



CITY OF HARRISONBURG

**PARKS  
& REC**

# Fall-Winter 2021 Programs

September - December

A Fresh Start  
to Fall Programs!

Call us at 540-433-2474  
to set up  
Online Registration!

Program Registration Dates  
City Residents August 9 | Non-Residents August 23  
[www.HarrisonburgVA.gov/Activities](http://www.HarrisonburgVA.gov/Activities) | 540.433.2474



**Harrisonburg Parks and Recreation Department**  
 305 S. Dogwood Drive, Harrisonburg, Virginia 22801  
[www.HarrisonburgVA.gov/Parks-Recreation](http://www.HarrisonburgVA.gov/Parks-Recreation) | 540-433-2474

**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**

- Mr. Kevin Gibson
- Mrs. Sandra Bopp
- Mr. MuAwia DaMes
- Mr. Chance Ebersold
- Mr. Obie Hill
- Mr. James Logan
- Mr. Daniel Martonik
- Ms. Deanna Reed, City Mayor



**How to Reach Us!**

- EMAIL  
[ParksandRecreation@HarrisonburgVA.gov](mailto:ParksandRecreation@HarrisonburgVA.gov)
- WEBSITE  
[www.HarrisonburgVA.gov/Parks-Recreation](http://www.HarrisonburgVA.gov/Parks-Recreation)
- FACEBOOK  
[@HarrisonburgParksandRecreation](https://www.facebook.com/HarrisonburgParksandRecreation)
- TWITTER  
[@HburgParks](https://twitter.com/HburgParks)
- INSTAGRAM  
[@HarrisonburgParks](https://www.instagram.com/HarrisonburgParks)

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Cecil F. Gilkerson Community Activities Center	540-433-2474
Athletics	540-433-9168
Westover Swimming Pool	540-434-0571
Price Rotary Senior Center	540-432-7799
Heritage Oaks Golf Course	540-442-6502
Lucy F. Simms Center	540-437-9213
Park Administration	540-438-1644
City Services	540-432-7701
Harrisonburg Police Department	540-434-4436



CITY OF HARRISONBURG  
**PARKS  
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**Fall 2021**

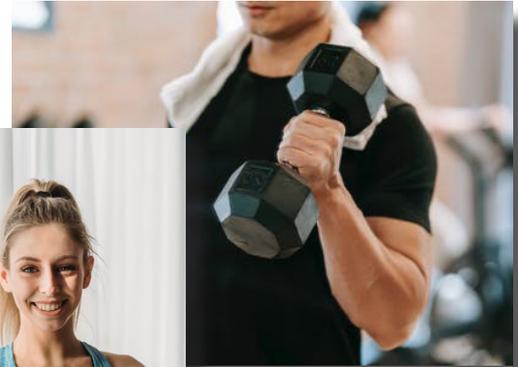
**Fitness & Nutrition**

Harrisonburg Parks and Recreation presents you with a wealth of fitness and nutrition opportunities! Check out what is new!

**Our Fall Opportunities**

**Fitness & Nutrition**

Return to your fitness routine with our Interval Fitness, Moving & Grooving, Yoga for All, Adult Ballet, Adult Tap, or Masters Swim fitness classes or try out our new Seasonal Yoga, Outdoor Community Yoga, or Boga Yoga classes! Also sign up for our new Nutrition 101 Workshop and Massage Workshops!



**Registration & More Information:**

Call our program team at 540-433-2474 for specific questions relating to our fitness and nutrition classes.

**City Resident Registration August 9 | Non Resident Registration Begins August 23**

# FITNESS & NUTRITION

## Interval Fitness

Instructor: Jill Howdysshell

Learn how to exercise using the High Intensity Training Method. Classes incorporate bodyweight exercises, use of kettlebells, medicine balls, etc. All fitness levels welcome and beginners encouraged. Instructor may not be present for a few classes. There will be no class November 26 and December 31.

**Location: Community Activities Center Gymnasium**

**City Res \$35 | Non Res \$40 | Ages 18+**

**#321400A1 | M, W, F | Sep 13 - Oct 22 | 6am - 7am**

**#321400A2 | M, W, F | Nov 1 - Dec 17 | 6am - 7am**

**#321400A3 | M, W, F | Dec 27 - Feb 4 | 6am - 7am**

## Moving & Grooving!

Instructor: Cory Jeffries

A physical activity, self-management program for older adults with lower extremity osteoarthritis or lower body pain. This program helps improve the participant's functional and physical activity. Classes combine flexibility, strength training, and aerobic walking. Please wear loose fitting clothes and sneakers to classes. Students will be required to purchase adjustable ankle weights up to 5lbs and exercise bands. Additional equipment information will be provided the first class. No class Nov 11, 23, and 25.

**Location: Lucy Simms Center Gymnasium**

**City Res \$10 | Non Res \$10 | Ages 40+**

**#340514A1 | Tu, Th | Sep 14 - Oct 21 | 10am - 11:30am**

**#340514A2 | Tu, Th | Nov 2 - Dec 9 | 10am - 11:30am**

## Yoga For All

Instructor: Shane O'Hara

Welcome to the world of yoga! Join us in learning foundational yoga poses and sequences. This all-level class will focus on building strength, flexibility, and confidence in your yoga fitness workouts. Please bring your own yoga mat and yoga block to class.

