THROWBACK



Summer Activity Guide

June - August 2019



Online Registration for City Residents | May 6 In-Person Registration | City Residents May 14 | Non-Residents May 15 www.HarrisonburgVA.gov/Activities | 540.433.2474



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.

ABOUT THE GUIDE





This Activity Guide is published 3 times a year by the Harrisonburg Parks and Recreation Department and is delivered to all City residents. Current issues are available at any of our Park facilities, City Hall, Massanutten Regional Library, and the Hardesty Higgins House Visitor Center the first day of online registration. Guides are also available online at www.HarrisonburgVA.gov/Activities.

PARKS AND RECREATION ADVISORY COMMISSION

Mr. Kevin Gibson Mr. Chance Ebersold Mr. Daniel Martonik Mr. James Logan Mr. Obie Hill Dr. Donna Armstrong

Mr. MuAwia DaMes

Ms. Deanna Reed, City Mayor Luanne Santangelo, Director, Harrisonburg Parks and Recreation

STAFF DIRECTORY



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| Community Activities Center | 540-433-2474 |
| Bill Rule, Center Supervisor | |
| Nicole Gray, Childcare Coordinator | |
| Tucker Thigpen, Recreation Specialist | |
| Sarina Hartman, Recreation Specialist | |

| Athletics | 540-433-2474 |
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| Erik Dart, Athletic & Special Events Manager | |
| Tommy Thomas, Athletic Program Coordinator | |
| Ali Routzahn, Recreation Specialist | |
| - | |

| Westover Swimming Pool | 540-434-0571 |
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| Kristin Lam, Aquatics Manager | |
| AJ Morris, Supervisor | |
| | |

| Heritage Oaks Golf Course | 540-442-6502 |
|--------------------------------------|--------------|
| Lynn Hoy, Senior Program Coordinator | |

540-432-7799

David Johns, PGA Professional Kelly Adams, Golf Pro Shop Manager

Price Rotary Senior Center

| Lucy F. Simms | |
|--------------------------------------|--------------|
| Continuing Education Center | 540-437-9213 |
| Stephanie Howard, Center Supervisor | |
| Cory Jeffries, Recreation Specialist | |
| | |

| Park Maintenance | 540-438-1644 |
|--------------------------------|--------------|
| City Services | 540-432-7701 |
| Harrisonburg Police Department | 540-434-4436 |



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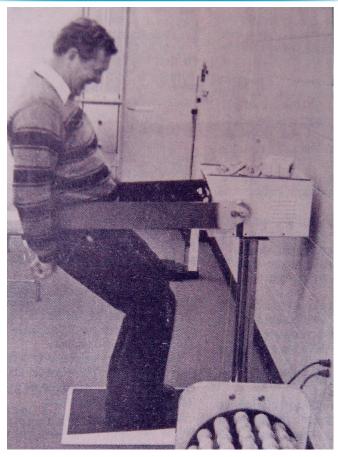
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ZUMBA



Zumba Fitness

Instructor: Margaret "Muff" Perry

Participants will engage in an exhilarating, effective, and easy to follow dance fitness class! Zumba routines incorporate interval training, alternating fast and slow rhythms, and resistance training. Burn up to 1,000 calories in an hour! All fitness levels welcome!

Location: Community Activities Center City Res \$25 | Non Res \$30 | Ages 16+

#221404A1 | Tu, Th | Jun 18 - Jun 27 | 6:30pm - 7:30pm

Latin Inspired Zumba Instructor: Alma Navez Perez

Party yourself into shape with this exhilarating, easy to follow, Latininspired, calorie-burning dance.

Location: Lucy Simms Center Auditorium City Res \$15 | Non Res \$18 | Ages 12+

#231434A1 | M, W | Jun 3 - Jun 26 | 6:15pm - 7:15pm

#231434A2 | M, W | Aug 5 - Aug 28 | 6:15pm - 7:15pm

Pilates

Instructor: Sarah Cruickshanks

Pilates focuses on posture, breathing, coordination, and balance while improving strength and flexibility. Participants will need to bring their own yoga/pilates mat and wear clothes you can exercise in. For more information contact Sarah Cruickshanks at cruicksf@dukes.jmu.edu. There will be no class July 4.

Location: Community Activities Center City Res \$30 | Non Res \$35 | Age 18+ #221428A1 | Th | Jun 6 - Jul 18 | 5:15pm - 6:15pm #221428A2 | Th | July 25 - Aug 29 | 5:15pm - 6:15pm



Our partners, the Shenandoah Valley Inclusive Wellness Coalition, offers scholarships to improve wellness for individuals with disabilities across the Shenandoah Valley. Our grant provides a small amount of funding to allow individuals with a financial need to cover costs to enroll and/or engage in wellness opportunities (e.g. physical activity, sport, fitness, yoga, etc.). These funds are intended to allow participants to try out a program he or she has never been able to pursue due to financial limitations. Please refer to the website for scholarship information and consider applying and using the scholarship funding for any of our wellness programs. https://inclusivewellness.org/scholarships.

Zumba For All

Instructor: Morina Lamb

Latin dance inspired all-level fitness class for individuals with disabilities that incorporates both low and high intensity moves for an amazing workout. Instructors will modify instruction for participants according to ability. If oneon-one aid is needed, a parent, guardian, or caregiver must accompany the participant. There will be no class on July 4. For more information contact Morina Lamb at armyvisionteacher@gmail.com.

Location: Community Activities Center City Res \$10 | Non Res \$15 | Ages 15+ #230420A1 | Th | Jun 6 - Jul 18 | 10am - 11am

Pound For All

Instructor: Morina Lamb

POUND fitness is an all-level fitness class for individuals with disabilities, that uses Ripstix (drumsticks) to provide a heart-pounding workout! Instructors will modify instruction for participants according to ability. If one-on-one aid is needed, a parent, guardian, or caregiver must accompany the participant. There will be no class on July 4. For more information contact Morina Lamb at armyvisionteacher@gmail.com.

Location: Community Activities Center City Res \$10 | Non Res \$15 | Ages 10+ #230422A1 | Th | Jun 6 - Jul 18 | 11am - 12pm

Check Out Making A Splash For All on page 9!



www.HarrisonburgVA.gov/65-Mile-Fitness-Challenge

ATHLETICS

Are you Interested in Coaching?

If you are interested in coaching our clinics or leagues, please contact Ali Routzahn at 540-433-2474 or email Alexandra.Routzahn@HarrisonburgVA.gov

YOUTH CAMPS

Please bring a water bottle to camps and wear athletic clothing, including sneakers. Beginners are welcome.

Youth Lacrosse Camp Instructor: George Brunner

A co-ed introductory clinic designed to teach the fundamentals of Lacrosse. There is no experience required and all necessary equipment will be provided.

