



Program Guide

March - May 2025



**Registration
opens at 7am!**

Henrico Resident: Feb 18

Non-Resident: Feb 21

Message from the Director

We hope you enjoyed the winter season as much as we did.

The Holiday Express Tour maintained its top ranking as one of our most joyous events - thank you to everyone who showed up! Work started on Three Lakes in January, and crews continue to make progress on Glover - both of these spaces will allow for you and your family to explore more nature areas. As we count down the days for more sunlight and opportunities to head to the parks, I want to encourage you to check out our 30 Days of Play Challenge highlighted in this guide. Spring also lends itself to more family-friendly events like outdoor movies, Kite Day, and the newly added-Skyglow, a magical evening of illuminated hot air balloons.

Without further ado, let's ring in spring!

John Zannino



Henrico County Recreation & Parks received CAPRA re-accreditation status in October 2024. This keeps the division in the ranks of elite park and recreation agencies across the country by both earning and keeping accreditation through the Commission for Accreditation of Park and Recreation Agencies (CAPRA) and the National Recreation and Park Association (NRPA).

CAPRA accreditation is the only national accreditation for park and recreation agencies and is a measure of an agency's overall quality of operation, management and service to the community. This mark of distinction indicates that an agency has met rigorous standards related to the management and administration of lands, facilities, resources, programs, safety and services.

DOWNLOAD OUR APP



Explore. Experience. Enjoy.

Parks ♦ Amenities ♦ Events
Programs ♦ History ♦ Challenges

Join the Challenge!

Look for challenges in the APP.
These challenges give you a chance to explore our parks. Some challenges have a prize at the end.



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PROGRAM REGISTRATION

Registration Start Dates & Time

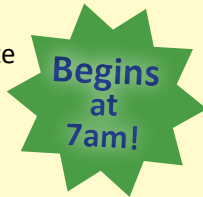
Time

Registration opens at **7am** for each start date

Spring 2025

Henrico Residents: Tue, Feb 18

Non-Henrico Residents: Fri, Feb 21



Fitness Registration

Registration is no longer required for these classes. A Group Exercise Access Pass is required to participate in any Henrico County Recreation and Parks fitness class. ([see page 28](#))

Ways to Register

1 Online Registration

connect.henricorecandparks.com

Opens at 7am for each start date.

2 Walk-In Registration

Mon-Fri, 7am-4:30pm

-Deep Run Rec Center

-Eastern Henrico Rec Center

Mon-Fri, 8am-4:30pm

-Belmont Rec Center

-Dorey Rec Center

Online Registration Tips:

Register on the go, the site is mobile friendly!

Registering online for the first time?

Be sure to create your account prior to the first day of registration, and add your family members too!

Having trouble registering?

Click the FAQs at the bottom of the online registration page.



Inclusion Services and Therapeutic Recreation

Inclusion Services

- Henrico Recreation strives to produce accessible recreation opportunities for all community members. If you or a family member needs assistance or program modifications for any (registration-based) programs due to a disability or medical condition, please contact our Inclusion Services team at 804-652-1413 or rec-inclusion@henrico.gov.

- All inclusion services requests are reviewed on a case-by-case basis and require a minimum two-week notice before the start of the program. While registering for programs, please select “yes” on the custom question for the need for inclusion services, and a member of the Inclusion Services team will contact you. Activity modifications to any registration-based program could include (but are not limited to) visual aids and verbal cues, custom supplies or equipment, facilities, and staff education.

- For those interested in information about our Therapeutic Recreation or adaptive recreation programs see pages 21-22.

Therapeutic Recreation

- Therapeutic Recreation (TR) is an adaptive form of recreation for those with disabilities or medical conditions. TR aims to promote socialization through leisure education and provide opportunities for diverse programming. Activities are designed to be easily modified based on the individual’s needs. We can work with participants, parents/ guardians, and staff to help ensure support is in place to promote an enjoyable and successful program experience.

Summer Camp



Registration begins
Monday, April 7

See page 22 for more info!



EVENT HIGHLIGHTS

All events are free and for the whole family.

Movie in the Park

Friday, April 4. Meadow Farm
Friday, April 18. Taylor Farm Park
Friday, May 2. Dorey Park
Friday, May 16. Deep Run Park



Movies start at sunset.

Bring your lawn chair or blanket and a flashlight.

For information and movie titles:
recandparks@henrico.gov or 804.501.PARK

MOUNTAINFILM ON TOUR

Saturday, April 12. Dorey Park
Event: 4-7:30pm | Movie: 7:45pm

Mountainfilm is a documentary film festival using the power of film, art and ideas to encourage audiences to create a better world.

Enjoy a vendor fair, games and outdoor activities that inspired these great adventures. End the night with a viewing of these incredible outdoor films!

Please bring a chair or blanket for your comfort.

Concessions available for purchase.

Information: recandparks@henrico.gov

Kite Day

Sunday
April 6

noon-3pm

Dorey Park



Decorate and fly your own kite!

Event will feature train rides, kite demos, a children's entrepreneurship market and more!

Concessions available for purchase.

Information: rec-eventsteam@henrico.gov

Earth Day



SATURDAY, APRIL 19
12-3pm

Deep Run Park



LIVE MUSIC, ACTIVITIES FOR ALL AGES.
CONCESSIONS AVAILABLE FOR PURCHASE.

INFORMATION: REC-EVENTSTEAM@HENRICO.GOV



(804) 501-PARK | henrico.gov/rec

EVENT HIGHLIGHTS

All events are free and for the whole family.



FARM FIELD DAY

Saturday, April 26, 11am-2pm
Meadow Farm

Join us for the 3rd annual Farm Field Day! Learn about agricultural practices, trades, and crafts of days past. Local craftsmen and businesses will be demonstrating their trades and selling wares. Create crafts, enjoy food trucks, and learn about farm practices.

Information: rec-eventsteam@henrico.gov



MEMORIAL DAY PARADE

Monday, May 26, 1-4pm

- 1pm - **Parade** starts on Williamsburg Road where it intersects with Beulah Road. Proceeds west and disbands at North Confederate Avenue.
- 2pm - **Block Party** at Sandston Recreation Area on JB Finley Street.

Information: rec-eventsteam@henrico.gov

Henrico
Federal Credit Union

presents



Saturday, May 10, 6-9pm
Crump Park

Witness the magic of hot air balloons lighting up the night sky!

- Tethered Hot Air Balloon Rides
- Kids Activities
- Live Music
- Concessions available for purchase.

Information: rec-eventsteam@henrico.gov

Mark Your Calendar!
Summer Events



Information: henrico.gov/rec/specialevents



(804) 501-PARK | henrico.gov/rec

Women's History Month

Marie Curie: A Woman of Radiance

Sat, Mar 1, 2-3pm. Meadow Farm. #16790

Ages 13+. December 1898, Marie Curie discovers a new element: Radium. For her accomplishments, she is the first woman to ever win a Nobel Prize and the only woman to win the Nobel twice. Learn how her groundbreaking discovery shaped the scientific community and the sacrifices she made for her work. Information: sch107@henrico.gov

Science Sleuths: Women Scientists

Wed, Mar 5, 3:30-4:30pm. Cheswick Park. #16938

All ages. An interactive experience that's sure to spark curiosity and creativity! We'll kick things off with a fun demonstration that brings science to life. Then, participants will dive right in, exploring their own experiment or activity together, all inspired by some amazing women scientists! Whether you're making something cool, solving a puzzle, or testing out new ideas, this program is all about fun, learning, and shared STEM experiences. Information: recandparks@henrico.gov

Homeschool Day: Women Innovators

Fri, Mar 7, 9-11am. Meadow Farm. #16834

All ages. From athletes to scientists, explore how women have been innovators in various fields throughout history. Information: sch107@henrico.gov

Women's Work: Women and Craft in America

Sat, Mar 8, 2-3pm. Meadow Farm. #16990

All ages. In this presentation, we will discuss the legacy of black women and a variety of craft-making processes in the South in the late 19th and early 20th centuries and into today. We will specifically talk about quilting, embroidery, weaving, spinning, knitting, and sewing and how these processes were used by women of color. Information: sch107@henrico.gov

History in Focus: Pocahontas

Sun, Mar 9, 2-3:30pm. Deep Run Rec Center. #16783

Ages 16+. She's on the Henrico County seal, but what do we really know about her? Many Virginians trace their ancestry to her, but who was she? Learn more about someone who could be considered America's first First Lady. Our historical presentation will explore the life and times of Matoaka, Pocahontas, Rebecca Rolfe. Information: sch107@henrico.gov

Celebrating Women's History Month

Thur, Mar 13, 6-7:30pm. Eastern Henrico Rec Center. #16898

Ages 13+. Our motivational speaker, Dr. CC Jackson, will inspire you to take better care of yourself. Learn how to enjoy life, take mental health breaks, and balance your busy lifestyle. Bring a photo of one of your favorite women, share stories, and visit women entrepreneur vendors. Light refreshments will be provided for your enjoyment. Information: cun04@henrico.gov

Pearl Meets Bessie Coleman

Fri, Mar 14, 1-2pm. Meadow Farm. #16843

All ages. Pearl the puppet loves watching the planes fly by on their way to the airport. When she hears about Bessie Coleman, the first African American woman and Native American person to get a pilot's license, Pearl has to know more! Information: sch107@henrico.gov



HERstory: Select Stories of Women Interred at Woodland

Sat, Mar 15, 11am-1pm. Woodland Cemetery. #16791

All ages. Ranging from revolutionary members of the local medical field, Zenobia Gilpin and Elizabeth Gaiters, to community helpers, Elnora Branch, and educators, Florence Ragland, this tour will put a spotlight on these women and others like them who helped shape our region into what it is today. Discover more about their lives as you visit their final resting place. This walking tour will cover a large portion of the grounds so please dress accordingly. Information:

sch107@henrico.gov

Mary Anning: Paleontology Pioneer

Sat, Mar 15, 2-3pm. Meadow Farm. #16810

All ages. Discover Mary Anning's extraordinary life from collecting fossils by the shore with her father, to her treatment in the scientific community, to her death and legacy. Information: sch107@henrico.gov

