

FALL 2020  
PROGRAM GUIDE

*Live here. Play here.*

ONLINE REGISTRATION BEGINS

**FRIDAY, AUGUST 14**

All other registration methods will begin on  
Monday, August 17.



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**Live here. Play here.** is published 4 times a year.

**Winter 2021** (January–April)  
Registration opens January 8, 2021

**Spring 2021** (April–mid June)  
Activity planning is happening now!

**Summer 2021** (mid June–August)

**Fall 2021** (September–December)

### Staff Directory

#### Director

Andrew Hardy, ext. 7, ahardy@culpepercounty.gov

#### Office Manager

Kathy Fulcher, ext. 4, kfulcher@culpepercounty.gov

#### Programs & Facilities Supervisor

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#### Recreation Coordinator

Vacant, ext. 6, parks@culpepercounty.gov

#### Parks Superintendent

Joe Koontz, jkoontz@culpepercounty.gov  
540-718-1706

#### Parks Maintenance Tech II

Jay Buckle

#### Parks Maintenance Tech I

Steve Brock, Jarrett Fulcher, Greg Jenkins

### Parks & Recreation Administrative Office

131 N. Main Street, Culpeper, VA  
540-727-3412

parks@culpepercounty.gov

www.CulpeperRecreation.com

www.Facebook.com/CulpeperRecreation 

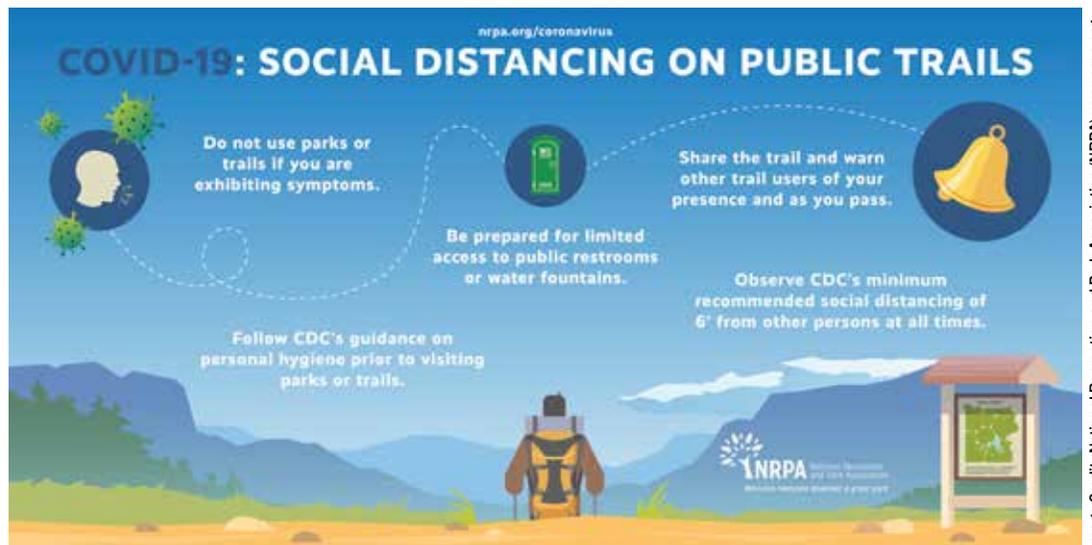


Image Credit: National Recreation and Park Association (NRPA) www.nrpa.org

### Advisory Committee

**Advisory Mission:** The Parks and Recreation Advisory Committee serves as the advisory body to the Culpeper County Board of Supervisors and liaison between the Board and the citizens. Makes recommendations and advises the Parks and Recreation Director in matters affecting recreation policies, programs, personnel, finances, and the acquisition and disposal of lands and properties related to the total community recreation program, and to its long-range, projected program for recreation.

The Recreation Advisory Committee meets the third Tuesday of each month at the Board of Supervisors Conference Room located at 302 North Main Street at 7:00p. The public is encouraged to attend. Each member is appointed by the Board of Supervisors and serves a three-year term.

Catalpa District  
Joseph White, 540-623-3462

Cedar Mountain District  
Alan Anstine, 540-727-0247

East Fairfax District  
Cindy LaFontaine, 540-229-9089

Salem District  
Dale Riggs, Chairperson, 540-497-1695

Stevensburg District  
Keith Harris, 540-399-1107

Jefferson District  
Tom Crosley, Vice Chairperson 540-219-0389

West Fairfax District  
Bryan Millea, 301-325-2401

West Fairfax Board of Supervisor, Chairman  
Gary Deal, Ex-Officio Member

CCPS Representative  
Dr. Russell Houck, Ex-Officio Member

### Parks & Recreation Operations and COVID-19 (Coronavirus)

This publication was crafted early July when COVID-19 (Coronavirus) Phase III re-opening was just getting underway. We are hopeful to be operating all of the programs and activities outlined in this “Fall 2020 Live Here. Play Here” Recreation Guide. However, our Department is committed to ensuring the health and safety of all citizens as we respond to the constantly changing situation(s) surrounding COVID-19 (Coronavirus). The County of Culpeper and the Parks and Recreation Department will take whatever appropriate action(s) are necessary to ensure the public’s safety. These actions can include, but are not limited to; the cancellation and closure of any programs, private rentals, parks, and/or special events.

The Department will issue a full refund for any programs and/or private rentals that are cancelled during this unprecedented pandemic.

As the Culpeper County Parks & Recreation Department transitions into instructing “in-person” programs and activities, we will ensure that every program complies with current CDC, VDH, and State of Virginia public safety guidelines (program capacities, physical distancing, etc.).

Many of our programs will be operating a little different, but, our primary goal is to keep our staff and participants safe while still being able to offer recreational and leisure opportunities.

Together we are #CulpeperStrong!!!



## ATHLETICS

### Little Tigers Karate Level I

Ages 6-12, 2 or 6wks

Two times are offered—one for homeschool and one for public school students. Level I is designed for both the introductory (white belts) and the beginner level (yellow/orange belt) karate students. Little Tigers not only develop a solid foundation of karate basics but also learn and practice self-control, self-discipline, and respect. Dress Code: New students: comfortable t-shirt and cotton pants, class is performed in bare feet. Yellow belt or higher. Karate Gi is required. \*No Class 9/7, 11/11, 11/25

**Instructor: Sensei R W Godlewski**

#### Lenn Park Pavilion

Register By: 8/18 Cost: \$100  
M&W, 8/24-10/5\*, 1:00p-2:00p #3519.0022

Register By: 8/18 Cost: \$100  
M&W, 8/24-10/5\*, 5:00p-6:00p #3519.0023

#### Community Room

Register By: 9/24 Cost: \$100  
M&W, 10/14-11/30, 1:00p-2:00p #4519.0111

Register By: 11/23 Cost: \$35 (2wks)  
M&W, 12/7-12/16, 1:00p-2:00p #4519.0142

Register By: 9/24 Cost: \$100  
M&W, 10/14-11/30, 5:00p-6:00p #4519.0143

Register By: 11/23 Cost: \$35 (2wks)  
M&W, 12/7-12/16, 5:00p-6:00p #4519.0144

### Teen Tigers Karate - Level II/III

Ages 13+, 2 or 6wks

Prerequisite: Teen Tigers who have earned their green belt (or higher) rank, under 13yrs with permission from Sensei.

