

The Chesterfield County Parks and Recreation Department is excited to offer youth, adults and older adults a variety of programs at the Mayes-Colbert Ettrick Recreation Center. County residency or membership is not required to participate in the programs.

### Available for Rent

The Mayes-Colbert Ettrick Recreation Center in Ettrick Park, 20621 Woodpecker Road, is rented on a first-come, first-served basis. An hourly charge will be applied. The 5,000 plus square foot building contains a kitchen, arts and crafts room, fitness room, conference room and a multipurpose room. Office hours are Monday-Thursday, 8:30 a.m.-6 p.m. and Fridays, 8:30 a.m.-noon. For more information and rentals, please call Tiffani Davis at 804-706-2596.



## FITNESS AND WELLNESS

### Work It Out

Drop by for a light workout using our equipment. Items available: Exercise DVDs, 1-8 lb. weights, mats, medicine balls, and exercise bands. You can also enjoy our walking trail. Times are subject to change. Please call ahead for availability. Not held on holidays.

Ages 18 and up.

Tuesdays & Thursdays, 9:30-10:30 a.m.

Jan. 5-April 27 Free Course 41389

### Goals with Gordon

Fun, free fitness for all levels. Participants can look forward to exposure to various types of workouts. This program is for participants who want to work on their physical well-being through group led exercises and group emotional support. There is no such thing as a typical class. Classes are led by Sports Backers Fitness Warrior, Elicia Gordon. Open to ages 14 and older.

Thursdays, 6-7 p.m.

Jan. 5-April 27 Free Course 41390

### Yoga/Pilates

In this class, postures are practiced aligning, strengthening and promoting flexibility in the body. Breathing techniques and meditation are also integrated. The student can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds, and hip openers. The purpose of the practice is to create complete health of your mind and body and to allow breath and energy to flow through you freely. Hatha yoga uses physical poses to generate strength and flexibility and to drive energy into all areas of the body, removing any built up tension.

Fridays, 9-10 a.m.

Jan. 6-27 \$40 Course 41770

Feb. 3-24 \$40 Course 41771

March 3-24 \$40 Course 41772

April 7-28 \$40 Course 41773

### Tai Chi

Tai Chi is often described as mindful meditation. The slow movements and breathing exercises practiced in Tai Chi improve health by integrating the mind and body. According to The Harvard Medical School Guide to Tai Chi: "...regular practice leads to more vigor and flexibility, better balance and mobility, and a sense of well-being... Tai Chi also has a beneficial impact on the health of the heart, bones, nerves and muscles, immune system and the mind."

All fitness levels are welcome, and no previous experience is required. Wear comfortable, loose clothing and flat shoes.

Mondays, 10-11 a.m.

Jan. 9-Feb. 13 \$12 Course 41862

Feb. 3-24 \$12 Course 41863

March 3-24 \$8 Course 41864

### Beginner Swing Dance Series

Swing dancing is a form of dance that is always lots of fun. Overflowing with energy and featuring upbeat music, most varieties of swing dance are a real treat to learn, practice, and perform. Because of its relatively quick rhythms, swing dancing can seem difficult to learn before you start with lessons. However, most of the steps are quite simple, and because the steps are heavily tied to the beat of the music, learning the moves is easy once you get a feel for the rhythms and the types of movements. At the end of this progressive series of classes, you should be able to enjoy dancing to all of your favorite dance music from country, rhythm & blues, blues, beach, and boogie.

Tuesdays, 5:30-7 p.m.

Jan. 10-Feb. 14 \$25 Course 41777

March 7-April 11 \$25 Course 41778

### Lifestyle Wellness: Traditional Tea & Tea Culture

This class will be a crash course in the art of the traditional Tea & Tea Culture. Participants will learn about the different types of teas and their uses as well as experience the profound significance of presence and stillness through the art of drinking and sharing tea.

Wednesday, Jan. 11, 11 a.m.-12:30 p.m. \$7 Course 41779

### Black Belt Diva Women's Self Defense Workshop

This is an empowering self-defense class where the participants learn basic hands-on tactics and safety awareness. The class is appropriate for teen girls, adults, maturing women and women with disabilities. Open to ages 13 and older. No prior martial arts skills are needed. The instructor is Crystal Benjamin, a Certified Martial Arts Instructor and second degree black belt.

Saturdays, 9-11 a.m.