Location: Morrison Park (Near Waterman Elementary)

City Res \$55 | Non Res \$60 | Ages 9 - 13

#211047A1 | M - F | Jul 22 - Jul 26 | 9:30am - 12:00pm

Youth Volleyball Camp Instructor: Hannah Hrasky

Beginner level camp, designed for young players to learn and improve their skills. Instruction will include serving, forearm passing, setting, hitting, and digging.

Location: Harrisonburg High School City Res \$55 | Non Res \$60 | Ages 10 - 13

#211044A1 | M - F | | Jul 22 - Jul 26 | 2pm - 4:30pm

Fencing Camp & Games Instructor: Angela Leffel

Learn all of the fundamentals and basic skills of Fencing. Please bring a packed lunch and snack. Registration deadline is June 17.

Location: Spotswood Elementary Gym
City Res \$125 | Non Res \$130 | Ages 8 - 13
#211040A1 | M - F | Jun 24 - Jun 28 | 9am - 3pm

Youth Ultimate Frisbee Camp

Instructor:

Andrew Routzahn

Learn how to play the fast-paced game of Ultimate Frisbee. Participants will learn all the fundamentals of this quickly growing sport.

Location: Morrison Park (Near Waterman Elementary)

City Res \$45 | Non Res \$50 | Ages 10 - 14

#211046A1 | M - F | Aug 5 - Aug 9 | 6pm - 8pm

Youth Soccer Camp

Instructor: Dan Long

Learn the fundamentals of soccer through fun drills and games.

Location: Stone Spring Elementary

City Res \$30 | Non Res \$35 | Rising Grade Levels 2 - 5

#211052A1 | M - F | Jun 17 - Jun 21 | 9am - 10:30am

ADULT LEAGUES

Adult Kickball League

Reliving a kids game, in an adult manner. This co-ed league allows 15-26 players per team and the team must have at least 4 females playing the field at all times. There is a 12 team maximum. Registration deadline is August 1, or when league is full. For additional information, visit

www. Harrison burg VA. gov/kick ball.

Location: Purcell Park

\$160/Team Entry Fee | Ages 18+

League Begins Tu | Aug 13



YOUTH FOOTBALL LEAGUES

Football season takes place August - October. Age as of August 1, 2019. Registration forms will be delivered to City schools in May. Forms and information can be found at www.HarrisonburgVA.gov/Football. All games will take place at Purcell Park and practice areas will be designated by league administrator. City residents only. **Registration deadline is August 30, 2019.**

Youth Flag Football League

This is a 6-week program that introduces the game of football to youth, along with the structure of a sports setting. All necessary equipment is provided.

Free | Ages 5 - 7

#211048A1 | Sep 9 - Oct 16 | 6pm or 7pm

Youth Tackle Leagues

This is a 9-week program that introduces and develops youth through the game of football. Physicals are required before players may participate. All necessary equipment is provided.

#211041A1 | Pee Wee | Free | Ages 7-9 | Weight limit of 125 lbs., with a ball carrying weight limit of 95 lbs.

#211041A2 | Junior | Free | Ages 10-12 | Weight limit of 160 lbs., with a ball carrying weight limit of 125 lbs.

Coach Our Youth Football Players!

The Harrisonburg Youth Football League is looking for coaches for the upcoming season from August - October 2019. Would you be willing to help positively infuence the youth of Harrisonburg and enjoy the experience of being a head or assistant football coach? Experienced coaches are encouraged to apply however, no prior experience is necessary. Successful applicants must be at least 18 years of age and must pass a background check. For more information, please contact Athletics at 540-433-2474.

Harrisonburg Youth Cleat Exchange

Kid's feet grow! Don't let your child's cleats go to waste after one season of use. Please consider donating your gently used cleats to another child.

Pick-up dates will be on predetermined dates. Donations can occur anytime. Pick-up available to Harrisonburg city residents only. For additional details visit www.HarrisonburgVA.gov/Cleat-Exchange.

SPECIAL INTEREST

ART & FOOD



The Making Space

Instructor: Monika/Malea

The Making Space is a free community art studio for adults and children with parent supervision. Attend a demonstration by a local artist; bring your own project; use supplies on hand; and, experiment with your own ideas. The Making Space community art studio is available for all skill levels. Follow the Making Space group on Facebook at

Facebook/TheMakingSpaceShenandoah.com.

Location: Lucy Simms Center Music Room

Free | Ages 5+

#230901A1 | Th | Jun 13 | 5pm - 8pm

#230901A2 | Th | Jul 11 | 5pm - 8pm

#230901A3 | Th | Aug 8 | 5pm - 8pm

Growing A Food Paradise in your Yard

Instructor: Dr. Donna Armstrong

Beginner and experienced growers are welcome, exploring spring to summer food growing. Topics will include seed starting, soil building/ composting, water-saving, companion planting, pest-control, and fruitgrowing. Growing food benefits family and community health and builds relationships. Food growing saves money and preserves skills and cultural traditions for future generations.

Location: Lucy Simms Center Conference Room

City Res \$22 | Non Res \$25 | Ages 18+

#230995A1 | Tu | Jun 4 - Jul 2 | 1:30pm - 3:30pm

Beer Appreciation Class with the Friendly

Fermenter

Instructor: Shawn Gatesman

Instructed by Shawn Gatesman, the owner and brewmaster of The Friendly Fermenter, Harrisonburg's first nanobrewery and homebrew shop, this class will cover the ingredients that can go into beer, how these ingredients are used to create beer, and what effects they have on the various characteristics of the beer. This class will lightly cover beer history and the craft beer boom. You will get to see, touch, and even taste beer ingredients in their raw form, see the facility where the beer is made, and sample a flight of beers offered at The Friendly Fermenter! Participants will be required to provide proof of age at the beginning of each course; bring to class your valid state ID card or driver's license.

Location: The Friendly Fermenter, 20 S Mason St. Suite B10 (Basement)

City Res \$21 | Non Res \$25 | Ages 21+

#220990A1 | Tu | Jun 25 | 6pm - 8pm

#220990A2 | Sa | Jul 13 | 12pm - 2pm #220990A3 | Th | Aug 8 | 7pm - 9pm



Northeast Neighborhood Association

Meets Every Third Thursday | 7pm

Location: Lucy Simms Center

The purpose of the Northeast Neighborhood Association is to ensure that our neighborhood is a safe, attractive, and strong community. We will work to reduce crime and improve the appearance of our neighborhood. The Association will work in partnership with city government, the community and non-governmental agencies to revitalize the neighborhood and address the needs of its residents. The Northeast Neighborhood Association, also known as NENA, meets on the 3rd Thursday of each month (except December) at 7:00pm at the Lucy Simms Continuing Education Center. Northeast Neighborhood Association Mailing Address: P.O. Box 1026 Harrisonburg, VA 22803





ENRICHMENT

Android Device Workshop

Instructor: Sprint Representative

Are you having trouble understanding how to use your smartphone? Come join us for a 2-part Android device class and learn the ins and outs of your phone! All participants will receive a free stylus for their device. Registration required.

