ACTIVITY GUIDE
WINTER/SPRING 2027

JANUARY - MAY



Pilates for Women - 6

Babysitter's Training - 10

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Teen Media - 20

Egg Hunt - 21

Program Registration
www.HarrisonburgVA.gov/Activities
or in person at any Recreation Center

CITY OF HARRISONBURG PARKS & REC

Harrisonburg Parks and Recreation Department
305 S. Dogwood Drive, Harrisonburg, Virginia 22801
www.HarrisonburgVA.gov/Parks-Recreation | 540-433-2474

OUR MISSION

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

OUR VISION

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

PARKS AND RECREATION ADVISORY COMMISSION

MuAwia DaMes
Matt Snyder
Kevin Gibson
Deanna Reed, City Mayor
Rachel Smallwood
Dr. Leonard A. Van Wyk
Aaron Hewitt
Jeff Williams

How to Reach Us!

EMAIL
ParksandRecreation@HarrisonburgVA.gov

WEBSITE
www.HarrisonburgVA.gov/Parks-Recreation

FACEBOOK
@HarrisonburgParksandRecreation

INSTAGRAM
@HarrisonburgParks

X
@HburgParks

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Directory

Athletics	540-433-9168
Community Activities Center	540-433-2474
Heritage Oaks Golf Course	540-442-6502
Lucy F. Simms Center	540-437-9213
Price Rotary Senior Center	540-432-7799
Park Administration	540-438-1644
Westover Swimming Pool	540-434-0571

MEMBERSHIP + DAILY FEES

Effective January 1, 2027

All Access (Rec + Pool) Membership Fees*

Description	Resident	Non-Resident
Youth (3-17)*	$50	$100
Adult (18+)*	$80	$160
Senior (50+)*	$50	$100
Family*	$250	$500

50% discount on membership fees starting Memorial Day Weekend

Daily Fees

Description	Resident	Non-Resident
Youth (0-2)	Free	Free
Youth/Adults (3+)	$5/Day	$10/Day

DISCONTINUING

SUMMER FAMILY POOL MEMBERSHIPS

Effective January 1, 2027

To simplify and streamline membership options, the Summer Family Pool Membership will be discontinued in 2027. Instead, we are moving all previous membership options to a single, convenient All-Access (Rec + Pool) Membership. It grant access to Westover Pool, the CAC, and the Simms Center.

Beginning Memorial Day Weekend (earlier than the typical July 1 start date), All-Access (Rec + Pool) Annual Memberships will be available at a 50% discount. The discounted membership will provide pool access for the entire summer season, plus it grants access to the CAC and Simms Center for the remainder of the calendar year (including fitness centers, open gym, and spaces for basketball, volleyball, pickleball, racquetball, and tumbling).

INCREASING

SUPERVISION REQUIREMENTS IN FACILITIES

Effective January 1, 2027

To support safe, positive, and successful independent experiences for youth in our community, we are increasing the minimum age at which children can use our facilities without adult supervision. Starting January 1, 2027, children under the age of 14 must always be accompanied by a parent or guardian in Parks & Recreation facilities (recreation centers and Westover Pool).

NEW

OPEN GYM BASKETBALL: NO BAG POLICY

Effective January 1, 2027

For the safety of participants and to maintain clear playing areas, backpacks, gym bags, duffel bags, purses, tote bags, drawstring bags, fanny packs and equipment bags are not permitted inside the gymnasium during Open Gym basketball activities. Participants must secure personal belongings in a locker or their vehicle before entering the gym. Participants must provide their own locks. Small personal items such as cell phones, keys and wallets may be carried on the person.

Harrisonburg Parks & Recreation is not responsible for lost, stolen or damaged personal property. Staff reserve the right to deny entry or remove participants who do not comply with this policy.

RECREATION CENTERS

LUCY F. SIMMS CENTER (SIMMS)

Hours

Monday - Friday 7:00am - 9:00pm
Saturday - 9:00am - 5:00pm



620 Simms Ave

COMMUNITY ACTIVITIES CENTER (CAC)

Hours

Monday - Friday 6:00am - 9:00pm
Saturday - 9:00am - 5:00pm



305 S Dogwood Drive

WESTOVER POOL

Recreation Swim

January 6 - April 28
Wednesday | 9:00am - 12:00pm
Saturday | 12:00pm - 5:00pm

Lap Swim Hours

January 4 - April 30
Monday, Friday | 6:00am - 5:00pm*
Tuesday - Thursday | 6:00am - 7:00am and 9:00am - 5:00pm*
Saturday - Sunday | 12:00pm - 5:00pm
*High school swim season and programming may affect availability.

Dome Closure

Each year, we take some time to get ready for our outdoor season by focusing on our dome and maintenance projects. This spring we will begin our closure on May 1.



305 S Dogwood Drive

PRICE ROTARY SENIOR CENTER

Hours

Open during scheduled programs.



309 S Dogwood Drive

CITY OF HARRISONBURG
PARKS & REC

WINTER/SPRING 2027 FITNESS

Harrisonburg Parks and Recreation presents you with a wealth of fitness opportunities!
Check out what is new!

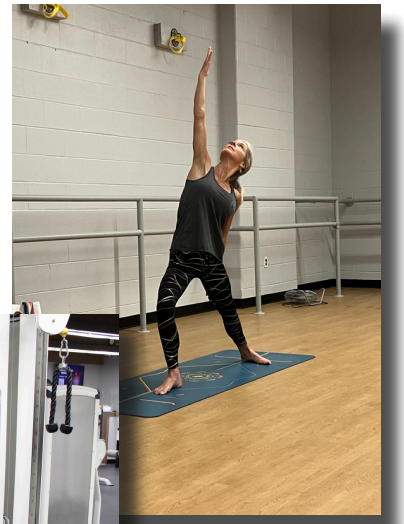
OUR WINTER/SPRING OPPORTUNITIES

Fitness

Enhance your fitness routine with yoga or learn how to use the machines in the weight room!

Adult Dance

Dancing is a great way to keep active! Join our adult ballet or tap class!







Fitness Registration & Information:

Registration must take place online at www.HarrisonburgVA.gov/Activities
or in-person at any recreation center. If you have questions please call 540-433-2474.
City Resident Registration November 23 | Non-Resident Registration December 7

FITNESS & NUTRITION

FITNESS

Pilates for Women

NEW!

Instructor: Sarah Blake Alison

This foundational Pilates class is specifically offered to provide a safe and welcoming environment for women who prefer, or whose faith requires them, to exercise in a private space with other women. Core strengthening, alignment, and body awareness will be emphasized, with modifications offered to suit varying ability levels. The benefits of Pilates include increasing overall stability, flexibility, and coordination.

*Pilates is low impact and safe for most people, but guests with osteoporosis should avoid mat Pilates.

Participants must provide their own yoga mat.

Location: Simms Center Music Room
City Res $30 | Non Res $35 | Ages 13 +
#121429A1 | Th | Jan 7 - Feb 11 | 5:30pm - 6:20pm

Traditional Martial Arts - Kung Fu

Instructor: Gregory Sinn

Learn traditional martial arts in a fun, supportive environment. Shaolin Chuan Fa Kung Fu is a mindfulness practice involving kicks, punches, blocks, and stances. Students will learn to work safely in the air and with partners. Great for balance, flexibility, focus, confidence, self-defense, and longevity. All ability levels are welcome. Please wear athletic-type clothes that will allow you to move around freely.

Location: Community Activities Center Fitness Studio
City Res $30 | Non Res $35 | Ages 18+
#121431A1 | Tu, Th | Jan 19 - Feb 18 | 6:30pm - 7:30pm
#121431A2 | Tu, Th | Mar 2 - Apr 1 | 6:30pm - 7:30pm
#121431A3 | Tu, Th | Apr 13 - May 13 | 6:30pm - 7:30pm

Yoga Pilates Fusion

Instructor: Karen Myers

This class incorporates fundamental poses and moves from yoga and pilates. The class is designed to release tension and stress while building strength, stamina, balance, and flexibility with a goal of leaving you feeling stronger, more balanced, and calm.

Participants must provide their own yoga mat.

Location: Community Activities Center Fitness Studio
City Res $30 | Non Res $35 | Ages 18+
#121428A1 | W | Apr 21 - May 26 | 5:30pm - 6:30pm

Yoga Flow

Instructor: Karen Myers

This class begins with centering and stretching then flows through sun salutations, standing strength, and balance poses ending with relaxation. This class is designed to increase your breath flow, build strength and balance in the body and mind, as well as enhancing flexibility and range of motion.

Participants must provide their own yoga mat.

Location: Community Activities Center Fitness Studio
City Res $30 | Non Res $35 | Ages 18+
#121427A1 | Sa | Apr 24 - May 29 | 10:00am - 11:00am

DANCE FOR FITNESS

Adult Ballet for Fun & Exercise

This class teaches classical and contemporary ballet technique. Barre work incorporates learning and mastering ballet alignment, core strength, muscle strength and stamina, and flexibility. Exercises are built upon in center floor work, incorporating coordination and musicality. As students progress, moving combinations include turns and jumps across the floor as well as increasing coordination between arms and legs and eventually head positions. This class builds upon concepts and techniques studied in the beginning class and allows for a range of abilities to develop. This is a great class for dancers wishing to experience the joy of dance.

