

# Winter-Spring Activity Guide

January - May 2020

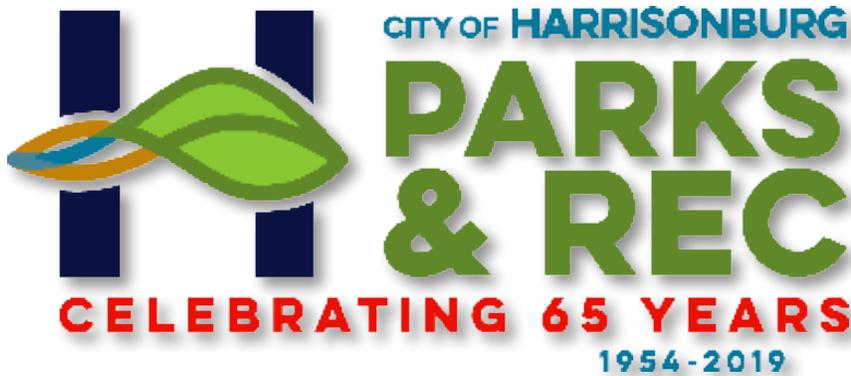
Reserve a Shelter for your  
Event this Spring!

## PROGRAM REGISTRATION DATES

Online Registration for City Residents | December 9

In-Person Registration | City Residents December 16 | Non-Residents December 17

[www.HarrisonburgVA.gov/Activities](http://www.HarrisonburgVA.gov/Activities) | 540.433.2474



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

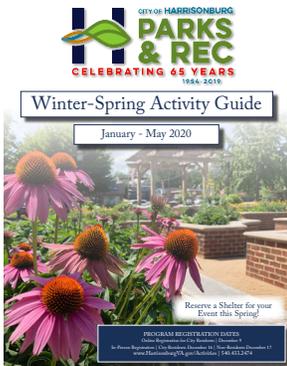
**OUR MISSION**

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

**OUR VISION**

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

**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](http://www.HarrisonburgVA.gov/Activities).

**PARKS AND RECREATION ADVISORY COMMISSION**

- Mr. Kevin Gibson
- Mrs. Sandra Bopp
- Mr. MuAwia DaMes
- Mr. Chance Ebersold
- Mr. Obie Hill
- Mr. James Logan
- Mr. Daniel Martonik
- Ms. Deanna Reed, City Mayor
- Luanne Santangelo, Director, Harrisonburg Parks and Recreation

**STAFF DIRECTORY**



- Cecil F. Gilkerson**  
**Community Activities Center** 540-433-2474  
 Bill Rule, Center Supervisor  
 Nicole Gray, Childcare Coordinator  
 Tucker Thigpen, Recreation Specialist
- Athletics** 540-433-9168  
 Erik Dart, Athletic Manager  
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- Westover Swimming Pool** 540-434-0571  
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 Lynn Hoy, Senior Program Coordinator
- Heritage Oaks Golf Course** 540-442-6502  
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 Kelly Adams, Golf Pro Shop Manager
- Lucy F. Simms**  
**Continuing Education Center** 540-437-9213  
 Stephanie Howard, Center Supervisor  
 Cory Jeffries, Recreation Specialist
- Park Administration** 540-438-1644  
**City Services** 540-432-7701  
**Harrisonburg Police Department** 540-434-4436

Sign up to Receive Emergency Alerts!



[www.HRECC.org/Emergency-Alert](http://www.HRECC.org/Emergency-Alert)

# What's Inside...

- 4. Fitness
- 5. Athletics
- 6. Special Interest
- 8. Kid Zone
- 9. Dance
- 10. Westover Pool
- 11. 50 and Wiser
- 14. Winter/Spring Events
- 16. Parks and Facilities
- 17. Heritage Oaks Golf Course
- 18. Rent a Park Facility
- 19. Registration Information

# Activity Guide Features

**New!** Free Violin Lesson & Performance | page 6

**New!** Essential Oils Classes | page 7

**New!** Free "Groove" Introductory Class | page 11

Black History Month Series | page 14

How to Rent a Park Facility | page 18



How to Reach Us!

EMAIL

[ParksandRecreation@HarrisonburgVA.gov](mailto:ParksandRecreation@HarrisonburgVA.gov)

WEBSITE

[www.HarrisonburgVA.gov/Parks-Recreation](http://www.HarrisonburgVA.gov/Parks-Recreation)

FACEBOOK

[@HarrisonburgParksandRecreation](https://www.facebook.com/HarrisonburgParksandRecreation)

TWITTER

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A Dream Come True Playground

# FITNESS



## Community Activities Center Fitness Room

### Interval Fitness

Learn how to exercise using the High Intensity Training Method. Classes incorporate bodyweight exercises, use of kettlebells, medicine balls, etc. All fitness levels welcome and beginners encouraged. Instructor may not be present for a few classes.

**Location: Community Activities Center**

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

#121400A1 | M, W, F | Feb 17 - Mar 27 | 6am - 7am

#321400A2 | M, W, F | Apr 6 - May 15 | 6am - 7am

#321400A3 | M, W, F | May 27 - Jul 1 | 6am - 7am

### Yoga For All

Instructor: Shane O'Hara

Welcome to the world of yoga! Join us in learning foundational yoga poses and sequences. This all-level class will focus on building strength, flexibility, and confidence in your yoga fitness workouts. Mats and blocks will be provided however you may bring your own.

**Location: Community Activities Center**

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

#121425A1 | Tu | Jan 21 - Feb 25 | 6:30pm - 7:30pm

#121425A2 | Tu | Mar 24 - Apr 28 | 6:30pm - 7:30pm

### Sun Style Tai Chi

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. Instructor studied tai chi for many years.

**Location: Lucy Simms Center Music Room**

City Res \$22 | Non Res \$25 | Ages 40+

#140536A1 | F | Jan 17 - Feb 14 | 10am - 11:15am

#140536A2 | F | Mar 6 - Apr 3 | 10am - 11:15am

#140536A3 | F | May 1 - May 29 | 10am - 11:15am

### Fit & 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 and has been awarded the Best Health and Wellness Initiative in the state at the 2019 Virginia Recreation and Park Society conference. Weights, mats, instruction manual, and exercise bands are provided. Please wear loose-fitting clothes and sneakers to class. After Fit & Strong! class completion, try out our Moving & Grooving class!

Free | Ages 40+

**Location: Lucy Simms Center Auditorium**

#140510A1 | Tu, Th | Jan 7 - Mar 26 | 2pm - 3:30pm

### 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. All fitness levels welcome.**

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

**Location: Lucy Simms Center Auditorium**

#140514A1 | Tu, Th | Jan 7 - Mar 26 | 10am - 11:30am

#140514A2 | Th, Th | Mar 31 - Jun 18 | 10am - 11:30am

#140514A3 | Tu, Th | Mar 31 - Jun 18 | 2pm - 3:30pm

## Are you Interested in Coaching?

If you are interested in coaching our clinics or leagues, please contact Ali Routzahn at 540-433-9168 or email [Alexandra.Routzahn@HarrisonburgVA.gov](mailto:Alexandra.Routzahn@HarrisonburgVA.gov)

## YOUTH CLINICS

### Youth Volleyball Clinic

This is a beginner level volleyball clinic for players being introduced to the sport, or looking to improve their skills in serving, passing, setting, and hitting. Deadline to register is February 24.

