

RECREATION CENTERS – STONEBRIDGE

For more information on Stonebridge programs,
Kim Graves, 804-768-7885 or gravesk@chesterfield.gov

The Chesterfield County Parks and Recreation Department is excited to offer youth, adults and older adults a variety of programs at the Stonebridge Recreation Center. Office hours are Monday-Thursday from 8:30 a.m. to 6 p.m., and Fridays from 8:30 a.m. to noon.

Available for Rent

The Stonebridge Recreation Center is located at 230 Karl Linn Drive, North Chesterfield VA 23225, and is rented on a first-come, first-served basis. An hourly charge will be applied. The building contains an arts and crafts room, a classroom and a multipurpose room. For more information about classes, special events and rentals, please call Kim Graves at 804-768-7885.



50+ ACTIVE LIFESTYLES: FITNESS AND WELLNESS

Two-Day Beginner Pickleball NEW

Learn to play pickleball, great for all ages. Learn basic rules, safety, strokes and how to score. Equipment provided for class use.

Sign up early, space is limited. Instructed by Dick Brenner, IPTPA Certified Pickleball Teaching Instructor.

Tuesday and Thursday, 9-11:15 a.m. \$49
June 6 and 8 **Course 42207**

Hawaiian Hula

Refresh your mind, body and spirit with this story-telling dance, using graceful hand movements and gentle swaying hips. Also learn party-style hula to a few popular Hawaiian tunes and be ready to dance at your next Luau party. No partner or experience needed.

Fun and easy to learn. Instructed by Mary Jane Smith.

Mondays, 2-3 p.m. \$25
May 8-June 5 (not held 5/29) **Course 42032**
June 26-July 17 **Course 42033**
July 31-Aug. 21 **Course 42034**

Beginner Line Dancing

Experience line dancing to a variety of music. No partner or experience needed. Instructed by Beverly Martin. *Look for Line Dancing Socials under Special Events.

Tuesdays, 10:30-11:30 a.m. \$24
June 20-July 18 (not held 7/4) **Course 42039**
July 25-Aug. 22 (not held 8/1) **Course 42040**

Intermediate Line Dancing

Already comfortable with the basics? Explore new dances and try new songs to inspire creativity. This is a fun way to exercise and feel great. Learn steps to a variety of music. Instructed by Phyllis Harris.

Tuesdays, Noon-1 p.m. \$30
June 6-July 11 (not held 7/4) **Course 42035**
July 18-Aug. 22 (not held 8/1) **Course 42036**

Active & Fit

This versatile class contains segments of cardio movement, range of motion, stretching and balance work. Strength is maintained and enhanced with the use of small weights. The class can be done seated and/or standing and a chair will be provided. This class promotes a healthier body and helps with activities of daily living. Small weights and bands will be available or bring your own, if preferred. Instructed by Silver Sneakers Certified Elaine Egan.

Fridays, 10-10:45 a.m. \$18
May 26-June 16 **Course 42155**
June 30-July 21 **Course 42156**
July 28-Aug. 18 **Course 42157**

Chair Fitness

This is a combination of low impact aerobic exercises from the comfort of a chair and a little strength training as well. Hand weights are provided, but participants may bring their own. Instructed by Sherella Brown.

Mondays, 11:30 a.m.-12:15 p.m. \$15
May 15- June 26 (not held 5/29 or 6/19) **Course 42060**
July 10- Aug. 14 (not held 7/31) **Course 42061**
Thursdays, 10:15-11 a.m. \$15
June 8- July 6 **Course 42062**
July 13- Aug. 17 (not held 8/3) **Course 42063**

Low Impact Aerobics

This is a cardiovascular workout with basic steps that includes warm-up and cool-down exercises. Some strength training is included. Hand weights are provided, but participants may bring their own. Instructed by Sherella Brown.

Tuesdays, 9-10 a.m. \$20
May 30-June 27 **Course 42066**
July 11-Aug. 15 (not held 8/1) **Course 42067**
Thursdays, 9-10 a.m. \$20
June 8-July 6 **Course 42064**
July 13-Aug. 17 (not held 8/3) **Course 42065**

Beginner Pilates

This class will focus on lengthening and strengthening the body using core exercises that target abs, back and hips. You must be able to get down on the floor to participate. Please bring your own mat. Instructed by Kathy Maguire.

