

The City Focus

Official newsletter for the City of Colonial Heights



Summer 2014



**NEW
FORMAT**

The City Focus and the Colonial Heights Recreation Department Activity Guide have been combined into one publication as an effort to get information out to City residents. The City Focus will be produced quarterly and mailed to each household in Colonial Heights.

REC-happenings, the Recreation & Parks Department program listing, begins on Page 5 of the City Focus.

in this issue

Council Column	2
Dates of Interest	3
Yard Code Violations	3
Consumer Confidence Notice	3
Summer Reading Program	4
CDBG Emerg. Home Repair	4
Fare Care Program	4
Police Dept Facebook Page	11
TRIAD	12
Recycling Perks	12

REC-happenings

Sports and Athletics	5-7
Fitness Classes	7
Classes & Activities	8
Summer Camps	8-9
Trips	10
Teens	10
Senior Center	10



The City Focus

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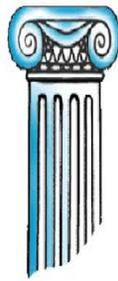
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COUNCIL COLUMN

Welcome to the Council Column! It is my honor to serve as your Vice Mayor. I have lived here for thirty-five years and am very proud to call Colonial Heights home!

Spring and summer are my favorite times of year. As I look about, I can't help but marvel at the beauty around us! Flowers are blooming, trees

are flowering, green grass has returned. A chance for a new beginning has arrived. With spring comes longer, warmer days, offering more opportunities to spend time outside, connecting with our neighbors, helping one another and enhancing our neighborhoods. Hopefully each of us can do our part sprucing up our community. If you have large household items, a call to the trash collection hotline (425-0500) is appreciated so that a truck, at no additional charge, can be sent to collect items that will not fit in a regular trash truck. Yard waste can be taken to the Recycling Center behind Sheetz on Fridays and Saturdays. If there are cleanup projects you need help accomplishing, contact the City Manager's office. Citizen volunteers may be available to assist you. Annually, the city sponsors City Clean Up Day, a Saturday in April when civic organizations, religious groups, city employees and interested individuals gather up litter from our most heavily traveled streets. Throughout the year, let's all continue to do our part to keep our streets litter free.



Recently, TFC Recycling published information regarding the length of time it takes certain items to decompose. Aluminum cans and disposable diapers take 500 years. Plastic jugs and glass bottles, an unbelievable one million years! Our city residents have greatly increased recycling in the last two years, which is outstanding! This is great for our environment, our economy and our posterity. If you haven't signed up online to receive recycling perks, and need help doing so, contact Elke Gibbs in the City Manager's office.

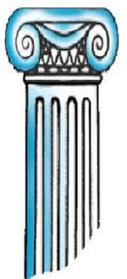
Even though we live in a small city, amazing opportunities are available. Our Recreation and Parks Department offers a variety of classes, free of charge or with nominal fees. *Family Movie Nights* will occur during the summer months. Our July 4th fireworks show is amazing! Our annual "Safe Communities Night" occurs in October. If you haven't previously participated in these events, I encourage you to do so. To volunteer to host a celebration in your neighborhood, contact the police department. This is a great way to get to know your neighbors while having a fun filled evening.

As a means of getting myself in better physical shape AND having an opportunity to reconnect with our citizens, I am inviting you to join me as I walk. I have set aside three dates to walk with YOU. Each walk will last forty-five minutes to one hour. Dates, times and locations follow:

- June 7th** - 9:00 a.m. at Appomattox River Greenway Trail, assembling at Roslyn Boat Landing
- June 16th** - 6:00 p.m. at CHHS Football Stadium
- June 28th** - 9:00 a.m. at Fort Clifton Park

Let's meet, burn a few calories, share concerns, and enjoy time together. Let's continue working together to make our city a great place to live, work and play!! Thank you for allowing me to represent you.

Diane Yates, Vice-Mayor
yatesd@colonialheightsva.gov





Dates of Interest

June 1	The Wall That Heals 9am-9pm - Southpark Mall
June 3	Planning Commission Meeting 7pm - Council Chambers
June 10	City Council Meeting 7pm - Council Chambers
July 1	Planning Commission Meeting 7pm - Council Chambers
July 4	City Holiday - Independence Day **Recycling delayed 1 day July 4th Fireworks 9:15pm - Charles Dimmock Pkwy
July 8	City Council Meeting 7pm - Council Chambers
Aug 5	Planning Commission Meeting 7pm - Council Chambers
Aug 12	City Council Meeting 7pm - Council Chambers

On the Cover...

This photo was taken at The City of Colonial Heights annual fireworks show and is courtesy of Al Goulder.

The City of Colonial Heights will be offering its annual fireworks show this year on Friday, July 4th, 2014 at 9:15pm. Viewing for the fireworks will be off Interstate 95, Exit 53 or 54 in the Southgate Square/Walmart Area. Bring blankets and/or lawn chairs.

For more information, please contact the Colonial Heights Recreation & Parks Department at (804) 520-9390.

Tall Grass, Trailers in Front Yard and Other Code Violations

As spring approaches and the grass starts growing, please remember that in accordance with the City Code, grass cannot exceed 12 inches in height. In 2013, enforcement of the



↑ grass cannot exceed 12 inches in height

City code changed from a citizen complaint based system to a proactive staff code enforcement approach city-wide. The City has been divided into inspection districts, and staff is assigned regular review of all properties on a bi-weekly basis. Some of the other common code violations that occur include:

1. The City zoning ordinance does not allow for trailers to be located in the front yard of residential and commercial areas. This includes driveways. Please keep them parked in either the side or rear yards behind the front plain of the house.
2. Inoperative motor vehicles need to be covered or have current plates and inspection stickers. No more than one inoperative motor vehicle is allowed on a property.
3. Houses need to have street numbers that are clearly visible.
4. There are strict guidelines for home occupation uses that need to be followed. Please check with the Planning Department for the current guidelines.
5. Proper property maintenance is everyone's responsibility. Litter, debris, trash, etc. need constant attention by all property owners/users.

Please call 804 520-9297 to report any code violations or to seek information and /or clarification on City codes and ordinances.



