



# Program Guide

June-August 2023



REGISTRATION FOR HENRICO RESIDENTS  
BEGINS MAY 22 AT 8AM.

REGISTRATION FOR NON-RESIDENTS  
BEGINS MAY 26.

804.501.PARK | [HENRICO.US/REC](http://HENRICO.US/REC)



# RECREATION NEWS

## Message from the Director

While we appreciate all seasons, we really enjoy seeing so many individuals and families come out to the parks in the springtime! As we move into the summer months, we are excited for longer days, spray parks, camps, and celebrating the summer holidays. I invite you to join us for the grand opening of Dorey Spray Park, Sandston Memorial Day Celebration, Juneteenth, Red, White & Lights, and the many other great events and activities hosted by our staff. We have many projects in the works or starting in the near future, all to offer our citizens the best recreational amenities and parks! Thank you for your support of the Division of Recreation & Parks. Enjoy your summer!

John Zannino

## July is Park and Recreation Month



*Henrico  
Recreation and Parks  
is excited to celebrate  
with our community!*



Henrico County Recreation & Parks joined the ranks of elite park and recreation agencies across the country by earning 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



Download on the  
App Store



GET IT ON  
Google Play

*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.*



(804) 501-PARK | [henrico.us/rec](http://henrico.us/rec)

# RECREATION NEWS

Recreation News .....	2-3
Event Highlights .....	4-5
Community Programs .....	6-10
Performing Arts .....	11-13
Youth .....	14
Adult .....	15-16
Therapeutic Recreation .....	17
Fitness .....	18-24

Registration for Henrico Residents  
begins May 22 at 8am.

Registration opens to non-residents on May 26.

## WAYS TO REGISTER

### ONLINE REGISTRATION

[connect.henricorecandparks.com](http://connect.henricorecandparks.com)

Opens at 8am for each start date:  
May 22 & May 26

**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.

### WALK-IN REGISTRATION

Monday-Friday, 8am-4:30pm

- Belmont Recreation Center
- Deep Run Recreation Center
- Dorey Recreation Center
- Eastern Henrico Recreation Center



## Inclusion Services Available!

Henrico Recreation strives to produce accessible recreation opportunities for all members of the community. If you or a family member needs assistance or program modifications (due to a medical condition or disability) to be able to participate in any of our programs, please contact our Inclusion Services team at 804-652-1413 or email [rec-inclusion@henrico.us](mailto:rec-inclusion@henrico.us).

For those interested in information about our Therapeutic Recreation or adaptive programs see page 17.



**SIGN UP  
FOR  
PARK NOTES**  
our e-newsletter  
[henrico.us/rec](http://henrico.us/rec)



# EVENT HIGHLIGHTS

All events are free and for the whole family.



## SECOND SATURDAYS concert series

Presented by Dorey Park Farmer's Market

Doors open at 6pm. Music begins at 7pm.

Jun 10

Full Moon Fever

Jul 8

The Mighty Good Times

Aug 12

The Jared Stout Band

Information: [rec-eventteam@henrico.us](mailto:rec-eventsteam@henrico.us)

## HENRICO COUNTY JUNETEENTH CELEBRATIONS

*Juneteenth marks our country's second independence day. Celebrate at one event or join us for all of them! All events are free to the public.*

### NEIGHBORHOOD BLOCK PARTIES

**FAIRFIELD MIDDLE SCHOOL**  
**SAT, JUNE 3, 11AM-1PM**

*Join us for carnival games, music and vendors.*

**HIDDEN CREEK PARK**  
**FRI, JUNE 9, 6-8PM**

*Join us for a backyard BBQ with music and activities.*



**SATURDAY, JUNE 17, 4-10PM**

*Live music, vendor fair, food trucks, games for kids, and a fireworks show.*

**DOREY PARK**

**INFORMATION: [REC-EVENTTEAM@HENRICO.US](mailto:REC-EVENTTEAM@HENRICO.US)**



# EVENT HIGHLIGHTS

All events are free and for the whole family.

## MOUNTAINFILM ON TOUR

HENRICO

Fri, Jun 30. Movie starts at sunset.  
Deep Run Park

FREE!

Mountainfilm is a dynamic organization and festival of films about people, stories and ideas that celebrate indomitable spirit. Mountainfilm on Tour is bringing a selection of films shown at the annual festival in Telluride, Colorado. Don't miss this opportunity to view incredible films!

[www.mountainfilm.org/tour](http://www.mountainfilm.org/tour)

Information: [sch085@henrico.us](mailto:sch085@henrico.us)

## Movie in the Park

*Black Panther Wakanda Forever*  
Fri, Jul 21, Eastern Henrico Rec Center

*Jurassic Park*  
Fri, Aug 4, Three Lakes Park



Movies start at sunset

Bring your lawn chair or blanket and a flashlight.

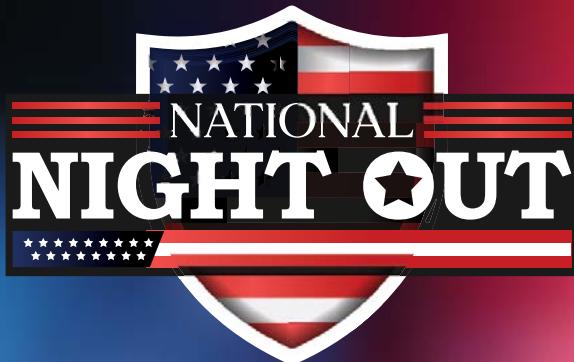
Information: [rec-eventsteam@henrico.us](mailto:rec-eventsteam@henrico.us)



Tue, Jul 4, 4-10pm. Crump Park.

Celebrate the Independence Day holiday with live music, food trucks, and kids zone. The Richmond Symphony is headlining the show with a laser light show finale.

Information: [rec-eventsteam@henrico.us](mailto:rec-eventsteam@henrico.us)



Tue, Aug 1, 6-9pm

Eastern Henrico Recreation Center

Join us for our second annual National Night Out in partnership with Speaking Spirit Ministries. This community-building event promotes police partnerships and community organizations as we unite for a great evening of fun! Activities include: Inflatables, sports in the gym, dancing, give-a-ways, vendors, free food while supplies last, and more!!

Information: [cun04@henrico.us](mailto:cun04@henrico.us)



(804) 501-PARK | [henrico.us/rec](http://henrico.us/rec)

# COMMUNITY PROGRAMS

All programs are free. No registration required.

## Belmont Rec Center

### Tot Time **CANCELLED**

*Mon, Jun 5-Aug 28, 9-11am. Belmont Rec Center. #13893*

*Ages 1-5. Come enjoy time with your tot! Have some fun with soft climbing equipment, oversized building blocks, push and ride toys, and more. Information: [belmont@henrico.us](mailto:belmont@henrico.us)*

*\*No program Jun 19, Jul 10 & 31 and Aug 21.*

### Disney SINGO! **CANCELLED**

*Fri, Jul 14, 6-7:30pm. Belmont Rec Center. #13964*

*Ages 3+. This musical twist on BINGO will be fun for the whole family. We'll play well-known parts of Disney songs, and you'll try to match them to the titles on your SINGO card. Feel free to dress up as your favorite character! Information: [jon105@henrico.us](mailto:jon105@henrico.us)*

## Deep Run Rec Center

### Nature Story Tots

*Second and Fourth Tuesday of each month.*

*Tue, Jun 13-Aug 22, 10-10:45am. Deep Run Park. #13844*

*Ages 2-5. Tots, Parents, and Grans - Join Ms. Bari as she introduces your child to books about nature, animals, rhymes and rhythm, songs, puppets, taking turns, paying attention, and being in a group.*

*Nature Story Tots will take place at the Deep Run Nature Pavilion.*

*Information: [pit02@henrico.us](mailto:pit02@henrico.us)*

### Paint and Sip at Deep Run

*Fri, Aug 11, 6:30-8pm. Deep Run Rec Center. #13853*

*Ages 18+. Need a night out? Join us for painting, lemonade, and fun. We will provide the inspiration and the supplies while they last. Information: [sta02@henrico.us](mailto:sta02@henrico.us)*



## Eastern Henrico Rec Center

### End of School Celebration!

*Fri, Jun 9, 1-4pm. Eastern Henrico Rec Center. #13922*

*All ages. Kick off summer fun enjoying the RVA Fun Bus "gym on wheels," inflatable obstacle course, Game Truck, free ice cream while supplies last, DJ, and Bike Safety Officers! Information: [cun04@henrico.us](mailto:cun04@henrico.us)*

### Sand Art

*Fri, Jun 23, 11am-12:30pm. Eastern Henrico Rec Center. #13979*

*All ages. Let's play in the sand! Come out and fill up art bottles with colored sand! Create sand art that you'll be proud to wear or show off. While supplies last. Information: [qua024@henrico.us](mailto:qua024@henrico.us)*

### Community Youth Basketball Night

*Mon, Jun 26, 5:30-8pm. Eastern Henrico Rec Center. #13919*

*Mon, Jul 24, 5:30-8pm. Eastern Henrico Rec Center. #13920*

*Mon, Aug 21, 5:30-8pm. Eastern Henrico Rec Center. #13921*

*Ages 10-14. Come test your basketball skills and meet new friends. Youth must be signed in by an adult at the front desk to participate. Information: [cun04@henrico.us](mailto:cun04@henrico.us)*