Wednesdays, 2:15-3 p.m. \$25
June 7-July 12 (not held 7/5) **Course 42125**
July 19-Aug. 16 **Course 42126**
Aug. 23-Sept. 20 **Course 42534**

Chair Yoga

This yoga class will increase strength, flexibility, and balance as you unwind. A chair may be used for both sitting and standing postures. When standing, the chair may be used for balance or support. All levels welcome. Instructed by Kathy Maguire.

Tuesdays, 1:15-2 p.m.	\$25	
June 6-July 11 (not held 7/4)		Course 42127
July 18-Aug. 22 (not held on 8/1)		Course 42128
Aug. 29-Sept. 26		Course 42535
Thursdays, 1:15-2 p.m.	\$25	
June 8-July 13 (not held 7/6)		Course 42129
July 20-Aug. 17		Course 42130
Aug. 24-Sept. 21		Course 42537

Gentle Yoga

Increase strength, flexibility, and balance as well as reduce stress in this yoga class with a gentle, unhurried approach. Standing postures as well as mat work will be incorporated. Need to be able to get down on the floor and a mat is required. Instructed by Kathy Maguire.

Tuesdays, 2:15-3 p.m.	\$25	
June 6- July 11 (not held 7/4)		Course 42131
July 18- Aug. 22 (not held 8/1)		Course 42132
Aug. 29-Sept 26		Course 42538
Thursdays, 2:15-3 p.m.	\$25	
June 8-July 13 (not held 7/6)		Course 42133
July 20-Aug. 17		Course 42134
Aug. 24-Sept 21		Course 42539

TAI CHI

Please note: For all Tai Chi classes wear flat, closed shoes. Heels and flip flops are not recommended.

Tai Chi - Sun Style 31

This class is designed to build balance, breath, brain function and lower body strength. Sun Style 31 is suitable for beginners and intermediate senior adults. Certified Instructor: Jenny Barone.

Thursdays, 11:15 a.m.-noon	\$25	
May 11-June 15 (not held 5/18)		Course 42540
June 29-Aug. 3 (not held 7/6)		Course 42541

Yang 24 Short Form Tai Chi

Yang 24 is the most popular tai chi form in the world. Yang style consists of slow, continuous, soft and circular movements in a flowing form. In Tai Chi, a series of postures or movements are performed in a deliberate, graceful manner. Each posture flows into the next without stopping. The practice of Tai Chi increases flexibility, improves balance, body/mind strength, breathing and circulation. It is suitable for participants of any ability level. Course sessions will cover the different movements of the 24 form. Certified Open the Door to Tai Chi Instructor, Beverly Almond.

Mondays, 10-10:45 a.m.	\$25	
May 15-July 3 (not held 5/29, 6/5, 6/19)		Course 42041
July 10-Aug. 7		Course 42042

Intermediate Tai Chi



For practitioners who are familiar with and can perform the Yang 24 forms with little queuing. Focus will be on learning and applying the underlying principles of tai chi to deepen one's personal benefits of meditative relaxation, grace and balance, and flexibility. Certified Open the Door to Tai Chi instructor, Beverly Almond.

Tuesdays, 3:15-4 p.m.	\$25	
May 30-June 27		Course 42043
July 11-Aug.15 (not held 8/1)		Course 42044

Tai Chi "The Art of Letting Go"



Discussion of methods to de-stress, learn appropriate communication techniques, improve attitudes, and let go of unrealistic expectations. Learn some moves in Tai Chi, Qigong, and other discussions that facilitate relaxation, centering and enhancing peaceful energy. Essentially, the goal is to practice methods that will allow participants to let go of everything that keeps one from living a centered, productive, unstressed, and deeply enriching life. Instructed by Jack Fuller.

Fridays, 1-1:45 p.m.	\$25	
May 19-June 16		Course 42158
June 30-July 28		Course 42159
Aug.-Sept. 1		Course 42240

Basic Self Defense for Seniors

Participants will learn self-defense techniques, safety awareness, self-discipline and how to avoid dangerous situations. Instructed by Carrie Jones, certified master instructor.

