

## SCHEDULE OF CLASSES

### Arts & Crafts

#### J-57 CALLIGRAPHY

Class is designed for the beginner but also serves as a great refresher for others. Chancery, Cursive and Italian Script writing styles are covered.  
Thurs., Oct. 27 - Dec. 1  
6:00 p.m. - 7:15 p.m.  
Douglass Center



Fee: \$40.00 includes supplies  
Instructor: Joseph Marler  
*no class Thurs., Nov. 24*

#### 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.  
Tues., Oct. 4 - 25  
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.  
Tues., Oct. 4 - 25  
6:15 p.m. - 7:15 p.m.  
Douglass Center



Fee: \$15.00 plus supplies  
Instructor: Nadine Hunter

### Educational

#### D-7 DISC GOLF 101

This one time 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, Oct. 24  
5:30 p.m. - 6:30 p.m.  
Sugar Hollow Disc Golf Course

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



Administrative Office  
21361 Sugar Hollow Dr.  
Bristol, Virginia 24202

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

#### J-950 HOW TO TAKE PHOTOS LIKE A PRO

Learn to take photos like a pro as our seasoned professional shares tips on composition & other special skills  
Thurs., Oct. 6 - 27  
7:00 p.m. - 8:00 p.m.  
Douglass Center

Fee: \$40.00

Instructor: Mark Marquette  
Photojournalist



#### B-1 SIGN LANGUAGE

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



Tues., Oct. 4 - Nov. 1  
6:30 p.m. - 7:45 p.m.  
Douglass Center

Fee: \$30.00 plus text  
Instructor: Becca Jones

### New Class

#### J-957 LEARN YOUR TELESCOPE AND CONSTELLATIONS

In four sessions you can become a real amateur astronomer! You do not need your own telescope to participate.  
Tues., Oct. 4 - 25  
7:00 p.m. - 8:00 p.m.  
Douglass Center

Fee: \$40.00

Instructor: Mark Marquette  
Stargazer Writer



### MEMORIAL BRICKS

Honor your loved ones who have served in our armed services through a memorial brick. Two sizes are available:  
Standard 4 x 8  
Granite 12 x 12  
Bricks are placed in Cumberland Square Park Memorial area.



Call 276-645-7275 to place an order.

### Youth

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

Tues., Oct. 4- Nov. 8  
5:30 p.m. - 6:30 p.m.  
Japan Karate Organization  
503 State Street, Bristol, Va.

Fee: \$25.00

Instructor: Howard Smith



### 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

Both Classes - Fee: \$15.00 4 weeks - Location: Douglass Center

### Sources of Contact

[www.bristolva.org](http://www.bristolva.org)

DEPARTMENT PHONE (276) 645 - 7275  
MESSAGE LINE (276) 645 - 7368



### 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, VA. 24209**

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

## Athletics



### YOUTH FOOTBALL & CHEERLEADING

Open for youth ages 8 -12. The program is divided into two divisions, Pee-Wee & Midget. City games are played at Sugar Hollow Park September - October with a concluding bowl game played in each division. Teams made up from Bristol, Virginia, Washington County and Abingdon.



### MEN'S BASKETBALL LEAGUE

Players must be 18 years of age and up. League is composed of teams from churches, civic clubs & industries. An organizational meeting is slated for October. League play November - February.

### SENIOR MEN'S BASKETBALL

Men ages 50 and up are invited to participate in this program on Tuesday and Thursday evenings at Virginia Middle School. Pick-up games are played from those men in attendance. Play begins in November. Contact office for more details.

### YOUTH BASKETBALL LEAGUE

For boys and girls ages 8 - 13. Boys will practice during the week with games played on Saturdays. Girls practice and will play games during the week. An organizational meeting is scheduled for mid October.

## WELCOME TO SUGAR HOLLOW PARK



Recreational opportunities include over 2 miles of lighted walking trails, a play ground station and disc golf course. The picnic area boasts of numerous picnic pads available on a first - come basis. Also available are various size picnic shelters secured by reservations through October. Other recreational venues include three softball fields along with several soccer fields, a wetlands nature area plus bike trails.