Feb. 4 \$30 Course 41472

March 4 \$30 Course 41473

May 6 \$30 Course 41481

### Lifestyle Wellness: Habit & Routines

This class will cover habits and routines. Habits create culture. If we wish to build our dream lifestyle, live healthy, more energized lives then we must take control of the habits and routines we partake in. Individuals will be led in engaging questions that can be used for reflection and ways in which to incorporate new habits and routines into their daily lives.

Wednesday, Feb. 8, 11 a.m.-12:30 p.m. \$7 Course 41780

## Lifestyle Wellness: Know Your Food

This class will be a crash course of starting to better understand your relationship with the food you eat. Includes brief history of food and food culture, tips on ways to start growing or cultivating your own food, basic cooking staples, food terminologies.

Wednesday, March 8, 11 a.m.-12:30 p.m. \$7 **Course 41781**

## Ettrick Trailblazers Walking Club

Looking for a way to improve your health? Connect with others in the community in our fun and sociable walking group. Participants will meet at the tennis courts for a light stretch before walking.

Mondays & Wednesdays, 9-10 a.m.

April 3-May 31 Free **Course 41425**

## TECHNOLOGY TODAY

### Digital Photography with Smartphones

Smartphones are more popular than ever, and many people are switching to them to take their holiday snaps and fill their family photo albums. The best camera phones are small, convenient and always with us – but some people moan their image quality isn't all it's cracked up to be. We say the power is in the hands of the photographer. In the right hands, beautiful images can be captured with whatever smart device is on hand. All it takes to improve your phone shots is to learn a few tips and tricks to get better with your smartphone photography.

Wednesday, March 1, 10 a.m.-noon \$13 **Course 41475**

### Smartphones: A Computer in Your Pocket

This is an introduction to smartphones. Learn what they do, how to turn it on/off, how to access Wi-Fi, about the settings on your smartphone and how to install applications. You can bring your smartphone to class, fully charged or listen about the different types and decide what you would like to get.

Wednesday, March 29 & April 5, 10 a.m.-noon \$26 **Course 41476**

## SEMINARS

### Hands-Only CPR

Hands-Only Cardio Pulmonary Resuscitation (CPR) is CPR without mouth-to-mouth breaths. The American Heart Association estimates every year, 475,000 people die from cardiac arrest in the United States. Hands-Only CPR's recommended for use by people who see a teen or adult collapse in an "out-of-hospital" setting (such as at home, at work, or in a park). Hand-Only CPR can save lives. Learn how. Kimberly Rideout, Fire and Life Safety Educator with Chesterfield Fire & EMS, will present the program.

Monday, Feb. 6, 11 a.m.-noon Free **Course 41474**

### Heirloom Herbs

Explore the historical uses and folklore of herbs as air freshener, insect repellent, medicinal and culinary uses. At the conclusion of the program participants will be able to view numerous herbal sachets and make one of their own to take home.

Wednesday, March 22, 2-3 p.m. Free **Course 41613**

## FINANCIAL SEMINARS

Seminars are presented by a representative with the Virginia Credit Union. Please register at least one week in advance of each class.

Wednesdays, 11 a.m.-noon Free

### Aligning Money and Values

This seminar helps define and align personal values to the financial choices you make every day.

Jan. 18 **Course 41477**

### Financial Conversations for Couples

Save time by getting and keeping your financial records organized. Learn what records to keep, what to keep handy in case of a natural disaster, and how to take a home inventory.

Feb. 15 **Course 41478**

### Psychology of Spending

Take an in-depth look at how the media, advertising, family and personality impact spending behavior.

March 15 **Course 41479**

## CLASSES

### Craftastic Craft Club

Come explore your artistic side in a fun and welcoming environment. This is an opportunity to do a variety of seasonal craft projects. Each craft session will have a different theme. All crafting supplies will be provided.

Tuesdays, 10-11:30 a.m.

Jan. 10 Free **Course 41391**

Feb. 14 Free **Course 41402**

March 14 Free **Course 41407**

April 11 Free **Course 41409**

### Vision Board Party-JenCare Talk

Create a reminder of your goals and join to make a vision board. Let your imagination match your goals. We will bring the supplies, while you provide the creativity.

