



# Program Guide

March-May 2023



**REGISTRATION FOR HENRICO RESIDENTS  
BEGINS FEBRUARY 22 AT 8AM.**

**REGISTRATION FOR NON-RESIDENTS  
BEGINS FEBRUARY 24.**

**804.501.PARK | [HENRICO.US/REC](https://henrico.us/rec)**



# RECREATION NEWS

## Henrico Recreation and Parks welcomes new director, John Zannino!

It is our pleasure to introduce John Zannino as the new director of Henrico County Recreation & Parks. Mr. Zannino has served as an assistant director of the division since its leadership was restructured last spring. He joined Recreation & Parks in 2007 as a recreation coordinator and later served as an assistant director of the Recreation Services Division. Zannino earned a bachelor's degree in sports management from James Madison University.



### Message from the Director:

I am incredibly humbled and honored to be given this opportunity to guide an amazing group of individuals. This department has already set high standards of excellence, yet I believe we have only scratched the surface of our potential. I look forward to leading the division on a journey to best define who we are and where we are going. I would also like to thank everyone for their kind words. I am excited about our future - it's time to dream big!



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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Registration for Henrico Residents  
begins Feb 22 at 8am.

Registration opens to non-residents on Feb 24.

## WAYS TO REGISTER

### ONLINE REGISTRATION

[connect.henricorecandparks.com](http://connect.henricorecandparks.com)

Opens at 8am for each start date:  
Feb 22 & Feb 24

**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.

### WALK-IN REGISTRATION

Monday-Friday, 8am-4:30pm

- Belmont Recreation Center
- Deep Run Recreation Center
  - Dorey Recreation Center
- Eastern Henrico Recreation Center



## 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 email [rec-inclusion@henrico.us](mailto:rec-inclusion@henrico.us).

For those interested in information about our Therapeutic Recreation or adaptive programs see page 18.



**SIGN UP  
FOR  
PARK NOTES**  
our e-newsletter  
[henrico.us/rec](http://henrico.us/rec)



# EVENT HIGHLIGHTS

All events are free and for the whole family.

Celebrate  
St. Patrick's Day!

## shamrock showdown

Friday, March 17  
5:30-7:30 p.m.  
Deep Run Rec Center



- Fun for all ages & abilities!
- Enjoy festive music!
- Compete in game and contests to win sweet prizes!
- The Grand Prize winner of the lucky leprechaun challenge will be announced! #luckyhenrico

Information: [rec-eventsteam@henrico.us](mailto:rec-eventsteam@henrico.us)

Friday  
April 7

# KITE DAY



Glover Park

4-7pm

Decorate and fly your own kite!

Information:  
[rec-eventsteam@henrico.us](mailto:rec-eventsteam@henrico.us)

# Movie in the Park

*Night at the Museum*  
Fri, Apr 21, 7pm. Armour House

*An American Tail*  
Fri, May 19, 7:30pm. Deep Run Park



Free!

Information: 501-PARK | [henrico.us/rec](http://henrico.us/rec)

# Earth Day



APRIL 22  
10am-1pm

Deep Run Park • 9900 Ridgefield Pkwy  
FREE & OPEN TO THE PUBLIC



(804) 501-PARK | [henrico.us/rec](http://henrico.us/rec)

# EVENT HIGHLIGHTS

All events are free and for the whole family.



## FARM FIELD DAY

Sat, May 6, 11am-4pm  
Meadow Farm

Join us for the first Farm Field Day! This event will showcase the agricultural practices, trades, and crafts of days past. Local craftsmen and businesses will be demonstrating their trades and selling their wares. There will be crafts, a fun zone, contests, folk music, and food trucks.

Information: [MeadowFarm@henrico.us](mailto:MeadowFarm@henrico.us)

## SENIOR PARTY IN THE PARK DRIVE-THRU RESOURCE FAIR

THUR, MAY 25, 10AM-NOON  
EASTERN HENRICO REC CENTER

FOR AGES 50+. FREE!



Information:  
[cun04@henrico.us](mailto:cun04@henrico.us)



## CAP2CAP

Hosted by the



SAT, MAY 13, DOREY PARK

Sign up today for the 2023 Cap2Cap Bike Ride!

Multiple routes for everyone from casual to long distance rides including a Family Fun Ride.

Start and finish at Dorey Park.

All proceeds benefit the  
Virginia Capital Trail Foundation!

For more information and to register for the ride,  
visit [virginiacapitaltrail.org/cap-2-cap](http://virginiacapitaltrail.org/cap-2-cap)



## MEMORIAL DAY PARADE

Mon, May 29, 1-4pm. Free!

1pm - Starts on Williamsburg Road where it intersects with Beulah Road.

Proceeds west and disbands at North Confederate Avenue

2pm - Block Party - Sandston Recreation Area on JB Finley Street

Information: [rec-eventsteam@henrico.us](mailto:rec-eventsteam@henrico.us)



(804) 501-PARK | [henrico.us/rec](http://henrico.us/rec)

# COMMUNITY PROGRAMS

All programs are free. No registration required.

## Belmont Rec Center

### Belt Out at Belmont

Fri, May 19, 6-8pm. Belmont Rec Center. #13555

All ages. Come one, come all- to Friday night karaoke. Select your song and get ready to sing your heart out. Information: [jon105@henrico.us](mailto:jon105@henrico.us)



**BELMONT RECREATION CENTER**  
**COMMUNITY GAME ROOM**

All ages. Ages 12 and under must be accompanied by an adult.

**Mondays: 4-8pm**  
**Fridays: 4-8pm**  
**Saturdays: 9am-noon**

For information and additional availability:  
804-652-1410 or [belmont@henrico.us](mailto:belmont@henrico.us)



**CARNIVAL**  
AT BELMONT  
**MON, APR 3, 5-7PM**  
**BELMONT RECREATION CENTER**

Come to Belmont and join in the carnival fun!! We will have lots of games outside and the game room will be open inside. We will also have a couple of food trucks. Start your spring break off right.

Information: [belmont@henrico.us](mailto:belmont@henrico.us)

## Drop-in Programs

Below is a list of drop-in activities that take place on a recurring basis at Belmont Recreation Center. An access pass is required. To receive a pass, please visit the recreation center to fill out the proper paperwork. Information: (804) 652-1410 or [Belmont@henrico.us](mailto:Belmont@henrico.us).

### Belmont Games Club

Ages 18+. 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, 10:30am-1pm

### Bridge

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

Bridge Club: Wednesdays, 10am-1pm

### Golden Angels (Social Group)

Ages 18+. 2<sup>nd</sup> Fridays, 10am-2pm

### Pinochle

Ages 18+. 3<sup>rd</sup> Tuesdays and 2<sup>nd</sup> Fridays, 12-4pm

### Tea Guild:

All ages. 4<sup>th</sup> Wednesdays, 9am-12pm

### Tot Time

Ages 1-5. Mondays, 9-11am

## Deep Run Rec Center

### Happy Birthday Dr. Seuss

Thur, Mar 2, 10:30-11:30am. Deep Run Park. #13419

All ages. "It's March 2<sup>nd</sup>, Dr. Seuss, such a magnificent day! We celebrate YOU- Happy Birthday we say!" Information: [sta02@henrico.us](mailto:sta02@henrico.us)

### Bike Rodeo with Mario!

Thur, Mar 9, 4:30-6pm. Deep Run Rec Center. #13420

All ages. Celebrate Mario Day with us! Bring your bikes, trikes, scooters, water bottle and of course your helmet for rodeo racing fun and more adventures Information: [sta02@henrico.us](mailto:sta02@henrico.us)

### Story Tots and Tunes

Second and Fourth Tuesday of each month.

Tue, Mar 14-May 23, 10-10:45am. Deep Run Rec Center. #13397

Ages 2-5. Tots, Parents, and Grans - Join Ms. Bari as she introduces your child to books, rhymes and rhythm, music and song, puppets, flannel-board stories, taking turns, paying attention, and being in a group.

Information: [pit02@henrico.us](mailto:pit02@henrico.us)

### Bike Safety Rodeo and Rock Wall Adventures

Wed, Apr 5, 10am-noon. Deep Run Park. #13637

All ages. It's Spring Break! Join us for a bike safety rodeo with Henrico County Police, rock wall climbing, and ice cream! The first 125 individuals get FREE ice cream. Don't forget your bikes, trikes, scooters, water bottle and of course, your helmet. Information:

[sta02@henrico.us](mailto:sta02@henrico.us)



# COMMUNITY PROGRAMS

All programs are free. No registration required.

## Gnome Homes & Fairy Houses

Thurs, May 4, 3-4pm. Deep Run Rec Center. #13644  
All ages. Come build your own gnome home or fairy house in the park. We will take a nature walk, gather natural materials and build a cozy, one-of-a-kind home. Information: [sta02@henrico.us](mailto:sta02@henrico.us)

## Springtime Bingo

Fri, May 5, 10am-noon, Deep Run Rec Center. #13766  
Ages 18+. B-I-N-G-O! Join us for our spring-fling-of-fun! It's Bingo at Deep Run Recreation Center. Lots of prizes and fun. Information: [pit02@henrico.us](mailto:pit02@henrico.us)

## National Health and Fitness Day

Sat, May 6, 9am-noon. Deep Run Rec Center. #13550  
All ages. Renew your fitness goals and make positive changes in your lives to stay healthy. Deep Run will be offering a variety of ways to be active and engage in fitness and health activities from free classes to informative handouts on fitness, health, and nutrition. Information: [bla083@henrico.us](mailto:bla083@henrico.us)

## Intro to Letterboxing

Fri, May 12, 5-7pm. Deep Run Park. #13442  
All ages. Letterboxing is a treasure hunt activity where you follow directions to find boxes hidden in our 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](mailto:leh@henrico.us)

## Bird Watching

Fri, May 19, 9-10am. Deep Run Park. #13780  
All ages. Bird Watching 101: A guide for beginners with Henrico Libraries and Recreation and Parks. Learn about basic bird watching skills as we walk quietly searching for our local winged friends. Binoculars will be available for use while supplies last and make sure to bring a water bottle if needed. Information: [sta02@henrico.us](mailto:sta02@henrico.us)

## Don't Stop the Music - Concert in the Park!

Fri, May 26, 5:30-8:30pm. Deep Run Rec Center. #13412  
All ages. Come out for an evening of Friday night family fun - dancing to live music provided by 5Starr! 5Starr is one of the best bands from the Newport News area - playing music that will set your feet to dancing. Bring your lawn chairs or blankets and join us at Deep Run Recreation Center for this outdoor concert. There will be food trucks available. Information: [pit02@henrico.us](mailto:pit02@henrico.us)

## Drop-in Programs

Below is a list of drop-in activities that take place on a recurring basis at Deep Run Recreation Center. An access pass is required. To receive a pass, please visit the recreation center to fill out the proper paperwork. Information: (804) 652-1430 or [DeepRun@henrico.us](mailto:DeepRun@henrico.us).