### Paint and Sip at Eastern

*Fri, Jun 30, 6:30-8pm. Eastern Henrico Rec Center. #13983*

*Ages 18+. Need a night out? Join us for painting, sparkling juice, and fun. We will provide the inspiration and the supplies while they last. Information: [qua024@henrico.us](mailto:qua024@henrico.us)*

### Bucket of Sunshine

*Fri, Jul 21, 11am-12:30pm. Eastern Henrico Rec Center. #14022*

*All ages. It's getting warm out, so a bucket hat is a great way to protect yourself from the sun! Join us to decorate your bucket hat and make it unique like you! Hats will be provided while supplies last. Information: [qua024@henrico.us](mailto:qua024@henrico.us)*

### H2O Soaker

*Fri, Jul 21, 1-3pm. Eastern Henrico Rec Center. #13917*

*All ages. The water parks are open! Stop by and build your own H2O (water) Soaker and douse your friends in a spray of water, while supplies last. Information: [cra18@henrico.us](mailto:cra18@henrico.us)*

### The Masked Painter

*Wed, Aug 16, 11am-12:30pm. Eastern Henrico Rec Center. #14021*

*All ages. Whether you're attending a masquerade ball, being a superhero, or just want to be creative there is a mask for you. Come and paint a mask while supplies last. Information: [qua024@henrico.us](mailto:qua024@henrico.us)*



# COMMUNITY PROGRAMS

All programs are free. No registration required.

## Drop-in Programs

Below is a list of drop-in activities that take place on a recurring basis at some of our Recreation Centers. An access pass is required. To receive a pass, please visit the recreation center to fill out the proper paperwork.

### Belmont Recreation Center:

(804) 652-1410 or [Belmont@henrico.us](mailto:Belmont@henrico.us)

#### Belmont Games Club

Ages 18+. 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, 10:30am-1pm

#### Bridge

Ages 18+. Kriss Kross: Mondays, 12-4pm

Bridge Club: Wednesdays, 10am-1pm

#### Golden Angels (Social Group)

Ages 18+. 2<sup>nd</sup> Fridays, 10am-2pm

#### Pinochle

Ages 18+. 3<sup>rd</sup> Tuesdays and 2<sup>nd</sup> Fridays, 12-4pm

#### Tea Guild:

All ages. 4<sup>th</sup> Wednesdays, 9am-12pm

### Deep Run Recreation Center:

(804) 652-1430 or [DeepRun@henrico.us](mailto:DeepRun@henrico.us)

#### Badminton

Ages 12+. Mondays, 5:30-8:30pm and Saturdays, 9am-1pm

#### Adult Basketball

Ages 18+. Fridays, 5:30-8:30pm and Sundays 5:30-8:30pm

#### Pickleball for All

Ages 12+. Wednesdays, 5:30-8:30pm and Sundays, 1:30-4:30pm

#### Senior Pickleball

Ages 50+. Mondays, Wednesdays, and Fridays, 8:30am-2pm

No program June 12-Aug 13 on Mondays and Wednesdays.

#### Table Tennis

Ages 12+. Thursdays, 5:30-8:30pm

#### Volleyball

Ages 12+. Saturdays, 5:30-8:30pm

#### Senior Volleyball

Ages 50+. Tuesdays, 5:30-8:30pm

#### Bridge

Ages 18+. Thursdays, 10am-1pm

#### Canasta

Ages 18+. Thursdays, 1:30-4:30pm

#### Pinochle

Ages 18+. Fridays, 9am-12pm and 3<sup>rd</sup> Saturdays, 12-4pm

#### Mahjong

Ages 18+. Fridays, 1-4pm

### Eastern Henrico Recreation Center:

(804) 652-1450 or [EasternHenrico@henrico.us](mailto:EasternHenrico@henrico.us)

#### Badminton

Ages 12+. Ages 12-15 must be accompanied by an adult.  
Fridays, 5-7:45pm and Sundays, 1-4pm

#### Adult Basketball

Ages 30+. Wednesdays, 6-8:30pm

#### Youth Basketball

Ages 12-17. Saturdays, 1-3pm (Will not meet 1<sup>st</sup> Sat of the month)

#### Pickleball for All

Ages 12+. Ages 12-15 must be accompanied by an adult.  
Tuesdays, 6:30-8:30pm and Saturdays, 8am-12pm

#### Senior Pickleball

Ages 50+. Tuesdays and Thursdays, 9am-1pm

#### Senior Multi-Sport

Ages 50+. Fridays, 8am-12pm

#### Pinochle

Ages 18+. 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, 12:30-4:30pm

## COMMUNITY GAME ROOMS

All game rooms require those Ages 12 and under to be accompanied by an adult.

### BELMONT REC CENTER

Mondays: 4-8pm  
Fridays: 4-8pm  
Saturdays: 9am-12pm

### EASTERN HENRICO REC CENTER

Mondays-Thursdays: 4-8pm  
Saturdays: 8am-4pm  
Sundays: 1-4pm

### DEEP RUN REC CENTER

Mondays-Fridays: 9am-5pm  
Saturdays: 9am-5pm  
Sundays: 1-5pm



# COMMUNITY PROGRAMS

All programs are free. No registration required.

## Additional Locations

### Free Fishing Day

*Fri, Jun 2, 6:30-8pm. Dorey Park. #13945*

*Ages 6+. Celebrate free fishing day along with Henrico Recreation and Parks, where you can try your hand at the fun sport of fishing. Fishing poles and bait will be provided while supplies last. Children must be accompanied by an adult. Information: [ola@henrico.us](mailto:ola@henrico.us)*

### Bird Watching

*Tue, Jun 13, 7-8am. Tuckahoe Creek Park. #13885*

*Fri, Jul 7, 7-8am. Crump Park. #13876*

*Mon, Aug 21, 7-8am. Armour House. #13877*

*All ages. Bird Watching 101: A guide for beginners with Henrico Libraries and Recreation and Parks. Learn about basic bird watching skills as we walk quietly searching for our local winged friends. Binoculars will be available for use while supplies last and make sure to bring a water bottle if needed. Information: [sta02@henrico.us](mailto:sta02@henrico.us)*

### H2O Soaker

*Fri, Jun 30, 1-3pm. Short Pump Park. #13910*

*Fri, Jul 14, 1-3pm. Dorey Park. #13914*

*Fri, Aug 4, 1-3pm. Dunncroft/Castle Point Park. #13915*

*Fri, Aug 18, 1-3pm. Twin Hickory Park. #13916*

*All ages. The water parks are open! Stop by and build your own H2O (water) Soaker and douse your friends in a spray of water, while supplies last. Information: [cra18@henrico.us](mailto:cra18@henrico.us)*

### Art in the Park: Painting

*Thu, Jul 13, 6-7:30pm. Armour House. #13824*

*Ages 8+. Join us for an evening of painting in the park. Draw your inspiration from the beautiful landscape of the gardens at Armour House. Canvas and paints provided while supplies last. Children must be accompanied by an adult. Information: [ola@henrico.us](mailto:ola@henrico.us)*

### Slurp and Paint

*Sat, Jul 22, 10am-noon. Dorey Park. #14012*

*All ages. Our fur friends like to paint too! Come and join us at the dog park where we will provide paint and canvas for your furry friends to make their own masterpiece! While supplies last. Information: [qua024@henrico.us](mailto:qua024@henrico.us)*

### Safari Adventure

*Fri, Aug 18, 10-11:30am. Dorey Park. #11807*

*All ages. Come out and decorate safari hats and create your own binoculars to discover the animals that roam Dorey Park. While supplies last. Information: [qua024@henrico.us](mailto:qua024@henrico.us)*

# FITNESS IN THE PARKS

*For more information on the following fitness classes, contact [rec-fitness@henrico.us](mailto:rec-fitness@henrico.us)*

### Essentrics in the Park

*Sat, Jun 17, 9-10am. Short Pump Park. #14161*

*Sat, Jul 15, 9-10am. Twin Hickory Park. #14162*

*Sat, Aug 12, 9-10am. Deep Run Park. #14163*

*Ages 14+. A dynamic, full-body workout that simultaneously combines stretching and strengthening, while engaging all 650 muscles. Through standing and floor work, this class will increase flexibility and mobility for a healthy, toned and pain-free body. A stretch workout for all ages and fitness levels. Instructor: Pamela Thomas.*

### Yoga in the Park

*Ages 14+. This is a series of Yoga in the park for the spring and summer. Different styles of yoga will be offered by different instructors for each session. The yoga instructor will serve as your guide through a moving meditation yoga practice, offering pose variation suggestions to fit all yogi levels. Expect to be appropriately warmed up, strengthened, and stretched to flow mindfully through poses with your body and your breath.*

### Sunrise Yoga in the Park

*Sat, Jun 10, 8-9am. Dunncroft/Castle Point Park. #14149*

*Sat, Jun 24, 8-9am. Pouncey Tract Park. #14150*

*Sat, Jul 15, 8-9am. Short Pump Park. #14151*

*Sat, Jul 29, 8-9am. Dunncroft/Castle Point Park. #14152*

*Sat, Aug 12, 8-9am. Meadow Farm. #14153*

*Sat, Aug 26, 8-9am. Deep Run Park. #14154*

### Sunset Yoga in the Park

*Wed, Jun 14, 6-7pm. Meadow Farm. #14155*

*Wed, Jun 28, 6-7pm. Deep Run Park. #14156*

*Wed, Jul 12, 6-7pm. Crump Park. #14157*

*Wed, Jul 26, 6-7pm. Twin Hickory Park. #14158*

*Wed, Aug 9, 6-7pm. Pouncey Tract Park. #14159*

*Wed, Aug 23, 6-7pm. Short Pump Park. #14160*



# HISTORY PROGRAMS

All programs are free. No registration required.

