

Recreation Advisory Commission – September 2016

Budget Update – There is approximately 78.87% of the current fiscal year remaining, with 78% of the Recreation budget remaining.

Projects:

Tucker Park – The boat ramp on the eastern side of the park has been completed and was opened the last week of July. The ramp is a 23 step/riser structure. The total cost of the project totaled \$28,000 and took approximately 3 weeks to complete.

The first month saw an estimated 520 uses/visitors to the ramp. Feedback thus far has been very positive to the eastern side as a whole which includes; the new ramp, a mowed walking path, picnic tables, trash cans, James River float time, and a gravel parking area. LL Bean Has been very happy with the site as well. The Outdoor Discovery School is getting steady registration. One Saturday saw a kayaking group from as far away as Williamsburg.

There are other developments at the site as well. A small playground has been installed on the western side. The playground includes a single bay swing, a silo climber, spinners, and parallel bars. Almost all of the playground elements were left over from other projects and/or donated. So that

The parking lot expansion project is currently in the design phase. Timmons Group has been selected as the engineering firm that will work on the parking lot expansion. The expansion will consist of a driveway extension from the current CarMax Cares stage area leading to the back corner of the park. The overflow parking area will allow the park to have adequate parking for special events. A Spring 2017 completion is expected.

Matthews Park – Matthews Park was opened the same week as the Tucker Park boat ramp. The park currently consists of a multi age playground and a single bay swing set. The 1-mile walking trail is still awaiting completion.

The first month saw an approximate total of 258 visitors. In addition to the trail work, other items still need to be completed at the park. Items include bench installations along the trail, fitness stations, interpretive signs, and the installation of an informational kiosk. Most items will be completed this fall and over the winter.

Leakes Mill Park – Phase 2 expansion efforts are underway. The Department has been working on finalizing the Plan of Development for construction. Phase 2 construction will include an additional fully irrigated soccer field, additional parking, picnic shelters, additional playground equipment, and improved trail heads.

It is anticipated that construction would begin in late fall with completion in later Spring 2017. Volunteers continue their work on the trail system. At this time, there are approximately 4 miles worth of trails on site.

Elk Island Recreation Area – the County has entered into a written agreement with land owners in the western end of the County for a recreational access easement. The easement is approximately 3 acres and will allow for additional James River access.

The site will include parking for approximately 9 cars as well as picnic tables and trash cans. Future development could possibly include walking trails and a non-motorized boat ramp.

Sports Complex – work has been ongoing at the Sports Complex. The entire building has received a fresh coat of paint, new signage, and patio is currently being installed at the rear of the building. The main office has also received a much needed installation of new carpet.

In October, the building will receive a new roof, a much needed infrastructure improvement. All of the improvements are designed to improve the overall experience of facility users while also continuing to project a positive image of the Department.

Central High School Complex – phase 1 of the Central High School complex was completed in early June, in time for the temporary relocation of the Community Development office. Other improvements have been made as well. Improvements include new landscaping, improved parking infrastructure, and security enhancements.

Phase 2 of the Central High School Complex (the committee sections – 1938, 1953 additions) are slated to begin this fall. Work will include new HVAC, demo of the existing office area, demo of the science lab, converting the science lab into an auditorium, deep cleaning, paint, bathroom renovations, and new carpet. At this time there is a balance of approximately \$176,000 in the CIP account. It is expected that all of the work will cost approximately \$235,000. The Department will be requesting the additional funds at the November Board of Supervisors meeting.

Court House Green – On September 11, 2016, the County and the Goochland Historical Society opened the fully restored old stone jail on the Court House Green. The jail represents “phase 1” of the Court House Green project. The jail’s set up includes rooms that are dedicated to different eras in the buildings history. Exhibits can be found in every room.

Future phases of the Green project includes a remodel of the old clerk’s office (visitors center) as well as the installation of the walkway that will activate the history of the Green. Along the trail there will be interpretive signage that will intertwine the County’s history and that of the green.

