Prince George County Parks and Recreation

2016 ACTIVITY GUIDE
SUMMER-FALL

PRINCE GEORGE COMMUNITY CENTER
11100 OLD STAGE ROAD
PRINCE GEORGE, VA 23875
OFFICE (804) 458-6164
FAX (804) 458-5021
ACTIVITY HOTLINE (804) 458-5186
WWW.PRINCEGEORGEVA.ORG

SPORTS, SPECIAL ACTIVITIES & PROGRAMS
Welcome

“To enhance the quality of life of Prince George County residents by promoting healthy lifestyles and providing enriching leisure services.”

The Prince George Parks and Recreation Department invites you to join in the fun!! Youth will enjoy summer programs that include Tennis, Sports Camps, Day Camp, and other activities. Youth can also participate in our wide range of athletic programs, including Wrestling, Field Hockey, Basketball, Soccer, Flag and Tackle Football, Cheerleading, and seasonal tournaments. Children will have a blast participating in our seasonal activities, which include our Harvest Festival, Christmas Card Contest, Breakfast with Santa, Santa Calls, and yearly Christmas Parade.

Adults looking for a way to get in shape may enjoy such classes as Zumba, a fusion of Latin and International music set to dance, Yoga, Basic Abs, Mind-Body exercises or take in an Arthritis class for people with arthritis or related difficulties. The Prince George Parks and Recreation Department will be taking registration for a NEW adult co-ed kickball league. You can also get a team together to play in our Adult Co-Ed Volleyball league or 35+ Adult Basketball League. Plan a family trip to see the Orioles take on the Boston Red Sox featuring Prince George High School graduate Jackie Bradley Jr.

This summer Prince George Parks and Recreation in partnership with the GFWC – James River Junior Woman’s Club is pleased to be sponsoring a “Rockin’ Family Summer Concerts” June 4- (featuring “Brittany Marie”) and September 10- (featuring “B2B”). We will also be partnering with Harbor Blast at the Appomattox Boat Harbor on August 8- (featuring “Harley Boone and Bethany Gates”).

Sincerely,

Keith B. Rotzoll

Prince George Promise Donations

Donate your NEW or “GENTLY USED” youth team sports equipment (baseball/softball, soccer, football, basketball, field hockey)!!!!! Equipment will be used by PG Parks and Recreation youth league participants. Bring equipment - in good condition, to the Prince George Parks & Recreation Community Center 11100 Old Stage Road

Sponsored by: PG Promise & Parks and Recreation
Board of Supervisors
William A. Robertson Jr.—Chairman
Jerry J. Skalsky—Vice Chairman
Alan R. Carmichael
Donald Hunter
T.J. Webb
Percy Ashcraft—County Administrator

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Frank Pino
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Our Staff
Department Director—Keith B. Rotzoll - krotzoll@princegeorgecountyva.gov
Athletic Coordinator—Rob Eley - reley@princegeorgecountyva.gov
Special Activities Coordinator - Debbie Lafland - dlafland@princegeorgecountyva.gov
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Office Associate II - Alecia Redfearn - aredfearn@princegeorgecountyva.gov
Sr. Grounds Maintenance Worker - John Logan
Grounds Maintenance Worker - William (W.B.) Baird
DISCOUNT TICKETS

Prince George Parks and Recreation is currently selling Kings Dominion Any Day Tickets for $42. Any Day Tickets are valid for any regular operating day of the 2016 season for ages 3 and up. Tickets are sold in the Parks and Recreation office at 11100 Old Stage Road, Prince George VA 23875, **cash or check only**.
Follow us on social media for latest program updates, new classes, events, and sporting updates!
Facebook—PG County Parks and Recreation
Twitter—PG Parks & Rec

Know Before You Go!
We are able to send you an email and/or text message letting you know when games, special activities and classes are cancelled or delayed. Please visit the Prince George County website at www.princegeorgeva.org to sign up for this feature. On the home page of the website click on “Know Before You Go Rainout” and then enter either your email address or cell phone number. Once you do this we will be able to either send an email and/or text message to you as soon as we know the games are cancelled or delayed.

