



Program Guide

June - August 2024



**New Registration
Time - 7am!!**
Henrico Resident: May 20
Non-Resident: May 24

RECREATION NEWS

Message from the Director

Spring has sprung! A big thank you to the community for joining us in throwing a party for the park as we reopened Cheswick. We've also enjoyed flying kites, watching the Solar Eclipse, touching trucks, and more! While we bid farewell to the pollen, there's much to look forward to this summer. We're planning our biggest celebration yet at Taylor Farm Park - an event you won't want to miss! Join us for the free and fun Juneteenth and July 4th Celebrations - suitable for the whole family. Lastly, July is Parks and Recreation Month with the theme "Where You Belong." We hope that we've created an environment that makes you feel that way and we can't wait to spend summer with you!

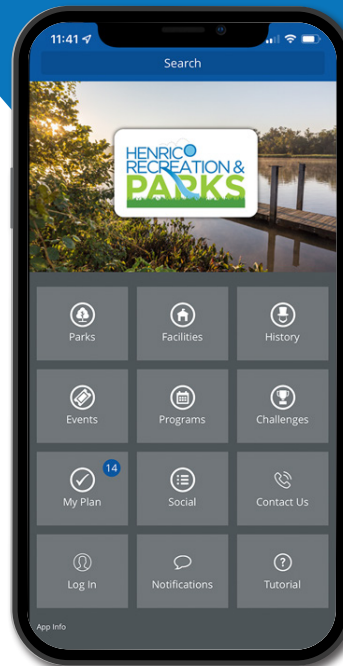
John Zannino



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



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



Summer 2024

Henrico Residents: Mon, May 20

Non-Henrico Residents: Fri, May 24

Fitness Registration

Occurs monthly with separate dates for Fitness Members, Henrico Residents, & Non-Residents ([see page 21](#))

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 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 rec-inclusion@henrico.us.

For those interested in information about our Therapeutic Recreation or adaptive programs see [page 20](#).

Presented By **USTA**

Sponsored By **ACTIVE network**

Bobcat



EVENT HIGHLIGHTS

All events are free and for the whole family.

OPENING DAY!

**SATURDAY JUNE 1
9.00A TO NOON**

**CELEBRATE VARINA AT THE
DOREY PARK
FARMERS MARKET**

FARMERS & VENDORS
LIVE MUSIC
FAMILY FUN & KIDS' ZONE
HAY RIDES
COMMUNITY GROUPS &
MORE!

SUPPORTED BY THE
VARINA RURITAN CLUB
& HENRICO REC & PARKS

rec-eventsteam@henrico.us
doreyparkfarmersmarket.org

DOREY PARK FARMERS MARKET

SECOND

Saturdays **FREE community concert series**

2024 SCHEDULE

JUNE 8	FULL MOON FEVER
JULY 13	JUSTIN GOLDEN
AUG 10	MOTHER'S LITTLE HELPERS
SEPT 14	GONE COUNTRY

gates open at 6p music 7-9p
concessions available for purchase

Movie in the Park

Fri, June 7. Clarke-Palmore House Museum
Virginia 250th Event. See page 10 for details.

Sat, Aug 3. Crump Park
Dog Day of Summer Event. See page 5 for details.

Fri, Aug 16. Eastern Henrico Rec Center

Free!

Movies start at sunset.
Bring your lawn chair or blanket and a flashlight.

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

JUNETEENTH CELEBRATIONS

SATURDAY, JUNE 15, 4-10PM

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

DOREY PARK

INFORMATION: REC-EVENTSTEAM@HENRICO.US



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

EVENT HIGHLIGHTS

All events are free and for the whole family.



Thur, July 4, 4-10pm. Crump Park.

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

Information: rec-eventsteam@henrico.us



Tue, Aug 6, 6-8pm

Eastern Henrico Recreation Center

Inflatables, train rides, sports in the gym, line dancing, community vendors, and free food while supplies last.

Information: cun04@henrico.us

Tue, Aug 6, 6-8:30pm

Belmont Recreation Center

Enjoy games, refreshments and more.

Information: belmont@henrico.us

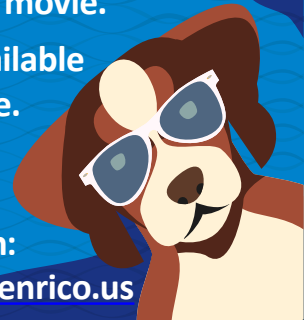
DOG DAYS OF SUMMER

Sat, Aug 3. Crump Park

Event: 5-8pm | Movie: 8:30pm

Enjoy this one-of-a-kind experience. Explore pup-centered activities for dogs and their humans, and end the night with a special outdoor movie.

Concessions available for purchase.



Information:

rec-eventsteam@henrico.us

Mark Your Calendar!

Fall Events

SOULFUL SUNDAY

SUN, SEP 15, 3-7PM.

EASTERN HENRICO REC CTR

GLEN ALLEN DAY

SAT, OCT 5, 9:30AM-3PM.

MEADOW FARM

Information: henrico.us/rec/specialevents



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

COMMUNITY EVENTS

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

Bounce House



Sat, June 1, 9:30-11:30am
Crump Park

Ages 3+. Celebrate National Bounce House Day! Experience a day filled with inflatable excitement as we transform our space into a wonderland of bouncy delights. Information: bar174@henrico.us

Color Battle Challenge

Sat, July 13, 3-5pm

Eastern Henrico Rec Center

Ages 8+. Come out for an afternoon of fun and creativity with color. Compete with your friends in a paint battle. Run through our paint obstacle course and make some fun and colorful art to take home. Wear a white T-shirt and pants you don't mind getting messed up! Information: ola@henrico.us

NATIONAL S'MORE DAY

Sat, Aug 10, 10am-noon
Dorey Rec Center



All ages. Nothing says summer like an ooey-goey s'mores. August 10 is National S'mores Day! Come join us to make and eat one while you discover a bit of s'mores history trivia. You bring the sweet tooth and we'll bring the wipes! Information: den63@henrico.us

FRIDAY NIGHT FUN

FRI, AUG 30, 4-6PM

BELMONT REC CENTER

All ages. Let's have some fun! Join us for an evening of activities that include a game truck, game room and more.

