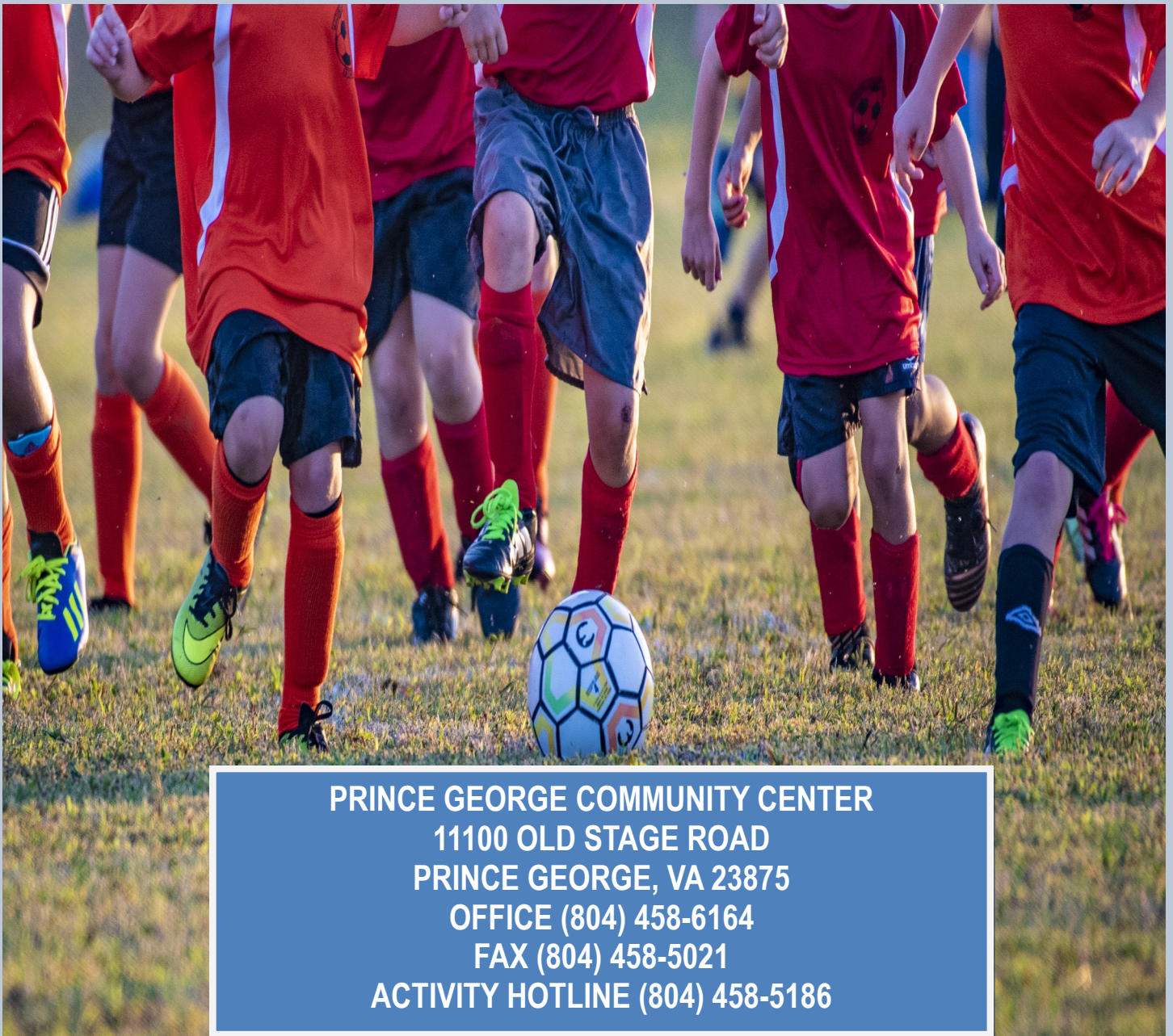


Prince George County Parks and Recreation

2019 Activity Guide

Winter-Spring



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

Sports, Special Activities & Programs

Welcome

We are very excited to present our Winter/Spring Activity Guide. Our latest brochure offers a variety of activities for participants of all ages. Youth will enjoy our seasonal activities, Summer Day Camp, athletic programs, and classes. You and your family are invited to join us at our free "Movie in the Park" held at Scott Park throughout the summer. Come join our new "PG Movers," a group that offers a variety of activities for people 40 years and older.