OUTDOOR SUMMER MOVIE NIGHT
This summer Prince George Parks and Recreation is pleased to present two Outdoor Summer Movie Nights at Scott Park. Come out and enjoy a family night under the stars. Bring a blanket to sit on! Dates and Times to be announced check our Facebook, Twitter, and website for updates!
Youth Recreational Leagues

Registration is required for each league. A parent or legal guardian must register the youth at the Recreation Office or online at www.princegeorgeva.org/onlineregistration. A birth certificate is required for first-time sign-ups.

Family registration fee for youth sports will be $30.00 for 1 child; $50.00 for 2 children; $70.00 for 3 children and $10 for every additional child past three.

Fall Soccer

Registration July 5-29, Monday—Friday 8:30am—5:00pm
Saturday July 16 9:00am-Noon

Mini-Mites Soccer - This league is for 4 year old boys and girls. Each child must be 4 years old and cannot have reached their 5th birthday on or before November 1, 2016. This is an instructional league that teaches the very basics of soccer.

Pee-Wee Soccer - For boys and girls ages 5 & 6. Each child must be 5 years of age and cannot have reached their 7th birthday on or before November 1, 2016. This league is designed to introduce fundamentals such as passing, dribbling and trapping.

Junior Soccer - For boys and girls ages 7 - 9. The child must be 7 years of age and cannot have reached their 10th birthday on or before November 1, 2016. The junior division introduces positions and teamwork.

Senior Soccer - Boys and girls in this age group are 10-13 years of age. Each child in this division must be 10 years of age and cannot have reached their 14th birthday on or before November 1, 2016. This age division will teach the children recreational soccer at a higher level.

Travel Soccer - For boys and girls age 14-18. All participants must be 14 years of age and cannot have reached their 19th birthday on or before August 1, 2016. This team practices in Prince George and plays its games in Colonial Heights. The cost for travel soccer is $55.00 per participant.

A player may move up one age group in soccer IF they are within one years age of the cutoff for that division. They may only move up if they have participated for at least one year in their listed age division and with the consent of the Recreation Department. Players may NOT move up from any 4 year old leagues. Contact Parks and Recreation if interested.
Youth Tackle Football - The Prince George Parks and Recreation Department is now a member of the Chesterfield Quarterback League (CQL.) Playing in this league gives participants an opportunity to experience travel football. CQL is divided into three divisions: Minor Division 8 and 9; Junior Division 10 and 11; and Senior Division 12 and 13 year olds. Participants can not turn 14 by September 30, 2016. Youth football players will be responsible for purchasing green game pants which will be available through the recreation department.

Youth Cheerleading - The Prince George Parks and Recreation is now a member of Chesterfield Cheerleader League and travel to surrounding areas with their team. Youth Cheerleading will be broken up into three different divisions; Minors 8 and 9, Juniors 10 and 11, and Seniors 12, 13, and 14 year olds. Participants can not turn 15 by September 30, 2016 Youth cheerleaders will be responsible for purchasing a cheerleading package which will be available through the recreation department.

Flag Football - Flag Football is for boys and girl’s ages 5 - 7. Participants must be 5 years of age and cannot have reached 8 years of age on or before September 30, 2016. This league will play all of their games here in the County. This is not a travel program.

Flag Cheerleading - For girls ages 5 - 7. Participants must be 5 years old and cannot have reached their 8th birthday on or before September 30, 2016. Flag Cheerleaders will cheer for the Flag Football teams. This is not a travel program.
YOUTH RECREATIONAL LEAGUES

Basketball

Registration October 24-November 10 Monday—Friday 8:30am—5:00pm.
Saturday November 5th 9:00am-Noon &
Tuesday November 8, 5:00 pm—8:00 pm

Mighty Mite - This co-ed league is for 7-8 year old boys and girls. Each participant must be 7 years of age and have not turned 9 years old on or before January 1, 2016.

Pee-Wee Boys & Girls— Individual leagues for boys and girls 9-10 years of age. Each participant must be 9 years of age and have not turned 10 years old on or before January 1, 2016.

Junior Boys & Girls - Individual leagues for boys and girls 11-12 years of age. Each participant must be 11 years of age and have not turned 12 years old on or before January 1, 2016.