Thursday, Jan. 12, 11 a.m.-12:30 p.m. Free **Course 41766**

### The Happy Writer's Club

Join us as we send "Happy Mail" to those that may be sick, hospitalized, nursing home bound, and more. Let's bring back the excitement of having to go to the mailbox to receive "happy mail." We will write encouraging letters and letters of support to brighten someone's day. A writing outline will be provided for beginners and newbies. No writing experience is required, only a joyful and positive attitude toward others. Included with the registration fee will be beautifully decorated writing paper, envelopes, stamps, fun stickers, cards, and more for each attendee to use. Everyone that's interested is encouraged to register today. You will have lots of fun especially knowing that you are meaningfully reaching a person that needs you.

Sundays, 2-3 p.m.

Feb. 12 \$12 **Course 41590**


April 2 \$12 **Course 41591**


**Tile Coaster Craft Workshop**   
 During this workshop participants will be able to make a personal coaster for their table with colored pieces of tiles and paint their individual coasters.  
 Wednesday, Feb. 22, 2-3 p.m. Free Course 41611


**Gridiron Coaching-Football Coaching For Women**  
 Participants will have the opportunity to gain experience of basic coaching and on the field football operations. Learn how to demonstrate basic football skills to players. Collaborate with other coaches to formulate a game plan and practice schedule. Analyze individual and team sessions to correct players' errors. Install a football defensive scheme during the preseason. Adapt defensive scheme to players talent. Construct a team culture for players and coaches. Because football seasons are long, self-care for coaches will be discussed. Women 18 and older are encouraged to register for this foundational coaching class. Three-quarters of the workshop will focus on defensive football. The skill level is for novice learners and or participants.  
 Wednesdays, 6-7 p.m.  
 Jan. 11-Feb. 15 Free Course 41775  
 March 1-April 5 Free Course 41776

**St. Patrick's Day-JenCare Doc Talk**  
 Bring a friend, relative or neighbor and come prepared with your questions for a JenCare Doc Talk. Light refreshments will be served.  
 Thursday, March 9, 11 a.m.-12:30 p.m. Free Course 41768


**Floral Arranging-JenCare Talk**  
 Come have fun creating your own seasonal floral arrangement. Learn about services provided by JenCare and go home with a beautiful floral bouquet. All supplies provided.  
 Thursday, April 13, 11 a.m.-12:30 p.m. Free Course 41765

**Suncatcher Craft Workshop**   
 During this workshop participants will have the opportunity to make their very own personal suncatcher. Beautiful glass gems of various colors will be used to create a one of a kind masterpiece. These items can be hung in a yard, patio or on a window.  
 Wednesday, April 26, 2-3 p.m. Free Course 41614

**Declutter, Downsize, Dispose of the Stuff**   
 Have a lot of stuff? Planning to move in the future and want to get rid of some of it? In this course, students will learn tips, suggestions, and planning for downsizing their lives. The class includes simple ways to sort through the clutter, decide what to keep, plan for the next step, and dispose of the rest.  
 Wednesday, Jan. 25, 11 a.m.-noon Free Course 42017

**A Matter of Balance**   
 Matter of Balance is a nationally recognized evidence-based program designed to reduce the fear of falling and increase activity levels among older adults. Gain confidence by learning to view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home and exercise to increase strength and balance. Chippenham & VCU Hospitals are partnering with Senior Connections for this program.  
 Mondays, Feb. 6-April 3, 11 a.m.-1 p.m. Free Course 41902


**YOUTH & TEENS**

**Kids Run RVA: Junior TrailBlazers**   
 Every year Kids Run RVA gets thousands of young people moving by supporting local running clubs that happen at schools and other youth serving organizations throughout the region. Staff from the sites and volunteer coaches lead the clubs, which typically meet before or after school in the fall and spring season. Kids Run RVA supports the coaches that lead the clubs, partners with Richmond Road Runners Club to provide mini-grant funding to clubs in need of financial assistance, and breaks down barriers to youth participation by providing team t-shirts free of cost, waiving or steeply reducing race registration fees, and providing shoes for kids in need of proper footwear. Over time, young people in Kids Run RVA clubs improve their fitness, build a love for running and active living, and prepare to participate in one of Sports Backers signature events, such as the Ukrop's Monument Avenue 10k. For grades 3-9.  
 Tuesdays and Thursdays, 4:30-5:30 p.m.  
 Feb. 2-April 20 Free Course 41855