## Lectures & Presentations

### Bees Over the Seas

*Sat, Jun 3, 1 & 3pm. Meadow Farm. #14187*

*All ages.* Come to Meadow Farm to learn why European settlers brought their bees with them to North America. Discover the lasting effects this importation had on agriculture and ecosystems.

Information: [sch107@henrico.us](mailto:sch107@henrico.us)

### In the Wake of War: Aftermath of the Battle of Seven Pines

*Sun, Jun 11, 2-3:30pm. Belmont Rec Center. #14003*

*Ages 16+.* Henrico's rural communities of Seven Pines and Fair Oaks experienced first-hand the horrors of war on May 31-June 1, 1862. The battle scarred the land, the buildings, and its residents. Join us as we share the stories about the aftermath of this first, big battle on Henrico's soil. Information: [den63@henrico.us](mailto:den63@henrico.us)

### The History of Color

*Sat, Jun 24, 2-3pm. Meadow Farm. #14119*

*All ages.* How did artists from ancient times create such visually stunning colors that still awe and inspire us today and without modern techniques?! Join us on a journey of discovery, as we look at how humans have seen and used color to enhance our world.

Information: [sch107@henrico.us](mailto:sch107@henrico.us)

## SIGN UP FOR

### HENRICO HISTORY PROGRESS E-NEWSLETTER

We send out an email newsletter twice a year featuring articles on brand-new research our staff has conducted, examinations of artifacts in our collections, and the stories behind various landmarks around the county.

Sign up at [henrico.us/rec/history](http://henrico.us/rec/history)

### Meet Patsey - Patrick Henry's Oldest Daughter

*Sun, Jul 16, 2-3:30pm. Belmont Rec Center. #13991*

*Ages 12+.* As the eldest child of patriot Patrick Henry, Martha "Patsey" Henry Fontaine witnessed her father's burgeoning political career. She helped care for her mother, Sarah Shelton, at a time when mental illness was seen as evidence of witchcraft or demonic possession. Join costumed historian, Debbie Phillips, as she portrays Patsey and learn about what life was like in the home of the "Voice of Revolution." Information: [den63@henrico.us](mailto:den63@henrico.us)

### The British Attacks: The War of 1812

*Thur, Aug 10, 7-8:30pm. Belmont Rec Center. #13988*

*All ages.* In August 1814, the British struck Virginia, Washington, D.C., and Baltimore. Join historian Bert Dunkerly as he recounts the only time the nation's capital fell to an invading enemy, and the desperate attempt to save the Constitution and Declaration of Independence. Information: [den63@henrico.us](mailto:den63@henrico.us)

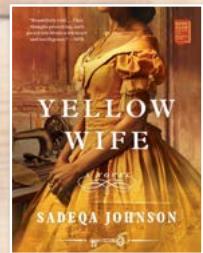
### Gabriel and a Man Named Nat: The Fight for Freedom

*Sat, Aug 26, 2-3pm. Meadow Farm. #14123*

*Ages 16+.* Join us as we explore the life of two men that changed Virginia history. Learn about their complex lives and how they both met the challenge of being enslaved in a country that said: "all men are created equal." Information: [sch107@henrico.us](mailto:sch107@henrico.us)

## Blast from the Past Bookclub

*Tue, Aug 8, 1-3pm.  
Meadow Farm. #14195*



*All ages.* Join Meadow Farm staff and Henrico County Public Library for our bi-monthly 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.

Our first book is *Yellow Wife: A Novel* by Sadeqa Johnson with the discussion inside the Parsons Community Center and a tour of the Meadow Farm historic house after the discussion.

Information: [sch107@henrico.us](mailto:sch107@henrico.us)



# HISTORY PROGRAMS

All programs are free. No registration required.

## Tours

### Woodland Cemetery Tour

Sat, Jun 10, 9-11am. Woodland Cemetery. #14120

Sat, Jul 15, 9-11am. Woodland Cemetery. #14121

Sat, Aug 12, 9-11am. Woodland Cemetery. #14122

All ages. Join us for a walking tour of historic Woodland Cemetery, the final resting place of African Americans from Richmond, Henrico and surrounding areas. This tour 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. This walking tour will cover a large portion of the grounds so please dress accordingly. Information: [sch107@henrico.us](mailto:sch107@henrico.us)



### Henrico Bingo African American History Edition

Wed, Jun 21, 2-3pm.

Meadow Farm. #14019

Thur, Jun 22, 2-3pm.

Belmont Rec Center. #14025

Fri, Jun 30, 10:30-11:30am.

Eastern Henrico Rec Center. #14018

Ages 10+. Join us to learn more about the Henrico African American trailblazers that contributed to our past, shaped our present, and continue to impact our future. Fun, learning, and prizes!

Information: [den63@henrico.us](mailto:den63@henrico.us)

## FRIDAY AT THE MUSEUM



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. Join us to hear the stories of the people, places, and events through tours and hands-on activities.

Jun 2: Dabbs House Museum & Virginia Randolph Museum. #13927

Jul 7: Deep Run School House & Clarke-Palmore House Museum. #13928

Aug 4: Meadow Farm Museum & Courtney Road Service Station. #13929

Fridays, noon-4pm.

Free.

Information: [leh@henrico.us](mailto:leh@henrico.us)



# PERFORMING ARTS

## KIDS MOVIES AT HENRICO THEATRE



Showtime: 10am

June 21, July 19  
and Aug 23

TICKETS & CONCESSIONS: \$1 EACH

804.652.1460

[henricotheatre.com](http://henricotheatre.com)



## Outdoor Band Concerts

All ages. Bring your lawn chair or blanket for a relaxing evening of music.

### Henrico Community Band

Thur, Jun 29 & July 27, 7-8pm  
Walkerton Tavern

Performed under the direction of Archer Johnson.

### Henrico Concert Band

Mon, Aug 28, 7-8pm  
The Springs Rec Center

Performed under the direction of Randy Abernathy.

Information:

804-501-5859 or [per22@henrico.us](mailto:per22@henrico.us)



## CHRISTMAS IN JULY

Tuesday, July 25

Santa is coming back to the Henrico Theatre in July!  
Enjoy movies, decorations, and all sorts of fun throughout the day!

10am & 1pm

*Muppet Christmas Carol*

7pm

*Gremlins*



Information:  
804-652-1460

## Puppet Shows for Kids

Blue Sky Puppets  
presents *RUFUS*

Wed, Jul 12

These puppets bring you a fast-paced and funny story for children about acceptance and inclusion...with an adorable main character!

Barefoot Puppets  
presents *Galapagos George*

Wed, Aug 23

Based on the true story of "Lonesome George," this show tells the tale of a truly one-of-a-kind tortoise from the Galapagos Islands. Watch George grow up among sea turtles, lizards, hungry goats, sea lions, and dancing birds with blue feet!

AGES 5+.  
FREE!

AT HENRICO  
THEATRE

SHOW TIMES:  
10AM & 1PM

Information: 804-652-1460 or 804-501-5138.

## Puss N Boots

Presented by Henrico Teen Theatre Company.

Wed-Fri, Aug 2-4

10am & 2pm each day.

The Cultural Arts Center  
at Glen Allen.

Performed by children  
for children.

Henrico Teen Theatre Company  
presents PUSS N BOOTS.  
Everyone's favorite cat comes  
to life in this delightful  
re-telling of Puss N Boots.  
Fun for the entire family!

*Free! Reservations required.*

For information and reservations:  
804-501-5859 or [per22@henrico.us](mailto:per22@henrico.us)



# PERFORMING ARTS

## HENRICO THEATRE Summer Series

Our Summer Series consists of three performances guaranteed to offer something for everyone. Don't be left out, be sure to get tickets to all of them. Tickets are \$10 per show or \$7.50 each when you purchase for all three shows. Tickets go on sale June 2.



Kadencia  
Jun 23, 7pm



Kozy Cats  
Jul 28, 7pm



Shannon Gibson Brown  
Aug 25, 7pm

Details at [henricolive.com](http://henricolive.com).

## Henrico Concert Band Patriotic Concert

Mon, Jul 10, 7:30-9pm  
Henrico Theatre



All ages. Come out to Henrico Theatre and celebrate the birth of our nation with a concert full of patriotic songs performed by the Henrico Concert Band under the direction of Randy Abernathy.

Information: 804-652-1460 or 804-501-5859.



Henrico Theatre. Tickets: \$10

Fri, Aug 18, 7pm; Sat, Aug 19, 3 & 7pm;  
and Sun, Aug 20, 3pm. Tickets go on sale June 2.

Ages 10+. Henrico Theatre Company is proud to bring this fun 70's show to Henrico Theatre. Join our four fabulous singers and dancers to hear most, if not all, of your old time favorites from the 1970's!

