

BUCKINGHAM COUNTY RECREATION

2009

SUMMER PROGRAMS



Buckingham Co. Recreation Dept. Registration Form
Complete registration form and mail to Buckingham Co.
Recreation Dept., P. O. Box 252, Buckingham, VA 23921

Name of Program _____

Name _____ Age _____

Birthdate _____ Phone _____

Address _____

City _____ State _____ Zip _____

Signature of Parent/Guardian (If under 18)

TEE-SHIRT

Circle Tee-Shirt Size Youth S M L
Adult S M L XL

Buckingham Co. Recreation Dept. Registration Form

Complete registration form and mail to Buckingham Co.
Recreation Dept., P. O. Box 252, Buckingham, VA 23921

Name of Program _____

Name _____ Age _____

Birthdate _____ Phone _____

Address _____

City _____ State _____ Zip _____

Signature of Parent/Guardian (If under 18)

TEE-SHIRT

Circle Tee-Shirt Size Youth S M L
Adult S M L XL



Zumba Fitness

An Exciting New Aerobic Exercise Class

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away

Class Dates: Tuesdays, July 7 – August 11
Aug. 18 – Sept. 22

Class Times: 6:00 PM – 7:00 PM

Location: Buckingham Agricultural Center

Class Fee: \$30.00

10K Run/Walk-A-Thon



The friends of Buckingham Recreation Department and event committee will be sponsoring a Run/Walk-A-Thon for adults, and youth. The date will be Oct. 17, 2009 at the BCHS track area. The money raised will go to Breast Cancer and Buckingham Recreation Department. All money raised will stay local. There will kids events & Stew sales. More information for this event will be available at a later date. For more information call Todd Shumaker, Buckingham Co. Recreation Department, 434-969-4242

Adult Ballroom & Latin Dance Classes



Date: Sept. 24 – Dec. 3
 Time: Thursdays, 6:00 – 7:30 PM
 Cost: \$35.00
 Location: BCHS Concourse Area

Students will be given a taste of five different Ballroom and Latin dances. They will learn about four different steps to each dance. Dances covered may be Waltz, Rumba, Cha-Cha, West Coast Swing, and Salsa/Mambo

Gymnastics Program

Date: Will start the end of September
 Time: 5:30 PM, 6:15 PM & 7:30 PM
 (Parents will be notified for time of class)
 Ages: 3-14 (ages are based on age prior to Sept. 1)
 Cost: \$40.00 (six week session)
 Location: Nazarene Camp
 Deadline: Sept. 14, 2009



Women's Self-Defense Class

If any women are interested in taking a self-defense class, please contact Todd Shumaker, Buckingham Co. Recreation Director at (434) 969-4242.



Swimming Lessons

Beginner, Intermediate, Advanced

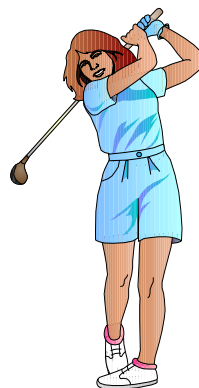
Nazarene Campground

Cost: \$70.00

July 7- 10 6:00-7:00 PM

July 13-17 6:00-7:00 PM

Buckingham Junior Golf Clinic



Clinic: June 23, 24 & 30, 2009
 Ages: 6 - 17
 Time: 9:00 AM - 1:00 PM
 Location: Brookleigh Golf Club
 Fee: \$15.00/day (includes lunch)

Each person will need to bring golf clubs and golf balls, or we can provide them for you. A bus will be leaving the Buckingham County High School at 8:15 a.m. for anyone needing transportation.

Registration Deadline June 19, 2009

Buckingham Junior Golf Championship

Tournament: July 1, 2009
 Ages: 6 - 17
 Days: Thursday
 Time: 9:00 AM - 1:00 PM
 Location: Brookleigh Golf Club
 Fee: \$15.00 (includes lunch)



Each person will need to bring golf clubs and golf balls, or we can provide them for you. A bus will be leaving the Buckingham County High School at 8:15 AM for anyone needing transportation.

