

# ACTIVITY GUIDE

Para la guía de actividades en Español, vaya a  
[www.harrisonburgva.gov/activities](http://www.harrisonburgva.gov/activities)

HARRISONBURG  
**parks and recreation**



DECEMBER-MARCH 2016-2017

# COMMUNITY EVENTS



2016 Harrisonburg Holiday Parade  
Friday, December 2 at 7pm  
Downtown Harrisonburg  
“Lights on Parade”

Parade will start at Gay Street and head  
South on Main Street.

## ATHLETICS COMMUNITY PARTNERS

### HARRISONBURG LITTLE LEAGUE ASSOCIATION - REGISTRATION

\*Boy's Baseball

\*Girl's Softball

Sat Feb 4, 11, 18 10am-1pm

Ages 4-18 at CFG/CAC

\*Must bring child's birth certificate and 3 proofs of residence

\*Challenger Division

A division of Harrisonburg Little League Baseball for children ages 5-18 or up to age 22 if still enrolled in school, who cannot safely participate in other baseball programs due to physical and/or intellectual challenges. Games are structured to support the success of all players. The focus is on having fun while learning the game of baseball.

For information visit: [www.hlla.org](http://www.hlla.org) or contact: Dean Warlitner, HLLA president at (540)280-1976, [deanwarlitner@gmail.com](mailto:deanwarlitner@gmail.com) or Gloria Ottaviano (540)236-8540, [ggstewott@verizon.net](mailto:ggstewott@verizon.net)

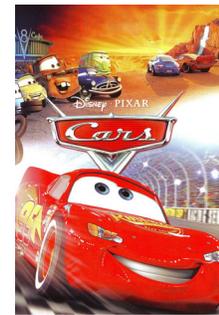
### SHENANDOAH VALLEY UNITED SOCCER

Sign up to train with the best coaches around in the SVU'S weekly winter training sessions. Registration is open now! For information regarding specific programs, fees, or to register, visit: [www.shenvalleysoccer.com](http://www.shenvalleysoccer.com) or call 540-383-6341



### ADULT CO-ED SOCCER LEAGUE

Games are held at Smithland Fields every Sunday, 7v7, and 30 minute halves. Men must be 21+ and women 18+ to participate. Team and Individual sign up available. Email [upper90soccer.va@gmail.com](mailto:upper90soccer.va@gmail.com) for more detail on our upcoming Spring season!



January 14

Movie starts at 6:30pm.

Please call 433-9168 with any questions.

Under 14 needs to be with an adult.



### AFRICAN-AMERICAN PROPERTY-OWNERSHIP DOWNTOWN HARRISONBURG, 1850-1860

Location: Simms Center Classroom

A talk with author Ryan Bachman. Ryan's book about nine families, their homes and businesses is a window into an untold story. **FREE**

Thu Feb 2 7pm

### AN AFTERNOON WITH FREDERICK DOUGLAS

Instructor: Nathan M. Richardson - Location: Simms Auditorium

Poet, author and spoken word performer Nathan R. Richardson captures completely the physical and spiritual essence of the great writer, orator and abolitionist, Frederick Douglas. **FREE**

Sat Feb 11 4pm

### ZENDA'S HOMECOMING

Location: Simms Center Auditorium

Join us as we celebrate the community of Zenda, 1870-1920 through word, song and video. The voices of the descendants will tell their ancestor's story of faith, strength and love. **FREE**

Sat Feb 18 7pm

### SOUL FOOD DINNER

Location: Simms Center Auditorium

Come out and enjoy an evening of musical entertainment while socializing and sampling some traditional Soul Food dishes made by some of the Northeast Community's lifelong residents. **FREE**

Sat Feb 25 5-8pm

# Community Center Information

**Cecil F. Gilkerson  
Community Activities Center**  
305 S. Dogwood Drive  
540-433-2474  
[www.harrisonburgva.gov/community-activities-center](http://www.harrisonburgva.gov/community-activities-center)

## HOURS OF OPERATION

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

The Community Activities Center is home to raquetball/wallyball courts, a renovated exercise room with new equipment, a full court basketball gym, weekly pickleball, and a game room.



## \*UPCOMING CITY HOLIDAY HOURS/CLOSURES

|                |        |
|----------------|--------|
| <u>2016</u>    |        |
| December 23-26 | Closed |
| <u>2017</u>    |        |
| January 1      | Closed |
| April 16       | Closed |
| May 29         | Closed |
| July 4         | Closed |
| September 4    | Closed |
| November 23-24 | Closed |
| December 25-26 | Closed |

*\*Hours may vary due to special events*

## ANNUAL PASS

|                                    |       |
|------------------------------------|-------|
| City Resident Adult.               | \$30  |
| Non-Resident Adult                 | \$60  |
| Combo Res Pass (Gym/Pool)          | \$105 |
| Combo Non Res Pass (Gym/Pool)      | \$150 |
| 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  |

## DAILY FEES

|  |     |
|--|-----|
| Youth Daily Guest Fee                      | \$2 |
| Adult Daily Guest Fee*                     | \$3 |
| * Must show photo identification to enter. |     |

**Lucy F. Simms Continuing  
Education Center**  
620 Simms Avenue  
540-437-9213  
[www.harrisonburgva.gov/simms-center](http://www.harrisonburgva.gov/simms-center)

## CENTER OFFICE HOURS

Mon-Fri 8am-5pm

## COMPUTER LAB HOURS

(Free)  
Monday-Friday  
8:30am-11:30am & 2-5pm  
Monday & Wednesday  
6:30-9pm

## FITNESS ROOM HOURS

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



## Harrisonburg Parks & Recreation Staff Directory

Luanne Santangelo, **Director**  
David Wigginton, **Assistant Director**

**Administrative Office:** (540)433-9168  
Lynn Turner Hoy, Senior Program Coordinator

**Athletics:** (540)433-9168  
Erik Dart, Athletic Program Supervisor  
Tommy Thomas, Athletic Program Supervisor

**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 Technician  
Tucker Thigpen, 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



@hburgparks

## WINTER SWIM PASSES

Sep 12 2016- April 28, 2017

### Individual

City Res \$70 / Non-Res \$90

### Family

City Res \$160 / Non-Res \$200

## ANNUAL SWIM PASSES

Valid for one year after date purchased

### Individual

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

### Family

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

## WINTER POOL HOURS

Monday-Friday 7am-9pm

Saturday 12-6pm

Sunday 1-8pm

For more information regarding

hours and pool schedules check

our website. [www.harrisonburgva.gov/swimming-pool](http://www.harrisonburgva.gov/swimming-pool)

## WINTER DAILY ADMISSION FEE

Infant(<18 months)Free

Child (under 18) City Res \$2 / Non Res \$3

Adult City Res \$3 / Non Res \$5

## 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 Fall 2016 swimming lessons.)
- No appointment is needed to complete the registration and placement test. Testing for Spring classes begin December 10th.
- Official registration and testing for swim classes will begin at the pool office starting January 2 at 8am for City Residents and January 3 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.

## SWIM LESSON FEES

City Res \$25/ Non-Res \$30

**PRESCHOOL CLASSES** - Classes are taught in a small group to provide more one on one time with instructor.

### TADPOLES – PRESCHOOL 1

The goal of Tadpoles is to teach fun in the water. This class is geared for children with little to no “in water” experience. Tadpoles will learn to enter the water safely and become familiar with elementary aquatic skills.

**111100A1** Sat Feb 4-Apr 8 9- 9:30am

### GUPPIES – PRESCHOOL 2

The goal of Guppies is to build on skills learned in Tadpoles. Children take part in guided practice sessions to learn water skills including water entries, front kicking, back floating, underwater exploration and more.

**111100B1** Sat Feb 4-Apr 8 9:30-10am

### GOLDFISH – LEVEL 1

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

**111101A1** Mon/ Wed Mar 6-Apr 5 4-4:50pm

**111101B2** Sat Feb 4-Apr 8 10-10:50am

### TIGERFISH – LEVEL 2

The goals of Tigerfish are to combine basic swimming skills to form defined strokes. Students will focus on developing the ability to properly swim the Front Crawl and Back Crawl for a minimum of 25 yards.