**Location: Community Activities Center Gymnasium**

Free | Ages 9 - 13

#111005A1 | Sa | Feb 29 - Mar 28 | 9:30am - 11am

### Youth Ultimate Frisbee Clinic

Learn the fundamentals of this quickly growing sport. Discs are provided by the instructor however, participants are welcome to bring their own.

Deadline to register is May 1.

**Location: Morrison Park (Near Waterman Elementary)**

Free | Ages 10 - 14

#111046A1 | Tu, Th | May 5 - May 28 | 6pm - 8pm

### Youth Lacrosse Clinic

Learn the fundamental skills of this popular sport in a one-day clinic. All equipment will be provided. This is an introductory program, designed for beginners. Deadline to register is April 13.

**Location: Morrison Park (Near Waterman Elementary)**

Free | Ages 5 - 8

#111047A1 | Sa | Apr 18 | 1pm - 3pm

### 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](http://www.HarrisonburgVA.gov/Cleat-Exchange).

## ADULT SOFTBALL LEAGUES

**Location: Ramblewood Athletic Fields**

Team registration forms and additional information can be found at [www.HarrisonburgVA.gov/Softball](http://www.HarrisonburgVA.gov/Softball).

There is a maximum of 10 teams in each league. Each league will have a 10-week regular season, which will be followed by a double-elimination, upper tier and lower tier playoff.

\$300/Team | Ages 16+

Deadline to register is March 12

### Men's Slow Pitch Softball League

#220125A1 | M (W Makeup) | April 6 - Jul | 6:30pm, 7:30pm, 8:30pm, 9:30pm

### Co-Ed Slow Pitch Softball League

#220130A1 | Tu (Th Makeup) | Apr 7 - Jul | 6:30pm, 7:30pm, 8:30pm, 9:30pm

## HARRISONBURG LITTLE LEAGUE ASSOCIATION

### Baseball & Softball

Registration opens January 1 at [www.hlla.org](http://www.hlla.org) for all boys and girls in the City of Harrisonburg. In-person registration takes place at the Community Activities Center February 1, 8, and 15 from 10am - 1pm. This is open to ages 4+ (age as of Aug 31, 2020). Call 540-280-1976 for additional information.

### Challenger Division

Registration opens January 1 at [www.hlla.org](http://www.hlla.org) for this adaptive program for individuals with physical and intellectual challenges. This is open to ages 4 and up (age as of Aug 31, 2020). Call 540-280-1976 for additional information.



# SPECIAL INTEREST

## ARTS

### 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 and bring your own project, use supplies on hand, or 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+

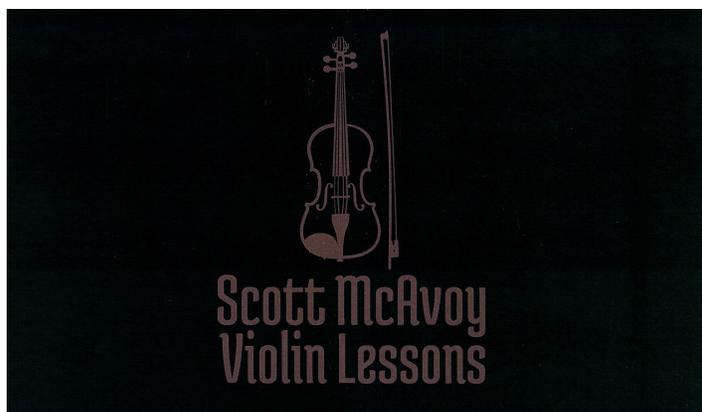
#130901A1 | Th | Jan 9 | 5pm - 8pm

#130901A2 | Th | Feb 13 | 5pm - 8pm

#130901A3 | Th | Mar 12 | 5pm - 8pm

#130901A4 | Th | Apr 9 | 5pm - 8pm

#130901A5 | Th | May 14 | 5pm - 8pm



### Free Violin Lesson Information Session!

Scott McAvoy has 15 years experience teaching violin and is hosting a free information session to better prepare potential students for lessons. He will be helping students size and locate a violin and will be available to answer questions so that you may achieve your goal of playing violin. A special violin performance will be included at this fun event! Registration is required.

**Location: Lucy Simms Center**

Free

#130930B1 | Sa | Dec 14 | 10am - 12pm

### Violin Lessons

Instructor: Scott McAvoy

Interested in learning violin? Benefit from violin lessons whether you have experience or are beginning to learn the instrument. Instructor Scott McAvoy provides group lessons for students of all ages and abilities. Scott has shared his passion for teaching technical skill and joy for music with beginner and intermediate students for more than 15 years. Scott's students have performed recitals and achieved goals for playing violin. Registration for lessons includes the method book, "Essential Elements for Strings Violin Book 1".

**Location: Lucy Simms Center Room 207**

City Res \$92 | Non Res \$110 | Ages 3+

#130930A1 | Th | Jan 9 - Jan 30 | 5pm - 6pm

#130930A2 | Th | Feb 6 - Feb 27 | 5pm - 6pm

#130930A3 | Th | Mar 5 - Mar 26 | 5pm - 6pm

## CULINARY

### Chefs Hike

Instructor: Chef's Hike

Registration is required for all classes.

**Location: Lucy Simms Center Kitchen**

Each Class: Free | Ages 16+

### Healthy Eating for the New Year

Class will cover what foods can help you keep your New Year's resolution to lose weight. Review soups for the winter, salads, healthy grains, and carb conscious diets.

#130937A1 | Sa | Jan 25 | 11am - 12pm

### Quick and Easy Strawberry Shortcake

Prepare a strawberry shortcake recipe that can be reproduced at home for Valentines Day.

#130937A2 | Sa | Feb 8 | 11am - 12pm

### Rice From Around the World

Prepare different types of rice from around the world to expand our expertise on pairing rice with main courses. We will cover long grain white rice, brown rice, basmati rice, jasmine rice, arborio rice, and specialty rice varieties.

#130937A3 | Sa | Mar 21 | 11am - 12pm

## DANCE

### Square Dance

Instructor: Larry Winegard

Square dance basic/mainstream calls and line dancing program.

**Location: Lucy Simms Center Room 101**

City Res \$41 | Non Res \$49 | Ages 12+

#130300A1 | Th | Feb 6 - Apr 9 | 7pm - 8:30pm

## POTTERY

### Wheel Thrown Pottery

Instructor: Kassy Newman

Learn wheel thrown ceramics including clay preparation, working on a potters wheel, trimming, and glazing. Participants will also work on forms, explore tools/materials, and complete projects/pieces. There will be no class April 6 and April 23.