In level II / III, students practice and refine the basics of karate and work on challenging new moves, forms, and drills of higher difficulty. Karate Gi is required. \*No Class 9/7, 11/11, 11/25

**Instructor: Sensei R W Godlewski**

#### Lenn Park Pavilion

Register By: 8/18 Cost: \$100  
M&W, 8/24-10/5\*, 3:45p-4:45p #3519.0024

#### Community Room, 303 N. Main Street

Register By: 9/24 Cost: \$100  
M&W, 10/14-11/30, 3:45p-4:45p #4519.0145

Register By: 11/23 Cost: \$35 (2wks)  
M&W, 12/7-12/16, 3:45p-4:45p #4519.0146

### Introduction to Youth Rugby **NEW!**

Ages 8-14, 1 day

Rugby?!? Isn't that the sport where they use the funny shaped football? Come on out to this **FREE** co-ed program which will provide youth players a basic overview of the game of rugby. Skills such as passing, offloading, support running, kicking, and defense will be shown. This is a non-tackle program, players will have limited contact with pads but no player on player contact for this session.

**Instructor: Culpeper Youth Rugby Club**

**Culpeper Sports Complex, Football Field #8**  
Register By: 10/26 Cost: FREE  
Su, 11/8, 1:00p-3:00p #4619.0025

### Recreational Sports

The Department is eager to offer a variety of recreational sports programs this fall including: Co-Ed Adult Basketball, Pickleball, Co-Ed Volleyball, and Youth Open Gym Basketball. However, the planning and operation of these programs will be dependent on the Safer at Home Guidelines established by the CDC, VDH, and State of Virginia along with the availability of CCPS facilities.

For program updates and announcements, please follow Culpeper County Parks & Recreation on Facebook or on the web at [www.CulpeperRecreation.com](http://www.CulpeperRecreation.com).

## CREATIVE EXPRESSION

### Crafty Creations Virtual Tutorials

With the production magic provided by Culpeper Media Network, the Parks & Recreation Department has expanded its in-person Crafty Creations classes to include online Virtual Tutorials! There are currently 14+ video tutorials available for FREE on Facebook to watch now, with many more on the way! The series covers a wide variety of 'crafts' from Flying Fish Windsocks to Homemade Doughnuts and Paper Plate Dragons to Sushi Sandwich Roll-ups and a lot in-between. Whether you're 5yrs old and just learning how to use scissor to cut out fish scales, or 75yrs old and looking for something fun to pass the time, there is a Crafty Creation for you! Please share pictures of your completed craft with us. Be sure to check out our in-person classes as well, and look online for details on a few (like 3D Noodle Trees and Pasta Wreaths and Lighted Fish Bowl Snowman) that weren't quite ready for publication.

For more detailed program and activity descriptions, visit [Culpeper County Parks & Recreation](http://www.CulpeperCountyParks.com) online at [www.CulpeperRecreation.com](http://www.CulpeperRecreation.com) or follow our Department on Facebook.

### Music Together® **NEW!**

Ages 0-5, 9wks

Music Together® is a playful & engaging music program for preschoolers and their parents, grandparents, & other caregivers together. Each week we sing, move, dance, and play with simple instruments & props to create a wonderful musical experience. Each family receives one CD to continue listening & playing at home. Registering siblings? Each additional child receives a \$45 discount. Children under 8 months can attend for free with a registered sibling. Maximum of 3 children per 1 adult. \*No Class 10/17

**Instructor: Althea Schottman**

**Community Room, 303 N. Main Street**  
Register By: 9/3 Cost: \$150  
Th, 9/17-11/12, 10:00a-10:45a #4616.0014

Register By: 9/8 Cost: \$150  
Sa, 9/19-11/21\*, 9:00a-9:45a #4616.0015  
Sa, 9/19-11/21\*, 10:00a-10:45a #4616.0016



### Mary Ellen's MOMMY & ME

#### Creativity with Acrylic Painting **NEW!**

Ages 3-11, 1day

Bring your little Picasso(s) out to create their own masterpiece that any parent would be proud to hang on their wall at home. Painting subject is "Butterfly in Bloom" (picture above). Adult participation is required. 1 canvas per Adult child pair. \$5.00 discount for additional participants in the same family.

**Instructor: Mary Ellen Campbell**  
**Lenn Park Activity Room**

Register By: 8/31 Cost: \$50  
Sa, 9/12, 11:00a-2:00p #4610.0098



## Drawing & Painting

**Ages 6-Adult, 4wks**

This class is for all the aspiring artists who love drawing and painting. You will learn and improve on basic drawing skills and explore various techniques and media that will make your art beautiful! Age appropriate lessons help each student grow and develop their skills and creativity. Some supplies are provided, but student must provide some of their own as well. Supply list is available online, by email, or in the Parks & Rec office. \*No class 9/8

**Instructor: Artists In Bloom  
Lenn Park Activity Room**

Ages 6-10 Tu 6:00p-6:45p Cost: \$65  
8/25-9/22\* Register By: 8/19 #3610.0053  
10/6-10/27 Register By: 9/22 #4610.0082  
11/10-12/1 Register By: 10/27 #4610.0083

Ages 11-17 Tu 7:00p-7:45p Cost: \$65  
8/25-9/22\* Register By: 8/19 #3610.0057  
10/6-10/27 Register By: 9/22 #4610.0085  
11/10-12/1 Register By: 10/27 #4610.0086

Ages 18+ Tu 8:05pm-9:05pm Cost: \$80  
8/25-9/22\* Register By: 8/19 #3610.0060  
10/6-10/27 Register By: 9/22 #4610.0089  
11/10-12/1 Register By: 10/27 #4610.0090

## Art Jam: Modern Art

**History Academy** **NEW!** **VIRTUAL**

**Ages 6-16, 8wks**

Art Jam is going virtual! Art Jam Academy classes are designed to help homeschooling families enjoy flexible, informative art projects. We'll bring art history alive by getting to know artists like Vincent Van Gogh, Paul Klee, Carmen Herrera, and Kehinde Wiley. After studying their techniques and styles, we'll create our own masterpieces using the elements of art (line, shape, color, value, texture, and form). For this virtual class, we've prepared a project pack

that will contain all of the supplies in envelopes numbered for each week. Once you register, we'll contact you to coordinate pick up or delivery of the project pack kit. Class will meet weekly via Zoom to introduce the artist, project, and supplies. We'll get started on the project while online together, and the following week we'll share our finished work and kick off the next project.

