



CITY OF HARRISONBURG
**PARKS
& REC**

FALL 2025 PROGRAMS

SEPTEMBER - DECEMBER

TRX Yoga Flow - 5

Swim Lessons - 8

Race to Beat Breast Cancer - 11

Basketball - 13

Find the complete
guide here



Program Registration

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

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
 Chance Ebersold
 Matt Snyder
 Kevin Gibson
 Deanna Reed, City Mayor
 Rachel Smallwood
 Dr. Leonard A. Van Wyk
 Aaron Hewitt



How to Reach Us!

EMAIL

ParksandRecreation@HarrisonburgVA.gov

WEBSITE

www.HarrisonburgVA.gov/Parks-Recreation

FACEBOOK

@HarrisonburgParksandRecreation

INSTAGRAM

@HarrisonburgParks

X

@HburgParks

What's Inside...

Page 3	Recreation Centers
Pages 4 - 5	Fitness
Page 6 - 8	Aquatics
Pages 9 - 11	Special Interest & Events
Page 12 - 13	Athletics
Pages 14 - 15	Youth Programming
Page 16 - 17	Dance
Page 18 - 21	50 & Wiser
Page 22	Heritage Oaks Golf Course
Page 23	Registration

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

Facility Memberships

Memberships run January 1-December 31 (half-price membership available July 1-December 31)
 Membership gives you access to Community Activities Center, Lucy F. Simms Center, and Westover Pool.
 Adults: \$60 Resident / \$120 Non-Resident
 Youth (12 - 17): \$30 Resident / \$60 Non-Resident
 Seniors (50+): \$30 Resident / \$60 Non-Resident
 Family: \$150 Resident / \$300 Non-Resident
 Daily Rate (Adult): \$3.00 Resident/ \$6.00 Non-Resident
 Daily Rate (Youth): \$2.00 Resident/ \$4.00 Non-Resident

- Guests and new members must verify ID and provide a current address.

**Prices are subject to review annually

RECREATION CENTERS

LUCY F. SIMMS CENTER (SIMMS)

Programs

- Youth Lego Club..... 15
- Creator Space..... 15
- Moving and Grooving..... 19

Open Gym

- Basketball
- Pickleball
- Cornhole
- Spikeball

Hours

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

Saturday - 9:00am - 5:00pm



 620 Simms Ave

Visit HarrisonburgVA.Gov/simms-center for open gym hours

COMMUNITY ACTIVITIES CENTER (CAC) & WESTOVER POOL

Programs

- Yoga..... 5
- Swimming Lessons..... 8
- Master Swim..... 8
- Dance..... 17
- Cardio and Strength..... 19
- Gentle Stretch..... 19

Drop In Programs

- Lap Swim..... 7
- Recreation Swim..... 7
- Tumbling Room..... 15
- Parent Tot Playtime..... 15



 305 S Dogwood Drive

Hours

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

Saturday - 9:00am - 5:00pm

Open Gym

- Basketball
- Pickleball
- Volleyball



Visit HarrisonburgVA.Gov/community-activities-center for open gym hours

Visit HarrisonburgVA.Gov/swimming-pool for pool hours

PRICE ROTARY SENIOR CENTER

Programs

- Yoga..... 19
- Yogalates..... 19
- Tai Chi..... 19
- Crochet..... 20

Drop In Programs

- Craft and Chat..... 21
- VPAS Cafe..... 21
- Aging with Confidence..... 21
- Book Club..... 21
- Monday Afternoon Matinee.... 21
- Thursday Afternoon Game..... 21

Hours

Open during scheduled programs



 309 S Dogwood Dr



CITY OF HARRISONBURG

**PARKS
& REC**

FALL 2025

FITNESS

Harrisonburg Parks and Recreation presents you with a wealth of fitness opportunities!

Check out what is new!

OUR FALL OPPORTUNITIES FITNESS

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 August 11 | Non Resident Registration August 25

FITNESS & NUTRITION

FITNESS

TRX Yoga Flow

Instructor: Lisa Hasler RYT

TRX Yoga Flow merges the principles of vinyasa yoga with the innovative support and challenge of the TRX Suspension Trainer. This dynamic practice involves fluid, breath-coordinated sequences that improve strength, balance, and flexibility, creating a powerful and mindful movement experience. Perfect for those seeking an enhanced yoga journey, TRX Yoga Flow integrates stability and mobility in a harmonious blend.

Location: Community Activities Center Fitness Studio

City Res \$30 | Non Res \$35 | Ages 18+

#321427A1 | W | Sep 10 - Oct 15 | 5:30pm-6:30pm

Vinyasa Yoga

Instructor: Lisa Hasler RYT

Combining breath with movement, this class will steadily progress from a fluid opening sequence of poses through a series of more vigorous postures. Participants will feel energized and challenged yet leave feeling steady and relaxed. Yoga experience helpful but not required.