### Badminton

Ages 12+. Mondays, 5:30-8:30pm and Saturdays, 9am-1pm

### Adult Basketball

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

### Pickleball for All

Ages 12+. Wednesdays, 5:30-8:30pm and Sundays, 1:30-4:30pm

### Senior Pickleball

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

### Table Tennis

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

### Volleyball

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

### 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+. Fridays, 9am-12pm and 3<sup>rd</sup> Saturdays, 12-4pm

### Mahjong

Ages 18+. Fridays, 1-4pm

**DEEP RUN RECREATION CENTER**

# COMMUNITY

# GAME ROOM

All ages. Ages 12 and under must be accompanied by an adult.

**Monday-Friday: 9am-6pm**

**Saturday: 9am-5pm**

**Sunday: 1-5pm**

Information: 804-652-1430 or [DeepRun@henrico.us](mailto:DeepRun@henrico.us)



# COMMUNITY PROGRAMS

All programs are free. No registration required.

## Eastern Henrico Rec Center

### Karaoke Night

Fri, Mar 3, 6-8pm. Eastern Henrico Rec Center. #13650

Ages 10+. You don't have to be a celebrity to show off your singing talent. Have fun singing songs from some of your favorite artists like Beyoncé, Mariah Carey or Boyz II Men. Information: [qua024@henrico.us](mailto:qua024@henrico.us)

### Community Youth Basketball Night

Mon, Mar 27, Apr 17 & May 22, 5:30-8pm.

Eastern Henrico Rec Center. #13562

Ages 10-14. Come test your basketball skills against others your same age. In order to participate an adult needs to sign in the participant at the front desk. Information: [cun04@henrico.us](mailto:cun04@henrico.us)

### All Aboard the Choo Choo Train

Sun, May 7, 3-5pm. Eastern Henrico Rec Center. #13717

All ages. In honor of National Train Day, come to Eastern Henrico Recreation Center and engage in the best train ride! There will be an inflatable obstacle course and a rock wall to help celebrate. Information: [qua024@henrico.us](mailto:qua024@henrico.us)



## EASTERN HENRICO RECREATION CENTER

# COMMUNITY GAMEROOM

All ages. Ages 12 and under must be accompanied by an adult.

**Monday-Thursday: 4-8pm**

**Saturday: 8am-4pm**

**Sunday: 1-4pm**

Information: 804-652-1450 or [EasternHenrico@henrico.us](mailto:EasternHenrico@henrico.us)

## Drop-in Programs

Below is a list of drop-in activities that take place on a recurring basis at Eastern Henrico Recreation Center. An access pass is required. To receive a pass, please visit the recreation center to fill out the proper paperwork. Information: (804) 652-1450 or [EasternHenrico@henrico.us](mailto:EasternHenrico@henrico.us).

### Badminton

Ages 12+. Fridays, 5-7:45pm and Sundays, 1-4pm

### Adult Basketball

Ages 30+. Wednesdays, 6-8:30pm

### Youth Basketball

Ages 10-17. Saturdays, 1-3pm

### Pickleball for All

Ages 12+. Tuesdays, 6:30-8:30pm

### Senior Pickleball

Ages 50+. Tuesdays, Thursdays, and Fridays, 8:30am-1pm

### Senior Basketball

Ages 50+. Fridays, 8:30am-12pm

### Pinochle

Ages 18+. 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, 12:30-5:30pm

### Spades:

Ages 18+. 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, 9am-12pm



# COMMUNITY PROGRAMS

All programs are free. No registration required.

## Additional Locations

### Armour House

#### Concert in the Gardens at Armour House **CANCELED**

Sun, Apr 16, 3-5pm. Armour House. #13718.

All ages. Enjoy an afternoon in the gardens listening to some great live music. Activities will be available for the kids to enjoy too. Information:

[ola@henrico.us](mailto:ola@henrico.us)

#### Growing in the Garden

Sun, Apr 23, 2-3:30pm. Armour House. #13716

Ages 4-5. Join us at The Armour House children's garden for an afternoon of exploration and imagination. We'll plant seedlings (while supplies last), play in the children's market and make beautiful sounds on the music wall. Information: [ola@henrico.us](mailto:ola@henrico.us)



### Dorey Rec Center

#### Kite Flying

Sun, Mar 26, 3-5pm. Dorey Rec Center. #13563

Ages 5+. 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](mailto:cun04@henrico.us)

#### Dye The Tie

Sat, May 6, 11am-2pm. Dorey Rec Center. #13749

All ages. Open your eyes to the dye! Come have fun and learn the art of tie-dyeing with us. We will use a rainbow of colors or choose your favorites to create a one-of-a-kind piece of clothing that you will be proud to wear. Please bring a pre-washed, white, cotton shirt or socks to create your wearable work of art! Hope to see you there.

Information: [qua024@henrico.us](mailto:qua024@henrico.us)

### Dunncroft/Castle Point Park

#### Seed To Feed

Sat, Mar 25, 2-3:30pm. Dunncroft/Castle Point Park. #13607

All ages. Start this summer's garden off early with us! Swing by Dunncroft Park and plant a pack of herb and vegetable 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. Join us while supplies last!

Information: [ola@henrico.us](mailto:ola@henrico.us)

#### Seed To Flower

Sat, Apr 8, 2-3:30pm. Dunncroft/Castle Point Park. #13584

All ages. Start this summer's garden off early with us! Swing by Dunncroft 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. Join us while supplies last! Information:

[cli04@henrico.us](mailto:cli04@henrico.us)

### Echo Lake Park

#### Take a Walk in the Park Day!

Thur, Mar 30, 10-11:30am. Echo Lake Park. #13629

All ages. It's Take a Walk in the Park Day at Echo Lake Park. Join us at the shelter to create your own one-of-a-kind walking stick while supplies last. Afterwards, we will walk our beautiful park and enjoy nature. Information: [sta02@henrico.us](mailto:sta02@henrico.us)

### Hidden Creek Park & Rec Center

#### Family Night Bingo & Games!

Thur, Mar 16, Apr 20 & May 18, 6-8pm.

Hidden Creek Rec Center. #13583

Ages 5+. It's time for the family to enjoy a special time playing Bingo, board and card games. Plan strategic moves to win the game and prizes. The biggest win of the night is playing games with family, friends and neighbors. Family night is the third Thursday of the month, March-May. Information: [cun04@henrico.us](mailto:cun04@henrico.us)

#### Pickleball for Beginners

Tue, Apr 18 & 25 and May 16 & 23, 5:30-7pm.

Hidden Creek Park. #13664

Ages 18+. Come learn to play the fastest growing sport in the USA- Pickleball on our new outdoor courts! It's a combination of tennis, table tennis, and badminton. It's easy to play and has lots of excitement. A pickleball paddle will be provided for beginners.

Information: [cun04@henrico.us](mailto:cun04@henrico.us)



# COMMUNITY PROGRAMS

All programs are free. No registration required.

## Celebrate National Space Day!

*Fri, May 5, 5-6pm, Hidden Creek Park. #13735*

*Ages 7-10.* Celebrate National Space Day launching water bottle rockets. Learn Newton's three laws of motion (STEM), and the extraordinary achievements of the NASA Challenger astronauts. Meet at the Challenger Memorial Garden near shelter #1. Children must be accompanied by an adult. Information: [cun04@henrico.us](mailto:cun04@henrico.us)

## Meadow Farm/Crump Park

### Make Your Own Sheep Buddy

*Sat, Mar 4, 2-3pm, Meadow Farm. #13769*

*All ages.* Have you met our sheep, Buddy? He enjoys grazing and sitting in the shade with his fellow sheep friends. Come to the Parsons Center to make your own "sheep" buddy using cotton balls, pine cones, and googly eyes! While supplies last. Information: [MeadowFarm@henrico.us](mailto:MeadowFarm@henrico.us)

### Leprechaun Trapping

*Fri, Mar 17, 10-11am, Crump Park. #13421*

*Fri, Mar 17, 3-4pm, Short Pump Park. #13422*

*All ages.* Leprechauns are difficult to spot in the wild! Join us while we use household objects and other materials to design and build traps. Take home your one-of-a-kind creation in hopes of trapping your very own leprechaun. Information: [sta02@henrico.us](mailto:sta02@henrico.us)

### Animal Charm Bracelets

*Sat, Mar 25, 2-3pm, Meadow Farm. #13771*

*All ages.* Join us at the Parsons Community Center to learn about some of our animals and make an animal inspired charm bracelet to take home! While supplies last! Information: [MeadowFarm@henrico.us](mailto:MeadowFarm@henrico.us)

