

Prince George County Parks and Recreation

Activity Guide

Winter – Spring 2024



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Sports
Leagues**

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Kayak
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WELCOME

The Prince George Parks and Recreation Department is excited to present the Winter/Spring Activity Guide. Our latest brochure offers a variety of activities for participants of all ages. Participants of all levels are encouraged to come out and participate in the 8th annual *Appomattox River Regional Park 5K Trail Run*. All proceeds go to FOLAR and the Special Olympics. Youth will enjoy our seasonal activities, which include the annual Easter Egg Hunt, a variety of sports, Summer Day Camp, and classes.

The Prince George Parks and Recreation Community Center exercise rooms, located at both the Parks and Recreation Community Center and Central Wellness Center, partially funded from a grant from the John Randolph Foundation, are open for business! The exercise rooms feature both cardiovascular and weight equipment. Adults looking for other ways to get in shape may enjoy our Zumba Classes, a fusion of Latin and International music set to dance, Yoga, or H.I.I.T Class, which stands for High Intensity Interval Training. Participants of all ages are encouraged to try their hand at Pickleball at both the Central Wellness Center indoor or the new Temple Park outdoor courts.

Adults can also sign up for Line Dancing, Arthritis Class, and participate in "Zumba for Heart," where participants raise money through exercise for the American Heart Association. Do you want to know how to use the new camera you got for Christmas? Try our "Fundamentals of Photography Course," taught by local professional photographer, Ken Newman, who teaches you the keys to making great images.

We are actively looking for classes/programs that you want to see at our facility... suggestions are welcome.

Thank you for your participation.

Sincerely,



Keith B. Rotzoll

"To enhance the quality of life of Prince George County residents by promoting healthy lifestyles and providing enriching leisure services."

Acknowledgements

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Social Media

Follow us on social media for the latest program updates, new classes, events, and sporting updates!



PG County Parks and Recreation



KNOW BEFORE YOU GO!

We are also able to send you an email and/or text message letting you know when games, special activities and classes are cancelled or delayed. Please **visit the Prince George County website at www.princegeorgecountyva.gov** to sign up for this feature. On the home page of the website, click on "Know Before You Go Rainout" and then enter either your email address or cell phone number. Once you do this we will be able to either send an email and/or text message to you as soon as we know the games are cancelled or delayed.



SPONSORSHIP OPPORTUNITIES

Make a difference in your community.

Support Parks & Recreation's mission to enhance the quality of life of Prince George County residents by sponsoring today.

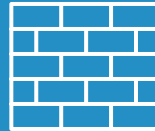


Disc Golf

Prince George Parks & Recreation is pleased to announce the opening of *Pine Valley at Scott Park*, an 18-hole disc golf course at Scott Memorial Park Complex. For those unfamiliar with the sport, disc golf is played much like golf; except, instead of a ball and clubs, players use a flying disc. The sport was formalized in 1970s, and shares with golf, the object of completing each hole in the fewest strokes (or in the case of disc golf, fewest throws). The course is free and open to the public from dawn to dusk daily.

We are seeking sponsorship of each of the short and long starting tee areas for the 18-hole course. Much like golf, each hole will have a sign detailing the par, distance, and direction. Interested individuals can choose to sponsor either the short or long tee on a hole for \$300, or both for \$600. A permanent sponsor sign (8" x 11") will be placed beside each short and long hole's tee area. There are currently **6** tee areas available.

Interested sponsors should contact Parks & Recreation at 804-458-6164 or **Recreation@princegeorgecountyva.gov**.



Pave the Way!

The Prince George Parks and Recreation Foundation is pleased to announce a Celebration Brick Paver program at JEJ Moore Sports Complex (11455 Prince George Drive, Disputanta, VA, 23842).

This new project will enhance the facility near the dugouts, as well as give our citizens an opportunity to purchase a lasting gift. The project is meant to be more than a memorial project, but as a way to celebrate youth activities, and the moments cherished by many. This mile "stone" recognition will help raise money that will benefit the Prince George Parks & Recreation players and facilities.

Visit the Foundation website for information at <http://princegeorgeparksrecreationfoundation.com/>. Each engravable paver is a \$125 donation. Please make sure you include the exact printed engraving for the brick, and provide your contact information. Please make checks payable to: Prince George Parks and Recreation Foundation and mail to PO Box 712, Prince George, VA, 23875.

View and Register for Activities Online!

You can log on NOW to create an account for you and your family members!

HOW DO I REGISTER ONLINE?

Prince George Parks and Recreation is very excited to offer you the ability to easily and securely view and register for recreation activities online. Come visit our online registration page and create your account today! Visit www.princegeorgecountyva.gov/onlineregistration to register now.

WHY SHOULD I REGISTER ONLINE?

Our online registration system is:

Fast! No more waiting in line.

Easy! Programs are just a few clicks away.

Timely! With anytime, around the clock access.

Convenient! Register from the comfort of your home.

Frequently Asked Questions

WHAT TYPES OF PAYMENT DO YOU ACCEPT?

