

ACTIVITY GUIDE

APRIL-JULY 2016



Para la guía de actividades en Español, vaya a www.harrisonburgva.gov/activities

HARRISONBURG
parks and recreation





COMMUNITY COOKOUT
Saturday, June 4 1-5pm

Enjoy free food and music. Open to all. Co-sponsored by Akeem Jordan. FREE/All ages

Ralph Sampson Park
Rain date - June 25

Food Truck Rally!



Simms Center
Saturday, April 30
11am-3pm

Big Brothers Big Sisters of Harrisonburg-Rockingham County

That '70's BOWL
for Kids' Sake 2016



Saturday, April 23
at Valley Lanes in Harrisonburg

Join us for our signature, annual fundraiser and a throwback celebration to mark our 40th anniversary. Big Brothers Big Sisters provides children facing adversity with strong and enduring, one-to-one matches that change their lives for the better, forever. 540-433-8886

BBBSBowl.com

HONK A HORN

Sunday, April 17
2-5pm Purcell Park

Fire trucks, Police cars, Tractors, & More!




Prom Dress Give-Away
April 2
Noon-5pm
Lucy F. Simms Center

The give-away is open to any person attending a high school prom.
For more information call 540-437-9213



DISCOUNT KINGS DOMINION TICKETS

Spring Savings Days (Mar 25-May 22)	\$38
Good Anyday Tickets	\$43
Valid Jun 24-Jul 31	\$38

No Checks Please

Our Mission....

It is the mission of the Harrisonburg Parks and Recreation Department to enhance the quality of life and meet the needs of every citizen by providing comprehensive leisure service opportunities. The department's mission is also to develop and maintain a safe system of open space and public facilities for the use and enjoyment by the public.

Lee Foerster, **Director**
David Wigginton, **Assistant Director**



Harrisonburg Parks & Recreation Commission Members

- Ms. Deanna Reed
- Ms. D.D. Dawson
- Mr. Joseph Riley
- Mr. Chris Pipkins
- Mr. John Marr
- Ms. Ritchie Vaughan
- Mr. Brent Holsinger (City School Board Rep.)
- Mr. Abe Shearer (City Council Rep.)

Please visit our website at www.harrisonburgva.gov/parks-recreation
For questions and concerns please email us at parksandrecreation@harrisonburgva.gov

PROGRAM REGISTRATION

ONLINE: WWW.HARRISONBURGVA.GOV/PARKS-RECREATION

WALK-IN

CECIL F. GILKERSON
COMMUNITY ACTIVITIES CENTER
 305 South Dogwood Drive
 (540) 433-9168

LUCY F. SIMMS
CONTINUING EDUCATION CENTER
 620 Simms Avenue
 (540)437-9213

WESTOVER SWIMMING POOL
 305 South Dogwood Drive
 (540)434-0571

PHONE-IN

Please have class number and credit card information ready!

MONDAY-FRIDAY
8:00-5:00PM
(540)433-9168

MAIL IN - www.harrisonburgva.gov/program-registration

Send form & payment to:
305 South Dogwood Drive
Harrisonburg VA, 22801

PAYMENT METHODS

Cash, Check, or Credit Card (VISA/MASTERCARD)
 Checks made payable to Harrisonburg 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 in our administrative office from 8am-5pm, Monday-Friday.
- If a program is cancelled by Harrisonburg Parks & Recreation, a refund for the full amount will be issued.
- Individual cancelations prior to the start of a class will receive a full refund less 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: www.harrisonburgva.gov/program-registration

REFUND OPTIONS

Household Credit – Check – Credit Card
NO CASH REFUNDS.

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 have changed after this has gone to print. We will make every effort to notify participants of the changes.

WHEN DOES REGISTRATION BEGIN?

Registration for Harrisonburg residents begins on **Monday, April 4, 2016 at 8am.**
 Registration for Non-Residents begins on **Tuesday, April 5, 2016 at 8am.**

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.

Did you know? City residents can register 1 week early if done online - March 28, 2016. Call 540-433-9168 for more information.

Class Registration Form

Adult Name (Last)		(First)	(M.I.)
Address		City	Zip
Day Phone	Evening Phone	Emergency Contact Name / Phone #	
Email Address	Are you a City Resident?	Date of Birth	

Activity Title	Activity #	Fee	Participant Name First Last	Date of Birth	M/F

\$ Total

Checks payable to **Harrisonburg Parks and Recreation**
 OR fill in credit card information: (VISA/MASTERCARD)

Card # _____
 Exp. Date _____
 Signature _____

SUMMER POOL HOURS

Mon-Sat noon-7pm
Sun 1-7pm

For information about Lap Swim and Open Swim hours, please see our website.

DAILY ADMISSION FEE

Infant (<18 months) Free
Children (under age 18) City Res \$1 / Non Res \$2
Adult City Res \$2 / Non Res \$4
Residents living inside city limits will need to show proof of residency at time of entry.

POOL SWIM PASSES

SUMMER SWIM PASSES:

Jun 4, 2015-Aug 27, 2016
6/18 Pool will open at 3:30pm

ANNUAL SWIM PASSES:

Valid for one year after date purchased

INDIVIDUAL PASS:

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

INDIVIDUAL PASS:

City Res \$85 / Non-Res \$105

FAMILY PASS:

City Res \$60 / Non-Res \$80

FAMILY PASS:

City Res \$190 / Non-Res \$240

ADULT AQUATIC ACTIVITIES

TRY SCUBA AT WESTOVER

Instructor: Scuba Buddies

Dive in to a new adventure with an introduction class to SCUBA skills. All classes are taught by certified SCUBA instructors and all SCUBA materials are provided. This is a great time to learn a new skill. Instruction is taught by a certified instructor in shallow water. Please be prepared to enter the water during this session.

Free to all. Ages 12+ / minors must have parent on hand to sign waiver.

231107A	Sat	Jun 18	4-7pm
231107B	Sun	Jul 17	1-4pm
231107C	Sun	Aug 21	1-4pm

AQUA BOOT CAMP

Instructor: Mario Estevez

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

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

221101A	Mon/Wed	Jun 20-Jul 13	7-8pm
221101B	Mon/Wed	Jul 18-Aug 10	7-8pm

MASTERS SWIMMING

Swim team practice for adult 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. All are invited to participate in this new program. Monthly or seasonal membership to Masters Swimming is required, no additional pool membership necessary.

Monthly: City Res \$30/ Non-Res \$40

Summer Season (Jun 7-Aug. 25)

City Res \$75 / Non-Res \$100

NEW: SUMMER SWIM PUNCH CARD

Not sure about how many times you will be able to swim this summer? Purchase 5 visits get 1 free. Punches not transferable

Residents \$10

Non Residents \$15

SPECIAL EVENTS

5TH ANNUAL SCHOOL'S OUT FOR SUMMER PARTY

June 18, 2016 - noon-3pm. Join us for a free family swim party. For more information check our website or call Westover Pool.

WORLDS LARGEST SWIMMING LESSON

Thursday, June 24 - 11:15-11:45am. Registration 10:30am.

Help Westover Pool participate in setting a new world record for swimming lessons participants. FREE to children ages 6-13.

All children participants will get free admission to the pool after the lesson is complete.

4TH OF JULY FOOD DRIVE

July 1st-4th bring any 2 non-perishable food item and get ½ price admission to pool. All food will benefit the Blue Ridge Area Food Bank.

MASSANUTTEN REGIONAL LIBRARY WEEK

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

PLANNING AN EVENT?

Are you interested in hosting a group event or party at Westover Pool, check our website for details about group rates and events.

WESTOVER WAVES

2016 Summer Valley Swim League (June 5-July 23)

Rec swim team for boys & girls ages 5-18. To qualify, swimmer must be able to swim 25 yards pool length completely on their own. Online registration opens May 1st. Assessment Sunday, June 5, followed by weekday AM and/or PM practice schedule, Saturday AM clinics, five dual meets every Tuesday June 14-July 12 & Champs meet Saturday, July 23. Cost: \$85 per child, \$250 family max. Contact Team Manager Tony Britt at westoverwavesteam@gmail.com, or (919) 280-6013.

www.westoverwaves.org

www.facebook.com/WestoverWavesSwimTeam



CHILDREN'S SWIMMING LESSONS

How to register for swim lessons at Westover Pool:

- All students must be swim tested before registration to assure placement in appropriate level (Exception: students who participate in Spring 2016 swimming lessons.)
- No appointment is needed to complete the registration and placement test.
- Official registration and testing for swim classes will begin at the pool office starting June 13, 2016 at 8am for City Residents and June 14, 2016 at 8am for non residents. For questions feel free to call us at (540) 434-0571.

Preschool lessons are taught to children ages 3-5. All children 6 years or older will be placed in Levels 1-5.

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. Ages 3-5

211100B1	Mon-Fri	Jul 4-15	9:15-9:40am
211100B2	Mon-Fri	Jul 4-15	9:45-10:10am
211100C1	Mon-Fri	Jul 18-29	10:15-10:40am
211100C2	Mon-Fri	Jul 18-29	10:45-11:10am
211100D1	Mon-Fri	Aug 1-12	10:15-10:40am
211100D2	Mon-Fri	Aug 1-12	10:45-11:10am

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. Ages 3-5

211100B3	Mon-Fri	Jul 4-15	10:15-10:40am
211100B4	Mon-Fri	Jul 4-15	10:45-11:10am
211100C3	Mon-Fri	Jul 18-29	9:15-9:40am
211100C4	Mon-Fri	Jul 18-29	9:45-10:10am
211100D3	Mon-Fri	Aug 1-12	9:15-9:45am
211100D4	Mon-Fri	Aug 1-12	9:45-10:10am

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. Ages 6+

211101A1	Mon-Fri	Jun 20-Jul 1	9:15-10:10am
211101A2	Mon-Fri	Jun 20-Jul 1	10:15-11:10am
211101A3	Mon-Fri	Jun 20-Jul 1	10:15-11:10am
211101B1	Mon-Fri	Jul 4-15	9:15-10:10am
211101B2	Mon-Fri	Jul 4-15	10:15-11:10am
211101C1	Mon-Fri	Jul 18-29	9:15-10:10am
211101C2	Mon-Fri	Jul 18-29	10:15-11:10am
211101D1	Mon-Fri	Aug 1-12	9:15-10:10am
211101D2	Mon-Fri	Aug 1-12	10:15-11:10am

SWIM LESSON FEES

Preschool: City Res \$20/ Non-Res \$24
Levels 1-5: City Res \$25/ Non-Res \$30

TIGERFISH – LEVEL 2

The goal of Tigerfish is 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.