### Rock Our Flock

*Sat, Apr 1, 2-3pm, Meadow Farm. #13770*

*All ages.* Join us at the Parsons Center to draw or paint a sheep on the provided rocks and create new additions to the herd! While supplies last. Information: [MeadowFarm@henrico.us](mailto:MeadowFarm@henrico.us)

### Easter Egg Hunt for Dogs

*Sat, Apr 8, 9am-3pm, Meadow Farm & Three Lakes Park. #13773*

*All ages.* Calling all dog walkers! Come on out to Meadow Farm, and Three Lakes Park, where the Easter bunny has hidden goody bags for your four-legged family members! While supplies last. Information: [ThreeLakes@henrico.us](mailto:ThreeLakes@henrico.us)

## Three Lakes Park

### Rainbow Rock Candy

*Wed, Mar 15, 10-11:30am, Three Lakes Park. #13410*

*All ages.* We'll be gearing up to start Henrico Recreation's App Rainbow challenge by creating one of our own in the park. We'll color rock candy and make a rainbow that tastes as good as it looks. While supplies last. Information: [tru08@henrico.us](mailto:tru08@henrico.us)

### Bird Watching

*Fri, Mar 24, 10-11am, Three Lakes Park. #13778*

*Fri, Apr 13, 3-4pm, Dorey Park. #13779*

*All ages.* Bird Watching 101: A guide for beginners with Henrico Libraries and Recreation and Parks. Learn about basic bird watching skills as we walk quietly searching for our local winged friends. Binoculars will be available for use while supplies last and make sure to bring a water bottle if needed. Information: [sta02@henrico.us](mailto:sta02@henrico.us)

### Earth Day: Nature Nurturers

*Sat, Apr 22, 10am-2pm, Three Lakes Park.*

*All ages.* Join the Green Team at Three Lakes Park for a day of nature fun! Celebrate Earth Day by participating in activities and crafts that will increase your understanding of the natural world in your own backyard. Information: [ThreeLakes@henrico.us](mailto:ThreeLakes@henrico.us)

### Pollen Palooza

*Sat, May 20, 2-3pm, Three Lakes Park. #13775*

*All ages.* Did you know that pollen comes in different shapes, sizes, and colors? Come to Three Lakes Park to learn all about pollen, pollination, and pollinators. Look at pollen samples from different plant species under a microscope, and make your own pollen trap to take home. While supplies last. Information: [ThreeLakes@henrico.us](mailto:ThreeLakes@henrico.us)



### Fit Ninja Obstacle Course

*Fri, Mar 10, 2-3pm, Deep Run Park. #13538*

*Fri, Mar 31, 2-3pm, Short Pump Park. #13540*

*Fri, Mar 31, 3-4pm, Twin Hickory Park. #13541*

*Fri, May 26, 11am-noon, Twin Hickory Park. #13547*

*Mon, Apr 3, 11am-noon, Deep Run Park. #13543*

*Mon, Apr 3, 2-3pm, Short Pump Park. #13542*

*Tue, Mar 14, 3-4pm, Crump Park. #13539*

*Tue, Apr 18, 3-4pm, Twin Hickory Park. #13544*

*Tue, May 2, 3-4pm, Deep Run Park. #13545*

*Thur, May 18, 3-4pm, Short Pump Park. #13546*

*All ages.* Fitness offers a fit ninja obstacle course that includes agility ladders, cones, hurdles, hula-hoops, balance beams, and gymnastics mats that are set up around the playground.

Information: [rec-fitness@henrico.us](mailto:rec-fitness@henrico.us)



# HISTORY PROGRAMS

All programs are free. No registration required.

## For Kids

### Out of Order Squirrel

*Fri, Mar 31, 2-3pm. Meadow Farm. #13721*

*Ages 4-9.* What happens when a squirrel gets loose in a museum? It can be a disaster or disastrously funny! Find out how Meadow Farm Museum staff figured out how to make friends with this unexpected and unruly guest. Information: [sic@henrico.us](mailto:sic@henrico.us)

### The Edgar Bunny Chronicles - The Case of the Marshmallow Egg

*Sat, Apr 1, 10-11am. Armour House. #13720*

*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: [sic@henrico.us](mailto:sic@henrico.us)

### The Sheep Who Got in a Tangle

*Fri, Apr 21, 10-11am. Meadow Farm. #13722*

*Ages 4-9.* Pearl the sheep is having a very bad hair day and she meets a "Haredresser" at Meadow Farm who gives her a total makeover. The flock won't recognize the dazzling and stylish rainbow Pearl. Information: [sic@henrico.us](mailto:sic@henrico.us)

## Lectures & Presentations

### Women of the Jeffersonian Era

*Sat, Mar 11, 1-2pm. Meadow Farm. #13699*

*Sat, Mar 11, 3-4pm. Meadow Farm. #13700*

*Ages 13+.* Women in the newly formed United States had a degree of independence that would slowly disappear as the 19<sup>th</sup> century advanced. Come learn of the lives of these intelligent and articulated women who witnessed the creation of a new nation. Information: [sic@henrico.us](mailto:sic@henrico.us)

### The History of Under Garments

*Sat, Mar 18, 1-2pm. Meadow Farm. #13703*

*Sat, Mar 18, 3-4pm. Meadow Farm. #13704*

*Ages 13+.* Have you ever wondered what was under all the outrageous clothes of the past? Come see the foundation of all the sumptuous clothing styles of long ago. Information: [sic@henrico.us](mailto:sic@henrico.us)

### Behind the Shell: W.M.R & Seven Pines Plant

*Sun, Mar 26, 2-3:30pm. Belmont Rec Center. #13566*

*Ages 12+.* As part of the war effort in 1918, the Women's Munition Reserve (WMR) recruited, trained, and staffed a powder bag loading plant with jobs designed for women. This presentation will explore the story of the creation of the plant, the workforce, and its important role to World War I. Information: [den63@henrico.us](mailto:den63@henrico.us)

### History Mythbusters - Top 10 Edition

*Wed, Apr 12, 3-4pm. Gayton Branch Library. #13571*

*Ages 12+.* In this "tour" with a twist, we'll explore our staff's top 10 myths or facts commonly heard at historic sites throughout the United States. From taxes and thieves to petticoats and petiteness, join us as we showcase Henrico's historic house museums for a light-hearted myth busting romp, room by room. Information: [den63@henrico.us](mailto:den63@henrico.us)

### Marie Antoinette and Lafayette

*Sat, Apr 15, 1-2pm. Meadow Farm. #13707*

*Sat, Apr 15, 3-4pm. Meadow Farm. #13708*

*Ages 13+.* The amazing true story of the French Queen and her encounter with a brave young man who would go on to play a pivotal role in America's Revolution. Information: [sic@henrico.us](mailto:sic@henrico.us)

### Bread or Blood: Richmond Bread Riot of 1863

*Thur, Apr 27, 7-8:30pm. Belmont Rec Center. #13568*

*Ages 12+.* In April 1863, violence erupted in the streets of Richmond as hundreds of women looted stores and stole food and clothing. Historian Bert Dunkerly will discuss in vivid detail the incident known as the Richmond Bread Riot. Information: [den63@henrico.us](mailto:den63@henrico.us)

### The Lost Prince: Henry of Wales

*Sat, Apr 29, 1-2pm. Recreation and Parks Main Office. #13705*

*Sat, Apr 29, 3-4pm. Recreation and Parks Main Office. #13706*

*Ages 13+.* How did Henrico get its name? Come join us as we discuss the extraordinary 17<sup>th</sup> century British prince who never became king and how he might compare to current royal family members. Information: [sic@henrico.us](mailto:sic@henrico.us)

### The Mind Has Mountains

*Sat, May 6, 1-2pm. Meadow Farm. #13711*

*Sat, May 6, 3-4pm. Meadow Farm. #13712*

*Ages 13+.* Some of the most brilliant and creative minds of the past 300 years faced social challenges. Come learn about Edgar Allen Poe, Emily Dickinson, Charles Darwin, and Vincent Van Gogh and how despite these challenges, made timeless contributions to literature, poetry, science, and art. Information: [sic@henrico.us](mailto:sic@henrico.us)

## Tours

### Open Museum Day

*Fri, Mar 10, 10am-2pm.*

*Dabbs House and Virginia Randolph Museum. #13391*

*Fri, Apr 7, 10am-2pm.*

*Clarke-Palmore House Museum and Deep Run Schoolhouse. #13392*

*All ages.* Henrico has several unique historic sites for you to visit.

In March, learn about the amazing life of Virginia Randolph at the museum named in her honor, or come by the Dabbs House to learn about its role in the history of our county and nation. In April, come by and see us at the Deep Run Schoolhouse, which was an early 1900s two room school, or visit us at Clarke-Palmore, our 1930s furnished home. Information: [leh@henrico.us](mailto:leh@henrico.us)

### Seven Pines National Cemetery Tour

*Sat, May 20, 10-11:30am. Seven Pines National Cemetery. #13572*

*All ages.* The Battle of Seven Pines - Fair Oaks (May 30-June 1, 1862) brought Union and Confederate forces into their first big clash on Henrico County soil. Hear stories of soldiers whose final resting place is Seven Pines National Cemetery. Information: [den63@henrico.us](mailto:den63@henrico.us)



(804) 501-PARK | [henrico.us/rec](http://henrico.us/rec)

# PERFORMING ARTS



## HENRICO LIVE

Join us for another Henrico Live season! We are featuring seven of your favorite groups spanning from December 2022-May 2023.

Save big and see it all with a season ticket! The more shows you select, the bigger the discount! Select 3 or 4 performances and receive a 25% discount; select 5 or more performances to receive a 50% discount.

Individual Tickets cost \$10 per show.

To purchase tickets go to [henricolive.com](http://henricolive.com) or visit the box office. Tickets on sale now.

All performances will be held at Henrico Theatre.