Start the New Year out right getting in shape at either of our exercise facilities located at both the Parks and Recreation Community Center and Central Wellness Center, partially funded from generous grants from the **John Randolph Foundation!** Adults looking for other ways to get in shape, may enjoy our Zumba Classes, Yoga, Country Heat Live, Cize Live, Basic Abs and Fitness or if you aren't sure what particular exercise you would enjoy, try Ballroom Dance. Participants of all ages are encouraged to try their hand at Pickleball at either Temple Park or the Central Wellness Center.

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

Sincerely,

Keith B. Rotzoll



Appomattox River Regional Canoe/ Kayak Launch

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

Front and back cover photos provided by Ken Newman.

Acknowledgements

Recreation Advisory Commission

James T. Buren

James Williams

Elaine Abernethy

Keith Brown

Emmett T. Drewry

Donald Hunter

Frank Pino

School Liaison: Hezekiah Butler

Our Staff

Department Director - Keith B. Rotzoll - krotzoll@princegeorgecountyva.gov

Athletic Coordinator - Robbie Eley - reley@princegeorgecountyva.gov

Special Activities Coordinator - Debbie Lafland - dlafland@princegeorgecountyva.gov

Asst. Athletic Coordinator- Chris Underhill - cunderhill@princegeorgecountyva.gov

Office Associate II - Ann-Marie Saunders - asaunders@princegeorgecountyva.gov

Sr. Grounds Maintenance Worker - John Logan- jlogan@princegeorgecountyva.gov

Sr. Grounds Maintenance Worker - William (W.B.) Baird- wbaird@princegeorgecountyva.gov

Sponsorship Opportunities

Baseball/Softball - *If you are interested in a sponsorship please call our office at 804-458-6164. Sponsorships will need to be submitted by March 1, 2019.*

Appomattox River Regional Park 5K Trail Run - Prince George Parks and Recreation, Riverside Regional Jail, and the Friends of the Lower Appomattox River (FOLAR) are proud to host the 4th Annual Appomattox River Regional Park 5K Trail Run on Saturday, April 6th! All profits and donations from the event will be split between the Special Olympics of Virginia and FOLAR. **All Sponsorships need to be received by March 22nd to be included on the race shirt.**



Table of Contents

Welcome	1
Acknowledgements/ Sponsorships	2
Social Media	3
Community Events	4
Youth Recreational Leagues	5-7
Youth Summer Day Camp/ Spring Family Events	8
Youth Physical Fitness/ Sports Camps	9
Exercise Programs/Mature Adults	10
Adult Classes	11
Recreation Facilities	12
Recreation Foundation/ Park Passes/ PG Promise	13
Exercise Rooms	14

Social Media

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

Facebook—PG County Parks and Recreation

Twitter—PG Parks & Rec

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.princegeorgeva.org 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.

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a dark blue rectangular background.The "RainedOut" logo, featuring the word "RainedOut" in a stylized, bold, blue font with a white outline, set against a white background with a blue cloud-like border. Below it, the tagline "KNOW BEFORE YOU GO" is written in a smaller, blue, sans-serif font.The Twitter logo, featuring the word "twitter" in white lowercase letters and the Twitter bird icon, both on a light blue rectangular background.

Community Events



Appomattox River Regional Park 5K Trail Run

Prince George Parks and Recreation, the Riverside Regional Jail, and the Friends of the Lower Appomattox River (FOLAR) are proud to host the 4th annual Appomattox River Regional Park 5K Trail Run (800 FOLAR Trail, N. Prince George, VA 23860) on Saturday, April 6th at 9:00am. Participants at all levels are encouraged to come out and enjoy the

festivities. Proceeds go to FOLAR and the Special Olympics. Participants can register at <https://runsignup.com/AARP-5K>.