Location: Lucy Simms Center Conference Room

Free | Ages 18+

#220964A1 | W | Jun 5, Jun 12 | 6pm - 7:30pm

Microsoft Office

Instructor: Esther Nizer Want to brush up on your Word/Excel skills? Need to put together a personalized letter using the merge feature? Spend each class on one of these applications using provided templates to get you started. Bring your files to the final class to edit their content and create a list, label or envelopes, using the merge feature.

Location: Lucy Simms Center Computer Lab City Res \$35 | Non Res \$42 | Ages 18+

#220957A1 | M, W, | Jun 10, Jun 12, Jun 17 | 6pm - 7:30pm

#220957A2 | Tu, Th | Jul 9, Jul 11, Jul 16 | 6pm - 7:30pm

iPhone Device Workshop

Instructor: Sprint Representative

Do you own an iphone and still find yourself confused when trying to use it? Do you want to learn what wonderful features an iPhone has? Take advantage of our 2-part class with one-on-one assistance that will help you become more efficient with your phone. Registration required.

Location: Lucy Simms Center Conference Room

Free | Ages 18+

#220965A1 | W | Jun 19, Jun 26 | 6pm - 7:30pm

6 Simple Ways to Keep your Brain Healthy Instructor: LearningRx

as you Age An unfortunate truth for all humans is that cognitive skills begin to decline as we reach our late 30's. In order to stay sharp as we age, it's

important to be proactive about keeping your brain healthy. This class will cover seven core cognitive skills that we use every day. We will define what those skills are, how they work, what it looks like if certain areas are weak, and 6 ways to improve or strengthen those skills that are causing stress in our daily lives. Included in the class: Access to an online cognitive skills survey to be taken prior to the date of the event. Results of the survey will be provided and discussed during the class.

Location: Lucy Simms Center Room 101 City Res \$17 | Non Res \$21 | Ages 18+ #230918A1 | W | Jun 5 | 3:30pm - 5:30pm #230918A2 | W | Jun 26 | 10am - 12pm



LANGUAGE

Learn a Language

Use Rosetta Stone software to learn a language! Limited space available. Classes are self-guided and available during open computer lab times at the Lucy Simms Center. Users must provide their own microphone/headset during class. Contact Cory Jeffries at 540-437-9213 to register. Free. Ages 13+.

Beginning Sign Language

Instructor: Marissa

Instructor: Cory Jeffries

Come join us for a six-session class to learn 100+ American Sign Language vocabulary words and rules of grammar. Whether you are new to learning sign language, or already know some and want to review your skills this class is for you! Together we will learn, review, and practice conversing in sign language. The cost of this course includes a sign language book.

Location: Lucy Simms Center

City Res \$63 | Non Res \$72 | Ages 18+

#230926A1 | Tu, Th | Jun 4 - Jun 20 | 6pm - 7pm

Finding Reading Success for Struggling

Readers Instructor: LearningRx

Learning how to read is not an easy task! It involves many cognitive and developmental skills working in unison to put together visual and auditory cues that allow a student to piece together the puzzle of letters and sounds. When reading is a struggle, it can be traced back to individual skills that are weak making the decoding process difficult. Please join us for a discussion about the cognitive skills necessary for reading success, how to identify skill weaknesses, and strategies to help struggling readers. Included in the class: Access to an online cognitive skills survey to be taken prior to the date of the event. Results of the survey will be provided and discussed during the

Location: Lucy Simms Center Room 101 City Res \$17 | Non Res \$21 | Ages 18+ #230913A1 | W | Jun 5 | 5:30pm - 7:30pm #230913A2 | W | Jun 26 | 12pm - 2pm #230913A3 | Tu | Jul 16 | 9am - 11am

Summer 2019 Dance Schedule

Dance Coordinator: Cynthia Marafino Instructors: Cynthia Marafino and Jimmy Marafino Location: Community Activities Center Dance Studio

City Res \$25 | Non Res \$30

4 Week Classes | Monday - Thursday | June 3 - June 27 Additional Information: www.HarrisonburgVA.gov/Dance

MONDAY June 3 - June 24

Adult Ballet Instructor: Jimmy #220316A1 | Ages 18+ | 7pm - 8pm

Adult Tap Instructor: Jimmy #220317A1 | Ages 18+ | 8pm - 8:45pm

TUESDAY June 4 - June 25

Discover Dance II Instructor: Cynthia #210307A1 | Ages 4 1/2 - 5 1/2 | 4:30pm - 5:05pm

Ballet/Jazz/Tap Instructor: Cynthia/Jimmy #210311A1 | Ages 6 - 9 | 5:15pm - 6pm

Ballet/Jazz/Tap Instructor: Cynthia/Jimmy #210311A2 | Ages 9 - 12 | 6pm - 6:45pm

WEDNESDAY June 5 - June 26

Introduction to Dance Instructor: Cynthia (Involves some Tap)
#210303A1 | Ages 5 1/2 - 7 | 4:30pm - 5:15pm

Lyrical/Modern Instructor: Cynthia/Jimmy (Must be enrolled in Ballet or Jazz)
#210308A1 | Ages 10 - 18 | 5:15pm - 6:15pm

THURSDAY June 6 - June 27

Discover Dance | Instructor: Cynthia #210306A1 | Ages 3 1/2 - 4 1/2 | 4:15pm - 4:50pm

Advanced Ballet Instructor: Cynthia #210309A1 | Ages 11 - 18 | 5pm - 6pm

Advanced Jazz Instructor: Jimmy
#210301A1 | Ages 11 - 18 | 6pm - 7pm

Workshops & Camps

Ballet and Pointe Workshop

Come enjoy a four-day intensive in Ballet, Contemporary, Pointe, and Conditioning. The workshop will be held Tuesday through Friday May 28 - May 31 from 5:30pm - 7:30pm daily. This workshop is open to all advanced dancers and adults not on Pointe who would like to excel in their technique.

Location: Community Activities Center Dance Studio City Res \$50 | Non Res \$60

#230312A1 | T - F | May 28 - May 31 | 5:30pm - 7:30pm

Summer Dance Camps

Come enjoy an exciting weeklong educational experience in dance! Students will be introduced to various dance forms including ballet, tap, jazz, hip-hop, and musical theatre. Students will be challenged at their individual level in each discipline to encourage self-esteem. Through crafts and coloring sheets, students will be exposed to costume designing and dance technique, which will provide students with the opportunity to create their own artistic work, challenging student creativity and critical thinking skills. On Friday, during the last 45 mintues of the camp, parents and friends are invited for refreshments and an informal performance showcasing skills discovered in camp.

Location: Community Activities Center Dance Studio

Children's Dance Camp

City Res \$75 | Non Res \$90 | Ages 6 - 9 #210313A1 | M - F | Jun 10 - Jun 14 | 9am - 12pm

Teen/Preteen Dance Camp

City Res \$75 | Non Res \$90 | Ages 10 - 18 #210313A2 | M - F | Jun 17 - Jun 21 | 9am - 12pm

KID & TEEN ZONE

Harrisonburg Preschool

Registration is June 3 at the Community Activities Center. For more information visit www.HarrisonburgVA.gov/Childcare. Harrisonburg Parks and Recreation Preschool only operates Monday, Wednesday, and Fridays from 9:30am - 12:00pm. A birth certificate must be presented upon registration.