CITY OF COLONIAL HEIGHTS, VIRGINIA DEPARTMENT OF PUBLIC WORKS

CONSUMER CONFIDENCE REPORT 2013

The latest edition of the Department of Public Works' Consumer Confidence Report is now available online. This report summarizes important information regarding Colonial Heights' drinking water source, detected contaminants, educational information, and our efforts to ensure that we continually deliver the safest and highest quality drinking water to our customers.

We encourage you to review the report on our web page:
<http://www.colonialheightsva.gov/DocumentCenter/Home/View/1061>

If you wish to obtain your own copy of the Consumer Confidence Report, please contact us at (804) 520-9372. We will gladly mail it to you.

The City Focus

Colonial Heights Library Summer Reading Program

Attention all families! Looking for some fun and educational activities for the summer months? Be a part of the Colonial Heights Library's annual six-week long summer reading program. This year's program, "Paws to Read," will run June 23 – August 1. Youth of all ages can complete a reading log and be rewarded throughout the summer with free books and small prizes, and qualify for several grand prizes awarded at the end of the program. Each week there will be various performers, such as a magician, puppet shows, musical entertainment, wildlife programs, hands-on history presentations, and interactive science programs presented by Mad Science. New this year is a book club for kids in 3rd – 5th grade with teen facilitators and many entertaining activities with an emphasis on literacy.

Join us for our kick-off on June 23 at 6:30 p.m. for Mad Science's "Fizz, Pop, Boom!" The program will take place at Mount Pleasant Baptist Church at 3110 Greenwood Avenue, directly across from the library. For more information on this program and "Paws to Read," contact Chantal Emerson at 804-520-9384, or stop by the library at 1000 Yacht Basin Drive. Information will also be online at the library's children's webpage at colonialheightsva.gov/library.

Fare Care Program

FARE CARE is a subscription program to help citizens alleviate out-of-pocket expenses such as health insurance co-payments and deductibles, when emergency ambulance transportation is needed.

Individuals are billed for emergency ambulance transportation under the city's Cost Recovery Program. If for some reason your insurance denies your claim, your FARE CARE subscription will take care of your expenses. Your FARE CARE subscription will also pay emergency ambulance transportation expenses for a subscriber who does not have health insurance. You may subscribe to FARE CARE by enrolling for \$29 a year (single coverage), or \$59 a year (2 or more family members). The subscriptions are valid September 1st through August 31st of each year. Enrollment is non-refundable and non-transferable. Late subscriptions to the program will be accepted, but subscriber fees are not pro-rated.

Please note: The Fare Care Program does not cover "non-emergency" transports. For more information about Fare Care call Fire Administration @ 520-9387.

CDGB Emergency Home Repair Program

Applications for the 2014-2015 CDBG Emergency Home Repair Grant will be available beginning Monday, June 2, 2014 and will be accepted through Monday, June 30, 2014. A grant of up to \$8,000 is available for owner-occupied households to assist with specific home repairs or activities that eliminate conditions detrimental to the safety and health of the residents. Homeowners must meet income eligibility guidelines based on HUD requirements. Eligible activities or repairs include, but are not limited to, the following:

Faulty roofs, unsafe electrical, heating or plumbing systems, faulty porches and steps and accessibility improvements.

The program is available citywide; however, priority will be given to households in the Violet Bank-Flora Hill and Shepherd Stadium districts. Priority will also be given to low-income households, persons who are elderly or disabled, first-time applicants and those that need repairs that constitute an emergency. Applications will be available at the Welcome Desk and the Planning Department on the first floor of City Hall located at 201 James Avenue. Applications will also be available on the City's website www.colonialheightsva.gov/planning, or by calling 804-520-9382.

Fast Facts

FORT LEE, VA

LAND & BUILDINGS	SUPPORTED POPULATIONS
Total Land Acreage 5,907	ON POST 27,322
Miles of Paved Road 119	Military (Permanent Party) 3,669
Miles of Unpaved Road 76	Army 3,158
Active/Inactive Buildings 404 / 16	Other Military 317
Training Areas 27	Students (ALU) 194
Training Ranges 9	Military (Trainees/Others) 9,995
Troop Housing Spaces 9,154 (Trainees/Others) 892 (Permanent Party)	Students/Trainees 9,607
Family Housing Units 1,422 (+86 under construction)	Army Reserve 246
<small>UPDATED: February 18, 2014</small>	Transient/Rotational 142
<small>DATA SOURCE: ASIIP/DEERS/DPW – Q1, FY2014</small>	Civilian/Contractor Personnel 7,898
<small>CREATED BY: USAG Fort Lee Public Affairs</small>	Army Civilians 2,446
<small>3312 A Ave., Bldg. 12010, Suite 123</small>	Other DoD Civilians 2,911
<small>Fort Lee, VA 23801</small>	Contractors 2,438
<small>(804) 734-7451</small>	Students/Transient/Rotational 103
<small>ArmyFortLee.PAD@gmail.com</small>	Active Duty Military Dependents 5,760
<small>www.lee.army.mil/pao</small>	OFF POST 49,114
	Active Duty Military 462
	Active Duty Military Dependents 5,922
	Army Reserve 1,745
	Army Reserve Dependents 2,943
	Military Retirees 10,648
	Military Retiree Dependents 27,394

REC-happenings

Colonial Heights Recreation and Parks Department

Office Hours: Monday - Friday 8:00am - 5:00pm

P.O. Box 3401 / 901 Meridian Avenue

Colonial Heights, VA 23834

www.colonialheightsva.gov/recandparks

Recreation and Parks Office (804)520-9390
 Recreation and Parks Fax (804)520-9203
 Senior Activities & Classes (804)520-9220
 Senior Transportation (804)520-9219
 Teen Center (804)524-8717
 Weather Cancellation Line (804)524-8788
 Violet Bank Museum (804)520-9395



Sports/Athletics

Tennis Lessons

Ages: 6+

Instructor: Anthony Davis

Deadline is Friday before class starts.

Morning classes will take place at the Colonial Heights Middle School Courts and evening classes will take place at the Colonial Heights High School Courts.