Ages 6+

211102A1	Mon-Fri	Jun 20-Jul 1	9:15-10:10am
211102A2	Mon-Fri	Jun 20-Jul 1	10:15-11:10am
211102B1	Mon-Fri	Jul 4-15	9:15-10:10am
211102B2	Mon-Fri	Jul 4-15	10:15-11:10am
211102C1	Mon-Fri	Jul 18-29	9:15-10:10am
211102C2	Mon-Fri	Jul 18-29	10:15-11:10am
211102D1	Mon-Fri	Aug 1-12	9:15-10:10am
211102D2	Mon-Fri	Aug 1-12	10:15-11:10am

DOLPHIN – LEVEL 3

The goals of Dolphins are to fully develop the Breaststroke, Sidestroke, Elementary Backstroke, continue to increase the student's swimming endurance, and to begin learning to dive safely. Ages 6+

211103A1	Mon-Fri	Jun 20-Jul 1	9:15-10:10am
211103A2	Mon-Fri	Jun 20-Jul 1	10:15-11:10am
211103B1	Mon-Fri	Jul 4-15	9:15-10:10am
211103C1	Mon-Fri	Jul 18-29	9:15-10:10am
211103D1	Mon-Fri	Aug 1-12	9:15-10:10am

SWORDFISH – LEVEL 4

The goals of Swordfish are to develop confidence in the strokes learned thus far, including Front Crawl, Back Crawl, Breaststroke, Sidestroke, and the Elementary Backstroke. Students will further develop the Butterfly, learn to dive, and improve upon other aquatic skills. Ages 6+

211104A1	Mon-Fri	Jun 20-Jul 1	9:15-10:10am
211104B1	Mon-Fri	Jul 4-15	10:15-11:10am
211104C1	Mon-Fri	Jul 18-29	10:15-11:10am
211104D1	Mon-Fri	Aug 1-12	10:15-11:10am

SHARKS – LEVEL 5

The goals of Sharks are to improve and refine proper technique to a high level of competence in all strokes: Front Crawl, Back Crawl, Breaststroke, Side Stroke, Elementary Backstroke, and Butterfly. Students will also increase endurance through training. Ages 6+

211105C1	Mon-Fri	Jul 18-29	10:15-11:10am
211105D1	Mon-Fri	Aug 1-12	10:15-11:10am

PARENT AND CHILD SWIMMING

Parent and child swimming lessons are open to children 6 months to 3 years old with a parent. These lessons will introduce children to swimming in a fun environment with their parents in the water with them. There will be singing, lots of games, and plenty of water toys. City Res \$40 / Non-Res \$50 / Ages 6 month-3 years

231105A1	Fri	Jul 1-29	11:15am-noon
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THErapy DOG PREPARATION CLASS

Instructor: Jessica Troop – Location: Simms Auditorium

Have you thought about training your dog to be a therapy dog? TDI Preparation Class is a 6 week course that is designed to get you ready to take the therapy dog certification test (**held on July 2**) which is offered at the end of class. Dogs that do well as therapy dogs are eager to meet strangers, and not nervous/anxious or aggressive by nature. Therapy dogs can go into hospitals, schools, libraries, nursing homes, hospice, etc., their purpose being to give emotional support to those in need. Our local colleges have even been seeking local certified dogs to visit the students in the library during finals weeks! Please note: this class is not suitable for dogs that are aggressive to humans or other dogs. Anyone under the age of 15 would require a parent to stay during the class. Children ARE permitted to become certified with their dogs. **No Class May 30**

\$115 per dog/handler / All Ages

230978A1 Mon May 16-Jun 27 6-7pm

DOG BEHAVIOR

Instructor: Jessica Troop – Location: Simms Auditorium

This class will focus on dog behavior, and teach owners how to communicate better with their dog. We will focus on becoming aware of what we are telling our dogs, as opposed to what we THINK we are telling our dogs! There will be a small amount of obedience work in this class, but the majority of the work will be learning about how dogs think, and how you can improve your relationship with your dog. The information provided in this class can improve issues such as leash pulling, jumping, shyness, excessive barking, dog reactivity, etc. We will make time to discuss individual issues during class so that everyone gains something from the time spent here. Kids over 12 are welcome if there is a parent present to assist if necessary.

No class April 25.

City Res \$86 per dog/handler / All Ages

230977A1 Mon Apr 11-May 9 6-7pm

GENEALOGY SURFING THE NET @ 3AM

Instructor: Debra Fischer – Location: Simms Center Computer Lab

Learn some of the ins and outs of searching for your ancestors on the internet. What sites might be free and what sites need your credit card. Can I find my ancestors who were living in the old country without having to book a flight there? You will work at a computer station during this two hour workshop. Learn the art of saving and printing the documents that you find. Bring along a USB flash drive.

City Res \$35 / Non Res \$42 / Ages 18+

220951A1 Wed Apr 20 6:30-8:30pm

MY GENEALOGICAL CLUSTER FAMILY

Instructor: Debra Fischer – Location: Simms Center Computer Lab

Who makes up the cluster in my genealogical family? How can I learn more about my ancestors via their friends, associates and neighbors (FAN). Add new leaves to your tree by analyzing these names that you may have never thought of as important to your research. Bring along Family Group Sheets and an open mind. Flash sticks welcome.

City Res \$35 / Non Res \$42 / Ages 18+

220953A1 Wed Apr 27 6:30-8:30pm

GENEALOGY FOR BEGINNERS

Instructor: Debra Fischer – Location: Simms Center Room E104

You have seen the commercials with those shaking leaves. Why not learn how to find your ancestors yourself and build your own family tree. This 3 week course takes you through some of the beginner steps of building a pedigree chart, family group sheets and timelines. Start with the roots and watch your tree grow with this course.

City Res \$46 / Non Res \$55 / Ages 18+

220950A1 Wed Apr 13-27 5:30-6:30pm

STRESS RELIEF AND MASSAGE THERAPY

Instructor: Whitney Erwin CMT – Location: Simms Music Room

Massage therapy today is increasing exponentially for its proven health benefits such as stress relief, anxiety reduction, relaxation, and pain management. This fun, interactive, and informative class will teach you simple, effective stress relief and massage therapy tools to apply at home and improve your quality of life. Supplies provided.

City Res \$6 / Non Res \$7 Ages 18+

230720A1 Sat Apr 16 3-4:30pm

GREEN 3 WAYS

Instructor: Steve Cooke – Location: Simms Center Kitchen

Learn new and delicious ways to cook greens! Greens are available here in Virginia all year round, and springtime is a great time to try some new recipes. We'll play with Popeye's favorite, Spinach for a quick cook side dish; add a little zing to your taste buds with fresh Mustard Greens Asian-style; and turn the dial on a Southern favorite, Collard Greens, in a way that honors traditional flavors and brightens up the healthy to a factor of 10.

City Res \$6 / Non Res \$7 / Ages 14+

230762A1 Tue Apr 19 6-7:30pm

HOMEMADE YOGURT, BUTTER & CHEESE BASICS

Instructor: Nicolas Melas

Location: Downstream Project (759 Madison St.)

Join a local urban homesteader and learn some tips and tricks for making your own fresh yogurt, butter, and cheese. Making your own dairy products can be a great way to save money, be sure you are eating healthy ingredients, and learn more about what it takes to make the foods you love. The class will cover ways to control yogurt texture, ways to incubate yogurt without fancy equipment, ways to get butter to last as long as possible, and how to make Fromage Blanc and Yogurt Cheese. Bring 3 or 4 small Tupperware containers to take home the same dairy products you make in class.

City Res \$29 / Non Res \$35 / Ages 16+

230988A1 Sat May 14 10am-noon

BIOLOGICAL GARDENING 101

Instructor: Nicolas Melas

Location: Vine & Fig/New Community Project (715 N. Main St.)

Join the vegetable garden manager at Vine & Fig in preparing for this year's garden. Learn the basics of ecological garden planning, the importance of cover crops, mulching, using compost, and how to grow great tomatoes, sweet potatoes, sweet corn, beans, squash and carrots. A great next step for the intermediate gardener before this year's garden season is in full swing!

City Res \$23 / Non Res \$28 / Ages 16+

230992A1 Sat April 23 10am-noon

CITY RESIDENTS CAN REGISTER STARTING ON MARCH 28 IF DONE ONLINE. CALL 540-433-9168 TO SETUP YOUR ACCOUNT.

ENRICHMENT

MILKING A COW AND INTRO TO ROTATIONAL GRAZING

Instructor: Nicolas Melas

Location: Vine & Fig/New Community Project (715 N. Main St.)

Fresh springtime pasture growth is a great time to learn the benefits of rotational grazing, use dairy cows to manage pastureland ecologically, sequester great amounts of carbon into the ground, and get great dairy products to boot! Visit the only urban dairy farm in town and learn to milk a cow. This is a great class for anyone with an interest in farming or homesteading, or who loves dairy. Class will meet promptly at Vine & Fig (715 N. Main St.) and travel by bicycle or car 1.5 miles to "Greystone Street Cow Project."

City Res \$23 / Non Res \$28 / Ages 16+

230993A1 Sat May 7 9:30am-noon

PLANT MEDITATIONS AND HERBAL MEDICINE

Instructor: Inger Brown w/Pure & Simple Farm

Location: Simms Classroom 207

Much of what we would like to know about a plant as an herbal medicine can be learned by a simple tea tasting. In this series of classes we'll explore how to more fully engage with and understand a plant's personality and properties. We'll start with a simple breathing exercise and move into tasting a tea or tincture from a single plant to explore its characteristics such as warming or cooling and moistening or drying and how they might interact with our own unique characteristics. A different herb will be featured each class, sign up for individual evenings or for the series. This is a useful practice for anyone wanting to incorporate herbal medicine into their lives.

City Res \$9 / Non Res \$11 / All Ages

230759A1 Wed Apr 20 6-7pm

230759A2 Wed May 18 6-7pm

230759A3 Wed Jun 15 6-7pm

230759A4 Wed July 20 6-7pm

City res \$32 / Non Res \$38

230759A5 Take all four classes at a reduced rate

SACRED SWEETNESS: HONEY AS MEDICINE

Instructor: Inger Brown w/ Pure & Simple Farm

Location: Simms Classroom 207

Let's gather to celebrate this most fascinating substance while we make an herbal honey paste and taste a few herbal honeys! We will dwell in the sacred and the practical as we discuss the energetic of honey, honey and beeswax in history and myth, and symbolism of the bee. We will discuss making and preserving herbal infused honeys, honey pastes, syrups, and wound dressings. We will also have time to discuss topics of interest to the group such as sourcing honey, what questions to ask your source, how to support pollinator health, and/or temperature and enzymes. All ages are welcome; children w/ an adult.

