

Prince George County Parks and Recreation

Activity Guide

Summer – Fall 2024



**Youth
Recreational
Leagues**

PAGE 6

**Community
Events**

PAGE 14

**Summer
Tournaments**

PAGE 15

The Prince George Parks and Recreation Department invites you to join in the summer fun! Youth will enjoy summer programs that will include sports camps, summer day camp, Disc Golf Training Academy, Introduction to Pickleball classes and various other activities. Youth can also participate in our various athletic programs for the summer and fall, including football, cheerleading, soccer, field hockey, basketball, wrestling, and seasonal tournaments. Youth ages three and four can participate in Mini Mite Sports Camp which introduces the basic skills of soccer, baseball/softball, and basketball. Toddlers ages two through four can participate in our new Toddler Fun and Fitness class. Children look forward to our fall and holiday activities all year; which include our Harvest Festival, Christmas Card Contest, Breakfast with Santa, Santa Calls, and the annual Christmas Parade.

Adults interested in new, fun ways to exercise will enjoy our classes, such as Dance Fitness, Yoga, Line Dancing, and H.I.I.T. Adults can even gather their friends and co-workers together and form a team to participate in Adult (Over 35) Basketball League, Adult Co-Ed Volleyball, Adult Co-Ed Kick-Ball League, and Pickleball.

This fall, we are again partnering with U.S. Fish and Wildlife Services to offer self-guided wetlands paddling trips at Powell Creek, located in James River National Wildlife Refuge in Prince George. Parks and Recreation also renovated the existing Temple Park tennis courts to feature four Pickleball courts and one tennis court!

The mission of Parks & Recreation Department is to provide park facilities, recreation, education and wellness services to Prince George County residents and visitors so that they can enjoy an active and healthy lifestyle. We need your help to develop our strategic business plan. Please visit https://pgcountyva.formstack.com/forms/parks_and_recreation_community_survey or scan the QR code, to complete a short survey. Your input is very helpful.

Thank you for your participation.

Sincerely,



Keith B. Rotzoll



Acknowledgements

BOARD OF SUPERVISORS

- T.J. Webb, *Chairman*
- Floyd M. Brown Jr., *Vice Chairman*
- Marlene J. Waymack
- Phillip T. Pugh
- R. E. "Bobby" Cox Jr.
- Jeff Stoke, *County Administrator*

RECREATION ADVISORY COMMISSION

- James Williams
- Elaine Abernethy
- Keith Brown
- Emmett T. Drewry
- Donald Hunter
- Frank Pino
- Kierra Miller
- Christopher Jennings
- Larry Heidorn
- Bruce Carroll, *School Liaison*

OUR STAFF

Department Director

Keith B. Rotzoll
krotzoll@princegeorgecountyva.gov

Sports & Tourism Manager

Rob Eley
reley@princegeorgecountyva.gov

Special Activities Coordinator

Debbie Lafland
dlafland@princegeorgecountyva.gov

Assistant Athletic Coordinator

Chris Underhill
cunderhill@princegeorgecountyva.gov

Administrative Support Specialist III

Stephanie Early
searly@princegeorgecountyva.gov

Grounds Maintenance & Sports Tourism Supervisor

William (W.B.) Baird
wbaird@princegeorgecountyva.gov

Sr. Grounds Maintenance Worker

Michael (Ross) Keener
mkeener@princegeorgecountyva.gov



Sponsorship Opportunities	4
Registration	5
Youth Recreational Leagues	6
Youth Sports Camps	9
Special Interest	11
Adult Recreation Programs	12
Community Events	14
Tournaments	15
Outdoor Activities	16
Parks & Recreational Facilities	18

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.



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.

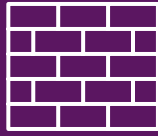


Disc Golf Sponsorship

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 1970's, 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 On-line!

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

HOW DO I REGISTER ON-LINE?

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

WHY SHOULD I REGISTER ON-LINE?

Our on-line 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?