Afterschool Childcare Program

Registration for returning participants begins July 1 and registration for new participants begins July 15 at the Community Activities Center. For more information visit www.HarrisonburgVA.gov/Childcare.



Water Adventure Camps for Youth

Instructor: Derek Young (Outdoor Adventure Experiences) This day-camp is designed to be a great sampling of some of the water related adventure activities in our area. Students will participate in at least five of the following day trips: raft float trip, recreational kayaking, a creek hike/swim day, river tubing, stand up paddle boarding, a waterfall hike/swim day, or a swimming hole day. All necessary equipment and personal flotation devices will be provided for students each day. Students must bring a bag lunch and drinks in plastic screw-top bottles each day, and closed toed shoes are required (no flip-flops, crocs, or bare feet)!

Location: Meet at Community Activities Center Parking Lot

City Res \$255 | Non Res \$260 | Rising Grades 7 - 10

#211300A1 | M - F | Jun 10 - Jun 14 | 9am - 4pm

#211300A2 | M - F | Jul 22 - Jul 26 | 9am - 4pm

#211300A3 | M - F | Aug 12 - Aug 16 | 9am - 4pm

Water Adventure Camps for Children

Instructor: Derek Young (Outdoor Adventure Experiences) This day-camp is designed to offer introductory experiences for some of the water related adventure activities in our area. Students will participate in at least five of the following day trips: raft float trip, a creek hike/swim day, river tubing, paddle board kayaking, and a swimming hole day. All necessary equipment and personal flotation devices will be provided for students each day. Students must bring a bag lunch and drinks in plastic screw-top bottles each day, and closed toed shoes are required (no flip-flops, crocs, or bare feet)!

Location: Meet at Community Activities Center Parking Lot

City Res \$255 | Non Res \$260 | Rising Grades 4 - 6

#211300B1 | M - F | Jun 10 - Jun 14 | 9am - 4pm

#211300B2 | M - F | Jul 22 - Jul 26 | 9am - 4pm

#211300B3 | M - F | Aug 12 - Aug 16 | 9am - 4pm

Kid's Fourth of July Baking

Instructor: Margaret "Muff" Perry

Children will have a fun and exciting time learning how to use the basics in baking 4th of July themed treats, which includes food preparation, measuring, and safety. In each class, we will bake a tasty treat leading up to the holiday. The only supplies needed for this class is you! (Allergy Info: eggs, nuts, and dairy will be used). For more information contact the program instructor at muffperry@yahoo.com.

Location: Community Activities Center City Res \$17 | Non Res \$22 | Ages 8+ #210926A1 | Tu | Jul 2 | 6pm - 7:15pm

Dads and Daughters Bonding Time

Instructor: Valerie Sampson, Owner, Salon Eleven Dads will learn 3 simple styles as well as product knowledge and techniques to maintain their daughter's healthy hair. Each daddy/daughter pair will receive a kit with a hair brush, detangle spray, hair ties & bobbie pins. The first hour of the class will be instruction and the last half hour of class will be cupcake decorating! For more information, please contact Stephanie Howard (540) 437-9213.

Location: Salon Eleven, 185 S. Liberty St., Harrisonburg

City Res \$17/Pair | Non Res \$20/Pair #230920A1 | Sa | Jun 15 | 4pm - 5:30pm

SWIM

Making A Splash For All Instructor: Gabe Hernandez

Swim class for kids with special needs. Activities will include basic swimming lessons, water sports, water safety, and swimming for fun. This class is geared specifically for children age 9-15 with Cerebral Palsy, Down Syndrome, physical difficulties, sensory challenges, etc. This class will stay in 3 and 4 foot water only. Additional parental or guardian assistance may be requested depending on student and needs.

City Res \$25 | Non Res \$25 | Ages 9-15

#211106A1 | M, W | Jul 29 - Aug 7 | 11am - 12pm



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

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 \$3 Adult (Age 18+) | City Res \$3 | Non Res \$5

Three Month Swim Passes

Valid for 3 months after date purchased. Individual Pass | City Res \$35 | Non Res \$45 Family Pass | City Res \$70 | Non Res \$90

Annual Swim Passes

Valid for one year after date purchased. Combo Gym/Swim Pass | City Res \$105 | Non Res \$150 Individual Pass | City Res \$85 | Non Res \$105 Family Pass | City Res \$190 | Non Res \$240

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 9!

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 10am - 11:30am. Monthly or seasonal membership to Masters Swimming is required, no additional pool membership necessary.

Monthly Membership

City Res \$30 | Non-Res \$40 | Ages 18+

#321107A | Tu, W, Th | 10am - 11:30am

Summer Season Membership

City Res \$75 | Non-Res \$100 | Ages 18+

#321107B | Tu, W, Th | Jun 4 - Aug 22 | 10am - 11:30am

Aqua Boot Camp

Instructor: Mario Estevez

The most intense aqua class we offer combines body sculpting, interval training, and aqua kicking. This class is fun and challenging. An excellent addition to your current fitness routine.

City Res \$40 / Non Res \$50 / Ages 15+

#221101A | M, W | Jun 17 - Jul 10 | 7pm - 8pm

#221101B | M, W | Jul 15 - Aug 7 | 7pm - 8pm

Aqua Zumba® Fitness Class

Instructor: Margaret "Muff" Perry

Those looking to make a splash by adding a low-impact, high energy aquatic exercise to their fitness routine will love this class! There is less impact on your joints so you can really let loose! Water creates natural resistance, which means every step is more challenging and helps tone your

City Res \$26 | Non-Res \$29 | Ages 16+

#331108B2 | Tu, Th | Jul 23 - Aug 1 | 6:15pm - 7pm

CPR/AED Adult & Child

Instructor: AJ Morris

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children, and infants and meets OSHA/workplace requirements. Upon successful completion of this course you will receive a digital certificate for Adult and Pediatric First Aid/ CPR/AED valid for 2 years.

City Res \$50 / Non Res \$60 / Ages 15+

#130756A1 | Sunday | July 28 | 1pm - 5pm

SUMMER POOL EVENTS

Memorial Day Weekend

May 25 – 27 | 1pm – 7pm

All Fire, Police, and Military get ½ price entry to Westover Pool May 25 - 27.

Massanutten Regional Library Week

June 9 – 15

Join Westover Pool and Massanutten Regional Library in celebrating the beginning of the Summer Reading Games. Contact the Library at 540-434-4475 for more information.

8th Annual School's Out for Summer Party

June 15 | 12 – 3pm

Join us for a free family swim party celebrating the grand opening of Westover Pool's new Splash Pad! For more information visit www.HarrisonburgVA.gov/Swimming-Pool or call 540-434-0571.