### Susan Greenbaum

Mar 10, 7:30pm

Susan Greenbaum has 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. Susan is a Henrico Theatre mainstay and the recipient of several songwriting awards. 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

Apr 14, 7:30pm

You've seen them at Soulful Sunday, you've seen them on the 4<sup>th</sup> of July, now see them on the Henrico Theatre Stage! This amazing band will play all of your favorite hits from all of your favorite genres throughout the decades. They are guaranteed to bring you to your feet and keep you dancing all night long!

### The Taters

May 12, 7:30pm

Close out the Henrico Live Season celebrating The Taters' 25<sup>th</sup> anniversary! Infectious melodies and high energy songwriting makes Menagerie an immediate favorite among Taterheads! You'll be singing along by the second verse! This is songwriting from a time when irresistible hooks were just expected, and the Taters don't disappoint! Come see your favorite band play your favorite music!

## HENRICO THEATRE MOVIES

### SILVER SCREEN MOVIES

Showtime: 10am

Mar 29: Sully

Apr 26: Crazy Stupid Love

May 31: O' Brother Where Art Thou



### KIDS MOVIES

Showtime: 10am

Mar 22,

Apr 19 & May 24

**TICKETS & CONCESSIONS: \$1 EACH**

804.652.1460 | [henricotheatre.com](http://henricotheatre.com)



### HENRICO THEATRE COMPANY PRESENTS

## All Kinds of People

Exploring Issues of Prejudice Through the Words of  
OSCAR HAMMERSTEIN II

Fri, Mar 3 & Sat, Mar 4 at 7pm.

Sun, Mar 5, 3pm.

Henrico Theatre. Tickets: \$5.

Ages 10+. A 50-minute musical conceived by Michael Presser and Midtown Management, written by Bruce D. Taylor and music by Jerome Kern and Richard Rodgers. Through a career that spanned four decades, Oscar Hammerstein II used the theatre to promote human understanding. He believed wholeheartedly in celebrating our differences instead of fearing them, as simply said in his musical, Pipe Dream, "it takes all kinds of people to make up a world."

Information: 652-1460 or [henricolive.com](http://henricolive.com)



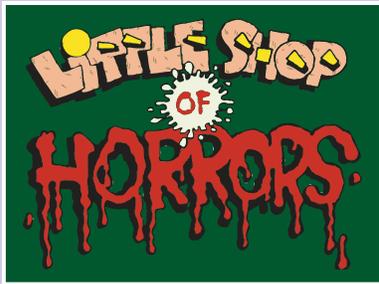
(804) 501-PARK | [henrico.us/rec](http://henrico.us/rec)

# 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](http://artsglenallen.com).

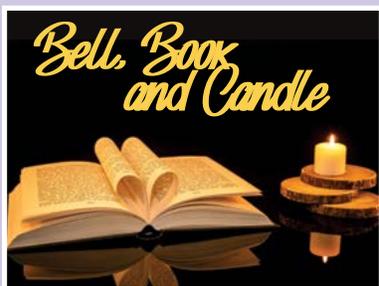
Tickets: \$10 for adults and \$8 for seniors (55+) and students per show.



May 5-21

*A musical comedy with music by Alan Menken and lyrics by Howard Ashman.*

Seymour Krelborn, a meek floral assistant, stumbles across a new breed of plant he names "Audrey II" - after his coworker crush. This R&B-singing carnivore promises unending fame and fortune to the down and out Krelborn as long as he keeps feeding it blood. Over time, though, Seymour discovers Audrey II's out of this world origins and intent towards global domination! The music in the style of early 1960s includes several well-known tunes, including the title song, *Skid/ Row, Somewhere That's Green* and *Suddenly, Seymour*.



July 14-30

*A comedy by John Van Druten.*

Gillian Holroyd is one of the few modern people who can actually cast spells and perform feats of supernaturalism. She casts a spell over an unattached publisher, Shepherd Henderson, partly to keep him away from a rival and partly because she is attracted to him. He falls head over heels in love with her at once and wants to marry her. But witches, unfortunately, cannot fall in love, and this minute imperfection leads to a number of difficulties. A wonderfully enchanting fantasy!



presents

## Sabotage by Sound Effects

Tue, Mar 28  
& Wed, Mar 29

7:30pm

The Cultural Arts Center  
at Glen Allen

Free!

Reservations are not required.

Info: 501-5859 | [henrico.us/rec](http://henrico.us/rec)

## AUDITION ANNOUNCEMENT

### Bell, Book and Candle

#### AUDITION

Mon & Tues, May 15 & 16 at 7pm

#### PRODUCTION DATES

July 14-30

#### LOCATION

The Cultural Arts Center at Glen Allen

Director Amy Berlin is seeking 2 women and 3 men, ages 25-60. Readings will be from the script. Rehearsals will begin shortly after casting. No performers paid.

Information: [per22@henrico.us](mailto:per22@henrico.us)



(804) 501-PARK | [henrico.us/rec](http://henrico.us/rec)

# YOUTH CLASSES

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

## ► History Investigators

Sat, Mar 4, 10am-noon. Dabbs House Museum. #13389

Sat, Apr 22, 10am-noon. Meadow Farm. #13390

Ages 5-11. 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. Participants must be accompanied by an adult. Information: [leh@henrico.us](mailto:leh@henrico.us)

## ► A Squirt of Glue

Tue, Mar 7, 10-10:45am. Deep Run Rec Center. #13393

Tue, Apr 4, 10-10:45am. Deep Run Rec Center. #13394

Tue, May 2, 10-10:45am. Deep Run Rec Center. #13395

Ages 2-5. Parents and Grans. Guide your little one as they create an arts and crafts project that will help them develop their fine motor skills, expand their essential vocabulary, and most of all, have fun! Information: [pit02@henrico.us](mailto:pit02@henrico.us)

## ► Kidway

Wed, Mar 8-29, 1-2pm. Deep Run Rec Center. #13396

Ages 4-5. Look out Broadway - here we come! Do you love to pretend, sing songs and dance around? Children will have a blast expressing themselves creatively, using their imagination, and learning to work together. The last class will be a revue for the parents! Information: [pit02@henrico.us](mailto:pit02@henrico.us)

## ► The Perfect Pizza Palooza!

Thur, Mar 9, 4-5:30pm. Eastern Henrico Rec Center. #13594

Ages 8-11. Pizza is one of America's favorite foods and chances are it is one of yours too. Join Virginia Cooperative Extension to learn about healthy eating, food safety and skills to make your own perfect pizza! Information: [cun04@henrico.us](mailto:cun04@henrico.us)

## ► Beginner Archery

Sat, Apr 1, 10-11:30am. Deep Run Rec Center. #13647

Ages 8-12. 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. Information: [qua024@henrico.us](mailto:qua024@henrico.us)

## ► Tissue Paper Flowers

Sun, Apr 2, 2-3:30pm. Dorey Rec Center. #13433

Sun, May 21, 2-3:30pm. Belmont Rec Center. #13434

Ages 4+. In class you will learn how to make no-wilt tissue paper flowers. Children 14 and under must be accompanied by a registered adult. Information: [cli04@henrico.us](mailto:cli04@henrico.us)

## ► Audition Skills for Teens

Wed, Apr 5, 6:30-8pm. Eastern Henrico Rec Center. #13448

Ages 13-17. Audition workshop for beginners or for those who just want to brush up on their skills! Information: [per22@henrico.us](mailto:per22@henrico.us)

## ► Improvisation with Amy and Amy

Wed, Apr 12, 6:30-8pm. Eastern Henrico Rec Center. #13447

Ages 13-17. Learn new and fun games that help your acting skills or can just be fun for you and your family to play! Information: [per22@henrico.us](mailto:per22@henrico.us)

## ► Ballet Groove

Wed, Apr 12-May 3, 5-6pm. Deep Run Rec Center. #13416

Wed, May 10-31, 5-6pm. Deep Run Rec Center. #13415

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](mailto:pit02@henrico.us)

## ► Tiny Dancers

Wed, Apr 12-May 3, 4-5pm. Deep Run Rec Center. #13414

Wed, May 10-31, 4-5pm. Deep Run Rec Center. #13413

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](mailto:pit02@henrico.us)

## ► Donuts with Dolls

Sun, Apr 16, 3-4pm. Belmont Rec Center. #13553

Ages 2-6. Nancy isn't the only one who likes to be Fancy. Put on a pretty outfit and bring your favorite doll to enjoy donuts and fellowship. Let's have some fun getting all dolled up. Participants must be accompanied by an adult. Information: [jon105@henrico.us](mailto:jon105@henrico.us)

## ► Here We Grow! Garden Camp

Tue-Thur, May 9-11, 9am-noon. Armour House. #13656

Ages 4-5. Flowers and dragonflies, ladybugs and wiggler worms - explore nature at work. Have fun with gardening activities and crafts like a "take home" herb and veggie garden, garden stepping stones, bird feeders and more. Here We Grow! Information: [ola@henrico.us](mailto:ola@henrico.us)

## ► Family Sleuths - The Case of the Missing Toy

Sat, May 13, 10am-noon. Meadow Farm. #13436

Ages 6-12. 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. Participants must be accompanied by an adult. Information: [leh@henrico.us](mailto:leh@henrico.us)

## ► Famous Artist Series

Sun, May 21, 2-3pm. Belmont Rec Center. #13554

Ages 6-10. We will learn about a famous artist and then create a piece that's like theirs. In the first class of the series, we will begin by exploring the work of Vincent van Gogh. Information: [jon105@henrico.us](mailto:jon105@henrico.us)



# SPRING BREAK FUN

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



## ► Spring Break Camp Day: History

Tue, Apr 4, 9am-3pm. Meadow Farm. #13615

Ages 10-12. Enjoy a spring day at historic Meadow Farm. There will be all sorts of activities, crafts, and exploring. Campers should wear athletic shoes, bring a water bottle, snack, and a lunch. Information: [den63@henrico.us](mailto:den63@henrico.us)

## ► Spring Break Camp Day: Eastern Henrico Rec Center

Wed, Apr 5, 9am-3pm. Eastern Henrico Rec Center. #13651

Ages 8-10. Come experience a camp full of adventure and fun. Activities include archery, art activities, outdoor games and much more. Campers should wear athletic shoes, bring a water bottle, snack and lunch. Information: [qua024@henrico.us](mailto:qua024@henrico.us)

## ► Spring Break Camp Day: Deep Run

Thur, Apr 6, 9am-3pm. Deep Run Rec Center. #13638

Ages 8-10. Come experience a camp full of adventure and fun. Activities include rockets, indoor/outdoor games, snow cones, and much more. Campers should wear athletic shoes, bring a water bottle, snack and lunch. Information: [sta02@henrico.us](mailto:sta02@henrico.us)



## STUDIO AT THE SPRINGS: SPRING BREAK SURPRISE!

Tue, Apr 4, 10am-noon.  
The Springs Rec Center. #13635

Tue, Apr 4, 1:30-3:30pm.  
The Springs Rec Center. #13634

Registration required in advance.

