving. Information: jon105@henrico.us

More Fun Stuff

Operation Fun! No School Today

Ages 5-9. Mon, Oct 11, 9am-noon. Eastern Henrico Recreation Center.

Ages 10-14. Mon, Oct 11, 1-4pm. Eastern Henrico Recreation Center.

Schools out today, come and play! The recreation center is open for basketball, pickleball, tennis, and table tennis. Don't be bored at home, if you like art, art supplies will also be provided, board games, jump ropes and hula hoops. Bring a snack, a water bottle, and wear tennis shoes. Information: cun04@henrico.us

"Freaky" Friday

Fri, Oct 29, 6-8pm. Eastern Henrico Recreation Center.

Ages 10-13. It's time to get your hands "slimy" making this creepy stuff and play "spooktacular" games for candy and prizes. "It's a "Thriller!" Information: cun04@henrico.us

Barn Days

Thu, Nov 4, 10-11:30am. Dorey Recreation Center.

Ages 3+. Registration with an adult is required. The community is invited to visit the "Barn" for a tour with Farmer Sheila and friends. We will sing farm songs, make a cow craft, walk-thru a hay bale obstacle course, and enjoy horse shoe games. Bring a snack and join us for fun in the "Moo" Room. Information: cun04@henrico.us

Game On!: Fall into Fun

Fri, Nov 5, 6-8:30pm. The Springs Recreation Center.

Ages 10-13. Come out for a night jam packed with games and activities. Play video games, air hockey, foosball, and more! And you definitely don't want to miss out on the popcorn! Information: ola@henrico.us

Nature & Outdoors

Comic Book Club

Fri, Sep 3, 10am-noon. Clarke-Palmore House Museum.

Ages 8-17. Join us for comic book club, create your very own comic book, and talk superheroes. Information: hil078@henrico.us

Orienteering

Thu, Sep 23, 4-5:45pm. Dorey Park.

Ages 12-17. Join us as we take a step in the outdoor adventure sport of orienteering. We will talk about how to use a compass, what those symbols on maps mean, and even locate items with those skills. The session will end with a short multi-point orienteering course. Information: hil078@henrico.us

ADULT CLASSES

In-Person Programs

We are excited to be offering in-person classes again! All fall classes are free; however, registration is required in advance. Space is limited due to maintaining current CDC guidelines. Masks are required at all indoor programs and activities regardless of vaccination status. Masks are also recommended at outdoor programs if social distancing is not possible.



Where "ART" Thou? - Demonstrations

Sat, Oct 2, 6:30-8:30pm. Belmont Recreation Center.
Ages 18+. Join us for a fun night of art demonstrations geared to spark your creative interest! Ongoing demo's will be facilitated by staff to show attendees a variety of art techniques that will be offered as classes this Fall season. No registration required for this program.
Information: ola@henrico.us

Looking for all the creative folks out there! Join us for some artistic fun and awaken your creative self!

Registration required in advance for the programs below.

Memory Wire Bracelet

Wed, Oct 13, 6:30-8:30pm. Belmont Recreation Center.
Ages 18+. Come and learn techniques to work with memory wire. Make your own memory wire bracelet and maybe even add a charm or two!
Information: cli04@henrico.us

Wood Burning

Wed, Nov 10, 6:30-8:30pm. The Springs Recreation Center.
Ages 16+. Come try your hand at pyrography! We will explore how wood burners can make designs on tree slices. Play with different styling tips and temperatures to get the look you desire. Information: jon105@henrico.us

Acrylic Pour and More

Thu, Nov 18, 6:30-9pm. Belmont Recreation Center.
Ages 16+. Try a few different acrylic painting techniques that will have you addicted to this form of painting in no time! You'll leave with a few unique pieces of amazing art. Information: ola@henrico.us

Creative Arts

Legendary Line Dancing

Tue, Sep 21-Nov 16, 6-8pm. Eastern Henrico Recreation Center.
Ages 18+. The center is open for line dancing. No partner needed, step to the right, step to left, just have fun! Bring appropriate music relax and enjoy grooving and moving to favorite line dance songs like the "Electric Slide." Information: cun04@henrico.us