Location: Community Activities Center Dance Studio
City Res $40| Non Res $50
#120316A1 | Ages 18+ | M | Jan 4 - Mar 8 | 6:30pm - 7:15pm

Adult Tap for Fun & Exercise

This class is a great way to develop rhythm, coordination and muscle control. Classes involve detailed footwork and articulation of sound focusing on the basics of tap. This class has high energy and is a great tool for self-expression. It's great for exercise and fun!

Location: Community Activities Center Dance Studio
City Res $40| Non Res $50
#120317A1 | Ages 18+ | M | Jan 4 - Mar 8 | 7:15pm - 8:00pm

WEIGHT ROOM

How To: Fitness Equipment

Join Cory Jeffries for a session on how to use the equipment in our fitness centers. Each participant will leave with a sample workout schedule that they can use.

Email Cory.Jeffries@HarrisonburgVA.Gov for more information.

Location: Community Activities Center or Simms Center
Free (Registration Required)
#121402A1| Ages 14+

CITY OF HARRISONBURG
PARKS & REC

WINTER/SPRING 2027 AQUATICS

Harrisonburg Parks and Recreation is offering various aquatics opportunities this season at Westover Pool!

OUR WINTER/SPRING OPPORTUNITIES

Lap Swim & Recreational Swim

Make your lap reservations each Monday to guarantee your lane. Recreational swim will be Wednesday mornings and Saturday aftrenoons during dome season.

Aquatic Programming

- Extended She Swims dates
- Cannonball Splash
- CPR, Babysitter, and Lifeguarding Classes
- Group swim lessons
- Water Aerobics with Ray







Aquatics Registration & Information

Registration must take place online at www.HarrisonburgVA.gov/Activities
or in-person at any recreation center. If you have questions please call 540-434-0571
City Resident Registration November 23 | Non-Resident Registration December 7

AQUATICS: HOURS AND EVENTS

SWIM HOURS

Recreation Swim

January 6 - April 28
Wednesday | 9:00am - 12:00pm
Saturday | 12:00pm - 5:00pm

Lap Swim Hours

January 4 - April 30
Monday, Friday| 6:00am - 5:00pm*
Tuesday - Thursday| 6:00am - 7:00am and 9:00am - 5:00pm*
Saturday | 12:00pm - 5:00pm
*High school swim season and programming may affect availability

Pool Closures

Winter and Spring Holidays
Friday, January 1, New Year's Day
Monday, January 18, Martin Luther King Jr. Day
Monday, February 15, President's Day
Friday, March 26, Spring Holiday
Saturday, April 17, Programming

Dome Closure

Each year, we take some time to get ready for our indoor season by focusing on our dome and maintenance projects.
Dome closure begins Saturday, May 1.

DAILY ADMISSION FEE

Residents living inside the City limits will need to show proof of residency at time of entry.
Infant (Age 2 and Under)| Free
Individuals 3 and older | $5 City Resident | $10 Non-Resident
Capacity restrictions may be in place at management's discretion during Recreation Swim hours. Refunds will not be issued for weather related closures or other unexpected closures.

Please check www.HarrisonburgVA.gov/Swimming for more pool hours information.

POOL EVENTS

Shiver Me Timbers Pirate Plunge

Calling all Captains, Quartermasters, and Crew! Join us for a New Year's cold plunge in the icy outdoor pool. We've got new swag and great refreshments! Participants 12 and up can enjoy a dip in the outdoor pool before heading indoors to cheer on the Cannonball Crew!
City Residents $20 | Non-Residents $40 | Adult (Age 12+)
#111130A1 | F | Jan 1 | 9:00am

Cannonball Splash

This is a call for our younger crewmates! Earn your own swag this year during our first official Cannonball Splash! Once the rest of your shipmates complete their dip in the icy deep outside, it will be your turn to walk the plank in the heated indoor pool.
City Residents $20 | Non-Residents $40 | Youth (Ages 3-11)
#111130A2 | F | Jan 1 | 9:30am

She Swims

Our women's only swim night is back with an extended season! She Swims, for women and girls 12 and older, will be on Fridays beginning in December and running through dome season. We will have three lanes available for lap swim, space for leisure and for programming. Registration for She Swims is not required, but is requested. Regular admission or membership rates apply.
*No She Swims on December 11 and April 16.
City Residents $5 | Non-Residents $10 | Adults (12+)
#111131A1 | F | Dec 4- Apr 23 | 7:15pm - 8:50pm

Dive In Movie

Join us for one final event before the dome comes down and we kick off summer. Have a seat on the pool deck or bring a float to lounge in while enjoying a family-friendly movie at the pool.
City Residents $10 | Non-Residents $20 | Ages 5+
#110951A1 | W | Apr 28 | 7:30pm

SWIM TRAINING & FITNESS

Masters Swimming

Swim team practice for adults 18+. Join to improve your swimming, technique, 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 will be held Tuesday - Thursday, 7am - 9am. Seasonal program fee to Masters Swimming is required to participate.
City Res $100 | Non Res $200 | Ages 18+
#121107A1 | Tu, W, Th | 7:00am-9:00am (Sep - April)

Water Aerobics

Join us for this low impact workout that combines resistance training and cardio exercise. Train using your own body weight and resistance or add equipment to increase the challenge. Session is 8, 45 minutes classes except December classes.
City Residents $30 | Non-Residents $60 | Ages 18+
#121109P1 | W | Dec 5 | 11:00am - 11:45am
#121109P2 | W | Dec 12 | 11:00am - 11:45am
#121109P3 | W | Dec 19 | 11:00am - 11:45am
#121109A1 | W | Jan 6 - Feb 24 | 11:15am - 12:00pm
#121109A2 | W | Mar 3 - Apr 21| 11:15am - 12:00pm
#121109B1 | W | Mar 3 - Apr 21 | 7:45pm - 8:30pm

AQUATICS: SWIM LESSONS

HBURG SWIMS

Hermit Crab: Parent/Tot Level 1

Focusing on tots ages 0.5-1.5 years, with their parent or caregiver, this level will work on early fundamental aquatic safety skills to prepare participants for more family fun in and around water! Swim diapers are required. Lessons consist of 4, 30-minute classes.

City Residents $20 | Non-Residents $40

#111100A1 | W | Feb 24 - Mar 17 | 9:15am - 9:45am

#111100A2 | W | Mar 31 - Apr 21 | 9:15am - 9:45am

Barnacle: Parent/Tot Level 2

Focusing on tots ages 1.5 - 2 years, with their parent or caregiver, this level two class will introduce early swim skills to prepare your child for our preschool group lessons. Swim diapers may be required. Lessons consist of 8, 30-minute classes. *No class Wednesday, March 24.

City Residents $25 | Non-Residents $50

#111101A1 | W | Mar 3 - Apr 28 | 10:00am - 10:30am

Unicorn Fish: PreK Level 1

Ideal for beginner, non-swimmers ages 3 - 5 years. Unicorn Fish will focus on personal water safety and work to master the following skills with an instructor: floating, water comfort and basic swimming. Lessons consist of 8, 30-minute classes. *No class Wednesday, March 24 or Saturday, March 27.

City Residents $25 | Non-Residents $50

#111102A1 | W | Mar 3 - Apr 28 | 10:45am - 11:15am

#111102B1 | Sa | Feb 27 - Apr 24 | 9:00am - 9:30am

SWIM FOR SADIE

Our Swim for Sadie program provides free group swim lessons to Harrisonburg City Public School students in Kindergarten through second grade.

Level 1

Level 1 is for non-swimming participants who will work toward mastering essential personal water safety, floating, moving in chest-deep water and basic swimming. Lessons consist of 8, 30-minute classes. *No class Saturday, March 27.

Open to HCPS Students Only, Grades K - 2

#111111B1 | Sa | Feb 27 - Apr 24 | 9:45am - 10:15am

Level 2

Level 2 participants should be comfortable in chest deep water and the ability to swim unassisted on their front or back for a short distance. This level will focus on water safety, and continue to build confidence while working on endurance and technique. Lessons consist of 8, 30-minute classes. *No class Saturday, March 27.

Open to HCPS Students Only, Grades K - 2

#111112B1 | Sa | Feb 27 - Apr 24 | 10:30am - 11:00am

FLOUNDERS: WOMEN'S CLASS

This class takes place during She Swims and registration is required! Ideal for beginner or unsure women wanting to learn more about swimming, this group lesson is shaped by individual and group goals. A station-style set up will allow you to spend time working on skills you want to master while group work builds confidence and enhances your experience. 8, 45-minute lessons.

City Residents $25 | Non-Residents $50 | Adult Women (16+)

#121106A1 | F | Jan 8 - Feb 26 | 7:15pm - 8:00pm



AQUATICS: SAFETY CLASSES

SUMMER EMPLOYMENT

The best way to get a job with us is to take one of our lifeguarding classes! Reserve a lane to start practicing your pre-requisites and keep an eye on our job postings. The lifeguarding pre-requisites include:

- Jump into the deep end, surface and swim 150 yards, down and back 3 times, stop and tread for 2 minutes using only your legs, then finish by swimming 50 more yards, down and back, then get out of the pool using the side.
- Ask to borrow a training brick:
  - Drop or have us toss the brick in the deep end, at least 7 feet deep. Start in the shallow end and swim to the brick, surface dive to get it and swim back to the shallow end on your back. Place the brick on the deck and exit the pool using the side. You have one minute and forty seconds to retrieve the brick.