**Instructors: K Art and Design**

**Online Zoom.com**

Register By: 9/1 Cost: \$75  
Tu, 9/15-11/3  
Ages 6-10yrs 10:30a-11:30a #4610.0100  
Ages 11-16yrs 11:45a-12:45p #4610.0101

## Crafty Creations:

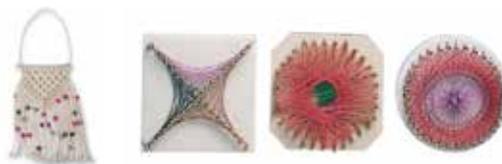
**Hedgehog Magnets** **NEW!**

**Ages 5-6, 1day**

Hedgehogs are pretty darn cute all on their own. The only thing that could make them more adorable...create one using your precious little child's handprints! Bring you little one out for this fun craft where they will get to make Harvey or Harriett the Hedgehog which has a magnet so it can be prominently displayed for years to come. If time permits, your child will also get to make a colorful leafy hedgehog. Children that are not comfortable using scissors by themselves must bring an adult to help them.

**Instructor: Department Staff  
Community Room**

Register By: 8/26 Cost: \$5  
W, 9/9, 5:00p-6:00p #4610.0084



## Crafty Creations: String Art

**Ages 12-16**

Come out and try your hand at the intricate art of knot-tying to make a small but beautiful wall hanging. Great to give as a gift, or hang in your room or locker. You will also create a colorful string art using nails to make the frame then weave your colors into a magical design - you have 3 options to choose from.

**Instructor: Department Staff  
Community Room**

Register By: 8/26 Cost: \$10  
W, 9/9, 6:30p-7:30p #4610.0102

## Crafty Creations:

**Ceramic Owl** **NEW!**

**Ages 5+, 1 day**

Whooooo's ready to paint one fun DIY craft? These Paint It Yourself Ceramic Owls are a creative DIY craft project for the entire family. One owl per registration. All supplies provided, bring a large t-shirt or smock to protect clothes from paint.

**Instructor: Department Staff  
Community Room**

Register By: 9/8 Cost: \$10  
Sa, 9/19, 12:00p-1:00p #4610.0103



## Crafty Creations:

**BYO Terrarium or Fairy Garden** **NEW!**

**Ages 8-12, 1day**

Kids love to assemble things and terrariums are a great way to put those skills and imagination to task. This class provides all materials for a miniature garden container.

**Instructor: Department Staff  
Community Room**

Register By: 9/8 Cost: \$10  
Sa, 9/19, 2:00p-4:00p #4610.0104

## Crafty Creations: 3D Halloween

**Haunted House** **NEW!**

**Ages 8-12, 1 day**

Are you ready for a spook-tacularly fun time? Let's put together our own miniature haunted house! All supplies will be provided. Finished house will be approximately 4" x 6".

**Instructor: Department Staff  
Community Room**

Register By: 9/28 Cost: \$10  
Sa, 10/10, 1:00p-2:00p #4610.0105



## Crafty Creations:

**Halloween Wreath** **NEW!**

**Ages 16+, 1day**

Let's get ready for Halloween by making a fun and fanciful wreath to hang. This fun wreath craft features ghosts, bats and a spooky haunted house. All pieces are pre-cut and are just waiting on you to come and design it!

**Instructor: Department Staff  
Community Room**

Register By: 9/28 Cost: \$20  
Sa, 10/10, 3:00p-4:00p #4610.0106



## Kaleidoscope Pinwheel

### Quilt **NEW!**

Ages 18+, 7wks

Looking for next wonderful quilt design? But want something fairly easy? Then come join Joyce as she walks you through the basics of how to cut and sew your fabric to get this fun and easy kaleidoscope effect using the techniques by Bethany Reynolds, author of "Magic Stack n Whack Quilts" book. Must have your own sewing machine and know how to operate it. A supply list is available online or by emailing our Department.

Instructor: Joyce Calhoun

TBD

Register By: 9/2

W, 9/16-10/28, 10:00a-1:00p



Cost: \$87  
#4610.0064

## Mary Ellen's Creativity with Acrylic Painting **NEW!**

Ages 12-Adult, 1day

Invite your friends or come alone and perhaps make a few new ones. You will have a relaxing time in these one-day workshops and always take home your own masterpiece! No experience needed as all instructions are walked through step by step. See online for a sample of each class's painting.

Instructor: Mary Ellen Campbell  
Lenn Park Activity Room

Th, 11:00a-2:00p

9/10 Cactus Love

Register By: 8/27

Cost: \$45  
#4610.0099

9/17 Fluffy Humming Bird

Register By: 9/3

#4610.0087

9/24 Sunflower

Register By: 9/10

#4610.0088

10/1 Birds on a Wire

Register By: 9/17

#4610.0089

10/8 Love the View

Register By: 9/24

#4610.0090

10/15 Pour Some More

Register By: 10/1

#4610.0092

10/22 Night Owl

Register By: 10/8

#4610.0094

11/5 Poinsettia

Register By: 10/22

#4610.0095

11/12 Winter Gnome

Register By: 10/29

#4610.0096

12/3 I Love You More

Register By: 11/19

#4610.0097

Sa, 10:00a-1:00p

Cost: \$45

10/10 Love the View

Register By: 9/28

#4610.0091

10/17 Pour Some More

Register By: 10/5

#4610.0093



## ENRICHMENT

### Furs & Skulls **NEW!**

Ages 5+, 1day

Have you ever thought what makes a mammal unique? Come out and chat with a Park Ranger about the local wildlife commonly found in the area. You will learn basic identification skills and will have the opportunity to touch pelts of different animals and skull replicas.

Instructor: Virginia State Park Ranger

Spilman Park Shelter

Register By: 10/5

Sa, 10/17, 1:00p-2:30p

Cost: FREE

#4613.0135

### Owl Prowl **NEW!**

Ages 8+, 1day

Did you know that one of the largest owls can be found in Virginia? The Great-Horned Owl and many others call Virginia their home. Join a Park Ranger for an evening filled with hoots and hollers learning about the different kinds of owls living in your area. Participants will gain an understanding of how owls fit into the ecosystems and will learn basic identification skills to apply in their own yards. This program will include a walk around the park with the potential of seeing some of the local species. This is an outdoor program, please dress for the weather and wear sturdy walking shoes.

Instructor: Virginia State Park Ranger

Lenn Park Pavilion

Register By: 9/8

F, 9/18, 6:30p-8:00p

Cost: FREE

#4613.0136

### Nature Journaling **NEW!**

Ages 10+, 1day

Join a Park Ranger to learn about different types of journaling that capture nature in a way that is most meaningful to you! Participants will not only get to learn the basic skills of journaling but will be able to put those skills to use while on a guided nature walk.

Instructor: Virginia State Park Ranger

Lenn Park 19206 Edwin Way

Register By: 10/5

Sa, 10/17, 10:00a-11:30p

Cost: FREE

#4613.0137

### Baking Homemade

#### Doggy Bones **NEW!** **VIRTUAL**

Ages 10+, 1day

Join author of *The Doggy Bone Cookbook*, Michele Bledsoe in a Zoom classroom as we cook up some of these doggy delicacies in our own home. Recipes such as Cinnabone, Bark-B-Q and Peamutt Butter will keep your four-legged family howling for more. These



dog bones are nutritious with healthy ingredients (with or without gluten) you can find in your own home. Included with the class fee is *The Doggy Bone Cookbook* (over 200,000 sold), two dog bone-shaped cookie cutters (small and medium-sized) which will be mailed to you and a ninety minute online Zoom class on how to become a full-fledged doggy bone chef! Only 8 spaces available.