Mondays, 3:30-4:30 p.m.	\$25	
May 15-June 12 (not held 5/29)		Course 42119
July 10-31		Course 42120
Aug. 7-Sept. 11 (not held 8/21, 9/4)		Course 42121

Fitness Warriors: "Circuit Jam" (drop-in) – 18 and over

This class is fun, upbeat and infuses line dancing, aerobic and dance moves for a great cardio workout. Circuits or stations are incorporated to tone muscles and build endurance. This activity is provided with the support and partnership of Sports Backers and Fit to Go. Classes are led by Sports Backers Fitness Warrior Dee. Open to all fitness levels, ages 18 and older.

Mondays, May 1-Aug. 28 (not held 5/29, 6/19, 7/31), 6:15-7 p.m.	
Free	Course 42045

Fitness Warriors: "Keep It Moving" (drop-in) - 18 and over

Move your way with low impact cardio. Participants will get their heart rates up and have fun while doing it. This workout is provided with the support and partnership of Sports Backers and Fit to Go. Classes are led by Sports Backers Fitness Warrior Irma D and are open to all fitness levels, ages 18 and older.

Tuesdays, May 2-Aug. 29 (not held 7/4, 8/1), 6:30-7:15 p.m.	
Free	Course 42046

50+ ACTIVE LIFESTYLES: LECTURES & MORE

Stonebridge Writers Group

Do you enjoy writing for fun and entertainment? Would you be interested in organized meetings to explore this hobby? All writers of any genre (poetry, essay, short story, etc.) or level are invited. This group is for amateur writers who are interested in sharing a portion of their work with the group and providing gentle critique when requested.

Wednesday, May 3 & 17, June 7 & 21, July 5 & 19, August 2 & 16
1-3 p.m. Free Course 42138

Book Club

Fellow book enthusiasts come together monthly for book discussions, fellowship, and light refreshments. Book discussions will be led by volunteers. A different book will be discussed each month. Registration is limited and required. Contact Stonebridge at 804-768-7885 to pick up a copy of the book. Space is limited.

Mondays, May 22, June 26, July 24, August 28, 3:30-4:30 p.m.
Free Course 42137

Understanding Your Grandchild with Autism

Do you have a grandchild who has been diagnosed with Autism? In this presentation, Dr. Sarah Doyle, a community educator with Autism Society Central Virginia, will share information on common characteristics that many individuals with autism share and helpful tips for positive interactions with children who have autism. There will be opportunities for questions and discussions as well.

Wednesday, May 24, 12:30-2 p.m. Free Course 42256

Brain Aerobics: Preventing Memory Loss

Brain aerobics is designed to provide participants with thought-provoking experiences. A variety of cognitive and physical activities will be presented to encourage students to think more creatively. This is an all-natural way to boost your mood, improve memory and protect the brain against aging. Instructed by Howard Wynn.

Mondays, June 5-July 3 (not held on 6/19), 10-11 a.m.
\$20 Course 42143

Medicare Educational Talk

Mike Mason, 17-year experienced Medicare insurance agent, will discuss the different parts of Medicare and compare and explain the different insurance options available. This is an educational discussion, and not a sales seminar. Come with questions.

Wednesday, June 7, 1:30-2:15 p.m. Free Course 42141
Monday, Aug. 14, 10-10:45 a.m. Free Course 42142

RAD Class: Recognize, Avoid Dangerous Situations Class 

This class is for men, women and teenagers and focuses on how to stay safe during dangerous times. Topics include home, work and travel strategies, current criminal trends, the psychology of a criminal and more. Instructed by Dee Van Bruen.

Monday, 5-8 p.m. \$60
June 5 Course 42546
Aug. 7 Course 42547

Summer Safety Tips

Have lunch and learn ways to keep your loved ones safe this summer. Learn to create a home fire escape plan, about smoke alarms, and about grilling/cooking safely. Also learn about programs your fire department provides. Kimberly Rideout, Fire and Life Safety Educator with Chesterfield Fire & EMS, will present the program. Lunch provided by JenCare.

Thursday, June 22, 11:15 a.m.-12:30 p.m. Free Course 42087

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 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). Hands-Only CPR can save lives. Learn how. Kimberly Rideout, Fire and Life Safety Educator with Chesterfield Fire & EMS, will present the program.