**Location: Community Activities Center Group Fitness Room**

**City Res \$40 | Non Res \$50 | Ages 17+**

**#321425A1 | Tu | Sep 7 - Oct 12 | 6:30pm - 7:30pm**

**#321425A2 | Tu | Oct 19 - Nov 30 | 6:30pm - 7:30pm**

## Seasonal Yoga

Instructor: Kacey Wilson

Yoga inspired by Ayurvedic teachings for aligning the body and harmonizing with the seasons (fall/winter/spring). This is an all-levels class that will feature a series of warm-ups to prepare the joints and muscles for safe movement, a primary sequence of asanas focused on a theme, pranayama/breathwork aligned with the seasons and time of day, and a relaxation/meditation for integration. Classes will feature modifications and variations so that each individual can find what works with their own body. This yoga is inspired from the hatha, vinyasa, Kripalu, and Ayurvedic lineages originally emerging from India and aims to align movement and breath, balance the nervous system, reduce stress and tension in the body and mind, and foster attunement and awareness with all aspects of the self. Participants should bring a yoga mat, water bottle, and (optional) small hand towel. Local student participants receive a \$5 discount. There will be no class November 24.

**Location: Lucy Simms Center Auditorium**

**City Res \$40 | Non Res \$50 | Ages 14+**

**#331407A1 | W | Sep 8 - Oct 13 | 6pm - 7pm**

**#331407A2 | W | Oct 27 - Dec 8 | 6pm - 7pm**

## Outdoor Community Yoga

Instructor: Kacey Wilson

This class is an all-levels yoga class, meant for beginner to advanced participants interested in practicing together amidst one of our beautiful green spaces. This space features a flat field with a mountain view and an ideal environment to connect to movement and breath and start the weekend together as a community. Individuals, friends, couples, and families (ages 13+) are welcomed and encouraged to attend! This class will feature a series of warm-ups to prepare the joints and muscles for safe movement, a primary sequence of asanas focused on a theme, pranayama/breathwork to start the day, and a relaxation/meditation for integration. Classes will feature modifications and variations so that each individual can find what works with their own body. This yoga is inspired from the hatha, vinyasa, Kripalu, and Ayurvedic lineages originally emerging from India and aims to align movement and breath, balance the nervous system, reduce stress and tension in the body and mind, and foster attunement and awareness with all aspects of the self. Participants should bring a yoga mat, any desired yoga props, a water bottle, and bring a friend! Local student participants receive a \$5 discount. Family registrations receive a \$5 discount per participant.

**Location: Spotswood Elementary's Track Green Space**

**City Res \$15 | Non Res \$23 | Ages 13+**

**#331408A1 | Sa | Sep 11 - Oct 16 | 7:30am - 8:30am**

## DANCE FOR FITNESS

### Adult Ballet for Fitness

**Location: Group Fitness Room**

**City Res \$40 | Non Res \$50**

**#520331A1 | Ages 18+ | M | Sep 13 - Nov 8 | 6:30pm - 7:15pm**

### Adult Tap for Fitness

**Location: Group Fitness Room**

**City Res \$40 | Non Res \$50**

**#520330A1 | Ages 18+ | M | Sep 13 - Nov 8 | 7:15pm - 8pm**



## FITNESS AT WESTOVER POOL

### Boga Yoga

Instructor: Kacey Wilson

For water lovers, yoga enthusiasts, and creative spirits looking for a new way to engage your body, mind, and breath, welcome to Boga Yoga! Learn how to attune to both a boga board (similar to a stand-up paddle board) and water to hone your balance, focus, core, and muscle engagement in your yoga practice. Participants should bring a swim suit, towel, and water bottle. Local student participants receive a \$5 discount. There will be no class September 25 and November 27.

**Location: Westover Pool (Outdoor or Domed Pool)**

**City Res \$30 | Non Res \$45 | Ages 18+**

**#321413A1 | Sa | Sep 11 - Oct 16 | 4pm - 5pm**

**#321413A2 | Sa | Oct 30 - Dec 11 | 4pm - 5pm**

### Masters Swim

Instructor: Patrick O'Neill

Swim team style intermediate to advanced workouts and training for adults from a US Master's Swim Coach. This program helps prepare participants for US Masters meets and open water events, including triathlons. Participants should wear a swimsuit and bring goggles and a towel. The "Full Season" rate includes Masters Swim participation through Spring (September - April).

