

The City Focus

Official Newsletter for the City of Colonial Heights



Spring 2017



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The City Focus is produced quarterly and mailed to each household in Colonial Heights.

REC-happenings, the Recreation & Parks Department program listing, begins on Page 5 of the City Focus.



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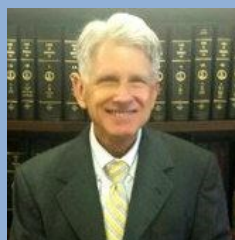


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COUNCIL COLUMN



Welcome to the Council Column here in the *City Focus*. It is an absolute privilege to have the opportunity to bring this quarter's column to you. I am thrilled to be the newest councilman representing you here in this fine city. I would like to thank each of you who voted in the November election. Your voice, in how the city runs and the direction it takes, starts with participating in the election process. I am humbled and grateful for the opportunity that you have presented me with; to serve you and the city. It is an honor.

*Hope springs eternal in the human breast;
Man never is, but always to be blessed:
The soul, uneasy and confined from home,
Rests and expatiates in a life to come.*

— [Alexander Pope, An Essay on Man](#)

At no time does it seem that hope is more evident than in Spring. The dreary days of Winter are nearly gone and the beginnings of new growth are evident around the city. Our incredible staff at Parks and Recreation, headed up by the awesome Craig Skalak, will soon be planting, mulching, and sprucing up the flower beds around the city. I encourage each of you to find time to get out and enjoy the facilities that are provided, to you, the citizens. Whether you prefer a stroll down the Appomattox Trail or playing with your children at one of the numerous parks, the opportunities are nearly endless. Spring truly is a wonderful time to explore the city.

Progress continues on the infamous roundabout at the confluence of I-95 and Temple Avenue. I have heard many comments, over the last couple of years, as the design plans and implementation have occurred. I believe that as this project nears completion, and the traffic flows freely again, we will see that this was a great idea whose time had come. Change is something that few truly embrace in their lives. But, in order for growth to occur, change is necessary. I completely understand that many of you have no experience driving in roundabouts and are nervous about how to navigate through them. I know that after you've had a chance to get used to it, you will enjoy this change.

Once again, as I close, I would like to thank you for the opportunity to serve you. As I stated in my campaign, we will not always agree on every topic, but I will always be available to listen and hear your concerns, as we, together, strive to make our city better. I look forward to the years ahead and seeing how our city grows and progresses.

No wax,

Michael A. Cherry, Councilman

cherrym@colonialheightsva.gov





Dates of Interest

(Tentative)

Mar 7	<i>Planning Commission</i> 7:00 pm - Council Chambers
Mar 14	<i>City Council Regular Meeting</i> 7:00 pm - Council Chambers *Presentation of Proposed 5-Year Capital Program
Mar 21	<i>City Council Special Meeting</i> 6:00 pm - Council Chambers
Apr 4	<i>Planning Commission</i> 7:00 pm - Council Chambers
Apr 11	<i>City Council Regular Meeting</i> 7:00 pm - Council Chambers *Public Hearing on 5-Year Capital Program *Presentation of the FY17-18 Annual Operating Budget
Apr 14	<i>City Holiday - Good Friday</i>
Apr 18	<i>City Council Special Meeting</i> 6:00 pm - Council Chambers
Apr 25	<i>City Council Special Meeting</i> 6:00 pm - Council Chambers *Public Hearing on the FY17-18 Annual Operating Budget
May 2	<i>Planning Commission</i> 7:00 pm - Council Chambers
May 9	<i>City Council Regular Meeting</i> 7:00 pm - Council Chambers
May 16	<i>City Council Special Meeting</i> 6:00 pm - Council Chambers
May 29	<i>City Holiday - Memorial Day</i>

On the Cover...

This photo courtesy of Al Goulder shows the Fire and EMS apparatus located at Fire Station #1, commonly referred to as the "James Avenue Fire Station," which opened in 1957.

That year also marked the installation of the first home alert radio system, allowing Dispatchers the ability to alert volunteer firefighters of the location, and type of call so they could respond.

Colonial Heights Hires City Manager



On January 10, 2017, City Council unanimously voted to hire Douglas E. Smith as the next City Manager of Colonial Heights. Mr. Smith will fill the City Manager position left vacant by the departure of former City Manager Tom Mattis. Mr. Mattis accepted a position back in September, in the city of Elgin, Texas, to be closer to his children who live in Austin, Texas.

Mr. Smith will be coming to Colonial Heights in March from Margate, Florida, where he served as Assistant City Manager and currently serves as City Manager. Prior to his work in Margate, Mr. Smith served as Assistant City Manager for Delray Beach, Florida and Assistant Village Manager for North Palm Beach, Florida. He began his career in local government with the Unified Government of Athens-Clarke County, Georgia and has over twenty years of combined government experience.

"We are very excited to have Doug as part of our City team" expressed Mayor Kochuba. "He brings vast experience and knowledge at the Assistant and City Manager level".

Mr. Smith received a Bachelor's degree in Government from Liberty University in Lynchburg, Virginia and a Master's degree in Public Administration from the University of Georgia in Athens, Georgia. In addition, Mr. Smith is a member of the International City/County Management Association (ICMA).

Mr. Smith is married to Lyana, and they have four children: Emily, Sarah, Johnathan, and Andrew.