City Res \$20 / Non Res \$24 / All Ages

230716A1 Wed Apr 27 6-7:30pm

TEA BLENDS FROM YOUR GARDEN

Instructor: Inger Brown w/Pure & Simple Farm - Location: Simms 101

Come to an herbal tea tasting! While we sip on a tea blend made especially for class, we'll discuss the easiest herbs to grow in the garden and using them to make tea blends that are tasty and good for our health. We'll cover darlings of the garden and some of the more intrepid volunteers often considered weeds.

City Res \$17 / Non Res \$20 / All ages

230991A1 Wed Jun 29 6-7:30pm

EMBER & SMOKE: PLANT DEVOTIONS IN INCENSE

Instructor: Inger Brown w/ Pure & Simple Farm

Location: Simms Classroom 207

Often, incense is made from exotic and expensive materials. In this two hour class you'll learn how to use local materials to craft loose and block incense intended to be burned on charcoal rounds. Some portions of the making will be hands-on and you'll leave class with a sample of incense, a charcoal round, and handout providing instructions for sourcing materials and making your own incense. All ages are welcome; children must be accompanied by an adult.

City Res \$23 / Non Res \$28 / All Ages

230960A1 Wed Jul 27 6-7:30pm

SIMPLE HERBAL FIRST AID

Instructor: Inger Brown w/Pure & Simple Farm

Location: Simms Classroom 207

In this 1.5 hour presentation we will discuss some herbal preparations to help you deal with life's little mishaps such as cuts, scrapes, burns, poison ivy and other issues. Included will be recipes for making helpful herbal preparations and a resource list of places to find herbs or preparations already made. All ages are welcome, children must be accompanied by an adult.

City Res \$17 / Non Res \$25 / All Ages

230714A1 Wed May 25 6-7:30pm

PANEER & HALOUMI

Instructor: Sharon Munyak w/Hobby Hill Farm - Location: Simms Kitchen

Looking to step out of your comfort zone? If you have taken our mozzarella & Ricotta classes then how about making some more soft cheeses. Impressing your family and friends with the use of these cheeses. An Indian and a Mediterranean flair. Let's then use these cheeses by sampling them in their original culture. Please bring some Tupperware containers to take your cheeses home in. We will make some in class and products will be available for purchase so that you can continue the cheese journey at home.

City Res \$35 / Non Res \$42 / Ages 16+

220986A1 Sat May 14 10:30am-12:30pm

FETA CHEESE MAKING

Instructor: Sharon Munyak w/Hobby Hill Farm - Location: Simms Kitchen

What is Feta? Feta is not Goat cheese but a combination of Sheep's milk and Goat's milk. Want to learn more about Feta, how to make Feta and how to age Feta? Register for Hobby Hill Farm's fresh new class! This is not an advance class but a class taking cheese making to the next level. We will be using cultures and a combination of Cow's milk and Goat's milk for this class. We will be sampling Feta that has been brined and starting the process. Instructor will provide more information prior to the class meeting on May 14.

City Res \$35 / Non Res \$42 / Ages 16+

220987A1 Sat May 14 1-3:30pm

LEARN ENGLISH OR SPANISH

Instructor: Cory Jeffries - Location: Simms Center Computer Lab

We will be using the Rosetta Stone software. Limited space available. Users must provide their own microphone/headset during class. Course is free. Contact Cory for more details to register. Ages 18+

FITNESS & WELLNESS

PERSONAL TRAINING PACKAGES

Instructors: CFG/CAC & Simms Center Certified Staff

Personal Training is now available upon request at the Cecil F. Gilkerson Community Activities Center & the Lucy F. Simms Center. For training at the Activities Center, please call 540-433-2474 and ask for Stephanie Wimer. For training at the Simms Center, please call 540-437-9213 and ask for Cory Jeffries. Physician's approval may be required. Ages 16+

BASIC YOGA

Instructor: Sue George - Location: Shenandoah Yoga (135 S. Main St)

Explore basic yoga poses common across various yoga traditions as you improve your strength and flexibility and learn to let go of stress. Emphasis will be on proper alignment in postures, inner awareness and mindful breathing, and each class will end with deep relaxation. All levels, including beginners, are welcome to discover the benefits of yoga: vigor and vitality, balance, peace, a sense of well-being, and joy. Yoga mat and props are provided or bring your own. **No Class May 30**

City Res \$70 / Non-Res \$75 / Ages 18+

221425A	Mon	Apr 25-Jun 6	5:30-7pm
221425B	Tue	Apr 19-May 24	9-10:15am

VINYASA YOGA

Instructor: Sue George - Location: Shenandoah Yoga (135 S. Main St)

Movement between and within yoga poses is synchronized with the breath. Practice a variety of poses and move into and out of them in a mindful way, creating a moving meditation that ends with a delicious period of relaxation. All levels are welcome for this mixed level class—instructor will emphasize proper alignment and offer modifications to accommodate students of various skill levels. Yoga mat and props are provided or bring your own.

City Res \$70 / Non-Res \$75 / Ages 18+

221427A	Tue	Apr 19-May 24	6-7:30pm
221427B	Wed	Apr 20-May 25	9-10:15am
221427C	Thu	Apr 21-May 26	6-7:30pm

PRENATAL YOGA

Instructor: Sue George - Location: Shenandoah Yoga (135 S. Main St)

Practice prenatal yoga to prepare your mind and body for labor and delivery. Specially chosen and modified yoga poses, breathing techniques and meditations will ease the symptoms of pregnancy plus speed recovery after childbirth. No yoga experience required—many women begin a yoga practice while pregnant. This class, taught by a Registered Prenatal Yoga Teacher, is recommended for women in their second and third trimesters, with physician or midwife approval.

City Res \$80 / Non-Res \$85 / Ages 18+

221426A	Thu	Apr 21-May 26	4:30-5:45pm
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PRENATAL FITNESS

Instructor: Morgan Tebeau - Location: CFG/CAC

Get stable. Get strong. Get ready. This workout is for those who are currently expecting in their 1st or 2nd trimester. 25-30 minute routine designed to help improve muscle tone, increase circulation, and build endurance. Morgan is a certified group fitness instructor.

City Res \$25 / Non-Res \$30 / Ages 18+

221410A	Wed/Fri	Apr 13-29	9:30-10am
221410B	Wed/Fri	May 4-20	9:30-10am

BOXING

Instructor: Obie Hill - Location: CFG/CAC

Have you ever wanted to learn how to box and get in a good sweat? If so, this will provide that for you! It will provide participants with the fundamentals of the art of boxing and fitness training. All fitness levels are welcome! This class, taught by former state and Golden Glove Boxing champion, will be sure to prepare you for a future in boxing or fitness training. Traditional American boxing is said to be one of the "best cardiovascular workouts a person can experience," so don't miss out!

City Res \$55 / Non Res \$60 / Ages 13+

231412A	Mon/Wed	Apr 11-May 11	5:30-6:15pm
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POUND FITNESS

Instructor: Morina Lamb - Location: Simms Center Auditorium

Ready to rock out your fitness routine? POUND fitness uses weighted drumsticks and rocking music to give you a high energy, full body workout that utilizes moves from cardio & Pilates to leave you sweating. Get ready to beat to the beat!!

City Res \$35 / Non Res \$42 / Ages 13+

231410A1	Thu	Apr 21-May 12	5-6pm
231410A2	Thu	Jun 2-23	5-6pm

HOT HULA

Instructor: Morina Lamb - Location: Simms Center Auditorium

Do you dream about tropical islands and swaying palm trees? Have you ever wanted to dance like the islanders? Here's your chance to learn Polynesian dance and get a workout! Hot Hula utilizes basic Polynesian dance with a fitness twist. Low impact & lots of fun!

City Res \$35 / Non Res \$42 / Ages 13+

231415A1	Thu	Apr 21-May 12	6-7pm
231415A2	Thu	Jun 2-23	6-7pm

BEGINNER HOOP DANCE

Instructor: Ashley Hunter - Location: Simms Center Auditorium

This hooping class combines fitness, fun, and dance using handmade adult-sized hoops. You'll learn how to do much more than just hula hoop! We will learn all kinds of techniques that will help you explore movement to music with a hoop. The class will cover waist hooping, hand hooping, off the body moves, transitions, isolations, and other free flow movement. Open to all levels, but brand new hoopers especially welcome! (Hoops during class will be provided). **No class May 4, 30**

City Res \$49 / Non Res \$59 / Ages 15+

231401A1	Wed	Apr 13-May 11	5:45-7pm
231401A2	Mon	May 16-Jun 20	7:15-8:30pm

INTERMEDIATE HOOP DANCE

Instructor: Ashley Hunter - Location: Simms Center Auditorium

This class will build on skills learned in Beginner Hoop Dance. We'll cover chest and shoulder hooping, knee hooping, elbow hooping, chest rolls, and much much more. This class is designed to take your hooping skills to the next level in a fun-loving environment! Beginner Hoop Dance is a recommended prerequisite, but if you are a confident hooper, please feel free to sign up.

City Res \$49 / Non Res \$59 / Ages 15+

231402A1	Wed	May 25- Jun 22	5:45-7pm
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FITNESS MASH UP

Come to Ralph Sampson Park and try something new! Join us on Saturday, July 16th for our Fitness Mash Up event. There will be several fitness classes offered. For more information, please contact Cory Jeffries or Stephanie Howard at 540-437-9213.

FITNESS & WELLNESS

INTERVAL FITNESS

Instructor: Stephanie Walker / Tucker Thigpen - Location: CFG/CAC
Participants will learn how to exercise by using the "HIIT" method—High Intensity Interval Training. Classes will incorporate use of bodyweight exercises, kettlebells, medicine balls, and dumbbells. All fitness levels are welcome and beginners are encouraged.

CAC Members \$15 / Non-Members \$45 / Ages 18+

221400A	Mon/Wed/Fri	Apr 11-Jul 29	6:15-7am
221400B	Mon/Wed/Fri	Apr 11-Jul 29	7:15-8am
221400C	Tue/Thu	Apr 12-Jul 28	6-6:45pm

WEIGHT ROOM CIRCUIT TRAINING

Instructors: Stephanie Walker - Location: CFG/CAC

By using an interval-style training method and our weight room equipment, you'll get an intense cardio and strength workout all in one! Classes will run during lunch time and will be short enough to get you back to work on time, yet intense enough to leave you with a great workout! All fitness levels welcome!

