

NEWPORT NEWS PARKS & RECREATION

Instructional Program Guide Spring 2024

Class Name	Class Number	Ages	Fee	Begins	Day(s)	Wks	Site
Xtreme Hip Hop Step with Tanesha	i107.401	8 and up	\$35.00	4/20/24 @ 10:00 AM	Sa	4	BMCC
Xtreme Hip Hop Step with Tanesha	i108.401	8 and up	\$35.00	5/18/24 @ 10:00 AM	Sa	4	BMCC
Xtreme Hip Hop Step with Tanesha	Link	8 and up	\$12.00	Various dates @ 10:00 AM	Sa	1	BMCC
Chair Yoga	i131.401	15 and up	\$45.00	4/11/24 @ 7:00 PM	Th	8	RGC
Soccer Center of Excellence: Future Stars	i158.401	3 to 5	\$75.00	4/24/24 @ 5:30 PM	W	6	BMCC
Soccer Center of Excellence: Juniors	i159.401	6 to 9	\$90.00	4/24/24 @ 6:15 PM	W	6	BMCC
Soccer Center of Excellence: United Academy	i160.401	10 to 12	\$90.00	4/24/24 @ 7:15 PM	W	6	BMCC
Vinyasa Flow	Link	10 and up	\$10.00	Various dates @ 9:00 AM	Sa	1	Bleevable Prana Y & W
Yoga Fundamentals	Link	10 and up	\$10.00	Various dates @ 9:00 AM	Su	1	Bleevable Prana Y & W
Mat-Based Pilates	Link	10 and up	\$10.00	Various dates @ 11:00 AM	Th	1	Bleevable Prana Y & W
Yoga for Athletes	Link	10 and up	\$10.00	Various dates @ 6:00 PM	M	1	Bleevable Prana Y & W
Japanese Sword Arts	i238.401	15 and up	\$48.00	4/10/24 @ 6:00 PM	W	10	DCC
Adult Karate and Ju Jitsu	i239.401	15 and up	\$48.00	4/11/24 @ 6:30 PM	Th	10	DCC
Children Karate	i241.401	6 to 14	\$48.00	4/8/24 @ 6:00 PM	M	10	DCC
Table Tennis FUNdamentals	i242.401	8 and up	\$80.00	4/13/24 @ 9:00 AM	Sa	10	DCC
Tae Kwon Do	i245.401	6 and up	\$55.00	4/8/24 @ 6:00 PM	M	10	BMCC
Tae Kwon Do	i246.401	6 and up	\$55.00	4/10/24 @ 6:00 PM	W	10	BMCC
Tae Kwon Do	i247.401	6 and up	\$55.00	4/8/24 @ 7:00 PM	M	10	BMCC
Tae Kwon Do - Advanced	i248.401	6 and up	\$55.00	4/10/24 @ 7:00 PM	W	10	BMCC
Shorin-Ken Karate	i250.401	8 and up	\$48.00	4/9/24 @ 6:30 PM	Tu Th	11	DCC
Aikido	i260.401	16 and up	\$48.00	4/8/24 @ 6:30 PM	M Tu	12	CWCC
Basketball Skills & Drills EH	i269.401	5 to 6	\$65.00	4/13/24 @ 9:00 AM	Sa	8	WRC
Basketball Skills & Drills EH	i270.401	7 to 9	\$65.00	4/13/24 @ 10:00 AM	Sa	8	WRC
Basketball Skills & Drills EH	i271.401	10 to 15	\$65.00	4/13/24 @ 11:00 AM	Sa	8	WRC
Advanced Basketball Skills & Drills EH	i283.401	8 and up	\$125.00	4/13/24 @ 12:00 PM	Sa	8	WRC
Advanced Basketball Skills & Drills EH	i284.401	7 and up	\$145.00	4/18/24 @ 5:00 PM	Th	8	WRC
Jow Ga Kung Fu - (6 & up)	i291.401	6 and up	\$60.00	4/3/24 @ 6:00 PM	M W	5	RGC
Jow Ga Kung Fu - (6 & up)	i292.401	6 and up	\$60.00	5/1/24 @ 6:00 PM	M W	5	RGC

