



**Zumba Fitness**  
**An Exciting New Aerobic Exercise Class**  
**YEAR ROUND PROGRAM**

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

**Class:** Tuesdays Nights **Location:** Buckingham Agricultural Center  
**Class Times:** 6:00 PM – 7:00 PM

**Class:** Thursday Nights **Location:** Maysville Baptist Church Gymnasium  
**Class Times:** 6:00 PM – 7:00 PM

**Class Fee:** \$50.00 a month or \$7.00 a class

**Adult Ballroom & Latin Dance Classes**



**Date:** Sept. 6 – Nov. 8, 2011

**Time:** Tuesdays, 6:00 – 7:30 PM

**Cost:** \$40.00

**Location:** BCHS Concourse Area

**Instructor:** Sandra Mangialetti

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



*Fun for Seniors*

**Buckingham Active Senior Citizens**

Monthly meeting on the  
 Second Tuesday of every month  
 at 1 p.m. in the V.F.W Hall.

For light refreshments and games,  
 plus activities and trips during the year.

*(Coming from Spouses' Corner on the right hand side  
 where the four lane ends, 2.6 miles)*

For any questions please call Todd Shumaker at (434)-969-4242

**District Girls Softball Tournament**

TEAM	LOCATION	DATE
Darlings	Fluvanna	June 23, 2011
Angels	Cumberland	June 16, 2011
Ponytails	Powhatan	June 24, 2011
Belles	Cumberland	June 16, 2011



**District Boys Baseball Tournament**

Dixie A T-Ball	Amelia	June 24, 2011
Dixie AA Coach Pitch	Amelia	June 24, 2011
Dixie AAA Minors	Powhatan	July 1, 2011
Dixie Majors	Buckingham	July 8, 2011

***Dixie AA Coach Pitch State Invitation is in Buckingham***



**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 22, 2011

**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. Deadline June 17.

**Co-ed Volleyball**

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



## Self-Defense Class

*Any questions may be directed to Todd Shumaker, 969-4242*

**Self – Defense Class:** Oct. 6 – Nov. 10, 2011

**Days:** Tuesday 6:00 to 7:00 pm

**Location:** Buckingham County Administration Conference room

**Fee:** \$25.00

## Swimming Lessons

Nazarene Campground (across from BCMS)

Cost: \$40.00

July 5- 9	Ages 5-7	(Tu-Th) 6:30-7:10 PM Friday Class 10:00-10:40AM Saturday Class 10:30-11:10 AM
	Ages 8-12	(Tu-Th) 7:15 – 8:15PM Friday Class 10:45-11:45AM Saturday Class 11:15 – 12:15 PM
July 11-15	Ages 3-5	(M-T) 6:30-7:00PM Friday Class 10:00-10:40AM
	Ages 6-9	(M-T) 7:15-8:00 PM Friday Class 10:45-11:45AM

Deadline June 30, 2011

### Buckingham Co. Recreation Dept. Registration Form

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

### Swimming Class Registration Form

**Date Of Class:** \_\_\_\_\_ **Age** \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_\_\_  
Signature of Parent/Guardian (If under 18)

## Sprouse's Corner Ranch, LLC

Is a family owned and operated horse and cattle operation in the Heart of Virginia. Horse boarding, riding lessons, pony parties, horse shows, camps and workshops are all a part of what we do at the Ranch. We specialize in learning and living with horses with an emphasis on fun. We invite you to join our family on this journey of learning and living- the exciting way.

## 2010 Summer Camp Dates

*Cost of camps includes snacks and a t-shirt.*

### Jr. Hoof Picker Camp June 6-10, 2011

This camp is offered for 4-7 year olds. It is from 9AM – 12PM, Monday – Friday. Experienced ponies will teach these junior campers safety and grooming skills at their own pace. Cost: \$199

### Horsemanship I June 13-17, & July 11-15

This camp is geared toward beginning and intermediate students, ages 7-16. English and western riding lessons will be taught by a CHA certified instructor. Lessons are formatted in a progressive manner emphasizing communication skills, body alignment and balance. Campers will perform a horse show for the parents and family on the last day of camp. Cost: \$225