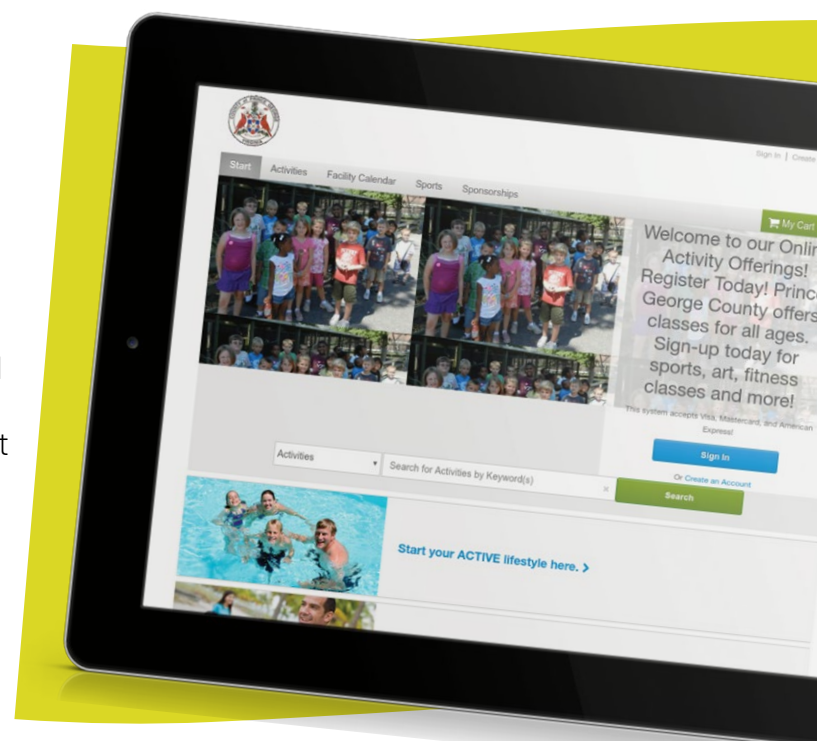
We accept Visa, MasterCard, American Express, and Discover.

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 on-line 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 on-line at www.princegeorgecountyva.gov/onlineregistration. A birth certificate is required for first-time sign-ups.

Family registration fees for youth sports (**WITH THE EXCEPTION OF FOOTBALL AND CHEER WHICH INCLUDES ASSOCIATED UNIFORM FEES**) 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 basketball 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 Fall of football/cheerleading and soccer, AND in Spring of baseball/softball and soccer, participants may only sign up for ONE activity.

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

Football & 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 on-line at www.princegeorgecountyva.gov/onlineregistration.

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

Participants will be responsible for purchasing jersey and game pants for football, or a cheerleading package, available through Parks & Recreation Office. Pricing for Football and Cheer will vary per participant and league and depending on previous participation and uniform needs. All separate payments for required uniform fees shall be rendered by May 31, 2024, or the registration fee will be refunded, and the child will be unable to participate in the season.

All football and cheer participants will be required to obtain a Child ID card from Virginia DMV prior to the start of the season, 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.



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.

Fall Soccer (Ages 4-18)

Registration is June 3 – June 28, 2024. You may register in person at Parks and Recreation office Monday – Friday from 8:30 AM – 5:00 PM or on-line at www.princegeorgecountyva.gov/onlineregistration.

MINI-MITES SOCCER

This division is for boys and girls aged 4. This is an instructional division that teaches the very basics of soccer. No participants may move up to the next age group from this division. 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 boys and girls aged 7 – 8. 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 boys and girls aged 9 – 11. 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 boys and girls aged 12 –13. 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.





Girls Travel Field Hockey (Grades 2-7)

Registration is July 8 – August 2, 2024. You may register in person at Parks and Recreation office Monday – Friday from 8:30 AM – 5:00 PM or on-line 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 – 7. The team(s) will practice in Prince George at Temple Park, but will travel to various locations to play games. The fee for this league is \$125.

Basketball (Ages 7-15)

Registration is September 30 – October 25, 2024. You may register in person at Parks and Recreation office Monday – Friday from 8:30 AM – 5:00 PM or on-line at www.princegeorgecountyva.gov/onlineregistration.

MINI-MITES BASKETBALL

This division is for boys and girls 7 – 8 years old. Participants must be 7 years of age and cannot have reached 9 years of age on or before January 1, 2025.

PEE-WEE BOYS BASKETBALL

This division is for boys 9 – 10 years old. Participants must be 9 years of age and cannot have reached 11 years of age on or before January 1, 2025.