CAC Members \$15 / Non Members \$45 / Ages 18+

221401A	Tue/Thu	Apr 12-Jul 28	12:10-12:50pm
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ZUMBA

Instructor: Margaret "Muff" Perry - Location: CFG/CAC

Participants will engage in an exhilarating, effective, and easy to follow dance fitness class that can burn up to 1,000 calories all while having fun. Zumba routines incorporate interval training – alternating fast and slow rhythms – and resistance training. No rhythm needed – all fitness levels welcome!

City Res \$19 / Non-Res \$24 / Ages 18+

221432A	Mon	May 2-23	6:45-7:45pm
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ARTS & CRAFTS

1-2-3 LET'S CROCHET!

Instructor: Maria Torres - Location: Simms Center Room 101 & 207
Practice your Crochet Basic and Intermediate stitches, learn how to read a pattern and a chart/diagram. Make A Shawl for Spring! There will be a supply list available. Materials not included.

City Res \$35 / Non Res \$42 / Ages 8+

230971A1	Mon	Apr 11-May 2	5-7pm
230971A2	Mon	May 9-23 / Jun 1	5-7pm
230971A3	Mon	Jun 6-27	5-7pm

PAINT4FUN

Instructor: Diane Ricketson - Location: CFG/CAC

Complete a painting in this fun beginner one day workshop "For The Birds" a Brenda Harris design. You will go home with a finished painting that you can frame and enjoy or give as a gift. Supplies will be furnished and all paintings will be 11x14 canvas. Bring a lunch and a drink for a 30 minute break. Scene=Two birdhouses surrounded by beautiful azalea flowering shrubs in a garden.

City Res \$50 / Non Res \$60 / Ages 16+

230967B	Sat	May 14	9:30am-3:30pm
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ADULT BEGINNER POTTERY

Instructor: Phill Ungar - Location: CFG/CAC

Learn the basics of beginning pottery.

City Res \$67 / Non Res \$80 / Ages 18+

220919A	Mon	Apr 11-May 16	6-8pm
220919B	Thu	Apr 14-May 19	6-8pm

TECHNOLOGY

IPHONE DEVICE WORKSHOP

Instructor: Meredith Eton/Trevor Ottman - Location: Simms 101
Own an iPhone and still find yourself fumbling around this powerful device? Take advantage of this 2-part workshop with one-on-one assistance to help you become more efficient on your iPhone. The first course for beginners will include use of the app store, how to use Siri, battery saving tips and tricks and much more. The second course for intermediates will take place 2 weeks later and include using FaceTime, setting up your social networking sites, iCloud and much more. All participants will receive a FREE stylus for their device. Registration is required and don't forget to bring your iPhone.

FREE/ Ages 18+

220965A1	Wed	Apr 13 & 27	6-7:30pm
220965A2	Wed	May 11 & 25	6-7:30pm
220965A3	Wed	Jun 8 & 22	6-7:30pm

ANDROID DEVICE WORKSHOP

Instructor: Meredith Eton/Trevor Ottman - Location: Simms 101
Tired of hitting the wrong buttons on your Smart Phone? Are you constantly coming across things on your phone that you have no idea how to use? Enjoy learning the ins and outs of your Android device in this 2-part workshop with one-on-one assistance for all phone carriers. During the first course for beginners, you will learn email setup, use of the play store, sending pictures and videos, and much more! The second course for intermediates will take place 2 weeks later and include using social media on your phone, using Dropbox, and many more ways to be more efficient on your device. All participants will receive a FREE stylus for their device. Registration required and don't forget to bring your Android phone. FREE/Ages 18+

220964A1	Wed	Apr 6 & 20	6-7:30pm
220964A2	Wed	May 4 & 18	6-7:30pm
220964A3	Wed	Jun 1 & 15	6-7:30pm

MICROSOFT WORD

Instructor: Esther Nizer - Location: Simms Computer Lab

Use basic Word functionality to create, edit, and save documents. Learn to apply formatting features including alignment, line spacing, tabs, page numbers, creating tables, inserting graphics, checking spelling and grammar. Use of the different Ribbon, set up Quick Access Toolbar will also be covered.

City Res \$46 / Non Res \$55 / Ages 18+

220961A1	Tue/Thu	Apr 19 & 21	6-8pm
220961A2	Tue/Thu	Jun 14 & 16	6-8pm

MICROSOFT EXCEL

Instructor: Esther Nizer - Location: Simms Computer Lab

This class covers the fundamentals for creating a spreadsheet: entering, editing and formatting data. Learn how to enter, copy and edit formulas to perform calculations. Printing worksheets, creating charts using conditional formatting is also covered.

City Res \$46 / Non Res \$55 / Ages 18+

220962A1	Tue/Thu	May 24 & 26	6-8pm
220962A2	Tue/Thu	Jul 12 & 14	6-8pm

CITY RESIDENTS CAN REGISTER STARTING ON MARCH 28 IF DONE ONLINE. CALL 540-433-9168 TO SETUP YOUR ACCOUNT.

YOUTH

OUTDOOR ADVENTURE SPORTS CAMP

Instructor: Outdoor Adventure Experiences Staff - Location: CFG/CAC
This day-long camp will offer introductory experiences in at least five of today's most popular outdoor adventure sports: top-rope climbing, wild cave exploration, recreational kayaking, stand-up paddle boarding, river tubing, and geocaching. All technical and safety equipment is provided. Students must bring a bag lunch and drinks in plastic screw-top bottles each day.

City Res \$240 / Non Res \$250 / Rising Grades 6-9

211301A	Mon-Fri	Jul 25-29	9am-4pm
211301B	Mon-Fri	Aug 1-5	9am-4pm
211301C	Mon-Fri	Aug 8-12	9am-4pm

WATER ADVENTURE CAMPS

Instructor: Outdoor Adventure Experiences Staff - Location: CFG/CAC
This day-camp is designed to be a great introduction to some of the water related adventure activities in our area. Students will participate in at least five of the following day trips: raft float trip, recreational kayaking, a creek hike/swim day, river tubing, stand up paddleboarding, and swimming hole day. All necessary equipment and personal flotation devices will be provided for students each day. Students must bring a bag lunch and drinks in plastic screw-top bottles each day.

City Res \$240 / Non Res \$250 / Rising Grades 6-9

211300A	Mon-Fri	Jun 27-Jul 1	9am-4pm
211300B	Mon-Fri	Jul 4-8	9am-4pm
211300C	Mon-Fri	Jul 18-22	9am-4pm
211300D	Mon-Fri	Aug 15-19	9am-4pm

ZUMBA FOR KIDS

Instructor: Melissa Shank - Location: CFG/CAC
Fitness class designed exclusively for kids! Zumba for kids is a fun dance/fitness program uniquely designed to build a positive self-image through a healthy lifestyle. The songs and dance steps are age-appropriate for children and encourage enthusiastic participation.

City Res \$18 / Non-Res \$22 / Ages 5-12

211401A	Thu	May5-Jun2	4:30-5pm
211401B	Thu	Jun 16-Jul 14	4:30-5pm

YOUTH TRYATHLON

A fun non-competitive introduction to triathlons. Information available online - www.harrisonburgva.gov/youth-tryathlon
Pre-Registration required. \$30 per child (\$25 for early registration)
Ages 5-17 / Saturday, August 13, 2016

F.L.I.P INTO SPANISH PLAYGROUP

Instructor: Siquina Hill - Location: CFG/CAC
F.L.I.P. into Spanish Playgroup is a structured, theme-based Spanish immersion playgroup that focuses on preliminary conversational Spanish and vocabulary-building through immersion in fun, engaging, parent-and-toddler designed activities, incorporating ASL (American Sign Language) and gestures, to provide the unique foundational experience for developing young multilinguals! (10% discount for sibling)

City Res \$77 / Non Res \$84 / Ages 2-4

510240C1	Thu	Apr 14-May 26	10-10:45am
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KID'S POTTERY

Instructor: Heather Hansohn - Location: CFG/CAC
A fun introduction to pottery for kids. Children will be introduced to and have fun discovering and exploring different techniques of manipulating and decorating clay. Focusing on hand building, children use what we discover together to create four finished and glazed projects. ALL FOUR PROJECTS WILL BE FREE CHOICE and children will be free to create whatever their imaginations desire! NO CLASS EACH 5TH WEEK (May 17) for drying and firing projects. All projects will be glazed on week 6. Pick-up all finished work on week 7.

City Res \$36 / Non Res \$42 / Ages 5-10

210900A	Tue	Apr 19-May 31	4:30-5:15pm
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MARTIAL ARTS FOR KIDS

Instructor: Grayson Pritchard - Location: CFG/CAC
Grayson Pritchard has been practicing various martial arts for over 30 years and has been teaching classes to adults in Harrisonburg over the past seven years. This class will highlight some of the foundations of judo and jujitsu, covering basics for self defense. Participants should wear clothing in which one can move freely. No hard, plastic or metal fasteners, snaps, or zippers. Sweats, warm-ups, or traditional martial arts outfit are recommended.

City Res \$55 / Non Res \$60 / Ages 5-10

211410A	Tue	Apr 12-Jun 7	4-5pm
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EAT THE RAINBOW

Instructor: Kari Souder - Location: Simms Center Kitchen
This time it is OK to play with your food! We'll be exploring the health benefits of eating fresh Fruits and Veggies, while making Rainbow Fruit Kabobs and Veggie Art Plates. Kids will learn to identify what part of their bodies are benefited simply based on the color of their produce.

City Res \$6 / Non Res \$7 / Ages 5+

210700A1	Sat	Jun 18	2-3:30pm
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ATHLETICS

YOUTH FOOTBALL LEAGUES

Registration for all youth football leagues including Flag (ages 5&6), Pee Wee (ages 7-9), and Junior (ages 10-12) are currently taking place. The weight limit for Pee Wee will be 125 lbs. and Junior will be 155 lbs. Registration forms will be delivered to schools in May. Forms can also be found at the Harrisonburg Parks and Recreation Office or www.harrisonburgva.gov/football-cheerleading.

COACH OUR YOUTH FOOTBALL PLAYERS!