Registration Deadline July 19, 2009

JAMES RIVER STATE PARK - 2009

Schedule of Events

June 6	Bluegrass Under the Stars
June 13	Stewardship VA River Cleanup
June 30	Float Fishing the James- Fishing Workshop
July 11	Bluegrass Under the Stars
July 18	Annual James River Raft Race
August 8	Bluegrass Under the Stars
September 12	Little Big Adventure Race
September 12	Bluegrass Under the Stars
September 19	James River Regional Cleanup
October 17	James River Fall Festival & Haunted Wagon Ride
October 24	Autumn Sky Watch
December 5	Trim-a-Tree for Wildlife and Nature Holiday Craft Workshop

For additional information or to sign up for a specific event, contact the park office at (434)933-8527 or email

jrinterpreter@dcr.virginia.gov

Annual James River Raft Race

This event promises fun for the whole family! Activities include a duck race, kids' moonwalk, dunk tank, sack races, kids fishing derby, river races and live music. Festivities will begin at 10:30 and continue throughout the day. The adventurous two-mile races will be held in several categories including Canoe, Kayak, Tube and Home Made River Vessels. Prizes will be awarded for the fishing derby as well as the river races.

Bluegrass Under the Stars

Enjoy great music overlooking the historic James River. "In the Tradition" hosts a different guest band every month. Bring lawn chairs or blankets. Music starts at 7:30pm. \$10 per person, kids under 12 years old are free!

Float Fishing the James

Enjoy float fishing the James River by canoe and receive instruction on basics and techniques for fishing the James River.

Lunch, rods, reels, tackle and canoes will be provided.

Participants

must be 9 years or older. Participants 15 and under must be accompanied by a registered adult. Participants 16 and older must have a valid VA freshwater fishing license.

Workshop cost: \$15. Park fee \$5. Register by June 5 at www.huntfishva.com "Upcoming Events".

James River Fall Festival and Haunted Wagon Ride

Join us from 4-9 pm for some old fashioned fall harvest fun. From 4pm until sunset enjoy live music, good food, old time games, wagon rides, and several activities including; pumpkin painting, apple pressing, candle dipping, butter churning, corn husk doll making, face painting, fresh pressed apple cider, apple bobbing, fortune telling, a candy maze for the kids and more! After sunset there will be a bonfire and *haunted wagon rides!* \$3 parking fee, \$4 wagon rides. Pumpkins for painting as well as State Park merchandise will be on sale.

James River Regional Cleanup

Come out to the park and help us keep our stretch of river clean! We will float from Bent Creek to Dixon Landing and clean up trash from the river along the way. To sign up for this event, contact the park.

Little Big Adventure Race

Child/adult teams compete in a triathlon consisting of canoeing, trail bike riding, and a 1.5 mile run. Clinics on health, fitness, and nutrition will be held. Visit www.runningkids.net for race details and registration or call 804-706-1038.

Nature Holiday Craft Workshop

Join us for some hot cider and camaraderie while you try your hand at making natural, decorative crafts such as centerpieces, wreaths, and swags. No children please.

Spring and Autumn Sky Watch

Join the Crewe Astronomy club as they turn their telescopes toward the heavens and observe planets and other celestial bodies. In the event of rain, an indoor presentation will be held.

Stewardship VA River Cleanup

Come out to the park and help us keep our stretch of river clean! We will float from Bent Creek to Dixon Landing and clean up trash from the river along the way. To sign up for this event, contact the park office.

Trim-A-Tree for Wildlife

Bring the family and make edible decorations for wildlife! Hot cider will be provided while we create delectable decorations to trim a tree at the nature center.

Join Our Friends Group!

The Friends of James River State Park is an organization of community members that contributes to the park in a variety of ways such as offering time, ideas, concerns, and financial support.

Our mission is to act as a non-profit citizens' support organization to assist in conserving the natural, cultural, scenic, and recreational resources of James River State Park, to assist in providing a variety of recreational and educational opportunities, and to assist in promoting environmental stewardship in one of Virginia's most beautiful parks.

The park opened in 1999, since then we have worked with the Park to create a beautiful recreational area. As the Park continues to grow we also want to grow as part of the community. James River State Park is a special place for many reasons and we would like your input and assistance to help guide our park into the future.

If you're interested in volunteering at our park or joining our friends group, please contact any of the following people; Joanne D. Absher- Park Ranger/Volunteer Coordinator

(434)933-4355 or (434)933-8854 or

jabsher@dcr.virginia.gov

Peggy A. Dixon- President of the Friends of James River State Park

peggydix@msn.com

Darlene White- Secretary/Treasurer

sdarlenewhite@aol.com

Buckingham Co. Recreation Dept. Registration Form

Complete registration form and mail to Buckingham Co. Recreation Dept., P. O. Box 252, Buckingham, VA 23921

Name of Program _____

Name _____ Age _____

Birthdate _____ Phone _____

Address _____

City _____ State _____ Zip _____

Signature of Parent/Guardian (If under 18)