Instructor: Michele Bledsoe

Online Zoom.com

Register By: 8/31

Sa, 9/12, 9:00a-10:30a

Cost: \$45

#4613.0142

### Eclairs & Profiteroles

Ages 12+, 1day

Come join Sharon of Hobby Hill Farm Fresh and discover how to make eclairs and profiteroles (puff pastries). Bring your sweet tooth because we will make vanilla pastry cream, chocolate ganache and whipped cream. Sharon will share her tricks to making a top notch French pastry. Don't forget an apron and a box to take these tasty treasures home. We guarantee you will be the envy of your family and friends.

Instructor: Hobby Hill Farm Fresh, LLC

Extension Office, 101 S. West St

Register By: 10/5

Sa, 10/17, 10:00a-12:00n

Cost: \$45

#4613.0143

[Sign up for both in-person Hobby Hill classes, Eclairs and Macarons and SAVE \\$10.](#)

### Almond Macarons

Ages 12+, 1day

French Macaron's are the best! Learn to make these delicate cookies and fill them for family, friends, parties or work events. We will make several batches in 2 different colors and fill them with a buttercream icing. What's best about this class? All the delicious cookies you make, you get to take home. Be sure to bring some containers so that you can share with your family and friends.

Instructor: Hobby Hill Farm Fresh, LLC

Extension Office, 101 S. West St

Register By: 10/5

Sa, 10/17, 1:00p-4:00p

Cost: \$55

#4613.0144



Register for 2 or more Virtual Hobby Hill classes and save \$5 off each additional class.

## Mozzarella & Ricotta Cheesemaking **VIRTUAL**

Ages 12+, 1day

What better way to celebrate fall than by learning how to make fresh mozzarella & ricotta cheese! In this class you will discover how to make Mozzarella & Ricotta in 30 minutes or less. Not only will you get a pre-recorded video to watch step by step directions on how to make your cheese, the instructor will also have a 2-hour Zoom classroom session to walk you through step by step and answer your questions. Enjoy fresh cheese without preservatives or additives year round. Some supplies will be shipped to you, and you must provide some supplies.

**Instructor:** Hobby Hill Farm Fresh, LLC

**Online Zoom.com**

Register By: 9/22

Cost: \$55

Tu, 10/6, 6:00p-8:00p

#4613.0145

## Artisan Bread Baking Basics **VIRTUAL**

Ages 12+, 1day

Bread is a basic staple in most Americans' lives. Join us virtually to learn our techniques for artisan bread baking. We will discuss using a Dutch Oven, Pizza Stone and Baking Pans to create tasty loaf after tasty loaf. At home, the baking pan is your choice and the bread dough will take you just minutes to prepare. Not only will you get a pre-recorded video to watch step by step directions on how to make your bread, the instructor will also have a 2-hour Zoom classroom session to walk you through step by step and answer your questions.

**Instructor:** Hobby Hill Farm Fresh, LLC

**Online Zoom.com**

Register By: 10/27

Cost: \$45

Tu, 11/10, 6:00p-8:00p

#4613.0146

## Yummy Cinnamon Buns and More **NEW! VIRTUAL**

Ages 12+, 1day

How does fresh hot gooey cinnamon buns sound for breakfast? Or how about Cranberry Orange? Bourbon Pecan? The options are limitless. Hobby Hill Farm Fresh will show you how to make these 3 different cinn-sational buns ahead of time so you can spend more time with the family instead of in the kitchen. Not only will you get a pre-recorded video to watch step by step directions on how to make your

Note: All activity images featured in the Fall 2020 Live Here. Play Here. Recreation Guide were captured prior to COVID-19 and any public safety guidelines (capacities, physical distancing, etc.).

cinnamon rolls, the instructor will also have a 2-hour Zoom classroom session to walk you through step by step and answer your questions.

**Instructor:** Hobby Hill Farm Fresh, LLC.

**Online Zoom.com**

Register By: 11/9

Cost: \$50

M, 11/23, 6:00p-8:00p

#4613.0147

## Lavender Farm Tour **NEW!**

Ages 12+, 1day

Come enjoy a rare visit to Culpeper's own lavender farm - Seek Lavender <https://seeklavender.com>. Seek Lavender is not open to the public as this is also their residence. During this tour you'll get to sample culinary lavender, observe lavender distillation, and learn about growing, harvesting, and product making. You'll also get to make and take home a painted jar, a bow, and learn to "prep" lavender. If you are signing up with friends, please carpool. Seek Lavender Farm only has parking for 5 cars.

**Instructor:** Seek Lavender

**Address provided after registration**

Register By: 9/14

Cost: \$60

Sa, 9/26

1:00p-3:00p

#4613.0148

Register By: 9/28

Sa, 10/10

1:00p-3:00p

#4613.0149

## Letters from Santa

All Ages

Make an unforgettable memory for someone special! Arrange for him/her to receive a letter directly from Santa's desk at the North Pole. Letters are normally for kids but can be sent to adults as well. Each letter is customized for the recipient based on the request form answers. Fill out the request form online, or print a hard copy from our webpage and mail it back to the P&R office. All hardcopy requests must be received by 4:30pm on Nov. 6/online requests by 11:59pm on Nov. 8 so that letters can be postmarked from the North Pole. Letters normally arrive the first week of December. \$5.00 per letter, one person per letter.

#4518.0044

## HEALTH & WELLNESS

### Child & Babysitting Safety

Ages 12+, 1 day

Join Minuteman CPR, LLC for this engaging and informative Child and Babysitting Safety (CABS) workshop. Child & Babysitting Safety course is designed to be educational and informative for teens and young adults interested in pursuing a babysitting business or have responsibility for younger family

members. This workshop will give teenagers everything they need to know from getting started, to dealing with parents and children, key safety, caregiving, and First Aid tips. Bring a writing utensil, notebook, a bag lunch and drink for a working lunch. Refrigerator is on site for use. This class does not include CPR, AED or First Aid certifications, however are offered separately and discounts are available if signing up for multiple classes (see below). Minuteman CPR, LLC instructors are firefighters or EMTs & active certified American Safety & Health Institute (ASHI) instructor.

**Instructor:** Minuteman CPR, LLC

**Community Room**

Register By: 10/5

Cost: \$50

Sign up for 2 Minuteman CPR, LLC classes and SAVE \$10. Sign up for ALL 3 Minuteman CPR, LLC classes and SAVE \$20!

Sa, 10/17, 9:00a-3:00p

#4613.0138

## CPR & AED/First Aid Training

Ages 12+, 1 day

Come join Minuteman CPR, who are American Safety & Health Institute (ASHI) certified instructors for 1-day of life saving skills instruction. First 3-hours are on how to perform CPR (cardio-pulmonary resuscitation) and use an AED (automated external defibrillator) on adults, children and infants. Second 3-hours will provide you with the necessary knowledge to provide basic care in emergency situations until trained emergency personnel arrive. Sign up for one class or both.

