



CITY OF HARRISONBURG
**PARKS
& REC**

Summer 2024 Programs

June - August

Teen Swim Lessons - 12

Parks and Rec Month - 16

Youth TryAthlon - 17

Football - 19

Find the complete
guide here



Program Registration

www.HarrisonburgVA.gov/Program-Registration
or in person at any Recreation Center

OUR MISSION

To enhance the quality of life and meet the needs of the community by providing comprehensive leisure service opportunities and to develop and maintain a safe system of open spaces and public facilities for the use and enjoyment by the public.

OUR VISION

The Harrisonburg Parks and Recreation Department will be a leading resource for creating positive leisure, recreational, and cultural experiences. We will offer a variety of quality programs, parks, and facilities for people of all ages, ethnicities, and abilities. Our department will lead the way in implementing innovative actions and policies related to environmental awareness, connectivity, and recreation.

PARKS AND RECREATION ADVISORY COMMISSION

MuAwia DaMes
Chance Ebersold
Deb Fitzgerald
Kevin Gibson
James Honeycutt Sr.
Deanna Reed, City Mayor
Rachel Smallwood
Dr. Leonard A. Van Wyk



How to Reach Us!

EMAIL

ParksandRecreation@HarrisonburgVA.gov

WEBSITE

www.HarrisonburgVA.gov/Parks-Recreation

FACEBOOK

@HarrisonburgParksandRecreation

INSTAGRAM

@HarrisonburgParks

X

@HburgParks

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Directory

Athletics	540-433-9168
Community Activities Center	540-433-2474
Heritage Oaks Golf Course	540-442-6502
Lucy F. Simms Center	540-437-9213
Price Rotary Senior Center	540-432-7799
Park Administration	540-438-1644
Westover Swimming Pool	540-434-0571

Facility Memberships

Memberships run January 1-December 31 (half-price membership available July 1-December 31)

Membership gives you access to Community Activities Center, Lucy F. Simms Center, and Westover Pool.

Adults: \$60 Resident / \$120 Non-Resident

Youth (12 - 17): \$30 Resident / \$60 Non-Resident

Seniors (50+): \$30 Resident / \$60 Non-Resident

Family: \$150 Resident / \$300 Non-Resident

Daily Rate (Adult): \$3.00 Resident / \$6.00 Non-Resident

Daily Rate (Youth): \$2.00 Resident / \$4.00 Non-Resident

RECREATION CENTERS

LUCY F. SIMMS CENTER (SIMMS)

Programs

- Pound..... 5
- ABCs of Fitness..... 5
- Yoga..... 5
- Moving and Grooving..... 25
- Zumba Gold..... 25

Drop In Programs

- Video Game & Boardgame Night..... 21
- Family Movie Night..... 21



Hours

Monday - Friday 7am - 9pm
Saturday - 9am - 5pm

Open Gym

- Basketball
- Pickleball

Visit HarrisonburgVA.Gov/simms-center for open gym hours

CECIL F. GILKERSON COMMUNITY ACTIVITIES CENTER (CAC) & WESTOVER POOL

Programs

- Zumba..... 5
- Swimming Lessons..... 10
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- Summer Camp (SOAR)..... 21
- Preschool..... 21
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Drop In Programs

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- Recreation Swim..... 7
- Tumbling Room..... 21



Hours

Monday - Friday 6am - 9pm
Saturday - 9am - 5pm

Open Gym

- Basketball
- Volleyball
- Pickleball



Visit HarrisonburgVA.Gov/community-activities-center for open gym hours
Visit HarrisonburgVA.Gov/swimming-pool for pool hours

PRICE ROTARY SENIOR CENTER

Programs

- Yoga..... 25
- Pilates..... 25
- Yogalates.... 25
- Tai Chi..... 25
- Crochet..... 25

Drop In Programs

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- VPAS Cafe..... 26
- Aging with Confidence..... 26

Hours

Open during scheduled programs





CITY OF HARRISONBURG
**PARKS
& REC**

Summer 2024

Fitness & Nutrition

Harrisonburg Parks and Recreation presents you with a wealth of fitness opportunities!

Check out what is new!

Our Summer Opportunities

Fitness & Nutrition

Fitness

Enhance your fitness routine with our Yoga, Zumba, Pilates, POUND, or try out the ABCs of Fitness!

Adult Dance

Dancing is a great way to keep active! Join our adult ballet or tap class!



Fitness Registration & Information:

Registration must take place online at www.harrisonburgva.gov/program-registration or in person at any recreation center. If you have questions please call 540-433-2474.

City Resident Registration April 29 | Non Resident Registration May 13

FITNESS CLASSES

POUND

Instructor: Lindsey Harvell-Bowman

Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to rockstars of all ages and abilities. Make sure to bring a yoga mat and water bottle.

No class June 13 or July 4

Location: Simms Center Auditorium

City Res \$30 | Non Res \$35 | Ages 18+

#231410A1 | Th | Jun 6 - Jul 25 | 6:45pm - 7:45pm

#231410A2 | Th | Aug 1 - Sep 5 | 6:45pm - 7:45pm

Vinyasa Yoga

Instructor: Lisa Hasler RYT

Combining breath with movement, this class will steadily progress from a fluid opening sequence of poses through a series of more vigorous postures. Participants will feel energized and challenged yet leave feeling steady and relaxed. Yoga experience helpful but not required. Please bring your own mat, blocks, and water bottle.

We will have class outside on the lawn in front of the Simms Center. If there is rain then class will move inside.

Location: Simms Center Front Lawn (inside Simms if rain)

City Res \$30 | Non Res \$35 | Ages 18+

#221427A1 | Sa | Jul 13 - Aug 3 | 9:00am - 10:00am

ABCs of Fitness:

Instructor: Kathy Siker

Agility Balance Cardio & Strength

Improve your cardiovascular fitness, build total-body strength and enhance your functional fitness in this 45 minute class. Channel your inner athlete, dancer, boxer – you do you and get FIT! Bring an exercise mat, resistance band, and water.

Location: Community Activities Center Fitness Studio

City Res \$30 | Non Res \$35 | Ages 18+

#221403A1 | M | July 15 - Aug 19 | 5:30pm - 6:15pm

NEW!

Zumba Step

Instructor: Melissa Shank

We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Zumba® Step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.

No class June 19, July 3, July 31.

Location: Community Activities Center Fitness Studio

City Res \$30 | Non Res \$35 | Ages 18+

#221404A1 | W | Jun 5 - Aug 14 | 6:30pm - 7:30pm

DANCE FOR FITNESS

Adult Ballet for Fun & Exercise

Location: Community Activities Center Dance Studio

City Res \$25 | Non Res \$30

#220316A2 | Ages 18+ | M | Jun 3 - Jul 1 | 6:30pm - 7:15pm

Adult Tap for Fun & Exercise

Location: Community Activities Center Dance Studio

City Res \$25 | Non Res \$30

#220317A1 | Ages 18+ | M | Jun 3 - Jul 1 | 7:15pm - 8:00pm



Summer 2024 Aquatics

Harrisonburg Parks and Recreation is offering various aquatics opportunities this season at Westover Pool!

Our Summer Opportunities

Lap Swim & Recreational Swim

Reserve a lane for lap swim or water workout, available Monday-Friday, 6am-7pm. If lounging is more your speed, enjoy the water during our daily recreation swim hours, 12:00pm-7:00pm beginning June 8th.

Swim Lessons

Group lessons offered on Monday-Thursday mornings. Groups lessons start as young as six months. Check out our youth swim guide to make placement easier! Private and semi-private lessons for kids, teens and adults are back! Each child cannot be registered for more than two classes at the same level.

WSI and LGI Courses

Check out our upcoming American Red Cross instructor level courses!



Aquatics Registration & Information:

Registration must take place online at www.harrisonburgva.gov/program-registration or in-person at any recreation center. If you have questions please call 540-434-0571.

City Resident Registration April 29th | Non-Resident Registration June 10th

WESTOVER POOL: Hours and Events

SWIM HOURS

Please check www.HarrisonburgVA.gov/Swimming-Pool for more pool hours information.

Recreation Swim

May 25th-May 27th

Saturday - Monday | 12:00pm - 7:00pm

June 1st - 2nd

Saturday - Sunday | 12:00pm - 7:00pm

Beginning June 8th, 12:00pm - 7:00pm daily

Lap Swim Hours

May 25th-May 27th

Saturday - Monday | 12:00pm - 7:00pm

June 1st - 2nd

Saturday - Sunday | 12:00pm - 7:00pm

June 3rd - 7th

Saturday - Sunday | 12:00pm - 7:00pm

Beginning June 8th, 6:00am - 7:00pm, Monday - Friday, 12:00pm-7:00pm weekends

Daily Admission Fee

Residents living inside the City limits will need to show proof of residency at time of entry.

Infant (Age 2 and Under) | Free

Children (Age 17 and Under) | City Res \$2 | Non Res \$4

Adult (Age 18+) | City Res \$3 | Non Res \$6

Capacity restrictions may be in place at management's discretion during Recreation Swim hours. Refunds will not be issued for weather related closures or other unexpected closures.

Summer Family Pool Pass

Summer pool passes are available for purchase starting Saturday, May 25th. A family pass covers two adults and up to four children residing in the same residence. Additional children can be added for \$15.00 each. Hours reduce on 8/20 but your pass is good through September 2nd, 2024.

City Res \$75 | Non Res \$150



POOL EVENTS

Memorial Day Weekend

Kick off the unofficial start of summer when both our outdoor pools open on Saturday, May 25th! Pool admission discounts for Veterans applied Saturday, May 25th through Monday, May 27th from 12:00pm-7:00pm.

School's Out Summer Kick-Off!

Join us Saturday, June 8th as we officially kick off summer 2024! Enjoy a great day with our lifeguards as we host activities, give-aways and a great time from 12:00pm-7:00pm. We are looking forward to another great summer with you!