Location: Community Activities Center Fitness Studio

City Res \$30 | Non Res \$35 | Ages 18+

#321427A2 | S | Oct 11 - Nov 15 | 9:00am-10:00am

How To: Fitness Equipment

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

Email Cory.Jeffries@HarrisonburgVA.Gov to sign up

Location: Community Activities Center or Simms Center

Free (Registration Required) | Ages 14+

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 \$55 | Ages 18+

#320316A1 | Ages 18+ | M | Sep 8 - Nov 3 | 6:30pm - 7:15pm

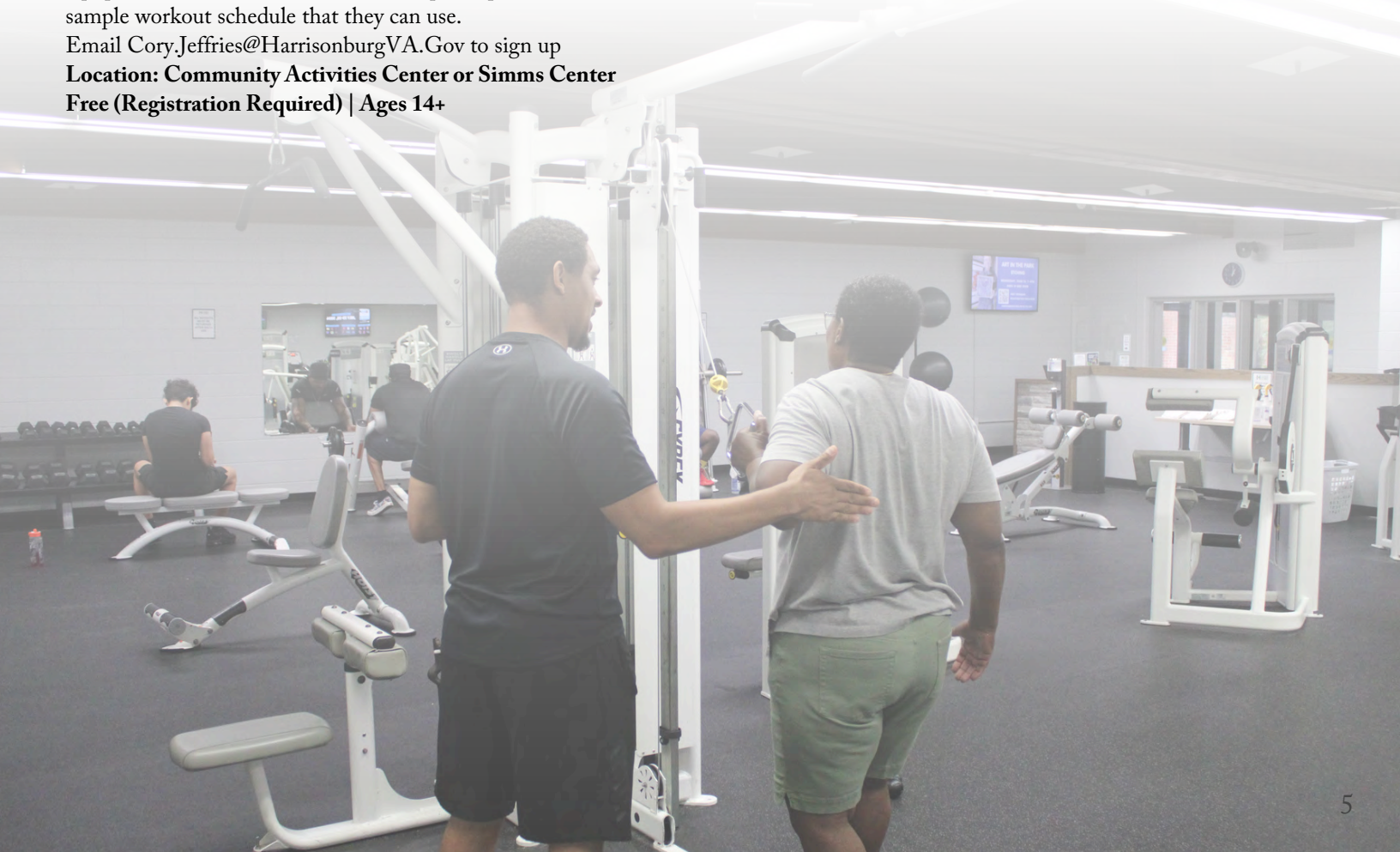
Adult Tap for Fun & Exercise

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 great tool for self-expression. It's great for exercise and fun!

Location: Community Activities Center Dance Studio

City Res \$40 | Non Res \$55 | Ages 18+

#320317A1 | Ages 18+ | M | Sep 8 - Nov 3 | 7:15pm - 8:00pm



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

OUR FALL OPPORTUNITIES AQUATICS

Lap Swim & Recreational Swim

Reserve a lane for lap swim or just enjoy the water during our daily recreation swim hours until September 1 then Saturdays through the winter.

Swim Lessons

We will be offering multiple levels of swim lessons this fall. Don't wait until next summer to prepare your child to swim.



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 540-433-0571
City Resident Registration August 11 | Non Resident Registration August 25

AQUATICS

SWIM HOURS

Open swim and lap swim hours are available 7 days a week now through September 2

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

Recreation Swim

August 16 - September 1*

Saturday and Sunday | 12:00pm - 7:00pm

*Staffing dependent

September 2 - December 17

Wednesday | 9:00am - 12:00pm

Saturday | 12:00pm - 5:00pm

Dome Closure

Each fall, we take some time to get ready for our winter season by focusing on our dome and some maintenance projects.

Saturday, September 20 - Sunday, October 5

Pool Closures

Fall and Winter Holidays

Monday, October 13

Tuesday, November 4

Tuesday, November 11

Half-day Wednesday, November 26 - Sunday, November 30

Sunday, December 21 - Thursday, January 1

Lap Swim Hours

August 11 - August 24

Monday, Friday | 6:00am - 4:00pm

Tuesday, Thursday | 6:00am - 7:00am and 9:00am - 4:00pm

Wednesday | 6:00am - 7:00am and 12:00pm-4:00pm

Saturday - Sunday | 12:00pm - 7:00pm

August 25 - December 20

Monday, Friday | 6:00am - 5:00pm*

Tuesday, Thursday | 6:00am - 7:00am and 9:00am - 5:00pm*

Wednesday | 6:00am - 7:00am and 12:00pm-5:00pm*

Saturday | 12:00pm - 5:00pm (one lane)

*High School swim season begins 1st week of November, lap swim will end at 3:00pm.