Ages 6-10

Mo/We	6/23-8/11	9:45-10:45am
Mo/We	6/23-8/11	6-7pm
Mo/We	6/23-8/11	7-8pm
Tu/Th	6/24-8/12	9:45-10:45am

\$40

Ages 11 and older

Mo/We	6/23-8/11	8-9:30am
Tu/Th	6/24-8/12	8-9:30am
Tu/Th	6/24-8/12	6:30-8pm

\$45

Fall Youth Soccer

Registration for the Fall 2014 soccer season will take place August 2nd from 10am-2pm at the CH Public Library. Register online at: colonialheightssoccer.com. First time registrants are required to show proof of age. Players from all localities are welcome! But, there is an additional \$5 non-resident fee for all players that do not reside within the City limits of Colonial Heights. For more information contact 526-9675 or info@rogerunderhill.com. All games/practices take place at the soccer complex. There may be an additional \$25 fee for a uniform if you are a first time registrant. There is a \$2 charge for online registration.

Fees: \$30; ages U5-U8
 \$50; ages U9-U11
 \$60; ages U12-Teen

Register by Mail

To register by mail, send your registration form with check to:

Colonial Heights Recreation and Parks
 P.O. Box 3401
 Colonial Heights, VA 23834

Register in Person

To register in-person, please visit our office, Monday - Friday 8:00am-5:00pm:

Recreation and Parks Office
 Shepherd Stadium
 901 Meridian Avenue
 Colonial Heights, VA 23834

Register Over the Phone

Call the office at (804)520-9390 during office hours to register. All phone-in registrants are responsible for signing a waiver form and returning it to the Recreation office before the first class.



Register Online

To register online, please visit us online at www.colonialheightsva.gov/recandparks and click the register online link.

After Hours Dropbox

We have a Drop Box for after hours collection of registrations, payments and uniforms; located in front of the Community Center at 157 Roanoke Ave.

Payment Options

The City accepts Cash, Check, money order and major Credit Cards. Discover card not accepted at this time.

*Please make checks payable to:
 "City of Colonial Heights"

**\$35 fee may apply for returned checks

Connect with Us...



Youth Football & Cheerleading

Ages: 5-13 (as of August 1, 2014)

Registration will be taken on the following Saturday at Shepherd Stadium from 9am to Noon; June 7. Registration will also be accepted Monday thru Friday, 8am to 5pm, June 9th thru July 11th at the Shepherd Stadium. The fee for anyone registering after July 11 is \$30 and are subject to being placed on a waiting list.. Children MUST be Colonial Heights Residents and eligible for enrollment in the Colonial Heights school system to participate. 7 year olds have the option of playing Flag (Instructional) or Minor (tackle) Football. 13 year olds must weigh under 115 lbs to be eligible.

Age Divisions

Flag Football	(5-7)
Mascots Cheering	(4-5)
Minors	(7-8)
Juniors	(9-10)
Seniors	(11-13)

Fee: \$20



Tuesday: August 19, 2014

Location: Colonial Heights Soccer Complex

Time: 5:00 - 8:00 pm

Colonial Heights Residents Only!

Rain Date: 08/26/14



Special Thanks to our 2013 Platinum Event Sponsors



FOR MORE INFORMATION CALL: 520-9390 COLONIAL HEIGHTS RECREATION RESIDENTS ONLY!

REC-happenings

Youth Tennis Tournament

Ages: 6-17
Age Divisions will be set-up based on the number of participants. T-shirts will be given to all those that participate and 1st and 2nd place awards will be given in each age division.

We-Fr 8/13-8/15 5:30-6:30pm
\$10 CHHS Tennis Courts

NFL Punt, Pass and Kick

Ages: 6-15
The Punt, Pass and Kick program is a national skills competition for boys and girls between the ages of 6 and 15 to compete separately against their peers. Registration will begin at 5:00pm on the day of the event. Participants will have the opportunity to compete in the local event and a winner can advance to the District, Regional and National Finals.

Th 7/31 6pm
FREE Football Stadium

Girls Softball Camp

Ages: 10-17
Colonial Heights High School and Colonial Heights Recreation Department will be sponsoring a Girls Summer Softball Camp. The Camp will be under the Direction of Colonial Heights HS Girls Head Softball Coach Chris Martin. What to Bring: Glove, Bat and Drink. Deadline to register is Thursday, July 10, 2014.

Mo-Th 7/14-7/17 10am-12pm
\$25 Civic Field

Teen Volleyball Camp

Ages: 6th-10th graders
Colonial Heights High School will again Co-Sponsor this Mini-Camp with Colonial Heights Recreation Department. Camp Counselors will be Coach Toni Martin, CHHS Girls Volleyball Coach, Coach Mark Lee, CHHS Men's Volleyball Coach & CHHS Volleyball Team members. What to bring- Towel, Basketball Shoes and Drink. Registration Deadline is Thursday, July 10th, 2014.

Mo-Th 7/14-7/17 6-8pm
\$25 CH High School Gym

Tennis Camp

Ages: 6-10
This clinic will introduce the sport of tennis through drills and techniques. Time will be spent on learning the basics of Tennis.

Mo-We 6/16-6/18 5-6pm
\$10 CHHS Tennis Courts

Youth Football Camp

Ages: 6-13
Colonial Heights Recreation Department and Colonial Heights High School Football Team will hold their annual football camp again this year. Camp is under the direction of CHHS Football Coaches, CHHS Football staff and players. All campers will compete in the Colonial Heights Jaycees/NFL-Pepsi Punt, Pass and Kick competition. Registration deadline is Friday, July 25th, 2014. For further information please call the Colonial Heights Recreation Department at 520-9391. Fee includes camp t-shirt and PP&K competition. What to wear; tennis shoes, shorts, t-shirt (must wear tennis shoes during PP&K contest). Last night of Camp will be the Annual Punt, Pass & Kick competition. Winners can qualify to compete in district competitions at a later date and location to be determined.

