



Program Guide

March - May 2024



**New Registration
Time - 7am!!**

**Henrico Resident: Feb 20
Non-Resident: Feb 23**

RECREATION NEWS

Message from the Director

While winter was wonderful and full of festive fun, we're excited to hop into the spring season. In January, we had the privilege of reopening our oldest park, Cheswick, and will host a celebration for the community once it warms up. With warmer temperatures and extended daylight on the horizon, we can't wait to see more people in the parks.

Our events lineup is a mixture of familiar fun and new experiences - all are still a great fit for the entire family. Spring Break and the end of school will be here before we know it - let's play and kick off summer together. Summer will feature two signature events - Juneteenth and July 4th, the grand opening of Taylor Farm Park, camps, and many smiling faces. But we don't want to rush the season - bring on spring!

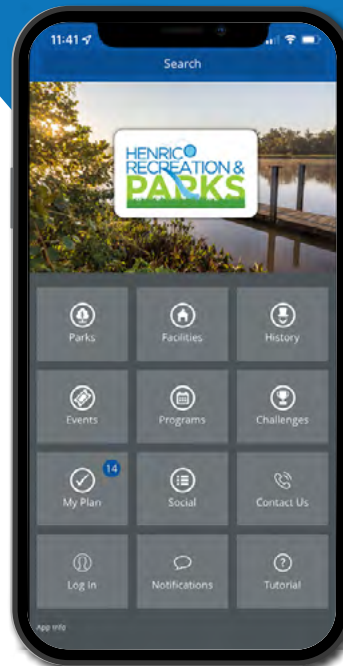
John Zannino



Henrico County Recreation & Parks joined the ranks of elite park and recreation agencies across the country by earning accreditation through the Commission for Accreditation of Park and Recreation Agencies (CAPRA) and the National Recreation and Park Association (NRPA).

CAPRA accreditation is the only national accreditation for park and recreation agencies and is a measure of an agency's overall quality of operation, management and service to the community. This mark of distinction indicates that an agency has met rigorous standards related to the management and administration of lands, facilities, resources, programs, safety and services.

DOWNLOAD OUR APP



Explore. Experience. Enjoy.

Parks ♦ Amenities ♦ Events
Programs ♦ History ♦ Challenges

*Join the
Challenge!*

Look for challenges in the APP.
These challenges give you a chance to explore our parks. Some challenges have a prize at the end.



RECREATION NEWS

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PROGRAM REGISTRATION

Registration Start Dates & Time

Time

Registration opens at **7am** for each start date

Spring 2024

Henrico Residents: Tue, Feb 20

Non-Henrico Residents: Fri, Feb 23

Fitness Registration

Occurs monthly with separate dates for Fitness Members, Henrico Residents, & Non-Residents ([see page 23](#))

**NEW
TIME!
7am**

Ways to Register

1 Online Registration

connect.henricorecandparks.com

Opens at 7am for each start date.

2 Walk-In Registration

Mon-Fri, 7am-4:30pm

-Deep Run Rec Center

-Eastern Henrico Rec Center

Mon-Fri, 8am-4:30pm

-Belmont Rec Center

-Dorey Rec Center

Online Registration Tips:

Register on the go, the site is mobile friendly!

Registering online for the first time?

Be sure to create your account prior to the first day of registration, and add your family members too!

Having trouble registering?

Click the FAQs at the bottom of the online registration page.



Inclusion Services Available!

Henrico Recreation strives to produce accessible recreation opportunities for all members of the community. If you or a family member needs assistance or program modifications (due to a medical condition or disability) to be able to participate in any of our programs, please contact our

Inclusion Services team at

804-652-1413 or rec-inclusion@henrico.us.

For those interested in information about our Therapeutic Recreation or adaptive programs see [page 21](#).



EVENT HIGHLIGHTS

All events are free and for the whole family.



(804) 501-PARK | henrico.us/rec

EVENT HIGHLIGHTS

All events are free and for the whole family.

DOREY DAY

Friday, April 26, 4-7pm
Dorey Recreation Center

Enjoy a bounce house, rock climbing wall, Miss Sheri the Clown, DJ, outdoor games, arts & crafts, fitness demonstrations and history happenings.

Concessions available for purchase.

Raffle prize drawings throughout the event.
Must be present to win.

Information: dorey@henrico.us



FARM FIELD DAY

Saturday, April 27, 11am-2pm
Meadow Farm

Join us for the 2nd annual Farm Field Day!
Learn about agricultural practices, trades, and crafts of days past. Local craftsmen and businesses will be demonstrating their trades and selling wares. Create crafts, enjoy folk music and food trucks, and learn about farm practices.

Information: Rec-EventsTeam@henrico.us



Sentara

CAP2CAP

PRESENTED BY  Dominion Energy

Hosted by the

 **VIRGINIA CAPITAL TRAIL**
FOUNDATION

SATURDAY, MAY 11, DOREY PARK

Sign up today for the 2024 Cap2Cap Bike Ride!

Multiple distances available from a
Family Fun Ride to a Century.

The Cap2Cap Party Zone at Dorey Park is open to the public!
Anyone can enjoy the food truck, drinks, vendors and music.

All proceeds benefit the Virginia Capital Trail Foundation.
Register to ride or find more information
at viriniacapitaltrail.org/cap2cap



MEMORIAL DAY PARADE

Monday, May 27, 1-4pm

1pm - **Parade** starts on Williamsburg Road where it intersects with Beulah Road. Proceeds west and disbands at North Confederate Avenue.
2pm - **Block Party** at Sandston Recreation Area on JB Finley Street.

Information: Rec-EventsTeam@henrico.us



(804) 501-PARK | henrico.us/rec

COMMUNITY EVENTS

All programs are free. No registration required. Materials for these programs are available while supplies last.

SPRING BASH at Belmont

Fri, Mar 22, 4-6pm. Belmont Rec Center

Enjoy the rock wall, a fantasy castle, crafts, and games outside or in the indoor community game room.

Information:
cli04@henrico.us



Cinema at the Center

Fri, Mar 29, 2 & 7pm
Dorey Rec Center

Enjoy an indoor movie
and free popcorn
while supplies last.

*Come early
as space is limited.*

For movie title, please call 804-501-7275 or email dorey@henrico.us.



SENIOR PARTY AND RESOURCE FAIR

THUR, MAY 23, 10AM-NOON
EASTERN HENRICO REC CENTER

AGES
50+

Seniors will receive information from county departments, community organizations, play games and dance, dance, dance! Hosted with Senior Connections, and Henrico's Advocate for Aging.

Information: cun04@henrico.us



End of School Celebration

For all ages on Fri, May 31

2-4pm. Eastern Henrico Rec Center. #15192

Enjoy the RVA Fun Bus "gym on wheels," Game Truck, RVA train and rock with a DJ! Free ice cream while supplies last. Information: cun04@henrico.us

4-6pm. Belmont Rec Center. #15309

Enjoy snow cones, food trucks, crafts, and games outside or in the indoor community game room.

Information: cli04@henrico.us



KIDS 'N TRUCKS

Sat, May 11 | 10am-1pm
Deep Run Park

We will have several vehicles in our parking lot for you to explore and see up close. Get pictures and talk with those that drive them.