The City Manager is appointed by the City Council and is the chief executive officer of the City. The position is responsible for the overall management of all departments.

I-95/Temple Ave Project Progress; New Traffic Shift in Place

If you've traveled down Temple Avenue lately, you've likely noticed a few changes near the I-95/Temple Avenue Interchange Improvements project location. Since the new ramp alignment took shape last Fall, crews have been working on grading, curb work and new pavement in the area ahead of the eastbound traffic shift which was implemented the first week of January. The new configuration allows for one right turn lane to access the I-95 ramps and two through lanes to head east on Temple Avenue toward Conduit Road.

Following the snowstorm and the traffic shift, crews adjusted the signal configuration at the intersection of Temple Avenue west and the I-95 north/south ramps. Westbound drivers on Temple Avenue now make a left turn to I-95 only when a green arrow is present. The previous configuration to yield on green before making the left turn is no longer in place.

Repair work on the sanitary sewer line at Ridge Road also began in early January. This work requires the complete closure of a small segment of Ridge Road for approximately 10-12 weeks, weather permitting. Two-way travel is continuing to be accommodated around Ridge Road with the exception of the closed area which is marked with barrels and signage. Access to Ridge Road properties will remain available at all times.

Crews will soon begin working on the widening of the southbound I-95 exit ramp. This work will occur outside the travel lanes, limiting impact to traffic. Also beginning soon will be drainage installation and cleanup at Hamilton Avenue. Grading operations will continue on Temple Avenue between the existing lanes, including the demolition of the temporary wire wall, ultimately bringing the eastbound and westbound lanes to elevation.

Drivers are reminded to read the signage and pavement markings approaching the area and once in the construction zone. These elements are there to help drivers safely travel through the area with little interruption.

The next traffic shift is planned for the Spring of 2017.

While congestion is possible during construction, at least one lane will remain open in each direction at all times. We've established several alternate routes for drivers who wish to avoid any delays, but the road will remain open. Drivers can use Ellerslie Avenue to the north of the interchange or Westover Avenue to the south.

As a reminder, Ridge Road remains closed at Temple Avenue for the duration of the project. Drivers can follow the short posted detour: take Temple Avenue back to Ridge Road.

Check VDOT's website for the latest project progress, sign up for travel update emails and see project photos at www.95templeimprovements.org.



Join the City in celebrating its thirteenth Arbor Day!

Date: April 28, 2017

Time: 10:00 a.m.

Location: To Be Determined

More details coming soon! The website will stay updated as the date approaches.



NEW
**OPENING
HOURS**

The Colonial Heights Public Library will open earlier starting February 1st.

The new hours are as follows:

Monday - Wednesday 9 AM to 7 PM

Thursday - Friday 9 AM to 6 PM

Saturday hours will remain the same with the library opening from **10 AM to 4 PM.**

COLONIAL HEIGHTS RECREATION AND PARKS DEPARTMENT

Office Hours: Monday - Friday 8:00am - 5:00pm

P.O. Box 3401 / 901 Meridian Avenue

Colonial Heights, VA 23834

www.colonialheightsva.gov/recandparks

Recreation and Parks Office	(804)520-9390
Recreation and Parks Fax	(804)520-9203
Senior Activities & Classes	(804)520-9220
Senior Transportation	(804)520-9219
Teen Center	(804)524-8717
Weather Cancellation Line	(804)524-8788
Violet Bank Museum	(804)520-9395

REGISTER BY MAIL

To register by mail, send your registration form with check to:

Colonial Heights Recreation and Parks
P.O. Box 3401
Colonial Heights, VA 23834

REGISTER IN PERSON

To register in-person, please visit our office, Monday - Friday 8:00am-5:00pm:

Recreation and Parks Office
Shepherd Stadium
901 Meridian Avenue
Colonial Heights, VA 23834

REGISTER OVER THE PHONE

Call the office at (804)520-9390 during office hours to register. All phone-in registrants are responsible for signing a waiver form and returning it to the Recreation office before the first class.

REGISTER ONLINE

To register online, please visit us online at www.colonialheightsva.gov/recandparks and click the register online link.

AFTER HOURS DROPBOX

We have a Drop Box for after hours collection of registrations, payments and uniforms; located in front of the Community Center at 157 Roanoke Ave.

PAYMENT OPTIONS

The City accepts Cash, Check, money order and major Credit Cards. Discover card not accepted at this time. Please make checks payable to: "City of Colonial Heights". \$35 fee may apply for returned checks

CONNECT WITH US...



YOUTH BASEBALL/ SOFTBALL REGISTRATION

Ages: Boys 4-18 (as of 4/30/17)

Girls 4-15 (as of 12/31/16)

Registration for 2017 youth baseball and softball leagues will begin on January 30, 2017. The deadline to register is March 3rd. To register you must be a City of Colonial Heights resident. Practices begin late-March. Practice times will vary depending on the amount of teams in each league.

Fee: \$20 until March 3rd; \$30 after March 3rd, children registered after March 3rd may be placed on a waiting list.