Class Name	Class Number	Ages	Fee	Begins	Day(s)	Wks	Site
Jow Ga Kung Fu - (6 & up)	i293.401	6 and up	\$60.00	6/3/24 @ 6:00 PM	M W	4	RGC
Tai Chi & Qigong	i297.401	6 and up	\$60.00	4/3/24 @ 6:00 PM	M W	5	RGC
Tai Chi & Qigong	i298.401	6 and up	\$60.00	5/1/24 @ 6:00 PM	M W	5	RGC
Tai Chi & Qigong	i299.401	6 and up	\$60.00	6/3/24 @ 6:00 PM	M W	4	RGC
Carolina Shag	i396.401	16 and up	\$50.00	5/16/24 @ 7:00 PM	Th	6	BMCC
Piano Adventures	i408.401	7 and up	\$63.00	4/13/24 @ 9:00 AM	Sa	8	DCC
Guitar, Ukulele, or Bass	i409.401	7 and up	\$63.00	4/13/24 @ 11:00 AM	Sa	8	DCC
Building Block Robots (STEM)	i410.401	8 and up	\$63.00	4/13/24 @ 12:00 PM	Sa	8	DCC
Piano Adventures Junior	i412.401	4 to 6	\$63.00	4/13/24 @ 10:00 AM	Sa	8	DCC
Learning to Rock (Rock Band for Beginners)	i417.401	7 and up	\$63.00	4/9/24 @ 7:00 PM	Tu	8	DCC
Digital Drumming (Drum Set) for Beginners	i418.401	7 and up	\$63.00	4/9/24 @ 4:00 PM	Tu	8	DCC
"Unique, Wonderful, and Strange Musical Instruments"	i420.401	Any	\$17.00	6/15/24 @ 11:00 AM	Sa	1	DCC
Drawing & Painting	i518.401	13 and up	\$65.00	4/9/24 @ 6:30 PM	Tu	8	BMCC
Y.A.L.E.	i559.401	7 to 12	\$65.00	4/13/24 @ 11:00 AM	Sa	8	BMCC
Pee Wee Picassos	i568.401	4 to 6	\$60.00	4/13/24 @ 9:15 AM	Sa	8	BMCC
Drawing for Kids	i569.401	7 to 12	\$60.00	4/9/24 @ 5:15 PM	Tu	8	BMCC
3D Computer Animation: Robots	i632.401	7 and up	\$63.00	4/9/24 @ 5:00 PM	Tu	8	DCC
Music: The Next Level (Part 2+ All Music Classes)	i638.401	7 and up	\$63.00	4/9/24 @ 6:00 PM	Tu	8	DCC
Introduction to Sewing for the Beginner	i710.401	18 and up	\$40.00	4/13/24 @ 9:00 AM	Sa	3	CWCC
Intermediate Sewing	i714.401	15 and up	\$45.00	4/13/24 @ 11:00 AM	Sa	4	CWCC
Introduction to Sewing for the Beginner	i726.401	18 and up	\$40.00	5/4/24 @ 9:00 AM	Sa	3	CWCC
Introduction to Sewing for the Beginner	i727.401	15 and up	\$40.00	6/1/24 @ 9:00 AM	Sa	3	CWCC
Intermediate Sewing	i728.401	15 and up	\$45.00	5/11/24 @ 11:00 AM	Sa	4	CWCC

Gymnastics registration will be available Monday, May 6 for classes that will begin the week of May 20.

To register call (757) 886-2729 or visit [ActiveNet to register online!](#)

Registration Information:

- Registration is available online or by calling (757) 926-1400.
- Preregistration is required. No registrations will be accepted on the first day of classes.
- Patrons who are fully vaccinated will no longer need to wear masks indoors. Anyone not vaccinated is strongly encouraged to continue to wear masks in all settings.
- Children under the age of thirteen (13) must have an adult guardian on site (in the parking lot) at all times.
- Newport News Instructional Programs' classes take place at multipurpose centers throughout the City. This class listing is not an all-inclusive list of classes that are being offered through Instructional Programs; classes are continuously being added. Please note that classes listed may see a change in scheduled time or location; low enrollment classes may be combined or cancelled. Guidelines are subject to change based on physical and social distancing protocols. Please visit www.nnparks.com for a full listing of instructional programs and classes. If you have any questions, please call us at (757) 926-1400.



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