Free Pool Days to Celebrate Parks and Rec Month!

Each Thursday in July, City residents will get free entry to Westover Pool during the dates and times listed below. ID with City address is required for free entry.

Location: Westover Pool

Th | Jul 11 | 12:00pm - 7:00pm

Th | Jul 18 | 12:00pm - 7:00pm

Th | Jul 25 | 12:00pm - 7:00pm

Swim Meet Closures

We anticipate closing at 4:30pm on the following Tuesdays for Westover Waves home swim meets:

Tuesday, June 11th

Tuesday, June 25th

Tuesday, July 2nd

Tuesday, July 9th

Checkout <https://www.facebook.com/WestoverWavesSwimTeam> or email westoverwavesteam@gmail.com for more information on summer swim team!

WESTOVER POOL: Summer Safety

WATER WATCHERS AND GUARDIANS

Our lifeguards are well trained, but the safety of your child depends on you!

Lifeguards are the last defense when it comes to water safety. While our attention is focused on everyone, your attention can be focused on your child and those you came with to the pool. Help us by becoming a Water Watcher or Guardian again this summer!

To earn your free adult admission, present your Safe Kids Water Watcher card or your Water Guardian certificate from Colin's Hope anytime during the summer.

Learn more at <https://www.safekids.org/other-resource/water-watcher-card> or dive deeper and take the quiz at www.colinshope.org. Having you around helps us keep everyone safer.



10 TIPS FOR A BETTER POOL VISIT

At Westover, we want you to have the best pool experience! Here are our 10 tips to a great visit!

1. Watch your kids around water. Weak swimmers or swimmers in flotation devices should be kept within arms reach of an adult! www.safekids.org
2. Don't just pack it, wear your jacket! We recommend USCG approved flotation devices.
3. Enroll kids in swim lessons or learn to swim yourself! harrisonburgva.gov/parks-recreation
4. Make sure you and your kids know the limits; i.e. how deep before the water is up to the chest, eyes, etc. and set those boundaries.
5. Before going off the diving board or climbing the rock wall, feel free to request a swim test. Most of our saves are weak swimmers in the diving well.
6. Wear your sunscreen and sun protection clothing.
7. Clean up your space. Snacks and non-alcoholic beverages are allowed as long as you throw away your trash and ensure no glass containers are brought in.
8. Respect other guests by considering the language you use and the behaviors you display. We reserve the right to ask any guest using foul language or rude behavior to leave the facility.
9. Check the weather. In the event of weather or other unexpected closures, refunds will not be offered.
10. Finally, choose swimsuits in bright colors: yellows, oranges, greens and reds. Avoid white, black, grey and blue hue. alivesolutions.com

SWIM TRAINING AND FITNESS

Masters Swimming

Swim team practice for adults 18+. Join to improve your swimming, technique, get in shape, or take your current workouts to the next level. Participants can come to as many practices as they choose per month. Practice will be held Tuesday - Thursday, 7am - 9am. Seasonal membership to Masters Swimming is required, no additional pool membership necessary.

Summer Membership

City Res \$75 Non-Res \$125 | Ages 18+

#221107A1 | Tu, W, Th | 7:00am-9:00am (June - September)

Rock the Rivanna!

In the fall, we challenged you to swim the Shenandoah and track your miles for bragging rights! This summer, we renew the challenge and want to see you rock the Rivanna! In the roughly 75 days of summer, see if you can swim enough miles to cover the 42 miles of the Rivanna. The Rivanna runs through Fluvanna and Albemarle counties before meeting up at the confluence of the James. Book your lane and get swimming!

Lap Swim or Membership Fees Apply | All Ages

Report lap counts to Michelle.Tucker@HarrisonburgVA.gov.

Challenge begins Saturday, June 8th and ends on Monday, September, 2nd.

Youth Try Prep

Get ready for the Youth Tryathlon with us! This two week class will meet Monday-Thursday and focus on all aspects of triathlon prep. The first week will be pool focused while the second week will focus on putting it all together and transitions. Bikes should be brought during the second week.

Open to City Residents Apr 29 | Non-Residents June 10
City Res \$25 Non-Res \$50 | Ages 9.5-11

#221108C1 | Mon - Thur | Jul 15 - Jul 25 | 9:00am - 9:30am

#221108D1 | Mon - Thur | Jul 29 - Aug 8 | 9:00am - 9:30am

Water Safety Instructor Course

Get certified as a swim instructor in this American Red Cross course offering. The Water Safety Instructor course is designed to give you the tools to teach swim lessons to various ages and abilities. Contact Michelle.Tucker@HarrisonburgVA.gov for more details.

Course Fee \$175 | Ages 16+

#231104A1 | Aug 12 - 16 | 12:00pm - 6:00pm

Lifeguarding Instructor Course

Learn how to teach lifeguarding courses and train currently certified lifeguards in this American Red Cross instructor level course. Course candidates must have a current American Red Cross lifeguarding certification and meet the standard of skills in the course. Contact Michelle.Tucker@HarrisonburgVA.gov for more details.

Course Fee \$175 | Ages 17+

#231103A1 | Aug 19 - 22 | 12:00pm - 5:30pm

New!

WESTOVER POOL: Parent/Tot & PreK Group Lessons

Hermit Crab: Parent/Tot Level 1

For parents and their tots ages 6 months to 1.5 years, these classes introduce you both to basic water safety and give you the tips you need to create your own water fun. Swim diapers are required. Lessons consist of 4, 30-minute classes.

Open to City Residents Apr 29 | Non-Residents June 10

City Residents \$20 | Non-Residents \$40

#211100B1 | Mon - Thurs | Jul 1 - 4 | 10:30am - 11:00am

#211100B2 | Mon - Thurs | Jul 1 - 4 | 11:15am - 11:45am

Barnacle: Parent/Tot Level 2

Focusing on tots ages 1.5 - 3 years, with their parents, this level will work on early fundamental aquatic skills to prepare your child to venture into our group lessons. Swim diapers may be required. Lessons consist of 8, 30-minute classes. .

Open to City Residents Apr 29 | Non-Residents June 10

City Residents \$25 | Non-Residents \$50

#211101C1 | Mon - Thurs | Jul 15 - Jul 25 | 10:30am - 11:00am

#211101C2 | Mon - Thurs | Jul 15 - Jul 25 | 11:15am - 11:45am

#211101D1 | Mon - Thurs | Jul 29 - Aug 8 | 10:30am - 11:00am

UNICORN FISH: PREK LEVEL 1

Ideal for beginner, non-swimmers ages 3-5, Unicorn Fish will work to master the following skills with assistance from an instructor: fundamental personal water safety skills, floating, water comfort and basic swimming. Lessons consist of 8, 30-minute classes.

Open to City Residents Apr 29 | Non-Residents June 10

City Residents \$25 | Non-Residents \$50

#211102A1 | Mon - Thur | Jun 17 - Jun 27 | 11:15am - 11:45am

#211102A2 | Mon - Thur | Jun 17 - Jun 27 | 11:15am - 11:45am

#211102B1 | Mon - Thur | Jul 1 - Jul 11 | 9:45am - 10:15am

#211102B2 | Mon - Thur | Jul 1 - Jul 11 | 10:30am - 11:00am

#211102B3 | Mon - Thur | Jul 1 - Jul 11 | 10:30am - 11:00am

#211102B4 | Mon - Thur | Jul 1 - Jul 11 | 11:15am - 11:45am

#211102C1 | Mon - Thur | Jul 15 - Jul 25 | 9:45am - 10:15am

#211102C2 | Mon - Thur | Jul 15 - Jul 25 | 10:30am - 11:00am

#211102C3 | Mon - Thur | Jul 15 - Jul 25 | 11:15am - 11:45am

#211102D1 | Mon - Thur | Jul 29 - Aug 8 | 9:45am - 10:15am

#211102D2 | Mon - Thur | Jul 29 - Aug 8 | 10:30am - 11:00am

#211102D3 | Mon - Thur | Jul 29 - Aug 8 | 11:15am - 11:45am

RAY: PREK LEVEL 2

Students ages 3-5 with some group lesson or swimming experience will focus on confidence, water safety, breath control and rhythmic, coordinated movement in the water to develop basic front and back crawl for short distances. Lessons consist of 8, 30-minute classes.

Open to City Residents Apr 29 | Non-Residents June 10

City Residents \$25 | Non-Residents \$50

#211103A1 | Mon - Thur | Jun 17 - Jun 27 | 9:45am - 10:15am

#211103A2 | Mon - Thur | Jun 17 - Jun 27 | 10:30am - 11:00am

#211103A3 | Mon - Thur | Jun 17 - Jun 27 | 11:15am - 11:45am

#211103B1 | Mon - Thur | Jul 1 - Jul 11 | 9:45am - 10:15am

#211103B2 | Mon - Thur | Jul 1 - Jul 11 | 11:15am - 11:45am

#211103C1 | Mon - Thur | Jul 15 - Jul 25 | 9:45am - 10:15am

#211103C2 | Mon - Thur | Jul 15 - Jul 25 | 9:45am - 10:15am

#211103C3 | Mon - Thur | Jul 15 - Jul 25 | 10:30am - 11:00am

#211103C4 | Mon - Thur | Jul 15 - Jul 25 | 11:15am - 11:45am

GROUPER: PREK LEVEL 3

Grouper students are comfortable in the water and have mastered some basic swimming skills. Participants ages 3-6 will focus on coordinated breathing techniques with front and back crawl and begin basic skills for additional strokes while building endurance. Lessons consist of 8, 30-minute classes.

Open to City Residents Apr 29 | Non-Residents June 10

City Residents \$25 | Non-Residents \$50

#211104B1 | Mon - Thur | Jul 1 - Jul 11 | 9:45am - 10:15am

#211104C1 | Mon - Thur | Jul 15 - Jul 25 | 9:45am - 10:15am

#211104C2 | Mon - Thur | Jul 15 - Jul 25 | 10:30am - 11:00am

#211104D1 | Mon - Thur | Jul 29 - Aug 8 | 11:15am - 11:45am



Please note that each child cannot be registered for more than two classes of the same level.