Senior Boys & Girls - Individual leagues for boys and girls 13-15 years of age. Each participant must be 13 years of age and have not turned 15 years old on or before January 1, 2016.

A player may move up one age group in basketball IF they are within one years age of the cutoff for that division. They may only move up if they have participated for at least one year in their listed age division and with the consent of the Recreation Department. Players may NOT move up from any 4 year old leagues. Contact Parks and Recreation if interested.

YOUTH PHYSICAL FITNESS

Karate Classes— These classes build positive self-image, sportsmanship, self defense, and better concentration. They are held on Tuesday and Thursday nights at W. A. Walton Elementary School in the gym, 4101 Courthouse Road. These classes are for anyone ages 8 and over and classes run for eight weeks. The program fee is $60 per participant with multi-child discounts.

Travel Field Hockey— Prince George Parks and Recreation will be offering a competitive girls travel field hockey team, participating in the Allied Field Hockey League. The team will practice in Prince George and play games at Clover Hill Athletic Complex in Chesterfield County. This team is for girls in grades 2 through 8. Dates and times to be announced.

Tennis Lessons— Prince George Parks and Recreation will be offering tennis lessons August 8-August 19, Monday –Friday for 2 weeks. Registration June 15-August 5 or until filled. Cost is $50 per participant, $25 for Intro class for ages 5-8.

Youth Wrestling— Prince George Parks and Recreation in partnership with Prince George Youth Wrestling Association is offering youth wrestling, for County youth ages 5—12, participants must be 5 by January 1, 2017. Registration is September 5— November 14, cost is $35 per participant. The season will run from early November to the end of February.
Harvest Festival - Come out and help us celebrate our 10th annual Harvest Festival at Temple Park! This event, for County youth up to 13 years old, will feature loads of games, a hayrack ride, haunted forest, exhibits, costume contest and fun! October 22, 5:00pm to 8:00pm Dress in your Halloween costume, or come as you are.

Annual Tree Lighting - The Annual Prince George Parks and Recreation Tree Lighting will be held on November 30, at 7:00 PM beside the Historic Courthouse. Enjoy Christmas songs and refreshments.

Christmas Parade - The Annual Christmas Parade will be held on Saturday, December 3, 3:00 pm starting at Beazley Elementary School and Scott Park. Any persons or group wanting to be in the parade can call 458-6164. Applications for entry into the parade will be available starting October 24.

Christmas Card Contest - Put your drawing skills to the test. This event will be for County youth grades 3—5. The winner of this contest will receive a $100 savings bond presented by the Prince George Ruritan Club and the card will be used as the official Christmas Card for Prince George County. Entries will be accepted at the Prince George Parks and Recreation Department from November 1—18.

Santa Calls - The Prince George Parks and Recreation Department is sponsoring a phone call from Santa for children that live in Prince George County ages 3—8. Arrangements have been made for Santa, Mrs. Claus, or one of Santa’s elves to personally call each child who signs up with the Prince George Recreation Department from November 7th—December 2nd.

Breakfast with Santa - You are invited to have breakfast with Santa on December 3, from 9:00 AM—12:00 PM at the Prince George Community Center. A photographer will be on hand to take pictures with Santa for purchase. Prince George Scouts will help us with this event. Registration will be November 1—30, cost to be announced.
ADULT PHYSICAL FITNESS

Zumba Exercise Class - Zumba is a fusion of Latin and International music set to dance themes creating a dynamic, exciting, and effective fitness workout. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Yoga Class - Yoga is a mind body exercise involving stretching and creating balance in the body through developing both strength and flexibility. Bring a mat with you for floor exercises.

Basic Abs - This class will include muscle conditioning with a complete dynamic workout for all fitness levels. It will deliver strength, balance, flexibility endurance for core stability to tone, lengthen and define your muscles. The class incorporates all this by using only your body resistance to burn calories and get the results you desire. Bring a mat for floor exercises and weights.

Arthritis Class - The Arthritis Foundation Exercise Program is a free community-based, recreational group exercise and education program designed specifically for people with arthritis and related diseases.