Information: cli04@henrico.us

PAWS AND PROTECTORS A PAW PATROL® PARTY



TUE, AUG 20
10AM-NOON
DEEP RUN PARK

All ages. Join us for a paws-itively thrilling party celebrating everyone's favorite rescue pups, with their real-life counterparts. The magic of our puppy heroes meet their real-life heroes from our fire and police departments, along with other fantastic community partners. Enjoy Paw Patrol® themed activities while learning about some of the great community services Henrico has to offer.

Information: bar174@henrico.us



COMMUNITY PROGRAMS

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

Love is Love

Fri, Jun 14, 4-6pm. Belmont Rec Center. #15700

All ages. Celebrate LGBTQ+ Pride month and join us for a variety of fun activities. We will have arts and crafts, games, and access to the community game room for everyone to enjoy! Information:

cli04@henrico.us

Beach Party!

Thur, Jun 20, 3-4pm. Eastern Henrico Rec Center. #15678

Fri, Aug 16, 3-4pm. Eastern Henrico Rec Center. #15679

All ages. Come beat the summer heat splashing at the spray park. Add to the fun enjoying beach volleyball, cornhole, and lots of bubbles! Get a pair of wacky glasses while supplies last. Information:

cun04@henrico.us

Teen Extreme

Fri, Jun 28, 6-8pm. Eastern Henrico Rec Center. #15680

Fri, Jul 12, 6-8pm. Eastern Henrico Rec Center. #15681

Fri, Aug 16, 6-8pm. Eastern Henrico Rec Center. #15682

Ages 13-16. Come out for a night jam packed with basketball, arcade games, a mystery craft, and unplugged time. Put some fun into your Friday with friends! Parents or legal guardians are required to sign a liability waiver provided on site the day of the program. Information:

cun04@henrico.us

Bingo & Games

Thur, Jul 25, 6-7pm. Hidden Creek Rec Center. #15685

Ages 5+. Enjoy a fun-filled hour of Bingo and other exciting games.

Prizes to be won, and an exciting time spent with family and friends.

Information: cun04@henrico.us

Creative Arts

Color 1,2,3 at Belmont

Mondays, Jun 3-Aug 12, 10am-noon. Belmont Rec Center. #15691

All ages. Join us for our drop-in coloring program this summer and enjoy a casual day of creative expression! We will provide crayons, colored pencils, and markers as well as printed coloring book sheets and blank sheets of paper. Information: cli04@henrico.us

Tie Dye

Fri, Jun 7, 10am-noon. Eastern Henrico Rec Center. #15706

All ages. Open your eyes to the dye! Come have fun and learn the art of tie-dyeing with us. We will use a rainbow of colors or choose your favorites to create a one-of-a-kind piece of clothing that you will be proud to wear. Please bring a pre-washed white cotton shirt or socks to create your wearable work of art! Information: qua024@henrico.us

Tales for Tots

Thur, Jun 13, Jul 11, & Aug 8, 10-11am. Deep Run Park. #15656

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. Meets at the large gazebo. Information:

bar174@henrico.us

Art in the Park: Painting

Thur, Jun 13, 6:30-8pm. Armour House. #15582

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. Children must be accompanied by an adult. Information:

ola@henrico.us

Make It Monday

Mon, Jun 24, Jul 22 & Aug 26, 10am-noon. Deep Run Rec Center. #15662

All ages. Drop in and join us on the fourth Monday of each month. All are welcome as we pull from our craft supply closet to see what great things can be made! Information: tru08@henrico.us

Paint and Sip

Fri, Jul 12, 6:30-8:30pm. Deep Run Rec Center. #15677

Ages 16+. Need a night out? Join us for painting, lemonade and fun. No need for experience, you'll be given step by step directions. Come be inspired and enjoy! Information: tru08@henrico.us

Safari Adventure

Fri, Aug 2, 10-11:30am. Three Lakes Park. #15708

All ages. Come out and decorate safari hats and create your own binoculars to discover the animals that roam Three Lakes Park.

Information: qua024@henrico.us

Friendship Bracelets

Sun, Aug 4, 2-3pm. Twin Hickory Rec Center. #15639

All ages. August 4 is National Friendship Day. Whether you're a Swiftie or not, all are welcome to come and create a braided, beaded or knotted bracelet to keep or give to that special friend. Information:

tru08@henrico.us

Patterned Pencil Holders

Thur, Aug 15, 6-7pm. Eastern Henrico Rec Center. #15688

Ages 12-16. Just in time for back to school, create a unique patterned pencil holder for your desk. Stencils will be provided to add a special touch to highlight school names or favorite sports teams. Information:

cun04@henrico.us

Bucket of Sunshine

Fri, Aug 16, 10-11:30am. Dorey Park. #15712

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! Information:

qua024@henrico.us



COMMUNITY PROGRAMS

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

Canvas Painting

Fri, Aug 16, 10-11:30am. Eastern Henrico Rec Center. #15684
Ages 50+. You love painting, select from a pre-drawn creative canvas design or create your own design. Enjoy the outdoor atmosphere painting on the patio, and a tropical beverage. Information: cun04@henrico.us

Nature & Outdoors

Call of the Cicadas

Sat, Jun 1, 2-3pm. Meadow Farm. #15713
Ages 10+. You've heard that billions of cicadas will be emerging this year, but how is that different from other years? Join us to learn about the life cycles of cicadas and how those cycles vary between species. Find out what happens when those life cycles line up and how it affects humans and insects when they do. Information: sch107@henrico.us

Canoeing with the Community

Thur, Jun 6, 9-11am. Deep Run Park. #15968
Tue, Aug 13, 9-11am. Dorey Park. #15969
All ages. Whether it's your first time or a seasoned vet, we will provide you with everything you need to have a safe and fun canoeing experience. This program is supported by the 2024 Virginia Wildlife Grant Program through a partnership between the Virginia Department of Wildlife Resources and the Wildlife Foundation of Virginia. Information: sta02@henrico.us

Seasonal Stroll: Phenology Exploration

Tue, Jun 11, 10-11:30am. Deep Run Rec Center. #15669
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: bar174@henrico.us