**111102A1** Mon/Wed Mar 6 -Apr 5 5-5:50pm

**111102B2** Sat Feb 4 - April 8 10-10:50am

### DOLPHIN – LEVEL 3

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

**111103A1** Tue/Thu Mar 7-Apr 6 4-4:50pm

**111103B2** Sat Feb 4-Apr 8 11-11:50am

### SWORDFISH – LEVEL 4

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

**111104A1** Tue/Thu Mar 7-Apr 6 5-5:50pm

**111104B1** Sat Feb 4-Apr 8 11-11:50am

## PARENT AND CHILD SWIMMING LESSONS

Parent and Child swimming lessons are open to children 6 months to 3 years old with a parent. These lessons will be about introducing children to swimming in a fun environment with their parent in the water with them. There will be singing, lots of games, and plenty of water toys.

City Res \$40 / Non-Res \$50

**131105A1** Fri Mar 10-Apr 7 4-4:50pm

## SCHOOL'S OUT WINTER FAMILY PASS

City Res \$15/ Non -Res \$20

Come spend your holiday break at Westover Pool while schools out. Special rate for family pass for unlimited use during open swim and lap swim time during the following dates. (12/17-12/22, 12/27-12/30) Call for more information.

## DISCOVER SCUBA AT WESTOVER

*Instructor: Scuba Buddys*

Have you ever wanted to experience SCUBA diving? Dive in to a new adventure with a introduction class to SCUBA skills. This class taught by a certified SCUBA instructor with all the materials provided gives students a new experience in SCUBA. The class is approx. 1 ½ hours long and will cover safety, basic entries, and general SCUBA skills. Space is limited. Be prepared to enter the water during this session and dive in.

City Res \$25/ Non-Res \$30 / Ages 12+

For all dates and times inquire with Scuba Buddys (540) 433-3337

## 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. Practice is held on Tues, Wed, and Thur. Monthly or seasonal membership to Masters Swimming is required, no additional pool membership necessary.

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

Winter Season: (Sep 13-Apr 27, 2017)

City Res \$180 / Non-Res \$240

|                |                |                    |              |
|----------------|----------------|--------------------|--------------|
| <b>321107A</b> | <i>Monthly</i> | <i>Tue/Wed/Thu</i> | <i>7-9am</i> |
| <b>321107B</b> | <i>Season</i>  | <i>Tue/Wed/Thu</i> | <i>7-9am</i> |

## LIFEGUARDING CLASS

American Red Cross Lifeguarding Class includes an opportunity to become certified as Lifeguard with First Aid/CPR/AED. Cost of class includes training and instruction on all lifeguard rescue skills, safety protocols, and Participant manual. **Mandatory pretest on first day of course to include 300 yards of swimming followed by 10 pound dive brick retrieval.** Class is taught over 2 consecutive weekends and attendance to all classes is mandatory.

City Res \$120 / Non-Res \$144 / Ages 15+

|                 |            |                |                |
|-----------------|------------|----------------|----------------|
| <b>131101A1</b> | <i>Sat</i> | <i>Apr 1,8</i> | <i>1-9pm</i>   |
|                 | <i>Sun</i> | <i>Apr 2,9</i> | <i>8am-1pm</i> |

## DAYTIME KID'S SWIM CLINIC

*Instructor: AJ Morris*

Geared for children with daytime availability this program is offered to improve swimming abilities for children aged 6-15 without the structure of a class. Instruction is done by a lifeguard in small groups using games, water toys, and workout programs. Sessions held on Mondays from 11am-1pm weekly and no pre-registration is required. For more information contact pool office. Until April 25

City Res \$4/ Non-Res \$6

PUNCH CARD OPTION

City Res \$20 purchase 5 classes get 2 classes free

Non-Res \$30 purchase 5 classes get 2 classes free

# ENRICHMENT

## COUPONING FOR CHANGE

*Instructor: Dominique Fields – Location: Simms Conference Room*

This class will provide basic tips and strategies for consumers wanting to learn how to coupon for maximum savings. Participants will develop the ability to, clip coupons online and from local newspaper coupon inserts, create online accounts with local retailers, organize their coupons, seek out sales events by reviewing weekly flyers, become familiar with local sales promotions, learn about coupon policies at local retailers, know how to locate online resources for additional savings and be able to match as many coupons with store promotions to take advantage of the highest possible savings.

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

|                 |            |                   |                     |
|-----------------|------------|-------------------|---------------------|
| <b>130905A1</b> | <i>Mon</i> | <i>Jan 9 - 30</i> | <i>11am- 12pm</i>   |
| <b>130905A2</b> | <i>Mon</i> | <i>Jan 9 - 30</i> | <i>4:30 -5:30pm</i> |
| <b>130905A3</b> | <i>Mon</i> | <i>Feb 6 - 27</i> | <i>11am- 12pm</i>   |
| <b>130905A4</b> | <i>Mon</i> | <i>Feb 6 - 27</i> | <i>4:30 -5:30pm</i> |
| <b>130905A5</b> | <i>Mon</i> | <i>Mar 6 - 27</i> | <i>11am- 12pm</i>   |
| <b>130905A6</b> | <i>Mon</i> | <i>Mar 6 - 27</i> | <i>4:30 -5:30pm</i> |

## ZEN MEDITATION

*Instructor: Anne Lorimer – Location: Simms Center Room 207*

In Zen, we meditate as a way of coming into direct contact with reality. Zen mindfulness techniques have proven helpful for such as stress relief, self-control, pain tolerance, concentration, and emotional stability. In this course, we will explore both goalless Zen and those applied techniques of particular interest to students. Free / Ages 15+

|                 |            |                   |                      |
|-----------------|------------|-------------------|----------------------|
| <b>130701A1</b> | <i>Thu</i> | <i>Jan 5 - 26</i> | <i>5:30 - 6:30pm</i> |
|-----------------|------------|-------------------|----------------------|

## ADULT COLORING NIGHT

*Location: Simms Center 101*

Research suggests that coloring is one of the best ways for adults to reduce stress and relax! So grab your markers and join us for this FREE drop in event! You bring the coloring utensil of your choice (some coloring utensils will be provided); we'll provide the coloring pages!

**Free** *Thu Jan 12&26 / Feb 9&23 / Mar 9&23 6:30-8pm*

## DATA ANALYSIS WITH PYTHON AND PANDAS

*Instructor: Mike Cullerton – Location: Simms Center Conference Room*

In this workshop we introduce data analysis using Python and Pandas. Our goal is to show how easy it is to get started with data analysis and to create interest for further learning. Topics include importing your data from spreadsheets, databases and csv files, cleaning up data and bad values, investigating and analyzing data, making calculations based on our data, and producing tables and graphs from our analysis.

**Free** / Ages 18+

|                 |            |               |                |
|-----------------|------------|---------------|----------------|
| <b>120941A1</b> | <i>Sat</i> | <i>Feb 11</i> | <i>11- 3pm</i> |
| <b>120941A2</b> | <i>Sat</i> | <i>Mar 11</i> | <i>11- 3pm</i> |
| <b>120941A3</b> | <i>Sat</i> | <i>Mar 25</i> | <i>11- 3pm</i> |



# ENRICHMENT

## 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 designed to get you ready to take the therapy dog certification test offered at the end of class. Dogs that do well as therapy dogs are eager to meet strangers and are not nervous/anxious or aggressive by nature. Therapy dogs go into hospitals, libraries, nursing homes, hospice, etc., to give emotional support to those in need and into schools and colleges to ease stress during final exam week. Please note: this class is not suitable for dogs that are aggressive to humans or other dogs. Anyone under the age of 15 must be accompanied by a parent during class. Children ARE permitted to become certified with their dogs. Only dogs over 1 year old can be tested.

\$115 per dog/handler - Test on Saturday Mar 25 at 10am

**130978A1** Mon Feb 13- Mar 20 6-7pm

## DOG BEHAVIOR

*Instructor: Jessica Troop – Location: Simms Auditorium*

Does your dog jump all over you and your guests? Do they lunge at the end of the leash when they see other dogs? Do they pull you down the road and all over the neighborhood? Are they generally a pretty good dog but need some extra manners? This class will teach basic obedience commands (sit, down, stay, and come) and discuss and demonstrate how to have a fun, balanced, happy, and peaceful life with your dog. During this class there will be time to discuss and work on individual issues and questions. No retractable leashes.

Please Note: If your dog has ever severely bitten a person or another dog, you must contact the instructor at [troopjessica@yahoo.com](mailto:troopjessica@yahoo.com) before registering for the class.

\$86 per dog/handler

**130977A1** Mon Jan 9-30 6-7pm

## GENEALOGY FOR BEGINNERS

*Instructor: Debra Fischer – Location: Simms Center Computer Lab*

You have seen the commercials with those shaking leaves. Why not learn how to find your ancestors 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 sheet and timeline. Start with your roots and watch your tree grow.

