

Activity Guide

December-March
2015-2016

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

HARRISONBURG
parks and recreation

COMMUNITY HAPPENINGS

Prom Dress Drive & Give-A-Away

We are collecting gently 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 2** from **12pm – 5pm** at Lucy F. Simms Center. The give-a-way event is open to any person attending a high school prom.



Easter Egg Hunt
Westover Park
March 26, 2016

2ND ANNUAL ZUMBATHON™: MAKE EVERY MOVE COUNT CHARITY EVENT FOR AUTISM AWARENESS

Saturday, April 2nd, 2016

Join us for this awesome dance party for charity. April is Autism Awareness month. The Shenandoah Valley Autism Partnership (SVAP) is dedicated to improving the quality of life for all individuals with Autism Spectrum Disorder.

Noon-2pm

Cecil F. Gilkerson Community Activities Center
305 South Dogwood Drive, Harrisonburg, Virginia

Tickets on Sale

\$10 minimum donation and additional donations appreciated.
Proceeds to benefit SVAP

To register, please email Margaret “Muff” Perry (muffperry@yahoo.com) or call (540) 560-5227. Childcare will be provided for NO additional charge. You don’t want to miss this AND a surprise guest!! First 50 participants (registered and paid) to receive an awesome goodie bag! Prizes and Raffles included!

Sponsored by: “Muff” Perry, Licensed Zumba Instructor
Co-Sponsored by: Harrisonburg Parks & Recreation



2015 Harrisonburg Holiday Parade
Friday, December 4 at 7:30pm
Downtown Harrisonburg
“Winter Wonderland”



DOWNTOWN HARRISONBURG’S ANTEBELLUM AFRICAN-AMERICAN COMMUNITY

Instructor: Ryan Bachman – Location: Simms 101

Prior to the Civil War, a vibrant community of free African Americans called downtown Harrisonburg home. While some free people rented rooms in hotels or with local white families, a number of individuals owned their own homes and property. These free African American property owners, many of whom were former slaves, were able to successfully carve out their own community within Harrisonburg, where trades were handed down from parents to children and networks were established to help fellow free African Americans navigate the difficulties of living in a slave state. Today, almost no traces of the former community remain, but through examining property records it is possible to rediscover where this neighborhood once stood. FREE

Wed Feb 10 2pm

AUNT BETTY’S STORY

Location: Simms Center

An evening of readings and songs from Judith Brown, Brenda Harrison, Jodi Serino-Barbour and Renee Wheeler, telling the story of Bethany’s life. Born in 1812, in Page County, Bethany Beney’s narrative was published in 1889. Her story is inspirational. It is a story of strength, love of family, faith and how these allowed so many to survive such difficult times.

Sat Feb 20 7pm

SOUL FOOD DINNER

Location: Simms Center Auditorium

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 27 5-8pm

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, November 30, 2015 at 8am.**
 Registration for Non-Residents begins on **Tuesday, December 1, 2015 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 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 _____

WINTER SWIM PASSES

Sep 14, 2015-May 6, 2016

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

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

Students must be tested for their appropriate swim level prior to registering for a swim class, unless they successfully completed a swim lesson course at this facility during Fall 2015. **Registration and testing will begin at the pool office starting Monday, January 4 at 8am for City Residents and Tuesday, January 5 at 8am for Non-Residents.** Registration will continue until 7pm the day before first class or until the class is filled, whichever occurs first. Upon successfully completing a swim test, you may sign up your child for the appropriate swim class. Feel free to call us with any questions at (540) 434-0571. Preschool lessons are taught to children ages 3-5. All children 6 years or older will be placed in Levels 1-4.

SWIM LESSON FEES

Preschool: City Res \$20/ Non-Res \$24

Levels 1-4: City Res \$25/ Non-Res \$30

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 6-Apr 16 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, kicking, back floating, underwater exploration and more.

111100B1 Sat Feb 6-Apr 16 9:30-10am

GOLDFISH – LEVEL 1

The goals of Goldfish are to help students feel comfortable in the water, enjoy the water safely, and 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 14-Apr 13 4-4:50pm

111101B2 Sat Feb 6-Apr 16 10-10:50am

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 mth-3 yrs

131105A1 Fri Mar 18-Apr 15 4-4:50pm

AQUA AEROBICS

The performance of aerobic exercise and resistance training in chest deep to shallow water. Beginners are welcome!

Full Session Price

City Res \$35 / Non-Res \$42

Single Session Price

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

140508A1 Mon/Wed Jan 11-Feb 3 9:30-10:30am

140508A2 Mon/Wed Feb 8-Mar 2 9:30-10:30am

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 14-Apr 13 5-5:50pm

111102B2 Sat Feb 6-Apr 16 10-10:50am

DOLPHIN – LEVEL 3

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

111103A1 Tue/ Thu Mar 14-Apr 13 4-4:50pm

111103B2 Sat Feb 6-Apr 16 11-11:50am

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.

111104A1 Tue/ Thu Mar 14-Apr 13 5-5:50pm

111104B1 Sat Feb 6-Apr 16 11-11:50am

MASTERS SWIMMING

Swim team practice for adults 18+. Join to improve your swimming, learn new techniques, get in shape, or take your current workouts to the next level. Participants can come to as many practices as they choose per month. 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

Winter Season (Sep 15-Apr 28, 2016)

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

321107A Monthly Tue/Wed/Thu 7-9am

321107B Season Tue/Wed/Thu 7-9am

POOL BIRTHDAY PARTIES

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

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+

131101A1	<i>Fri</i>	<i>Apr 8,15</i>	<i>6-9pm</i>
	<i>Sat</i>	<i>Apr 9,16</i>	<i>1-9pm</i>
	<i>Sun</i>	<i>Apr 10,17</i>	<i>8am-1pm</i>

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. (12/19-12/23, 12/28-12/31, and 1/2-1/3) Call for more information

ARTS & CRAFTS

EASTER WALLPAPER BASKETS

Instructor Name: Janet Nixon – Location: CFG/CAC

Come make beautiful baskets from wall paper! This is a one time, make it and take it class. Bring small hammer and come have some fun!