**Location: Westover Pool | Ages 18+**

**City Res \$30 /\$180 Full Season | Non Res \$45/\$240 Full Season**

**#321107A1 | Tu, Th | Sep 2 - Sep 28 | 7am - 9am**

**#321107A2 | Tu, Th | Oct 5 - Oct 28 | 7am - 9am**

**#321107A3 | Tu, Th | Nov 4 - Nov 30 | 7am - 9am**

**#321107A4 | Tu, Th | Dec 2 - Dec 28 | 7am - 9am**

**#321107A5 | Tu, Th | (Full Season; Fall - Spring) Sep - Apr | 7am - 9am**

## FITNESS & NUTRITION WORKSHOPS

### Nutrition 101 Workshop: Understanding the Basics

Instructor: Katie & Brandon Cunningham

Educational presentation to help you understand the basics of nutrition to control weight, improve health and maximize wellness. Information will include introduction into macronutrients, total daily energy expenditure, nutrition label reading, mindful eating, and web/app resources to help guide you through an improved nutritional lifestyle. Participants should bring a writing utensil and paper or laptop if desired. For questions, email [info@bridginghealthclinic.com](mailto:info@bridginghealthclinic.com) or call 540-442-3196. You may also visit the Bridging Health Clinic's website at <https://bridging-healthclinic.com/>.

**Location: Lucy Simms Center Auditorium**

**City Res \$30 | Non Res \$45 | Ages 13+**

**#321613A1 | M | Sep 13 | 6pm - 8pm**

### Massage Workshop: Managing Your own Aches and Pains

Instructor: Katie & Brandon Cunningham

You don't always need an expensive massage because you can manage most of the aches and pains on your own. This class will help guide your awareness to the muscles that may be associated with your aches and pains. Not only will you learn more about your body, but you will start to understand some of the daily activities that could be associated with the muscle imbalances that lead to pain. We will discuss self-trigger point therapy, self-myofascial release, and stretching. We will practice these techniques with a foam roll, tennis ball, and other equipment. Participants will need a mat, a tennis ball, and a foam roll. We will try and provide, or at least show, some other useful tools that can help the process of self-care. Participants should bring their own fitness mat, foam roll, workout gear, and stretchy clothes. Guests will be on the floor using a foam roll so will need the ability to physically do so. For questions, email [info@bridginghealthclinic.com](mailto:info@bridginghealthclinic.com) or call 540-442-3196. You may also visit the Bridging Health Clinic's website at <https://bridginghealthclinic.com/>.

**Location: Lucy Simms Center Auditorium**

**City Res \$35 | Non Res \$53 | Ages 13+**

**#321614A1 | M | Nov 1 | 6pm - 8pm**





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## Fall 2021 Athletics Programs

Harrisonburg Parks and Recreation is offering various sports-specific youth programs and leagues beginning in August!

### Athletics Fall Programs

#### Youth Flag Football

League is open to ages 5-7 who live in the City.

#### Youth Tackle Football

League is open to ages 7-13 who live in the City. Age divisions include Rookie (7-8), Junior (9-10), Senior (11-13).

#### Youth Soccer

Leagues are available for U6 (ages 5-6), U8 (ages 7-8), and U10 (ages 9-10).

#### Adult Kickball

This 8-team co-ed league aims to relive a childhood game, in an adult manner.



### Registration Information

To register for programs or for more information, call the Athletics Office at 540-433-9168. If you already have an account, you may register online at [www.harrisonburgva.gov/program-registration](http://www.harrisonburgva.gov/program-registration).

Follow us on Facebook at [www.facebook.com/hprathletics](https://www.facebook.com/hprathletics).

# Registration opens June 14!

## Youth Football Leagues

[www.harrisonburgva.gov/football](http://www.harrisonburgva.gov/football)

Our Youth Football Program runs from August to October and includes programs for ages 5-13. Copies of birth certificates are required upon registration. Leagues are open to City Residents only. Call 540-433-9168 for additional information. Volunteer coaches needed for all levels!

### Youth Flag Football League

This eight-week program will introduce the game of football to ages 5-7 (age as of September 1), along with the structure of a sports setting. All necessary equipment will be provided with the exception of cleats. Deadline to register is August 20. Contact [Nathan.Almarode@harrisonburgva.gov](mailto:Nathan.Almarode@harrisonburgva.gov) for additional information.

Location: Smithland Athletic Complex - Pad #3

City Res \$30

#311060-A1 | T-Th | Sep 7 - Oct 28 | 5:30pm - 7:30pm

### Rookie Tackle Football League

This program is open to ages 7-8 (age as of August 1). This program will compete as a part of the Massanutten Youth Football League. All necessary equipment will be provided with the exception of cleats. Deadline to register is August 2. Contact [Courtney.Carawan@harrisonburgva.gov](mailto:Courtney.Carawan@harrisonburgva.gov) for additional information.

Location: Smithland Athletic Complex

City Res \$30

#311061-A1 | M-Sa | Aug 9 - Oct 30 | 5:30pm - 7:30pm / 9:00am-1:00pm

### Junior Tackle Football League

This program is open to ages 9-10 (age as of August 1). This program will compete as a part of the Massanutten Youth Football League. All necessary equipment will be provided with the exception of cleats. Deadline to register is August 2. Contact [Steven.Hollister@harrisonburgva.gov](mailto:Steven.Hollister@harrisonburgva.gov) for additional information.

