Winter-Spring Activity Guide

January - May 2019

PROGRAM REGISTRATION DATES
Online Registration for City Residents | December 10
In-Person Registration | City Residents December 18 | Non-Residents December 19
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. Joseph Riley  
Ms. Deanna Reed, City Mayor  
Luanne Santangelo, Director, Harrisonburg Parks and Recreation
What’s Inside...

4. Outdoor Adventure
5. Fitness
6. Special Interest
8. Dance
9. Kid & Teen Zone
10. Athletics
11. Westover Pool
12. 50 and Wiser
15. Heritage Oaks Golf Course
16. Winter/Spring Events
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Activity Guide Features & New Programs!

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Aqua Zumba® Fitness Class | page 11
Superhero Scholarship 4-Miler | page 16
Black History Month Educational Series | page 16
Pool Resurfacing and Splash Pad Installation | page 17
Beginner Wild Caving in West Virginia
An afternoon of beginner-level wild caving. Participants will be introduced to basic caving safety, underground navigation, and some elementary limestone cave geology. Participants should be reasonably fit and active and ready for a full afternoon of physical activity. Dress using the “inner layer/outer layer” concept (shorts and t-shirt, and long pants and long sleeves over top that can be removed after to avoid a muddy ride home). Caving footwear can be hiking boots or athletic shoes. No sandals, Crocs, or open-toed shoes and bring a separate change of footwear for after the trip. Also bring a large plastic trash bag to put muddy clothing in, flashlights and/or headlamps, and water bottle. Snack food and camera are optional. Additional questions contact Lester Zook.

Location: Meet at BP Station, 532 North Main Street, Franklin, WV 26807
City Res $30 | Non Res $35 | Ages 10+
#131374A1 | Su | Mar 10 | 12pm - 5pm

Backcountry Navigation Clinic
Backcountry map and compass skills for hikers, bird-watchers, hunters, fisherman, mountain bikers, backpackers, scouts, scout leaders, and anyone who likes to ramble off the beaten track! Instruction, maps, and compasses will be provided by the instructor. Participants may bring their own compass if they have one. Please wear hiking footwear, long pants, and bring a daypack with water and snack food. Additional questions contact Lester Zook.

Location: Meet at Riven Rock Park, Rt. 33 West of Harrisonburg
City Res $25 | Non Res $30 | Ages 10+
#131373A1 | Su | May 19 | 1pm - 5pm

Beginner Rock Climbing and Rappelling
An introduction to technical rock climbing, rappelling, and belaying. All technical gear including helmets, harnesses, ropes, and climbing shoes will be provided by instructor. Participants should bring a backpack with bug repellent, sunblock, lunch, 2 quarts of water, and a camera if you wish. Participants should wear hiking footwear and outdoor/weather appropriate clothing. Additional questions contact Lester Zook.

Location: Parking Area in the George Washington National Forest (Driving directions will be supplied by Instructor.)
City Res $55 | Non Res $60 | Ages 10+
#131372A1 | Sa | Apr 6 | 8am - 5pm
Yoga For All  
Instructor: Shane O’Hara
Join us in learning the fundamental yoga poses and sequences. This all-level class will focus on building strength, flexibility, and confidence in your yoga fitness workouts.

Location: Community Activities Center
City Res $30 | Non Res $35 | Ages 18+
#121425A1 | M, W, F | Jan 14 - Feb 22 | 6am - 6:45am or 7am - 7:45am
#121425A2 | M, W, F | Mar 4 - Apr 24 | 6am - 6:45am or 7am - 7:45am
#121425A3 | M, W, F | Apr 22 - May 31 | 6am - 6:45am or 7am - 7:45am

Interval Fitness  
Instructor: Tori Ruckman
Exercise in an organized class using the High Intensity Training Method. Classes incorporate bodyweight exercises, use of kettlebells, medicine balls, dumbbells, etc. All fitness levels are welcome and beginners are encouraged. (Instructor may not be present for a few classes)
Location: Community Activities Center Gym
City Res $30 | Non Res $35 | Ages 18+
#121400A1 | M, W, F | Jan 14 - Feb 22 | 6am - 6:45am
#121400A2 | M, W, F | Mar 4 - Apr 24 | 6am - 6:45am
#121400A3 | M, W, F | Apr 22 - May 31 | 6am - 6:45am

Zumba  
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+
#130934A1 | T | Jan 6 - Feb 10 | 4pm - 5pm
#130934A2 | F | Jan 11 - Feb 15 | 9am - 10am
#130934A3 | F | Feb 16 - Mar 26 | 4pm - 5pm
#130934A4 | F | Feb 22 - Mar 29 | 9am - 10am
#130934A5 | S | Mar 31 - May 5 | 4pm - 5pm
#130934A6 | F | Apr 5 - May 10 | 9am - 10am

Latin Inspired Zumba  
Instructor: Alma Navez Perez
Party yourself into shape with this exhilarating, easy to follow, Latin-inspired, calorie-burning dance.
Location: Lucy Simms Center Auditorium
City Res $15 | Non Res $18 | Ages 12+
#131433A1 | M, W | Jan 7 - Jan 30 | 6:15pm - 7:15pm
#131433A2 | M, W | Feb 4 - Feb 27 | 6:15pm - 7:15pm
#131433A3 | M, T | Mar 4 - Mar 28 | 6:15pm - 7:15pm
#131433A4 | M, T | Apr 1 - Apr 25 | 6:15pm - 7:15pm

Beginner 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.
Location: Community Activities Center
City Res $25 | Non Res $30 | Age 18+
#121428A1 | T | Jan 10 - Feb 14 | 5:15pm - 6:15pm
#121428A2 | T | Feb 21 - Mar 28 | 5:15pm - 6:15pm
#121428A3 | T | Apr 4 - May 9 | 5:15pm - 6:15pm
#121428A4 | T | May 16 - Jun 20 | 5:15pm - 6:15pm

Qigong (Lower Difficulty Level)
Qigong (chi-kung) is an ancient form of exercise involving mostly slow, gentle movements that synchronize with the breath and are practiced in an almost meditative state. “It’s like self-applied physical therapy.” It can help “reintroduce you to your body”.
Location: Community Activities Center
City Res $65 | Non Res $70 | Ages 18+
#121411A1 | T | Jan 8 - Feb 12 | 5:30pm - 6:30pm
#121411A2 | T | Jan 10 - Feb 14 | 5:30pm - 6:30pm
#121411A3 | T | Feb 19 - Mar 26 | 5:30pm - 6:30pm
#121411A4 | T | Feb 21 - Mar 28 | 5:30pm - 6:30pm
#121411A5 | T | Apr 2 - May 7 | 5:30pm - 6:30pm
#121411A6 | T | Apr 4 - May 9 | 5:30pm - 6:30pm

Tai Chi (Moderate Difficulty Level)
This class is great for improving posture, balance, and coordination, as well as physical strength, mental clarity, and calmness. Brief qigong warmup, followed by partner practice, “push-hands”, forms instruction, and review. Yang-style Taijiquan-Cheng Man Ching’s “37-posture Short Form”
Location: Community Activities Center Dance Studio
City Res $75 | Non Res $80 | Ages 15+
#130934A1 | S | Jan 6 - Feb 10 | 4pm - 5pm
#130934A2 | F | Jan 11 - Feb 15 | 9am - 10am
#130934A3 | F | Feb 17 - Mar 24 | 4pm - 5pm
#130934A4 | F | Feb 22 - Mar 29 | 9am - 10am
#130934A5 | S | Mar 31 - May 5 | 4pm - 5pm
#130934A6 | F | Apr 5 - May 10 | 9am - 10am