**Location: Community Activities Center Craft Room 1**

City Res \$67 | Non Res \$80 | Ages 16+

#120919A1 | M | Jan 6 - Feb 10 | 6pm - 8pm

#120919A2 | Th | Jan 9 - Feb 13 | 6pm - 8pm

#120919A3 | M | Feb 17 - Mar 23 | 6pm - 8pm

#120919A4 | Th | Feb 20 - Mar 24 (Last Class on a Tue) | 6pm - 8pm

#120919A5 | M | Mar 30 - May 4 | 6pm - 8pm

#120919A6 | Th | Apr 2 - May 7 | 6pm - 8pm

## 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+

#120964A1 | W | Jan 8, Jan 15 | 6pm - 7:30pm

#120964A2 | W | Mar 4, Mar 11 | 6pm - 7:30pm

#120964A3 | W | May 6, May 13 | 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+

#120965A1 | W | Jan 22, Jan 29 | 6pm - 7:30pm

#120965A2 | W | Mar 18, Mar 25 | 6pm - 7:30pm

#120965A3 | W | May 20, May 27 | 6pm - 7:30pm

### Stop The Bleed

Instructor: Leslie Ney

The American College of Surgeons Committee on Trauma is leading the effort to save lives by teaching the civilian population to provide initial response to uncontrolled bleeding in emergency situations. Join us in the Nation-wide push to learn how to stop a major bleed and take advantage of basic training in Bleeding Control principles. Participants will leave with a certificate of attendance. This course is presented with support from Harrisonburg Rescue Squad.

**Location: Community Activities Center**

Free | Ages 13+

#130709A1 | Sa | Apr 18 | 1pm - 2:30pm

### 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.**

**Location: Lucy Simms Center Computer Lab**

Free | Ages 13+

## FALL CANTEEN EVENT SCHEDULE

All area teens and adults with intellectual and other developmental disabilities are invited to attend this monthly social and recreational program. Each meeting will include a theme such as dances, picnics, games, dinners, etc.

**Location: Community Activities Center**

Game Night | F | Jan 17 | 7pm - 8:30pm

Valentines Dance | F | Feb 7 | 7pm - 8:30pm

St. Patricks Dance | F | Mar 20 | 7pm - 8:30pm

Cookout | F | May 29 | 7pm - 8:30pm

## ESSENTIAL OILS

### Create Your Own Aromatherapy Perfume & Cologne

Instructor: Jamie & Emily

Love is in the air this month, join us to craft your own personalized non-toxic perfume and cologne with essential oils.

**Location: Simms Center Room 101**

City Res \$23 | Non Res \$28 | Ages 13+

#130996A1 | W | Feb 5 | 6:30pm - 7:30pm

### Sleep Rollers with Essential Oils

Instructor: Jamie & Emily

Daylight savings is right around the corner! As we spring forward, join us to create essential oil rollers that can help support healthy sleep and keep everyone catching their zzz's!

**Location: Lucy Simms Center Room 101**

City Res \$12 | Non Res \$14 | Ages 13+

#130997A1 | W | Mar 4 | 6:30pm - 7:30pm

### Succulent Diffusers

Instructor: Jamie & Emily

Spring is in the air! Join us to brighten up our spaces with colorful layered sand succulents that can be natural diffusers to fill the air with essential oils.

**Location: Lucy Simms Center Room 101**

City Res \$12 | Non Res \$14 | Ages 13+

#130998A1 | W | Apr 8 | 6:30pm - 7:30pm

### Nontoxic Spring Cleaning Make and Take

Instructor: Jamie & Emily

As we dig into spring cleaning, let's take some time to clean up the cleaners we are using! Join us to make a non-toxic hand soap, multi-surface cleaner with Thieves essential oils as well as an essential oil room spray.

**Location: Lucy Simms Center Room 101**

City Res \$12 | Non Res \$14 | Ages 13+

#130999A1 | W | May 6 | 6:30pm - 7:30pm

## NORTHEAST NEIGHBORHOOD ASSOCIATION

**Meets Every Third Thursday at the Lucy Simms Center | 7pm**

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 at 7:00pm at the Lucy Simms Continuing Education Center. Northeast Neighborhood Association Mailing Address: P.O. Box 1026 Harrisonburg, VA 22803

# KID ZONE

## PROGRAMS

### Westover Preschool

Registration for the Westover Preschool 2020-2021 school year is Monday, June 1 at the Community Activities Center. A birth certificate must be presented upon registration. For more information visit [www.HarrisonburgVA.gov/Childcare](http://www.HarrisonburgVA.gov/Childcare).



### S.O.A.R. Summer Program

Registration for the Summer Recreation Program will begin on Monday, April 13 for returning participants with open registration beginning Monday, April 27. Registration is completed in person at the Community Activities Center. Forms will be available in March. For more information visit [www.HarrisonburgVA.gov/Childcare](http://www.HarrisonburgVA.gov/Childcare).

### Parent Tot Playtime

Parks and Recreation staff provide 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 Adult | Ages 0 - 5  
Tu | Ongoing - Apr 28 | 10am - 12pm

## CLASSES FOR KIDS

### Teaching Arabic for K-12

Instructor: Nasser Al Saadun

Program focuses on teaching Arabic to children of all experience levels. For more information email Nasser Al Saadun at [n75n79@hotmail.com](mailto:n75n79@hotmail.com).

**Location: Lucy Simms Center**  
City Res/Non Res \$50 (Additional Child \$25) | Ages 5+  
#110901A1 | M, W, Th | Jan 6 - Jan 30 | 4pm - 6pm  
#110901A2 | M, W, Th | Feb 3 - Feb 27 | 4pm - 6pm  
#110901A3 | M, W, Th | Mar 2 - Apr 2 | 4pm - 6pm  
#110901A4 | M, W, Th | Apr 6 - Apr 30 | 4pm - 6pm

### Kids Make and Take: Bubbles, Playdoh & Bath Paints

Instructor: Jamie and Emily

Let's beat the stuck inside blues with some fun play recipes to keep the kiddos occupied and engaged. We will make oil infused playdoh, non-toxic bubbles, and chemical free bath paints!

**Location: Lucy Simms Center Art Room**  
City Res \$12 | Non Res \$14 | Ages 5 - 10  
#110935A1 | W | Jan 15 | 6:30pm - 7:30pm

## KIDS SWIM

### Preschool Pool Play Time

Looking for a fun activity for you and your preschooler? Westover Pool will be offering preschool playtime with water toys! Come enjoy the pool and toys for a discounted rate. Participants are to bring a swimsuit, towel, and are welcome to bring toys.

**Location: Westover Pool**  
\$2/Adult | Children Free  
Th | Ongoing - Apr 30 | 9am - 11am

### 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. Participants should bring a swimsuit, towels and goggles. No pre-registration required. For more information call 540-434-0571.