**Instructor:** Minuteman CPR, LLC

**Community Room**

Register By: 10/5

Cost: \$45 per class

F, 10/16

CPR & AED

9:00a-12:00p

#4613.0139

First Aid

1:00p-4:00p

#4613.0140

## Yoga

Ages 13+, 4wks

Wind down with a playful approach to yoga. This class will include breath work and postures in a mindful way that encourages you to listen to your body. Relax while exploring strength and flexibility, practicing balance and coordination, and reducing stress. Beginners are warmly welcomed! Please dress comfortably and bring a yoga mat, towel, and water.

**Instructor:** Kelly Rozwadowski, RYT200

**Community Room (in person classes)**

Register By: 9/17

Cost: \$35

Th, 10/1-10/22, 6:15p-7:15p

#4512.0157

**Online - Zoom **VIRTUAL****

Register By: Tuesday

Cost: FREE

Th, 10/29-11/19, 6:15p-7:15p

## Zumba

Ages 13+, 4wks

We take the “work” out of workout, by mixing low and high intensity moves for a dance fitness party. Taught by a licensed instructor, this multi-level class will include options so you can take it at your own pace. Please wear sneakers and have a bottle of water and a towel.

Instructor: Kelly Rozwadowski

Online - Zumba Livestream **VIRTUAL**

Register By: 1hour before class Cost: Free  
Tu, 8/18, 6:15p-7:15p  
W, 8/26-9/16, 6:15p-7:15p  
Tu, 9/22-12/22, 6:15p-7:15p

Community Room (in person classes)

W, 6:15p-7:15p Cost: \$35  
Register By: 9/16  
9/30-10/21 #4512.0154  
Register By: 10/14  
10/28-11/18 #4512.0155  
Register By: 11/18  
12/2-12/23 #4512.0156

## Tai Chi

Ages 16+, 2 or 6wks

Tai Chi is a gentle, flowing style of exercise that produces greater energy and ease for the body and mind while increasing balance & strength in a slow & controlled, low impact format. This wonderful, healthy exercise is appropriate for both men and women. The most important principal of Tai Chi is to relax and who doesn't need to relax? \*No Class 9/7, 11/11

Instructor: Sifu R W Godlewski

Lenn Park Pavilion

Register By: 8/18 Cost: \$100  
M&W, 8/24-10/5\*, 2:30p-3:30p #3512.0069

Community Room

Register By: 9/30 Cost: \$100  
M&W, 10/14-11/30, 2:30p-3:30p #4512.0158  
Register By: 11/23, Cost: \$35 (2wks)  
M&W, 12/7-12/16, 2:30p-3:30p #4512.0159

## Simple, Easy, Every Day

Meditation **VIRTUAL**

Ages 18+, 4wks

Did you know you have between 60,000–90,000 thoughts a day? Of those, 95% of them you had the previous day. Simple, Easy, Every Day (SEED) meditation is a program to help you become more aware of your thoughts and/or begin to eliminate the unproductive ones. In addition, research indicates that a daily meditation practice can help lower blood pressure, reduce stress and decrease depression and anxiety. This class is for beginners as well as those interested in enhancing their own meditation practice. Registration fee includes book and CD which will be mailed to you. Yoga Instructors or Massage

Therapists are able to earn CEU's by attending this class. This class will be hosted virtually using Zoom.

SEED was developed by Sarah McLean founder of the McLean Meditation Academy.

Instructor: Michele Bledsoe

Online Zoom.com

Register By: 8/31 Cost: \$55  
M, 9/14-10/5, 6:30p-7:30p #4612.0010

## Staying Centered During

Difficult Times **NEW!** **VIRTUAL**

Ages 18+, 4wks

Whether you are new to meditation or have been meditating for years, it is common that questions and difficulties may arise especially during challenging times. We'll go over any questions you may have and look for solutions to the difficulties. In this class, we'll explore meditation practices that open our hearts and minds to be with life just as it is. We'll practice returning the present moment over and over again. We'll weave gratitude, forgiveness, patience and compassion into those moments we ordinarily try to run from or obsess about. We'll become more aware of when we ruminate about the past or project fearfully into the future, and find ways that will help bring us back into the present moment. This class will be hosted virtually using Zoom.

Instructor: Michele Bledsoe

Online Zoom.com

Register By: 8/26 Cost: \$39  
W, 9/9-9/30, 1:00p-2:00p #4612.0011

## Change Your Narrative: Become a

Better Version of Yourself **NEW!** **VIRTUAL**

Ages 18+, 1day

This virtual workshop will assist participants with improving their communication skills in order for them to be able to have difficult conversations and begin their journey toward healing or becoming a better version of oneself. Start living your best life now! Ms. Lillian is a Licensed Mental Health Professional in Residency.

Instructor: Lillian Arevalo

Online Zoom.com

Register By: 9/11 Cost: FREE  
F, 9/25, 12:00p-1:00p #4612.0012

## Silver Club

We hope that all our Silver Club Members are staying safe and healthy and staying in touch with each other during this unprecedented time. As soon as it is safe to do so the Silver Club will start meeting again. The Department will put a notice in the newspaper, on Facebook and will mail a notice to members to announce the re-launch of the Club. If you have any questions in the meantime, please do not hesitate to contact us!

# PAWS & HOOFS

## Sit, Stay & Say Hi Workshop

Ages Dogs 6 months & up; 1day

Having a dog that will sit and stay when asked is a pleasure to be around. This is a basic skill in meeting people and being welcome in public. We will also work on how to teach your dog not to go over a threshold or other boundary. This will allow both you and your dog more freedom.

Instructor: Andrea Williams

Lenn Park Outdoor Pavilion

Register By: 9/8 Cost: \$40  
Sa, 9/19, 9:00a-11:00a #4614.0121



## Lenn Park Pavilion & Spilman Park Picnic Shelter Rentals

As of 8.1.2020: Due to the “Safer at Home Guidelines” outlined in Phase III and the restrictions that still remain in place on physical distancing and capacities, the Parks & Recreation Department is not currently accepting facility reservation applications for private events at Lenn or Spilman Park.

Our Department is closely monitoring the public health situation and would like to thank all of our residents for their continued patience and understanding during this unprecedented period. We look forward to reopening our indoor facilities for weddings, birthday parties, and many family celebrations in the near future.