Mo-Th 7/28-7/31 6-8pm
\$25 CH Football Stadium

CH Soccer Association Recreation Soccer Camp

The following camp is a recreational, fun soccer camp put on by the Colonial Heights Soccer Association for children that have registered in the youth soccer league. For more info and to register visit www.colonialheightssoccer.com

Mo-Fr 8/25-8/29 6-8pm
\$20 Soccer Complex

Challenger British Soccer Camps

The following camps are put on by the Colonial Heights Soccer Association. Visit www.colonialheightssoccer.com for more information and to register. Challenger Sports' British Soccer Camp is the most popular soccer camp in the country based upon one of the most innovative approaches to coaching youth soccer in the US and Canada. With programs for each age, the curriculums includes a variety of foot skills, technical drills, tactical practices, freestyle soccer, small-sided games, coached scrimmages, and a mini tournament play.

First Kicks-Ages 2-3
Mo-Fr 7/28-8/1 10:45-11:45am
\$84 Soccer Complex

Mini Soccer-Ages 4-5
Mo-Fr 7/28-8/1 9-10:30am
\$98 Soccer Complex

Player Development-Ages 6-10
Mo-Fr 7/28-8/1 9am-12pm
\$128 Soccer Complex

Player Development-Ages 11+
Mo-Fr 7/28-8/1 5:30-8:30pm
\$128 Soccer Complex



FAMILY MOVIE NIGHTS



Dive-In Movie

Saturday, July 19, 2014

Location: Colonial Heights Swim & Yacht Club
1225 Duke of Gloucester St.
Movie Time: 8:45 pm Doors Open at: 7:45 pm



Grab a blanket/chair and watch the movie on the pool deck or bring your own flotation device and swim attire for enjoyment in the pool! Want to become a member of the "Club"? Go to www.chsyc.com for membership information or e-mail: info@chsyc.com



MOVIES in the PARK

Tuesday, August 19, 2014

Location: Colonial Heights Soccer Complex
1200 Yacht Basin Drive
Movie Time: 8:00 pm Doors Open at: 7:00 pm



REC-happenings

Girls Basketball Camp

Ages: 10-17
Colonial Heights High School and Colonial Heights Recreation Department will again Co-Sponsor a Girls Summer Basketball Camp. The Camp will be under the Direction of Colonial Heights HS girls head coach Larry Fox. What to bring-Towel, Basketball Shoes and Drink. Deadline to Register is Thursday, July 17, 2014.

Mo-Th 7/21-7/24 6-8pm
\$25 CH High School Gym

Youth Basketball Camp

Ages: 6-17
Colonial Heights High School and the Colonial Heights Recreation Department are Co-Sponsoring this Annual Youth Basketball Camp. The Camp will again be under the Direction of Colonial Heights HS Head Boys Basketball Coach John Thomas. What to bring; Towel, Basketball Shoes and Drink. Guest speakers will include local and area high school coaches along with previous players.

Ages 6-11

Mo-Th 7/14-7/17 9-11:30am
\$40 CH High School Gym

Ages 12-17

Mo-Th 7/14-7/17 12-3pm
\$40 CH High School Gym

Youth Cheerleading Camp

Ages: 5-13
Colonial Heights Recreation Department and CHHS Cheerleaders will hold a Youth Cheerleading Camp. Camp will be under the direction of the CHHS Staff, Colonial Heights Cheer Staff and Cheerleaders. Registration deadline is Friday, July 25th, 2014. For further information please call the Recreation Department at 520-9391. Fee includes a Camp t-shirt. What to wear; Tennis shoes, shorts and t-shirt (No denim shorts or denim jeans)

Mo-Th 7/28-7/31 6-7pm
\$20 CH Football Stadium

Youth Volleyball Camps

Ages: 2.5-11
In addition to teaching volleyball, these classes will strive to develop motor skills, hand-eye coordination, and improve listening skills, all within a safe and social environment. These camps are facilitated by Volley Tots, www.volleytotsva.com. T-shirt included if registered by June 6, 2014. \$5 discount per child for siblings. Participants are split based on their ages during camp.

Mo-Th 6/16-6/19 4:30-7:30pm
\$40 Tussing Elementary

Field Hockey Camp

Ages: 10-18
Colonial Heights High School and Colonial Heights Recreation will be sponsoring a Girls Summer Field Hockey Camp. The Camp will be under the Direction of Colonial Heights HS Girls Field Hockey Head Coach Daniel Pulskamp. What to bring; shorts or sweatpants, t-shirt, Field Hockey stick (if you have one), sticks will be provided for those not having one and a drink.

Mo-Tu 7/16-7/17 9am-12pm
\$25 Soccer Complex

Fitness

Zumba

Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! It is a mixture of body sculpting movements with easy to follow dance steps. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.

Mo/We 6/2-6/30 6-7pm
Mo/We 7/7-7/30 6-7pm
Mo/We 8/4-8/17 6-7pm
\$30 North Elementary

Okinawan Karate

Children's Class

This class is for ages 5 to 9 years old. The focus is on respecting others, self control, self discipline, and avoiding confrontation. The karate techniques that are taught begin with basics such as, falling, tumbling, balance, flexibility, agility & coordination. Once a student is proficient in all the basics, they may move up to the next class.

Mo/We 6/2-6/30 5-5:45pm
Mo/We 7/7-7/30 5-5:45pm
Mo/We 8/4-8/17 5-5:45pm
\$30 Lakeview Elementary

Youth/Teen Class

This class is for ages 10 - 17 years old unless moved up by Renshi Collins. This class moves at a faster pace and more advanced techniques are taught. New students accepted in January, June, and September for this class.

Mo/We 6/2-6/30 6-7:30pm
Mo/We 7/7-7/30 6-7:30pm
Mo/We 8/4-8/17 6-7:30pm
\$40 Lakeview Elementary

Cardio Blast+STRONG

The best of all worlds! Each month you will sweat with Zumba, Kickboxing, Strong, Tabata, and Hi-Lo Aerobics. Each Tuesday/Thursday is a new Cardio Fusion workout. This dynamic class provides one hour of sculpting abs, trimming the waistline, toning and strengthening the upper and lower body for the ultimate workout. Intensity level of each class ranges from medium to low to high ... depending on your personal challenge.