**Location: Westover Pool**  
City Res \$4 | Non Res \$6 | Ages 6 - 15  
M | Ongoing - Apr 27 | Beginners (11am - 12pm) | Experienced (12pm - 1pm)



## DANCE SCHEDULE

Dance Coordinator: Cynthia Marafino  
Cynthia.Marafino@HarrisonburgVA.gov

**Location: Community Activities Center Dance Studio**  
City Res \$80 | Non Res \$95

15 Week Classes | Jan 13 - May 9 | No Class Mar 9 - 14 & Apr 6 - 11

Age Restrictions as of Jan 1, 2020

Additional Information: [www.HarrisonburgVA.gov/Dance](http://www.HarrisonburgVA.gov/Dance)  
To Register: Call 540-433-2474

### Discover Dance I

Instructor: Cynthia/Tehya

#510301B1 | Ages 3 - 4 | W | Jan 15 - May 6 | 4:15pm - 4:50pm  
#510301B2 | Ages 3 - 4 | F | Jan 17 - May 8 | 4:15pm - 4:50pm  
#510301B3 | Ages 3 - 4 | Sa | Jan 18 - May 9 | 10:30am - 11:05am

### Discover Dance II

Instructor: Cynthia

#510302B1 | Ages 4 - 5 | M | Jan 13 - May 4 | 4:15pm - 4:50pm  
#510302B2 | Ages 4 - 5 | Tu | Jan 14 - May 5 | 4:30pm - 5:05pm

### Introduction to Dance

Instructor: Cynthia/Tehya

Involves some Tap

#510303B1 | Ages 5 - 7 | M | Jan 13 - May 4 | 5pm - 5:45pm  
#510303B2 | Ages 5 - 7 | Sa | Jan 18 - May 9 | 11:15am - 12pm

### Beginner Ballet/Tap I

Instructor: Cynthia/Jimmy

#510304B1 | Ages 6 - 7 | Th | Jan 16 - May 7 | 4:30pm - 5:15pm

### Ballet/Tap II/III

Instructor: Cynthia/Jimmy

#510307B1 | Ages 7 - 8 | W | Jan 15 - May 6 | 5pm - 5:45pm

### Intermediate Ballet

Instructor: Cynthia/Jimmy

#510326B1 | Ages 7 - 9 | Th | Jan 16 - May 7 | 5:15pm - 6pm

### Advanced Child Ballet

Instructor: Katherine/Liza

#510305B1 | Ages 9 - 12 | Th | Jan 16 - May 7 | 6pm - 6:45pm

### Youth Advanced Ballet I/II

Instructor: Cynthia/

Pre Pointe/Beginner Pointe/Permission of Instructor

Jimmy

#510306B1 | W | Jan 15 - May 6 | 6pm - 7pm

### Advanced Ballet IV & Pointe

Instructor: Cynthia

Permission of Instructor

#510324B1 | Th | Jan 16 - May 7 | 6:45pm - 7:45pm

### Beginner Jazz I/II

Instructor: Tehya/Katherine

Involves some Hip Hop

#510311B1 | Ages 6 - 7 | F | Jan 17 - May 8 | 5pm - 5:45pm

### Intermediate Jazz III

Instructor: Tehya/Katherine

Involves some Hip Hop

#510314B1 | Ages 7 - 10 | F | Jan 17 - May 8 | 5:45pm - 6:30pm

### Advanced Youth Jazz

Instructor: Tehya

#510312B1 | Ages 10+ | F | Jan 17 - May 8 | 6:30pm - 7:15pm

### Advanced Jazz III

Instructor: Jimmy

Permission of Instructor

#510321B1 | Tu | Jan 14 - May 5 | 5:30pm - 6:15pm

### Advanced Jazz IV

Instructor: Jimmy

Permission of Instructor

#510330B1 | Tu | Jan 14 - May 5 | 7:15pm - 8:15pm

### Irish Step

Instructor: Merinda

Meets in Classroom 1 & 2

#510315B1 | Ages 6 - 12 | Th | Jan 16 - May 7 | 6:45pm - 7:30pm

### Advanced Irish Step

Instructor: Merinda

Meets in Classroom 1 & 2/Permission of Instructor

#510316B1 | Th | Jan 16 - May 7 | 7:30pm - 8:30pm

### Youth Modern/Lyrical

Instructor: Liza

#510319B1 | Ages 9+ | M | Jan 13 - May 4 | 6:30pm - 7:15pm

### Advanced Modern

Instructor: Tehya

Permission of Instructor

#510329B1 | Th | Jan 16 - May 7 | 7:45pm - 8:45pm

### Musical Stage

Instructor: Liza

#510318B1 | Ages 9+ | M | Jan 13 - May 4 | 5:45pm - 6:30pm

## TEEN

### Teen/Preteen Ballet/Jazz Level I/II

Instructor:

#510310B1 | Ages 10+ | W | Jan 15 - May 6 | 7:45pm - 8:30pm

Liza

### Teen/Preteen Tap

Instructor: Katherine

Must be enrolled in Ballet or Jazz

#510325B1 | Ages 10+ | W | Jan 15 - May 6 | 7pm - 7:45pm

## BLUE CREW DANCE COMPANY

### Blue Crew Dance Company

Instructor: Cynthia/

Permission of Instructor

Jimmy

#510317B1 | Tu | Jan 14 - May 5 | 6:15pm - 7:15pm

## ADULT

### Adult Ballet

Instructor: Jimmy

For Fun and Exercise

#520331B1 | Ages 18+ | M | Jan 13 - May 4 | 7:15pm - 8pm

### Adult Tap

Instructor: Jimmy

For Fun and Exercise

#520330B1 | Ages 18+ | M | Jan 13 - May 4 | 8pm - 8:45pm

### Adult Irish

Instructor: Merinda

Meets in Classroom 1 & 2

#520333B1 | Ages 18+ | Tu | Jan 14 - May 5 | 8pm - 8:45pm

## SPRING DANCE CONCERT

Location: Harrisonburg High School Auditorium

### Dress Rehearsal

W | May 13 | 5:30pm

Th | May 14 | 5:30pm

### Dance Concerts

Sa | May 16 | 1pm & 7pm

# WESTOVER POOL

Online Registration for City Residents Begins December 9  
[www.HarrisonburgVA.gov/Online-Registration](http://www.HarrisonburgVA.gov/Online-Registration) or call 540-434-0571

## SWIM HOURS

Please check [www.HarrisonburgVA.gov/Swimming-Pool](http://www.HarrisonburgVA.gov/Swimming-Pool) for pool admission fee and swim pass information.

