

GREEN RIDGE

Recreation Center

Spring 2023 Recreation Program Lineup!

* **PRE-REGISTRATION IS REQUIRED** *

MAR. 2023 - MAY 2023 CLASS SCHEDULE



COOKING

NEW: WEEKDAY SAUCES

Join our instructor, Denise Pully to learn to make the famous twice baked cookie, biscotti, and a global favorite - the scone! Bake these delicious treats to have yourself or to share with your friends and family who enjoy dunking their treats!

Age	Date	Days	Time	Place	Course	Fee
18+	3/18	Sa	9:30 AM - 11:30 AM	Green Ridge	21190	\$45

NEW: PANTRY & FRIDGE/FREEZER CLEAN-UP MEALS

Learn the ease of making stews with eggplant, squash, and beans using the flavorful and aromatic spices of cinnamon, turmeric, and ginger. Roast and simmer to meld flavors, then eat your way to healthier living! Instructor: Denise Pully.

Age	Date	Days	Time	Place	Course	Fee
18+	4/22	Sa	9:30 AM - 11:30 AM	Green Ridge	21191	\$45

NEW: SEASONAL SALADS WRAPS

Do you love pasta? If so, join the instructor, Denise Pully to take your pasta appreciation to the next level. Learn to make pasta from scratch! You'll mix, roll, cut, and cook your way to pasta bliss! We'll use a KitchenAid pasta attachment to save time, but all hand techniques will be shown and discussed. This class is great for individuals or couples looking for a fun culinary experience.

Age	Date	Days	Time	Place	Course	Fee
18+	6/3	Sa	9:30 AM - 11:30 AM	Green Ridge	21192	\$45



MISCELLANEOUS

SPRING BREAK CAMP

Our energetic, experienced staff will lead your children in daily activities, crafts, games, and F-U-N! Wear gym shoes and bring a lunch daily. Bring swimsuit and towel on open swim days for afternoon swim (Monday, Tuesday, Thursday and Friday). Two daily snacks are provided. Health Form is required to be completed at time of enrollment. Please visit RoanokeCountyParks.com to submit your child's Health Form electronically. Spring Break Camp is available for children enrolled Kindergarten through 5th grade.

Age	Date	Days	Time	Place	Course	Fee
18+	12/19 - 12/22	Mon. - Thu.	7:30 AM - 6:00 PM	Green Ridge	20041	\$150

LITTLE TYKES BASKETBALL

Our energetic, experienced staff will lead your children in daily activities, crafts, games, and F-U-N! Wear gym shoes and bring a lunch daily. Two daily snacks are provided. Health Form is required to be completed at the time of enrollment. Please visit RoanokeCountyParks.com to submit your child's Health Form electronically. Winter Break Camp is available for children enrolled Kindergarten through 5th grade.

Age	Date	Days	Time	Place	Course	Fee
3-5	3/25 - 5/20	Sa	10:00 AM - 11:00 AM	Green Ridge	21188	\$80

LITTLE TYKES SOCCER

Let's play ball! The Little Tykes program focuses on developing good players and good sportsmanship. Kids have a chance to learn the fundamentals of basketball through passing, dribbling, shooting, and fun skill drills. This skill development program will run for 8 weeks. The first four weeks will be practices with the remaining 4 weeks for game play. Each player will receive a t-shirt and medal at the end of the program.

Age	Date	Days	Time	Place	Course	Fee
3-5	3/25 - 5/20	Sa	11:30 AM - 12:30 PM	Green Ridge	21189	\$80

AIKIDO LEVEL 1

A Japanese martial art that relies on efficient body movements, not strength, to redirect the force of an attack and diffuse it using joint locks, throws, and pinning the attacker on the ground. Increase your body awareness, flexibility, & balance through principles that are practiced not only for self-defense but also helpful in daily life.

Age	Date	Days	Time	Place	Course	Fee
18+	5/4 - 6/29	Thu	6:00 PM - 8:00 PM	Green Ridge	21187	\$57

AIKIDO LEVEL 2

A Japanese martial art that relies on efficient body movements, not strength, to redirect the force of an attack and diffuse it using joint locks, throws, and pinning the attacker on the ground. Increase your body awareness, flexibility, & balance through principles that are practiced not only for self-defense but also helpful in daily life.

Age	Date	Days	Time	Place	Course	Fee
18+	3/2 - 4/27	Thu	6:00 PM - 8:00 PM	Green Ridge	21186	\$57

PRESTIGE GYMNASTICS

Prestige Gymnastics is back at Green Ridge! In these classes, participants go through the basics of gymnastics on floor, vault, beam, and bars. Skills include rolls, cartwheels, bar drills, and vaulting technique. Additionally, strength exercises, flexibility, games, and coordination are all included! Join us for an hour of F-U-N! Prestige Gymnastics takes place on Saturday's with offerings for **Pre-K, School Age and Mom & Tot!**

DANCE

NEW: INTRO TO LINDY HOP

Hop on over to Green Ridge for an exciting way to reach your daily step goal (and then some) with Swing Roanoke's Intro to Lindy! The Lindy Hop is sometimes referred to as "the original swing dance" with its fast-paced and lively swing-outs and turns. In this series, we will learn the basics and build a solid foundation of which to jump and jive with the best of 'em! Come solo or bring a pal (and your slickest shoes) and join us!

Age	Date	Days	Time	Place	Course	Fee
18+	3/9 - 4/13	Th	7:00 PM - 8:00 PM	Green Ridge	21184	\$50

NEW: WEST COAST SWING

Join Swing Roanoke as we dance our way to California with our West Coast Swing series. In this six-week course, we'll learn the basics of West Coast, a style that came out of Lindy in the Golden State during the 1950's. With its smooth and laid back feel, it fits a variety of music types, from traditional swing, to country, to modern-day tunes! We'll start with the quintessential push-pull basic step and glide our way into turns and improv. So, come on snakes, let's rattle! No partner required.

Age	Date	Days	Time	Place	Course	Fee
18+	4/20 - 5/25	Th	7:00 PM - 8:00 PM	Green Ridge	21185	\$50



Register at RoanokeCountyParks.com or call (540) 772-PLAY(7-5-2-9)