World's Largest Swim Lesson

June 20 | 11:15am - 11:45 am

Help Westover Pool participate in setting a new world record for swimming lesson participants! FREE to children ages 6-13. Registration begins at 10:30am at Westover Pool. All children participants will get free admission to the pool after the lesson is complete.

4th of July Food Drive

July 4 -7 bring any 2 non-perishable food items and get ½ price admission to Westover Pool. All food will benefit the Blue Ridge Area Food Bank.

Christmas in July Week

July 21 - July 27

Celebrate Christmas in July! Bring a Christmas item to the pool front desk and get 1/2 price entry to Westover Pool July 21 - 27. On July 26, Westover Pool will be hosting a movie night from the pool! Visit www.HarrisonburgVA.gov/Swimming-Pool for more information about this event.

Planning an Event or Party?

Are you interested in hosting a group event or party at Westover Pool? Visit www.HarrisonburgVA.gov/Swimming-Pool for details about group rates and events. Birthday packages available. Call 540-434-0571 for more information.

SWIM LESSONS

Registration Information is available online at

www.HarrisonburgVA.gov/Online-Registration

Online registration available from Preschool, Level 1, and Level 2 lessons only. A Swim Placement Test is needed for Level 3, 4, and 5 lessons. No appointment is needed to complete the test. Private lessons are available! No lessons will take place on July 4 and August 10.

City Res \$25 | Non Res \$30 (All Swim Lessons)

Registration Placement Test

Preschool lessons are taught to children ages 3 - 5. All children 6 years or older will be placed in Levels 1 - 5. For questions please call 540-434-0571. Location: Westover Pool

City Res Registration - Jun 10 | 8am Non Res Registration - Jun 11 | 8am

Tadpoles – Preschool 1

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.

```
#211100A1 | Sa | Jun 22 - Aug 17 | 10am - 10:25 am
#211100A2 | Sa | Jun 22 - Aug 17 | 10:30am - 10:55am
#211100B1 | M - Th | Jul 1 - Jul 11 | 9:15am - 9:40am
#211100B2 | M - Th | Jul 1 - Jul 11 | 9:45am - 10:10am
#211100C1 | M - Th | Jul 15 - Jul 25 | 10:15am - 10:40am
#211100C2 | M - Th | Jul 15 - Jul 25 | 10:45am - 11:10am
#211100D1 | M - Th | Jul 29 - Aug 8 | 10:15am - 10:40am
#211100D2 | M - Th | Jul 29 - Aug 8 | 10:45am - 11:10am
```

Guppies – Preschool 2

Children take part in guided practice sessions to learn water skills including water entries, front kicking, back floating, underwater exploration and more.

```
#211100A3 | Sa | Jun 22 - Aug 17 | 11am - 11:25am
#211100A4 | Sa | Jun 22 - Aug 17 | 11:30am - 11:55am
#211100B3 | M - Th | Jul 1 - Jul 11 | 10:15am - 10:40am
#211100B4 | M - Th | Jul 1 - Jul 11 | 10:45am - 11:10am
#211100C3 | M - Th | Jul 15 - Jul 25 | 9:15am - 9:40am
#211100C4 | M - Th | Jul 15 - Jul 25 | 9:45am - 10:10am
#211100D3 | M - Th | Jul 29 - Aug 8 | 9:15am - 9:40am
#211100D4 | M - Th | Jul 29 - Aug 8 | 9:45am - 10:10am
```

Goldfish – Level 1

Goldfish will work to master the following skills: floating, walking in chest deep water, and swimming on front.

```
#211101A1 | Sa | Jun 22 - Aug 17 | 10am - 10:50am
#211101A2 | Sa | Jun 22 - Aug 17 | 11am - 11:50am
#211101A3 | M - Th | Jun 17 - Jun 27 | 9:15am - 10:10am
#211101A4 | M - Th | Jun 17 - Jun 27 | 10:15am - 11:10am
#211101A5 | M - Th | Jun 17 - Jun 27 | 10:15am - 11:10am
#211101B1 | M - Th | Jul 1 - Jul 11 | 9:15am - 10:10am
#211101B2 | M - Th | Jul 1 - Jul 11 | 10:15am - 11:10am
#211101C1 | M -Th | Jul 15 - Jul 25 | 9:15am - 10:10am
#211101C2 | M - Th | Jul 15 - Jul 25 | 10:15am - 11:10am
#211101D1 | M - Th | Jul 29 - Aug 8 | 9:15am - 10:10am
#211101D2 | M - Th | Jul 29 - Aug 8 | 10:15am - 11:10am
```

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.

```
#211102A1 | Sa | Jun 22 - Aug 17 | 10am - 10:50am
#211102A2 | Sa | Jun 22 - Aug 17 | 11am - 11:50am
#211102A3 | M - Th | Jun 17 - Jun 27 | 9:15am - 10:10am
#211102A4 | M - Th | Jun 17 - Jun 27 | 10:15am - 11:10am
#211102B1 | M - Th | Jul 1 - Jul 11 | 9:15am - 10:10am
#211102B2 | M - Th | Jul 1 - Jul 11 | 10:15am - 11:10am
#211102C1 | M - Th | Jul 15 - Jul 25 | 9:15am - 10:10am
#211102C2 | M - Th | Jul 15 - Jul 25 | 10:15am - 11:10am
#211102D1 | M - Th | Jul 29 - Aug 8 | 9:15am - 10:10am
#211102D2 | M - Th | Jul 29 - Aug 8 | 10:15am - 11:10am
```

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.

```
#211103A1 | Sa | Jun 22 - Aug 17 | 10am - 11:50am
#211103A2 | M - Th | Jun 17 - Jun 27 | 9:15am - 10:10am
#211103A3 | M - Th | Jun 17 - Jun 27 | 10:15am - 11:10am
#211103B1 | M - Th | Jul 1 - Jul 11 | 9:15am - 10:10am
#211103C1 | M - Th | Jul 15 - Jul 25 | 9:15am - 10:10am
#211103D1 | M - Th | Jul 29 - Aug 8 | 9:15am - 10:10am
```

Swordfish – Level 4

Develop strong confidence in the Front Crawl, Back Crawl, Breaststroke, Sidestroke, and the Elementary Backstroke. Students will further develop the Butterfly stroke, learn to dive, and improve upon other aquatic skills.

```
#211104A1 | Sa | Jun 22 - Aug 17 | 11am - 11:50am
#211104A2 | M - Th | Jun 17 - Jun 27 | 9:15am - 10:10am
#211104B1 | M - Th | Jul 1 - Jul 11 | 10:15am - 11:10am
#211104C1 | M - Th | Jul 15 - Jul 25 | 10:15am - 11:10am
#211104D1 | M - Th | Jul 29 - Aug 8 | 10:15am - 11:10am
```

