

OUTDOOR ADVENTURES

For more information on Outdoor Adventures contact
Greg Velzy at 748-1124 or velzyg@chesterfield.gov.

Family Backpacking: Mommy and Me

This overnight backpacking trip to the Blue Ridge Mountains is intended for mothers with children 6-11 years old. It provides beginners with a backpacking experience in a positive, natural environment. The three-mile hike to the overnight camping spot in the woods creates a great opportunity for special time between the parent and child, as does the hike out. Fee includes guide, meals and all camping gear except sleeping bag. Transportation to the site not included.

Rockwood Nature Center, 3410 Courthouse Rd.

Pre-trip meeting: Wed., March 28, 6:30-8 p.m.

Trip: Saturday, April 14, 9 a.m. through Sunday, April 15, 5 p.m.

\$75 per adult, \$50 per child **Course 33317**

Bicycle Maintenance

This class is designed to introduce the basics of bicycle maintenance and repair. The class will offer hands-on instruction in trouble shooting, brake and gear adjustments, tire changing and roadside repairs. It will also cover proper bike fit, safety and riding tips. There is no fee, but class size is limited so registration is required. For ages 10 and older.

5:30 p.m. - 6:45 p.m.

Thursday, Jan. 18

Thursday, Feb. 22

Thursday, April 19

Carytown Bicycles in Westchester Commons, Midlothian

Free

Course 32880

Course 33313

Course 33314

Biking: Dutch Gap — Rising Moon Ride

With an emphasis on family fun and riding safety, join us for an evening ride around the 4-mile Dutch Gap Conservation Area loop. We will finish on the bluff overlooking the James River as the full moon rises. The route is relatively flat and suitable for all levels of riders. Minimum age is 10, but children should be comfortable riding on dirt roads for at least four miles. Participants must provide helmet and bikes with tires suitable for fire roads.

Dutch Gap Conservation Area, 251 Henricus Park Rd.

Thursday, March 29, 6 p.m. - 8 p.m.

\$5

Course 33316

Biking: Family Ride Series — Government Center — Evening Ride and History

With an emphasis on family fun and riding safety, join us for an evening ride around the Chesterfield County Government Center. Enjoy a leisurely ride in the Gov't Complex area after the traffic is gone. There is also the option of riding the gravel path that winds through the woods around the complex. Additionally our Historical Site Specialist will give a brief tour and discussion of the original Courthouse and County Jail. All participants will need to provide their own bike and helmet, and should be comfortable riding on smooth gravel.

Parks Administration Building, 6801 Mimms Loop

Thurs., April 12, 6:30 p.m. - 8 p.m. \$5 **Course 33315**

Introduction to Horseback Riding

Learn horseback riding fundamentals in four classes. Includes proper techniques in handling, mounting, dismounting, posting to trot, diagonals and canter preparation. Minimum age is 8. Wear long pants and shoes with a heel.

Hunter Lane Stables, 3578 Hunter Lane

Tuesdays and Thursdays, April 10, 12, 17, 19, 6-7 p.m. \$110 **Course 33318**

Recreational Tree Climbing

Join the professional arborists from Riverside Outfitters as they take you to new heights! For young and old alike, if you ever enjoyed climbing in trees, here's your chance to really go up. Using specialized tree-climbing equipment, the staff of Riverside Outfitters will assist you as you ascend into the canopies of trees.

For ages 8 and older. Youth 8 - 13 must be accompanied by an adult.

James River Park System, Pony Pasture

Sunday, April 22, 1-3 p.m.

\$19 **Course 33334**

Saturday, May 12, 1-3 p.m.

\$19 **Course 33335**

Disaster-Travel-Wilderness First Aid Certification Course

Learn how to save life and limb when and where professional help is not immediately available. Very few first aid programs address the issues of providing emergency care in a setting where emergency services are overwhelmed or when the time of injury/illness to a hospital or handing the patient off to EMS is more than an hour. The SOLO WFA two-year certification, approved by the American Camping Association, Boy Scouts of America, Girl Scouts-USA and more offers classroom instruction and Q&A that are interwoven with practical work and problem-solving exercises. Hands-on experience during scenarios comprise approximately 50% of class helping you come away with do-it-yourself care-giving confidence. No prerequisites. Minimum age is 13.