Information: 804-652-1460 or [per22@henrico.us](mailto:per22@henrico.us)

## HENRICO THEATRE MOVIES

MOVIES FOR ALL AGES EVERY WEEKEND. VISIT [HENRICOTHEATRE.COM](http://HENRICOTHEATRE.COM) FOR MORE MOVIES AND SHOWTIMES.



### SILVER SCREEN MOVIES

Showtime: 10am  
Jun 28: Breakfast at Tiffany's  
July 26: It's a Wonderful Life  
Aug 30: 80 for Brady

804.652.1460  
[henricotheatre.com](http://henricotheatre.com)



(804) 501-PARK | [henrico.us/rec](http://henrico.us/rec)

# PERFORMING ARTS

## AUDITION ANNOUNCEMENT *Puss N Boots by Sally Netzel*

### AUDITION

*Sun, June 4 at 4pm*

### PRODUCTION DATES

*Aug 2-4*

### LOCATION

*The Cultural Arts Center at Glen Allen*

*Director Amber dePass is seeking 12 boys and girls, ages 10-18. Readings will be from the script. No performers paid.*

*Information: [per22@henrico.us](mailto:per22@henrico.us)*



HENRICO DIVISION OF RECREATION AND PARKS  
**ON THE AIR**  
Radio Players

*presents*  
**Lux Radio Theater's**  
**"Mrs. Moonlight"**

*Tue, Jun 20  
& Wed, Jun 21  
7:30pm*

*The Cultural Arts Center  
at Glen Allen*

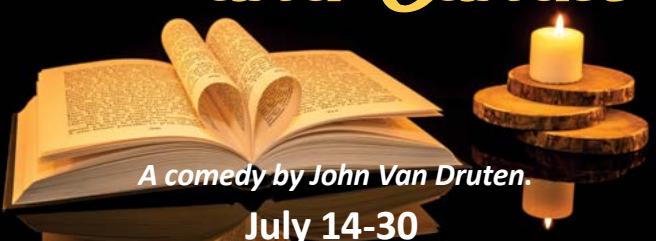
*Free!*

*Reservations are not required.*

*Info: 501-5859 | [henrico.us/rec](http://henrico.us/rec)*

**HENRICO**  
THEATRE COMPANY  
*presents*

# *Bell, Book and Candle*



*A comedy by John Van Druten.*

**July 14-30**

*All performances held at The Cultural Arts Center at Glen Allen*

Gillian Holroyd is one of the few modern people who can actually cast spells and perform feats of supernaturalism. She casts a spell over an unattached publisher, Shepherd Henderson, partly to keep him away from a rival and partly because she is attracted to him. He falls head over heels in love with her at once and wants to marry her. But witches, unfortunately, cannot fall in love, and this minute imperfection leads to a number of difficulties. A wonderfully enchanting fantasy!

**Details and tickets: [artsglenallen.com](http://artsglenallen.com)**  
**Information: 804-501-5859 or 804-261-2787**

# COMING SOON



HTC and Henrico Live will be announcing their next season of shows soon. If you would like to be added to the mailing list please contact the numbers below.

**Henrico Theatre Company: 804-501-5859**

**Henrico Live: 804-652-1460**



**(804) 501-PARK | [henrico.us/rec](http://henrico.us/rec)**

# YOUTH CLASSES

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

## ▶ History Investigators

*Sat, Jul 8, 10-11am. Virginia Randolph Museum. #13940*

*Sat, Aug 26, 10-11am. Dorey Rec Center. #13931*

*Ages 5-11. Join the History Investigators as we discover the secrets and treasures of our historic sites. Each investigator will receive a dossier to help in the quest. Your job will be to find hidden objects and go on a treasure hunt. Participants must be accompanied by an adult.*

*Information: [leh@henrico.us](mailto:leh@henrico.us)*

## ▶ Magician Apprentice Class

*Wed, Jul 12, 4-5pm. Deep Run Rec Center. #13938*

*Ages 9-12. Become a magician! You will not only learn how to perform several magic tricks; you will be able to go home and perform your own mini magic show. Please bring a deck of cards. Information:*

*[leh@henrico.us](mailto:leh@henrico.us)*

## ▶ Elastic Bead Bracelet

*Sun, Jul 16, 2-3pm. Dorey Rec Center. #13879*

*Sun, Aug 20, 2-3pm. Belmont Rec Center. #13880*

*Ages 8-11. Come have fun and learn how to make an elastic bracelet from wooden and or plastic beads! Information: [cli04@henrico.us](mailto:cli04@henrico.us)*



*Fri, Jul 28, noon-1pm. Deep Run Park. #13856*

*Ages 2-5. Teddy Bears and a picnic - such fun! Bring your lunch for you and your Teddy Bear. Join Miss Bari for lunch, stories, and fun. Children must be accompanied by an adult. Registration required.*

*Information: [pit02@henrico.us](mailto:pit02@henrico.us)*



## ▶ Quilling

*Wed, Aug 9, 4-5pm. Deep Run Rec Center. #13939*

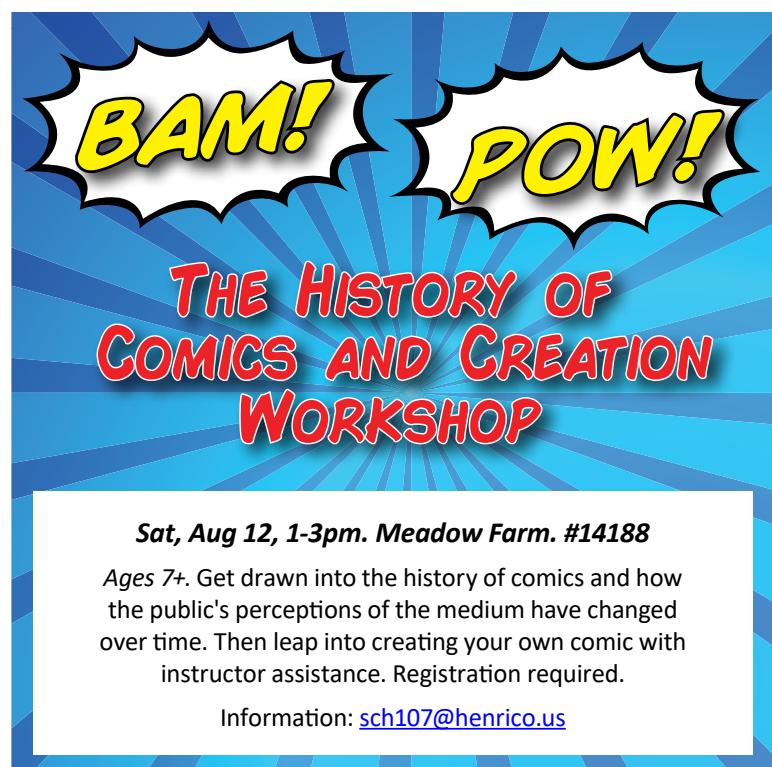
*Ages 8-12. Quilling is the art of rolling thin papers to make decorative works of art. During this class you will learn how to curl the fine strips of paper to make a picture that you will be proud to give to someone. Information: [leh@henrico.us](mailto:leh@henrico.us)*

## ▶ Famous Artist Series **CANCELLED**

*Ages 5-7. Sun, Aug 20, 2-3pm. Belmont Rec Center. #13967*

*Ages 8-10. Sun, Aug 20, 3:30-4:30pm. Belmont Rec Center. #13968*

*We will learn about a famous artist and then create a piece that's like theirs. This summer session is all about the colorful work of Matisse! Information: [jon105@henrico.us](mailto:jon105@henrico.us)*



**THE HISTORY OF COMICS AND CREATION WORKSHOP**

*Sat, Aug 12, 1-3pm. Meadow Farm. #14188*

*Ages 7+. Get drawn into the history of comics and how the public's perceptions of the medium have changed over time. Then leap into creating your own comic with instructor assistance. Registration required.*

*Information: [sch107@henrico.us](mailto:sch107@henrico.us)*

## Reminder!

If you are registered for a program, please make every effort to attend. If you are unable to attend, please contact us so we can share your spot with someone on the waiting list. Forgot what you signed up for? Go to your account and view Family Member's Schedule or look for your emailed receipt!

*Thank you for your cooperation!*



# ADULT/FAMILY CLASSES

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

## ▶ Pickleball Clinic for Beginners

Tue, Jun 13, 8:30-10am. Deep Run Rec Center. #13857

Tue, Jun 13, 10:30am-noon. Deep Run Rec Center. #13858

Ages 18+. No pickles involved! What is pickleball? Come learn and try it out! Guaranteed fun and great exercise. We will have everything you need to learn to play. Information: [pit02@henrico.us](mailto:pit02@henrico.us)

## ▶ Line Dance Class

Sat, Jul 8-29, 10-11am. Eastern Henrico Rec Center. #13924

Sat, Aug 5-26, 10-11am. Eastern Henrico Rec Center. #14133

Ages 18+. Meet new people and keep fit! Line dancing provides a great form of low impact exercising. Learn dance terminology and easy dances using a variety of favorite music styles. No partner needed.