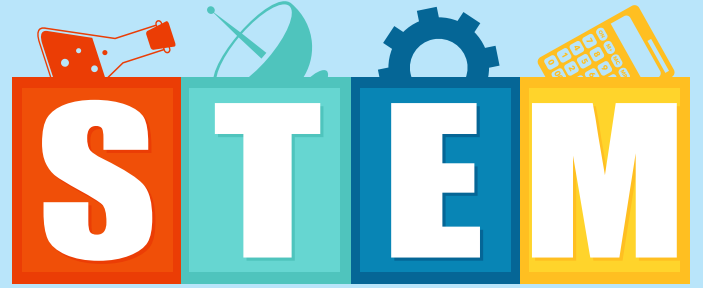
Back Yard Game Time

Fri, Aug 23, 6-8pm. Deep Run Rec Center. #15659
All ages. Bring the family out and enjoy some back yard games. We will have badminton, cornhole, bocce, and more. Games will be set up on the patio and lawn area behind the center. Come on out and have fun. Information: leh@henrico.us

Sports

National Pickleball Day

Thur, Aug 8, 9am-1pm. Eastern Henrico Rec Center. #15686
Ages 12+. Come celebrate National Pickleball Day playing with players who love the sport. Beginners welcome. Refreshments will be served. Information: cun04@henrico.us



Science Sleuths: Winter in July

Wed, Jul 3, 3-4pm. Twin Hickory Park. #15666
All ages. Step into a winter wonderland in the heart of July thanks to the magic of endothermic reactions! Experience a frigid dry ice demonstration, followed by a hands-on activity creating snow.

Science Sleuths: Rocketry

Thur, Aug 1, 3-4pm. Crump Park. #15667
All ages. Blast off with us for an exhilarating rocketry demonstration that will leave you in awe of the wonders of space exploration. Then, unleash your creativity as you craft your very own mini rocket to take home.

Information: bar174@henrico.us



Fri, Jun 7, 6:30-8pm. #15704

Ages 6+. Celebrate free fishing day and try your hand at the fun sport of fishing. Fishing poles and bait will be provided. Children must be accompanied by an adult. Information: ola@henrico.us

Sat, Jun 8, 9am-3pm. #16003

All ages. The Virginia Department of Wildlife Resources (DWR) in collaboration with Henrico County Recreation & Parks will be hosting a free fishing event at Dorey Park! Anyone can fish for free without a license. All rules and regulations still apply. DWR, Henrico staff, and volunteers will be on site with rods, reels, terminal tackle, and bait ready to teach you and your family how to fish! Come catch fish with us! Information: sta02@henrico.us



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

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.

Colonial Dance Club
Golden Angels
Tea Guild
The Springs Croquet Club



Special Interest Groups

Badminton
Basketball
Pickleball
Table Tennis
Volleyball



Open Gyms

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



Game Rooms



Games

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

Recreation Centers

Belmont
Deep Run
Eastern Henrico
The Springs

Full Schedule:
bit.ly/HenricoDropIn



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

HISTORY PROGRAMS

All programs are free. No registration required.

HENRICO COUNTY VIRGINIA₂₅₀ AMERICAN REVOLUTION

Movie in the Park: Johnny Tremain

Fri, Jun 7, 8:30-10pm. Clarke-Palmore House. #15754

All ages. The Henrico 250 Committee invites you to travel back in time as we watch the movie, Johnny Tremain. Follow in the footsteps of a teenage boy as he decides which path to take in the early days of the Revolutionary War, meeting spies, witnessing the Boston Tea Party, and seeing the first shots of the American Revolution. Activities will be offered before movie begins at sundown. Bring a lawn chair, blanket, flashlight and your family. Free popcorn and shaved ice while supplies last! Information: den63@henrico.us

What They Wore to the American Revolution

Sat, Jul 13, 2-3pm. Deep Run Rec Center. #15737

Ages 10+. The 18th-century styles in men's and women's clothing were also considered revolutionary. Discover the glorious, the frugal, and of course the tantalizing creations of an era in fashion that made an impact that was heard around the world! Information: sch107@henrico.us

Forgotten Patriots: Virginia's Black Revolutionary Soldiers

Sun, Jul 14, 2-3:30pm. Belmont Rec Center. #15660

Ages 10+. In 1781, citizens of Henrico and the counties surrounding Richmond witnessed the American Revolution come right through their communities. Black Virginia men camped, marched, and fought side by side with their white neighbors in pursuit of liberty and independence from English rule. Join historian John Pagano as he shares about these overlooked roles of Black Patriots and how their contributions helped the ideas of the Revolution take root. Information: den63@henrico.us

1774, The Year of Resolves: Preparing for War

Thur, Aug 8, 7-8:30pm. Belmont Rec Center. #15750

Ages 10+. The year 1774. 250 years ago, saw Henrico County and Virginia move quickly towards war with England. How did we go from peaceful protests to violence and threats? Within six months the Revolution was underway. Join us to learn how people in Virginia and Henrico County moved towards preparing for war. Information: den63@henrico.us

History in the Stacks

In collaboration with Henrico Public Library

Historically Speaking: Wake of War Aftermath of Seven Pines

Sat, Jun 1, 11am-noon. Sandston Branch Library. #15664

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

Blast from the Past Book Club

Tue, Jun 11, 1-3pm. Henrico Theatre. #15724

Tue, Aug 13, 1-3pm. Dorey Rec Center. #15744

Ages 14+. Join Meadow Farm staff and Henrico County Public Library 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. June: *The Color of Law: A Forgotten History of How Our Government Segregated America* by Richard Rothstein. August: *American Fire: Love, Arson, and Life in a Vanishing Land* by Monica Hesse. Information: sch107@henrico.us



Tue, Jun 25, 10-11:30am. Fairfield Area Library. #15698

Ages 13+. Library of Virginia will lead a transcription workshop featuring materials from their Virginia Untold digital project. Using the "From the Page" platform, participants will transcribe handwritten documents related to the lives of enslaved and free Black people in pre-1865 Henrico County. There will be a short presentation introducing the project and its usage, plus instruction to guide the group in a hands-on transcription activity.

Registration is required and opens May 28.