There is also a dog area for pet enthusiasts to allow their dogs to run unleashed.

### Disc Golf



18 Holes

The campground contains numerous camping sites which accommodates 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. A sewage dump is available for the camper's use. Wi-Fi and TV Cable hook up available.

Sugar Hollow Campground is a ARVC rated campground open mid April - October. 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. During the summer a pool and bathhouse are available for rent late May - August.

## Special Events

**OCTOBER** *A "BOOOOTIFUL" EVENING AT THE MALL*  
 Mon., Oct. 31 6:00 p.m. Join us for an evening of exciting and safe Halloween fun at the Bristol Mall. Events will include: Costume Contests for all ages with prizes given to the top three in each division plus Trick or Treat in the commons area of the mall. Enjoy a climate controlled Halloween with your friends provided by the Bristol Mall and the Bristol Virginia Parks and Recreation.



**NOVEMBER** *THANKSGIVING ESSAY CONTEST*  
 Students in grades 3 - 5 of Bristol Virginia schools are invited to submit a written essay based upon the announced Thanksgiving theme. Further details and theme will be announced in early November through the schools.



**DECEMBER** *CHRISTMAS CARD CONTEST*  
 For Bristol Virginia students in grades K - 5. Ribbons awarded to the top four cards in two divisions; K - 2 and 3 - 5. The overall winner will become the "official" Christmas Card of the department for the 2017 Holiday season. Flyers will be given out in late November through schools with more details.

### SANTA CALLING

Santa has lined up help with the department and the Bristol Optimist Club to aid in calling children ages 2 - 7 on Thursday, December 15 from 6:00 p.m. - 7:00 p.m. To reserve a call phone 276-645-7275 beginning in December.



## Senior Adult Activities

at the

## Douglass Senior Center

visit 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  
 Strength Training  
 Computer Lab  
 Ceramics  
 Educational Events

Nutrition Programs  
 Health Screenings  
 Day Trips & Excursions  
 Dance  
 Social Activities

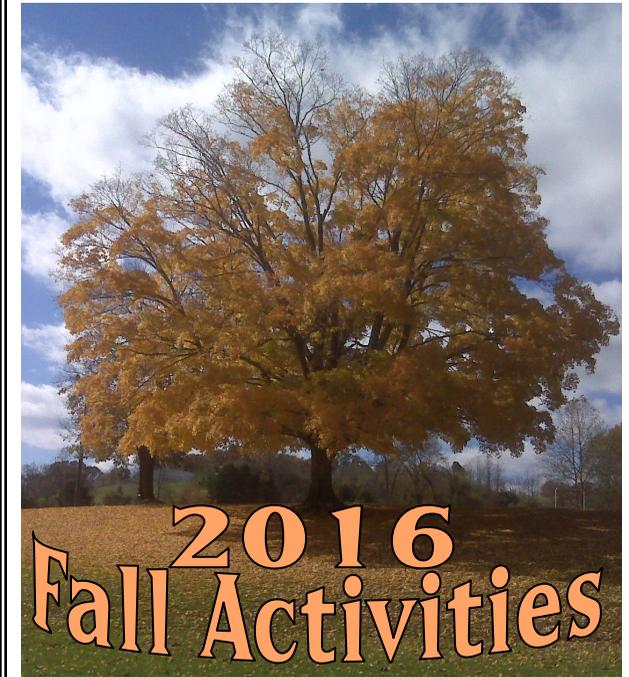
Senior Choir  
 Game Days  
 Arts & Crafts  
 Bridge & Mah-Jongg  
 Overnight Tours



## Senior Showchoir CHRISTMAS SHOW

Tuesday, December 13th 7:30 p.m.  
 Paramount Center For The Arts

# BRISTOL VIRGINIA PARKS & RECREATION DEPARTMENT



# 2016 Fall Activities



*Dedicated to 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.*