Registration and Revenue Report

FY 17

Revenue \$14,261.66 (down \$2,186.19)

Registration 190 (down 35)

Summer Camp Registration – Campers 361 (up 135) ; total registrations 1156 (up 285)

FY 16

Revenue \$16,447.85

Registration 225

Summer Camp Registration – Campers 226; total registrations 871

Programming

Basketball Update - Basketball

Youth:

First youth basketball advisory committee meeting took place on Tuesday August 9th. Our goal for the group is to advise the department from a user and participant standpoint, to give feedback on ways to improve the program, and to cultivate the basketball culture in the county. A survey was sent out to program participants at the conclusion of last season. We analyzed the responses and with that data we have decided that the agenda for the meeting was:

Key topics to be discussed:

- **Draft process:** ways to improve to make the teams more equitable.
- **Coaches toolkit:** rules and code of conduct.
- **Team and player development:** goals and guidelines for coaches to following to ensure players are improving as the season progresses.

Additional discussion topics:

- Each person may bring up **one** topic they would like to discuss. This will be capped at **5 minutes** per topic.

Youth Basketball Advisory Committee Meeting Notes

Draft

- Football play-offs interfere with the draft causing players to miss out. To solve this, we should do two days of the draft- a Saturday and a Sunday.
- Last year the draft was set up to have players display individual skills on their own, this year it has been suggested to have the players run through drills and play in a scrimmage to better assess their skill set.
- James Harris and Ryan Leabough (Varsity Basketball Coaches) will run the draft: more in depth details will follow
 - The draft will be broken into 1.5 to 2-hour time frames for each age group.
 - James and Ryan will run players through drills and assess their skills. They will then strategically break players into teams and continue to assess their skills.
 - They will then create evenly matched teams that will be assigned to coaches.
- Things to consider:

- There will be two draft days: Saturday and Sunday. Sunday is for football players who may miss out on Saturday. This should cut down on missed player evaluations.
- Specific requests will need to be made at the time of registration (for example, we would like Blake and Josh to be on the same team for carpooling). We will do our best to accommodate each request.

Coaches tool kit & player development

- Provide coaches with practice milestones and guidelines to ensure players are learning and growing throughout the season.
- Ensure there is a focus on defense.
- Include progressive discipline guidelines for both coach's code of conduct and players code of conduct.

Other Concerns

- Start games before Christmas break for the youth league- we are planning to begin the season December 17th this would mean March 4th would be the last weekend of games including play offs.
- All teams should have the same number of players- we will work on this this year
- End of year party should be as a group instead of individually as teams- this will be discussed

Youth Basketball

Our 10-week youth league is designed to enhance basketball skill and understanding in a team environment and competitive play. Designed to enhance our co-ed participant's aptitude, skills and confidence. Games will be played on Saturdays with practice scheduled once during the week.

Draft Saturday November 12th

Practices begin Monday December 5th

Games begin Saturday December 17th

1104.187 8-10 year olds

1104.188 11-13 year olds

1104.189 14-18 year olds

10 week season \$85

Gochland Sports Complex and Central High School

Registration deadline November 9th

Autumn Color Necklace Ages: 14+

This gorgeous necklace made with hemalyke and cat's eye beads is a stunner.

4401.528 Tu October 11 One Time Program

6:30 PM - 8:30 PM Goochland Sports Complex Classroom B \$20
Instructor: Bead Kits, LLC

Bead in a Cage Bracelet Ages: 14+

One - 2 hour class. Learn to do chain maille while creating this very popular bracelet design of crystal bicones placed inside silver plated rings.

4404.511 Tu November 29 One Time Program

6:30 PM - 8:30 PM Goochland Sports Complex Classroom B \$20
Instructor: Bead Kits, LLC

Let's Make Cheese - Mozzarella & Ricotta Ages: 14+

Let's make cheese! Did you know that mozzarella and ricotta cheeses can be made in 30 minutes or less? In this class we will use a gallon of whole milk, some citric acid, and rennet to make mozzarella and ricotta. Please bring an apron and a Tupperware bowl to take home your freshly made cheese!