### Horsemanship II June 20 – 25, & July 18 - 22

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. This camp introduces hunt seat, western, gymkhana, and saddle seat riding styles, as well as the opportunity to learn to drive a cart. Campers will also have the opportunity to demonstrate their new skills to the parents and family on the last day of camp. \$250

### Advanced Camp August 1 – 5

This camp is offered for advanced riders, ages 7 – 17, who have developed an independent seat at the walk, trot, and canter. Riders will practice more advanced skills in dressage, jumping, saddle seat riding, and western games such as barrel racing and pole bending. Cost: \$300

16680 W. James Anderson Hwy.  
Buckingham, VA 23921 (434)983-8181  
[www.SprousesCornerRanch.com](http://www.SprousesCornerRanch.com)

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Buckingham, VA 23921 (434)983-8181  
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### Lesson Prices

#### Private Lessons:

Package of 10 lessons	\$30/each
Package of 4 lessons	\$35/each
Single lesson	\$40

#### Group Lessons:

Package of 10 lessons	\$28/each
Package of 4 lessons	\$30/each
Single lesson	\$35

### Quick Start Tennis

Ages 6 – 11

Location:	Ellis Acres Memorial Park	
1 <sup>st</sup> Clinic	July 11-15	6:00–7:00PM
2 <sup>nd</sup> Clinic	Aug 1-5	6:00-7:00PM
Fee:	\$20.00	
Deadline:	July 5, 2011	

Quick Start Tennis is a growing program that USTA (United States Tennis Association) has developed. This program introduces tennis to youth at an earlier age. The equipment is made in a smaller version so children can learn while having fun playing tennis.

### Summer Arts Camp

Date:	July 11 – 15, 2011
Time:	9:00AM-3:00PM
Ages:	9 to 14 yrs
Location:	Buckingham Arts Center
Cost:	\$65.00
\$5 discount for BCAC members or for multiple children from the same family	

Dancing, Pottery, Sculpture, Polymer Clay, Enameling, Watercolors and more  
Team Leaders positions still available  
To register early or more information, contact  
Becky Lutz 969-3201 or Sharon Andrews 351-4231

## Buckingham Junior Golf Clinic



Clinic:	June 21, 22, & 28, 2011
Ages:	6 – 17
Time:	9:00 AM – 1:00 PM
Location:	Farmville Municipal Golf Course
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 17, 2011**

## Buckingham Junior Golf Championship

Tournament:	June 29, 2011
Ages:	6 – 17
Days:	Thursday
Time:	9:00 AM – 1:00 PM
Location:	Farmville Municipal Golf Course
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 17, 2011**

# James River State Park – 2011

## Schedule of Events

May 1 <sup>st</sup> to December 31 <sup>st</sup>	Geocaching (History Hides in It)
June 11 <sup>th</sup>	Bluegrass Under the Stars
July 1 <sup>st</sup>	Bluegrass Under the Stars
August 6 <sup>th</sup>	Bluegrass Under the Stars
September 3 <sup>rd</sup>	Bluegrass Under the Stars
September 10 <sup>th</sup>	James River Clean-up
October 15 <sup>th</sup>	Fall Festival/Haunted Wagon Ride
October 22 <sup>nd</sup>	Fall Sky Watch

For additional information or to sign up for a specific event, contact the park off at 434-933-4355 or email [bill.crawford@dc.virginia.gov](mailto:bill.crawford@dc.virginia.gov)

## **Special Event Details**

### **History Hides In It**

Location: Throughout the Park

Have you ever wondered what Geocaching is all about? Do you like to get out in park and explore nature while finding “treasure?” Then this program is for you. GPS units are available for rent at the park that have the locations of geocaches already loaded on them...or you can bring your own GPS and we'll provide you with the coordinates. GPS rental fee: \$10 per day or \$6 for a half day.

### **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 and enjoy the show! Must starts at 7:30pm. \$10 per person, kids under 12 are free.

### **James River Clean-up**

Come join the park and help us keep this stretch of the river clean! Canoes, PFD's and paddles will be provided to all volunteers.

### **Fall Festival and Haunted Wagon Ride**

Join us for food, activities, and a lot of fun activities for the whole family. Don't miss the face painting, candle dipping, corn husking, apple pressing, butter churning, and other activities! Wagon rides to the Tye Overlook will be provided throughout the day and cost \$3 per person or \$8 per family. A bonfire will be made just before dark, then the haunted wagon rides begin! The cost for haunted wagon rides is \$5 per person.