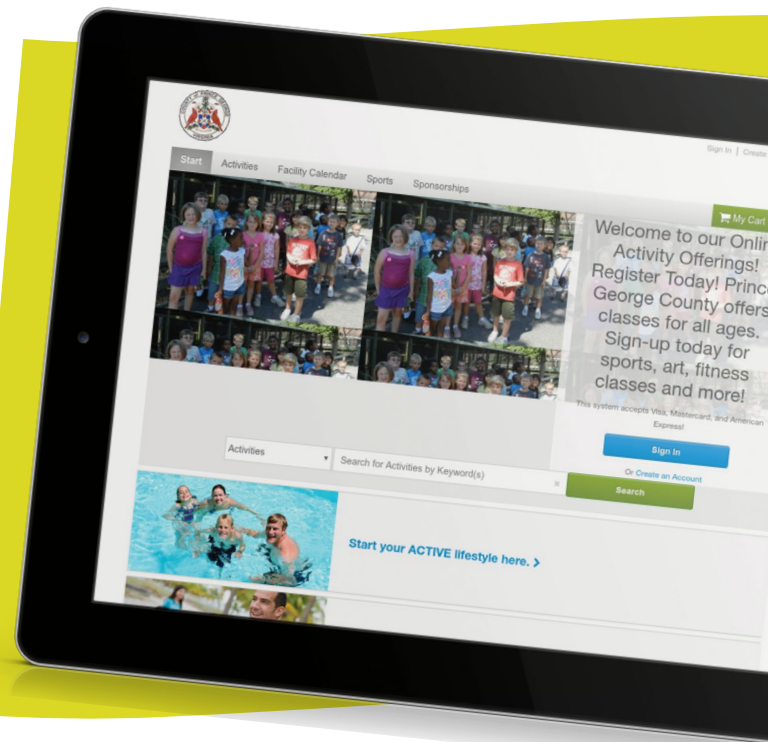
We accept Visa, MasterCard, American Express, and Discover.

DO YOU ACCEPT CREDIT CARD PAYMENT FOR GYM MEMBERSHIPS?

We accept credit card payments for year memberships, but not monthly passes.

HOW DO I CONTACT PARKS & RECREATION?

You can email us at Recreation@princegeorgecountyva.gov or give us a call at (804) 458-6164.



Want to stay up to date on classes and programs? You can join our mailing list when you create an online account!



REGISTER TODAY!

Sign-up your family now at:
www.princegeorgecountyva.gov/onlineregistration

YOUTH RECREATIONAL LEAGUES

Registration

Registration is required for each league. A parent or legal guardian must register the youth online at www.princegeorgecountyva.gov/onlineregistration. A birth certificate is required for first-time sign-ups.

Family registration fees for youth sports (**EXCLUDING FOOTBALL AND CHEER**) for participation in the same sport will be \$30 for 1-child; \$50 for 2-children; \$70 for 3-children; and \$10 for each child beyond three within the same family.

A player may move up one age group in soccer or baseball/softball if they are within one year's age of the cutoff for that division. They may only move up if they have participated for at least one year in their listed age division and with the consent of the Recreation Department. Players may NOT move up from any 4 year old leagues. Contact Parks and Recreation for more information.

Due to the overlapping playing schedule in Spring of baseball/softball and soccer, AND in Fall of football/cheer and soccer, participants may only sign up for ONE activity for each season (One activity in Spring AND one activity in Fall). The only exception is that 4-year-olds are able to participate in both Blastball and Mini Mite Soccer, due to their playing schedules.

REGISTER TODAY!
Sign-up your family now at:
www.princegeorgecountyva.gov/onlineregistration

Baseball & Softball

Ages 3-18

Registration is January 8–February 2, 2024. You may register in person at Parks and Recreation office Monday–Friday from 8:30 AM–5:00 PM or online at www.princegeorgecountyva.gov/onlineregistration. Due to the overlapping playing schedule of baseball/softball and Spring soccer, participants may only sign up for ONE activity, with the exception of Blastball and Mini Mites Soccer.

Ages 3–8

BLASTBALL (CO-ED)

This is an instructional league for boys and girls 3 & 4 years old. This league is designed to teach the fundamental skills of baseball and softball. Participants in this league may also sign up to play Mini Mites Soccer due to non-concurrent playing schedules. *Participants must be 3 years of age and cannot have reached 5 years of age on or before May 1, 2024.*

T-BALL (CO-ED)

T-Ball is designed for boys and girls aged 5 & 6. This league teaches participants the basics of baseball and softball, such as catching, throwing, and hitting. *Participants must be 5 years of age and cannot have reached 7 years of age on or before May 1, 2024.*



COACH PITCH (BOYS)

This league is for boys aged 7 & 8. In this league, coaches will be pitching to the participants so that they can learn the fundamentals of hitting, running, and sportsmanship. *Participants must be 7 years of age and cannot have reached 9 years of age on or before May 1, 2024.*

COACH PITCH (GIRLS)

This league is for girls aged 7 & 8. In this league, coaches will be pitching to the participants so that they can learn the fundamentals of hitting, running, and sportsmanship. *Participants must be 7 years of age and cannot have reached 9 years of age on or before December 31, 2023.*

Ages 9-18

Prince George Parks and Recreation participates in Dixie Youth and Babe Ruth Baseball/Softball.

AAA (BOYS)

This baseball league is for boys aged 9 & 10. This league is designed to teach the fundamentals of baseball, along with the sportsmanship that comes with winning and losing. *Participants must be 9 years of age and cannot have reached 11 years of age on or before May 1, 2024.*

ANGELS (GIRLS)

This fast pitch softball league is for girls aged 9 & 10. This league is designed to teach the fundamentals of softball, along with the sportsmanship that comes with winning and losing. *Participants must be 9 years of age and cannot have reached 11 years of age on or before December 31, 2023.*

MAJOR (BOYS)

This baseball league is for boys aged 11 & 12. This league is designed to fine tune the participant's baseball skills and level of play. *Participants must be 11 years of age and cannot have reached 13 years of age on or before May 1, 2024.*

PONYTAILS (GIRLS)

This softball league is for girls aged 11 & 12. This league is designed to fine tune the participant's softball skills and introduce more complex aspects of fast pitch softball.