Information: leh@henrico.us



(804) 501-PARK | henrico.us/rec

CELEBRATING WOMEN'S History Month

Henrico Bingo: Women's History Edition

Fri, Mar 8, 7-8pm. Belmont Rec Center. #15269

Sat, Mar 16, 2-3pm. Meadow Farm. #15268

Wed, Mar 20, 10-11am. Deep Run Rec Center. #15267

All ages. Join us to learn more about Henrico's women trailblazers by playing Bingo. Stay for the fun and prizes, leave with knowledge of how ladies in Henrico contributed to our past, shape our present, and impact our future. Information: den63@henrico.us

More than Rosie: Women in World War II

Sun, Mar 10, 2-3:30pm. Belmont Rec Center. #15224

Ages 12+. During World War II, women served in the United States military forces - Army (WAAC and WASPs), Navy (WAVES), and Marine Corps - in noncombatant roles. Join Virginia War Memorial's Director of Education, James Triesler, as he highlights the major roles women played in supporting America's victory in the second World War. Information: den63@henrico.us

Women's History Tour of Woodland Cemetery

Sat, Mar 16, 11am-1pm. Woodland Cemetery. #15275

All ages. Ranging from revolutionary members of the local medical field, like Zenobia Gilpin and Elizabeth Gaiters, to community helpers, like Elnora Branch, and educators, like Florence Ragland, this tour will put a spotlight on these women and others like them who helped shape our region into what it is today. Discover more about their lives as you visit their final resting place at Woodland Cemetery. This walking tour will cover a large portion of the grounds, so please dress accordingly. Information: sch107@henrico.us

Women's History Month Movie Night



**Sat, Mar 16
6-8:30pm.
Eastern Henrico
Rec Center**

#15552

For movie title,
call 804-652-1450 or email EasternHenrico@henrico.us

► Yes! We Can Do It.

Wed, Mar 20, 6:30-8:30pm. Eastern Henrico Rec Center. #15138

Ages 18+. Hey ladies! In celebration of Women's History Month we're going to help you create your own amazing history! We'll show you how to install a shelf in your home and dress a boring wall with chair rail and creative wainscot. (Registration required.)

Information: ola@henrico.us

► Celebrating Women - Women's History Month

Fri, Mar 22, 6-7:30pm. Eastern Henrico Rec Center. #15513

Ages 12+. Join us for an evening of inspiration, rejoicing and appreciation for the women in your life. Bring a photo of one of your favorite women and share stories and laughter as we celebrate Women's History Month together. Light refreshments will be provided for your enjoyment. (Registration required.)

Information: ola@henrico.us

COMMUNITY PROGRAMS

All programs are free. No registration required. Materials for these programs are available while supplies last.

★ = Schools Closed

Celebrate Barbie Day!

Sat, Mar 9, 5:30-6:30pm. Eastern Henrico Rec Center. #15522
All ages. Come celebrate Barbie Day and embark on a memorable journey into the magical world of Barbie. Dress in Barbie attire, enjoy a fashion walk with your doll, a photo opp, and fun-filled activities! Information: cun04@henrico.us

Kite Flying

Sun, Mar 24, 3-5pm. Dorey Park. #15187
All ages. It's the perfect time for families to fly a kite and enjoy games and other activities at the park. You can bring your own kites. There will be a special give-a-way of kites while supplies last! Information: cun04@henrico.us

Classic Game Show!

Wed, Apr 17, 10am-noon. Eastern Henrico Rec Center. #15294
All ages. Come on down S-L-O-W-L-Y when your name is called as a contestant to play a pricing or matching game. Test your luck and win prizes. Information: cun04@henrico.us

Intro to Letterboxing

Fri, Apr 19, 4-6pm. Deep Run Park. #15203
All ages. Letterboxing is a treasure hunt activity where you follow directions to find boxes hidden in the park. Your treasure is the image from the rubber stamp you find in the box. You will learn the basics, make a stamp, and search for some boxes. Information: leh@henrico.us

Salsa Dance Class

Fri, Apr 19, 5:30-6:30pm. Eastern Henrico Rec Center. #15293
All ages. It's time to learn Salsa dancing, a popular Latin dance featuring a series of spins and turn patterns to music. Spin, turn, and do solo moves called "Shines" with or without a partner. Information: cun04@henrico.us

Better than Leap Frog

Sun, May 12, 1-3:30pm. Dorey Park. #15412
All ages. Are you ready to test your skills and see if you can take the big leap? Challengers will be able to jump across four giant inflatable spheres and see if they can reach the other side! Join us for this fun activity! Information: qua024@henrico.us

Bingo at Belmont

Fri, May 17, 6:30-8:30pm. Belmont Rec Center. #15289
All ages. Join us for B-I-N-G-O fun or enjoy our community game room. Prizes will be available to win! Information: cli04@henrico.us

Introduction to Disc Golf

Wed, May 22, 4-6pm. Dunncroft/Castle Point Park. #15280
All ages. This is an opportunity for you to try disc golf without intimidation or cost. We provide the equipment and give you the basics in how to play. You can start off with a few practice rounds on an open field short course and then you can try a few holes at our nine-hole disc course in the woods. Information: leh@henrico.us

Spring Break Fun

★ Take and Make Mosaics

Mon, Apr 1, 10am-noon. Dunncroft/Castle Point Park. #15341
All ages. Stop by to pick up supplies to make your very own mosaic! You will be able to take the tiles, grout, and tin top provided and make a beautiful piece of art while supplies last. Information: cli04@henrico.us

★ Green Thumb Time!

Tue, Apr 2, 11am-1pm. Armour House. #15215
Ages 4+. Spring is the perfect time to plant some beautiful flowers. Come out and repot a seedling flower to take home, while supplies last. Information: ola@henrico.us

★ Game On!

Wed, Apr 3, 6-7:30pm. Eastern Henrico Rec Center. #15214
Ages 8+. Come out and compete against your friends and family in a variety of sports and activities like football skills, basketball skills, track and field events, pickleball, ping pong and more. This is your chance to show off and have a little fun. Information: ola@henrico.us

★ Tie-Dye T-shirts

Thur, Apr 4, 10am-noon. Dunncroft/Castle Point Park. #15349
All ages. Join us and enjoy tie-dyeing t-shirts! We will be using markers to create the color and patterns by spraying them with alcohol. Bring your own prewashed t-shirt. Information: cli04@henrico.us

★ Boom of Blooms: Seed Bombs

Thur, Apr 4, 10-11am. Short Pump Park. #15181
Thur, Apr 4, 2-3pm. Deep Run Park. #15182
All ages. Enjoy a hands-on experience crafting seed bombs using native seeds, a powerful initiative to support and encourage native pollinators. Unleash your green thumb and make a positive impact on the environment. Information: bar174@henrico.us

★ Washer Necklaces

Fri, Apr 5, 10am-noon. Dorey Park. #15352
All ages. Join us at Dorey Park where we will be using washers and nail polish to create washer necklaces. Create this statement piece of jewelry while supplies last! Information: cli04@henrico.us



COMMUNITY PROGRAMS

All programs are free. No registration required. Materials for these programs are available while supplies last.

★ = Schools Closed

Ongoing Activities

Story Tots and Tunes

1st & 3rd Wednesdays, 10-10:45am. The Springs Rec Center. #15532
Ages 2-5. Tots, Parents, and Grans - Join Ms. Bari as she introduces your child to books, rhymes and rhythm, music and song, puppets, taking turns, paying attention, and being in a group. Information: pit02@henrico.us

Bluegrass Jam

Wed, Mar 6-May 29, 6-8:30pm. Hunton Community Center. #15194
All ages. This open jam session focuses on bluegrass music of all styles, vocal and instrumental. Musicians within the circle are expected to participate. All experience levels are welcome, including beginners. On the first Wednesday of each month there will be a jam etiquette lesson at 5:30pm. Spectators are welcome. Information: tru08@henrico.us

Tales for Tots

Thur, Mar 14, Apr 18, & May 9, 10-11am. Deep Run Rec Center. #15167
All ages. Caregivers are encouraged to join for a shared, enriching experience with your littlest learners. Enjoy captivating stories, music, and themed crafts, while fostering important social skills such as turn-taking and paying attention. Meets the second Thursday of each month. Information: bar174@henrico.us

Youth Basketball

Mon, Mar 18, 4-6pm. Eastern Henrico Rec Center. #15189
Mon, Apr 22, 4-6pm. Eastern Henrico Rec Center. #15190
Mon, May 20, 4-6pm. Eastern Henrico Rec Center. #15191
Ages 10-14. Come test your basketball skills and meet new friends. Youth must be signed in by an adult at the front desk to participate. Information: cun04@henrico.us

Make It Monday

Mon, Mar 25 & Apr 22, 10am-noon. Deep Run Rec Center. #15143
All ages. Drop in and join us on the 4th Monday of each month. All are welcome as we pull from our craft supply closet to see what great things can be made! Information: tru08@henrico.us

Community Game Rooms

All game rooms require those ages 12 and under to be accompanied by an adult.