All of our full-time staff are happy to help and answer any questions!

Lifeguarding Classes

Our blended learning American Red Cross Lifeguarding classes are for new lifeguards or former lifeguards with an expired certification and are recognized by any pool in the area. Pre-requisites will take place one week before the start of the class. then, online content will be assigned. The online content needs to be completed prior to the first in-person skill session. In-person skill sessions will take place over four consecutive days.

Course Fee $175 | Ages 15+ (must be 15 by the last day of the class)

#131101A1 | Th - Su | Apr 29 - May 2 | 8:30am - 6:30pm

#131101A2 | Th - Su | May 13- 16| 8:30am - 6:30pm

Lifeguarding Recertification Classes

Lifeguarding recertification classes are for currently certified American Red Cross lifeguards and instructors or those with certifications expired no more than 30 days. Lifeguarding recertification in-person skill sessions are one evening session and one full day. There is an online learning component as well, to be completed prior to the beginning of the first in-person skill session.

Course Fee $75 | Ages 16+

#131102A1 | F - Sa | Apr 16 - 17 | 11:30pm - 7:30pm

#131102A2 | F - Sa | May 21 - 22 | 8:30am - 3:30pm

Instructor Level Courses

For questions about LGI/IT and WSI classes and recertifications, email Michelle.Tucker@HarrisonburgVA.gov.

COMMUNITY CLASSES

Basic CPR

In this American Red Cross Adult and Pediatric CPR/First Aid/AED training course, you will learn the essential skills to assist someone experiencing a sudden illness or injury. Successful completion of this course includes a 2-year certification and is most appropriate for education professionals, office staff, baby-sitters and individuals in non-emergency roles.

City Residents $45 | Non-Residents $90 | Ages 11 - 16

Discount when you register for BOTH Basic CPR and Babysitter's Training!

City Residents BOTH $75 | Non-Residents BOTH $165

#131105A1 | Sa | Jan 23| 8:30am - 1:30pm

#131105A2 | Sa | Feb 20 | 8:30am - 1:30pm

Babysitter's Training

Take steps to be the best babysitter in the game! Designed for aspiring sitters, this hands-on American Red Cross course will cover basic leadership topics, how to stay safe indoors and out, understand risk, and steps to take in an emergency. We will also cover diapering, feeding, holding infants and toddlers and basic child development.

City Residents $45 | Non-Residents $90 | Ages 11 - 16

Discount when you register for BOTH Basic CPR and Babysitter's Training!

City Residents BOTH $75 | Non-Residents BOTH $165

#131106A1 | Sa | Feb 20 | 2:00pm - 7:00pm

Safety Training for Swim Coaches

Developed in partnership with USA Swimming, the American Red Cross Safety Training for Swim Coaches program is designed to teach those involved in competitive swimming how to help maintain a safe and comfortable environment, prevent accidents and emergencies, and respond to injuries and illnesses in the water or on land.

- Register for the Safety Training for Swim Coaches online content at redcross.org
- Contact Michelle.Tucker@HarrisonburgVA.gov with questions and to set up a time for an in-water skill session
  - Individuals who are currently certified as an American Red Cross Lifeguard do not need to attend an in-water skill session
- Review and print the generic STSC In-Water Skills Checklist from the USA Swimming website, USAwimming.org

CITY OF HARRISONBURG
PARKS & REC

WINTER/SPRING 2027 SPECIAL INTEREST

Harrisonburg Parks and Recreation/ partner organizations are offering various programs and events across Harrisonburg.

OUR WINTER/SPRING OPPORTUNITIES

Outdoor Adventure

Try out rock climbing, caving, or join us during bike month!

Events

With events such as the Superhero Party, Sweetheart dance, egg hunt, and Bike Rodeo we have events for everyone!

Art

Join us once a month at our free adult art program!

Black History Month

Learn about local Harrisonburg Black History as well as your own.







Special Interest Registration & Information:

Registration must take place online at www.HarrisonburgVA.gov/Activities or in-person at any recreation center. If you have questions please call 540-433-2474.

City Resident Registration November 23 | Non-Resident Registration December 7

SPECIAL INTEREST

ADULTS WITH DISABILITIES

Canteen

All area teens and adults with intellectual and other developmental disabilities are invited to attend this social and recreational program. Join us for an evening of games, dancing, Lego, and snacks. We encourage parents or caregivers to stay and build community together. Call the Community Activities Center for more information 540-433-2474.

Free | Ages 16+

F | Jan 15 | 7:00pm - 8:30pm | Simms Center
Sa | Feb 13 | 7:00pm - 8:30pm | Community Activities Center
F | Mar 5 | 7:00pm - 8:30pm | Simms Center
F | Apr 2 | 7:00pm - 8:30pm | Community Activities Center
F | May 14 | 5:00pm - 6:30pm | Westover Park Shelter 1

Wellness Matters

Wellness Matters is an all-inclusive group striving to build strong relationships through wellness activities. This program provides opportunities for area adults with intellectual and other developmental disabilities to learn about and participate in different recreation activities. Call the Community Activities Center for more information 540-433-2474 or email Harriet.Flynn@HarrisonburgVA.Gov to register.

Free | Ages 18+

W | Jan 20 | 1:00pm - 2:00pm | Westover Pool
W | Feb 17 | 1:00pm - 2:00pm | Simms Center
W | Mar 17 | 1:00pm - 2:00pm | Community Activities Center
W | Apr 21| 1:00pm - 2:00pm | Purcell Park Fishing Pond
W | May 19| 1:00pm - 2:00pm | Heritage Oaks Golf Course

ADULT ART

Create & Craft

Join us the fourth Tuesday of the month for this adult art program. Each month will have a different featured art medium. All supplies and instruction are provided. This is a free drop in program for those 15 years of age and older.

Participants may join in with the monthly art medium or choose to do their own art.

Location: Simms Center Art Room

Free | Ages 15 and older

#130901A1 | Tu | Jan 26 | 5:30pm - 8:00pm | Wire Art
#130901A2 |Tu | Feb 23| 5:30pm - 8:00pm | Paper Quilling
#130901A3 |Tu | Mar 23 | 5:30pm - 8:00pm | Paint Pulling
#130901A4 |Tu | Apr 27| 5:30pm - 8:00pm | Kinusaiga
#130901A5 |Tu | May 25 | 5:30pm - 8:00pm | Embossing

First Fridays

Join Harrisonburg Parks & Recreation and The Arc of Harrisonburg and Rockingham for First Fridays of the Valley at the Lucy F. Simms Center! Each month, discover artwork by talented local artists from throughout the Shenandoah Valley. Our inaugural exhibition on January 8 will celebrate artists from The Arc of Harrisonburg and Rockingham. Throughout the rest of the year, we'll welcome a rotating selection of local artists.

F| First Friday of Each Month | 5:00pm - 7:00pm

OUTDOOR ADVENTURE

Valentine Couples Beginner Wild Caving

Bring your sweetie and get muddy together! A morning of learning basic caving safety, underground navigation, and some elementary limestone geology. All technical gear is provided.

A personal suggested clothing list, medical form/participant agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures after registration.

Both people in the couple must register and pay.

Location: Near Bridgewater, VA

City Res $40 | Non Res $45 | Ages 12+

#131306A1 |Sa | Feb 13 | 8:30am - 12:00pm

Women-Only Beginner Rock Climbing

A full day of learning to climb and belay for ages 12 through adult (teens may attend unaccompanied, but their transportation must be provided by a parent or guardian). All technical gear is provided.

A personal suggested clothing list, medical form/participant agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures after registration.

Location: George Washington National Forest

City Res $70 | Non Res $75| Ages 12+

#131372A1 | Sa | Mar 20 | 9:00am - 5:00pm

Intermediate Rock Climbing

This is a day of more challenging climbing for folks who have climbed before. This is open for ages 12 through adult (teens may attend unaccompanied, but their transportation must be provided by a parent or guardian). All technical gear is provided.

A personal suggested clothing list, medical form/participant agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures after registration.

Location: George Washington National Forest

City Res $70 | Non Res $75| Ages 12+

#131372A2 | F | Mar 26 | 9:00am - 5:00pm

ENVIRONMENTAL

Pollinators in your Yard

Learn about pollinator-friendly initiatives happening around the City of Harrisonburg and how to attract more pollinators to your yard. Learn more at HarrisonburgVA.gov/pollinators-in-your-yard

Sa | March 20 | 1:00pm - 4:00pm | Ice House (217 S Liberty St.)

Blacks Run Clean Up & Arbor Day

Blacks Run needs your help! Trash in our local stream harms aquatic life and can end up in the Chesapeake Bay. Join our annual Blacks Run Clean Up Day to fight water pollution. Meet us at Turner Pavilion to clean the stream and enjoy activities like Arbor Day tree planting.

Learn more at CleanStream.org!