Participants must be 11 years of age and cannot have reached 13 years of age on or before December 31, 2023.

BABE RUTH (BOYS)

This baseball league is for boys aged 13-15. This league is designed to teach each participant baseball at a higher recreational level. *Participants must be 13 years of age and cannot have reached 16 years of age on or before May 1, 2024.*

BELLES (GIRLS)

This softball league is for girls aged 13-15. This league is designed to teach each participant fast pitch softball at a higher recreational level. *Participants must be 13 years of age and cannot have reached 16 years of age on or before December 31, 2023.*

BABE RUTH—TRAVEL (BOYS)

This baseball league is for boys aged 16-18. This league is a competitive baseball league in which teams travel within the Tri-Cities area to play games. *Participants must be 16 years of age and cannot have reached 19 years of age on or before January 1, 2024.*

DEBS—TRAVEL (GIRLS)

This softball league is for girls aged 16-18. This league is a competitive softball league in which teams travel within the Tri-Cities area to play games. *Participants must be 16 years of age and cannot have reached 19 years of age on or before December 31, 2023.*



YOUTH RECREATIONAL LEAGUES



Spring Soccer Ages 4-18

Registration is January 8–February 2, 2024. You may register in person at Parks and Recreation office Monday–Friday from 8:30 AM–5:00 PM or online at www.princegeorgecountyva.gov/onlineregistration. Due to the overlapping playing schedule of baseball/softball and Spring soccer, participants may only sign up for ONE activity, with the exception of Blastball and Mini Mites Soccer.

MINI-MITES SOCCER

This division is for boys & girls at 4 years of age. This is an instructional division that teaches the very basics of soccer. Participants in this league may also sign up to play Blastball due to non-concurrent playing schedules. *Participants must be 4 years of age and cannot have reached 5 years of age on or before December 31, 2023.*

PEE WEE SOCCER

This division is for boys and girls aged 5 & 6. This division is designed to introduce soccer fundamentals such as passing, dribbling, and trapping. *Participants must be 5 years of age and cannot have reached 7 years of age on or before December 31, 2023.*

JUNIOR SOCCER

This division is for boys and girls aged 7 & 8. This division is designed to teach fundamentals of soccer and to introduce positions and teamwork. *Participants must be 7 years of age and cannot have reached 9 years of age on or before December 31, 2023.*

SENIOR SOCCER

This division is for boys and girls aged 9–11. This division is designed to fine tune each skill learned through the different age groups; and the sportsmanship that goes with winning and losing. *Participants must be 9 years of age and cannot have reached 12 years of age on or before December 31, 2023.*

U14 TRAVEL SOCCER

This division is for boys and girls aged 12–13. This division will teach recreational soccer at a higher level. *Participants must be 12 years of age and cannot have reached 14 years of age on or before December 31, 2023.*

U18 TRAVEL SOCCER

This division is for boys and girls aged 15–18. This is a travel league. The league practices in Prince George, but travels locally to play games. *Participants must be 14 years of age and cannot have reached 19 years of age on or before December 31, 2023.*

Girls Travel Field Hockey Grades 2-11

Registration is January 22–February 16, 2024. You may register in person at Parks and Recreation office Monday–Friday from 8:30 AM–5:00 PM or online at www.princegeorgecountyva.gov/onlineregistration.

Prince George Parks and Recreation will be offering girls' travel field hockey. This league is for girls in grades 2–11. The teams will practice in Prince George at Temple Park, but will travel to various locations to compete in tournaments. The fee for this league is \$125 per participant.





Football and Cheerleading Ages 5-14

Registration is May 6–May 31, 2024. You may register in person at Parks and Recreation office Monday–Friday from 8:30 AM–5:00 PM or online at www.princegeorgecountyyva.gov/online-registration.

Prince George Parks and Recreation is a member of both the Chesterfield Quarterback League (CQL) and Chesterfield Cheerleading League (CCL). Participants in these leagues have the opportunity to experience travel football and cheerleading.

Participants will be responsible for purchasing uniforms for football and cheerleading through the Parks & Recreation Office.

All football and cheer participants will be required to obtain a Child ID card from Virginia DMV prior to the start of the season, in order to participate, per CQL/CCL rules. Other ID cards, such as a military ID, will not be accepted; only Child ID cards issued by Virginia DMV.

Due to the overlapping playing schedule of football/cheer and Fall soccer, participants may only sign up for ONE activity.

FLAG FOOTBALL

Flag Football is for boys and girls aged 5–7. This is a travel program. Participants must be 5 years of age and cannot have reached 8 years of age on or before August 1, 2024.

FLAG CHEERLEADING

Flag Cheerleading is for participants aged 5–7. Flag Cheerleaders will cheer for the Flag Football teams. This is a travel program. Participants must be 5 years of age and cannot have reached 8 years of age on or before September 30, 2024.

TACKLE FOOTBALL

This league is divided into three divisions: Minor Division (ages 8–9); Junior Division (ages 10–11); and Senior Division (ages 12–14). There are only FOUR positions available for 14-year-olds, and they MUST weigh LESS than 150 pounds. Participants must be 8 years of age and cannot have reached 15 years of age on or before August 1, 2024.

TACKLE CHEERLEADING

Cheerleaders will cheer for the Tackle Football teams. This league is divided into three divisions: Minor Division (ages 8–9); Junior Division (ages 10–11); and Senior Division (ages 12–14). Participants must be 8 years of age and cannot have reached 15 years of age on or before September 30, 2024.

YOUTH RECREATIONAL LEAGUES



Fall Soccer

Ages 4-18

Registration is June 3-28, 2024. You may register in person at Parks and Recreation office Monday-Friday from 8:30 AM-5:00 PM or online at www.princegeorgecountyva.gov/onlineregistration. Due to the overlapping playing schedule of football/cheer and Fall soccer, participants may only sign up for ONE activity.