DAILY ADMISSION FEE

Residents living within the City limits will need to show proof of residency at time of entry.

Infant (Age 2 and Under) | Free

Children (Age 17 and Under) | City Res \$2 | Non Res \$4

Adult (Age 18+) | City Res \$3 | Non Res \$6

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.

POOL EVENTS

Dive-In Movie

Join us for a family-friendly, not-so-spooky, dive-in movie night. Registration is required and space is limited. Kids 13 years and younger must have an adult present.

City Residents 18+ \$3 | City Residents Under 18 \$2

Max Occupancy 30

#310951A1 | F | Oct 24 | 7:00pm-9:00pm

Shiver Me Timbers Pirate Plunge

Jump into the New Year! We will kick off 2026 with our 4th, and possibly last, Shiver Me Timbers Pirate Plunge at the pool! Dress up, grab some friends, join the fun, and start your new year off fresh with a quick dip in our seasonally cool Olympic Pool. Refreshments will be available after the plunge!

City Residents \$20 | Non Residents \$40 | Adult (Age 14+)

#111130A1 | Th | Jan 1 | 9:00am

SUMMER WRAP-UP

What a great summer! Joining us for the opening of the new Ralph Sampson Park Spraygrounds, visiting daily at Westover Pool and crushing enrollment in swim lessons made summer 2025 one to remember!

Don't wait until next summer to get in on the action! We still offer swim lessons during our dome season on Wednesdays and Saturdays and we will be bringing the heat Wednesday afternoons with water aerobics.

Check out this guide and the upcoming Winter/Spring activity guide for all the classes we have coming up!

AQUATICS

BARNACLE: PARENT/TOT LEVEL 2

Focusing on tots ages 1.5 - 3 years, with their parents, this level will work on early fundamental aquatic skills to prepare your child to venture into our group lessons. Swim diapers may be required. Lessons consist of 8, 30-minute classes.

Open to City Residents Aug 11 | Non Res Aug 25

City Residents \$25 | Non Res \$50

#311101A1 | W | Oct 15 - Dec 10 | 9:45am - 10:15am

UNICORN FISH: PRE K LEVEL 1

Ideal for beginner, non-swimmers ages 3-5, Unicorn Fish will work to master the following skills with assistance from an instructor: fundamental personal water safety skills, floating, water comfort, and basic swimming. Lessons consist of 8, 30-minute classes.

Open to City Residents Aug 11

City Residents \$25

#311102A1 | W | Oct 15 - Dec 10 | 10:30am - 11:00am

#311102A2 | W | Oct 15 - Dec 10 | 11:15am - 11:45am

RAY: PRE K LEVEL 2

Students ages 3-5 with some group lesson or swimming experience will focus on confidence, water safety, breath control and rhythmic, coordinated movement in the water to develop basic front and back crawl for short distances. Lessons consist of 8, 30-minute classes.

Open to City Residents Aug 11

City Residents \$25

#311107B1 | Sa | Oct 18 - Dec 13 | 11:15am - 11:45am

SWORDFISH: YOUTH LEVEL 1

Non-swimming kids ages 6-10 will work to master the following skills in Swordfish: fundamental water safety, floating, moving in chest deep water, and basic swimming. Lessons consist of 8, 30-minute classes.

Open to City Residents Aug 11

City Residents \$25

#311105B1 | Sa | Oct 18 - Dec 13 | 10:30am - 11:00am

WHALE: YOUTH LEVEL 2

Students ages 6-10 with some group lesson experience, comfort in the water and the ability to swim on their front and back will focus on building more confidence and water safety while honing the skills to swim front and back crawl for 25 yards. Lessons consist of 8, 30-minute classes.

Open to City Residents Aug 11

City Residents \$25

#311106B1 | Sa | Oct 18 - Dec 13 | 9:45am - 10:15am

MAKO: YOUTH LEVEL 3

Mako is the best fit for kids ages 6-11 who can already swim the length of the pool and want to learn more about swimming. Mako participants will work on technique for front and back crawl, build endurance and get introduced to breaststroke, treading and personal safety. Additional skills taught will be based on participant abilities. Lessons consist of 8, 30-minute classes.

Open to City Residents Aug 11

City Residents \$25

#311107B1 | Sa | Oct 18 - Dec 13 | 9:00am - 9:30am

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 membership to Masters Swimming is required, no additional pool membership necessary.

Indoor Membership

City Res \$150 | Non Res \$300 | Ages 18+

#121107A1 | Tu, W, Th | 7:00am-9:00am (Sep - May)

Rock the River

Keep your swimming on track this dome season. After each swim, move your marker to record your laps.

Easier: Maury River, 43 miles

Challenge: Mattaponi River, 103 miles

Extra Challenge: Both Rivers, 146 miles!

One mile=35 laps

Lap Swim or Membership Fees Apply | All Ages

City Res \$2 | Non Res \$4 | (Sep - May)

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.

Open to City Residents Aug 11

City Res \$30 | Non Res \$60 | Ages 18+

#321109A1 | W | Oct 22 - Dec 17 | 2:00pm - 2:45pm

ADULT SWIM LESSONS

Flounders: Adult

Ideal for beginner or unsure adults, this group lesson is station based, allowing you to hone the skills you want. Take control of your time in the water, so you can meet your goals and build confidence. Lessons consist of 8, 45-minute lessons.