Tuesday, July 18, 1-1:45 p.m. Free Course 42076

Winging It: Gardening to Attract Birds and Butterflies

Rather than "winging it," plan ahead for your winged visitors. This presentation teaches you how to attract birds and butterflies through what you plant and how you garden. A Master Gardener gives you tips and techniques that will help you enjoy these beautiful, winged creatures in your own yard. Instructed by Master Gardener, Lela Martin.

Wednesday, July 19, 10-11:30 a.m. Free Course 42245

Aging in Place

Tips for making the home safe and accessible for seniors who are downsizing and/or staying in their homes. Diane Andrews is a Senior Real Estate Specialist who typically works with seniors.

Tuesday, July 25, 10-11:30 a.m. Free Course 42243

Social Security Basics

The discussion will center on the mechanics of the system, the best time to withdraw, options and consequences of withdrawing early and survivor benefits. Attendees will also have time to ask questions after the presentation. Instructed by Tom Hesch with Transamerica Agency Network.

Wednesday, July 12, 2:30-3:30 p.m. Free Course 42242

Importance of Advance Care Planning

Learn the importance of advance care planning, including last will and testament, power of attorney, guardianship and medical advance directive. Instructed by Lisa Allen with Carrell Blanten.

Wednesday, July 19, 2:30-3:30 p.m. Course 42144

Getting Home Ready for Sale: Tricks of the Trade

There are several steps to get your house ready for selling. Diane Andrews, a certified stager and realtor specializes in working with seniors who are either downsizing to a smaller home/apartment or moving to an assisted living facility/nursing home.

Tuesday, Aug. 8, 10-11:30 a.m. Free Course 42244

50+ ACTIVE LIFESTYLES: ARTS & CRAFTS

Ukulele Jams

Grab your ukulele and come on out for some impromptu jam sessions with Aaron Lewis. Aaron has a background as a performer and a wealth of musical knowledge. Basic chord knowledge is required so we can start playing and learning new songs. You don't want to miss working with this fun group of entertainers.

Wednesdays, June 14, July 12 & 19
10-11:30 a.m.

Free Course 42421

Summer Floral Arrangement Workshop

Learn to create a beautiful arrangement of fresh flowers with Debbie Arrighi, the Florist from Buford Road Pharmacy's Floral & Gift Shop. The arrangement will be designed with high quality flowers, and participants will be able to take it home.

Wednesday, June 28, 10 a.m.-noon

\$20 Course 42160

Watercolors Basics

We will begin the basics like color mixing and brush strokes and will do small paintings that provide practice in basic techniques. We will then focus on landscape and seascapes. No previous experience with watercolor painting is required. Please call Stonebridge at 804-768-7885 for the supply list. Instructed by Carol Henderson.

Tuesdays, June 6-July 11 (not held 7/4), 11:30 a.m.-1 p.m.

\$25 Course 42254

Watercolor Basics II

This class is for anyone who has taken "Watercolor Basics" and would like to continue learning at a beginner level. Subject matter will vary at the whim of the instructor. The supply list is the same as for the "Basics" class but be sure to have watercolor paper that is at least 130 lb. cold pressed and at least 12 X 14 or larger. Instructed by Carol Henderson.

Mondays, July 24-Aug. 21, 10:30 a.m.-noon

\$25 Course 42257

Painting in Nature

We will paint things in nature: flowers, trees, birds and butterflies. Participants should have some experience with watercolor painting. Please call Stonebridge at 804-768-7885 for the supply list. Instructed by Carol Henderson.

Mondays, July 10-Aug. 7, 12:30-2 p.m.

\$35 Course 42257

Acrylics Painting Workshops

Taught by Jackie Harris, known for showing her participants what is possible with ease. All supplies included.

10-11:30 a.m.