JUNIOR GIRLS BASKETBALL

This division is for girls 9 – 11 years old. Participants must be 9 years of age and cannot have reached 12 years of age on or before January 1, 2025.

JUNIOR BOYS BASKETBALL

This division is for boys 11 – 12 years old. Participants must be 11 years of age and cannot have reached 13 years of age on or before January 1, 2025.

SENIOR BOYS BASKETBALL

This division is for boys 13 – 15 years old. Participants must be 13 years of age and cannot have reached 16 years of age on or before January 1, 2025.

SENIOR GIRLS BASKETBALL

This division is for girls 12 – 15 years old. Participants must be 12 years of age and cannot have reached 16 years of age on or before January 1, 2025.

Wrestling (Ages 5-14)

Registration is September 9 – October 11, 2024. The fee is \$75. You may register in person at Parks and Recreation office Monday – Friday from 8:30 AM – 5:00 PM or on-line at www.princegeorgecountyva.gov/onlineregistration.

Prince George Parks and Recreation, in partnership with Prince George Youth Wrestling Association (PGYWA) is offering youth wrestling for Prince George County Youth aged 5 – 14. The season will run from Early November until the end of February. Participants must be 5 years old and not have reached 15 years of age on or before October 1, 2024.



Registration

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

MINI MITE SPORTS CAMP

Registration May 6 – 24, 2024

This camp is for Prince George youth aged 3 – 4. This camp is designed to introduce and teach the basic skills of soccer, baseball/softball, and basketball. The camp will be held at Middle Road Elementary School on June 4 – 6, 2024 from 10:00 AM – 11:00 AM. The fee is \$35 per participant, and the camp is limited to 16 participants only.

GIRLS BASKETBALL CAMP

Registration June 10 – 28, 2024

This camp is for girls aged 7 – 18. This camp is taught by Prince George High School Varsity Girls Basketball Coaching Staff. The camp will be held at N. B. Clements Junior High School Gym on July 8 – 11, 2024 from 9:00 AM – 1:00 PM. The fee is \$55 per participant and is available for both Prince George residents and non-residents.

BASEBALL CAMP

Registration June 17 – July 5, 2024

This camp is for boys aged 9 – 18. The camp is taught by Prince George High School Varsity Baseball Staff. The camp will be held at Prince George High School Baseball Field July 15 – 17, 2024 from 6:00 PM – 8:00 PM. The fee is \$45 per participant and is available for both Prince George Residents and non-residents.

BOYS VOLLEYBALL CLINIC

Registration June 24 – July 12, 2024

This one-day clinic is for rising 6th – rising 12th grade boys. The clinic will be taught by Prince George High School Boys JV and Varsity Volleyball Coaches. Coaches will be instructing proper techniques of spiking, blocking, digging, and team play. The clinic will be held at Prince George High School Gym on July 22, 2024, from 9:00 AM – 1:00 PM. The fee is \$35 per participant and is available for both Prince George youth and non-residents.

SOCCER CAMP

Registration July 8 – 26, 2024

This camp is for youth aged 5 – 18. This camp will be taught by PG Extreme Soccer Coaches and area High School Soccer Coaches. The camp will be held at Scott Park Soccer Complex on August 5 – 7, 2024 from 6:00 PM – 8:00 PM. Participants will take part in partnered fundamental drills, offensive and defensive drills, and games. The fee is \$45 per participant and is available for both Prince George youth and non-residents.



GIRLS FIELD HOCKEY CAMP

Registration May 6- 24, 2024

This camp is for girls in grades 2- 11. This camp will be taught by Prince George High School Field Hockey Staff. The camp will be held at Prince George High School Multi-Purpose Field on June 3 - 5, 2024, from 6 PM - 8 PM. The fee is \$30 per participant and is available for both Prince George residents and non-residents.

CHEERLEADING CAMP

Registration July 8- 26, 2024

This camp is for youth aged 5 - 14. Participants will learn cheers, jumps, stunts, sideline dances, games and more. This camp will be taught by Prince George High School Varsity Cheerleaders and Coaches at N. B. Clements Jr. High School gym on August 6 - 8, 2024 from 6:00 PM - 8:00 PM. Participants will perform with PGHS Cheerleaders at a future home football game. The fee is \$50 per participant, with a \$10 discount for additional children participating from the same family. This camp is available for both Prince George Youth and non-residents.