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

**120950A1** Wed Feb 1-15 5:30-6:30pm

## 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. Participants will work at a computer station during this two hour workshop and discover sites that may be free and those that may require payment and learn the art of saving and printing documents that may be found. Participants may also answer the question can I find my ancestors who were living in the old country without having to book a flight there? Discover your history one search at a time. Participants must bring a USB flash drive.

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

**120951A1** Wed Feb 8 6:30-8:30pm

## SUPPORT HEALTHY PREGNANCY WITH MASSAGE THERAPY

*Instructor: Whitney Erwin, M.Ed., CMT – Location: Simms Music Room*  
Pregnancy is a very special time that can be significantly enhanced by massage therapy. Join this class led by a professional instructor certified in Prenatal Massage with a graduate degree in Early Childhood Education to learn safe, supportive, and gentle massage techniques to optimize the health of mother and baby. Participants will learn a variety of practical skills and educational tools with an option to sample an Ayurvedic Pregnancy Oil formulated with eight herbs, six oils, and a blend of essential oils to reduce aches and pains, prevent stretch marks, and strengthen muscles. With physician or midwife approval.

\$12 per adult / \$18 per couple

**120710A1** Wed Mar 8 7-8:30pm

## VIOLIN LESSONS

*Instructor: Scott McAvoy – Location: Simms Music Room*

Everyone can 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. For more than 10 years he has shared his passion for teaching technical skill and joy for music with beginner and intermediate students. His students have performed recitals and achieved goals for playing violin. Registration for lessons includes the method book, "Essential Elements for Strings Book I with Essential Elements Interactive (EEI)."

City Res \$63 / Non Res \$76 / All Ages

**130930A1** Mon Jan 9-Jan 30 6-7pm

**130930A2** Mon Feb 6-Feb 27 6-7pm

**130930A3** Mon Mar 6-Mar 27 6-7pm

## LAMPWORKING / GLASSBLOWING

*Instructor: Micah Wolters – Location: Simms Center Art Room*

Imagine learning to create your own solid or hollow-formed borosilicate glass artwork! These small group classes provide initial demonstration with Q&A and verbal/hands-on guidance as necessary so you can successfully enjoy this unique sculpting activity. Each student is encouraged to take their art home for keeps. I will be offering four different classes each for three week periods Christmas Balls (December), Glass Beadmaking (January), Glass Marbles (February) and Glass Pendants (March).

City Res \$58 / Non Res \$70 / Ages 18+

**120968A1** Thu Dec 8-22 6-8:30pm

**120968A2** Thu Jan 5-19 6-8:30pm

**120968A3** Thu Feb 2-16 6-8:30pm

**120968A4** Thu Mar 2-16 6-8:30pm

## LEARN A LANGUAGE

*Instructor: Cory Jeffries – Location: Simms Computer Lab*

We will be using the Rosetta Stone software at the Simms Center computer lab. Limited space available. Users must provide own microphone/headset during class. Course is free and will be held at the Simms Center. Contact Cory Jeffries for more details to register. Ages 13+

## INTERVAL FITNESS

*Instructor: Tori Ruckman - Location: CFG/CAC*

Participants will exercise through 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+

**121400A1** Mon/Wed/Fri Dec 12-Mar 31 6-6:45am

**121400A2** Mon/Wed/Fri Dec 12-Mar 31 7-7:45am

## WEIGHT ROOM CIRCUIT TRAINING

*Instructor: Tucker Thigpen - 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! All fitness levels welcome!

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

**121402A1** Tue/Thu Dec 13-Mar 30 12:10-12:50pm

## BEGINNER HOOP DANCE I

*Instructor: Ashley Hunter - Location: Simms Auditorium*

This hooping class combines fitness, fun and dance using handmade adult-sized hoops. In this 6 week class 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. Open to all levels, but brand new hoopers especially welcome! (Hoops for use during class will be provided)

City Res \$60 / Non Res \$72 / Ages 15+

**131401A1** Mon Jan 9-Feb 13 7:15-8:30pm

**131401A2** Wed Feb 1-Mar 8 6:15-7:30pm

## BEGINNER HOOP DANCE II

*Instructor: Ashley Hunter - Location: Simms Auditorium*

This class will build on skills learned in Beginner Hoop I. 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 I is a recommended prerequisite, but if you are a confident waist hooper, please feel free to sign up.

City Res \$60 / Non Res \$72 / Ages 15+

**131402A1** Mon Feb 20-Mar 27 7:15-8:30pm

## HOOP DANCE PRACTICUM

*Instructor: Ashley Hunter - Location: Simms Auditorium*

A place to explore and grow your hoop practice. We'll incorporate new intermediate level material, but also have an open format to focus on what you really want to learn. The moves taught in this class (such as shoulder duck-outs, multiple hoop work, and foot hooping) will challenge you and expand your repertoire. Recommended prerequisites: Beginner Hoop Dance II or chest hooping.

City Res \$60 / Non Res \$72 / Ages 15+

**131403A1** Wed Feb 1-Mar 8 7:45-9pm

## TAI CHI

*Instructor: Jared Feathersone - Location: Simms Center*

T'ai Chi Ch'uan is an ancient moving meditation, martial art, and healing practice originating in China. It is practiced slowly and consists of a series of interconnected postures and movements. This class will study classical Yang-style Tai Chi form through group and individual instruction.

City Res \$52 / Non-Res \$57 / Ages 15+

**130934A1** Fri Jan 6-Feb 24 8:15-9:15am

**130934A2** Fri Mar 10-Apr 28 8:15-9:15am

## BOXING

*Instructor: Obie Hill - Location: CFG/CAC*

Have you always wanted to learn how to box and get in a good sweat while doing it? This course will provide participants with the fundamentals of the art of boxing and fitness training. All fitness level 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. Don't miss out!

City Res \$65 / Non Res \$70 / Ages 11+

**131418A2** Mon/Wed Jan. 4-Feb. 22 5:30-6:15pm

## PERSONAL TRAINING PACKAGES

*Instructors: CFC/CAC Certified Staff*

Personal Training is now available upon request at the Cecil F. Gilkerson Community Activities Center. Please call 540-433-2474 for more information. *Physician's approval may be required.* Ages 16+

## QIGONG (CHEE-GUNG) FOR ADULTS

*Instructor: Grayson Pritchard - Location: CFG/CAC*

Qigong (chee-gung) is an ancient form of exercise that incorporates relatively minimal movements of the body, synchronized with the breath. Participants report "it reintroduced me to my body", "it feels kind of like gentle, self-applied physical therapy". Grayson has been teaching qigong in Harrisonburg for the past eight years. His certification comes through the North American Tang Shou Tao association (natsta.org).

City Res \$65 / Non Res \$70 / Ages 18+

**121411A1** Tue Jan. 3-Feb. 7 5:15-6:15pm

**121411A2** Tue Feb. 14-Mar 21 5:15-6:15pm

**121411B1** Fri Jan. 6-Feb. 10 5:15-6:15pm

**121411B2** Fri Feb. 17-Mar 24 5:15-6:15pm

City Res \$105 / Non Res \$110 / Ages 18+

**121411C1** Tue/Fri Jan. 3-Feb. 10 5:15-6:15pm

**121411C2** Tue/Fri Feb. 14-Mar 24 5:15-6:15pm

## BODYWEIGHT BOOTCAMP

*Instructor: Morgan Tebeau - Location: CFG/CAC*

Bodyweight Bootcamp is a total body workout that requires no equipment. Participants will use their own body weight for resistance and will use interval training to increase aerobic fitness levels while burning fat. All fitness levels are welcome and beginners are encouraged.

CAC Members: \$48 / Non Members: \$60 / Ages 18+

**121401A1** Tue/Thu Jan 10-Feb 9 6-6:45am

**121401A2** Tue/Thu Feb 21-Mar 23 6-6:45am

## FITNESS & WELLNESS

### PRENATAL YOGA

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

**121407A1** Thu Jan 12-Feb 16 6-7:30pm

### BASIC YOGA

*Instructor: Sue George-Location: Shenandoah Yoga(135 S. Main Street)*  
Multi-level general basic Hatha yoga class. Beginners are welcome. Yoga mat and props are provided during class or bring your own.