### Additional Notes

Picnic shelters are available to the public for use on a first come; first served basis;

The Department requests that all park goers continue to follow the posted VDH and CDC safety guidelines while using park facilities;

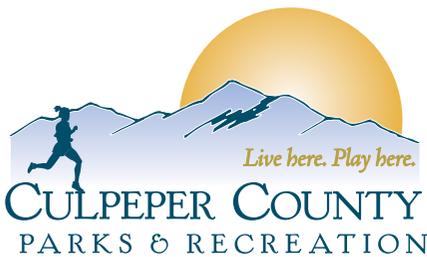
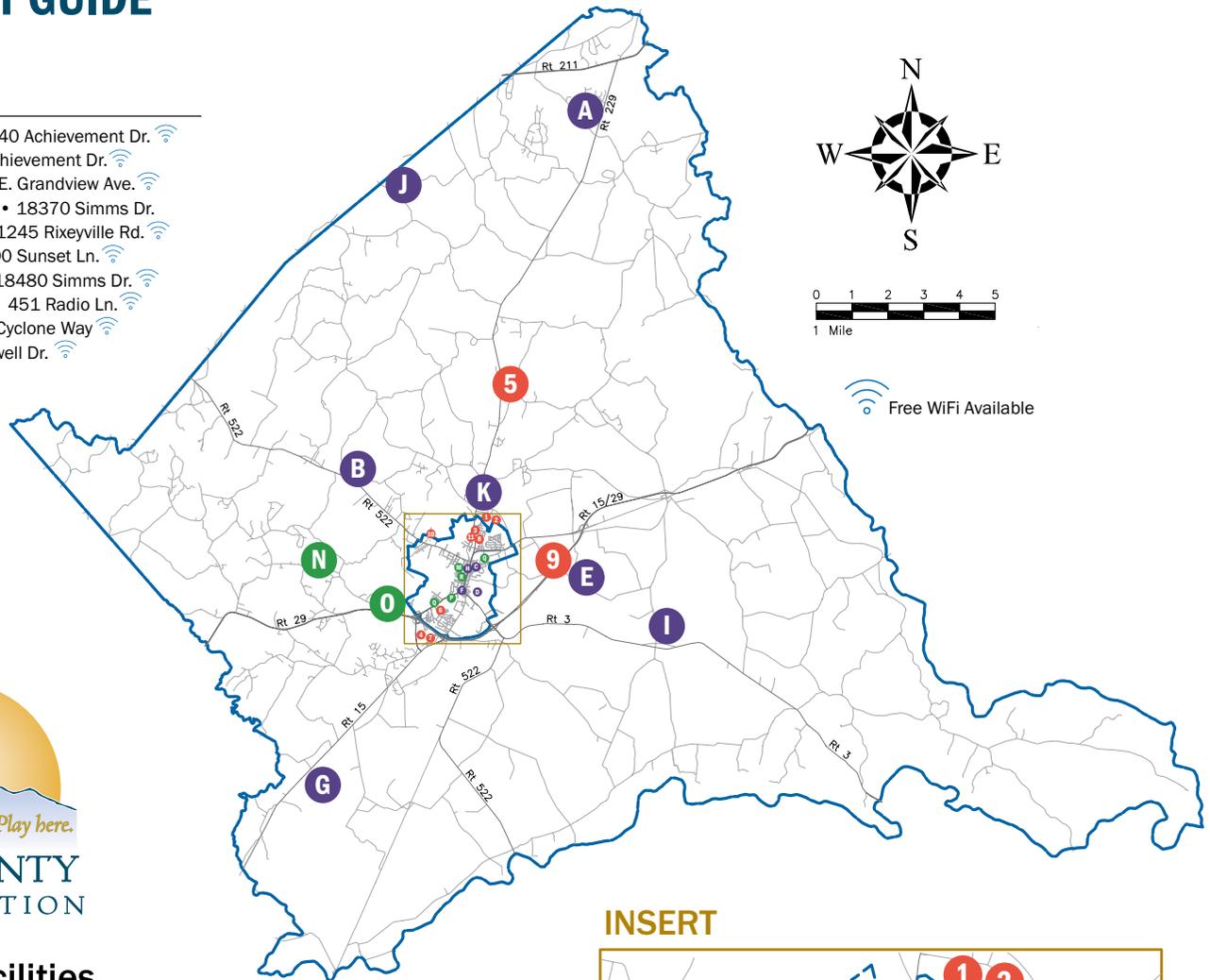
For additional facility reservation information, review [www.CulpeperRecreation.com](http://www.CulpeperRecreation.com), follow us on Facebook, and/or contact our office Monday – Friday from 8:00am to 4:30pm.

# PARKS & FACILITY GUIDE

## Public Schools

- 1 **Culpeper County High School** • 14240 Achievement Dr. 📶
- 2 **Culpeper Middle School** • 14300 Achievement Dr. 📶
- 3 **Floyd T. Binns Middle School** • 205 E. Grandview Ave. 📶
- 4 **A.G. Richardson Elementary School** • 18370 Simms Dr. 📶
- 5 **Emerald Hill Elementary School** • 11245 Rixeyville Rd. 📶
- 6 **Farmington Elementary School** • 500 Sunset Ln. 📶
- 7 **Pearl Sample Elementary School** • 18480 Simms Dr. 📶
- 8 **Sycamore Park Elementary School** • 451 Radio Ln. 📶
- 9 **Eastern View High School** • 16332 Cyclone Way 📶
- 10 **Yowell Elementary School** • 701 Yowell Dr. 📶
- 11 **School Board Office** • 450 Radio Ln. 📶

\*All Addresses are Culpeper



## County Parks & Facilities

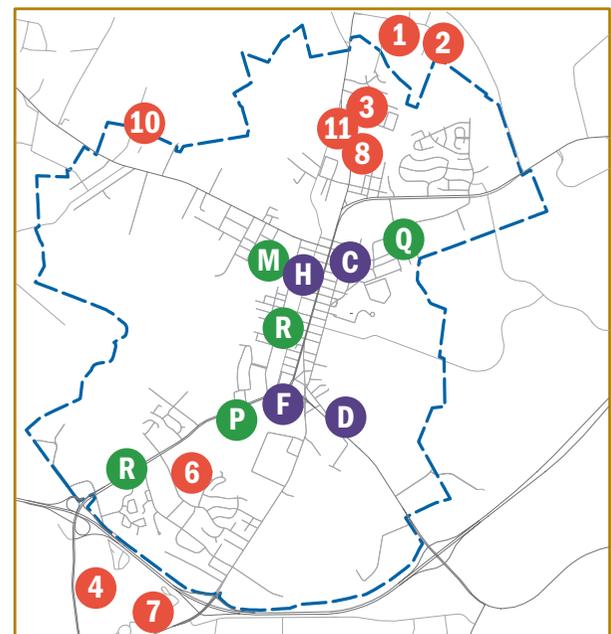
- A **Spilman Park** • 3543 Colvin Rd., Amissville
- B **Laurel Valley Park** • 10372 Carol Anne and Andrews Landing, Culpeper
- C **CCPRD Community Room** • 303 N. Main St., Culpeper
- D **Galbreath-Marshall Park** • 1401 Old Fredericksburg Rd., Culpeper
- E **Culpeper Sports Complex** • 16358 Competition Dr., Culpeper 📶
- F **Culpeper County Library** • 271 Southgate Shopping Center, Culpeper 📶
- G **The Carver Center** • 9432 James Madison Hwy, Rapidan
- H **Culpeper County Parks & Recreation Office** • 131 N. Main St., Culpeper
- I **Lenn Park** • 19206 Edwin Way, Culpeper 📶
- J **Duncan-Luttrel Park** • Korea Rd., Amissville
- K **Linda Kite-Cutler Memorial Park** • SE corner of Rixeyville Rd. & Ira Hoffman Ln., Culpeper
- L **Extension Office** • 101 S. West St., Culpeper