Ages 12-14. Come create something snazzy during Spring Break. Our finished products are a mystery, but we will explore different mediums and forms of art during this program.

Information: [jon105@henrico.us](mailto:jon105@henrico.us)

## Therapeutic Recreation

Therapeutic Recreation (TR) is a fun adaptive form of recreation for those that may have medical conditions or disabilities. The goal of TR is to promote socialization, leisure education, and provide opportunities for diverse programming. Activities are geared towards enhancing participants' minds, bodies, and health. This safe space allows for participants to engage with each other in the least restrictive environment to enhance one's quality of life.

### Minimum Eligibility Requirements and Inclusion Services

All programs have essential eligibility requirements for participation. Essential eligibility requirements may include, but are not limited to, age, prerequisite skills, safety, endurance, behavior, personal care, and medical issues. Inclusion services are reasonable modifications that Henrico Recreation and Parks staff can provide to make an experience more accessible. Modifications could include, but are not limited to, the use of visual aids and verbal cues, custom supplies or equipment, facilities, and staff education. Modification plans are created, reviewed, and maintained by Therapeutic Recreation staff and are determined on a case-by-case basis. To ensure modifications are met, a two-week notice is requested prior to the start of the program. For more information about inclusion services email [rec-inclusion@henrico.us](mailto:rec-inclusion@henrico.us), call 804-652-1413.

### ► TR Spring Break Day

Ages 18+. Mon, Apr 3, 10-11:15am. Eastern Henrico Rec Center. #13746

Ages 13-17. Mon, Apr 3, 2-3:15pm. Eastern Henrico Rec Center. #13747

Ages 5-12. Mon, Apr 3, 6-7:15pm. Deep Run Rec Center. #13748

Our TR spring break day consists of all things sensory! Participants will have the opportunity to explore multiple sensory bins, arts and crafts, and more. Information: [mcc159@henrico.us](mailto:mcc159@henrico.us)



# ADULT CLASSES

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

## ► Learn Cross Stitch

Sun, Mar 19, 2-3:45pm. Belmont Rec Center. #13430  
Ages 16+. Learn about the art of needlework and cross stitch. You will learn some easy stitches and create a mini-masterpiece to take home. Discover how this craft from the past can be given a fresh, modern twist using today's trendy images. Information: [cli04@henrico.us](mailto:cli04@henrico.us)

## ► Beginner Archery

Sat, Apr 1, noon-1:30pm. Deep Run Rec Center. #13648  
Sat, Apr 1, 2-3:30pm. Deep Run Rec Center. #13649  
Ages 18+. 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. Information: [qua024@henrico.us](mailto:qua024@henrico.us)

## ► Glass Garden Art Flowers

Sat, Apr 1, 2-3:30pm. Eastern Henrico Rec Center. #13585  
Ages 18+. Using glass dishes, cups, and candleholders, we'll make some wonderful glass garden art flowers that make a great addition to any flower bed. No watering required! Information: [ola@henrico.us](mailto:ola@henrico.us)

## ► Yes! We Can Do It.

Thur, Apr 20, 6-9pm. Belmont Rec Center. #13588  
Ages 18+. Hey ladies! Come and learn the basics of woodworking while you're making an outdoor planter box. Gain knowledge of the various materials, tools, and supplies you'll need to get the job done. Information: [ola@henrico.us](mailto:ola@henrico.us)

## ► Quilling

Wed, May 10, 10-11am. Deep Run Rec Center. #13441  
Ages 18+. Quilling is the art of rolled and shaped strips of paper to create a design or picture. Information: [leh@henrico.us](mailto:leh@henrico.us)

## ► Planting a Beautiful Container

Sun, May 14, 2-4pm. Armour House. #13606  
Ages 18+. Learn the tricks of using the thriller, the filler and the spiller when creating a gorgeous and interesting planter. Information: [ola@henrico.us](mailto:ola@henrico.us)

Registration for Henrico Residents  
begins Feb 22 at 8am.

Registration opens to non-residents on Feb 24.  
[connect.henricorecandparks.com](http://connect.henricorecandparks.com)

## ► Sunset Visions Canoeing

Sat, Apr 22, 5:30-8pm. Deep Bottom Park. #13646  
Ages 8+. Registration of an adult is required with children ages 8-14. Take a leisurely paddle along Bailey's Creek and Four Mile Creek while enjoying the sights and sounds of twilight and participate in our scavenger hunt where you will learn about the area's more common inhabitants. Canoeing along, we may spot a bald eagle, osprey, beaver, deer and possibly hear a few night time feathered friends. Our program will begin with an introduction to some of our evening residents, the "who's who of hoos." Session will cover basic instruction, all equipment and a good time! Information: [sta02@henrico.us](mailto:sta02@henrico.us)

## ► Sunset Visions Kayaking

Sat, May 20, 6-8:30pm. Deep Bottom Park. #13645  
Ages 13+. Registration of an accompanying adult is required with children ages 13-14. Experience this leisurely kayaking excursion along Bailey's Creek and Four Mile Creek at twilight. Along our trip, you may see bald eagles, herons, osprey, beaver, deer and hear spring peepers, owls, and more. As we paddle, participants will learn about the area's more common inhabitants with a fun scavenger hunt. Class covers basic instruction and all equipment. Information: [sta02@henrico.us](mailto:sta02@henrico.us)

## MOUNTAINFILM ON TOUR

HENRICO

Fri, Apr 7, 8pm. Deep Run Park  
Sat, Apr 8, 7pm. Henrico Theatre

FREE!

Mountainfilm is a dynamic organization and festival of films about people, stories and ideas that celebrate indomitable spirit. Mountainfilm on Tour is coming to Henrico Theatre bringing a selection of films shown at the annual festival in Telluride, Colorado. Don't miss this opportunity to view incredible films!

[www.mountainfilm.org/tour](http://www.mountainfilm.org/tour)

Information: [sch085@henrico.us](mailto:sch085@henrico.us)



(804) 501-PARK | [henrico.us/rec](http://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 and with an opportunity for drop in and self-guided studio time.

## ► Spring Earrings

Tue, Mar 7, 1:30-3:30pm. The Springs Rec Center. #13425  
Tue, Mar 7, 6:30-8:30pm. The Springs Rec Center. #13426  
Ages 18+. Celebrate spring and learn how to make colorful flower and chainmaille earrings with pastel color beads. Information: [cli04@henrico.us](mailto:cli04@henrico.us)

## ► Beginner Macrame

Tue, Mar 21, 1:30-3:30pm. The Springs Rec Center. #13427  
Tue, Mar 21, 6:30-8:30pm. The Springs Rec Center. #13403  
Ages 18+. Learn the art of turning knots into a creative design as you make a simple project to get you started. Information: [tru08@henrico.us](mailto:tru08@henrico.us)

## ► Deco Candles

Tue, Mar 28, 1:30-3:30pm. The Springs Rec Center. #13432  
Tue, Mar 28, 6:30-8:30pm. The Springs Rec Center. #13431  
Ages 18+. Come join us for this class using cylinder candles, votives, napkins, and a heat gun to customize your own deco candles! Information: [cli04@henrico.us](mailto:cli04@henrico.us)

### Reminder!

If you are registered for a program, please make every effort to attend. If you are unable to attend, please contact us so we can share your spot with someone on the waiting list. Forgot what you signed up for? Go to your account and view Family Member's Schedule or look for your emailed receipt!

Thank you for your cooperation!

## ► Spray Paint Resist

Tue, Apr 4, 6:30-8:30pm. The Springs Rec Center. #13654  
Ages 16+. Using spray paints on canvas and a resist technique, we'll create some beautiful abstract and colorful artwork. Information: [ola@henrico.us](mailto:ola@henrico.us)

## ► Big Rock Painting

Tue, Apr 18, 1:30-3:30pm. The Springs Rec Center. #13428  
Tue, Apr 18, 6:30-8:30pm. The Springs Rec Center. #13405  
Ages 18+. Expand your rock painting skills by using a larger rock to make yard art. Information: [tru08@henrico.us](mailto:tru08@henrico.us)

## ► Crocheted Flower Garland

Tue, Apr 25-May 2, 1:30-3:30pm. The Springs Rec Center. #13559  
Tue, Apr 25-May 2, 6:30-8:30pm. The Springs Rec Center. #13558  
Ages 16+. Adorable, reusable, and easy to make. During this two-part class, you will make the perennial of spring decorations. Information: [jon105@henrico.us](mailto:jon105@henrico.us)

## ► Paper Roses

Tue, May 16, 1:30-3:30pm. The Springs Rec Center. #13437  
Tue, May 16, 6:30-8:30pm. The Springs Rec Center. #13438  
Ages 18+. Using paper, learn how to make these roses that will not wilt. Information: [cli04@henrico.us](mailto:cli04@henrico.us)

## ► Flower Press

Tue, May 23, 1:30-3:30pm. The Springs Rec Center. #13429  
Tue, May 23, 6:30-8:30pm. The Springs Rec Center. #13406  
Ages 18+. You'll make a simple flower press that will allow you to press flowers from your garden this summer. Look to the fall for a program using these flowers. Information: [tru08@henrico.us](mailto:tru08@henrico.us)

## ► Powder Painting

Tue, May 30, 1:30-3:30pm. The Springs Rec Center. #13560  
Tue, May 30, 6:30-8:30pm. The Springs Rec Center. #13561  
Ages 16+. Try your hand at painting with black powder to produce some truly unique art. Discover how the material interacts with the canvas to create a statement piece. Information: [jon105@henrico.us](mailto:jon105@henrico.us)

## Open Studio

Try a different art form every month!  
Second Tuesday of each month.  
1:30-3:30pm or 6:30-8:30pm.

