CITY OF HARRISONBURG
PARKS & REC

Summer 2022 Programs

June - August

Workout Class at Turner Pavilion - 4

Pollinator Hotel Workshop - 8

Pop Up Parks Events - 8

Youth TryAthlon - 9

Program Registration
www.HarrisonburgVA.gov/Program-Registration
or in person at any recreation center

Harrisonburg Parks and Recreation Department
305 S. Dogwood Drive, Harrisonburg, Virginia 22801
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

Mrs. Sandra Bopp
Mr. MuAwia DaMes
Mr. Chance Ebersold
Mr. Kevin Gibson
Mr. Obie Hill
Mr. James Logan
Ms. Deanna Reed, City Mayor
Dr. Leonard A. Van Wyk

How to Reach Us!

EMAIL
ParksandRecreation@HarrisonburgVA.gov
WEBSITE
www.HarrisonburgVA.gov/Parks-Recreation
FACEBOOK
@HarrisonburgParksandRecreation
TWITTER
@HburgParks
INSTAGRAM
@HarrisonburgParks

What's Inside...

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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

Valid calendar year. Half-year memberships available July 1

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

Adults: $60 Resident / $120 Non-Resident

Youth: $30 Resident / $60 Non-Resident

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

Family: $150 Resident / $300 Non-Resident

Daily/ Guest Passes available for purchase

CITY OF HARRISONBURG
PARKS & REC

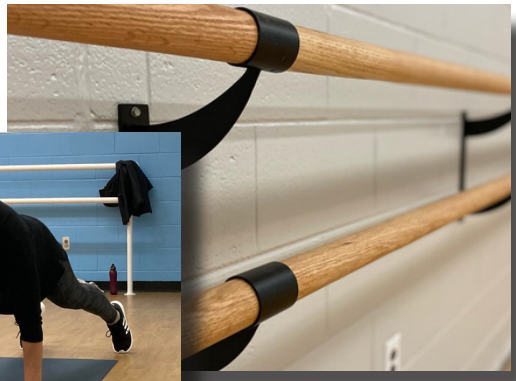
Summer 2022
Fitness & Nutrition

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

Our Summer Opportunities

Fitness & Nutrition

Enhance your fitness routine with our Interval Fitness, Yoga, Adult Ballet, Adult Tap, Meditation or Master Swim fitness classes. Or try out our new fitness class at Turner Pavilion!



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 May 2 | Non Resident Registration May 16

FITNESS CLASSES

Workout Wednesdays

NEW!

Instructor: Cory Jeffries

Join us for our new **outdoor** summer workout series at **Turner Pavilion** in downtown. Cory will lead the group through an outdoor, body weight, workout class. This class is open to all fitness levels. Please bring a exercise, yoga mat or towel, water bottle, and wear workout appropriate clothes and shoes.
In case of inclement weather, class may be cancelled.
There is no immediate access to water fountain or restroom facility at the pavilion, please come prepared.
Location: Turner Pavilion
City Res $20| Non Res $25 | Ages 18+
#221402A1 | W | Jun 8 - Jul 13 | 5:15pm - 6:00pm

Interval Fitness

Instructor: Jill Howdyshell

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. There will be no classes on City Holidays.
Location: Community Activities Center Gymnasium
City Res $35 | Non Res $40 | Ages 18+
#121400A3 | M, W, F | May 23 - Jul 1 | 6am - 7am
#221400A1 | M, W, F | Jul 11 - Aug 19 | 6am - 7am
#321400A1 | M, W, F | Aug 29 - Oct 7 | 6am - 7am

DANCE FOR FITNESS

Adult Ballet for Fun & Exercise

Location: Dance Studio| No class July 4
City Res $25 | Non Res $30 | Ages 18+
#220316A1 | M | Jun 6 - Jul 11 | 6:30pm - 7:15pm

Adult Tap for Fun & Exercise

Location: Dance Studio | No class July 4
City Res $25 | Non Res $30 | Ages 18+
#220317A1 | M | Jun 6 - Jul 11 | 7:15pm - 8pm

FITNESS ROOMS

Lucy F. Simms Center

Available to those 65+ or at a higher risk with reservation times.
Monday - Friday at 9am,10am, 1pm, 2pm, and 3pm

Community Activities Center

Monday - Friday 6:00am - 9:00pm
Saturday 9:00am - 5:00pm

*Holiday and event closings will be posted on our social media

FITNESS AT WESTOVER POOL

Masters Swim

Instructor: Patrick O'Neill

Swim team practice for adults 18+. Join to improve your swimming, learn new techniques, 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 on Tuesday, Wednesday, and Thursdays 9am - 10:45am. Monthly or seasonal membership to Masters Swimming is required, no additional pool membership necessary.
Monthly Membership
City Res $30 | Non-Res $40 | Ages 18+
#221107A1 | Tu, W, Th | 9am - 10:45am (June)
#221107B1 | Tu, W, Th | 9am - 10:45am (July)
#221107C1 | Tu, W, Th | 9am - 10:45am (August)
Summer Season Membership
City Res $75 | Non-Res $100 | Ages 18+
#221107D1| Tu, W, Th | Jun 4 - Aug 22 | 9am - 10:45am

YOGA AND MEDITATION FOR FITNESS

Vinyasa Yoga

NEW!