Movie In The Park

Prince George Parks and Recreation will be sponsoring free "Movies In the Park" at Scott Park - 6680 Courthouse Road, on June 14th, July 12th (2nd Friday of the Month) at 8:30 pm. and our last movie will be a Halloween movie held at the Harvest Festival (date and time TBA) (The feature presentations will be announced at a later time. Bring a lawn chair or blanket and come enjoy a movie in the park. We request that no outside food, drinks or coolers be brought to the movie. Concessions will be available on site. In case of inclement weather call our office at 804-458-6164.



Special Interest



Pickleball - The Central Wellness Center, 11023 Prince George Drive, is open for PICKLEBALL. The courts will be available on TUESDAY'S and FRIDAY'S from 9 am to noon. Come and check it out!

Pickleball Open House- Come learn to play Pickleball, the fastest growing sport in the world, pickleball is easy to learn and fun for all ages. It combines many elements of tennis, badmitton and ping-pong and is played both indoors and outdoors on a badmitton sized court and a slightly modified tennis net. A free beginners clinic will be held on Saturday, March 9, 2019 from 10am-1pm at the Prince George Wellness Center Gymnasium, 11023 Prince George Drive. Come dressed in gym type clothing and tennis style shoes with non-marking soles. You will learn the basic fundamentals and rules of the game and will be playing a few games. Pickleball paddles and balls will be provided. Children under 16 years old must be accompanied by a parent.

For more information you may call PG Parks & Recreation at 804-458-6164 or Jared Dieffenbach at 804-704-0374.

Art Classes - Prince George Parks and Recreation offers various art classes. Check our website www.princegeorgeva.org for updates on new classes and times.

Youth Recreational Leagues

T-ball and coach pitch will be running concurrently with the regular baseball and softball season in the spring. This means all baseball/softball, with the exception of Blastball, will be running the same time as spring soccer. Both the boys and girls coach pitch teams will now be participating in the Dixie Youth Leagues.

Due to this change, players age 5 and up can only participate in ONE spring league.

Registration is required for each league. A parent or legal guardian must register the youth at the Recreation Office or online at www.princegeorgeva.org/onlineregistration.

A birth certificate is required for first-time sign-ups.

Family registration fee for youth sports will be \$30.00 for 1 child; \$50.00 for 2 children; \$70.00 for 3 children and \$10 for every additional child past three.

A player may move up one age group in baseball/softball IF they are within one years 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 if interested.

Baseball—Softball Ages 3-8

***On Site Registration January 7– February 1, Monday—Friday 8:30am—5:00pm (closed January 18th & 21st)
Saturday, January 26 9:00am-Noon***

T-Ball Boys - This is a league for participants that teaches the basics of baseball, such as catching, throwing, and hitting. T-ball is designed for boys ages 5 & 6. All boys must have reached 5 years of age and cannot be 7 years of age on or before May 1, 2019.

T-Ball Girls - This is a league for participants that teaches the basics of softball, such as catching, throwing, and hitting. T-ball is designed for girls ages 5 & 6. All girls must have reached 5 years of age and cannot be 7 years of age on or before August 31, 2019.

Coach Pitch Boys - This is a league for boys ages 7 & 8. All boys must be 7 years of age and not 9 years of age on or before May 1, 2019. In this league the coaches will be pitching to the participants so that they can learn the fundamentals of hitting, running, and sportsmanship.

Coach Pitch Girls - This is a league for girls ages 7 & 8. All girls must be 7 years of age and not 9 years of age on or before August 31, 2019. In this league the coaches will be pitching to the participants so that they can learn the fundamentals of hitting, running, and sportsmanship.

Blastball - This league is for boys and girls 3 & 4 years old. Participants must be 3 years of age and cannot have reached their 5th birthday on or before May 1, 2019. This league is designed to teach the fundamental skills of baseball and softball. *Blastball registrants can also sign up for mini-mite soccer.*

Baseball—Softball Ages 9-15

On Site Registration January 7-February 1, Monday—Friday 8:30am—5:00pm (close January 18th & 21st)
Saturday, January 26 9:00am— Noon

A player may move up one age group in baseball/softball IF they are within one years 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 if interested.