\$27

The Bird House

Tuesday, June 6

Course 42161

Famous Artists Series, George O'Keeffe

Monday, June 26

Course 42162

Fireworks in the City

Monday, July 3

Course 42163

Tropical Drinks

Tuesday, July 18

Course 42164

Boat on a Beach

Monday, Aug. 7

Course 42165

Summer Biking

Tuesday, Aug. 15

Course 42166

Ice Cream Fantasy

Tuesday, Aug. 29

Course 42168

Miniature Matchbox Manipulations



Do you enjoy making creative crafts out of stuff you have around the house or treasures you find at craft stores? Then you will absolutely love making matchbox manipulations. Join this short, but fun class and make as many matchboxes 3-D mini sculptures as time permits. All supplies are included. Great seasonal ideas on how to use these small works of art will be shared.

Wednesday, June 7, 10:30 a.m.-1:30 p.m.

\$15 Course 42553

One- and Two-Point Perspective Drawing

Have you ever wondered how to draw the scene of a road winding away in the distance gradually disappearing? Or, looking down a busy city corner and seeing both side streets and buildings gradually get smaller as they get farther away? Then this course is perfect for you! Learn how to draw using one-point and two-point perspective to show realism, depth, and distance. The first class covers one-point perspective, the second two-point perspective. You will be given clear and thorough instructions on how to draw perspective using a pencil and ruler. Many examples are shown as well as a quick history about how perspective came about. This is a great class to take for those who paint and draw their own canvases.

Tuesdays, June 13 & 20, 1:30-4:30 p.m.

\$20 Course 42149

Advanced Color Perspectives

The second part of learning perspective is learning how to use color effectively. The class will focus on color theory and how color is used to enhance your artwork. Textures and surface treatments will be demonstrated. The first class will be dedicated to preparing and starting a perspective picture that will be completed in color during the second class. A variety of media will be used. Instructed by Sid Aimes.

Tuesdays, July 11 & 18, 1:30-4:30 p.m.

\$20 Course 42145

A Magic Class for Grandparents

Everyone loves a magic trick. This class will introduce you to the wonderful and exciting world of kids magic. Learn how to use professional magic tricks with complete instructions, as well as tricks made at home from everyday materials. The class will touch upon the history of magic, how to perform each trick, tips on showmanship and lessons learned from doing magic with children. All supplies and tricks furnished. Instructed by Sid Aimes.

Wednesdays, Aug. 23 & 30, 10:30 a.m.-1:30 p.m.

\$60 Course 42124

Altered Books & Journaling Art



Have you ever wanted to make your own journaling book? Some want to document a fantastic vacation, an upcoming wedding, or simply a place to write down their thoughts. Making a journal and learning how to decorate each page is fun, rewarding, and surprisingly easy once you learn the many ways of altering and building each page. This class will show how to build a book from scratch or take an existing book and "altering it". All supplies will be provided, but as you work on yours, you will be invited to bring in items that personalize it. Instructor is Sid Aimes.

Tuesdays, Aug 8-29, 12:30-2:30 p.m.

\$40 Course 42552

50+ ACTIVE LIFESTYLES: TECHNOLOGY TODAY

All classes taught by Chuck Renfro with Thinking Cap technologies. Classes fill up quickly. Please register early and in advance.

Technology Assistance (drop-in)

Chuck Renfro with Thinking Cap Technologies will be offering free help with basic technology questions.
Tuesday, May 9, and July 11, 10-11:30 a.m. Free Course 42068

Smartphones: A Computer in Your Pocket

This is an introduction to smartphones. Participants will learn what smartphones do, how to turn them on and off, and how to access Wi-Fi. This is a two-part class. Instruction will be given on managing the settings, and on how to install applications. Attendees can bring their smartphones to class fully charged, or they can listen about the different types and decide which phone to purchase.
Mondays, June 12 & 26, 10 a.m.-noon \$26 Course 42152

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 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 you have. All it takes to improve your phone shots is to learn a few tips and tricks to get better with your smartphone photography.
Thursday, July 6, 1-3 p.m. \$13 Course 42086

Learn to Use Your Smartwatch

A smartwatch is a touchscreen enabled wristwatch that can be connected to a phone through Bluetooth or Wi-Fi. There are also models that do not require a phone connection to function. Like typical wristwatches, a smartwatch does more than just tell the time; it offers more functions that are akin to a smartphone. Learn about all the benefits, functions and applications a smartwatch can provide, as well as how to set one up and use it. *Prerequisites are required.
Monday, July 17, 10 a.m.-noon \$13 Course 42070