Instructor: Lisa Hasler

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.
Location: Lucy F. Simms Center Auditorium
City Res $30 | Non Res $35 | Ages 18+
#221427A1 | W | June 22 - Aug 10 | 5:30pm - 6:30pm

Meditation

NEW!

Instructor: Carey McCallum

Learn the fundamentals of establishing and sustaining a regular meditation practice which provides numerous benefits to health, happiness and overall well-being. Participants will learn strategies and techniques for overcoming common obstacles to meditation while trying a variety of meditation styles in order to find a good fit for their needs and disposition. Please bring your own yoga mat.
Location: Price Rotary Senior Center | 18+
City Res $20 | Non Res $25
#221424A1 | W | Jul 13 - Aug 3 | 9am - 10am

CITY OF HARRISONBURG
PARKS & REC

Summer 2022

Aquatics

Harrisonburg Parks and Recreation is offering various Aquatics opportunities this Summer at Westover Pool!

Our Summer Opportunities

Lifeguard Courses

Become a certified lifeguard or become recertified.

Lap Swim & Recreational Swim

Reserve a lane for a lap swim workout or just enjoy the water with our recreation swim on Saturdays.

Swim Lessons

Youth learn various levels of swim techniques in our swim lesson offerings!

Masters Swim

Swim team style intermediate to advanced workouts and training for adults from a US Master's Swim Coach.

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.

Registration May 16 (City Resident Only)

WESTOVER POOL

SWIM HOURS

Open swim and lap swim hours are available 7 days a week! Please check www.HarrisonburgVA.gov/Swimming-Pool for more pool hours information.

Open Swim and Splash Pad Hours

Summer hours May 27 - Sept 5
Monday - Saturday | 12pm - 7pm
Sunday | 1pm - 7pm

Lap Swim Hours

Monday - Friday | 11:15am - 6pm
Saturday | 12pm - 7pm
Sunday | 1pm - 7pm

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

Passes

Summer Family Pool Pass | City Res $75 | Non Res $150
*Hours and operations may vary depending on weather, staffing and facility usage.

Summer Swim Punch Card

NEW!

Purchase 5 visits and get one visit free!
City Res $ 10 | Non Res $15

SWIM PROGRAMS

CHECK OUT SWIM PROGRAMS FOR KIDS ON PAGE 7!

Masters Swimming

Swim team practice for adults 18+. Join to improve your swimming, learn new techniques, 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 on Tuesday, Wednesday, and Thursdays 9am - 10:45am. Monthly or seasonal membership to Masters Swimming is required, no additional pool membership necessary.

Monthly Membership
City Res $30 | Non-Res $40 | Ages 18+
#221107A1 | Tu, W, Th | 9am - 10:45am (June)
#221107B1 | Tu, W, Th | 9am - 10:45am (July)
#221107C1 | Tu, W, Th | 9am - 10:45am (August)
Summer Season Membership
City Res $75 | Non-Res $100 | Ages 18+
#221107D1| Tu, W, Th | Jun 4 - Aug 22 | 9am - 10:45am

SUMMER POOL EVENTS

Memorial Day Weekend

All Fire, Police, and Military get ½ price entry to Westover Pool
May 27 – 29 | 1pm – 7pm

10th Annual School's Out for Summer Party

Join us for a free family swim party celebrating the start of summer! For more information visit www.HarrisonburgVA.gov/Pool-Party or call 540-434-0571.
June 12 | 12 – 3pm

Free Admissions Dates

Join us for a free admissions. For more information visit www.HarrisonburgVA.gov/Swimming-Pool or call 540-434-0571.
Jun 12 | 12 – 3pm
Jul 2 | 1 - 5pm
Aug 7 | 1 - 7pm

Youth TryAthlon

The Youth TryAthlon is back at Westover Park for 2022! 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 5-17. 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 our more information and registration link visit www.harrisonburgva.gov/youth-tryathlon
Registration opens May 2
Location: Westover Park
Registration before June 24 $30 (shirt included) | June 25 - July 31 $40 (shirt included) | August 1 - 5 $40 (no shirt guaranteed)
Ages 5 - 17
Sa | Aug 13

SWIM LESSONS

Registration Information is available online at
www.HarrisonburgVA.gov/Online-Registration
A Swim Placement Test is needed for Level 1, 2, and 3 lessons. No appointment is needed to complete the test. No lessons will take place on July 4 and August 10. **City Residents Only $25**