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

130984A1	<i>Thu</i>	<i>Mar 17</i>	<i>7-8:30pm</i>
130984A2	<i>Sat</i>	<i>Mar 19</i>	<i>9:30-11am</i>

PAINT4FUN

Instructor: Diane Ricketson – Location: CFG/CAC

Complete an oil painting in this fun one day workshop. You will receive 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 that you can frame and enjoy or give as a gift. Supplies will be furnished and all paintings will be 11x14. Bring a lunch for 30 minute break. Scene=Yellow Golden Finch sitting in a spring blossom tree branch design by Wilson Bickford

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

130985A1	<i>Sat</i>	<i>Mar 5</i>	<i>9:30am-3:30pm</i>
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1-2-3 LEARN CROCHET!

Instructor: Maria Torres – Location: Simms Center Room 207

Learn the Basics of Crochet, how to read a pattern and a chart/diagram, make a hat and a matching scarf for this winter! There will be a supply list available. Materials not included.

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

130971A1	<i>Mon</i>	<i>Jan 4-25</i>	<i>5-7pm</i>
130971A2	<i>Mon</i>	<i>Feb 1-22</i>	<i>5-7pm</i>
130971A3	<i>Mon</i>	<i>Mar 7-28</i>	<i>5-7pm</i>

ADULT BEGINNER POTTERY

Instructor: Phill Ungar – Location: CFG/CAC

Learn the basics of beginning pottery.

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

120919F1	<i>Mon</i>	<i>Jan 18-Feb 22</i>	<i>6-8pm</i>
120919F2	<i>Mon</i>	<i>Feb 29-Apr 4</i>	<i>6-8pm</i>
120919G1	<i>Thu</i>	<i>Jan 21-Feb 25</i>	<i>6-8pm</i>
120919G2	<i>Thu</i>	<i>Mar 3-Apr 7</i>	<i>6-8pm</i>

DISCOVER SCUBA AT WESTOVER

Instructor: Scuba Buddys

Dive into 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 class is approximately 1 ½ hours long. The instructor will cover safety, basic entries into the water, and general SCUBA skills. Space in this class is limited, please be sure to register in advance. Please be prepared to enter the water during this session.

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

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

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 weekly on Monday from 11am-1pm and no pre-registration is required. For more information contact pool office. Until April 25

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

ENRICHMENT

TDI 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, 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. Test on April 2.

City Res \$115 per dog/handler /ALL Ages

130978A1	<i>Mon</i>	<i>Feb 22- Mar 28</i>	<i>6-7pm</i>
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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.

\$86 per dog/handler

130977A1	<i>Mon</i>	<i>Jan 18- Feb 8</i>	<i>6-7pm</i>
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LEARN ENGLISH OR SPANISH

Instructor: Cory Jeffries – Location: Simms Center 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 for more details to register. Ages 18+

BEGINNING GUITAR

Instructor: Mark Whetzel – Location: CFG/CAC
Enjoy learning the basics of how to play acoustic or electric guitar in a relaxed atmosphere with an experienced teacher. We will learn how to tune the guitar as well as basic chords, strumming patterns, and melodies. Each participant should bring guitar and tuner to class. Reading music is not required.

City Res \$45 / Non Res \$52 / Ages 12+
130929A3 Tue Jan 12-Feb 16 5-5:40pm
130929A4 Tue Feb 23-Mar 29 5-5:40pm

FINGERPICKING

Instructor: Mark Whetzel – Location: CFG/CAC
Playing fingerstyle is a great alternative to using a pick or perhaps just a way to add options to your current technique. As intermediate guitarists we will learn proper right hand technique as well as other fundamentals, we will also learn fingerpicking patterns which can be used to accompany singers or other instrumentalists. Reading music is not required.

City Res \$65 / Non Res \$72 / Ages 12+
130929C3 Tue Jan 12-Feb 16 6-7pm
130929C4 Tue Feb 23-Mar 29 6-7pm

SOFT CHEESE

Instructor: Sharon Munyak w/Hobby Hill Farm
Location: Simms Center Kitchen
Perfect way to step up your game. Come learn how to make Cream Cheese, Sour Cream, Buttermilk and more. We will cover as many cheeses as possible and talk about the best way to package them.

City Res \$37 / Non Res \$44 / Ages 18+
120984A1 Sat Mar 12 1-3pm

LET'S MAKE SOME CHEESE-MOZZARELLA & RICOTTA IN UNDER 30 MINUTES

Instructor: Sharon Munyak w/ Hobby Hill Farm
Location: Simms Center Kitchen
Please bring an apron, some herbs and some small Tupperware containers to take home cheese that you make in class.

City Res \$37 / Non Res \$44 / Ages 18+
120983A1 Sat Feb 20 10am-noon
120983A2 Sat Mar 12 10am-noon

ARTISAN BREADS-SECRETS TO THE BEST TASTING BREAD YOU CAN MAKE AT HOME

Instructor: Sharon Munyak w/ Hobby Hill Farm
Location: Simms Center Kitchen
We will make several loaves of bread. Please bring an apron and some herbs. A bread making vessel is included in the class with several mixes from Hobby Hill Farms.

City Res \$37 / Non Res \$44 / Ages 18+
120985A1 Sat Feb 20 1-3pm

GENEALOGY FOR BEGINNERS

Instructor: Debra Fischer – Location: Simms Center Room 207
Start the New Year off right with a hobby that will last a lifetime. 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+
120950A1 Wed Jan 6-20 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. 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+
120951A1 Wed Jan 13 6:30-8:30pm

I FOUND THIS GENEALOGY DOCUMENT NOW WHAT?

Instructor: Debra Fischer – Location: Simms Center Room 207
You have searched many places and while you have amassed piles of papers are you really dissecting them for all that they are worth? What are we finding on those vital records and the likes there of? This workshop will help you answer some of those questions and more on how to move forward from those documents. Bring to the workshop some records that you have collected and lets tear them apart.