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

**121405A1** Mon Jan 9-Feb 13 5:30-7pm  
**121405A2** Tue Jan 10-Feb 14 9-10:15am

### GENTLE YOGA

*Instructor: Sue George-Location: Shenandoah Yoga(135 S. Main Street)*  
Mid-morning gentle yoga class. Ideal for retired seniors or anyone looking for a mellow day-time class.

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

**121412A1** Wed Jan 11-Feb 15 10:30-11:30am

### VINYASA YOGA

*Instructors: Various-Location: Shenandoah Yoga(135 S. Main Street)*  
Multi-level. Good for those new to Vinyasa yoga or wanting a slower flow and/or more alignment-oriented kind of Vinyasa. Yoga mat and props are provided during class or bring your own.

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

**121408A1** Tue Jan 10-Feb 14 6-7:30pm  
**121408A2** Wed Jan 11-Feb 15 9-10:15am  
**121408A3** Sat Jan 14-Feb 11 9:30-10:45am

### RESTORATIVE YOGA

*Instructor: Sue George-Location: Shenandoah Yoga(135 S. Main Street)*  
Very gentle, relaxing and restorative class. Take lots of time to chill out in each pose and de-stress. Each class is like its own staycation. Beginners are welcome.

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

**121413A1** Thu Jan 12-Feb 16 7:45-8:45pm

### 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+

**121404A1** Mon Feb 6-Feb 27 6:45-7:45pm

### ZUMBA

*Instructor: Angel Mosley - Location: CFG/CAC*

City Res \$28 / Non-Res \$36 / Ages 18+

**121404B1** Tue Jan 3-Feb 7 6-7am  
**121404B2** Thu Jan 5-Feb 9 6-7am  
**121404B3** Tue Feb 21-Mar 28 6-7am  
**121404B4** Thu Feb 23-Mar 30 6-7am  
**121404B5** Thu Jan 5-Feb 9 6:30-7:30pm  
**121404B6** Thu Feb 23-Mar 30 6:30-7:30pm

### LUNCHTIME ZUMBA

*Instructor: Melissa Shank - Location: CFG/CAC*

City Res \$24 / Non-Res \$30 / Ages 18+

**121404C2** Tue/Thu Jan 3-Feb 9 12:15-12:45pm  
**121404C3** Tue/Thu Feb 21-Mar 30 12:15-12:45pm

## YOUTH

### F.L.I.P. INTO FRENCH PLAYGROUP

*Instructor: F.L.I.P. Academy Staff - Location: CFG/CAC*

A structured, theme-based FRENCH immersion playgroup that focuses on preliminary conversational French and vocabulary-building through immersion in fun, engaging, parent-and-toddler designed activities, incorporating ASL (American Sign Language) and gestures (for comprehension), to provide the unique foundational experience for developing young multi-linguals! No former French is required! (Accompanying siblings under 2 are FREE!)

City Res \$66 / Non Res \$73 / Ages 2-4

**510240F1** Tue Jan 10-Feb 14 10-10:45am

City Res \$55 / Non Res \$61 / Ages 2-4

**510240F2** Tue Mar 7-April 4 10-10:45am

### F.L.I.P. INTO SPANISH PLAYGROUP

*Instructor: F.L.I.P. Academy Staff - Location: CFG/CAC*

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 (for comprehension), to provide the unique foundational experience for developing young multi-linguals! No former Spanish is required! (Accompanying siblings under 2 are FREE!)

City Res \$66 / Non Res \$73 / Ages 2-4

**510240B2** Thu Jan 12-Feb 16 10-10:45am

City Res \$55 / Non Res \$61 / Ages 2-4

**510240B3** Thu Mar 9-Apr 6 10-10:45am



**Easter Egg Hunt**  
**April 15, 2017**  
See April guide  
for more info



# YOUTH

## MARTIAL ARTS FOR KIDS

*Instructor: Grayson Pritchard – Location: CFG/CAC*

Grayson has been practicing various martial arts for over 30 years and has been teaching classes in Harrisonburg over the past eight years. This course 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. Sweats, warm-ups, or traditional martial arts outfit are recommended.

City Res \$135 / Non Res \$140 / Ages 5-10

**111410A1** Tue Jan 3-Mar 28 4-5pm

**111410A2** Thu Jan 5-Mar 30 4-5pm

City Res \$235 / Non Res \$240 / Ages 5-10

**111410A3** Tue/Thu Jan 3-Mar 30 4-5pm

## WILD COLORFUL SCULPY CLAY

*Instructor: Heather Hansohn – Location: CFG/CAC*

Creatures, beads, treasures oh my! You can make it, wear it, treasure it or share it. We will experiment and create fun wild colorful creations with this fun oven baked clay, beads and accessories.

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

**110921A1** Tue Feb 28-Mar 28 4:30-5:15pm

## LEARNING ARABIC

*Instructor: Nasser Alsaadun – Location: Simms Center*

The program will focus on teaching Arabic for all levels.

City Res \$25 / Additional Child \$15 / Grades K-12

**110901A1** Mon/Wed/Thu Jan 4-30 4-6pm

**110901A2** Mon/Wed/Thu Feb 1-27 4-6pm

**110901A3** Mon/Wed/Thu Mar 1-27 4-6pm

## INFANT AND TODDLER YOGA

*Instructor: Kacey Neckowitz - Location: CFG/CAC*

Come take yoga with your infant or toddler! Caregivers are welcome with one child. Each session focuses on supporting your infant and toddler in using movement, songs, props, and play to discover their bodies. Caregivers should wear light, comfortable clothing and come with any supplies needed for your child. You are encouraged to feed your child before class.

## SEEDS

A mostly seated class that encourages physical, cognitive, and social/emotional development through light movement, repetition and song. Bring a soft blanket for baby to lie on and a favorite quiet toy or mirror for baby to enjoy during tummy time. (6 wks old-pre crawling)

City Res \$26 / Non-Res \$31 (Price per pair)

**131407B2** Sat Feb 4-25 4-4:45pm

**131407B3** Sat Mar 4-25 4-4:45pm

**131407B4** Sun Jan 8-29 1:30-2:15pm

**131407B6** Sun Mar 5-26 1:30-2:15pm

## PARENT-TOT PLAYTIME

*Location: CFG/CAC Gymnasium*

Join us for this playtime, and let your toddlers burn off some winter energy! We fill our gym with toys, trikes, scooters, and more for hours of fun! **Does not meet 12/20, 12/27, 1/24, 4/11**

No Fee Tue

Dec 6-Apr 25 10am-noon

## KID'S POTTERY FREE CHOICE

*Instructor: Heather Hansohn – Location: CFG/CAC*

A fun introduction to pottery for young kids of any experience level. 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 (Feb 7, May 2) for drying and firing projects.

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

**110919B1** Tue Jan 10-Feb 21 4:30-5:15pm

**110919B2** Tue Apr 4-May 16 4:30-5:15pm

## ZUMBA FOR KIDS

*Instructor: Melissa Shank - Location: CFG/CAC*

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

**111432D1** Thu Dec 8-Jan 5 4:30-5pm

**111432D2** Thu Jan 19-Feb 16 4:30-5pm

**111432D3** Thu Mar 2-Mar30 4:30-5pm

## SPROUTS

An energetic class that fosters a little more independence! Caregivers will be modeling actions and encouraging kids to join in! Please leave your yoga mats at home - they can trip up little feet!(*crawlers-pre walkers*)

City Res \$26 / Non-Res \$31 (Price per pair)

**131407D2** Sat Feb 4-25 1-1:45pm

**131407C3** Sat Mar 4-25 9-9:45am

**131407D3** Sat Mar 4-25 1-1:45pm

**131407D4** Sun Jan 8-29 3-3:45pm

**131407D6** Sun Mar 5-26 3-3:45pm

## BUDS

Using props like scarves, yoga mat squares, blocks, balls; this action packed class bolsters imaginations and bodies by using song and yoga poses that support your child's physical growth while helping them learn how to quiet their minds! (*walking – 3 years*)

City Res \$26 / Non-Res \$31 (Price per pair)

**131407F2** Sat Feb 4-25 2:15-3pm

**131407F3** Sat Mar 4-25 2:15-3pm

**131407F4** Sun Jan 8-29 4:15-5pm

**131407F6** Sun Mar 5-26 4:15-5pm

## PAINT4FUN

*Instructor: Diane Ricketson – Location: CFG/CAC*

Come paint a beautiful ocean sun setting “Ocean Dusk” on a 11 by 14 canvas in oils that clean up with water. All supplies are included with step by step techniques on where to begin and how to complete a scene you will be proud to share. You will go home with a finished painting you can frame and enjoy or give as a gift. Bring a lunch for a 30 minute break.

