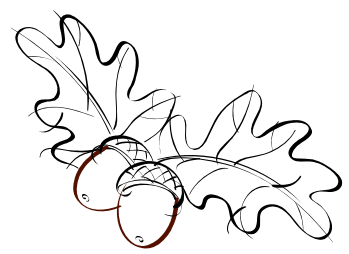


Youth and Adult Fall Classes



***Denotes Handicapped Accessible**

Class	Start	Day	Term	Time	Instructor	Fee
*Yoga and Chi Kung	09/06/11	Tuesday	7 weeks	6:30pm - 7:30pm	Dolores 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.						
*Fly Fishing	09/22/11	Thursday	4 weeks	7:00pm – 8:00pm	Ron Wallace	\$30
This is a class for the person who has always wanted to try Fly Fishing. It will combine classroom instruction with two field trips to the South Holston River. Topics will include equipment, casting, and basic fishing techniques.						
*Ballroom Dancing	09/26/11	Monday	7 weeks	<i>Beginners</i> 6:00pm – 7:30pm	Walt Baumgardner	\$30
	09/26/11	Monday	7 weeks	<i>Intermediate/Advanced</i> 7:30pm-9:00pm	Walt Baumgardner	\$30
* Cardio Jam	09/27/11	Tuesday & Thursday	8 weeks	6:00pm – 7:00pm	Mary Craig	\$30
Blast lots of calories with punches, kicks, dance and other high energy moves.						
*Karate	10/04/11	Tuesday	6 weeks	5:30 – 6:30pm	Howard Smith	\$25
Ages 6 to mid-teens - at Japan Karate-Do Organization School located at 503 State Street.						
*Digital Photography	10/17/11	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.						
*Beginning Fiddle	10/17/11	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	10/17/11	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.						



Special Events

Twentieth Annual Bristol Parks & Recreation Cross Country Meet This is a meet open to all runners. The meet will be held on Saturday, 9/24/2011, from 9:00am to 2:00pm at Steele Creek Park. Registration will be held on the day of the meet. Meet Director, Frankie Nunn. Cost: \$5.00

Pumpkin Palooza 10/29/2011 9:00am – 10:30am Games and costume parade, as well as pumpkin decorating and treat bags for children of all ages, at the Downtown Center on State Street.

Steele Creek Park Shelter Trick or Treat 10/29/2011 5:30 – 7:30pm Ages 2 – 12 Bring your friends and walk thru the park gathering Halloween goodies.