Mind-Body Exercises - This free class will feature two mindful exercise forms, Yoga and Tai Chi, and present strategies and movement sequences to incorporate mind-body exercise into physical activity programming for older adults.

SUMMER SPORTS CAMPS

Football Camp - This camp will be run by the Prince George High School Football Staff. It is designed to teach the basic fundamentals and skills of football. It will be held July 18 –20, for ages 6 - 13 from 6:00 pm - 8:00 pm at the football practice field behind Clements Jr. High. Registration will be held at the Prince George Parks and Recreation office from May 31 - July 15. The cost for this camp will be $15, which includes a participant t-shirt.

Soccer Camp - The Parks and Recreation department will be holding a youth soccer camp August 15 - 19, from 5:30 pm - 8:30 pm at JEJ Moore Middle School. This camp is designed to teach the basic skills and fundamentals of soccer. Registration will be held July 5 - August 5 and is for ages 5 - 18. The cost for the camp will be $65 for the first child, $50 for the second child and $40 for the third child.

Mini - Mite Camp - For boys and girls ages 3 and 4. This camp will be held on June 27 -29, from 6:00 pm - 7:00 pm. This camp is designed to introduce and teach the basic skills of soccer, baseball/softball, and basketball. Registration will be held at the Parks and Recreation office from May 31—June 24. Registration fee will be $30. Participants must be 3 years old before the time of registration. Limited to 15 participants.
Girls Basketball Clinic - The Prince George Parks and Recreation Department will be offering a free Girls Basketball Clinic on Sundays, June 26th through August 28th, from 4pm to 6pm for ages 9 to rising 8th graders. Participants will take part in partnered fundamental drills, offensive and defensive drills and games. Registration will be from May 31 - June 24 (Mon. - Fri. 8:30 am - 5:00 pm) in the Parks & Recreation office.

Punt, Pass, & Kick - Thursday July 21st, 6:00 p.m., at PGHS Football field. The competition is open to all boys and girls ages 6-15. Each participant is allowed one punt, one pass and one placekick as part of his or her competition. Boys and girls compete separately. The five age classifications are based upon the child's age as of December 31, 2016. Failure to provide a birth certificate will result in that participant being ineligible to compete. All participants must register online at www.nfl.com or submit the signed parental Punt, Pass & Kick Entry Form/Release of Liability form to the Prince George Parks and Recreation Department. In addition, participants must have a Prince George Parks and Recreation Release of Liability form on file prior to participation. There is no charge to participate in the NFL PP&K.

Volleyball Camp — For rising 6th graders to rising Seniors, registration will be held May 31 to June 17. Camp dates are June 20-June 23 from 6pm to 8pm, $35 per participants. Instructional volleyball with Wanda Gilbert, PGHS head girls Varsity Coach, teaching proper techniques of spiking, blocking, digging, and team play.

Girls Basketball Camp — This Camp, for girls ages 9-17, will be taught by PGHS head girls Varsity Basketball coach Billy Grey from August 8th-11th, 9am to 1pm, at the Prince George Central Wellness Center. For County or non-County residents. Registration will be July 25th through August 5th. $50 per participant, $40 for each additional immediate family member.

Boys Basketball Camp — This Camp, for boys ages 9-17, will be taught by PGHS head boys Varsity Basketball coach Travis Carr from July 11-14, 9am to 1pm, at the Prince George Central Wellness Center. For County or non-County residents. Registration will be June 20th through July 8th. $50 per participant, $40 for each additional immediate family member.

Cheerleading Camp — For ages 5—13. The camp will be held July 18-20 6:30pm to 8:30pm. Participants will learn cheers, jumps, stunts, sideline dances, games and more! Taught by the PGHS Varsity Cheerleaders and Coaches. Participants will perform with the PGHS Cheerleaders at a football game. Registration is May 31– July 15. $45 per child, $10 discount for additional children in same family.
Prince George Parks and Recreation Department is taking a trip to see the Baltimore Orioles take on the Boston Red Sox featuring Prince George High School graduate Jackie Bradley Jr. The date of the trip is August 16 and cost $70 per person including bus trip and ticket to the game. Registration until the week of June 20th or until filled.