Sharks - Level 5

Improve and refine proper techniques to a high level of competence in the Front Crawl, Back Crawl, Breaststroke, Side stroke, Elementary Back stroke, and Butterfly. Students will also increase the distance that they are able to properly perform each stroke thereby increasing and will improve upon other aquatic skills.

```
#211105A1 | Sa | Jun 22 - Aug 17 | 11am - 11:55am
#211105C1 | M - Th | Jul 15 - Jul 25 | 10:15am - 11:10am
#211105D1 | M - Th | Jul 29 - Aug 8 | 10:15am - 11:10am
```

Parent and Child Swimming Lessons

Lessons are open to children 6 months to 3 years old with a parent. These lessons introduce children to swimming in a fun environment with their parent with them. There will be singing, games, and plenty of water toys. City Res \$40 | Non Res \$50

#231105A1 | F | Jun 28 - Jul 26 | 11:15am - 12pm



Westover Waves Swim Team

Summer swim league for ages 5 - 18. Swimmer must be able to swim 25 yards pool length on their own. **SWIM TEAM** Practices take place on weekdays and there are five dual

meets (June 18 and 25, July 2, 9, and 16) with a six-team Valley Swim League Championship meet July 27. Swim caps are provided and purchased goggles recommended. For more information contact Tammy Brown or Teresa Hulleman at westoverwavesteam@gmail.com or visit the Facebook page at www. facebook.com/WestoverWavesSwimTeam. Online registration opens May 1.

\$100/Child (\$325 Family Max) | Ages 5 - 18

In-Person Registration May 18 | 1pm - 3pm or May 20 | 5:30pm - 7:30pm

50 AND WISER

Our 50 and Wiser program provides recreation and social opportunities for those baby-boomer age and beyond! For more detailed information about our 50 and Wiser programs, please contact Lynn Hoy at 540-432-7799 or email Lynn.Turner@HarrisonburgVA.gov

50 & ACTIVE

Aerobic Jam

Instructor: Deion Porter

Enjoy joining this straight-forward and fun aerobic class that will raise your heart rate with simple steps and muscle toning excercises. This 50-minute class will begin with standing low-impact aerobics followed by standing muscle strengthening exercises. No class Sep 2.

Location:

Monday Classes - Community Activities Center Wednesday Classes - Price Rotary Senior Center

City Res \$24 | Non Res \$29 | Ages 50+

#240511A1 | M | Jul 1 - Aug 5 | 5:30pm - 6:20pm #240511A2 | W | Jul 3 - Aug 7 | 5:30pm - 6:20pm

#240511A3 | M | Aug 12 - Sep 23 | 5:30pm - 6:20pm

#240511A4 | W | Aug 14 - Sep 18 | 5:30pm - 6:20pm

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

#240500A1 | Tu, Th | Jul 9 - Aug 15 | 5:30pm - 6:15pm #240500A2 | Tu, Th | Aug 20 - Sep 26 | 5:30pm - 6:15pm

50 & Wiser Yoga Level 1 Instructor: Marla O'Bryan

Yoga is a happy medium for those who need balance strength, flexibility, and relaxation. Advanced beginners and intermediate students welcome. Location: Price Rotary Senior Center

City Res \$31 | Non Res \$37 | Ages 50+

#240525A1 | M | Jul 8 - Aug 12 | 5:30pm - 6:30pm #240525A2 | W | Jul 10 - Aug 14 | 10:30am - 11:30am

Extra Gentle Yoga

Instructor: Marla O'Bryan

This class is suited for beginners or others who prefer a slow, exploratory pace in yoga. The class is sequenced to prevent strain on the joints, with options for those who wish to avoid kneeling and sitting on the floor.

Location: Price Rotary Senior Center

City Res \$31 | Non Res \$37 | Ages 50+

#240526A1 | W | Jul 10 - Aug 14 | 9am - 10am

#240526A2 | Th | Jul 11 - Aug 15 | 6pm - 7pm

Pilates

Instructor: Sarah Cruickshanks

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.

Location: Price Rotary Senior Center

City Res \$24 | Non Res \$29 | Ages 50+

#240512A1 | Tu | Jul 9 - Aug 13 | 5:15pm - 6:15pm

#240512A2 | Tu | Aug 20 - Sep 24 | 5:15pm - 6:15pm



Moving & Grooving!

Instructor: Cory Jeffries

This fitness class will increase your strength and endurance while using ankle weights and exercise bands. Move and groove your body into shape! Students will be required to purchase ankle weights and exercise bands. Additional equipment information will be provided the first class.

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

Location: Lucy Simms Center Auditorium

#240514A1 | Tu, Th | Jun 4 - Jun 27 | 10am - 11:15am #240514A2 | Tu, Th | Jun 4 - Jun 27 | 2pm - 3:15pm

Sun Style Tai Chi

Instructor: Helmut Hirsch

Easy to learn, upright postures of Sun Style flow from one to another. Tai Chi can reduce falls, improve strength, balance, flexibility and reduce stress. Posture and breathing are stressed; exercises can be done standing or sitting. Wear comfortable clothes and shoes. Instructor is certified by Tai Chi for Health Institute.

Location: Lucy Simms Center Auditorium

City Res \$22 | Non Res \$25 | Ages 50+

#240536A1 | Tu | Jun 4 - Jul 9 | 11:30am - 12:45pm

#240536A2 | Tu | Jul 30 - Sep 3 | 11:30am - 12:45pm

GOLF

50+ Let's Play Golf

Instructor: David Johns, PGA Professional

It's never too late to learn the great game of Golf. This class includes an introduction and lessons to learn how to play and enjoy this great senior pastime. We will spend time at the range and on the course at Heritage Oaks.

Location: Heritage Oaks Golf Course

City Res \$30 | Non Res \$35

#240564A1 | Tu | Jun 4 - 25 | 1pm - 2pm

PICKLEBALL

Meet your friends at Morrison Park tennis courts for reserved Pickleball court time. For questions, call 540-433-2474.

Location: Morrison Park Tennis Courts

Free

M , W | Jun - Aug | 5:30pm - Dark

Sa | Jun - Aug | 9:30am - 12pm

50 & SOCIAL

50+ Social Club

There are a lot of people age 50+ looking for something to do in the evenings. A lot of people age 50+ are still working until 5:00pm but would like something fun to do when they get off work. Let's get together and go to a movie, ball game, dinner, play cards/games, etc. Please contact Lynn Hoy by emailing Lynn.Turner@HarrisonburgVA.gov or call 540-432-7799 to be notified of the upcoming event or fun activity we have planned.

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. Order off of the menu. Cracker Barrel | 121 Pleasant Valley Rd., Harrisonburg | Tu | Jun 11 Tropical Smoothie | 1011 Port Republic Rd., Harrisonburg | Tu | Jul 23 Joe's Griddle & Grill | 3365 S Main St., Harrisonburg | Tu | Aug 20

Biscuits and Bingo

Join us the last Wednesday of each month at the Harrisonburg Chick-Fil-A. Participants receive a free drink with purchase of food and play bingo for prizes and fun. No purchase or registration necessary to play.

