



**Henrico County
Recreation and Parks**

Program Guide

October 2020



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**Registration begins
September 28.**

Movie in the Park



Featuring

Free!



Fri, Oct 2, 7pm
Deep Run Park

Information: rec-events@henrico.us

Yoga in the Park

*Ages 12+. Please bring a yoga mat or towel for practice.
Free. Registration required in advance.*

Sunset Yoga in the Park
4-5pm

Sat, Oct 3: Dorey Park
Sat, Oct 17: Pouncey Tract Park

Sunday Morning Yoga in the Park
10-11am

Oct 4: Crump Park
Oct 11: Short Pump Park
Oct 18: Eastern Henrico Rec Center
Oct 25: Deep Run Park

Information: bla083@henrico.us

EVENTS IN THE PARK

SUNDAY FUNDAYS FOR KIDS



OCT 4 AT 3PM - Juggling & Magic with Jonathan the Juggler. Learn how to juggle after the show!

OCT 11 AT 3PM - Music & Ventriloquism with Chris Campbell and his Puppet Friends. Make sock puppets!

OCT 18 AT 3PM - Clowning Magic with Applause Unlimited. Learn some fun magic tricks after the show!

FUN FOR THE ENTIRE FAMILY! JOIN US **OUTSIDE** AT WALKERTON TAVERN!
BRING THE KIDS AND A LAWN CHAIR OR BLANKET AS WE ALL SOCIAL DISTANCE ON THE LAWN.

Cultural
ARTS
CENTER
-GLEN ALLEN-

WALKERTON TAVERN & THE CULTURAL ARTS CENTER
2880 MOUNTAIN ROAD • WWW.ARTSGLENALLEN.COM

SPONSORED BY HENRICO RECREATION & PARKS AND THE CULTURAL ARTS CENTER!

HENRICO LIVE ON THE ROAD



Susan Greenbaum

Sun, Oct 11

3pm

Crump Park

Pumphouse Blues

Sun, Oct 25

3pm

Dabbs House Museum

Featuring
The Addams Family
(2019 - PG)

DRIVE-IN MOVIE

Fri, Oct 23, 6:30pm
(Gates open at 5:30pm)

Crump Park

Free!

Information: rec-events@henrico.us

Fri, Oct 30
7-9pm

Dorey
Park

Boo Drive Thru

Drive through the park to enjoy spooky, silly scenes. A sweet treat will be waiting for you at the end! **Information: rec-events@henrico.us**

TEEN & ADULT CLASSES

In-Person Programs

We are excited to be offering in-person classes again! All October classes are free; however, registration is required in advance. Space is limited due to maintaining CDC guidelines for social distancing.

Creative Arts

Family Portrait

Wed, Oct 7, 6-8pm. Belmont Recreation Center.

Ages 16+. Bring a maximum 8"x 10" photo or print out of people you want to turn into a painting. We'll use an easy technique to transfer your picture into a one-of-a-kind portrait to keep or give as a gift. Information: tru08@henrico.us

Painting in the Park

Wed, Oct 14, 5-6pm. Echo Lake Park.

Ages 18+. This program will focus on the natural beauty of the parks and will allow the participant to capture that view on their canvas to take home. The attention will be on the pond at Echo Lake Park. Your view is your own. Art supplies provided. Information: hil078@henrico.us

Fall Forest Reflections: Tree Slice Décor

Thu, Oct 29, 6-7:30pm. Belmont Recreation Center.

Ages 16+. With a tree slice, use your imagination to inspire your fun fall creation. Stencils, wooden slices, raffia and paints will be provided. Information: ola@henrico.us

Nature & Outdoors

Kayak Tour

Sat, Oct 3, 3:30-6:30pm. Deep Bottom Park.

Ages 13+. Registration of an accompanying adult is required with children ages 13-14. Join us on a family kayaking excursion along the calm waters of Bailey Creek. We'll take a casual paddle on the water exploring sights and local wildlife. Class covers basic instruction and all equipment. Information: hil078@henrico.us



Couples Canoeing

Sat, Oct 10, 9am-noon. Deep Bottom Park.