TEE-SHIRT

Circle Tee-Shirt Size Youth S M L
Adult S M L XL

Buckingham Co. Recreation Dept. Registration Form

Complete registration form and mail to Buckingham Co. Recreation Dept., P. O. Box 252, Buckingham, VA 23921

Name of Program _____

Name _____ Age _____

Birthdate _____ Phone _____

Address _____

City _____ State _____ Zip _____

Signature of Parent/Guardian (If under 18)

TEE-SHIRT

Circle Tee-Shirt Size Youth S M L
Adult S M L XL

Walker's Okinawan Karate

Aerobics Class



Karate Aerobics Class: Sept. 23, 2009

Days: Wednesdays 6:00 – 7:00 PM
Location: Buckingham Agriculture Building
Fee: \$30.00
Deadline: Sept. 18, 2009

Adult Karate Class (Year-round Program)

Learn about Marshall Arts

Days: Wednesdays 5:15 – 7:00 PM
Location: Buckingham Agriculture Building
Fee: \$38.00 (month)
Join Any Time

YOGA CLASS

Yoga Class: Year-round Program
(Ages 12 – Adult)

Hatha – 1 Beginners
Hatha – 1 Intermediate
Instructor: Hope Nell
Classes every Thursday 5:30 - 7:15PM
At the Buckingham Agricultural Building

Cost: \$30.00 (4 consecutive classes)
or \$45.00 (6 consecutive classes)



You will need: Yoga mat, large towel, or blanket. This class reduces stress and increases health. Yoga will focus on postures, relaxation, breath control and mental concentration. Please wear loose-fitting clothing that does not restrict movement. NO JEANS

Karate Program

NOW IS YOUR CHANCE



Learn Discipline
Learn Self-Defense
Build Confidence
Build Character
Become Motivated

Come out and try it. This is a great program

Karate Lessons

Buckingham Agriculture Building

Ages 4 to adult

Every Wednesday (year-round)

3:30-5:30 PM

Fee: \$38.00

Instructor: James Walker



Sawtelle School of Arts & Awareness

Year Round Classes

1. *Creative Dance which includes ballet, tap, jazz and modern dance*
2. *Domestic Arts*
3. *Reiki*
4. *Meditation*
5. *Circle of Friends Gathering*
6. *Music lessons (piano & guitar)*
7. *Exercise classes (incorporating aerobic, yoga, pilates)*

Call (434) 969-2951 for information about classes and fees.

District Girls Softball Tournament

TEAM	LOCATION	DATE
Darlings	Goochland	June 29, 2009
Angels	Buckingham	June 26, 2009
Ponytails	Goochland	June 19, 2009
Belles	Buckingham	June 26, 2009



District Boys Baseball Tournament

Dixie A T-Ball 2009	Buckingham	June 12,
Dixie AA Coach Pitch 2009	Scottsville	June 23,
Dixie AAA Minors 2009	Amelia	June 19,
Dixie Majors 2009	Goochland	June 26,
13 & 14	Buckingham	July 3, 2009



Flag Football

If anyone is interested in entering a team into Adult Flag Football League please contact Todd Shumaker, 434 969-4242

Woman's Softball League

Ages 16 and up

Anyone interested in putting a team in the woman's softball league contact Todd Shumaker, 434 969-4242.
Deadline July 8, 2009

Co-ed Softball League

Anyone interested in putting a team into adult Co-ed Softball league contact Todd Shumaker, 434 969-4242. League will start the end June.

Co-ed Volleyball

Anyone interested in playing open gym Co-ed volleyball (ages 16 & up) contact Todd Shumaker, 434 969-4242. Will start in late fall.

Men's Softball League



To enter a team in the men's softball league call Todd Shumaker (434) 969-4242
Games will start at the beginning of Sept. 2009
Deadline for team entry Aug. 10, 2009

Youth Football Sign-ups

Buckingham High School Track Field

July 27 & 28, 2009

6:30-8:00 PM

Gene Dixon Ball Park

June 13, 20 & 27, 2009

10:00AM-2:00PM

Ages 5 – 13 (age as of Sept. 1)

First Day of Practice, Aug, 3, 2009

Cost: \$45.00 (per child)