Information: [cun04@henrico.us](mailto:cun04@henrico.us)

## ▶ Yes! You can do it!

Wed, Jul 12, 7-8:30pm. Eastern Henrico Rec Center. #13826

Ages 18+. Hey ladies! This class we'll be learning some very basic electrical skills. Instruction will be provided by one of our very own park services professionals. You'll have the opportunity to try some hands-on repairs such as rewiring a lamp and replacing a light switch. Information: [ola@henrico.us](mailto:ola@henrico.us)

## ▶ Elastic Bead Bracelet

Sun, Jul 16, 3:30-4:30pm. Dorey Rec Center. #13882

Sun, Aug 20, 3:30-4:30pm. Belmont Rec Center. #13881

Ages 18+. Come have fun and learn how to make an elastic bracelet from plastic beads! Information: [cli04@henrico.us](mailto:cli04@henrico.us)

## ▶ Explore the Islands

Fri, Aug 25, 10-11am. Eastern Henrico Rec Center. #13925

Ages 50+. Imagine yourself on a beautiful island outside on the patio painting a Tiki sculpture or a beautiful picture of the beach enjoying a tropical drink. Information: [cun04@henrico.us](mailto:cun04@henrico.us)

# REGISTER ONLINE

At home or on the Go



REGISTRATION FOR HENRICO RESIDENTS BEGINS MAY 22 AT 8AM.  
REGISTRATION OPENS TO NON-RESIDENTS ON MAY 26.

## FRIDAY NIGHT AT THE MOVIES



Fri, Jul 14, 6:30-9:30pm. Deep Run Rec Center. #13855

Ages 3+. Sail away from summer's heat with Lilo and Stitch - A young orphan adopts a funny dog, Stitch. Stitch turns out to be a science experiment gone bad. Lilo works hard to save Stitch from his creator and those that think he is a menace. Join us for this fun family movie. We will provide the popcorn and water.

Information: [pit02@henrico.us](mailto:pit02@henrico.us)

## BOOGIE DOWN WITH YOUR VIP

Fri, Jul 21, 6:30-8pm. Deep Run Rec Center. #13836

Information: [pit02@henrico.us](mailto:pit02@henrico.us)

Fri, Jul 28, 6:30-8pm. Eastern Henrico Rec Center. #13971

Information: [cun04@henrico.us](mailto:cun04@henrico.us)



Registration required.

Ages 6+. Dress up and get ready for a great night with your VIP - very important person! Kids bring your favorite adult - it could be your mom, dad, grandpa, grandma, uncle, or aunt! Join us for a fun-tastic night filled with entertainment, dessert, dancing, games, and a photo booth.



# ADULT CLASSES

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



A canvas for our community. Come create with us and explore various forms of art with instruction and with an opportunity for drop in and self-guided studio time.

## ▶ Acrylic Pour

Tue, Jun 6, 6:30-8:30pm. The Springs Rec Center. #13887

Ages 18+. Try some different techniques with this addictive form of acrylic painting! You'll leave with two unique pieces of amazing art. Information: [ola@henrico.us](mailto:ola@henrico.us)

## ▶ Chip Bead and Necklace

Tue, Jun 20, 6:30-8:30pm. The Springs Rec Center. #13987

Ages 18+. Try making a pair of chip bead earrings and a chip bead necklace. The chip beads will be in rose hues with silver findings. Information: [cli04@henrico.us](mailto:cli04@henrico.us)

## ▶ Mosaic Art

Tue, Jun 27-Jul 25, 6:30-8:30pm. The Springs Rec Center. #13839

Ages 18+. Learn the basic steps of working with stained glass, tile and stone to create a beautiful mosaic. This is a four-session class so please be prepared to attend all scheduled evenings. Information: [ola@henrico.us](mailto:ola@henrico.us)  
No class Jul 4.

## Reminder!

If you are registered for a program, please make every effort to attend. If you are unable to attend, please contact us so we can share your spot with someone on the waiting list. Forgot what you signed up for? Go to your account and view Family Member's Schedule or look for your emailed receipt!

Thank you for your cooperation!

## ▶ Wire Wrapped Earrings

Tue, Jul 18, 6:30-8:30pm. The Springs Rec Center. #13989

Ages 18+. Learn the technique of wire wrapping. We will be wire wrapping two pairs of earrings. Information: [cli04@henrico.us](mailto:cli04@henrico.us)

## ▶ Watercolor Vase

Tue, Aug 15, 6:30-8:30pm. The Springs Rec Center. #13990

Ages 18+. Working with alcohol inks and resin, make a one-of-a-kind vase. When done your vase will appear watercolored! Information: [cli04@henrico.us](mailto:cli04@henrico.us)

## ▶ Colorful Pet Portraits CANCELLED

Tue, Aug 22, 1:30-3:30pm. The Springs Rec Center. #13969

Tue, Aug 22, 6:30-8:30pm. The Springs Rec Center. #13970

Ages 16+. Let's paint your pet in a different light. Using a personal photo and blocks of color, you will create a masterpiece on glass. Information: [jon105@henrico.us](mailto:jon105@henrico.us)

## ▶ Tree Ring Story

Tue, Aug 29, 1:30-3:30pm. The Springs Rec Center. #13908

Tue, Aug 29, 6:30-8:30pm. The Springs Rec Center. #13909

Ages 16+. Tell your story as you use watercolor to create colorful tree rings. Then add written lines that explore your existence, offer advice or just make you smile! Information: [tru08@henrico.us](mailto:tru08@henrico.us)

## Open Studio

Second Tuesday of each month.

1:30-3:30pm or 6:30-8:30pm.

Ages 16+. Open Studio is a space for self-directed creativity, giving you an opportunity to work on an unfinished project or hone your skills in a supportive environment.

You bring the supplies, and we'll provide basic tools, equipment, and inspiration. For example - you bring the wood, and we'll supply the wood burner!

Space is limited. First come, first served. An access pass is required. To receive a pass, please visit the recreation center to fill out the proper paperwork.

Information: [StudioAtTheSprings@henrico.us](mailto:StudioAtTheSprings@henrico.us)



# THERAPEUTIC RECREATION

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

Therapeutic Recreation (TR) is a fun adaptive form of recreation for those that may have medical conditions or disabilities. The goal of TR is to promote socialization, leisure education, and provide opportunities for diverse programming. Activities are geared towards enhancing participants' minds, bodies, and health. This safe space allows for participants to engage with each other in the least restrictive environment to enhance one's quality of life.

## Minimum Eligibility Requirements and Inclusion Services

All programs have essential eligibility requirements for participation. Essential eligibility requirements may include, but are not limited to, age, prerequisite skills, safety, endurance, behavior, personal care, and medical issues. Inclusion services are reasonable modifications that Henrico Recreation and Parks staff can provide to make an experience more accessible. Modifications could include, but are not limited to, the use of visual aids and verbal cues, custom supplies or equipment, facilities, and staff education. Modification plans are created, reviewed, and maintained by Therapeutic Recreation staff and are determined on a case-by-case basis. **To ensure modifications are met, a two-week notice is requested prior to the start of the program.** For more information about inclusion services email [rec-inclusion@henrico.us](mailto:rec-inclusion@henrico.us), call 804-652-1413.



## ▶ Weekday Sampler

*Thur, Jun 1, 10-11:15am. Eastern Henrico Rec Center. #13965  
Tue, Jul 11, 10-11:15am. Hunton Community Center. #13962  
Mon, Aug 28, 10-11:15am. Deep Run Rec Center. #13963*  
Ages 18+. Therapeutic Recreation - Welcoming those of all abilities. Weekday samplers are a great way to do a little bit of everything! Classes can consist of engaging in creative arts, exercises, group games, and other social opportunities. Each community center will now feature a weekday sampler activity! Information: [mcc159@henrico.us](mailto:mcc159@henrico.us)

## ▶ DIY BINGO Cards CANCELLED

*Wed, Jun 14, 6-7:30pm. Hunton Community Center. #14165  
Thur, Jun 15, 10-11:30am. Hunton Community Center. #14164*  
Ages 18+. Therapeutic Recreation - Welcoming those of all abilities. We all love BINGO, but we're putting a little twist on the fun. Participants will get crafty making their own BINGO cards and we'll play a few rounds. Information: [jon105@henrico.us](mailto:jon105@henrico.us)

## Party on the Patio

Thur, June 8  
5-6:30pm.

Belmont Recreation Center  
Registration required.

Ages 15+.

Therapeutic Recreation - Welcoming those of all abilities. This summer kick-off dance is about getting together and celebrating with good friends, music, games, and more! Wear your favorite summer colors, or Hawaiian patterned shirt.

Our DJ will have us dancing the night away.

Information: [mcc159@henrico.us](mailto:mcc159@henrico.us)



Wed, Aug 30, 10am.  
Henrico Theatre.



Information: [mcc159@henrico.us](mailto:mcc159@henrico.us)



# FITNESS CALENDAR

All programs are free and require registration in advance.

## Belmont Recreation Center

### Tuesday

**Chair Yoga for Resilience**  
4-5pm

**Evening Unwind Yoga**  
5:30-6:30pm

### Thursday

**Flex and Stretch**  
10-10:30am

For more information on the following fitness classes, contact our fitness staff at [rec-fitness@henrico.us](mailto:rec-fitness@henrico.us).

## FITNESS REGISTRATION

Registration for fitness classes will take place three weeks prior to the start of each session. See details below.