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

**130985B1** Sat Mar 4 9:30am-3:30pm

## ADULT BEGINNER POTTERY

*Instructor: Phill Ungar – Location: CFG/CAC*

Learn the basics of beginning pottery.

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

|                 |     |               |       |
|-----------------|-----|---------------|-------|
| <b>120919A1</b> | Mon | Jan 16-Feb 20 | 6-8pm |
| <b>120919B1</b> | Thu | Jan 19-Feb 23 | 6-8pm |
| <b>120919A2</b> | Mon | Feb 27-Apr 3  | 6-8pm |
| <b>120919B2</b> | Thu | Mar 2-Apr 6   | 6-8pm |
| <b>120919A3</b> | Mon | Apr 10-May 15 | 6-8pm |
| <b>120919B3</b> | Thu | Apr 13-May 18 | 6-8pm |

## INTRODUCTION TO WATERCOLOR CONCEPTS

*Instructor: Judith Rocchiccioli – Location: CFG/CAC*

Watercolor supplies, glazes, color and design will be included. Students will leave with a completed painting they can enjoy. Bring a lunch for a 30 minute break.

City Res \$72 / Non Res \$79 / Ages 16+

**120986A1** Sat Jan 28 10am-3pm

## ADVANCED CONCEPTS IN WATERCOLOR DESIGN: LANDSCAPE PAINTING

*Instructor: Judith Rocchiccioli – Location: CFG/CAC*

This course will introduce learners to advanced techniques and strategies in watercolor painting. Students will leave with a finished winter landscape. Bring a lunch for a 30 minute break.

City Res \$72 / Non Res \$79 / Ages 16+

**120986B1** Sat Feb 25 10am-3pm

## EASTER WALLPAPER BASKETS

*Instructor: Janet Nixon – Location: CFG/CAC*

Come make beautiful baskets from wallpaper! Bring a small hammer and come have some fun!

City Res \$12 / Non Res \$15 / Ages 14+

|                 |     |        |           |
|-----------------|-----|--------|-----------|
| <b>130984B1</b> | Thu | Mar 30 | 7-8:30pm  |
| <b>130984B2</b> | Sat | Apr 1  | 9:30-11am |

## ANDROID DEVICE WORKSHOP

*Instructor: Eddie Helmick/Kim Torres – Location: Simms 101*

Are you having trouble understanding how to use your smartphone? Do you want to learn what all of those options and applications actually do? 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. Don't forget to bring your Android phone! FREE Ages 18+

|                 |     |            |          |
|-----------------|-----|------------|----------|
| <b>120964A1</b> | Wed | Jan 4 & 18 | 6-7:30pm |
| <b>120964A2</b> | Wed | Feb 1 & 15 | 6-7:30pm |
| <b>120964A3</b> | Wed | Mar 1 & 15 | 6-7:30pm |

## IPHONE DEVICE WORKSHOP

*Instructor: Eddie Helmick – Location: Simms 101*

Do you own an Iphone and still find yourself confused when trying to use it? Want to learn what all the wonderful features of the Iphone are? Take advantage of our 2-part class with one-on-one assistance that will help you become more efficient with your phone. All participants will receive a FREE stylus for their device. Registration required. Don't forget to bring your Iphone! FREE Ages 18+

|                 |     |             |          |
|-----------------|-----|-------------|----------|
| <b>120965A1</b> | Wed | Jan 11 & 25 | 6-7:30pm |
| <b>120965A2</b> | Wed | Feb 8 & 22  | 6-7:30pm |
| <b>120965A3</b> | Wed | Mar 8 & 22  | 6-7:30pm |

## BEYOND FACEBOOK: THE SERIES

*Instructor: Chervon Moore – Location: Simms Center Computer Lab*

This series will explore the interesting world of Social Media beyond Facebook, Instagram, Pinterest, Twitter and LinkedIn, OH MY! Whether you want to connect with family, friends, colleagues, employers, or customers there are many opportunities beyond Facebook. Social Media provides many outlets to connect with your network. This series will be fun, interactive, and will provide tools to expand your network.

City Res \$29 / Non Res \$35 / Ages 18+

**120960A1** Mon Feb 20 & Feb 27 6-7:30pm



**MOVIE NIGHT**  
@ Cecil F. Gilkerson Community Activities Center



Movie starts at 6:30pm.  
Please call 433-9168 with  
any questions.  
Under 14 needs to be with an adult.

February 25

## YOUTH BASKETBALL

Registration forms and additional information can be found at [www.harrisonburgva.gov/basketball](http://www.harrisonburgva.gov/basketball). City Residents only. No Fee.

## BOYS CLINIC - GRADES 1&2

Location: CFG/CAC

**Registration deadline is Dec 16.** Come learn the fundamentals of basketball. This program will teach the basics of dribbling, shooting, passing, rebounding, defense, and court layout. Contact Erik Dart.

**111001A1** Sat Jan 7-Feb 4 9:30 or 11am

## BOYS PEE WEE LEAGUE - GRADES 3-5

Location: National Guard Armory

**Registration deadline is Dec 9.** Teams selected by League Administrator. No skills evaluation or draft. Practices begin Jan 10, games begin Jan 17. Contact Tommy Thomas.

**111002A1** Tue/Thu Jan 10-Mar 9 6&7pm

## BOYS JUNIOR LEAGUE - GRADES 6-8

Location: National Guard Armory

**Registration deadline is Dec 9.** Teams selected by League Administrator. No skills evaluation or draft. Practices begin Jan 11, games begin Jan 18. Contact Tommy Thomas.

**110003A1** Wed Jan 11-Mar 1 6&7pm

## MEN'S BASKETBALL LEAGUE

Location: Simms Gymnasium

Games begin Sunday, January 8 and will be played on Sunday afternoon's beginning at 1pm. Length of league will depend on number of teams registered. Registration opens December 5 and closes December 30 @ 12 noon. Mandatory captains meeting will be held on Wed. Jan. 4 @ 6pm. **121037A1** \$325 per team / Ages 18+

## YOUTH VOLLEYBALL CLINIC

Location: CFG/CAC

Registration forms will be available Dec 5 and the deadline for registration will be Feb 3. This is a beginner clinic for players who want to learn and improve their skills. The skills introduced will include serving, forearm passing, setting, hitting, among others.

**No Fee-Grades 4-8**

**111005A1** Sat Feb 11-Apr 1 9:30-11:00am

## SPRING CO-ED CORNHOLE LEAGUE

Location: National Guard Armory

Grab some friends and make a team for a weekly night of cornhole fun! The 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 Mar 8. \$30/per team. Contact Tommy. Ages 18+

**121001 A1** Wed Mar 22-May 24 6-8pm

## ADULT DODGEBALL LEAGUE

Location: National Guard Armory

This co-ed league will strive to capture the enjoyment of the individuals participating in the league, while also considering their health and safety. This is meant to be a social league where players come to have fun, so please do not be the individual to disrupt this principle. 8 team league limit. \$125/team. Ages 18+  
Registration opens Dec 13 at 8am.

**120120 A1** Mon Jan 9-Feb 27 6-9pm

## 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 athletic cleats to another child within the city. We will accept cleats for all sports. Pick-up dates will be on set predetermined dates. Donations can occur at anytime. Pick-up available to Harrisonburg city residents only. For additional details and upcoming pick-up dates, visit [www.harrisonburgva.gov/cleat-exchange](http://www.harrisonburgva.gov/cleat-exchange) or contact Erik.

## JMU COACHING CLINIC – BUILDING HIGH PERFORMANCE

Location: Plecker Athletic Performance Center

Co-Sponsored by the Challace J. McMillin Center for Sports Psychology at JMU. This is a free educational clinic offered to all recreational youth sport league coaches and parents. There will be a keynote speaker, strategies for how coaches can build high performance culture, and a panel with sports psychology professionals and successful coaches from JMU, discussing their best tips for building culture.

**Free** Mon Feb 13 6-9pm

## ADULT SLOW PITCH SOFTBALL LEAGUES

Location: Ramblewood Athletic Complex

Registration forms and additional information can be found at [www.harrisonburgva.gov/softball](http://www.harrisonburgva.gov/softball). Registration opens January 3 and deadline is March 24. \$300/team. Ages 16+.