City Res \$35 / Non Res \$44 / Ages 18+
120953A1 Wed Jan 20 6:30-8:30pm

BE SMART ABOUT YOUR CREDIT

Instructor: Sarah Landram - Location: CFG/CAC
During this three part series, you will learn how to read and understand your credit report (Jan. 5) as well as the five factors that contribute to your individual credit score (Jan. 12). You will also learn the importance of checking your free credit report periodically for errors and warning signs of identity theft (Jan. 19).

FREE
120900A1 Tue Jan 5 6:30-7:30pm
120900A2 Tue Jan 12 6:30-7:30pm
120900A3 Tue Jan 19 6:30-7:30pm

FUNDING A HIGHER EDUCATION: THE FINANCIAL AID PROCESS

Instructor: Sarah Landram - Location: CFG/CAC
Federal aid serves as a great way to help fund the cost of a college education, but without completing the FAFSA, getting financial aid for college can be almost impossible. During this workshop you will learn about when you should fill out the FAFSA as well as the different types of financial aid you may qualify for.

FREE
120901A1 Tue Dec 8 6:30-7:30pm

INTERVAL FITNESS

Instructors: Stephanie Wimer & 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+

121400A1	Mon/Wed/Fri	Dec 7-Apr 1	6:15-7am
121400A2	Mon/Wed/Fri	Dec 7-Apr 1	7:15-8am
121400A3	Tue/Thu	Dec 8-Mar 31	6-6:45pm

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+

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

121404A1	Mon	Jan 25-Feb 22	6:45-7:45pm
121404A2	Mon	Feb 29-Mar 28	6:45-7:45pm

WEIGHT ROOM CIRCUIT TRAINING

Instructors: Stephanie Wimer - 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 \$20 / Non Members \$45 / Ages 18+

121402A1	Tue/Thu	Dec 8-Mar 31	12:10-12:50pm
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BASIC YOGA

Instructor: Sue George - Location: Shenandoah Yoga

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 during class or bring your own. Classes meet at Shenandoah Yoga (135 S. Main Street).

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

121405A1	Mon	Jan 11-Feb 15	5:30-7pm
121405A2	Tue	Jan 12-Feb 16	9-10:15am

PRENATAL YOGA

Instructor: Sue George - Location: Shenandoah Yoga

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. Classes meet at Shenandoah Yoga.

City Res \$86 / Non Res \$103 / Ages 18+

121407A1	Thu	Jan 14-Feb 18	4:30-5:45pm
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VINYASA YOGA

Instructor: Sue George - Location: Shenandoah Yoga

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 1.5-hour class—instructor will emphasize proper alignment and offer meditations to accommodate students of various skill levels. Yoga mat and props are provided during class or bring your own. Classes meet at Shenandoah Yoga (135 S. Main Street)

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

121408A1	Tue	Jan 12-Feb 16	6-7:30pm
121408A2	Wed	Jan 13-Feb 17	9-10:15am
121408A3	Thu	Jan 14-Feb 18	6-7:30pm
121408A4	Fri	Jan 15-Feb 19	9-10:15am

INSANITY

Instructor: Morgan Tebeau - Location: CFG/CAC

INSANITY™ is a cardio class, based on max interval training. This class will take your workout and body to the next level with athletic/plyometric drills mixed with intervals of strength, power, and core training. No equipment or weights needed. You don't have to be in extreme shape—levels of each exercise are provided. Time to dig deep!

City Res \$45 / Non-Res \$49 / Ages 18+

121409A1	Tue/Thu	Jan 5-Jan 28	6:15-7am
121409A2	Tue/Thu	Feb 2-Feb 25	6:15-7am
121409A3	Tue/Thu	Mar 1-Mar 24	6:15-7am

BOXING

Instructor: Obie Hill - Location: CFG/CAC

Have you ever wanted to learn how to box and get in a good sweat while doing it? If so, then this course will provide that for you! This course will provide participants with the fundamentals of the art of boxing and fitness training. The duration of each class will be 45 minutes and 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+

131418A1	Mon/Wed	Jan 4-Feb 29	5:30-6:15pm
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MORE FITNESS & WELLNESS ON NEXT PAGE

JIU-JITSU

Instructor: Michael Fletcher

Location: Traditional Mixed Martial Arts Harrisonburg Dojo

Jiu-jitsu is joint manipulation and it is mostly done from the ground. This is a great anti-bullying class that is taught for teens and adults for self confidence and self esteem. With Jiu-jitsu you will learn how to control someone that is attacking you. You will learn how to take someone to the ground and how to be taken to the ground. More controlling techniques will be taught from the ground.

City Res \$72 / Non Res \$79 / Ages 13+

131450A1 Mon/Wed Dec 14-Jan 27 7-8:30pm

KYOKUSHIN KARATE

Instructor: Paul Murphy - Location: CFG/CAC

The course for men and women (teens and adults), beginners or advanced martial artists, teaches the techniques of Mas Oyama "Kyokushin Karate" and Russian "Rukupashni Boi" for practical self defense. It involves rigorous physical exercise, including lots of stretching as well as cardio, punching, kicking, and throwing techniques. It also teaches self discipline and how to safely practice with a partner. It is taught by Dr. Paul J. Murphy, Yon Dan (4th degree) Black Belt, who has practiced martial arts for over 40 years, including 10 years as a member of the Moscow Kyokushin Federation, Russia.