Tu/Th 6/3-6/26 6:30-7:30pm
Tu/Th 7/8-7/31 6:30-7:30pm
Tu/Th 8/5-8/28 6:30-7:30pm
\$30 Lakeview Elementary

Belly Dancing

This class is designed to teach the Traditional Cabaret Style belly dancing while providing an excellent cardio workout that strengthen your core as well as your abdominal and lower body muscles. All shapes, sizes, and fitness levels are welcome. Classes meet the 1st, 2nd & 4th Thurs & 3rd Fri of each month.

Th 6/5-6/26 6-7pm
Th 7/3-7/24 6-7pm
Th 8/7-8/28 6-7pm
\$30 Community Center

Fitness Punch Card

Punch card entitles the purchaser to attend up to (6) Mix-n-Match classes, 2 each of 3 different classes. Contact us for a list of classes eligible. \$12/card

Classes & Activities

Watercolor Class

Ages : 16+

Bring your own photos that interest you and learn how to paint them using Watercolors. Please contact the Senior Center at (804)520-9220 for a complete list of needed supplies for this class, supplies not included in fee.

We 6/5-6/26 2-4pm
\$72 Community Center



REC-happenings

Valerie Stewart Portrait Class

Everyone, from beginners to advanced painters will love this 4 day seminar. Each student will complete 2 portraits. Choose your own subject, your children, grand-children, parents or pet, its up to you. All paints are provided, bring your own canvas and brushes. \$200 deposit due at registration, final payment due 7/7/14.

Th-Su 9/25-9/28 9am-4pm
\$420 Community Center

CPR & First Aid

Ages: 16 and up
The Community CPR and AED course teaches the basic techniques of CPR and the use of an AED. Students also learn about using barrier devices in CPR and giving first aid for choking. The course teaches how to recognize the signs of four major emergencies - heart attack, stroke, cardiac arrest, and foreign-body airway obstruction. All materials included in the fee. The First Aid course teaches lay responders the knowledge and skills necessary to give care in an emergency, help sustain life and minimize the consequences of injury or sudden illness until medical help arrives. All materials included in the fee.

Sa 6/21 8am-4pm
\$50 Community Center

CPR Only \$30 8am-12pm
First Aid Only \$30 12:30-4pm

Youth Drawing Class

Ages : 8+
Instructor: Avon Miles Jr, Selim Nova Studio
Make Something Great! Give your child a new way to see the world: through drawing! This class teaches basic drawing techniques aimed at helping youth interpret what they see. It covers contour drawings, still life drawings, gesture drawings, and much more! Class teaches the foundations while emphasizing self-expression and experimentation. Price includes all needed supplies.

We 7/2-7/23 5:30-7:30pm
\$40 Community Center

"It Takes 2" - Strengthen your Marriage

6-week series helping you strengthen your marriage facilitated by First Things First of Greater Richmond, a not-for-profit organization dedicated to strengthening families through education, collaboration and mobilization.
<http://www.firstthingsrichmond.org/about-us>
Come out and learn how to experience a great marriage. Transform it from good to great. Discuss and practice the skills with your significant other.

Su 7/20-8/24 5-6:30pm
\$50 Community Center
\$10/session if you decide to pick and choose which weeks.



Friday, June 20, 2014

Ages 4-12
Need an Friday evening without the kids? Want to do enjoy a date night or movie with friends? If so, the Colonial Heights Recreation Department is giving parents the opportunity to take a well-deserved break. Call today to reserve your spot! 804-520-9390. Deadline to register is June 13.

Fr 6/20 5-10:30pm
\$10/child Community Center

Youth Painting Classes

Ages: 8+
Learn to create a masterpiece from start to finish while learning the techniques of painting. Classes teach painting techniques through the use of various bases such as canvas, fabric, pots, wood, and glass as well as various mediums such as acrylic and oil. Each class is different and unique and participants always get to keep their masterpiece. Fee includes all needed supplies.

Sa 6/7, 6/14, 6/28 10-11:30am
Sa 8/2, 8/9, 8/23 10-11:30am
\$45 Community Center



Summer Camps

Summer Tots Program

Ages: 3-5 (as of 7/1/14)
The Summer Tots Program is an interactive classroom experience. This program engages youth through the use of educational activities, crafts, sing-a-longs, circle time, special guests and trips. All enrolled youth must be fully potty trained to attend. Participants parents are encouraged to drop-off their child(ren) during program hours to allow participants to get use to a classroom setting. This program has a maximum of 20 participants and observes a 1:7 ratio of staff to children.

Mo-Th 6/23-8/1 8:30-11:30am
Fr 6/23-8/1 10:30am-12:30pm
\$15/child per week Tussing Elem

\$80/child if paying for full program. \$100/ non-residents if space permits after June 16. Cost includes crafts, snacks, special guests and weekly trips to Swaders, & MP Bounce w/ Me.



Theme Park Ticket Discounts



Fun Pass (ages 3+) \$70
Single Day (ages 3-9) \$43
Single Day (ages 10+) \$53



Spring Savings \$34
Parks & Rec Days \$34
Fall Fun Days \$34
Good Any Day \$41



Sizzle Pass (ages 3+) \$48
Single Day (ages 3-9) \$28
Single Day (ages 10+) \$35

For Spring Savings Days, Parks & Rec Days and Fall Fun Days please check with the Recreation Department for days they can be used. For group/multiple ticket sales please contact the Recreation Department to check availability of tickets, (804)520-9390. Tickets are non-refundable.

REC-happenings

Tuesday Teen

Ages: Rising 6th graders-17 yrs old
Teens will enjoy a trip each Tuesday.
Registration forms are available at the Colonial Heights Recreation Department located at Shepherd Stadium. Resident Activity Fees must be paid by the Friday prior to the Tuesday Activity. Non Resident Activity Fees begin Monday prior to the each Tuesday activity. Resident Season Pass cost to attend Busch Gardens, Water Country, or Kings Dominion is \$5.00 per trip. Non Resident Season Pass cost to attend Busch Gardens, Water Country, or Kings Dominion is \$15.00 per trip. Lunch money is required for all Amusement Park Trips. Packed lunch is strongly suggested for Pocahontas trips. Trips leave from the Community Center at 157 Roanoke Ave.