### MEN'S LEAGUE

Teams will need to register for Division A (upper division) or Division B (lower division). Division preferences may be adjusted by league administrator. 16 team maximum.

**220125A1** Mon Apr 17-Jul 24 6:30-10:30pm

### CO-ED LEAGUE

Teams will play in an open division. 16 team maximum.

**220130A1** Tue Apr 18-Jul 25 6:30-10:30pm



# 50 & WISER

Provides recreation and social opportunities for those baby boomer age and beyond!

For more information contact: Lynn Hoy - lynnt@harrisonburgva.gov

You will notice that some of our programs are temporarily moving to the Lucy F. Simms Continuing Education Center located at 620 Simms Avenue. This is being done while our Price Rotary Senior Center is getting a facelift!

## CARDIO & STRENGTH

Instructor: 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+

140500A1 Tue/Thu Jan 3-Feb 9 5:30-6:15pm

140500A2 Tue/Thu Feb 16-Mar 28 5:30-6:15pm

## CARDIO DRUMMING

Instructor: Deion Porter - Location: CFG/CAC

This fun class uses stability balls that serve as drums. It is an invigorating class that uses fitness with powerful, energetic beats and rhythms!

City Res \$15 / Non-Res \$18 / Ages 50+

140501A1 Mon Jan 9-30 6:45-7:30pm

140501A2 Thu Jan 5-26 10-10:45am

140501A3 Thu Feb 2-23 10-10:45am

140501A4 Mon Mar 6-27 6:45-7:30pm

140501A5 Thu Mar 9-30 10-10:45am

## 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+

140502A1 Tue Jan 10-31 6:30-7:30pm

140502A2 Tue Mar 7-28 6:30-7:30pm

## 50 & WISER YOGA MULTI-LEVEL

Instructor: Patricia Kearney - Location: CFG/CAC

These classes are suited to fit active beginners and experienced yoga practitioners. Yoga poses are sequenced in a slow but steady flow, with a blend of basic and intermediate poses.

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

140525A1 Mon Jan 23-Feb 27 5:30-6:30pm

140525A2 Wed Jan 18-Feb 22 5:30-6:30pm

140525A3 Mon Mar 13-Apr 17 5:30-6:30pm

140525A4 Wed Mar 8-Apr 12 5:30-6:30pm

## 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 and all levels and ages are welcome!

Mon/Wed/Fri

Dec 2-ongoing

9-10am

## GENTLE YOGA

Instructor: Patricia Kearney - Location: CFG/CAC

This class is suited to beginners and 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/or sitting on the floor. Instructor is certified in Integrative Yoga Therapy.

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

140526A1 Thu Jan 26-Mar 2 6-7pm

140526A2 Thu Mar 16-Apr 20 6-7pm

## BROWN BAG LUNCH

Location: Simms Center

Pack your lunch and join us for some interesting topics. We usually start eating around 11:15 and discussion starts at 11:30. If you are not interested in eating, you may still show up for the topic of the day. I will provide the drinks; you just need to pack your lunch. Our January speaker will be Deion Porter discussing and demonstrating Cardio Drumming. The program is free; however, registration would be appreciated. Call 540-433-9168 to find out the subject each month.

Thu Jan 5, Feb 9, Mar 9 11:15-1pm

## 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 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. All lunches from 11:30am-1pm. Fee: Order off menu.

140540A1 Dec 8 Cross Keys Vineyard-6011 E. TimberRidge

140540A2 Jan 12 Black Forest Restaurant-787 E Market St.

140540A3 Feb 16 Cracker Barrel-121 Pleasant Valley Rd,

140540A4 Mar 16 Food Bar Food-126 W Bruce St

## 50+ SOCIAL CLUB

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 to keep you notified of what fun stuff we have planned. Back my popular demand, we will meet on Thursday, January 5 at Ruby's Arcade. They have Duck Pin Bowling, Billiards, Darts, Foosball, Shuffleboard. Ruby's is located at 100B, 165 S Main St, Harrisonburg.

Do you want to learn Tai Chi?  
See page 7 for more information

## BEGINNING CROCHET

*Instructor: Meki Shifflett - Location: Simms 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+

**140571A1** Tue Jan 10-31 1-3pm  
**140571A2** Tue Mar 7-28 1-3pm

## BEGINNING KNITTING

*Instructor: Marilyn Jarrells - Location: Simms Center*

This class is for beginners. You will learn the basic stitches and end up with an infinity scarf. A supply list will be handed out at the first class (approximate cost: \$10).

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

**140572A1** Tue Feb 7-28 1-3pm

## CRAFT & CHAT

*Location: Simms Center*

This is a social group for 50+ who like to knit, crochet or craft. 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!!!!

**Free** Tue/Thu Jan 3-Ongoing 9-11am

## BOOK CLUB

This 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. We will meet the first Monday of each month. We also have an evening book club that meets at 7pm, which will be discussing the same book. For our December meeting, we will be discussing *A Redbird Christmas*, written by Fannie Flag. FREE, registration appreciated. **Note: The December meeting will be at Price Rotary.**

Mon Dec 5/Jan 2/Feb 6/Mar 6 3pm Simms  
 Mon Dec 5/Jan 2/Feb 6/Mar 6 7pm CFG/CAC

## WEDNESDAY AFTERNOON GAMES

*Location: Simms Center*

Come join the fun. We already have a table of pinocle playing and we are looking to add poker, dominoes, bridge and canasta.

**Free** Wed Jan 4 -Ongoing 1-3pm

## BISCUITS & BINGO

Join us the last Wednesday 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** Wed Dec 28-Mar 29 9-10am

## BEGINNER PICKELBALL CLINIC

*Coordinator: Lynn Hoy - Location: Simms Center Auditorium*

Come out and learn this great game. We furnish all equipment.

**Free** Sun Jan 8 1-3pm

## SUNDAY AFTERNOON PICKLEBALL

*Coordinator: Lynn Hoy - Location: Simms Center Auditorium*

Come play a couple of Sunday afternoons this winter. We furnish all equipment.

**Free** Sun Jan 15-Feb 19 1-4pm

## WINTER AFTERNOON PICKLEBALL

*Coordinator: Lynn Hoy - Location: CFG/CAC*

Meet your friends or call and come once a week for a rousing Pickleball game or three. We furnish all equipment.

City Res free / Non-Res free

**Free** Tue ongoing 12:30-3pm  
**Free** Thu ongoing noon-3pm

## 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 Jan 5. All Participants \$9 / Ages 50+ / Thu / 1-3pm

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

*Instructor: Suzanne Soliday - Location: Simms Center/ CFG/CAC*

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 February selection is "The Red Barn" and the March selection is "Country Church". Class fee includes all materials needed. Feb 22 class at Simms; Mar 25 class at CFG/CAC

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

**140900A1** Wed Feb 22 11-1:30am  
**140900A2** Sat Mar 25 9-11:30am



"The Red Barn"



"Country Church"

# Dance Program Schedule

Dance Program Coordinator/Instructor Cynthia Marafino with instructors Jimmy Marafino, Tara See-Rosenthal, Sarah Long and Jane Wyatt. Classes run 16 weeks – January 9th – May 13th. City residents \$80; non-residents \$96. \$10 discount for multiple classes / siblings. No classes March 6th through March 11th, April 10th through April 15th.