Aboriginal Dot Painting

Thu, Sep 23, 10am-noon. Varina Library.
Ages 50+. The people of Australia, or Aborigines use dot painting as a form of storytelling. Draw your favorite animal or plants, using cotton swabs to dip into colors and paint drawn image. Think outside of the box and create a unique image using different colors for background patterns!
Information: cun04@henrico.us

Art Night Sampler

Fri, Oct 8, 6:30-8:30pm. Belmont Recreation Center.
Ages 16+. Come and try your hand at a few different art methods. We'll be playing with wood, acrylics, glass and jewelry. You can get a taste for each medium before registering for classes this season Information: ola@henrico.us

Home and Garden

Falling For Fall

Wed, Nov 3, 6:30-7pm. Deep Run Recreation Center.
Ages 18+. 'Tis the season for decorating your holiday table! Join us for a fun evening of creating autumn place cards using wood, gold-leafing and chalk-paint. We will share other table setting ideas. Information: pit02@henrico.us

Gratitude Wreath

Wed, Nov 10, 6:30-8pm. Meadow Farm.
All ages. Make an interactive wreath that you and/or your Thanksgiving guests can add to and be changed from year to year. Information: tru08@henrico.us

Sweet Scrubs and Scents

Wed, Nov 17, 6:30-8pm. Deep Run Recreation Center.
Ages 18+. Join us for an evening of wonderful scents and body scrub creations. Get easy recipes to try and give as holiday gifts. Information: pit02@henrico.us

Nature & Outdoors

Painting in the Park

Fri, Sep 3, 9-11am. Clarke-Palmore House Museum.

Wed, Sep 8, 6-8pm. Dorey Park.

Ages 18+. We will focus on the natural beauty of the parks, and will allow the participant to capture that view on their canvas to take home. Your view is your own. Art supplies provided. Information: hil078@henrico.us

Bird Watching

Tue, Sep 7, 9-11am. Three Lakes Park.

Ages 12+. Learn about basic bird watching skills, then take a hike around the park as we search for our local winged friends. Binoculars will be provided, but make sure to bring a water bottle if needed and appropriate walking footwear for the trails. Information: hil078@henrico.us

Trail Dusters

Thu, Sep 9-Dec 9, 9-10:30am.

Ages 18+. Dust off your walking shoes and join us for a series of scenic walks through our gorgeous parks. These walks will give you a chance to see the treasures of our community while meeting your neighbors. Bring a water bottle and good conversation. Trail Dusters will meet on the 2nd and 4th Thursdays of the month weather permitting. Participants will receive an email with trail locations. Information: pit02@henrico.us

Creative Paddling Canoe Tour

Thu, Sep 16, 3-6pm. Deep Bottom Park.

Ages 18+. Join us on a canoeing excursion along the calm waters of Four Mile Creek. We'll paddle up the creek leisurely, looking for great blue heron, osprey, beaver, deer, and bald eagles. Also taking time to capture nature in an artistic manner through drawing, painting or poetry. Basic instruction and equipment provided. Information: hil078@henrico.us

Stand-Up Paddleboarding

Sat, Sep 18, 1-4pm. Deep Bottom Park.

Ages 12+. Registration of an accompanying adult is required with children ages 12-14. Ready to see the river from a whole new perspective? Join the latest river boating craze with expert guides on an eco-trip up Four Mile Creek. In this relatively easy flatwater section of the river you will experience a unique view just off the James, and you might see some of our local wildlife too. Expert guides will provide instruction (dry land and on-the-water). Paddlers must know how to swim and must not weigh more than 250 lbs max. Information: hil078@henrico.us

James River Cleanup Day

Sat, Sep 11, 9-11am. Osborne Park.

Ages 8+. Osborne Park and Boat Landing is located on the lower, tidal portion of the river in eastern Henrico. It is predominantly a site for boaters due to the outstanding launch facility located at the park. Boaters and walkers please check in with site staff. Please bring your gloves, water, snacks and insect repellent. Trash bags and litter grabbers will be provided. Information: hil078@henrico.us or visit <https://jrvc-va.org/>



Therapeutic Recreation

Game Night

Wed, Sep 8, 6:30-8pm. Hunton Community Center.