Open to City Residents Aug 11

City Res \$25 | Non Res \$50 | Ages 18+

#321106A1 | Sa | Oct 18 - Dec 13 | 8:00am-8:45am



FALL 2025

SPECIAL INTEREST

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

OUR FALL OPPORTUNITIES FITNESS

Outdoor Adventure

Try out rock climbing, caving, or help us track pollinators across the City

Events

With events such as the Race to Beat Breast Cancer, Holiday Parade, and Craft Show, we have events for everyone!

Special Interest

There are several special interest activities this fall including Lego Club.



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 August 11| Non Resident Registration August 25

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

Location: Community Activities Center Gymnasium

Free | Ages 16+

F | Sept 19 | 7:00pm - 8:30pm | Community Activity Center

F | Oct 24 | 7:00pm - 8:30pm | Simms Center

F | Nov 14 | 7:00pm - 8:30pm | Community Activity Center

F | Dec 5 | 7:00pm - 8:30pm | Simms Center

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 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 | Sep 17 | 1:00pm - 2:00pm | Purcell Park Fishing Pond

W | Oct 15 | 1:00pm - 2:00pm | Heritage Oaks Golf Course

W | Nov 19 | 1:00pm - 2:00pm | Simms Center

W | Dec 17 | 1:00pm - 2:00pm | Westover Pool

LEGO

Lego Club - Adult

Legos are for adults too! Join us at this once-a-month get together to hang out and build. We will have free build bricks as well as a variety of different kits. We will meet the second Thursday of each month.

Location: Community Activities Center

Free | Ages 15 and older

Th | Sep 11 | 6:00pm - 7:00pm

Th | Oct 9 | 6:00pm - 7:00pm

Th | Nov 13 | 6:00pm - 7:00pm

Th | Dec 11 | 6:00pm - 7:00pm

HOUSING & FINANCE EDUCATION

The City of Harrisonburg and its partners offer an array of classes on topics related to housing and finance, including first time homebuyer readiness, budgeting and improving credit, renter education, and more. Visit

www.harrisonburg.gov/housing for the most up-to-date details.

OUTDOOR ADVENTURE

Parent-Kid Beginner Rock Climbing

A full day of learning to climb and belay for children ages 7-11 and their accompanying a parent/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.

Both child and adult must register and pay.

Location: George Washington National Forest

City Res \$67 | Non Res \$72 | Ages 7-11 and their adult

#331372A1 | Sa | Sep 27 | 9:00am - 5:00pm

Intermediate Wild Caving

This is a wild caving trip for individuals who have been on a WGA beginner caving trip in the past, and are ready to go a little more strenuous and adventurous. 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 \$40 | Non Res \$45 | Ages 12+

#331306A1 | Sa | Nov 8 | 8:30am - 12:00pm

Parent-Kid Beginner Wild Caving

A morning of learning basic caving safety, underground navigation, and some elementary limestone geology for children ages 7-11 and their accompanying a parent/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.

Both child and adult must register and pay.

Location: George Washington National Forest

City Res \$40 | Non Res \$45 | Ages 7-11 and their adult

#331306A2 | Sa | Nov 15 | 8:30am - 12:00pm

Parks for Pollinators - BioBlitz

Help us learn more about what pollinators and pollinator habitats we have in Harrisonburg! Join us in this month-long community project by downloading the iNaturalist app and joining our project "Parks for Pollinators 2025: Harrisonburg VA"

The more community members we have documenting their finds, the more we can learn and better care for the pollinators in our area. The top 5 accounts with the most logs in Harrisonburg during the month of September will receive a prize.

Location: any area in Harrisonburg

Family Friendly

Sep 1 - Sep 30

PICKLEBALL FOR THE CURE

NOVEMBER 1

START AT 10:00AM



\$20
PER TEAM

BRACKET STYLE
TOURNAMENT

SIMMS CENTER

MORE INFORMATION

HARRISONBURGVA.GOV/PICKLEBALL-TOURNAMENT

HOLIDAY *Parade*

Join us in our annual holiday parade, this year's theme is
"Gingerbread Dreams and Sugar Plum Scenes."
If your organization or business is interested in participating in
the parade, please email Matthew.Little@HarrisonburgVA.Gov

DECEMBER
6

DOWNTOWN
HARRISONBURG

7:00
PM



RACE TO BEAT
BREAST CANCER

OCTOBER 25

REGISTER AT -

HARRISONBURGVA.GOV/BEAT-BREAST-CANCER-RACE



CITY OF HARRISONBURG

**PARKS
& REC**

HOLIDAY CRAFT SHOW

NOVEMBER 1, 2025

9 AM - 2 PM

CECIL F. GILKERSON COMMUNITY ACTIVITIES CENTER
305 S DOGWOOD DRIVE, HARRISONBURG

Enjoy fall and winter crafts while
shopping for holiday gifts.

VENDOR APPLICATIONS MAY BE FOUND AT
WWW.HARRISONBURGVA.GOV/WESTOVER-HOLIDAY-CRAFT-SHOW

FALL / WINTER 2025 ATHLETICS PROGRAMS

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

FALL / WINTER ATHLETIC PROGRAMS

Fall Youth Soccer

Leagues are open to children ages 5-13.

Fall Flag Football

Leagues are open to grades K-3 who live in the City.