Please refer to [www.harrisonburgva.gov/dance](http://www.harrisonburgva.gov/dance) for additional information on class descriptions, dance policies and more.

| ACTIVITY#                              | CLASS   | AGE                         | TIME          | MIN/MAX | INSTRUCTOR    |
|--|---|-----------------------------|---------------|---------|---------------|
| <b>MONDAY – JANUARY 9 – MAY 8</b>      |   |                             |               |         |               |
| 510302B1                               | Discover Dance II                                 | 4½-5½                       | 4:15-4:50pm   | 3/15    | Cynthia       |
| 510303B1                               | Intro to Dance (involves some tap)                | 5½-6½                       | 5-5:45pm      | 3/17    | Cynthia       |
| 510318B1                               | Musical Stage                                     | 9-18                        | 5:45-6:30pm   | 3/17    | Cynthia       |
| 510319B1                               | Modern / Lyrical (dance exp. helpful)             | 10-18                       | 6:30-7:15pm   | 3/17    | Tara          |
| 520332B1                               | Adult Ballet II (fun & exercise)                  | 18+                         | 7:15-8pm      | 3/17    | Jimmy         |
| 520330B1                               | Adult Tap (fun & exercise)                        | 18+                         | 8-8:45pm      | 3/17    | Jimmy         |
| <b>TUESDAY – JANUARY 10 – MAY 9</b>    |   |                             |               |         |               |
| 510301B1                               | Discover Dance I                                  | 3½-4½                       | 4-4:35pm      | 3/12    | Cynthia/Jane  |
| 510302B2                               | Discover Dance II                                 | 4½-5½                       | 4:45-5:20pm   | 3/15    | Cynthia       |
| 510320B1                               | Advanced Jazz I/II (some hip-hop)                 | 11-14                       | 5:30-6:15pm   | 3/17    | Jimmy         |
| 510317B1                               | *Blue Crew Dance Company                          | (Permission of directors)   | 6:15-7:15pm   |         | Cynthia/Jimmy |
| 510321B1                               | Advanced Jazz III                                 | (Permission of instructors) | 7:15-8pm      | 3/17    | Jimmy         |
| <b>WEDNESDAY – JANUARY 11 – MAY 10</b> |   |                             |               |         |               |
| 510301B2                               | Discover Dance I                                  | 3½-4½                       | 4:15-4:50pm   | 3/12    | Cynthia/Jane  |
| 510302B3                               | Discover Dance II                                 | 4½-5½                       | 5-5:35pm      | 3/15    | Jane          |
| 510322B1                               | Advanced Ballet I/II                              | 10-14                       | 5:45-6:30pm   | 3/17    | Cynthia/Jimmy |
| 510323B1                               | Inter Irish & Beg Hard Shoe(prev. Irish required) | 9-13                        | 6:30-7:15pm   | 3/17    | Cynthia       |
| 520331B1                               | Adult Ballet I (fun & exercise)                   | 18+                         | 7:15-8pm      | 3/17    | Jimmy         |
| <b>THURSDAY – JANUARY 12 – MAY 11</b>  |   |                             |               |         |               |
| 510304B1                               | Beginning Ballet/Tap I                            | 6-7                         | 4:15-5:00pm   | 3/17    | Cynthia/Jimmy |
| 510307B1                               | Ballet/Tap II/III                                 | 7-8                         | 5:15-6:00pm   | 3/17    | Cynthia/Jimmy |
| 510309B1                               | Advanced/Intermediate Ballet                      | 8-10                        | 6:00-6:45pm   | 3/17    | Cynthia       |
| 510324B1                               | Advanced Ballet III Pointe                        | (Permission of instructors) | 6:45-7:45pm   | 3/17    | Cynthia       |
| 510316B1                               | Adv Irish Step(involves hard shoe)                | (Permission of instructors) | 7:45-8:30pm   | 3/17    | Cynthia/Jimmy |
| <b>FRIDAY – JANUARY 13 – MAY 12</b>    |   |                             |               |         |               |
| 510311B1                               | Beginning Jazz I (some hip-hop)                   | 6-8                         | 4:15-5pm      | 3/17    | Sarah         |
| 510314B1                               | Jazz II & Inter Jazz (some hip-hop)               | 8-10                        | 5-5:45pm      | 3/17    | Sarah         |
| <b>SATURDAY – JANUARY 14 – MAY 13</b>  |   |                             |               |         |               |
| 510301B3                               | Discover Dance I                                  | 3½-4½                       | 10:30-11:05am | 3/12    | Cynthia       |
| 510303B2                               | Introduction to Dance (some tap)                  | 5-6                         | 11:15-noon    | 3/17    | Cynthia       |
| 510325B1                               | Teen Tap  | (Permission of instructor)  | noon-12:45pm  | 3/17    | Jimmy/Cynthia |

## SPRING DANCE CONCERT

**Dress Rehearsals:** Wednesday, May 17 at 5:30pm and Thursday, May 18 at 5:30pm at Harrisonburg High School Auditorium.

**Dance Concert:** Saturday, May 20 at 1 & 7pm at Harrisonburg High School Auditorium. Detailed information will be given out in class at a later date

- **Advanced, Adult, Stage, Lyrical, Teen Tap, and Blue Crew** will participate in both dress rehearsals and both dance concerts.

- **Discover Dance I, II and Intro to Dance** will participate in the dress rehearsal on Wednesday and the dance concert on Saturday at 1pm.

- **Beginning, Level I/II, Level II/III, Intermediate, Adv/Int** will participate in the dress rehearsal on Thursday and the dance concert on Saturday at 7pm

\*Blue Crew Dance is the Recreation Center's Youth Dance Company. It is reserved for those who take classes both in the fall and spring semesters. Students must be enrolled in at least one dance class per week at the recreation center, one of which must be in jazz or ballet (musical stage, tap, lyrical and Irish will not fulfill this requirement) must meet Advanced skill requirements and other requirements set forth by the directors and have the permission of directors. Opportunities to perform at different venues may come about. Like us on Facebook!



## The First Tee of Harrisonburg

690 Garbers Church Road  
Harrisonburg, VA 22801  
(540)437-4239

[thefirstteeharrisonburgva@gmail.com](mailto:thefirstteeharrisonburgva@gmail.com)

[www.thefirstteeharrisonburg.org](http://www.thefirstteeharrisonburg.org)

**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**

### Little Legends

Beginner level for ages 5 & 6. At this level, we introduce basic golf principles, course etiquette, and the class is based on having fun.

### PLAYer

The first level for ages 7 and older. All first time participants must start in PLAYer level. Establish the foundation for young people to become life-long PLAYers of the game. There are 3 levels of focus: Play, Learn, and Appreciate. Participants are introduced to the **9 Core Values**.

### Par

Second level for ages 9 & older. This level covers more life skills, such as Exploring the Game, Respecting the Rules, Meeting and Greeting, Having Fun While You Learn, Staying Cool, and Finding your Personal Par. Participants must successfully complete PLAYer level before moving to Par.

### Birdie

Third level for ages 10 & older. Classes are more intensive, where golf skills become more advanced as the time requirement to playing and practicing increases. The classes are geared toward goal setting and how you can achieve your goals. You must complete Par level before enrolling in Birdie.

### Eagle

Final level for ages 13 & above. This class will provide students with advanced golf skills and age appropriate life skills. Successful completion of Birdie level is required to enroll in Eagle level.

**Scholarships are available for participants who cannot afford the registration fee. Please call (540)437-4239 or email [thefirstteeharrisonburgva@gmail.com](mailto:thefirstteeharrisonburgva@gmail.com) for more information.**

### Important Information

#### **Middle School Golf Club**

We had a great response to the Golf Club this Fall and we will be carrying it over into the Spring. For more information, please contact us.

#### **Heaters for our Hitting Bays**

We are currently looking to add heaters to our indoor hitting bays. When they are installed, the plan is to be able to use that area year round. Currently, they are great if it is raining, or not too cold outside, but the temperature in there is very similar to the outside temperature. All participants are encouraged to use our facility as much as they would like.

### Winter and Spring Classes

Spring classes will begin in March. The schedule will be posted towards the middle of January.

Winter classes will be based on the effectiveness of the heaters for our hitting bays, once they are installed.

For more information, or to be put into our mailing/email list, please contact us.

## CITY PARKS

### HILLANDALE PARK

*Location: 801 Hillandale Avenue*

Hillandale Park has 12 shelters on 74 acres. Facilities include: playground, restrooms, ball field, basketball court, natural surface trails, a 1.3 mile, 11 station exercise trail that targets strength, cardiovascular and flexibility; sand volleyball court, horseshoes, and individual picnic sites. Shelters 1, 3, 6, 7, 12 and all restrooms are wheelchair accessible.

### RALPH SAMPSON PARK

*Location: 431 East Washington Street*

Ralph Sampson Park covers 31 acres and has 2 picnic shelters, restrooms, playground, sports field, 3 basketball courts, horseshoes, natural surface trail and 2 tennis courts.

### PURCELL PARK

*Location: 41 Monument Avenue*

Purcell Park is situated on 67 acres and has 3 picnic shelters, 4 tennis courts, 3 Little League ball fields, a 1.5 mile natural surface trail, basketball area, lake for fishing, individual picnic sites, volleyball, restroom (wheelchair accessible) and Kid's Castle playground.

### KIWANIS PARK

*Location: 302 Myers Avenue*

Kiwanis sits on 3.8 acres and has playground equipment and basketball court.

### DENTON PARK

*Location: 177 South Main Street*

This small urban park is on South Main Street, directly across from Massanutten Regional Library.