4201.532 Tu October 11 One Time Program

6:30 PM - 8:30 PM TBD \$25
Instructor: Hobby Hill Farm

Netted Ornament Cover Ages: 14+

Learn the netted bead weaving technique while making this beautiful ornament cover.

4401.630 Th December 8 One Time Program

6:30 PM - 8:30 PM Goochland Sports Complex Classroom B \$20
Instructor: Bead Kits, LLC

School Spirit Class Ages: 14+

Complete your tailgating outfit with jewelry you can be proud of in your favorite school's colors. Choose from Goochland, Louisa, VCU, UVA, VT, Duke, Tennessee, JMU. If your team's colors aren't listed, identify at registration and I will customize for you

4401.544 Tu September 20 One Time Program

6:30 PM - 8:30 PM Goochland Sports Complex Classroom B \$35
Instructor: Bead Kits, LLC

Soft Cheese - Step up your game with Cultures! Ages: 14+

Making cheese is a very simple process when you have the proper supplies, cultures, and milk. Let Hobby Hill take you through the culturing process to make cream cheese, sour cream, and buttermilk. We will see the different cheeses at different levels of culturing. Each person will receive a goody bag of dairy gifts at the end of class.

4201.534 M November 14 One Time Program

6:30 PM - 8:30 PM TBD \$28
Instructor: Hobby Hill Farm

Endless Pasta with Personality Ages: 14+

Do you love to prepare fresh foods for yourself and others? How about making fresh pasta? Fresh pasta can be made in minutes using fresh garden veggies and eggs. In this class we will make several batches of pasta from lasagne to ravioli's. We will utilize rolling pins and two types of pasta machines for the class.

4201.533 Tu October 18 One Time Program

6:30 PM - 8:30 PM TBD \$25

Instructor: Hobby Hill Farm

Beginning Ballet Ages: 3- 5

If your child is twirling, jumping and dancing around he/she will love this class! We play dance games - while learning proper terms, technique and hearing music cues! Option to participate in June 17th recital.

5101.555 Th September 22 - December 15 12 Week Session

4:45 PM - 5:30 PM Goochland Sports Complex Dance Studio \$108.00

Instructor: Cindy Mills

Intermediate Ballet & Intro to Jazz & Hip Hop Ages: 5- 10

This class is designed to learn and create choreography. We work on dance technique and "team discipline" barre work, balance and grace! Hip Hop with tricks and splits! Recital option - June 17th. 5102.501 Th September 22 - December 15 12 Week Session

5:30 PM - 6:15 PM Goochland Sports Complex Dance Studio \$120

Instructor: Cindy Mills

Tucker's Time Ages: 5 & Under

Join us in the dance studio for two hours of bouncy fun! Climb on the mats, play with the balls, or jump around in the bounce house! Tucker's Time is for parents and toddlers to socialize and enjoy play time together in a safe environment. Come join in any time and bring your friends!

7404.499 Tu August 2 - December 27 Drop in Program

11:05 AM - 1:00 PM Goochland Sports Complex Dance Studio FREE

Youth Horseback Riding Program Ages: 6- 18

Riding lesson weekly after school. Students will learn to groom, tack, and ride. Jumping lessons available for more advanced students. Choose between horseback riding and equestrian vaulting. Transportation available for students at Goochland and Randolph Elementary.

Students must be picked up from Swift Creek School of Equitation.

5104.455 W August 31 - September 28 5 Week Session

3:30 PM - 5:30 PM Swift Creek School of Equitation \$175

5104.561 W October 5 - November 2 5 Week Session

3:30 PM - 5:30 PM Swift Creek School of Equitation \$175

5104.652 W November 9 - December 14, 5 Week Session

3:30 PM - 5:30 PM Swift Creek School of Equitation \$175

Instructor: Swift Creek School Of Equitation

Do You Want to Paint a Snowman' Ages: 5- 10

This class will be about all things frozen as we paint our snowmen! Join us for painting, a movie, and light refreshments. Canvases will be prepared and all materials are included. Things may get messy, so please dress accordingly. Register early, space is limited.