Winter Youth Basketball

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

Start Smart Basketball

Instructional clinic-based program for ages 3-4.



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.

Fall registration closes August 15. Winter registration opens October 1 and closes November 14.

ATHLETICS

FALL YOUTH SOCCER

www.harrisonburgva.gov/soccer

Registration opened May 27 and closes Aug 15.

Shin guards are mandatory for all levels.

\$30/City - \$60/Non-Res

Age is determined as of Sep 1.

Specific program days and times will be released at a later date.

Volunteer Coaches Needed for All Levels!

U5 Soccer League (Age 5)

Girls: #311005-A2 | M, W | Sep 8 - Oct 22

Boys: #311005-A1 | T, Th | Sep 9 - Oct 23

U6 Soccer League (Age 6)

Girls: #311007-A2 | M, W | Sep 8 - Oct 22

Boys: #311007-A1 | T, Th | Sep 9 - Oct 23

U7 Soccer League (Age 7)

Girls: #311006-A2 | M, W | Sep 8 - Oct 22

Boys: #311006-A1 | T, Th | Sep 9 - Oct 23

U8 Soccer League (Age 8)

Girls: #311008-A2 | M, W | Sep 8 - Oct 22

Boys: #311008-A1 | T, Th | Sep 9 - Oct 23

U10 Soccer League (Age 9-10)

Skills Evaluations: Girls: Sep 2 / Boys: Sep 3

Girls: #311009-A2 | M, W | Sep 2 - Oct 22

Boys: #311009-A1 | T, Th | Sep 3 - Oct 23

U13 Soccer League (Age 11-13)

Skills Evaluations: Girls: Sep 2 / Boys: Sep 4

Girls: #311010-A2 | M, W, S | Sep 3 - Oct 25

Boys: #311010-A1 | T, Th, S | Sep 2 - Oct 25

FALL YOUTH FLAG FOOTBALL

www.harrisonburgva.gov/football

Registration opened May 27 and closes August 15.

Grade K-1 & 2-3 - determined based on 2025-2026 school year.

\$30/player - City Residents Only

Volunteer Coaches Needed!

#311060-A1 | K-1 | M, W | Sep 3 - Oct 29 | 5:45pm-6:30pm

#311060-A2 | 2-3 | M, W | Sep 3 - Oct 29 | 6:30pm-7:30pm

START SMART BASKETBALL

www.harrisonburgva.gov/start-smart

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

Pairs work together to develop individual skills.

\$30/City Residents Only

Location: Lucy F. Simms Center Auditorium

#110108-A1 | M-F | Jan 5-9 | 5:30pm-6:15pm

#110108-A2 | M-F | Jan 5-9 | 6:15pm-7:00pm

WINTER YOUTH BASKETBALL

www.harrisonburgva.gov/basketball

Registration opens Oct 1 and closes Nov 14.

\$30/City Residents Only

Age is determined as of Dec 1.

Call 540-433-9168 for additional information.

U6 and U8 will take place at the Cecil F. Gilkerson Community Activities Center.

U10 and U12 will take place at the Lucy F. Simms Continuing Education Center.

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

Volunteer Coaches Needed for All Levels!

U6 Basketball League (Age 5-6)

Girls: #111016 | M, W | Jan 19 - Mar 4 | Times TBD

Boys: #111017 | T, Th | Jan 20 - Mar 5 | Times TBD

U8 Basketball League (Age 7-8)

Practices will begin Dec 2. Program will not meet Dec 15 - Jan 3.

Practices will resume and games will begin starting Jan 6.

Girls: #111018 | M, W | Dec 1 - Feb 25 | Times TBD

Boys: #111019 | T, Th, S | Dec 2 - Feb 28 | Times TBD

U10 Basketball League (Age 9-10)

Skill Assessments will take place the week of November 17-20.

Teams will then be selected by volunteer coaches.

Practices will begin Dec 2.

Program will not meet Dec 15 - Jan 3.

Practices will resume and games will begin starting Jan 5.

Girls: #111020 | Dec 2 - Mar 7 | Times TBD

Boys: #111002 | Dec 2 - Mar 7 | Times TBD

U12 Basketball League (Age 11-12)

Skill Assessments will take place the week of November 17-20.

Teams will then be selected by volunteer coaches.

Practices will begin Dec 2.

Program will not meet Dec 15 - Jan 3.

Practices will resume and games will begin starting Jan 6.

Girls: #111021 | Dec 2 - Mar 7 | Times TBD

Boys: #111003 | Dec 2 - Mar 7 | Times TBD





CITY OF HARRISONBURG

**PARKS
& REC**

FALL 2025

YOUTH SERVICES

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

OUR FALL OPPORTUNITIES YOUTH SERVICES

Youth

Looking for an activity for your child? Sign them up for Lego Club or attend our monthly Creator Space together.

Toddler Programs

Attend Parent Tot Playtime or head to the Tumble Room.



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 August 11 | Non Resident Registration August 25

YOUTH SERVICES

YOUTH & FAMILY

Pool Deck the Halls

Do you need an evening without the kids to get some holiday shopping done? Westover Pool staff and our After School program staff are hosting a Pool-Deck the Halls event!

Location: Westover Pool

City Res \$10 | Non Res \$15 | K - 5th grade

#310950A1 | F | Dec 19 | 6:00pm - 9:00pm

Lego Club - Youth

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 October 13 or November 3

Location: Simms Center Art Room

City Res \$5 | Non Res \$10 | Ages 6 - 12

#310940A1 | M | Sep 29 - Dec 1 | 5:00pm - 6:00pm

Creator Space

Let your creative side show! Join us on the second Wednesday of the month for this drop in program. Youth can pick from our supplies to create whatever their imagination can think of.