Baguazhang (Moderate Difficulty)
Complete exploration of mobility throughout the body, highlighting numerous creative range-of-motion and flexibility exercises, all of which are simultaneously therapeutic and applicable to the internal art of Liang-Style Baguazhang. Linear and circular solo forms, partner practice, and posture holding. Some experience recommended. Participation requires Blue Heron Healing Arts membership. Please contact Blue Heron Healing Arts before enrolling.
Location: Community Activities Center
City Res $80 | Non Res $85 | Age 18+
#121422A1 | W | Jan 9 - Feb 13 | 7am - 8:30am
#121422A2 | W | Feb 20 - Mar 27 | 7am - 8:30am
#121422A3 | W | Apr 3 - May 8 | 7am - 8:30am

Xingyiquan (Higher Difficulty Level)
Stressing and shaping the body (and mind) with traditional gongfu exercises and drills; solo and paired forms. Some experience recommended. Shen Long style Xingyi is taught through lineage certification by the North American Tang Shou Tao Association (natsta.org). Participation requires Blue Heron Healing Arts membership. Please contact Blue Heron Healing Arts before enrolling.
Location: Community Activities Center
City Res $90 | Non Res $95 | Ages 18+
#121421A1 | M | Jan 7 - Feb 11 | 3:30pm - 5:30pm
#121421A2 | M | Feb 18 - Mar 25 | 3:30pm - 5:30pm
#121421A3 | M | Apr 1 - May 6 | 3:30pm - 5:30pm

BLUE HERON HEALING ARTS  
With Grayson Pritchard | 540-999-8823
The Making Space  Instructor: Monika/Malea
The Making Space is a free community art studio for adults and welcoming to children with the supervision of their parents. For art-makers of every skill-level! You are welcome to try out our demonstration given by a local artist, bring your own project, use our art supplies, or experiment with your own ideas! Follow The Making Space group on Facebook at Facebook/TheMakingSpaceShenandoah.com.
Location: Lucy Simms Center Music Room
Free | Ages 5+
#130901A1 | Th | Jan 10 | 5pm - 8pm
#130901A2 | Th | Feb 14 | 5pm - 8pm
#130901A3 | Th | Mar 14 | 5pm - 8pm
#130901A4 | Th | Apr 11 | 5pm - 8pm
#130901A5 | Th | May 9 | 5pm - 8pm

Paint4Fun: Acrylic Pouring  Instructor: Diane Ricketson
Join us in learning to paint an acrylic pouring abstract piece on a 12 x 12 wrapped canvas! We will create a unique colorful design using your choice of 3-4 colors. We will be painting with step by step instructions from local artist, Diane Ricketson. Beginners are welcome! Please bring a lunch.
Location: Community Activities Center
City Res $28 | Non Res $33 | Ages 12+
#130985A1 | Sa | Jan 19 | 10am - 2pm

CANTEEN PROGRAM

2019 Canteen Spring Schedule

January 18  Game Night 7-8:30 p.m.
February 8  Valentine’s Day Dance 7-8:30 p.m.
February 22  Art Night 7-8:30 p.m.
March 15  St. Patty’s Dance 7-8:30 p.m.
April 12  BINGO Night 7-8:30 p.m.
May 3  Luau Dance 7-8:30 p.m.
May 31  End of the Year Cookout 6:30-8 p.m.

Our Canteen Program is offered to those within our community with intellectual disabilities. Please contact Sarina Hartman at 540-433-2474 or email Sarina.Hartman@HarrisonburgVA.gov to find out how you may get involved with the Canteen Program and Events!

ADULT POTTERY  with Kassy Newman

Beginner Wheel Thrown Pottery
Students will learn the basics of wheel thrown ceramics including clay preparation, working on a potters wheel, trimming, and glazing. This class is only offered to beginners. No advanced students please. Wear clothes you can get messy.
Location: Community Activities Center Craft Room 1
City Res $67 | Non Res $80 | Ages 18+
#120919A1 | Tu | Jan 15 - Feb 19 | 6pm - 8pm
#120919A2 | W | Jan 16 - Feb 20 | 6pm - 8pm
#120919A3 | Tu | Feb 26 - Apr 2 | 6pm - 8pm
#120919A4 | W | Feb 27 - Apr 3 | 6pm - 8pm
#120919A5 | Tu | Apr 9 - May 14 | 6pm - 8pm
#120919A6 | W | Apr 10 - May 15 | 6pm - 8pm

Advanced Wheel Thrown Pottery
For students who have completed the beginner pottery course. We will build on the basics of wheel thrown ceramics, work on new forms, and explore new tools and materials. The goal is to complete a project/piece that you wouldn’t have thought possible when you started beginner pottery. Wear clothes you can get messy.
Location: Community Activities Center Craft Room 1
City Res $75 | Non Res $85 | Ages 18+
#120920A1 | M | Jan 14 - Feb 18 | 6pm - 8pm
#120920A2 | W | Jan 16 - Feb 20 | 6pm - 8pm
#120920A3 | M | Feb 25 - Apr 1 | 6pm - 8pm
#120920A4 | Th | Feb 28 - Apr 4 | 6pm - 8pm
#120920A5 | M | Apr 8 - May 13 | 6pm - 8pm
#120920A6 | W | Apr 10 - May 15 | 6pm - 8pm
ENRICHMENT

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+
#12096SA1 | W | Jan 9, Jan 23 | 6pm - 7:30pm
#12096SA2 | W | Mar 13, Mar 27 | 6pm - 7:30pm
#12096SA3 | W | May 8, May 22 | 6pm - 7:30pm

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+
#12096AA1 | W | Jan 2, Jan 16 | 6pm - 7:30pm
#12096AA2 | W | Mar 6, Mar 20 | 6pm - 7:30pm
#12096AA3 | W | May 1, May 15 | 6pm - 7:30pm

Women’s Self-Defense Course
Instructor: Brooke Wetherell, Detective, HPD
Six session class that will enhance the participant’s options of self-defense for a female who is attacked. Participants will learn how to avoid becoming victims by recognizing threats and being aware of their surroundings. Participants will also engage in both hands-on and classroom learning to develop skills they can utilize to defend themselves. Athletic or loose clothing preferred.

Location: Lucy Simms Center Auditorium
Free | Ages 12+
#130913A1 | M | Feb 4, Feb 18 | W | Mar 6, Mar 20, Apr 3, Apr 17 | 5:30pm - 7:30pm

LANGUAGE

Learn a Language
Instructor: Cory Jeffries
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 5+.

Teaching Arabic for K-12
Instructor: Nasser Alsaaadun
Program focuses on teaching Arabic to children of all experience levels. For more information email Nasser Al Saadun at n75n79@hotmail.com.
Location: Lucy Simms Center
City Res/Non Res $50 | Additional Child $25 | Ages 5 - 18
#110901A1 | M,W,Th | Jan 7 - Jan 31 | 4pm - 6pm
#110901A2 | M,W,Th | Feb 4 - Feb 28 | 4pm - 6pm
#110901A3 | M,W,Th | Mar 4 - Mar 28 | 4pm - 6pm
#110901A4 | M,W,Th | Apr 1 - Apr 25 | 4pm - 6pm
#110901A5 | M,W,Th | May 6 - May 30 | 4pm - 6pm

NORTHEAST NEIGHBORHOOD ASSOCIATION

Meet 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 7:00 pm at the Lucy Simms Continuing Education Center.