City Res \$50 / Non Res \$55 / Ages 13+

131410A1 Tue Dec 15-Jan 26 6:30-8pm

BEGINNER HOOP DANCE

Instructor: Ashley Hunter - Location: Simms Auditorium

This hooping class combines fitness, fun, and dance using handmade adult-sized hoops. In this 5 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. 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 for use during class will be provided) **NO Class Mar 2**

City Res \$58 / Non Res \$70 / Ages 15+

131401A1 Wed Feb 17-Mar 23 5:45-7pm

INTERMEDIATE HOOP DANCE

Instructor: Ashley Hunter - Location: Simms 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 \$58 / Non Res \$70 / Ages 15+

131402A1 Mon Feb 22-Mar 21 7:15-8:30pm

SIMMS CENTER WALKING / RUNNING CLUB

Instructor: Cory Jeffries - Location: Simms Center Gymnasium

If you enjoy walking or running, then this class is for you! Participants will meet every Monday at 9:30am with a small group of people for one hour. First session will meet at Simms Center Main Gymnasium Entrance. Comfortable walking shoes are suggested.

City Res Free / Non Res \$15 / Ages 18+

121415A1 Mon Jan 4-Mar 21 9:30 - 10:30am

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+

131411A1 Wed Jan 6-Feb 10 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 technique with a fitness twist. Low impact and lots of fun!

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

131415A1 Wed Jan 6-Feb 10 6-7pm

FOLK DANCES FOR ANOTHER ERA

Instructor: Maria Torres - Location: Simms Center Music/Auditorium

Learn the Folk Dances from another Era with a Puerto Rican Pizazz! Learn to do the Waltz, Polka, Mazurka, Cuban Danzon and the Pasodoble. Learn the Secret Language of the Fan. Also will discuss, other traditional Puerto Rican dances -like the Danza Puertorriqueña, Plena and Principles of the Salsa and the Dominican Merengue and Bachata. Classes will give you the basics to go out dancing at any venue. No rhythm, timing, or prior dance experience necessary. Casual attire, comfortable shoes recommended. Come with a partner or as an individual. There will be a dance following at the conclusion of each class Saturday March 12th from 5 - 8pm.

City Res \$46 / Non Res \$53 / Ages 8+

130310A2 Thu Jan 7-Mar 10 5-7pm

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

Ages 6+

Hillandale Park

Sat

Mar 19

9-11am



YOUTH

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

111432C1 Thu Jan 14-Feb 11 4:30-5pm
111432C2 Thu Feb 25-Mar 24 4:30-5pm

PARENT TOT PLAYTIME

Location: CFG/CAC

Bring your toddlers through pre-school age children to this program designed to allow children to explore new concepts of play and sharing. This program will not meet during any City school holidays or snow days.

FREE Tue Dec 1-Apr 26 10am-12pm

KID'S POTTERY

Instructor: Heather Hansohn - Location: CFG/CAC

An introduction to pottery for kids. Children will be introduced to and have fun exploring the properties and techniques of working with clay. Focusing on hand building, children use what we learn to explore and create four finished and glazed projects. Three of our projects will be guided and the fourth will be of their choice. **NO CLASS EACH 5TH WEEK (Feb 9, March 29).**

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

110919A3 Tue Jan 12-Feb 23 4:30-5:15pm
110919A4 Tue Mar 1-Apr 12 4:30-5:15pm

F.L.I.P. INTO SPANISH PLAYGROUP

Instructor: Siquina Hill - Location: CFG/CAC

This 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 \$88 / Non Res \$97 / Ages 2-3 years

510240B1 Thu Jan 7-Feb 25 10-10:45am

KIDS HOLIDAY BAKING AND CRAFT TIME

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

Children will have a fun and exciting time learning how to use the basics in baking holiday treats, which includes food preparation, measuring, and safety. In each class, we will bake a tasty treat and create a fun craft leading up to December 25th! The only supplies needed for this class is YOU! (Allergy Info: eggs, nuts, and dairy will be used)

City Res \$48 / Non Res \$58 / Ages 5-10

110925A1 Tue Dec 1-22 5:30-6:45pm

KIDS SPRING BAKING AND CRAFT TIME

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

Children will have a super time learning how to use the basics in baking food that includes important topics such as food preparation, measuring, and safety. In each class, we will bake a fabulous spring related treat and create a craft at the same time. No supplies are needed. (Allergy info: eggs, nuts, and dairy will be used)

City Res \$36 / Non Res \$44 / Ages 5-10

110925B1 Tue Mar 8-22 5:30-6:45pm

Winter/Spring Gymnastics Schedule

Monday & Wednesday class fees: 14 weeks - \$56 City residents, \$67.00 non-city. \$10 discount for siblings & multiple classes. Classes may be cancelled or combined due to low enrollment numbers. Students may be moved to more appropriate class according to their skill level.

No classes during Spring Break - March 7, 9, 28, 30.

ACTIVITY#	CLASS	AGE	TIME	MIN/MAX
MONDAY – JANUARY 11 – APRIL 25				
510601B1	Preschool Gymnastics	3-4 yrs	3:15-4:00pm	10/14
510602B1	Beginner Gymnastics	6-10 yrs	4:00-5:00pm	12/20
510603B1	Intermediate (Must meet skill requirements)	6-12 yrs	5:00-6:00pm	12/20
WEDNESDAY – JANUARY 13 – APRIL 27				
510601B2	Preschool Gymnastics	4-5 yrs	3:15-4:00pm	10/14
510602B2	Beginner Gymnastics	5-7 yrs	4:00-5:00pm	12/20
510603B2	Intermediate (Must meet skill requirements)	6-12 yrs	5:00-6:00pm	12/20

VOLUNTEERS WANTED

We utilize volunteers for many of our exciting programs, classes, and events. Additional volunteer assistance is needed to continue offering outstanding activities. Opportunities exist for youth coaches, trail maintenance, and special event helpers. Send an email to parksandrecreation@harrisonburgva.gov to be added to our volunteer list.

Some Volunteer Benefits: Event T-Shirt (if applicable); Monthly Giveaways; Class Discounts & Much More

OUTDOOR

FAMILY CAVING ADVENTURE

Instructor: Outdoor Adventure Experiences Staff - Location: CFG/CAC
This trip will include some short up and down scrambles and optional crawling for those who enjoy that! This class is perfect for children 5-11 years old accompanied by a parent. Meet in the CAC main parking lot adjacent to the pool, and we should return there at 5pm. We will provide everyone going with coveralls to wear over their clothes, but we must get a height and weight measurement for everyone at time of registration.