Ages 18+. Space is limited. First come, first served. An access pass is required. To receive a pass, please visit the recreation center to fill out the proper paperwork.

Information: [StudioAtTheSprings@henrico.us](mailto:StudioAtTheSprings@henrico.us)



# THERAPEUTIC RECREATION

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Therapeutic Recreation (TR) is a fun adaptive form of recreation for those that may have medical conditions or disabilities. The goal of TR is to promote socialization, leisure education, and provide opportunities for diverse programming. Activities are geared towards enhancing participants' minds, bodies, and health. This safe space allows for participants to engage with each other in the least restrictive environment to enhance one's quality of life.

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## Weekday Sampler

Registration required in advance.

### Belmont Rec Center.

Tue, Mar 14, 10-11:15am. #13551

Tue, Apr 11, 10-11:15am. #13736

Tue, May 9, 10-11:15am. #13737

### Deep Run Rec Center.

Mon, Mar 27, 10-11:15am. #13661

Mon, Apr 24, 10-11:15am. #13740

Mon, May 22, 10-11:15am. #13741

### Eastern Henrico Rec Center.

Thur, Mar 2, 10-11:15am. #13660

Thur, May 4, 10-11:15am. #13738

Ages 18+. Weekday samplers are a great way to do a little bit of everything! Classes can consist of engaging in creative arts, exercises, group games, and other social opportunities. Each community center will now feature a weekday sampler activity!

Information: [mcc159@henrico.us](mailto:mcc159@henrico.us)

### See page 15 for Spring Break Fun

Activities for all ages and abilities.

### See page 21 for Adaptive Yoga

A new yoga class for youth of all abilities.

## ► DIY BINGO Cards

Wed, Mar 22, 6:30-8pm. Belmont Rec Center. #13557

Thur, Mar 23, 10-11:30am. Belmont Rec Center. #13556

Ages 18+. We all love BINGO, but we're putting a little twist on the fun. Participants will get crafty making their own BINGO cards and we'll play a few rounds. Information: [jon105@henrico.us](mailto:jon105@henrico.us)

## ► A Day at the Farm

Mon, Apr 10, 2-3:30pm. Meadow Farm. #13498

Ages 13+. Did you know that April 10<sup>th</sup> is National Farm Animal Day? Spend an afternoon on the farm as we tour the grounds, visit with animals, and explore through sensory crafts! Staff will educate participants on all things related to the farm. Those interested can also tour the house. Information: [mcc159@henrico.us](mailto:mcc159@henrico.us)

## ► Pre-K Movement Explorers

Mon, Apr 24, 6-7pm. Eastern Henrico Rec Center. #13744

Ages 3-5. This new preschool program provides children with a barrier free room to move, jump, crawl, and shout. Children will be introduced to different sensory objects including ribbons, noise shakers, balls, hula hoops, and more. Staff will guide children through different exercises and group play. Parents are encouraged to participate with their little ones. Information: [mcc159@henrico.us](mailto:mcc159@henrico.us)

## ► Canoeing with TR!

Tue, May 16, 10am-noon. Dorey Park. #13662

Ages 15+. Come join us for some canoeing at Dorey Park. Whether you're a novice or a seasoned vet, we will provide you with everything you need to have a safe and fun experience. Information: [mcc159@henrico.us](mailto:mcc159@henrico.us)



**TR SPRING DANCE**

Wed, Apr 26, 6:30-8pm.  
Eastern Henrico Rec Center. #13745

Ages 15+. Registration required.

This spring dance is all about Candyland! Lollipops, gum drops, and more on table tops. Wear your bright spring "Candyland" colors as we dance with friends, play games, and of course, enjoy delicious candy!

Information:  
[mcc159@henrico.us](mailto:mcc159@henrico.us)



# FITNESS CALENDAR

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

For more information on the following fitness classes, contact our fitness staff at [rec-fitness@henrico.us](mailto:rec-fitness@henrico.us).

## FITNESS REGISTRATION

Registration for fitness classes will take place two weeks prior to the start of each session. See details below.

### March

Registration begins Feb 21 for Henrico Residents & Feb 24 for non-residents. Last day to register online and in-person is Feb 28.

### April

Registration begins Mar 13 for Henrico Residents & Mar 20 for non-residents. Last day to register online and in-person is Mar 27.

### May

Registration begins Apr 10 for Henrico Residents & Apr 17 for non-residents. Last day to register online and in-person is Apr 24.

### ► Chair Yoga for Resilience

*Tue, Mar 7-28, 4-5pm. Belmont Rec Center. #13482*

*Tue, Apr 4-25, 4-5pm. Belmont Rec Center. #13483*

*Tue, May 2-30, 4-5pm. Belmont Rec Center. #13484*

**Ages 18+.** 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 and standing 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. Instructor: Morgan Howell.

### ► Evening Unwind Yoga

*Tue, Mar 7-28, 5:30-6:30pm. Belmont Rec Center. #13500*

*Tue, Apr 4-25, 5:30-6:30pm. Belmont Rec Center. #13501*

*Tue, May 9-30, 5:30-6:30pm. Belmont Rec Center. #13502*

**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. Instructor: Morgan Howell.

## Belmont Recreation Center

### Tuesday

**Chair Yoga for Resilience**  
4-5pm

**Evening Unwind Yoga**  
5:30-6:30pm

### Wednesday

**Flex and Stretch**  
10-10:30am

### ► Flex and Stretch

*Wed, Mar 1-29, 10-10:30am. Belmont Rec Center. #13534*

*Wed, Apr 5-26, 10-10:30am. Belmont Rec Center. #13535*

*Wed, May 3-31, 10-10:30am. Belmont Rec Center. #13536*

**Ages 50+.** 20 minutes of resistance training using body resistance, dumbbells, resistance bands, body bars, stability balls, BOSU, etc. followed by 10 minutes of stretching; utilizing different stretching techniques. Instructor: Jason Blake.

## REGISTER ONLINE

At home or on the Go



# FITNESS CLASSES

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

For more information on the following fitness classes, contact our fitness staff at [rec-fitness@henrico.us](mailto:rec-fitness@henrico.us).

## Reminder!

If you are registered for a program, please make every effort to attend. If you are unable to attend, please contact us so we can share your spot with someone on the waiting list. Forgot what you signed up for? Go to your account and view Family Member's Schedule or look for your emailed receipt!

Thank you for your cooperation!

## FITNESS REGISTRATION

Registration for fitness classes will take place two weeks prior to the start of each session. See details below.

### March

Registration begins Feb 22 for Henrico Residents & Feb 24 for non-residents. Last day to register online and in-person is Feb 28.

### April

Registration begins Mar 13 for Henrico Residents & Mar 20 for non-residents. Last day to register online and in-person is Mar 27.

### May

Registration begins Apr 10 for Henrico Residents & Apr 17 for non-residents. Last day to register online and in-person is Apr 24.

## Deep Run Recreation Center

### Monday

Essentrics  
9:30-10:30am

TRX  
Body Sculpt  
12:30-1:15pm

Zumba  
5:15-6:15pm

Hatha Yoga  
6:30-7:30pm

### Tuesday

PITAIYO  
12:30-1:30pm

Barre  
5:15-6:15pm

HIIT  
6:30-7:30pm

### Wednesday

Mindful  
Morning Yoga  
9-10am

Chair Yoga for  
Resilience  
10:30-11:30am

HIIT  
12:30-1:15pm

Adaptive  
Youth Yoga  
6-7pm

### Thursday

### Friday

Total Body  
Strength  
9:30-10:30am

Cardio  
Kickboxing  
12:30-1:15pm

### Saturday

Kids Yoga  
9-9:45am

Tweens  
Yoga  
10-10:45am

## COMING SOON!

DEEP RUN

# FITNESS

CENTER

The new addition will consist of a 2,719 square foot fitness center with cardio equipment and a weight room.

# FOLLOW US



(804) 501-PARK | [henrico.us/rec](http://henrico.us/rec)

# FITNESS CLASSES

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

For more information on the following fitness classes, contact our fitness staff at [rec-fitness@henrico.us](mailto:rec-fitness@henrico.us).

## ► Adaptive Youth Yoga

Wed, Mar 1, 6-7pm. Deep Run Rec Center. #13678

Wed, Apr 5, 6-7pm. Deep Run Rec Center. #13742

Wed, May 3, 6-7pm. Deep Run Rec Center. #13743

Ages 6-12. A new yoga class for youth of all abilities and their parents/guardians! Discover the use of your mind, body, and breath in this low impact class. This adaptive yoga class encourages participants to explore poses, focus, and connect with others. Guardians are required to register and participate with their youth. Information: [mcc159@henrico.us](mailto:mcc159@henrico.us)

## ► Barre

Tue, Mar 7-28, 5:15-6:15pm. Deep Run Rec Center. #13479

Tue, Apr 4-25, 5:15-6:15pm. Deep Run Rec Center. #13480

Tue, May 2-30, 5:15-6:15pm. Deep Run Rec Center. #13481

Ages 16+. Inspired by elements of ballet, yoga, and Pilates. NO DANCE EXPERIENCE IS REQUIRED! It focuses on low-impact, high-intensity movements designed to strengthen your body but also develop agility, flexibility, and balance. Instructor: Rhonda Jackson-Smith.

