

# SPECIAL INTEREST PROGRAMS

## NOVICE DOG OBEDIENCE – Instructor: Rosie Higdon

Eligibility: Dogs 5 ½ months and older

Location: 415 Cambria St. C'burg (building to the left of VA Varsity Storage)

Additional Information: Delete unwanted behaviors – basic dog obedience and instruction on how to train your dog. All Dogs must be de-wormed. CLASS ON THE FIRST NIGHT WILL MEET FOR LECTURE. NO DOGS THE FIRST WEEK , JUST THE OWNER.

Minimum: 6 Maximum: 9

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Session I	July 3	Oct. 2	<a href="#">Oct. 4</a>	Wednesday	6 – 6:50 p.m.	\$120	6
Session I	July 3	Oct. 2	<a href="#">Oct. 4</a>	Wednesday	7 – 7:50 p.m.	\$120	6
Session II	Dec. 4	Jan. 22	Jan. 24	Wednesday	6 – 6:50 p.m.	\$120	6
Session II	Dec. 4	Jan. 22	Jan. 24	Wednesday	7 – 7:50 p.m.	\$120	6
Session III	Dec. 4	Mar. 25	Mar. 27	Wednesday	6 – 6:50 p.m.	\$120	6
Session III	Dec. 4	Mar. 25	Mar. 27	Wednesday	7 – 7:50 p.m.	\$120	6

## MINI NOVICE DOG OBEDIENCE – Instructor: Rosie Higdon

Eligibility: Dogs 4 ½ months and older

Location: 415 Cambria St. C'burg (building to the left of VA Varsity Storage)

Additional Information: Material covered will be sit (sit to greet), walk on leash and come. DOGS COME TO ALL CLASSES.

Minimum: 6 Maximum: 9

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Mini	Oct. 5	Nov. 27	<a href="#">Nov. 29</a>	Wednesday	6 – 6:50 p.m.	\$70	3

## PUPPY KINDERGARTEN – Instructor: Rosie Higdon

Eligibility: Puppies 10-17 weeks

Location: 415 Cambria St. (building to the left of VA Varsity Storage)

Additional Information: This class is for puppies 10-17 weeks of age. The class is designed to get the puppy off to the right start. The puppy will learn how to interact with people by sitting to greet, how to bite nicely, etc. The puppy will play with other puppies providing socialization with other puppies. The class lessons cover how to teach sit, down, stand, walk on leash and come. Owners will learn how to teach their puppy in a positive and proactive manner. They will learn how to deal with the typical puppy problems: chewing, barking, mouthing, jumping up, etc. Each week are discussion topics related to raising your puppy. The topics include housebreaking, nutrition grooming, and health care. THE PUPPY COMES TO ALL CLASSES.

Minimum: 6 Maximum: 9

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Session I	July 1	Oct. 3	<a href="#">Oct. 5</a>	Thursday	6 - 7 p.m.	\$120	6
Session II	Dec. 4	Jan. 23	Jan. 25	Thursday	6 – 7 p.m.	\$120	6
Session III	Feb. 1	Mar. 26	Mar. 28	Thursday	6 – 7 p.m.	\$120	6

## MINI PUPPY KINDERGARTEN – Instructor: Rosie Higdon

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Location: 415 Cambria St. (building to the left of VA Varsity Storage)

Additional Information: This class is for puppies 10-17 weeks of age. The class is designed to get the puppy off to the right start. The puppy will learn how to interact with people by sitting to greet, how to bite nicely, etc. The puppy will play with other puppies providing socialization with other puppies. The class lessons cover how to teach sit, down, stand, walk on leash and come. Owners will learn how to teach their puppy in a positive and proactive manner. They will learn how to deal with the typical puppy problems: chewing, barking, mouthing, jumping up, etc. THE PUPPY COMES TO ALL CLASSES.

Minimum: 6 Maximum: 9

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Mini	Oct. 6	Nov. 28	<a href="#">Nov. 30</a>	Thursday	6 - 7 p.m.	\$70	3

## RALLY DOG OBEDIENCE – Instructor: Rosie Higdon

Eligibility: Dogs 6 months and older

Location: 415 Cambria St. (building to the left of VA Varsity Storage)

Additional Information: Pre-requisite: Dogs must have completed a novice dog obedience class. This class introduces students to different maneuvers and exercises of Rally style obedience. Rally Obedience is the combination of maneuvers using the flow and interaction of agility. It includes simple items like forward, halt, left turns; and more complicated things like serpentine, around corners, about U-turns and more.