P.G. Parks and Recreation participates in Dixie Youth & Babe Ruth Baseball/Softball Leagues.

Angels - This fast pitch softball league is for girls ages 9 & 10. Girls must be 9 years of age and cannot have reached their 11th birthday on or before August 31, 2019. This league is designed to teach the fundamentals of softball along with the sportsmanship that comes with winning and losing.

Ponytails - This league is for girls ages 11 & 12. Girls must be 11 years of age and cannot have reached their 13th birthday on or before August 31, 2019. This is a league is designed to fine tune your softball skills and introduce more complex aspects of fast pitch softball.

Belles - This softball league is for girls ages 13-15. Each girl must be 13 years of age and cannot have reached their 16th birthday on or before August 31, 2019. In this league the girls will be taught fast-pitch softball at a higher recreational level.

AAA- This baseball league is for participants age 9 & 10. The participants must be 9 years of age and cannot have reached their 11th birthday on or before May 1, 2019. This is a league designed to teach the fundamentals of baseball along with the sportsmanship that comes with winning and losing.

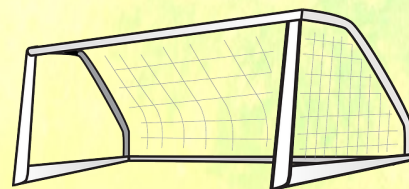
Major - This league is for participants ages 11 & 12. Participants must be 11 years of age and cannot have reached their 13th birthday on or before May 1, 2019. This is a league designed to fine-tune your baseball skills and level of play.

Babe Ruth - This baseball league is for participants ages 13-15. Each participant must be 13 years of age and cannot have reached their 16th birthday on or before May 1, 2019. This is a league designed to teach each participant baseball at a higher recreational level.

Babe Ruth - This league is a competitive baseball league where the team travels within the tri-cities area to play games. It is for participants ages 16 - 18. They can not of reached their 19th birthday on of before January 1, 2019.

Debs—This league is a competitive softball league where the team travels within the tri-cities area to play games. It is for girls ages 16-18. They can not of reached their 19th birthday on of before August 31, 2019.

Youth Recreational Leagues



Spring Soccer

On Site Registration January, 7-February 1, Monday—Friday, 8:30am—5:00pm (closed January 18 & 21)
Saturday, January 26 9:00am-Noon

A player may move up one age group in soccer IF they are within one years 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 if interested.

Mini-Mites Soccer - This league is for 4 year old boys and girls. Each child must be 4 years old and cannot have reached their 5th birthday on or before Dec.31, 2018. This is an instructional league that teaches the very basics of soccer.

Mighty Mites Soccer - For boys and girls ages 5 & 6. Each child must be 5 years of age and cannot have reached their 7th birthday on or before Dec 31, 2018. This league is designed to introduce fundamentals such as passing, dribbling and trapping.

Peewee Soccer - For boys and girls ages 7 & 8. The child must be 7 years of age and cannot have reached their 9th birthday on or before Dec. 31, 2018. The Peewee division is designed to teach the basic fundamentals of soccer and to introduce positions and teamwork.

Junior Soccer - Boys and girls in this age group are 9 & 10 years of age. Each child in this division must be 9 years of age and cannot have reached their 11th birthday on or before Dec. 31, 2018. This age division is designed to fine tune each skill learned through the different age groups and the sportsmanship that goes with winning and losing.

Senior Soccer - For boys and girls age 11-13. All participants must be 11 years of age and cannot have reached their 14th birthday on or before Dec. 31, 2018. This division will teach the children recreational soccer at a higher level.

U14 Travel Soccer - For boys and girls age 14. All participants must be 11 years of age and cannot have reached their 15th birthday on or before December 31, 2018. Games played in Colonial Heights. \$30 per participant.

U18 Travel Soccer - For boys and girls age 15-18. All participants must be 15 years of age and cannot have reached their 19th birthday on or before December 31, 2018. Games played in Colonial Heights. \$30 per participant.