WESTOVER POOL: Group Swim Lesson Placement

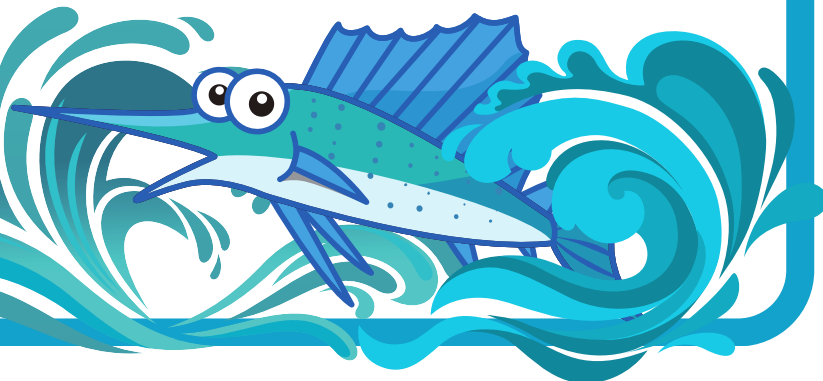
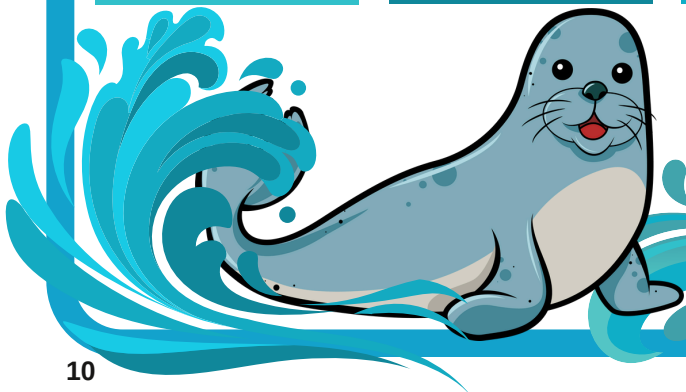
HOW DO I KNOW WHICH YOUTH LESSON MY CHILD SHOULD BE IN?

Choosing which group swim lesson to register your child for can lead to a lot of questions. We have put together a quick reference chart to help you make the best decision on registration day! This chart is for children ages 6-11



SWIM SKILLS

	Swordfish Level 1	Whale Level 2	Mako Level 3	Seal Level 4
Comfortable putting face in the water		YES	YES	YES
Able to float on back		YES, with or without assistance	YES	YES
Can "doggy paddle" at least 10 feet		YES	YES	YES
Roll front to back to float or swim		YES, with or without assistance	YES	YES
Swim on front and back short distance		YES	YES	YES
Swim length of pool			YES, any style	YES
Swim front crawl, back crawl, breakstroke				YES



WESTOVER POOL: Youth Group Lessons

SWORDFISH: YOUTH LEVEL 1

Non-swimming kids ages 6-10 will work to master the following skills in Swordfish: fundamental water safety, floating, moving in chest deep water and basic swimming. Lessons consist of 8, 30-minute classes.

Open to City Residents Apr 29 | Non-Residents June 10

City Residents \$25 | Non-Residents \$50

#211105A1 | Mon - Thur | Jun 17 - Jun 27 | 10:30am - 11:00am

#211105A2 | Mon - Thur | Jun 17 - Jun 27 | 11:15am - 11:45am

#211105B1 | Mon - Thur | Jul 1 - Jul 11 | 9:45am - 10:15am

#211105B2 | Mon - Thur | Jul 1 - Jul 11 | 10:30am - 11:00am

#211105B3 | Mon - Thur | Jul 1 - Jul 11 | 11:15am - 11:45am

#211105C1 | Mon - Thur | Jul 15 - Jul 25 | 10:30am - 11:00am

#211105C2 | Mon - Thur | Jul 15 - Jul 25 | 11:15am - 11:45am

#211105D1 | Mon - Thur | Jul 29 - Aug 8 | 9:45am - 10:15am



WHALE: YOUTH LEVEL 2

Students ages 6-10 with some group lesson experience, comfort in the water and the ability to swim on their front and back will focus on building more confidence and water safety while honing the skills to swim front and back crawl for 25 yards. Lessons consist of 8, 30-minute classes.

Open to City Residents Apr 29 | Non-Residents June 10

City Residents \$25 | Non-Residents \$50

#211106A1 | Mon - Thur | Jun 17 - Jun 27 | 10:30am - 11:00am

#211106B1 | Mon - Thur | Jul 1 - Jul 11 | 9:45am - 10:15am

#211106B2 | Mon - Thur | Jul 1 - Jul 11 | 10:30am - 11:00am

#211106B3 | Mon - Thur | Jul 1 - Jul 11 | 11:15am - 11:45am

#211106C1 | Mon - Thur | Jul 15 - Jul 25 | 9:45am - 10:15am

#211106C2 | Mon - Thur | Jul 15 - Jul 25 | 10:30am - 11:00am

#211106C3 | Mon - Thur | Jul 15 - Jul 25 | 11:15am - 11:45am

#211106D1 | Mon - Thur | Jul 29 - Aug 8 | 9:45am - 10:15am

#211106D2 | Mon - Thur | Jul 29 - Aug 8 | 10:30am - 11:00am

#211106D3 | Mon - Thur | Jul 29 - Aug 8 | 11:15am - 11:45am

Please note that each child cannot be registered for more than two classes of the same level.

MAKO: YOUTH LEVEL 3

Mako is the best fit for kids ages 6-11 who can already swim the length of the pool and want to learn more about swimming. Mako participants will work on technique for front and back crawl, build endurance and get introduced to breaststroke, treading and personal safety. Additional skills taught will be based on participant abilities.

Open to City Residents Apr 29 | Non-Residents June 10

City Residents \$25 | Non-Residents \$50

#211107A1 | Mon - Thur | Jun 17 - Jun 27 | 9:45am - 10:15am

#211107B1 | Mon - Thur | Jul 1 - Jul 11 | 11:15am - 11:45am

#211107D1 | Mon - Thur | Jul 29 - Aug 8 | 9:45am - 10:15am

#211107D2 | Mon - Thur | Jul 29 - Aug 8 | 10:30am - 11:00am

SEAL: LEVEL 4

New!

Seal is the best fit for advanced swimming kids ages 6-12 who are considering swim team or want to learn more about swimming for fitness or competition. Seal participants should have knowledge of all four competitive strokes and the strength to swim the length of the pool with front crawl, back crawl or breaststroke. Seals will learn more about diving, flip turns and swim drills.

Open to City Residents Apr 29 | Non-Residents June 10

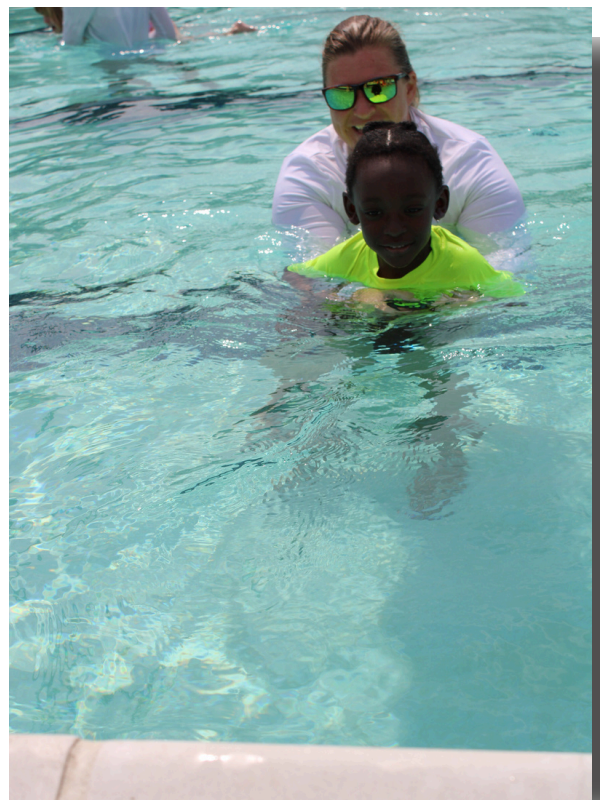
City Residents \$25 | Non-Residents \$50

#211108A1 | Mon - Thur | Jun 17 - Jun 27 | 9:45am - 10:15am

#211108C1 | Mon - Thur | Jul 15 - Jul 25 | 9:45am - 10:15am

#211108C2 | Mon - Thur | Jul 15 - Jul 25 | 11:15am - 11:45am

#211108D1 | Mon - Thur | Jul 29 - Aug 8 | 11:15am - 11:45am



WESTOVER POOL: Teen Group Lessons

SWORDFISH: TEEN LEVEL 1

New!

Non-swimming teens ages 11-15 will work to master the following skills in Swordfish: fundamental water safety, floating, moving in chest deep water and basic swimming. Lessons consist of 8, 30-minute classes.

Open to City Residents Apr 29 | Non-Residents June 10

City Residents \$25 | Non-Residents \$50

#211105TA1 | Mon - Thur | Jun 17 - Jun 27 | 10:30am - 11:00am

WHALE: TEEN LEVEL 2

Students ages 11-15 with some group lesson experience, comfort in the water and the ability to swim on their front and back will focus on building more confidence and water safety while honing the skills to swim front and back crawl for 25 yards. Lessons consist of 8, 30-minute classes.

Open to City Residents Apr 29 | Non-Residents June 10

City Residents \$25 | Non-Residents \$50

#211106TA1 | Mon - Thur | Jul 29 - Aug 8 | 9:45am - 10:15am

WESTOVER POOL: Private and Semi-Private Lessons

PRIVATE LESSONS: AGES 3 AND UP

Private swim lessons are great for individuals of any ability, ages 3 and up, who want to get the benefit of learning to swim or work on specific skills without the group setting or those who don't quite fit the group schedule. Participants are paired with one of our great instructors and lessons are tailored to the needs of the participant. Lessons are 30 minutes and offered in packages of 5.