### Winter - Spring Hours

December 2019 - January 4, 2020

#### Lap Swim

M - F | 7am - 3pm, 5pm - 7:30pm

#### Open Swim

M - F | 9am - 3pm

Sa | 12pm - 5pm

Su | 1pm - 6pm

January 5, 2020 - May 30, 2020

#### Lap Swim

M - F | 5:30am - 11am, 5pm - 7:30pm

#### Open Swim

Sa | 12pm - 5pm

Su | 1pm - 6pm

## PROGRAMS

### Masters Swimming

Instructor: Patrick O'Neill

Swim team style workouts and training for adults. Join to improve your swimming, learn new techniques, get in shape, or take your current workouts to the next level. Masters Swimming is for the intermediate or advanced swimmer. Monthly or seasonal membership to Masters Swimming is required, no additional pool membership necessary. Participants must bring a swimsuit and towel.

#### Monthly Membership

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

Tu, W, Th | 7am - 9am

#### Winter Season Membership

City Res \$180 | Non-Res \$240 | Ages 18+

Tu, W, Th | Nov 5 - Apr 30 | 7am - 9am

### Lifeguard Certification Class

Become certified as a Lifeguard with First Aid/CPR/AED. Class fee includes training and instruction on all lifeguard rescue skills, safety protocols, and Participant Manual. Mandatory pretest that includes a 300 yard swim, 10lb. dive brick retrieval, and 2 minutes treading water without the use of hands. Class is taught over 2 consecutive weekends and attendance is mandatory for completion of certification. Participants should bring a pen, notebook, swimsuit, towel, goggles, and dry clothes. On Saturday and Sunday, bring a lunch and snacks.

City Res \$150 | Non Res \$175

#131101A1

F | Mar 27 | 5pm - 9pm

Sa | Mar 28, Apr 4 | 12pm - 9pm

Su | Mar 29, Apr 5 | 8am - 2pm

## SWIM LESSONS

Participants should wear a swimsuit and bring a towel and goggles. For questions please call 540-434-0571.

**Location: Westover Pool**

**All Swim Lessons: City Res \$25 | Non Res \$30**

**Online Registration (City Residents Only) - Dec 9**

**City Res Registration - Dec 16**

**Non Res Registration - Dec 17**

### Registration & Swim Placement Test Requirement

- Register online for preschool, Level 1 and Level 2 swim lessons. A swim placement test is optional.
- Register in-person for Level 3 & Level 4 swim lessons. A swim placement test is required.
- Swim placement tests are conducted during pool operating hours. No appointment necessary.

### Preschool - Tadpoles

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 | Sa | Feb 8 - Mar 28 | 9:30am - 10am

### Preschool - Guppies

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

#111100B1 | Sa | Feb 8 - Mar 28 | 9:30am - 10am

### Goldfish - Level 1

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

#111101A1 | M - Th | Mar 9 - Mar 19 | 4pm - 4:50pm

#111101B2 | Sa | Feb 8 - Mar 28 | 10am - 10:50am

### 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.

#111102A1 | M - Th | Mar 23 - Apr 2 | 4pm - 4:50pm

#111102B2 | Sa | Feb 8 - Mar 28 | 10am - 10:50am

### 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.

#111103B2 | Sa | Feb 8 - Mar 28 | 11am - 11:50am

### 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.

#111104B1 | Sa | Feb 8 - Mar 28 | 11am - 11:50am

### Planning an Event or Party?

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

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](mailto:Lynn.Turner@HarrisonburgVA.gov)

## 50 & ACTIVE

### 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 | Th | Jan 2 - Feb 6 | 2pm - 3pm

#140525A2 | Th | Feb 27 - Apr 2 | 2pm - 3pm

#140525A3 | Th | Apr 16 - May 21 | 2pm - 3pm

### 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 | Th | Jan 2 - Feb 6 | 3:30pm - 4:30pm

#140526A2 | Th | Feb 27 - Apr 2 | 3:30pm - 4:30pm

#140526A3 | Th | Apr 16 - May 21 | 3:30pm - 4:30pm

### Pilates

Instructor: Dana Neff

Focuses on total body strength, endurance, and flexibility. An emphasis on movement quality, posture, and breathing makes pilates a safe and revitalizing workout while challenging the body in a new way. Promotes posture, increased strength, and range of motion.

**Location: Price Rotary Senior Center**

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

#140512A1 | Tu | Jan 7 - Feb 11 | 4:30pm - 5:30pm

#140512A2 | Tu | Mar 3 - Apr 7 | 4:30pm - 5:30pm

#140512A3 | Tu | Apr 14 - May 19 | 4:30pm - 5:30pm

### Sun Style Tai Chi

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. Instructor studied tai chi for many years.

**Location: Lucy Simms Center Music Room**

City Res \$22 | Non Res \$25 | Ages 40+

#140536A1 | F | Jan 17 - Feb 14 | 10am - 11:15am

#140536A2 | F | Mar 6 - Apr 3 | 10am - 11:15am

#140536A3 | F | May 1 - May 29 | 10am - 11:15am

### 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 7 - Feb 13 | 5:30pm - 6:15pm

#140500A2 | Tu, Th | Feb 25 - Apr 2 | 5:30pm - 6:15pm

#140500A3 | Tu, Th | Apr 14 - May 21 | 5:30pm - 6:15pm

### Fit & 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 and has been awarded the Best Health and Wellness Initiative in the state at the 2019 Virginia Recreation and Park Society conference. Weights, mats, instruction manual, and exercise bands are provided. Please wear loose-fitting clothes and sneakers to class. After Fit & Strong! class completion, try out our Moving & Grooving class!

**Location: Lucy Simms Center Auditorium**

Free | Ages 40+

#140510A1 | Tu, Th | Jan 7 - Mar 26 | 2pm - 3:30pm

### 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. All fitness levels welcome. Please note: It is recommended that you take the Fit & Strong! class before registering for Moving and Grooving.**

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

**Location: Lucy Simms Center Auditorium**

#140514A1 | Tu, Th | Jan 7 - Mar 26 | 10am - 11:30am

#140514A2 | Th, Th | Mar 31 - Jun 18 | 10am - 11:30am

#140514A3 | Tu, Th | Mar 31 - Jun 18 | 2pm - 3:30pm

### New Groove Introductory Free Class!

Exercise and dance like nobody's watching! Welcoming all interested in trying out our new Groove program!

**Location: Price Rotary Senior Center**

Free

M | Jan 6 | 5:30pm - 6:30pm

### Groove

Instructor: Dana Neff

Dynamic, interactive and creative group dance experience. You will experience everything from slow, meditative grooves to heart thumping and strength building cardio beats. The perfect recipe to nurture your body, mind, and soul.

**Location: Price Rotary Senior Center**

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

#140575A1 | M | Jan 13 - Feb 17 | 5:30pm - 6:30pm

#140575A2 | M | Mar 9 - Apr 13 | 5:30pm - 6:30pm

#140575A3 | M | May 4 - Jun 8 | 5:30pm - 6:30pm

### Groove, Young At Heart

Instructor: Dana Neff

Focuses on building body awareness, mobility and strength while nurturing interpersonal skills and creativity through a mostly seated experience. Feel energized, uplifted, stronger, and happy!