Disc Golf Training Academy (Ages 7-Adult)

Registration is May 6 - June 14, 2024. The fee is \$30 for the first participant, and \$15 for each additional participant with 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 on-line at www.princegeorgecountyva.gov/onlineregistration.

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 (excluding July 4) from 5:30 PM - 7:30 PM. 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.



DANCE TO FIGHT BREAST CANCER

October 12, 2024

Join us for a Saturday October 12, 2024, from 9:30 AM - 11:30 AM at Prince George Community Center (11100 Old Stage Rd., Prince George, VA 23875) to have fun while dancing to fight breast cancer. \$5 donation to participate, and all proceeds go to American Cancer Society. All who donate are eligible for door prizes. This is a come and go event, or you may stay through its entirety. Certified Fitness Instructor, Valerie Cowdrey, will be leading the class.

KARATE CLASSES

Wednesdays 6 PM - 7 PM

Karate builds a positive self-image, teaches sportsmanship and self-defense, as well as aids in better fitness and concentration. Classes run every six weeks and are held Wednesday evenings from 6 PM - 7 PM at Prince George Parks & Recreation Community Center (11100 Old Stage Rd., Prince George, VA 23875). The classes are for ages 6 - Adult, and the fee is \$60 per person. The class is limited to (25) participants. Sensei Lisa Dean will be leading the Karate sessions.

TODDLER FUN & FITNESS

Registration dates May 1 - 30, 2024 (or until filled)

\$45 for first child, \$35 for second and additional children within the same family

Prince George Parks and Recreation is offering a program for preschool children aged 2 - 4. The class will keep your child energized with a mixture of moving, tumbling, balance, catching, throwing, and fun! We will be offering two sessions (one session in the mornings, and one session in the evenings). Morning sessions will be Monday - Friday from 10:00 AM - 10:30 AM. Evening sessions will be Monday - Friday from 5:30 PM - 6:00 PM. Each session will run June 10 -14, 2024. Each session is limited to (14) participants. The class will be held at Middle Road Elementary School Gym (5400 Middle Rd., Prince George, VA 23875). Register in-person and Parks and Recreation Office or on-line at www.princegeorgecountyva.gov/onlineregistration

FUNDAMENTALS OF PHOTOGRAPHY

September 21, 2024, from 9 AM until 12 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 August 12 - September 19, 2024 (unless filled) at www.princegeorgecountyva.gov/onlineregistration.



ADULT RECREATIONAL PROGRAMS

ADULT CO-ED KICKBALL

Registration August 5 – 23, 2024

Registration is for teams only. Players must be at least 16 years of age, and live or work in Prince George. The registration fee of \$200 per team is due at the time of registration. The games will be played at JEJ Moore Athletic Complex, with dates and times to be determined depending on the number of teams registered. The league will start in September and run through the end of October.

ADULT CO-ED VOLLEYBALL

Registration September 9 – 27, 2024

Registration is for teams only. Players must be at least 16 years of age, live or work in Prince George, and have no more than 18 players per team. The fee of \$50 per team is due at the time of registration. The number of games will be determined by the number of teams registered. The league will start at the beginning of November and run through the end of January.

ADULT (OVER 35) BASKETBALL

Registration September 30 – October 25, 2024

Registration is for teams only. Participants must be 35 years of age, and older. The registration fee of \$200 per team is due at the time of registration. The number of games will be determined by the number of teams registered. The league will start in December and run through the beginning of March. Participants must be 35 years of age by January 1, 2025.

Adult Physical Fitness

The following listed classes will begin in September, after the summer break. All fitness and dance classes are held at Prince George Parks & Recreation Community Building (11100 Old Stage Rd., Prince George, VA 23875). Days and times of classes may be subject to change.

H.I.I.T EXERCISE CLASS

Mondays 5:30 PM – 6:15 PM

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.

DANCE FITNESS CLASS

Mondays 6:30 PM – 7:15 PM

This dance fitness class incorporates movements and light body weight training for an excellent full body cardio workout. Music varies from pop, hip hop, and popular dance music. Dance Fitness aims to improve cardiovascular health through high and low intensity easy-to-follow choreographed moves designed to increase your heart rate. We encourage participants to bring their own individual style and personality to the movements! Make the moves less challenging, by making them small or intensify your workout by exaggerating your movements. Come get your groove on and have fun while working out. All fitness levels welcome, no equipment needed.