Parents may help or sit to the side but may not leave the building.

This program is for elementary and middle school-aged-children but younger siblings may attend.

We will meet the second Wednesday of the month.

Location: Simms Center Art Room

\$0 Members | \$1 Non-Member | Ages 6 - 14

W | Sep 10 | 4:00pm - 6:00pm

W | Oct 8 | 4:00pm - 6:00pm

W | Nov 12 | 4:00pm - 6:00pm

W | Dec 10 | 4:00pm - 6:00pm

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

\$0 Members | \$1 Non-Member | Ages 5 and younger

M | Sep - May | 9:00am-11:00am

W | Sep - 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!

Location: Community Activities Center Tumbling Room

\$0 Members | \$1 Non-Member | Ages 5 and younger

Call for the most up-to-date hours

2025-2026 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 resident's children who are or will be three years of age by September 1st and are fully potty trained 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.

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

A well established dance program offering a wide variety of opportunities to the Harrisonburg Community

OUR FALL OPPORTUNITIES DANCE

Children's Developmental Dance

Introductory dance classes for young children including Music & Movement and Pre-Ballet & Creative Movement.

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 August 11 | Non Resident Registration August 25

DANCE

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

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

All classes take place at the Community Activities Center

No classes:

October 13th (Indigenous Peoples Day- Monday Classes)
October 21st -October 25th (Fall Break-Tuesday-Saturday classes)
November 4 (Election Day-Tuesday classes)
November 24th – November 29th (Thanksgiving Break-all classes)

YOUNG CHILDREN'S

Music & Movement

City Res \$60 | Non Res \$75

#310301A1 | Ages 3.5-5 | M | Sep 8 - Dec 8 | 4:30pm - 5:00pm
#310301A2 | Ages 3.5-5 | F | Sep 12 - Dec 12 | 4:30pm - 5:00pm
#310301A3 | Ages 3.5-5 | Sa | Sep 13 - Dec 13 | 10:30am - 11:00am

Pre Ballet & Creative Movement

City Res \$60 | Non Res \$75

#310303A1 | Ages 5-6 | M | Sep 8 - Dec 8 | 5:00pm - 5:30pm
#310303A2 | Ages 5-6 | F | Sep 12 - Dec 12 | 5:15pm - 5:45pm
#310303A3 | Ages 5-6 | Sa | Sep 13 - Dec 13 | 11:15am - 11:45am

BEGINNER/ INTERMEDIATE

Beginner/ Intermediate Jazz

City Res \$60 | Non Res \$75

#310311A1 | Ages 6 - 8 | W | Sep 10- Dec 10 | 4:30pm - 5:15pm

Intermediate/ Advanced Jazz

City Res \$60 | Non Res \$75

#310302A1 | Ages 8 - 10 | Tu | Sep 9 - Dec 16 | 4:30pm - 5:15pm

Ballet/ Tap

City Res \$60 | Non Res \$75

#310304A1 | Ages 6 - 8 | M | Sep 8- Dec 8 | 5:30pm - 6:15pm
#310304A2 | Ages 6 - 8 | Th | Sep 11 - Dec 11 | 4:30pm - 5:15pm

Intermediate/ Advanced Ballet

City Res \$60 | Non Res \$75

#310307A1 | Ages 8 - 10 | Th | Sep 11 - Dec 11 | 5:15pm - 6:00pm

Modern/ Lyrical

Taking both ballet and jazz is recommended

City Res \$60 | Non Res \$75

#310319A1 | Ages 9+ | W | Sep 10 - Dec 10 | 6:00pm - 6:45pm

ADVANCED

Advanced Youth Jazz

City Res \$60 | Non Res \$75

#310320A1 | Ages 10+ | Tu | Sep 9 - Dec 16 | 5:15pm - 6:00pm

Advanced Youth Ballet

City Res \$60 | Non Res \$75

#310305A1 | Ages 10+ | W | Sep 10 - Dec 10 | 5:15pm - 6:00pm

Teen/Preteen Tap & Musical Theatre

Taking jazz is recommended

City Res \$60 | Non Res \$75

#310325A1 | Ages 10+ | W | Sep 10 - Dec 10 | 7:30pm - 8:15pm

UPPER-LEVEL ADVANCED

Upper-level advanced classes have skill requirements. You will receive an email before enrollment day if your child is eligible for these classes. These classes are two semester commitments (September through April). You will be billed for two semesters per class. Participants are expected to perform in the dance concerts on May 9, 2026.

Advanced Jazz

Fall Cost: City Res \$60 | Non Res \$75

Winter/ Spring Cost: \$75 | Non Res \$90

#310330A1 | Tu | Sep 9 - April 28 | 7:15pm - 8:00pm

Advanced Ballet & Beginner Pointe Prep

Fall Cost: City Res \$60 | Non Res \$75

Winter/ Spring Cost: \$75 | Non Res \$90

#310324A1 | W | Sep 10 - April 29 | 6:45pm - 7:30pm

Advanced Pointe

Fall Cost: City Res \$60 | Non Res \$75

Winter/ Spring Cost: \$75 | Non Res \$90

#310324A2 | Th | Sep 11 - April 30 | 6:00pm - 7:00pm

Advanced Modern/ Lyrical

Fall Cost: City Res \$60 | Non Res \$75

Winter/ Spring Cost: \$75 | Non Res \$90

#310329A1 | Th | Sep 11 - April 30 | 7:00pm - 8:00pm

Blue Crew Dance

Students must be enrolled in two intermediate/advanced classes per week. One of these classes must be an advanced ballet or jazz class. Taking more classes is encouraged. Students must plan to be enrolled in both the Fall and Winter/Spring sessions as we create group choreography to be performed.