## ► Cardio Kickboxing

Fri, Mar 3-31, 12:30-1:15pm. Deep Run Rec Center. #13450

Fri, Apr 7-28, 12:30-1:15pm. Deep Run Rec Center. #13451

Fri, May 5-26, 12:30-1:15pm. Deep Run Rec Center. #13452

Ages 16+. A high-energy, fat-burning workout that combines aerobic movements with choreographed cardiovascular martial arts movements focusing on kicks, punches, and core exercises. Equipment such as boxing gloves, mitts, target pads, jump ropes, punching bags, and WaveMasters may be incorporated. Instructor: Jason Blake.

## ► Chair Yoga for Resilience

Wed, Mar 1-29, 10:30-11:30am. Deep Run Rec Center. #13485

Wed, Apr 5-26, 10:30-11:30am. Deep Run Rec Center. #13486

Wed, May 3-31, 10:30-11:30am. Deep Run Rec Center. #13487

Ages 18+. 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 and standing 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. Instructor: Morgan Howell.

## ► Essentrics

Mon, Mar 6-27, 9:30-10:30am. Deep Run Rec Center. #13488

Mon, Apr 3-24, 9:30-10:30am. Deep Run Rec Center. #13489

Mon, May 1-22, 9:30-10:30am. Deep Run Rec Center. #13490

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. Instructor: Pamela Thomas.

## ► Hatha Yoga

Mon, Mar 6-27, 6:30-7:30pm. Deep Run Rec Center. #13624

Mon, Apr 3-24, 6:30-7:30pm. Deep Run Rec Center. #13625

Mon, May 1-22, 6:30-7:30pm. Deep Run Rec Center. #13626

Ages 18+. 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.

## ► HIIT

Tue, Mar 7-28, 6:30-7:30pm. Deep Run Rec Center. #13494

Tue, Apr 4-25, 6:30-7:30pm. Deep Run Rec Center. #13495

Tue, May 2-30, 6:30-7:30pm. Deep Run Rec Center. #13496

Wed, Mar 1-29, 12:30-1:15pm. Deep Run Rec Center. #13491

Wed, Apr 5-26, 12:30-1:15pm. Deep Run Rec Center. #13492

Wed, May 3-31, 12:30-1:15pm. Deep Run Rec Center. #13493

Ages 16+. High-intensity interval training is intended to improve performance with short training sessions. The interval training class is designed to burn fat and build cardio endurance and strength in a short and intense workout. There is a 2:1 ratio of work-to-rest intervals using kettlebells, battling ropes, BOSUs, jump ropes, bands, medicine balls, bodyweight exercises, and core work. Each class will start with a five-minute warm-up and progress through eight or more circuits of exercises at a high intensity, then have a period of rest before starting another round of eight or more exercises. HIIT is a fast-moving class that quickly builds cardiovascular endurance as well as strength. Instructor: Willie Cunningham.

## ► Kids Yoga

Sat, Mar 4-25, 9-9:45am. Deep Run Rec Center. #13519

Sat, Apr 1-29, 9-9:45am. Deep Run Rec Center. #13520

Sat, May 6-27, 9-9:45am. Deep Run Rec Center. #13521

Ages 6-9. 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.



# FITNESS CLASSES

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

## ► Mindful Morning Yoga

Wed, Mar 1-29, 9-10am. Deep Run Rec Center. #13504

Wed, Apr 5-26, 9-10am. Deep Run Rec Center. #13505

Wed, May 3-31, 9-10am. Deep Run Rec Center. #13506

Ages 14+. Mindful Morning Yoga is designed to 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 everyone. 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. Instructor: Morgan Howell.

## ► PITAIYO

Tue, Mar 7-28, 12:30-1:30pm. Deep Run Rec Center. #13528

Tue, Apr 4-25, 12:30-1:30pm. Deep Run Rec Center. #13529

Tue, May 2-30, 12:30-1:30pm. Deep Run Rec Center. #13537

Ages 18+. Pilates, Tai Chi, and Yoga disciplines in a fusion class like no other! This signature class delivers whole-body conditioning enhancing not only your body but your mind and spirit! No experience is necessary. We will build together to create body awareness and create movement and strength. This class will be taught by one of the developers and founders of PITAIYO. Instructor: Janice Shaheen.

## ► Total Body Strength-TBS

Fri, Mar 3-31, 9:30-10:30am. Deep Run Rec Center. #13525

Fri, Apr 7-28, 9:30-10:30am. Deep Run Rec Center. #13526

Fri, May 5-26, 9:30-10:30am. Deep Run Rec Center. #13527

Ages 18+. Full-body conditioning using a variety of bodyweight and equipment addressing compound movements for functional strength; high concentration of abdominal and core work. Instructor: Janice Shaheen.

## Self-Defense Workshop & Training

Tue, Apr 18, 7-8:30pm.

Deep Run Rec Center. #13576

Ages 18+. When you're confronted with danger or find yourself in harm's way, it is natural to feel fear. This self-defense workshop will be very informative, fun, with partner interaction, and above all else, safe. **BE AWARE! TAKE CONTROL! FIGHT BACK!**

Instructor: Competitive Edge Karate.



For more information on the following fitness classes, contact our fitness staff at [rec-fitness@henrico.us](mailto:rec-fitness@henrico.us).

## ► TRX Body Sculpt

Mon, Mar 6-27, 12:30-1:15pm. Deep Run Rec Center. #13530

Mon, Apr 3-24, 12:30-1:15pm. Deep Run Rec Center. #13531

Mon, May 1-22, 12:30-1:15pm. Deep Run Rec Center. #13532

Ages 18+. This class combines TRX suspension training with bodyweight exercises, plyometrics, dumbbells, bands, and balls along with even the more advanced TRX Rip Training Systems along with other modalities to offer an exciting combination of core conditioning, strength, flexibility, and overall functional fitness. Instructor: Jason Blake.

## ► Tweens Yoga

Sat, Mar 4-25, 10-10:45am. Deep Run Rec Center. #13522

Sat, Apr 1-29, 10-10:45am. Deep Run Rec Center. #13523

Sat, May 6-27, 10-10:45am. Deep Run Rec Center. #13524

Ages 10-12. The tweens yoga program 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 self-confidence. Let your tween come and explore all that yoga can do for them. Instructor: Mindy Tanner.

## ► Zumba®

Mon, Mar 6-27, 5:15-6:15pm. Deep Run Rec Center. #13577

Mon, Apr 3-24, 5:15-6:15pm. Deep Run Rec Center. #13578

Mon, May 1-22, 5:15-6:15pm. Deep Run Rec Center. #13579

Ages 18+. 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: Rhonda Jackson-Smith.

**SIGN UP FOR PARK NOTES**  
our e-newsletter  
[henrico.us/rec](http://henrico.us/rec)



# FITNESS CLASSES

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## FITNESS REGISTRATION

Registration for fitness classes will take place two weeks prior to the start of each session. See details below.

### March

Registration begins Feb 22 for Henrico Residents & Feb 24 for non-residents. Last day to register online and in-person is Feb 28.

### April

Registration begins Mar 13 for Henrico Residents & Mar 20 for non-residents. Last day to register online and in-person is Mar 27.

### May

Registration begins Apr 10 for Henrico Residents & Apr 17 for non-residents. Last day to register online and in-person is Apr 24.



## FITNESS PASS

Henrico Residents Only

- \$120/year for an individual pass
- \$240/year for a family pass
- Cancel at anytime effective Mar 1
- No enrollment fee effective Mar 1

## Eastern Henrico Recreation Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Wellness 9:30-10:30am	Cycle Xpress 9:30-10am	Essentrics 9:30-10:30am	Mindful Morning Yoga 9-10am	Senior Wellness 9:30-10:30am	Tone-Up 9-10am
Bellydance Fusion 11am-noon	Zumba 11am-noon	HIIT 12:15-1pm	Chair Yoga for Resilience 10:30-11:30am		
Body Sculpt 6-7pm	Xtreme Burn® 6:30-7:30pm	Zumba 6:15-7:15pm	Cycle 12:30-1:15pm		
			Teen Fitness Boot Camp 5:30-6:30pm		
			Xtreme Burn® 6:30-7:30pm		

# FOLLOW US



# FITNESS CLASSES

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

For more information on the following fitness classes, contact our fitness staff at [rec-fitness@henrico.us](mailto:rec-fitness@henrico.us).

## ► Bellydance Fusion

Mon, Mar 6-27, 11am-noon. Eastern Henrico Rec Center. #13723  
Mon, Apr 3-24, 11am-noon. Eastern Henrico Rec Center. #13724  
Mon, May 1-22, 11am-noon. Eastern Henrico Rec Center. #13725  
Ages 18+. Bellydance Fusion mixes the ancient art of belly dancing with a twist of low impact total body strength and interval style cardio fitness. This class will offer classic belly dancing moves to the tune of Middle Eastern, Egyptian pop, R&B, and Latin music. All levels welcome. Instructor: Trish Hayes.

## ► Body Sculpt

Mon, Mar 6-27, 6-7pm. Eastern Henrico Rec Center. #13657  
Mon, Apr 3-24, 6-7pm. Eastern Henrico Rec Center. #13658  
Mon, May 1-22, 6-7pm. Eastern Henrico Rec Center. #13659  
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. Instructor: Tinea Hatcher.