5104.674 Sa December 3 One Time Program

10:30 AM - 12:00 PM Goochland Sports Complex Classroom B \$15

Little Hikers and Smore Makers Ages: 4- 8

Explore the trails at Tucker Park at dusk. We will observe bugs in their natural habitat, make crafts, and roast marshmallows over a fire! Registration of a paying adult is required.

5104.564 Th November 3 One Time Program

6:30 PM - 7:30 PM Tucker Park Outdoor Classroom at Tucker Park \$7

Parent's Day Out Ages: 5- 12

Drop the kids off and enjoy a Saturday out! Participants must bring a bagged lunch.

5104.592 Sa October 15 One Time Program

10:00 AM - 4:00 PM Goochland Sports Complex Gym \$25

The Great Pumpkin! Ages: 5- 10

Join us for this Fall themed session of Passing for Painting! Enjoy painting, a movie, and light refreshments. Canvases will be prepared and all materials are included. Things may get messy, so please dress accordingly. Register early, space is limited.

5104.593 Sa October 1 One Time Program

10:30 AM - 12:00 PM Goochland Sports Complex Classroom B \$15

On Target Archery- Youth Ages: 6- 12

Come and learn the age-old skill of archery. All experience levels welcome. Learn about safety rules and equipment used in archery, instructed through proper shooting techniques and have lots of time to practice their newly learned skills on the range. Students receive a bow and arrows plus safety gear to take home after the final class. Bring your passion for traditional archery and we provide the rest.

1101.554 Su September 11 - 25 3 Week Session

10:00 AM - 11:00 AM Tucker Park Outdoor Classroom \$60

1101.555 W September 7 - 21 3 Week Session

6:00 PM - 7:00 PM Tucker Park Outdoor Classroom \$60

1101.556 Th September 15 - 29 3 Week Session

3:30 PM - 4:30 PM Randolph Elementary School \$60

1101.557 Th October 6 - 20 3 Week Session

3:30 PM - 4:30 PM Goochland Sports Complex Gym \$60

1101.558 Th November 3 – 17 3 Week Session
3:30 PM - 4:30 PM Byrd Elementary School \$60

1101.562 W October 12- 26 3 Week Session
5:30 PM - 6:30 PM Goochland Sports Complex Gym \$60
Instructor: Tyler Phaup

Tucker's Tots Ages 3-5

All of our class curriculum addresses beginning intellectual, social, emotional and physical development. This is done by teaching basic academic concepts-letters, sounds, reasoning, sequencing, classifying numbers & counting. Demonstrating responsible emotional behaviors, developing physical skills & coordination. Learning social skills and character education working with weekly themes and discovery play. All children must be toilet trained, ages are 3 to 4 years 11 months. The Arts Academy is located at 2938 River Road West, adjacent to the Courthouse Complex.

5101.542 M W F September 5 - 30 9:05am - 12pm \$150

5101.543 M W F October 3 - October 31 9:05am - 12pm \$150

5101.644 M W F November 2 - November 30 9:05am - 12pm \$150

5101.645 M W F December 2 - December 30 9:05am - 12pm \$150

Art in the Park Ages 2-6

Introducing art in the park! Let nature be our inspiration as we collect twigs, flowers, leaves and other things for art. Let's use our imagination to create imitations of nature.

7104.435 Sat August 27 - December 17 Drop In Program
10am - 10:30am Goochland Sports Complex Classroom B Free

7104.458 Sat August 27 - December 17 Drop In Program
10:45am - 11:30am Goochland Sports Complex Classroom B Free
Instructor: Krystle Brooks

Programs

Goochland Bootcamp Ages: 16 and up

Get out of the gym with this outdoor boot camp. Together we will use the elements of nature

to build strength, endurance, speed, and improve joint mobility. This class is creatively designed to provide you with a workout that is fun and invigorating. This class is able to accommodate all fitness levels. This program will be held rain or shine.