Registration Placement Test

Preschool lessons are taught to children ages 3 - 5. All children 6 years or older will be placed in Levels 1 - 3. Any child wishing to participate in Level 3 class must be able to swim half length of the pool. For questions please call 540-434-0571.
Location: Westover Pool

Preschool

This class is geared for children with little to no "in water" experience. Tadpoles will learn to enter the water safely and become familiar with elementary aquatic skills. Open to city residents only. Registration Fee: $25

6/13-6/23
#211100A1 | M-Th | 9:45am-10:15am
#211100A2 | M-Th | 10:30am-11am
#211100A3 | M-Th | 11:15am-11:45am

6/27-7/7
#211100B1 | M-Th | 9:45am-10:15am
#211100B2 | M-Th | 10:30am-11am
#211100B3 | M-Th | 11:15am-11:45am

7/11-7/21
#211100C1 | M-Th | 9:45am-10:15am
#211100C2 | M-Th | 10:30am-11am
#211100C3 | M-Th | 11:15am-11:45am

7/27-8/4
#211100D1 | M-Th | 9:45am-10:15am
#211100D2 | M-Th | 10:30am-11am
#211100D3 | M-Th | 11:15am-11:45am

Goldfish – Level 1

Goldfish will work to master the following skills: floating, walking in chest deep water, and swimming on front. Open to city residents only. Registration Fee: $25
#211101A1 | M-Th | 6/13-6/23 | 10:15am-11am
#211101A2 | M-Th | 6/13-6/23 | 10:15am-11am
#211101B1 | M-Th | 6/27-7/7 | 10:15am-11am
#211101B2 | M-Th | 6/27-7/7 | 10:15am-11am
#211101C1 | M-Th | 7/11-7/21 | 10:15am-11am
#211101C2 | M-Th | 7/11-7/21 | 10:15am-11am
#211101D1 | M-Th | 7/25-8/4 | 10:15am-11am
#211101D2 | M-Th | 7/25-8/4 | 10:15am-11am

Tigerfish – Level 2

Students will focus on developing the ability to properly swim the Front Crawl and Back Crawl for a minimum of 25 yards. Open to city residents only. Registration Fee: $25
#211102A1 | M-Th | 6/13-6/23 | 9:45am-10:30am
#211102A2 | M-Th | 6/13-6/23 | 9:45am-10:30am
#211102B1 | M-Th | 6/27-7/7 | 9:45am-10:30am
#211102B2 | M-Th | 6/27-7/7 | 9:45am-10:30am
#211102C1 | M-Th | 7/11-7/21 | 9:45am-10:30am
#211102C2 | M-Th | 7/11-7/21 | 9:45am-10:30am
#211102D1 | M-Th | 7/27-8/4 | 9:45am-10:30am
#211102D2 | M-Th | 7/27-8/4 | 9:45am-10:30am

Dolphin – Level 3

Fully develop the Breaststroke, Sidestroke, Elementary Backstroke, to continue to increase the student's swimming endurance, and to begin learning to dive safely. Open to City residents only. Registration Fee: $25
#211103A1 | M-Th | 6/13-6/23 | 11am-11:45am
#211103A2 | M-Th | 6/13-6/23 | 11am-11:45am
#211103B1 | M-Th | 6/27-7/7 | 11am-11:45am
#211103B2 | M-Th | 6/27-7/7 | 11am-11:45am
#211103C1 | M-Th | 7/11-7/21 | 11am-11:45am
#211103C2 | M-Th | 7/11-7/21 | 11am-11:45am
#211103D1 | M-Th | 7/25-8/4 | 11am-11:45am
#211103D2 | M-Th | 7/25-8/4 | 11am-11:45am

Westover Waves Swim Team

Summer swim league for ages 5 - 18. Swimmer must be able to swim 25 yards pool length on their own. Practices take place on weekdays and there are five meets (June 14, 21, 28, July 5, 12, and 19) with Championship meet July 30. Swim caps are provided. For more information contact email westoverwavesteam@gmail.com or visit the Facebook page at www.facebook.com/WestoverWavesSwimTeam.
Online registration opens May 1 at WestoverWaves.org
Ages 5 - 18
Season June 6 - July 30

SPECIAL EVENTS

Pop Ups in the Parks

Come join us at the city parks for programming, giveaways, and fun! Each location will have different programming. For more information go to www.harrisonburgva.gov/special-events or Call the Community Activities Center for more information 540-433-2474

Sa | Jun 11 | 12:00pm - 3:00pm | Hillandale Park
Th | Jun 16 | 4:00pm - 6:00pm | Ralph Sampson Park
W | Jun 22 | 1:30pm - 3:30pm | Purcell Park
Su | Jul 10 | 12:30pm - 2:30pm | Dream Come True Playground
Tu | Jul 12 | 4:00pm - 6:00pm | Mosby Heights
M | Aug 1 | 1:00pm - 3:00pm | Kiwanis Park

Music on the Range

Come join us at Heritage Oaks Golf Course for our Music on the Range series. Bring a blanket, the family, and come out for some great local bands.