Belmont Rec Center

Mon & Fri: 4-8pm
Sat: 9am-noon

Deep Run Rec Center

Mon-Sat: 9am-5pm
Sun: 1-5pm

Eastern Henrico Rec Center

Mon-Thur: 4-8pm | Fri: 4-7pm
Sat: 8am-4pm | Sun: 1-4pm

The Springs Rec Center

Tue & Thur: 3-6pm
Bonus Dates: Fri: 4-8pm
Mar 1, 15, Apr 12, 26 and May 10

Information: 804-501-PARK
henrico.us/rec

Creative Arts

Hot Needle: Wood Burning

Thu, May 16, 6-8pm. Eastern Henrico Rec Center. #15282
Ages 18+. 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: qua024@henrico.us

Painted Door Mat

Sun, May 19, 2-4pm. Hunton Community Center. #15159
Ages 16+. Use a plain door mat to decorate and paint with your own special design using stencils or free hand. Information: tru08@henrico.us



COMMUNITY PROGRAMS

All programs are free. No registration required. Materials for these programs are available while supplies last.

★ = Schools Closed

Home & Garden

Seed to Flower

Sat, Mar 16, 10am-noon. Dunncroft/Castle Point Park. #15333

All ages. Start this summer's garden off early with us! Swing by the park and plant a pack of flower seeds in a terrarium tray. Take it home to nurture and watch it grow until it's time to plant them outside in the spring. Information: cli04@henrico.us

Succulent Sunday!

Sun, Apr 21, 3-4:30pm. Armour House. #15148

Ages 8+. Come out and repot a cute little succulent trimming of jade or other variety to take home and nurture. Don't worry, they're the easiest plants to keep alive! Information: ola@henrico.us

Planting a Pollinator Garden

Wed, May 15, 10-11am. Armour House. #15216

Ages 12+. Come out and join the Henrico Master Gardener team to learn the ins and outs of growing and maintaining a pollinator garden. Take home a plant to start your own butterfly attracting space! Information: ola@henrico.us

Hypertufa in the Park

Thur, May 16, 6-7:30pm. Armour House. #15150

Ages 8+. Make a small planter using the hypertufa recipe of cement, pete moss and vermiculite. Join us for some fun. Information: ola@henrico.us

Nature & Outdoors

Sasquatch Seeking

Sat, Mar 9, 10am-noon. Deep Run Rec Center. #15122

All ages. Having trouble finding the elusive Bigfoot? You'll make a tool to help find this hide and seek grand champion and then be issued an official license to go Squatchin'. Good luck as you test your skills! Information: tru08@henrico.us

Leprechaun Trapping

Thur, Mar 14, 3-4pm. Short Pump Park. #15136

All ages. Leprechauns are difficult to spot in the wild! Use household objects and other materials to design and build traps to catch these elusive characters. Take home your one-of-a-kind creation in hopes of trapping your very own leprechaun. Information: tru08@henrico.us

All About the Animals

Animal Care Chats

Sat & Sun, Mar 2-May 26, 1:30-2pm. Meadow Farm. #15516

All ages. A member of the animal care staff at Meadow Farm will be available to share with the community what goes in to caring for the breeds living at Meadow Farm! Topics may include: - How staff works to keep the animals healthy and happy at the farm- Animal training & enrichment- Natural history of heritage breeds- Getting to know individual animals and learning about their personality and unique care at the farm. The chat will begin at the front of the farm house. Information: wei019@henrico.us

Farm and Forest Friend Friday

Birds: Fri, Mar 29, 10-11am. Meadow Farm. #15281

Frogs: Fri, Apr 26, 10-11am. Meadow Farm. #15283

Insects: Fri, May 24, 10-11am. Meadow Farm. #15284

All ages. Join us at Meadow Farm on the fourth Friday of the month to hear a story about a farm or forest friend, do a creature craft, and explore the grounds to see if we can find our new friends.

Information: sch107@henrico.us

Wild Talks

Fridays, 4-5pm at Meadow Farm

All ages. Join Jim Weinpress, Manager of Zoology to learn about animals and their impact on our lives. Topics will rotate monthly. Information: wei019@henrico.us

Animal Inventors: Mar 29. #15518

Consider the everyday inventions that shape our lives- artificial light, electricity, the airplane, the list goes on! For each invention that humans rely on, there is an animal that utilizes these abilities using only their mind and bodies! Come look at some of the most interesting "animal inventions" that just come naturally to them!

Animal April Fools: Apr 19. #15519

Nature is not always what it seems! Animals use all kinds of clever techniques to cheat and deceive one another to find food and avoid predators. Learn about how the natural world is trying to trick one another and you!

Creeping Crawling Animals: May 24. #15520

Some animals have poor reputations. People see them as scary, ugly, or potentially a threat to their wellbeing! Come learn more about some not-so-charismatic creatures and gain a better appreciation for their natural abilities and important role in the environment.



COMMUNITY PROGRAMS

All programs are free. No registration required. Materials for these programs are available while supplies last.

★ = Schools Closed

★ Spread Your Wings, Butterfly

Fri, Apr 5, 10-11:30am. Armour House. #15287

All ages. Butterflies are dreamy, winged creatures with unique colors and patterns! Come out and create your own unique butterfly by using melted crayons! Information: qua024@henrico.us

Seasonal Stroll: Phenology Exploration

Wed, Mar 27, 10-11:30am. Deep Run Rec Center. #15168

All ages. Engage in citizen science by exploring phenology, the study of seasonal changes in nature. Learn the art of observation and contribute to scientific understanding and valuable research by making your own observations. Please arrive promptly for the observation tutorial preceding the guided walk. Information: bar174@henrico.us

Hiking Sticks

Fri, Mar 29, 10am-noon. Crump Park. #15123

All ages. Decorate your own hiking stick and then put it to good use on National Take a Walk in the Park Day the next day. Information: tru08@henrico.us

★ Forest Faces and Mud Monsters

Wed, Apr 10, 10-11:30am. Crump Park. #15217

All ages. 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

Space Day

Thur, May 2

4:30-5:30pm

Hidden Creek Park
#15521

Fri, May 3

4-5pm

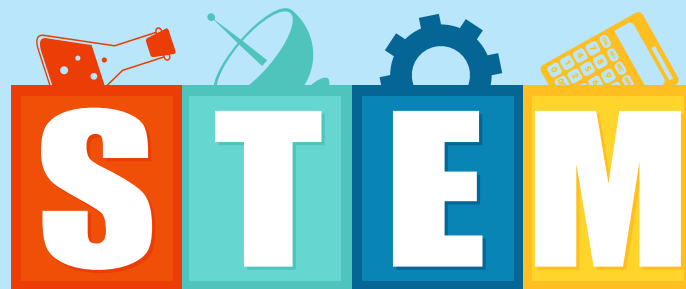
Deep Run Park
#15180

All ages. In recognition of Space Day on May 3, we will be launching water bottle rockets.

