

## CLASS SCHEDULE

### The Arts & Crafts

#### J-57 CALLIGRAPHY

Class is geared for the beginner but will serve also as a great refresher course! Chancery, Cursive and Italian Script writing styles are taught.  
 Tues. Feb. 9 - March 1 Fee: \$35.00  
 5:45 p.m. - 7:00 p.m. Instructor: Joseph Marler  
 Douglass Center



#### B-5 CERAMICS

Enjoy the art of ceramics as you work on your very own piece while being led by a knowledgeable instructor. Class includes painting and firing.  
 Tues., Feb. 16  
 5:00 pm. - 6:30 pm.  
 Fee: \$17.00 (register & pay with Parks & Rec.)  
 Instructor: Staff of Kil'n Time  
 Kil'n Time  
 818 State Street, Bristol, TN.



#### B -11 KNITTING

Learn the techniques and use of the knitting needle. You'll be creating your works in no time. A great hobby skill with a minimal cost.  
 Thurs. , Feb. 18- Mar. 10 Fee: \$15.00 plus supplies  
 6:15 p.m. - 7:15 p.m. Instructor: Anna Burrill  
 Douglass Center



#### B-10 CROCHET

Gain the knowledge of how to create those lovely crochet pieces you have seen lying around your Grandmother's home. Class is for the beginning participant. Upon registration supply list will be given out,  
 Thurs. , Feb. 18 - Mar. 10 Fee: \$15.00 plus supplies  
 6:15 p.m. - 7:15 p.m. Instructor: Nadine Hunter  
 Douglass Center



### Educational

#### B-1 SIGN LANGUAGE

Class is designed for beginning student. Learn to finger spell as you progress into everyday common phrases.  
 Tues. , Feb. 9 - Mar. 1 Fee: \$35.00 plus text  
 6:00 p.m. - 7:15 p.m. Instructor: Becca Jones  
 Douglass Center



### Registration Procedures & Policies

Pre-registration is preferred for all instructional programs and can be made in person or by calling (276) 645-PARK or (276) 645-7370.

Refunds given before start of class.

Refunds unavailable after beginning session unless request is accompanied by a doctor's statement in which case any un-used portion will be refunded less a \$2.00 service fee. Classes may be canceled due to insufficient registration. We strive to offer a curriculum that will meet the needs of the general public.

Requests regarding any future program are most welcomed.

Mailing address: Bristol Virginia Parks & Recreation Department,  
 P.O. Box 16523, Bristol, Virginia 24209

Office hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.



Classes & activities will be canceled if city schools are closed for that day due to weather. Announcements may be posted on the Message Line and our web page. You will also find updates on our Facebook page.



### Cumberland Square Park



A portion of Cumberland Square Park is set aside to honor those of our citizens who have served in the armed services. Bricks or granite stones may be purchased with your loved ones name, branch, rank and years of service etched on them. These bricks or stones are then placed in the plaza near the Veterans Memorial. Orders can be made through our office. Placement of bricks are done around Memorial Day & Veteran's Day.

### NEW CLASS

#### D -7 DISC GOLF 101

This one day workshop will introduce you into the growing sport of Disc Golf. You will learn the rules of play as well as techniques to throw the disc properly. Participants will learn the type of discs available and which ones to buy for your skill level.

Monday, March 14  
 5:00 p.m.. - 6:30 p.m.  
 Sugar Hollow Park



Fee: \$15.00  
 Instructor: Tim Barr  
 PDGA Certified  
 Official  
 Course Designer, Instructor

### Fitness

#### B-100 BODY TONING & STRETCHING

Perfect for those wanting to keep their muscles and joints toned and moving with ease. Class uses standup reps, exercise balls, mats and light hand weights.



Tues. , Thurs., Fri., 9:00 a.m. - 10:00 a.m.  
 Instructor: Amy Francisco, Certified

#### B -200 LOW IMPACT TONE & STRETCH

Designed for those with mobility issues. All exercise done in seated position using dyna stretch bands and weights.



Mon. & Wed. 9:30 a.m. - 10:30 a.m.