To register visit, henricolibrary-va.libcal.com/event/11354992

Information: kbridges@henricolibrary.org



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

HISTORY PROGRAMS

All programs are free. No registration required.

Historically Speaking: Railroads of Virginia

Fri, Jul 12, 11am-noon. Glen Allen Library. #15730

All ages. Explore the critical role of railroads in westward expansion and economic growth during the 19th and 20th centuries as we trace the development of the railroad industry in Virginia, specifically the Richmond area, with writer and historian Donald Traser, formerly of CSX Corporation. This program is sponsored by the Friends of the Library. Information: kbridges@henricolibrary.org

The Long Steel Rail: Songs of the Railroads

Sat, Jul 20, 11am-noon. Glen Allen Library. #15731

All ages. In this featured Summer Reading event, The Broad Street Rambler will celebrate the legacy of Virginia's railroads with a multimedia presentation of rare photographs, period recordings, and live music featuring brave engineers, traveling hobos, gandydancers, and much more. This program is sponsored by the Friends of the Library. Information: kbridges@henricolibrary.org

Before DEI

Diversity, Equity & Inclusion

Victorian Flower Language and the LGBTQ+ Community

Sat, Jun 15, 2-3 pm. Meadow Farm. #15725

All ages. Courting or dating in the Victorian Era was very different from dating now. Flowers of different types and colors were frequently used to convey the nature of romantic intentions by a suitor or their intended. The same gender loving men and woman of the era adapted their own usages of flowers to subtly convey their own romantic interests. This Pride Month, join us to learn about the development and meaning behind these floral exchanges. Information: sch107@henrico.us

Ahead of Her Time: The Life and Work of Ethel Bailey Furman

Sat, Jul 6, 2-3pm. Meadow Farm. #15734

Ages 10+. Ethel Madison Bailey was born prematurely on July 6, 1893. Her survival was uncertain, but she fought hard and overcame the odds. As an adult, she defied expectations again to become the first African American and the first woman to obtain an architecture license in Virginia. Join us to discover more about the extraordinary life of Ethel Bailey Furman. Information: sch107@henrico.us

John Mitchell, Jr.: The Rise and Fall of the Fighting Editor

Sat, Jul 13, 2-3pm. Meadow Farm. #15736

Ages 10+. Born into slavery in Henrico County, John Mitchell, Jr. would become known as the fighting editor of the *Richmond Planet* newspaper confronting the violence and injustices of the Jim Crow South through his publication. Whether it was through the organizing of boycotts, the endless crusading against lynching laws, or public appearances to allow his persecutors to do their worst, Mitchell would not back down. Join us as we explore his remarkable life. Information: sch107@henrico.us

Abscinded from the Subscriber: Fugitive Slave Advertisements

Sat, Aug 10, 2-3pm. Meadow Farm. #15742

Ages 10+. Enslaved people were a significant investment and often an enslaver's most valuable asset. When the enslaved self-emancipated, enslavers frequently placed advertisements in not only their local newspaper but papers through the country, seeking to have their assets captured and returned to them. Join us as we take a look at these advertisements and discover a different perspective on the relationship between enslaver and enslaved. Information: sch107@henrico.us

Gabriel and a Man Named Nat: The Fight for Freedom

Sat, Aug 31, 2-3pm. Meadow Farm. #15749

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

In Memory Of...

History in Focus: Murder, Mayhem and Natural Causes

Sat, Jun 22, 2-3pm. Belmont Rec Center. #15728

Before Sherlock Holmes and C.S.I., how were suspicious deaths investigated? Join us for this focused presentation as we examine Mosby Sheppard's career as a coroner during the early 1800s in Henrico County. Information: sch107@henrico.us

Greater Richmond Post Emancipation Uplift Cemeteries

Sun, Jun 23, 3-4pm. Eastern Henrico Rec Center. #15732

Ages 10+. Learn more about the historic African American cemeteries that are the final resting place to many influential people who helped make the greater Richmond area what it is today. The program will focus on Henrico's Woodland and East End cemeteries and Richmond's Evergreen Cemetery: three historic sacred grounds that fell into years of disarray but are in the midst of being restored by extensive volunteer efforts. Information: sch107@henrico.us

Coffins, Crypts, and Epitaphs in Old Virginia

Sun, Aug 18, 2-3pm. Meadow Farm. #15746.

Ages 16+. Some of the formal final resting places in Virginia are sublime, others eerie and frightening. In the age before modern medicine, sudden disease and death walked daily beside the living. Superstition and myths sprang from the constant hope of outsmarting the Grim Reaper. Information: sch107@henrico.us



HISTORY PROGRAMS

All programs are free. No registration required.

FRIDAY AT THE MUSEUM



Fri, Jun 7, noon-4pm. Clarke-Palmore House. #15597

Fri, Jul 12, noon-4pm. Virginia Randolph Museum. #15598

Fri, Aug 2, noon-4pm. Dabbs House Museum. #15599

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. Information: leh@henrico.us

Gone to the Dogs

So You Bit the Hand that Fed You: A History of Rabies

Sat, Aug 17, 2-3pm. Meadow Farm. #15745

Ages 10+. Rabies vaccines are often required for household pets, like cats and dogs, but have you ever stopped to wonder why? Is the disease really prevalent enough to warrant such strong precautions? What was rabies like before the vaccine? Join us to learn the answer to these questions and more. Discover the epidemiology of rabies and prominent cases and people in the history of the disease. Information: sch107@henrico.us

Beyond the Footlights

The Dazzling Josephine Baker

Sun, Jun 2, 2-3pm. Meadow Farm. #15715

Ages 10+. Brilliant, beautiful, and brave are only a few of the words to describe the American dancer and French Resistance soldier in World War II: Josephine Baker. She was noted for her contribution to the Civil Rights movement and after the death of Martin Luther King, Jr. was offered the unofficial leadership of the Civil Rights movement by Coretta Scott King. Join us to learn more about the dazzling Josephine Baker. Information: sch107@henrico.us

Grand Old Theaters in Richmond's History

Sat, Jun 29, 11am-noon. Henrico Theatre. #15729

Ages 10+. Find out what legendary actors famously strutted and fretted upon the stages in Virginia as they sought to catch the rising star of fame. Information: sch107@henrico.us