Information:

Hidden Creek Park: cun04@henrico.us

Deep Run Park: leh@henrico.us



SCIENCE • TECHNOLOGY • ENGINEERING • MATHEMATICS

★ Making Waves

Fri, Mar 22, 2-4pm. Dorey Rec Center. #15156

All ages. Participants will get creative by making mesmerizing sensory bottles that mimic the rhythmic motion of ocean waves! Snap fin-tastic memories as you pose with our jaw-dropping life-size shark model. Join us for some sea-inspired fun and take a little piece of the ocean home with you! Information: bar174@henrico.us

Science Sleuths: Bubbles

Tue, Mar 26, 3-4pm. Deep Run Park. #15164

Ages 6+. Experience the magic of bubble science as you enjoy an engaging demonstration on creating unpopable bubbles. Following the demonstration, participants will have the chance to get hands-on by crafting their own giant bubble wands to take home. Dive into the world of bubble artistry and learn the science behind making bubbles that seem to defy gravity. Information: bar174@henrico.us

★ Science Sleuths: Elephant Toothpaste

Wed, Apr 10, 3-4pm. Springfield Park. #15165

Ages 6+. Delve into the world of thrilling chemical reactions as you witness the explosive Elephant Toothpaste demonstration. Participants will have the chance to get hands-on as they concoct their own "Elephant Booger" slime to take home. Unleash your inner scientist with this memorable and gooey adventure. Information: bar174@henrico.us

Science Sleuths: Mentos™ Magic

Tue, May 28, 3-4pm. Cheswick Park. #15166

Ages 6+. Witness the explosive and entertaining demonstration of the classic Mentos™ and Coke® reaction. Following the excitement, participants will roll up their sleeves and dive into the creative process of creating their own bouncy balls to take home. Don't miss the chance to learn, laugh, and leave with your very own bouncy creation. Information: bar174@henrico.us



COMMUNITY PROGRAMS

All programs are free. No registration required.

Drop-in Programs

Below is a list of drop-in activities that take place on a recurring basis at some of our Recreation Centers. An access pass is required. To receive a pass, please visit the recreation center to fill out the proper paperwork.

Belmont Recreation Center:

(804) 652-1410 or Belmont@henrico.us

Belmont Games Club

Ages 18+. 1st, 3rd, and 5th Tuesdays, 10:30am-1pm

Bridge

Ages 18+. Kriss Kross: Mondays, 12-4pm

Bridge Club: Wednesdays, 10am-1pm

Golden Angels (Social Group)

Ages 18+. 2nd Fridays, 10am-2pm

Pinochle

Ages 18+. 3rd Tuesdays and 2nd & 4th Fridays, 12-4pm

Tea Guild:

All ages. 4th Wednesdays, 9am-12pm

Deep Run Recreation Center:

(804) 652-1430 or DeepRun@henrico.us

Badminton

Ages 12+. Mondays, 5:30-8:30pm and Saturdays, 8am-12pm

Teen Basketball

Ages 12-17. Tuesdays and Thursdays, 3-5pm

Adult Basketball

Ages 18+. Fridays, 5:30-8:30pm and Sundays 3-5pm

Pickleball for All

Ages 12+. Wednesdays, 5:30-8:30pm and Sundays, 1-2:45pm

Senior Pickleball

Ages 50+. Mondays, Wednesdays, and Fridays, 8:30am-2pm

Table Tennis

Ages 12+. Thursdays, 5:30-8:30pm

Volleyball

Ages 12+. Saturdays, 2-5pm

Senior Volleyball

Ages 50+. Tuesdays, 5:30-8:30pm

Bridge

Ages 18+. Thursdays, 10am-1pm

Canasta

Ages 18+. Thursdays, 1:30-4:30pm

Pinochle

Ages 18+. 3rd Saturdays, 12-4pm

Mahjong

Ages 18+. Fridays, 1-4pm

Eastern Henrico Recreation Center:

(804) 652-1450 or EasternHenrico@henrico.us

Current schedule through March. A new spring schedule will begin in April. Please visit henrico.us/rec/places/ehrc/ or email the recreation center for more details.

Badminton

Ages 12+. Ages 12-15 must be accompanied by an adult.

Sundays, 1-4pm

Adult Basketball

Ages 30+. Mondays, 5:30-8pm

Teen Basketball

Ages 12-17. Mondays, 3-5pm

Senior Pickleball

Ages 50+. Tuesdays, Thursdays, and Fridays, 9am-1pm

Pinochle

Ages 18+. 1st and 3rd Wednesdays, 12:30-4:30pm

The Springs Recreation Center:

(804) 652-1420 or TheSprings@henrico.us

Social Bridge

Ages 18+. Tuesdays, 9am-1pm

The Springs Croquet Club

All ages. Tuesdays, 1pm, Thursdays, 10am, and Sundays, 1pm



(804) 501-PARK | henrico.us/rec

HISTORY PROGRAMS

All programs are free. No registration required.

★ = Schools Closed

FRIDAY AT THE MUSEUM



Fri, Mar 1, noon-4pm. Deep Run School House. #15201

★ Fri, Apr 5, noon-4pm. Recreation and Parks Admin Office. #15200

Fri, May 3, noon-4pm. Dabbs House Museum. #15202

All ages. Henrico Recreation and Parks owns, preserves, and interprets historic properties all over the County. Discover the rich and varied heritage of this vibrant community we call home. Join us to hear the stories of the people, places, and events through tours and hands-on activities. Information: leh@henrico.us

Homeschool Days!

Hearth & Heroes: Women Throughout History

Fri, Mar 22, 10am-noon. Meadow Farm. #15277

All ages. From suffragettes to spies to healthcare workers to athletes to artists, explore women's contributions throughout history at various interactive stations. Information: sch107@henrico.us

The World at War: World War I

Fri, Apr 19, 10am-noon. Meadow Farm. #15360

All ages. From homegrown victory gardens to the 1914 Christmas truce to the ties between poppies and the end of the war, explore how "The Great War" changed the United States and the world through various interactive stations. Information: sch107@henrico.us

Journey on the Silk Road

Fri, May 10, 10am-noon. Meadow Farm. #15377

All ages. Grab your passport as we travel down the Silk Road. Discover the goods, produce, and influences brought to Europe and then America from places along the road. Information: sch107@henrico.us

Spring (Break) into History

★ Life on the Farm

Mon, Apr 1, 10am & 1pm. Meadow Farm. #15357

All ages. Learn about life on the farm at hands-on drop-in stations. Play the water cycle game and learn about the cycle's importance to farming. Gather eggs from our pretend coop and milk our faux cow. Learn about the animals at Meadow Farm. Play quoits, horseshoes, and cornhole and learn about their evolution. Information: sch107@henrico.us

★ Native American Life

Tue, Apr 2, 10am & 1pm. Meadow Farm. #15358

All ages. Learn about Native Americans who inhabited North America before European arrival. At the interactive drop-in stations: Make a cornhusk doll and hear some of the legends surrounding the dolls. Dig into the importance of archaeology in learning about Virginia's native people. Learn about Native American art and create your own work inspired by theirs. Discover Native American foodways and participate in a relay race sorting game. Do you know where different foods come from? The answers may surprise you! Play games that Native Americans created. Information: sch107@henrico.us

★ Ties That Bind: Women in History

Wed, Apr 3, 10am & 1pm. Meadow Farm. #15359

All ages. Join us for hands-on drop-in stations to learn about women's contributions throughout history including suffrage, espionage, healthcare, sports, and the arts. Information: sch107@henrico.us

★ The "Great War": The United States and World War I

Thur, Apr 4, 10am & 1pm. Meadow Farm. #15361

All ages. Join us at Meadow Farm to learn about how World War I changed the United States. At various interactive stations discover the origins of victory gardens, participate in some of the same activities as the soldiers during the 1914 Christmas truce, learn about the "Spanish Influenza" epidemic, and uncover the link between poppies and World War I. Information: sch107@henrico.us

★ Tricky Toys: Optical Toys of the 1800s

Thur, Apr 4, 2-3 pm. Belmont Rec Center. #15356

Ages 5+. Like the kaleidoscope, many toys that trick your eye have been around for more than 120 years. They were important for steps in the development of animated cartoons in the early 1900s. Create your own optical toys and take home a little science, a little history, and a lot of fun! Information: den63@henrico.us



(804) 501-PARK | henrico.us/rec

HISTORY PROGRAMS

All programs are free. No registration required.

The Pursuits of Pearl the Puppet Just for Fun!

Pearl Meets a Dinosaur

Sat, Mar 2, 10-11 am. Meadow Farm. #15272

All ages. Roar! Join Pearl the sheep for a story time and puppet show as she learns about her favorite dinosaurs that roamed our planet a long time ago. Information: sch107@henrico.us

Can Sheep Be Pirates?