Coed:

Rookie League (Instructional)	ages 4-5
Coach Pitch (Instructional)	ages 6-8

Boys:

AAA League	ages 9-10
Major League	ages 11-12
National League	ages 13-15
Big League	ages 16-18

Girls:

Angels	ages 9-10
Darlings	ages 11-12
Belles	ages 13-15

YOUTH LACROSSE

Ages 9-15

Colonial Heights Youth Lacrosse is a youth lacrosse program for boys and girls ages 9 - 15. The lacrosse program will have separate teams for boys and girls. The program teaches the fundamentals and provides organized team play for local area youth. Participants will need to provide their own equipment. Registration for the 2017 spring lacrosse season will begin on February 27, 2017. Practices will begin in Mid-March. Practice days and times will vary depending on the number of teams.

\$50/player

SPRING ADULT SOFTBALL LEAGUE

Ages 16+

Registration is currently being accepted for the Men's Open Leagues & Church Leagues for the 2017 Spring/Summer Adult Softball Leagues. Registration Deadline for the Spring/Summer season will be Friday, March 10, 2017. Roster is due when registering.

Fee: \$600

Primary Game Nights:

Church Divisions – Tue & Thur nights

Men's Divisions – Mon, Wed & Thur nights

Game nights are subject to change based on the number of teams registered. Teams must be available to play any weeknight. Teams must supply game balls. Balls must be USSSA Classic M or USSSA Classic Plus.

DOYLE ACADEMY BASEBALL CLINIC

Ages 6-16

Colonial Heights Recreation and Parks will be hosting the nationally recognized Doyle Baseball Academy. America's #1 Camp will instruct baseball and softball players in hitting, throwing and fielding during the 1 day school. Doyle Baseball in its 38th year of operation conducts Satellite Schools all over the country and into Canada. More than 900,000 players have benefited from Doyle's expert instruction. Doyle Baseball utilizes a step by step teaching approach that allows every player to improve and build confidence. The Doyle program is a result of continuous research and development and has constantly been improved to provide the best instruction for young players everywhere.

Sa	3/18	12:00pm-5:00pm
\$45	Shepherd Stadium	

START SMART LACROSSE

Ages 6-8

Start Smart Lacrosse is a developmentally appropriate introductory lacrosse program for children 6 - 8 years old. Start Smart Lacrosse prepares children and their parents for organized lacrosse without the threat of competition or the fear of getting hurt. Age appropriate equipment is used in teaching shooting, passing, catching, cradling, stick handling and running and agility.

We	4/12-5/17	5:30pm-6:30pm
\$30	Behind Tussing Elem School	

COLONIAL HEIGHTS JUNIOR OLYMPICS

Ages 6-12

This new annual event for boys & girls for 6 - 12 year olds will bring a lot of excitement and challenges youth to compete to do their best in a variety of Olympic sports. Kids will have fun running, jumping, throwing, swimming and much more. Events include: 40 Yard Dash, Tennis/Softball Throw, Standing Long Jump & much more with separate age divisions for boys and girls. Winners in different age categories for track events only will advance to the state competition on Sat June 3rd at Caroline High School.

Sa 5/13 9:00am
FREE Track across from Middle School

ULTIMATE FRISBEE LEAGUE

Ages 12-Adult

Interested in getting an ultimate cardio workout along with some fun competition? The Colonial Heights Recreation and Parks department is now offering a Ultimate Frisbee league! Our league offer 5 on 5 ultimate frisbee games that are fun, fast paced, and a great way to get some exercise. No previous playing experience is needed the game is very easy to learn. Participants can register as a team or individually and then be placed on a team. The League will have two divisions, a Teen division for 12 – 15 year olds and an Adult Division for 16 year olds and older. Register by March 20. Game nights subject to change.

Su Starting April 2017
\$150/team

ADULT & TEEN FLAG FOOTBALL LEAGUE

Ages 13-Adult

Colonial Heights Recreation Department is offering a Flag Football League that is a non-contact 5 versus 5 league with a teen division (13 – 15) and an Adult division. Participants in the Adult Division must be at least 16 years of age and registration is by team only. We play a regular season followed by tournament games with 8 games guaranteed. Awards are given to the first and second place teams. All teams are required to have same colored uniforms. Register by March 20. Game nights subject to change.

Su Starting April 2017
\$300/team

CHALLENGE TENNIS LADDER

Ages 18+

Meet and compete against other area tennis players. Play on your own level whether you are a beginner or 4.0 and play at your own convenience. Players set their own matches at their convenience and can play as often or as little as they want and wherever they want. Players are ranked on the ladder similarly to how the pros are ranked, by earning points. The more you play, the more points you receive to improve your ranking. Make a challenge and the first 3 to respond play. Call the Recreation and Parks Department for additional information or to register for the Tennis Ladder.

Ladder Divisions:

Non-Gender Specific Singles (2.5-3.0); beginners
Gender Specific 3.5 – Above Ladders available
Doubles/Mixed Double ladders are also available.

\$15/player (does not include USTA membership)

JUNIOR TEAM TENNIS

Ages 6-18

USTA's Junior Team Tennis brings kids together to learn and play the game of tennis as a team. Junior Team Tennis is designed for kids. The teams play singles, doubles and mixed doubles matches against other local teams. Junior Team Tennis promotes skill development, social skills and important values by fostering a spirit of cooperation and unity, as well as individual self-growth. Register by March 20. League play will begin in April depending on player availability.