Cutting the Cord to Cable TV

This class will teach its students how to get rid of costly cable TV by switching to over-the-air TV and streaming services. Discussion will center on devices that are needed, on digital antennas and what they provide, and on streaming and the associated services. By the end of the class, attendees will understand devices like Roku, Firestick, and Smart TVs.
Wed., Aug. 9, 1-3 p.m. \$13 Course 42069

50+ SPECIAL EVENTS

Summer Karaoke

Come sing your heart away with a little Karaoke. DJ L.T. Holmes will be here to spin the tunes. Ice cream and refreshments will be provided. This event is sponsored by Anthem Healthkeepers Plus.
Wednesday, May 24, 1-2:30 p.m. Free Course 42073

Summer Line Dancing Social

Let's kick off summer with some line dancing fun. Beverly Martin will be leading the group in each dance. No instruction; let's just dance. Snacks and refreshments will be provided by JenCare.
Mondays, 10:30 a.m.-noon \$6
June 5 Course 42139
June 26 Course 42140

Drive-In Bingo

Get ready for a fun-filled afternoon of playing bingo in the comfort and safety of the car. Come for a chance to win great prizes donated by JenCare.
Wednesday, June 7, 1:30-2:30 p.m. Free Course 42074

Cruising Into Summer Dance & Luncheon

Join us for an afternoon of lunch, music, and dancing. Wear your favorite cruise ship attire. D.J. "No-Doubt" will be spinning the tunes. Lunch will be provided by Dunlop House Assisted Living.
Wednesday, June 28, 11 a.m.-2 p.m. Free Course 42075

Blood Drive with the American Red Cross

Stonebridge Recreation Center is participating in a Summer Blood Drive. To sign up visit RedCrossBlood.org and enter Sponsor Code: Stonebridge Rec or call 1-800-733-2767 to schedule an appointment.
Wednesday, July 12, 10 a.m.-2 p.m. Free

National "Night" Out – During the Day

Join us at Stonebridge in celebration for National Night Out or in our case, National "Day" Out. National Night Out is an annual community-building campaign that promotes strong police community partnerships and neighborhood camaraderie to make our neighborhoods safer and more caring places to live and work. During this fun filled event, we will be having free food, entertainment by Brad Spivey, a classic country soloist, a photobooth, vendors and more. No registration required.
Tuesday, Aug. 1 11 a.m.-2 p.m. Free

GAMES/CARD GROUPS

Card Groups

This is an opportunity to play cards or to socialize with friends or even make ones. There is no charge to play. If you are interested in playing email gravesk@chesterfield.gov.
Party Bridge Fridays, 1-4 p.m. Course 42057
Pinochle Thursdays, 1-4 p.m. Course 42058
Hand & Foot Wednesdays, 11 a.m.-2 p.m. Course 42059

Senior Scrabble

Scrabble, the classic crossword game. Come ready to play and socialize with friends.
Thursdays, May 11-Aug. 31, 12:30-3:30 p.m. Free Course 42054

Volleyball 50+

Weekly recreational play for men and women aged 50 and older. Come ready to bump, pass and set. This is an on-going program with registration during anytime this season.

Fridays, May 5-Aug. 25, noon-1:30 p.m. **Course 42253**

Brushstrokes

This is an opportunity to complete unfinished pieces of art. This group meets to dedicate time to their drawings or paintings. This is a drop-in program with no instruction.

Mondays, May 8-Aug. 28 (not held 5/29, 6/19), 1:30-3:30 p.m.
Free **Course 42072**

Chair Volleyball

Chair volleyball is great for upper body mobility and joint flexibility. It enhances muscle tone, reflexes, hand-to-eye coordination, and endurance. The game is played with a beach ball and a five-foot-high net. Rules are similar to regular volleyball except "cheeks on the chair!"

Fridays, May 5- Aug. 25, 10:30-11:30 a.m. Free **Course 42047**

Corn Hole

This all-American game not only burns calories and promotes cardiovascular health, but it even boosts cognitive skills. Come to Stonebridge to play; you may even land a new friend.

Fridays, May 5- Aug. 25, 1-2:30 p.m. Free **Course 42545**

Badminton

This is the game many people grew up playing. Revive those experiences, have fun, and play with people of all experience levels.