Ages 12+. Registration of an adult/guardian is required with children ages 12-14. Join us for a morning canoe paddle with your loved one along Four Mile Creek. We will enjoy the company of great blue herons, osprey, and other wildlife. Basic instruction and equipment provided. Information: sta02@henrico.us

Stand-Up Paddleboarding

Sat, Oct 24, 9:30am-12:30pm. 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

Recreational Tree Climbing

Sat, Oct 17, 10am-noon. Cheswick Park

Ages 8+. For the young and the young at heart! Professional arborists from Riverside Outfitters will take you safely to new heights, teaching the proper climbing systems to ascend and explore the canopies of trees. This is a great activity for parents and kids alike! Information: hil078@henrico.us

Registration required in advance. Begins September 28!

Register at connect.henricorecandparks.com

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

- Health Screenings will be required for all registered participants to include a questionnaire and temperature check.
- Mask must be worn at all times for indoor programs.
- 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 (EAST)

In-Person Programs

We are excited to be offering in-person classes again! All October classes are free; however, registration is required in advance. Space is limited due to maintaining CDC guidelines for social distancing.

Ages 5-8

Nature Paint Brush Art

Thu, Oct 8, 3-4pm. The Armour House.

Ages 5-8. Twigs, grass, leaves, and pine cones will be a few of the items used to make our painting tools. Participants will get to play with texture, shape, and color during this abstract art class.

Information: jon105@henrico.us

Jack-O-Lantern Jars

Fri, Oct 16, 3-4pm. The Springs Recreation Center.

Ages 5-8. Paint a jar to resemble a jack-o-lantern and create a glow or use as a container for trinkets during this holiday season.

Information: tru08@henrico.us

Ages 8-11

Bird Watching

Mon, Oct 5, 3-4pm. Three Lakes Park.

Ages 8-11. Learn about basic bird watching skills, then take a hike around the lake 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

Captain Henrico Superheroes

Tue, Oct 13, 3-4pm. Eastern Henrico Recreation Center.

Ages 8-11. Dive into the world of Captain Henrico and some of your favorite Superheroes. Put them into action against wrong doers while saving the day to Keep Henrico Beautiful. Create and draw your very own comic book story with cartoon character drawings and bring them to life by coloring them. Information: hil078@henrico.us

Magician Apprentice Class

Wed, Oct 14, 4-5pm. 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

Color Wheel Mosaic

Wed, Oct 21, 3-4pm. The Springs Recreation Center

Ages 8-11. Come explore the wonderful world of color! We will create a paper mosaic wheel and have conversations about how the colors interact with one another. Information: jon105@henrico.us

Ages 5-11

Historic Games in the Park

Tue, Oct 6, 3-4pm. Antioch Community Center.

Tue, Oct 13, 3-4pm. The Armour House.

Ages 5-11 with an adult. Take a break from the computers and televisions to spend an afternoon enjoying games with Antioch School or The Armour House as a backdrop. Participate in historical games of the 18th and 19th centuries. Information: cha129@henrico.us

History Investigators

Thu, Oct 8, 3-4pm. Henrico Theatre.

Ages 5-11 with an adult. Join the History Investigators as we go to Henrico Theatre 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

Ages 10-13

Basketball Play

Fri, Oct 16, 4-5pm. Eastern Henrico Recreation Center.

Ages 10-13. No special skill-level required, come and shoot around, play Around the World, participate in a free throw challenge, and play games to enjoy your favorite sport. Information: cun04@henrico.us



Registration required in advance. Begins September 28!

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



YOUTH CLASSES (WEST)

Ages 3-6

Learn to Read a Map with Mable the Pig

Sat, Oct 3, 11am-noon. Meadow Farm Museum.

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

Ages 5-8

Forest Faces and Mud Monsters

Fri, Oct 2, 3-4pm. Crump Park

Ages 5-8. Let's bring the forest to life. We'll create fantastical creatures using mud and items found in nature. These faces will watch over the park and enjoy the fun while we're away. Information: tru08@henrico.us

Art and Obstacle Course

Thu, Oct 15, 3-4pm. Twin Hickory Recreation Center.

Ages 5-8. Come run, play, and draw a picture using your imagination to create a work of art with markers and watercolors. Let's be active after-school! Information: cun04@henrico.us

Halloween Candle Carving

Sun, Oct 18, 3-4pm. Deep Run Park, Shelter 1.

Ages 5-8. Use a skewer to carve fun or scary faces into a candle that will last longer than a pumpkin and still give off that holiday glow. Information: tru08@henrico.us

LEGO Challenge

Mon, Oct 19, 3-4pm. Deep Run Recreation Center.