Location: Smithland Athletic Complex

City Res \$30

#311062-A1 | M-Sa | Aug 9 - Oct 30 | 5:30pm - 7:30pm / 9:00am-1:00pm

### Senior Tackle Football League

This program is open to ages 11-13 (age as of August 1). This program will compete as a part of the Massanutten Youth Football League. All necessary equipment will be provided with the exception of cleats. Deadline to register is August 2. Contact [Steven.Hollister@harrisonburgva.gov](mailto:Steven.Hollister@harrisonburgva.gov) for additional information.

Location: Smithland Athletic Complex

City Res \$30

#311065-A1 | M-Sa | Aug 9 - Oct 30 | 5:30pm - 7:30pm / 9:00am-1:00pm



## Youth Soccer Leagues

[www.harrisonburgva.gov/soccer](http://www.harrisonburgva.gov/soccer)

Our Fall Youth Soccer Program will run from September to October and includes ages 5-10. Leagues are open to both City Residents and Non-Residents. Call 540-433-9168 for additional information. Volunteer coaches needed for all levels!

### U6 Soccer League

Participants will have a mix of practices and games throughout the season. Games will be played 4v4 with no goalie. Participants will be placed on teams by the league administrator. Contact [Nathan.Almarode@harrisonburgva.gov](mailto:Nathan.Almarode@harrisonburgva.gov) for additional information.

Location: Smithland Athletic Complex - Pad #1

City Res \$30 | Non-Res \$40

#311007-A1 | M-W | Sep 8 - Oct 27 | 5:30pm - 6:30pm

### U8 Soccer League

Participants will have a mix of practices and games throughout the season. Games will be played 4v4 with no goalie. Participants will be placed on teams by the league administrator. Contact [Nathan.Almarode@harrisonburgva.gov](mailto:Nathan.Almarode@harrisonburgva.gov) for additional information.

Location: Smithland Athletic Complex - Pad #1

City Res \$30 | Non-Res \$40

#311008-A1 | T-Th | Sep 7 - Oct 28 | 5:30pm - 6:30pm

### U10 Soccer League

Participants will have a mix of practices and games throughout the season. Games will be played 7v7 with a goalie. Participants will be placed on teams by the league administrator. Contact [Nathan.Almarode@harrisonburgva.gov](mailto:Nathan.Almarode@harrisonburgva.gov) for additional information.

Location: Smithland Athletic Complex - Pad #1

City Res \$30 | Non-Res \$40

#311009-A1 | M-W-Sa | Sep 8 - Oct 30 | 5:30pm - 7:30pm / 9:00am-11:00am

## Splash & Dash - Harrisonburg

[www.harrisonburgva.gov/splash-and-dash](http://www.harrisonburgva.gov/splash-and-dash)

This event combines running and swimming. The focus is on participation and completion rather than competition, while exposing participants to the exciting world of multisport events without the added experience and expense that biking requires. The deadline to register is July 31.

#### Event Distances:

Ages 5-7: Swim 25 meters / Run 0.5 miles

Ages 8-10: Swim 50 meters / Run 0.5 miles

Ages 11-14: Swim 100 meters / Run 1 mile

Parent/Child: Swim 50 meters / Run 0.5 miles

Location: Westover Park

June 1-30: \$30 / July 1-31: \$40

#210825-C1 | Sa | Aug 7 | 9am - 11am | Ages 5-7

#210825-B1 | Sa | Aug 7 | 9am - 11am | Ages 8-10

#210825-A1 | Sa | Aug 7 | 9am - 11am | Ages 11-14

## Coming in the winter... Youth Basketball Leagues

Registration will open in November for both boys and girls basketball. Clinics and leagues will begin in January.

Visit [www.harrisonburgva.gov/basketball](http://www.harrisonburgva.gov/basketball) for program updates and announcements.



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**Fall 2021**

## **Dance Program**

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

### **Our Fall Opportunities**

#### **Children's Developmental Dance**

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

#### **Beginner/Intermediate Dance**

Beginner/Intermediate level dance classes for youth including Jazz, Ballet/Tap, and Youth Modern.

#### **Advanced Dance**

Advanced and Upper-Level Advanced dance classes for youth including Advanced Ballet, Advanced Jazz, Teen/Pre-teen Tap & Musical Stage, Advanced Ballet & Pointe, and Advanced Modern/Lyrical.

#### **Blue Crew Dance**

Advanced level dance program for participants enrolled in at least 2 advanced level dance classes (one must be an upper-level advanced class). Participants must be enrolled in both Fall and Winter/Spring session dance classes to learn the choreography to be performed.

#### **Adult Dance**

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



### **Registration & More Information:**

Classes run 12 weeks. Adult classes run 8 weeks. No class will take place October 11 - 16 for Fall break and November 22 - 27 for Thanksgiving break. For more information about our Dance program visit [www.HarrisonburgVA.gov/Dance](http://www.HarrisonburgVA.gov/Dance). To register call 540-433-2474.