S | Apr 10 | 9:00am - 11:30am | Turner Pavilion

SPECIAL INTEREST

BLACK HISTORY

Encounter Ghana: Stories, Places, People and the Art of Cultural Storytelling

Join Dr. Kofi Akpabli, Visiting Scholar at James Madison University, for an engaging author encounter exploring Ghana through his travel writing.

A CNN award-winning Ghanaian writer, journalist and cultural commentator, Akpabli brings Ghana's people, places, traditions and everyday life to vivid, humorous life. Through selected readings from "Tickling the Ghanaian", "A Sense of Savannah", "Romancing Ghanaland" and "Ghana Festivals", he will explore Ghana's landscapes, cultural heritage and social life.

Whether you are Ghanaian, have travelled to Ghana, or are simply curious about its rich cultural life, come enjoy an hour of storytelling, shared memories and conversation with the author.

Presented by the JMU African, African American, and Diaspora Studies Center.

Free | Ages 18+

W | Dec 9 | 5:30pm - 6:30pm | Simms Center Auditorium

Discover Your Roots: Family History Workshop

This workshop will assist participants in taking their first steps toward researching their African American family history.

Learn how to begin a family tree using census records, obituaries, church records, and cemetery records, with a simple family history worksheet provided to help get started.

Presented by the Shenandoah Valley Black Heritage Project - Roots Run Deep. Contact SVBHP13@gmail.com for more information.

Free

Th | Feb 4 | 6:00pm - 8:00pm | Simms Center room # 101

Hidden in Plain Sight: Black History Around Us

Participants will explore the stories of three to five African American historic sites in the Shenandoah Valley that people may pass every day without knowing their significance. Using historical photographs and a regional map, this project brings these vital stories into clear view bridging the past with our shared present. We will discuss the importance of preserving these places for future generations.

Presented by the Shenandoah Valley Black Heritage Project - Roots Run Deep. Contact SVBHP13@gmail.com for more information.

Free | Ages 18+

Th | Feb 11 | 6:00pm - 8:00pm | Simms Center room # 101

Black Book Highlights: Celebrating Black Authors & Exploring Our Library

Join the Shenandoah Valley Black Heritage Project for a special Black History Month celebration of Black literature, storytelling, and the power of preserving our history!

Our program will bring together aspiring and local authors while opening a window into the resources available through the SVBHP library.

Meet the Authors: Discover the stories, experiences, and inspiration behind the work of Black writers.

Explore Our Library: Browse books highlighting African American history, the Shenandoah Valley, genealogy, biographies, and more.

Little Readers, Big Stories: Discover books for children and young adults that celebrate Black history, culture, creativity, and achievement.

Whether you are a lifelong reader, a history enthusiast, a parent looking for meaningful books for your children, or an aspiring writer, there will be something for you!

Come discover a new author, find your next favorite book, and explore the stories that connect us.

Our Stories. Our Voices. Our Heritage.

Presented by the Shenandoah Valley Black Heritage Project - Roots Run Deep. Contact SVBHP13@gmail.com for more information.

Free | Ages 18+

Th | Feb 18 | 6:00pm - 8:00pm | Simms Center room # 101

Roots Run Deep: Black History Trivia Night

Think you know Black history? Come put your knowledge to the test!

Join the Shenandoah Valley Black Heritage Project for a fun and engaging Black History Trivia Night celebrating the achievements, resilience, culture, and contributions of African Americans—from national history to the rich stories of our own Shenandoah Valley.

- Team competition and prizes
- Fascinating Black history questions
- Local history and heritage
- An opportunity to support the preservation of African American history in the Shenandoah Valley

Come learn, compete, and celebrate with us!

Presented by the Shenandoah Valley Black Heritage Project - Roots Run Deep. Contact SVBHP13@gmail.com for more information.

***Participants Must Register

Location: Simms Center Auditorium

Free | Ages 18+

#120802A1 | Sa | Feb 27 | 1:00pm - 4:00pm

SPECIAL INTEREST

BIKE MONTH

Bike Rodeo

May is National Bike Month! Bring your bike to Hillandale Park for a fun morning of obstacle courses, riding, and tune-ups! We will make sure your tires are inflated, helmets fit, and seats are adjusted to help you make the most out of your bike and the community trails this summer. Don't have a bike but still want to participate? Come to the event and borrow one of ours!

Location: Hillandale

Sa | May 1 | 10:00am - 12:00pm | Hillandale Park

Bike to School Day

Walk, Bike & Roll to School Day creates opportunities for children to interact and socialize with their peers, teaches pedestrian and bicycle safety skills, and creates positive experiences to encourage active and independent transportation later in life. Most of all, it's a party parade...all before school even starts! Helmets are required by law in Harrisonburg for anyone 14 years of age or younger.

For more information visit HarrisonburgVA.gov/Bike-Month

W | May 5 | 8:20am - 9:00am

Ice Cream Ride

First Friday Ice Cream Ride to Kline's! This will be a casual, around-town bike ride designed for the whole family. Before enjoying the rest of your evening downtown, this will be a mellow and gentle ride through town. All are welcome and encouraged to attend. We will begin and end at Kline's on East Wolfe Street.

F | May 7 | 6:00pm - 7:00pm |Klines on E Wolf St.

Read and Ride

Join Massanutten Regional Library staff at Dream Come True for a story time, craft, and bike ride time. Participants are encouraged to bring their own strider bike and helmet. We will also have several for participants to borrow. There will be a story time at 9:15am and 10:15am. Rain date will be May 25.

Tu | May 18 | 9:15am - 11:00am |Dream Come True Playground

Bike Anywhere Day

What was formerly "Bike to Work Day", is being reimagined. Why stop at biking to work? We want to celebrate biking anywhere. In partnership with Shenandoah Valley Bicycle Coalition, we will be hosting a free breakfast on Court Square from 7:00 to 10:00 a.m. for all riders and walkers.

Stop by on your way to work, school, or wherever you are heading, and join us for coffee and pastries and start off your day the best way we know how.

F | May 21 | 7:30am - 10:00am | Court Square

SHENANDOAH VALLEY BICYCLE COALITION

For more Bike Month events check out SVBCoalition.org



EGGSTRAORDINARY EGG HUNT
MARCH 20, 10AM-12PM







HARRISONBURGVA.GOV/EGG-HUNT





CITY OF HARRISONBURG
PARKS & REC

WINTER/SPRING 2027 ATHELTICS PROGRAMS

Harrisonburg Parks and Recreation is offering various sports-specific programs and leagues.

WINTER/SPRING ATHLETIC PROGRAMS

Winter Youth Basketball

Leagues are open to children ages 5-12 who live in the City.

Start Smart Soccer

Instructional clinic-based program for ages 3-4.

Spring Youth Soccer

Leagues are open to ages 5-14.







Athletics Registration & Information

Registration must take place online at www.HarrisonburgVA.gov/Activities or in-person at any recreation center.
If you have questions please call 540-433-9168.

City Resident Spring Athletic Registration Opens January 4/Non-Resident Spring Athletic Registration Opens January 19

ATHLETICS

WINTER YOUTH BASKETBALL

www.harrisonburgva.gov/basketball

At the release of this guide, youth basketball registration has already begun, and ends November 13.

$30/player (City Residents Only)

Call 540-433-9168 for additional information.

Volunteer Coaches Needed for All Levels!

START SMART SOCCER

www.harrisonburgva.gov/start-smart

This is a developmentally appropriate introductory soccer program for children ages 3-4. The program prepares children for organized soccer in a fun, non-threatening environment.

Parent/child pairs work together to develop individual skills.

$30/City Residents (City Registration Opens January 4)

$60/Non-Residents (Non-Resident Registration Opens January 19)

Location: Smithland Athletic Complex

Soccer Session 1: #210103-A1 | M-F | Mar 22-26 | 5:30-6:15pm

Soccer Session 2: #210103-A2 | M-F | Mar 22-26 | 6:15-7:00pm

Soccer Session 3: #210103-A3 | M-F | Mar 22-26 | 10:15am-11am

SPRING YOUTH SOCCER

www.harrisonburgva.gov/soccer

$30/City Residents (City Registration Opens January 4)

$60/Non-Residents (Non-Resident Registration Opens January 19)

Registration deadline is March 26.

Age is determined as of April 1.

Program consists of a mix of practices and games.

Shin guards are mandatory for all levels.

Call 540-433-9168 for additional information.

Due to limited field space and unknown registration numbers, some specific program days and times will be released at a later date.

Team requests will not be accepted.

Volunteer Coaches Needed for All Leagues!

U5 Soccer League (Age 5)

Games will be played 4v4 with no goalie. Participants will be placed on teams by the league administrator.

Location: Smithland Athletic Complex (Pads #1&2)

Girls: #211005-A1 | M, W | Apr 5 - Jun 2 | 5:45pm-6:30pm

Boys: #211005-A2 | T, Th | Apr 6 - Jun 3 | 5:45pm-6:30pm



SPRING YOUTH SOCCER - CON'T

U6 Soccer League (Age 6)

Games will be played 4v4 with no goalie. Participants will be placed on teams by the league administrator.