**Location: Price Rotary Senior Center**

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

#140576A1 | W | Jan 15 - Feb 19 | 10:15am - 11:15am

#140576A2 | W | Mar 11 - Apr 15 | 10:15am - 11:15am

#140576A3 | W | May 6 - Jun 10 | 10:15am - 11:15am

# 50 AND WISER

## Line Dance

Instructor: Anna Bishop

Beginner classes are offered. No partner required. You will burn, tone, and strengthen your body while reducing stress and having fun. All types of music will be used, it isn't just country anymore.

**Location: Community Activities Center**

City Res \$24 | Non Res \$28 | Ages 50+

## Absolute Beginner

Does not require any experience.

#140300A1 | W | Jan 8 - Feb 12 | 11:30am - 12:30pm

#140300A2 | W | Feb 26 - Apr 1 | 11:30am - 12:30pm

#140300A3 | W | Apr 15 - May 20 | 11:30am - 12:30pm

## Beginner

Knowledge of basic steps required.

#140300A4 | W | Jan 8 - Feb 12 | 1pm - 2pm

#140300A5 | W | Feb 26 - Apr 1 | 1pm - 2pm

#140300A6 | W | Apr 15 - May 20 | 1pm - 2pm



## PICKLEBALL

### Indoor Pickleball

Meet your friends for a rousing Pickleball game! We furnish all equipment.

**Location: Community Activities Center**

Community Activities Center Membership or Pay Guest Fee

M | Jan - Ongoing | 9am - 11am

Th | Jan - Ongoing | 12pm - 3pm

F | Jan - Ongoing | 6pm - 8:45pm (Please Check Availability)

### Beginner Pickleball Clinic

Come out and learn the fundamentals of this great game! We furnish all equipment.

**Location: Community Activities Center**

Free | Ages 50+

Su | Jan 5, Jan 12 | 1pm - 3pm

## GOLF

### 50+ Let's Play Golf

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 Golf Course.

**Location: Heritage Oaks Golf Course**

City Res \$30 | Non Res \$35 | Ages 50+

#140564A1 | Tu, Th | May 12 - 21 | 1pm - 2pm

## 50 & ARTISTIC

### 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: Price Rotary Senior Center**

**Beginner Class (8 x 10 canvas)**

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

#140518A1 | M | Feb 10 | 10am - 12pm

**Advanced Class (11 x 14 canvas)**

City Res \$27 | Non Res \$29 | Ages 50+

#140518A2 | M | Feb 10 | 1:30pm - 3:30pm

### Beginning Crochet

Instructor: Meki Shifflett

Class is for right handed beginners and for those who have not crocheted for a while. You will learn the basic stitches and end up with a dish cloth. A supply list will be handed out at the first class (approximately \$5).

**Location: Price Rotary Senior Center**

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

#140571A1 | Tu | Jan 7 - Jan 28 | 11:30am - 1:30pm

#140571A2 | Tu | Mar 10 - Mar 31 | 11:30am - 1:30pm

### Beginning Knitting

Instructor: Marilyn Jarrells

Class is for beginners. You will learn the basic stitches and end up with a beautiful infinity scarf. A supply list will be handed out at the first class (approximately \$10).

**Location: Price Rotary Senior Center**

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

#140572A1 | Tu | Feb 4 - Feb 25 | 11:30am - 1:30pm

## AARP

### AARP Driving 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. Checks made payable to AARP and brought April 8.

**Location: Price Rotary Senior Center**

AARP Members \$15 | Non-AARP Members \$20 | Ages 50+

#140555A1 | W | Apr 8 | 8:30am - 3:30pm

## 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](mailto: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 and order off of the menu.

**Cracker Barrel** | 121 Pleasant Valley Rd., Harrisonburg | Tu | Jan 14  
**Mr. J's Bagel & Deli** | 1731 S High St., Harrisonburg | Tu | Feb 11  
**Joe's Griddle & Grill** | 3355 S Main St., Harrisonburg | Tu | Mar 10  
**Thunderbird Cafe** | 42 Island Ford Rd., McGaheysville | Tu | Apr 14  
**The Little Grill** | 621 N Main St., Harrisonburg | Tu | May 12

### Biscuits and Bingo

Join us 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+

W | Jan 29, Feb 26, Mar 25, Apr 29, May 27 | 9am - 10am

### Friday Morning Games

Come join the fun as we fill the Price Rotary Senior Center tables with card games or other games!

**Location: Price Rotary Senior Center**

Free | Ages 50+

F | Jan 3 - Ongoing | 9:30am - 11:15am

### 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.

**Brothers Pizza** | 1059 S High St., Harrisonburg | Th | Jan 23  
**Mashita** | 105 N Liberty St., Harrisonburg | Th | Feb 27  
**Taste of Thai** | 917 S High St., Harrisonburg | Th | Mar 26  
**Lola Mo's** | 122 S Main St., Harrisonburg | Th | Apr 23  
**Grilled Cheese Mania (Outside Venue)** | 1476 S Main St., Harrisonburg | Th | May 28

### Monday Afternoon Matinee

The 1st Monday of each month we will be showing a movie at the Price Rotary Senior Center! Please call 540-432-7799 for the title each month. We will have popcorn and fun! Will not meet on City holidays.

**First Monday of the Month** | Jan 6 - 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. January's session we will discuss *The Shoemaker's Wife* by Adriana Trigiani. Call Lynn Hoy at 540-432-7799 to register.

**Location: Price Rotary Senior Center**

Free | Ages 50+

**First Mondays of the Month** | Jan 6 - Ongoing | 3pm

### Evening Book Club

**First Mondays of the Month** | Jan 6 - 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** | Jan 7 - Ongoing | 9am - 11am

### 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 session begins January 9.

**Location: Valley Lanes**

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

**Th** | Jan 9 - Ongoing | 1pm - 3pm

### 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. In January, we will be having Jenny Siepka from Valley Cryo speaking about the benefits of Cryotherapy and other therapies.

**Location: Price Rotary Senior Center**

**Th** | Jan 16, Feb 20, Mar 19, Apr 16, May 21 | 11:15am - 1:15pm

# WINTER/SPRING EVENTS



## FEBRUARY EVENTS



### Sweetheart Dance

Children to be accompanied by a parent, guardian, or other adult. Call to register, space is limited.

**Location:** Community Activities Center Gymnasium  
\$5 Admission (\$2 Additional Child) | Ages 10 and Under  
#110805A1 | Sa | Feb 8 | 6:00pm - 7:30pm



Shamrock 5K Trail Run

## BLACK HISTORY MONTH EVENTS

### Remembering Black Baseball in Virginia

Instructor: Darrell J. Howard

A reunion of the League's players from the Shenandoah Valley and beyond with guest speaker, Darrel Howard, author of "Sunday Coming" Black Baseball in Virginia.

**Location:** Lucy Simms Center Auditorium  
Sa | Feb 8 | 2pm - 4pm

### "Send Judah First: The Erased Life of an Enslaved Soul"

Instructor: Brian Johnson, Author

Mr. Johnson will discuss writing his book and share his research and experiences.