YOGA CLASS

Mondays 7:15 PM – 8:00 PM

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.

LINE DANCING

Thursdays

Beginners Class 6:00 PM – 6:45 PM

Line Dancing Class 6:45 PM – 7:15 PM

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! Line Dancing is available for two separate sessions: Beginner and Experienced.

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). There will be NO Tuesday evening Pickleball from November through February due to Basketball Season. Outdoor Pickleball is played daily from dawn – dusk at Temple Park (14307 Prince George Dr., Disputanta, VA 23842)



PG Movers/Mature Adult Physical Fitness

ARTHRITIS CLASS

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

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.

Contact Debbie Lafland at DLafland@princegeorgecountyva.gov for additional information.

Mature Adult Activities

SCRAPS FROM THE HEART

Scraps from the Heart participants design and make lap quilts from scraps of material.

Contact Debbie Lafland at DLafland@princegeorgecountyva.gov for additional information.

Adult Activities

PICKLEBALL & TENNIS

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 athletic shoes with non-marking soles. Children under 16 years old must be accompanied by a parent. Indoor Pickleball courts are

located at the Central Wellness Center (11023 Prince George Dr, Disputanta, VA 23842). Indoor Pickleball courts are available weekly from 9:00 AM until 12:00 PM on Tuesday, Wednesday, and Friday, as well as Tuesday evenings from 5:30 PM until 8:30 PM. There will be NO Tuesday evening Pickleball from November through February due to Basketball Season.

Outdoor Pickleball and Tennis courts are available daily from dawn – dusk at Temple Recreational Park Tennis Courts, located at 14307 Prince George Dr., Prince George, VA 23875.

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. Upcoming course dates are May 18, 2024, June 15, 2024, and July 13, 2024. International Bow Hunter education program course date is August 14, 2024. All courses are instructed at Prince George Community Center from 8:00 AM – 3:00 PM. Pre-registration is required at www.dgjf.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).



HARVEST FESTIVAL

Join us for our 17th annual Harvest Festival on October 19, 2024, from 5:00 PM – 8:00 PM at Temple Park. This event is for Prince George County Youth up to age 13. The festival will feature loads of games, hayrack rides, haunted forest, exhibits, and so much more! Come dressed as you are, or in your Halloween costume.

CHRISTMAS CARD CONTEST

Prince George County youth in grades 3 –5 are encouraged to put their artistic skills to the test and design a Christmas Card. The winning card will be used as the official Prince George Parks and Recreation Christmas Card and the winner of the contest will ride on Santa float in Prince George Christmas parade. Entries will be accepted at Prince George Parks and Recreation from November 4 – 22, 2024.

ANNUAL TREE LIGHTING

Prince George Parks and Recreation's Annual Tree Lighting will be held on Wednesday, December 4, 2024, at 7:00 PM at intersection of Courthouse Rd. and Administration Dr., near the Prince George Regional Heritage Center (6406 Courthouse Rd., Prince George, VA 23875). Join us for beautiful scenery, Christmas songs and performances, and refreshments.

BREAKFAST WITH SANTA

Prince George County youth aged 2 – 10 are invited to have breakfast with Santa on December 7, 2024, from 9:00 AM – 12:00 PM at Prince George Community Center. This activity is limited to 50 participants, and the fee is \$10 per participant. Register November 4 –29, 2024 (or until full).

CHRISTMAS PARADE

Prince George Parks and Recreation Annual Christmas Parade will be held on Saturday, December 7, 2024, at 3:00 PM. The parade begins at Scott Memorial Park Drive, travels down Courthouse Road, passes the Prince George County Administrative Buildings, and ends at Redwood Lane. Applications for entry into the parade will be available October 14 – November 22, 2024. Deadlines for applications is November 22, 2024.

SANTA CALLS

Prince George Parks and Recreation is sponsoring a phone call from Santa for Prince George County Youth aged 3 – 8. Arrangements have been made for Santa, Mrs. Claus, or one of Santa's Elves to personally call each child who signs up with Parks and Recreation between November 11 – December 6, 2024. The calls will be made on December 10, 2024.