Food trucks and beer will be available for purchase.

*We are also looking for any non-profits looking to prepare food for sale. The proceeds would be yours. Please call the golf course at 540-442-6502 for more information.

F | May 27 | 6:30pm - 9:00pm | Sundry League Band (popular music)
F | Jun 17| 6:30pm - 9:00pm | Little Walter and the Convictions (60s)
F | Jul 15 | 6:30pm - 9:00pm | Check Engine (Rock)
F | Aug 19 | 6:30pm - 9:00pm | Prime (pop/ country/ variety)

Harrisonburg Rescue Squad Open House

Come down to the station for our annual open house. Visit with the squad, check out the vehicles, and participate in hands on activities.

Sa | Jun 4 | 1700 Reservoir St.

POLLINATOR WEEK

Lunch and Learn

Lunch and Learn Pollinator Popup Workshop at Liberty Park with expert Mike Hott. Bring Lunch. Participants will receive a free pollinator plant.

Location: Liberty Park
Free | Bring a lunch
M | Jun 20 | 11:30am - 1:30pm

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 https://www.harrisonburgva.gov/pollinators

Location: Liberty Park
Free
T | Jun 21| 10:00am - 12:00pm
T | Jun 21| 1:00pm - 3:00pm
Th | Jun 23 | 10:00am - 12:00pm
Th | Jun 23 | 1:00pm - 3:00pm

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.

Location: Purcell Park Shelter 2
Free | One kit per family
W | Jun 22 | 1:30pm - 3:30pm

Best. Weekend. Ever

Best.Weekend.Ever. is downtown's newest, most exciting event! Enjoy a downtown-wide block party with music, entertainment, and activities for all ages around every corner! From magicians and art markets to Sip & Stroll and live music, during Best.Weekend.Ever. the streets will close so people can roam with a drink in their hand and enjoy a wide variety of entertainment, local arts, and family-friendly activities all day. Learn more at bestweekendever.org.

Sa | Jun 18 | Downtown Harrisonburg

Independence Day Fireworks

Enjoy the best fireworks in the valley on Independence Day weekend. The best spots for viewing and celebrating our nation's independence are right here in downtown Harrisonburg!

Sa | Jul 2

Block Party in the 'Burg

Block Party welcomes thousands of incoming JMU freshman to downtown Harrisonburg. Students walk from campus to Court Square — led by the award-winning Marching Royal Dukes, Harrisonburg's Mayor, and the university President— to sample the best of downtown's restaurants and retailers. It's our way to give a Friendly City welcome to our newest residents!

Learn more about Block Party at downtownharrisonburg.org/block-party

Sa | Aug 27 | Downtown Harrisonburg

20th Annual Race to Beat Breast Cancer

Save the date for October 29th for our 20th 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 29

Youth TryAthlon
August 13th

The Youth TryAthlon is back at Westover Park for 2022! 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 5-17. 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 our more information and registration link visit www.harrisonburgva.gov/youth-tryathlon

Registration opens May 2

Location: Westover Park

Registration before June 24 $30 (shirt included) | June 25 - July 31 $40 (shirt included) | August 1 - 5 $40 (no shirt guaranteed) | Ages 5 - 17

Sa | Aug 13

CITY OF HARRISONBURG
PARKS & REC

Summer 2022 Athletics Programs

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

Athletics Summer Programs

Youth Volleyball Program
Program is open to ages 10-13 who live in the City.

Start Smart Programs
Programs will include soccer, basketball, and football for ages 3-4 who live in the City.

Youth Football Programs
Programs are open to ages 7-12 who live in the City.

Adult Kickball League
This co-ed league begins play in August!

Athletics Registration & Information

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

City Resident Registration April 18 | Non Resident Registration May 16
Fall Youth Football and Soccer Registration Opens June 6.

Youth Volleyball Program

www.harrisonburgva.gov/volleyball

Youth Volleyball runs from June-July and includes programs for ages 10-13. Call 540-433-9168 for additional information.

Volunteer coaches needed for all levels!

Summer Youth Volleyball League

Ever wanted to try playing volleyball? Join our co-ed recreation league this summer. This league is designed to introduce the basics of volleyball in a non-competitive setting with equal playing time for all. Participants will be placed on teams and led by volunteer coaches. Fundamentals will be the emphasis; serving, passing, setting and attacking. The league will be held on Tuesday and Thursday evenings. All players are required to have knee pads and they must be worn at all times while playing or practicing.

Age is determined as of June 1.