			Res/Non-Res
Tu	6/24	Water Country	\$41/\$50
Tu	7/1	Pocahontas	\$9/\$15
Tu	7/8	Busch Gardens	\$51/\$60
Tu	7/15	Pocahontas	\$9/\$15
Tu	7/22	Kings Dominion	\$39/\$45
Tu	7/29	Water Country	\$41/\$50

Mad Science: Eureka!

Inventor's Camp

Ages: Rising 1st-5th Graders
Eureka! Inventor's Camp - Creative Contraption
Warning! This is a camp designed by our own creative inventors! Each day campers will be given a series of challenges which must be overcome using basic materials, simple machines, tips from world famous inventors and the most important thing of all... their mind. With a little bit of ingenuity they'll construct catapults and forts and then lay siege, fabricate innovative flying contraptions, design their own gizmo prototypes, and will even assemble a working light saber to take home. This camp is facilitated by Mad Science, centralva.madscience.org.



Mo-Fri 8/18-8/22 1-4pm
\$159 Community Center



Movie Making

Ages: 7-13
Lights, cameras, LEGO® action! Use LEGO® Bricks to tell your story complete with music, special effects and all your favorite LEGO® mini-figure characters! In this Unique creative camp, students will plan, script, stage, shoot, and produce their own mini-movie using Stop Motion Animation. Working as a team, students will use LEGO® components to build the set and props, and then shoot their movie using a camera. All Campers take home a Bricks 4 Kidz T-shirt & a certificate at the end of the week. www.bricks4kidz.com/tri-cities.

Mo-Fr 8/4-8/8 1-4pm
\$135 Community Center

Summer Playground Program

Ages: 6-12 (as of 7/1/14)
The Summer Playground Program is a supervised day camp. Campers can enjoy games, crafts, active play, trips, and special guest activities. All campers must be registered for this program and must be residents of Colonial Heights. Program participants can come every day, can come once a week or once during the whole program. All youth who have completed Kindergarten are eligible for camp enrollment. Camp registration fee includes camp t-shirt & wristband. Weekly Trip Costs vary & campers pick, choose and pay for the activities they will attend.

Mo-Fr 6/23-8/1 8am-5:30pm
\$30/child to register North Elem

Playground Parent Orientation

All parents who attend will receive \$15 off the cost of their Summer Playground Program Camp Registration.

Fr 5/30 5:30-6:30pm
Th 6/12 4-5pm
Sat 6/21 8-9:30am
FREE Community Center

Jr. Robotics

Ages: 7-13
How would you like to turn your next LEGO® creation into a robot, programmed to do exactly what you tell it to do? The Bricks 4 Kidz® new Junior Robotics camp offers all the fun of building with LEGO® bricks, PLUS the challenge of computer programming! This fun, action-packed week combines real-life skills with real-kid fun! All Campers take home a Bricks 4 Kidz T-shirt and a certificate at the end of the week. www.bricks4kidz.com/tri-cities.

Mo-Fr 8/11-8/15 1-4pm
\$135 Community Center



ComedySportz: Improv Kidz Camp Level I

Ages: 9-14

ComedySportz is pleased to offer our Youth Summer Camps program - an intensive version of our popular classes to Colonial Heights Recreation and Parks. Our years of teaching and performing make each camp an experience our students never forget. Improv training fosters creativity, teamwork, confidence and poise both on and off the stage. SummerCamps are a great way to learn about improv and the stage in a fun and supportive environment! CSz Improv Kidz Camp Level I teaches the basic skills of improvisation and performance. Students learn to create stories, connect with other and be mindful of their own abilities while increasing self esteem and confidence. Each camp ends with a performance by the students at the Comedysportz improv Theatre. Camp concludes with a Comedy Improv show for family and friends.

Mo-Fr 8/25-8/29 1-4pm
\$110 Community Center

Mining and Crafting

Ages: 7-13

Minecraft is a game about placing blocks to build anything you can imagine. At night monsters come out, make sure to build a shelter before that happens. Experience the world of Minecraft with LEGO® bricks in this fun camp! Kids will start by crafting their shelters and some of the mobs, critters and tools using LEGO® bricks. All Campers take home a Bricks 4 Kidz T-shirt and a certificate at the end of the week. www.bricks4kidz.com/tri-cities.

Mo-Fr 6/16-6/20 1-4pm
\$135 Community Center



CHARLES TOWN RACES & SLOTS

Monday June 16, 2014

\$48.00 per person

depart 7:00 am return approx. 9:30 pm

WILL DEPART FROM THE CORNER OF ROANOKE AND MERIDIAN AVE

motorcoach transportation

Breakfast stop at Hardee on the way (on your own)

Minimum of 40 required

\$20.00 Free Slot
Play per person

REC-happenings

Trips

New York City and NY Yankees Game

You can choose whether to attend the Yankees game or not. Trip features: 2 nights in downtown NYC at the Doubletree Metropolitan Hotel, Trip coordinator, Round trip Motor-coach transportation from Colonial Heights to New York City & Yankee Stadium, a reserved upper level infield game ticket for Saturday's Indians vs. Yankees game. All individuals registering as a single will be assigned a roommate for accommodations.

Fr-Su 8/8-8/10



With Yankees ticket:

\$475/person (Single/Double)
\$435/person (Triple)
\$414/person (Quad)



Without Yankees ticket:

\$430/person (Single/Double)
\$390/person (Triple)
\$370/person (Quad)

\$100.00 deposit due at registration; Balance due by 06/09/2014 unless on payment plan. Payment plan available for 5 payments of \$75.00 after deposit.

Baltimore Orioles vs New York Yankees Day Trip

Join us for a trip to Camden Yards in Baltimore to see the Orioles take on the Yankees. Transportation on a Motorcoach bus. Limited quantity available. Great seats on the 3rd base line, section 66.

Sun 9/14 Depart 9:00am
\$80/person Game Time 1:35pm

Riverside Theater Fredericksburg, VA

For the below performances, we will depart from the Senior Center at 10:00am and return back to the center approx 6:30pm on all dates. Price includes transportation on vans, ticket to show and lunch. Sign up early limited tickets!