\$40 (includes USTA membership)

SPRING GIRLS VOLLEYBALL

Ages 9-14

The City of Colonial Heights Girls' Volleyball League is designed to teach the fundamentals of Volleyball through league play. The league is designed to emphasis sportsmanship, skill development and teamwork in a safe and fun learning environment. Registration for the 2017 spring season will begin on February 20, 2017. The deadline to register will be Friday March 10, 2017. Practice times will vary depending on the amount of teams in the each league.

Divisions
Ages 9-11 (Minors) \$40
Ages 12-14 (Juniors) \$40

SPRING BREAK ALL-SPORTS CAMP

Ages 6-12

The Spring Break All-Sports Camp is a supervised day camp. Campers will enjoy learning basic fundamentals of a variety of sports through sports specific drills, individual games, and scrimmages. All campers must be registered in advance for this program in order to participate. Participants can come every day or choose which days they would like to participate. Registration deadline is April 3rd, 2017.

Mo-Fr 4/10-4/14 8:00am-5:30pm
\$75 full week or \$20/day CHMS

READY, SET, RUN

Ages 8-13

Ready, Set, Run! is a character-building running program that trains kids to participate in a 5K run. In addition to running, the program offers participants an opportunity to learn about and take part in things such as healthy eating habits, positive goal setting, wellness development and much more!

Tu/Th 3/28-5/21 6:00pm-7:00pm
\$40 Track across from Middle School



ART & PIZZA PARTY NIGHT

Ages 5-12

Includes an arts and craft project, games and pizza dinner. Parents, drop your kids off for a fun art and pizza party! You can enjoy some free time, while your young artist(s) enjoys fun games, art projects, and dinner. Fee includes pizza dinner. Each class will have different activities to participate in!

Fr 3/31 6:00pm-8:30pm
Fr 4/21 6:00pm-8:30pm
Fr 5/5 6:00pm-8:30pm
\$10 Community Center

OKINAWAN KARATE

Children's Class (ages 5-9)

The focus of this class is on respecting others, self control, self discipline, and avoiding confrontation. The Karate techniques that are taught begin with basics such as falling, tumbling, balance, flexibility, agility and coordination. Once a student is proficient in all the basics, they may move up to the next class. Each session is for 8 weeks.

Mo/We	3/1-4/24	5:00pm-5:45pm
	No class 4/10, 4/12	
Mo/We	5/1-6/21	5:00pm-5:45pm
	No Class 5/29	
\$60	Lakeview Elem. Gym	

Youth/Teen Class (ages 10-17)

Children under the age of 10 may be moved up by the instructor. This class moves at a faster pace and more advanced techniques are taught. New students accepted in January, June and September for this class. Each session is for 8 weeks.

Mo/We	3/1-4/24	6:00pm-7:30pm
	No class 4/10, 4/12	
Mo/We	5/1-6/21	6:00pm-7:30pm
	No class 5/29	
\$80	Lakeview Elem. Gym	

BELLY DANCING

Ages 13+

This class is designed to teach the traditional Cabaret Style belly dancing while providing an excellent cardio workout that strengthens your core and your abdominal and lower body muscles. All shapes, sizes, and fitness levels are welcome.

Th	2/2-2/23	5:30pm-6:30pm
Th	3/2-3/30 (\$38)*	5:30pm-6:30pm
Th	4/6-4/27	5:30pm-6:30pm
Th	5/4-5/25	5:30pm-6:30pm
Th	6/1-6/29 (\$38)*	5:30pm-6:30pm
\$30*	Community Center	

MESS MAKERS

Ages 2-12

Mess-makers is a sensory stimulation program where kids are able to get a little dirty! Explore different objects and textures while touching and squeezing different materials. Express your imagination in a multitude of ways. This program is now offering classes above the age 5 to join the fun with their families. Parent participation is encouraged!

Ages 2-5 only class

Th	3/2-3/30	10:00am-11:00am
\$25	Community Center	

Ages 2-12 class (perfect for siblings together)

We	3/8-4/5	6:15pm-7:15pm
\$25	Community Center	

SPRING BREAK CAMP

Ages K-5th Grade

Spring Break Camp is a supervised day camp. Campers can enjoy games, crafts, active play, and trips. All campers must be registered for this program. Program participants can come every day or choose which days they would like to come. Registration deadline is March 31, 2017.

Mo-Fr	4/10-4/14	8:00am-5:30pm
Community Center		

Fees

Full week	\$80
Mo 4/10	\$15 (MP Bounce); bring own lunch
Tu 4/11	\$25 (Monkey Joes); pizza included
We 4/12	\$15 (Bowling); \$ for snack bar lunch
Th 4/13	\$15 (Movies; TBD); bring own lunch
Fr 4/14	\$30 (Swaders); pizza or hotdog included

YOGA IN THE PARK (FREE)

All Ages

Featured in White Bank Park FREE Yoga class lead by Hope Helton-Lynch, E-500RYT, owner of Yoga One. This class is appropriate for all levels and beginners are encouraged to attend. Some of the benefits of yoga are improved strength, balance, flexibility, and inner peace. The practice will be accentuated by being in nature. Bring a yoga mat or a large towel.

Sa	4/29-5/20	11:00am-12:00pm
FREE	White Bank Park	

MUDDY BOOTS

Ages 2-5

Adventure in nature with your preschooler at one of the many parks in Colonial Heights. We'll read nature themed books, and then take a walk on the wild side to find the nature right outside our door. Children must be accompanied by a parent, and of course wear boots or sneakers that can get a little dirty.