Ages 5-8. Join us for an afternoon of LEGO related challenges. Who can build the tallest tower? Who can make their boat float? Information: sta02@henrico.us

Hooves and Feathers

Tue, Oct 27, 3-4pm. Meadow Farm Museum.

Ages 5-8 with an adult. Spend an afternoon interacting with and learning about the animals that have been essential to sustaining one of Henrico County's oldest farms. See turkeys, sheep, and pigs (oh my!) and many more at Meadow Farm Museum. Information: cha129@henrico.us

Ages 5-11

History Investigators

Sat, Oct 17, 10-11am. RF&P Park.

Thu, Oct 22, 3-4pm. Deep Run School House.

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

Historic Games in the Park

Tue, Oct 20, 3-4pm. Virginia Randolph Recreation Area.

Ages 5-11 with an adult. Take a break from the computers and televisions to spend an afternoon enjoying games in the Virginia Randolph Recreation Area. Participate in historical games of the 18th and 19th centuries. Information: cha129@henrico.us

Ages 8-11

Magician Apprentice Class

Mon, Oct 12, 3-4pm. Deep Run 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

Active Gym Games

Thu, Oct 15, 3-4pm. Deep Run Recreation Center.

Ages 8-11. Are you ready to get active? Let's get moving with some fun gym games. Information: sta02@henrico.us

Halloween Candle Carving

Sun, Oct 18, 1:30-2:30pm. Deep Run Park, Shelter 1.

Ages 8-11. Use a skewer to carve fun or scary faces into a candle that will last longer than a pumpkin and still give off that holiday glow. Information: tru08@henrico.us

Painted Rock Art

Thu, Oct 22, 3-4:30pm. Belmont Recreation Center.

Ages 8-11. Let's make some fun and creative creatures using stones, rocks and paints. From frogs to lady bugs, you can make colorful rock creations. Information: ola@henrico.us

Beaded Sun Catchers

Wed, Oct 28, 3-4pm. Deep Run Recreation Center.

Ages 8-11. Let the sun shine, let the sun shine in! Join us for this fun time of creating sun-catchers for your window or to give as a gift to someone whose day needs brightening. Easy and fun! Information: pit02@henrico.us



Hooves and Feathers

Thu, Oct 29, 3-4pm. Meadow Farm Museum

Ages 8-11 with an adult. Spend an afternoon interacting with and learning about the animals that have been essential to sustaining one of Henrico County's oldest farms. See turkeys, sheep, and pigs (oh my!) and many more at Meadow Farm Museum. Information: cha129@henrico.us

Fall Forest Reflections: Tree Slice Décor

Thu, Oct 29, 3-4pm. Deep Run Recreation Center.

Ages 8-11. With a tree slice, use your imagination to inspire your fun fall creation. Stencils, wooden slices, raffia and paints will be provided. Information: ola@henrico.us

FITNESS CALENDAR

Class details and specific locations are listed in the class descriptions. Classes may be moved at the instructor's discretion. In case of inclement weather or for more information, please contact Jason Blake at 804-310-0254.

Belmont Recreation Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6pm	Flow Yoga (Ages 14+) 6-7pm	Zumba 6-7pm	Qi Gong 6-7pm			

Deep Run Recreation Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am						Kids Yoga (ages 6-11) 9-9:45am
11am				Gentle Yoga 11am-12pm		
4pm	Track & Field (ages 4-6) 4:30-5pm		T-Ball (ages 4-6) 4:30-5pm		Soccer (ages 4-6) 4:30-5pm	
5pm	Youth Fit (ages 7-12) 5:15-6pm		Youth Fit (ages 7-12) 5:15-6pm		Youth Fit (ages 7-12) 5:15-6pm	
6pm	Hatha Yoga 6:30-7:30pm			TRX®/RIP Training™ & More 6-7pm Zumba 6-7pm		

Eastern Henrico Recreation Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am				Mindful Morning Yoga 8:30-9:30am		
9am	Senior Wellness 9:30-10:30am	Senior Balance & Core 9:30-10:30am	Senior Wellness 9:30-10:30am	Senior Balance & Core 9:30-10:30am	Senior Wellness 9:30-10:30am	
10am		Total Body Fitness 10:30-11:30am Vinyasa Flow Yoga 10:30-11:30am		Total Body Fitness 10:30-11:30am		
4pm		Track & Field (ages 4-6) 4:45-5:15pm		Soccer (ages 4-6) 4:45-5:15pm		
5pm		Youth Fit (ages 7-12) 5:30-6:15pm		Youth Fit (ages 7-12) 5:30-6:15pm		
6pm	Zumba 6-7pm					