Summer Day Camp

Day Camp

June 17 - August 15

Boys & Girls ages 6-12

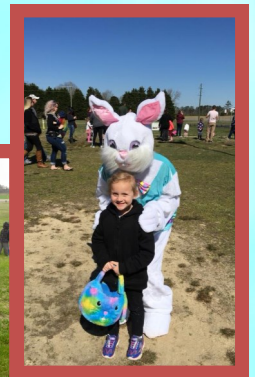
The camp will be held at Scott Park on Mondays and Wednesdays from 9:30 am to 2:30 pm and at Temple Park on Tuesdays and Thursdays from 9:30 am to 2:30 pm. Activities will include sports and games, arts and crafts, special field trips, and guest programs. Registration will be taken May 1 **until filled**. 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). The camp is free but will have associated trip fees. **Must be a Prince George** resident and a parent or legal guardian must sign child up in the office. First time participants must present a copy of birth certificate when registering.



Spring Family Events

Easter Egg Hunt

Saturday, April 20th. This event will be held at Temple Recreation Park for ages 2-10. The hunt will begin promptly at 11 a.m. and look for a visit from the Easter Bunny. Easter baskets or bags are required. Thanks to the Boy Scouts and Girl Scouts for their help with this event.



Kite Festival—Prince George Parks and Recreation is proud to be hosting its sixth annual Kite Festival! This family friendly event will feature kite demonstrations and fun contests for all groups. Participants will have the opportunity to build, fly, and take home their own kite! The Kite Festival 1K Fun Run will be for participants ages 5 – 12, starting promptly at 11 a.m.! Come out and enjoy the day with friends and family! The event will be held on Saturday, April 27th from 11:00 a.m. to 3:00 p.m. at Temple Park.



Youth Physical Fitness

Karate Classes— Karate classes build positive self-image, sportsmanship, self defense, and better concentration. They are held on Tuesday and Thursday nights at W. A. Walton Elementary School in the gym. These classes are for anyone ages 8 and over. The classes run for eight weeks. The program fee is \$60 per participant with multi-child discounts.

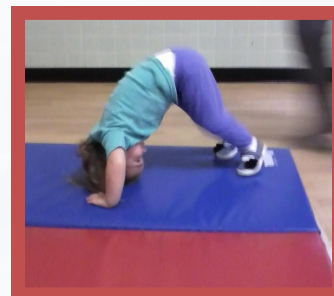


MLB Pitch, Hit, & Run— Prince George Parks and Recreation will be hosting MLB 2019 Pitch Hit and Run on Friday, March 22, 6:00 pm at the JEJ Moore Athletic Complex. This is for boys and girls 7 to 14 years of age. Participants can pre-register online, in the Parks and Rec office, and the day of the event by 5:30 pm.



Travel Field Hockey— Prince George Parks and Recreation will be offering a competitive girls travel field hockey team that will compete in three tournaments. The team will practice in Prince George County. This is for girls in grades 2nd through 11th. Dates, times, fees to be announced.

Toddler Tumble Class— Prince George Parks and Recreation is offering a program for pre-school children ages two through four. The class will keep your child energized with a mixture of clapping, moving, tumbling, balance, climbing, catching, throwing, and hopping. Toddler Fun and Fitness classed will be held on Thursday nights from 5:30 pm to 6:00 pm or Friday mornings from 10:00 am to 10:30 am at the Prince George Community Center starting February 7th and 8th. The class cost is \$50 per child with multi-child discounts. Registration will be held December 10 through January 11th or until filled.



Sports Camps



Baseball Camp— The camp is designed to teach the fundamentals of baseball. The date and time is TBA but will take place over Spring Break and is open to County residents ages 9-12. The cost will be \$30.00. Led by PG Middle School Coach Donnie Brittingham.

Softball Camp— The camp is designed to teach the fundamentals of softball. The date and time is TBA but will take place over Spring Break and is open to County residents ages 9-12. The cost will be \$30.00. The camp will be led by the Richard Bland College



Exercise Programs

CIZE Live- Dance your way to fit with professional dance moves for everyday people with simple step by step dance routines! CIZE LIVE will have you burnin' up the dance floor and burnin' off the calories!