Open to City Residents May 13 | Non-Residents June 3

City Residents \$65 | Non-Residents \$130

#211109 | Varies | Jun - Sept



SEMI-PRIVATE LESSONS

Semi-private lessons are ideal for siblings or friends who are close in swimming ability and age. Both participants will work with one of our instructors to master their goals together! Lessons are 30 minutes and offered in packages of 5.

Open to City Residents May 13 | Non-Residents June 3

City Residents \$100 per pair | Non-Residents \$200 per pair

#211110 | Varies | Jun - Sept

Summer 2024 Special Interest & Events

Harrisonburg Parks and Recreation/ partner organizations are offering various opportunities across Harrisonburg.

Our Summer Opportunities

Outdoor Adventure

Try out rock climbing or head underground in a local cave!

Pollinator Month

Celebrate Pollinators with us during the month of June!

Parks and Rec Month

With events such as Creator Space, Tot Yoga, and Spikeball night there are events for everyone



Special Interest Registration & Information:

Registration must take place online at www.harrisonburgva.gov/program-registration or in-person at any recreation center. If you have questions please call 540-434-0571.

City Resident Registration April 29 | Non Resident Registration May 13

SPECIAL INTEREST & EVENTS

OUTDOOR ADVENTURE

Parent-Kid Beginner Rock Climbing and Rappelling

A full day of learning to climb, belay, and rappel; kids ages 7-11, with a parent accompanying; all technical gear is provided; a personal What to Bring list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures after registration.

Location: George Washington National Forest
City Res \$65 | Non Res \$70 | Ages 7-11 plus parent
#231372A1 | Sa | Jun 29 | 9:00am - 5:00pm

Intermediate Rock Climbing and Rappelling

If you have participated in one of our Beginner Rock Climbing days in the past or climb regularly at an indoor rock gym, this is a full day of climbing, belaying, and rappelling on some more challenging routes; ages 12 through adult (teens may attend unaccompanied, but their transportation must be provided by a parent or guardian); all technical gear is provided; a What to Bring list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures after registration.

Location: George Washington National Forest
City Res \$65 | Non Res \$70 | Ages 12 through adult
#231372A2 | Sa | Aug 3 | 9:00am - 5:00pm

Campcraft and Outdoor Survival Skills

A full day in the George Washington Ntl. Forest learning fire-building, shelter construction, and some back-country navigation skills. For ages 12 and older, and useful for hunters, day-hikers and backpackers, and anyone else who likes to wander off the beaten path! Teens may attend unaccompanied, but their transportation must be provided by a parent or guardian; after registration, WILD GUYde Adventures will supply a What to Bring list and the Medical Form/Participant Agreement to fill out.

Location: George Washington National Forest
City Res \$77 | Non Res \$80 | Ages 12 through adult
#231376A1 | Sa | Jul 13 | 9:00am - 4:00pm

Free Fishing Day

No fishing license of any kind will be required for recreational rod and reel fishing during free fishing days (June 7-9), to increase angling opportunities. All fishing regulations including size, season, catch limits, and gear restrictions will remain in effect. We will celebrate with a free fishing day for all ages on Friday, June 7 at Purcell Park. Rods and basic instruction will be provided. We will catch and release the fish back into the pond.

Location: Purcell Park Pond
All Ages
F | Jun 7 | 2:00pm - 5:00pm

ART IN THE PARK



Art in the Park is funded by Arts Council of the Valley through their Advancing the Arts Grant.

Art in the Park - Youth

Come join us at the City parks for creativity and art! This program is designed for children 5 to 14. Adult must stay for the duration of the program but do not need to participate.

Each location will have different programming. No registration needed.

For more information go to www.harrisonburgva.gov/art-in-the-park or call the Community Activities Center 540-433-2474

W | Jun 12 | 11:00am - 12:00pm | Purcell Shelter 2
F | Jul 19 | 11:00am - 12:00pm | Dream Come True
W | Jul 24 | 11:00am - 12:00pm | Hillendale Shelter 12
W | Aug 7 | 11:00am - 12:00pm | Westover Shelter 4

Art in the Park - Adult

Come join us at the City parks for creativity and art! This program is designed for adults 14 and over. Sessions will be lead by professional artist from Oasis Fine Arts & Crafts and Joyful Painters.

For more information go to www.harrisonburgva.gov/art-in-the-park or call the Community Activities Center 540-433-2474

Registration Required

#230902A1 | W | Jun 26 | 1:00pm - 4:00pm | Hillendale #12
#230902A2 | W | Jul 17 | 1:00pm - 4:00pm | Riven Rock #3
#230902A3 | W | Jul 31 | 1:00pm - 4:00pm | Hillendale #12

FINANCES & HOME OWNERSHIP

Intro to Housing and Financial Education

The City of Harrisonburg is hosting Southeast Rural Community Assistance Project (SERCAP), a HUD-Certified housing counseling agency, to provide FREE in person housing counseling on Friday June 14 and Friday July 12.



- Upfront costs of homebuying and savings
- Credit reports and scores
- First-time homebuyer programs, including:
 - \$2,000 to assist with improving credit; down payment / closing cost assistance; and interest rate reduction

One-on-one meetings with SERCAP Housing Counselor Jacob Hodges are available by appointment. To book a slot, contact Jacob at 540-345-1184 or jhodges@sercap.org.

Location: Simms Center Classroom 101
F | Jun 14 | Appointments between 11:00am-5:00pm
F | Jul 12 | Appointments between 11:00am-5:00pm

SPECIAL INTEREST & EVENTS

POLLINATOR MONTH (JUNE)

Guided Pollinator Walking Tour

Guided Pollinator Walking Tours with expert Mike Hott. Tour will include approximately 1 mile walk throughout downtown. Learn more and view the map at harrisonburgva.gov/pollinators

Location: Liberty Park

Free

Tu | Jun 4 | 10:30am - 11:30am

Tu | Jun 4 | 1:30pm - 2:30pm

Celebrating the Firefly

Enjoy the longest day of the year and the spectacle of thousands of fireflies. We will begin with a short educational session discussing the different types of fireflies in our area and why they are beneficial. As the sun sets and dusk arrives there will be the option to stroll down the paths at Heritage Oaks Golf Course and see the fireflies lighting up. Learn more at harrisonburgva.gov/firefly

Location: Heritage Oaks Golf Course

Free

Tu | Jun 25 | 8:45pm - 10:00pm

Lunch and Learn

Enjoy your lunch outside amongst the flowers at Liberty Park while hearing what the City has been up to with the Harrisonburg Pollinator Program and chat about different pollinator species with expert Mike Hott. Participants will receive a free pollinator plant

Location: Liberty Park

Free | Bring a lunch

F | Jun 21 | 11:00am - 1:00pm

Pollinator Hotel Workshop

Building a pollinator hotel is a great way to attract solitary bees and other pollinators to your garden. Join Public Works in building a pollinator hotel for your yard. First come, first serve with one kit given per family. Once your hotel is complete we will learn how to use iNaturalist to identify local pollinator plants.

Location: Purcell Park Shelter 3

Free | One kit per family

Tu | Jun 11 | 2:00pm

SAVE THE DATE

22nd Annual Race to Beat Breast Cancer



Save the date for October 19th for our 22nd year of the Annual Race to Beat Breast Cancer 5K Run/Walk. All proceeds will once again benefit the worthy cause of the RMH Foundation for Breast Care and Treatment at the Sentara RMH Medical Center.
Sa | Oct 19

LIBRARY



Read with MRL

Massanutten Regional Library's annual free Summer Reading Challenge returns June 3, 2024 and runs through August 4, 2024. Themed "Adventure Begins at Your Library," the free reading incentive program includes special events throughout the Valley for all ages, as well as prize drawings for participants who track their reading. Free special events include live musical performances, science shows, author and book talks, special story times, and more. Learn more and register today at www.mrlib.org.

FIRE/POLICE



P.A.T.C.H. Camp

Pride, Accountability, Teamwork, Courage and Honor (P.A.T.C.H.) exemplify what is expected in a police officer and this camp will allow the Harrisonburg Police Department to interact with youth in a positive, friendly environment that develops trust while focusing on those five core values. Applications are available by visiting www.harrisonburgva.gov/police

Free ages 13 - 16

Jun 26- Jun 30 | 7:45am-3:00pm



Camp L.I.T.

Have you ever wondered what it's like to be an emergency responder?

The Harrisonburg Fire Department and Rockingham County Fire Rescue are hosting their 5th annual all-girls firefighter day camp, Camp L.I.T., (leadership, integrity, and trailblazer) June 17-21, 2024. The camp is free of charge and open to girls ages 14-17 years old. Apply online at www.harrisonburgva.gov/fire
Applications are due no later than Friday, May 3, 2024 at 5pm.

Free ages 14 - 17

Jul 17 - Jul 21 | 8:00am-5:00pm



SPECIAL INTEREST & EVENTS

PARKS AND REC MONTH (JULY)

How To: Fitness Equipment

Join Cory Jeffries for a session on how to use the pieces of equipment in our fitness centers. Each participant will leave with a sample workout schedule that they can use.

Location: Community Activities Center or Simms Center

Email Cory.Jeffries@HarrisonburgVA.Gov to sign up

Free (Registration Required) | Ages 15+

Workout Wednesdays

Each Wednesday in July (except 3rd of July) we will be offering a free outdoor fitness class. Join us from 5:30-6:30 at Purcell Park shelter 1 (by the basketball court).