Northeast Neighborhood Association Mailing Address:
P.O. Box 1026 Harrisonburg, VA 22803

MUSIC

Let’s Play Piano Music
Instructor: Wendy Parham
Learn to play folk, pop, and blues music on piano beginning with technique, theory, and note reading. Other instruments such as drums, guitar, and bass are welcome. Students will need to purchase a 62 key polyphonal Casio-type piano keyboard. For more information, please contact Wendy Parham at wendyrparham@gmail.com.
Location: Lucy Simms Center Music Room
Free | Ages 3+ (Children 3 - 12 must be accompanied by a parent)
#130945A1 | M | Apr 8 - Apr 29 | 6:30pm - 7:30pm
DANCE

Winter - Spring 2019 Dance Schedule
Dance Coordinator: Cynthia Marafino
Instructors: Jimmy Marafino | Cheryl Donald | Courtney Pelfrey
Katherine Narwid | Liza Vanyan
Location: Community Activities Center Dance Studio
City Res $80 | Non Res $96 ($10 Discount for Siblings/Multiple Classes)
No Classes: March 4 - March 9, March 25 - March 30
Additional Information: www.HarrisonburgVA.gov/Dance

MONDAY January 14 - May 13

Discover Dance II | Instructor: Cynthia #510302B1 | Ages 4 1/2 - 5 1/2 | 4:15pm - 4:50pm
Introduction to Dance | Instructor: Cynthia #510303B1 | Ages 5 1/2 - 6 1/2 | 5pm - 5:45pm
Musical Stage | Instructor: Liza #510318B1 | Ages 9+ | 5:45pm - 6:30pm
Youth Modern | Instructor: Liza #510319B1 | Ages 8+ | 6:30pm - 7:15pm
Adult Ballet (for fun exercise) | Instructor: Jimmy #520330B1 | Ages 18+ | 7:45pm - 8:45pm

TUESDAY January 15 - May 14

Discover Dance II | Instructor: Cynthia #510302B2 | Ages 4 1/2 - 5 1/2 | 4:30pm - 5:05pm
Advanced Jazz I/II | Instructor Permission | 4:30pm - 5:05pm
Blue Crew Dance Company | Instructor: Cynthia/Jimmy #510317B1 | Ages 9+ | 5:15pm - 6:15pm
Advanced Jazz III | Instructor Permission | 5:15pm - 6:15pm

WEDNESDAY January 16 - May 15

Discover Dance I | Instructor: Cynthia #510301B1 | Ages 3 1/2 - 4 1/2 | 4:15pm - 4:50pm
Advanced Ballet II/III & Beg Pointe | Instructor Permission | 5pm - 6pm
Advanced Child Ballet (Pre-Pointe) | Instructor: Cynthia/Jimmy #510305B1 | Ages 11 - 13 | 6:45pm - 7:30pm
Irish Step (Ballet or Jazz Recommended) | Instructor: Courtney #510315B1 | Ages 7+ | 6:45pm - 7:30pm
Advanced Irish Step | Instructor: Courtney #510316B1 | Instructor Permission | 7:30pm - 8:30pm

THURSDAY January 17 - May 16

Beginner Ballet/Tap I | Instructor: Cynthia/Jimmy #510304B1 | Ages 6 - 7 | 4:30pm - 5:15pm
Ballet/Tap II/III | Instructor: Cynthia/Jimmy #510307B1 | Ages 7 - 8 | 5:15pm - 6:45pm
Intermediate Ballet | Instructor: Cheryl #510326B1 | Ages 9 - 11 | 6pm - 6:45pm
Advanced Ballet IV & Pointe | Instructor: Cynthia #510324B1 | Instructor Permission | 6:45pm - 7:45pm
Advanced Modern | Instructor: Cheryl #510329B1 | Instructor Permission | 7:45pm - 8:45pm

FRIDAY January 18 - May 17

Discover Dance I | Instructor: Cynthia/Katherine #510301B2 | Ages 3 1/2 - 4 1/2 | 4:15pm - 5:05pm
Beginner Jazz I/II (Involves some Hip Hop) | Instructor: Katherine #510311B1 | Ages 6 - 7 | 5pm - 5:45pm
Intermediate Jazz III (Involves some Hip Hop) | Instructor: Cheryl #510315B1 | Ages 7 - 9 | 5:40pm - 6:30pm
Advanced/Intermediate Jazz | Instructor: Cheryl #510321B1 | Ages 9 - 12 | 6:30pm - 7:15pm

SATURDAY January 19 - May 18

Discover Dance I | Instructor: Cynthia #510301B3 | Ages 3 1/2 - 4 1/2 | 4:30pm - 5:05pm
Introduction to Dance (Involves some Tap) | Instructor: Cynthia/Katherine #510315B1 | Ages 5 - 6 | 11:15am - 12:00pm
Preteen/Teen Tap | Instructor: Katherine #510325B1 | Ages 11 - 18 | 12:00pm - 12:45pm
Beginner Teen/Preteen Ballet/Jazz | Instructor: Liza #510310B1 | Ages 11 - 18 | 12:45pm - 1:45pm

Spring Dance Concerts
Detailed Information will be given out in class

Dress Rehearsals
Location: Harrisonburg High School Auditorium W | May 22 | F | May 24 | 5:30pm

Dance Concerts
Location: Harrisonburg High School Auditorium Sa | May 25 | 1pm & 7pm

Classes with title of: Advanced, Teen Tap, Teen Ballet, Adv. Irish, and Blue Crew will participate in both the Wednesday and Friday dress rehearsals and both the Saturday 1pm and 7pm concerts.

Classes with the title of: Discover Dance I, Discover Dance II, and Introduction to Dance will participate in the Wednesday dress rehearsal and the Saturday 1pm concert.

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.

Parent-Tot Playtime
Parks and Recreation staff get out mats, tricycles, bouncy balls and obstacles galore to give toddlers and their parents the chance to play mid-day! Location: Community Activities Center Gymnasium
$1/Non-Member | Ages 0 - 5
Th | Jan 8 - Apr 30 | 10am - 12pm

Kid’s Zumba
Instructor: Margaret “Muff” Perry
Perfect for our younger Zumba fans! Class features kid-friendly routines by breaking down the steps, adding games, activities, and cultural exploration elements. Classes help incorporate key developmental strategies like leadership, memory, creativity, coordination, and cultural awareness!
Location: Community Activities Center
City Res $21 | Non Res $26 | Ages 6 - 12
Tu | Mar 5 - Mar 19 | 6pm - 6:45pm

Kid’s Martial Arts
Instructor: Blue Heron Staff
Foundations of Jujitsu, Aikido, and Kung Fu. Learn basics for self defense, with emphasis on self discipline, health, and peaceful conflict resolution. Instructor has 30+ years experience with martial arts, instruction certification through the North American Tang Shou Tao Association (Natsta.org), and has been teaching in Harrisonburg over the past decade. For more information, contact Blue Heron Healing Arts by calling 540-999-8823.
Location: Community Activities Center
City Res $65 | Non Res $70 | Ages 7-12
#111410A1 | Tu | Jan 8 - Feb 12 | 4:15pm - 5:15pm
#111410A2 | Th | Jan 10 - Feb 14 | 4:15pm - 5:15pm
#111410A3 | Tu | Feb 19 - Mar 26 | 4:15pm - 5:15pm
#111410A4 | Th | Feb 21 - Mar 28 | 4:15pm - 5:15pm
#111410A5 | Tu | Apr 2 - May 7 | 4:15pm - 5:15pm
#111410A6 | Th | Apr 4 - May 9 | 4:15pm - 5:15pm