Country Heat Live- TURN IT UP TO BURN IT OFF! Step right into this easy to follow, exhilarating country dance inspired workout! No complicated moves just simply follow along to enjoy the low impact, high energy dance class set to the hottest country hits!

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 goes on the principle that a workout should be "fun and easy to do".

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

Basic Abs - This class will include muscle conditioning with a complete dynamic workout for all fitness levels. It will deliver strength, balance, flexibility endurance for core stability to tone, lengthen and define your muscle class incorporates all this using only your body resistance to burn calories and get the results you desire. Bring a mat for floor exercises and weights.

Zumba-For-Heart - We will exercise to music with refreshments to follow. There will be a \$5.00 donation with all proceeds going to the American Heart Association. This program will be held at the Prince George Community Center on Saturday, February 9 from 9:30 am to 11:30am. Valerie Nichols, a Certified Instructor, will lead the event.

For dates, times, and prices of classes visit our website

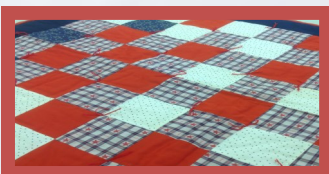
Mature Adult

PG Movers - The "PG Movers" is a group that offers a variety activities for people 40 years of age and older. Activities include traveling, attending events, dining out, becoming and staying physically fit, and much more! We will meet periodically throughout the year. Come out and join!!! Contact Debbie Lafland at dlafland@princegeorgecountyva.gov for more information.



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 will feature two mindful exercise forms, Yoga and Tai Chi, and present strategies and movement sequences to incorporate mind-body exercise into physical activity programming.



Scraps from the Heart - Prince George Parks and Recreation Department is sponsoring "Scraps from the Heart". Participants design and make lap quilts from scraps of material. If you would like to join us please call 458-6164 or email dlafland@princegeorgecountyva.gov

Fun Bridge Club - This club invites and welcomes new members. This club meets every Tuesday from 12-3pm in the Library at the Prince George Community Center (11100 Old Stage Road Prince George). Must have an understanding of the game.

Adult Classes

Hunter Safety—Certificate awarded. This course will be instructed by the Department of Game and Inland Fisheries. Pre-Registration is required. To register and locate dates and times, please log on to www.dgif.virginia.gov or call 1-888-516-0844.

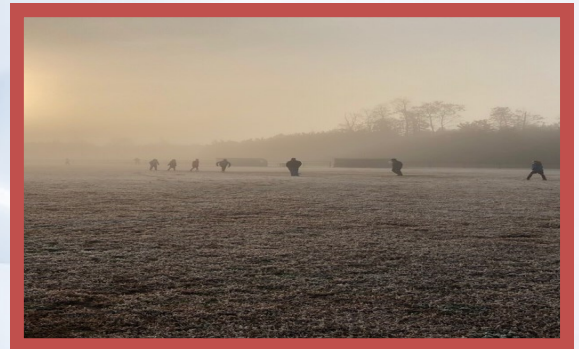
Boater Safety— Certificate awarded. This course will be instructed by the Coast Guard. Pre-Registration is required. To register and locate dates and times, please log on to www.dgif.virginia.gov or call 1-888-516-0844.

Basic DSLR Photo Course —This three-hour course is designed for people who bought a Digital-Single Lens Reflex (DSLR) camera and who want to take better pictures. Class is limited to 15 participants, the fee is \$35 per participant, taught by David Breidenbach and will be held January 12, 9 a.m. to 12p.m. at the Prince George Community Center. Registration open until filled.



Mobile Phone/ Pad Photography Workshop

The workshop will be taught by Ken Newman. This entry-level class is for students who want learn or improve their phone/pad digital photography and image sharing. Participants will learn the basics of mobile device photography, basic image editing and the use of a few popular photography apps. Students will also learn how to post images to popular social media sites such as Facebook and Instagram. Participants should bring their mobile device(s) and power cord/charger to this class. The class will meet at the Prince George Community Center, 11100 Old Stage Road, 9 am to noon—March 9. The fee is \$30.00 per person. Registration will be held January 28-March 5.