The Harrisonburg Youth Football Board is looking for a few good coaches for the upcoming season from Aug thru Oct! Do you want to help positively influence 5-12 year olds, and have a blast as a head or assistant coach? Previous coaches are strongly encouraged to apply. However, no prior coaching experience is necessary. We will offer mentorship to any new coaches. Successful applicants must be at least 18 years old (male or female) and must pass a background check. Apply at Harrisonburg Park & Rec. by July 22.

ATHLETICS

FUN IN THE SUN YOUTH SOCCER CAMP

Instructor: Dan Long - Location: Stone Spring Elementary

Learn the fundamentals of soccer through fun drills and games.

City Res \$40 / Non-Res \$50 / Rising Grades 1-4

211052A1 Mon-Fri Jun 13-17 8:30-10am

City Res \$40 / Non-Res \$50 / Rising Grades 5-8

211052A2 Mon-Fri Jun 13-17 10:30am-noon

YOUTH VOLLEYBALL CAMP

Instructor: Laurie Kraus - Location: SKMS Gym

This is a beginner camp for players to learn and improve their skills.

The skills introduced will include underhand/overhand serving, forearm passing, setting, hitting, and digging. There will also be instruction in serve receiving with transitions of offense and defense.

Registration deadline is the Wednesday prior to the start of the camp.

City Res \$55 / Non-Res \$60 / Grades 5-8

211044A1 Mon-Fri Jul 25-Jul 29 9am-noon

EXPLORING ARCHERY

Instructor: Brad Fiala - Location: HHS Activity Field

There is nothing more exciting than taking aim and hitting the bulls-eye! This camp is designed to teach the fundamentals of archery and the techniques that help make you a skilled archer. This program is for all skill levels.

City Res \$50 / Non-Res \$60 / Ages 8-12

211053A1 Tue/Thu Jun 14-30 5-6pm

211053A2 Tue/Thu Jul 12-28 5-6pm

City Res \$50 / Non-Res \$60 / Ages 13+

211053A3 Tue/Thu Jun 14-30 6:15-7:15pm

211053A4 Tue/Thu Jul 12-28 6:15-7:15pm

MIDDLE SCHOOL CROSS COUNTRY CAMP

Instructors: Corinne Makarewich and Krissi Dawson

This camp is designed to help runners effectively train and prepare for the fall middle school cross country season. The camp will meet throughout the summer to help young runners develop positive training habits. The campers will learn about all facets of endurance training, strengthening and stretching, as well as improving the running form and technique while focusing on sharpening their training for the upcoming fall cross country season. Mondays meet at SKMS, Thursdays meet at THMS. Program will not meet Jul 4.

City Res \$50 / Non-Res \$55 / Ages 10+

211074A1 Mon/Thu Jun 30-Aug 4 5-6:30pm

HARRISONBURG FLASH COED TRACK & FIELD CLUB

The sport of track and field has a place for everyone! This free club will offer 10-12 year old participants a fun, exciting introduction to the sport. Each day of practice will focus on a different track or field event that athletes will explore together as they discover their own strengths. The Flash Track Club will welcome occasional guest speakers to discuss topics like dedication, injury-prevention, and nutrition.

Each athlete will have a chance to compete in a local track meet in their favorite events. A Parent and Athlete Orientation Meeting will be held on March 15 at 7:00pm. For more information contact Coach Hannah at Hannah.Chappell-Dick@emu.edu. EMU Indoor Track

Ages 10-12 Sun/Tue Mar 15-May10 7-8:15pm

YOUTH SKATE CAMP

Facilitated by Wonder Skate Shop - Location: Westover Skate Park

Daily lessons for each camp are designed for any skill level. Learn how to cruise on flat ground and transitions, learn how to drop-in, or step it up and learn everything from lip tricks to flip tricks. Pizza Skate Jam provided on final day of each camp. Pads and helmets required and provided. The deadline for each camp is the Wednesday prior to the start of the camp. Participants must supply their own skateboard.

City Res \$55 / Non-Res \$60 / Ages 7-15

211021A1 Mon-Fri Jun 20-24 9am-noon

211021A2 Mon-Fri Jul 11-15 9am-noon

311021A1 Mon-Fri Aug 1-5 9am-noon

HARRISONBURG SUMMER TENNIS CAMP

Instructor: Joe Dillenbeck - Location: Purcell Park Tennis Courts

This camp is designed to teach and develop tennis skills in a fun environment. The camp combines instruction, drills, and play. Campers must provide their own rackets. Email Joe at jdillenbeck@eagles.bridgewater.edu.

City Res \$40 / Non-Res \$50 / Ages 7-10

211034A1 Mon/Wed/Fri Jun 13-24 9-10am

211034B1 Mon/Wed/Fri Jul 6-22 9-10am

City Res \$40 / Non-Res \$50 / Ages 11-13

211034A2 Mon/Wed/Fri Jun 13-24 10:30-11:30am

211034B2 Mon/Wed/Fri Jul 6-22 10:30-11:30am

City Res \$40 / Non-Res \$50 / Ages 14-17

211034A3 Mon/Wed/Fri Jun 13-24 noon-1pm

211034B3 Mon/Wed/Fri Jul 6-22 noon-1pm

YOUTH FENCING CAMP & GAMES

Instructor: Angela Leffel - Location: Spotswood Elementary

Learn the basic fundamentals and skills of the sport of Fencing. Please bring a packed lunch and a snack. Registration deadline is July 11.

City Res \$90 / Non-Res \$95 / Ages 8-14

211040A1 Mon-Fri Aug 1-5 9:30am-3:30pm

INLINE AND DECK HOCKEY OPEN PLAY

Hockey rink is located at 340 S. Willow St. next to the National Guard Armory. All ages and skills welcome. Bring your own equipment and play/ skate at your own risk. Skate until dark. For more information contact Gary Tyler at 438-8643.

ADULT KICKBALL LEAGUE

Reliving a kid's game...in an adult manner. This is a co-ed league, 15-26 players per team, must have at least 4 females playing the field at all times. 16 team max, registration deadline is Aug 5 or when league is full. \$160/team. Ages 16+ / Ramblewood

331020A1 Tue/Wed Aug 16-Oct 26 6-9pm

SPRING CO-ED ADULT CORNHOLE LEAGUE

Grab some friends and make a team for a weekly night of cornhole fun! This league has a maximum of 12 teams. The last week will include a tournament championship. If it rains we will play in the Armory. Deadline for registration will be April 6. Contact Tommy. \$40/team, maximum of 3 per team. Ages 18+ / National Guard Armory

221010A1 Wed Apr 27-Jun 8 6-8pm

OUTDOOR

BIRDS OF THE 'BURG

Instructors: Kathy Byers/Ralph Grove

Location: Shelter 12 Hillandale Park

Come walk the park trails and learn about the amazing variety of birds found right here in our city parks! These monthly bird walks are family friendly and offer a wonderful opportunity to spend some quality time outdoors. Skills such as using binoculars, identifying bird songs and using field guides will be covered. Bring binoculars and field guides if you have them. Children (under 18) must be accompanied by a parent or legal guardian. This free activity is sponsored by the Sierra Club, with support from the Rockingham Bird Club and Virginia Master Naturalists. Ages 8+

Sat	Apr 2	8:30-10:30am	Sat	May 7	8:30-10:30am
Sat	Jun 4	8:30-10:30am			

HARRISONBURG BY BIKE

Instructors: Angela Crow & Carl Droms - Location: Westover Park

This class is led by League of American Bicyclists Cycling Instructors and gives cyclists the confidence they need to ride safely and legally in traffic and on the trail. This course covers bicycle safety checks and on-bike skills. Ages 14 & up. Students ages 14-17 must be accompanied by an adult who is taking the course. Students of all skill levels are welcome and will find the course beneficial. A bicycle in good working order and a bicycle helmet are required.

City Res \$15 / Non Res \$17 / Ages 14+

230701A1	Sat	Apr 23	9am-1pm
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INTRO TO STAND-UP PADDLEBOARDING

Instructor: Outdoor Adventure Experiences Staff - Location: CFG/CAC

Originating in Hawaii, Stand Up Paddle boarding has been a long time surfing culture activity. Now, it's your turn to try this quickly emerging global sport right here in the Valley. During this half day experience, we'll teach you the fundamentals to set you up for a great day on the river. We will provide boards, life-jackets & helmets (if you want one). Closed toed footwear is required. Bring a packed lunch (ziplock), water in plastic bottles. Get ready for some excitement!

City Res \$54 / Non Res \$59 / Ages 12+

231300A	Mon	May 30	1-5pm
231300B	Sun	Jun 26	1-5pm
231300C	Sat	Jul 23	1-5pm
231300D	Sun	Aug 21	1-5pm

FAMILY RAFT FLOAT TRIPS

Instructor: Outdoor Adventure Experiences Staff - Location: CFG/CAC

Bring the whole family for a fun-filled day of leisure rafting. During our journey we'll take plenty of time to relax, swim in the rapids, and play in the water. Pack drinks in plastic screw-top bottles. You don't want to miss this experience!

City Res \$42 / Non Res \$46 / Ages 5+

231301A	Sun	May 29	1-5pm
231301B	Sat	Jun 25	1-5pm
231301C	Sun	Jul 24	1-5pm
231301D	Sun	Aug 21	1-5pm

YOUTH OUTDOOR SUMMER CAMPS ON PAGE 10

INTRO TO RECREATIONAL KAYAKING

Instructor: Outdoor Adventure Experiences Staff - Location: CFG/CAC

Cool off this summer with a scenic float down a local river. Participants will be provided boats, paddles, life jackets, and dry bags (to take personal items down the river in). A packed lunch with a screw-top plastic water bottle, appropriate river clothing, and closed toes shoes are required. This trip is designed for the novice paddler.

City Res \$54 / Non Res \$60 / Ages 12+

231302A	Sun	May 1	1-5pm
231302B	Sat	Jun 4	9am-1pm
231302C	Mon	Jul 4	9am-1pm
231302D	Sun	Aug 7	1-5pm

RIVER TUBING

Instructor: Outdoor Adventure Experiences Staff - Location: CFG/CAC

Come out for a relaxing half-day floating along the Shenandoah River. Let the current and your inner tube guide you down the river. Each participant will have a tube and a large one will be brought to play on.

City Res \$54 / Non Res \$59 / Ages 8+

231303A	Sun	Jul 10	1-5pm
231303B	Sat	Aug 6	1-5pm

CLASSIC RIVER RAFT FLOAT TRIPS

Instructor: Outdoor Adventure Experiences Staff - Location: CFG/CAC

This is a trip for the more adventurous. We will float one of the classic rivers of western Virginia on this full day trip. Participants should pack a lunch and plastic water bottles.

