

# James City County Parks & Recreation



## Virtual Programming Ongoing Programs

### Aquatics

Staying home doesn't mean you can't stay in shape – try this workout system designed for swimmers! No water or equipment needed. Physical exercise, in all forms, may be strenuous physical activity. Please consult your physician before beginning any physical exercise program. It is your responsibility to ensure that by participating you will not exceed your limits while performing any activity. [Swimmer Land Workout \(PDF\)](#)

### Arts & Crafts

#### ●Acrylics at Home

Let the artist come out in you! Join Parks & Recreation instructor Anne Kushnick to learn how acrylics can help you paint your way to beautiful art. <https://youtu.be/iTZFjynAcps>

#### ●Astronomy

Get out your crayons for this astronomy coloring sheet! [Astronomy Day \(coloring sheet\)](#)

These crafts are "out of this world" and you should try one (or two) in the comfort of your home!

[Astronomy Day \(crafts\)](#)

#### ●Cartoon Challenge

Using only pencil and paper and the cartoon page provided, how many different scenarios can you [draw the cartoon character in](#)? Challenge yourself, family and friends.

#### ●How To Videos

Members of Williamsburg Regional Library have access to over 1,000 free arts & crafts video classes at <https://www.creativebug.com/lib/wrl>. All you need to participate is your library card number! Not a member? Join now – visit <https://wrl.org/temporary-library-card-signup/> to sign up for a digital library card.

Using common household items, you can create cool new projects!

[DIY Upcycling, Pt. 1](#): Create a neat cereal box bookmark.

[DIY Upcycling, Pt. 2](#): Create a cool cereal box puzzle.

[DIY Upcycling, Pt. 3](#): Make toilet paper tube binoculars for your next nature walk.

[DIY Upcycling, Pt. 4](#): Create silly toilet paper tube fish for the entire family.

[DIY Science, Pt. 1](#): Can water make music? Try out this project to find out.

[DIY Science, Pt. 2](#): Strange but fascinating - make your own plastic...from milk!

## Club 55+

Do you take SilverSneakers® group fitness classes at the James City County Recreation Center? You can also follow along with our instructors and exercise at home during these uncertain times! Try our FREE pre-recorded classes – [chair yoga](#) and [chair aerobics](#). Let's take care of our bodies and minds while we social distance – staying active can reduce stress as well as maintain strength, balance and flexibility. SilverSneakers® members can access additional resources at <https://tools.silversneakers.com/>.

## Fitness & Aerobics

- We know it's sometimes a challenge to keep up with your fitness routine during challenging times. Social distancing is necessary for everyone's safety, so let's work out at home! Browse James City County's library of [free exercise videos](#) on YouTube.
- Looking for more fitness videos? Below are offerings from second-party providers. Before you use any second party website, please review their applicable terms of use and policies. These providers may contain links to third and subsequent party links. James City County is not responsible for examining or evaluating, and we do not warrant the products or accuracy of these web sites, nor assume any responsibility; use at your own risk. Physical exercise, in all forms, may be strenuous physical activity. Please consult your physician before beginning any physical exercise program. It is your responsibility to ensure that by participating you will not exceed your limits while performing any activity.

**Chair Strength:** <https://www.youtube.com/watch?v=ASXGYu7IFxE>

**Family Fitness:** [13 minute Family Workout](#)

**Fitness:** [All Fitness level workouts!](#)

**Strong by Zumba** (you can access plenty of [free HIIT workouts on YouTube](#), choosing from 7, 20 and 30-minute on-demand classes. Programs offered in a variety of languages.  
<https://www.youtube.com/channel/UCQkaczRlyBjl3UKBH59W3XQ/videos>

**Therapeutic:** [Workouts for people with physical disabilities](#)

**Yoga:** [Yoga for Beginners](#)

## Games/Activities

- Puzzled to find new activities to do? Try our online jigsaw puzzle and take a guess at determining which County Park is featured:

<https://www.jigsawplanet.com/?rc=play&pid=1f72d68a0f90>. The featured photo is mountain biking at Freedom Park.

<https://www.jigsawplanet.com/?rc=play&pid=170616ce9536>. The featured photo is kayaking at the James City County Marina.

- **The Old Farmer's Almanac for Kids**

Explore free stories and fun projects from home at <https://www.almanac.com/kids>. Great for all ages, the young and the young at heart!

- Play is critical to our physical and emotional well-being at any age. In stressful times, play can bring comfort and relieve anxiety. Check out this collection of play ideas, expert advice, and other helpful resources. Before you use any third party website, please review their applicable terms of use and policies. <http://www.thegeniusofplay.org/playtoday>

- The [Alphabet Game](#) is an exciting game to play while also learning more about your surroundings.

- It's family game night! Check out this fun twist on [hide and find](#).

## Language

Have you always wanted to learn another language but couldn't find the time? Make the most of your extra time at home and get started – Williamsburg Regional Library members have free access to Mango, <https://www.wrl.org/find-it-online/languages/>, which offers 77 languages including English as a second language. All you need is your library card and a computer or smart phone. Not a WRL member? Join now – visit <https://wrl.org/temporary-library-card-signup/> to sign up for a digital library card.

## Media

Is your child interested in the weather? Visit <http://www.weatherwizkids.com/> to learn about clouds, wind, drought, weather forecasting, how to become a meteorologist and more! Don't miss the Experiments section, which has detailed instructions for more than 30 experiments you can do at home using basic materials.