Th	4/6-4/27	10:00am-11:00am
\$20	Ft. Clifton Park	

YOUTH ARCHERY

Ages 8-15

The Colonial Heights Youth Archery Program is taught by USA Archery Certified Instructors and is designed to educate local youths and teens about archery, with an emphasis on safety. Students will learn how to use entry level compound bows, as well as archery safety, range set-up, and more.

We	3/1-4/5	5:30pm-6:30pm
\$40	Behind Tussing Elementary School	

ASTRONOMY SERIES

All Ages

Come join the Colonial Heights Recreation and Parks staff in our various parks as we gaze at the night sky to view the stars, various planets, and our Moon using high powered telescopes. This program will provide knowledgeable staff to create an enjoyable evening of exploring the night sky in our beautiful park system. This program is open to all ages and all children must be accompanied by an adult.

Fr	3/17	8:00pm-10:00pm
Fr	4/7	8:30pm-10:30pm
Sa	5/6	8:30pm-10:30pm
FREE	Ft. Clifton Park	

EXPLORE THE URBAN WILD

All Ages

You don't need to leave the city to explore nature and get a taste of the wilderness. Explore nature in the City of Colonial Heights in a whole new way. The Explore the Urban Wild Series is an outdoor educational program for all ages lead by Rec staff in the various parks in the city of Colonial Heights.

Sa	3/4	9:00am-11:00am
FREE	Lakeview Park	

Sa	4/22	9:00am-11:00am
FREE	Ft. Clifton Park	

BOTANY BAR CRAWL

Ages 21+

Explore the area's finest distilleries to learn how plants are used in the manufacturing of adult beverages. We'll visit local relatives of those that make our favorite drinks, learn how they are used and the science behind the libations at the distillers and breweries. Additional fee for facility tours and sampling may apply.

Sa	5/6	2:00pm-5:00pm
\$15	Leave from Community Center	

HOME BREWING 101

Ages 21+

Learn how to brew your own beer with knowledgeable staff in a small group environment. We will be providing a detailed and informative presentation on the brewing process from beginning to end, but we will not be producing any alcohol. This program is just designed to teach about the equipment needed and the process to brew. This introductory class will cover malt extract brewing, siphoning, bottling, and more. Questions are encouraged.

Su	3/12	12:00pm-2:00pm
\$10	Community Center	

CRAFT - A - LOT

Ages 5+

Join us each week for a different craft project. Projects are for all ages, but children 8 and under must have a parent. You must pre-register for each date at least 2 days in advance.

Week #1—Tye Dye

Bring a white piece of clothing and let's have some fun tie dying! Throwing it back to the 60's here, shirts, socks, shorts—be creative. You supply the clothes, we supply the dye and the fun.

We 5/3 6:00pm-7:30pm
\$15 Community Center

Week #2—Nature Frames

Take a walk through the park and find natural materials to make a beautiful and unique picture frame. Staff will guide students along the way, helping them to find inspiration and develop their creative side throughout this program. Come see what you can create - you might just surprise yourself.

We 5/10 6:00pm-7:30pm
\$15 Community Center

Week #3—Dream Catchers

Feathers, weaving skills, creativity and inspiration are all you'll need in this program to make a beautiful dream catcher. While you're working on your own unique piece staff will provide a short lesson on the historical significance behind dream catchers - why we make them, what do they mean and what do they do?

We 5/17 6:00pm-7:30pm
\$15 Community Center

Week #4—Wind Chimes

End Spring by creating personalized wind chimes. Think outside the box and use unusual materials. Enjoy a little something extra when you go outside.

We 5/24 6:00pm-7:30pm
\$15 Community Center

MOVEMENT MADNESS

Ages 2-5

It's time to let your little one dance, wiggle and move with no limitations! Join us outside for some fun play while incorporating different techniques to get you moving. Staff will encourage your child to socialize and interact with other kids. No class April 10.

Mo 4/3-5/1 10:30am-11:30am
\$10 Community Center

GET SMART WITH ART

Ages 3-5

Years For the beginner artist! This is a unique class for children and parents (or their helpers). Explore shapes, colors, textures, stamping, printing and painting while developing fine motor, language and critical thinking skills. Children are introduced to the work of famous artists and illustrators, multi-cultural art and various art techniques to create a unique framed masterpiece at each class. There are new lessons each session!

Mo 3/6-3/27 6:00pm-7:00pm
\$20 Community Center

STORY & STRETCHING IN THE PARK

Ages 2-5

Using the small shelters or making circles in the grass. Bringing a blanket, yoga mat or something to sit on while we do the story. Incorporating small stretching techniques in between and after the story as well as using a park that has a trail to walk through.

Th 5/4 & 5/11 10:30am-11:30am
FREE Ft. Clifton Park

Th 5/18 & 5/25 10:30am-11:30am
FREE Roslyn Landing Park

MOUNTAINEER ADVENTURE CLUB

Ages 14-18

The Adventure Club is a year-round outdoor adventure program for youth ages 14-18. Members meet bi-monthly on the 1st and 3rd Wednesdays to plan outings and learn skills needed to participate in Outdoor Adventure activities. The youth members plan all of their outings, with guidance from adult advisers. From single-day outings to week-end-long camping trips, activities include rock climbing, whitewater rafting, hiking, camping, skiing, and much more. The Mountaineers Adventure Club is open to all youth aged 14 and over. Youth must turn 14 years old by January of this school year to be eligible to join. All 18 year olds must still be registered in High School in order to join.