Rockwood Nature Center, 3410 Courthouse Road

Saturday, Feb. 17 – Sunday, Feb. 18, 8:30 a.m. – 7 p.m. (both days)

\$195

Course 33400

WATER ADVENTURES

Whitewater Kayak Rolling Clinics

Learn and practice kayak rolling during the off-season! Qualified instructors will teach and review rolls in a manner appropriate for beginner or experienced kayakers. Kayaks and equipment are available. Personal kayaks need to be cleaned before use in the pool. Minimum age is 13. Previous kayaking experience is required.

Manchester YMCA, 7540 Hull Street Rd.

Sundays, 6-8:30 p.m.

Jan. 7 \$50 (\$55 w/rental)

Course 32891

Feb. 4 \$50 (\$55 w/rental)

Course 33339

Feb. 25 \$50 (\$55 w/rental)

Course 33340

Kayak Sampler — Indoor Pool

Here is your opportunity to see if the growing sport of kayaking is for you. Certified instructors will teach the basic techniques and safety in the warmth and comfort of an indoor swimming pool. Sit-on-top, whitewater and touring kayaks will be available for sampling. Swimming ability is required. Minimum age is 11. Youth 11-13 must be accompanied by an adult. Max. weight 250 lbs. due to kayak limitations.

Manchester YMCA, 7540 Hull Street Rd.

Sunday, March 25; 6-8:30 p.m.

\$55 **Course 33323**

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 Please try to register at least one week prior to the activity.

Kayaking 101 — Introduction to Calm Water Paddling

Join the regions' most experienced staff and learn how to paddle the correct way with Chesterfield County's professional instructors! This class is designed for the person who wants to learn the basics of flat-water kayaking. The class covers entries, exits, strokes, safety and the equipment needed to start kayaking. An optional tour of the Dutch Gap Conservation Area is included. Rental includes kayak and all equipment. Swimming ability is required. Minimum age is 11, and youths 11-13 must be accompanied by an actively participating adult. Max. weight 250 lbs. due to kayak limitations. Dutch Gap Conservation Area, 251 Henricus Park Rd. Sunday, April 22, 9 a.m.- 4 p.m. \$70 (\$80 w/ rental) **Course 33329**

Kanawha Canal Paddle

Join us paddling on the Historic Kanawha Canal in Richmond! Use Sit-on-Top or Recreational kayaks for this exploratory journey on the first commercial canal system in the country that has been vacated for decades. The instructors cover all safety and history for this step back in time. Renting provides all needed equipment. Minimum age is 11. Youth ages 11-13 must be accompanied by an actively participating adult. Max weight of 235 lbs. due to kayak limitations. James River Park System, Pumphouse Park \$35 (\$40 w/rental) Sat., April 21, 8:30-11:30 a.m. **Course 33322**

Whitewater 101 — "Sit-on-Top" River Kayaking

No previous whitewater experience is needed for this trip, which is designed for those wanting to explore the easier rapids of the James River, from Pony Pasture to Reedy Creek in Richmond on user friendly "sit-on-top" kayaks. This is a great way to get a feeling for whitewater paddling without the rigors of being inside a true whitewater kayak. Swimming ability required. Rental includes kayak and all equipment. Minimum age 11, Youth ages 11-13 must be accompanied by an actively participating adult. Max weight of 235 lbs. due to kayak limitations. It is strongly suggested that you have some previous paddling experience. James River Park System, Pony Pasture Sunday, May 6, 8:30 a.m.-3:30 p.m. \$70 (\$80 w/rental) **Course 33331**

Kayaking 201 — Beginner Whitewater

Join the regions' most experienced staff and learn how to paddle whitewater the correct way with Chesterfield County's professional instructors! Spend Day 1 on flat water learning technique, safety and control in true Whitewater kayaks. Day 2 is a whitewater river trip to introduce river reading and running, and refine skills. Swimming ability required. Minimum age is 13. All equipment provided. Max weight 235 lbs. due to kayak limitations. Dutch Gap Conservation Area, 251 Henricus Park Rd. James River Park System, Pony Pasture Saturday and Sunday, 9 a.m.-4 p.m. \$140 April 28-29 **Course 33332** May 12-13 **Course 33333**