#310317A1 | Tu | Sep 9 - Apr 28 | 6:15pm - 7:15 pm

ADULT CLASSES

Adult Ballet for Fun & Exercise

City Res \$40 | Non Res \$50

#320316A1 | Ages 18+ | M | Sep 8 - Nov 3 | 6:30pm - 7:15pm

Adult Tap for Fun & Exercise

City Res \$40 | Non Res \$50

#320317A1 | Ages 18+ | M | Sep 8 - Nov 3 | 7:15pm - 8:00pm

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

OUR FALL OPPORTUNITIES 50 & WISER

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 Fall!



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 August 11 | Non Resident Registration August 25

GENTLE

Gentle Stretch

Instructor: Cheryl Foster

Gentle Stretch Class sets the tone for your days 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 October 13

Location: Community Activity Center Fitness Studio

City Res \$36 | Non Res \$40 | Ages 50+

#340505A1A1 | M, W | Sep 3 - Oct 15 | 9:00am - 9:30am

#340505A1A2 | M, W | Oct 20 - Nov 26 | 9:00am - 9:30am

Yin Nidra Yoga

Instructor: Dana Neff

Yin Nidra Yoga is a deeply restorative and meditative experience. In the first half of the class, you'll settle into floor-based yin poses, each held for several minutes to gently stretch and increase mobility, while calming your nervous system. The 2nd half invites you into stillness through guided meditation. Lying in a comfortable position, you'll be led through a body scan, breath awareness & visualizations designed to bring you into a state of deep rest. PERFECT FOR ALL LEVELS, this class supports stress relief and better sleep. No Class Oct 13

Location: Price Rotary Senior Center

City Res \$32 | Non Res \$35 | Ages 50+

#340511A1 | M | Sep 8 - Oct 20 | 4:15pm - 5:15pm

#340511A2 | M | Nov 3 - Dec 8 | 4:15pm - 5:15pm

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.

No Class October 13, Nov 3

Free Demo Class Monday, August 18 1:00pm-1:30pm

Location: Price Rotary Senior Center

City Res \$25 | Non Res \$32 | Ages 50+

#340526A1 | M | Sep 8 - Oct 20 | 1:00pm - 2:00pm

#340526A2 | M | Oct 27 - Dec 15 | 1:00pm - 2:00pm

Tai Chi for Arthritis and Fall Prevention

Tai Chi for Arthritis and Fall 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+

F | Sep 5 - Dec 12 | 9:00am - 9:45am



BEGINNER

Moving & Grooving PLUS!

Instructor: Cory Jeffries

For seniors who've graduated from our prerequisite program, "Moving and Grooving," it's time for the next level: "Moving and Grooving Plus". 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. You can enhance your experience with adjustable ankle weights (up to 5lbs), exercise bands, and dumbbells.

No Class Sep 9, Oct 9, Oct 14, Nov 4, Nov 11, Nov 25, Nov 27

Location: Lucy F. Simms Center Auditorium

City Res \$10 | Non Res \$10 | Ages 50+

#340514A1 | Tu, Th | Sep 2 - Oct 7 | 9:00am - 9:50am

#340514A2 | Tu, Th | Oct 14 - Dec 11 | 9:00am - 9:50am

#340514A3 | Tu, Th | Sep 2 - Oct 7 | 10:00am - 11:30am

#340514A4 | Tu, Th | Oct 14 - Dec 11 | 10:00am - 11:30am

INTERMEDIATE/ ADVANCED

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 Sep 9, Oct 9, Oct 14, Nov 4, Nov 11, Nov 25, Nov 27

Location: Community Activities Center Fitness Room

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

#340500A1 | Tu, Th | Sep 2 - Oct 7 | 4:30pm - 5:15pm

#340500A2 | Tu, Th | Oct 14 - Dec 11 | 4:30pm - 5:15pm

#340500A3 | Tu, Th | Sep 2 - Oct 7 | 5:30pm - 6:15pm

#340500A4 | Tu, Th | Oct 14 - Dec 11 | 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.

No class September 9, November 4, November 11

Location: Price Rotary Senior Center

City Res \$32 | Non Res \$35 | Ages 50+

#340525A1 | Tu | Sep 2 - Oct 14 | 3:00pm - 4:00pm

#340525A2 | Tu | Oct 28 - Dec 16 | 3:00pm - 4:00pm

Yogalates

Instructor: Dana Neff

Yogalates is a fusion of Yoga and Pilates. Essentially, it is a movement system that stretches and strengthens all the major muscles while also calming the mind. Attention is paid to building strength and endurance. As in Pilates, resistance bands can be used. No Class Nov 26

Location: Price Rotary Senior Center

City Res \$32 | Non Res \$35 | Ages 50+

#340513A1 | W | Sep 3 - Oct 8 | 10:00am - 11:00am

#340513A2 | W | Oct 22 - Dec 3 | 10:00am - 11:00am

50 & WISER

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 2025 (more activities will be offered in the fall) and receive the WILD GUYde Adventures 2025 OLD MOUNTAIN GOAT* t-shirt, along with all the rights, privileges, and adulation pertaining thereto!

(*Gets Out And Tries Stuff!)