We 3/1-6/21 7:00pm-8:30pm
FREE Teen Center

*other fees may apply for any trips

CONNECT WITH US...



SHORTY CHEF & JUNIOR CHEF

Ages 6-12

The theme for this cooking class is "healthy cooking". Join us in learning about alternative forms of healthy eating while also being able to cook a new meal each week. Students will learn the fundamentals of preparing simple meals. During the last session participants will engage in making a group meal for their parents!

Shorty Chef Class (ages 6-8)

Tu 4/4-5/9 6:00pm-7:00pm
\$40 Community Center

Junior Chef Class (ages 9-12)

Tu 5/23-6/27 6:00pm-7:00pm
\$40 Community Center

CPR & AED: FOR THE COMMUNITY & WORKPLACE

Ages 16+



This course teaches the basic techniques of CPR and the use of an AED.

The course teaches how to recognize the signs of four major emergencies - heart attack, stroke, cardiac arrest, and foreign-body airway obstruction. *Health restrictions apply: if you have any of the following health issues you will be unable to participate in this class - breathing problems, heart condition or back problems. Price includes all needed materials.

Sa 4/22 8:30am-12:30pm
\$30 Community Center

BASIC FIRST AID COURSE

Ages 16+

This course teaches lay responders the knowledge and skills necessary to give care in an emergency; help sustain life and minimize the consequences of injury or sudden illness until medical help arrives. *Health restrictions apply: if you have any of the following health issues you will be unable to participate in this class - breathing problems, heart condition or back problems. Price includes all needed materials.

Sa 4/22 1:00pm-4:00pm
\$30 Community Center

These courses are provided by the Colonial Heights Recreation Department in conjunction with the Colonial Heights Fire & EMS Department. For questions, contact the Recreation Dept. at 520-9390. Register for both classes and receive a \$10 discount.

INTRO TO WINE & MEAD MAKING

Ages 21+

Learn the basics of making wine! This class will cover home wine making equipment, techniques and ingredients used. We will be providing a detailed and informative presentation on the brewing process from beginning to end, but we will not be producing any alcohol. This program is just designed to teach about the equipment needed and the process.

Su 4/16 12:00pm-2:00pm
\$10 Community Center

INTRO TO CHEESE MAKING

Ages 12+

This workshop will go over everything you need to make your first batch of delicious cheese. Learn how easy, fun and rewarding making cheese can be.

Su 5/21 12:00pm-2:00pm
\$40 Community Center

SUMMER CAMP PROGRAM

Ages 6-12 (As of 7/1/17)

The Summer Camp Program is a supervised day camp. Campers can enjoy games, crafts, active play, trips, and special guest activities. All campers must be registered for this program and must be residents of Colonial Heights. All youth who have completed Kindergarten are eligible for camp enrollment. Registration and activity calendars are available April 1, 2017. Camp registration fee includes camp t-shirt & wristband. Weekly fees include trips.

Mo-Fr 6/26-8/4 8:00am-5:30pm
\$32 to register child for camp; fees for each week will be available April 1st.

Locations (60 max at each site)
Lakeview Elem. School
North Elem. School

Summer Camp Parent Orientations

All parents who attend will receive \$15 off the cost of their Summer Playground Program Camp Registration.

Tu 5/2 3:30pm-4:30pm
Th 5/25 4:00pm-5:00pm
We 6/7 5:30pm-6:30pm
FREE Community Center

SUMMER TOTS PROGRAM

Ages 3-5 (As of 7/1/17)

The Summer Tots Program is an interactive classroom experience. This program engages youth through the use of educational activities, crafts, sing-a-longs, circle time, special guests and trips. All enrolled youth must be fully potty-trained to attend. Participants parents are encouraged to drop-off their child(ren) during program hours to allow participants to get used to a classroom setting. This program has a maximum of 20 participants and observes a 1:7 ratio of staff to children.

Mo-Th 6/26-8/4 8:30am-11:30am
Fr 6/30-8/4 10:30am-12:30pm
Tussing Elem. School

Fees:
All weeks \$100
Per week \$20

Non-residents may enroll, as space permits, starting 6/15/17. \$175 for all weeks, \$35 per week.



RIVERSIDE THEATER FREDERICKSBURG, VA

For the following performances, we will depart from the Senior Center at 10:00am and return back to the center at approximately 6:30pm on all dates. Price includes transportation on vans, ticket to show, and lunch. Sign up early, limited tickets!

SOME ENCHANTED EVENING

This stunning collection of compositions places five performers in a theatrical setting-first 'backstage,' where the songs are sung as personal interplay, and then 'onstage.'

We 6/21 10:00am-6:30pm \$62

7 BRIDES FOR 7 BROTHERS

Bursting with the rambunctious energy of the original MGM film, Seven Brides for Seven Brothers is all boisterous fun and romance, that harkens back to the glory days of the movie musical.

We 8/23 10:00am-6:30pm \$62

CHRISTMAS SPECTACULAR

Our version of the fabulous, rip-roaring, kick lining fun that comes with the grandest of holidays. Jump in and join the fun.