Location: Smithland Athletic Complex (Pads #1&2)

Girls: #211006-A1 | M, W | Apr 5-June 2 | 5:45pm-6:30pm

Boys: #211006-A2 | T, Th | Apr 6-June 3 | 5:45pm-6:30pm

U7 Soccer League (Age 7)

Games will be played 5v5 with no goalie. Participants will be placed on teams by the league administrator.

Location: Smithland Athletic Complex (Pads #1&2)

Girls: #211007-A1 | M, W | Apr 5-June 2 | 6:40pm-7:25pm

Boys: #211007-A2 | T, Th | Apr 6-June 3 | 6:40pm-7:25pm

U8 Soccer League (Age 8)

Games will be played 5v5 with no goalie. Participants will be placed on teams by the league administrator.

Location: Smithland Athletic Complex (Pads #1&2)

Girls: #211008-A1 | M, W | Apr 5-June 2 | 7:30pm-8:15pm

Boys: #211008-A2 | T, Th | Apr 6-June 3 | 7:30pm-8:15pm

U10 Soccer League (Age 9-10)

Skill Assessments will take place the week of March 29-April 1. Teams will then be selected by volunteer coaches.

Practices will begin April 5.

Games will be played either 8v8/9v9 based on registration numbers, and will play with a goalie

Location: Smithland Athletic Complex (Pads #2&3)

Girls: #211009-A1 | Apr 5 - Jun 5 | Times TBD

Boys: #211009-A2 | Apr 5 - Jun 5 | Times TBD

U12 Soccer League (Age 11-12)

Skill Assessments will take place the week of March 29-April 1. Teams will then be selected by volunteer coaches.

Practices will begin April 5.

Games will be played 11v11, pending adequate registration numbers, and will play with a goalie.

Location: Smithland Athletic Complex (Pad #4)

Girls: #211010-A1 | Apr 5 - Jun 5 | Times TBD

Boys: #211010-A2 | Apr 5 - Jun 5 | Times TBD

U14 Soccer League (Age 13-14) - NEW

Skill Assessments will take place the week of March 29-April 1. Teams will then be selected by volunteer coaches.

Practices will begin April 5.

Games will be played 11v11, pending adequate registration numbers, and will play with a goalie.

Location: Smithland Athletic Complex (Pad #4)

Girls: #211011-A1 | Apr 5 - Jun 5 | Times TBD

Boys: #211011-A2 | Apr 5 - Jun 5 | Times TBD

CITY OF HARRISONBURG
PARKS & REC

WINTER/SPRING 2027 YOUTH SERVICES

Youth Services offers a variety of drop-in and year-round programs.

OUR WINTER/SPRING OPPORTUNITIES

Toddler Programs

Attend Parent Tot Playtime or head to the Tumble Room.

Youth

Looking for an afterschool activity for your child? Sign them up for Lego Club, Art Club, or one of our one-off programs.

Teen

Be sure to check out the multiple brand new teen programs available this Winter/Spring!

Family

Bring the whole family and join us at the Sweetheart Dance, Egg Hunt, or Superhero Party!







Youth Services Registration & Information:

For more information about our Youth Services programs visit www.HarrisonburgVA.gov/youth-services
Or call 540-433-2474

City Resident Registration November 23 | Non-Resident Registration December 7

YOUTH SERVICES

YOUTH

Kids' Night Out

Join us for Kids' Night Out! Participants will eat pizza, make a craft, and play games!

Location: Community Activities Center
City Res $5| Non Res $10 | K - 5th grade
#110950A1 | F | Mar 5 |5:45pm - 8:00pm
#110950A2 | F | Apr 23 |5:45pm - 8:00pm
#110950A3 | F | May 21 |5:45pm - 8:00pm

Lego Club

Let's get together and build some Legos! We will have blocks available for free building as well as kits to choose from.
Parents must stay in the building or they may participate.
No Lego Club January 18 & February 15.

Location: Simms Center Art Room
City Res $5| Non Res $10 | Ages 6 - 11
#110940A1 | M | Jan 11 - Mar 1 | 5:00pm - 6:00pm

Art Club

Art club is a fun, supportive space to explore creativity through drawing, painting, crafts, and hands-on art projects. Participants can build artistic skills, express themselves, and enjoy creating with friends in a welcoming group setting.
Parents must stay in the building.
No Art Club March 15

Location: Simms Center Art Room
City Res $10| Non Res $15 | Ages 6 - 11
#110921A1 | M |Mar 15 - Apr 26| 5:00pm - 6:00pm

Bike Rodeo

May is National Bike Month! Bring your bike to Hillandale Park for a fun morning of obstacle courses, riding, and tune-ups! We will make sure your tires are inflated, helmets fit, and seats are adjusted to help you make the most out of your bike and the community trails this summer. Don't have a bike but still want to participate? Come to the event and borrow one of ours!

Location: Hillandale
Sa | May 1 | 10:00am - 12:00pm | Hillandale Park

OUT OF SCHOOL TIME

Youth Home Alone Workshop

NEW!

Help your child take the next step toward independence! This interactive workshop teaches youth how to stay safe and act responsibly when home alone for short periods. Participants will learn safe habits, how to recognize and respond to emergencies, when to seek help, and how to follow household rules and expectations.
Students who complete the workshop will receive a certificate of completion recognizing their safety and readiness training. Whether your child is preparing to stay home alone or already does, this workshop builds practical skills and knowledge while helping parents and guardians make informed decisions about their child's readiness.
Participants must register.

Location: Community Activities Center
Free | Ages 9 - 12
#110909A1 | W | Mar 10 | 10:00am - 11:30am

School's Out Drop-in Programs

Are the kids tired of being stuck at home when there is no school? Join us for our School's Out Drop-in Programs. Each session will be different and will be appropriate for elementary and middle schoolers. Parents must stay for the program.

Location: Community Activities Center
Free | Ages 5-12
#111201A1 | F | Jan 15 | 10:00am - 11:00am | Maker Space
#111201A2 | W | Mar 10 | 2:00pm - 3:00pm | Maker Space
#111201A3 | F | May 7 | 10:00am - 11:00am | Maker Space

Flurries & Fun

School is cancelled but the City and Parks and Rec are still open! We will be holding pop-up programs on weather-related school closing days that the City of Harrisonburg Government is still open for. Make sure to check social media to see what pop up programs are happening! Movie and hot chocolate, arts and crafts, Legos - the possibilities are endless. These program will take place from 1:00pm-3:00pm and will be announced after checking road conditions.

SOAR Summer Camp

Harrisonburg Parks and Recreation offers recreationally-based programs for children who have completed kindergarten through age twelve for City Residents only. Through a balance of free play and organized activities, we strive to provide the best possible care for your child. It is our mission to always put the safety and security of your child above all else. Register in-person at the Community Activities Center.

Registration Dates:
Summer 2026 participants and siblings - March 8
After School 2026-2027 participants and siblings - March 22
New participants - April 12

Location: Community Activities Center Youth Services
City Res $50/ week | K - age 11

YOUTH SERVICES

YOUTH & TEEN FITNESS

Afterschool Teen Workouts

Teen Afterschool Workouts is a free 6-week fitness program designed for all middleschoolers. This program provides teens with a positive and structured afterschool activity that promotes physical fitness, confidence, discipline, and healthy habits.

Participants do not have to be athletes to join. This program is a great opportunity for fitness beginners, teens interested in becoming stronger or faster, or those simply looking for a fun and active way to spend time after school. Workouts will include age-appropriate exercises that challenge participants both physically and mentally in a supportive environment.

Sessions will be led by a certified instructor and will take place on Mondays and Wednesdays from 2:30pm to 3:30pm for 6 weeks. Registration is free, but early registration is recommended.

Location: Community Activities Center
Free | Registration Required | Middle Schoolers
#110250A1 | M, W | Mar 8 - May 26 | 2:30pm - 3:30pm

Youth Fitness Boot Camp

A positive, high-energy program designed to help students build strength, discipline, confidence, and perseverance. Through structured physical challenges and motivational guidance, participants will learn the value of hard work, accountability, teamwork, and making positive choices at home, in school, and in the community. This once-a-month program is great for athletes looking to improve and for students who just need an extra boost of encouragement, structure, and support.

We will meet the fourth Saturday of the month.
Feburary 27, March 27, April 24, May 22
Location: Community Activities Center
Free | Registration Required | Ages 8 - 15
#111450A1 | Sa | Fourth Saturdays | 10:15am - 11:30am

TEENS PROGRAMS

Teen Media Team (TMT Group)

NEW!

Turn your teen's creativity into something they can share! The Teen Media Program introduces participants to photography, video production, and podcasting through fun, hands-on activities. Teens will learn how to capture strong images, record quality video and audio, conduct engaging conversations, and share their ideas with confidence. Along the way, they will build communication skills, explore creative storytelling, and discover how media can be used to express themselves and connect with their community. No previous experience is required, just curiosity and a willingness to create!

Location: Community Activities Center
City Res $5| Non Res $10 | Ages 11-16
#110905A1 | W | Apr 7 - Jun 2 | 5:00pm - 7:00pm

Family Photography Workshop for Teens and Adults

NEW!