MINI-MITES SOCCER

This division is for boys & girls 4 years of age. This is an instructional division that teaches the very basics of soccer. Participants must be 4 years of age and cannot have reached 5 years of age on or before December 31, 2024.

PEE WEE SOCCER

This division is for boys and girls aged 5 & 6. This division is designed to introduce fundamentals such as passing, dribbling, and trapping. Participants must be 5 years of age and cannot have reached 7 years of age on or before December 31, 2024.

JUNIOR SOCCER

This division is for 7 & 8 year old boys and girls. This division introduces positions and teamwork. Participants must be 7 years of age and cannot have reached 9 years of age on or before December 31, 2024.

SENIOR SOCCER

This division is for 9-11 year old boys and girls. This division will teach recreational soccer at a higher level. Participants must be 9 years of age and cannot have reached 12 years of age on or before December 31, 2024.

U14 TRAVEL SOCCER

This division is for 12-13 boys and girls. This is a travel league. The league practices in Prince George, but travels locally to play games. Participants must be 12 years of age and cannot have reached 14 years of age on or before December 31, 2024.

U18 TRAVEL SOCCER

This division is for boys and girls aged 14-18. This is a travel league. The league practices in Prince George, but travels locally to play games. Participants must be 14 years of age and cannot have reached 19 years of age on or before December 31, 2024.

Disc Golf Training Academy

Ages 7+

The Disc Golf Training Academy will provide instruction on knowledge, rules, and the fundamentals of Disc Golf, such as putting, driving, stance, and form. The training academy will run from June 25-August 1, 2024. The Disc Golf Academy will be held each Tuesday and Thursday from 5:30 PM-7:30 PM, excluding July 4. The instructors are Jay Risher and Richard Scott, designers, and developers of Pine Valley at Scott Park Disc Golf Course. At the conclusion of training, participants will participate in a tournament experience.

Registration is May 6-June 14, 2024. The fee is \$30 for the first participant, and \$15 for each additional participant within the same family. All participants will need to supply their own discs to participate.

You may register in person at Parks and Recreation office Monday-Friday from 8:30 AM-5:00 PM or online at www.princegeorgecountyva.gov/onlineregistration.

Youth Spring Sports Camps

SPRING BREAK BASEBALL CAMP

Register March 4-29, 2024

This camp is for boys aged 7-12. The camp is designed to teach the fundamentals of baseball. The one-day Baseball Camp will occur April 2, 2024, from 1:00 PM – 5:00 PM. The fee is \$30 per participant.



JUNE 3–JULY 25, 2024

Summer Day Camp

Ages 6-12

Summer Day Camp is available to Prince George County Youth aged 6 – 12. The camp will be held at Scott Park on Mondays and Wednesdays from 9:30 AM until 2:30 PM, and Temple Park on Tuesdays and Thursdays from 9:30 AM until 2:30 PM. There is no camp on Fridays. Activities will include sports and games, arts and crafts, special field trips, and guest programs.

Registration will be available April 29–May 10, 2024, or until filled. Late registrants will be placed on a "waiting list" and will be accepted into the program if participation numbers permit. Youth are asked to wear tennis shoes and proper play clothes (no open toe sandals or flip-flops). Day Camp is free, but will have associated trip, or special activity, fees. Parent or Legal Guardian must sign the child up, and birth certificates are required when registering.

Participants must be 6 years of age and cannot have reached 13 years of age on or before June 3, 2024. Day Camp is limited to 100 participants.



ADULT RECREATIONAL PROGRAMS



Adult Physical Fitness

The below listed classes are held at Prince George Parks and Recreation Community Center, located at 11100 Old Stage Rd., Prince George, VA 23875.

H.I.I.T EXERCISE CLASS

H.I.I.T. is a challenging, effective, and fun total body workout. This class will burn fat, sculpt lean muscle, strengthen the core, and increase energy and endurance. H.I.I.T stands for High Intensity Interval Training. This class is effective by keeping your heart rate up and burning more fat in less time with lower impact. The workout is easily scalable to your fitness level and is low impact. Bring a mat with you.

This class is currently held on Monday evenings for 5 weeks. Class is \$25 per participant and is limited to 25 participants. Class time is 5:30 PM–6:15 PM.

ZUMBA EXERCISE CLASS

Zumba is a fusion of Latin and International music set to dance themes creating a dynamic, exciting, and effective fitness workout. The routines feature aerobic/fitness interval training, with a combination of fast and slow rhythms that tone and sculpt the body.

This class is currently held on Monday evenings for 5 weeks. Class is \$25 per participant and is limited to 25 participants. Class time is 6:30 PM–7:15 PM.

YOGA CLASS

Yoga is a mind/body exercise involving stretching, and creating balance through developing both strength and flexibility. Bring a mat with you for floor exercises.

This class is currently held on Monday evenings for 5 weeks. Class is \$25 per participant and is limited to 25 participants. Class time is 7:15 PM–8:00 PM.

LINE DANCING

Line Dancing with Balette Messer, happy feet stepping to the beat! Music for everyone; Top 40 hits, R & B, Shag, and many other dance songs thrown in. Dances are broken down for easy instruction and are all about fun!

This class is currently held on Thursday evenings for 5 weeks. Class is \$25 per participant and is limited to 25 participants. Beginner Line Dancing Class time is 6:00 PM–6:45 PM. Regular Line Dancing Class time is 6:45 PM–7:30 PM.