We 11/29 10:00am-6:30pm \$62

CLIMBING TRIP

Ages 9+

Join the Colonial Heights Recreation Department for a rock climbing trip for the adventurous beginner – you don't have much experience, but you want a great outdoor day with your family or special friends. You'll be introduced to harnesses, knots, helmets, and the belay system; then we'll try some easy warm-up climbs to remind you that the kid inside you still likes to clamber on things. We can go on to some harder climbing that invites you to try new skills and movements. And we'll finish the day with a rappel – backing over the edge, with nothing between you and the ground below but 60 feet of air and a great view!

Sa 5/20 7:00am-9:00pm
\$75 Leave/pick up at Community Center

PADDLING TRIP

Ages 9+

Join the Colonial Heights Recreation Department for a day of rafting on the James River Rafting under the city skyline. With the James River Park lining both banks of the river most of the way, escape the bustle of the city and immerse yourself in the natural playground of the river.

Sa 6/17 7:00am-6:00pm
\$75 Leave/pick up at Community Center

CAVING TRIP

Ages 9+

Come scramble, slide, and squeeze through warm caves and underground tunnels in West Virginia on this day trip. Safety equipment will be provided along with professional caving guides. Participants will need clothing that they can get muddy and a change of clothes. This program is for ages 9 and Up (All children must be accompanied by an adult).

Sa 3/25 7:00am-10:00pm
\$65 Leave/pick up at Community Center

BACKPACKING TRIP

Ages 9+

Join the Colonial Heights Recreation Department as we spend a weekend exploring a portion of the Appalachian Trail in the Blue Ridge Mountains of Virginia. Recreational hikers of all abilities are welcome to join in and experience the spectacular scenery and good company. Hikes are led by hike leaders that are certified in CPR and first aid, and also who educate while they lead. OVERNIGHT

Sa-Su 4/29-4/30 leave 7:00am; return 2:00pm
\$50 Leave/pick up at Community Center

Visit our website at
www.colonialheightsva.gov/recandparks
to view info on our parks & facilities.

MONTICELLO HOME & GROUNDS - CHARLOTTESVILLE, VA

Learn about Thomas Jefferson's pursuit of happiness through architecture, botany, philosophy, and family. Hear the stories of the free and enslaved people who lived at Monticello in a tour of the main house and gardens. Feel the power of place at Monticello. Learn about Thomas Jefferson, the ideas of freedom, and the realities of slavery that made the United States.

We 3/29 8:45am-3:00pm
\$24 + cost of your boxed lunch option

STRATFORD HALL HOME OF THE LEE'S - WESTMORELAND, VA

Stratford Hall, a historic house museum in Westmoreland County, Virginia, was the plantation house of four generations of the Lee family.

We 4/19 8:45am-3:00pm
\$12 (Lunch on your own; restaurant on-site)

HORSESHOE CASINO

Horseshoe Casino Baltimore opened on August 26, 2014 to much fanfare from the city of Baltimore. An urban, two-story casino with 122,000 square-feet of gaming space, the casino features slots, table games and a World Series of Poker (WSOP) room. Baltimore Marketplace features authentic Charm City food outlets, three premier restaurants and several bars and lounges round out the food and beverage offerings.

Mo 3/6 6:30am-9:30pm
\$50

HOLLYWOOD CEMETARY WALKING TOUR

Enjoy the wonderful architecture/design, landscaping and spooky ambience as we learn about the souls that are buried at Hollywood Cemetery. You will just be dying to join them!

We 5/3 9:00am-2:30pm
\$20 (Lunch on your own at Tobacco Company)

Senior Center

SENIOR CENTER

The Senior Citizen Center is adjacent to the Community Building at 157 Roanoke Avenue. It is open Monday through Friday, 8:30 am to 4:30 pm. The Center is open to adults 50 years of age and older who are City Residents. All Senior Citizen programs are FREE unless noted.

ACTIVITIES & FITNESS

Monday

8:30am Muscles in Motion
9:30am Tai Chi (*Library*)
9:30am Bowling (*League Fee*)
10:00am Strength & Stretch
11:00am Bunco
11:00am Zumba Gold (\$5)
1:30pm Pickle Ball (*Swift Creek Baptist*)
1:30pm Bridge 101 (*sign-up*)
3:00pm Computer Class (*sign up*)
4:00pm Beginners Sewing (*sign-up \$12*)

Tuesday

9:00am Yoga
9:30am BP Screening (*3rd Tue*)
10:00am Sit & Let's Get Fit
11:00am Sit & Let's Get Fit
12:00pm Duplicate Bridge
1:00pm Bingo
1:30pm Water Aerobics (*Hopewell - \$2*)
3:00-6:00pm Quilts for Vets (*Last Tue*)
3:00pm Open Sew (*1st, 2nd & 3rd Tues*)

Wednesday

8:30am Muscles in Motion
10:00am Strength & Stretch
10:00am Crochet & Knitting Group
11:00am Line Dancing
11:30am Pickle Ball (*Swift Creek Baptist*)
12:30pm Party Bridge

Thursday

9:00am Yoga
9:30am Sing-A-Long
10:00am Sit & Let's Get Fit
11:00am Sit & Let's Get Fit
11:30am Interval Strength Training
12:45pm BP Screening (*1st Thur*)
1:15pm Senior Citizens Club Mtg.
1:00pm TRIAD (*3rd Thurs*)
2:00pm Watercolor

Friday

8:30am Muscles in Motion
10:00am Strength & Stretch
1:00pm Computer Class (*sign up*)
2:00pm Computer Class (*sign up*)
5:30pm Open Paint
7:00pm Senior Dance (*2nd Fri - \$6*)

Saturday

10am-1pm Coupon Workshop
(*3/11, 4/8, 5/13 - \$10*)

SENIOR CITIZEN CLUB

The Senior Citizen Club was organized in 1968 and is sponsored by Recreation and Parks. It is open to Senior Citizens 50 years of age and older who are City Residents. The Club meets at 1:15 pm on the first 3 Thursdays of the month at the Community Center and on the 4th Thursday of the month at Gold-ven Corral Restaurant.