Ages 13+. Open to individuals with disabilities who meet the minimum eligibility requirements. Come have a fun night playing lots of games and maybe even win a prize! We will be playing board games and have a snack. Information: cli04@henrico.us

The Great Pumpkin Dance

Sat, Oct 30, 6:30-8pm. The Springs Recreation Center.

Ages 13+. Open to individuals with disabilities who meet the minimum eligibility requirements. Dress up in your favorite costume, dust off those dancing shoes, and get ready for a great time! We will even have a pumpkin patch for participants to bring home a gourd. Information: jon105@henrico.us

Candles and Community Game Room

Sun, Nov 21, 2-4pm. Belmont Recreation Center.

Ages 13+. Open to individuals with disabilities who meet the minimum eligibility requirements. Come make a chunk candle and explore the new Community room at Belmont and play skeeball, foosball, pool and much more! Just come out and have some fun with us. Information: cli04@henrico.us

A Taste of Thanksgiving

Wed, Nov 24, 2-3:30pm. The Springs Recreation Center.

Ages 13+. Open to individuals with disabilities who meet the minimum eligibility requirements. This program will offer a sample of the holiday! We will enjoy a pumpkin treat, gratefulness activity, and talk about why we gather for Thanksgiving. Information: jon105@henrico.us

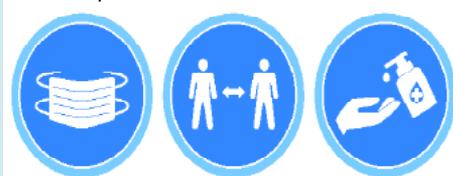
Registration required in advance.

Begins August 23 at 8am!

Register at connect.henricorecandparks.com

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- Social distancing of at least ten feet for all fitness programs is required.



FITNESS CALENDAR

We are excited to be offering in-person classes again! All fall classes are free; however, registration is required in advance. Space is limited due to maintaining current CDC guidelines. Masks are required at all indoor programs and activities regardless of vaccination status. Masks are also recommended at outdoor programs if social distancing is not possible. For more information on the following fitness classes, contact Jason Blake at bla08@henrico.us.

Belmont Recreation Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2pm			Senior Tai Chi 2-3pm			
4pm		Chair Yoga for Resilience 4-5pm				
5pm		Evening Unwind Yoga 5:30-6:30pm	Essentrics 5:30-6:30pm			

Deep Run Recreation Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am	Essentrics 9:30-10:30am					Kids Yoga 9-10am
10am			Gentle Yoga 10:30-11:30am			
4pm	KidsFit 4:30-5pm		KidsFit 4:30-5pm			
5pm	Youth Fit 5-5:30pm		Youth Fit 5-5:30pm			
6pm	Hatha Yoga 6:30-7:30pm			Body Sculpt 6-7pm		

Eastern Henrico Recreation Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am	Senior Wellness 9:30-10:30am		Senior Balance & Core 9:30-10:30am		Senior Wellness 9:30-10:30am	Tone-Up 9-10am
10am		Zumba® 10:30-11:30am				
4pm		KidsFit 4:45-5:15pm		KidsFit 4:45-5:15pm		
5pm		Youth Fit 5:30-6pm		Youth Fit 5:30-6pm		
6pm	Body Sculpt 6-7pm	Zumba® 6-7pm	Zumba® 6-7pm			

FITNESS CLASSES

In-Person Programs

We are excited to be offering in-person classes again! All fall classes are free; however, registration is required in advance. Space is limited due to maintaining current CDC guidelines. Masks are required at all indoor programs and activities regardless of vaccination status. Masks are also recommended at outdoor programs if social distancing is not possible. For more information on the following fitness classes, contact Jason Blake at bla08@henrico.us.