Location: Purcell Park Shelter 1

Free (Registration Required) | Ages 15+

#221402A1 | W | Jul 10 | 5:30pm - 6:30pm | Fitness Fusion

#221402A2 | W | Jul 17 | 5:30pm - 6:30pm | Yoga

#221402A3 | W | Jul 24 | 5:30pm - 6:30pm | Fitness Fusion

#221402A4 | W | Jul 31 | 5:30pm - 6:30pm | Zumba

Free Pool Admission Time

Each Thursday in July City residents will get free entry to Westover Pool between 12pm and 3pm. ID with City address is required for free entry.

Location: Westover Pool

Th | Jul 11 | 12:00pm - 7:00pm

Th | Jul 18 | 12:00pm - 7:00pm

Th | Jul 25 | 12:00pm - 7:00pm

Creator Space

Let your creative side show! Join us at different parks each week this July and let your creativity take over! Youth can pick from our supplies to create whatever their imagination can think of.

Free | Ages 5 and older

Tu | Jul 2 | 5:00pm - 7:00pm | Ralph Sampson Park Shelter 1

M | Jul 8 | 5:00pm - 7:00pm | Purcell Park Shelter 2

Th | July 18 | 5:00pm - 7:00pm | Hillandale Park 12

M | July 22 | 5:00pm - 7:00pm | Dream Come True

Tree Identification Walk

Have you ever wondered what trees are in our parks? Join us for a casual walk through Hillandale Park as we discuss the different trees that are native to this area as well as learning to identify several different types of trees.

Free | All Ages

Tu | Jul 9 | 11:00am - 12:00pm | Hillandale Park Shelter 12

Tu | Jul 23 | 1:00pm - 2:00pm | Hillandale Park Shelter 12

Story Time Under the Oak Tree

Join us under the Oak Tree by Shelter 12 in Hillandale Park for story time. In case of minor inclement weather we will move under the shelter or into the building at shelter 12.

Free | Ages 0 to 5

W | Jul 10 | 10:00am | Hillandale Park Shelter 12

W | Jul 24 | 10:00am | Hillandale Park Shelter 12

Tot Yoga

Join us under the Oak Tree by Shelter 12 in Hillandale Park for toddler/ preschool yoga. In case of minor inclement weather we will move under the shelter or into the building at shelter 12.

Free | Ages 2 to 5

W | Jul 17 | 10:00am | Hillandale Park Shelter 12

W | Jul 31 | 10:00am | Hillandale Park Shelter 12

Fishing Fridays

Have you wanted to try your hand at fishing? Meet us by Purcell Park Pond at 9am and learn the basics of fishing. All fishing equipment is provided. Children 11 and under must have a guardian accompanying them.

Free | Ages 6-15

F | Jul 12 | 9:00am - 10:00am | Purcell Park Pond

F | Jul 26 | 9:00am - 10:00am | Purcell Park Pond

Spikeball

Have you ever played roundnet? Most people know this sport as Spikeball™. Well luckily for us, Harrisonburg is home to several ex-professional roundnet players. Join us at the Baseball field next to the Lucy F. Simms Center for an evening of roundnet. 6:30-7:00pm will consist of instructional time and then 7:00-8:30pm will be general play. We will be providing several Spikeball™ sets but feel free to bring along your own set if you would like.

Free | Ages 15-99

Th | Jul 11 | 6:30pm - 8:30pm | Simms Center

Tu | Jul 16 | 6:30pm - 8:30pm | Simms Center

Monday Morning Walking Club

Join us Mondays in July for a walking around the path at Heritage Oaks Golf Course. We will begin at 6:15am and conclude at 7:15am. Walkers must stay on the cart path and be off the paths by 7:30am at the latest. We will meet as a group in the golf course parking lot. Walkers may walk at their own pace or with the group. No dogs.

Location: Heritage Oaks Golf Course

Mondays in July | 6:15am - 7:15am

Youth Tryathlon

August 10th

Our intentions are for everyone to enjoy themselves while participating in three variations of physical activity including swimming, cycling, and running.

This event is designed to be a low-key introduction to triathlons for the ages of 5-14. All finishers will receive a race completion medal. As we will post event results, we will not be awarding places.

The courses have been setup and designed to fit all levels of ability and experience. Our goal is for everyone to complete the course and take the focus away from competition.

We want participants to enjoy themselves and have the desire to participate in future events. Find more information and register at www.harrisonburgva.gov/youth-tryathlon

Registration opens April 29

Location: Westover Park

Registration before June 30 \$30 (shirt included) | July 1 - July 31 \$40 (shirt included) |

Ages 5 - 14

Sa | Aug 10



2024 Heritage Cup Series

The Heritage Cup Series is a series of six events over the 2024 golf season.

April 6: Green Tee Championship

May 4-17: Match Play Championship Qualifying

June 1: 2-Player Championship

Jul 13: 1-Player Championship

August 17 & 18 : Heritage Oaks Championship

September 14: 2-Player Par 3 Championship

HeritageOaksGolfVA.com

CELEBRATING THE FIREFLY

JUNE 25 8:45PM - 10:00PM

HERITAGE OAKS GOLF COURSE

HARRISONBURGVA.GOV/FIREFLY



CITY OF HARRISONBURG
**PARKS
& REC**

Summer/Fall 2024 Athletics Programs

Harrisonburg Parks and Recreation is offering various sports-specific programs and leagues.

Summer/Fall Athletics Programs

Youth Volleyball

This introductory league is open to age 8-14.

Summer Basketball

Indoor and outdoor leagues open to ages 9-14.

Youth Running Club

Beginners and seasoned runners, ages 8-13.

Start Smart Soccer

Parent/child based instructional sport-specific clinics for ages 3-4.

Fall Youth Soccer

Leagues are open to children ages 5-13.

Fall Youth Football

Leagues are open to grades 1-8 who live in the City.



Athletics Registration & Information

For more program information, call the Athletics Office at 540-433-9168. Registration must take place online at www.harrisonburgva.gov/online-registration or in-person at any recreation center.

Follow us on Facebook at www.facebook.com/hprathletics.

Summer Athletic Program registration opens April 15.

Fall Athletic Program registration opens May 27.

SUMMER YOUTH VOLLEYBALL

www.harrisonburgva.gov/volleyball

This co-ed league is designed to introduce and develop the basic fundamentals of volleyball in a non-competitive setting. All players are required to have knee pads that must be worn during play. The deadline to register is May 31. Age is determined as of June 1. Location: Community Activities Center and Thomas Harrison Middle School

\$30/City - \$60/Non-Res (Non-Res registration opens May 1)

#211050-A1 | Ages 8-9 | M, W | Jun 10 - Aug 8 | 6-7pm (CAC)
 #211050-A2 | Ages 10-11 | M, W | Jun 10 - Aug 8 | 7-8pm (CAC)
 #211050-A3 | Ages 12-14 | T, Th | June 10-Aug 8 | 6-8pm (THMS)

SUMMER YOUTH BASKETBALL

www.harrisonburgva.gov/basketball

This indoor/outdoor Summer Basketball League will begin with two weeks of practice only, with the remaining four weeks as games only. This league is open to City Residents only, with the deadline to register being May 31.

Age is determined as of June 1.

Location: Simms Center, Ralph Sampson Park and Skyline Middle School

\$30/City - \$60/Non-Res (Non-Res registration opens May 1)

Boys: #211015-A1 | Ages 9-10 | M-Th | Jun 10 - Jul 25
 Boys: #211015-A3 | Ages 11-12 | M-Th | Jun 10 - Jul 25
 Boys: #211015-A5 | Ages 13-14 | M-Th | June 10 - Jul 25
 Girls: #211015-A2 | Ages 9-10 | M-Th | Jun 10 - Jul 25
 Girls: #211015-A4 | Ages 11-12 | M-Th | Jun 10 - Jul 25
 Girls: #211015-A6 | Ages 13-14 | M-Th | Jun 10 - Jul 25

START SMART SOCCER

www.harrisonburgva.gov/start-smart

Start Smart programs are developmentally appropriate introductory parent/guardian-child based programs. Pairs work together to develop individual skills with age appropriate equipment.

The program is open to ages 3-4. Age is determined as of June 1.

Location: Smithland Athletic Complex

Session 1: #210103-A1 | Aug 12 - 16 | 5:30-6:15pm

Session 2: #210103-A2 | Aug 12 - 16 | 6:15-7:00pm

YOUTH RUNNING CLUB

Embark on a transformative running journey with our Running Club, where fitness, camaraderie, and personal growth converge.

Whether you're a seasoned runner or taking your first strides, our club is the perfect platform to meet your fitness goals.

Age is determined as of June 1.

Registration fee is \$30/participant.

Location: Skyline Middle School

#211060-A1 | Ages 8-9 | M, W | Jun 10 - Jul 24 | 5:45-6:30pm

#211060-A2 | Ages 10-13 | M,W | June 10 Jul 24 | 6:30-7:30pm

SUMMER YOUTH SOCCER CAMP

Develop and improve your soccer knowledge and skills. You will be taught individual and team skills during drills and games. Age is determined as of June 1. \$15/participant.

Location: Smithland Athletic Complex

#211052-A1 | Ages 5-6 | M, T, Th, F | June 17-21 | 9am-12pm

#211052-A2 | Ages 7-8 | M, T, Th, F | June 17-21 | 9am-12pm

FALL YOUTH SOCCER

www.harrisonburgva.gov/soccer

Registration opens May 27 and closes Aug 16.

Shin guards are mandatory for all levels.

\$30/City - \$60/Non-Res

Age is determined as of Sep 1.

Specific program days and times will be released at a later date.

Volunteer Coaches Needed for All Levels!