PICKLEBALL

Indoor Pickleball is played Tuesdays, Wednesdays, and Fridays from 9:00 AM–12:00 PM, and Tuesday evenings from 5:30 PM–8:30 PM at the Central Wellness Center (11023 Prince George Dr., Disputanta, VA 23842). Outdoor Pickleball is played daily from dawn–dusk at Temple Park (14307 Prince George Dr., Disputanta, VA 23842).

Mature Adult Physical Fitness

The below listed classes are held at Prince George Parks and Recreation Community Center, located at 11100 Old Stage Rd., Prince George, VA 23875.

ARTHRITIS CLASS

The Arthritis Foundation Exercise Program is a free community based, recreational group exercise and education program designed specifically for people with arthritis and related diseases.

MIND-BODY EXERCISES

This free class features two mindful exercise forms (Yoga and Tai Chi), and presents strategies and movement sequences to incorporate mind-body exercise into physical activity programming for older adults.

Mature Adult Activities

SCRAPS FROM THE HEART

A quilting group, "Scraps from the Heart", meets weekly on Mondays from 9 AM-12 PM at Prince George Community Center (11100 Old Stage Rd., Prince George, VA 23875). The quilting group makes lap quilts, pillowcases, etc. and donates all items to various organizations.

Come join the group on Mondays. Quilting experience is not required. Contact Debbie Lafland at 804-458-6164, or DLafland@princegeorgecountyva.gov for additional information.

Adult Activities

PICKLEBALL

Pickleball is the fastest growing sport in the world. Pickleball is easy to learn, and fun for all ages. It combines many elements of tennis, badminton, and ping-pong. It is played on a badminton sized court with a slightly modified tennis

net. Come dressed in gym type clothing and tennis style shoes with non-marking soles. Children under 16 years old must be accompanied by a parent. The Pickleball courts are located at the Central Wellness Center (11023 Prince George Dr, Disputanta, VA 23842). The indoor Pickleball courts are available weekly from 9 AM-12 PM on Tuesday, Wednesday, and Friday, and Tuesday evenings from 5:30 PM-8:30 PM. For more information, you may call Parks & Recreation at 804-458-6164 or Jared Dieffenbach at 804-704-0374.

HUNTER SAFETY COURSE

This course is instructed by Virginia Department of Game and Inland Fisheries. Course dates have not yet been scheduled for the Spring and Summer. Please check Prince George Parks and Recreation website or Virginia Department of Game and Inland Fisheries website at www.dgif.com for updated course dates. All courses are instructed at Prince George Community Center. Pre-registration is required at www.dgif.com or 1-888-516-0844. Certificate awarded upon completion.

CERAMIC CLASSES

Ceramic classes will be offered whereby participants will paint seasonal items and take them home. When available, information will be posted on Prince George Parks and Recreation website and Prince George Parks and Recreation Facebook page (PG County Parks and Recreation).



COMMUNITY EVENTS

February

ZUMBA FOR HEART

Join us on Saturday, February 10, 2024, at Prince George Parks and Recreation Community Center (11100 Old Stage Rd., Prince George, VA 23875) from 9:30 AM-11:30 AM, to participate in Zumba For Heart. There is a \$5 donation to participate, and proceeds go to American Heart Association. Valerie Nichols, a certified instructor, will lead the event. Refreshments will follow.

DRIVE IN MOVIE

Prince George Parks and Recreation is sponsoring a "Drive-In Movie" day on February 24, 2024, from 1:00 PM-4:00 PM at Prince George Parks and Recreation Community Center (11100 Old Stage Rd., Prince George, VA 23875) for Prince George Youth aged 3-10. Participants will assemble their own "car" and watch a movie in their "car". The fee is \$10 per participant, which includes supplies to assemble and personalize their vehicle, popcorn, and juice boxes. Participants must be accompanied by an adult. Registration is available January 29-February 16, 2024, at Prince George Parks and Recreation or online at www.princegeorgecountyva.gov/onlineregistration. This activity is limited to 25 participants. The movie will be announced.

March

EASTER EGG HUNT

Prince George Parks and Recreation's Annual Easter Egg Hunt will be Saturday, March 30, 2024, at Temple Park (14307 Prince George Dr., Disputanta, VA 23842). This event is available for Prince George County residents only, aged 2-10. The egg hunt begins promptly at 11:00 AM. The Easter Bunny is expected to hop by for a visit. Please bring a basket or bag to collect all the eggs. A special thanks to Boys Scouts and Girl Scouts, for all their help with this event.

April

APPOMATTOX RIVER REGIONAL PARK 5K TRAIL RUN

Prince George Parks and Recreation, Riverside Regional Jail, and Friends of the Lower Appomattox River (FOLAR) are proud to host the 8th Annual Appomattox River Regional Park 5K Trail Run (800 Folar Trail, N. Prince George, VA 23860) on Saturday, April 13, 2024, at 9:00 AM. Participants of all levels are encouraged to come out and enjoy the festivities. Proceeds go to FOLAR and Special Olympics. Participants can register at <https://runsignup.com>.



COMMUNITY YARD SALE

Prince George Parks and Recreation is holding a Community Yard Sale on Saturday, April 6, 2024, from 9:00 AM-2:00 PM at Scott Memorial Park Pavilion (6680 Courthouse Rd., Prince George, VA 23875). The fee is \$20, payable by cash or check only. Checks should be made payable to Prince George Parks and Recreation Foundation. There are 25 (10 x 10) spaces available. The first 15 spaces will be under the pavilion. Reserve your space February 4 through March 29, 2024 (or until filled) at Prince George Parks and Recreation (11100 Old Stage Rd., Prince George, VA 23875). All proceeds go to Prince George Parks and Recreation Foundation.