Spa Day

Thur, Mar 20, 6-7pm. Eastern Henrico Rec Center. #16899

Ages 18+. Ladies, it's time to relax, and enjoy personal "ME" time. The room will be transformed for ambience, enjoy relaxing music, and mini facials from 4EverYoung Midlothian, and more! Information:

cun04@henrico.gov

Oh, for Wings to Fly

Sat, Mar 22, 2-3pm. Meadow Farm. #16784

All ages. For women in the premodern era, their lives and accomplishments are easier to slip into silence and be forgotten. 18th century female writers, midwives, poets, and artists colored their world with wisdom and creativity. Their legacy can be a hopeful challenge to us all: to explore, soar, and be more creative. In this presentation, we will discuss the lives of Phillis Wheatley, Mary Crathorne, Elizabeth Vigele le Brun, and Martha Ballard. Information: sch107@henrico.gov

Knead-to-Know: Sourdough

Thur, Mar 27, 11am-noon. Springfield School House. #16941

All ages. Celebrate Sourdough Day and Women's History Month by diving into the delicious world of sourdough bread! Learn how to create your very own sourdough starter from scratch. We will guide you through the science and share fascinating facts about the history of sourdough that have kept it a beloved tradition for centuries. Whether you're a baking novice or a seasoned pro, you'll leave with your own starter to nurture at home and the knowledge to continue your sourdough journey-while celebrating the women who have helped shape the world of baking. Information: recandparks@henrico.gov

Mother Maybelle & the Carters in Henrico & Bluegrass Jam

Sat, Mar 29, 2-4:30pm. Belmont Rec Center. #16805

All ages. Did you know Henrico was once the home to Mother Maybelle and the Carter girls? Yes, THOSE Carters! Learn about their years in the county in the midst of their rise to fame in the country music world. Discover the various people, events, and iconic radio broadcasts right here that served as fuel in their meteoric rise to fame. Stay after the presentation for a bluegrass jam session with local group, "I'll Go Steppin Too", featuring Carter family classics. Information:

sch107@henrico.gov



COMMUNITY EVENTS

All events are free and for the whole family.

WELCOME SPRING

MONDAY, MARCH 31, 11AM-1PM
DOREY PARK

With the temperature rising, the birds chirping, and the flowers blooming, let's celebrate spring! We will have family fun, crafts and lawn games. Concessions available for purchase.

Information: roc35@henrico.gov

CARNIVAL AT BELMONT

MONDAY, MARCH 31, 4-6PM
BELMONT RECREATION CENTER

We will have lots of games outside and the game room will be open inside. There will be face painting, balloons, a rock wall, and a bounce house!

Information: belmont@henrico.gov

STICK HORSE DERBY

Saturday, May 17, 10am-noon.

◀ Dorey Park. ▶

Kids unleash your creativity and participate in exciting challenges with your very own stick horse!

Show off your stick horse skills and compete for glory in a thrilling "race."

Spectators can craft their own whimsical, Kentucky Derby-inspired sun hats to wear as they cheer on the young riders.

Information:
recandparks@henrico.gov

SENIOR PARTY AND RESOURCE FAIR

AGES
50+

THURSDAY, MAY 22, 10AM-NOON
EASTERN HENRICO REC CENTER

Seniors will receive information from county departments, community organizations, play games, and dance, dance, dance! Hosted with the SPAN Center (formerly Senior Connections), and Henrico's Advocate for Aging.

Information: cun04@henrico.gov



COMMUNITY EVENTS

All events are free and for the whole family.

Cinema at the Center

Friday, May 30, 1pm
Belmont Rec Center

Enjoy an indoor movie
and free popcorn
while supplies last.

*Come early
as space is limited.*



For movie title, please call 804-501-7275
or email cli04@henrico.gov

End of School Celebration

Friday, May 30, 2-4pm.
Eastern Henrico Rec Center. #16770

All ages. Kick off summer fun enjoying an inflatable obstacle course, Game Truck, RVA Train, a paint battle, and rock with DJ Amare!

Information: cun04@henrico.gov

30 DAYS OF PLAY!

APR 1-30

Discover all that Henrico Recreation and Parks has to offer. Explore local parks, try new activities, and check out our rec centers. Let's play, connect, and explore together!

Grab a 30 Days of Play book at Belmont, Deep Run, Dorey or Eastern Henrico Rec Centers.

- Books available at centers or print your own at home beginning March 1.
- Inside, you'll find free daily activity ideas across the county.
- Choose one of our suggestions or make your own adventure in the parks.
- Turn in your book at the end of the month for your chance to win the raffle.

Information: recandparks@henrico.gov



(804) 501-PARK | henrico.gov/rec

COMMUNITY PROGRAMS

All programs are free. No registration required.
Materials are available while supplies last.

Story Time with Pearl the Puppet & Friends

All ages. Spend the afternoon at Meadow Farm Museum with Pearl and friends and learn about their adventures. Information: sch107@henrico.gov

Pearl and the Story of Henry's Amazing Box

Fri, Mar 28, 1-2pm.

Pearl discovers the amazing true story of Henry "Box" Brown. Henry lived in Richmond over 175 years ago and was brave enough to mail himself to freedom.

Pearl and the Story of Barefoot

Fri, Apr 4, 1-2pm.

Imagine if you lived in the past and were fleeing enslavement using the Underground Railroad. Would the forest animals have helped you escape? Join Pearl as she discovers how the small, often unseen creatures in nature could have shown the way.

Pearl's Eggs-cellent Adventure

Sun, Apr 20, 2-3pm.

Ages 3-9. Pearl has noticed something odd happening around Meadow Farm. Eggs are disappearing...and today is Easter! Enter Edgar Bunny, the investigative bunny with the nose for clues. Will he be able to solve the case of the missing eggs?

Pearl Saves the World

Fri, Apr 25, 1-2pm.

Pearl loves how green and beautiful Meadow Farm is, but she's worried that it won't always be this way and thinks it's unfair that not everywhere is clean and safe. What can one little sheep do to help the world? We will hear stories of children around the world who have helped with big problems and about small steps we can take to save the world. Stewart the Turtle from the Henrico Environmental Action Response Team will be on-site with information about county specific environmental initiatives.

Pearl Meets Chester Nez, Navajo Code Talker

Fri, May 2, 1-2pm.

Pearl the sheep has heard about a secret code created by Native Americans and used during World War II. She wants to know more about these extraordinary people, so we will read a book about Chester Nez, one of the Navajo Code Talkers.

Pearl and the Song of the Bumblebee

Fri, May 23, 1-2pm.

Spring is here! The busy bees do so much to help our world be a better place. Let's find out if they have a song to sing.

Leprechaun Trapping

Mon, Mar 10, 3-4pm.
Three Lakes Park. #16939

Wed, Mar 12, 3-4pm.
Short Dump Park. #16793

All ages. Leprechauns are difficult to spot in the wild! Use household objects and other materials to design and build traps to catch these elusive characters. Take home your one-of-a-kind creation in hopes of trapping your very own leprechaun.

Information: tru08@henrico.gov



Old Stuff Day

Mon, Mar 3, 10-11am. Recreation and Parks Admin. #16809

All ages. Henrico is over 400 years old and we have amassed a collection of historic artifacts. In honor of 'Old Stuff Day,' Recreation and Parks' Historic Preservation Specialist, will give a behind the scenes tour as you learn more about some of the 'old stuff' housed in this collection. Information: tru08@henrico.gov

Story Tots and Tunes

1st & 3rd Tuesdays, 10-10:45am. The Springs Rec Center. #16966

Ages 2-5. Tots, Parents, and Grans - Join Ms. Bari as she introduces your child to books, rhymes and rhythm, music and song, puppets, taking turns, paying attention, and being in a group. Information: pit02@henrico.gov

Kids' Gym

Tue, Mar 11, 9:30-11:30am. Deep Run Rec Center. #16771

Tue, Apr 8, 9:30-11:30am. Deep Run Rec Center. #16772

Tue, May 13, 9:30-11:30am. Deep Run Rec Center. #16773

Ages 2-6. Kids' Gym is a fun and safe environment for children to explore and play through physical activity. Each month we will have different activities such as parachutes, obstacle courses, carnival style games, bouncy balls and more. While staff will be present to provide guidance and encouragement, parents will be playing alongside their children, so they don't miss out on the fun. Information:

leh@henrico.gov

INCLUSION SERVICES

For more details about specific modifications
or inclusion services, see page 3.

Information: rec-inclusion@henrico.gov or 804-652-1413.



COMMUNITY PROGRAMS

All programs are free. No registration required.
Materials are available while supplies last.

TR (Therapeutic Recreation) Bingo Night!

Wed, Mar 26, 6-7:15pm. Deep Run Rec Center. #16955
Tue, May 13, 6-7:15pm. Belmont Rec Center. #16957
Ages 6+. Playing bingo, enjoy snacks, and winning prizes! This co-sponsored program with the Positive Vibe Foundation will have everyone socializing. Various bingo style boards will be available.
Information: mcc159@henrico.gov

Soaring Tails

Sun, Mar 30, 3-5pm. Dorey Park. #16767
All ages. It's the perfect time for families to fly a kite, enjoy games, and other activities at the park. Bring your own kites to soar or get one from us. Information: cun04@henrico.gov

Celebrate Self-Care Day

Sat, Apr 5, 2-3:30pm. Belmont Rec Center. #16852
All ages. It's self-care day! Learn how to make a sugar scrub and a foot soak to pamper your body. Information: cli04@henrico.gov

Bingo! Family Fun Night

Fri, Apr 11, 7-9pm. Belmont Rec Center. #16853
All ages. Have a blast at our family fun night including bingo and games.
Information: cli04@henrico.gov

Classic Game Show!