4204.588 Sat Sept 17- Oct 8 4 Week Session

8:00am- 9:00am Alternating between Hidden Rock Park, Tucker Park and Leakes Mill \$68

4204.587 Sat Oct 15- Nov 5 4 Week Session

8:00am- 9:00am Alternating between Hidden Rock Park, Tucker Park and Leakes Mill \$68

4204.589 Sat Sept 17-Nov 5 8 Week Session

8:00am-9:00am Alternating between Hidden Rock Park, Tucker Park and Leakes Mill \$120

Instructor: Tracey Ikenberry

Yoga for Beginners Ages: 14-80

Students learn the fundamentals of yoga, including traditional warm ups, yoga poses, optional poses and breath, and body and mind awareness. Concise description of how to come into poses as well as modifications for all levels are provided. Class is suitable for all fitness levels. No classes Monday October 10th.

4201.622 M Sept 5- Oct 17

5:30 PM-6:30 PM Dance Studio \$65

4201.625 M Oct 24- Nov 28

5:30 PM-6:30 PM Dance Studio \$65

Mixed Level Yoga Ages: 18-80

Class is geared for advanced yoga participants who would like to explore advanced asana, poses, and different variations of standard poses. The emphasis is on deepening one's practice while respecting one's limits. Class is suitable for individuals with prior yoga experience, and those who feel ready to move into advanced poses.

4203.623 Tu Sept 6- Oct 11

6:30 PM - 7:30 PM Dance Studio \$65

4203.324 Tu Oct 18-Nov 22

6:30 PM - 7:30 PM Dance Studio \$65

Instructor: Heart of Yoga

Zumba Ages: 14+

Cardio fitness party classes that are fun, energetics and will make you feel amazing! Perfect for everybody and every-body. Classes are designed for ALL fitness levels. Come join the party and let the music move you!

4404.585 Su Sept 11- Oct 9 4 weeks

3:00pm- 4:00pm GSC Dance Studio \$44

No Classes Sunday September 18th

4404.595 M Sept 12-Oct 31 6 weeks

6:00pm- 7:00pm Central High School Complex Dance Studio \$66

No classes Monday September 19th or Monday October 10th

4404.586 Su Oct 23- Nov 13 4 weeks

3:00pm- 4:00pm GSC Dance Studio \$44

4404.696 M Nov 7- Dec 19 6 weeks

6:00pm- 7:00pm Central High School Complex Dance Studio \$66

No classes Monday November 14th

4404.687 Su, F Dec 4-Dec 16 4 classes

3:00pm-4:00pm or 6:00pm-7:00pm GSC Dance Studio \$44

Instructors: La Verne Johnson & Shakinah Gilmore

Self-defense Awareness Ages: 13 and up

Self-defense is not just a set of techniques; it is a state of mind. This course includes a lecture, discussion and self-defense techniques suitable for girls and women of all ages and abilities.

Various topics will be covered including crime statistics, domestic violence, different forms of assault and commonsense self-defense. Through education and awareness Mark Wilds will build your confidence and boost your self-esteem while teaching you various self-defense strategies. Registration required minimum one week before class start date.

7404.611 W October 5 One Time Program

6:30pm-7:30pm GSC Classroom B FREE

Instructor: Mark Wilds

Swing Away Golf Ages: 5-12

Children in grades K-5 get to learn the awesome game of golf. They will be putting, chipping, and swinging away while playing games and having fun with a sport they can play for life.

1104.650 Tu Sept 13- Sept 27

3:30pm- 4:30pm BES \$33

1104.651 Tu Oct 4- Nov 8

3:30pm- 4:30pm RES \$66

1104.652 Tu Nov 15- Dec 13

3:30pm- 4:30pm GES \$44

Instructor: David Neal

Variety Sports Ages: 5-12

Children ages 5 - 12 will be participating in kickball, soccer, basketball, tennis, and other fun

activities. The emphasis throughout these activities is on fun and teamwork not winning or losing.