Discover how to capture better photos and use a camera with greater confidence! This hands-on workshop introduces teens and adults to camera settings, lighting, focus, composition, creative storytelling, and simple editing techniques. Participants are encouraged to bring their own cameras so they can become familiar with their equipment and receive more hands-on practice. Don't own a camera? You can still participate, a few workshop cameras will be available for shared use. No previous photography experience is required, and each participant who completes the workshop will receive a certificate of completion. Space is limited.

Location: Community Activities Center or Simms
City Res $5| Non Res $10 | Ages 11-99
#130950A1 | Sa | Feb 20 | 10:00am - 12:00pm | CAC
#130950A2 | Sa | Mar 6 | 10:00am - 12:00pm | Simms

Artificial Intelligence for Teens

NEW!

Discover how artificial intelligence is changing the way we learn, create, and live! This interactive workshop introduces teens to AI's history, everyday uses, and future possibilities while exploring a variety of AI tools and software. Through guided interactive activities, participants will practice asking effective questions, brainstorming ideas, solving problems, and using AI to support learning and creativity. Along the way, teens will learn to protect personal information, check accuracy, recognize bias and misinformation, and use AI responsibly while developing their own ideas and skills. Build confidence, think critically, and prepare for a world where AI plays a growing role!

Location: Community Activities Center
Free| Ages 11 - 16
#110907A1 | W | Mar 10 | 12:00pm - 1:30pm

YOUTH SERVICES

TODDLER

Parent Tot Playtime

Parks and Recreation staff provide mats, tricycles, bouncy balls, and obstacles galore to give toddlers and their parents the chance to play.

Location: Community Activities Center Gymnasium
Membership or Daily Fee | Ages 5 and younger
M | Aug 31 - May | 9:00am-11:00am
W | Sep 2 - May | 9:00am-11:00am

Tumbling/ Free Movement Room

Bring your child to get moving in our tumbling room full of tumbling mats, wedges, and fun obstacles! Members use the space for free! Use of the Tumbling Room is strictly for children 5 and under. All users must check in at the front desk.

Location: Community Activities Center Tumbling Room
Membership or Daily Fee | Ages 5 and younger
Call for the most up-to-date hours

2027-2028 PRESCHOOL

Through creative and meaningful play activities, the program promotes the healthy social, emotional, cognitive, and physical development of each child. A positive self-concept will be developed, with creativity and self-expression being encouraged. The program is offered to City residents' children who are or will be three years of age by September 30 and are fully potty trained (no pull ups, must toilet independently) in the 3-year-old classroom, and to children who are or will be four years of age by September 30 of the current year in the 4-year-old classroom.

This program is licensed under the VA Department of Education. For more information visit www.harrisonburgva.gov/youth-services.

Register in-person at the Community Activities Center. Please have child's birth certificate with you.

Preschool Registration:
Previous Participant Registration and siblings: February 8, 2027
New Participant Registration: February 22, 2027

3-Year-Olds

City Residents only. $50 per month
Ages 3 | Tu, Th | Sep - May | 9:00am - 12:00pm

4-Year-Olds

City Residents only. $75 per month
Ages 4 | M,W,F | Sep - May | 9:00am - 12:00pm

EVENTS

Superhero Party

Bring your superhero to the Community Activities Center for a fun filled superhero party! Enjoy superhero themed music, games, crafts, inflatable obstacle course, and photo opportunity. One adult may bring multiple children, but each child must be registered. Adults do not register. Registration ends January 20 or once registration capacity is reached. There is an event limit of 60 participants.

Location: Community Activities Center
City Res $5| Non Res $10 | Ages 3 - 11
#110800A1 | Sa | Jan 23 | 3:00pm - 5:00pm

Sweetheart Dance

Spend a fun filled evening with your sweetheart! Music, refreshments, and a special photo will all be included in your evening.

One adult may bring multiple children, but each child must be registered. Registration ends February 7 or once registration capacity is reached. This event is limited to 75 couples.

Location: Community Activities Center
City Res $5| Non Res $10 | Ages 3 - 11
#110805A1 | Sa | Feb 13 | 5:00pm - 6:30pm

Egg Hunt

Join us for our annual egg hunt! This year we will be holding the egg hunt at both the Simms Center and the Community Activities Center. Drop in any time between 10:00am and 12:00pm and find 10 eggs to collect your prize!

Location: Simms Center & Community Activities Center
Free | Ages 0 - 5th grade
Sa |Mar 20 | 10:00am - 12:00pm

Eggstraordinary Egg Hunt

Join us for our adaptive egg hunt. This egg hunt will be located inside the Simms Center gymnasium and is open to any individual with physical or cognitive disabilities or those who may need a low sensory environment. We have the following adaptions/accommodations:

- Beeping eggs for visually impaired participants
- Easy-to-reach eggs at varying heights
- Magnetic eggs with "wand" so participants can collect eggs without having to grasp or bend over
- Small number of participants in the gym at a time
- Flat gym floor for easy maneuvering
- Enclosed space with doors that can be shut
- Please let us know if there are other accommodations you need.

Drop in any time between 10:00am and 12:00pm and find 10 eggs to collect your prize!

Location: Simms Center Gymnasium
Free | All Ages
Sa |Mar 20 | 10:00am - 12:00pm

CITY OF HARRISONBURG
PARKS & REC

WINTER/SPRING 2027 DANCE

An established dance program offering a variety of opportunities to the Harrisonburg Community.

OUR WINTER/SPRING OPPORTUNITIES

Children's Developmental Dance

Beginner/Intermediate level dance classes for youth including Jazz, Int. Jazz, Ballet/Tap, Int. Ballet, and Modern/Lyrical.

Beginner & Intermediate

Beginner/Intermediate level dance classes for youth including Beg./Int. Jazz, Adv./Int. Jazz, Ballet/Tap, Adv./Int. Ballet, and Modern/Lyrical.

Advanced Dance & Upper Level

Classes designed for advanced students.

Adult Dance

Adult dance classes geared toward fitness and welcome to all ability levels!







Dance Program Registration & Information:

Registration must take place online at www.HarrisonburgVA.gov/Activities or in-person at any recreation center. If you have questions please call 540-433-2474.

City Resident Registration November 23 | Non-Resident Registration December 7

DANCE

Dance Coordinator: Cynthia Marafino
Cynthia.Marafino@HarrisonburgVA.gov
Dance Instructors: Jimmy Marafino, Delaney Clarke, Mary Cyzick, Kenzy Hiner, and Katie Hiner

For registration questions please email Harriet.Flynn@harrisonburgva.gov

All classes take place at the Community Activities Center

No classes:

- Monday, January 18 (Martin Luther King Day)
- Monday, February 15 (Presidents Day)
- March 16, 17, 18, & 20 (Tu, W, Th, and Sa classes only- JMU Spring Break)
- Friday, March 26 (Good Friday)
- March 29– April 3 (City Spring Break): All classes

*One week of snow day make up classes has already been added to the schedule.

YOUNG CHILDREN'S

Music & Movement
City Res $75 | Non Res $90
#110301A1| Ages 3.5-5 | M | Jan 4 - May 10 | 4:30pm - 5:00pm
#110301A2| Ages 3.5-5 | F | Jan 8 - May 7 | 4:30pm - 5:00pm
#110301A3| Ages 3.5-5 | Sa | Jan 9 - May 8 | 10:30am - 11:00am

Pre Ballet & Creative Movement
City Res $75 | Non Res $90
#110303A1 | Ages 5-6 | M | Jan 4 - May 10 | 5:00pm - 5:30pm
#110303A2 | Ages 5-6 | F | Jan 8 - May 7| 5:15pm - 5:45pm
#110303A3 | Ages 5-6 | Sa | Jan 9 - May 8 | 11:15am - 11:45am

BEGINNER/ INTERMEDIATE

Jazz
City Res $75 | Non Res $90
#110311A1 | Ages 6 - 7 | W | Jan 6 - May 5 | 4:30pm - 5:15pm

Intermediate Jazz
City Res $75| Non Res $90
#110302A1 | Ages 7 - 9 | Tu | Jan 5 - May 4 | 4:30pm - 5:15pm

Ballet/ Tap
City Res $75| Non Res $90
#110304A1 | Ages 6 - 7 | M | Jan 4 - May 10 | 5:30pm - 6:15pm
#110304A2 | Ages 6 - 7 | Th | Jan 7 - May 6 | 4:30pm - 5:15pm

Intermediate Ballet
City Res $75| Non Res $90
#110307A1 | Ages 7 - 9 | W | Jan 6 - May 5 | 5:15pm - 6:00pm

Modern/ Lyrical
Taking both ballet and jazz along with modern is recommended
City Res $75| Non Res $90
#110319A1 | Ages 10+ | W | Jan 6 - May 5 | 6:00pm - 6:45pm

ADVANCED

Advanced Jazz I
City Res $75| Non Res $90
#110320A1 | Ages 10+ | Tu | Jan 5 - May 4 | 5:15pm - 6:00pm

Advanced Ballet I
City Res $75| Non Res $90
#110305A1 | Ages 10+ | Th | Jan 7 - May 6 | 5:15pm - 6:00pm

Teen/Preteen Tap & Musical Theatre
*Students must have taken this class in the fall of 2026
City Res $75| Non Res $90
#110325A1 | Ages 11+ | W | Jan 6 - May 5 | 7:30pm - 8:15pm

UPPER-LEVEL ADVANCED

Upper-level advanced classes have skill requirements.These classes are two semester commitments (September through May). You will be billed for two semesters per class. $60/$75 in August and $75/$90 in December. Participants are expected to perform in the dance concerts on May 15, 2027.