Mother Maybelle and the Carter Sisters in Henrico

Sat, Aug 24, 2-3pm. Meadow Farm. #15748

All ages. Did you know Henrico was once the home to Mother Maybelle and the Carter girls? Yes, THOSE Carters! Come learn about their years in the county in the midst of their rise to fame in the country music world. Learn about the various people, events, and iconic radio broadcasts right here that served as fuel in their meteoric rise to fame. Information: sch107@henrico.us

Neighborhood Stories

Mapping the World: Propaganda

Sat, Jun 8, 2-3pm. Meadow Farm. #15718

Ages 10+. Join us to discover the ties between maps and propaganda in the second installment of our "Mapping the World" series. Maps are not always straightforward navigational tools. They can be biased, misleading, and used to promote political views. Learn how maps were used to influence different historical events. Information: sch107@henrico.us

History of Glen Allen

Sun, Jun 9, 2-3pm. Meadow Farm. #15605

All ages. The history of Glen Allen is tied tightly to the road that traverses the center of it - Mountain Road. Hear about some of the events that took place along the road, the people that have traveled it, and get an overview of some of the sites (and sights) that have shaped Glen Allen to be what it is today. Information: leh@henrico.us



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

HISTORY PROGRAMS

All programs are free. No registration required.

Mapping the World: Redlining in Richmond and Henrico

Sat, Aug 17, 11am-noon. Henrico Theatre. #15743

Ages 10+. Set in the white flight neighborhood of Highland Springs, but only a short distance from the all African American community of Bungalow City, learn how Richmond, Henrico, and other localities across America mapped out who could live where. Discover what neighborhoods were deemed “risky” and therefore denied mortgages and investments. Learn about the long-lasting and complex consequences of redlining including environmental injustice, health disparities, and continued cycles of poverty. Information:

sch107@henrico.us

The Pursuits of Pearl the Puppet

Can Pigs Pirouette?

Fri, Jun 7, 10-11am. Meadow Farm. #15716

All ages. Can pigs dance? Well, maybe they shouldn't...The adventurous piggies at Meadow Farm have visions of dancing in the Mud Lake ballet. Come enjoy the clean fun of this “dirty” tale during this puppet show and story time with Pearl the sheep. Information: sch107@henrico.us

Pearl Meets Ella Fitzgerald

Fri, Jun 21, 10-11am. Meadow Farm. #15726

All ages. While listening to the music of jazz singer Ella Fitzgerald, Puppet Pearl the Sheep decides she wants to see what spring is like on Jupiter and Mars and wants gossamer wings to fly to the moon and dance among the stars. Bring your dancing shoes, astronaut costume, or wings as we learn more about Ella Fitzgerald in this story time and puppet show. Information: sch107@henrico.us

Awesome Pigs to the Rescue!

Fri, Jul 12, 10-11am. Meadow Farm. #15735

All ages. Join Puppet Pearl the Sheep as she learns of some adventurous pigs who are actually superheroes in disguise: at a moment's notice, they are ready to handle any farm catastrophe! Put on your own superhero cape and help the pigs protect the park from peril in this story time and puppet show! Information: sch107@henrico.us

What if Cinderella Was a Sheep?

Fri, Jul 26, 10-11am. Meadow Farm. #15738

All ages. What if a little sheep named Pearl tried to see if her hoof could fit into a glass slipper? A delightful disaster ensues when Pearl imagines leaving Meadow Farm and going to a ball! Join us for this story time and puppet show to see if puppet Pearl has a fairy godmother to help her out. Information: sch107@henrico.us

A “Pig-nic” with Pearl

Fri, Aug 9, 10-11am. Meadow Farm. #15741

All ages. Puppet Pearl the sheep wants to know: do the piglets at Meadow Farm have table manners? Discover if they do during this story time and puppet show. Bring a snack and have a “pig-nic” on the lawn after the show. Information: sch107@henrico.us

I am Cow, Hear Me Moo

Fri, Aug 23, 10-11am. Meadow Farm. #15747

All ages. Join Puppet Pearl the sheep for a delightful story time about three cows who fall into an amazing adventure! And learn the real-life story about the Meadow Farm cows who wanted to learn to play softball! Information: sch107@henrico.us

Investigate and Create

Flag Day

Fri, Jun 28, 2-3:30pm. Meadow Farm. #15733

All ages. Why do we celebrate Flag Day? Join us to explore the flags that have flown in Henrico since its beginning as a city in 1611 and create your own flag. Information: sch107@henrico.us

History Investigators

Sat, Jul 20, 10am-noon. Dabbs House Museum. #15657

Sat, Aug 10, 10am-noon. Meadow Farm. #15658

Ages 5-11 with an adult. Join the History Investigators as we practice our detective skills. You will receive a folder with objectives like finding objects and following clues to hidden boxes. Information: leh@henrico.us

Design Your Own Decoy Airfield

Sat, Jul 27, 2-3pm. Eastern Henrico Rec Center. #15739

All ages. Did you know that a decoy airfield was built in Henrico County during World War II? Learn more about this seemingly strange interlude and make your own plane or tank decoy to take with you. Information: 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/



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

PERFORMING ARTS

KIDS MOVIES AT HENRICO THEATRE



Showtime: 10am

July 25
and Aug 21

TICKETS & CONCESSIONS: \$1 EACH

804.652.1460 | henricotheatre.com



CHRISTMAS IN JULY

Thur, Jul 25
Henrico Theatre

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

10am & 1pm: *Jingle All the Way*

7pm: *Scrooged*

Information: 804-652-1460



A Mixed-Up Fairy Tale

Presented by Henrico Teen Theatre Company

July 31,
Aug 1 & 2
10am & 2pm

The Cultural
Arts Center
at Glen Allen



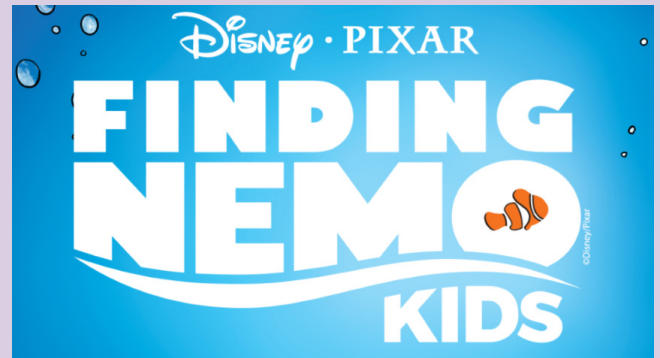
Directed by Sarah Welch.