**City Resident Registration August 9 | Non Resident Registration August 23**

# DANCE

Dance Coordinator: Cynthia Marafino

Cynthia.Marafino@HarrisonburgVA.gov

Location: Community Activities Center Dance Studio

City Res \$60 | Non Res \$75

12 Week Classes Sep 13 - Dec 18 | No Class Oct 11 - 16 & Nov 22 - 27

Adult Ballet & Tap - 8 Week Classes Sep 13 - Nov 8 | No Class Oct 11

Additional Information: [www.HarrisonburgVA.gov/Dance](http://www.HarrisonburgVA.gov/Dance)

To Register: Call 540-433-2474

## YOUNG CHILDREN'S DEVELOPMENTAL DANCE

### Music & Movement

#510301A1 | Ages 3.5 - 5 | M | Sep 13 - Dec 13 | 4:30pm - 5pm

#510301A2 | Ages 3.5 - 5 | Tu | Sep 14 - Dec 14 | 4:00pm - 4:30pm

#510301A3 | Ages 3.5 - 5 | W | Sep 15 - Dec 15 | 4:15pm - 4:45pm

#510301A4 | Ages 3.5 - 5 | F | Sep 17 - Dec 17 | 4:30pm - 5pm

#510301A5 | Ages 3.5 - 5 | Sa | Sep 18 - Dec 18 | 10:30am - 11:00am

### Pre Ballet & Creative Movement

#510303A1 | Ages 5 - 7 | M | Sep 13 - Dec 13 | 5pm - 5:30pm

#510303A2 | Ages 5 - 7 | F | Sep 17 - Dec 17 | 5:15pm - 5:45pm

#510303A3 | Ages 5 - 7 | Sa | Sep 18 - Dec 18 | 11:15am - 11:45am

## BEGINNER/INTERMEDIATE DANCE

### Jazz I

#510311A1 | Ages 6 - 8 | Tu | Sep 14 - Dec 14 | 4:30pm - 5:15pm

### Jazz II/III

#510314A1 | Ages 7 - 9 | M | Sep 13 - Dec 13 | 5:30pm - 6:15pm

### Ballet/Tap I

#510304A1 | Ages 6 - 8 | Th | Sep 16 - Dec 16 | 4:30pm - 5:15pm

### Ballet/Tap II/III

#510307A1 | Ages 7 - 9 | W | Sep 15 - Dec 15 | 5pm - 5:45pm

### Youth Modern

#510319A1 | Ages 9+ | M | Sep 13 - Dec 13 | 6:15pm - 7pm

## ADVANCED DANCE

### Advanced Jazz

#510312A1 | Ages 10+ | Tu | Sep 14 - Dec 14 | 5:15pm - 6pm

### Advanced Youth Ballet

#510305A1 | Ages 8 - 12 | Th | Sep 16 - Dec 16 | 5:15pm - 6pm

### Teen/Preteen Tap & Musical Stage

Participant is encouraged to register also for Ballet or Jazz.

#510325A1 | Ages 10+ | W | Sep 15 - Dec 15 | 7pm - 7:45pm

## UPPER LEVEL ADVANCED

### Advanced Jazz IV

Contact Cynthia.Marafino@harrisonburgva.gov for skill requirements.

#510330A1 | Tu | Sep 14 - Dec 14 | 7:15pm - 8pm

### Advanced Ballet II/III

Contact Cynthia.Marafino@harrisonburgva.gov for skill requirements.

#510306A1 | W | Sep 15 - Dec 15 | 6pm - 7pm

### Advanced Ballet IV & Pointe

Contact Cynthia.Marafino@harrisonburgva.gov for skill requirements.

#510324A1 | Th | Sep 16 - Dec 16 | 6pm - 7pm

### Advanced Modern/Lyrical

Contact Cynthia.Marafino@harrisonburgva.gov for skill requirements.

#510329A1 | Th | Sep 16 - Dec 16 | 7pm - 8pm

### Blue Crew Dance

Participants must be enrolled in two Advanced classes per week. One of these classes must be an Upper Level Advanced Ballet or Jazz class.

Participants must plan to be enrolled in both the Fall and Winter/Spring sessions to have the ability to learn group choreography to be performed.

Contact Cynthia.Marafino@harrisonburgva.gov for skill requirements.

#510317A1 | Tu | Sep 14 - Dec 14 | 6:15pm - 7:15pm

## ADULT DANCE

### Adult Ballet for Fitness

Location: Group Fitness Room

City Res \$40 | Non Res \$50

#520331A1 | Ages 18+ | M | Sep 13 - Nov 8 | 6:30pm - 7:15pm

### Adult Tap for Fitness

Location: Group Fitness Room

City Res \$40 | Non Res \$50

#520330A1 | Ages 18+ | M | Sep 13 - Nov 8 | 7:15pm - 8pm

## NEW TUMBLING ROOM!

### Tumbling/Free Movement

Bring your child mid-day 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

\$1/Non-Member Adult | Ages 0 - 5

M - F | Sep 7 - Ongoing | 1pm - 3pm



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**Fall 2021**

## **50 & Wiser Programs**

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

### **Our Fall Opportunities**

#### **50 & Wiser Fitness**

Our 50 & Wiser program offers a diverse selection of low to higher impact fitness classes including Cardio & Strength, Moving & Grooving, Groove, Pilates, Yoga, and Zumba.