City Res \$60 / Non Res \$66 / Ages 18+

221300A	Sat	May 7	9am-5pm
221300B	Sat	Jun 18	9am-5pm
221300C	Sat	Jul 16	9am-5pm
221300D	Sat	Aug 13	9am-5pm

INTRO TO GEOCACHING

Instructor: Outdoor Adventure Experiences Staff - Location: CFG/CAC

If you've never done this before, it's like an outdoor treasure hunt using handheld GPS units (Global Positioning Units). We will meet either in the morning or afternoon, and head out to find some fun area caches. GPS units provided for groups of 1 to 3 person sub-groups within our total group. Bring a packed lunch for the Saturday class (ziplock), water in plastic bottles, and get ready for some excitement!

City Res \$48 / Non Res \$53 / Ages 8+

231304A	Sat	Apr 30	9am-1pm
231304B	Sun	May 22	1-5pm

FAMILY CAVING ADVENTURE TRIP

Instructor: Outdoor Adventure Experiences Staff - Location: CFG/CAC

These caving trips are designed for families with children ages 8 and Up! We will explore some of the areas smaller and less physical caves that are a great introduction to the sport! Bring a packed lunch for any 9am-1pm classes (ziplocked), water in plastic bottles, and get ready for some excitement!

City Res \$54 / Non Res \$60 / Ages 8+

231305A	Sat	Apr 16	1-6pm
231305B	Sat	May 21	1-6pm
231305C	Sat	Jul 2	9am-1pm
231305D	Sun	Aug 28	1-5pm

DANCE PROGRAM SCHEDULE

EXCITING BALLET AND POINTE WORKSHOP!

Come and enjoy a week-long intensive in Ballet and Pointe. The workshop will be held Monday through Friday, **May 16th to May 20th** from 6:30 – 8:30 pm daily. This workshop is open to Advanced and Adult Pointe dancers who would like to excel in their technique. **Activity #230312A1**, Fee: \$50 city resident, \$60 non-resident.

EXCITING SUMMER DANCE CAMPS!

Come enjoy an exciting week-long educational experience in dance! Students will be introduced to various dance forms including ballet, tap, jazz, hip-hop, and musical theatre in a family oriented atmosphere. Students will be challenged at their individual level in each discipline to encourage self-esteem. Through crafts and coloring sheets, students will be exposed to costume designing and dance technique, which will provide students with the opportunity to create their own artistic work, challenging student creativity and critical thinking skills. On Friday, during the last 45 minutes of the camp, parents and friends are invited for refreshments and an informal performance showcasing skills discovered in camp. This is a great opportunity to be with old friends and meet new ones in a positive and nurturing environment! Dance Camps run for 1 week.

Dance Camp I - Monday through Friday - June 13th to 17th: Dance Camp II – June 20th to 24th.

Fee: \$75 city resident, \$90 non-resident. \$10 discount for siblings.

ACTIVITY#	CLASS	AGE	TIME	MIN/MAX	INSTRUCTOR
210313A1	Dance Camp I	6-9	9am-noon	3/17	Cynthia/Jimmy
210313A2	Dance Camp II	10-18	9am-noon	3/17	Cynthia/Jimmy

FUN SUMMER DANCE CLASSES!!

Instructors: Cynthia Marafino, Jimmy Marafino, Jane Wyatt, Anna Wyatt
Classes run 5 weeks- Monday-Thursday classes May 23rd through June 27th.

No classes Monday, May 30 (Memorial Day)

Fee: \$25 city residents, \$30 for non-residents, \$5 discount for siblings.

ACTIVITY#	CLASS	AGE	TIME	MIN/MAX	INSTRUCTOR
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MONDAY MAY 23 – JUNE 27 (NO CLASS MAY 30)

210301A1	Beginning Child Jazz/Ballet	6-8	4:30-5:15pm	3/15	Cynthia/Jimmy
210302A1	Intermediate Jazz	8-12	5:15-6pm	3/15	Jimmy
220316A1	Adult Ballet	18+	6-7pm	3/15	Jimmy
220317A1	Adult Tap	18+	7-7:45pm	3/15	Jimmy

TUESDAY-MAY 24 – JUNE 21

210303A1	Intro to Dance (some tap)	5½ -6½	4:15-5pm	3/15	Cynthia
210304A1	Beginning Child Ballet/Tap	6-8	5-5:45pm	3/15	Cynthia/Jimmy
210305A1	Intermediate Ballet/TapII/III	8-12	5:45-6:30pm	3/15	Cynthia/Jimmy

WEDNESDAY-MAY 25 – JUNE 22

210306A1	Discover Dance I	3½ -4½	4:15-4:50pm	3/15	Jane/Anna
210307A1	Discover Dance II	4½ -5½	5-5:35pm	3/14	Jane/Anna
210308A1	Lyrical/Modern	10-18	5:45-6:30pm	3/15	Cynthia

THURSDAY-MAY 26 – JUNE 23

210306A2	Discover Dance I	3½ -4½	4:15-4:50pm	3/12	Cynthia
210307A2	Discover Dance II	4½ -5½	5-5:35pm	3/15	Cynthia
210309A1	Advanced Ballet	11-18	5:45-6:45pm	3/15	Cynthia
210310A1	Advanced Jazz	11-18	6:45-7:45pm	3/15	Jimmy

SCHOOL-AGE SUMMER CHILDCARE

Open registration for our summer childcare program will begin April 4, 2016. Space is limited and restricted to City Residents Only. For more information, visit www.harrisonburgva.gov/childcare.

AFTER SCHOOL CHILDCARE

Open Registration for our 2016-2017 after school childcare program will begin July 18, 2016. Space is limited and restricted to City Residents only. For more information, visit www.harrisonburgva.gov/childcare.

Provides recreation and social opportunities for those baby boomer age and beyond! Contact: Lynn Hoy - lynnt@harrisonburgva.gov

You will notice that some of our programs are now moving up to the Price Rotary Senior Center. This great facility now has some spare time available to us to program. We are going to use the space for some fun new programs and we want to make it a great place to come and enjoy meeting other active 50+ citizens. It is located in Westover Park behind the CFG/CAC at 305 South Dogwood Drive. Please let us know what activities you would enjoy and would like to see offered!

BROWN BAG LUNCH

Pack your lunch and come to the Price Rotary LOUNGE at the Senior Center. We will eat our lunches and have a topic of discussion afterwards. The topics will be fun and informative ideas like making jewelry, couponing, making different oils and vinegars and guest speakers. I will provide the drinks; you just need to pack your lunch. April's speaker will be Pam Shank from LANDSCAPES IN MINIATURE. We will enjoy watching a living miniature garden being created from start to finish. This is a free program, however, registration would be appreciated. You can call 433-9168 to find out the subject each month.

Thu Apr 21, May 19, Jun 9, Jul 28 11:30-1:30pm

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 by the Monday that week, so we can let the restaurants know we are coming. We will try to eat outside, weather permitting. All lunches from 11:30am-12:45pm. Fee: Order off menu.

Thu Apr 28 O'Neill's Grill - 221 University Blvd.
 Thu May 26 KANIS Mediterranean Bakery & Cafe-182 Neff Ave.
 Thu Jun 16 Cross Keys Vineyard - 6011 E.TimberRidge Rd.

50+ SOCIAL CLUB

We know that there are a lot of 50 years and older people looking for something to do in the evenings. Like me, a lot of us are still working until 5pm but would like something fun to do when we get off work. Let's get together and go to a movie, ball game, dinner, play cards/games, etc. Please contact me (lynnt@harrisonburgva.gov or (540)433-9168) and get put on a list and keep you notified of what fun stuff we have planned. Meet us on Thursday, May 19 at Valley Lanes at 6:00pm and we will bowl a few games and have some fun. The cost is \$10.00/person and includes games and rental for 2 hours.

BEGINNING CROCHET

Instructor: Meki Shifflett - Location: Price Rotary Senior Center

This class is for beginners and for those who have not crocheted for a while. You will learn the basic stitches and end up with a beautiful scarf. A supply list will be handed out at the first class (approximate cost: \$8.00).

City Res \$30 / Non-Res \$36 / Ages 50+

240571A1 Tue May 3-24 1-3pm
 240571A2 Tue July 5-26 6-8pm

P.Y.O.C.(PAINT YOUR OWN CANVAS) ART CLASS

Instructor: Suzanne Soliday - Location: Price Rotary Senior Center

It's time to unleash the artist within! Light-hearted painting lessons are given in a step-by-step presentation to help you create and walk away with your own masterpiece. The April selection is "Hydrangeas in a Jar"; June selection is "Sicily By The Sea" and the July selection is "Ocean Entrance". Class fee includes all materials needed.

City Res \$35 / No-Res \$38 / Ages 50+

240900A1 Wed Apr 6 9-11:30am
 240900A2 Tue Jun 7 2-5:00pm
 240900A3 Thu Jul 21 5:30-8pm

BISCUITS & BINGO

Join us the last Wed of each month at the Harrisonburg Chick-Fil-A. Participants receive a free drink with purchase and play bingo for prizes and fun. No purchase or registration necessary to play. Free Ages 50+ Wed Apr 27-Jul 27 9-10am

BENNY'S BLANKETS

Location: Price Rotary Senior Center

This is a social group for 50+ who like to knit and crochet. Items are donated to area nursing homes, hospitals, and other service organizations. Drop in and join the group! We do a lot more than just crochet!!! If anyone has yarn to donate, Benny's Blankets would love to have it. Please call 433-9168 or drop it by the Administrative Office.

Free Tue/Thu Apr 5-Ongoing 9-11am

BOOK CLUB

Location: Price Rotary Senior Center

This "new" 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. No one in this book club should feel obligated to read EVERY book, EVERY month. You do not have to read any or all the books to attend or enjoy the conversation. Please join us to laugh, share wisdom, gain insight and make new friends. We will meet the first Monday of each month. Registration appreciated.

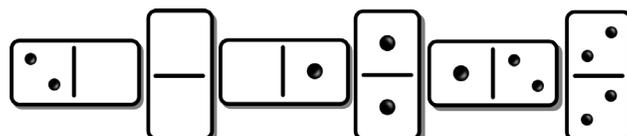
Free Mon Apr 4/May 2/June 6 3pm

WEDNESDAY AFTERNOON GAMES

Location: Price Rotary Senior Center

Come join the fun. We already have a table of pinochle and bridge playing and we are looking to add poker, dominoes, corn hole bean bag toss and canasta. If you are interested in joining the group at our new GREAT LOCATION, come join us. We have a great space and can have a great afternoon of FUN.

