

nights rest under the stars and the for days full of rock climbing, repelling, duckying, and lake amusements. Campers looking for extreme outdoor excitement need only apply! Multi- Adventure Week includes 5 days of excitement, 4 nights of camping and all meals.

Program #: 48091.01  
 Fee: \$499.00  
 Ages: 12 and older  
 Day (s): Monday –Friday  
 Date (s): August 9-13  
 Time (s): 8:30 a.m.-4:30 p.m.  
 Location: River Riders

**Overnight Adventure Weeks**

Overnight adventure weeks include all the fun in the sun as a standard adventure week plus low rope, high rope, and rock climbing action at For Love of Children’s outdoor education center in Harpers Ferry WV. Campers will also enjoy 4 nights around the camp fire with new friends, old stories and the fire roasted goodies and will then spend the night in rustic, eco friendly cabins. Cost of camp includes shuttle transportation to and from the Food Lion Shopping Center.

Min. Age: 9 Grades: 4-11 Dates:	Theme:	Cost: (Meals included)
July 12-16 48121.01	Eco-Friendly Practices	\$399.00
July 26-30 48121.02	Leave No Trace Ethics	\$399.00

**Kayak Intensive Week**

This week focuses on learning how to white-water kayak. This challenging week helps develop kayaking abilities, and has traditionally been a favorite for seasoned campers. Your child will develop the skills necessary will be paddling decked whitewater kayaks by the end of the week. Minimum age is 11.

Program #: 48131.01  
 Fee: \$219.00  
 (Overnight: \$45.00)  
 Ages: 11 and older  
 Day (s): Monday –Friday  
 Date (s): August 2-6  
 Time (s): 8:30 a.m.-4:30 p.m.  
 Location: River Riders

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**Young Adults**  
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**Middle School Dances**

Come spend the night dancing and socializing with friends in a fun, safe environment.

Food and beverages will be available at the JCCC concession stand.

Fee: \$7.50  
 Grades: 6th-8th  
 Day: Fridays  
 Date: January 8, February 5, March 5, April 2, May 7, June 4, July 2, & August 6  
 Time: 6:30-10:00p.m.  
 Location: JCCC

**Lift Strong Weight Training for Teens**

This is a strength training program for teens ages 11-15. Meet with a Personal Trainer, learn the fundamentals of weight training, and get set up on a weight training program. Receive a wrist band showing you have completed the class, allowing use of the strength equipment without parental supervision. Class is limited so register early.

Program#: 42151.01  
 Fee: \$40.00  
 Ages: 11-15  
 Day (s): Fridays  
 Dates: March 19-April 23  
 Time: 5:00-6:00 p.m.  
 Location: JCCC

Program # 42151.02  
 Fee: \$40.00  
 Ages: 11-15  
 Day: Fridays  
 Date: April 30-June 4  
 Time: 5:00-6:00p.m.  
 Location: JCCC

Program # 42151.03  
 Fee: \$40.00  
 Ages: 11-15  
 Day (s): Thursday  
 Date: July 8-29  
 Time (s): 5:00-6:00 p.m.  
 Location: JCCC

**Boot Camp Teens**

Have fun and get fit t with this challenging workout. Designed to get results, this session off offers a mix of resistance training, cardio drills, martial arts, and Pilates to improve strength, endurance and flexibility while sculpting the body.

Program # 43401.01  
 Fee: \$40.00  
 Ages: 13-16  
 Day (s): Monday-Friday  
 Date: June 21-25  
 Time (s): 5:00-8:00 p.m.  
 Location: JCCC

**Guitar – Beginning I and II**

Beginning students will learn fundamentals including basic hand position, tuning, open chords, picking techniques, rest stroke for the right hand, locating notes on sheet music, and playing them on the guitar, basic strumming and picking patterns used with songs, and developing skills to play.

Program #: 48151.01  
 Fee: \$60.00  
 Ages: 13 and up  
 Day (s): Sundays  
 Date (s): April 11-May 2  
 Time (s): 5:00-6:00 p.m.  
 Location: JCCC

Program #: 48151.02  
 Fee: \$45.00  
 Ages: 16 and up  
 Day (s): Thursdays  
 Date (s): June 3-24  
 Time (s): 7:15-8:15 p.m.  
 Location: JCCC

Program #: 48151.03  
 Fee: \$45.00  
 Ages: 6-15  
 Day (s): Thursdays  
 Date (s): July 8-29  
 Time (s): 7:15-8:15 p.m.  
 Location: JCCC

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**Adult Programs**  
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**100 Miles in 100 Days**

To encourage good health, physical fitness and outdoor fun, the Jefferson County Parks & Recreation Commission challenges residents to walk 100 miles in 100 days this summer. By walking just one mile per day between Memorial Day and Labor Day, you can earn a certificate to honor your achievement and get a 30-Day Punch Pass to use the JCCC. This program is designed to promote health and well being among residents and reward you for incorporating healthy exercise habits into your daily lives. Research proves that individuals who use a tracking system to assist with their health and wellness goals are more successful at achieving these goals. You are invited to turn in your miles for us to record your progress. Simply visit our website to print off a mileage chart.

Program # 68002.01  
 Fee: FREE  
 Days: Sundays-Saturdays  
 Dates: May 31-September 6  
 Times: ANY  
 Location: ANY