Thur, Apr 17, 10-11:30am. Eastern Henrico Rec Center. #16769
All ages. Have you ever wanted to be a contestant on a tv game show? Have fun and win prizes by playing a variety of pricing or matching games. Information: cun04@henrico.gov

Pretzel Palooza - Craft and Crunch

Fri, Apr 25, 10am-noon. Deep Run Rec Center. #16817
All ages. Celebrate National Pretzel Day with a twist. Indulge in a delicious pretzel bar featuring a variety of toppings and dips then get creative with a fun pretzel craft. Information: tru08@henrico.gov

International Dance Day

Tue, Apr 29, 6-7pm. Eastern Henrico Rec Center. #16935
All ages. Richmond Urban Dance will showcase a dance mix that includes Contemporary, Street Jazz, Hip Hop, and Afro Beat with audience participation in honor of International Dance Day.
Information: cun@henrico.gov

WORLD DOWN SYNDROME DAY



Mix, Match, and Make A Difference

All ages. In honor of World Down Syndrome Day, come design and create your own pair of socks! Fun, mismatched socks symbolize embracing differences and remind us that what makes us stand out, makes us stronger together!

Tie-dye a special pair of socks that rock!

Fri, Mar 21, 10:30am-noon. Deep Run Rec Center. #17043
Information: mcc159@henrico.gov

Use stickers, markers, cotton balls and paint to create your pair of awesome socks!

Sat, Mar 22, 11am-12:30pm. Dorey Park. #16869
Sat, Mar 22, 2-3:30pm. Taylor Farm Park. #16870
Information: qua024@henrico.gov

Creative Arts

Tales for Tots

Thur, Mar 13, 10-10:45am. Deep Run Rec Center. #16738
Thur, Apr 10, 10-10:45am. Deep Run Rec Center. #16739
Thur, May 8, 10-10:45am. Deep Run Rec Center. #16740
All ages. Caregivers are encouraged to join for a shared, enriching experience with your littlest learners. Enjoy captivating stories, music, and themed crafts, while fostering important social skills such as turn-taking and paying attention. Information: tru08@henrico.gov

Make It Monday

Mon, Mar 24, 10am-noon. Deep Run Rec Center. #16736
Mon, Apr 28, 10am-noon. Deep Run Rec Center. #16737
All ages. All are welcome as we pull from our craft supply closet to see what great things can be made! Information: tru08@henrico.gov



COMMUNITY PROGRAMS

All programs are free. No registration required.
Materials are available while supplies last.

Handmade Day

Sat, Apr 5, 10am-noon. Belmont Rec Center. #16851
All ages. Have you ever wanted to try your hand at some form of art or craft? Today is the day! We will have multiple art supplies out on tables for you to explore and create your own masterpiece. Information: cli04@henrico.gov

Spring Day Story and Crafts

Wed, Apr 9, 10-11am. Deep Run Rec Center. #16996
Ages 4-6. With spring, comes wind and rain. We will listen to a story about spring weather and then create some fun crafts. Information: leh@henrico.gov

Henrico Innovators

Mon, Apr 21, 11am-12:30pm. Eastern Henrico Rec Center. #16951
Ages 2+. In celebration of World Creativity and Innovation Day (4/21) participants will have a variety of art mediums to mastermind into their own creations. If we have the supplies, anything goes! Creations will be added as a permanent display in one of our recreation centers. Participants can work as a group or independently; family/caregivers may be asked to stay on-site for additional support. Information: mcc159@henrico.gov

Landing on the Moon

Sat, May 3, 2-3:30pm. Taylor Farm Park. #17029
All ages. 3...2...1, BLAST OFF! A moon-tastic experience, where you create your own moon and watch it fizz and pop! This is a fun activity that lets you dig into astronomy, chemistry, and art all at the same time. Information: qua024@henrico.gov

Perfect Pet Paws

Wed, May 14, 10am-noon. Short Pump Park. #16950
All ages. Bring your beloved pet for a special, hands-on experience where you can create a unique keepsake to cherish for years to come! Make your very own clay paw print. We will guide you through the process, helping you capture the perfect paw print that you can take home to display with pride. All pets are welcome - from playful pups to curious cats! We can't wait to see you and your pet create a special memory together. Information: recandparks@henrico.gov

Home & Garden

Seed To Garden

Sat, Mar 22, 2-3:30pm. Dunncroft/Castle Point Park. #16761
All ages. Start this summer's garden off early with us! Plant a pack of herb, vegetable, and flower seeds in a terrarium tray to take home. Nurture and watch it grow until it's time to plant them outside in the spring. Information: ola@henrico.gov

Fidget Toys DIY

Wed, Mar 26, 10-11:30am. Deep Run Rec Center. #16743
All ages. Fidget toys can help with concentration, social anxieties and can be fun to play with. Share time with others as you make one or more fidget toys for your needs or for someone you know. Information: tru08@henrico.gov

Yes! You Can Do It

Thur, May 15, 6:30-8pm. Armour House. #16733
Ages 16+. Hey ladies! Get ready for some DIY fun. This session will include tips and tricks on using a power washer and a paint sprayer. You'll have the chance to try your hand at both tasks! Information: ola@henrico.gov

Pollinator Hotels

Wed, May 21, 6:30-8pm. Armour House. #16763
Ages 6+. Build your own personalized pollinator hotel out of recycled milk cartons. Decorate and place in your garden to draw your flying friends. Instructor: Samantha Forbes. Information: ola@henrico.gov

Music & Dance

Bluegrass Jam

Wed, Mar 5-May 28, 6-8:30pm. Hunton Community Center. #16801
All ages. This open jam session focuses on bluegrass music of all styles, vocal and instrumental. Musicians within the circle are expected to participate. All experience levels are welcome, including beginners. On the first Wednesday of each month there will be a jam etiquette lesson at 5:30pm. Spectators are welcome. Information: tru08@henrico.gov

music

Jazzy Affair!
Fri, Apr 11, 6-8pm.
Dorey Rec Center. #16936
Ages 16+. Join us for a wonderful evening enjoying jazz music and light refreshments. Information: cun@henrico.gov

Melodies Under the Moonlight
Fri, May 9, 7-9pm.
Eastern Henrico Rec Center. #16821
Ages 18+. Enjoy an evening of live music and mocktails on the patio. Information: ola@henrico.gov



COMMUNITY PROGRAMS

All programs are free. No registration required.
Materials are available while supplies last.

Nature & Outdoors

Pig-tastic Day of Celebration

Sat, Mar 1, 11am-1pm. Meadow Farm. #16868

All ages. Get ready to squeal with joy on National Pig Day at this celebration honoring our intelligent, adorable, and oink-tastic pig pals. Learn about their amazing traits and enjoy pig-inspired crafts and activities! Information: qua024@henrico.gov

Intro to Camping

Sat, Mar 1, 11am-3:30pm. Crump Park. #16816

Ages 7+. Spring is a great time to pack a bag and head into the great outdoors. Learn the basics of camping in this hands-on program. Topics such as tent pitching, bag packing, resource gathering, safety and more will be covered in this introductory course. Information: bov001@henrico.gov

Fun Fun Fungi

Tue, Mar 18, 3-5pm. Dorey Park. #16820

Ages 8+. Go off-trail in this program to locate, learn, and identify different types of fungi in the woods. Put on your boots and resilient hiking attire because some mushrooms like to hide in some tough locations! Mushrooms and mosses grow in a variety of environments accessible by foot; however, some terrain may be loose or slippery. Be aware of your own capabilities as we scrounge for a variety of fungi. Information: bov001@henrico.gov

Farm and Forest Friend Friday

Fri, Mar 21, 9-11am. Meadow Farm. #16806

Fri, Apr 18, 9-11am. Meadow Farm. #16807

Fri, May 16, 9-11am. Meadow Farm. #16808

All ages. In our drop-in stations, you will hear a story about a farm or forest friend, do a creature craft, and explore the grounds to see if we can find our new friends. March's friends are chickens; April's are turtles; and May's are insects. Information: sch107@henrico.gov

Herpetology Hunt

Fri, Mar 21, 1:30-3pm. Echo Lake Park. #16814

Ages 6+. Enjoy the great outdoors while searching for elusive reptiles and amphibians. Virginia native creatures are everywhere, but how do we find them? In this program, participants will learn how to safely locate and identify a variety of animals living in our parks. This program requires walking through some potentially slippery areas. Be aware of your own capabilities. Information: bov001@henrico.gov

Boom of Blooms: Seed Bombs

Fri, Mar 21, 3-4:30pm. Echo Lake Park. #17031

All ages. Enjoy a hands-on experience crafting seed bombs using native seeds, a powerful initiative to support and encourage native pollinators. Unleash your green thumb and make a positive impact on the environment. Information: recandparks@henrico.gov

Intro To Geocaching

Wed, Apr 16, 4-6pm. Meadow Farm. #16780

All ages. Geocaching is an outdoor activity that combines elements of treasure hunting, navigation, and exploration using GPS-enabled devices. In this class you will learn the basics of geocaching, navigation techniques, and being safe in the environment. You will then begin your journey in this hobby by finding a few geocaches on our property. Information: leh@henrico.gov

Painting in the Park

Mon, Apr 21, 10am-noon. Three Lakes Park. #17054

All ages. Capture the beauty of Henrico parks with this relaxing program. Walk up, sit down, and paint a serene natural scene. All materials will be provided, just bring your artistic spirit! Information: bov001@henrico.gov

Seasonal Stroll: Phenology Exploration

Tue, Apr 22, 10-11:30am. Deep Run Rec Center. #16944

All ages. Engage in citizen science by exploring phenology, the study of seasonal changes in nature. Learn the art of observation and contribute to scientific understanding and valuable research by making your own observations. Please arrive promptly for the observation tutorial preceding the guided walk. Information: recandparks@henrico.gov

Kayaking with the Community

Sat, Apr 26, 9-11am. Dorey Park. #16946

All ages. Whether it's your first time or you're a seasoned vet, we will provide you with everything you need to have a safe and fun kayaking experience. We will be located at the lake in the back of the park. Information: recandparks@henrico.gov

Canoeing with the Community

Sat, Apr 26, 2:30-4:30pm. Dorey Park. #16847

Fri, May 30, 2:30-4:30pm. Deep Run Park. #16848

All ages. Whether it's your first time or you're a seasoned vet, we will provide you with everything you need to have a safe and fun canoeing experience. Information: roc35@henrico.gov

INCLUSION SERVICES

For more details about specific modifications
or inclusion services, see page 3.

Information: rec-inclusion@henrico.gov or 804-652-1413.



COMMUNITY PROGRAMS

All programs are free. No registration required.
Materials are available while supplies last.