CHRISTMAS DECORATIONS AND DISPLAY CONTEST

All Prince George residents are encouraged to enter the Christmas Home Decorations and Display contest between November 4 – December 2, 2024. Awards will be given in the following categories: Traditional, Religious Display, Tacky Holiday Fun, Best Front Door and Porch, and Children's Delight. Participants can enter two categories. Businesses may enter the Best Decorated Business category. We will also have a separate category for Most Facebook Likes. All entries will be viewed and judged on December 10, 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:

MVP Player of the Game Championships – Memorial Day Classic
May 25 – 27, 2024

The Summer State Championships
June 8 – 9, 2024

Northeastern Summer World Series
June 21 – 23, 2024

Super NIT Championships
September 14 – 15, 2024

Tournament of Champions
September 28 – 29, 2024

Northeastern Fall National Championships
October 12 – 13, 2024

Halloween Hoot Out
October 26 – 27, 2024

Battle for the Chains
November 9 – 10, 2024

Soccer

Recreational Soccer teams in age divisions U12, U14, and U18 from Prince George, Hopewell, Dinwiddie, Fort Gregg-Adams, and other localities will compete in the 6th annual Jerry Skalsky Memorial Soccer Tournament at Scott Memorial Park Soccer Complex (6000 Scott Memorial Park Rd., Prince George, VA 23875).

Jerry Skalsky Memorial Soccer Tournament
September 21 – 22, 2024.



Dixie Youth Softball

Prince George County will host the 2024 Dixie Youth 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 Tournaments. Tournaments will be played at JEJ Moore Athletic Complex.

Ponytails X-Play (Ages 11 – 12)
July 19 – 24, 2024

Belles (Ages 13 – 15)
July 19 – 24, 2024

Darlings (Ages 7 – 8)
July 26 – 31, 2024

Angels X-Play (ages 9 – 10)
July 26 – 31, 2024



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 the disc golf map course, score your rounds, measure your throws, and analyze your game.

Prince George County Library (6600 Courthouse Rd., Prince George, VA 23875) now has disc golf sets available for usage at the adjacent "Pine Valley at Scott Park" disc golf course. Disc sets are available for check-out, thanks to funding from Hopewell-Prince George Friends of the Library. Each set includes (2) putters, (2) mid-ranges, (2) drivers, and (1) disc marker. For more information about disc set usage, please contact Prince George Library at **(804) 732-0652**.

Come out and try this family friendly sport while enjoying the great outdoors!

OUTDOOR PICKLEBALL AND TENNIS

Four regulation outdoor Pickleball courts, as well as one new Tennis court are available for use from dawn until dusk at Temple Park (14307 Prince George Dr., Disputanta, VA 23842).

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 plastic ball with holes. Like tennis, it can be played as doubles, or singles. Pickleball is fun for all ages!

INTRODUCTION TO PICKLEBALL COURSE

Wednesdays 5:30 PM – 7:30 PM

Prince George Parks and Recreation is offering an Introduction to Pickleball Course. Instruction will be provided on knowledge, rules, and basic fundamentals of Pickleball. The lead instructor is Larry Heidorn; there will be other instructors on site.

The Pickleball Course will occur Wednesday evenings from 5:30 PM until dusk, (every six weeks for Adult Courses, and a four-week course for Youth) at Temple Park Pickleball Courts (14307 Prince George Dr., Disputanta, VA 23842). Pickleballs and paddles will be provided during instruction. Participants should wear comfortable clothing and athletic shoes/sneakers.

Adult (Ages 16 – Adult) courses will be held May 15 – June 19, 2024; July 31 – September 4, 2024; and September 11 – October 16, 2024. Youth (Ages 8 – 15) course will be held June 26 – July 17, 2024. Pre-registration is required. The fee is \$10 per participant. You may register in person at Parks and Recreation office Monday – Friday from 8:30 AM – 5:00 PM or on-line 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. Nature walks will occur from 10:00 AM – 12:00 PM on Saturday, October 12, 2024 (Rain Date – Sunday, October 13, 2024) and Saturday, November 16, 2024 (Rain Date – Sunday, November 17, 2024).