Ballroom Dance Classes

The Prince George Parks and Recreation Department will be offering ballroom dance classes for beginner and experienced dancers to meet new friends and learn new dance steps. Participants will learn the Basic Fox Trot, Waltz, and East Coast Swing. Leave the program with the confidence to dance at any social event! The class will be held for four weeks at the Prince George Community Center on Wednesdays beginning March 6, from 6:30p.m. to 7:30 p.m. Register January 21—until filled. Program fee is \$20 per participant.



Parks and Recreation Facilities

Rules for Use

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

Pavilion Reservations

County citizens, businesses, and organizations may reserve the pavilion facilities through the Parks and Recreation Department. You may visit the office, 11100 Old Stage Road, in person to fill out a reservation form. Scott Park and Temple Park Pavilions are reserved for half days either from dawn to 3 pm or 3 pm to dusk, in an effort to accommodate as many groups as possible. Self-cleanup required, call the office at 458-6164 with any questions.

Scott Memorial Park

6680 Courthouse Road, 23875

The Scott Memorial Park features a large pavilion and picnic tables, restrooms, a newly renovated playground, and two lighted softball fields.

Moore Athletic Fields

11455 Prince George Drive, 23842

The Moore Athletic Complex has four lighted baseball fields, multi-purpose field, and concession area

Temple Recreation Park

14307 Prince George Drive, 23842

Temple Park features one full size lighted softball field, multi-purpose field, three tennis courts, playground and large pavilion.

PG Central Wellness Center

11023 Prince George Drive, 23842

The Prince George Central Wellness Center is developing into a principal hub for active youth and adults. The indoor facility is utilized for Zumba and Yoga classes, basketball leagues, school practices, and sports clinics. It features a new Fitness Room, Citizens Lounge and Computer Lab. The outdoor lighted rectangular field is used for recreation football practices, and recreation/school soccer practices.

Appomattox River Regional Park

800 Folar Trail, 23860

The Prince George County Parks and 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.



Prince George Parks & Recreation Foundation

The Foundation's purpose is to support the department by raising funds, accepting gifts and grants to enhance or expand existing programs, services, facilities and technology.

*Donate today by sending a check to:
Prince George Parks & Recreation Foundation
PO Box 712
Prince George VA 23875
Donations will be tax exempt.*

Park Passes



Look for discounted parks passes this spring/summer to the following park:

Prince George Promise Donations

To donate your NEW or "GENTLY USED" youth team sports equipment (baseball/softball, soccer, football, basketball, field hockey)!!!! Equipment will be used by PG Parks and Recreation youth league participants.

Bring equipment - in good condition, to the Prince George Parks & Recreation Community Center
11100 Old Stage Road

Sponsored by: PG Promise & Parks and Recreation



Parks and Recreation Exercise Rooms

Thanks to the **John Randolph Foundation**, the County Board of Supervisors, and 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 and/or \$50 a year and the card can be used at both the Prince George Community Center and Central Wellness Center locations. The two Exercise rooms are now open to County residents ages 13– and up. **Participants 13-15 must be accompanied by an adult.**

Prince George Community Center 11100 Old Stage Road, Prince George 23875



**John
Randolph
Foundation**
Healthy communities.
Bright futures.



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 stationery bikes. The weight room houses strength training machines with limited free weights.

The *Community Center Fitness Facility* is open Monday—Thursday from 7 a.m. to 8 p.m. / Friday from 7 a.m. to 7 p.m. / Saturday from 9 a.m. to noon.

Prince George Central Wellness Center 11023 Prince George Drive, Disputanta 23842

The newest facility at the **Prince George Central Wellness Center** opened last Spring. The Fitness Room features ellipticals, treadmills, stationery 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 currently open Monday—Friday 7am—10a.m./ Monday – Thursday from 5 p.m. to 8 p.m. and Friday from 5 p.m. to 7 p.m.



*Prince George County.....A global
community where families thrive and
businesses prosper.*



View and Register for Activities Online

You can logon **NOW** to create an account for you and your family members!

www.princegeorgeva.org/onlineregistration

What? 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 new online registration page and create your account today!

Why? 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.