Youth Football Free Conditioning Camp

Date: July 13-16, 2009

Age: 7-13

Time: 6:00 – 7:30PM

Location: Gene Dixon Ball Park



Buckingham Fundamental Free Football Camp

Buckingham County High School

Date: July 27-29, 2009

Ages: 7 – 18

Time: 6:30 - 8:00 PM

Girls Cheerleading Sign-ups for football

Location: Gene Dixon Park

Ages: 6-13

Date: July 11 & 18

Time: 10:00AM-2:00PM

Cost: \$45.00 first child, \$40.00 second child

Buckingham Instructional Co-ed Basketball Camp



Camp: July 13-16, 2009
 Ages: 8 - 14
 Time: 9:00 a.m. - 12:00 p.m.
 Location: Buckingham Middle School
 Fee: \$25.00 (includes tee-shirts)

Rick Calwell, Former Player - Hampden Sydney College
Dwayne Braxton, Former Player - James Madison University
 Deadline: June 25, 2009

Buckingham Co. Recreation Dept. Registration Form Co-ed Basketball Camp

Complete registration form and mail to Buckingham Co.
 Recreation Dept., P. O. Box 252, Buckingham, VA 23921

Name _____ Birthdate _____

Age _____ Phone _____

Address _____

City _____ State _____ Zip _____

Signature of Parent/Guardian (If under 18)

TEE-SHIRT

Circle Tee-Shirt Size Youth S M L
 Adult S M L XL

The Commonwealth Games



The Commonwealth Games is an Olympic-style amateur sports festival for male and female athletes of all ages and abilities. The Commonwealth Games is produced by Virginia Amateur Sports, Inc., a non-profit corporation located in Roanoke. The concept of the State Games movement is to

provide an avenue for positive personal development through sports, to recognize dedication and achievement, to promote health, fitness, and the camaraderie of competition. The 2009 Games will feature the sporting events:

Archery	Field Hockey	Running
Auto cross	Golf – Junior	Soccer
Badminton	Gymnastics	Softball
Baseball	Ice Hockey	Swimming
Basketball	Karate	Tennis
Bowling	Kayaking	Track & Field
Chess	Lacrosse	Volleyball
Cycling	Mountain Biking	& many more

ELIGIBILITY:

1. Resident of VA for 30 days prior to the first day of competition –OR-
2. Students enrolled at a VA academic institution –OR-
3. U.S. Military personnel of family members stationed at a base in Virginia. *Exceptions:* Persons residing in adjacent states who belong to a club based in Virginia, which regularly competes in Virginia - OR - Persons who are employed full time in Virginia.

Date: July 10- August 23, 2009

AGE:

There is no particular age required to participate in the Commonwealth Games. In general, age division, will be determined by the athlete's age as of the first day of competition. For more information go to www.commonwealthgames.org or call Todd Shumaker at 969-4242



Co-ed Soccer Sign-ups

Dates: Aug. 1, 2009 at 10:00-11:30 AM
Aug. 3,4,5, 2009 at 5:30-6:30 PM

Location: Behind Dillwyn Primary School
Ages: 6-17 (ages based on age as of Sept. 1)
Cost: \$40.00
\$45.00 if signup after Aug. 13
Soccer Season will start Aug.11, 2009

* If any adults would like to help coach, please contact
Todd Shumaker, 969-4242.

Co-ed Soccer Sign-ups Ages 4 & 5

Dates: Aug. 3,4,5,11,18, 2009at 5:30-6:30PM
Location: Behind Dillwyn Primary School
Ages: 4-5 (ages based on age as of Sept. 1)
Cost: \$35.00
\$40.00 if signup after Sept. 2
Soccer Season will start Aug.31, 2009

Coaching Soccer

Anyone interested in coaching Co-ed Soccer, ages 4 - 17
contact Todd Shumaker, 434 969-4242.

Girls Tennis Clinic



FREE

Dates: July 13-16, 2009
Ages: 8-18
Beginners: 12:00-3:00PM
Intermediate: 8:00-11:00AM
Location: Buckingham Co. High School
Deadline: July 30, 2008
Instructor: Erin Lake

Digital Photography Class

Instructor Becky Lutz
June 15, 16, 22 & 23, 6:00 - 7:30 p.m.
Class Fee-\$55.00
Learn the ins and outs of photography and how to get the
most from your digital camera. Must have a digital camera.
SLR preferred but not necessary. Recommended Book for
class;"Digital Photography Guide", Derrick Story.
Register with the County Recreation Department by June 12.



Digital Photography Class

Instructor Becky Lutz
September 14, 15 & 16, 6:00 -7:30 p.m.
Class Fee-\$55.00
Learn the ins and outs of photography and how to get the
most from your digital camera. Must have a digital camera.
Recommended Book for class;"Digital Photography Guide",
Derrick Story.
Register with the County Recreation Department by Sept 9.