Sat, Mar 16, 10-11am. Meadow Farm. #15273

All ages. Being a pirate isn't easy if you don't have a ship to wreak a bit of havoc or mayhem. Join Pearl the sheep as she rides the waves of her imagination during this puppet show and story time. Information: sch107@henrico.us

Benjamin Banneker's Clock

Sun, Apr 14, 2-3 pm. Meadow Farm. #15371

All ages. In 1750, a man named Benjamin Banneker borrowed a pocket watch, studied it, and created an intricate working clock. The self-taught mathematician, surveyor, astronomer, inventor, and son of a formerly enslaved man led a remarkable life. Join Pearl the sheep in a puppet show and story time to learn more about this amazing 18th century inventor. Information: sch107@henrico.us

George Washington Carver's Secret Garden

Sun, Apr 28, 2-3 pm. Meadow Farm. #15372

All ages. Join Pearl the Sheep for the delightful story of the brilliant scientist and environmentalist whose childhood love of nature propelled him to develop methods that improved the natural resources of our planet. Information: sch107@henrico.us

A Cranky Sheep Meets a Grumpy Rabbit

Sat, May 11, 10-11 am. Meadow Farm. #15376

All ages. Pearl the sheep is not having a good day. She wakes up with her wool all in a tangle, loses her way on the way to the "hare" dresser, and gets laughed at by all the other sheep. Will this cranky sheep find a fashionable look and happiness? Join us for this fun puppet show and story time! Information: sch107@henrico.us

The Inquisitive Mind of Charles H. Turner

Sat, May 25, 10-11 am. Meadow Farm. #15375

All ages. Pearl the sheep wants to know: Can spiders learn? How do ants find their way home? Can bugs see color? Growing up all these questions buzzed endlessly in Charles Henry Turner's mind too. He was fascinated by plants, animals, and bugs. Even when he faced racial prejudice, Turner did not stop wondering. Learn more about his fascinating man in our story time and puppet show. Information: sch107@henrico.us

History Investigators

Sat, Mar 30, 1:45-2:45pm. Henrico Theatre. #15195

Sat, Apr 13, 10-11am. RF&P Park. #15199

Ages 5-12 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 discover hidden boxes. Information: leh@henrico.us

The Edgar Bunny Chronicles: The Case of the Marshmallow Egg

Sat, Mar 30, 2-3 pm. Armour House. #15286

Ages 4-9. Have a cracking good time as Edgar, the investigating rabbit with a nose for clues, tries to find out why some tasty marshmallow eggs keep disappearing just before Easter. Information: sch107@henrico.us

Mapping the World: Views of Virginia

Sat, Apr 13, 2-3pm. Meadow Farm Museum. #15549

Ages 10+. In our first installment of this series, we will explore various maps of Virginia: how they changed over time, the influences behind the production of the maps, technological changes in cartography, and what the selected maps tell us about societal values and priorities at the time. Information: sch107@henrico.us

Days of a Quiet Sun: Garage Rock & Soul in Henrico County

Sat, May 11, 2-3 pm. The Springs Rec Center. #15374

Ages 10+. Join us for a glimpse into the vibrant garage rock and soul scene of the 1960s and 1970s in Henrico County as seen through the eyes of local Freeman High graduate Martin Geary. He went on to produce and press records as a means of documenting the likes of Sandston's The Barracudas, The Hazards, Bernard Smith and Jokers Wild, King Edward and his B.D.'s, and many more! Information: sch107@henrico.us

Family Sleuths: Mystery of the Missing Dessert

Sat, May 18, 10-11 am. Meadow Farm. #15198

Ages 6-12 with an adult. Someone has gotten into the desserts, and we need your help to find the guilty party. Travel to various locations around Meadow Farm to solve puzzles that will help you gather clues to determine the culprit. Information: leh@henrico.us



HISTORY PROGRAMS

All programs are free. No registration required.

Culture, Change and Conflict

The Birth of the Tank in World War I

Sat, Mar 9, 2-3 pm. Meadow Farm. #15271

Ages 12+. Follow the history of the battle tank from early world history with designs from Leonardo da Vinci to 1915 and the eve of World War I. Major General Sheppard Crump of Meadow Farm and other young American soldiers witnessed the fledgling beginnings of the tank as it ushered in a new era of warfare. Information: sch107@henrico.us

One More River to Cross

Sat, Mar 23, 2-3 pm. Meadow Farm. #15285

Ages 12+. Discover life in the Reconstruction South through a series of images. Life would be far from easy or safe after the Civil War for African Americans, but courage and hope blossomed within the survivors of enslavement. Information: sch107@henrico.us

Blast from the Past Book Club

Tue, Apr 9, 1-3 pm. Dabbs House Museum. #15384

Ages 14+. Join Meadow Farm staff and Henrico County Public Library for our bimonthly book club! We will read a new book and visit a different Henrico County historic site every other month. After the book discussion, we will talk about the ties between the site and the book. A tour of the site is included. Karen Abbott's *Liar, Temptress, Soldier, Spy* is our next book with the discussion inside the Dabbs House Museum with information about the site and structure after the discussion. Information: sch107@henrico.us

Remember When: 1930s

Sat, Apr 20, 2-4pm. Belmont Rec Center. #15226

All ages. The 1930s introduced many new things into American pop culture and society that we are still familiar with today. Many foods, games, movies, and more started and achieved success during these difficult years of the Great Depression. Join us for interactive historical displays, trivia, music, and refreshments that will transport you back in time to the Great Depression Era. Information: den63@henrico.us

If Walls Could Talk:

New History During the Great Depression

Sat, May 4, 2-3 pm. Meadow Farm. #15373

Ages 10+. Join us as we explore the era of President Franklin Roosevelt and two of the federal works projects programs started in 1933. The Historic American Buildings Survey (HABS) goal was to take photographs and record information on buildings across the United States that witnessed history from the country's beginnings through World War I. At the same time, the Works Progress Administration (WPA) was collecting and recording hundreds of autobiographical accounts from former enslaved to document their lives for future generations. Discover what these projects uncovered and learn what may be said, if walls could talk. Information: sch107@henrico.us

Pets During the Civil War

Sun, May 19, 2-3:30 pm. Belmont Rec Center. #15291

Ages 12+. May is National Pet Month. Many people of the past found the companionship of pets to be important to daily life even during the Civil War. They were essential in military operations, yet also provided comfort to soldiers far away from home. There are even a few accounts that include pets during battles in Henrico County. Join us as we share "tails" of Civil War pets, including some that may just surprise you! Information: den63@henrico.us

Under the Microscope

Pests: Past and Present

Sat, Mar 2, 2-3pm. Meadow Farm. #15186

Ages 10+. Join us to discover what vermin vexed Virginians in the past and which pests persist to plague us presently. Information: sch107@henrico.us

The Rise of Sourdough: The Microbes that Make It Happen

Sat, Apr 6, 2-3pm. Meadow Farm. #15290

All ages. As the oldest known form of leavening used by humans, we have a long history with sourdough. Despite not always knowing how it works, many cultures have created different versions of sourdough throughout history. Join us to learn the history and science behind sourdough bread. Info: sch107@henrico.us



The Other Tea Parties

Thur, Apr 11, 7-8:30 pm. Belmont Rec Center. #15225

Ages 12+. Learn about the roughly seventeen other tea parties, including one here in Virginia! The talk will also include how the tea protests fit into the growing conflict with England, setting the colonies on the course for independence. Join historian, Bert Dunkerly, as he takes you beyond the Boston Tea Party. Information: den63@henrico.us

London Pleasants: From Enslaved to Redcoat

Sun, Apr 14, 2-3 pm. Dorey Rec Center. #15370

Ages 10+. Join us to hear the story of London Pleasants. London Pleasants was enslaved and then freed in Henrico County. After his liberation, he joined the British Army during the American Revolution. Learn about his life and the post-war fate of other Black Loyalists. Information: sch107@henrico.us



HENRICO THEATRE

★ = Schools Closed



HENRICO LIVE

Join us for rest of the Henrico Live season!