Prince George Parks and Recreation Department will be sponsoring an overnight trip in November to New York City. Dates to be determined, check our Facebook, Twitter, and website for updates!!

Prince George Parks and Recreation Department will be sponsoring a day trip on October 15 to go to the Hollywood Casino at Charles Town Races. Registration is July 5– until filled. Limited to 45 participants so sign up early. Cost is $45.00 with $20.00 slot cash back from casino.

**ADULT LEAGUES**

**Adult Kick Ball** The Prince George Parks and Recreation Department will be taking registration for an Adult Co-ed Kickball League. The league is open to teams only, open to residents or non residents. Registration will held August 1st through August 26th at the Parks and Recreation office, 8:30am to 5:00pm Monday through Friday. The cost per team is $160 and be paid at the time of registration. The games will be played at JEJ Moore Athletic Complex with dates and times to be determined depending on the number of teams. For further information please call the Parks and Recreation office.

**Adult Mixed Volleyball** The Prince George Recreation Department is taking registration for Adult Mixed Volleyball teams September 12- October 7. Registration is for teams only, players must be at least 16 years of age, live or work in Prince George County, no more than 18 players per team. A $50 fee will be due by Oct. 7 for each team registered. The number of games will be determined by the number of teams registered. The league will start around the first of November and run through the end of January. Please call 458-6164 for questions and further information.

**Over 35 Basketball** Prince George Parks and Recreation is offering a Basketball League for participants 35 and older (participants must be 35 years of age by January 1, 2017). The $160 team registration fee is required at sign-up. The league will begin in December and run through the beginning of March, number of games will depend on the number of teams. Participants must live or work in Prince George County. Registration will be held October 24 through November 10.
EXERCISE ROOMS

The two Exercise rooms are now open to County residents ages 13– and up. The cardiovascular room contains ellipticals, treadmills and stationery bikes. The weight room houses strength training machines with limited free weights. Participants 13-15 must be accompanied by an adult. Thanks to the John Randolph Foundation for their grant funding of this project.

Fee:
$5 a participant – per month
$50 a participant – per year
No family discounts.

Hours of Operation:
Monday – Thursday 7:00am to 8:00pm
Friday 7:00am to 7:00 pm
Saturday 9:00am to Noon

ADULT ACTIVITIES

Hunter Safety — Dates: July 23 and August 27, 8 am to 6 pm held at the Prince George Community Center, certificate awarded. This course will be instructed by the Department of Game and Inland Fisheries. Pre-Registration is required. To register please log on to www.dgif.virginia.gov or call 1-888-516-0844.

Basic DSLR Photo Course — This four-hour course is designed for people who bought a Digital-Single Lens Reflex (DSLR) camera and who want to take better pictures. Class is limited to 15 participants, the fee is $35 per participant, taught by David Breidenbach and will be held Saturday, June 4th, 9 a.m. to 1 p.m. at the Prince George Community Center. Registration April 11th until filled.

Ballroom Dance Classes — Prince George Parks and Recreation will be offering Ballroom Dance classes for beginners and experienced dancers to meet new friends and learn dance steps. Participants will learn the Basic Fox Trot, Waltz, and East Coast Swing. Leave the program with the confidence to dance at any social event! The class will be held for four weeks at the Prince George Community Center on Wednesdays, October 5-26, from 6:30 pm to 7:30 pm. Program fee is $20 per participant, registration will be September 1—30.
Parks and Recreation Facilities

Rules for Use
Each park is available to citizens from dawn to dusk each day. Alcohol beverages are prohibited.

Pavilion Reservations
County citizens, businesses, and organizations may reserve the pavilion facilities through the Parks and Recreation Department. You may call (804) 458-6164 to check for availability or visit the office in person to fill out a reservation form. Scott Park and Temple Park Pavilions are reserved for half days either from dawn to 3 pm or 3 pm to dusk, in an effort to accommodate as many groups as possible. Self-cleanup required.

Scott Memorial Park
6680 Courthouse Road, 23875
The Scott Memorial Park features a large pavilion and picnic tables, restrooms, a newly renovated playground, and two lighted softball fields.