## Town Parks

- M **Yowell Meadow Park** • 100 N. Blue Ridge Ave., Culpeper
- N **Mt. Run Lake Park** • J.B. Carpenter Jr. Dr., Culpeper
- O **Lake Pelham** • 19013 Country Store Dr., Culpeper
- P **Rockwater Park** • 421 Madison Rd., Culpeper
- Q **Wine Street Memorial Park** • corner of Wine St. & Old Brandy Rd., Culpeper
- R **Kestner Wayside Park** • Madison Rd., Culpeper

For questions or concerns about Town Parks, please call 540-829-8260 or email [TownParks@culpeperva.gov](mailto:TownParks@culpeperva.gov)

## INSERT



## Parks Amenity Matrix

Park Amenity	Culpeper Sports Complex	Lenn Park	Spilman Park	Galbreath-Marshall	Laurel Valley	Linda Kite Cutler	Kirkpatrick	Duncan Luttrell
Amphitheater*		●						
Blue Bird Trail	●	●	●					
Bounce Wall	●							
Concession Stand	●							
Disc Golf			●					
Dog Park - Agility Equip.		●						
Field(s) - Adult Softball								
Field(s) - Football	●							
Field(s) - Lacrosse	●	●						
Field(s) - Multi-use	●	●	●	●				
Field(s) - Youth Baseball	●							
Field(s) - Youth Softball	●							
Fishing (catch/release)		●						
Horseshoe Pit(s)	●	●	●					
Kitchen (warming)		●						
Meditation Labyrinth	●							
Model Airplane Runway**		●						
Monarch Garden	●							
Picnic Pavilion		●						
Picnic Shelter			●					
Playground 2-5yr	●	●	●					
Playground 5-12yr	●	●						
Playground Inclusive	●							
Polinator Garden	●	●						
Portable Toilets	●	●	●					
Purple Martin Colony	●	●	●					
Rentable Facilities	●	●	●	●				
Restrooms	●	●*						
Sand Volleyball		●						
Scout Campground***		●						
Soap Box Derby Track****					●			
Soccer Field(s)	●							
Walking Trails - Grass			●					
Walking Trails - Gravel	●	●	●					
Walking Trails - Paved	●							
WiFi	●	●						
Future Development					●	●	●	●

\*Indoor restrooms are available with the rental of the picnic pavilion only;

\*\*Membership with Culpeper Model Barnstormers is required for usage;

\*\*\*Available for organized group use only [i.e. Boy Scouts/Girl Scouts];

\*\*\*\*Managed by the Piedmont Area Soapbox Derby.

## Community Connections

Below is a listing of non-profit, recreational groups based in Culpeper County. These are not operated by the Parks and Recreation Department. For questions, please contact the organization directly.

Additional recreation based groups are listed on our webpage. Click the "Community Recreation Organizations" link for details.

### Calfee Garden Club

(540) 937-2318

Email: calfeegardenclub@gmail.com

### Culpeper Garden Club

(540) 937-3545

Email: huntonj@comcast.net

### Culpeper Amateur Radio Association (CARA)

www.w4cul.org

### Culpeper Literacy Council

Email: director@culpeperliteracy.org

culpeperliteracy.org

### Culpeper Model Barnstormers (RC airplanes)

Email: npb6218@earthlink.net

www.cmbclubrc.com

### The disAbility Resource Center

Email: drc@cildrc.org

www.cildrc.org

### Friends of the Rappahannock (FOR)

(540) 287-0226

riverfriends.org

### Old Rag Master Naturalist (ORMN)

Email: contact@oldragmasternaturalists.org

www.oldragmasternaturalists.org

### Parent Teacher Resource Center

(540) 825-3677 Ext. 2131

### Rapidan River Master Gardeners (RRMG)

(703) 932-4054

Email: mkibler1965@gmail.com

### Tripoli Central Virginia Club (model rockets)

Email: mshowalter@verizon.net

www.battlepark.org

### Windmore Pen-to-Paper Writers Group

(540) 547-4333

Email: info@windmorefoundation.org



## SPECIAL EVENTS

### Culpeper Cycling Century

Ages 11+, 1day

Come join us for this fun and intimate ride. Only 500 registrations are accepted. Culpeper is a beautiful and unique town to visit any time but especially in the Fall. Choose from 30, 60, or 100 miles of paved road riding in the scenic piedmont region of Virginia. The routes take cyclist through Culpeper, and the surrounding counties, providing beautiful views of scenic back roads and rolling farms. Rest stops are provided approximately every 25 miles on the 100 & 60mile routes, and 15 miles on the 30 mile route. Be sure to bring the family! While you're out enjoying the countryside, there's plenty for them to do in Culpeper. Including visiting the wonderful and unique shops on Davis Street in Downtown Culpeper. Road bikes, hybrids, elliptical (stand up), or mountain bikes are suitable for this event. Please note elliptical bikes are not permitted on the 100mile course. For more details including course maps, visit [www.CulpeperCyclingCentury.com](http://www.CulpeperCyclingCentury.com)

Sa, 10/3, 7:00a-5:00p

Thanks to our event sponsors!

#### Stage Sponsors:



#### Sprint Sponsors:

Clevengers Corner Veterinary Care

Fray, Hudson, Clark & Walker, LLP – Attorneys

Friendship Height, LLC

Jane & Charlie Barrell

Mills, Dayton & Company, PC.

To support the 13th Annual Culpeper Cycling Century as a sponsor, please contact Tabitha Riley at [triley@culpepercounty.gov](mailto:triley@culpepercounty.gov).



## 5 Easy Ways to Register!



### By Phone

Call 540-727-3412 and select either extension 4, 5, 6. You can set up your ActiveNet Account and register for activities in one phone call. Payment must be made by credit card to register over the phone.



### By Fax

Simply complete the registration form and payment information (credit cards only) and fax to 540-727-2802.



### Online

Go to [www.CulpeperRecreation.com](http://www.CulpeperRecreation.com), then click the "Activities" icon, set up your ActiveNet customer account, and you can register from the convenience of your home or anywhere you have internet access.



### Walk-In

Registration will be accepted at the Parks and Recreation Office, at 131 N. Main Street from 8:00a to 4:30p, Monday through Friday (except holidays). Cash/Check/Credit Card are accepted.

For your safety and the safety of our employees, a maximum of 2 people may enter the lobby area at any given time. Please allow 6' between you and the next person in line and do not block the entrance/exit of the building.

Thank you for helping keep our community safe!!!



### By Mail

Mail the completed registration form (page 10) and payment to C CPRD, 131 N. Main St., Culpeper, Virginia 22701.

### Reminder...

Confirmations are only sent via email. Please include a self-addressed, stamped envelope, if you require a paper confirmation.

## REGISTRATION INFORMATION

### ActiveNet

ActiveNet is the recreation software the Department utilizes to process registrations, provide online registration, and accept credit card payments.

To begin using this system, each household must have an account set up in order to register for any Department activities. Please complete the registration form on page 10 and fax or mail it to the Department. You can also set up your account online.

Registrations cannot be processed until your ActiveNet account has been set up.

If your address, phone number, or email changes, please be sure to update your information with the Department.