**Location:** Lucy Simms Center Auditorium  
Sa | Feb 15 | 2pm - 4pm

### The Genesis Project with Jeff Taylor and the SVBHP

Instructor: Jeff Taylor

There are thousands of souls buried in forgotten cemeteries all over the Shenandoah Valley. The recent discovery of a burial ground in Warren County and the work to recover others will be discussed.

**Location:** Lucy Simms Center Auditorium  
Sa | Feb 22 | 2pm - 4pm



### Superhero Party

Children to be accompanied by a parent, guardian, or other adult. Call to register, space is limited!

**Location:** Community Activities Center Gymnasium  
\$5 Admission (\$2 Additional Child) | Ages 10 and Under  
#110800A1 | Sa | Feb 22 | 3pm - 5pm

# WINTER/SPRING EVENTS



## MARCH EVENTS

### Shamrock 5K Trail Run

Join us in Hillendale Park for the kickoff to 5K season! Registration information may be found at [www.HarrisonburgVA.gov/Shamrock-Trail-Run](http://www.HarrisonburgVA.gov/Shamrock-Trail-Run) or contact Erik Dart at 540-433-9168. All skill levels are welcome.

**Location: Hillendale Park**

\$30 | Sa | Mar 21 | 9:30am

### Pot of Gold Kid's Fun Run

Bring your kids to enjoy our Kid's Fun Run right before the Shamrock 5K!

**Location: Hillendale Park**

\$5 | Sa | Mar 21 | 8:45am

## APRIL EVENTS

### Prom Dress Drive

We are collecting gently used dresses, accessories, and shoes for local girls in the area who are attending their high school prom. Collection and drop off at Lucy Simms Center is Monday - Friday 8am - 5pm. For more information on how to get involved call 540-437-9213.

### Prom Dress Drive Giveaway Event

Come pick out the perfect dress for your prom! This event is open to anyone in Harrisonburg attending a high school prom.

**Location: Lucy Simms Center**

Sa | Apr 4 | 12pm - 3pm



Easter Egg-Hunt

### Annual Easter Egg Hunt

Please arrive earlier than start time for instruction.

**Location: Westover Park (Meet in the Community Activities Center)**

Sa | Apr 4 | Start Time 10am

## MAY EVENTS

### Food Truck Rally

**Location: Lucy Simms Center Parking Lot**

Sa | May 2 | 11am - 3pm



Food Truck Rally

# PARKS & FACILITIES

## Cecil F. Gilkerson Community Activities Center

305 South Dogwood Drive | 540-433-2474

### Hours

M - F | 6am - 9pm

Sa | 9am - 5pm

Su | 1pm - 6pm

### Admission Fees & Membership

Visit [www.HarrisonburgVA.gov/Community-Activities-Center](http://www.HarrisonburgVA.gov/Community-Activities-Center) for admission fee and membership information or call 540-433-2474.

### Evening Gym Schedule

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



## Lucy F. Simms Continuing Education Center

620 Simms Avenue | 540-437-9213

### Office Hours

M - F | 8am - 5pm

### Fitness Room Hours

M, W | 8am - 2pm | 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 & Membership

Visit [www.HarrisonburgVA.gov/Simms-Center](http://www.HarrisonburgVA.gov/Simms-Center) for admission fee and membership information or call 540-437-9213.

### Gym Schedule

[www.HarrisonburgVA.gov/Simms-Center](http://www.HarrisonburgVA.gov/Simms-Center) or call 540-437-9213



## Westover Swimming Pool

305 South Dogwood Drive | 540-434-0571

### Hours, Admission, Membership

Visit [www.HarrisonburgVA.gov/Swimming-Pool](http://www.HarrisonburgVA.gov/Swimming-Pool) for hours, admission fee, and membership information or call 540-434-0571.



## Price Rotary Senior Center

309 South Dogwood Drive | 540-432-7799

### Hours

Call 540-432-7799



# HERITAGE OAKS GOLF COURSE



## WINTER RATES & HOURS

### Hours

November 29 - February 29, 2020 | 9am - 5pm  
(Open hours may change due to inclement weather)

### Rates

9 Holes | Start at \$15  
18 Holes | Start at \$20 (Golf Cart Rental Fee not included)

## JOIN A LEAGUE

### Ladies Playing League

Tu | Apr - Aug | 5:35pm

### Ladies Learning League

Tu | Apr - Aug | 6pm

### Men's League

W | Apr - Aug | 5:35pm

### Senior League

Th | Apr - Aug | 8:30am

### College League

Th | Mar - May | 3pm

### Couples League

F | Apr - Aug | 5:35pm

### Location: Heritage Oaks Golf Course

For pricing and more information visit  
[www.HeritageOaksGolf.com/Leagues](http://www.HeritageOaksGolf.com/Leagues).

## GET A LESSON

Knock off the rust, tweak your game, learn from the tee up, or fix a hiccup with one of our golf professionals. We have several instructors to fit your schedule and your learning style. For more information, visit [www.HeritageOaksGolf.com/Instruction](http://www.HeritageOaksGolf.com/Instruction).

## BE A SEASON PASS HOLDER

Want to play a lot of golf? Become a Season Pass Holder! We offer annual and half year season passes. For options and rates visit our website at [www.HeritageOaksGolf.com](http://www.HeritageOaksGolf.com), call 540-442-6502, or stop by the pro shop.

## WINTER EVENTS

For information on events taking place this winter, follow us on Instagram and Twitter @HeritageOaksGC and Heritage Oaks Golf Course on Facebook!



## PLAN A TOURNAMENT

Reserve your date today! Our calendar fills up quickly! We play host to more than 50 tournaments and outings each year, from large fundraising tournaments and customer appreciation events to pre-wedding events and groups of friends just wanting to go somewhere new and play golf. For information and rates visit [www.HeritageOaksGolf.com](http://www.HeritageOaksGolf.com) or call Kelly at 540-442-6502.

### The First Tee

[www.TheFirstTeeHarrisonburg.org](http://www.TheFirstTeeHarrisonburg.org)  
540-437-4239 | [TheFirstTeeHarrisonburgVa@gmail.com](mailto:TheFirstTeeHarrisonburgVa@gmail.com)

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

### Register for Classes with The First Tee!

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

By Phone: 540-437-4239

In Person: 690 Garbers Church Road  
Scholarships Available!

# RENT A PARK FACILITY

## HARRISONBURG CITY PARKS

[www.HarrisonburgVA.gov/Parks](http://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

## Make A Park Facility Reservation

### Facility Room Rental

Harrisonburg Parks and Recreation has space available to rent for your next special event, meeting, presentation, etc. at the following locations:

- Cecil F. Gilkerson Community Activities Center
- Lucy F. Simms Continuing Education Center
- Price Rotary Senior Center

To rent a room please do the following:

- Call 540-433-2474 for room descriptions and rental fee information
- Review our Facility Use Policies and fill out our Facility Use Permit Application available online at [www.HarrisonburgVA.gov/Community-Activities-Center](http://www.HarrisonburgVA.gov/Community-Activities-Center) or pick one up at the Cecil F. Gilkerson Community Activities Center.