Individual Tickets cost \$10 per show.

To purchase tickets go to henricolive.com or visit the box office. Tickets on sale now.

All performances will be held at Henrico Theatre.

Box Office Hours: Mon, Wed, Fri, 12-4pm. 804-652-1460

Summer Series tickets will go on sale Mon, May 20 at noon, both online and in person.

Susan Greenbaum

Fri, Mar 15, 7pm.

Susan Greenbaum committed the first sin of musicians: She quit her day job. After working as a corporate executive in Fortune 500 companies, Susan traded her power suits for performing. The most frequently heard comment at her gigs is, "Great songs--and how does all that big, beautiful sound come out of someone under five feet tall?"

Soul Expressions

Fri, Apr 12, 7pm.

Take the pain out of tax season with Soul Expressions! This amazing band will play all your favorite hits from all of your favorite genres throughout the decade. They are guaranteed to bring you to your feet and keep you dancing all night long!

KOS

Fri, May 31, 7pm.

We close the Henrico Live season with KOS! KOS has been playing the best of beach, Motown, "rock and roll" and classic swing for over 30 years and still have people of all ages crowding dance floors up and down the east coast.



HENRICO THEATRE MOVIES

SILVER SCREEN MOVIES

Showtime: 10am

Mar 27: Paint; Apr 24: The Fabelmans

May 29: Asteroid City



KIDS MOVIES

Showtime: 10am

Mar 20,

Apr 17 & May 22

TICKETS & CONCESSIONS: \$1 EACH

804.652.1460 | henricotheatre.com



★ Big Bang Boom

Tue, Apr 2, 10am & 1pm. Henrico Theatre. #15364

Ages 3+. Fun for the entire family. This pop/rock music group plays parent-friendly children's music include your favorites as well as their own original songs for kids. Bring your young rockers to this high-energy show that demands the crowd get involved! From "Spongebob Chorus" to the parents vs. the kids Hokey Pokey Challenge, you won't be able to stay seated! Free! No reservations required. Information: 804-652-1460.

★ Barefoot Puppets presents New Squid on the Block

Thur, Apr 4, 10am & 1pm. Henrico Theatre. #15363

Ages 5+. It can be hard to make friends. Especially if you have tentacles. Journey to Antarctica as a curious squid seeks connection in the most unlikely of places. Penguins, orcas, and jellyfish abound in an icy landscape for this heartwarming tale of friendship. Beautifully handcrafted puppets, an original score by Ned Haskins, and a good dose of silliness, combine to create a comedic, wordless performance that celebrates our ability to create connections, despite our differences. Free! No reservations required. Information: 804-652-1460.

Henrico Pops Chorus Spring Concert

Tue, May 7, 7-8pm. Henrico Theatre. #15366

All ages. The Henrico Pops Chorus and Capital Cabaret will present 100 Years of Broadway! Come out and join in on the musical fun! No reservations required. Information: 804-652-1460.



(804) 501-PARK | henrico.us/rec

PERFORMING ARTS

Join us for the remainder of Henrico Theatre Company's Season of Plays. All tickets can be purchased in person at The Cultural Arts Center at Glen Allen, by calling 804-501-5859 or 804-261-2787, or online at artsglenallen.com.

Tickets: \$10 for adults and \$8 for seniors (55+) and students per show.



May 3-19

*Music by Richard Rogers, Lyrics by Oscar Hammerstein, II,
Concept by Jeffrey B. Moss.*

The songs of Rodgers and Hammerstein have become an integral part of our everyday lives. We sing them in the shower, we dance to them in ballrooms, we hear them on the radio and in elevators and supermarkets. We still thrill to them on the live stage in their respective musicals and we teach them to our children. While our five performers are given the opportunity to explore the songs with their own styles, it offers the audience a glorious parade of genuine hits – truly some enchanted evening! Includes such favorites as If I Loved You, In My Own Little Corner, The Sound of Music, Shall We Dance?, and I Cain't Say No.



July 19-August 4

A comedy by Summer Arthur Long.

This good old fashioned domestic farce is about a married man in his fifties who suddenly learns he's becoming a father again. His last child, a girl, was born 24 years ago and, considering the fool she married, he finds the prospect of another unthinkable. Plus, his previously meek little wife begins to lay down the law. There's to be a nursery, a new bath, and she's to have her own checking account. Such dour capitulation you'll never see again. Plain, simple and old-fashioned laughter!

*All performances will be held at The Cultural Arts Center.
Information: per22@henrico.us*

HENRICO DIVISION OF RECREATION AND PARKS
ON THE AIR
Radio Players

presents
Broadcasting Live: Then and Now

**Tue, Mar 12
& Wed, Mar 13**
7:30pm
**The Cultural Arts Center
at Glen Allen**

Free!
Reservations are not required.
Information: 804-501-5859

**HENRICO
THEATRE COMPANY**

AUDITIONS

Henrico Theatre Company will hold auditions for the following shows. No performers paid.

Some Enchanted Evening
The Music of Rodgers and Hammerstein.
Sunday and Monday, March 3 & 4, 7pm
at The Cultural Arts Center at Glen Allen.
Director Amy Perdue is seeking three women and two men, age 20-50. Those auditioning should prepare a song in the proper key, preferably a Rodgers and Hammerstein selection, and be prepared for movement. Accompanist provided.
Rehearsals will begin late March for a May 3-19 run.

Never Too Late
A comedy by Summer Arthur Long.
Sunday and Monday, April 21 & 22, 7pm
at The Cultural Arts Center at Glen Allen.
Director Alex Godschalk is seeking three women and six men, ages 20 to 65. Readings will be from the script.
Performances are July 19-August 4.
Information: per22@henrico.us



YOUTH CLASSES

All programs are free; however, programs with a ► next to the title requires registration in advance.

Spring Registration begins
at 7am on Feb 20.

NEW
TIME!

Spring Break



Come experience a camp full of adventure and fun. Activities include art activities, outdoor games and much more. Campers should wear athletic shoes, bring a water bottle, snack and lunch.

Eastern Henrico Rec Center

Ages 7-9. Mon, Apr 1, 9am-3pm. #15169

Ages 10-12. Mon, Apr 1, 9am-3pm. #15170

Information: qua024@henrico.us

Deep Run Rec Center

Ages 7-9. Tue, Apr 2, 9am-3pm. #15178

Ages 10-12. Tue, Apr 2, 9am-3pm. #15179

Information: leh@henrico.us

Dorey Rec Center

Ages 7-9. Wed, Apr 3, 9am-3pm. #15274

Ages 10-12. Wed, Apr 3, 9am-3pm. #15276

Information: den63@henrico.us

Registration required in advance.

Creative Arts

► Magician Apprentice Class

Wed, Mar 6, 4-5pm. Deep Run Rec Center. #15213

Ages 8-12. 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. Information: leh@henrico.us

► Cherry Blossom Trees

Sun, Mar 24, 3:30-4:30pm. Belmont Rec Center. #15297

Ages 6-7. Are you ready for the cherry blossoms to bloom? Make your own cherry blossom tree out of tissue paper and construction paper.

Information: cli04@henrico.us

► Swipe Painting

Sun, May 19, 3:30-4:30pm. Belmont Rec Center. #15299

Ages 9-11. Create your own unique painting on canvas using dots and swirls of paint! Information: cli04@henrico.us

Music & Dance

► Preschool Hip Hop

Sat, Mar 9-30, 4:15-5:15pm. Eastern Henrico Rec Center. #15211

Ages 3-5. Children work on rhythm, large motor skills, creativity, and important social skills in a safe environment. Instructor: Richmond Urban Dance. Information: cun04@henrico.us

Beginner Archery

Sat, Mar 2, Deep Run Rec Center.

This class will teach participants how to safely and successfully shoot a compound bow. The class will follow the National Archery in Schools Program (NASP) curriculum. Appropriate for individuals with little-to-no archery experience.