City Res \$46 / Non Res \$52 / Ages 5+

131369A1	Sun	Jan 3	noon-5pm
131369A2	Sun	Feb 21	noon-5pm
131369A3	Sun	Mar 6	noon-5pm

WEST VIRGINIA CAVE ADVENTURE

Instructor: Outdoor Adventure Experiences Staff - Location: CFG/CAC
This trip will include some short up and down scrambles and crawling is required for short distances. Meet in the CAC lobby at 9am, as we should return there at 5pm. Pack a lunch with drinks in plastic screw-top bottles. We will provide everyone going with coveralls to wear over their clothes, but we must get a height and weight measurement for everyone at time of registration.

Res \$57 / Non Res \$62 / Ages 12+

131369B1	Sat	Jan 23	9am-5pm
131369B2	Sat	Mar 5	9am-5pm

BATH COUNTY CAVING ADVENTURE

Instructor: Outdoor Adventure Experiences Staff - Location: CFG/CAC
For this trip, pack a lunch with drinks in plastic screw-top bottles. We will meet in the CAC lobby at 9 am, and return by 5pm. We will provide everyone going with coveralls to wear over their clothes, but we must get a height and weight measurement for everyone at time of registration.

Res \$57 / Non Res \$62 / Ages 12+

131369C1	Sat	Feb 27	9am-5pm
131369C2	Sat	Mar 26	9am-5pm

TECHNOLOGY

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+

120964A1	Wed	Jan 6 & 20	6-7:30pm
120964A2	Wed	Feb 3 & 17	6-7:30pm
120964A3	Wed	Mar 2 & 16	6-7:30pm

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+

120965A1	Wed	Jan 13 & 27	6-7:30pm
120965A2	Wed	Feb 10 & 24	6-7:30pm
120965A3	Wed	Mar 9 & 23	6-7:30pm

ATHLETICS COMMUNITY PARTNERS

SHENANDOAH VALLEY UNITED SOCCER

For information of specific programs, fees, or to register, go online www.shenvalleysoccer.com. 540-383-6341

Winter 2016 - Regional Development Centers

Sign up to train with the best coaches around in our weekly RDC training sessions. Players will get to train for 7 weeks - Jan 4 - Mar 7 U5/U6; U7/U8; and U9/U10 sessions available.

Spring Mini Kickers

Learn the fundamentals of soccer through a program of structured activities and fun based games designed to stimulate a child's imagination and develop motor skills. Each session is designed to promote coordination, movement, balance and most importantly fun!

Spring 2016 - Recreational Soccer

Sign up to play in our ever growing AMAZING recreational soccer league. Players will play April 4 - May 28
Registration ends March 11

HARRISONBURG LITTLE LEAGUE ASSOCIATION

For Boy's Baseball and Girl's Softball Registration, please bring your child's birth certificate and three proofs of residence.

Visit www.hlla.org for more information, or contact Dean Warlitner at 540-280-1976.

Ages 4-18	CFG/CAC	
Sat	Feb 6, 13, 20	10am-1pm

CHALLENGER DIVISION

A division of 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.

Interested in registering your child or for more information contact: Dean Warlitner, HLLA president at (540)280-1976, deanwarlitner@gmail.com or Gloria Ottaviano (540)236-8540, ggstewott@verizon.net

ATHLETICS

BOYS CLINIC LEAGUE BASKETBALL

Come learn the fundamentals of basketball. This program will teach the basics of dribbling, shooting, passing, rebounding, defense, and court layout. Registration forms are currently available, and must be completed and returned by Dec 18. NO FEE. Grades 1&2

CFG/CAC Sat Jan 2-30 9:30 or 11am

BOYS PEE WEE LEAGUE BASKETBALL

Registration forms will be in the schools in Nov. Registration deadline will be Dec 4. Skills Evaluation and Draft for new players will be Dec 8. Practices begin Jan 5 / Games begin Jan 14 and end Mar 10. Contact Tommy. NO FEE. Grades 3-5

Armory Tue/Thu Jan 14-Mar 10 6&7pm

BOYS JUNIOR LEAGUE BASKETBALL

Registration forms will be in the schools in Nov. Registration deadline will be Dec 4. Skills Evaluation and Draft for new players will be Dec 9. Practices begin Jan 6 / Games begin Jan 13 / end Mar 2. Contact Tommy. NO FEE. Grades 6-8

Armory Wed Jan 13-Mar 2 6&7pm

YOUTH VOLLEYBALL CLINIC

Registration forms will be available Dec 7 and the deadline for registration will be Feb 5. This is a beginner clinic for players who want to learn and improve their skills. The skills introduced will include underhand/overhand serving, forearm passing, setting, hitting, digging, and diving. There will also be instruction in serve receiving with transitions of offense and defense. This clinic will meet for 7 sessions, but will not meet Mar 5. NO FEE. Grades 4-8

CFG/CAC Sat Feb 13-Apr 2 9:30-11am

ROCKTOWN-SHENANDOAH VALLEY WRESTLING CLUB

Head Instructor: Eric Miller - Location: HHS Multipurpose Room

Learn the basic skills of wrestling while preparing for competition. Season Fee is \$60. Price includes: training sessions, regular season matches, end of season tournament entry fee and a new club t-shirt. Park on North side of school, enter through the North 4 Door. Make checks payable to Rocktown Wrestling Club. Pre-registration preferred, but onsite registration available on 11/30. For more information, please contact: Coach Eric Miller, emiller@harrisonburg.k12.va.us, 540-383-6492. To register, please fill out the following form: <http://tinyurl.com/RSVWCregistration>

Grades 3-5 Mon/Wed Nov 30-Feb 27 5:45-7pm

YOUTH WRESTLING CLINIC

Head Instructor: Eric Miller - Location: HHS Multipurpose Room

Learn the basic skills of wrestling in a structured environment. Cost will be \$25 and a shirt included. For more information, please contact: Coach Eric Miller, emiller@harrisonburg.k12.va.us, 540-383-6492. To register, please fill out the following form: <http://tinyurl.com/RSVWCregistration>

Grades K-2 Wed Feb 3-24 5-5:45pm

MEN'S SLOW PITCH SOFTBALL LEAGUES

Location: Ramblewood Park

Registration opens Jan 4. Teams will need to register for Division A (upper division) or Division B (lower division). Division preferences may be adjusted by league administrator. Teams must be sponsored by an area business or organization. 16 team maximum. Deadline for registration is Mar 25 or 16 team maximum is reached.