### June

Registration: May 22 (Henrico Residents) & May 26 (non-residents)

### July

Registration: June 12 (Henrico Residents) & June 19 (non-residents)

### August

Registration: July 10 (Henrico Residents) & July 17 (non-residents)

*The last day to register online and in-person is the last day of the class.*

### Chair Yoga for Resilience

Tue, Jun 6-27, 4-5pm. Belmont Rec Center. #14032

Tue, Jul 18-25, 4-5pm. Belmont Rec Center. #14033

Tue, Aug 1-29, 4-5pm. Belmont Rec Center. #14034

**Ages 18+.** This class is perfect for those who prefer not to, or who are unable to, practice on the floor. Class will include a combination of seated poses and standing poses where the chair will be available for support. This class is designed to promote a sense of balance and well-being through slow, mindful movement, breathing practices, and meditation. This class is trauma-informed, accessible, adaptable and open to all levels. Instructor: Morgan Howell.

### Evening Unwind Yoga

Tue, Jun 6-27, 5:30-6:30pm. Belmont Rec Center. #14068

Tue, Jul 18-25, 5:30-6:30pm. Belmont Rec Center. #14069

Tue, Aug 8-29, 5:30-6:30pm. Belmont Rec Center. #14070

**Ages 14+.** Promote a sense of balance and well-being through slow, mindful movement, breathing practices, and meditation. Benefits include improved circulation, flexibility, and mobility as well as balanced physical and emotional energy levels to improve overall health and resilience. This class is trauma-informed, accessible, adaptable and open to all levels. Instructor: Morgan Howell.

### Flex and Stretch

Thur, Jun 1-29, 10-10:30am. Belmont Rec Center. #14071

Thur, Jul 13-27, 10-10:30am. Belmont Rec Center. #14072

Thur, Aug 3-31, 10-10:30am. Belmont Rec Center. #14073

**Ages 50+.** 30-minutes of resistance training and stretching utilizing body weight exercises, resistance bands, dumbbells, and other equipment. Instructor: Jason Blake.

## REGISTER ONLINE

At home or on the Go



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REGISTRATION OPENS TO NON-RESIDENTS ON MAY 26.



# FITNESS CLASSES

All programs are free and require registration in advance.

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## FITNESS REGISTRATION

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Registration: May 22 (Henrico Residents) & May 26 (non-residents)

### July

Registration: June 12 (Henrico Residents) & June 19 (non-residents)

### August

Registration: July 10 (Henrico Residents) & July 17 (non-residents)

***The last day to register online and in-person is the last day of the class.***



### Hours

Monday-Thursday: 8am-9pm

Friday: 8am-8pm

Saturday: 8am-5pm

Sunday: 1-5pm

### Membership Options

- Individual: \$10/month
- Family: \$20/month
- College Student: \$30 for 3 months (paid in advance)

\*No contracts. Renews every month until you cancel (MUST CANCEL IN WRITING)

### 2,719 square foot fitness center

- S180 Synergy Functional Trainer
  - Battle Ropes, Rope Pull Pulley, Medicine Balls, Kettlebells
- 12 Station LifeFitness Insignia Series Circuit
- 15 Cardio Equipment from Freemotion & LifeFitness
- 1 LifeFitness Dual Pulley-Cable
- 2 Adjustable Multi-Functional Benches
- Dumbbells & Barbells
- Free Weight & Stretching Areas

**(804) 652-1430 | [DeepRun@henrico.us](mailto:DeepRun@henrico.us)**

## Deep Run Recreation Center

### Monday

Essentrics  
9:30-10:30am

TRX  
Body Sculpt  
12:30-1:15pm

Vibrant  
Flow Yoga  
1:30-2:30pm

Hatha Yoga  
6:30-7:30pm

### Tuesday

PITAIYO  
12:30-1:30pm

Kickboxing  
11am-12pm

Barre  
6-7pm

HIIT  
7-8pm

### Wednesday

Chair Yoga for  
Resilience  
10:30-11:30am

Women on  
Weights  
(WOW)  
11:30am-  
12:15pm

HIIT  
12:30-1:15pm

Relax &  
Restore  
Yoga  
1:30-2:30pm

Zumba®  
6-7pm

### Thursday

Kids  
Kickboxing  
11-11:45am

Strength  
& Cardio  
8:30-9:15am

Total Body  
Strength  
9:30-10:30am

Zumba®  
11am-12pm

Cardio  
Kickboxing  
12:30-1:15pm

Relax &  
Recharge  
Yoga  
1:30-2:30pm

### Saturday

Kids Yoga  
9-9:45am

Tweens  
Yoga  
10-10:45am

### Reminder!

If you are registered for a program, please make every effort to attend. If you are unable to attend, please contact us so we can share your spot with someone on the waiting list. Forgot what you signed up for? Go to your account and view Family Member's Schedule or look for your emailed receipt!

Thank you for your cooperation!



**(804) 501-PARK | [henrico.us/rec](http://henrico.us/rec)**

# FITNESS CLASSES

All programs are free and require registration in advance.

For more information on the following fitness classes, contact our fitness staff at [rec-fitness@henrico.us](mailto:rec-fitness@henrico.us).

## Barre

Tue, Jun 6-27, 6-7pm. Deep Run Rec Center. #14026

Tue, Jul 11-25, 6-7pm. Deep Run Rec Center. #14027

Tue, Aug 1-29, 6-7pm. Deep Run Rec Center. #14028

Ages 14+. Inspired by elements of ballet, yoga, and Pilates. NO DANCE EXPERIENCE IS REQUIRED! It focuses on low-impact, high-intensity movements designed to strengthen your body but also develop agility, flexibility, and balance. Instructor: Rhonda Jackson-Smith.

## Cardio Kickboxing

Fri, Jun 2-30, 12:30-1:15pm. Deep Run Rec Center. #14029

Fri, Jul 7-28, 12:30-1:15pm. Deep Run Rec Center. #14030

Fri, Aug 4-25, 12:30-1:15pm. Deep Run Rec Center. #14031

Ages 14+. A high-energy, fat-burning workout that combines aerobic movements with choreographed cardiovascular martial arts movements focusing on kicks, punches, and core exercises. Equipment such as boxing gloves, mitts, target pads, jump ropes, punching bags, and WaveMasters may be incorporated. Instructor: Jason Blake.

## Chair Yoga for Resilience

Wed, Jun 7-28, 10:30-11:30am. Deep Run Rec Center. #14035

Wed, Jul 19-26, 10:30-11:30am. Deep Run Rec Center. #14036

Wed, Aug 2-30, 10:30-11:30am. Deep Run Rec Center. #14037

Ages 18+. This class is perfect for those who prefer not to, or who are unable to, practice on the floor. Class will include a combination of seated poses and standing poses where the chair will be available for support. This class is designed to promote a sense of balance and well-being through slow, mindful movement, breathing practices, and meditation. This class is trauma-informed, accessible, adaptable and open to all levels. Instructor: Morgan Howell.

## Essentrics

Mon, Jun 5-26, 9:30-10:30am. Deep Run Rec Center. #14063

Mon, Jul 10-31, 9:30-10:30am. Deep Run Rec Center. #14065

Mon, Aug 7-28, 9:30-10:30am. Deep Run Rec Center. #14066

Ages 14+. A dynamic, full-body workout that simultaneously combines stretching and strengthening, while engaging all 650 muscles. Through standing and floor work, this class will increase flexibility and mobility for a healthy, toned, and pain-free body. A stretch workout for all ages and fitness levels. Instructor: Pamela Thomas.

## Hatha Yoga

Mon, Jun 5-26, 6:30-7:30pm. Deep Run Rec Center. #14074

Mon, Jul 10-31, 6:30-7:30pm. Deep Run Rec Center. #14075

Mon, Aug 7-28, 6:30-7:30pm. Deep Run Rec Center. #14076

Ages 18+. Learn to better manage stress and improve your overall health and well-being by receiving instruction in yoga postures, deep relaxation, deep breathing techniques, and meditation. Instructor: Ed Carpenter.

## HIIT

Tue, Jun 6-27, 7-8pm. Deep Run Rec Center. #14080

Tue, Jul 11-25, 7-8pm. Deep Run Rec Center. #14081

Tue, Aug 1-29, 7-8pm. Deep Run Rec Center. #14082

Wed, Jun 7-28, 12:30-1:15pm. Deep Run Rec Center. #14077

Wed, Jul 12-26, 12:30-1:15pm. Deep Run Rec Center. #14078

Wed, Aug 2-30, 12:30-1:15pm. Deep Run Rec Center. #14079

Ages 14+. High intensity interval training or HIIT is intended to improve cardiovascular endurance and strengthen/tone muscles. Come join this quick midday full body workout that will continue to burn calories hours after your workout. Instructor: Willie Cunningham.

## Kickboxing

Tue, Jun 6-27, 11am-12pm, Deep Run Rec Center. #14218

Tue, Jul 11-25, 11am-12pm, Deep Run Rec Center. #14219

Tue, Aug 1-29, 11am-12pm, Deep Run Rec Center. #14220

Ages 18+. Kickboxing focuses on the details of our martial arts techniques and body mechanics. Expect a mixture of drills that vary in intensity and style, including but not limited to, martial arts, HIIT, strength conditioning, cardio, and stretching. By incorporating various drills and styles we will improve our techniques and performance in kickboxing class. Instructor: Emily Turner.