Please be on time. Once gym doors are closed, the range is active and no participants will be allowed in.



Ages 8-12.

9-10:30am. #15254

11am-12:30pm. #15255

Ages 13-17.

2-3:30pm. #15247

4-5:30pm. #15250

Registration required in advance.

Information: qua024@henrico.us

LET'S GROW, HENRICO!

FREE SUMMER CAMP FOR HENRICO RESIDENTS

Camp Registration begins Apr 8 at 7am

June 24-August 1 • 3 sessions • Rising 1st - 7th graders



(804) 501-PARK | henrico.us/rec

ADULT CLASSES

All programs are free; however, programs with a ► next to the title requires registration in advance.



A canvas for our community. Come create with us and explore various forms of art with instruction.

► Making Paper

Tue, Mar 19 & 26, 1:30-3:30pm. The Springs Rec Center. #15139

Tue, Mar 19 & 26, 6:30-8:30pm. The Springs Rec Center. #15141

Ages 18+. Learn a simple technique to make paper and then use what you've made to create a piece of art. Information: tru08@henrico.us

► Resin Crafting

Tue, Apr 9 & 16, 1:30-3:30pm. The Springs Rec Center. #15218

Tue, Apr 9 & 16, 6:30-8:30pm. The Springs Rec Center. #15279

Ages 18+. Resin is a fun and creative medium to work with, giving a protective and glossy cover to your artwork. Choose from washi tape, paper transferring, or earring blanks to resin. You'll also craft a personalized pendant to wear. Information: cli04@henrico.us

► Mosaic Rock

Tue, Apr 23 & 30, 1:30-3:30pm. The Springs Rec Center. #15196

Tue, Apr 23 & 30, 6:30-8:30pm. The Springs Rec Center. #15197

Ages 18+. Decorate the face of a large rock using stained glass bits. Choose any design and colors that you like. Finish it with grout and you'll have beautiful natural art to take home. Information: tru08@henrico.us

► DIY Cement Bowls

Tue, May 14 & 21, 1:30-3:30pm. The Springs Rec Center. #14678

Tue, May 14 & 21, 6:30-8:30pm. The Springs Rec Center. #15153

Ages 18+. Here's a fun and funky method of making a decorative bowl from cement and latex paints. They make great decor or gifts. Information: ola@henrico.us



Creative Arts

► Cherry Blossom Bracelets

Sun, Mar 24, 2-3pm. Belmont Rec Center. #15296

Ages 50+. Are you ready for the cherry blossoms to bloom? Make your own bracelet using cherry blossom charms. This project requires the use of fine motor skills and the use of tools. Information: cli04@henrico.us

► Memory Wire Bracelets

Fri, May 10, 10-11am. Eastern Henrico Rec Center. #15223

Ages 18+. Are you a free-spirited lover of the arts? Join us and create a beautiful colored memory wire bracelet to match your favorite outfit. Lots of colored beads and a charm or two to choose from. Project requires the use of fine motor skills and use of tools. Information: cli04@henrico.us

► Balloon Flower Painting

Sun, May 19, 2-3pm. Belmont Rec Center. #15298

Ages 50+. Paint your own bouquet of flowers using a balloon and inflated plastic bags! Information: cli04@henrico.us

PROGRAM REGISTRATION

Spring 2024 Registration Begins:

Tue, Feb 20 at 7am for Henrico Residents

Fri, Feb 23 at 7am for Non-Henrico Residents

NEW
TIME!
7am



ADULT CLASSES

All programs are free; however, programs with a ► next to the title requires registration in advance.



Thur, Apr 18, 6-7pm. The Springs Rec Center. #15362

Ages 18+. A Sound Bath is a meditative experience created by the sound waves of Tibetan singing bowls, chimes gongs, and other subtle percussion instruments. The listener is invited to simply be present, focus on breath, and clear one's mind and connect to the deeper self. Join Jim Morgan as he leads you through an hour that you will never forget. Registration required in advance. Information: per22@henrico.us

Home & Garden

► Spring Cleaning Naturally

Thur, Mar 14, 6:30-7:30pm. The Springs Rec Center. #15174

All ages. Along with the spring comes cleaning. Come and learn how to make all natural cleaning products with affordable ingredients you most likely have in your house already. Information: roc35@henrico.us



Music & Dance

► Line Dance

Thur, Mar 7-28, 10:30-11:30am. Belmont Rec Center. #15537

Sat, Mar 2-30, 10-11am. Eastern Henrico Rec Center. #15219

Sat, Apr 6-27,* 10-11am. Eastern Henrico Rec Center. #15220

Sat, May 4-25, 10-11am. Eastern Henrico Rec Center. #15221

Ages 18+. Meet new people and keep fit! Line dancing provides a great form of low-impact exercising. It's perfect for improving coordination, balance and memory, and increasing cardiovascular health. Learn dance terminology and easy dances using a variety of favorite music styles. No partner needed. *No class Sat, Apr 13.

Information: Belmont Rec Center: cli04@henrico.us;

Eastern Henrico Rec Center: cun04@henrico.us

► Hip Hop Dance

Sat, Mar 9-30, 5:15-6:15pm. Eastern Henrico Rec Center. #15212

Ages 18+. Join us for one of the most popular styles of dance that combines a variety of freestyle and complex movements to form artistry. Instructor: Richmond Urban Dance. Information:

cun04@henrico.us

VOICE CLASSES

Tue, Apr 9-May 7, 6:30-7:45pm.

The Springs Rec Center. #15175

Ages 13+. If you are new to singing or enjoy singing all the time, come and learn different techniques and tools for singing various types of music.

Information: roc35@henrico.us



THERAPEUTIC RECREATION

All programs are free; however, programs with a ► next to the title requires registration in advance.

Therapeutic Recreation (TR) is a fun, adaptive recreation for those with medical conditions or disabilities. TR aims to promote socialization through leisure education and provide opportunities for diverse programming. Activities are designed to enhance participants' minds, bodies, and health. This safe space allows participants to engage with each other in the least restrictive environment to strengthen one's quality of life. TR programs are easily adapted based on the participant's medical needs. We can work with participants, parents/guardians, and staff to help ensure that supports are in place to promote an enjoyable and successful program experience.

Studio at The Springs

Ages 18+. Classes do not require registration but are first come first served while supplies last. Art projects require the use of fine motor skills and various art tools. Participants may be asked to work independently through guided instructions or in small groups. Caregivers are encouraged to assist as there will be limited staff. Information: ola@henrico.us

► Colorful Weaving

Thur, Mar 21, 10:30am-noon. The Springs Rec Center. #15378

Thur, Mar 21, 6-7:30pm. The Springs Rec Center. #15381

We'll be weaving with various materials to make a colorful piece of wall art.

► Print Creations

Thur, Apr 11, 10:30am-noon. The Springs Rec Center. #15379

Thur, Apr 11, 6-7:30pm. The Springs Rec Center. #15382

We'll make our own stamp designs and print on material.

► Stepping Stones

Wed, May 29, 10:30am-noon. The Springs Rec Center. #15380

Wed, May 29, 6-7:30pm. The Springs Rec Center. #15383

We'll design and create beautiful stepping stones with glass and tiles.