Dads and Daughters Bonding Time
Instructor: Valerie Sampson
Dads will learn 3 simple styles as well as product knowledge and techniques to maintain their daughters healthy hair. Each daddy/daughter pair will receive a kit with a hair brush, detangle spray, hair ties, and 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, contact Stephanie Howard at 540-437-9213.
Location: Salon Eleven, 185 S Liberty St., Harrisonburg
City Res $17/Pair | Non Res $20/Pair | Ages 5-9 (Kids) 18+ (Adults)
#110919B1 | Tu | Jan 8 - Feb 19 (No Class Feb 5) | 4:30pm - 5:30pm
#110919B2 | Tu | Mar 5 - Apr 16 (No Class Apr 2) | 4:30pm - 5:30pm

Making YouTube Videos
Instructor: Shannon Wilson
This course will cover internet and social media safety. Students will learn how to make and edit videos using their mobile devices. Please bring a cell phone, ipod, or ipad with the apps iMovie and WeVideo installed.
Location: Community Activities Center
City Res $80 | Non Res $85 | Ages 10 - 14
#110927A1 | Th | Mar 7 - Apr 11 | 6pm - 8:30pm

Daytime Kid’s Swim Clinic
Instructor: AJ Morris
Geared for children with daytime availability, this program is offered to improve swimming abilities for children ages 6 - 15 without the structure of a class. Instruction is done by a lifeguard in small groups using games, water toys, and workout programs. No pre-registration is required. For more information, contact the pool office at 540-434-0571.
City Res $4 | Non Res $6 | Ages 6 -15
M | Dec 2018 - May 2019 | 11am - 1pm

Preschool Play Time at Westover Pool
Westover Pool will be offering preschool playtime! Come out and enjoy the pool and pool play toys for a discounted rate of $2 per parent and kids get in free!
Th | 9am - 11am

KIDS SWIM

Kid’s Spring Baking
Instructor: Margaret “Muff” Perry
Join us in a fun and exciting time learning how to use the basics in baking springtime holiday treats. This includes food preparation, measuring, and safety. In each class, we will bake a fun, tasty treat leading up to the upcoming holidays! The only supplies needed for this class is you! (Allergy info: eggs, nuts, and dairy will be used.)
Location: Community Activities Center
City Res $30 | Non Res $35
Ages 6 - 12
#110925B1 | M | Apr 8 - Apr 15 | 6:00pm - 7:15pm

Kids Art Pottery
Instructor: Heather Hansohn
Discover something you will love! Roll, stamp, squish, pinch, poke, and mold. Come laugh, play, explore and be silly while creating whatever your imagination can dream of in this fun introduction to pottery for kids! Children are introduced to the basics of art vocabulary and pottery techniques, and have fun exploring creation with earthenware clay. Focusing on hand building techniques, children will use what we learn and discover together to create a minimum of four finished and glazed projects of their choice. Please drop off your child for class, and come in to see their creations after each class!
Location: Community Activities Center
City Res $40 | Non Res $45 | Ages 6-12
#110919B1 | Tu | Jan 8 - Feb 19 (No Class Feb 5) | 4:30pm - 5:30pm
#110919B2 | Tu | Mar 5 - Apr 16 (No Class Apr 2) | 4:30pm - 5:30pm

Kid’s Art Pottery
Instructor: Heather Hansohn
Discover something you will love! Roll, stamp, squish, pinch, poke, and mold. Come laugh, play, explore and be silly while creating whatever your imagination can dream of in this fun introduction to pottery for kids! Children are introduced to the basics of art vocabulary and pottery techniques, and have fun exploring creation with earthenware clay. Focusing on hand building techniques, children will use what we learn and discover together to create a minimum of four finished and glazed projects of their choice. Please drop off your child for class, and come in to see their creations after each class!
Location: Community Activities Center
City Res $40 | Non Res $45 | Ages 6-12
#110919B1 | Tu | Jan 8 - Feb 19 (No Class Feb 5) | 4:30pm - 5:30pm
#110919B2 | Tu | Mar 5 - Apr 16 (No Class Apr 2) | 4:30pm - 5:30pm

KIDS SWIM

Daytime Kid’s Swim Clinic
Instructor: AJ Morris
Geared for children with daytime availability, this program is offered to improve swimming abilities for children ages 6 - 15 without the structure of a class. Instruction is done by a lifeguard in small groups using games, water toys, and workout programs. No pre-registration is required. For more information, contact the pool office at 540-434-0571.
City Res $4 | Non Res $6 | Ages 6 -15
M | Dec 2018 - May 2019 | 11am - 1pm

Preschool Play Time at Westover Pool
Westover Pool will be offering preschool playtime! Come out and enjoy the pool and pool play toys for a discounted rate of $2 per parent and kids get in free!
Th | 9am - 11am
**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

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**YOUTH CLINICS**

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

**Youth Ultimate Frisbee Clinic**
Learn the fundamentals of this quickly growing sport. Discs are provided by instructor, however, you are welcome to bring your own if you have one! Registration begins December 18 and registration deadline is Tuesday, March 25.
Location: Morrison Park (Near Waterman Elementary)
Free | Ages 10 - 14
#111046A1 | Tu, Th | Apr 2 - Apr 25 | 6pm - 8pm

**Youth Lacrosse Clinic**
Learn the fundamental skills of this popular sport. All equipment will be provided including sticks, balls, helmets, and shoulder pads. This is an introductory clinic. Registration begins December 18 and registration deadline is March 22.
Location: Morrison Park (Near Waterman Elementary)
Free | Ages 9 - 13
#111047A1 | M | Apr 1 - Apr 22 | 5:30pm - 6:30pm

**Youth Volleyball Clinic**
Beginner volleyball clinic for players who want to improve their skills in serving, passing, setting, and hitting.
Location: Community Activities Center Gymnasium
Free | Grade Level 4 - 8
#111005A1 | Sa | Feb 23 - Mar 30 | 9:30am - 11am

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**UPCOMING YOUTH TACKLE FOOTBALL LEAGUES**

**Pee Wee and Junior League**
Registration begins in May. Deadline for registration will be August 30. Practices will begin August 26 and games will begin September 17. Practice dates and locations are to be determined. Games will be played at Purcell Park. Physical forms are required to participate and may be picked up at the Community Activities Center, Lucy Simms Center, or found on our website at www.HarrisonburgVA.gov/Football/Cheerleading. For questions, please call Tommy Thomas at 540-433-2474.
Pee Wee | Free | Ages 7 - 9
#211041A1
Junior League | Free | Ages 10 - 12
#211041A2

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**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.

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**ADULT LEAGUES**

**Co-Ed Slow Pitch Softball League**
Co-Ed slow pitch softball league for men and women age 16+. The maximum number of teams is 16. Each team will play an eight-game regular season schedule followed by a double elimination tournament. Please bring your own bat, glove, and athletic apparel/uniform. Registration begins December 18 and the registration deadline is March 15.
Location: Ramblewood Park
$300/Team Entry Fee
#220130A1 | Tu (Th Make-Up) | Apr - Jun | 6:30pm, 7:30pm, 8:30pm, 9:30pm

**Men’s Slow Pitch Softball League**
Men’s slow pitch softball league for ages 16+. The maximum number of teams is 16. Each team will play an eight-game regular season schedule followed by a double elimination tournament. Please bring your own bat, glove, and athletic apparel/uniform. Registration begins December 18 and the registration deadline is March 15.
Location: Ramblewood Park
$300/Team Entry Fee | Ages 16+
#220125A1 | M (W Make-Up) | Apr - Jun | 6:30pm, 7:30pm, 8:30pm, 9:30pm
**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.