Whitewater Kayak Play Days

This after-work, informal instructional time is for newer whitewater kayakers (especially those without a boat) to get time on the water. Instructors will be present to answer questions and give pointers. Sessions will stay at Pony Pasture Rapids with no down-river runs. Completion of a previous Whitewater Kayak class is required. All equipment is provided. Minimum age is 13. James River Park System, Pony Pasture Wednesdays, 6-8:30 p.m. \$29 May 9 **Course 33327** May 23 **Course 33328**

Whitewater Kayaking: Intermediate Skills Trip

Chesterfield County's professional whitewater instructors will teach higher level techniques and practice drills during this downriver trip/clinic. This is geared towards the strong intermediate level paddler. Completion of a previous Whitewater Kayak class is required. Minimum age 13. James River Park System, Reedy Creek 8:30 a.m. - 2:30 p.m. \$60 (\$70 w/rental) Saturday, May 5 **Course 33326**

Whitewater Rafting

Experience Riverside Outfitters Lower James River Rafting trip on Richmond's award-winning white water! The excursion will begin and end at the Riverside Outfitters shop in Stratford Hills... they'll take care of the shuttling. You will put in near the Boulevard Bridge. Paddle into the biggest rapids the James River has to offer, right through the heart of downtown with a break for provided refreshments at Belle Isle. This is easily one of Richmond's best adventures! Minimum age is 12. Riverside Outfitters, 6836 Old Westham Road Saturday, May 5 1:30-4 p.m. \$60 **Course 33341**

Bald Eagle Tours

Join Capt. Mike Ostrander, with Discover the James - Bald Eagle Tours, on his 24-foot pontoon boat for this unique and spectacular experience on the James River. After boarding the boat watch the sun rise while seeing our national symbol up close and personal. Minimum age is 15. Space is limited; register early. Private charters are also available. Deep Bottom Boat Landing, 9525 Deep Bottom Road Thursday, April 19, 9:30 -11:30 a.m. \$50 **Course 33311** Thursday, May 10, 9:30 -11:30 a.m. \$50 **Course 33312**

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Adult Sail on Swift Creek Reservoir

The Greater Richmond Sail Association will host Adult Learn to Sail weekends throughout 2018. No experience needed. This two-day course will teach the foundation of sailing skills: parts of the boat, points of sail, tacking/jibing, sail trim, knots, helmsmanship, and rules of the road. The weekend is hands-on with more time spent on the water learning and practicing the skills, then in the classroom. Classes are filled based on a first-served basis and limited to 12 students. Boats (19' Flying Scots) will be provided. Requirements include the ability to swim, a well-fitting Type III PFD (life jacket) and closed toed shoes. Instruction will be provided by US Sailing certified instructors. Please bring an adventurous spirit, lunch, snacks, sunscreen, towel, a water bottle and sailing attire for two full days of fun on and in the water. The course will be conducted at GRSA marina with classroom instruction in the main pavilion and on the water. Fee includes a personal copy of US Sailing's Learn Sailing Right, a completed Certification Record Book through US Sailing, course t-shirt, use of GRSA owned boats, and two full days of instruction! Minimum age is 18.

Greater Richmond Sailing Association, 4301 Wooldridge Road on Swift Creek Reservoir in Midlothian.

Each session is Saturday and Sunday, 8:30 a.m. - 4 p.m. \$175

Details: sailcamp@grsa.org or www.grsa.org

April 21-22

Course 33148

May 5-6

Course 33149

June 2-3

Course 33150

Public Day on the Challenge Course

Welcome spring by spending the day in the trees! Our Public Day is designed for individuals and families who want to have fun completing high ropes elements while building personal confidence. The high elements challenge participants physically and emotionally by safely motivating them out of their comfort zones at different heights. Participants will be 20 to 40 feet off the ground and helmets, harnesses, and ropes are utilized. Traverse the bridges, walk the beam, ride the Giant Swing and jump for the trapeze at the Pamper Pole, totaling 11 to 12 high elements for the day. All participants are belayed by our trained staff who are committed to a safe and meaningful experience. Participants must be at least 12 years old and minors 14 years old and under must be accompanied by a parent or guardian. All participants must wear closed toed shoes.

