

Buckingham County Recreation

P.O. Box 252, Buckingham, Va 23921

(434) 969-4242

(Registration forms can be found on: www.buckinghamcountyva.org)

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 date: Tuesday (Year round and can join in on any Tuesday)

Class time: 6:00 PM – 7:00 PM

Location: Buckingham Agricultural Center

Class Fee: \$30.00 (6 consecutive classes) or \$7.00 a class

Karate Program

Ages: 4 to Adults

Location: Buckingham Agriculture Building

Class Date: Every Wednesday (year-round)

Time: 3:30 – 5:30 PM

Fee: \$38.00

Instructor: James Walker

Can join on any Wednesday

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 or stop by the class to join. Fee is \$25.00. Classes will be on Tuesday from 6:00 pm to 8:00 pm. Located at the County Administration Conference room (in basement). The class has started and you can join in at any time for a reduced rate. Classes will end Feb. 22nd.

Wizards vs Nets Pro-Basketball Trip

Buckingham County Recreation is sponsoring a trip to see the Washington Wizards play on March 20 @ 1:00 P.M at the Verizon Center. The charter bus will leave the Administration Building at 8:30 a.m. and arrive back by 8:30 p.m. that night. First 50 kids to turn in registration forms are guaranteed a spot on the bus. Must have another 50 for a second bus to be reserved.

Cost is \$75.00 per child

Deadline: February 14th

(This fee is for the bus ride and ticket for the game only. Money for food and souvenirs are separate)

Adult Co-Ed Volleyball

Open gym volleyball with 2 courts. Held on Monday's starting January 3rd at the Nazarene Campground Gymnasium, from 6:30 pm to 8:30 pm. Can join on any Monday.

(Behind Buckingham Middle School, off Rt. 60

Ages 16 & above)

Yoga Class

Class date: Thursday (Year round and can join on any Thursday)

Ages 12 - Adult

Time: 5:30 PM – 7:15 PM

Location: Buckingham Agriculture Building

Instructor: Hope Mell

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