Dixie Youth Softball World Series

Prince George County will be hosting the 2024 Dixie Softball World Series. Teams from Virginia, Florida, Tennessee, North Carolina, Mississippi, South Carolina, Alabama, Georgia, and Louisiana will travel to Prince George to participate in the World Series Tournament. Tournaments will be played at JEJ Moore Athletic Complex (11455 Prince George Dr., Disputanta, VA 23842).

Ponytails X-Play (Ages 11- 2) and Belles (Ages 13-15) World Series Tournament will be held July 19–July 24, 2024.

Darlings (Ages 7-8) and Angels X-Play (Ages 9-10) World Series Tournament will be held July 26–July 31, 2024.



Top Gun Softball

Top Gun Northeastern National Softball will play several tournaments in Prince George, Dinwiddie, and Colonial Heights with teams from Pennsylvania, Delaware, Maryland, Virginia, North Carolina, West Virginia, South Carolina, and Georgia. The age division of the teams are 8-18U. Tournaments will be played at JEJ Moore Athletic Complex (11455 Prince George Dr., Disputanta, VA 23842). Tournaments that have been scheduled to date:

- Top Gun Softball March 16-17, 2024
- Top Gun Softball April 13-14, 2024
- Top Gun Softball April 27-28, 2024
- Top Gun Softball Spring Nationals May 4-5, 2024
- Top Gun Softball May 25-27, 2024
- Top Gun Softball June 8-9, 2024
- Top Gun Softball Summer World Series June 21-23, 2024



OUTDOOR ACTIVITIES



Outdoor Activities

WETLANDS PADDLE

Prince George Parks and Recreation is proud to partner with U.S. Fish and Wildlife Services to offer programming at the James River National Wildlife Refuge in Prince George. Reserve a canoe or bring your own canoe/kayak to paddle the tranquil waters of Powell Creek (4550 Flowerdew Hundred Rd, N. Prince George, VA 23860). Prior canoe/kayak experience recommended. Participants must be at least 12 years of age. All participants under 18 years of age must participate with a parent, or legal guardian.

Self-Guided Wetlands Paddle will begin at 9:00 AM and continue until 12:00 PM on Saturday, April 20, 2024, and Saturday, May 11, 2024. Each date is limited to 16 participants only. Registration begins March 4, 2024, and continues until full. Pre-registration is required and is conducted online only at www.princegeorgecountyva.gov/onlineregistration.

GUIDED NATURE WALKS

Prince George Parks and Recreation is proud to partner with U.S. Fish and Wildlife Service to offer programming at the James River National Wildlife Refuge at Powell Creek Nature Trail in Prince George County.

Join our local naturalist for a guided nature walk as he highlights the wonders of nature along Powell Creek Nature Trail. Learn about the rich natural and cultural history of the area, as you meander along the winding path. There is always something new to see as we explore the wild outdoors.

This free event is sponsored by the U.S. Fish and Wildlife Service and Prince George County Parks and Recreation.

All ages are welcome. This activity is limited to 25 participants per date. Each participant of a family that will be attending must be registered. Pre-registration is required. Activity dates for the Spring and Summer have not yet been scheduled. When available, information will

be posted on Prince George Parks and Recreation website and Prince George Parks and Recreation Facebook page (PG County Parks and Recreation).

WALKING TRAILS

Visit www.princegeorgecountyva.gov/residents/parks_and_recreation/county_walking_trails.php for maps, and an overview of walking trails at Appomattox River Regional Park, James River National Wildlife Refuge at Powell Creek Nature Trail, and Prince George County Complex walking trails and exercise stations.

DISC GOLF

Pine Valley at Scott Park, an 18-hole Disc Golf Course, is open in Prince George County from dawn until dusk daily. The Disc Golf Course is located at Scott Memorial Park Complex (6000 Scott Memorial Park Rd., Prince George, VA 23875). All participants will need to supply their own discs to play. Players may also download an app, such as UDISC, for their phone or smart watch, which can be used to view or follow disc golf map courses, score your rounds, measure your throws, and analyze your game.

Prince George County Library (6600 Courthouse Road, Prince George, VA 23875) now has disc golf sets available for use at the adjacent "Pine Valley at Scott Park" disc golf course. Disc sets are available for check-out, thanks to funding from the Hopewell-Prince George Friends of the Library. Each set includes (2) putters, (2) mid-ranges, (2) drivers, and (1) disc markers. Come out and try this family friendly sport while enjoying the great outdoors! For more information about disc set usage, please contact the Prince George Library at (804) 732-0652.

RENT.FUN SELF-SERVICE KAYAK RENTALS

Adventure lovers, get ready to make a splash at Appomattox River Regional Park, located at 800 Folar Trail, N. Prince George, VA 23860. We're excited to announce the launch of Rent.Fun Self Service Kayak Rental. Rent.Fun user-friendly mobile app makes renting a kayak as easy as a few taps on

OUTDOOR ACTIVITIES/SPECIAL INTEREST

your screen. Pricing is \$20 for the first two hours, and \$10 for each additional hour; or \$45 for a six-month seasonal membership. Seasonal membership includes daily rental for two hours; additional hours will be charged the regular hourly rate. Rental includes use of a single person kayak, paddle, and life vest. Rental hours are 6:00 AM–7:00 PM daily. For additional information regarding rentals, visit <https://www.rent.fun/>.

OUTDOOR PICKLEBALL AND TENNIS

Prince George Parks and Recreation is excited to announce the opening of four new regulation outdoor Pickleball courts, as well as one new Tennis court at Temple Recreation Park (14307 Prince George Dr., Disputanta, VA 23842). The courts are available for open play daily from dawn until dusk. The Grand Opening of these new courts occurred July 19, 2023.