Class Descriptions

Body Sculpt

Ages 18+. This class combines both Pilates and Barre Workouts for flexibility, stabilization, toning, strengthening and cardiovascular conditioning. In this class there will be a focus on breathing techniques while moving through a mat sequence workout while strengthening and toning the muscles with resistance bands and basic ballet movements.

Chair Yoga for Resilience

Ages 16+. This class is perfect for those who prefer not to, or who are unable to, practice on the floor. Class will include a combination of seated poses where the chair will be available for support. This class is designed to promote a sense of balance and well-being through slow, mindful movement, breathing practices, and meditation. Class will include gentle repetition of movement before staying in yoga postures in a way that feels sustainable and nourishing for each individual student. Benefits include improved circulation, flexibility, and mobility as well as balanced physical and emotional energy levels to improve overall health and resilience. This class is trauma-informed, accessible, adaptable, and open to all levels. Beginners are welcome and encouraged.

Essentrics

Ages 16+. A dynamic, full-body workout that simultaneously combines stretching and strengthening, while engaging all 650 muscles. Through standing and floor work, this class will increase flexibility and mobility for a healthy, toned and pain-free body. A stretch workout for all ages and fitness levels.

Evening Unwind Yoga

Ages 14+. Promote a sense of balance and well-being through slow, mindful movement, breathing practices, and meditation. This class will emphasize poses and techniques designed to alleviate stress and reduce tension. Class will include gentle repetition of movement before staying in yoga postures in a way that feels sustainable and nourishing for each individual student. Benefits include improved circulation, flexibility, and mobility as well as balanced physical and emotional energy levels to improve overall health and resilience. This class is trauma-informed, accessible, adaptable, and open to all levels. Beginners are welcome and encouraged.

Gentle Yoga

Ages 14+. This class is structured to stay primarily on the ground; exploring range of motion, gentle stretching and light strength building. The goal of this class is to release tension, open tight joints and create space in the mind body connection to breathe and be mindful. Instructor: Zoe Klug.

Hatha Yoga

Ages 16+. Learn to better manage stress and improve your overall health and well-being by receiving instruction in yoga postures, deep relaxation, deep breathing techniques, and meditation.

Kids Yoga

Ages 6-11. This new environment for kids yoga can provide many benefits to its participants including increased strength and flexibility, as well as improvements in balance and coordination. It can also help with concentration and improve a child's self-confidence. Let your child come and explore all that yoga can do for them. Instructor: Mindy Tanner.

KidsFit

Ages 4-6. This class offers fitness and sports skills focusing on conditioning, endurance, strength, teamwork, and camaraderie. Fun fitness and sports drills with different sports each week. Instructor: Rebecca Thompson.

Youth Fit

Ages 7-12. Youth Fit will feature relays, obstacle courses, cardio, strength, and flexibility; boot-camp style. These classes will help children gain confidence while introducing the important principles of exercise in a fun atmosphere. Instructor: Rebecca Thompson.

Tone-Up

Ages 18+. This class is designed for a full-body strength endurance muscle building workout. It is designed to strengthen and build muscles with the use of dumbbells, bands, and body bars.

Zumba®

Ages 16+. Zumba® takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This is a more traditional Zumba® style by combining Latin rhythms, Socca, Reggae, Dancehall, Afrobeats and Modern Music with a West Indian background style format.

Senior Balance & Core

Ages 50+. This class is designed to strengthen those muscles that help with balance and posture. Come learn how to improve overall fitness, fall and injury prevention, or sports performance.

Senior Tai Chi

Tai Chi has been described as a moving yoga. The gentle yet powerful movements can be done by people of all abilities and can improve health, balance, stress levels, and let one feel a peaceful energy. This class is open to both beginner and intermediate students. Emphasis is on the ten essentials and "feeling" the movements. Instructor: Jenny Barone.

Senior Wellness

Ages 50+. Come and get moving with a class that is designed to work on improving overall physical well-being. This class will use different exercise modalities, such as joint mobility, resistance and flexibility training to improve overall mobility, and strength to help with everyday life.

Registration required in advance.
Begins August 23 at 8am!
connect.henricorecandparks.com