Fridays, May 5-25, 9:30-11:30 a.m. Free **Course 42048**

Table Tennis

This sport is also known as Ping Pong, an ever-popular sport enjoyed by many people at many different experience levels.

Mondays, Wednesdays and Fridays, May 8-Aug. 11 (not held 5/29, 6/19/28), noon-3 p.m. Free **Course 42053**

Pickleball Open Play

Stonebridge has one indoor pickleball court. If your group would like to play call and make a reservation, 804-768-7885.

Fridays, May 12-Aug.11, 9 a.m.-3 p.m. Free **Course 42051**

Rise-N-Shine Walkers

Walking at Stonebridge Recreation Center's indoor gym can get the blood flowing and the heart pumping.

Fridays, May 5-Aug. 25, 9-11:30 a.m. Free **Course 42052**

YOUTH TO ADULT

Play & Code Workshops with Brainy Bytes – Grades 3-5

Brainy Bytes of Central VA will also offer their Play & Code workshop to students in grades 3-5 on Saturday mornings. All the activities are designed as versatile, stand-alone, game-building events. Students learn essential programming terminology and skills as they build multiple games. Each workshop is a separate project in game creation and exploration meant to introduce students to fundamental programming.

Saturdays, 9 a.m.-noon \$45 **Course 42548**

June 17 - Infinities Runner **Course 42549**

July 22 - Exploring Redstone **Course 42550**

Aug. 5 - Minecraft Quickdraw

Fitness Warriors: "Circuit Jam" (drop-in) – 18 and over

This class is fun, upbeat and infuses line dancing, aerobic and dance moves for a great cardio workout. Circuits or stations are incorporated to tone muscles and build endurance. This activity is provided with the support and partnership of Sports Backers and Fit to Go. Classes are led by Sports Backers Fitness Warrior Dee. Open to all fitness levels, ages 18 and older.

Mondays, May 1-Aug. 28 (not held 5/29, 6/19, 7/31), 6:15-7 p.m. Free **Course 42045**

Fitness Warriors: "Keep It Moving" (drop-in) – 18 and over

Move your way with low impact cardio. Participants will get their heart rates up and have fun while doing it. This workout is provided with the support and partnership of Sports Backers and Fit to Go. Classes are led by Sports Backers Fitness Warrior Irma D and are open to all fitness levels, ages 18 and older.

Tuesdays, May 2-Aug. 29 (not held 7/4, 8/1), 6:30-7:15 p.m. Free **Course 42046**

RAD: Recognize, Avoid Dangerous Situations – Ages 13 and over

This class is for men, women and teenagers and focuses on how to stay safe during dangerous times. Topics include home, work and travel strategies, current criminal trends, the psychology of a criminal and more. Instructed by Dee Van Bruen.

Monday, 5-8 p.m. \$60 **Course 42546**
June 5 **Course 42547**
Aug. 7

Two-Day Junior Beginner Pickleball – Ages 11-15

Learn to play pickleball, great for all ages! You will learn basic rules, safety, strokes and how to score. Equipment provided for class use. Sign up today, space is limited. Instructed by Dick Brenner, IPTPA Certified Pickleball Teaching Instructor.

Tuesday and Thursday, Noon-2:15 p.m. \$49 **Course 42208**
June 6 and 8

Kickin' Karate

Master Jones will teach self-defense, physical fitness, coordination, balance and discipline in this ongoing karate jitsu style program for those ages 7 to adults.

Wednesdays, 6-7 p.m. \$30 **Course 42150**
May 17-June 14 **Course 42151**
June 21-July 26 (not held 7/5) **Course 42204**
Aug. 2-Sept. 6 (not held 8/23)

Chicago Steppin' – ages 18 and over

Advancing the basics of Chicago Steppin, this class will build onto the core basics of Chicago Steppin. Focusing on spacing, transitioning, maneuvering, and securing the lead. Come, relax, and enjoy yourself. Instructed by Dwayne Hayes.

Wednesdays, 7:15-8:45 p.m. \$40 **Course 42309**
May 10-31 **Course 42310**
June 14-July 12 (not held 7/5) **Course 42311**
July 19-Aug. 9