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, and is conducted on-line only at www.princegeorgecountyva.gov/onlineregistration

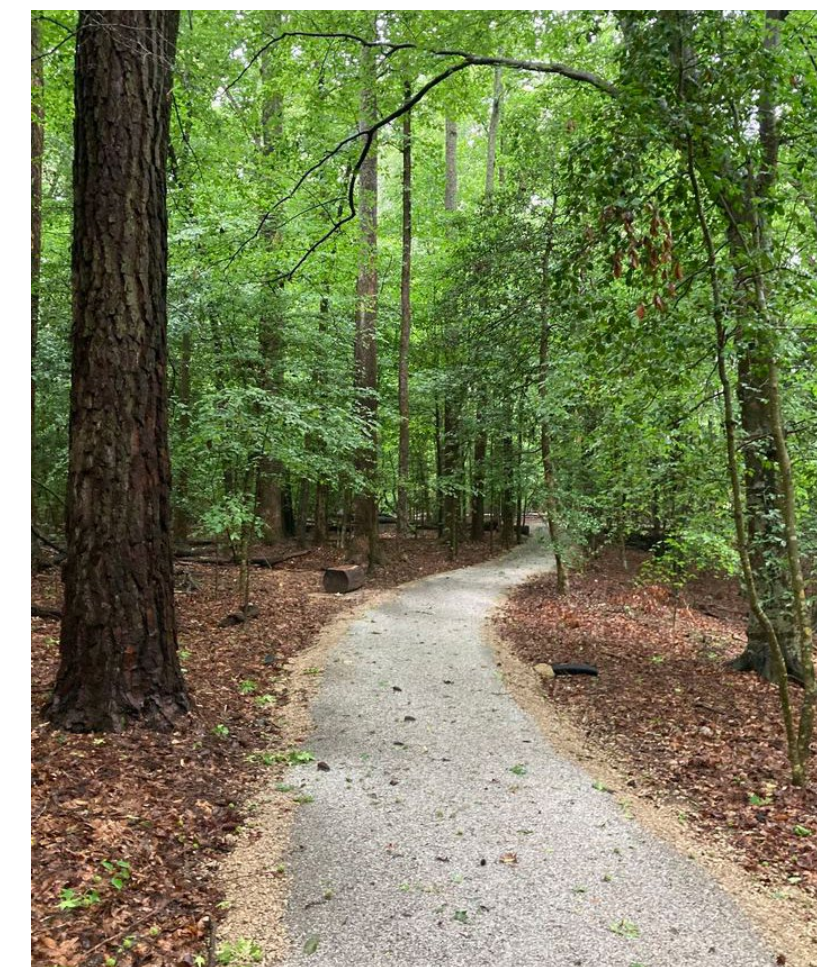
RENT.FUN SELF-SERVICE KAYAK RENTALS

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 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 <https://www.rent.fun/>.

WETLAND PADDLES

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 AM until 12 PM on Saturday, September 28, 2024, and Saturday, October 19, 2024. Each date is limited to 16 participants only. Registration begins August 12, 2024, and continues until full. Pre-registration is required and is conducted on-line only at www.princegeorgecountyva.gov/onlineregistration.



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



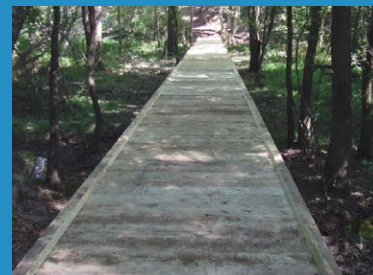
MOORE
ATHLETIC
FIELDS



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.



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
The 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.



The Dixie World Series

More than 600 players and coaches will be travelling to Prince George County for the 2024 Dixie Softball World Series this summer! Division State Champions from 10 states will compete during the two week-long tournaments. The Belles (Ages 13 – 15) and Ponytails X-Play (Ages 11 – 12) Divisions will be played the week of July 19 – 24. The Darlings (Ages 7 – 8) and Angels X-Play (Ages 9 – 10) Divisions will be played on July 26 – July 31. The tournament will take place at JEJ Moore Athletic Complex, located at 11455 Prince George Drive, Disputanta, VA 23842. Each tournament will begin on Friday night with an opening ceremony, with play beginning the following Saturday. Once released, the schedules and brackets can be found on our website: <https://pgvaparksfoundation.org/dixie/>.

Tickets for the tournament will be available to the public at the tournament. Week-long adult tickets are \$25, week-long kids (Ages 6 - 12) tickets are \$15. One-day adult tickets are \$10, and one-day kid's tickets are \$5.



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

Let's be social!

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



PG County Parks
and Recreation