Advanced Jazz II
Winter/Spring Cost: City Res $75 | Non Res $90
#110330A1 | Tu | Sep 8 - May 4 | 7:15pm - 8:00pm

Advanced Ballet II Pointe
Winter/Spring Cost: City Res $75 | Non Res $90
#110324A1 | W | Sep 9 - May 5| 6:45pm - 7:30pm

Advanced Ballet III Pointe
Winter/Spring Cost: City Res $75 | Non Res $90
#110324A2 | Th | Sep 10 - May 6| 6:00pm - 7:00pm

Advanced Modern/ Lyrical
Winter/Spring Cost: City Res $75 | Non Res $90
#110329A1 | Th | Sep 10 - May 6 | 7:00pm - 8:00pm

Blue Crew Dance
#110317A1 | Tu | Sep 8 - May 4 | 6:15pm - 7:15 pm

ADULT CLASSES

Adult Ballet for Fun & Exercise
City Res $40| Non Res $50
#320316A1 | Ages 18+ | M | Jan 4 - Mar 8 | 6:30pm - 7:15pm

Adult Tap for Fun & Exercise
City Res $40| Non Res $50
#320317A1 | Ages 18+ | M | Jan 4 - Mar 8 | 7:15pm - 8:00pm

DANCE CONCERT

Dress Rehearsal Early Show
Location: Harrisonburg High School
W | May 12| 5:30pm - 8:00pm

Dress Rehearsal Late Show
Location: Harrisonburg High School
Th | May 13| 5:30pm - 8:00pm

Dance Concert
Location: Harrisonburg High School
Sa | May 15| 1:00pm & 7:00pm

Call times and more information will be announced throughout the semester.

CITY OF HARRISONBURG
PARKS & REC

WINTER/SPRING 2027
50 & WISER

Our 50 and Wiser program provides recreation and social opportunities for those age 50 and beyond!

OUR WINTER/SPRING OPPORTUNITIES

Fitness

Our 50 & Wiser program offers a diverse selection of low to high impact fitness classes including Cardio & Strength, Gentle Stretch, Pilates and Yoga!

Social & Enrichment

Our 50 & Wiser program offers a diverse selection of social and enrichment program opportunities including, Monday Matinee, Book Club, Lunch Bunch, Craft and Chat, Crochet, and Bowling. Check out what is taking place this Winter/Spring!







50 & Wiser Registration & Information:

Registration must take place online at www.HarrisonburgVA.gov/Activities
or in-person at any recreation center. If you have questions please call 540-432-7799.
City Resident Registration November 23 | Non-Resident Registration December 7

50 & WISER

GENTLE/BEGINNER

Gentle Stretch
Instructor: Cory Jeffries

Gentle Stretch Class sets the tone for your day's body activity. Each stretch class is designed to boost your well-being and joint mobility as you move your body with low impact stretches. If you ever feel a bit stiff as you start your daily routine, this class may be just what you need to help prepare you for the day ahead with gentle stretches.

***No Class January 18 & February 15

Location: Price Rotary Senior Center
City Res $36 | Non Res $40 | Ages 50+
#140505A1 | M, W | Jan 4 - Feb 10 | 9:00am - 9:30am
#140505A2 | M, W | Feb 22 - Mar 31 | 9:00am - 9:30am
#140505A3 | M, W | Apr 12 - May 19| 9:00am - 9:30am

Moving & Grooving PLUS!
Instructor: Cory Jeffries

In these high-energy sessions, we focus on dynamic movements, muscle building, and cardiovascular conditioning to keep you active and fit. Wear comfy workout attire and sneakers. Students will be required to purchase adjustable ankle weights up to 5lbs and exercise bands. Additional equipment information will be provided the first class.

***No Class March 25

Location: Lucy F. Simms Center Auditorium
City Res $10 | Non Res $20 | Ages 50+
#140514A1 | Tu, Th | Jan 5 - Feb 11 | 9:00am - 9:50am
#140514A2 | Tu, Th | Jan 5 - Feb 11 | 10:00am - 11:30am
#140514A3 | Tu, Th | Feb 23 - Apr 1 | 9:00am - 9:50am
#140514A4 | Tu, Th | Feb 23 - Apr 1 | 10:00am - 11:30am
#140514A5 | Tu, Th | Apr 13 - May 20 | 9:00am - 9:50am
#140514A6 | Tu, Th | Apr 13 - May 20 | 10:00am - 11:30am

Chair Yoga
Instructor: Anna Smith

Chair Yoga for EVERY BODY is a gentle, accessible form of yoga that promotes wellness at any age. All movements are done while seated or with the support of a chair, making it approachable for all levels of mobility. Please bring a yoga mat and any props that support your practice, such as blocks, a strap, or a cozy blanket.

Location: Price Rotary Senior Center
City Res $25 | Non Res $32 | Ages 50+
#140526A1 | Th | Jan 7 - Feb 11 | 1:00pm - 2:00pm
#140526A2 | Th | Mar 4 - Apr 8 | 1:00pm - 2:00pm

Tai Chi for Arthritis and Fall Prevention

Tai Chi for Arthritis and Winter/Spring Prevention has been recognized by many national organizations including the Arthritis Foundation Administration for Community Living as safe and effective. Slow, controlled movements build muscle strength, improve balance, gently free up stiff joints, and relieve stress. All movements are done in an upright standing position or may be done seated by those unable to stand. The physical exertion level of this class is similar to that of walking.

To register call VPAS at 540-615-5341.

Location: Price Rotary Senior Center
Free | Ages 60+
M | Jan 4 - Apr 26 | 1:00pm - 1:30pm (Advanced)
F | Jan 8 - Apr 30 | 9:00am - 9:45am (New Participants)

INTERMEDIATE/ADVANCED

Power Yogalates
Instructor: Dana Neff

A challenging Pilates/Yoga flow that will leave you feeling energized and strong from the inside out!

Location: Price Rotary Senior Center
City Res $32 | Non Res $35 | Ages 50+
#140513A1 | Tu | Jan 5 - Feb 9| 1:00pm - 2:00pm
#140513A2 | Tu | Mar 2 - Apr 6 | 1:00pm - 2:00pm
#140513A3 | Tu | Apr 20 - May 25| 1:00pm - 2:00pm

Restorative Yogalates
Instructor: Dana Neff

A relaxing Pilates/Yoga flow that focuses on restorative Pilates & Yoga poses.

Location: Price Rotary Senior Center
City Res $32 | Non Res $35 | Ages 50+
#140516A4 | Th | Feb 4 - Mar 11| 11:30am - 12:30pm
#1405163A5 | Th | Apr 1 - May 6 | 11:30am - 12:30pm
#140516A6 | Th | May 20 - Jun 24 | 11:30am - 12:30pm

Pilates
Instructor: Dana Neff

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

Location: Price Rotary Senior Center
City Res $32 | Non Res $35 | Ages 50+
#140512A1 | W | Feb 3 - Mar 10 | 10:00am - 11:00am
#140512A2 | W | Mar 31 - May 5 | 10:00am - 11:00am
#140512A3 | W | May 19 - Jun 23 | 10:00am - 11:00am

Cardio & Strength
Instructor: Cory Jeffries

Stretch, strengthen, and get fit! This 45-minute class works the heart, muscles, and more. Variety and fun guaranteed. Please bring a mat (exercise or yoga), towel, and water-bottle.

***No Class March 25

Location: Community Activities Center Fitness Studio
City Res $36 | Non Res $43 | Ages 50+
#140500A1 | Tu, Th | Jan 5 - Feb 11 | 4:30pm - 5:15pm
#140500A2 | Tu, Th | Jan 5 - Feb 11 | 5:30pm - 6:15pm
#140500A3 | Tu, Th | Feb 23 - Apr 1 | 4:30pm - 5:15pm
#140500A4 | Tu, Th | Feb 23 - Apr 1 | 5:30pm - 6:15pm
#140500A5 | Tu, Th | Apr 13 - May 20 | 4:30pm - 5:15pm
#140500A6 | Tu, Th | Apr 13 - May 20 | 5:30pm - 6:15pm

50 & Wiser Yoga
Instructor: Robin Atwood

Join us in learning foundational yoga poses and sequences that are welcoming to all ability levels in the 50 and Wiser community. Please bring your own yoga mat and yoga blocks to class.

Location: Price Rotary Senior Center
City Res $40 | Non Res $50 | Ages 50+
#140525A1 | Tu | Feb 9 - Mar 16 | 3:00pm - 4:00pm
#140525A2 | Tu | Apr 6 - May 11 | 3:00pm - 4:00pm

50 & WISER

ARTS & CRAFTS

Craft and Chat

Social group for people age 50+ who like to knit, crochet, or craft. Bring whatever you are working on and come socialize with other peers. We also work on items to donate to local organizations. Drop in and join the group!