Outdoor Mindfulness: Creating Nature Boards

Sat, May 3, 1-3pm. Meadow Farm. #16991

All ages. This program will begin with a discussion of the importance of mindfulness and mental health. Participants will then be taken on a guided nature walk where they can gather leaves, flowers, and other natural materials to place into cardboard vases. Information: sch107@henrico.gov

Wish Upon a Star

Sat, May 3, 7:30-9pm. Meadow Farm. #17028

All ages. Members of the NASA/JPL Solar System Ambassadors will offer views of the night sky with several of their telescopes. We'll start with a brief overview of the stars and constellations with a sky map, followed by a tour of several objects that will be pointed out via a laser. Information: qua024@henrico.gov

Better than Leap Frog

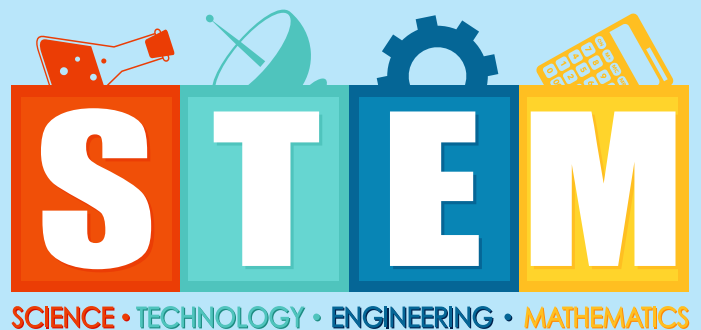
Sun, May 18, 1-3pm. Three Lakes Park. #16881

All ages. Are you ready to test your skills and see if you can take the big leap? Challengers will be able to jump across four giant inflatable spheres and see if they can reach the other side! Information: qua024@henrico.gov

Introduction to Disc Golf

Thur, May 22, 4-6pm. Dorey Park. #16779

All ages. This is an opportunity for you to try disc golf without intimidation or cost. We provide the equipment and give you the basics in how to play. You can start off with a few practice rounds on an open field short course and then try a few holes at our eighteen-hole disc course in the woods at the back of the park. Information: leh@henrico.gov



Science Sleuths

Wed, Mar 5, 3:30-4:30pm. Cheswick Park. #16938

Wed, Apr 16, 3:30-4:30pm. Springfield Park. #16943

Wed, May 21, 3:30-4:30pm. Dunncroft/Castle Point Park. #16948

All ages. An interactive experience that's sure to spark curiosity and creativity! We'll kick things off with a fun demonstration that brings science to life. Then, participants will dive right in, exploring their own experiment or activity together. Whether you're making something cool, solving a puzzle, or testing out new ideas, this program is all about fun, learning, and shared STEM experiences. Information: recandparks@henrico.gov

Liquid Fireworks

Fri, Apr 4, 10-11:30am. Taylor Farm Park. #16876

Fri, Apr 4, 2-3:30pm. Dorey Park. #16875

All ages. We're creating our own fireworks before the summer! With simple ingredients - milk, water, oil, food coloring, and dish detergent, you can create your own fireworks! A quick, fun activity for you and your family to do! Information: qua024@henrico.gov

Come Work Camp!
Get paid to play this summer!
Applications are now open.
Positions for ages 15+.
Info: linktr.ee/henricorecparks

The advertisement features a central photo of a woman in a blue shirt interacting with two children at a table. Below the photo is a QR code. At the bottom, there are silhouettes of children playing hopscotch, jumping rope, and swinging on a swing set. The text 'HENRICO RECREATION & PARKS' is visible in the bottom right corner of the advertisement.



(804) 501-PARK | henrico.gov/rec

DROP-IN PROGRAMS

Scroll through to find our drop-in activity schedules. Some activities happen at multiple locations. If you'd like to know more about the center, click the name at the top to be redirected to the site.



Open Gyms

Colonial Dance Club
Golden Angels
Tea Guild
The Springs Croquet Club

Badminton
Basketball
Pickleball
Table Tennis
Volleyball



Special Interest Groups

Variety of recreational activities. Ages 12 and under must be accompanied by an adult.



Game Rooms



Games

Belmont Games Club
Bridge (Kriss Kross & Social)
Canasta
Mahjong
Pinochle

Center Information

Belmont Recreation Center
804-652-1410 or Belmont@henrico.gov
Deep Run Recreation Center
804-652-1430 or DeepRun@henrico.gov
Eastern Henrico Recreation Center
804-652-1450 or EasternHenrico@henrico.gov
The Springs Recreation Center
804-652-1420 or TheSprings@henrico.gov

Full Schedule:
bit.ly/HenricoDropIn



(804) 501-PARK | henrico.gov/rec

HISTORY PROGRAMS

All programs are free. No registration required.

Investigate and Create

World Tartan Day

Sat, Apr 5, 1-3pm. Meadow Farm. #16833

All ages. World Tartan Day comes to Meadow Farm! This day is a celebration of Scottish heritage. During this drop-in program, you can learn about the history of the tartan, make a craft, and play some games. Information: sch107@henrico.gov

Homeschool Day: Brother vs. Brother: The American Civil War

Fri, Apr 11, 9-11am. Meadow Farm. #16836

All ages. To commemorate the 160th anniversary of the end of the American Civil War, we will use various hands-on stations to explore how the war tore the country apart and pushed it back together. Information: sch107@henrico.gov

Family Sleuths - The Case of the Missing Toy

Sat, May 17, 10-11am. Meadow Farm. #17026

Ages 6-12. A mystery has arisen at Meadow Farm. A toy belonging to Lizzie Sheppard is missing. Use secret codes, puzzles, and riddles hidden in different spots around the farm to help uncover clues to find the culprit and reunite Lizzie with her missing toy. Participants must be accompanied by an adult. Information: leh@henrico.gov

Homeschool Day: We Can Do It! World War II

Fri, May 9, 9-11am. Meadow Farm. #16835

All ages. From Pearl Harbor to Rosie the Riveter to the ties between origami cranes and the end of the war, explore how World War II changed the United States and the world. Information: sch107@henrico.gov

Pigeons: From Pets to Pests

Sat, May 24, 2-3pm. Meadow Farm. #16995

All ages. Today pigeons are considered a pest especially in cities, but did you know that at one time, they were kept as pets? Create a pigeon craft and learn more about how pigeons went from pets to pests. Information: sch107@henrico.gov

Find Your Roots & Tell Your Story

Tell Me About It: Beginning Oral History Interviews

Sat, Apr 5, 2-4pm. The Springs Rec Center. #16812

All ages. Do you want to talk to family members about their memories and record them, but aren't sure where to start? This workshop will be a beginner's guide to oral history interviews. Information: sch107@henrico.gov

What's In a Name?: The Legacy of African Names

Sat, Apr 12, 2-4pm. The Springs Rec Center. #16866

All ages. Discover the significance of traditional African names from Central, Western, and Southern Africa and how these names were transformed during the colonial period, Civil Rights Era, and beyond. Learn the cultural, symbolic, and spiritual meanings behind common African American names and naming conventions. Information: sch107@henrico.gov

Hunt for Henrico History

Sat, Apr 19, 9am-4pm. The Springs Rec Center. #16994

Sat, May 10, 9am-4pm. The Springs Rec Center. #16997

All ages. We're on the hunt for Henrico's history! Do you have photographs, letters, or other documents related to your family or Henrico that you would like scanned? Bring your items to be digitized! Participants will be asked to sign an agreement allowing Henrico County to reproduce, publish, broadcast, transmit, perform, or adapt any items scanned at this event. Please note that we will not have large format scanners on-site and the biggest items we are able to scan will be 11" by 17" inches. Information: sch107@henrico.gov

Paper View: Protecting & Preserving Your Family's Documents

Sat, May 3, 2-3pm. The Springs Rec Center. #16811

All ages. Do you have letters, photographs, diaries, or other family documents that you don't know what to do with? Discover safe and cost-effective ways to preserve your family's history. Information: sch107@henrico.gov

One Branch at a Time: Family Tree Workshop

Sat, May 17, 2-4pm. The Springs Rec Center. #16992

All ages. Are you interested in genealogy, but don't know where to start? In this beginner's workshop, you will get a family tree template and we will talk resources and how to do genealogy research. You will also receive a guide on how to interview relatives. Information: sch107@henrico.gov

Do It Yourself: Memory Makers

Sat, May 24, 2-4pm. The Springs Rec Center. #16993

All ages. In this workshop, you will create a small magazine or zine from a single piece of folded paper. Each page of your zine has an area where you can put a relative's name; a small icon, drawing, or picture; their relationship to you; and a favorite memory. There will also be a short presentation on scrapbooking and recording memories using words that connect to your senses. Information: sch107@henrico.gov



HISTORY PROGRAMS

All programs are free. No registration required.