The Grimm brothers are writing their stories late into the night when suddenly a terrible gust of wind flings open the door and blows the pages everywhere. The entire world of fairy tales gets utterly mixed up in this silly one-act! Performed by children, for children.

Fun for the entire family! Free, reservations required.

For reservations call 804-501-5859 or per22@henrico.us

Presented by SPARC



Aug 9 at 3:45, 5:30, & 7:15pm. Henrico Theatre.

Performed by SPARC's Adventure Junior Camp participants. Marlin, an anxious and over-protective clownfish, lives in the Great Barrier Reef with his kid Nemo, who longs to explore the world beyond their anemone home. When Nemo is captured and taken to Sydney, Marlin faces his fears and sets off on an epic adventure across the ocean. With the help of lovable characters such as optimistic Dory, laid-back sea turtle Crush, and the supportive Tank Gang, Marlin and Nemo both overcome challenges on their journey to find each other and themselves.



Aug 10 at 3:45, 5:30, & 7:15pm. Henrico Theatre.

Performed by SPARC's Adventure Camp participants. Roald Dahl's Willy Wonka Jr. follows enigmatic candy manufacturer Willy Wonka as he stages a contest by hiding golden tickets in five of his scrumptious candy bars. Whomever comes up with these tickets will win a free tour of the Wonka factory, as well as a lifetime supply of candy. The children must learn to follow Mr. Wonka's rules in the factory - or suffer the consequences.

Free. Information: 804-652-1460



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

PERFORMING ARTS

HENRICO THEATRE *Summer Series*

Our Summer Series consists of three performances guaranteed to offer something for everyone. Tickets are \$10 per show or \$7.50 each when you purchase all three shows. Tickets go on sale May 20 at noon.



Mountain Highway
Jun 28, 7pm



Scuffletown
Jul 19, 7pm



Out of Uniform
Aug 23, 7pm

Details at henricolive.com.

Henrico Community Band Concerts

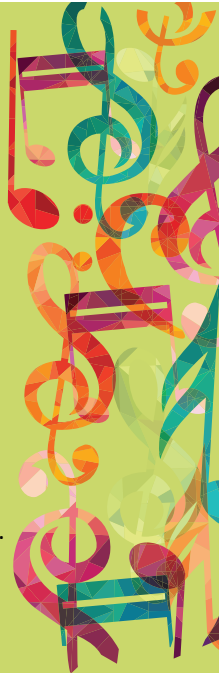
Thur, Jun 20, Jul 18 & Aug 22
7-8:30pm

Walkerton Tavern

All ages Bring your lawn chair or blanket for a relaxing evening of music under the stars. Performed under the direction of Archer Johnson.

Information:

804-501-5859 or per22@henrico.us



HENRICO THEATRE MOVIES

MOVIES FOR ALL AGES EVERY WEEKEND. VISIT HENRICO THEATRE.COM FOR MORE MOVIES AND SHOWTIMES.

SILVER SCREEN MOVIES

Showtime: 10am

Jun 26: Book Club: The Next Chapter

July 31: About My Father

Aug 28: Trouble with the Curve



Information:

804.652.1460 or henricotheatre.com

Henrico Concert Band Patriotic Concert

Mon, Jun 24, 7-8:30pm
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.



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

PERFORMING ARTS

AUDITION ANNOUNCEMENT

A Mixed-Up Fairy Tale

by Susan Hargreaves

AUDITION

Tue, June 4 at 7pm

PRODUCTION DATES

Jul 31, Aug 1 & 2

LOCATION

The Cultural Arts Center at Glen Allen

Director Sarah Welch is seeking 14 boys and girls, ages 10-18 for a variety of roles, with actors playing more than one role. Readings will be from the script. No performers paid.

Information: per22@henrico.us

HENRICO THEATRE COMPANY

presents



A comedy by Summer Arthur Long.

July 19-August 4

All performances will be held at The Cultural Arts Center.

This good old fashioned domestic farce is about a married man in his fifties who suddenly learns he's becoming a father again. His last child, a girl, was born 24 years ago and, considering the fool she married, he finds the prospect of another unthinkable. Plus, his previously meek little wife begins to lay down the law. There's to be a nursery, a new bath, and she's to have her own checking account. Such dour capitulation you'll never see again. Plain, simple and old-fashioned laughter!

Details and tickets: artsglenallen.com

Information: 804-501-5859 or 804-261-2787



presents

Cosmic Chronicles

A Sci-Fi Radio Show

Wed, Jun 26
& Thur, Jun 27

7:30pm

The Cultural Arts Center
at Glen Allen

Free!

Reservations are not required.

Info: 501-5859 | henrico.us/rec

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

YOUTH CLASSES

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

Registration begins
at 7am on May 20.



Creative Arts

► Spray Paint Noodle T-shirt

Sun, Jul 14, 2-3pm. Hunton Community Center. #15628

Ages 13-18. Teens! Grab some spray paint and pasta noodles to craft a totally unique t-shirt that screams 'YOU'! Let's take your style game to the next level and turn heads with a design that's as bold and original as you are. Trust us, this DIY project is bound to be a blast! Information: tru08@henrico.us

► Magician Apprentice Class: Part Two

Wed, Aug 7, 5-6pm. Deep Run Rec Center. #15671

Ages 8-12. Do you love magic? We have added another class with a different set of tricks for you to learn. Join us to add to your bag of tricks or if your new come and begin your life of magic! Information: leh@henrico.us

GROWING IN THE GARDEN CAMP

► Mon-Thur, Jun 3-6. 9am-noon. Armour House. #15578
Ages 4-5. Flowers and dragonflies, ladybugs and wiggler worms - explore nature at work. Have fun with gardening activities and crafts like a "take home" herb and veggie garden, garden steppingstones, bird feeders and more. Let's Grow! Information: ola@henrico.us

Fitness for Kids

Henrico Recreation and Parks offers
fitness classes for all ages and skill levels.
See pages 21-22 for more details.