U5 Soccer League (Age 5)

Girls: #311005-A1 | Sep 3 - Oct 24

Boys: #311005-A2 | Sep 3 - Oct 24

U6 Soccer League (Age 6)

Girls: #311006-A1 | Sep 3 - Oct 24

Boys: #311006-A2 | Sep 3 - Oct 24

U7 Soccer League (Age 7)

Girls: #311007-A1 | Sep 3 - Oct 24

Boys: #311007-A2 | Sep 3 - Oct 24

U8 Soccer League (Age 8)

Girls: #311008-A1 | Sep 3 - Oct 24

Boys: #311008-A2 | Sep 3 - Oct 24

U10 Soccer League (Ages 9-10)

Skills Evaluation: August 19-22

Girls: #311009-A1 | Sep 3 - Oct 24

Boys: #311009-A2 | Sep 3 - Oct 24

U13 Soccer League (Ages 11-13)

Skills Evaluation: August 19-22

Girls: #311010-A1 | Sep 3 - Oct 24

Boys: #311010-A2 | Sep 3 - Oct 24

FALL YOUTH FOOTBALL

www.harrisonburgva.gov/football

Registration opens May 27 for all leagues.

Grade determined based on 2024-2025 school year.

\$30/player - City Residents Only

Volunteer Coaches Needed for All Leagues!

Flag League (Grades 1-2)

#311060-A1 | M, W | Sep 4 - Oct 24 | 6-7pm

Junior League (Grades 3-4)

#311061-A1 | Jul 22 - Sep 28 | Times TBD

Senior League (Grades 5-6)

#311062-A1 | Jul 22 - Sep 28 | Times TBD

Middle School (Grades 7-8)

#311066-A2 | Aug - Oct | Times TBD



CITY OF HARRISONBURG
**PARKS
& REC**

Summer 2024 Youth Programming

Youth Services offers a variety of drop in and year round programs.

Our Opportunities

Preschool

During the school year we offer a morning preschool for 3 & 4 year olds.

Elementary

For K - 5 grade we provide an afterschool program for students enrolled in Harrisonburg City Schools and summer camp in the summer months.

Toddler Programs

Drop in the the Tumble Room at the CAC.



Youth Program Registration & Information:

For more information about our Youth Services programs visit www.HarrisonburgVA.gov/youth-services or call 540-433-2474 . Registration must take place in person at 305 South Dogwood Drive, Harrisonburg, VA 22801.

2024-2025 PRESCHOOL

Through creative and meaningful play activities, the program promotes the healthy social, emotional, cognitive, and physical development of each child. A positive self-concept will be developed, with creativity and self-expression being encouraged. The program is offered to City resident's children who are or will be three years of age by September 30 and are fully potty trained in the 3-year-old classroom, and to children who are or will be four years of age by September 30 of the current year in the 4-year-old classroom. For more information visit www.harrisonburgva.gov/youth-services

Register in person at the Community Activities Center. Please have child's birth certificate with you.

[Registration open now](#)

3-Year-Olds

City Res Only \$35 per month | \$315 for the year
 #510234A | Ages 3 | Tu,Th | Sep 10 - May 15 | 9:30am - 12:00pm

4-Year-Olds

City Res Only \$50 per month | \$450 for the year
 #510234A2 | Ages 4 | M,W,F | Sep 9 - May 16 | 9:30am - 12:00pm

OUT OF SCHOOL TIME

Afterschool Childcare Program

This program runs from the time of dismissal until 5:45pm. Child must attend Harrisonburg City Public School and arrive to the Community Activities Center on school bus. The program follows the Harrisonburg City Schools calendar and does not operate when schools are closed for holidays, teacher workdays, or inclement weather closures. Children must be enrolled in kindergarten through 5th grade to attend the A.S.A. program. For more information visit www.harrisonburgva.gov/youth-services

Registration dates are as follows:

- Accounts who have participants that were enrolled in the ASA program for the 2023 - 2024 School year: please check email
- Accounts with current 2024 SOAR participants: [July 1 at 7:30am](#)
- New Participant Registration: [July 8 at 7:30am](#)

Location: Community Activities Center Youth Services

City Res \$50/ month | K - 5th grade
 #510230 | M - F | Follows HCPS Calendar | Dismissal - 5:45pm

TUMBLING ROOM

Tumbling/ Free Movement Drop In

Bring your child to get moving in our brand new tumbling room full of tumbling mats, wedges, and fun obstacles! Members use the space for free!

Location: Community Activities Center Tumbling Room

\$0 Members | \$1 Non-Member | 5 and younger

M, W, F | 9:00am - 12:00pm

M, Tu, W, Th, F | 4:00pm - 6:00pm

Sa | 9:00am - 12:00pm



CITY OF HARRISONBURG
**PARKS
& REC**

Summer 2024

Dance Program

A well established dance program offering a wide variety of opportunities to the Harrisonburg Community

Our Summer Opportunities

Children's Developmental Dance

Introductory dance classes for young children including Music & Movement and Pre-Ballet & Creative Movement.

Beginner/Intermediate

Beginner/Intermediate level ballet and jazz dance classes for youth.

Advanced Dance Workshop

Advanced 4-day workshop open to all advanced dancers and adults who would like to excel in their technique.

Youth 5-Day Dance Camp

This camp is open to dancers ages 7-11 and will focus on the basic techniques and performance skills of ballet, jazz, tap, and creative movement.

Adult Dance

Adult dance classes geared toward fitness and welcome to all ability levels!



Dance Registration & Information:

For more information about our Dance program visit www.HarrisonburgVA.gov/Dance or call 540-433-2474 . Registration must take place online at www.harrisonburgva.gov/program-registration or in-person at any recreation center.

City Resident Registration April 29 | Non Resident Registration May 13

Dance Coordinator: Cynthia Marafino
 Cynthia.Marafino@HarrisonburgVA.gov
 Dance Instructors: Jimmy Marafino, Maddie Spivey, Delaney Clarke, and Mary Cyzick

For registration questions please email
 Harriet.Flynn@harrisonburgva.gov

All classes take place at the Community Activities Center

**No class:
 June 19 (Wednesday Class)**

YOUNG CHILDREN'S DEVELOPMENTAL DANCE

Music & Movement

City Res \$25 | Non Res \$30
 #210301A1 | Ages 3.5 - 5 | Tu | May 28 - Jun 25 | 4:30pm - 5:00pm
 #210301A2 | Ages 3.5 - 5 | W | May 29 - July 3 | 4:30pm - 5:00pm
 #210301A3 | Ages 3.5 - 5 | Th | May 30 - Jun 27 | 4:30pm - 5:00pm

Pre Ballet & Creative Movement

City Res \$25 | Non Res \$30
 #210303A1 | Ages 5 - 7 | W | May 29 - July 3 | 5:15pm - 5:45pm
 #210303A2 | Ages 5 - 7 | Th | May 30 - Jun 27 | 5:15pm - 5:45pm

BEGINNER/INTERMEDIATE DANCE

Ballet/ Jazz

City Res \$25 | Non Res \$30
 #210304A1 | Ages 6 - 8 | Tu | May 28 - Jun 25 | 5:15pm - 6:00pm
 #210304A2 | Ages 8 - 12 | W | May 29 - July 3 | 5:45pm - 6:30pm

ADULT DANCE

Adult Ballet for Fun & Exercise

City Res \$25 | Non Res \$30
 #220316A1 | Ages 18+ | M | June 3 - July 1 | 6:30pm - 7:15pm

Adult Tap for Fun & Exercise

City Res \$25 | Non Res \$30 | No class June 19
 #220317A1 | Ages 18+ | M | June 3 - July 1 | 7:15pm - 8pm

ADVANCED DANCE WORKSHOP

The workshop will be held Monday through Thursday May 20 through May 23 from 6:00-7:30pm daily. This workshop is open to all Advanced dancers and Teens who would like to excel in their technique.

\$30 City Res | \$36 Non Res
 #210320A1 | May 20 - May 23 | 6:00pm - 7:30pm

YOUTH 5-DAY DANCE CAMP

This dance camp will be held Monday through Friday mornings June 10 through June 14 from 9:00-11:00am. This camp is open to dancers ages 7-11 and will focus on the basic technique and performance skills of ballet, jazz, tap, and creative movement.

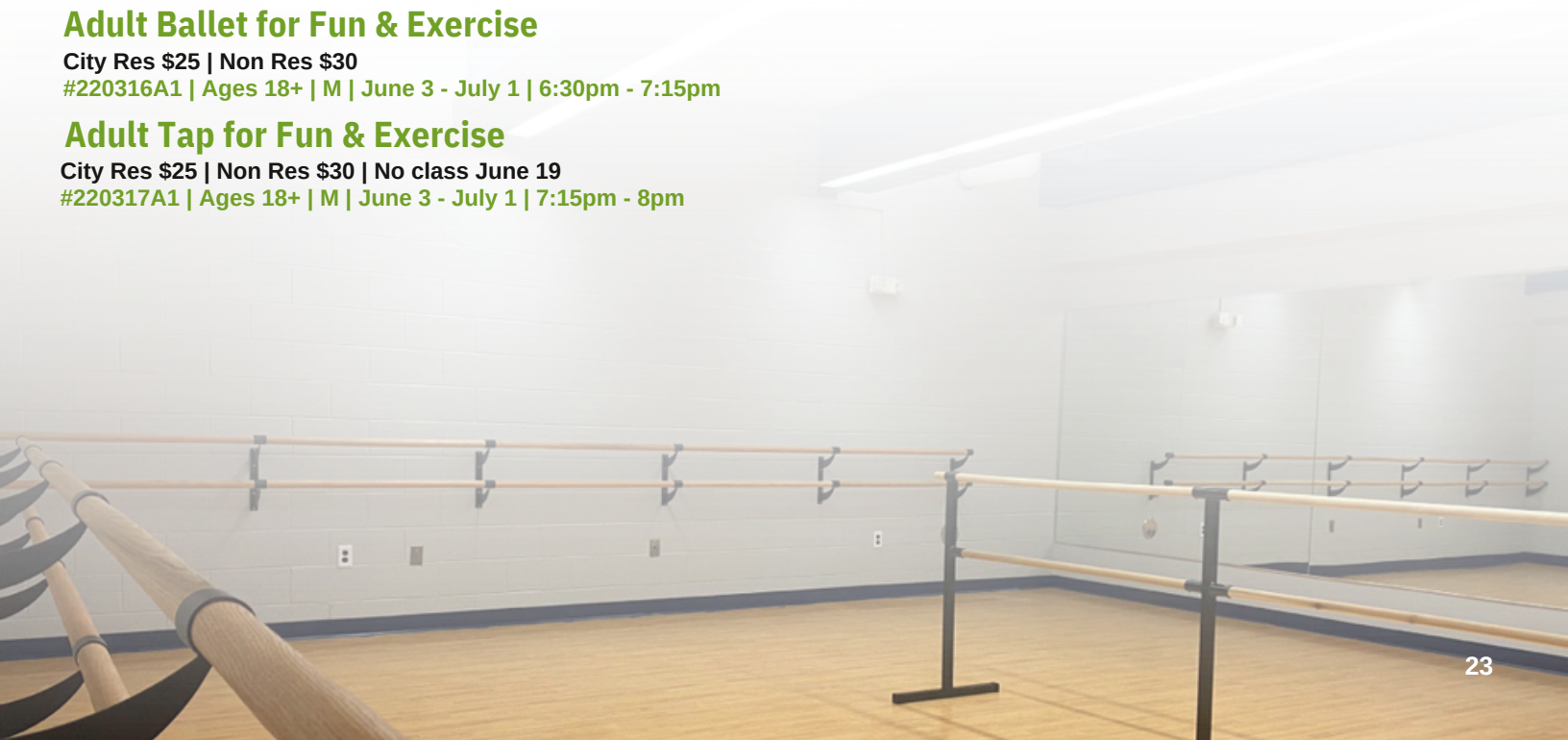
\$50 City Res | \$60 Non Res
 #210313A1 | Ages 7-11 | June 10 - June 14 | 9:00am - 11:00am