\$300/team. Ages 18+

220125A1 Mon Apr 18-Jul 25 6:30-10:30pm

CO-ED SLOW PITCH SOFTBALL LEAGUE

Location: Ramblewood Park

Registration opens Jan 4. Teams will play in an open division. Teams must be sponsored by an area business or organization. 16 team maximum. Deadline for registration is Mar 25 or 16 team maximum is reached. \$300/team. Ages 18+

220130A1 Tue Apr 19-Jul 26 6:30-10:30pm

ADULT DODGEBALL LEAGUE

Location: 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. Many of the rules in this league are based on the "honor system". 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 8 at 8am.

120120A1 Mon Jan 11-Feb 29 6-9pm

MEN'S BASKETBALL LEAGUE

Location: Simms Gymnasium

Games begin Sunday Jan. 10, 2016 and will be played on Sunday afternoons beginning at 1:00pm. Length of league will depend on number of teams registered. Registration opens Dec. 1, 2015 closes Dec. 30, 2015 @ 12 noon. There will be a mandatory captains meeting on Wed. Jan. 6, 2016 @ 6:00pm. \$325 per team / Ages 18+

SPRING CO-ED ADULT CORNHOLE LEAGUE

Location: Willow Street Hockey Rink

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.

\$45/team. Ages 18+

Wed Apr 13-Jun 1 6-8pm



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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 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!

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 \$30 / Ages 50+

141414A1	Tue/Fri	Jan 5-29	10:30-11:30am
141414A2	Tue/Fri	Feb 2-26	10:30-11:30am
141414A3	Tue/Fri	Mar 1-29	10:30-11:30am

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+

140500A1	Tue/Thu	Jan 5-Feb 11	5:30-6:15pm
140500A2	Tue/Thu	Feb 23-Mar 31	5:30-6:15pm

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 \$20 / Non-Res \$22 / Ages 50+

140502A1	Tue	Jan 5-Jan 26	6:30-7:30pm
140502A2	Tue	Feb 9-Mar 1	6:30-7:30pm

PICKLEBALL

Coordinator: Ed Steele, 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.

(No Pickleball on Dec 24 & 31; Feb 4; Mar 31)

Free	Thu	Ongoing	noon-3pm
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SATURDAY MORNING PICKLEBALL

Coordinator: Lynn Hoy - Location: Simms Center

Come play a couple of Saturday mornings this winter. We furnish all equipment. Free

Sat	Jan 9, 23/ Feb 6, 20/ Mar 5, 26	9am-noon
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LADIES PICKLEBALL CLINIC

Coordinator: Lynn Hoy - Location: Simms Center

Come out and learn the game from other ladies. This is a great game and good exercise, stick around and play the rest of the morning.

Free	Sat	Jan 9	8-9am
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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+

140525A1	Mon	Jan 4-Feb 8	5:30-6:30pm
140525A2	Wed	Jan 6-Feb 10	5:30-6:30pm
140525A3	Mon	Feb 22-Mar 28	5:30-6:30pm
140525A4	Wed	Feb 24-Mar 30	5:30-6:30pm

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 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+

140526A1	Thu	Jan 7-Feb 11	6-7pm
140526A2	Thu	Feb 25-Mar 31	6-7pm

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
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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 Jan 7. All Participants \$9 / Ages 50+ / Thu / 1-3pm

WEDNESDAY AFTERNOON GAMES

Location: Price Rotary

Come join the fun. We already have a table of pinochle 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. (Nov 25-Dec 30 we will meet at the CFG/CAC)

Free	Wed	Dec 2 -Ongoing	1-3pm
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Registration will begin Monday, November 30 for City Residents and Tuesday, December 1st for Non-Residents.

BENNY'S BLANKETS

Location: Price Rotary

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 any yarn to donate to the program, Benny's Blankets would love to have it. Please call 433-9168 or drop it by the Administrative Office.

Free Tue/Thu Dec 1-Ongoing 9-11am

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. Our January speaker will be Jeanne Krause speaking on "Replacing Your Medicine Chest". This is a free program; however, registration would be appreciated. You can call 433-9168 to find out the subject each month.

Thu Jan 21, Feb 18, Mar 24 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 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 are from 11:30am-12:45pm on Thursday. Fee: Order off menu.

140540A2 Jan 28 Jimmy Madison's- 121 S. Main St, Hburg

140540A3 Feb 25 Village Inn- 4979 S Valley Pike, Hburg

140540A4 Mar 31 Bella Luna- 80 W Water St, Hburg

BLEAK MIDWINTER DINNER & MUSIC

Come out and meet your friends or make new ones on Saturday, March 5 and enjoy live "Ole Time" and country music after eating a great dinner at Traditions Restaurant (625 Mt. Clinton Pike, Hburg) The cost is the price of the buffet (approximately \$20). We will start getting together around 5pm, eat at 5:30pm and the music will start in a private room at 6:30 and end at 9pm. Music will be provided by "2 Guns Last Class" band. Please email lynnt@harrisonburgva.gov or call 433-9168 to let us know you are coming.

Sat Mar 5 5-9pm

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 5:00pm 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. The January outing will be appetizers and drinks at The Golden Pony at 181 N Main St, Harrisonburg on Thursday, Jan 7th at 5:00pm.

BEGINNING CROCHET

Instructor: Meki Shifflett - Location: Price Rotary

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 5-26 1-3pm

140571A2 Tue Mar 1-22 1-3pm

BOOK CLUB

Location: Price Rotary

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. FREE, registration appreciated.

