



CITY OF HARRISONBURG
**PARKS
& REC**

Summer 2021 Programs

Harrisonburg Parks and Recreation is offering in-person, 50 & Wiser Fitness and Youth Dance programs beginning May 2021!

Our Summer Classes

50 & Wiser Cardio & Strength

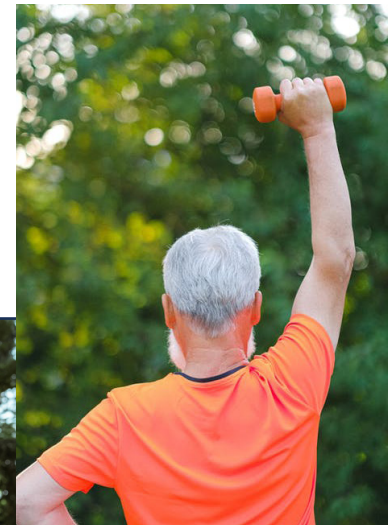
Stretch, strengthen, and get fit! This class works the heart, muscles, and more.

Dance

Enjoy our dance program during the summer! Offering

dance opportunities including Discover Dance, Introduction to

Dance, Ballet/Jazz, and special Advanced Sessions!



Special Requirements & Registration

Participants of Summer programs will be asked to arrive on time, practice social distancing, wear a mask upon entry/exit, and bring a water bottle and required class equipment. Participants will undergo a quick symptom screening upon entering. To register, call 540-433-2474 or if you already have an account, register online at www.HarrisonburgVA.gov/program-registration.

City Resident Registration: April 19 | Non Resident Registration: May 3

Summer Dance Classes

Dance Class Location: Lucy Simms Center Auditorium

For Additional Information Visit www.HarrisonburgVa.gov/Dance

Dance Coordinator: Cynthia Marafino

Dance Instructor: James Marafino

Discover Dance

Fun exploration into movement, rhythm, and music all done in a fun and positive environment. Children are playfully engaged to move through the space while enhancing brain development. Ages 3 1/2 - 5.

Evening Classes - 6 Week Session

City Res \$30 | Non Res \$36

#210306A1 | Tu | Jun 1 - Jul 6 | 4:30pm - 5pm

#210306A2 | W | Jun 2 - Jul 7 | 4:30pm - 5pm

#210306A3 | Th | Jun 3 - Jul 8 | 4:30pm - 5pm

Morning Classes - 4 Week Session

City Res \$20 | Non Res \$24

#210306A4 | Tu | Jun 15 - Jul 6 | 10am - 10:30am

#210306A5 | W | June 16 - Jul 7 | 10am - 10:30am

#210306A6 | Th | June 17 - Jul 8 | 10am - 10:30am

Intro to Dance

Combines ballet, jazz, and creative movement. Students will be introduced to more steps and technical training. Ages 5 - 7.

Evening Classes - 6 Week Session

City Res \$30 | Non Res \$36

#210303A1 | W | Jun 2 - Jul 7 | 5:15pm - 5:45pm

Morning Classes - 4 Week Session

City Res \$20 | Non Res \$24

#210303A2 | W | Jun 16 - Jul 7 | 11am - 11:30am

Beginning Ballet/Jazz

Fun, upbeat class that incorporate isolation movements, progressions across the floor, and choreography in jazz while building on skills and foundations of Ballet. Ages 6 - 8.

Evening Classes - 6 Week Session

City Res \$30 | Non Res \$36

#210304A1 | Tu | Jun 1 - Jul 6 | 5:15pm - 6pm

Morning Classes - 4 Week Session

City Res \$20 | Non Res \$24

#210304A2 | Tu | Jun 15 - Jul 6 | 11am - 11:45am

Ballet/Jazz II

Fun, upbeat class that incorporate isolation movements, progressions across the floor, and choreography in jazz while building on skills and foundations of Ballet. More complex across the floor and center combinations are introduced. Ages 8 - 12.

Evening Classes - 6 Week Session

City Res \$30 | Non Res \$36

#210305A1 | Th | Jun 3 - Jul 8 | 5:15pm - 6pm

Morning Classes - 4 Week Session

City Res \$20 | Non Res \$24

#210305A2 | Th | Jun 17 - Jul 8 | 11am - 11:45am

Workshops for Advanced Dancers

An 8 - day advanced ballet, jazz, contemporary, modern, and conditioning workshop. This workshop is open to all advanced dancers and adults who would like to excel in their technique. Ages 11 - 18.

City Res \$40 | Non Res \$48

Advanced Session 1

#210320A1 | Tu - F | Jun 15 - Jun 25 | 6:30pm - 7:30pm

Advanced Session 2

#210320A2 | Tu - F | Jun 29 - Jul 9 | 6:30pm - 7:30pm

Summer 50 & Wiser Fitness

Cardio & Strength

Instructor: Warren Stimpson

Stretch, strengthen, and get fit! This class works the heart, muscles, and more. Variety and fun is guaranteed. Exercises are crafted for the active older adult but all fitness levels are welcome. Participants are to bring their own yoga/fitness mat to each class and follow all current COVID-19 requirements set by the Harrisonburg Parks and Recreation department. Class fitness equipment will be provided by the department and fully sanitized before/after use. No class will be held May 18 and 20.

Location: Westover Park Shelter #1

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

#240500A1 | Tu, Th | May 11 - Jun 24 | 5:30pm - 6:15pm

#240500A2 | Tu, Th | Jul 6 - Aug 12 | 5:30pm - 6:15pm