Pickleball is easy to learn, and combines many elements of tennis, badminton, and ping-pong. It is played on a badminton sized court with a slightly modified tennis net with a paddle and a plastic ball with holes. Like tennis, it can be played as doubles, or singles. Pickleball is fun for all ages!

Special Interest

FUNDAMENTALS OF PHOTOGRAPHY

January 13, 2024, from 9:00 AM–12:00 PM

Prince George Community Center (11100 Old Stage Rd., Prince George, VA 23875)

\$40 per participant

To master your photography, you need to know three things – 1) how to adjust your camera, 2) how to compose a great shot, and 3) how to fine-tune your finished images to get maximum impact. This 3-hour “Fundamentals of Photography” class, taught by local professional photographer, Ken Newman, teaches you the keys to making great images.

Whether your interest is in capturing the beautiful landscapes, nature, and wildlife, shooting action sports and events, or making portraits, this class will get you moving in the right direction by teaching you about *your* camera and lenses and how to work with available lighting to produce an image that gets a “Wow!” response from your friends.

Topics covered include:

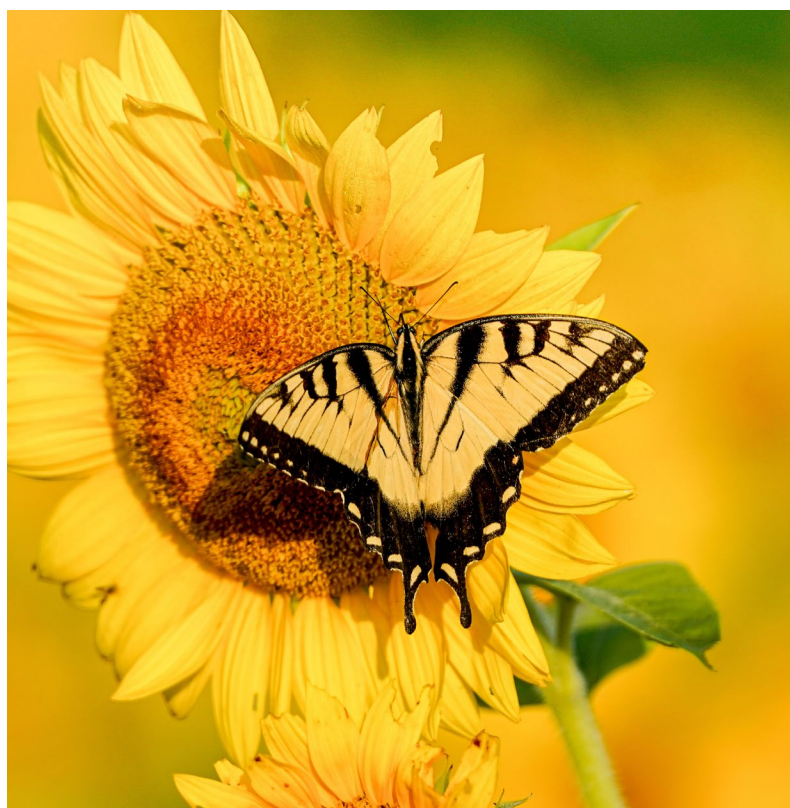
- Taking control of your camera – Understand aperture, shutter speed, and ISO settings.
- Camera settings – Learn the most important features and menu settings that affect exposure.

- Capturing motion – Manage focus, lighting, and blur.
- Managing light – How to photograph in any lighting conditions.
- Composing a great image – Making an interesting photograph.
- Image editing – Making small adjustments to your digital images to improve their clarity.

This Beginner-to-Intermediate Level class will give you hands-on experience with your camera, the opportunity to ask all your important questions, and one-on-one coaching from an expert. Ansel Adams, famed landscape photographer, said it best, “You don’t take a photograph, you MAKE a photograph!” Attend this class and you’ll be well on your way to MAKING excellent photographs!

NOTE: Participants are strongly encouraged to bring their camera and lenses so you can follow along and learn how to set-up your camera. A spare charged battery, formatted memory card, and your instruction manual are also very helpful to have on hand at the class. This class is most appropriate for Digital SLR and Mirrorless cameras with manual exposure settings but all photographers will learn invaluable skills to improve your images.

This activity is limited to (12) participants, aged 15 and older. Registration is available until January 11, 2024 at www.princegeorgecountyva.gov/online/registration.



PARKS & RECREATION FACILITIES

Facilities & Parks

Rules for Use

Each park is available to Prince George citizens from dawn to dusk each day. Alcoholic beverages are prohibited.

Pavilion Reservations

County citizens, businesses, and organizations may reserve the pavilion facilities through the Parks & Recreation Department. You may call (804) 458-6164 to check for availability or visit the office in person to fill out a reservation form. Scott Park and Temple Park Pavilions are reserved for half days either from dawn to 3:00 PM or 3:00 PM to dusk, in an effort to accommodate as many groups as possible. Self-cleanup required.

SCOTT MEMORIAL PARK

6680 Courthouse Road, Prince George, VA 23875
The Scott Memorial Park features a large pavilion, picnic tables, restrooms, a newly renovated playground, two lighted softball fields, and five soccer fields.

MOORE ATHLETIC FIELDS

11455 Prince George Drive, Disputanta, VA 23842
The Moore Athletic Complex has four lighted baseball fields, a multi-purpose field, a new playground, and a concession area.

TEMPLE RECREATION PARK

14307 Prince George Drive, Disputanta, VA 23842
Temple Park features one full size lighted softball field, a multi-purpose field, one tennis court, four pickleball courts, basketball courts, playground, concession area, restrooms, and large pavilion with picnic tables.