Minimum: 6 Maximum: 9

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Session I	July 3	Oct. 3	<a href="#">Oct. 5</a>	Thursday	7:15 – 8:15 p.m.	\$120	6
Session II	Feb. 1	Mar. 25	Mar. 28	Thursday	7:15 – 8:15 p.m.	\$120	6

## INTERMEDIATE DOG OBEDIENCE – Instructor: Rosie Higdon

Eligibility: Dogs 6 months and older

Location: 415 Cambria St. (building to the left of VA Varsity Storage)

Additional Information: Pre-requisite: Dogs must have completed a novice dog obedience class. Improve the manners of your dog. Class will concentrate on walking with a leash, greeting people and other dogs nicely, coming when called and sit/down and stay.

Minimum: 6 Maximum: 9

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Session I	Dec. 4	Jan. 22	Jan. 25	Thursday	7:15 – 8:15 p.m.	\$120	6

## NOSE WORK LEVEL 1 – Instructor: Rosie Higdon

Eligibility: Dogs any age that have had an introduction to odor for Nose Work or Scent Work class.

Location: 415 Cambria St. (building to the left of VA Varsity Storage)

Additional Information: This class builds the skills of the dog and handler to understand how their dog searches and we also build the skills for the dog. Requirements: Dogs will work individually. Dogs must be quiet while a dog works.

Minimum: 6 Maximum: 8

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Session I	Feb. 1	Mar. 25	Mar. 27	Wednesday	7 – 8 p.m.	\$120	6

## STRESS AND MENTAL HEALTH AWARENESS

This year has brought added stress due to the COVID-19 pandemic. If you or someone you know would like to get additional information or helpful tips on how to handle mental health issues, check out [www.psychhub.com/videos](https://www.psychhub.com/videos) PsychHub has a library of short, 5-minute, educational videos to help with various topics that include COVID-19, depression, anxiety, eating disorders and many more.

## EATING DISORDERS PRESENTATION – New River Valley Community Services

If you or someone you know would like to get additional information or helpful tips on how to handle eating disorders, please view <https://www.facebook.com/watch/live/?v=86979499714983&ref=watchpermalink> This is a presentation supplied by New River Valley Community Services.

## DISSECT & CONNECT – MCPP & NRVCS

The “Dissect & Connect” podcast focuses on population health issues impacting your community. To listen to various topics please click on the link at New River Valley Community Services – podcast-episodes ([nrvc.org](http://nrvc.org)) The podcast is a service of Montgomery County Prevention Partners and New River Valley Community Services.

## ADULT CPR/AED CERTIFICATION COURSE – INSTRUCTOR: Lisa Bass

Eligibility: Ages 18 and up

Location: Christiansburg Recreation Center – Classroom 1

Additional Information: The American Red Cross CPR/AED programs help participants recognize and respond appropriately to cardiac and breathing emergencies. The courses in this program teach the knowledge and skills needed to give immediate care to an injured or ill ADULT while advanced medical care is on the way. This class will teach Adult CPR/AED skills and offer proficiency on manikins to earn an ARC certification valid for 2 years. Each participant will have his/her own manikin and disposable face shield while following safe distancing and disinfecting procedures.

Minimum: 4      Maximum: 8

Registration	Date	Time	FEE
Dec. 4 – Jan. 3	Wednesday, Jan. 10	5 – 8 p.m.	\$55

## PEDIATRIC CPR/AED CERTIFICATION COURSE – INSTRUCTOR: Lisa Bass

Eligibility: Ages 18 and up

Location: Christiansburg Recreation Center – Classroom 1

Additional Information: The American Red Cross CPR/AED programs help participants recognize and respond appropriately to cardiac and breathing emergencies. The courses in this program teach the knowledge and skills needed to give immediate care to an injured or ill CHILDREN and INFANTS while advanced medical care is on the way. This class will teach Pediatric CPR/AED skills and offer proficiency on manikins to earn an ARC certification valid for 2 years. Each participant will have his/her own manikin and disposable face shield while following safe distancing and disinfecting procedures.