### WESTOVER PARK

*Location: 305 South Dogwood Drive*

Westover Park sits on 48 acres and has 4 picnic shelters, playground, natural surface trails, 21-hole disc golf course, Skate Park, individual picnic sites, restrooms, horseshoes, Westover Swimming Pool, Cecil F. Gilkerson Community Activities Center, Price-Rotary Senior Center.

### RIVEN ROCK PARK

*Location: 6 Last Left Lane, Hinton, VA*

15 miles west on US Rt. 33 and sits on 27 acres, includes 4 picnic shelters, natural surface trails, horseshoes, and individual picnic sites.

### LIBERTY PARK

*Location: 188 North Liberty Street*

This downtown park has raised flower beds, beautiful landscaping, park benches and sits alongside Blacks Run Stream.

### MORRISON PARK

*Location: 461 2nd Street*

Morrison Park sits on 6 acres and has 1 picnic shelter, restroom, playground, basketball court, and 2 tennis courts.

### SMITHLAND DOG PARK

*Location: 1646 Smithland Rd*

Fenced 2.2 acre dogpark with small dog and large dog area. Dogs must be vaccinated and have current dog license. (Attendant on duty at various times) Dog owners must pick up after their dogs. Water to this facility will be shut off on November 2 through April 15th. Rules for the dogpark are posted and enforced.

## OTHER FACILITIES

### SMITHLAND ROAD SOCCER COMPLEX

*Location: 1542 Smithland Road*

The soccer complex sits on 130 acres and has 4 full size soccer fields, natural surface trail, restroom and pavilion with additional development planned.

### RAMBLEWOOD ATHLETIC COMPLEX

*Location: 2129 Ramblewood Drive*

Phase 1 of the Ramblewood reconstruction project is complete resulting in two multipurpose lighted and irrigated athletic fields, restrooms, pressbox and parking. Facility is used for youth football, soccer, baseball and softball, adult softball, kickball.

### WESTOVER DISC GOLF COURSE

*Location: 305 South Dogwood Drive*

21 hole disc golf course winds around Westover Park complete with concrete tee pads and Innova DisCatcher baskets. Free during regular park hours. Stop by the Community Activities Center and pick up a course layout and scorecard.

### WESTOVER SKATE PARK

*Location: 305 South Dogwood Drive*

Hours are: Mon-Fri 2pm-dark, Sat&Sun 12noon-dark.

*Subject to change.*

### EASTOVER TENNIS COURT

*Location: 909 Reservoir Street*

Eastover has 4 lighted tennis courts.

### A DREAM COME TRUE PLAYGROUND

*Location: 1050 Neff Avenue*

This playground is a totally accessible / inclusive playground with many unique and one-of-a-kind features. The playground has separate equipment for 2-5 year olds and 5-12 year olds plus more fun & exciting equipment. Open from 8:00 am to dusk, weather permitting.

### ROCKTOWN TRAILS

*Location: 801 Hillandale Avenue*

Located at Hillandale Park, a natural surface single-track trail system is designed for mountain bikers and trail walkers/runners. The trail system provides three different levels of difficulty to appeal to a complete spectrum of runners, walkers and cyclists from novice to expert. There are 3 entrances to the trails: (1) in the parking lot across from Shelter #11 in Hillandale for vehicular parking; (2) for pedestrian traffic (walkers or bikers) at the far west end of South Avenue off South Dogwood Drive; & (3) at the Circle Drive entrance (no vehicular parking here).



Easter Egg Hunt

April 15, 2017

See April guide  
for more info



# PARK & SHELTER INFORMATION

**\*Note: Winter Park Hours, 8am-5pm, are in effect beginning November 1. Restrooms closed for the Winter.**

**\*Portable toilets will be placed at A Dream Come True Playground, Hillandale Park, Purcell Park, & Westover Park**

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.

- 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.
- 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

**\*Note: Shelters can be reserved starting January 3rd for City Residents; January 4th for Non-Residents**

### 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 6, 2017 (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.  
[www.harrisonburgva.gov/shelters](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)



McKinley Ray; Westover Park

# PROGRAM REGISTRATION

ONLINE: [WWW.HARRISONBURGVA.GOV/PARKS-RECREATION](http://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**  
8:00AM-5:00PM  
(540)433-9168

**MAIL IN** - [www.harrisonburgva.gov/program-registration](http://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](http://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, December 5, 2016 at 8am.**  
Registration for Non-Residents begins on **Tuesday, December 6, 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. 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 |      | Date of Birth | M/F |
|----------------|------------|-----|------------------|------|---------------|-----|
|                |            |     | First            | Last |               |     |
|                |            |     |                  |      |               |     |
|                |            |     |                  |      |               |     |
|                |            |     |                  |      |               |     |
|                |            |     |                  |      |               |     |

\$  Total

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

Card # \_\_\_\_\_  
Exp. Date \_\_\_\_\_  
Signature \_\_\_\_\_

## SHAMROCK 5K TRAIL RUN

Come out to Hillandale Park for a beginner's 5K run through the trails at the park and support the Shenandoah Valley High Rollers Wheelchair Basketball Team. T-shirts available to the first 50 pre-registered. Register online at RunSignUp.com, and search Shamrock 5K Trail Run. Contact Erik. Race Fee: \$20

Sat                      Ages 6+                      Hillandale Park  
 Mar 18                      9-11am



## ICE BOWL DISC GOLF 2017

*Location: Westover Disc Golf Course - Contact: Ed Steele*  
 Join us for our 14th annual Ice Bowl to be held at Westover Disc Golf Course. Proceeds will benefit the Blue Ridge Area Food Bank. This event is held in almost any weather condition, so be ready for the elements! Join members of the Rocktown Disc Golf Club for a Pot-Luck meal after the event. All players receive a commemorative disc and mini. Divisions determined by registration numbers. \$25 paid day of the event / Ages 8+

Sat                      Jan 28                      9am-3pm



## Daddy-Daughter Sweetheart Dance

Saturday, February 11, 2017  
 6-7:30pm

Spend a fun filled evening with your little miss. Music, refreshments, & special photo.  
 Ages 10 & under

Cecil F. Gilkerson Community Activities Center  
 \$5 per couple - additional child \$2  
 Call 540-433-9168 to register or questions  
*Limited to 50 Couples*

## MOVIE NIGHT

@ Cecil F. Gilkerson Community Activities Center



March 25

Movie starts at 6:30pm.  
 Please call 433-9168 with any questions.  
 Under 14 needs to be with an adult.

## Prom Dress Drive & Give Away

We are collecting used dresses, accessories and shoes for local girls in the area looking to attend their high school prom.

Collection and drop off at Lucy F. Simms Center is Monday-Friday 8am-5pm. For more information on the Prom Dress Drive or to get involved call 540-437-9213.

The give-a-way event is **Saturday, April 1** from **noon-4pm** at Lucy F. Simms Center. The give away event is open to any person attending a high school prom.



## POSTAL PATRON

680 Garbers Church Road  
Harrisonburg, VA 22801  
540-442-6502  
Winter Pro Shop Hours:  
9am-5pm



[www.heritageoaksgolf.com](http://www.heritageoaksgolf.com)



### Be in the Know...get our latest news

Want to know what is going on at Heritage Oaks? Sign up for our monthly newsletter, The Heritage Oaks Herald, and follow us on our social media pages (Facebook, Twitter, Instagram, and G+). Don't miss our tournaments, specials, golf tips, and course updates!

- Instruction & Lessons by a PGA Professional**
- Practice Facilities**
- Excellent Selection of Equipment & Apparel**
- Tournaments & Outings**
- Triple B Café - Food You'll Enjoy!**

### Winter Rates

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

|                           | Mon-Thur | Fri-Sun&Holidays |
|---------------------------|----------|------------------|
| 18 Holes w/Cart           | \$30     | \$35             |
| 9 Holes + Twilight w/Cart | \$20     | \$20             |

All rates shown are per golfer.

### 2017 Season Passes on Sale NOW!

Buy now, play now! Heritage Oaks offers full and ½ year season passes for golf, cart and range. Visit [www.heritageoaksgolf.com/seasonpass/](http://www.heritageoaksgolf.com/seasonpass/) for details. Purchase your 2017 Season Pass by December 15th and receive a \$50 merchandise gift certificate! Refer a NEW season pass holder and earn more merchandise gift certificates.

**"Voted 'Best of the Valley' 2008, 2009, 2011, 2012, 2015 & 2016"**