Location: Community Activities Center Gymnasium
City Res $30 | Non Res $40
#211050A1 | Ages 10 - 11 | Tu, Th | Jun 14-Jul 21
#211050A2 | Ages 12 - 13 | Tu, Th | Jun 14-Jul 21

Youth Football Programs

www.harrisonburgva.gov/football

Youth Football runs from June-October and includes programs for ages 5-12. Call 540-433-9168 for additional information.

Volunteer coaches needed for all levels!

Summer Youth Flag Football League

We are expanding our youth flag football program to provide our players a summer activity to prepare for the fall league.

Age is determined as of June 1.

Location: Ramblewood Athletic Complex
City Res $30 | Non Res $40
#211055A1 | Ages 7 - 9 | Tu, Th, Sa | Jun 14-Jul 23
#211055A2 | Ages 10 - 12 |Tu, Th, Sa | Jun 14-Jul 23

Streaks Summer Football Camp

HHS will be holding a 3-day youth football camp this year for ages 5-18. Age specific instruction provided for all levels.

Location: Harrisonburg High School
City Res $22 | Non Res $22
#211041 | Ages 5 - 18 | Tu -Th | Jul 19-Jul 21 | 6:00pm-9:00pm

Fall Flag and Tackle Football Leagues

Registration will open in June for our youth football leagues that begin in the fall. Information will be delivered to Harrisonburg City Schools in May. Participants must be City Residents to participate. Tackle leagues will play as part of the Massanutten Youth Football League and play against a combination of City and County teams. The program will begin in August.

Visit www.harrisonburgva.gov/football for program details once released.

Summer Start Smart Programs

www.harrisonburgva.gov/start-smart

Summer Start Smart Programs will run during the months of June and July for ages 3-4. These are parent/child based programs where both work together to develop basic sports-related skills. All programs are under the direction of a staff member.

Start Smart Soccer

This program is a developmentally appropriate introductory parent/guardian-child based soccer program for children 3-4 years old. Pairs work together to develop individual skills. Age appropriate equipment is used in teaching kicking, dribbling, trapping, throw-ins and agility. Program will not meet June 20 or July 4.

Location: Smithland Athletic Complex
City Res $30 | Non Res $40
#210106-A1 | M | Jun 6-Jul 25 | 5:45pm-6:30pm
#210106-A2 | M | Jun 6-Jul 25 | 6:30pm-7:15pm

Start Smart Football

This program is a developmentally appropriate introductory parent/guardian-child based football program for children 3-4 years old. Pairs work together to develop individual skills. Age appropriate equipment is used in teaching throwing, catching, kicking/punting and running/agility.

Location: Smithland Athletic Complex
City Res $30 | Non Res $40
#210109-A1 | W | Jun 15-Jul 20 | 5:45pm-6:30pm
#210109-A2 | W | Jun 15-Jul 20 | 6:30pm-7:15pm

Start Smart Basketball

This program is a developmentally appropriate introductory parent/guardian-child based basketball program for children 3-4 years old. Pairs work together to develop individual skills. Age appropriate equipment is used in teaching dribbling/ball handling, passing/catching, shooting, and running/agility.

Location: Community Activities Center Gymnasium
City Res $30 | Non Res $40
#210104-A1 | F | Jun 17-Jul 29 | 5:45pm-6:30pm
#210104-A2 | F | Jun 17-Jul 29 | 6:30pm-7:15pm

Adult Kickball League

www.harrisonburgva.gov/kickball

This 8-team co-ed league begins play in August. Come relive a childhood game, in an adult manner.

Location: Ramblewood Athletic Complex
Team Registration Fee $150 | Ages 18+
#331020 | Tu, W | Aug 8 - Oct 26 | 6pm-9pm

CITY OF HARRISONBURG
PARKS & REC

Summer 2022
Youth Programming

Youth Services offers a variety of programming in the summer and year round.

Our Opportunities

Summer Camp

Held at the Community Activities Center the Summer Organized Activities & Recreation (S.O.A.R.) Program offers children kindergarten to fifth grade a place to make friends, have fun, and be active.

Year Round Opportunities

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

Check out our new tumbling room open for children 5 years old and younger.

For K - 5 grade we provide an afterschool program for students enrolled in Harrisonburg City Schools.

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.

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 now open.

3-Year-Olds

City Res Only $35 per month | $315 for the year
#510235A | Ages 3 | Tu, Th | Sep 6 - May 19 | 9:30am - 12:00pm

4-Year-Olds

City Res Only $50 per month | $450 for the year
#510235A2 | Ages 4 | M,W,F | Sep 7 - May 19 | 9:30am - 12:00pm

Tumbling/ Free Movement Drop In

NEW!