## Kids Kickboxing

Thur, Jun 6-27, 11-11:45am, Deep Run Rec Center. #14221

Thur, Jul 11-25, 11-11:45am, Deep Run Rec Center. #14222

Thur, Aug 1-29, 11-11:45am, Deep Run Rec Center. #14223

Ages 18+. Kids kickboxing is a high-energy class that teaches children the basics of martial arts. We will use a variety of drills and equipment to learn kickboxing techniques, improve fitness, and develop discipline while having fun. Instructor: Emily Turner.

## Kids Yoga

Sat, Jun 3-24, 9-9:45am. Deep Run Rec Center. #14083

Sat, Jul 8-29, 9-9:45am. Deep Run Rec Center. #14084

Sat, Aug 5-19, 9-9:45am. Deep Run Rec Center. #14085

Ages 6-9. This new environment for kids yoga can provide many benefits to its participants including increased strength and flexibility, as well as improvements in balance and coordination. It can also help with concentration and improve a child's self-confidence. Let your child come and explore all that yoga can do for them. Instructor: Mindy Tanner.



# FITNESS CLASSES

All programs are free and require registration in advance.

For more information on the following fitness classes, contact our fitness staff at [rec-fitness@henrico.us](mailto:rec-fitness@henrico.us).

## PITAIYO

*Tue, Jun 6-27, 12:30-1:30pm. Deep Run Rec Center. #14086*  
*Tue, Jul 11-25, 12:30-1:30pm. Deep Run Rec Center. #14087*  
*Tue, Aug 1-29, 12:30-1:30pm. Deep Run Rec Center. #14088*  
Ages 14+. Pilates, Tai Chi, and Yoga disciplines in a fusion class like no other! This signature class delivers whole-body conditioning enhancing not only your body but your mind and spirit! No experience is necessary. We will build together to create body awareness and create movement and strength. This class will be taught by one of the developers and founders of PITAIYO. Instructor: Janice Shaheen.

## Rest and Recharge Yoga

*Fri, Jun 2-30, 1:30-2:30pm. Deep Run Rec Center. #14092*  
*Fri, Jul 14-28, 1:30-2:30pm. Deep Run Rec Center. #14093*  
*Fri, Aug 4-25, 1:30-2:30pm. Deep Run Rec Center. #14094*  
Ages 14+. Bring balance to the muscular, skeletal, and nervous systems through enhanced flexibility. Calm the mind through focused breath and meditation. Beginners are welcome and encouraged. Instructor: Shonda Austin.

## Relax and Restore Yoga

*Wed, Jun 7-28, 1:30-2:30pm. Deep Run Rec Center. #14089*  
*Wed, Jul 12-26, 1:30-2:30pm. Deep Run Rec Center. #14090*  
*Wed, Aug 2-30, 1:30-2:30pm. Deep Run Rec Center. #14091*  
Ages 14+. Relax the body through activating the rest and digest system. Class will be guided through sequences that encourage rest by actively calming the nervous system. Beginners are welcome and encouraged. Instructor: Shonda Austin.

## Strength and Cardio

*Fri, Jun 2-30, 8:30-9:15am. Deep Run Rec Center. #14202*  
*Fri, Jul 7-28, 8:30-9:15am. Deep Run Rec Center. #14203*  
*Fri, Aug 4-25, 8:30-9:15am. Deep Run Rec Center. #14204*  
Ages 14+. A great combination of weights and cardio to build lean muscle, improve cardiovascular and muscular endurance. We will work through a variety of exercises using various strength training and cardiovascular tools. Instructor: Brooke Bliss.

## Total Body Strength-TBS

*Fri, Jun 2-30, 9:30-10:30am. Deep Run Rec Center. #14095*  
*Fri, Jul 14-28, 9:30-10:30am. Deep Run Rec Center. #14096*  
*Fri, Aug 4-25, 9:30-10:30am. Deep Run Rec Center. #14097*  
Ages 18+. Full-body conditioning using a variety of bodyweight and equipment addressing compound movements for functional strength; high concentration of abdominal and core work. Instructor: Janice Shaheen.

## TRX Body Sculpt

*Mon, Jun 5-26, 12:30-1:15pm. Deep Run Rec Center. #14098*  
*Mon, Jul 10-31, 12:30-1:15pm. Deep Run Rec Center. #14099*  
*Mon, Aug 7-28, 12:30-1:15pm. Deep Run Rec Center. #14100*  
Ages 14+. This class combines TRX suspension training with bodyweight exercises, plyometrics, dumbbells, bands, and balls along with even the more advanced TRX Rip Training Systems along with other modalities to offer an exciting combination of core conditioning, strength, flexibility, and overall functional fitness. Instructor: Jason Blake.  
\*No class June 19.

## Tweens Yoga

*Sat, Jun 3-24, 10-10:45am. Deep Run Rec Center. #14101*  
*Sat, Jul 8-29, 10-10:45am. Deep Run Rec Center. #14102*  
*Sat, Aug 5-19, 10-10:45am. Deep Run Rec Center. #14103*  
Ages 10-12. The tweens yoga program can provide many benefits to its participants including increased strength and flexibility, as well as improvements in balance and coordination. It can also help with concentration and improve self-confidence. Let your tween come and explore all that yoga can do for them. Instructor: Mindy Tanner.

## Vibrant Flow Yoga

*Mon, Jun 5-26, 1:30-2:30pm. Deep Run Rec Center. #14104*  
*Mon, Jul 10-31, 1:30-2:30pm. Deep Run Rec Center. #14105*  
*Mon, Aug 7-28, 1:30-2:30pm. Deep Run Rec Center. #14106*  
Ages 14+. Structure and strengthen the body, gain flexibility, and cultivate peace of mind through an all levels Hatha Flow with focus on breath, alignment, asana, intentional sequences and meditation. Beginners are welcome and encouraged. Instructor: Shonda Austin.  
\*No class June 19.

## Women on Weights (WOW)

*Wed, Jun 7-28, 11:30am-12:15pm. Deep Run Rec Center. #14199*  
*Wed, Jul 5-26, 11:30am-12:15pm. Deep Run Rec Center. #14200*  
*Wed, Aug 2-30, 11:30am-12:15pm. Deep Run Rec Center. #14201*  
Ages 14+. Do you have questions about women and strength training? Do you want to learn how to properly strength train? With Women on Weights you will learn how to properly strength train and lift weights with various training tools. These workouts will focus on proper lifting form, gaining strength while building muscle to tighten and tone. Instructor: Brooke Bliss.

## Zumba®

*Wed, Jun 7-28, 6-7pm. Deep Run Rec Center. #14107*  
*Wed, Jul 12-26, 6-7pm. Deep Run Rec Center. #14108*  
*Wed, Aug 2-30, 6-7pm. Deep Run Rec Center. #14109*  
*Fri, Jun 2-30, 11am-noon. Deep Run Rec Center. #14110*  
*Fri, Jul 14-28, 11am-noon. Deep Run Rec Center. #14111*  
*Fri, Aug 11-25, 11am-noon. Deep Run Rec Center. #14112*  
Ages 14+. Zumba® takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This is a more traditional Zumba® style by combining Latin rhythms, Soca, Reggae, Dancehall, Afrobeats, and Modern Music with a West Indian background style format.  
Instructor: Simone Dockery.



# FITNESS CLASSES

All programs are free and require registration in advance.

For more information on the following fitness classes, contact our fitness staff at [rec-fitness@henrico.us](mailto:rec-fitness@henrico.us).

## FITNESS REGISTRATION

Registration for fitness classes will take place three weeks prior to the start of each session. See details below.

### June

Registration: May 22 (Henrico Residents) & May 26 (non-residents)

### July

Registration: June 12 (Henrico Residents) & June 19 (non-residents)

### August

Registration: July 10 (Henrico Residents) & July 17 (non-residents)

*The last day to register online and in-person is the last day of the class.*

EASTERN HENRICO

**FITNESS**

CENTER

## FITNESS PASS

Henrico Residents Only

- \$120/year for an individual pass
- \$240/year for a family pass
- Cancel at anytime
- No enrollment fee

## Eastern Henrico Recreation Center

### Monday

Senior Wellness  
9-10am

Bellydance  
Fusion  
11am-noon

Body Sculpt  
5:30-6:15pm

Zumba®  
6:30-7:30pm

### Tuesday

Cycle Xpress  
9:30-10am

Zumba®  
11am-noon

Xtreme  
Burn®  
6:30-7:30pm

### Wednesday

Essentrics  
9:30-10:30am

HIIT  
12:15-1pm

Zumba  
6:15-7:15pm

### Thursday

Mindful  
Morning Yoga  
9-10am

Chair Yoga  
for Resillience  
10:30-11:30am

Cycle  
noon-12:45pm

Zumba®  
noon-1pm

Xtreme  
Step  
6:30-7:30pm

### Friday

Senior Wellness  
9-10am

Bellydance  
Fusion  
6-7pm

### Saturday

Tone-Up  
9-10am



# FITNESS CLASSES

All programs are free and require registration in advance.

For more information on the following fitness classes, contact our fitness staff at [rec-fitness@henrico.us](mailto:rec-fitness@henrico.us).