Location: Price Rotary Senor Center
Free | Ages 50+
Tu, Th | Ongoing | 9:00am - 11:00am

ENRICHMENT

VPAS Cafes

The 1st and 3rd Monday of each month (except on holidays) we will be getting together to learn new things, meet new people, and enjoy a meal. This is a partnership between Parks and Recreation and Valley Program for Aging Services. Contact 540-615-5341 to register. For more information check vpas.info/vpas-cafes.

Location: Price Rotary Senor Center
Free (Registration Required)| Ages 60+
First and Third Monday of Month | 10:00am - 12:00pm

OUTDOOR ADVENTURE

The events below are paced and scaled to be age-appropriate. They do not require super-athletic ability, but participants should be reasonably active, without significant movement limitations (low fitness, mobility or musculo-skeletal restrictions). We will enjoy being together in the outdoors, and we will not be comparing ourselves to twenty-somethings!

Benefits to jumping aboard:

- Spending time in our gorgeous and local outdoors
- Being with others who like movement and fun
- Adding to your learning about outdoor safety and activity skills
- Possibly some new clothing! Participate in 3 or more of these Senior Adventures during 2027 (more activities will be offered in the Winter/Spring) and receive the WILD GUYde Adventures 2027 OLD MOUNTAIN GOAT* t-shirt, along with all the rights, privileges, and adulation pertaining thereto!

(*Gets Out And Tries Stuff!)

High Knob Fire Tower Hike

An afternoon hike to a summit and restored stone fire tower in the George Washington Ntl. Forest, along with some learning about basic outdoor safety. A personal suggested clothing list, medical form/participant agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures after registration.

Location: George Washington National Forest
City Res $40 | Non Res $45 | Ages 50+
#131308A1 | W | Apr 7 | 1:00pm - 5:00pm

Doyles River Trail and Waterfall Hike

Hike down to the Doyles River waterfall, snack or picnic lunch, and then return. This 3.3 mile hike is considered Moderate ("Generally suitable for novice hikers seeking a bit of a challenge.") We will also talk about general outdoor and hiking safety. A What to Bring list, a link to the Med Form/Participant Agreement, and driving directions will be supplied after registration. $35 each, plus entry fee into SNP (or bring your National Parks and Federal Recreational Lands Pass).

Location: Shenandoah National Park
City Res $40 | Non Res $45 | Ages 50+
#131309A1 | Th | Apr 22 | 9:00am - 1:00pm

Paddling at Lake Shenandoah

An afternoon session to learn basic paddle-strokes, partnering, and boat-handling skills (canoe and kayak) on flatwater, and enjoy some peaceful paddling in this beautiful setting. Come early and enjoy your bag lunch on the lake-bank.

All technical gear and instruction is provided; a personal suggested clothing list, medical form/participant agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures after registration.

Location: Lake Shenandoah
City Res $50 | Non Res $55 | Ages 50+
#131302A1 | Tu | May 11 | 1:00pm - 4:00pm

50 & WISER

SOCIAL

Breakfast Club

Come start the day with friends, old and new. We will meet at different breakfast spots once a month at 9am. Please contact Lynn.Hoy@harrisonburgva.gov if you are planning on attending by the Friday before. Everyone orders off the menu.

Ages 50+

Jan 13 - Bridgewater Coffee - 90 Main St. Dayton
Feb 10 - Magpie Diner - 85 W Gay St. Harrisonburg
Mar 10 - The Galley - 2430 S. Main St. Harrisonburg
Apr 14 - Gardenside Diner - 302 N 2nd St. Bridgewater
May 22 - Thurderbird Cafe - 45 Burgess Rd. Harrisonburg

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 area restaurants. Check your calendar and join us! Please register the Friday before so reservations can be made. All lunches are 11:15am - 1pm. Order off of the menu. Contact Lynn.Hoy@HarrisonburgVA.gov to register.

Ages 50+

Jan 21 - Brothers Pizza - 1059 S High St. Harrisonburg
Feb 18 - Taste of Thai - 917 S High St. Harrisonburg
Mar 18 - Macado's - 103 S Main St. Bridgewater
Apr 22 - Jackson's Corner - 9386 S Congress St. New Market
May 20 - Olive Garden - 45 Burgess Rd. Harrisonburg

Social Club

There are a lot of people ages 50+ looking for something to do in the evenings and on weekends. Let's get together and go to the movies, ball game, dinner or anything fun to socialize, get out of the house and meet new friends. Please contact Lynn Hoy by emailing Lynn.Hoy@HarrisonburgVA.gov or calling 540-432-7799 to be notified of the upcoming event or fun activity we have planned.

SOCIAL

Book Club

Book club is about the enjoyment of reading, whether you are an occasional or avid reader. Books are chosen by the members of the club. Please join us to laugh, share wisdom, gain insight, and make new friends. Please read the book prior to the first Monday of the month. January 4 we will be discussing "The Autobiography of Mrs. Tom Thumb" by Melanie Benjamin.

Contact Lynn.Hoy@HarrisonburgVA.gov to register.

Location: Price Rotary Senor Center
Free| Ages 50+
First Monday of the month | Ongoing | 3:00pm - 5:00pm

Thursday Afternoon Games

Come to the Senior Center and play a variety of games including Mexican Train Dominoes, Sequence, and more.

Location: Price Rotary Senor Center
Free| Ages 50+
Th | Ongoing | 2:15pm - 4:00pm

Thursday Afternoon Bowling

Enjoy bowling in a relaxed atmosphere. Experienced or inexperienced bowlers are welcome. Bowl for 16 weeks. Fee includes 3 games, rental shoes, and rental ball. Even during a season we are always needing substitutions for teams each week - so just come and check us out.

New session starts January 7.

Location: Valley Lanes
Ages 50+
Th | Ongoing | 12:30pm - 3:00pm



CITY OF HARRISONBURG
PARKS & REC

WINTER/SPRING 2027

GOLF

Come play the award-winning golf course voted as one of the top 25 underrated municipal golf courses in the United States by GOLF Magazine (June 2021).

HERITAGE OAKS GOLF COURSE

Rates & Hours

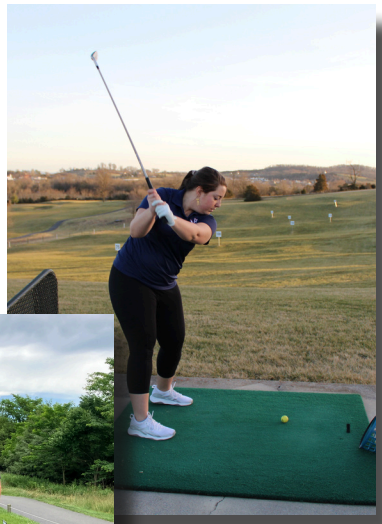
Visit www.HeritageOaksGolfVA.com

Programs, Leagues, Lessons

Several programs and leagues are offered throughout the year. We also offer lessons.

First Tee

First Tee impacts 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. Visit FirstTeeShenandoahValley.org or call 540-437-4239 for more information.







Heritage Oaks Registration & Information:

More information can be found at at www.HeritageOaksGolfVA.com
If you have questions please call 540-442-6502.

REGISTRATION INFORMATION

HOW DO I REGISTER?

Register Online through WebTrac

To create an online WebTrac account please call us at 540-433-2474. Once your account is created, you can login to WebTrac to register for programs, classes, events, and shelter reservations. If you have any questions or issues regarding your account, call the Cecil F. Gilkerson Community Activities Center at 540-433-2474. For more information regarding program registration, visit www.harrisonburgva.gov/Activities.

Register In-Person

Cecil F. Gilkerson Community Activities Center 305 S Dogwood Drive, Harrisonburg, VA 22801
Lucy F. Simms Continuing Education Center, 620 Simms Ave, Harrisonburg, VA 22802
Westover Pool, 305 S Dogwood Drive, Harrisonburg, VA 22801

Shelter Reservations

Park shelter reservations are accepted on a first-come, first-served basis, and may be submitted online or in person at: Cecil F. Gilkerson Community Activities Center or the Lucy F. Simms Continuing Education Center. Park shelter reservations run April 12 - October 31. Only one permit is issued for the entire day from 10am-6pm. Shelter reservations are accepted up to 7 days in advance of reservation. For more information, please visit www.harrisonburgva.gov/shelters.

PAYMENT DETAILS

Payment Methods

CASH | CHECK | VISA | MASTERCARD | DISCOVER | AMERICAN EXPRESS | APPLE PAY
Make Checks Payable to: Department of Parks and Recreation
All returned checks are subject to a mandatory $35 fee per City Code 4-1-37.

Refund Policy

If a program is cancelled by the Harrisonburg Parks and Recreation, a refund for the full amount will be issued. Individual cancellations prior to the start of a class will receive a full refund minus a $10 administrative fee for each class withdrawn. No refunds/credits will be issued on or after the first day of class. No refunds will be issued for less than $10. Customer will receive a refund unless there is an existing household balance. In such a case, this refund will be directly applied as a credit to that balance. The complete refund policy can be found online at www.HarrisonburgVA.gov/Activities.
Refund Options
Household Credit | Check | Credit Card | No Cash Refunds

Class Minimums

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

Disclaimer

This schedule of classes is published for information purposes only. We strive to produce the most accurate program guide possible. However, some program information may be subject to change. We will make every effort to notify participants of any changes.