Credit Card Transactions will show on your statement as: ACT\*CulpeperCoParksRec C 877-228-4881 TX

### Registration

**Online registration begins on Friday, August 14, 2020.**

**All other registration methods will begin on Monday, August 17, 2020.**

Full payment must accompany the completed registration form. Payments in the form of credit card (Visa, Master Card, America Express, Discover), cash, check, or money order (payable to Culpeper County Parks and Recreation) are accepted.

Registrations are accepted on a first-come, first-served basis. Anyone can participate regardless of County of residence, unless otherwise stated in the program description.

### Register By

The "Register By:" date is when the Department must have the minimum number of registrations to offer the activity. If the minimum is met by this date, registrations will continue to be accepted, unless otherwise stated, until the day before the activity starts or it is full. However, if minimum is not met by this date, the activity will be canceled and refunds issued.

### Adjustments

Department staff has made every effort to prepare this section of The Culpeper Quarterly as accurately as possible, however, errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. The Department reserves the right to make any needed adjustments.

### Refunds

If a participant needs to withdraw from a program, a full refund will be issued if the Parks and Recreation Department has been notified before the start of the second class. Unless otherwise stated in the description.

Refunds for one-day activities and all bus/van trips will be given in full, prior to the "Register By" date. After the Register By date, refunds less a \$3 processing fee, are only given if a substitute(s) is found and that substitute(s) registers with the Department before the activity/trip date.

If original payment was by cash or check, then a refund check is mailed to the address on file and it can take up to 45 days to be received.

If payment was made by credit card, then refund will be processed to that same credit card.

### Cancellation Policies

The Parks and Recreation Department reserves the right to cancel activities for any reason and to refuse any registration for any reason. Refunds are given for any Department canceled programs.

The Parks and Recreation Department programs will be canceled when Culpeper County Public Schools cancel or close early for inclement weather, natural disasters or other occurrences.

Closing announcements due to weather will be posted on 95.3FM, 103.1FM, 105.5FM, [www.cancellations.com](http://www.cancellations.com), [www.Facebook.com/CulpeperRecreation](http://www.Facebook.com/CulpeperRecreation) or at 540-727-3412 and select option 1, and sent via email and text message (you must opt in for texts).

### Accommodations

Culpeper County Parks & Recreation Department is committed to giving all citizens equal access to recreation and leisure opportunities. In keeping with that commitment and the Americans with Disabilities Act, and other applicable law, it is the Department's intent to provide reasonable accommodations to individuals with disabilities in all Department programs, services, and facilities. If reasonable accommodations are needed, please tell us upon registration and at least 10 days prior to the activity, if at all possible.

**Be sure to check online for additional activities!** Staff are still working to finalize details on several awesome activities. Follow us on Facebook for new program announcements.



# REGISTRATION FORM

One household per registration form. Photocopies are acceptable.

Main Contact Name (must be at least 18 years old): \_\_\_\_\_ Birth Date \_\_\_/\_\_\_/\_\_\_ Sex:  M  F

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Allergies: \_\_\_\_\_ Email (required for confirmation): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Participant Name	Birth Date	Sex	Allergies	Same Address as Above	Activity Name	Code	Date(s)	Time	Cost
Jane Doe	8/1/03	<input type="checkbox"/> M <input checked="" type="checkbox"/> F		<input checked="" type="checkbox"/> Y <input type="checkbox"/> N*	Drawing & Painting	#3610.0054	6/23-7/21	7:00p-7:45p	\$65
		<input type="checkbox"/> M <input type="checkbox"/> F		<input type="checkbox"/> Y <input type="checkbox"/> N*					
		<input type="checkbox"/> M <input type="checkbox"/> F		<input type="checkbox"/> Y <input type="checkbox"/> N*					
		<input type="checkbox"/> M <input type="checkbox"/> F		<input type="checkbox"/> Y <input type="checkbox"/> N*					

\*If participant's address is different from the main account holder, please include an additional sheet of paper with that information.

**Total \$**

**Assumption of Risk, Release from Liability, & Covenant Not to Sue:** In agreeing to participate in the program, as an adult participant or as a parent or a legal guardian of a minor participant, I and/or the participant do hereby affirm that the general health of the participant is good, and that the participant is not adversely affected by exercise, and that the participant is capable of performing an activity of this nature.

In consideration of participating in this activity, I and/or the participant do hereby covenant not sue the County with regard to any action, cause of action, claims, and demands of every kind or nature whatsoever that I and/or the participant have or which arise from or in connection with my participation in this activity. In consideration of participating in this activity, I and/or the participant do hereby assume all risk of any injury to the participant and will indemnify and hold harmless, from any and all liability, action, cause of action, claims, and demands of every kind or nature whatsoever that I and/or the participant have or which arise from or in connection with my participation in this activity, the County of Culpeper, Virginia, the County Board of Supervisors, the Culpeper County Department of Parks and Recreation, the Culpeper County School Board, the Town of Culpeper, and all their officers, agents, employees, staff, volunteers and successors.

It is likewise assumed and agreed that the participant will, at his own expense, wear the proper clothing and protective equipment during the activity, and that it is the responsibility of the participant or parent or guardian to make sure the criteria are met. I grant my permission to the county or its agents to transport the participant to and from an event or activity when required and hold harmless those assigned to transport. I also agree to allow transportation of the participant to the nearest physician or hospital for medical treatment and agree to allow for immediate first aid to the injured participant, if and when deemed necessary.

**Media Release Section:** Yes, I understand that I may be photographed and/or videotaped while participating in this activity. I agree to allow Culpeper County Parks & Recreation Department to use said photographs and/or videotapes in Department publications, media campaigns, to publicize and promote the Department, and also for educational and/or safety purposes (not for profit-making activity). I further waive any remuneration for publishing and/or printing such photographs of me. Any concerns this section may be directed to the County designee-event coordinator/manager for this event. This form and agreement will not be accepted and registration shall not be complete until this Media Release Section is initialed and agreed upon, or the concerns as to this section are otherwise resolved in writing by the County and the participant (and/or his/her parent or legal a guardian, as may be necessary).

I understand that by affixing my signature on this Agreement, titled Assumption of Risk, Release from Liability, & Covenant Not to Sue, that I attest to having read, fully understand and agree to all as set forth above. Covenantor has carefully read the foregoing covenant not to sue and knows and understands and agrees to the content hereof. Participant (and/or his/her parent or legal a guardian, as may be necessary) has carefully read the foregoing waiver of and release from liability and knows and understands and agrees to the content hereof.

Participant Signature (7yrs & older) \_\_\_\_\_ Parent/Guardian Signature (if participant 17 or younger) \_\_\_\_\_ Date \_\_\_\_\_

**Payment Method:**  Cash (Walk-in only)  Check enclosed, made payable to CCPRD \$ \_\_\_\_\_ # \_\_\_\_\_

Visa  Master Card  American Express  Discover Card Number: \_\_\_\_\_ Exp. Date \_\_\_/\_\_\_ CCV \_\_\_\_\_

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

I agree to pay the above total amount according to the card issuer agreement.

## Culpeper County Parks & Recreation Administrative Office

131 N. Main Street, Culpeper VA • Phone: 540-727-3412 • Fax: 540-727-2802 • parks@culpepercounty.gov • www.CulpeperRecreation.com