## Bellydance Fusion

Mon, Jun 5-26, 11am-noon. Eastern Henrico Rec Center. #13949

Mon, Jul 3-24, 11am-noon. Eastern Henrico Rec Center. #13950

Mon, Aug 7-28, 11am-noon. Eastern Henrico Rec Center. #13951

Fri, Jun 2-30, 6-7pm. Eastern Henrico Rec Center. #13952

Fri, Jul 7-28, 6-7pm. Eastern Henrico Rec Center. #13953

Fri, Aug 4-25, 6-7pm. Eastern Henrico Rec Center. #13954

**Ages 18+.** Bellydance Fusion mixes the ancient art of belly dancing with a twist of low impact total body strength and interval style cardio fitness. This class will offer classic belly dancing moves to the tune of Middle Eastern, Egyptian pop, R&B, and Latin music. All levels welcome. Instructor: Trish Hayes.

\*No class June 19.

## Body Sculpt

Mon, Jun 5-26, 5:30-6:15pm. Eastern Henrico Rec Center. #13956

Mon, Jul 3-31, 5:30-6:15pm. Eastern Henrico Rec Center. #13957

Mon, Aug 7-28, 5:30-6:15pm. Eastern Henrico Rec Center. #13958

**Ages 14+.** This class combines both Pilates and Barre workouts for flexibility, stabilization, toning, strengthening and cardiovascular conditioning. In this class there will be a focus on breathing techniques while moving through a mat sequence workout while strengthening and toning the muscles with resistance bands and basic ballet movements.

\*No class June 19.

## Chair Yoga for Resilience

Thur, Jun 1-29, 10:30-11:30am. Eastern Henrico Rec Center. #13972

Thur, Jul 6-27, 10:30-11:30am. Eastern Henrico Rec Center. #13973

Thur, Aug 3-31, 10:30-11:30am. Eastern Henrico Rec Center. #13974

**Ages 18+.** This class is perfect for those who prefer not to, or who are unable to, practice on the floor. Class will include a combination of seated poses and standing poses where the chair will be available for support. This class is designed to promote a sense of balance and well-being through slow, mindful movement, breathing practices, and meditation. This class is trauma-informed, accessible, adaptable and open to all levels. Instructor: Morgan Howell.

## Essentrics

Wed, Jun 7-28, 9:30-10:30am. Eastern Henrico Rec Center. #13959

Wed, Jul 5-26, 9:30-10:30am. Eastern Henrico Rec Center. #13960

Wed, Aug 2-30, 9:30-10:30am. Eastern Henrico Rec Center. #13961

**Ages 14+.** A dynamic, full-body workout that simultaneously combines stretching and strengthening, while engaging all 650 muscles. Through standing and floor work, this class will increase flexibility and mobility for a healthy, toned, and pain-free body. A stretch workout for all ages and fitness levels. Instructor: Pamela Thomas.



## CYCLING AT EHRC

**Ages 14+.** This class is performed on a stationary bike to music and is a great cardiovascular workout. Come ready to sweat and listen to some fun music at the same time. If you are new to cycle, please arrive early to get fitted to your bike. There are 8 bikes for participation and registration will open 48- hours in advance.

### ► Cycle

**12-12:45pm.**

**Eastern Henrico Rec Ctr**

Thur, Jun 1. #14050

Thur, Jun 8. #14051

Thur, Jun 15. #14052

Thur, Jun 22. #14053

Thur, Jun 29. # 14054

Thur, Jul 13. #14055

Thur, Jul 20. # 14056

Thur, Jul 27. #14057

Thur, Aug 3. # 14058

Thur, Aug 10. # 14059

Thur, Aug 17. # 14060

Thur, Aug 24. # 14061

Thur, Aug 31. # 14062

### ► Cycle Xpress

**9:30-10am.**

**Eastern Henrico Rec Ctr**

Tue, Jun 6. #14038

Tue, Jun 13. #14039

Tue, Jun 20. #14040

Tue, Jun 27. #14041

Tue, Jul 11. #14042

Tue, Jul 18. #14043

Tue, Jul 25. #14044

Tue, Aug 1. #14045

Tue, Aug 8. #14046

Tue, Aug 15. #14047

Tue, Aug 22. #14048

Tue, Aug 29. #14049

There are eight bikes for participation and registration will be open 48 hours in advance of each class.



# FITNESS CLASSES

All programs are free and require registration in advance.

For more information on the following fitness classes, contact our fitness staff at [rec-fitness@henrico.us](mailto:rec-fitness@henrico.us).

## HIIT

Wed, Jun 7-28, 12:15-1pm. Eastern Henrico Rec Center. #13936

Wed, Jul 5-26, 12:15-1pm. Eastern Henrico Rec Center. #13947

Wed, Aug 2-30, 12:15-1pm. Eastern Henrico Rec Center. #13948

Ages 14+. High intensity interval training or HIIT is intended to improve cardiovascular endurance and strengthen/tone muscles. Come join this quick midday full body workout that will continue to burn calories hours after your workout. Instructor: Willie Cunningham.

## Mindful Morning Yoga

Thur, Jun 1-29, 9-10am. Eastern Henrico Rec Center. #13975

Thur, Jul 6-27, 9-10am. Eastern Henrico Rec Center. #13976

Thur, Aug 3-31, 9-10am. Eastern Henrico Rec Center. #13977

Ages 14+. Mindful Morning Yoga is designed to promote a sense of balance and well-being through slow, mindful movement, breathing practices, and meditation. This class will include gentle repetition of movement before staying in yoga postures in a way that feels sustainable and nourishing for each individual. This class is trauma-informed, accessible, adaptable and open to all levels. Beginners are welcome and encouraged. Instructor: Morgan Howell.

## Senior Wellness

Mon, Jun 5-26, 9-10am. Eastern Henrico Rec Center. #13978

Mon, Jul 3-31, 9-10am. Eastern Henrico Rec Center. #13980

Mon, Aug 7-28, 9-10am. Eastern Henrico Rec Center. #13981

Fri, Jun 2-30, 9-10am. Eastern Henrico Rec Center. #13982

Fri, Jul 7-28, 9-10am. Eastern Henrico Rec Center. #13984

Fri, Aug 4-25, 9-10am. Eastern Henrico Rec Center. #13985

Ages 50+. Come and get moving with a class that is designed to work on improving overall physical well-being. This class will use different exercise modalities, such as joint mobility, resistance, and flexibility training to improve overall mobility, and strength to help with everyday life.

\*No class June 19.

## Tone-Up

Sat, Jun 3-24, 9-10am. Eastern Henrico Rec Center. #13995

Sat, Jul 1-29, 9-10am. Eastern Henrico Rec Center. #14000

Sat, Aug 5-26, 9-10am. Eastern Henrico Rec Center. #14001

Ages 14+. This class is designed for a full-body strength endurance muscle-building workout. It is designed to strengthen and build muscles with the use of dumbbells, bands, and body bars.

## Xtreme Burn®

Tue, Jun 6-27, 6:30-7:30pm. Eastern Henrico Rec Center. #14002

Tue, Jul 11-25, 6:30-7:30pm. Eastern Henrico Rec Center. #14004

Tue, Aug 1-29, 6:30-7:30pm. Eastern Henrico Rec Center. #14005

Ages 14+. Xtreme Burn® is a cardio fitness program that is designed to help you lose weight and tone up by using a combination of high and low-impact movements. The class will also consist of floor movements of which a floor mat should be used. Instructor: Kisha Fuller.

## Xtreme Step

Thur, Jun 1-29, 6:30-7:30pm. Eastern Henrico Rec Center. #14008

Thur, Jul 6-27, 6:30-7:30pm. Eastern Henrico Rec Center. #14006

Thur, Aug 3-31, 6:30-7:30pm. Eastern Henrico Rec Center. #14007

Ages 14+. Do you like hip-hop music? Want a great cardio workout?

Xtreme Step® will give you both and will combine some swag into your workout. This class puts a fresh spin on an old concept. Whether participants are beginners, advanced, old, or young they all want a unique but effective workout regimen. This program provides a safe and fun class for people of all demographics. Instructor: Kisha Fuller,

## Zumba®

Mon, Jun 5-26, 6:30-7:30pm. Eastern Henrico Rec Center. #14215

Mon, Jul 10-31, 6:30-7:30pm. Eastern Henrico Rec Center. #14216

Mon, Aug 7-28, 6:30-7:30pm. Eastern Henrico Rec Center. #14217

Tue, Jun 6-27, 11am-noon. Eastern Henrico Rec Center. #14172

Tue, Jul 11-25, 11am-noon. Eastern Henrico Rec Center. #14173

Tue, Aug 15-29, 11am-noon. Eastern Henrico Rec Center. #14174

Wed, Jun 7-28, 6:15-7:15pm. Eastern Henrico Rec Center. #14011

Wed, Jul 5-26, 6:15-7:15pm. Eastern Henrico Rec Center. #14013

Wed, Aug 2-30, 6:15-7:15pm. Eastern Henrico Rec Center. #14014

Thur, Jun 1-29, noon-1pm. Eastern Henrico Rec Center. #14015

Thur, Jul 6-27, noon-1pm. Eastern Henrico Rec Center. #14016

Thur, Aug 3-31, noon-1pm. Eastern Henrico Rec Center. #14017

Ages 14+. Zumba® takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This is a more traditional Zumba® style by combining Latin rhythms, Soca, Reggae, Dancehall, Afrobeats, and Modern Music with a West Indian background style format. Instructor: Simone Dockery.

\*No class June 19.