Instructor: Lisa Campbell

Fee: \$15.00 4 weeks - either class Location: Douglass Center

#### D-113 YOUTH KARATE (ages 6 - mid teens)

Tues. , Feb. 2 - Mar. 8 Fee: \$30.00  
 5:30 p.m. - 6:30 p.m. Instructor: Howard Smith  
 Japan Karate Organization  
 503 State Street, Bristol, VA.



### Contact Information

DEPARTMENT PHONES (276) 645 - 7275 (PARK)

(276) 645 - 7370

MESSAGE LINE

(276) 645 - 7368

Web Page - [www.bristolva.org](http://www.bristolva.org)  
 Facebook—Bristol VA. Parks & Recreation



## Athletics

### BOY'S OPTIMIST'S SPEED SHOT CONTEST

The 36th Annual Optimist Speed Shot Contest will be held at Van Pelt Elementary School in February. Participants will compete in various basketball shots based upon their ages. Boys playing in the Bristol Virginia Parks & Recreation Youth League are eligible.



### GIRLS' SPEED SHOT CONTEST

The 18th Annual Speed Shot Contest for girls playing in the Bristol Virginia Parks and Recreation Department's Youth Basketball League is planned for late February. Girls will compete in various hoop shooting contests based upon their age.

### MEN'S INDUSTRIAL, CHURCH, & OPEN SOFTBALL LEAGUES

An organizational meeting will be held in early March for teams wishing to participate. The season will begin in April and run through July with games played at Sugar Hollow Park.



### WOMEN'S OPEN SOFTBALL LEAGUE

A Women's Open Softball League will begin in late April and run through June with games being played at Sugar Hollow Park. An organizational meeting is slated for March.



### KICK BALL LEAGUE

Our department will offer a co-ed league in Kick Ball. If you are interested in forming a team in this league please call our office before April as an organizational meeting will occur in mid - April with league play beginning in May.



## Outdoor Recreational Facilities

### SUGAR HOLLOW PARK

Winter recreational opportunities include concrete and mountain walking trails, a playground station, golf practice area, wetlands nature area, dog area & biking trails.

Although the Picnic & Campground areas are closed for the Winter, reservations are being accepted for the normal operating month's of April - October. Waldo Miles is available now for rental (weather permitting).

The pool is available for rental from late May to early September. Call 276-645-7275 to reserve your spot or to obtain further information.

OPENING IN SPRING  
18 Hole Disc Golf Course



## Special Events



### FEBRUARY

#### VALENTINE SERENADE

Cupid and our department have proudly lined up singing duet teams to deliver that special someone a melody of love and / or appreciation at their workplace, home or school on Friday,

February 12th. Along with their song, a rose and card will be presented at each visit. Hours of the event are 9:00 a.m. - 5:00 p.m.

Cost is \$18.00 per visit. To request a serenade call (276) 645 - PARK. Reserve a spot and let this be a memorable Valentine gift.



### MARCH

#### City Wide Easter Egg Hunt

The annual city-wide Easter Egg Hunt is slated for Saturday, March 26th at Cumberland Square Park starting at 9:30 a.m. Our department along with the Easter Bunny invites all children ages 2 - 9 to bring a basket and come out in search for eggs and valuable prizes hidden within the park. Other festivities include Easter arcade games plus Department and Organizational Mascots.

## Senior Adult Activities

at the

## Douglass Senior Center

Follow us on Facebook @ Douglass Senior Center



The Department's Senior Adult Division is operated from the Douglass Senior Center where programs for the senior adult are centered around the themes of fun, fitness, and fellowship. The center offers well-equipped wellness areas with professional exercise equipment, two lounges, kitchen, ceramic studio and billiards room. Below is a partial listing of programs offered. To inquire about a specific one please call (276) 645 - 7370.

Exercise & Aquatics	Nutrition Programs	Performing Arts (Showchoir)
Strength Training	Health Screenings	Bible Studies
Computer & Internet	Day Trips & Excursions	Arts & Crafts
Ceramics	Game Days	Bridge & Mahjong
Educational Events	Social Activities	Overnight Tours

## St. Patrick's Day Bingo

Thursday, March 17th at the Bristol Mall. 10:30 a.m. All seniors are invited to dress in green and come try your "Luck of the Irish"! Winners will receive prizes courtesy of the Bristol Mall and its merchants.



## BRISTOL VIRGINIA PARKS & RECREATION DEPARTMENT

# 2016 Winter Activities