**Pool Hours**

- Monday - Friday | 7am - 9pm
- Saturday | 12pm - 6pm
- Sunday | 1pm - 6pm

**Book A Pool Party!**

540-434-0571

**SWIM FEES AND PASSES**

**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

**School’s Out for Winter Family Pass**

Spend your holiday break at Westover Pool! Special rates will be available for pool use during open swim and lap swim hours!
- City Res $15 | Non Res $20
- Dec 20 - Dec 22 | Dec 26 - Dec 30

**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. 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 | Dec 2018 - May 2019 | 7am - 9am
- **Winter Season Membership**
  - City Res $180 | Non-Res $240 | Ages 18+
  - #321107B | Tu, W, Th | Dec 2018 - May 2019 | 7am - 9am

**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 muscles.

- City Res $34 | Non-Res $38 | Ages 16+
  - #331108A1 | M, W | Feb 27 - Mar 20 | 6pm - 6:45pm

**Lifeguard Recertification Class**

American Red Cross Lifeguard Class recertification. This 2 day class is open to current Lifeguards before their certification has expired. Class will review all Lifeguarding, CPR, AED, and First Aid skills. Attendance is required for both days. Mandatory pretest on first day of course to include 300 yards of swimming followed by 10 pound dive brick retrieval.
- City Res $150 | Non Res $175
  - #131101B1 | Mar 29 - 31, April 5 - 7 | 9am - 2pm

**SWIM LESSONS**

Registration Information is available online at www.HarrisonburgVA.gov/Swimming-Pool

Online registration available from Preschool, Level 1, and Level 2 lessons only. A Swim Placement Test is needed for Level 3 and Level 4 lessons. No appointment is needed to complete the test. Private lessons are available!

- 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 - Jan 7 | Non Res Registration - Jan 8

**Tadpoles – Preschool 1**

The goal of Tadpoles is to teach fun in the water. 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.
- #111100A1 | Sat | Feb 2 – Apr 13 | 9am - 9:30am

**Guppies – Preschool 2**

The goal of Guppies is to build on skills learned in Tadpoles. Children take part in guided practice sessions to learn water skills including water entries, front kicking, back floating, underwater exploration and more.
- #111100B1 | Sat | Feb 2 – Apr 13 | 9:30am - 10am

**Goldfish – Level 1**

The goals of Goldfish are to help students feel comfortable in the water, to enjoy the water safely, and to begin introducing basic aquatic skills. Goldfish will work to master the following skills: floating, walking in chest deep water, and swimming on front.

- #111101A1 | M, W | Feb 25 - Mar 27 | 4pm - 4:50pm
- #111101B2 | Sa | Feb 2 - Apr 13 | 10am - 10:50am

**Tigerfish – Level 2**

The goals of Tigerfish are to combine basic swimming skills to form defined strokes. Students will focus on developing the ability to properly swim the Front Crawl and Back Crawl for a minimum of 25 yards. Mandatory pretest on first day of course to include 300 yards of swimming followed by 10 pound dive brick retrieval.

- #111102A1 | M, W | Feb 25 - Mar 27 | 5pm - 5:50pm
- #111102B2 | Sa | Feb 2 - Apr 13 | 10am - 10:50am

**Dolphin – Level 3**

The goals of Dolphins are to fully develop the Breaststroke, Sidestroke, Elementary Backstroke, to continue to increase the student’s swimming endurance, and to begin learning to dive safely.

- #111103A1 | Tu, W | Feb 25 - Mar 28 | 4pm - 4:50pm
- #111103B2 | Sa | Feb 2 - Apr 13 | 11am - 11:50am

**Swordfish – Level 4**

The goals of Swordfish are to develop strong confidence in the strokes learned thus far, including: 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.

- #111104A1 | Tu, Th | Feb 25 - Mar 28 | 5pm - 5:50pm
- #111104B1 | Sa | Feb 2 - Apr 13 | 11am - 11:50am

**Sound off!**

If you have feedback, questions, or comments regarding our pool programs, please contact Alex at 540-434-0571 or via email at alex.howard@harrisonburgva.gov.
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 exercises. This 50-minute class will begin with standing low-impact aerobics followed by standing muscle strengthening exercises.
Location:
Monday Classes - Community Activities Center
Wednesday Classes - Price Rotary Senior Center
City Res $24 | Non Res $29 | Ages 50+
#140511A1 | M | Jan 21 - Feb 25 | 5:30pm - 6:20pm
#140511A2 | W | Jan 23 - Feb 27 | 5:30pm - 6:20pm
#140511A3 | M | Mar 11 - Apr 15 | 5:30pm - 6:20pm
#140511A4 | W | Mar 13 - Apr 17 | 5:30pm - 6:20pm
#140511A5 | M | Apr 29 - Jun 3 | 5:30pm - 6:20pm
#140511A6 | W | May 1 - Jun 5 | 5:30pm - 6:20pm

Silver Sneakers
Join fellow walkers age 50+ and walk for a half hour to hour or until you get tired. The program meets as weather permits. Drop in to join the fun.
Purcell Park (Beside Kids Castle) | M, W | 9am - 10am
Westover Park | F | 9am - 10am

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+
#140500A1 | Tu, Th | Jan 8 - Feb 26 | 1pm - 2pm
#140500A2 | Tu | Mar 13 - May 1 | 11:30am - 12:30pm
#140500A3 | Tu | Jan 8 - Feb 26 | 11:30am - 12:30pm
#140500A4 | Tu, Th | Jan 8 - Feb 26 | 1pm - 2pm
#140500A5 | Tu | Mar 13 - May 1 | 11:30am - 12:30pm
#140500A6 | Tu | Mar 13 - May 1 | 1pm - 2pm

Cardio Drumming  Instructor: Deion Porter
This fun class uses stability balls that serve as drums. It is an invigorating class that uses fitness with powerful, energetic beats and rhythms!
Location: Price Rotary Senior Center
City Res $24 | Non Res $29 | Ages 50+
#140501A1 | Tu | Feb 12 - Mar 19 | 5:30pm - 6:15pm
#140501A2 | Tu | Feb 12 - Mar 19 | 6:30pm - 7:15pm
#140501A3 | Tu | Apr 2 - May 7 | 5:30pm - 6:15pm
#140501A4 | Tu | Apr 2 - May 7 | 6:30pm - 7:15pm
#140501A5 | Tu | May 14 - Jun 18 | 5:30pm - 6:15pm
#140501A6 | Tu | May 14 - Jun 18 | 6:30pm - 7:15pm

Zumba Gold  Instructor: Margaret “Muff” Perry
It is a high energy fitness class that has less impact on your joints so you can really let loose! It focuses on balance, range of motion, and coordination.
Location: Community Activities Center
City Res $24 | Non Res $28 | Ages 50+
#140502A1 | Tu | Feb 5 - Feb 26 | 6:30pm - 7:30pm

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+
#140525A1 | M | Feb 4 - Mar 11 | 5:30pm - 6:30pm
#140525A2 | W | Feb 6 - Mar 13 | 10:30am - 11:30am
#140525A3 | M | Mar 25 - Apr 29 | 5:30pm - 6:30pm
#140525A4 | W | Mar 27 - May 1 | 10:30am - 11:30am
#140525A5 | M | May 6 - Jun 17 | 5:30pm - 6:30pm
#140525A6 | W | May 8 - Jun 12 | 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+
#140526A1 | W | Feb 6 - Mar 13 | 9am - 10am
#140526A2 | Th | Feb 7 - Mar 14 | 6pm - 7pm
#140526A3 | W | Mar 27 - May 1 | 9am-10am
#140526A4 | Th | Mar 28 - May 2 | 6pm - 7pm
#140526A5 | W | May 8 - Jun 12 | 9am - 10am
#140526A6 | Th | May 9 - Jun 13 | 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 and increased strength and range of motion.
Location: Price Rotary Senior Center
City Res $31 | Non Res $37 | Ages 50+
#140512A1 | Tu | Feb 12 - Mar 19 | 4pm - 5pm
#140512A2 | Tu | Apr 2 - May 7 | 4pm - 5pm
#140512A3 | Tu | May 14 - Jun 18 | 4pm - 5pm