Free Wed Apr 6-Ongoing 1-3pm



CITY RESIDENTS CAN REGISTER STARTING ON MARCH 28 IF DONE ONLINE. CALL 540-433-9168 TO SETUP YOUR ACCOUNT.

WEIGHT ROOM CIRCUIT TRAINING

Instructor: June Hosaflook - Location: CFG/CAC

By using the equipment in our weight room, you'll be able to develop and improve the strength, balance, and flexibility needed to sustain a healthy, active lifestyle. This class is designed especially for those 60 and older, who have little or no experience with weight training.

CAC Members \$20 / Non Members \$45 / Ages 50+

240520A1	<i>Tue/Fri</i>	<i>Apr 12-May 6</i>	<i>10:30-11:30am</i>
240520A2	<i>Tue/Fri</i>	<i>May 10-Jun 3</i>	<i>10:30-11:30am</i>

PICKLEBALL

Coordinator: Lynn Hoy - Location: CFG/CAC

Meet your friends or call and come once a week for a rousing Pickleball game or three. You can play through May in our gym. We furnish all equipment.

Free	<i>Thu</i>	<i>Ongoing</i>	<i>noon-3:00pm</i>
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SUMMER PICKLEBALL

Coordinator: Lynn Hoy - Location: Morrison Park

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

Free	<i>Wed/Thu</i>	<i>Apr 6-Aug 25</i>	<i>6-8pm</i>
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THURSDAY AFTERNOON BOWLING

Location: Valley Lanes

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, with a party on the 17th week where prizes are awarded for a number of categories. \$9 per person includes 3 games, shoes and ball. No registration necessary. Next sign up for teams April 28. All Participants \$9 / Ages 50+ / Thu / 1-3pm

SILVER SNEAKERS

Let's get moving, join fellow 50 years + walkers at Purcell Park. We will meet at Kids Castle and walk for about an hour or until you get tired. The program will be weather permitting and it is a drop in program so join the fun and meet new friends. FREE! All levels and ages are welcome! **Starting in June, we will meet at 8:30am due to heat.**

<i>Mon/Wed/Fri</i>	<i>Apr 1-ongoing</i>	<i>9-10am</i>
<i>Tue/Thr</i>	<i>Jul 5- Jul 28</i>	<i>7-8pm</i>

50+ LET'S PLAY GOLF

Instructor: David Johns, PGA Professional

Location: Heritage Oaks Golf Course

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.

City Res \$35 / Non-Res \$40 / Ages 50+

240564A1	<i>Tue-Fri</i>	<i>Apr 19-22</i>	<i>1-2pm</i>
240564A2	<i>Tue</i>	<i>Jun 7-28</i>	<i>1-2pm</i>

50+ DISC GOLF

Instructor: Ed Steele - Location: Westover Park

Come learn and play Disc Golf. It is great exercise, lots of fun & free. We will meet at the Price Rotary Senior Center each Wednesday, weather permitting. Registration appreciated by calling 433-9168.

240531A1	<i>Mon</i>	<i>May 2 & Jun 6</i>	<i>10am-noon</i>
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CARDIO & STRENGTH

Instructor: Frank Campbell/Warren Stimpson - Location: CFG/CAC

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

City Res \$36 / Non-Res \$43 / Ages 50+

240500A1	<i>Tue/Thu</i>	<i>Apr 12-May 19</i>	<i>5:30-6:15pm</i>
240500A2	<i>Tue/Thu</i>	<i>May 24-Jun 30</i>	<i>5:30-6:15pm</i>
240500A3	<i>Tue/Thu</i>	<i>Jul 5-Aug 11</i>	<i>5:30-6:15pm</i>

EARLY BIRD CARDIO & STRENGTH

Instructor: Frank Campbell - Location: CFG/CAC

City Res \$36 / Non-Res \$43 / Ages 50+

240523A3	<i>Tue/Thu</i>	<i>Apr 12-May 19</i>	<i>6:15-7am</i>
240523A4	<i>Tue/Thu</i>	<i>May 24-Jun 30</i>	<i>6:15-7am</i>
240523A5	<i>Tue/Thu</i>	<i>Jul 5-Aug 11</i>	<i>6:15-7am</i>

ZUMBA GOLD

Instructor: Margaret "Muff" Perry - Location: CFG/CAC

This Zumba Gold class is especially designed for active older adults, especially those who want a lower impact class. This class uses more instruction and verbal cues as well as slower music. Improve your fitness level with this great Latin and internationally inspired dance fitness workout. Join the party!

City Res \$19 / Non-Res \$24 / Ages 50+

240502A1	<i>Tue</i>	<i>Apr 12-May 3</i>	<i>6:30-7:30pm</i>
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50 & WISER YOGA LEVEL 1

Instructor: Patricia Kearney - Location: CFG/CAC

Yoga is a happy medium for those who need balance, strength, flexibility and relaxation. Beginners and intermediate students welcome, modifications will be provided.

City Res \$31 / Non-Res \$37 / Ages 50+

240525A1	<i>Mon</i>	<i>Apr 4-May 9</i>	<i>5:30-6:30pm</i>
240525A2	<i>Wed</i>	<i>Apr 6-May 11</i>	<i>5:30-6:30pm</i>
240525A3	<i>Wed</i>	<i>May 18-Jun 22</i>	<i>5:30-6:30pm</i>

Mini Summer Session (5 weeks)

City Res \$25/ Non-Res \$31 / Ages 50+

240525A4	<i>Mon</i>	<i>May 16-Jun 20</i>	<i>5:30-6:30pm</i>
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EXTRA GENTLE YOGA

Instructor: Patricia Kearney - Location: CFG/CAC

Participation in yoga benefits stress reduction, muscular endurance, flexibility and balance. In this class seated poses can be done using chairs or sitting on the floor, and standing poses are done with additional support for balance. Participants can choose a fully chair-based approach to the class, or combine standing, chair and floor poses according to their needs. The instructor has experience in teaching gentle and chair-based yoga classes, and is certified in Integrative Yoga Therapy.

City Res \$31 / Non-Res \$37 / Ages 50+

240526A1	<i>Thu</i>	<i>Apr 7-May 12</i>	<i>6-7pm</i>
240526A2	<i>Thu</i>	<i>May 19-Jun 23</i>	<i>6-7pm</i>



@hburgparks

**Cecil F. Gilkerson
Community Activities Center**
305 S. Dogwood Drive
540-433-2474
www.harrisonburgva.gov/community-activities-center

HOURS OF OPERATION

Mon-Fri 6am-9pm
Sat 9am-5pm
Sun 1pm-6pm
Daily Gym schedule available online

RACQUETBALL/WALLYBALL

Adult \$2/person/hour
Youth \$1/person/hour
Wallyball \$10/court/hour

RACQUETBALL CARD

CFG/CAC members may purchase Racquetball Cards for convenience. Fourteen plays per card. Adult card: \$24

RACQUETBALL COURTS

Come check out our racquetball courts. Current annual pass holders may reserve courts up to 7 days in advance by calling 433-2474.

EXERCISE ROOM

Get in shape with a full body workout in our Exercise Room. We feature five TRUE treadmills, four OCTANE ellipticals, two TRUE recumbent bicycles, and a variety of CYBEX and HOIST strength equipment. Access to the Exercise Room is limited to adults and pre-approved youth only.

EARLY BIRD RECREATION/FITNESS

Get out of bed early for some fast paced action. The gym is available for full court basketball on Tues/Thur.

Racquetball courts are available on a first come, first serve basis. Get your work out in before work in our Exercise Room. Showers are available, but you need to bring your own supplies.
Mon-Fri 6-9am
Annual Pass or Guest Fee

FEE SCHEDULE

Local residents ages 12 and over may enjoy the facilities of the Cecil F. Gilkerson Community Activities Center & the Lucy F. Simms Continuing Education Center by purchasing an annual ID pass. Passes are available to City Residents and Non-Residents. The pass will serve as general admission to both Centers, and allow pass holders to make Racquetball court reservations in advance.

ANNUAL PASS

City Resident Adult	\$30
Non-Resident Adult	\$60
City Resident Senior (55 and over)	\$15
Non-Resident Senior (55 and over)	\$30
City Resident Teen (12-17 years)	\$5
Non-Resident Teen (12-17 years)	\$15
Youth Daily Guest Fee	\$2
Adult Daily Guest Fee*	\$3

* Must show photo identification to enter.

ROOM RENTALS

Are you planning an event? Our Recreation Centers have many options if you're looking for space. We'd be happy to accommodate your next birthday party, baby shower, business meeting, conference, or workshop. *See community center websites for room layout options & fees specific to each building.*

FULL COURT BASKETBALL

Pick-up games are run so come to the Gym and bring a friend. High School age through adults.
Annual Pass or Guest Fee Required.

Mon	6:30-9pm	Simms
Tue	11am-1pm	Simms
Tue	6-8:45pm	CFG/CAC
Wed	6:30-9pm	Simms
Thu	11am-1pm	Simms

OPEN GYM

Our gymnasium will be open for families and individuals to participate in open gym activities. No full court basketball or volleyball will be held during this time.
Annual Pass or Guest Fee Required.
Call 433-2474 to check on daily availability.

**Lucy F. Simms Continuing
Education Center**
620 Simms Avenue
540-437-9213
www.harrisonburgva.gov/simms-center

CENTER OFFICE HOURS

8am-5pm Monday-Friday

COMPUTER LAB HOURS (Free)

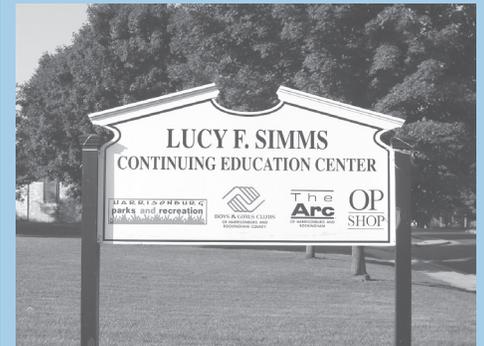
Monday-Friday
8:30am-11:30am - 2:00pm-5:00pm
Monday & Wednesday
6:30pm-9:00pm

FITNESS ROOM HOURS

(Annual Pass or Guest Fee)
8:00am-12pm Mon/Wed
6:30pm-9pm Mon/Wed
7:30am-2pm Tue/Thur

WALKING PROGRAM

One of the easiest and best ways to lose or maintain weight is by simply walking. This is a self guided walking program that you can do with a friend or family member. Walk the trail in Ralph Sampson Park, the trail is .5 miles (2 laps = 1 mile) long or create your own throughout the neighborhood.