### **Fall 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 in the Visitor's Center.

## **Interpretive Programs**

Interpretive programs are held Thursday through Sunday, from Memorial Day through Labor day...and select weekends throughout the year! Check the James River State Park website for events, times, and costs (if applicable). This is just a small sample of the many programs available!

### **Tye Overlook Wagon**

Take a ride with the Park Naturalist to the scenic Tye Overlook. Discover some history behind this beautiful spot as well as learning about the park itself. Pre-registration is required, and the rides are \$3 per person or \$8 per family.

### **Owls by Wagon**

We will ride in the back of an open wagon and stop occasionally to call some owls! With some luck, we may even get to see some! Pre-registration is required, the cost is \$3 per person and \$8 per family.

### **Pond Critters**

Join us as we take a walk around Green Hill Pond to discover what lives in and around the pond! We'll use dip nets to try and catch some critters and talk about what they are. This program is free!

### **Feeding Frenzy**

Every Sunday morning we feed the animals we have staying at the park! Help us feed the turtles, fish, and snakes and learn about what they eat. This program is free.

### **History Flows Through It**

A guide will canoe with you and your family down the river in the park. This two mile float is a wonderful way to see the river, and we'll stop along the way and see what aquatic wildlife we can find. The cost is \$5 per person.



### British Soccer Camp

The largest and most popular camp program in the USA and Canada

### Buckingham County Recreation

August 1<sup>st</sup> – 5<sup>th</sup>

Camp is held Behind Dillwyn Primary in Dillwyn, VA 23936

Camp includes FREE ball & t-shirt

\*Free online jersey offer deadline 6/17\*

Player Development	9 am - 12 pm	Ages 5 – 8 yrs	\$115
Player Development	5 pm – 8 pm	Ages 9 – 14 yrs	\$115

### What will they do each day?

The ABC's, the moves, freestyle soccer, dribbling, passing/receiving, shooting, heading, tackling/defending and much more

### Line Dance Class

Instructor: Linda Parker

Time: 6:00 pm – 7:00 pm

Location: VFW Hall (Rt. 60)

Mail in registration forms before the start of class.

**World-Infused Line Dancing:** Learn through a wide variety of music and choreography that include Latin, R&B, Soul, Pop, Rock, Country, Disco & even Ballroom.

**What your benefits are:** Cardio, Stamina, Balance, Memory, Weight-loss, Lowering Cholesterol, Muscle Tone, Stress Reduction, and more. One hour is equivalent to two back to back cross-word puzzles for brain stimulation (Alzheimer's/Dementia Prevention). Servicing ALL PARTS of your body & soul.

Program will be in 4-week sessions on Mondays, continuing on as long as we have participation. Cost is 15 & below people: \$35 or 16+ people \$30.



### Co-ed Soccer Sign-ups

Dates: Aug. 1, 2, 3, 4, 2011  
 Time: 5:30-6:30PM  
 Location: Behind Dillwyn Primary School  
 Ages: 6-17 (age based upon Aug. 1)  
 Cost: \$40.00  
 \$45.00 if signup after Aug. 11

Soccer Season will start Aug.9, 2011 at 5:30PM

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

### Co-ed Soccer Sign-ups

Dates: Aug. 1, 2, 3, 4, & 18, 2011  
 Time: 5:30-6:30 PM  
 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. 1

Soccer Season will start Aug.29, 2011  
Location: To Be Announced.

### Coaching Soccer

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

### Girls Tennis Clinic



Dates: August 1-4, 2011  
 Cost: \$20.00  
 Ages: 8-18  
 Beginners & Intermediate 6:00-7:30 PM  
 Location: Buckingham High School  
 Deadline: July 28, 2011  
 Instructor: Erin Lake

# 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 in the 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 Performing 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)

Location: Buckingham Agriculture Building  
 Call (434) 969-2951 for information about classes and fees.