SENIOR TRANSPORTATION

The Transportation Department operates 8am-4pm Monday-Friday, except City Holidays. Senior Citizens sixty (60) years of age or older that are City of Colonial Heights residents, needing transportation for medical, business, or personal reasons may obtain rides throughout the City of Colonial Heights. Transportation is provided to Petersburg, Hopewell and Fort Lee for medical appointments only. Vans are equipped with hydraulic lifts for wheel-chairs. Reservations must be called in 24 hours in advance of your appointment. Please call 520-9219 for further information.

DIABETES SELF- MANAGEMENT PROGRAM

Do you live with Diabetes or know someone who does? In partnership with Senior Connections and the Capital Area Agency on Aging, we're offering a 6 week workshop focusing on developing an action plan, problem solving, communication, nutrition/healthy eating, blood sugar, stress management and more! Contact 343-3004 to enroll.

Tu 2/28-4/4 12:00pm-2:30pm
FREE Community Center

Teen Center

TEEN CENTER

The Teen Center is located inside the Community Center at 157 Roanoke Ave. Participants must be City of Colonial Heights residents and eligible for enrollment at Colonial Heights Middle School or Colonial Heights High School. Admission to the Teen Center is FREE. Participants may bring a guest, but there is a \$5 charge for all guests.

The Teen Center features a variety of video game systems, computers, arcade basketball and foosball. Contact the Teen Center at 524-8717 for more information.

Hours of Operation

Monday - Friday 3:00pm-8:00pm
Saturday 1:00pm-8:00pm
Sunday Closed

COUNSELORS IN TRAINING

Ages 14-17

CIT's will learn about responsibility, teamwork, safety, customer service, crafts, games, and job readiness skills. All teens who complete the training program will receive additional volunteer hours working in our Summer programs. Applications are available at Shepherd Stadium, applications are due April 1, 2017. Must be able to attend staff trainings (schedule available at Shepherd Stadium).

the Teen FLASHLIGHT easter egg hunt

**Wed March 29, 2017
Community Center**

Come out and enjoy this fun teen event.

**Registration:
7:50PM
Hunt Begins:
8:10PM**

All teens must bring
a basket/bag and a
flashlight. Please no 9-volt flashlights.



Earth Day Celebrations!



**Join the Colonial Heights Recreation Department
in some family fun for Earth Day. Make and take a plant home!**

Learn about plants and recycling.

Preregistration Required.

When: Wednesday, April 19th

Where: C.H. Community Center

Time: 6-7:30pm

Cost: \$5.00 per person

2017 Fort Clifton Art • Music • Crafts Festival



WWW.THECEDARCREEKBAND.COM

DATES & TIME

May 13, 2017 10:30 a.m. - 5:30 p.m.

May 14, 2017 10:30 a.m. - 5:30 p.m.



There may be nothing better than sitting next to a warm crackling campfire. Colonial Heights Recreation and Parks invites you to join us for our community campfire. We provide the fire and everything to make s'mores. You get to share a campfire experience with others in your community. This free program is open to all ages and all children must be accompanied by an adult.

Fri	3/10	7:00pm-8:00pm	Flora Hill Park	FREE
Fri	4/28	7:00pm-8:00pm	Lakeview Park	FREE
Fri	5/19	7:00pm-8:00pm	White Bank Park	FREE

CARDBOARD BOAT REGATTA

Event
Sponsorships
Available

\$25/entry



Sat July 15 - 9:00am
Lakeview Park

Lakeview Park will be full of spectators waiting to see who will float, sink or swim at the first ever "Cardboard Boat Regatta". Contestants will make boats out of cardboard & tape and will rely on their inventions to keep them afloat as they race across the lake. Pre-registration is required & all teams will need to collect their own cardboard. Life vests are mandatory for all team members. Prizes will be awarded to the winners and most creative designed boats! Contact us at (804)520-9391 for a full set of rules/instructions/details.

GET
READY
FOR

The Great American BACKYARD CAMPOUT

Fri-Sun June 23-25
Ft. Clifton Park

Join the Recreation and Parks Department for this overnight camping event in Historic Fort Clifton Park on the Appomattox River, whether you're a first-timer or an old hand, for traditional outdoor and camping activities such as storytelling, s'mores, crafts, games, night hikes, river exploration, and, of course, camping in tents.

Check-in Fri 6/23 5pm until 7pm

Check-out Sun 6/25 before 11am

\$20/family—space is limited!

Call us at (804)520-9391 to reserve
your spot and for more information.



GREAT AMERICAN
CAMPOUT™

THE CITY FOCUS

City of Colonial Heights
Office of the City Manager

Post Office Box 3401

Colonial Heights, Virginia 23834-9001

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