CO-ED VOLLEYBALL

Join us for pick-up games of volleyball in the C.A.C. Gym every Monday and Wednesday night. Children under High School age must be accompanied on the court by a parent.
Mon/Wed 6-8:45pm

PARK & SHELTER INFORMATION

Grills are provided as well as trash receptacles. Park restrooms are available for use April 15 – October 31 (except Riven Rock which opens May 15 – Oct 31). Water fountains and electricity are available at various shelters. During the off-season, water and electricity are shut off to protect pipes from freezing and conserve electricity. Restrooms are not available during the off-season. (Portable toilets may be available in some parks.)

- If you see any problems, please report them to the Recreation Department on the next working day if possible.
- Shelters are booked on a first come-first served basis. Once a reservation is made, no switching of dates, parks, or shelters is allowed. There are also **NO REFUNDS ON ANY SHELTER RESERVATIONS**. To avoid any reservation mix-ups, please keep your receipt and take it with you on the day of your picnic.
- No inflatable bounce houses.
- No alcoholic beverages or illegal drugs of any kind are allowed on park property.
- Please do not remove or move picnic tables.
- All dogs must be on a leash at all times (city code 15-2-2 leash law) and are not allowed on athletic fields.
- Picnickers must furnish charcoal for use in grills.
- No open fires allowed without permission. All fires must be out before leaving park.
- City parks cannot be used for fund raising, political, religious or private gain.
 - * Shelter reservations and organized meetings associated with religious, political or private groups with the intent of soliciting, recruiting or attracting volunteers, individuals or outside agencies, solicitation of money, distribution of literature or requests for donations, or use for private gain, are prohibited.
- Anyone wishing to enter Westover or Hillandale Parks before the park is open will be charged a fee of \$20.
- No loud music or public address systems. Please be respectful of park neighbors and residential areas.
- Lights in the shelters, which are on timers, are only intended to provide minimal light and are not guaranteed.
- Caution should be used not to overload electrical outlets; you may trip electrical breakers, shutting off all power to your shelter.

SHELTER RESERVATIONS

Fees

WEEKDAY RESERVATIONS

Monday-Friday reservations:

\$10 City Residents

\$15 Non-Residents

WEEKEND RESERVATIONS

Saturday & Sunday reservations:

\$25 City Residents

\$40 Non-Residents

Due to high demand, all shelters reserved Saturday, May 7, 2016 (JMU Graduation) \$50.

Dates

The season runs:

April 15–October 31 for all city parks

May 15–October 31 for Riven Rock Park

Shelters can be reserved in advance by telephone with credit card or in person by check, cash or credit card.

**Administrative Office : (540)433-9168
8am-5pm, Monday-Friday.**

The following parks have shelters available for rental:

Westover Park	Purcell Park
Morrison Park	Hillandale Park
Riven Rock Park	Ralph Sampson Park
A Dream Come True Playground	

*Para mas informacion acerca de las Casitas.
Por favor vaya ala web o en la oficina.*

<http://www.harrisonburgva.gov/shelters>

A DREAM COME TRUE PLAYGROUND

8am to dusk

The pavilion is available for half day reservations from 11am-2pm and 3pm-6pm. Weekday reservation rates for half days are \$25 for City Residents and \$35 for Non-Residents. Saturday, Sunday and Holiday reservation rates for half days are \$40 for City Residents and \$50 for Non-Residents. (Pavilion does not have electricity, lighting or grills, NO OUTSIDE GRILLS ALLOWED) Restrooms are not available during the offseason.

Harrisonburg Parks & Recreation Staff Directory

Lee Foerster, **Director**

David Wigginton, **Assistant Director**

Administrative Office: (540)433-9168

Lynn Turner Hoy, Senior Program Coordinator

Matt Little, Special Events Coordinator

Athletics: (540)433-9168

Erik Dart, Athletic Program Coordinator

Tommy Thomas, Athletic Program Coordinator

Heritage Oaks Golf Course: (540)442-6502

David Johns, Professional

Kelly Adams, Golf Shop Manager

Cecil F. Gilkerson Community Activities Center: (540)433-2474

Ed Steele, Manager

Bill Rule, Supervisor

Scott Erickson, Recreation Specialist

Tucker Thigpen, Recreation Specialist

Ashley Tobe, Recreation Specialist

Stephanie Walker, Recreation Specialist

Lucy F. Simms Continuing Education Center: (540)437-9213

Stephanie Howard, Supervisor

Cory Jeffries, Recreation Specialist

Westover Swimming Pool: (540)434-0571

Kristin Lam, Aquatics Manager

AJ Morris, Pool Supervisor

The First Tee of Harrisonburg

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.

Spring Schedule

Little Legends

Ages 5 & 6

Session 1

Mon. & Wed. 4:30 – 5:30

March 28, 30, April 4, 6, 11, 13

Session 2

Tues & Thurs. 4:30 – 5:30

April 19, 21, 26, 28, May 3, 5

PLAYer

Ages 7-9 and have never taken a The First Tee class

Session 1

Tues. & Thurs. 4:00 – 5:30

March 29, 31, April 5, 7, 12, 14

Session 2

Mon. & Wed. 4:00 – 5:30

April 18, 20, 25, 27, May 2, 4

Par

Ages 9-11 and have passed the PLAYer Test

Session 1

Friday 4:00 – 5:30

April 1, 8, 15, 22, 29, May 6

Session 2

Mon. & Wed. 4:00 – 5:30

May 9, 11, 16, 18, 23, 25

Birdie

Ages 11-13 and have passed the Par Test

Session 1 4:00 – 5:30

May 13, 20, 27, June 1, 3, 8

Eagle

Ages 13-18 and have passed the Birdie Test

Session 1 4:00 – 5:30

May 10, 12, 17, 19, 24, 26

Prices

Little Legends

\$40 per Session

PLAYer, Par, Birdie, and Eagle

\$65 per Session

Scholarships are available.



Contact Information

The First Tee of Harrisonburg
690 Garbers Church Road
Harrisonburg, VA 22801

(540)437-4239

thefirstteeharrisonburgva@gmail.com

www.thefirstteeharrisonburg.org

680 Garbers Church Road
Harrisonburg, VA 22801
540-442-6502
Summer Pro Shop Hours:
7am-7pm



Heritage Oaks

G O L F C O U R S E

www.heritageoaksgolf.com



Back for 2016: Pin Seekers Challenge

Pin Seekers is back on Sundays and Thursdays beginning April 3rd. Play each Sunday and Thursday through August 21st to test your skill (luck) as the Ultimate Pin Seeker, who will be crowned at the Shoot-Out on August 24th. The Pin Seekers Challenge is a contest on all 5 of our Par 3s. Whoever is closest on each of the contest days will be invited to the Shoot-Out. Just pay the \$2 entry fee per round to be able to participate. The Pin Seekers Challenge is open to any golfer, male, female, senior, or junior who is interested in participating. Just get closest to the Pin to win a weekly prize, and to receive an invitation to the Shoot-Out on August 24th. Make a hole-in-one at the Shoot-Out and win \$10,000!! Other Shoot-Out prizes include a set of irons, a driver, golf bag, golf shoes, and so much more.

Will you be the 2016 Ultimate Pin Seeker?

Equipment & Apparel

Great Golf Stuff available in our Pro-Shop. Get fitted for the clubs that will make the most impact on your game. Find the gear to make your round more productive and comfortable, and look good doing it with our wide selection of golf apparel. Always check out Heritage Oaks for your golf gear before looking anywhere else. Don't see what you are looking for? We can find it!

Be in the Know

Lots of ways to "Be in the Know"! Sign up for our newsletter, The Heritage Oaks Herald, which is emailed the last Monday of each month. Follow us on social media (Facebook, Twitter, Instagram, and Google+) to keep up with the daily goings on.

Daily Play

Play the friendliest golf course in the Valley! In addition to our regular daily rates we offer special rates for Senior's and Junior's.

	<i>Mon-Thur</i>	<i>Fri-Sun & Holidays</i>
18 Holes	\$27	\$31
9 Holes	\$17	\$19
Twilight	\$17	\$19
Cart – 18 holes	\$17	\$17
Cart – 9 holes	\$10	\$10

(All rates shown are per golfer.)

2016 Season Passes and ½ year Season Passes also available.

Learn to Play Golf (better)!

Golf season is here, time to learn this great game, or just knock the rust off. PGA Professional David Johns, can show you the way to the best swing for you. Dave's philosophy is to tweak your swing to work better for you, not to create a cookie cutter swing pattern for everyone. Dave recognizes each golfer is unique, and so is his approach to instruction. Call the Pro-Shop today to schedule your lesson. Private, semi-private, and group lessons available. Details and instruction package information available at www.heritageoaksgolf.com/instruction.

Practice Facilities

You have had your lesson, now it is time to practice. Visit the range and our practice green. You can buy tokens for the range, a range card, or an annual pass to the range.

Large Bucket (2 tokens) \$6

Small Bucket (1 token) \$4

Range Card (10 large buckets) \$40

Annual Pass (Unlimited) \$275



POSTAL PATRON

COMMUNITY EVENTS



Volunteer information can be found at
www.harrisonburgva.gov/cleanstream-clean-up-day

FREE Admission! Come Join Us for the 23rd Annual



**HARRISONBURG
AFRICAN-AMERICAN
CULTURE FESTIVAL**
Family. Unity. Faith. Love.

A Celebration of Culture with
Live Music ~ Soul Food
Art ~ Vendors ~ Family Fun!
www.HRAAF.org

**SATURDAY
JUNE 18
12PM - 6PM
RALPH SAMPSON PARK**



Westover Preschool Registration: Must be 3 or 4 years old by September 30, 2016. Registration begins 6/1/2016 in the administrative office of the Cecil F. Gilkerson Community Activities Center. City residents only. Cost: \$300 for mid-September through mid-May. Classes meet M/W/F 9:30am-noon. \$25 nonrefundable deposit due at registration. Call 540-433-9168 for more information.

Easter Egg Hunt!
Saturday, March 26 • 10am City Residents
Westover Park Toddlers - 4th Grade




June 25, 2016
Hillandale Park
Advance registration
is required
540-433-9168

www.harrisonburgva.gov/great-american-campout

Bluestone Trail Night Bike Ride
Saturday, May 21 - Activities start @ 7:30pm
Purcell Park