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 | Jun 1 - Sept 2 | 9:00am - 12:00pm
Tu, Th | Jun 1 - Sept 1 | 4:00pm - 6:00pm
Sa | Jun 1 - Sept 3 | 9:00am - 12:00pm

TEENS

Camp L.I.T

The Harrisonburg Fire Department and Rockingham County Fire Rescue are excited to announce our 4th annual girl's summer camp, "Camp L.I.T.," taking place July 18th through July 22nd, Camp L.I.T., which stands for leadership, integrity, and trailblazer, is open to girls ages 14-16 and is completely free of charge to participants. Camp L.I.T. will provide a unique insight into life as a first responder in hopes of encouraging young females to consider the fire service as a career. According to the National Fire Protection Association, "there are over 1 million firefighters in the United States, but only 8 percent are women." One of the camp's goals is to help change this statistic and encourage young women to become firefighters. However, Camp L.I.T. is so much more than a fire/rescue camp; it is an opportunity for young women to work on personal development and empowerment to help them succeed in all aspects of their lives. Applications are available by visiting www.harrisonburgva.gov/fire and are due May 18th.
For questions, contact Erin Stehle at 540-432-7703 or erin.stehle@harrisonburgva.gov
Free for City or County girls ages 14 - 16
July 18 - July 22

K - 5TH GRADE

SOAR Summer Camp

Harrisonburg Parks and Recreation offers recreationally based programs for children who have completed kindergarten through age twelve for City of Harrisonburg Residents only. Through a balance of free play and organized activities we strive to provide the best possible care for your child. It is our mission to always put the safety and security of your child above all else. Register in person at the Community Activities Center.
Current/Previous Participant Registration: May 2, 2022
New Participant Registration: May 16, 2022
Location: Community Activities Center Youth Services
City Res $50/ week | K - age 11
#312406
T - F | June 21 - June 24 | 7:30am - 5:30pm
M - F | June 27 - July 1 | 7:30am - 5:30pm
T - F | July 5 - July 8 | 7:30am - 5:30pm
M - F | July 11 - July 15 | 7:30am - 5:30pm
M - F | July 18 - July 22 | 7:30am - 5:30pm
M - F | July 25 - July 29 | 7:30am - 5:30pm
M - F | Aug 1 - Aug 5 | 7:30am - 5:30pm
M - F | Aug 8 - Aug 12 | 7:30am - 5:30pm
M - F | Aug 15 - Aug 19 | 7:30am - 5:30pm

Afterschool Childcare Program

This program runs from the time of dismissal (child must attend Harrisonburg City Public School, and arrive to the Community Activities Center on school bus) until 6:00pm. 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 to attend the A.S.A. program. For more information visit www.harrisonburgva.gov/youth-services
Current/Previous Participant Registration: June 27, 2022
New Participant Registration: July 11, 2022
Location: Community Activities Center Youth Services
City Res $50/ month | K - 5th grade
#510230 | M - F | Follows HCPS Calendar| Dismissal - 6pm

GOLF

Junior Golf Camp

A 4-day golf camp that includes golf instruction each day with the last day being a "play day" where juniors will play golf on the course with the instructor. Fee includes golf instruction, range balls for sessions, course fee for the last day. For more information visit Visit www.HeritageOaksGolf.com or Call Heritage Oaks Golf Course Pro Shop 540-442-6502
Register in person at Heritage Oaks Pro Shop.
Location: Heritage Oaks Golf Course
City Res $70 | Non Res $75
Ages 7 - 11 | Jun 14 - 17 | 12:00pm - 1:30pm
Ages 11 - 18| Jun 14 - 17 | 2:00pm - 3:30pm

CITY OF HARRISONBURG
PARKS & REC

Summer 2022 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 May 2 | Non Resident Registration May 16

Dance Coordinator: Cynthia Marafino
Cynthia.Marafino@HarrisonburgVA.gov
Dance Instructors: Zilda Baker and Jimmy Marafino
Additional Information: www.HarrisonburgVA.gov/Dance

All classes take place at the Community Activities Center Dance Studio.

YOUNG CHILDREN'S DEVELOPMENTAL DANCE

Music & Movement

City Res $25 | Non Res $30
#210301A1 | Ages 3.5 - 5 | Tu | Jun 7 - Jul 5 | 4:30pm - 5:00pm
#210301A2 | Ages 3.5 - 5 | W | Jun 8 - July 6 | 4:30pm - 5:00pm
#210301A3 | Ages 3.5 - 5 | Th | June 9 - July 7 | 4:30pm - 5:00pm

Pre Ballet & Creative Movement

City Res $25 | Non Res $30
#210303A1 | Ages 5 - 7 | W | June 8 - July 6 | 5:15pm - 5:45pm
#210303A2 | Ages 5 - 7 | Th | June 9 - July 7| 5:15pm - 5:45pm

BEGINNER/INTERMEDIATE DANCE

Ballet/ Jazz

City Res $25 | Non Res $30
#210304A1 | Ages 6 - 8 | Tu | June 7 - July 5 | 5:15pm - 6:00pm
#210304A2 | Ages 6 - 8 | W | June 8 - July 6 | 5:45pm - 6:30pm
#210304A3 | Ages 6 - 8 | Th | June 9 - July 7 | 5:45pm - 6:30pm