► History Creators

Tue, Mar 5, 10:30-11:45am. Eastern Henrico Rec Center. #15227

Ages 18+. Explore history with us as we discuss and recreate historic artifacts and tools out of arts and crafts materials. Learn about their significance and how those tools have changed over the years. Participants will be encouraged to work independently or as a group. Information: mcc159@henrico.us

► Cup of Joe

Thur, Mar 7, 10:30-11:45am. Eastern Henrico Rec Center. #15209

Thur, May 2, 10:30-11:45am. Eastern Henrico Rec Center. #15210

Ages 18+. Cup of Joe is all about building social skills while enjoying a cup of coffee. Connect with others through ice breaker games and group discussions while creating a community project. Information: mcc159@henrico.us

► Adaptive Fitness

Mon, Mar 11, 11:30am-12:30pm. Deep Run Rec Center. #15242

Mon, Apr 8, 11:30am-12:30pm. Deep Run Rec Center. #15248

Mon, May 13, 11:30am-12:30pm. Deep Run Rec Center. #15251

Ages 18+. This adaptive style of fitness will focus on engaging individuals in low to moderate intensity workouts targeting muscle strength, and flexibility. The fitness instructor will introduce and educate participants on a variety of workout equipment, so no previous experience is required. If you are looking to learn new skills and a fun way to work out with friends, this class is for you! Information: mcc159@henrico.us

PROGRAM REGISTRATION

Spring 2024 Registration Begins:

Tue, Feb 20 for Henrico Residents

Fri, Feb 23 for Non-Henrico Residents

Start Time:

Registration opens at **7am** for each start date



THERAPEUTIC RECREATION

All programs are free; however, programs with a ► next to the title requires registration in advance.



► Weekday Sampler

Tue, Mar 12, 10:30-11:45am. Belmont Rec Center. #15228

Tue, Apr 9, 10:30-11:45am. Belmont Rec Center. #15229

Tue, May 14, 10:30-11:45am. Belmont Rec Center. #15230

Ages 18+. Weekday samplers are a great way to do a variety of activities. Classes can consist of engaging in creative arts, exercises, group games, and other social opportunities. Each class offers a different set of activities, so no class will ever be the same.

Information: mcc159@henrico.us

► Sensory Explorers

Tue, Mar 19, 10:15-11:15am. Deep Run Rec Center. #15231

Tue, Apr 16, 10:15-11:15am. Deep Run Rec Center. #15232

Tue, May 21, 10:15-11:15am. Deep Run Rec Center. #15233

Ages 2-5. Sensory Explorers is the perfect activity for your little one to engage in a little mess and learning at the same time. Watch them use their imaginations as they play and craft with various sensory objects such as shaving cream, sand, rice, giant spoons, and mixing bowls! Each monthly class is a different theme. Information: mcc159@henrico.us

TR Open Gym

Thur, Mar 28, 9-10:30am. Deep Run Rec Center. #15206

Thur, Apr 25, 9-10:30am. Deep Run Rec Center. #15207

Thur, May 23, 9-10:30am. Deep Run Rec Center. #15208

Mon, Mar 4, 1-2:30pm. Eastern Henrico Rec Center. #15204

Mon, May 6, 1-2:30pm. Eastern Henrico Rec Center. #15205

All ages. The gym will be available for individuals to play basketball and other gym games in a quieter setting. Therapeutic Recreation staff will be on-site to greet and orient participants. Participants are welcome to drop in any time during the open gym hours. Information:

mcc159@henrico.us

TR SPRING SOCIAL

Mon, May 6, 5:30-7pm.
Belmont Rec Center. #15234

All ages. This spring social includes crafts, group games, pizza, and more! Our favorite DJ will have everyone dancing and out of their seats.

Information: mcc159@henrico.us

Minimum Eligibility Requirements and Inclusion Services

Therapeutic Recreation staff can also provide activity modifications to any general programs, including (but not limited to) visual aids and verbal cues, custom supplies or equipment, facilities, and staff education. Therapeutic Recreation staff create, review, and maintain modification plans, which are determined case-by-case. If you or a family member is looking for a program modification or accommodation for any Henrico County program, a minimum two-week notice is requested before the start of the program. While registering for programs, please select "yes" for the need for inclusion services, and a member of the Inclusion Services team will reach out. For more information about inclusion services, email rec-inclusion@henrico.us, or call 804-652-1413.



FITNESS

Henrico County has two fitness centers and offers
a variety of fitness classes all over the county.

LOCATIONS

Deep Run Rec Center

9900 Ridgefield Parkway

Eastern Henrico Rec Center

1440 N. Laburnum Ave

HOURS

Monday-Thursday: 7am-9pm

Friday: 7am-8pm

Saturday: 8am-5pm

Sunday: 1-5pm

MEMBERSHIP OPTIONS

Individual: \$10/month

Family: \$20/month

**College Student: \$30 for 3
months (paid in advance)**

**Fixed Rate: Pay for as many
months as you want up to
12 months.**

**No contracts, no extra fees,
and no mandatory orientations.*

Membership has its rewards!

*Fitness Center members get to sign up for upcoming classes
prior to residents and non-residents.*

For a list of classes and schedules visit us online at henrico.us/rec/programs.

MARCH

Fitness Members: 2/16

Henrico Residents: 2/20

Non-Residents: 2/23

APRIL

Fitness Members: 3/15

Henrico Residents: 3/18

Non-Residents: 3/20

MAY

Fitness Members: 4/12

Henrico Residents: 4/15

Non-Residents: 4/17

SPRING 2024 UP EXERCISE SCHEDULE EAST END SITES

SUN	MON	TUE	WED	THUR	FRI	SAT
	9-10am Senior Wellness	9:30-10:15am Cycle	9-10am 30/30	9-10am Mindful Morning Yoga	9-10am Senior Wellness	9-10am Tone Up
	11am-12pm Bellydance Fusion	9:30-10:30am Senior Wellness	12:15-1pm HIIT	9:30-10:15am Cycle	10:15-11am Small Group Training	10-11am Line Dancing
	4:30-5:30pm Cardio Blast	3:45-4:30pm KidsFit	5:15-6pm Small Group Training	9:30-10:30am Senior Wellness	12:15-1pm Cardio Kinetics	
	5:30-6:15pm Body Sculpt	4:30-5:15pm YouthFit	6-7pm Bellydance Fusion	10:30-11:30am Chair Yoga for Resilience		
	6:30-7:30pm Zumba	6-7pm STRONG Nation	6:15-7:15pm Zumba®	3:45-4:30pm KidsFit	6:30-7:30pm Bellydance Fusion	
		6:30-7:30pm Xtreme Burn®		4:30-5:15pm YouthFit		
				6-7pm STRONG Nation		
				6:30-7:30pm Xtreme Step		
<div>KEY:</div> <div>Dorey Rec Center</div> <div>Eastern Henrico Rec Center</div>						

All fitness classes require registration in advance.

Information: rec-fitness@henrico.us

SPRING 2024

GROUP EXERCISE SCHEDULE

WEST END SITES

SUN	MON	TUE	WED	THUR	FRI	SAT
	9:30-10:15am Senior Wellness	8:30-9:30am TriFit	9-10am Mindful Morning Yoga	9-9:45am Flex & Stretch	8:30-9:15am Strength & Cardio	9-9:45am Kids Yoga
	10:30-11:15am Fitness Fun & Flexibility	10-11am Core Flow Yoga	10-10:45am Flex & Stretch	10-11am Core & Kettlebells	9:30-10:30am Total Body Strength	10-10:45am Twens Yoga
	12:30-1:15pm TRX® Body Sculpt	11:15am- 12:15pm Kickboxing	10:30-11:30am Chair Yoga for Resilience	11:15am-12:15pm Power Yoga	12:30-1:15pm Cardio Kickboxing	
	1:30-2:30pm Vibrant Flow Yoga	12-1pm Small Group Training	11:45am-12:30 WOW: Women on Weights	12:30-1:15pm TRX® Circuit	1:30-2:30pm Rest & Recharge Yoga	
	3:30-4:15pm KidsFit	12:30-1:30pm PITAYO	12:30-1:15pm HIIT	3:30-4:15pm Kids Kickboxing		
	4:15-5pm YouthFit	4-5pm Chair Yoga for Resilience	1:30-2:30pm Relax & Restore Yoga	5:30-6:30pm Small Group Training		
	6:30-7:30pm Hatha Yoga	5:30-6:30pm Evening Unwind Yoga	2-3pm Senior Tai Chi	6-7pm Pilates		
		6-7pm Barre	3:30-4:15pm KidsFit			
		7-8pm HIIT	4:15-5pm YouthFit			

KEY:

Belmont Rec Center

Deep Run Rec Center

All fitness classes require registration in advance.

Information: rec-fitness@henrico.us