Location: Chick-Fil-A, Harrisonburg

Free | Ages 50+

Last Wednesday of the Month | 9am - 10am

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 11:30am - 1pm. Order off of the menu.

Hotel Madison | 710 S Main St., Harrisonburg | Th | Jun 6 Clementine | 153 S Main St., Harrisonburg | Th | Jul 11 Olive Garden | 45 Burgess Rd., Harrisonburg | Th | Aug 8

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 call 540-432-7799 to find out the subject each month.

Location: Price Rotary Senior Center

Third Thursday of the Month | 11:15am - 1:15pm

Thursday Afternoon Bowling

Enjoy bowling in a relaxed atmosphere. Experienced or non-experienced 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 season begins May 9.

Location: Valley Lanes

City Res \$9 | Non Res \$9 | Ages 50+

Th | May 9 - Ongoing | 1pm - 3pm







50 AND WISER







Monday Afternoon Matinee

The 1st Monday of each month we will be showing a movie at the Price Rotary Senior Center! Please check our website or call 540-432-7799 for the title each month. We will have popcorn and fun!

First Monday of the Month | Jun 3 - 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. Call Lynn Hoy at 540-432-7799 to register.

Location: Price Rotary Senior Center

Free | Ages 50+

First Mondays of the Month | Jun 3 - Ongoing | 3pm

Evening Book Club

First Mondays of the Month | Jun 3 - Ongoing | 7pm

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 | Jun 4 - Ongoing | 9am - 11am

Acrylic Dirty Pour Painting Class

Instructor: Elizabeth Barrett

Create your own amazing abstract painting. It is a fun, messy process that has endless options for creativity. Bring some newspapers so you may carry your wet painting home.

Location: Westover Shelter #1

Beginner Class (8 x 10 canvas)

City Res \$22 | Non Res \$24 | Ages 50+

#240518A1 | M | Jul 29 | 10am - 12pm

Advanced Class (11 x 24 canvas)

City Res \$27 | Non Res \$29

#240518A2 | M | Jul 29 | 1:30pm - 3:30pm

Beginning Crochet

Instructor: Meki Shifflet

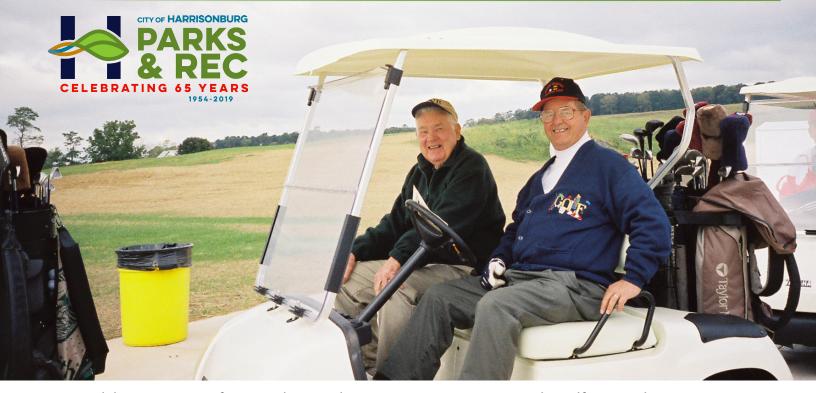
This class is for beginners and for those who have not crocheted for a while. Learn the basic stitches and end up with a beautiful dishcloth. A supply list will be handed out the first class (approximately \$5 of materials).

Location: Price Rotary Senior Center

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

#240571A1 | Tu | Jul 2 - Jul 23 | 1pm - 3pm

HERITAGE OAKS GOLF COURSE



Celebrate 65 years of Harrisonburg Parks & Recreation at Heritage Oaks Golf Course this summer!

A lot has changed at Heritage Oaks Golf Course since we opened 18 years ago, but one thing has stayed the same, we are still

The Friendliest Course in the Valley!







For details about the course, lessons, tournaments, golf gear, practice facilities, leagues, night golf events, and much more visit www.HeritageOaksGolf.com









The First Tee www.TheFirstTeeHarrisonburg.org 540-437-4239 | 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
By Phone: 540-437-4239
In Person: 690 Garbers Church Road
Scholarships Available!

SUMMER EVENTS

COMING UP SOON!

Westover Pool Renovation & Splash Pad Ribbon Cutting Ceremony

Join us at Westover Pool for a special ceremony celebrating the completion of pool renovations and the installation of our new Splash Pad! The community is invited to try out the splash pad after the ceremony!

M | May 20 | 6pm - 8pm

JUNE EVENTS



65th Anniversary of Harrisonburg Parks and **Recreation Kick Off Celebration**

Sa | Jun 1 | 11am - 2pm | See page 17 for details.

African American Culture Festival

Enjoy an afternoon of entertainment, fellowship, activities, crafts, art, music, food, exhibitors and more! The purpose of the Harrisonburg-Rockingham African-American Festival (HRAAF) is to create unity. promote family, and celebrate heritage and diversity through expressions of faith and love. For more information visit www.hraaf.org. Location: Ralph Sampson Park Sa | Jun 15 | 12pm - 6pm

8th Annual School's Out for Summer Party

Westover Pool would like to invite you to a family fun party celebrating our brand new Splash Pad and reopening of Westover Pool! Enjoy games, music, food, giveaways, and more! Q101 radio station will be there along with Smily's Ice Cream! Children under age 12 must be accompanied by an adult. Location: Westover Pool

Sa | Jun 15 | 12pm - 3pm

DISC GOLF CLUB

Presents

HARRISONBURG, VA

The Rocktown Classic Two rounds of 18 holes **Westover Disc Golf Course** June 15, 2019

A PDGA Sanctioned Event Registration at PDGA.com

Great American Campout

Harrisonburg Parks and Recreation will join thousands of families across the nation gathering in their backyards, neighborhoods, communities, and parks on June 22, 2019 to enjoy a simple night of camping for the 14th Annual Great American Campout, presented by National Wildlife Federation. Advance registration is required as we have a limit of 50 tents for this year's event.

Registration information may be found on at

www.HarrisonburgVA.gov/Great-American-Campout or call 540-433-2474.

Location: Hillandale Park (Shelter 11 - 12 Area)

Free | All Ages

Call 540-433-2474 to register.

#230805A1 | Sa - Su | Jun 22 - Jun 23 | 4pm on Sa - 9am on Su



JULY EVENTS

July is Parks and Recreation Month!

Whether your recreation interests are in outdoor adventure or athletics, participating in art and dance programs, or strolling through our parks admiring nature, there is something Parks and Recreation offers you so that you may live a healthy lifestyle. As part of National Recreation and Park Association initiatives, July 2019 is recognized as Harrisonburg Parks and Recreation Month. This year's theme, Game On! Stay tuned for a schedule of activities celebrating July 2019 as Parks and Recreation Month in Harrisonburg!