ADULT DANCE

Adult Ballet for Fun & Exercise

City Res $25 | Non Res $30 | No class July 4th
#220316A1 | Ages 18+ | M | June 6 - July 11 | 6:30pm - 7:15pm

Adult Tap for Fun & Exercise

City Res $25 | Non Res $30 | No class July 4th
#220317A1 | Ages 18+ | M | June 6 - July 11 | 7:15pm - 8pm

ADVANCED DANCE WORKSHOP

A 4-day advanced workshop in ballet, jazz, contemporary, and conditioning. The workshop is open to all advanced dancers or adults who would like to excel in their technique.
$30 City Res | $36 Non Res
#210320A1| May 23 -May 26th | 6:00pm - 7:30pm

YOUTH 5-DAY DANCE CAMP

This dance camp will be held Monday through Friday mornings June 13 through June 17 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 13 - June 17 | 9:00am - 11:00am

TUMBLING ROOM

Tumbling/ Free Movement Drop In

NEW!

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 | Jun 1 - Sept 2 | 9:00am - 12:00pm
Tu, Th | Jun 1 - Sept 1 | 4:00pm - 6:00pm
Sa | Jun 1 - Sept 3 | 9:00am - 12:00pm

CITY OF HARRISONBURG
PARKS & REC

Summer 2022

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 higher impact fitness classes including Cardio & Strength, Moving & Grooving, Pilates, Yoga, and more!

50 & Wiser Social

Our 50 & Wiser program offers a diverse selection of social and enrichment program opportunities including, Monday Matinee, Book Club, Lunch Bunch, Craft and Chat, 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 May 2| Non Resident Registration May 16

50 & WISER FITNESS

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 | Th | July 14 - August 18 | 4pm – 5pm

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.

Location: Lucy F. Simms Center Gymnasium
City Res $10 | Non Res $10 | Ages 50+
#240514A1 | Tu, Th | Jun 7 - Jul 14 | 10am - 11:30am

Pickleball

Meet your friends at the Morrison Park Pickleball Courts for reserved Pickleball court times. For questions email pbhurg@gmail.com

Location: Morrison Park Pickleball Courts
Free
M, W | 5:30pm – Dark
Sa | 9:00am - 12:00pm

Cardio and Strength

Instructor: Cory Jeffries

Stretch, strengthen, and get fit! This class works the heart, muscles, and more. Variety and fun guaranteed and all fitness levels welcome. Please bring your own exercise or yoga mat to class

Location: Community Activities Center Group Fitness Room
City Res $36 | Non Res $43 | Ages 50+
#240500A1 | Tu, Th | Jun 7 - July 14 | 5:30pm - 6:15pm

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. Class may also incorporate some chair yoga exercises. Please bring your own yoga mat and yoga block to class. No class June 19.

Location: Price Rotary Senior Center
City Res $40 | Non Res $50 | Ages 50+
#240525A1 | Tu | May 10 - Jun 14 | 2:45 pm - 3:45pm
#240525A2 | Tu | Jun 28 - Aug 9 | 2:45 pm - 3:45pm

Meditation

NEW!

Instructor: Carey McCallum

Learn the fundamentals of establishing and sustaining a regular meditation practice which provides numerous benefits to health, happiness and overall well-being. Participants will learn strategies and techniques for overcoming common obstacles to meditation while trying a variety of meditation styles in order to find a good fit for their needs and disposition. Please bring your own yoga mat.

Location: Price Rotary Senior Center | 18+
City Res $20 | Non Res $25
#221424A1 | W | Jul 13 - Aug 3 | 9am - 10am

Craft and Chat

Social group for people age 50+ who like to knit, crochet, or craft. Bring what ever 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 | 9am - 11am

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 session starts May 5th and August 25th but we are always needing substitutions for teams each week - so just come on and check us out.

Location: Valley Lanes
City Res/Non Res $10 | Ages 50+
Th | 12:30pm - 3pm

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. The book discussion in June will be *The Mermaid Chair* by Sue Monk Kidd. Contact Lynn.Hoy@HarrisonburgVA.gov to register.

Location: Price Rotary Senior Center
Free | Ages 50+
First Monday of Month (except holidays) 3pm - 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.