**Brick Buddies**  
 Come let your creativity flow with those who share a love of LEGOs. Enjoy design challenges, work on an unique project, be inspired and learn from others. For ages 5-10.  
 Monday, Feb. 6, 6-7 p.m. Free Course 41421  
 Monday, March 6, 6-7 p.m. Free Course 41422  
 Monday, April 3, 6-7 p.m. Free Course 41423

**Skateboarding 101**  
 Ollie the gap, grind the ledge, air out of the bowl. Grab your board and try one of the world's fastest growing sports, skateboarding. Participants will learn the basics of skateboarding in a fun and safe environment. Skills covered will include pushing, riding, stopping, as well as basics tricks such as ollies, manuals, popshovets, and dropping in on a two-foot tall quarterpipe. Participants must bring their own skateboard and helmet. For skaters 8 to 16.  
 Details: AshleyWeatherford, 804-717-6859 or weatherforda@chesterfield.gov.  
 Ettrick Park, 20621 Woodpecker Road  
 Mondays, April 10-June 5 (not held 5/29), 4:30-5:30 p.m.  
 \$100 Course 41580

Rockwood Park, 3401 Courthouse Road  
 Thursdays, April 13-June 1, 4:30 -5:30 p.m. \$100 Course 41578

**Faith & Fitness**   
 This class will shape the future leaders of tomorrow. We will begin with personal development goals, followed by team bonding, and close out with a group exercise. This course is designed to bring self-awareness and improvement to the mind and body with fun moves and upbeat music. For ages 9-16.  
 Wednesdays, Jan. 18-April 5, 6:45-7:45 p.m. \$40 Course 42019

## DROP-IN ACTIVITIES

### Dominoes

Meet friends or catch up with old friends while playing Dominoes. All skill levels welcome.  
Mondays, 9:30 a.m.-noon  
Jan. 9-April 24

Free **Course 41793**

### Open Studio

Looking for a space to relax and be creative? Ettrick is offering open art studio time. We will provide paints, brushes, and blank canvases. Sessions are held on the second Monday of each month. Open art studio time is not an artist-guided class.

Mondays, 5:30-7:30 p.m.  
Jan. 9-April 10

Free **Course 41794**

### Stitch Makers

If you love knitting and crocheting or always wanted to try it join us on the third Monday of every month. Bring your supplies and projects, exchange ideas and skills all while meeting new friends.

All skill levels are welcome.  
Mondays, 1-2:30 p.m.  
March 20-April 17

Free **Course 41424**

## SPECIAL EVENTS

### Valentine Social

Enjoy an afternoon filled with socializing and Valentine treats. For ages 50 and older. Please register by Jan. 19.

Thursday, Feb. 9, 11 a.m.-1 p.m. **\$5 Course 41767**

### Black Excellence Open Mic

We are celebrating Black History Month with a display of talent. Poets, singers, and musicians are encouraged to showcase a performance. Light refreshments will be served. This event is open for all ages. Registration for performers only.

Friday, Feb. 24, 6:30-8:30 p.m. **Free Course 41795**

### Egg Hunt

The Easter Bunny is coming. Join him at Ettrick Park for our annual egg hunt. Awesome prizes will be awarded for specially marked eggs. Participants will enjoy refreshments, prizes and photos with the Easter Bunny. Please bring your own basket. The hunt will begin promptly at 10 a.m. Children will be grouped according to age. The egg hunt is for children ages 1-12. Adults and children must register. Open to the first 64 who register by March 24. Fills up fast, so register early.

Saturday, April 1, 10 a.m.-noon **Free Course 41411**

## THERAPEUTIC RECREATION

### Anything Goes Active Hour

If you need to be more active in your life, this is the program for you. Individuals 18 with disabilities are invited to participate in different physical activities. We won't stop 'til the hour's up.

Pre-registration is required.

Wednesdays, 10:30-11:30 a.m.

March 29-April 12 **Free Course 41515**

### Fun in the Park

Join us for exercise, activities, and socialization as we enjoy nature. This course is for adults 18 and older with disabilities.

Pre-registration is required.

Wednesday, May 3, 10-11:30 a.m. **Free Course 41516**



# Out of the PARK

Receive news about park projects, activities and events, and the latest updates delivered to your inbox each month in the Out of the Park newsletter.

View past issues on the department website:  
<https://www.chesterfield.gov/5284/Out-of-the-Park-Newsletter>

**SUBSCRIBE NOW!**