1104.653 M Sept 12-Oct 3
3:45pm-4:45pm GES \$40

1104.654 M Oct 24- Nov 14
3:45pm-4:45pm RES \$40
Instructor: Lynne Siewers

Activity Club Ages: 5-12

Come join our Activity Club for 3 weeks of evening fun! This program offers your child the opportunity to try new things. Each day we will enjoy snack time, 1 hour of activity time and then get started on our homework. This is a drop-in program so your child can come as often as they'd like! Pre-registration is required. Below is our schedule of activities (program order subject to change per school):

Monday- Jump Rope and Hula hooping

Tuesday- Art

Wednesday- Board Games and Trivia

Thursday- Variety Sports

5104.521 M Tu W Th Sept 12- Sept 29
3:30pm- 5:30pm RES \$15

5104.57 M Tu W Th Oct 3- Oct 20
3:30pm-5:30pm GES \$12.50

5104.571 M Tu W Th Oct 24-Nov 10
3:30pm-5:30pm BES \$15

Baseball Lessons Ages: 6-18

Gochland Parks & Recreation is pleased to offer individual softball and baseball lessons taught by former college baseball players, and local GYAA baseball coaches, Chris Williams (JMU) and Tim Williams (VMI), with prize 1924. Lessons are focused on building the essential skills for softball or baseball progression. Tailored around the skill level and experience of the player, sessions include skill-specific drills, conditioning, softball/baseball application and some softball/baseball history, all designed to reinforce and enhance player development. Half hour session is \$25 and an hour session is \$40. Five half hour sessions are \$110 and five hour sessions are \$185. Coaches Chris and Tim Williams have coached for years in the area and pride themselves in introducing college-level techniques to train young athletes and better prepare them for competition. It is their personal philosophy that the earlier the athlete is exposed to monitored, high-level training, the better. For Baseball: Choose from the following individual skills, or work with the coaches to design a program to include multiple skills to develop the overall baseball player: Pitching, Catching, Fielding (Infield Fielding & Outfield), Hitting (includes bunting), Base running. For Softball: Choose from the following individual skills, or

work with Coach Chris to design a program to include multiple skills to develop the overall player: Fielding (Infield & Outfield), Hitting (includes bunting), Base running, and Speed & Agility. Lessons will be scheduled on Tuesdays, Fridays, Saturdays and Sundays. About the instructors: Coaches Chris and Tim Williams were both highly recruited for Division I baseball and football. While Coach Tim played both baseball and football in college and had successful careers in each, including all-conference, multiple player of the week selections, and other honors, Coach Chris focused specifically on baseball and held the single season hits (singles) record for several years at JMU, received all conference honors, and was named to the "All Virginia Baseball Team" along with players from UVA, VA Tech, ODU, VCU, and UR standout and MLB star, Sean Casey.

1104.581 Su Tu F Sa Sept 2- Dec 31

Central High School Complex Gym

5 Half hour sessions \$110

1104.581 Su Tu F Sa Sept 2- Dec 31

Central High School Complex Gym

5 Hour sessions \$185

Karate Ages: 7+

Students will learn techniques including kicking, punching, blocking, sparring and partner work. Emphasis is on philosophy and discipline of the martial arts to increase student's self-confidence and physical condition. This challenging program is for ages 7 through adults and will help participants lead a healthier life. (\$25 one-time Karate association fee taken at door for first time students.)

7404.573 M Sept 16- Dec 16

6:30pm-8:00pm GSC Gym \$70

7404.578 M Th Sept 15- Dec 16

6:30pm-8:00pm GSC Gym \$100

7404.574 Th Sept 15-Dec 16

6:30pm-8:00pm GSC Gym \$70

Instructor Mark Wilds

Upcoming Special Events

October Thursday 27th 3:30-4:30pm

Saturday 29th 12-4pm

Trick or Treat at Goochland Administration

Goochland County Fall Festival

November Saturday 12th

Youth Basketball League DRAFT

December
Celebration

Friday 2nd

6:30-8pm

Christmas Tree Lighting & Holiday

Commission)

Thursday 8th

5:30-8pm

Santa Calling (Recreation Advisory