

Youth and Adult Winter Classes



***Denotes Handicapped Accessible**

Class	Start	Day	Term	Time	Instructor	Fee
**Yoga and Chi Kung	1/10/12	Tuesday	7 weeks	6:30pm - 7:30pm	Delores Champagne	\$40
For those new to Yoga or Chi Kung as well as those with previous experience. Yoga postures build strength and flexibility. Easy, flowing Chi Kung exercises bring relaxation and stress reduction. Wear loose, comfortable clothing.						
* Cardio Jam	1/17/12	Tuesday & Thursday	8 weeks	6:00pm – 7:00pm	TBA	\$30
Blast lots of calories with punches, kicks, dance and other high energy moves.						
*Ballroom Dancing	1/23/12	Monday	7 weeks	Beginners 6:00pm–7:30pm	Walt Baumgardner	\$30
	1/23/12	Monday	7 weeks	Intermediate/Advanced 7:30pm-9:00pm	Walt Baumgardner	\$30
*Beginning Fiddle	2/06/12	Monday	6 weeks	5:30pm-6:30pm	Clayton Odell	\$30
<i>Must have own fiddle.</i> An excellent class for beginners who want to learn how to play this wonderful instrument. For youth and adults ages 12 and older. Limit 6 people.						
*Guitar	2/06/12	Monday	6 weeks	6:30pm-7:30pm	Clayton Odell	\$30
<i>Must have own Guitar</i> - An excellent foundation in the guitar for beginners and individuals who already play but want more knowledge in the fundamentals of music. For youth and adults ages 12 and older.						
*Karate	2/07/12	Tuesday	6 weeks	5:30pm – 6:30pm	Howard Smith	\$25
Ages 6 to mid-teens - at Japan Karate-Do Organization School located at 503 State Street.						
*Digital Photography	3/26/12	Monday	5 weeks	6:30pm-8:00pm	Jim Goodwin	\$35
Participants go into the field and take photographs. The class is broken into two parts: the classroom portion of the class will be used to review and critique the participant's photographs and the field portion will give the students opportunities to meet and take photographs to hone their photography skills.						

Valentine Card Contest



Make an original card to your parents or friend to enter into the contest. Open to children ages 6 – 12, age groups 6 – 7, 8 – 10, 11 – 12. Winners will receive prizes in each age group. Entry deadline is February 10, 2012. Mail entries with you name, age and telephone number to:

**Parks and Recreation
325 McDowell St.
Bristol, TN 37620**