Minimum: 4      Maximum: 6

Registration	Date	Time	FEE
Dec. 4 – Jan. 10	Wednesday, Jan. 17	5 – 8 p.m.	\$55

## FIRST AID CERTIFICATION COURSE – INSTRUCTOR: Lisa Bass

Eligibility: Ages 18 and up

Location: Christiansburg Recreation Center – Classroom 1

Additional Information: First Aid training can help save lives before advanced medical care can arrive by employing simple techniques to comfort and reduce conditions that could become life threatening. No CPR will be taught in this course, but demonstration of skills will result in an American Red Cross certification valid for 2 years. Each participant will have his/her own supplies to practice on an inanimate object such as a pool noodle or manikin. Safe distancing and disinfecting procedures will be followed.

Minimum: 4      Maximum: 6

Registration	Date	Time	FEE
June 1 – Sept. 12	<a href="#">Tuesday, Sept. 19</a>	5 – 8 p.m.	\$50
Dec. 4 – Jan. 17	Wednesday, Jan. 24	5 – 8 p.m.	\$55

## CHILD FINGERPRINTING – Instructor: Sherri Neece – Crime Prevention Specialist- CPD

Co-Sponsored By: Christiansburg Recreation Department and Christiansburg Police Department

Location: Christiansburg Recreation Center Lobby

Additional Information: Come by the Recreation Department and have your child fingerprinted for your files in case of an emergency.

Date	Time	Fee
Thursday, Nov. 16	10 – 11:30 a.m.	FREE

## INTRO TO STAND UP PADDLE BOARDING – Instructor: Michael Valach

Eligibility: Ages 12 and up

Location: Claytor Lake Rock House Marina – 3776 Rock House Road, Pulaski

Additional Information: Join us on Claytor Lake for our Intro to Stand Up Paddle Boarding (SUP) class. This one hour class will provide instruction on the basics of paddle stroke, balancing and positioning on the board, turning and board movement. This class will consist of both dry land and on water instruction. Once you have mastered the basic skills, your instructor will take the group on a short paddle board tour on Claytor Lake. This class is the perfect way to get started paddling the right way and experience the fastest growing watersport. The class will be fun and informative while you improve your balance skills and workout your core muscles. The class fee includes instruction and all rental equipment needed for the class. The class is taught by Mountain 2 Island Paddleboards, Kayaks and Boat rentals. Participants provide their own transportation to the marina.

Minimum: 4 Maximum: 12

Class	Reg. Begins	Reg. Ends	Date	Time	FEE
Sept.	April 3	Sept. 12	<a href="#">Tuesday, Sept. 19</a>	6:30 - 7:30 p.m.	\$15

## BEGINNING KAYAKING – Instructor: Michael Valach

Eligibility: Ages 12 and up

Location: Claytor Lake Rock House Marina – 3776 Rock House Road, Pulaski

Additional Information: This class provides the basic skills and safety techniques needed to paddle a kayak on flat water. The class will cover launching techniques, paddling terminology, basic paddle strokes, kayaking safety and trip planning. This is a fun and informative kayaking class followed by a short kayaking tour along the shores of Claytor Lake. All equipment is provided: single person kayak, paddle and personal floatation device. The class is taught by Mountain 2 Island Paddle Boards, Kayaks and Boat Rentals. Participants provide their own transportation to the marina.

Minimum: 4 Maximum: 8

Class	Reg. Begins	Reg. Ends	Date	Time	FEE
Sept.	April 3	Sept. 19	<a href="#">Tuesday, Sept. 26</a>	6:30 - 7:30 p.m.	\$15

## QPR (Question, Persuade, Refer) SUICIDE PREVENTION



Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

Additional Information: Join Caroline Mullins, a Behavioral Wellness Outreach Specialist with New River Valley Community Services in this one-hour training. The class will teach participants to recognize the warning signs and symptoms of a person considering suicide, how to respond to that individual, and how to persuade the person to get help. Learning these steps is vital in saving a life and removing the stigma surrounding suicide. Participants must pre-register.

Minimum: 5 Maximum: 15

Class	Reg. Begins	Reg. Ends	Date	Time	FEE
Session 1	Sept. 11	<a href="#">Oct. 4</a>	Tuesday, Oct. 10	12 - 1 p.m.	FREE