140556A1 Mon Dec 7/Jan 4/Feb 1/Mar 7 2pm

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 **Note - December will take place on Dec 23.**

Ages 50+ Wed Jan 27-Ongoing 9-10am

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

Instructor: Suzanne Soliday - Location: Price Rotary

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 January selection is "Snowy Cardinals" and the March selection is "Rockin' Rooster". Class fee includes all materials need.

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

140900A1 Wed Jan 13 9-11:30am

140900A2 Wed Mar 9 9-11:30am



"Snowy Cardinals"

"Rockin' Rooster"



Dance Program Schedule

Dance Program Coordinator/Instructor Cynthia Marafino with instructors Jimmy Marafino, Tara See-Rosenthal, Sarah Long and Mandy Ruckman. Classes run 15 weeks – January 11th through May 7th. City residents \$75; non-residents \$90. \$10 discount for multiple classes / siblings. No classes March 7th through March 12th (JMU Spring Break) and March 28th through April 2nd (City School Spring Break).

Please refer to the web site for Parks & Recreation for additional information on class descriptions, dance policies and more.

ACTIVITY#	CLASS	AGE	TIME	MIN/MAX	INSTRUCTOR
MONDAY – JANUARY 11 – MAY 2					
510302B1	Discover Dance II	4½-5½	4:15-4:50pm	3/15	Cynthia
510303B1	Intro to Dance (some tap)	5½-6½	5-5:45pm	3/17	Cynthia
510318B1	Musical Stage	9-18	5:45-6:30pm	3/17	Mandy
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
TUESDAY – JANUARY 12 – MAY 3					
510301B1	Discover Dance I	3½-4½	4-4:35pm	3/10	Cynthia/Mandy
510302B2	Discover Dance II	4½-5½	4:45-5:20pm	3/15	Cynthia
510312B1	Advanced Jazz I (involves hip-hop)	11-13	5:30-6:15pm	3/17	Jimmy
510317B1	*Blue Crew Dance Company (Permission of instructor)		6:15-7:15pm		Cynthia/Jimmy
510313B1	Advanced Jazz II (some hip-hop)(Permission of instructor)		7:15-8pm	3/17	Jimmy
520331B1	Adult Ballet I (fun & exercise)	18 +	8-8:45pm	3/17	Jimmy
WEDNESDAY – JANUARY 13 – MAY 4					
510301B2	Discover Dance I	3½-4½	4:15-4:50pm	3/10	Cynthia
510302B3	Discover Dance II	4½-5½	5-5:35pm	3/15	Cynthia
510307B1	Ballet/Tap II/III	7-8	5:45-6:30pm	3/17	Cynthia/Mandy
510308B1	Intermediate Ballet/Jazz/Tap	8-10	6:30-7:15pm	3/17	Cynthia/Mandy
THURSDAY – JANUARY 14 – MAY 5					
510304B1	Beginning Ballet/Tap I	6-7	4:15-5pm	3/17	Cynthia/Jimmy
510309B1	Advanced/Intermediate Ballet	9-10	5:15-6pm	3/17	Cynthia/Jimmy
510305B1	Advanced Ballet I	11-13	6:00-6:45pm	3/17	Tara/Cynthia
510306B1	Advanced Ballet II Pointe (Permission of instructor)		6:45-7:45pm	3/17	Cynthia
510316B1	Adv. Irish Step(some hard shoe)(Permission of instructor)		7:45-8:30pm	3/17	Cynthia/Jimmy
FRIDAY – JANUARY 15 – MAY 6					
510311B1	Beginning Jazz I (some hip-hop)	7-9	4:15-5pm	3/17	Sarah
510314B1	Jazz II & Inter. Jazz(some hip-hop)	9-11	5-5:45pm	3/17	Sarah
SATURDAY – JANUARY 16 – MAY 7					
510301B3	Discover Dance I	3½-4½	10:30-11:05am	3/10	Cynthia
510303B2	Intro to Dance (involves some tap)	5-7	11:15-12:00noon	3/17	Cynthia
510315B1	Irish I/II	9-13	12noon-12:45pm	3/17	Cynthia

SPRING DANCE CONCERT

Dress Rehearsals: Wednesday, May 11 at 5:30pm and Thursday, May 12 at 5:30pm

Dance Concert: Saturday, May 14 at 1 & 7pm at Harrisonburg High School auditorium. More details given in class.

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

- **Beginning, Level II/III, Intermediate, Adv/Int** will participate in the dress rehearsal on Thursday, May 12 and the dance concert on Saturday at 7pm

- **Discover Dance I, II and Intro to Dance** will participate in the dress rehearsal on Wednesday, May 11 and the dance concert on Saturday at 1pm.

*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, hip-hop or ballet (musical stage, tap and Irish will not fulfill this requirement) must meet Intermediate/Advanced skill requirements and have the permission of instructors. Opportunities to perform at different venues may come about.

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

HOURS OF OPERATION

Mon-Fri 6:00am-9:00pm
Sat 9:00am-5:00pm
Sun 1:00pm-6:00pm
Daily Gym schedule available online

RAQUETBALL/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 the Center, and allow pass holders to make Racquetball court reservations in advance. Daily guest fees now available for the weight room.

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
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

8:00am-5:00pm Monday-Friday

COMPUTER LAB HOURS (Free)

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

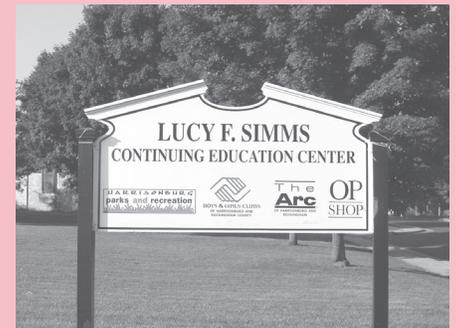
FITNESS ROOM HOURS

(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

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, playground, 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 3 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. Holes range from 204 feet up to 504 feet in length. Free and open to the public during regular park hours. Stop by the Community Activities Center and pick up a course layout and scorecard then go test your disc golf skills.