FITNESS CLASSES

In-Person Programs

We are excited to be offering in-person classes again! All October classes are free; however, registration is required in advance. Space is limited due to maintaining CDC guidelines for social distancing. For more information on the following fitness classes, contact Jason Blake at bla08@henrico.us.

Preschool & Youth

Kids Yoga-Outdoors at the Gazebo

Sat, Oct 10-31, 9-9:45am. Deep Run Park Large Gazebo.

Ages 7-12. 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.

Soccer (Outdoors)

Thu, Oct 1-29, 4:45-5:15pm. Meet at the EHRC Track and Field Shelter.

Fri, Oct 2-30, 4:30-5pm. Deep Run Park Multi-Purpose Field.

Ages 4-6. This new outdoor soccer class will help teach basic skills and techniques of soccer. Skills will include ball control, dribbling, passing, and shooting. Your future soccer star will learn teamwork and sportsmanship, all while having fun. Instructor: Rebecca Thompson.

T-Ball (Outdoors)

Wed, Oct 7-28, 4:30-5pm. Deep Run Park Multi-Purpose Field.

Ages 4-6. This new outdoor t-ball class will provide a great environment to help teach basic skills and techniques of T-ball, such as catching, fielding, hitting, and running the bases. The class will focus on having fun while learning the importance of good sportsmanship and teamwork. Please bring your own bat and glove if possible. Instructor: Rebecca Thompson.

Track and Field (Outdoors)

Mon, Oct 5-26, 4:30-5pm. Deep Run Park Multi-Purpose Field.

Tue, Oct 6-27, 4:45-5:15pm. Meet at the EHRC Track and Field Shelter.

Ages 4-6. This new outdoor program will have the little ones stretching and running and learning the proper way to perform these modalities. A lot of energy will be released and fun will be had. Instructor: Rebecca Thompson.

Youth Fit (Outdoor)

Fri, Oct 2-30, 5:15-6pm. Deep Run Park Multi-Purpose Field.

Mon, Oct 5-26, 5:15-6pm. Deep Run Park Multi-Purpose Field.

Wed, Oct 7-28, 5:15-6pm. Deep Run Park Multi-Purpose Field.

Thu, Oct 1-29, 5:30-6:15pm. EHRC Multi-Purpose Field.

Tue, Oct 6-27, 5:30-6:15pm. EHRC Multi-Purpose Field.

Ages 7-12. This new outdoor version of 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

Teen & Adult

Flow Yoga (Outdoors)

Mon, Oct 12-26, 6-7pm. Belmont Patio.

Ages 14+. Flow Yoga is a yoga class that incorporates energetic movement through a series of asanas (yoga postures), by which the student experiences a sense of fluid physical motion. This style of yoga is for all levels and great for beginners. Instructor: Amy Mundy McNay.

Gentle Yoga (Outdoors)

Thu, Oct 1-29, 11am-noon. Deep Run Park Large Gazebo.

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: Caleigh Seligman. Instructor: Guiding Tree Yoga

Hatha Yoga (Outdoors)

Mon, Oct 5-26, 6:30-7:30pm. Deep Run Patio.

Ages 14+. 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. Instructor: Ed Carpenter.

Mindful Morning Yoga (Outdoors)

Thu, Oct 1-29, 8:30-9:30am. EHRC Back Terrace.

Ages 14+. Promote a sense of balance and well-being through slow, mindful movement, breathing practices, and meditation. This class will include gentle repetition of movement before staying in yoga postures in a way that feels sustainable and nourishing for each individual. 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. Instructor: Morgan Howell.



FITNESS CLASSES

Vinyasa Flow Yoga (Outdoors)

Tue, Oct 6-27, 10:30-11:30am. EHRC Track and Field Shelter.