TUMBLING ROOM

Tumbling/ Free Movement Drop In

Bring your child to get moving in our brand new tumbling room full of tumbling mats, wedges, and fun obstacles! Members use the space for free!

Location: Community Activities Center Tumbling Room
\$0 Members | \$1 Non-Member | 5 and younger
 M, W, F | 9:00am - 12:00pm
 M, Tu, W, Th, F | 4:00pm - 6:00pm
 Sa | 9:00am - 12:00pm





CITY OF HARRISONBURG
**PARKS
& REC**

Summer 2024

50 & Wiser Programs

Our 50 and Wiser program provides recreation and social opportunities for those age 50 and beyond!

Our Summer Opportunities

50 & Wiser Fitness

Our 50 & Wiser program offers a diverse selection of low to high impact fitness classes including Cardio & Strength, Gentle Stretch, Pilates and Yoga!

50 & Wiser Social & Enrichment

Our 50 & Wiser program offers a diverse selection of social and enrichment program opportunities including, Monday Matinee, Book Club, Lunch Bunch, Craft and Chat, Crochet, and Bowling. Check out what is taking place this summer!



50 & Wiser Registration & Information:

For more detailed information about our 50 & Wiser programs, please contact Lynn Hoy at 540-432-7799 or email Lynn.Hoy@harrisonburgva.gov.

City Resident Registration April 29 | Non Resident Registration May 13

Moving & Grooving

Instructor: Cory Jeffries
Perfect for beginners and focuses on improving your mobility and overall fitness. Classes include flexibility exercises, gentle strength training, and aerobic walking. All you need to get started are comfy clothes and sneakers. Join us on the path to better health and increased activity – it's perfect for beginners like you!

Students will be required to purchase adjustable ankle weights up to 5lbs and exercise bands, details will be provided the first class.
No Class June 13, July 2, July 4.

Location: Lucy F. Simms Center Auditorium

City Res \$10 | Non Res \$10 | Ages 50+

#240514A1 | Tu, Th | Jun 4 - Jul 25 | 9:00am - 9:45am

Moving & Grooving PLUS! Instructor: Cory Jeffries

For seniors who've graduated from our prerequisite program, "Moving and Grooving," it's time for the next level. "Moving and Grooving Plus" In these high-energy sessions, we focus on dynamic movements, muscle building, and cardiovascular conditioning to keep you active and fit. Wear comfy workout attire and sneakers.

You can enhance your experience with adjustable ankle weights (up to 5lbs), exercise bands, and dumbbells.

No Class June 13, July 2, July 4.

Location: Lucy F. Simms Center Auditorium

City Res \$10 | Non Res \$10 | Ages 50+

#240514A2 | Tu, Th | Jun 4 - Jul 25 | 10:00am - 11:30am

Cardio and Strength

Instructor: Cory Jeffries
Stretch, strengthen, and get fit! This class works the heart, muscles, and more. Variety and fun guaranteed. Intermediate/Advanced fitness levels. Please bring your own exercise or yoga mat to class.

No class July 2 or 4.

Location: Community Activities Center Fitness Studio

City Res \$36 | Non Res \$43 | Ages 50+

#240500A1 | Tu, Th | Jun 4 - Jul 18 | 5:30pm - 6:15pm



Zumba Gold

Instructor: Melissa Shank
Focusing on cardio and muscular conditioning as well as balance and flexibility, Zumba Gold customizes the original moves of Zumba to a lower intensity. Come ready to sweat and leave feeling empowered and energized for your day!

No class July 2 or 4.

Location: Lucy F. Simms Center Auditorium

City Res \$30 | Non Res \$35 | Ages 40+

#240502A1 | Tu, Th | Jun 11 - Aug 8 | 4:15pm - 5:15pm

50 & Wiser Yoga

Instructor: Robin Atwood
Join us in learning foundational yoga poses and sequences that are welcoming to all ability levels in the 50 and Wiser community. Please bring your own yoga mat and yoga blocks to class.

No class July 16

Location: Price Rotary Senior Center

City Res \$40 | Non Res \$50 | Ages 50+

#240525A1 | Tu | Jul 9 - Aug 20 | 3:00pm - 4:00pm

Pilates

Instructor: Dana Neff
Focuses on total body strength, endurance, and flexibility. An emphasis on movement quality, posture, and breathing makes Pilates a safe and revitalizing workout while challenging the body in a new way. Promotes posture, increased strength, and range of motion. Bring your own exercise mat to class.

Location: Price Rotary Senior Center

City Res \$32 | Non Res \$35 | Ages 50+

#240512A1 | Tu | Jul 23 - Aug 27 | 1:30pm - 2:15pm

Yogalates

Instructor: Dana Neff
Yogalates is a fusion of Yoga and Pilates. Essentially, it is a movement system that stretches & strengthens all of the major muscles while also calming the mind. Attention is paid to building strength and endurance. As in Pilates, resistance bands can be used.

Location: Price Rotary Senior Center

City Res \$32 | Non Res \$35 | Ages 50+

#240513A1 | Th | Jul 25 - Aug 29 | 1:30pm - 2:15pm

Tai Chi for Arthritis and Fall Prevention



Instructor: Marissa Lutz

Slow, controlled movements build muscle strength, improve balance, gently free up stiff joints, and relieve stress. All movements are done in an upright standing position, or may be done seated by those unable to stand. The physical exertion level of Tai Chi for Arthritis and Fall Prevention is similar to that of walking.

To register call VPAS at 540-615-5341 or visit

<https://www.vpas.info/event-calendar> and select the program on June 7

Location: Prince Rotary Senior Center

Free | Ages 60+

F | Jun 21 - Aug 9 | 8:45am - 9:45am

Craft and Chat

Social group for people age 50+ who like to knit, crochet, or craft. Bring whatever you are working on and come socialize with other peers. We also work on items to donate to local organizations. Drop in and join the group!

Location: Price Rotary Senior Center

Free | Ages 50+

Tu, Th | Ongoing | 9:00am - 11:00am

Beginner Crochet

Instructor: Meki Shifflett

This class is for beginners and for those who have not crocheted for a while. You will learn the basic stitches and end up with a dish cloth. A supply list will be handed out at the first class.

Location: Price Rotary Senior Center

City Res \$30 | Non Res \$36 | Ages 50+

#240571A1 | Tu | Jun 4 - Jun 25 | 11:00am - 1:00pm

Project Crochet

Instructor: Meki Shifflett

For students who know the basic stitches.

You will be learning the corner to corner pattern to make project of your choice.

No class August 13

Location: Price Rotary Senior Center

City Res \$30 | Non Res \$36 | Ages 50+

#240571A1 | Tu | July 30 - Aug 20 | 11:00am - 1:00pm

Thursday Afternoon Bowling

Enjoy bowling in a relaxed atmosphere. Experienced or inexperienced bowlers are welcome. Bowl for 16 weeks. Fee includes 3 games, rental shoes, and rental ball. New season starts May 2 but we are always needing substitutions for teams each week - so just come and check us out. New session starts May 2.

Location: Valley Lanes

City Res/Non Res \$12 | Ages 50+

Th | 12:30pm - 3:00pm

Book Club

Book club is about the enjoyment of reading, whether you are an occasional or avid reader. Books are chosen by the members of the club. Please join us to laugh, share wisdom, gain insight, and make new friends. Please read the book prior to the first Monday of the month. The book we will be discussing on June 3 will be *The Rent Collector* by Camron Wright.

July we will meet July 15

Contact Lynn.Hoy@HarrisonburgVA.gov to register.

Location: Price Rotary Senior Center

Free | Ages 50+

First Monday of Month 3:00pm - 4:30pm

Monday Afternoon Matinee

The 1st Monday of each month we will be showing a movie at the Price Rotary Senior Center! Please contact Lynn.Hoy@HarrisonburgVA.gov for the title each month.

Location: Price Rotary Senior Center

Free | Ages 50+

First Monday of Month (no movie in July) 12:30-2:30pm

Breakfast Club

Come start the day with friends, old and new. We will meet at different breakfast spots once a month at 9am. Please contact Lynn.Hoy@harrisonburgva.gov if you are planning on attending by the Friday before. Everyone orders off the menu.. Contact Lynn.Hoy@HarrisonburgVA.gov to register.