Stratton Park, 5201 Ridgedale Parkway

Saturday, April 21 \$30

Session I - 9:30 a.m.-3 p.m.

Course 33151

Session II - 10:30 a.m.-4 p.m.

Course 33152

50+ PROGRAMS

Details: Greg Velzy, 748-1124

50+ Introduction to Horseback Riding

Geared toward the 50+ crowd, you can learn horseback riding fundamentals in four classes. Course includes proper techniques in handling, mounting, dismounting, posting to trot, diagonals and canter preparation. Wear long pants and shoes with a heel.

Hunter Lane Stables, 3578 Hunter Lane

Tuesdays and Thursdays, March 27, 29 & April 3, 5. 6-7 p.m. \$110
 Course 33319

50+ Introduction to Indoor Rock Climbing

Geared toward the 50+ crowd, rock climbing is a low impact activity that improves strength, flexibility, and coordination. It's almost like vertical yoga, but with visual goals and a greater sense of accomplishment! If wondering about your ability, we use the analogy that if you can climb a short ladder, then you are good to go! We have also discovered that many people prefer the controlled environs of an indoor setting to get their first taste of climbing. This 4-week course will meet at Peak Experiences Indoor Climbing Gym once a week for two-hour sessions and includes a one-month trial membership to the climbing gym effective when the course begins. The needed gear, and a dedicated instructor for coaching are all included.

Peak Experiences, 11421 Polo Cir, Midlothian, VA 23113

Thursdays, March 1, 8, 15, 22 9-11 a.m.

\$80

Course 33386

50+ Kayak Sampler — Outside

Geared towards the never too mature to have fun crowd (50+), here is your opportunity to see if the growing sport of kayaking is for you. Professional instructors will teach the basic safety and paddling techniques needed to get out for an evening paddle on calm water. Sit-on-top and touring kayaks will be available for sampling. Swimming ability is required. Max. weight 250 lbs. due to kayak limitations.

Dutch Gap Conservation Area, 251 Henricus Park Rd.

Thursday, April 26, 6-8:30 p.m. \$35 (\$40 with rental) Course 33324

Thursday, May 17, 6-8:30 p.m. \$35 (\$40 with rental) Course 33325

Other programs that would interest 50+ers:

- Bicycle Maintenance
- Biking: Family Ride Series - Government Center - Evening Ride and History
- Biking: Dutch Gap - Rising Moon Ride
- Kanawha Canal paddle
- Bald Eagle Tours
- Adult Sailing

See pages 31-32.

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CHESTERFIELD CHALLENGE COURSE

Help your team or group to...



- Achieve goals
- Cultivate teamwork
- Develop relationships
- Build trust

Bring your group, organization, company, class, co-workers or Scout troop to the Chesterfield Challenge Course. The course consists of high and low elements designed to promote initiative and confidence, as well as strengthen group dynamics, communication and willingness to work together. Brochures are available upon request.

Details: Jan Olson, 751-4133 and olsonj@chesterfield.gov

PARK PATROL

It is your park system and we need your help. As you enjoy the parks, we need you to report any issues that you encounter. Be on the lookout for issues on the trails, safety concerns on equipment, maintenance issues with restrooms, vandalism, criminal activity or other concerns. The parks exist for your enjoyment, and we want the amenities kept in excellent working order.

In addition if you encounter great conditions in the parks, we want to hear about that too. Feel free to contact us anytime.

Emergencies 911

Police – non-emergency 748-1251

Parks and Recreation – main office 748-1623

Parks and Recreation – after hours assistance 748-1624 parksrec@chesterfield.gov

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and Twitter [@CCPRVA](https://twitter.com/CCPRVA)