#### **50 & Wiser Social**

Our 50 & Wiser program offers a diverse selection of social and enrichment program opportunities including Brown Bag Lunch, Monday Matinee, Book Club, Breakfast Bunch, Lunch Bunch, Craft and Chat, and Bowling.



### **Registration & More Information:**

For more detailed information about our 50 & Wiser programs, please contact Lynn Hoy at 540-432-7799 or email [Lynn.Turner@harrisonburgva.gov](mailto:Lynn.Turner@harrisonburgva.gov).

**City Resident Registration August 9 | Non Resident Registration August 23**

## **Yoga - Yin (Gentle)** Instructor: Jennifer Matthaei Cottrell

Stretching and holding pose type of yoga which works your fascia. Most postures and stretches are in the seated position. This is a slower paced restorative yoga. Participants should bring water, a yoga mat and block, bolster or blanket. Visit [lotusblossom.biz](http://lotusblossom.biz) for more information.

**Location: Price Rotary Senior Center**

**City Res \$35 | Non Res \$40 | Ages 50+**

**#340521A1 | Tu | Sep 14 - Oct 19 | 2:15pm - 3:15pm**

**#340521A2 | Tu | Nov 2 - Dec 7 | 2:15pm - 3:15pm**

## **Yoga - Hatha/Vinyasa (Advanced)**

Instructor: Jennifer Matthaei Cottrell

Coordinates movement with breath and flow while moving from one yoga pose to another. Participants should bring water, a yoga mat and block, bolster or blanket. Visit [lotusblossom.biz](http://lotusblossom.biz) for more information.

**Location: Price Rotary Senior Center**

**City Res \$35 | Non Res \$40 | Ages 50+**

**#340520A1 | Tu | Sep 14 - Oct 19 | 1pm - 2pm**

**#340520A2 | Tu | Nov 2 - Dec 7 | 1pm - 2pm**

## **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+**

**#340512A1 | Tu | Sep 14 - Nov 19 | 4pm - 5pm**

**#340512A2 | Tu | Nov 2 - Dec 7 | 4pm - 5pm**

## **Cardio and Strength**

Instructor: Warren Stimpson

Stretch, strengthen, and get fit! This class works the heart, muscles, and more. Variety and fun guaranteed and all fitness levels welcome.

**Location: Community Activities Center Group Fitness Room**

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

**#340500A1 | Tu, Th | Sep 9 - Oct 21 | 5:30pm - 6:15pm**

**#340500A2 | Tu, Th | Nov 2 - Dec 14 | 5:30pm - 6:15pm**

## **Moving & Grooving!**

Instructor: Cory Jeffries

A physical activity, self-management program for older adults with lower extremity osteoarthritis or lower body pain. This program helps improve the participant's functional and physical activity. Classes combine flexibility, strength training, and aerobic walking. Please wear loose fitting clothes and sneakers to classes. Students will be required to purchase adjustable ankle weights up to 5lbs and exercise bands. Additional equipment information will be provided the first class. No class Nov 11, 23, and 25.

**Location: Lucy Simms Center Gymnasium**

**City Res \$10 | Non Res \$10 | Ages 40+**

**#340514A1 | Tu, Th | Sep 14 - Oct 21 | 10am - 11:30am**

**#340514A2 | Th, Th | Nov 2 - Dec 9 | 10am - 11:30am**

## **Groove**

Instructor: Dana Neff

Dynamic, interactive and creative group dance experience. You will experience everything from slow, meditative grooves to heart thumping and strength building cardio beats. The perfect recipe to nurture your body, mind, and soul. Bring your own exercise mat to class. Class will not meet November 25.

**Location: Price Rotary Senior Center**

**City Res \$40 | Non Res \$44 | Ages 50+**

**#340575A1 | Th | Sep 16 - Nov 21 | 5:30pm - 6:15pm**

**#340575A2 | Th | Nov 4 - Dec 16 | 5:30pm - 6:15pm**

## **Zumba Gold**

Instructor: Margaret "Muff" Perry

Get moving with this exciting dance fitness workout that features upbeat Latin and world rhythms designed specifically for older adults! Zumba Gold introduces easy-to-follow choreography that focus on balance, range of motion, and coordination. Participants should bring a water bottle.

**Location: Price Rotary Senior Center**

**City Res \$26 | Non Res \$30 | Ages 50+**

**#340502A1 | Tu | Aug 31 - Sep 28 | 6pm - 7pm**



# 50 AND WISER

## Craft and Chat

Social group for people age 50+ who like to knit and crochet. Items made are donated to area nursing homes, hospitals, and other service organizations. Drop in and join the group! We do more than crochet! Yarn donations are appreciated.