Ages 50+

June 19 - Sugar & Bean - 318 N Main St, Bridgewater

Jul 17 - Joe's Diner - 3355 S. Main St, Harrisonburg

Aug 21 - Gardenside Diner (Bridgewater Home) 302nd St, Bridgewater

Lunch Bunch

Looking for a good excuse to get out of the house? Looking for a place to meet friends, old and new? The Lunch Bunch meets on selected Thursdays at different area restaurants. Check your calendar and join us! **Please register the Friday before so reservations can be made.** All lunches are 11:15am - 1pm. Order off of the menu. Contact Lynn.Hoy@HarrisonburgVA.gov to register.

Ages 50+

Jun 6 - Grilled Cheese Mania - 1476 S. Main St, Harrisonburg

Jul 25 - The Cracked Pillar - 403 N. Main St. Bridgewater

Aug 15 - Mashita - 105 North Liberty St. Harrisonburg

Social Club

There are a lot of people ages 50+ looking for something to do in the evenings and on weekends. Let's get together and go on a fun day trip, movies, ball game, dinner or anything fun to socialize, get out of the house and meet new friends. Please contact Lynn Hoy by emailing Lynn.Hoy@HarrisonburgVA.gov or calling 540-432-7799 to be notified of the upcoming event or fun activity we have planned.

Aging with Confidence

The 3rd Monday VPAS will lead educational programs for a wide range of topics. This is a partnership between Parks and Recreation and VPAS. To register contact Diane Sena or Linda Nipe at 540-615-5341 or visit <https://www.vpas.info/event-calendar> and select the program you are interested.

Location: Price Rotary Senior Center

Free (Registration Required)| Ages 60+

Third Monday of Month 2pm - 3pm



VPAS Cafes

The 1st and 3rd Monday of each month we will be getting together to learn new things, meet new people, and enjoy a meal. This is a partnership between Parks and Recreation and VPAS. To register call VPAS at 540-615-5341. For more information check vpas.info/vpas-cafes

Location: Price Rotary Senior Center

Free (Registration Required)| Ages 60+

First and Third Monday of Month (except holidays) 10am - 12pm



HERITAGE OAKS GOLF COURSE

Come play the award-winning golf course voted as one of the top 25 underrated municipal golf courses in the United States by GOLF Magazine (June 2021).

A Bill Love design that caters to golfers of all levels and abilities, Heritage Oaks has been a Shenandoah Valley staple since 2001 and continues to be recognized as one of the best in the Valley and in Virginia. Make tee times online at www.heritageoaksgolf.com or by calling 540-442-6502.



RATES & HOURS

Visit www.HeritageOaksGolfVA.com
for rates and Golf Course hours

PROGRAMS & LEAGUES

For Program, Tournament, Lesson, and
League Information:

Visit www.HeritageOaksGolfVA.com
or Call Heritage Oaks Golf Course Pro Shop
540-442-6502

firstteeshenandoahvalley.org
thefirstteeharrisonburgva@gmail.com
540-437-4239

To impact the lives of young people by providing educational programs that build character, instill life-enhancing values and promote healthy choices through the game of golf.

Register for Classes with The First Tee!

Online: firstteeshenandoahvalley.org
By Phone: 540-437-4239
In Person: 690 Garbers Church Road
Scholarships Available!

HERITAGE OAKS GOLF COURSE

YOUTH GOLF

Start Smart

Start Smart Golf is a developmentally appropriate introductory golf program for children 5-7 years old. The program prepares children for organized golf in a fun, non-threatening environment. Start Smart Golf prepares children and their parents for organized golf without the threat of competition or the fear of getting hurt. Age-appropriate equipment is used in teaching full swing, chipping, pitching, and putting

Register in person at Heritage Oaks Pro Shop or by phone
[Registration now open.](#)

Location: Heritage Oaks Golf Course
City Res \$45 | Non Res \$50 | Ages 5 - 7
Sa | Jul 6 - Aug 3 | 3:00pm - 4:00pm

Junior Golf League

This league is for all juniors, regardless of experience, who are eager to learn the game in a fun, comfortable, non-intimidating atmosphere. The first 10 weeks +/- are instructional where participants will learn all aspects of the game of golf. After the weeks of instruction, we will take our skills to the golf course.

Register in person at Heritage Oaks Pro Shop.
[Registration now open.](#)

\$100
Ages 8 - 12 | Th | Apr 18 - Aug 8 | 4:00pm
Ages 13 - 18 | F | Apr 18 - Aug 9 | 4:00pm

LEAGUES

Men's League

This league is for men who have some golf experience and are prepared to play on the golf course.

\$65/ person plus applicable golf fees
W | Apr 17 - Aug 28 | 5:30pm - 7:30pm

Ladies' Learning League

This league is for ladies who have limited or no experience with golf and are eager to learn the game in a fun, comfortable, non-intimidating atmosphere. The first 12 weeks +/- are all instruction where guests will learn all aspects of the game of golf. After the weeks of instruction, guests will have the opportunity to play each week on the course.

\$65/ person plus applicable golf fees once play begins
Session A | Tu | Apr 16 - Aug 27 | 6:00pm - 7:00pm
Session B | Tu | Apr 16 - Aug 27 | 7:15pm - 8:15pm
Session C | W | Apr 17 - Aug 28 | 6:00pm - 7:00pm

Ladies' Playing League

This league is for ladies who have some golf experience and are prepared to play on the golf course (abilities typically range with scores from 36 to 60 for 9 holes).

\$65/ person plus applicable golf fees
Tu | Apr 16 - Aug 27 | 5:30pm - 7:30pm

Senior League

This league is for men, aged 55 and over, who have some golf experience and are prepared to play on the golf course (abilities typically range with scores from 34 to 55 for 9 holes).

\$65/ person plus applicable golf fees
Th | Apr 18 - Aug 29 | 8:30am - 10:30am

TOURNAMENTS

1-Player Captain's Choice

Yes, a 1-Player Captain's Choice! Each player will play a captain's choice format himself/herself (2 shots each time).

Now we get to see just how good that "Second player" really is. Price includes greens fees, cart fees, range balls, box lunch and prizes.

\$80 per player
S | Jul 13 | 9:00am

Match Play Championship

Qualifying begins on May 4. Qualifying score must be turned in by May 17. Players will be seeded according to qualifying score and will have 2 weeks to complete each match. We will have 3 divisions* -- Men's, Seniors' (55+ yrs), and Ladies'.

Qualifying – May 4-17. Matches will begin on May 18
\$25 per player

May 4 - 17 | Qualifying
May 18 | Matches begin

2-Player Championship

This tournament is open to everyone. We will play 27 holes: 9 holes Captain's Choice, 9 holes Better Ball of 2, 9 holes Alternate Shot. Price includes greens fees, cart fees, boxed lunch, range balls, and prizes.

\$85 per player
Sa | Jun 1 | 8:00am

Heritage Oaks Championship

36-Holes, Individual Play

Divisions: Men, Ladies, & Seniors (55+ Yrs. Of Age) This tournament is open to everyone.

\$100 per player
Aug 17 - 18 | Aug 17, 9am Tee Times | Aug 18, 11am Tee Times

2-Player Par 3 Championship

This tournament is open to everyone. We will play 18 holes, better ball of two. Every hole will be set up as par 3. Price includes greens fees, cart fees, range balls, and prizes.

\$60 per player
Sa | Sep 14 | 9:00am

REGISTRATION INFORMATION



HOW DO I REGISTER?

Register Online through WebTrac

To create an online WebTrac account, visit webtrac.harrisonburgva.gov. Once you've created an account, you can login to WebTrac to register for programs, classes, events, and shelter reservations. If you have any questions or issues regarding your account, call the Cecil F. Gilkerson Community Activities Center at 540-433-2474. For more information regarding program registration, visit www.harrisonburgva.gov/program-registration.

Register In-Person

Cecil F. Gilkerson Community Activities Center 305 S Dogwood Drive, Harrisonburg, VA 22801
Lucy F. Simms Continuing Education Center, 620 Simms Ave, Harrisonburg, VA 22802
Westover Pool, 305 S Dogwood Drive, Harrisonburg, VA 22801

Shelter Reservations

Park shelter reservations are accepted on a first-come, first-served basis, and may be submitted online or in person at: Cecil F. Gilkerson Community Activities Center or the Lucy F. Simms Continuing Education Center. Park shelter reservations run April 8-October 31. Only one permit is issued for the entire day from 10am-6pm for \$35. For more information, please visit www.harrisonburgva.gov/shelters.

PAYMENT DETAILS

PAYMENT METHODS

CASH | CHECK | VISA | MASTERCARD | DISCOVER | AMERICAN EXPRESS | APPLE PAY
Make Checks Payable to: Department of Parks and Recreation
All returned checks are subject to a mandatory \$35 fee per City Code 4-1-37.

REFUND POLICY

If a program is cancelled by the Harrisonburg Parks and Recreation, a refund for the full amount will be issued. Individual cancellations prior to the start of a class will receive a full refund minus a \$10 administrative fee for each class withdrawn. No refunds/credits will be issued on or after the first day of class. No refunds will be issued for less than \$10. Customer will receive a refund unless there is an existing household balance. In such a case, this refund will be directly applied as a credit to that balance. The complete refund policy can be found online at www.HarrisonburgVA.gov/Program-Registration.

Refund Options

Household Credit | Check | Credit Card | **No Cash Refunds**

CLASS MINIMUMS

If classes do not meet minimums, they will be cancelled. Registered participants will be notified at least 3 business days before class is to begin. So, tell your friends! Make sure your class isn't cancelled.

DISCLAIMER

This schedule of classes is published for information purposes only. We strive to produce the most accurate program guide possible. However, some program information may be subject to change. We will make every effort to notify participants of any changes.