WESTOVER SKATE PARK

Location: 305 South Dogwood Drive

180' X 180' Skate Park with halfpipes, quarter pipes, grindbox, hipped quarter pipe, hipped trani bank, quarter bowl, ramps and rails. Hours are: Mon-Fri 2pm-dark, Sat&Sun 12noon-dark. *Subject to change.*

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. Features include a sound rock, rainbow arches, shade structures, roadway, hammock swing, draw wall, multipurpose and family comfort stations that are fully accessible, a pavilion and much more. A Dream Come True Playground is 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. Designed and developed in accordance with the IMBA guidelines for sustainable shared-use trails, it has a system of stacked loop trails with three levels of difficulty from easiest to more difficult and then leading to most difficult. There are 3 entrances to the trails (1) in the parking lot across from Shelter #11 in Hillandale for vehicular parking and (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).

EASTOVER TENNIS COURT

Location: 909 Reservoir Street

Eastover has 4 lighted tennis courts.

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

***Note - Shelters can be reserved starting January 4th for City Residents; January 5th 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 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 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 Specialist

Tucker Thigpen, Recreation Specialist

Ashley Tobe, Recreation Specialist

Stephanie Wimer, 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

690 Garbers Church Road

Harrisonburg, VA 22801

(540) 437-4239

thefirstteeharrisonburgva@gmail.com

www.thefirstteeharrisonburg.org

Our Mission: 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.

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.

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.

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**.

Birdie

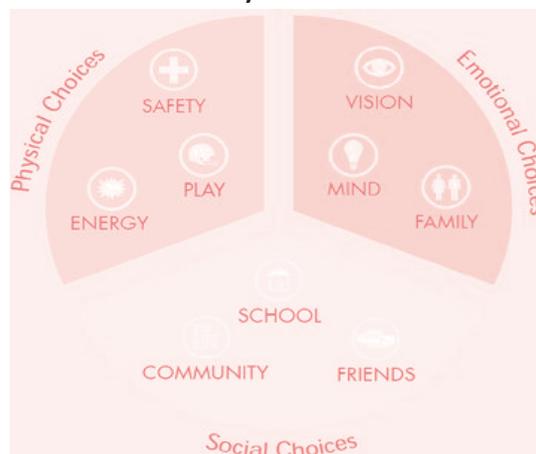
Third level for ages 10 & older. Classes are more intensive, where golf skills become more advanced as the time requirement to playing and practicing increases. The classes are geared toward goal setting and how you can achieve your goals. You must complete Par level before enrolling in Birdie.

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

9 Core Values



9 Healthy Habits



680 Garbers Church Road
Harrisonburg, VA 22801
540-442-6502



www.heritageoaksgolf.com

Winter Pro Shop Hours:
9am-5pm

Get the latest News & Information

Sign up for the Heritage Oaks Herald! The Herald is our monthly newsletter that goes out the last Monday of each month. Find out about upcoming tournaments, specials, great happenings at the course and did you know tidbits! Email Kelly.adams@harrisonburgva.gov to sign up or visit www.heritageoaksgolf.com/news. Between Heritage Oaks Heralds, keep up with our happenings on Facebook, Twitter and Instagram.

Instruction & Lessons

Winter is the perfect time to be thinking about your golf game! Want to learn? Want to learn to play better? Want to tweak a thing or two? Call to schedule your lesson with Dave Johns our PGA Professional. Go to www.heritageoaksgolf.com/instruction for more information.

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) \$45

Annual Range Pass (Unlimited) \$275

Leagues - MGA, LGA & SGA

Heritage Oaks has several leagues that begin mid-April. League registration opens January 1 for returning members and March 1 for new members. The leagues do fill up so be sure to sign up early.

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.

Love Heritage Oaks – Get a Season Pass

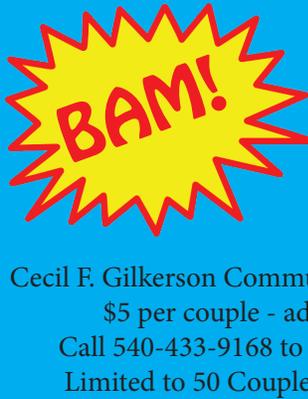
2016 Season Passes go on sale starting November 1st. Buy now, play now! Heritage Oaks offers full year and ½ year passes for golf, cart, and range. Visit www.heritageoaksgolf.com for a full listing of rates and details. Purchase your 2016 season pass by December 15th and receive a \$50 gift certificate for pro shop merchandise.

Equipment & Apparel

Our Pro-Shop is stocked with the latest equipment and apparel by Adams, Callaway, Mizuno, Ping, Srixon, TaylorMade, Titleist, and more! We also have equipment and gloves for our left handed golfers. In the market for clubs, or want to hit yours better? Let Dave fit you, club fittings only take about 20 minutes.



POSTAL PATRON



MOTHER-SON SUPERHERO PARTY

Saturday, January 23, 2016
6-7:30pm

Cecil F. Gilkerson Community Activities Center
\$5 per couple - additional child \$2
Call 540-433-9168 to register or questions
Limited to 50 Couples - Ages 10 & under

Music, Games,
Crafts, & Pictures




MOVIE NIGHT

@ Cecil F. Gilkerson Community Activities Center



January 9



February 20



March 12

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

Daddy Daughter Sweetheart Dance

Saturday, February 6, 2016
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



Are you interested in walking to school? We are looking for parents/guardians to start walking groups at every city elementary school. If you are interested, please contact Becky Johnston - rsjohnst@sentara.com; or come to an information session at the Community Activities Center. Please call 540-433-9168 to register.

120800A1	Sun	Dec 6	2-2:30pm
120800A2	Sun	Feb 21	2-2:30pm
120800A3	Sun	Mar 6	2-2:30pm