Dial M for History

Mannequins to Mystery

Bog Bodies

Sat, Apr 19, 2-3pm. Meadow Farm. #16865

All ages. Imagine stumbling upon remains so well-preserved that you think the person has recently passed only to find out that they have not lived for thousands of years! This is the amazing true story of bog bodies. During this presentation learn more about what bog bodies are, why they are so well preserved, where they have been found, and more. Information: sch107@henrico.gov

Do You Have a Dress for the Ball?: Ann Lowe's Creative Life

Sun, Apr 6, 2-3pm. Meadow Farm. #16862

All ages Ann Lowe's dress designing career encompasses the story of Jacqueline Kennedy's stunning wedding dress and gives us a fascinating glimpse into American history. . Information: sch107@henrico.gov

From Farm to Feast: A History of Butchery

Sun, Apr 27, 2-3pm. Meadow Farm. #16867

All ages. Discover more about the history of butchery from a time when the transition would have been more back yard-to-table than the modern farm-to-table. Information: sch107@henrico.gov

Lieutenant James Reese Europe and the Harlem Hell Fighters

Sat, May 10, 2-3pm. Meadow Farm. #16804

Ages 13+. The syncopated melodies of conductor James Europe and his 369th U.S. Infantry Band known as the Harlem Hell Fighters enthralled the bastion of cultural elites in the shadow of the first World War: only to have the music silenced by murder. Information:

sch107@henrico.gov

A Case of Unwise Passions: The Mystery at Glenlyvar

Sun, May 18, 2-3pm. Meadow Farm. #16845

Ages 16+. This 1791 murder was so macabre that even the physical landmarks have all but disappeared. In this presentation, we will examine the criminal case that rocked 18th century Virginia in which John Marshall and Patrick Henry were notable defense lawyers. Information:

sch107@henrico.gov

From the Stacks

(In partnership with Henrico Public Library)

Historically Speaking: A Tale of Two Spies

Thur, Mar 13, 3-4pm. Gayton Branch Library. #16856

Ages 10+. Rose O'Neal Greenhow, of Washington, D.C., and Elizabeth Van Lew, of Richmond, used their position in society to conduct clandestine activities behind enemy lines during the American Civil War. A comparative biography exploring the successes and failures of their wartime activities will be presented. Information:

den63@henrico.gov

Blast from the Past Book Club

Tue, Apr 8, 1-3pm. Recreation and Parks Admin. #16861

Ages 14+. Meadow Farm staff and Henrico County Public Library come together for our bimonthly book club! We will read a new book and visit a different Henrico County historic site every other month. After the book discussion, we will talk about the ties between the site and the book. A tour of the site is included. April's book is *Organ Thieves: The Shocking Story of the First Heart Transplant in the Segregated South* by Chip Jones. Information: sch107@henrico.gov

Hand Crafted: Learn to Cross Stitch Then & Now

Mon, Apr 14, 6:30-8pm. Twin Hickory Library. #16900

Ages 12+. Recreation and Parks staff will give a brief overview of the history of counted cross stitch and then lead hands-on practice of the fundamental techniques of modern cross stitch. All instruction and supplies are included. Participants will leave with a stitching project of their own. Program held in partnership with Henrico County Public Library. This program is funded by a Virginia Commission of the Arts VA250 Impact Grant. Information: kbridges@henricolibrary.org REGISTRATION opens Monday, March 31, 2025 and is through HENRICO COUNTY PUBLIC LIBRARY'S WEBSITE AT:

<https://henricolibrary-va.libcal.com/event/12846035>

Hand Crafted: Learn to Cross Stitch Then & Now

Wed, Apr 16, 2-3:30pm. Fairfield Area Library. #16859

Ages 12+. Recreation and Parks staff will give a brief overview of the history of counted cross stitch and then lead hands-on practice of the fundamental techniques of modern cross stitch. All instruction and supplies are included. Participants will leave with a stitching project of their own. Program held in partnership with Henrico County Public Library. This program is funded by a Virginia Commission of the Arts VA250 Impact Grant. Information: kbridges@henricolibrary.org REGISTRATION opens Wednesday, April 2 and is through HENRICO COUNTY PUBLIC LIBRARY'S WEBSITE AT:

<https://henricolibrary-va.libcal.com/event/12839746>



HISTORY PROGRAMS

All programs are free. No registration required.

Historically Speaking: History of the Horse in Virginia

Tue, May 20, 2-3pm. Glen Allen Library. #16860

Ages 10+. From Olympic champions to battle horses, Virginians have had an enduring and special relationship with horses from the earliest days to the 21st century. The Virginia Museum of History and Culture joins us to highlight the Commonwealth's unique place in equine history. This program is held in partnership with Henrico County Public Library and sponsored by the Friends of the Library. Information: kbridges@henricolibrary.org

Local History

3D Photos of Henrico Battlefields

Sat, Apr 5, 11am-12:30pm. Henrico Theatre. #16968

All ages. Have you ever seen a 160-year-old photograph in three dimensions? Civil War images, newly digitized by the Library of Congress, can now be seen in incredible detail and in the format, they were originally taken. Program will be led by National Park Ranger, Mike Gorman, and 3D glasses will be provided. Information: den63@henrico.gov

Waging War on the Homefront: World War II in Henrico

Sun, May 18, 2-3:30pm. Belmont Rec Center. #16933

Ages 10+. 80 years ago, World War II was nearing the end. For the previous four years, every aspect of life for Henrico's residents centered around supporting the war effort. We'll dig beyond the more familiar Victory Gardens and scrap drives into some lesser-known things that happened here. Information: den63@henrico.gov

Friday at the Museum

Fri, Mar 7, noon-4pm. Deep Run School House. #16774

Fri, Apr 4, noon-4pm. Clarke-Palmore House. #16775

Fri, May 2, noon-4pm. Meadow Farm. #16776

All ages. Henrico Recreation and Parks owns, preserves, and interprets historic properties all over the County. Discover the rich and varied heritage of this vibrant community we call home. Hear the stories of the people, places, and events that have shaped our county. Information: leh@henrico.gov

Woodland Cemetery Tour

Sat, Apr 5, 11am-1pm. Woodland Cemetery. #17002

Sat, May 10, 11am-1pm. Woodland Cemetery. #17006

All ages. This walking tour encompasses the final resting place of African Americans from Richmond, Henrico and surrounding areas. On the tour, we will highlight not only the many influential people who are at rest in Woodland's sacred grounds but also the ongoing recovery efforts that have occurred in recent years. The tour will cover a large portion of the grounds so please dress accordingly. Information: sch107@henrico.gov

History of Lakeside

Sun, Apr 13, 2-3:30pm. Belmont Rec Center. #17030

Ages 10+. Every area of Henrico is full of history, including the Lakeside area. Hear about the people who have shaped the community, the events that made an impact beyond the borders of this community, and the areas that still tell the story of its past. Information: leh@henrico.gov



**APRIL IS TURTLE-LY AWESOME
AT MEADOW FARM!**

**Stewart's
ADVENTURE CLUB**

You'll have a shell-tacular time at these programs:

- April 4**
Turtle Action Movie in the Park
- April 18**
Farm and Forest Friend Friday: Turtles
- April 25**
Pearl Saves the World with special guest, Stewart

**AND ASK THE FRONT DESK ABOUT
JOINING STEWARTS ADVENTURE CLUB!**

INCLUSION SERVICES

For more details about specific modifications
or inclusion services, see page 3.

Information: rec-inclusion@henrico.gov or 804-652-1413.



PERFORMING ARTS



HENRICO LIVE

Join us for the rest of the Henrico Live season! Tickets cost \$10 per show.

To purchase tickets go to henricolive.com or visit the box office.

All performances will be held at Henrico Theatre.

Box Office Hours: Mon, Wed, Fri, 12-4pm. 804-652-1460

Susan Greenbaum

Fri, March 21, 7pm.

Susan Greenbaum has committed the first sin of musicians: She quit her day job. After working as a corporate executive in Fortune 500 companies, Susan traded her power suits for performing. Susan is an Henrico Theatre mainstay and the recipient of several songwriting awards. This concert will feature new music, never performed before in front of a live audience!

The Taters

Fri, April 25, 7pm.

Now in their 3rd decade (you read that right) of Tatering, they are sticking to their credo of No Two Shows the Same! We're just as excited as you to see what they're bringing during their return to the Henrico Theatre stage.

KOS— SOLD OUT!

Fri, May 30, 7pm.

KOS has been playing the best of beach, Motown, "rock and roll" and classic swing for over 30 years and still have people of all ages crowding dance floors up and down the east coast! The KOS Band does it all - ALL night long.



Henrico Theatre Company presents PICKLED AS A PICTURE

Thur, Mar 27, 7-9pm. Henrico Theatre. #16829

Ages 10+. Enjoy this staged reading of an original mystery/comedy/drama by award-winning playwright, James C. Ferguson. When four middle-aged women meet for their weekly pickleball game in Hingham, Massachusetts, an accident occurs that unlocks a long-forgotten mystery involving a peer, reopening numerous old wounds and causing everyone to reexamine their life choices.

Information: per22@henrico.gov

Erma Bombeck: At Wit's End

Fri-Sun, June 20-29



Starring Amy Berlin



Part of Henrico Theatre Company's Second Stage at Henrico Theatre. A comic look at one of our country's most beloved voices, who captured the frustrations of her generation by asking, "if life is a bowl of cherries, what am I doing in the pits?" Discover the story behind America's beloved humorist who championed women's lives with wit that sprang from the truth!

HENRICO THEATRE MOVIES

SILVER SCREEN MOVIES

Showtime: 10am

Mar 26: *Priscilla*; April 30: *Red*,
May 28: *Casablanca*



TICKETS &
CONCESSIONS:
\$1/EACH

KIDS MOVIES

Showtime: 10am

Mar 19, Apr 23, and May 21

804.652.1460 | henricotheatre.com



(804) 501-PARK | henrico.gov/rec

PERFORMING ARTS

All HTC tickets can be purchased in person at The Cultural Arts Center at Glen Allen, by calling 501-5859 or 261-2787, or online at artsglenallen.com; click on Performances then Henrico Theatre Company to purchase tickets.

Individual Tickets: \$12 for adults and \$10 for seniors (55+) and students per show.

AUDITION ANNOUNCEMENT

Sylvia

AUDITION

Sun & Mon, Mar 9 & 10 at 7pm

PRODUCTION DATES

May 2-18

LOCATION

The Cultural Arts Center at Glen Allen

Director Amy Berlin is seeking 2 women and 2 men, ages 20-60. Readings will be from the script. Rehearsals will begin shortly after casting. No performers paid.

Information: per22@henrico.gov

HENRICO THEATRE COMPANY

presents



May 2-18

A comedy by A. R. Gurney.

Greg and Kate have moved to Manhattan after 22 years of child-raising in the suburbs. Greg brings home a dog he found in the park, bearing only the name 'Sylvia' on her nametag. This street-smart mix of lab and poodle becomes a main bone of contention between husband and wife. Directed by Amy Berlin.



July 18-August 3

A musical created by Rick Seeber.

Back by popular demand! With propulsive rhythms and dazzling harmonies, this is a fast-paced musical romp through one of the most impassioned decades ever. Put on your leisure suits, halter tops and platform shoes and get ready to boogie down through 10 years of sound breaking music! Directed by Amy Perdue.

These HTC performances are held at The Cultural Arts Center at Glen Allen. For specific showtimes, go to artsglenallen.com.