Fitness and Balance  Instructor: Sarah Cruickshanks
Experience the joy of moving to music while improving your health and fitness. This class includes a mix of simple aerobic and muscle strengthening exercises followed by balance exercises that will target lower-body muscles to improve your stability and coordination.
Location: Community Activities Center
City Res $27 | Non Res $32 | Ages 50+
#140534A1 | F | Feb 1 - Mar 8 | 2:30pm - 3:30pm
#140534A2 | F | Mar 22 - Apr 26 | 2:30pm - 3:30pm
#140534A3 | F | May 10 - Jun 14 | 2:30pm - 3:30pm

Line Dance  Instructor: Connie Daniels
You’ll burn, tone, and strengthen your body while reducing stress and having fun. All types of music will be used, it’s just not country anymore! Location: Community Activities Center
City Res $23 | Non Res $26 | Ages 50+
Beginner
#140300A1 | Tu | Jan 8 - Feb 26 | 11:30am - 12:30pm
#140300A2 | Tu | Mar 12 - Apr 30 | 11:30am - 12:30pm
Level 2
#140300A3 | Tu | Jan 8 - Feb 26 | 1pm - 2pm
#140300A4 | Tu | Mar 12 - Apr 30 | 1pm - 2pm
Fit and Strong!  Instructor: Cory Jeffries
A physical activity, self-management program for older adults or persons 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 with health education for sustained behavior change. Staff has been trained through National Recreation and Park Association grant funds to offer this program. Weights, mats, instruction manual, and exercise bands are provided. Please wear loose fitting clothes and sneakers to classes.
Location: Lucy Simms Center Auditorium
Free | Ages 50+
#140514A1 | Tu, Th | Jan 8 - Mar 28 | 10am - 11:30am

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. Fit and Strong! class is a prerequisite (see above).
City Res $10 | Non Res $10 | Ages 50+
#140514A1 | Tu, Th | Jan 8 - Mar 28 | 2pm - 3pm

Tai Chi for Health  Instructor: Helmut Hirsch
Tai Chi can reduce falls, improve strength, balance, flexibility, and reduce stress. Basic principles taught include posture and breathing. Exercises require comfortable clothes and shoes and can be done standing or sitting.
Location: Lucy Simms Center Auditorium
City Res $22 | Non Res $25 | Ages 50+
#140536A1 | Tu | Apr 9 - May 21 | 11:30am - 12:30pm

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 $35 | Non Res $40
#140564A1 | Tu | May 7 - May 28 | 1pm - 2:30pm

AARP Driver Safety
Learn defensive driving techniques, new traffic laws and rules of the road to safely adjust driving to compensate for age-related changes. Please feel free to bring a brown bag lunch to class. Persons who complete the course will be issued a Certificate of Completion to be provided to your insurance company for a discount. Please remember to bring your driver’s license with you to class. All course materials are provided to participants and no tests are involved.
Location: Community Activities Center
AARP Members $15 | Non- AARP Members $20
#140555A1 | Tu | Mar 26 | 8:30am - 3:30pm

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.

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.

GOLF

Thursday Afternoon Bowling
Enjoy bowling in a relaxed atmosphere where fun is the name of the game. Experienced or non-experienced bowlers are welcome. Bowl for 16 weeks and prizes will be awarded for a number of categories. Fee includes 3 games, shoes, and ball. Returning players will draw for teams on December 27.

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 - 1:00pm. Order off of the menu.

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

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!
Jan 7 - Ongoing | First Monday of the Month | 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. On January 7, we will be discussing The Cuban Affair by Nelson DeMille.
Free | Ages 50+
First Mondays of the Month | Jan 7 - Apr 1 | 3pm | Community Activities Center

Evening Book Club
First Mondays of the Month | Jan 7 - May 6 | 7pm | Price Rotary Senior Center

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 | Jan 3 - 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.
Beginner Class (8 x 10 canvas)
City Res $22 | Non Res $24 | Ages 50+
#140518A1 | M | Feb 11 | 10am - 12pm | Community Activities Center
#140518A2 | M | May 13 | 10am - 12pm | Price Rotary Senior Center
Advanced Class (11 x 24 canvases)
City Res $27 | Non Res $29
#140518A3 | M | Feb 11 | 1:30pm - 3:30pm | Community Activities Center
#140518A4 | M | May 13 | 1:30pm - 3:30pm | Price Rotary Senior Center

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 scarf. A supply list will be handed out the first class (approximately $8 of materials).
Location: Price Rotary Senior Center
City Res $30 | Non Res $36 | Ages 50+
#140571A1 | Tu | Mar 5 - Mar 26 | 12pm - 2pm

Beginning Knitting
Instructor: Marilyn Jarrells
This class is for beginners. Learn the basic stitches and end up with a beautiful infinity scarf. A supply list will be handed out the first class.
Location: Price Rotary Senior Center
City Res $30 | Non Res $36 | Approximately $10 for materials | Ages 50+
#140572A1 | Tu | Jan 8 - Jan 29 | 12pm - 2pm

Indoor Pickleball
Meet your friends for a rousing Pickleball game at the Cecil F. Gilkerson Community Activities Center. We furnish all equipment. Please check our website for Outdoor Pickleball opportunities this spring at www.HarrisonburgVA.gov/Pickleball.
Location: Community Activities Center
Center Membership or Daily Admission Fee | Ages 50+
Jan 7 - Ongoing
M | 9am - 10:30am
Th | 12pm - 3pm
Fri | 6pm - 8:45pm (Check Gym Availability)

Soothing Sunday: Chronic Pain Release
Class offers calm and help with the winter doldrums brought on by cold, dark winter months. Join us in a 2 hour session where you learn mindfulness practices, self-healing techniques, and new ways to engage with your physical body, improve memory function, sleep patterns and digestion. You will leave feeling clear, balanced, and peaceful. Class sessions vary.
Location: Price Rotary Senior Center
City Res $23 | Non Res $27
#140546A1 | Sun | Jan 13 | 2pm - 4pm
#140546A2 | Sun | Feb 17 | 2pm - 4pm
#140546A3 | Sun | Mar 17 | 2pm - 4pm

Mindfulness & Self-Healing
Class helps you come into balance with your physical body and navigate the pain or injury you may find there through sound healing. Instructor will guide you inward and the body unwinds its pain patterns. The series allows you to sense your own body’s messages and needs more clearly, providing the pathway for relaxation and healing. No experience necessary, just a desire to feel better. Classes are very effective if you have had a recent surgery, illness, or injury!
Location: Price Rotary Senior Center
City Res $32 | Non Res $35
#140548A3 | Mon | May 6, May 13, May 20 | 10am - 11:30am

Special Intro Class
City Res $10 | Non Res $12
#140548A1 | Fri | Jan 11 | 10am - 11:30am

Friday Feel-Good Series
City Res $45 | Non Res $50
#140548A2 | Fri | Feb 1, Feb 15, Mar 1, Mar 15, Mar 29 | 10am - 11:30am

Spring In Your Step Series
City Res $32 | Non Res $35
#140548A3 | Mon | May 6, May 13, May 20 | 10am - 11:30am
HERITAGE OAKS GOLF COURSE

Winter at Heritage Oaks

Even in the colder months there is a lot to do at Heritage Oaks!