West Side Story

The world's greatest love story takes to the streets in this landmark Broadway musical

Wed 6/25 10am-6pm \$60

Hank Williams

An edgy, energetic country-musical journey of the legendary singer-songwriter.

Wed 9/10 10am-6pm \$60

Teens

Teen Center

The Teen Center is located inside the Community Center at 157 Roanoke Ave. Participants be City of Colonial Heights residents, and be eligible for enrollment at Colonial Heights Middle School or Colonial Heights High School. Contact the Teen Center at (804)524-8717 for more information. Admission to the Teen Center is FREE. Participants may bring a guest, but there is a \$5 charge for guests. The Teen Center features an Xbox 360, PS3, PS4, Wii, 3 big screen TVs, computers, arcade basketball, and foosball.

Hours of Operation

Monday-Saturday 3-8pm
Sunday CLOSED

Teen Center Test Drive

Rising 6th Graders!! Come check out the Teen Center before you enter Middle School. Teens will get to play videos games, air hockey, foosball, dodgeball, and basketball with other rising 6th graders.

Su 6/1 3-5pm
FREE Community Center

Recreation Department Dances for CHMS Students

Ages: CHMS Students
Cost includes: Chaperones, DJ, Pizza, & Drinks. All participants must have a Teen Center Consent form on file to attend.

Fr 5/30 7-9pm
\$5 Community Center

Teen Center Lock-In

You may stop by the Teen Center or Recreation office during operating hours to register. Due to curfew restrictions, teens must be dropped off and signed in by an individual over 18. Participants will be allowed to sign out and walk home at 7:00am, unless otherwise indicated on registration form. For more info contact Teen Center at 804-524-8717.

Sa 6/28 10:30pm-7am
FREE Community Center

Seniors

Senior Center

The Senior Citizen Center is adjacent to the Community Building at 157 Roanoke Avenue. It is open Monday through Friday, 8:30 am to 4:30 pm. The Center is open to adults 50 years of age and older who are City Residents. All Senior Citizen programs are FREE unless noted.

Senior Transportation

The Transportation Department operates 8am-4pm Monday-Friday, except City Holidays. Senior Citizens sixty (60) years of age or older that are City of Colonial Heights residents, needing transportation for medical, business, or personal reasons may obtain rides throughout the City of Colonial Heights. Transportation is provided to Petersburg, Hopewell and Fort Lee for medical appointments only. Vans are equipped with hydraulic lifts for wheel-chairs. Reservations must be called in 24 hours in advance of your appointment. Please call 520-9219 for further information.

Seniors Activity and Fitness

CLASS SCHEDULE

Monday

8:30am Muscles in Motion
9:30am Tai Chi
9:30am Bowling (League Fee)
11:00am Interactive Watercolor Class
1:00pm Boulevard Gardens (3rd Monday)
1:30pm Table Games
2:00pm Tennis (June only; Lakeview Park)

Tuesday

9:00am Yoga
10:00am Sit & Let's Get Fit
11:00am Sit & Let's Get Fit
12:30pm Duplicate Bridge
1:00pm Bingo
6:00pm Quilting

Wednesday

8:30am Muscles in Motion
10:00am Strength & Stretch
10:00am Crochet & Knitting Group
1:00pm Party Bridge
1:30pm Walking Club
2:30pm Painter's Group

Thursday

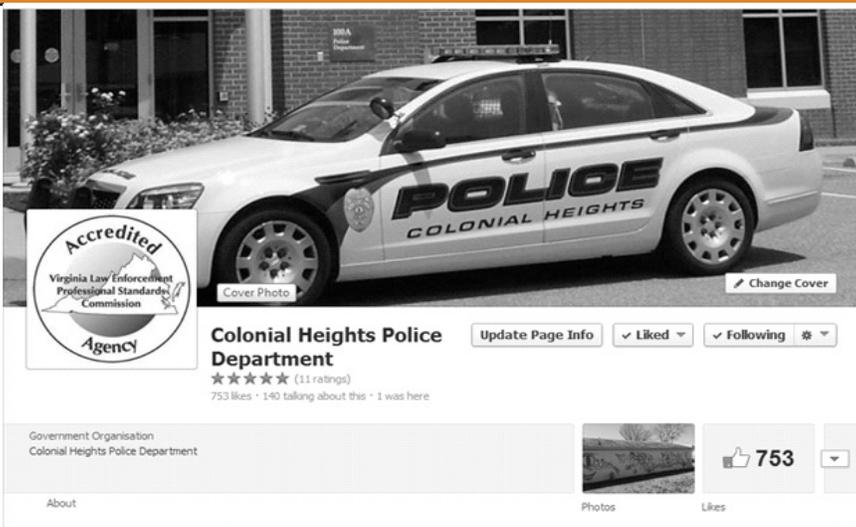
9:00am Yoga
10:00am Sit & Let's Get Fit
11:00am Sit & Let's Get Fit
10:00am Sing-A-Long
1:15pm Senior Citizens Club Meeting
1:30pm TRIAD (3rd Thursday)
2:00pm Watercolor

Friday

8:30am Muscles in Motion
10:00am Strength & Stretch
12:00pm AARP Luncheon (2nd Friday)
6:00pm Oil Painting
7:00pm Senior Dance (2nd Friday - \$6)

Saturday

9:00am Splash of Color (3rd Saturday)
9:00am Oil Painting (1st Saturday)

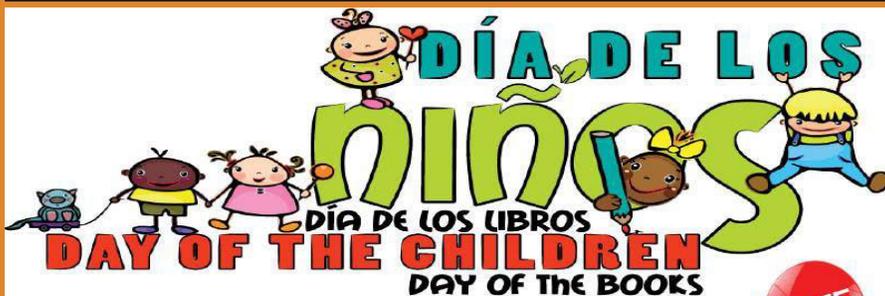


COLONIAL HEIGHTS POLICE DEPARTMENT LAUNCHES FACEBOOK PAGE

The Colonial Heights Police Department has a new tool to help them communicate with the public: Its own Facebook page. The department launched it the beginning of April, and it has been well received.