**Location:** Price Rotary Senior Center

**Free | Ages 50+**

**Tu, Th | Sep 7 - Ongoing | 9am - 11am**

## Thursday Afternoon Bowling

Enjoy bowling in a relaxed atmosphere. Experienced or inexperienced bowlers are welcome. Bowl for 16 weeks, with a party on week 17 where prizes are awarded for a number of categories. Fee includes 3 games, shoes, and ball. New session begins September 2.

**Location:** Valley Lanes

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

**Th | Sep 2 - Ongoing | 12:30pm - 3pm**

## Holiday Wreath Making Workshop with Sparrows Flowers

**Instructor:** Amanda Tutwiler, Owner

Join us to construct your very own 18 inch holiday wreath with the guidance of local florist and Sparrows Flowers owner, Amanda Tutwiler! Sparrows Flowers will provide all the necessary tools for you to construct and decorate your holiday wreath to take home and hang for the holidays. Participants may bring a pair of gloves and an apron, if desired. Enjoy hot chocolate and holiday cheer at this fun workshop!

**Location:** Price Rotary Senior Center

**City Res \$33 | Non Res \$38 | Ages 14+**

**#320903A1 | W | Dec 8 | 6pm - 7:30pm**

## Breakfast Club

Breakfast is the most important meal of the day! Let's meet up with friends and go out! We will meet at the restaurant at 8:00am and order off of the menu. Contact [Lynn.Turner@HarrisonburgVA.gov](mailto:Lynn.Turner@HarrisonburgVA.gov) to register or for a full schedule. The first Breakfast Club location is Magpie Diner.

**Magpie Diner | 85 W Gay St., Harrisonburg | Tu | Sep 21**

## 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 a different restaurant each month. Check your calendar and join us! **Please register the Monday of that week, so we may let the restaurants know we are coming.** All lunches are 11:15am - 1pm. Order off of the menu. Contact [Lynn.Turner@HarrisonburgVA.gov](mailto:Lynn.Turner@HarrisonburgVA.gov) to register or for a schedule. The first Lunch Bunch location is Clementine Cafe's back patio (weather permitting).

**Clementine Cafe Patio | 153 S Main St., Harrisonburg | Th | Sep 9**

## Brown Bag Lunch

Pack your lunch and come to the Price Rotary Senior Center. We will eat our lunch and have a topic for discussion after. The topics will be fun and informative. This is a free program, however, registration is appreciated. Please contact [Lynn.Turner@HarrisonburgVA.gov](mailto:Lynn.Turner@HarrisonburgVA.gov) for our upcoming dates and topics to begin in October 2021.

**Location:** Price Rotary Senior Center

**Th | October - Ongoing | 11am - 1pm**

## Monday Afternoon Matinee

The 1st Monday of each month we will be showing a movie at the Price Rotary Senior Center! Please contact [Lynn.Turner@HarrisonburgVA.gov](mailto:Lynn.Turner@HarrisonburgVA.gov) for the title each month. We will have popcorn and fun! Will not meet on City holidays.

**First Monday of the Month | Oct 4 - Ongoing | 1pm**

## 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. Participants are not required to read every book, every month. You do not have to read any of the books to attend or enjoy the conversation. Please join us to laugh, share wisdom, gain insight, and make new friends. Contact [Lynn.Turner@HarrisonburgVA.gov](mailto:Lynn.Turner@HarrisonburgVA.gov) to register.

**Location:** Price Rotary Senior Center

**First Monday of Month (except holiday) | Sep 13 - Ongoing | 3pm - 5pm**

## Evening Book Club

**First Monday of Month (except holiday) | Sep 13 - Ongoing | 6:30pm - 8pm**



# HERITAGE OAKS GOLF COURSE



## PROGRAMS & LEAGUES

### Junior Golf League

A league for our Junior Golfers who are looking to learn more about the game of golf, including full swing, short game, strategy, and more. Participants will have the opportunity to get out on the golf course in a low pressure, enjoyable atmosphere. This can also be used to help prepare our young golfers for high school and college golf. Register by calling 540-442-6502.

**Location:** Heritage Oaks Golf Course

**City Res \$45 | Non Res \$50**

**Ages 7 - 10**

**Th | Aug 19 - Oct 14 | First 5 Sessions 4pm - 5pm | Last 4 Sessions 4pm - 6pm**

**Ages 10 - 17**

**F | Aug 20 - Oct 15 | First 5 Sessions 4pm - 5pm | Last 4 Sessions 4pm - 6pm**

### Start Smart Golf

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. Registration is open for program sessions that begin August 28. To register, call 540-442-6502. For additional information on the program email David.Johns@harrisonburgva.gov.

**Location:** Heritage Oaks Golf Course

**City Res/Non Res \$60**

**Sa | Aug 28 - Oct 2 | 11am - 12pm**

## WINTER RATES & HOURS

**Visit [www.HeritageOaksGolf.com](http://www.HeritageOaksGolf.com) for Fall Rates and Golf Course Hours**



### The First Tee

**[www.TheFirstTeeHarrisonburg.org](http://www.TheFirstTeeHarrisonburg.org)**

**540-437-4239 | [TheFirstTeeHarrisonburgVa@gmail.com](mailto:TheFirstTeeHarrisonburgVa@gmail.com)**

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: [www.TheFirstTeeHarrisonburg.org](http://www.TheFirstTeeHarrisonburg.org)

By Phone: 540-437-4239

In Person: 690 Garbers Church Road

Scholarships Available!