Ages 14+. Vinyasa Flow Yoga practice is a yoga style that connects your movements with your breath. The yoga instructor will serve as your guide through a moving meditation yoga practice, offering pose variation suggestions to fit all yogi levels. The Vinyasa practice poses and flows will vary class to class and it will get your heart rate up! Expect to be appropriately warmed up, strengthened and stretched to flow mindfully through poses with your body and your breath. Instructor: Caleigh Seligman Information: bla083@henrico.us (*No class Oct 13.)

Qi Gong on the Patio

Wed, Oct 14-28, 6-7pm. Belmont Patio.

Ages 16+. Qi Gong is a series of gentle exercises used to improve balance, posture, breathing and increase overall positive energy. It is excellent for seniors and those with limited mobility. Qi Gong is somewhat similar to Tai Chi or Yoga. Students of any age may join the class, but it is recommended for adults and seniors. No background in Qi Gong is required. Instructor: Brent Lacy.

TRX/Rip Training and More (Outdoors)

Thu, Oct 1-29, 6-7pm. Deep Run Large Gazebo.

Ages 16+. This new outdoor class combines TRX suspension training and Rip Training Systems along with other modalities to offer an exciting combination of core conditioning, strength, flexibility, and overall functional fitness.

Total Body Fitness (Outdoors)

Tue, Oct 6-27, 10:30-11:30am. Meet at the EHRC Track and Field Shelter.

Thu, Oct 8-29, 10:30-11:30am. Meet at the EHRC Track and Field Shelter.

Ages 16+. This new outdoor fitness class is designed for a total body workout using combined formats of cardio, lower body, upper body and core exercises utilizing different types of fitness equipment. Think Boot Camp! Information: bla083@henrico.us

Zumba

Thu, Oct 1-29, 6-7pm. Deep Run Patio.

Mon, Oct 5-26, 6-7pm. EHRC Track and Field Shelter.

Tue, Oct 6-27, 6-7pm. Belmont Patio.

Ages 16+. This new outdoor 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. Instructor: Simone Dockery.

Senior Adult

Outdoor Senior Balance & Core

Thu, Oct 1-29, 9:30-10:30am. Meet at the EHRC Track and Field Shelter.

Tue, Oct 6-27, 9:30-10:30am. Meet at the EHRC Track and Field Shelter.

Ages 50+. This outdoor version is designed to strengthen those muscles that help with balance and posture and will use the outside environment to assist with balance and core exercises. Learn how to improve overall fitness, fall and injury prevention, or sports performance as well as everyday functional movements. Information: bla083@henrico.us

Outdoor Senior Wellness

Fri, Oct 2-30, 9:30-10:30am. Meet at the EHRC Track and Field Shelter.

Mon, Oct 5-26, 9:30-10:30am. Meet at the EHRC Track and Field Shelter.

Wed, Oct 7-28, 9:30-10:30am. Meet at the EHRC Track and Field Shelter.

Ages 50+. This new outdoor version is designed to work on improving overall physical well-being, cardio, endurance and strength. This class uses different exercise modalities, such as joint mobility, resistance and flexibility training to improve overall mobility, and strength to help with everyday life. Information: bla083@henrico.us



Registration required in advance. Begins September 28!

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VIRTUAL PROGRAMS

VIRTUAL PROGRAMS

Featuring two types of interactive programs!
 WebEx (register in advance) and YouTube Premiere (watch party)
 All videos are posted to YouTube to view at your convenience.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
	7pm: DIY Clay Earrings (YouTube Premiere)	11am: Yin Yoga (YouTube)	11am: Skate Fair Games (YouTube)		12pm: Meadow Farm Museum Tour (YouTube)	
11	12	13	14	15	16	17
	7pm: DIY Frott Doormat (YouTube Premiere)	11am: Gentle Yoga (YouTube)	11am: Chair Yoga (YouTube) 11am: Boo to You Preschool Ages (YouTube)			
18	19	20	21	22	23	24
		11am: Yin Yoga (YouTube) 6pm: Three Fun Things to Do with Herbs (WebEx)	4pm: Leaf Imprints - Ages 8-12 (WebEx)			10am: Glowing Hands (YouTube) 2pm: Gone but Not Forgotten (YouTube)
25	26	27	28	29	30	31
5pm: The Springs Tour/Pickleball & Croquet (YouTube)	11am: Pilates for Everyone! (YouTube)	11am: Gentle Yoga (YouTube)	henrico.us/rec/virtual-programs/online-classes/  www.youtube.com/c/HenricoRecreationParks			