Information: 501-5859 or per22@henrico.gov



presents

Alice in Wonderland

Wed, Mar 12
& Thur, Mar 13

7pm

The Cultural Arts Center
at Glen Allen

Free!

Reservations are not required.

Info: 501-5859 | henrico.gov/rec



(804) 501-PARK | henrico.gov/rec

YOUTH CLASSES

All programs are free; however, programs with a ► next to the title require registration in advance.



Come experience a camp full of adventure and fun. Activities include art activities, outdoor games and much more. Campers should wear athletic shoes, bring a water bottle, snack and lunch.

Dorey Rec Center

Ages 7-9. Tue, Apr 1, 9am-3pm. #16984
Information: den63@henrico.gov

Eastern Henrico Rec Center

Ages 7-9. Thur, Apr 3, 9am-3pm. #16878
Ages 10-12. Thur, Apr 3, 9am-3pm. #16877
Information: qua024@henrico.gov

Therapeutic Recreation Spring Break Camps also available. See page 26 for details.

Skybound Adventure Camp

Tue & Wed, Apr 1 & 2
9am-3pm.
Deep Run Rec Center.
#16967



Ages 8-12. Participants explore aviation through hands-on STEM activities and creativity on this exciting journey through the world of aviation! On Day 1, they'll dive into fun experiments, building model planes and learning about flight. On Day 2, they'll work together to design a mini model air show, which parents and caregivers can watch at the end of the day.

Information: recandparks@henrico.gov

Registration required in advance.

► **Cooking at The Springs**

Sat, Mar 15, 2-3:30pm. The Springs Rec Center. #16894
Ages 10-12. Have fun cooking and making your own personal pizza and nachos. Information: cli04@henrico.gov

► **Curious Mysteries**

Wed, Mar 26, 4-5pm. Deep Run Rec Center. #16782
Ages 5-7. Learn a trick and a secret code. While this class is open to everyone, this class helps Tiger Cub Scouts earn their Curiosity, Intrigue, and Magical Mysteries Badge. Information: leh@henrico.gov

► **Sci-Fi Creatures**

Sat, Apr 5, 2-3:30pm. Eastern Henrico Rec Center. #17048
Ages 10-13. Make a movie miniature model like starships, reactors, or robots. Scavenge through random model parts also known as a "greeble" in the movie industry to create your own sci-fi masterpiece. Instructor: Dan Sheets. Information: ola@henrico.gov

► **Deep Run Detective Agency**

Wed, Apr 23, 4-5pm. Deep Run Rec Center. #16781
Ages 8-11. Test your skills of observation and solving codes and mysteries. This class is open to everyone and will help Junior Girl Scouts earn their detective badge. Information: leh@henrico.gov

MOTHER'S DAY TEA

♥ SUN, MAY 4, 1-2:30PM. ♥
ARMOUR HOUSE. #17027

AGES 4+. ENJOY SOME TEA TIME WITH YOUR LITTLE ONE. WE'LL HAVE A VARIETY OF DELICIOUS FLAVORED TEAS AND DELICACIES TOGETHER TO CELEBRATE MOTHER'S DAY. CHILDREN MUST BE ACCOMPANIED BY A REGISTERED ADULT.



REGISTRATION REQUIRED
IN ADVANCE.

INFORMATION:
OLA@HENRICO.GOV



YOUTH CLASSES

All programs are free; however, programs with a ► next to the title require registration in advance.

Music & Dance

► Next Level Jam-Musically!

Tue, Mar 4-Apr 8, 6-7pm. Deep Run Rec Center. #16854

Ages 8-15. This six-week jam class will teach participants how to play in any music jam. Slow and fun jamming will begin on day one and build throughout the weeks. Grab your instrument and bring it with a pencil, a tuner and a piece of paper. Students will learn jam etiquette, jamming techniques, how to select and learn a song, and how to play by ear and lead. This class is for any stringed, acoustic instrument. Students should be able to play C, D, E/ or E7, F, G and A major chords and transfer easily between them. Instructor: Laura Petrella. Information:

tru08@henrico.gov

► Introduction to Guitar 2

Tue, Mar 11-Apr 8, 5:45-6:30pm. The Springs Rec Center. #16786

Ages 6-12. In this class you will continue to learn introductory guitar techniques and playing skills. The Introduction to Guitar 1 course is a prerequisite. The instructor has taught hundreds of musicians and will teach good playing habits while keeping learning challenging and fun. Please bring a guitar. Information: roc35@henrico.gov

► Introduction to Guitar 1

Tue, Apr 22-May 13, 5:45-6:30pm. The Springs Rec Center. #16788

Ages 6-12. Do you want to see if guitar is the instrument for you? In this class you will learn introductory guitar techniques and playing skills. The instructor has taught hundreds of musicians and will teach good playing habits while keeping learning challenging and fun. Please bring a guitar. Information: roc35@henrico.gov

Summer Camp

Mark your calendars!

Camp Season Announced: Mar 24

Registration Opens: Apr 7



FREE SUMMER CAMP FOR HENRIGO RESIDENTS

Pedal Practice!

Sat, Mar 29, 3-5pm. Eastern Henrico Rec Center. #16895

Sun, Mar 30, 3-5pm. Dorey Park. #16897

Ages 5-10. With the instruction provided by WeeWheel, enjoy the thrill of learning how to ride your bike, an essential childhood skill. Bring your bike and helmet if you have one.

Registration required
in advance.

Information:
cun04@henrico.gov



Nature & Outdoors

► Build Your Own Fishing Pole

Sat, Apr 5, 10am-noon. Deep Run Park. #16813

Sat, Apr 5, 2-4pm. Deep Run Park. #17025

Ages 8+. Create your own fishing pole! Take it back to the most basic and fun style of fishing. We will be using invasive bamboo sourced out of the park itself in this hands-on, instructive program. This program contains only the process of building fishing poles. There will be no fishing in this program, however you may fish in the pond after the program is over if you have a valid fishing license, or you are under the age of 16. Information: bov001@henrico.gov

► Marshes, Marshes, Marshes!

Tue, Apr 29, 2-4pm. Three Lakes Park. #16818

Ages 8+. Put on your waders or tallest rain boots and explore some shallow marshes while learning of their importance. Find interesting plants and animals, even some super cool insects that are emerging from hibernation. Walking through marshes is a physically demanding activity that requires strength and stability. Inclined and declined terrains are also present. Please be aware of your own abilities. Information: bov001@henrico.gov



(804) 501-PARK | henrico.gov/rec

ADULT/FAMILY CLASSES

All programs are free; however, programs with a ► next to the title require registration in advance.



A canvas for our community. Come create with us and explore various forms of art with instruction. Participants may only sign up for one session of each class.

► Intermediate Stained Glass

Tue, Mar 4-18, 1:30-3:30pm. The Springs Rec Center. #16725

Tue, Mar 4-25, 6:30-8:30pm. The Springs Rec Center. #16726

Ages 18+. In this four-week class, you'll make a beautiful stained glass window. Participants must have completed one of the stained glass classes previously offered at the studio. More information will be provided regarding patterns after registration. Information: ola@henrico.gov

► Acrylic Pour

Tue, Apr 8 & 15, 1:30-3:30pm. The Springs Rec Center. #16822

Tue, Apr 8 & 15, 6:30-8:30pm. The Springs Rec Center. #16825

Ages 16+. During this two-week class try different techniques with this addictive form of acrylic painting! You'll leave with two unique pieces of amazing art. Information: cli04@henrico.gov

► Painted Fence Post

Tue, Apr 22 & 29, 1:30-3:30pm. The Springs Rec Center. #16797

Tue, Apr 22 & 29, 6:30-8:30pm. The Springs Rec Center. #16800

Ages 16+. A single decorative fence post offers plenty of potential for adding charm, texture, and interest to any area, no matter the size or style of your property. Enhanced with your own design, you'll use a fence post as your canvas to create a landscape sure to pop. Information: tru08@henrico.gov



► Nature Inspired Painting

Wed, Apr 16, 6:30-8:30pm. The Springs Rec Center. #16762

Ages 13+. Create an acrylic masterpiece inspired by the color, texture, and beauty of nature. Instructor: Samantha Forbes. Information: ola@henrico.gov

► Glass Fusion

Tue, May 6, 1:30-3:30pm. The Springs Rec Center. #16827

Tue, May 6, 6:30-8:30pm. The Springs Rec Center. #16828

Ages 16+. Learn the artistic technique of fusing glass. We'll use various types, sizes and colors of glass to create a beautiful piece of art. Information: cli04@henrico.gov

► Pottery

Mon, May 5-26, 1:30-3:30pm. The Springs Rec Center. #16748

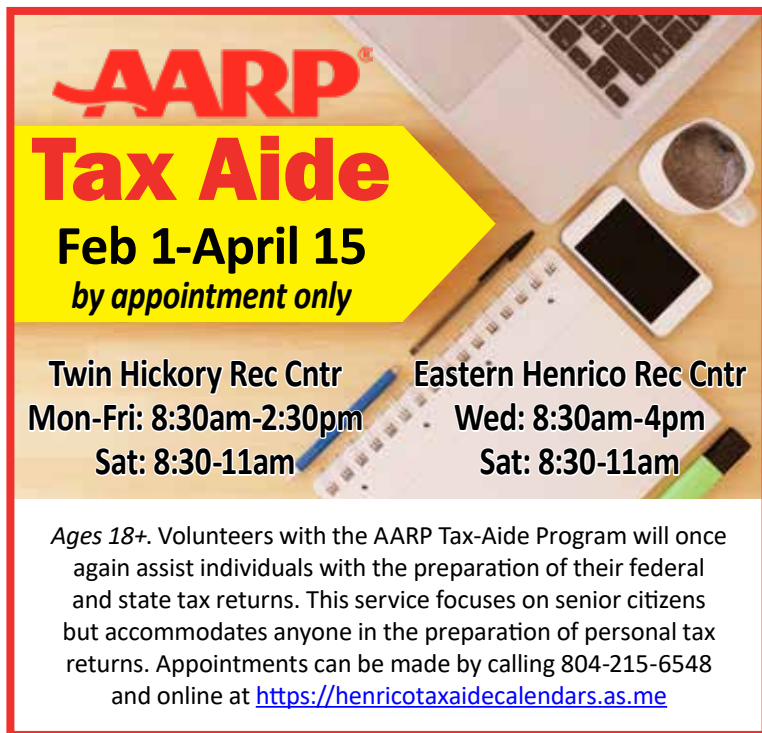
Mon, May 5-26, 6:30-8:30pm. The Springs Rec Center. #16749

Ages 16+. In this four-week beginner-to-intermediate hand building class learn different texturing and sgraffito design on slab tiles and cups. No experience needed. Instructor: Elizabeth Wise. Information: ola@henrico.gov



ADULT/FAMILY CLASSES

All programs are free; however, programs with a ► next to the title require registration in advance.