# FALL WORKSHOPS & EVENTS

## Holiday Wreath Making Workshop with Sparrows Flowers

Instructor: Amanda Tutwiler, Owner

Join us to construct your very own 18 inch holiday wreath with the guidance of local florist and Sparrows Flowers owner, Amanda Tutwiler! Sparrows Flowers will provide all the necessary tools for you to construct and decorate your holiday wreath to take home and hang for the holidays. Participants may bring a pair of gloves and an apron, if desired. Enjoy hot chocolate and holiday cheer at this fun workshop!

**Location: Price Rotary Senior Center**  
**City Res \$33 | Non Res \$38 | Ages 14+**  
**#320903A1 | W | Dec 8 | 6pm - 7:30pmH**

## Nutrition 101 Workshop: Understanding the Basics

Instructor: Katie & Brandon Cunningham

Educational presentation to help you understand the basics of nutrition to control weight, improve health and maximize wellness. Information will include introduction into macronutrients, total daily energy expenditure, nutrition label reading, mindful eating, and web/app resources to help guide you through an improved nutritional lifestyle. Participants should bring a writing utensil and paper or laptop if desired. For questions, email [info@bridginghealthclinic.com](mailto:info@bridginghealthclinic.com) or call 540-442-3196. You may also visit the Bridging Health Clinic's website at <https://bridginghealthclinic.com/>.

**Location: Lucy Simms Center Auditorium**  
**City Res \$30 | Non Res \$45 | Ages 13+**  
**#321613A1 | M | Sep 13 | 6pm - 8pm**

## Massage Workshop: Managing Your own Aches and Pains

Instructor: Katie & Brandon Cunningham

You don't always need an expensive massage because you can manage most of the aches and pains on your own. This class will help guide your awareness to the muscles that may be associated with your aches and pains. Not only will you learn more about your body, but you will start to understand some of the daily activities that could be associated with the muscle imbalances that lead to pain. We will discuss self-trigger point therapy, self-myofascial release, and stretching. We will practice these techniques with a foam roll, tennis ball, and other equipment. Participants will need a mat, a tennis ball, and a foam roll. We will try and provide, or at least show, some other useful tools that can help the process of self-care. Participants should bring their own fitness mat, foam roll, workout gear, and stretchy clothes. Guests will be on the floor using a foam roll so will need the ability to physically do so. For questions, email [info@bridginghealthclinic.com](mailto:info@bridginghealthclinic.com) or call 540-442-3196. You may also visit the Bridging Health Clinic's website at <https://bridginghealthclinic.com/>.

**Location: Lucy Simms Center Auditorium**  
**City Res \$35 | Non Res \$53 | Ages 13+**  
**#321614A1 | M | Nov 1 | 6pm - 8pm**



## ANNOUNCEMENT!

19TH ANNUAL RACE TO BEAT BREAST  
CANCER 5K RUN/WALK

October 16, 2021

## 19th Annual Race to Beat Breast Cancer 5K Run/Walk

We are excited to announce that we will be hosting this year's event at a new venue. We will be utilizing the cart paths at Harrisonburg's scenic Heritage Oaks Golf Course! In addition to this, following the run/walk portion we will be adding a golf tournament to this year's event. All fundraising proceeds from the entire day's activities will once again go to the RMH Foundation to benefit breast cancer treatment and support at the Sentara RMH Medical Center. For more information visit [www.HarrisonburgVA.gov/beat-breast-cancer-race](http://www.HarrisonburgVA.gov/beat-breast-cancer-race).

**Location: Heritage Oaks Golf Course**  
**Sa | Oct 16**

# REGISTRATION INFORMATION

## HOW DO I REGISTER?

### Register Online through WEBTRAC for

- Program and Class Registrations
- To obtain a user name and password for WEBTRAC, call the Cecil F. Gilkerson Community Activities Center front desk at 540-433-2474. Then, use your new user name and password to login to WEBTRAC for all future program registrations (unless the program requires in-person registration)
- Visit [www.HarrisonburgVA.gov/Program-Registration](http://www.HarrisonburgVA.gov/Program-Registration) to access WEBTRAC and additional registration information

### Register Over the Phone:

540-433-2474

### Register In-Person:

Cecil F. Gilkerson Community Activities Center Front Desk  
305 S Dogwood Drive, Harrisonburg

### September - December 2021 Registration Schedule

Registration for City Residents: August 9, 2021

Registration for Non Residents: August 23, 2021

## PAYMENT DETAILS

### PAYMENT METHODS

CASH | CHECK | VISA | MASTERCARD | DISCOVER

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

All refunds are handled at the Community Activities Center Front Desk from 8:00am to 5:00pm, Monday-Friday. If a program is cancelled by 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](http://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.