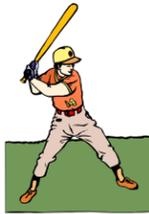


Athletics



MEN'S SOFTBALL LEAGUES

A.S.A. church, open, and industrial leagues open play April 18. The season runs through June with games played at Sugar Hollow Park. Further information can be obtained by contacting our department.

YOUTH FOOTBALL & CHEERLEADING REGISTRATIONS

Open for youth ages 8 - 12. Programs are divided into two divisions: Pee Wee and Midget. Information and registration will be available in respective schools in May. Practice begins in August with the seasonal play to follow.



CHEERLEADING CAMP

Bristol Virginia city youth involved in our cheerleading program are eligible to sign up and participate. The camp is slated for Friday, July 22 at Waldo Miles Retreat in Sugar Hollow Park. Call our office for further information.



Outdoor Recreational Facilities



SUGAR HOLLOW PARK

Recreational opportunities include over 2 miles of lighted walking trails, a playground station, wetlands nature area, golf practice area, a dog play area and mountain biking trails. The picnic area boasts of numerous picnic pads available on a first come basis along with picnic shelters secured by reservations. Sporting field areas include three softball fields along with several soccer fields.

The campground contains camping sites that accommodate all types of RV's. Each site contains a picnic table plus charcoal grill. On site are also two comfort stations complete with hot showers and a sewage dump for the camper's use. Sites are wi-fi and cable ready. We are a Tennessee Valley Camp-Right Campground!

Waldo Miles Retreat is available for public use on a reservation basis. The retreat is made up of a fully enclosed facility seating up to 250 people including a "break-out" room seating 40. Bathrooms and a large fireplace are also part of its furnishings. A pool and bathhouse are available for rent either individually or as a package deal. Call our department at 276-645-7275 for reservations or further information.



SUGAR HOLLOW DISC GOLF COURSE

Rave reviews are coming in from disc golf players about our new 18 hole disc golf course. It is a tournament standard course with rolling hills, forests of tall pines, water play holes and even a unique hole on the backside of the dam. Bring your discs and try it out for yourself!

New for 2016

New Program



DISC GOLF LEAGUE

An opportunity to enjoy our new and exciting Sugar Hollow Disc Golf Course in a competitive fashion. Interested participants are invited to formulate their team and join in league. play There will be a registration meeting in early August for those interested. More information concerning limit of team rosters, days of play, registration fee and rules may be obtained by calling our office.

Douglass Senior Center



Seniors on the Move!

The Department's Senior Adult Division is operated from the Douglass Senior Center where seniors are on the move. Activities are centered around the themes of fun, fitness, and fellowship. The center offers a fitness and wellness area 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 | Friendly Cafes (hot meals) | Senior Choir |
| Strength Training | Health Screenings | Bible Studies |
| Computer & Internet | Day Trips & Excursions | Arts & Crafts |
| Ceramics | Dance | Bridge & Mah Jong |
| Educational Events | Social Activities | Overnight Tours |

Visit Douglass Senior Center
on Facebook at Douglass Senior Center



BRISTOL VIRGINIA PARKS & RECREATION

2016 Spring Activities



Dedicated to the pursuit of providing exceptional recreation and leisure services for our residents and visitors by offering the best of facilities and programs through a friendly customer oriented staff.

CLASS SCHEDULE

Arts & Crafts

B-11 KNITTING - *Want to learn a dying art?*

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. , April 28- May 19
6:15 p.m. - 7:15 p.m.
Douglass Center



Fee: \$15.00 plus supplies
Instructor: Anna Burrill

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. , April 28 - May 19
6:15 p.m. - 7:15 p.m.
Douglass Center

Fee: \$15.00 plus supplies
Instructor: Nadine Hunter



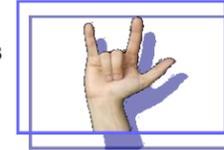
Educational

B-1 SIGN LANGUAGE

Class is designed for beginning student. Learn the alphabet and to finger spell as you progress into everyday common phrases.

Thurs. , April 28 - May 26
6:30 p.m. - 7:45 p.m.
Douglass Center

Fee: \$30.00 plus text
Instructor: Becca Jones



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 suit your skill level.

Monday, May 9

5:00 p.m.. - 6:30 p.m.

Sugar Hollow Disc Golf Course

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



B-100 YOGA

An excellent form of stretching, relaxation and stress relief. Instructor will guide you through various regiments as you will finish feeling like a new person both physically and mentally.

Tues. , May 3 - 24
6:00 p.m. - 7:30 p.m.

Fee: \$45.00

Instructor: Joleen Reed

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. 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.

Office Location: 21361 Sugar Hollow Road, Bristol VA. 24202

Youth

D-113 KARATE (ages 6 - mid teens)

Tues. , April 26 - May 31

5:30 p.m. - 6:30 p.m.

Japan Karate Organization
503 State Street, Bristol, Va.

Fee: \$25.00

Instructor: Howard Smith



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.

Special Events

Music and Movies in the Park

Music & Movies in Cumberland Square Park each Thursday night. Concerts begin at 7:00 p.m. Movies start at 9:00 p.m.

June 30 KIDS OUR AGE

July 7 IVY ROAD

July 14 SHOOTER

July 21 AMAZED

July 28 SENIOR SHOWCHOIR

(the Showchoir will perform @ the Paramount with details below)

Food vendors will be present in the park

Movies sponsored by BVU. Info on titles can be obtained through BVU.

The Bristol VA. Senior Showchoir will present "LEGEND'S OF SHOW BUSINESS" at the Paramount Thurs., July 28 at 7:30 pm and *Tunes at Noon* on Fri., July 29 at 12 noon.

Contact Information

Visit us on Facebook at Bristol VA. Parks & Recreation Dept.



WEB ADDRESS
www.bristolva.org



Phone 276-645-7275
Message Line 276-645-7377



BARK IN THE PARK

Cumberland Square Park will become a place for "Dog Days" on Thursday, August 4th. Some of the activities include:

A Walk In The Park

Largest & Smallest Dog

Best Dog Trick

Best Dog and Owners Look A Like Costumes

Booths offering services & interests of dog lovers along with rescue groups

Come out to the park and enjoy this very popular fun-filled evening event.

For further information call 276-645-7370.