## ► Chair Yoga for Resilience

Thur, Mar 2-30, 10:30-11:30am. Eastern Henrico Rec Center. #13378  
Thur, Apr 6-27, 10:30-11:30am. Eastern Henrico Rec Center. #13387  
Thur, May 4-25, 10:30-11:30am. Eastern Henrico Rec Center. #13388  
Ages 18+. 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 and standing 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. Instructor: Morgan Howell.

## ► Essentrics

Wed, Mar 1-29, 9:30-10:30am. Eastern Henrico Rec Center. #13666  
Wed, Apr 5-26, 9:30-10:30am. Eastern Henrico Rec Center. #13667  
Wed, May 3-31, 9:30-10:30am. Eastern Henrico Rec Center. #13668  
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. Instructor: Pamela Thomas.



## CYCLING AT EHRC

Ages 18+. This class is performed on a stationary bike to music and is a great cardiovascular workout. Come ready to sweat and listen to some fun music at the same time. If you are new to cycle, please arrive early to get fitted to your bike. There are 8 bikes for participation and registration will open 48- hours in advance. Instructor: Jason Blake.

### ► Cycle

12:30-1:15pm.

Eastern Henrico Rec Ctr

Thur, Mar 2. #13466  
Thur, Mar 9. #13467  
Thur, Mar 16. #13468  
Thur, Mar 23. #13469  
Thur, Mar 30. #13470  
Thur, Apr 6. #13471  
Thur, Apr 13. #13472  
Thur, Apr 20. #13473  
Thur, Apr 27. #13474  
Thur, May 4. #13475  
Thur, May 11. #13476  
Thur, May 18. #13477  
Thur, May 25. #13478

### ► Cycle Xpress

12:30-1:15pm.

Eastern Henrico Rec Ctr

Tue, Mar 7. #13453  
Tue, Mar 14. #13454  
Tue, Mar 21. #13455  
Tue, Mar 28. #13456  
Tue, Apr 4. #13457  
Tue, Apr 11. #13458  
Tue, Apr 18. #13459  
Tue, Apr 25. #13460  
Tue, May 2. #13461  
Tue, May 9. #13462  
Tue, May 16. #13463  
Tue, May 23. #13464  
Tue, May 30. #13465

There are eight bikes for participation and registration will be open 48 hours in advance of each class.



# FITNESS CLASSES

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

For more information on the following fitness classes, contact our fitness staff at [rec-fitness@henrico.us](mailto:rec-fitness@henrico.us).

## ► HIIT

*Wed, Mar 1-29, 12:15-1pm. Eastern Henrico Rec Center. #13696*  
*Wed, Apr 5-26, 12:15-1pm. Eastern Henrico Rec Center. #13701*  
*Wed, May 3-31, 12:15-1pm. Eastern Henrico Rec Center. #13702*  
Ages 16+. High-intensity interval training is intended to improve performance with short training sessions. The interval training class is designed to burn fat and build cardio endurance and strength in a short and intense workout. There is a 2:1 ratio of work-to-rest intervals using kettlebells, battling ropes, BOSUs, jump ropes, bands, medicine balls, bodyweight exercises, and core work. Each class will start with a five-minute warm-up and progress through eight or more circuits of exercises at a high intensity, then have a period of rest before starting another round of eight or more exercises. HIIT is a fast-moving class that quickly builds cardiovascular endurance as well as strength. Instructor: Willie Cunningham.

## ► Mindful Morning Yoga

*Thur, Mar 2-30, 9-10am. Eastern Henrico Rec Center. #13383*  
*Thur, Apr 6-27, 9-10am. Eastern Henrico Rec Center. #13385*  
*Thur, May 4-25, 9-10am. Eastern Henrico Rec Center. #13386*  
Ages 14+. Mindful Morning Yoga is designed to 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 everyone. 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. Instructor: Morgan Howell.

## ► Senior Wellness

*Mon, Mar 6-27, 9:30-10:30am. Eastern Henrico Rec Center. #13593*  
*Mon, Apr 3-24, 9:30-10:30am. Eastern Henrico Rec Center. #13595*  
*Mon, May 1-22, 9:30-10:30am. Eastern Henrico Rec Center. #13596*  
*Fri, Mar 3-31, 9:30-10:30am. Eastern Henrico Rec Center. #13597*  
*Fri, Apr 7-28, 9:30-10:30am. Eastern Henrico Rec Center. #13598*  
*Fri, May 5-26, 9:30-10:30am. Eastern Henrico Rec Center. #13599*  
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. Instructor: Tinea Hatcher.

### Reminder!

If you are registered for a program, please make every effort to attend. If you are unable to attend, please contact us so we can share your spot with someone on the waiting list. Forgot what you signed up for? Go to your account and view Family Member's Schedule or look for your emailed receipt!

Thank you for your cooperation!

## ► Teen Fitness Boot Camp

*Thur, Mar 2-30, 5:30-6:30pm. Eastern Henrico Rec Center. #13675*  
*Thur, Apr 6-27, 5:30-6:30pm. Eastern Henrico Rec Center. #13676*  
*Thur, May 4-25, 5:30-6:30pm. Eastern Henrico Rec Center. #13677*  
Ages 13-17. This is a youth-designed fitness boot camp that will encourage and motivate you to try different exercise modalities. The class will mix cardio, traditional calisthenics, and body weight exercises with interval and strength training. Different types of fitness and agility equipment may be used such as dumbbells and bands, agility ladders, and hurdles. This boot camp will leave your heart pounding while burning calories, toning muscles, getting fit, and having fun! All fitness levels are welcome! Instructor: Tinea Hatcher.

## ► Tone-Up

*Sat, Mar 4-25, 9-10am. Eastern Henrico Rec Center. #13679*  
*Sat, Apr 1-29, 9-10am. Eastern Henrico Rec Center. #13680*  
*Sat, May 6-27, 9-10am. Eastern Henrico Rec Center. #13681*  
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. Instructor: Tinea Hatcher.

## ► Xtreme Burn®

*Tue, Mar 7-28, 6:30-7:30pm. Eastern Henrico Rec Center. #13682*  
*Tue, Apr 4-25, 6:30-7:30pm. Eastern Henrico Rec Center. #13683*  
*Tue, May 2-30, 6:30-7:30pm. Eastern Henrico Rec Center. #13684*  
*Thur, Mar 2-30, 6:30-7:30pm. Eastern Henrico Rec Center. #13685*  
*Thur, Apr 6-27, 6:30-7:30pm. Eastern Henrico Rec Center. #13686*  
*Thur, May 4-25, 6:30-7:30pm. Eastern Henrico Rec Center. #13687*  
Ages 14+. Xtreme Burn® is a cardio fitness program that is designed to help you lose weight and tone up by using a combination of high and low-impact movements. The class will also consist of floor movements of which a floor mat should be used. Instructor: Kisha Fuller.

## ► Zumba®

*Tue, Mar 7-28, 11am-noon. Eastern Henrico Rec Center. #13567*  
*Tue, Apr 4-25, 11am-noon. Eastern Henrico Rec Center. #13569*  
*Tue, May 2-30, 11am-noon. Eastern Henrico Rec Center. #13570*  
*Wed, Mar 1-29, 6:15-7:15pm. Eastern Henrico Rec Center. #13573*  
*Wed, Apr 5-26, 6:15-7:15pm. Eastern Henrico Rec Center. #13574*  
*Wed, May 3-31, 6:15-7:15pm. Eastern Henrico Rec Center. #13575*  
Ages 18+. 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.



# FITNESS CLASSES

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

For more information on the following fitness classes, contact our fitness staff at [rec-fitness@henrico.us](mailto:rec-fitness@henrico.us).

## Additional Locations

### ► Bellydance Fusion

Thur, Mar 2-30, 6:30-7:30pm. Dorey Rec Center. #13729

Thur, Apr 6-27, 6:30-7:30pm. Dorey Rec Center. #13730

Thur, May 4-25, 6:30-7:30pm. Dorey Rec Center. #13731

Ages 18+. Bellydance Fusion mixes the ancient art of belly dancing with a twist of low impact total body strength and interval style cardio fitness. This class will offer classic belly dancing moves to the tune of Middle Eastern, Egyptian pop, R&B, and Latin music. All levels welcome. Instructor: Trish Hayes.

### ► Chair Yoga for Resilience

Wed, Mar 1-29, 4-5pm. The Springs Rec Center. #13611

Wed, Apr 12-26, 4-5pm. The Springs Rec Center. #13613

Wed, May 3-31, 4-5pm. The Springs Rec Center. #13614

Ages 18+. 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 and standing 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. Instructor: Morgan Howell.

### ► Evening Unwind Yoga

Wed, Mar 1-29, 5:30-6:30pm. The Springs Rec Center. #13616

Wed, Apr 12-26, 5:30-6:30pm. The Springs Rec Center. #13617

Wed, May 3-31, 5:30-6:30pm. The Springs Rec Center. #13618

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. Instructor: Morgan Howell.

### ► Senior Wellness

Tue, Mar 7-28, 9:30-10:30am. Hidden Creek Rec Center. #13732

Tue, Apr 4-25, 9:30-10:30am. Hidden Creek Rec Center. #13733

Tue, May 2-23, 9:30-10:30am. Hidden Creek Rec Center. #13734

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. Instructor: Willie Cunningham.

### ► Zumba®

Mon, Mar 6-27, 6:15-7:15pm. Dorey Rec Center. #13726

Mon, Apr 3-24, 6:15-7:15pm. Dorey Rec Center. #13727

Mon, May 1-22, 6:15-7:15pm. Dorey Rec Center. #13728

Thur, Mar 2-30, 6:15-7:15pm. The Springs Rec Center. #13620

Thur, Apr 6-27, 6:15-7:15pm. The Springs Rec Center. #13622

Thur, May 4-25, 6:15-7:15pm. The Springs Rec Center. #13623

Ages 18+. 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.