Starting in June
Location: Price Rotary Senior Center
Free | Ages 50+
First Monday of Month (except holidays) 1-3pm

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+
May 12 - O'Neill's Grill - 221 University Blvd. Harrisonburg
June 16 - Grill Cheese Mania - 1476 D Main Street Harrisonburg
July 7 - Capital Ale House - 41--A Court Square Harrisonburg
Aug 25 - CrossKeys Vineyard - 6011 Timber Ridge Rd. Mt. Crawford

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. Please check with VPAS for their COVID policies. Contact Diane Sena or Linda Nipe to register 540-615-5341. For more information check vpas.info/vpas-cafes

Starting in June
Location: Price Rotary Senior Center
Free (Registration Required)| Ages 60+
First and Third Monday of Month (except holidays) 10am - 12pm

Aging with Confidence

The 1st and 3rd Monday VPAS will lead educational programs for a wide range of topics. This is a partnership between Parks and Recreation and VPAS. Please check with VPAS for their COVID policies. Contact Diane Sena or Linda Nipe at 540-615-5341 or check out vpas.info/equipped-and-confident for more information.

Starting in June
Location: 1st Monday Lucy F. Simms Center Auditorium
Location: 3rd Monday Price Rotary Senior Center
Free (Registration Required)| Ages 60+
First and Third Monday of Month (except holidays) 2pm - 3pm

HERITAGE OAKS GOLF COURSE

RATES & HOURS

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

PROGRAMS & LEAGUES

For Program, Tournament, Lesson, and League Information:

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

first tee
shenandoah valley

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

JUNIOR GOLF

Junior Golf League

Our Junior Leagues provide a fun, low pressure atmosphere to learn more about the game of golf, including full swing, short game, strategy, and more. As well, our Junior League is a great way for golfers to prepare for High School golf season! Space is limited so please be sure to sign up now at the Heritage Oaks Pro Shop! Fees include instruction, range balls, and greens fees during sessions.

For more information visit www.HeritageOaksGolf.com or call Heritage Oaks Golf Course Pro Shop 540-442-6502

Register in person at Heritage Oaks Pro Shop.

Registration now open.

City Res $140 | $150 for the full season

Ages 7 - 11 | Th | Apr 21 - Sept 29| 4:00pm

Ages 11 - 17 | F | Apr 22 - Sept 30| 4:00pm

Junior Golf Camp

A 4-day golf camp that includes golf instruction each day with the last day being a “play day” where juniors will play golf on the course with the instructor. Fee includes includes golf instruction, range balls for sessions, and course fee for the last day.

City Res $70 | Non Res $75

Ages 7 - 11 | Jun 14 - 17 | 12:00pm - 1:30pm

Ages 11 - 18 | Jun 14 - 17 | 2:00pm - 3:30pm

TOURNAMENTS

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. For more information visit Visit www.HeritageOaksGolf.com or Call Heritage Oaks Golf Course Pro Shop 540-442-6502

Season pass holders $40| non-pass holder $70

S | Jun 18 | 2:00pm

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. For more information visit Visit www.HeritageOaksGolf.com or Call Heritage Oaks Golf Course Pro Shop 540-442-6502

Season pass holders $60| non-pass holder $80

S | Jul 16 | 8:00am

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 20 - Sep 7 | 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 19 - Sep 6 | 6:00pm - 7:00pm

Session B| Tu | Apr 19 - Sep 6 | 7:15pm - 8:15pm

Session C| W | Apr 20 - Sep 7 | 6:00pm - 7:00pm

Session D| W | Apr 20 - Sep 7 | 7:15pm - 8:15pm

Ladies' Playing League

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

$65/ person plus applicable golf fees

Tu | Apr 19 - Sep 6 | 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.

$65/ person plus applicable golf fees

Th | Apr 21 - Sep 8 | 5:30pm - 7:30pm

Couples League

This league is for couples who enjoy playing golf in a relaxed atmosphere with their significant other. Each Friday we play various formats, but most often, Captain's Choice is played.

$50/ couple plus applicable golf fees

F | Apr 22 - Sep 9 | 5:30pm - 7:30pm

EVENTS

Music on the Range

Come join us at Heritage Oaks Golf Course for our Music on the Range series. Bring a blanket, the family, and come out for some great local bands.

Food trucks and beer will be available for purchase.

*We are also looking for any non-profits looking to prepare food for sale. The proceeds would be yours. Please call the golf course at 540-442-6502 for more information.

F | May 27 | 6:30pm - 9:00pm | Sundry League Band (popular music)

F | Jun 17| 6:30pm - 9:00pm | Little Walter and the Convictions (60s)

F | Jul 15 | 6:30pm - 9:00pm | Check Engine (Rock)

F | Aug 19 | 6:30pm - 9:00pm | Prime (pop/ country/ variety)

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

Shelter Reservations

Park shelter reservations are accepted on a first-come, first-serve basis, and may be submitted online or in person at: Cecil F. Gilkerson Community Activities Center or the Lucy F. Simms Continuing Education Center. In-season park shelter reservations run April 11-October 31. Only one permit is issued for the entire day from 10am-6pm for $35. Off-season park shelter reservations are free and available beginning November 1. No application is required for an off-season reservation. For more information, please visit www.harrisonburgva.gov/shelters.

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

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.