### Athletic Facility Rental

Harrisonburg Parks and Recreation works with various youth and adult user groups to provide fields for their programs, leagues, and tournaments. These are scheduled in conjunction with department programs, public facility usage, and general rest time for the fields. If your group or organization is interested in utilizing athletic facilities, please do the following:

- Review the Athletic Facility Use Policy online at [www.HarrisonburgVA.gov/Athletics](http://www.HarrisonburgVA.gov/Athletics) or contact Erik Dart, Athletics Manager, at 540-433-9168 or [Erik.Dart@HarrisonburgVA.gov](mailto:Erik.Dart@HarrisonburgVA.gov).
- After reviewing policy information, fill out our Athletic Facility Use Permit Application online at [www.HarrisonburgVA.gov/Athletics](http://www.HarrisonburgVA.gov/Athletics) or pick one up at the Cecil F. Gilkerson Community Activities Center.
- A Certificate of Liability Insurance and Endorsement may be required depending on certain circumstances specified in the Athletics Facility Use Policy.

## Rent a Park Shelter

Reserve a Park Shelter for your next big event! Park shelter maps may be found online at [www.HarrisonburgVA.gov/Shelters](http://www.HarrisonburgVA.gov/Shelters). Harrisonburg Parks and Recreation owned shelters include the following:

- Posted reservation signs
- Six to ten picnic tables
- Grills and Trash Receptacles
- Park restrooms available April 15 - October 31
- Water and electricity at various shelters, but there are no shelter lights

### Shelter Reservation Rates (Subject to change)

In Season | Apr 15 - Oct 31 | \$35

Off Season | Nov 1 - Apr 14 | \$25

(Off season shelters exempt from reservation are Hillandale Shelters 1-9 and Riven Rock Shelters 1-4)

### How Do I Reserve A Shelter?

- **Fill out a Facility Use Permit Application**

Available online at [www.HarrisonburgVA.gov/Shelters](http://www.HarrisonburgVA.gov/Shelters) or pick one up at the below facilities.

- **Submit in-person only the Facility Use Permit Application at one of the following locations:**
- Cecil F. Gilkerson Community Activities Center
- Lucy F. Simms Continuing Education Center

### Considerations

- Shelter Reservations may be submitted up to 12 months prior to the requested date
- Cancellation and/or refund requests must be submitted in writing fourteen (14) days prior to the reserved date.
- Facility Use Permit Applications are accepted on a first-come, first-serve basis.
- A Certificate of Liability Insurance and Endorsement may be required depending on certain circumstances specified in Facility Use Policies. These policies may be found online at [www.HarrisonburgVA.gov/Shelters](http://www.HarrisonburgVA.gov/Shelters).

# REGISTRATION INFORMATION

## HOW DO I REGISTER?

### Register Online through WEBTRAC for

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

### Register Over the Phone:

540-433-2474

### Register In-Person:

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

### January - May 2020 Registration Schedule

Online Registration for City Residents: December 9, 2019 | 8am

In-Person Registration for City Residents: December 16, 2019 | 8am

In-Person Registration for Non Residents: December 17, 2019 | 8am

## PAYMENT DETAILS

### PAYMENT METHODS

CASH | CHECK | VISA | MASTERCARD | DISCOVER

Make Checks Payable to: Department of Parks and Recreation

All returned checks are subject to a mandatory \$35 fee per

City Code 4-1-37.

### REFUND POLICY

All refunds are handled at the Community Activities Center Front Desk from 8:00am to 5:00pm, Monday-Friday. If a program is cancelled by Harrisonburg Parks and Recreation, a refund for the full amount will be issued. Individual cancellations prior to the start of a class will receive a full refund minus a \$10 administrative fee for each class withdrawn. No refunds/credits will be issued on or after the first day of class. No refunds will be issued for less than \$10. Customer will receive a refund unless there is an existing household balance. In such a case, this refund will be directly applied as a credit to that balance. The complete refund policy can be found online at [www.HarrisonburgVA.gov/Program-Registration](http://www.HarrisonburgVA.gov/Program-Registration).

#### Refund Options

Household Credit | Check | Credit Card | No Cash Refunds

### CLASS MINIMUMS

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

## 2020 HOLIDAY & FACILITY CLOSURES

Harrisonburg Parks and Recreation reserves the right to close facilities for maintenance, events, and other unforeseen circumstances. Every attempt will be made to notify the public prior to any closure.

### Cecil F. Gilkerson Community Activities Center

January 1 - Closed

April 10 - 12 - Closed

May 23 - 25 - Closed

Closed Sundays Memorial Day - Labor Day

Closes at 7pm on Fridays Memorial Day - Labor Day

July 3 - 5 - Closed

September 5 - 7 - Closed

November 26 - 29 - Closed

December 24 - 25 - Closed

December 31 - Close at 6pm

### Lucy F. Simms Continuing Education Center

January 1 - Closed

April 10 - 12 - Closed

May 23 - 25 - Closed

July 3 - 5 - Closed

September 5 - 7 - Closed

November 26 - 29 - Closed

December 24 - 25 - Closed

December 31 - Close at 6pm

### Price Rotary Senior Center

January 1 - Closed

April 10 - 12 - Closed

May 23 - 25 - Closed

July 3 - 5 - Closed

September 5 - 7 - Closed

November 26 - 29 - Closed

December 24 - 25 - Closed

December 31 - Close at 6pm

### Westover Pool

January 1 - Closed

April 10 - 12 - Closed

May 3 - 22 - Closed (Reopen Memorial Day Weekend May 23 - 25)

July 4 - Close at 5pm

September 7 - Closed

September 27 - October 11 (Reopen October 12)

November 26 - 29 - Closed

December 24 - 25 - Closed

December 31 - Close at 6pm

### Heritage Oaks Golf Course

November 26 - Close at 1pm

December 24 - Close at 1pm

December 25 - Closed

### 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](http://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](https://www.facebook.com/HarrisonburgParksandRecreation)

Twitter: [Twitter.com/HburgParks](https://twitter.com/HburgParks)

WHSV: [WHSV.com/closings](http://WHSV.com/closings)

### 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.



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## 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](http://www.HarrisonburgVA.gov/Parks-Recreation)

# TIME CAPSULE



Help us celebrate our 65th Anniversary by bringing a Harrisonburg Parks and Recreation related photo, story, or small memory to put into our Time Capsule!

Submissions may be dropped off at the Community Activities Center or Lucy Simms Center during open hours. The Time Capsule will be buried during a special event at the conclusion of the department's 65th Anniversary in June 2020. Questions contact [Brittany.Clem@harrisonburgva.gov](mailto:Brittany.Clem@harrisonburgva.gov).