Kids Fit Kickboxing
Youth Fit Yoga

All fitness classes require registration in advance.
Information: rec-fitness@henrico.us

STEM CAMP

► Mon-Thur, Aug 12-15. 9am-3:30pm. Deep Run Rec Center. #15674
Ages 8-12. Join us for an exciting STEM adventure! Our camp offers an engaging and interactive experience designed to inspire young minds and foster a love for STEM fields. From exhilarating hands-on experiments and captivating challenges to thrilling engineering projects, campers will embark on a journey of discovery and creativity. Get ready to ignite curiosity, build critical thinking skills, and make lasting memories! Information: bar174@henrico.us



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. Information: ola@henrico.us

► Stained Glass Sun Catcher

Tue, Jun 4 & 11, 6:30-8:30pm. The Springs Rec Center. #15573
Tue, Jul 2 & 9, 6:30-8:30pm. The Springs Rec Center. #15559
Tue, Jul 16 & 23, 6:30-8:30pm. The Springs Rec Center. #15576
Ages 18+. This is a two-part class. Participants can only sign up for **ONE** session. Make a beautiful stained glass suncatcher. In this class you'll begin the process of learning how to work with glass and the tools required to make a beautiful piece of stained-glass art.

► Circle Weaving

Tue, Jun 18, 6:30-8:30pm. The Springs Rec Center. #16002
Ages 18+. Step into the world of textile art with our captivating circular weaving class. You'll create a stunning circular woven piece that can be displayed as wall art. Instructor: Samantha Forbes.

► Paper Mache Fairies

Tue, Jun 25, 6:30-8:30pm. The Springs Rec Center. #15779
Ages 18+. Enjoy a break from reality and create a magical world of fairies. Make a small wire armature to support a paper mache fairy. Then the real fun begins while decorating with costume jewelry and natural materials. Instructor: Dan Sheets.



► Pecan Panel Art

Tue, Jul 30, 6:30-8:30pm. The Springs Rec Center. #15958
Ages 18+. Woodburning, carving and color make a one-of-a-kind piece of art. Burn, carve and paint on your own 17"x 27" piece of rough cut pecan veneer. Instructor: Dan Sheets.

► Sci-Fi Creations

Tue, Aug 6-13, 6:30-8:30pm. The Springs Rec Center. #15959
Ages 18+. Ever wanted to make a movie miniature model? 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.

► Mask-Making

Tue, Aug 20-27, 6:30-8:30pm. The Springs Rec Center. #15780
Ages 18+. Let the animal inside of you come out and play! Make a paper mache mask that includes a moveable mouth. It's a perfect piece of wall art! Instructor: Dan Sheets.



ADULT CLASSES

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



Creative Arts

► Animal/Pet Portraits

Thur Jun 27, 6-8pm. Deep Run Rec Center. #15606

Ages 18+. Bring an 8x10 picture of your pet's face or other animal to create a stylized, colorful rendition of the animal you love! Information: tru08@henrico.us

► Racquet Weaving

Thur, Jul 25, 6-8pm. Deep Run Rec Center. #15610

Ages 16+. Repurpose tennis and badminton racquets to create unique wall decor. Use yarn to weave a colorful design through the webbing and see what a hit it will be! Information: tru08@henrico.us

► Bar Necklace And Earrings

Sun, Aug 18, 2-3pm. Belmont Rec Center. #15689

Sun, Aug 18, 3:30-4:30pm. Belmont Rec Center. #15690

Ages 18+. Come and learn techniques to make your own bar necklace and pair of earrings. We will be using chain, wire, and smaller sizes of beads. This project requires the use of fine motor skills and the use of tools. Information: cli04@henrico.us

► Seashell Art

Thur, Aug 22, 6-8pm. Deep Run Rec Center. #15616

Ages 16+. Imagine if summer could last forever... Let the gentle whisper of seashells inspire your artistic journey. Embrace the magic of the ocean as you transform simple shells into breathtaking works of art.

Information: tru08@henrico.us

Home & Garden

► Yes! You Can Do It

Wed, Aug 7, 6:30-8pm. Eastern Henrico Rec Center. #15583

Ages 18+. Hey ladies! In this class we'll introduce you to some of the basic tools required to work with wood. You'll have the opportunity to operate different power tools including saws, drills, and hand tools. Information: ola@henrico.us

► Soul Food, Healthy Heart Class

Thur, Aug 8, 6-7pm. Eastern Henrico Rec Center. #15701

Ages 11+. Good meals are a shared pleasure at the heart of most family life and special celebrations. Join Virginia Cooperative Extension to learn how to keep your heart healthy and sample healthier versions of favorite soul food recipes. Information: cun04@henrico.us

Music & Dance

► Line Dance

Sat, Jun 1-29, 10-11am. Eastern Henrico Rec Center. #15584

Sat, Jul 6-27, 10-11am. Eastern Henrico Rec Center. #15585

Sat, Aug 3-24, 10-11am. Eastern Henrico Rec Center. #15586

Fri, Jun 21-28, 5:30-6:30pm. Dorey Rec Center. #15587

Fri, Jul 5-26, 5:30-6:30pm. Dorey Rec Center. #15588

Fri, Aug 2-23, 5:30-6:30pm. Dorey Rec Center. #15589

Ages 18+. Meet new people and keep fit! Line dancing provides a great form of low-impact exercising. It's perfect for improving coordination, balance and memory, and increasing cardiovascular health. Learn dance terminology and easy dances using a variety of favorite music styles. No partner needed. Information: cun04@henrico.us

► Line Dance

Thur, Jun 13-27, 6:30-7:30pm. Belmont Rec Center. #15696

Thur, Jul 11-25, 6:30-7:30pm. Belmont Rec Center. #15697

Ages 18+. Meet new people and keep fit! Line dancing provides a great form of low-impact exercising. It's perfect for improving coordination, balance and memory, and increasing cardiovascular health. Learn dance terminology and easy dances using a variety of favorite music styles. No partner needed. Instructor: Karen Clemons. Information: cli04@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 recreation for those with medical conditions or disabilities. TR aims to promote socialization through leisure education and provide opportunities for diverse programming. Activities are designed to enhance participants' minds, bodies, and health. This safe space allows participants to engage with each other in the least restrictive environment to strengthen one's quality of life. TR programs are easily adapted based on the participant's medical needs. We can work with participants, parents/guardians, and staff to help ensure that supports are in place to promote an enjoyable and successful program experience.