Moore Athletic Fields
11455 Prince George Drive, 23842
The Moore Athletic Complex has four lighted baseball fields, multi-purpose field, and concession area

Temple Recreation Park
14307 Prince George Drive, 23842
Temple Park features one full size lighted softball field, multi-purpose field, three tennis courts, playground and large pavilion.

Appomattox River Regional Park
800 Folar Trail, 23860
The Prince George County Parks and Recreation Department is also proud to offer the newest addition to our parks. The Appomattox River Regional Park is located between I-295 and the Riverside Regional Jail on River Road. This park offers over 60 acres of wooded trails with an observation pier on the Appomattox River, Educational Shelter and Restroom Facility. Come out for a walk and enjoy the outdoors.

Prince George Central Wellness Center
11023 Prince George Drive, 23842
The Prince George Central Wellness Center is developing into a principal hub for active youth and adults. The indoor facility is utilized for Zumba and Yoga classes, basketball leagues, School practices, and sport clinics. The outdoor lighted rectangular field is used for recreation football practices, and recreation/school soccer practices.
Rockin Family Summer Concerts

This summer Prince George Parks and Recreation, in partnership with the GFWC James River Junior Woman’s Club, is pleased to sponsor the 2nd annual “Rockin’ Family Summer Concerts” on June 4th, and September 10th. These family friendly events to be held at JEJ Moore Athletic Fields bring your lawn chair! On August 8 we will be partnering with Harbor Blast at the Appomattox Boat Harbor.

JUNE 4TH – BRITTANY MARIE

Entrance cost is $5.00 per person for this show held at the Moore Athletic Fields, ages 4 and under are free! Gates open at 5:30 pm. Headlined by Prince George native and rising Country music artist Brittany Marie. Brittany got her start like many emerging Country artists singing at Churches, Fairs, Showcases, and Festivals. She made the commitment to pursue music as a career in 2013. Now, 3 years later, she has opened for National Touring Acts such as: Chris Young, The Band Perry, Aaron Tippin, Brett Eldredge, Clint Black, Scotty McCreery, and More! Brittany won the NCMA New Artist and Video of the Year Awards in 2015!

AUGUST 8TH – HARBOR BLAST WITH HARLEY BOONE & BETHANY GATES

Entrance cost is $10.00 per person for this show held at Appomattox Boat Harbor, ages 18 and under are free if accompanied by an adult. Named after a blue collar legend in the Tidewater region of the Old Dominion, Harley Boone is dedicated to fueling the working class with good music/vibes. Bethany Gates is a passionate singer-songwriter pursuing her dream as a musician. She enjoys playing acoustic guitar and piano, as well as singing.

SEPTEMBER 10 – B2B

Entrance cost is $5.00 per person for this show held at the Moore Athletic Fields, ages 4 and under are free! Gates open at 5:30 pm. B2B is a Jimmy Buffett Tribute band whose primary musical inspiration is, of course, Jimmy Buffett. A major ingredient in any B2B performance is the same laid back, carefree tropical attitude that Jimmy Buffett personifies. We also play a wide range of music making the stretch from Charlie Daniels to Kenny Chesney, Toby Keith to Tracy Byrd, the Drifters to Van Morrison along with a variety of original tunes that range in subject from spending time at the “Rivah” to our favorite hang out place: “Sandbar.”
You can logon **NOW** to create an account for you and your family members!

www.princegeorgeva.org/onlineregistration

**What?** Prince George Parks and Recreation is very excited to offer you the ability to easily and securely view and register for recreation activities online. Come visit our new online registration page and create your account today!

**Why?** Our online registration system is:
- Fast! No more waiting in line.
- Easy! Programs are just a few clicks away.
- Timely! With anytime, around the clock access.
- Convenient! Register from the comfort of your home.
- Secure! Your account information remains private and safe.
- Inexpensive! No added fees for customers attached to online registration.

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**Prince George County Parks & Recreation Foundation**

The Foundation’s purpose is to support the department by raising funds, accepting gifts and grants to enhance or expand existing programs, services, facilities and technology.

*Donate today by sending a check to:*

*Prince George Parks & Recreation Foundation*

*PO Box 712*

*Prince George VA 23875*

*Donations will be tax exempt.*