Plan your next tournament
Get some lessons
Sign up for a league
Play Golf!

Winter Rates Nov 23 - Feb 28

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Stay up to date with the latest and greatest on Heritage Oaks Golf Course through social media!

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!
JANUARY EVENTS
Mother-Son Super Hero Party | January 26
Location: Community Activities Center
Registration: $5 Admission, Additional Child $2 | Ages 10 & Under
Call 540-433-2474 to register. Limited space!
Sa | Jan 26 | 3pm - 5pm

FEBRUARY EVENTS
Daddy-Daughter Sweetheart Dance | February 9
Location: Community Activities Center
Registration: $5 Admission, Additional Child $2 | Ages 10 & Under
Call 540-433-2474 to register. Limited space!
Sa | Feb 9 | 6pm - 7:30pm

The History of the Congo: Yesterday, Today, and Tomorrow
Instructor: Felly Kanda
Come learn the history of the Congo. Learn about life prior to Belgium occupancy to today. Find out about the vast resources that exist and how the remainder of the world looks to the Congo from an economic standpoint. Many refugees are fleeing to find safety in communities such as Harrisonburg. Find out what is the driving force behind this movement.
Location: Lucy Simms Center Auditorium
Free | All Ages
Sa | Feb 2 | 6pm - 9pm

Not Made For This: A Story of Fearlessness, Determination, and the Journey To Freedom
Instructor: Briana Madden-Olivares
The premiere of Briana’s original musical based on the Jourdan Banks narrative. Jourdan, born enslaved on what is now Merck’s facility in Elkton, VA, was sold south in his late teens, fought and escaped several times. Finally making his way to England where his story was written by black abolitionist, James Pennington 1862.
Location: Lucy Simms Center Auditorium
Free | All Ages
Sa | Feb 16 | 7pm - 9pm

1800s African-American Cemeteries
Based on William Good’s book, “Slavery when Humans were Sold as Chattel”. We will discuss lost cemeteries and how to honor them. A group discussion led by the Shenandoah Valley Black Heritage Project.
Location: Lucy Simms Center Conference Room
Free | All Ages
Tu | Feb 12 | 2pm - 4pm

Bee City Event | February 24
Visit the Community Activities Center for demonstrations, workshops, tours, and more relating to the City’s pollinator and stormwater related efforts. Find out how you may help boost our local urban ecosystem! For more information contact Brittny.Clem@HarrisonburgVA.gov. Event details will be posted on our website and our Facebook page.

MARCH EVENTS
Shamrock 5K Trail Run & Pot of Gold Kid’s Fun Run | March 16
Location: Hillandale Park
Run $5 | Shamrock 5K $20
Sa | Mar 16 | Fun Run 8:45am | Shamrock 5K 9:30am

APRIL EVENTS
Prom Dress Drive & Give-A-Way | April 6
We are collecting gently used dresses, accessories and shoes for local girls who are attending their high school prom. Collection and drop off at Lucy Simms Center is Monday - Friday 8am - 5pm. For more information or to get involved call 540-437-9213.
Give-A-Way Event (Open to Girls Attending Prom)
Location: Lucy Simms Center
Sa | Apr 6 | 12pm - 3pm

Annual Easter Egg Hunt | April 13
Location: Westover Park
Sa | Apr 13 | 10am

MAY EVENTS
Food Truck Rally | May 11
Join us at the Lucy Simms Center for our local food truck event. Food trucks will feature different types of food to purchase. Also enjoy yard games and music! If you are an interested vendor, please contact Cory Jeffries at 540-437-9213.
Location: Lucy Simms Center
Sat | May 11 (Rain Date May 18)
11am - 3pm

Superhero Scholarship 4-Miler | May 18
A fun superhero-themed 4 mile run and 1K Kid’s Fun Run that helps raise funds for our brand new scholarship program! Race details may be found online at www.HarrisonburgVA.gov/Superhero-Scholarship-Run.
Sa | May 18

Westover Pool Splash Pad Installation Celebration Memorial Day Weekend
Join us to celebrate the completion of Westover Pool’s resurfacing project and brand new Splash Pad installation! Stay tuned for more information on our website at www.HarrisonburgVA.gov/Swimming-Pool and Facebook page!

ALSO LOOK OUT FOR OUR EARLY JUNE EVENTS!
Community Cookout | June 1
Join us for the kick-off to summer! Bring your neighbors, friends and family and meet new people! Enjoy free food, music and games. Open to all City residents!
Location: Ralph Sampson Park
Sa | Jun 1 (Rain Date June 8) | 1pm - 5pm
Bluestone Labyrinth Created in Hillandale Park!
As part of his Eagle project, Stephen Barranco created a labyrinth in Hillandale Park for our community to enjoy. Stephen, with the help of Harrisonburg Troop 42 and Parks staff, used local bluestone rock from Frazier Quarry to construct the labyrinth. The creation of the labyrinth offers community members a tranquil environment where they can step out of their fast-paced lives and relax in a serene setting. Parks landscaping staff will be working on additions including flowers, a park bench, and a seating rock in the middle of the labyrinth. As Stephen makes the ascension from Boy Scout to Eagle Scout, he reflects on his project and his service. Barranco says, “I’m glad to be doing something to give back to the community while getting experience developing leadership skills.” Parks and Recreation staff applaud Stephen for his wonderful contribution to Hillandale Park and look forward to seeing how the labyrinth develops.

Heritage Oaks Golf Course
The staff at Heritage Oaks Golf Course work tirelessly to ensure that Harrisonburg residents have the best golfing experience possible at Heritage Oaks. Staff believes the hard work and dedication put into the course speaks for itself and separates Heritage Oaks from a premiere golf course in the area. Last autumn, Superintendent John Libassi and staff consulted with course designer William Love and Head Pro David Johns to complete a partial redesign of hole number twelve. Hole twelve sported a continuous bentgrass fairway that ran down a deep swale and approached up to the green. But this low-lying area was poorly drained and impossible to maintain effectively. In October, design enhancements were made to improve drainage, turf health, and maintainability, while creating intriguing new challenges for the player. The project added a 1000 square foot “false front” bentgrass approach, re-graded for proper surface drainage, and surrounded by 150 feet of subsurface drainage. The original fairway to green layout was also changed to a tall fescue rough, placing the green and approach on more of an island. The project is being done in-house for maximum cost efficiency and the design will be less costly to maintain. The new layout will challenge golfers of all abilities to either lay-up short of the fairway’s blind end or try reaching the green or approach for that tempting shot at a rare Eagle. Heritage Oaks is one of two golf courses in Virginia certified as Virginia Green. This means Heritage Oaks uses environmentally friendly practices to maintain the course and conserve resources. Heritage Oaks’ ecological endeavors are also represented by the 85 species of birds that call this golf course their home. Staff encourages this through the nearly 100 birdhouses placed throughout the course. How many can you find during your round? To schedule your next tee time, visit us at www.HeritageOaksGolf.com or call 540-442-6502.