Studio at The Springs

Ages 6+. Classes do not require registration but are first come first served 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.us

Acrylic Painting

Wed, Jun 26, 6-7:15pm. The Springs Rec Center. #15755
We'll make a colorful acrylic painting.

Screen Printing

Thur, Jul 18, 6-7:15pm. The Springs Rec Center. #15757
We'll make some fun prints using a screen-printing press.

Clay Creations

Wed, Aug 7, 6-7:15pm. The Springs Rec Center. #15756
We'll create some fantastic clay designs.

► Cup of Joe

Thur, Jun 6, 10:30-11:45am. Eastern Henrico Rec Center. #15720
Ages 18+. Cup of Joe is all about building social skills while enjoying a cup of coffee. Connect with others through ice breaker games and group discussions while creating a community project. Information: mcc159@henrico.us

► Weekday Sampler

Tue, Jun 11, 10:30-11:45am. Dorey Park. #15719
Tue, Aug 13, 10:30-11:45am. Belmont Rec Center. #15721
Ages 13+. 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.us

► Sensory Explorers:

Tue, Aug 20, 10:15-11:15am. Deep Run Rec Center. #15722
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 fine motor skills as they play and craft with various sensory objects. Such things could include having them work with having cream, tissue paper, glue, rice, giant spoons, mixing bowls, and themed crafts! Each monthly class has a different theme. Information: mcc159@henrico.us

Summer Glow PARTY

Wed, Jul 31, 6-7:30pm.

Eastern Henrico Rec Center. #15723

Celebrate summer by joining us at our TR glow party!
Families of all ages are welcome to participate,
please make sure to register everyone coming.

The glow party will have group games, pizza, and more! Our favorite DJ will have everyone dancing and out of their seats.
Parents/caregivers are required to stay.

Registration required in advance.

Information: mcc159@henrico.us



Inclusion Services

Therapeutic Recreation staff can also provide activity modifications to any general programs, including (but not limited to) visual aids and verbal cues, custom supplies or equipment, facilities, and staff education. Therapeutic Recreation staff create, review, and maintain modification plans, which are determined case-by-case. If you or a family member is looking for a program modification or accommodation for any Henrico County program, a minimum two-week notice is requested before the start of the program. While registering for programs, please select "yes" for the need for inclusion services, and a member of the Inclusion Services team will reach out.

For more information about inclusion services, email rec-inclusion@henrico.us, or call 804-652-1413.



FITNESS

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

LOCATIONS

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.*

Membership has its rewards!

Fitness Center members get to sign up for upcoming classes prior to residents and non-residents.

For a list of classes and schedules visit us online at henrico.us/rec/programs.

JUNE

Fitness Members: 5/17
Henrico Residents: 5/20
Non-Residents: 5/22

JULY

Fitness Members: 6/14
Henrico Residents: 6/17
Non-Residents: 6/19

AUGUST

Fitness Members: 7/12
Henrico Residents: 7/15
Non-Residents: 7/17

GROUP EXERCISE SCHEDULE - SUMMER 2024

SUN	MON	TUE	WED	THUR	FRI	SAT
	9:30-10:15am Senior Wellness	8:30-9:30am TriFit	9-10am Mindful Morning Yoga	9-9:45am Flex & Stretch	8:30-9:15am Strength & Cardio	9-9:45am Kids Yoga
	9-10am Senior Wellness	9:30-10:15am Cycle	9-10am 30/30	9-10am Mindful Morning Yoga	9-10am Senior Wellness	9-10am Tone Up
	10:30-11:15am Fitness Fun & Flexibility	10-11am Core Flow Yoga	10-10:45am Flex & Stretch	9:30-10:15am Cycle	9:30-10:30am Total Body Strength	10-10:45am Twins Yoga
	11am-12pm Bellydance Fusion	11:15am-12:15pm Kickboxing	10:30-11:30am Chair Yoga for Resilience	10-11am Core and Kettlebells	10:15-11am Small Group Training	
	12:30-1:15pm TRX® Body Sculpt	12-1pm Small Group Training	11:45am-12:30 WOW: Women on Weights	10:30-11:30am Chair Yoga for Resilience	11:15am-12:15pm Small Group Training	
	1:30-2:30pm Vibrant Flow Yoga	12:30-1:30pm PITAIYO	12:15-1pm HIIT	11:15am-12:15pm Power Yoga	12:15-1pm Cardio Kinetics	
	4:30-5:30pm Cardio Blast	3:45-4:30pm KidsFit	12:30-1:15pm HIIT	12:30-1:15pm TRX® Circuit	12:30-1:15pm Cardio Kickboxing	
	5:30-6:30pm Body Sculpt	4:30-5:15pm YouthFit	1:30-2:30pm Relax & Recharge Yoga	3:30-4:15pm Kids Kickboxing	1:30-2:30pm Rest & Recharge Yoga	
	6:30-7:30pm Zumba®	4-5pm Chair Yoga for Resilience	5:15-6pm Small Group Training	3:45-4:30pm KidsFit	6:30-7:30pm Bellydance Fusion	
	6:30-7:30pm Hatha Yoga	5:30-6:30pm Evening Unwind Yoga	6:30-7:30pm Zumba®	4:30-5:15pm YouthFit		
		5:30-6:30pm STRONG Nation	7:30-8:15pm Small Group Training	5:30-6:30pm Small Group Training		
		6-7pm Barre		5:30-6:30pm STRONG Nation		
		6:30-7:30pm Xtreme Burn®		6-7pm Small Pilates		
		7-8pm HIIT		6:30-7:30pm Xtreme Step®		

KEY:

Belmont Rec Center

Deep Run Rec Center

Eastern Henrico Rec Center

All fitness classes require registration in advance.

Information: rec-fitness@henrico.us