Paddling at Lake Shenandoah

In this afternoon session, you to learn basic paddle-strokes, partnering, and boat-handling skills (canoe and kayak) on flatwater, and enjoy some peaceful paddling in this beautiful setting. Bring and enjoy your bag lunch on the lake-bank afterwards. 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 \$47 | Non Res \$53 | Ages 50+

#331302A1 | Th | Sep 18 | 1:00pm - 4:00pm

Hidden Rocks Trail Hike

An afternoon hike with stream crossings and rhododendron, to a beautiful rock cliff band 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 \$32 | Non Res \$37 | Ages 50+

#331308A1 | W | Oct 8 | 1:00pm - 4:00pm

Indoor Climbing at the EMU Climbing Wall

An afternoon to explore the vertical world at a beginner level. Learn how to harness up, belay, and try your hand at getting up off the ground on some moderate climbs.

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: Eastern Mennonite University

City Res \$32 | Non Res \$37 | Ages 50+

#331307A1 | Tu | Dec 16 | 1:00pm - 4:00pm

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 Senior Center

Free | Ages 50+

Tu, Th | Ongoing | 9:00am - 11:00am

Beginner Crochet

Instructor: Meki Shifflett

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 dish cloth. A supply list will be handed out at the first class.

Location: Price Rotary Senior Center

City Res \$30 | Non Res \$36 | Ages 50+

#340571A1 | Tu | Sep 2 - Sep 23 | 11:00am - 1:00pm

Intermediate Crochet

Instructor: Meki Shifflett

For students who know the basic stitches.

New stitches and projects will be taught.

Location: Price Rotary Senior Center

City Res \$30 | Non Res \$36 | Ages 50+

#340571A2 | Tu | Oct 7 - Oct 28 | 11:00am - 1:00pm

Crocheting a Christmas Stocking

Instructor: Meki Shifflett

Basic crochet skills required. Class is for right-handed crocheters. You will leave class with a beautiful, crocheted holiday stocking. We will email you a supply list for things to bring to class. It should not be more \$10.00

Location: Price Rotary Senior Center

City Res \$20 | Non Res \$26 | Ages 50+

#340571A3 | Tu | Nov 18 & Nov 25 | 11:00am - 1:00pm

ENRICHMENT

AARP Smart Driver

AARP Instructor: Kati Mole

Participants will learn defensive driving techniques, new traffic laws and rules of the road to safely adjust driving to compensate for age-related changes. Persons who complete the course will be issued a Certificate of completion to be provided to your insurance company for a discount. Please feel free to bring a brown bag lunch to class. All course materials are provided to participants and no tests are involved.

Fee: \$20 (AARP members) \$25.00 (non members) Money paid to instructor day of class.

Registration closed two weeks prior to class.

Location: Community Activities Center Conference Room

City Res \$30 | Non Res \$36 | Ages 50+

#340555A1 | W | Sep 24 | 8:30am - 4:00pm

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. The book we will be discussing in October is "The Second life of Mirielle West" by Amanda Skenadore.

Contact Lynn.Hoy@HarrisonburgVA.gov to register.

Location: Price Rotary Senior Center

Free| Ages 50+

First Monday of the month | Ongoing | 2:30pm - 4:00pm

Thursday Afternoon Games

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

Location: Price Rotary Senior Center

Free| Ages 50+

Th | Ongoing | 1:00pm - 3:00pm

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 August 28.

Location: Valley Lanes

Free| Ages 50+

Th | Ongoing | 12:30pm - 3:00pm

Free Chair Yoga for Every Body demo class!



Monday, August 18

1:00pm-1:30pm

Price Rotary Senior Center

Chair Yoga 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.

Chair Yoga offers exercises that help build strength, improve flexibility, and support everyday movement.

Mind-body centering through breathwork will holistically solidify our practice.

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+

Sep 17 - Little Grill - 621 N. Main St. Harrisonburg

Oct 15 - Joe's Diner - 3355 S. Main St, Harrisonburg

Nov 5 - Thunderbird Cafe - 42A Island Ford Rd. McGaheysville

Dec 10 - Gardenside Diner - 302 N 2nd St. Bridgewater

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+

Sep 11 - Cuban Burger - 70 W Water St. Harrisonburg

Oct 9 - Oriental Cafe - 563 University Blvd, Harrisonburg

Nov 21 - Francesco's - 101 N. Main St. Bridgewater

Dec 4 - Rocktown Kitchen - 217 S. Liberty Street, 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.

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 VPAS. Contact 540-615-5341 to register. For more information check vpas.info/vpas-cafes.

Location: Price Rotary Senior Center

Free (Registration Required)| Ages 60+

First and Third Monday of Month | 10:00am - 12:00pm





FALL 2025

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

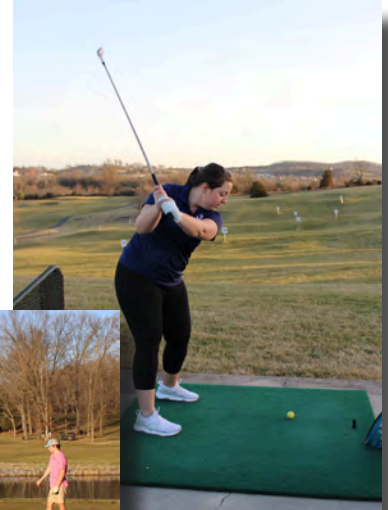
Visit www.HeritageOaksGolfVA.com

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 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, visit webtrac.harrisonburgva.gov. Once you've created an account, 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 14 - October 31. Only one permit is issued for the entire day from 10am-6pm for \$35. 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.