AARP
Tax Aide
Feb 1-April 15
by appointment only

Twin Hickory Rec Cntr
Mon-Fri: 8:30am-2:30pm
Sat: 8:30-11am

Eastern Henrico Rec Cntr
Wed: 8:30am-4pm
Sat: 8:30-11am

Ages 18+. Volunteers with the AARP Tax-Aide Program will once again assist individuals with the preparation of their federal and state tax returns. This service focuses on senior citizens but accommodates anyone in the preparation of personal tax returns. Appointments can be made by calling 804-215-6548 and online at <https://henricotaxaidecalendars.as.me>

Creative Arts

► Wire Shamrock Shapes

Wed, Mar 5, 1:30-3:30pm. Deep Run Rec Center. #16742
Ages 16+. Using hand tools, you'll shape tiny wire shamrocks and fill in the leaves with a special dip method. Perfect to create a mini garden for spring. This project requires the use of fine motor skills. Information: tru08@henrico.gov

► Crochet for Beginners

Mon, Mar 10-24, 6:30-8pm. Eastern Henrico Rec Center. #16753
Ages 13+. In this three-session class, you'll learn the fundamentals of crochet while creating a stylish and functional granny square bag. Perfect for beginners, this is a fun and creative way to learn crochet and make something you'll love to use! Instructor: Erin Crane. Information: ola@henrico.gov

► Beginner Memory Wire Bracelet

Ages 13-17. Thur, Mar 20, 4:30-5:30pm. Eastern Henrico Rec Ctr. #16901
Ages 16+. Tue, Mar 25, 6:30-8pm. Belmont Rec Center. #16849
Are you a free-spirited lover of the arts? Create a beautifully colored memory wire bracelet to match your favorite outfit. Lots of colored beads and a charm or two to choose from. Project requires the use of fine motor skills and use of tools. Information:
Eastern Henrico Rec Center: cun04@henrico.gov;
Belmont Rec Center: cli04@henrico.gov

► Intermediate Memory Wire Bracelet

Sun, May 18, 4-5:30pm. Belmont Rec Center. #16838
Ages 16+. In this intermediate class, create a beautiful colored memory wire bracelet to match your favorite outfit. Lots of colored beads as well as two-hole beads and charms. When done, you will have a double wire bracelet! Project requires the use of fine motor skills and use of tools. Prerequisite: Beginner Memory Wire Bracelets. Information: cli04@henrico.gov

► Crochet Fun!

Sun, May 18, 2-3:45pm. Belmont Rec Center. #16958
Ages 18+. Learn how to crochet with this beginner project-a sunglass case using crochet hooks and yarn. Information: cli04@henrico.gov

History

► Heirloom Lost Arts & Crafts: Dancing into the Victorian Past

Sat, Mar 15, 2-4pm. Belmont Rec Center. #16949
Ages 12+. Dance your way back in time 160 years ago to a time of hoop skirts, frock coats, and white gloves. It was a great way for ladies and gentlemen to mingle with friends. All experience levels are welcome to learn some new Victorian dances. No partner, experience, or previous classes required. Information: den63@henrico.gov

► Tell Your Story and Record Your History

Sat, Apr 5-May 31, 8am-3pm. The Springs Rec Center. #16945
All ages. To help commemorate the 160th anniversary of Juneteenth, the Henrico Recreation History Team wants you to tell your story and record your history. Every Saturday in April and May, we will be at The Springs Rec Center. In the recording studio, we will have equipment available for you to tell us about your life in Henrico and the stories you know from other people in Henrico. Participants will be asked to sign a waiver to allow their recordings to be used, reproduced, published, broadcasted, transmitted, performed, or adapted for use. Register for a day and we will contact you about a one-hour time block for you to come record your stories and your history. Information: sch107@henrico.gov

PROGRAM REGISTRATION

Spring 2025 Registration Begins:

Tue, Feb 18 for Henrico Residents
Fri, Feb 21 for Non-Henrico Residents

Begins
at
7am



ADULT/FAMILY CLASSES

All programs are free; however, programs with a ► next to the title require registration in advance.

Home & Garden

► Origami Garden Lights

Wed, Apr 16, 1:30-3pm. Deep Run Rec Center. #16741

Ages 13+. Spring is here and garden lights add to the magic of the season. You'll make colorful origami adornments to enhance a string of garden lights. Information: tru08@henrico.gov

► Making Mocktails

Thu, May 1, 6:30-7:30pm. Highland Springs Comm Center. #16795

Ages 18+. Are you looking for creative and delicious mocktail recipes to serve at your next party? We will share some fun, fancy mocktail ideas that will impress your guests and ensure everyone can enjoy them. Information: roc35@henrico.gov

Music & Dance

► Line Dance

Sat, Mar 1-29, 10-11am. Eastern Henrico Rec Center. #16764

Sat, Apr 5-19, 10-11am. Eastern Henrico Rec Center. #16765

Sat, May 3-31, 10-11am. Eastern Henrico Rec Center. #16766

Tue, Mar 4-25, 10:30-11:30am. Belmont Rec Center. #16987

Tue, Apr 1-29, 10:30-11:30am. Belmont Rec Center. #16988

Tue, May 6-27, 10:30-11:30am. Belmont Rec Center. #16989

Ages 18+. Line dancing teaches a group of people to perform a series of choreographed steps in unison. No partner required, a fun way to exercise! Information: Eastern Henrico Rec Center:

cun04@henrico.gov; Belmont Rec Center: cli04@henrico.gov

► Next Level Jam-Musically!

Tue, Mar 4-Apr 8, 7-8:30pm. Deep Run Rec Center. #16855

Ages 16+. This six-week jam class will teach participants how to play in any music jam. Slow and fun jamming will begin on day one and build throughout the weeks. Grab your instrument and bring it with a pencil, a tuner and a piece of paper. Students will learn jam etiquette, jamming techniques, how to select and learn a song, and how to play by ear and lead. This class is for any stringed, acoustic instrument. Students should be able to play C, D, E/ or E7, F, G and A major chords and transfer easily between them. Instructor: Laura Petrella. Information:

tru08@henrico.gov

► Introduction to Guitar 2

Tue, Mar 11-Apr 8, 6:45-7:30pm. The Springs Rec Center. #16787

Ages 13+. In this class you will continue to learn introductory guitar techniques and playing skills. The Introductory to Guitar 1 course is a prerequisite. The instructor has taught hundreds of musicians and will teach good playing habits while keeping learning challenging and fun. Please bring a guitar. Information: roc35@henrico.gov



Tue, Apr 8, 6-7pm. The Springs Rec Center. #16824

Tue, Apr 29, 6-7pm. Deep Run Rec Center. #16826

Ages 18+. A Sound Bath is a meditative experience created by the sound waves of Tibetan singing bowls, chimes gongs, and other subtle percussion instruments. The listener is invited to simply be present, focus on breath, and clear one's mind and connect to the deeper self. Join Jim Morgan as he leads you through an hour that you will never forget.

Registration required in advance. Information: per22@henrico.gov

► Introduction to Guitar 1

Tue, Apr 22-May 13, 6:45-7:30pm. The Springs Rec Center. #16789

Ages 13+. Do you want to see if guitar is the instrument for you? In this class you will learn introductory guitar techniques and playing skills. The instructor has taught hundreds of musicians and will teach good playing habits while keeping learning challenging and fun. Please bring a guitar. Information: roc35@henrico.gov

Nature & Outdoors

► Teen Archery

Sat, Mar 15, 9:30-11:30am. Deep Run Rec Center. #17037

Ages 12-17. Begin your archery journey with this introductory level class. Archers of all skill levels are welcome to participate as we go over the basics of form and aiming. The program will start promptly at 9:30 am. Once the range is active, no persons will be permitted to enter.

Information: bov001@henrico.gov

► Adult Archery

Sat, Mar 15, 1:30-3:30pm. Deep Run Rec Center. #17038

Ages 18+. Begin your archery journey with this introductory level class. Archers of all skill levels are welcome to participate as we go over the basics of form and aiming. The program will start promptly at 1:30pm. Once the range is active, no persons will be permitted to enter.

Information: bov001@henrico.gov

► After School Archery

Wed, Apr 9, 5-7pm. Eastern Henrico Rec Center. #17039

Ages 12-17. Participate in an after-school archery program for middle to high schoolers. In this program participants will learn to safely and correctly shoot bows down an indoor range. This is a great opportunity to learn and grow in an exciting new sport. The program will start promptly at 5:00pm. Once the range is active, no persons will be permitted to enter. Information:

bov001@henrico.gov



THERAPEUTIC RECREATION

All programs are free; however, programs with a ► next to the title require registration in advance.

Therapeutic Recreation (TR) is an adaptive form of recreation for those with disabilities or medical conditions. TR aims to promote socialization through leisure education and provide opportunities for diverse programming. Activities are designed to be easily modified based on the individual's needs. We can work with participants, parents/guardians, and staff to help ensure support is in place to promote an enjoyable and successful program experience.

Studio at The Springs

Wed, Mar 5, 10:30-11:45am. The Springs Rec Center. #17059
Mon, Apr 28, 10:30am-11:45am. The Springs Rec Center. #17060
Fri, May 16, 10:30am-11:45am. The Springs Rec Center. #17061
Ages 6+. Classes do not require registration but are first-come first-served and while supplies last. Art projects require the use of fine motor skills and various art tools. Participants may be asked to work independently through guided instructions or in small groups. Caregivers are encouraged to assist as there will be limited staff. Information: ola@henrico.gov

SPRING BREAK HALF-DAY CAMP

Ages 6-15. Tue, Apr 1, 1-4pm.
Eastern Henrico Rec Center. #17032
Ages 16+. Tue, Apr 1, 9am-noon.
Eastern Henrico Rec Center. #17033

Campers will participate in a variety of activities including creative arts, team building activities, group games, and gym activities.