Facebook and other social media sites have become a part of daily life for many Americans. It can be an invaluable tool for police departments by enabling them to get information out to the public almost instantly, whether it is a traffic situation, a missing person or to help solve crimes. The Colonial Heights Police Department hopes that this new tool will also help them connect with the community, letting people know about crime prevention tips or community policing projects.

The Facebook connection will allow us to reach out more to our citizens, allowing a more “transparent” view of the workings of our department. Colonel Jeffrey W. Faries, Chief of Police, says, “I’m hopeful that this will allow us to communicate better with the public—to share with them all of the good things that we do, what’s happening in the community, as well as allow another avenue to help us solve crimes.” To connect with the Colonial Heights Police Department, visit their page at: www.facebook.com/colonialheightspolice.



Saturday, May 31, 2014

“The more you read, the more things you will know.
The more that you learn, the more places you’ll go.” - Dr. Seuss
Come One, Come All! Come Out to Celebrate Literacy!

The Colonial Heights Public Library and the Colonial Heights Recreation and Parks Department would like to invite you to Día de los Niños, a multicultural event promoting literacy for all youth. This event features story time, performances, games, and crafts, as well as a free book to all registered participants. Registration is taken at the Colonial Heights Recreation Department. Participants need not register to attend; however, registration ensures a free book. Event is paid for through donations from the Colonial Heights Moose Lodge 1783 and Optima Health. **Event Location:** Colonial Heights Public Library, 1000 Yacht Basin Drive, Colonial Heights, VA 23834.

The Wall That Heals Coming To Colonial Heights

Every year on designated holidays, the nation pauses to remember those who gave their lives in service with ceremonies and parades, but that honor and respect must extend further. One way to honor the fallen and reflect on the service of the millions of Americans



who came before is to visit The Wall That Heals. This exhibition features a 250-foot replica of the original memorial in Washington, D.C. and travels across America. The exhibit is coming to Southpark Mall, Colonial Heights, Virginia in the parking lot between Dick’s Sporting Goods and Regal Cinemas. The Wall That Heals is open 24 hours a day beginning 9:00 AM 29 May through 1 June 2014 9:00 PM. There is no charge for admission. For more information contact, Janice Logue, Site Coordinator - (804)524-0768 or janicelogue@taylorlongproperties.com

THE WALL THAT HEALS

Potter Baseball Tour

Colonial Heights Baseball Clinic/July 31, 2014



Join Coach Jeff Potter and his tour team as they conduct a baseball clinic including skills, drills and lots of FUN!!! Bring a canned food item as your “entry” into the clinic! All food will be donated to the local Food Bank.

This is the 5th consecutive year that the Potter Baseball Tour will travel throughout MD, PA, OH and VA. to share their knowledge, fun and passion for baseball with kids throughout the area. Come out & bring a friend, no baseball experience required.

July 31 9:00am-4:00pm
High School Baseball Field

TRIAD-Reducing Crime Against the Elderly

A local TRIAD consists of the Sheriff, Police Chief, the Fire Chief and elderly or retired leaders in the community who agree to work together to reduce criminal victimization of the elderly. Important to each TRIAD is an advisory council of law enforcement leaders and older persons which serves as a sounding board, information channel and catalyst for renewing emphasis on reducing crimes against the elderly.

What does a TRIAD do?

Educate - Sponsors crime prevention and victim/witness programs for older persons.

Assist - Recruits and trains volunteers to assist the police and sheriff's departments.

Emphasize - Organizes reassurance programs for older persons to reduce fear and provide moral support.

Communicate - Provides a forum for public safety and the community to share needs and concerns and develop solutions.

Involve - Brings seniors together with public safety officials to develop community-wide solutions.

TRIAD responds to the unique needs of its community and population. The Colonial Heights TRIAD Chapter meets the 3rd Thursday of each month, 1:30 pm in the Community Building (157 Roanoke Avenue). For more information call the Colonial Heights Senior Center @ 520-9220.



SUPPORT
Colonial Heights
Recreation and Parks

What is Recycling Perks and the Give Back Campaign?

Launched in the spring of 2011, Recycling Perks is a rewards program that motivates people to recycle. Recycling Perks works to improve household recycling and promote local businesses by offering great savings and exclusive deals to recyclers. The Give Back Campaign was created to provide funding to local non-profits. It also aims to educate communities about charitable organizations in their area they might not be aware of.



SIGN UP

Register for your FREE account at RecyclingPerks.com. It takes less than 5 minutes.

FILL IT UP

Recycle on your collection day and earn 50 points in your Perks account.

LIVE IT UP

Redeem your points for amazing discounts from local businesses.

DONATE

When you activate your free account, \$5 will be donated to Colonial Heights Recreation and Parks!

Perks will award Colonial Heights Recreation and Parks \$5 for every unique user they refer in the Colonial Heights area. If you have a smart phone you can **scan the QR code** below. You'll then be directed to sign up for your free account! Don't have a QR reader on your phone? No worries! The QR reader is free to download and to use. You can also **type in this URL** to create your account:

www.recyclingperks.com/register/refer/C6kZxT

New users must create and activate their account via the unique QR code or link in order for Colonial Heights Recreation and Parks to receive the donation.



Recycling Perks
You Recycle We Reward

JULY 4TH FIREWORKS

Friday July 4th 9:15pm

Rain date: July 5, 2014 FREE



Viewing for the fireworks will be off Interstate 95, Exit 53 or 54 in the Southgate Square/Wal-Mart Area. Bring blankets and/or lawn chairs. For more information, please contact the Colonial Heights Recreation & Parks Department at (804) 520-9390.

The City Focus

City of Colonial Heights
Office of the City Manager
Post Office Box 3401
Colonial Heights, Virginia 23834-9001
www.colonialheightsva.gov

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