Is your child interested in news, sports and other key topics like science, space, technology, history, weather, arts and much more. Then check out [KIDSNEWS](#). You can even find links to “take a virtual tour around the world's best sites, galleries, zoos, museums and even Mars!” Before you use any second party website, please review their applicable terms of use and policies.

## Outdoor Recreation

**nATuRe walk:** find the ART in nature and show your creativity! Follow our [easy directions](#) to create artwork using natural materials.

## Parks & Trails

James City County has a variety of opportunities available in our parks to maintain your mental wellness and connect to nature during these challenging times. You can practice social distancing while still getting exercise and reducing your stress – come hike, bike, fly a kite, boat or fish! To ensure that we are allowed to keep our parks open, please maintain social distance of at least six feet and do not congregate in large groups. Groups of more than 10 will be asked to separate. Dogs must be leashed and under the complete and immediate control of their owner at all times. All County parks are open; however, some park amenities may still be closed. For details, <https://jamescitycountyva.gov/CivicAlerts.aspx?AID=3978>

## Reading

Need a new book to read to your kids? This free resource provides a variety of stories for children of all ages. [Reading is FUN!](#)

## Science/Technology

Interested in short discovery-based STEM experiences for children of all ages. Then check out STEM Gems. Before you use any third party website, please review their applicable terms of use and policies. <https://naaweb.org/resources/stem-gems>

## Teens

Before you use any second party website, please review their applicable terms of use and policies.

- **Bored Teens**

Are your teens bored at home? Don't stress. Check out [36 indoor activities for teens](#).

- **Cool DIY Project Just for Teens**

Here are [39 cool DIY crafts](#) you and your teen will actually like!

## Therapeutic Recreation (designed for those with special needs/disabilities)

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- Looking for activities to do with your child, especially children with special needs? Try out some of these offerings! <https://funandfunction.com/blog?p=1>

- Build a Sensory Garden

<https://www.especialneeds.com/blog/budget-friendly-outdoor-sensory-activities-kiddos-autism>

- DIY Sidewalk Chalk

<https://www.naturalbeachliving.com/diy-sidewalk-chalk/>

- Create a sensory corner or reading nook

<https://afineparent.com/positive-parenting-faq/calm-down-corner.html>

<https://www.parentingspecialneeds.org/article/diy-sensory-rooms-budget/>

- Help your kids learn American Sign Language

<https://kidcourses.com/sign-language-asl/>

[https://www.youtube.com/watch?v=9M1ky9\\_nm4Y](https://www.youtube.com/watch?v=9M1ky9_nm4Y)

- Enjoy fun movement activities inside and outside

[https://autism.lovetoknow.com/Ten\\_Gross\\_Motor\\_Activities\\_for\\_Autistic\\_Children](https://autism.lovetoknow.com/Ten_Gross_Motor_Activities_for_Autistic_Children)

- Try to create Rainbow Slime!

<http://www.learnplayimagine.com/2014/02/rainbow-slime-recipe.html>

- Need help talking to your child about Covid-19? Use a Social Story!

<https://childdevcenter.org/news/social-stories-for-kids-about-covid-19/>

- Make color mixing sensory bottles

<https://preschoolinspirations.com/how-to-make-a-color-changing-sensory-bottle/>

<https://www.theottoolbox.com/how-to-make-sensory-bottle/>

## Tours (virtual)

- Travel to beautiful Rome Italy and tour the city through this narrated tour. Be sure to try all the features including 360 degree photos and videos. <https://www.youvisit.com/tour/rome>
- Join tour guide Dierks Bentley at Crater Lake National Park in Oregon to explore this wonderful and unusual national treasure. [https://findyourpark.com/get-inspired/crater-lake-national-park-360-tour?\\_ga=2.22305211.1690145498.1590243965-1263701369.1590243965](https://findyourpark.com/get-inspired/crater-lake-national-park-360-tour?_ga=2.22305211.1690145498.1590243965-1263701369.1590243965)
- Let NASA [bring the universe into your home!](#)
- Come explore hundreds of museums from the comfort of your home! Visit <https://artsandculture.google.com/partner?hl=en> and search for your favorite museum or discover new collections from all over the world.
- Stroll through the [Smithsonian National Museum of Natural History](#).
- Travel virtually to the National Park Service's [Gettysburg National Military Park](#).

## Wildlife

### ● Common Backyard Birds

Parks, trails and open spaces are great spots to capture and identify the bird species that are located in our community. We've created a short list of [common backyard birds](#) to help you identify the winged friends that can be found at feeders and in the backyard. For more detailed information regarding bird species, calls and other great information, visit the Cornell Lab of Ornithology at <https://www.birds.cornell.edu/home/>. If you would like to ID a bird that isn't on this list, the Cornell Lab also has an app, the Merlin Bird ID, which is a great resource for determining species that may be difficult to identify, visit <https://merlin.allaboutbirds.org/>.

- The Cornell Lab of Ornithology has several live feeds of bird species that give us insight and first-hand views of baby birds from birth to when they fledge their nest. Use this link to watch barred owls, albatross, kestrels, red-tailed hawks, petrels and backyard birds! <https://www.allaboutbirds.org/cams/>

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