Children's Art Class Summer 2009
Instructor – Nan Holt 434 969-1377

Location: Dillwyn Rescue Squad Building (behind BB&T)
Dates: June 22, 23, 24
Time: 9:30AM to 11:00AM
Fee: \$45 for 3 days per child all supplies provided
(discount for families)
All ages welcome. Please register with Dept. of Recreation by
June 19, 2009
Class will include some basic drawing instruction and lots of
enjoyable crafts.

Sprouse's Corner Ranch, LLC is now open!

We are now offering boarding.
Riding lessons will be available beginning in
June. Have a birthday coming up? Make it a
Pony Party! Pony rides, games, school and
church events.



2009 Summer Camp Dates

Horsemanship I June 15-19, July 20-24

The camp is geared toward beginning & intermediate students,
ages 7-16. English & Western riding lessons will be taught by
LaRue Dowd, a CHA certified instructor. Lessons are formatted
in a progressive manner emphasizing communications skills,
body alignment & balance. Fun and safety will be emphasized in
the saddle and on the ground. Riders will participate in games
with their horses and will learn a drill team exercise with their
horses.

Horsemanship II July 20-24

This camp is offered for intermediate and advanced riders or
riders who have completed Horsemanship I camp. Riding
lessons will focus on developing an independent seat, more
advanced riding skills, and a more in depth study of horse
management skills

Call LaRue Dowd for details.
(434) 547-2813 (cell) (434) 983-8181 (home)

VA Nazarene Children's Ministries
Kids First
Camp Dates

Kidz Camp	July 7-10	Grades 1-3
Pre-Teem Camp	July 13-17	Grades 4-6

Registration begins at 11:00am first day of camp.
Departure Friday 10:30AM

Cost Day Camp	\$125.00 includes meals, snacks, t-shirt
Cost Full Camp:	\$180.00

Deadline June 15

It is our goal to provide a fun wholesome camp for children.
While we welcome all children to attend these camps we do
provide each camp with a Christian message that is geared for
children.
Camp activities: Chapel, boating, fishing, crafts, Bible Quizzing,
water games, swimming, field sports, obstacle course, speed
stacking, group time.

For more information call Lynn Riddle 540-366-8701 or
lriddle@juno.com.

Indoor Baseball & Softball

Practice indoors at the Industrial Park Building located behind
Lucky's Convenient Store

Batting cage and pitching lanes

Monday	Girls Softball	6:00-8:00PM
Tuesday	Girls Softball	6:00-8:00PM
Wednesday	Boys Baseball	6:00-8:00PM
Thursday	Boys Baseball	6:00-8:00PM

Will end June 30, 2009 and will start back on
October 12, 2009

Buckingham Co. Recreation Dept. Registration Form

Complete registration form and mail to Buckingham Co.
Recreation Dept., P. O. Box 252, Buckingham, VA 23921

Name of Program _____

Name _____ Age _____

Birthdate _____ Phone _____

Address _____

City _____ State _____ Zip _____

Signature of Parent/Guardian (If under 18)

TEE-SHIRT

Circle Tee-Shirt Size Youth S M L
Adult S M L XL

Buckingham Co. Recreation Dept. Registration Form

Complete registration form and mail to Buckingham Co.
Recreation Dept., P. O. Box 252, Buckingham, VA 23921

Name of Program _____

Name _____ Age _____

Birthdate _____ Phone _____

Address _____

City _____ State _____ Zip _____

Signature of Parent/Guardian (If under 18)

TEE-SHIRT

Circle Tee-Shirt Size Youth S M L
Adult S M L XL

Buckingham Co. Recreation Dept. Registration Form

Complete registration form and mail to Buckingham Co.
Recreation Dept., P. O. Box 252, Buckingham, VA 23921

Name of Program _____

Name _____ Age _____

Birthdate _____ Phone _____

Address _____

City _____ State _____ Zip _____

Signature of Parent/Guardian (If under 18)

TEE-SHIRT

Circle Tee-Shirt Size Youth S M L
Adult S M L XL

Buckingham Co. Recreation Dept. Registration Form

Complete registration form and mail to Buckingham Co.
Recreation Dept., P. O. Box 252, Buckingham, VA 23921

Name of Program _____

Name _____ Age _____

Birthdate _____ Phone _____

Address _____

City _____ State _____ Zip _____

Signature of Parent/Guardian (If under 18)

TEE-SHIRT

Circle Tee-Shirt Size Youth S M L
Adult S M L XL