## Flag Football

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

# 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 2011 Games will feature the sporting events:

- |              |                 |               |
|--------------|-----------------|---------------|
| Archery      | Flag Football   | Rugby         |
| Auto cross   | Golf – Junior   | Shooting      |
| Badminton    | Gymnastics      | Soccer        |
| Baseball     | Inline Hockey   | Softball      |
| Basketball   | Karate          | Swimming      |
| Bowling      | Kayaking        | Tennis        |
| Chess        | Lacrosse        | Track & Field |
| Cycling      | Mountain Biking | Volleyball    |
| Field Hockey | Running         | & 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 or 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 15, 2011 Open Ceremonies at Roanoke Civic Center

### 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](http://www.commonwealthgames.org) or call Todd Shumaker at 969-4242

## Walker's Okinawan Karate

Aerobics Class

Karate Aerobics Class: Sept. 20 – Oct. 25, 2011

Days: Tuesday 6:00 – 7:00 PM

Location: Buckingham Arts Building

Fee: \$30.00

Deadline: Sept. 15, 2011



## YOGA CLASS

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

Hatha – 1 Beginners

Hatha – 1 Intermediate

Instructor: Hope Mell

**Night time class:** Thursday 5:30 - 7:15 PM

**Day time class (new):** Wednesday 12:30 – 2:15 PM

**Location:** 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. Improves flexibility, strength and balance. Please wear loose-fitting clothing that does not restrict movement. **NO JEANS**



## Basic Dog Obedience Lessons

Trained Instructor: Dorene Duty

**Date:** Monday starting June 27 – Aug. 29, 2011 (No class July 4<sup>th</sup>)

**Time:** 6:30 pm – 7:30 pm **Fee:** \$60 for 9 sessions

**Location:** Behind Buckingham Arts Center (RT. 60)

*Limited to first 12 dogs*

**Requirements for dogs:** 1) Must be at least 3 months old 2) Non-aggressive 3) Must have all shots & owners have certificates of shots

Owners will be connected by Instructor before the first day of class

## 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. 2011

Deadline for team entry Aug. 5, 2011



## Youth Football Sign-ups

Buckingham High School Track Field

July 18, 19 & 20, 2011

6:30-8:00 PM

Gene Dixon Ball Park

July 2, 9, & 16, 2011

10:00AM-2:00PM

Ages 5 – 13 (age as of Sept. 1)

Last day of sign ups, July 29, 2011

First Day of Practice, July, 25, 2011



## Buckingham Fundamental Free Football Camp

Buckingham County High School

Date: July 18-20, 2011

Ages: 7 – 18

Time: 6:30 - 8:00 PM



## Girls Cheerleading Sign-ups for Football

Location: Gene Dixon Park

Ages: 6-13

Date: July 2, 9, & 16, 2011

Time: 10:00AM – 2:00PM

Cost: \$45 first child, \$40 second child

## Buckingham Instructional Co-ed Basketball Camp

Camp: July 18 - 21, 2011  
Ages: 8 - 14  
Time: 9:00 a.m. - 12:00 p.m.  
Location: Maysville Baptist Church Gymnasium  
Fee: \$25.00 (includes tee-shirts)  
**Rick Calwell**, Former Player - Hampden Sydney College  
**Dwayne Braxton**, Former Player - James Madison University  
Deadline: July 4, 2011



## Orioles vs. Tigers

(Registration forms can be found on:  
[www.buckinghamcountyva.org](http://www.buckinghamcountyva.org))



Buckingham County Recreation is sponsoring a trip to see the Baltimore Orioles play on Sunday, August 14<sup>th</sup> @ 1:35 p.m. at Camden Yard. The charter bus will leave the Administration Building at 8:00 a.m. and return at 8:00 p.m. that night. This trip is a first come first serve basis. There are 52 seats available for the trip. Ages 6 & up (one adult per child).

**Cost:** \$65.00

*(If unable to pay in full a minimum of \$35.00 is needed to reserve your seat with the rest due on July 17<sup>th</sup>, 2011)*

**Deadline:** June 30, 2011

*(This fee is for the bus ride & tickets for the game only. Money for food & souvenirs are separate.)*

Anyone interested in going or have any questions please contact  
Buckingham County Recreation Dept.,  
Ashley Harris (434)-969-4242  
Email: [arharris@buckinghamcounty.virginia.gov](mailto:arharris@buckinghamcounty.virginia.gov)

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### 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 \_\_\_\_\_ Birthday \_\_\_\_\_

Age \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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Signature of Parent/Guardian (If under 18)

#### TEE-SHIRT

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