Henrico Recreation and Parks staff do not provide personal care. All campers are asked to be independent with their personal care or with minimal prompts/ verbal cues.

Registration required in advance.

Information: mcc159@henrico.gov

Cup of Joe

Thur, Mar 6, 10:30-11:45am. Eastern Henrico Rec Center. #16490
Thur, May 1, 10:30-11:45am. Eastern Henrico Rec Center. #17044
Ages 16+. Cup of Joe is all about building social skills while enjoying a cup of coffee or tea. Connect with others through ice-breaker games and group discussions while creating a community project. Information: mcc159@henrico.gov

► Broom Ball Clinic

Thur, Mar 6, 6-7pm. Deep Run Rec Center. #16964
Ages 18+. The Jacob's Chance version of broomball is similar to floor hockey, where we'll use foam sticks and a ball as we pass and shoot into a net. We'll work on skills and drills during the first part of the clinic, and then go head-to-head against friends in a game! Instructor: Jacob's Chance. Information: mcc159@henrico.gov

► Little Critters Animal Series

Mon, Mar 10, 10:30-11:15am. Deep Run Rec Center. #16930
Mon, Apr 14, 10:30-11:15am. Deep Run Rec Center. #16931
Mon, May 12, 10:30-11:15am. Deep Run Rec Center. #16932
Ages 2-5. Explore various wild animals through interactive play, crafts, and mini group discussions! Each class will be themed around a different animal. Participants will learn about the animal's habitat, characteristics, and more. This class is designed to incorporate movement, so parents and caregivers are welcome to participate alongside their little one. Information: mcc159@henrico.gov

► Weekday Sampler

Tue, Mar 11, 10:30-11:45am. Belmont Rec Center. #16755
Tue, Apr 8, 10:30-11:45am. Belmont Rec Center. #16756
Tue, May 13, 10:30-11:45am. Belmont Rec Center. #16757
Ages 16+. Weekday samplers are a great way to do a variety of activities. Classes can consist of engaging in creative arts, exercises, group games, and other social opportunities. Each class offers a different set of activities, so no class will ever be the same. Information: mcc159@henrico.gov

► Shamrock Cookie Decorating

Mon, Mar 17, 10:30am-noon. Eastern Henrico Rec Center. #16959
Ages 18+. Experience "luck of the Irish" with a shamrock cookie decorating workshop led by Baking Imperfections, LLC! Celebrate the holiday by expressing your creativity and enjoying sweet treats with new and old friends. Be sure to wear green! Instructor: Jacob's Chance. Information: mcc159@henrico.gov



THERAPEUTIC RECREATION

All programs are free; however, programs with a ► next to the title require registration in advance.

► Sensory Explorers

Tue, Mar 18, 10:15-11:15am. Deep Run Rec Center. #16758

Tue, Apr 15, 10:15-11:15am. Deep Run Rec Center. #16759

Tue, May 20, 10:15-11:15am. Deep Run Rec Center. #16760

Ages 2-5. Sensory Explorers is the perfect activity for your little one to engage in a little mess and learning at the same time. Watch them use their imaginations and develop their fine motor skills as they play and craft with various sensory objects. Such activities could include having them work with paints, shaving cream, tissue paper, glue, rice, giant spoons, mixing bowls, and themed crafts! Each monthly class has a different theme. Information: mcc159@henrico.gov

Mix, Match, Tie-Dye and Make A Difference

Fri, Mar 21, 10:30am-noon. Deep Run Rec Center. #17043

All ages. In honor of World Down Syndrome Day, come design, tie-dye, and create your own pair of socks! Fun, mismatched socks symbolize embracing differences and reminding us that what makes us stand out, makes us stronger together! Information: mcc159@henrico.gov

TR Bingo Night!

Wed, Mar 26, 6-7:15pm. Deep Run Rec Center. #16955

Tue, May 13, 6-7:15pm. Belmont Rec Center. #16957

Ages 6+. Play bingo, enjoy snacks, and winning prizes! This co-sponsored program with the Positive Vibe Foundation will have everyone socializing. Various bingo style boards will be available. Information: mcc159@henrico.gov

► Superhero Poetry

Fri, Apr 4, 10-11:30am. Eastern Henrico Rec Center. #16960

Ages 18+. Focus on putting thoughts and ideas into poetry, both as a group and individually! Create your own short poems on the subject of empowerment and superpowers, and then we'll combine our poems into a super poem! Instructor: Jacob's Chance. Information: mcc159@henrico.gov

TR Game Night

Fri, Apr 18, 6-7:15pm. Eastern Henrico Rec Center. #16956

Ages 6+. Challenge your board game skills, hangout with friends, and enjoy snacks with Positive Vibes! Various tabletop board games and snacks will be available. Information: mcc159@henrico.gov

Henrico Innovators

Mon, Apr 21, 11am-12:30pm. Eastern Henrico Rec Center. #16951

Ages 2+. In celebration of World Creativity and Innovation Day (4/21) participants will have a variety of art mediums to mastermind into their own creations. If we have the supplies, anything goes! Creations will be added as a permanent display in one of our recreation centers. Participants can work as a group or independently; family/caregivers may be asked to stay on-site for additional support. Information: mcc159@henrico.gov

STEPNUP CLUB 1111

FRI, APR 25, 6-8PM

EASTERN REC CENTER. #16954

THUR, MAY 22, 11AM-1PM

BELMONT REC CTR. #16952

AGES 13+. JOIN OUR MONTHLY SOCIALS!
IN COLLABORATION WITH STEPNUP AND
HENRICO AREA MENTAL HEALTH &
DEVELOPMENTAL SERVICES, DANCE, SING,
EAT, AND ENJOY SOME MUSIC WITH FRIENDS.
SPACE IS LIMITED AND CAREGIVERS ARE
REQUIRED TO STAY ON-SITE.

INFORMATION:
MCC159@HENRICO.GOV

► Kite Creations: Soaring Through STEM

Mon, Apr 28, 10:30am-noon. Eastern Henrico Rec Center. #16961

Ages 18+. Jacob's Chance friends will assist in harnessing the wind and taking STEM knowledge to new heights! We'll learn about sustainable energy and craft a kite of your own! Instructor: Jacob's Chance. Information: mcc159@henrico.gov

► From Farm to Fork: Produce and Where It Comes From

Wed, May 14, 2-3:30pm. Belmont Rec Center. #16962

Ages 18+. We will explore which parts of produce we eat, how to prepare it, and sample fresh goodies! Each participant will go home with their own potted vegetable seeds tray! Information: mcc159@henrico.gov

► Feathered Footsteps: A Nature Stroll

Tue, May 27, 10-11:30am. Three Lakes Park. #16963

Ages 18+. Embark on a peaceful journey with your Jacob's Chance friends into the natural world with a craft, and then a guided nature stroll and bird-watching experience! Instructor: Jacob's Chance. Information: mcc159@henrico.gov



FITNESS

CENTERS & PASSES

Henrico County has two fitness centers and offers a variety of fitness classes across the county.

FITNESS CENTERS

Deep Run Rec Center

9900 Ridgefield Parkway

Eastern Henrico Rec Center

1440 N. Laburnum Ave

HOURS

Monday-Thursday: 7am-9pm

Friday: 7am-8pm

Saturday: 8am-5pm

Sunday: 1-5pm

MEMBERSHIP OPTIONS

Individual: \$10/month

Family: \$20/month

**College Student: \$30 for 3 months
(paid in advance)**

**Fixed Rate: Pay for as many months
as you want up to 12 months.**

**No contracts, no extra fees,
and no mandatory orientations.*

Group Exercise Access Pass

*A Group Exercise Access Pass is required to participate in any
Henrico County Recreation and Parks fitness class.*

- Passes must be scanned prior to participation in each, individual class.
- Please note the minimum age for each class.
- Passes are unique to the access pass holder.
- Classes operate on a first-come, first-served basis.
- Maximum capacity is based on the nature of the class and the space being utilized.
- Group Exercise Access Passes are required to be renewed on an annual basis.
- Patrons agree to abide by all Group Exercise rules and regulations.
- Henrico Recreation and Parks reserves the right to revoke access from patrons abusing rules, regulations, and facilities.

FITNESS

GROUP EXERCISE

Henrico County offers a variety of free fitness classes across the county.

LOCATIONS

Belmont Rec Center

1600 Hilliard Road

Deep Run Rec Center

9900 Ridgefield Parkway

Dorey Rec Center

2999 Darbytown Road

Eastern Henrico Rec Center

1440 N. Laburnum Avenue

CLASS SCHEDULES

A current class schedule is available online and at each center.

Use the filters to view by location or type!

Scan or [Click to View Schedule](#)



TYPES OF CLASSES

- 30/30
- Barre
- Bellydance Fusion
- Body Sculpt
- Body Strength
- Boot Camp Conditioning
- Cardio Blast
- Cardio Kinetics
- Chair Yoga
- Chill Flow Yoga
- Core & Kettlebells
- Core Flow Yoga
- Fitness Fun & Flexibility
- Flex & Stretch
- Function
- Hatha Yoga
- HIIT
- Kids Yoga
- KidsFit
- Mindful Morning Yoga
- Pilates
- PITAIYO
- Power Yoga
- Relax & Restore Yoga
- Rest & Recharge Yoga
- Rockin' with Weights
- Seated Bootcamp
- Senior Balance & Core
- Senior Tai Chi
- Senior Wellness
- Small Group Training
- Strength & Cardio
- STRONG Nation®
- Tone-Up
- Total Body Strength
- Tranquility Spill
- Trifit
- TRX Body Sculpt
- Vibrant Flow Yoga
- Well Being Tai Chi
- Xtreme Burn
- Xtreme Step
- Youth Fit
- Zumba®

Class offerings and schedules are subject to change.

Group Exercise Access Pass

A Group Exercise Access Pass is required to participate in any Henrico County Recreation and Parks fitness class.