Community Cookout

Come join us for the kick-off to Summer! Meet new people, bring your neighbors, friends, and family. Enjoy free food, music and games. Open to all residents. Free for all ages! Location: Ralph Sampson Park

W | Jul 10 | 4pm - 8pm

AUGUST EVENTS

Youth TryAthlon

This event is geared toward being an introduction to triathlons in hopes that youth continue to participate in these activities. The focus of this event is completion over competition. All finishers receive a completion medal. This event is open to ages 5-17. Registration information found at www.HarrisonburgVA.gov/Youth-Tryathlon.

Register before June 28 - \$25/Participant (fee includes t-shirt)

Register between June 29-July 26: \$30/Participant (fee includes t-shirt) Register between July 27-August 2: \$30/Participant (no guarantee of t-shirt) Location: Westover Park

Sa | Aug 10

#211347A1 | Ages 11 - 17 Check In - 6:30am - 7:30am

#211347B1 | Ages 5 - 10 Check In - 9:15am - 9:40am (or during early check in)

CELEBRATING 65 YEARS

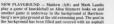






















Kick Off Celebration | June 1, 2019 | 11am - 2pm

June 1, 2019 marks the 65th Anniversary of Harriosnburg Parks and Recreation! Join us at the Community Activities Center at 11:00am as we honor Cecil F. Gilkerson, the first Director of Parks and Recreation. Experience activities that have been played over the past 65 years including Knuckleball, Knock Hockey, board games and more! Food will be available for purchase from Jess' Lunch and Klines Ice Cream food trucks. Enjoy free popcorn and snowcones! Admission to the event is free. Westover pool and new splash pad will be open for the day!







PARKS & FACILITIES



Cecil F. Gilkerson Community Activities Center

305 South Dogwood Drive | 540-433-2474

Hours - Memorial Day to Labor Day

M - Th | 6am - 9pm

F | 6am - 7pm

Sa | 9am - 5pm

Su | Closed

Admission Fees

Youth Guest Fee | Ages 12 - 17 | \$2

Adult Guest Fee | \$3

Membership

Teen Annual Membership | Ages 12 - 17 | City Res \$5 | Non Res \$15 Adult Annual Membership | City Res \$30 | Non Res \$60 Senior Annual Membership | Ages 55+ | City Res \$15 | Non Res \$30 Combo Gym/Swim Membership | City Res \$105 | Non Res \$150

Evening Gym Schedule

Please check www.HarrisonburgVA.gov/Community-Activities-Center for gym schedule updates or call 540-433-2474.



Westover Swimming Pool 305 South Dogwood Drive | 540-434-0571

Hours, Admission, Membership

Refer to page 10



Lucy F. Simms Continuing Education Center

620 Simms Avenue | 540-437-9213

Office Hours

M - F | 8am - 5pm

Fitness Room Hours

M, W | 8am - 12pm | 6:30pm - 9pm

Tu, Th | 7:30am - 2pm

F | 8am - 2pm

Computer Lab Hours

M - F | 8:30am - 11:30am | 2pm - 5pm

M, W | 6:30pm - 9pm

Admission Fees

Youth Guest Fee | Ages 12 - 17 | City Res \$2 | Non Res \$2

Adult Guest Fee | City Res \$3 | Non Res \$3

Membership

Teen Annual Membership | Ages 12 - 17 | City Res \$5 | Non Res \$15 Adult Annual Membership | City Res \$30 | Non Res \$60

Senior Annual Membership | Ages 55+ | City Res \$15 | Non Res \$30

Gym Schedule

www. Harr is on burg VA. gov/Simms-Center

Heritage Oaks Golf Course

680 Garbers Church Road | 540-442-6502

Hours, Rates, Membership & Leagues

Visit www.HeritageOaksGolf.com

Like Heritage Oaks Golf Course on Facebook, Twitter, and Instagram!

Price Rotary Senior Center

309 South Dogwood Drive | 540-432-7799

Hours

Call 540-432-7799 for Hours

HARRISONBURG CITY PARKS

www.HarrisonburgVA.gov/Parks

Westover Park | Hillandale Park | Riven Rock Park | Denton Park | Morrison Park | Purcell Park | Ralph Sampson Park | Kiwanis Park Liberty Park | Smithland Road Dog Park | A Dream Come True Playground | Welcome Home Garden | Ramblewood Athletic Complex Smithland Road Soccer Complex | Eastover Tennis Courts | Heritage Oaks Golf Course | Bluestone Trail | Rocktown Trails

REGISTRATION INFORMATION

HOW DO I REGISTER?

Register Online:

www.HarrisonburgVA.gov/Program-Registration

Register Over the Phone:

540-433-2474

Register In-Person:

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

June - August 2019 Class Registration Schedule

Online Registration for City Residents: May 6, 2019 | 8am In-Person Registration for City Residents: May 14, 2019 | 8am In-Person Registration for Non Residents: May 15, 2019 | 8am

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.

Refund Options

Household Credit | Check | Credit Card | No Cash Refunds

Rent a Facility Space or Shelter for Your Next Event!



Park facility spaces are available for your next Birthday Party, Baby Shower, Meeting, and more!

Our Facility Use Permit Application may be found online at www.HarrisonburgVa.gov/Shelters.
Call 540-433-2474 for more information.

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.

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.

INCLEMENT WEATHER

Harrisonburg Parks and Recreation's Inclement Weather Policy regarding programs, events, and classes may be found online at:

www.HarrisonburgVA.gov/Parks-Inclement-Weather-Policies

For park and facility inclement weather closings, please refer to Harrisonburg Parks and Recreation social media pages and WHSV.com.

Facebook: Facebook.com/HarrisonburgParksandRecreation

Twitter: Twitter.com/HburgParks WHSV: WHSV.com/closings







EMAIL ParksandRecreation@HarrisonburgVA.gov

WEBSITE www.HarrisonburgVA.gov/Parks-Recreation

FACEBOOK

@HarrisonburgParksandRecreation

TWITTER @HburgParks

INSTAGRAM @HarrisonburgParks

HOLIDAY & FACILITY CLOSURES

Memorial Day Weekend | May 25 - 27 | Admin, Simms, CAC, Senior Center Independence Day | Jul 4 | Admin, Simms, CAC, Senior Center Labor Day Weekend | Aug 31 - Sep 2 | Admin, Simms, CAC, Senior Center

SPECIAL EVENT FACILITY CLOSURES

Superhero 4 Miler | May 18 | CAC closed until 12pm July 4th Fireworks | Westover Park Closed at 6pm July 5th | Westover Park Opens at 8am Youth TryAthlon | Aug 10 | CAC closed until 12pm



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POSTAL PATRON

HARRISONBURG PARKS AND RECREATION

Cecil F. Gilkerson Community Activities Center | 305 S. Dogwood Drive | Harrisonburg, VA 22801 540-433-2474 | www.HarrisonburgVA.gov/Parks-Recreation