PG CENTRAL WELLNESS CENTER

11023 Prince George Drive, Disputanta, VA 23842
The Prince George Central Wellness Center is a principal hub for active youth and adults. The indoor facility is utilized for basketball leagues,



**SCOTT
MEMORIAL
PARK**



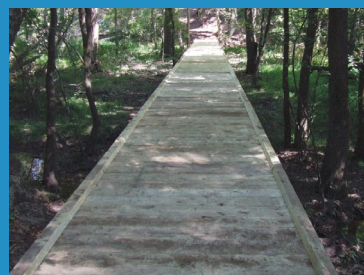
**MOORE
ATHLETIC
FIELDS**



**TEMPLE
RECREATION
PARK**



**PG CENTRAL
WELLNESS
CENTER**



**APPOMATTOX
RIVER
REGIONAL
PARK**



PRINCE GEORGE COMMUNITY CENTER



PRINCE GEORGE CENTRAL WELLNESS CENTER

school practices, and sports clinics. It features a fitness room and Citizens Lounge. The outdoor lighted rectangular field is used for recreation football practices, and recreation/school soccer practices. Pickleball on Tuesdays, Wednesdays and Fridays from 9:00 AM-12:00 PM.

APPOMATTOX RIVER REGIONAL PARK

800 Folar Trail, N. Prince George, VA 23860

The Prince George County Parks & Recreation Department is also proud to offer the newest addition to our parks. The Appomattox River Regional Park is located between I-295 and the Riverside Regional Jail on River Road. This park offers over 60 acres of wooded trails with an observation pier on the Appomattox River, educational shelter, canoe/kayak launch and restroom facility. Come out for a walk and enjoy the outdoors.

Exercise Rooms

Thanks to the **John Randolph Foundation**, the Prince George County Board of Supervisors, and Prince George County Administration, Prince George Parks and Recreation has opened two fitness facilities to assist citizens of Prince George County in their quest for a healthy lifestyle.

Registration fee is \$5 per month or \$50 a year and membership may be utilized at both the Prince George Community Center and Central Wellness Center locations. The exercise facilities are open to County residents ages 13 and up. Participants 13-15 must be accompanied by an adult.



**John
Randolph
Foundation**

PRINCE GEORGE COMMUNITY CENTER

11100 Old Stage Road, Prince George VA 23875

The fitness facility at the Prince George Community Center has been open since November, 2012. The two exercise rooms are open to County residents ages 13-and up. The cardiovascular room contains ellipticals, treadmills, and stationary bikes. The weight room houses strength training machines with limited free weights.

The Community Center Fitness Facility is open Monday–Thursday from 7:00 AM –8:00 PM and Friday from 7:00 AM–7:00 PM.

PRINCE GEORGE CENTRAL WELLNESS CENTER

11023 Prince George Drive, Disputanta VA 23842

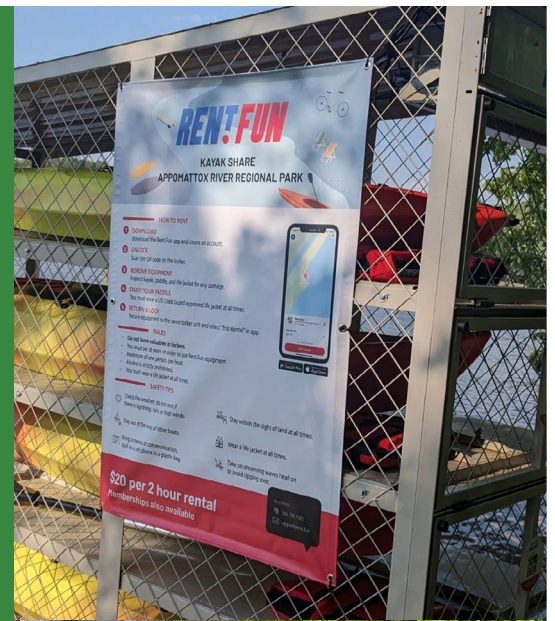
Prince George Central Wellness Center is the newest fitness facility. The fitness room features ellipticals, treadmills, stationary bikes, strength training machines, and limited free weights. Fitness Room participants should enter through the front of the building.

The Wellness Center Fitness Room is open Monday–Friday 7:00–10:00 AM, Monday–Thursday 5:00–8:00 PM, and Friday 5:00–7:00 PM.

Rent.Fun Self-Service Kayak Rental

Adventure lovers, get ready to make a splash at Appomattox River Regional Park, located at 800 Folar Trail, N. Prince George, VA 23860. We're excited to announce the launch of Rent.Fun Self Service Kayak Rental. Rent.Fun user friendly mobile app makes renting a kayak as easy as a few taps on your screen. Pricing is \$20 for the first two hours, and \$10 for each additional hour; or \$45 for a six month seasonal membership. Seasonal membership includes daily rental for two hours; additional hours will be charged the regular hourly rate.

Rental includes use of a single person kayak, paddle, and life vest. Rental hours are 6 AM–7 PM daily. For additional information regarding rentals, visit www.rent.fun or contact Customer Support at 386-200-1385.



PRINCE GEORGE COUNTY

A WELCOMING COMMUNITY, EMBRACING ITS RURAL CHARACTER AND FOCUSING ON ITS PROSPEROUS FUTURE.

PRINCE GEORGE COMMUNITY CENTER

11100 Old Stage Road
Prince George, VA 23875
Office: (804) 458-6164
Fax: (804) 458-5021
Activity Hotline: (804) 458-5186
PRINCEGEORGECOUNTYVA.GOV

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PG County Parks
and Recreation

