



Gloucester Parks, Recreation & Tourism

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For Immediate Release – September 2, 2013

SOCIAL DANCE INSTRUCTION

Parks, Recreation and Tourism is now accepting registration for social dance for ages 16 and older. Two styles of dance are offered American Smooth Style (6:45-7:45 pm) and Latin Smooth Style (7:45-8:45 pm). Classes meet on Tuesdays at Botetourt School beginning September 10 through October 15. The registration fee is \$30 per person and the deadline to register is September 9. For more information call 693-2355 or email prt@gloucesterva.info or to register visit www.rec.gloucesterva.info.

LITTLE DRAGON YOGA

Parks, Recreation and Tourism is now accepting registration for Little Dragon Yoga for ages 5-12. Kids will explore the world of yoga through stories, songs and games in a non-competitive, creative space, leaning basic poses customized to them. Meet at the Creative Learning Preschool at 7394 Carriage Court on Saturdays beginning September 14 through October 19. Ages 5-8 meet from 9-10 am with 9-12 year olds from 10-11 am. The registration fee is \$30 with a deadline of September 9. For more information call 693-2355 or email prt@gloucesterva.info or to register visit www.rec.gloucesterva.info.

ADULT BASKETBALL

Parks, Recreation and Tourism is now accepting registration for basketball for ages 18 and older, must be out of high school. This year the league will be divided by draft, individuals sign up and will be placed on teams to compete in a ten game schedule plus an end of season tournament. Practices and games are twice a week, Monday-Thursday evenings from 6:30-9:30 pm at Botetourt. The registration fee is \$45 per person and the deadline to register is September 13. For more information call 693-2355 or email prt@gloucesterva.info or to register visit www.rec.gloucesterva.info.

POWER STRETCH YOGA

Parks, Recreation and Tourism is now accepting registration for yoga for ages 13 and older. Classic Indian Toga (Hatha) yoga which combines breathing, physical actions and relaxation techniques to strengthen both body and mind are practiced. Classes begin September 10 and end October 15 at Botetourt from 5:30-6:45 pm. The registration fee is \$30 per session or \$6 per class, if you would like to just give it a try. The deadline to register is September 6. For more information call 693-2355 or email prt@gloucesterva.info or to register visit www.rec.gloucesterva.info.

REVEAL YOUR REMBRANDT – ZENDOODLING

Parks, Recreation and Tourism is now accepting registration for zendoodling, an easy to learn method of creating beautiful images from repetitive patterns. A fascinating fun and relaxing art form that increases focus and creativity while reducing stress. There is no wrong way of zendoodling and absolutely no art experience is

necessary. The class meets on Tuesday, September 17 from 5-9 pm at Botetourt. The registration fee is \$50 with all supplies included and the registration deadline is September 10. For more information call 693-2355 or email pvt@gloucesterva.info or to register visit www.rec.gloucesterva.info.

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Thank you for supporting and helping promote Gloucester Parks, Recreation and Tourism. Like us on FACEBOOK, Follow us on TWITTER to keep up with what's happening!