Westover Pool Resurfacing and Splash Pad Installation Project
When strolling through Westover Park, you may have noticed some construction going on at the Westover Pool. Grant funds were awarded to Harrisonburg Parks and Recreation for pool resurfacing and splash pad construction. As most projects do once implemented, a few challenges presented themselves leading to additional pool upgrades. Much progress has been made including the installation of pool lights, resurfacing of pool interior surface, resurfacing of pool deck and removal of the “kidzie” pool. The splash pad will be placed where the kidzie pool once existed. After the diving pool is complete and reopens for the winter (dome) swim season, the splash pad will be installed. The expected summer season opening date will be Memorial Day weekend. Stay tuned for an exciting unveiling of the brand new splash pad and special pool activities Memorial Day weekend to celebrate work done to Westover Pool this year!

Canteen Program Promotes Inclusivity
Harrisonburg Parks and Recreation gives people with intellectual and developmental disabilities an opportunity to socialize and enjoy activities in a safe environment throughout the year. The Canteen program hosts bi-monthly social and recreational events such as game nights, holiday dances, BINGO night, and even a Thanksgiving feast. In late October, the Canteen Halloween dance was held at the Ceci F. Gilliam Community Activities Center. Halloween themed food was prepared, spooky decorations were put up, and prizes were given to people wearing the best costumes. The participants of this event had a fun time, ate well, and danced the night away. Harrisonburg Parks and Recreation also hosts members of our Canteen program at our community activities center every day to come eat lunch and interact with each other. We also offer our craft and dance rooms for people to play games, exercise, and even learn how to dance. “We strive to create and implement inclusivity through our recreational activities by offering different programs and events for a wide variety of people within our community,” says recreation specialist Sarina Hartman. “One of my main goals that I am working on is to improve the events that we offer now, grow participation, and offer new programs for individuals with disabilities.” The Canteen program promotes and protects the human rights of people with intellectual and developmental disabilities and supports their full inclusion and participation in our community. Through our events, participants are exposed to a variety of community experiences that help them discover their talents and interests. This program allows individuals to have fun experiences, develop their skills in real world situations, and learn what inclusion in the community looks and feels like. For more information about the Canteen Program, visit www.HarrisonburgVA.gov/Special-Programs, contact Sarina.Hartman@HarrisonburgVA.gov or call 540-433-2474.

Fit and Strong! Class Successful for 50 and Wiser Program Participants
Parks and Recreation staff applied for and were awarded a grant from the National Recreation and Park Association for a new program that teaches adults with osteoarthritis and lower body pain how to engage in safe and effective exercise. The program meets twice a week for 12 weeks for 1½ hours. The program’s projected attendance was 20 however, the program filled within days so staff accepted 6 more! Participants engage in stretches, strength training, and aerobic walking to get exercise and manage lower body pain. All participants have been enjoying themselves and have had very positive feedback from the session. One participant is a centenarian recovered from several physical injuries and osteoarthritis. He noted that this program is exactly what he needed to help his body healthy and active. Another participant said that this program is a perfect way of easing herself into doing physical activity after suffering from an accident. Multiple people commented on how the degree of difficulty of this program is perfect for them because it is at a level where they exercised well without pushing themselves too hard. The instructors of the class, Joyce Nussbaum of Valley Program for Aging Services (VPAS) and Cory Jeffries of Harrisonburg Parks and Recreation, are exceptional at making everyone feel welcome and comfortable. Instructors emphasize that everyone should work at their own pace and avoid pushing themselves too hard. Participants are even requesting an exercise program geared for them at the completion of the 24 Fit and Strong! sessions, and staff has now created the Moving and Grooving class to accommodate these participant’s request. Harrisonburg Parks and Recreation is offering the Fit and Strong! class in Winter/Spring 2019 and as this program continues to grow strong, parks staff hopes the participants do too.

Harrisonburg Parks Featured in Urban Wood Utilization Film
What should happen to a tree as it transitions from a living plant to standing dead wood? Harrisonburg has incorporated urban wood and tree-cycling into Harrisonburg’s future vision for a greener city. “Incorporating urban wood and tree-cycling into the city’s treescape planning for the city’s future wood resources aligns with our urban wood efforts in Harrisonburg and helps us to chart a path of sustainability well into the future” says Jeremy Harold, Parks Superintendent. The following’s language on the wood-cycle project has recently been included in the City’s comprehensive plan: “To develop a waste wood utilization program, in partnership with interested agencies and organizations, to recover wood products from fallen or removed trees so that the wood could be reused in creative ways and kept from going into landfills.” Harrisonburg Parks and Recreation has collaborated with Joe Lehnon with the Department of Forestry for Harrisonburg to be featured alongside the City of Roanoke in a short film that will help the City advertise and build community support for the urban wood program. Filming company DabblePro from Lynchburg, Virginia came to Westover Park in September 2018 to film the removal of a 150 foot ash tree that was damaged during the 2011 ice storm. Filming then took place at a local sawmill (less than 10 miles from where the tree existed) where the wood was cut into smaller panels. After the wood is processed and dried in a kiln, local woodworking artist Aaron Johnston with Gray Fox Designs will be filmed repurposing the wood into a beautiful conference table. The table will be taken back to Westover Park and placed in the Parks and Recreation administrative office conference room. This tree lived within Westover Park in it’s health, and will continue to live within Westover Park in park offices.
**PARKS & FACILITIES**

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**Cecil F. Gilkerson**  
**Community Activities Center**  
305 South Dogwood Drive | 540-433-2474

**Hours**  
M - F | 6am - 9pm  
Sa | 9am - 5pm  
Su | 1pm - 6pm until May 25

**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  
Combo Gym/Swim Membership | City Res $105 | Non Res $150

**Evening Gym Schedule (6pm - 9pm)**  
Monday and Thursday - Open Gym Volleyball  
Tuesday, Wednesday, Saturday, Sunday - Open Gym Basketball  
Friday - Pickleball

Gym Schedule is subject to change. Please check [www.HarrisonburgVA.gov/Community-Activities-Center](http://www.HarrisonburgVA.gov/Community-Activities-Center) for gym schedule updates or call 540-433-2474.

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**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  
T, Th | 7:30am - 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.HarrisonburgVA.gov/Simms-Center](http://www.HarrisonburgVA.gov/Simms-Center)

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

**Hours, Admission, Membership**  
Refer to page 11

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**Price Rotary Senior Center**  
309 South Dogwood Drive | 540-432-7799

**Hours**  
Call 540-432-7799 for Hours

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**Heritage Oaks Golf Course**  
680 Garbers Church Road | 540-442-6502

**Hours, Rates, Membership & Leagues**  
Like Heritage Oaks Golf Course on Facebook, Twitter, and Instagram!
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

January - May 2019 Class Registration Schedule
Online Registration for City Residents: December 10, 2018 | 8am
In-Person Registration for City Residents: December 18, 2018 | 8am
In-Person Registration for Non Residents: December 19, 2018 | 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, Shower, Meeting, and more!
Shelter reservations will begin January 3 for City residents and January 4 for non-residents. 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
New Years’ Day | January 1 | Admin, Pool, Simms, CAC, Senior Center
Lee Jackson Day | January 18 | Admin
Martin Luther King Day | January 21 | Admin
President’s Day | February 18 | Admin
Easter | Apr 21 | CAC, Pool
Memorial Day Weekend | May 25 - 27 | Admin, Simms, CAC, Senior Center

SPECIAL EVENT FACILITY CLOSURES
Prom Dress Give-A-Way | Apr 7 | Simms closed 12pm - 3pm
Easter Egg Hunt | Apr 13 | CAC closed until 12pm
Food Truck Rally | May 11 | Simms closed 11am - 3pm
Superhero Scholarship 4-Miler | May 18 | CAC & Pool closed until 12pm

Program Registration | 540-433-2474 | www.HarrisonburgVA.gov/Program-Registration