



CITY OF HARRISONBURG

**PARKS  
& REC**

# Winter/Spring 2024 Programs

January - May

**ABCs of Fitness - 4**

**Lifeguard Certification - 8**

**Superhero Party - 17**

**Yogalates - 21**

Find the complete  
guide here



**Program Registration**

[www.HarrisonburgVA.gov/Program-Registration](http://www.HarrisonburgVA.gov/Program-Registration)  
or in person at any Recreation Center

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  
Chance Ebersold  
Deb Fitzgerald  
Kevin Gibson  
James Honeycutt Sr.  
Deanna Reed, City Mayor  
Dr. Leonard A. Van Wyk



### How to Reach Us!

#### EMAIL

ParksandRecreation@HarrisonburgVA.gov

#### WEBSITE

www.HarrisonburgVA.gov/Parks-Recreation

#### FACEBOOK

@HarrisonburgParksandRecreation

#### INSTAGRAM

@HarrisonburgParks

#### X

@HburgParks

## What's Inside...

Pages 3 - 4	Fitness & Nutrition
Page 5 - 8	Aquatics
Pages 9 - 12	Special Interest & Events
Page 13 - 14	Athletics
Pages 15 - 17	Youth Programming
Page 18 - 19	Dance
Page 20 - 22	50 & Wiser
Page 23	Heritage Oaks Golf Course
Page 24	Facilities
Page 25	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

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



CITY OF HARRISONBURG  
**PARKS  
& REC**

## Winter/ Spring 2024

### Fitness & Nutrition

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

Check out what is new!

## Our Winter/ Spring Opportunities

### Fitness & Nutrition

#### Fitness

Enhance your fitness routine with our Yoga, Zumba, Pilates, POUND, or try out the ABCs of Fitness!

#### 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/program-registration](http://www.harrisonburgva.gov/program-registration) or in person at any recreation center. If you have questions please call 540-433-2474.

**City Resident Registration November 27 | Non Resident Registration December 11**

# FITNESS & NUTRITION

## FITNESS CLASSES

### POP Pilates

Instructor: Kendra Neff

POP Pilates is based on basic mat Pilates with more cardio involved while still focusing on strength and flexibility. We like to think of it as a dance on the mat. Participants will need to purchase leg bands. No Class January 25.

**Location: Community Activities Center Fitness Studio**

**City Res \$20 | Non Res \$25 | Ages 18+**

**#121428A1 | Th | Jan 11 - Feb 22 | 7:00pm - 7:45pm**

**#121428A2 | Th | Apr 11 - May 16 | 7:00pm - 7:45pm**

### POUND

Instructor: Lindsey Harvell-Bowman

Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to rockstars of all ages and abilities. Make sure to bring a yoga mat and water bottle. No class Nov 23

**Location: Simms Center Auditorium**

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

**#131410A1 | Th | Jan 18 - Feb 22 | 6:45pm - 7:45pm**

**#131410A2 | Th | Mar 7 - Apr 11 | 6:45pm - 7:45pm**

### Vinyasa Yoga

Instructor: Lisa Hasler

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. Please bring your own mat, blocks, and water bottle.

**Location: Community Activities Center Fitness Studio**

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

**#121427A1 | Sa | Jan 13 - Mar 2 | 9:15am - 10:15am**

**#121427A2 | M | Apr 1 - May 20 | 5:45pm - 6:45pm**



### ABCs of Fitness:

Instructor: Kathy Siker

### Agility Balance Cardio & Strength

Improve your cardiovascular fitness, build total-body strength and enhance your functional fitness in this 45 minute class. Channel your inner athlete, dancer, boxer – you do you and get FIT!

**Location: Simms Center Music Room**

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

**#121403A1 | M | Mar 11 - Apr 15 | 5:30pm - 6:15pm**

### Zumba

Instructor: Melissa Shank

Ditch the workout and join the party! Burn up to 600 calories/hr in fun dance routines easy enough for anyone to learn. This hour-long class is set to Latin and international beats including salsa, merengue, and cumbia. Boost self-confidence while having a blast.

**Location: Community Activities Center Fitness Studio**

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

**#121404A1 | W | Jan 17 - Feb 21 | 6:30pm - 7:30pm**

## DANCE FOR FITNESS

### Adult Ballet for Fun & Exercise

**Location: Community Activities Center Dance Studio**

**City Res \$50 | Non Res \$60**

**#120316A2 | Ages 18+ | M | Jan 8 - Mar 18 | 6:30pm - 7:15pm**

### Adult Tap for Fun & Exercise

**Location: Community Activities Center Dance Studio**

**City Res \$50 | Non Res \$60**

**#120317A1 | Ages 18+ | M | Jan 8 - Mar 18 | 7:15pm - 8:00pm**



## Winter/ Spring 2024

### Aquatics

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

## Our Winter/Spring Opportunities

### Lap Swim & Recreational Swim

Reserve a lane for a lap swim workout, available daily, or just stop in and enjoy the water during our recreation swim hours on Wednesdays and Saturdays.

### Swim Lessons

Group lessons offered on Tuesday & Thursday afternoons and Wednesday & Saturday mornings.

### Life Safety Courses

Get ready for your summer job by recertifying or getting certified in a lifeguard course. Check out our Water Safety Instructor course!

### Masters Swim

Swim team style intermediate to advanced workouts and training for adults from a US Master's Swim Coach.



## Aquatics Registration & Information:

Registration must take place online at [www.harrisonburgva.gov/program-registration](http://www.harrisonburgva.gov/program-registration) or in-person at any recreation center. If you have questions please call 540-434-0571.

**City Resident Registration December 11 | Non-Resident Registration January 2**

# WESTOVER POOL: Hours and Events

## SWIM HOURS

Open swim and lap swim hours are available 6 days a week. Please check [www.HarrisonburgVA.gov/Swimming-Pool](http://www.HarrisonburgVA.gov/Swimming-Pool) for more pool hours information.

### Recreation Swim

**January 3 - April 27**

Wednesday | 9:30am - 11:30am

Saturday | 12:00pm - 5:00pm

### Lap Swim Hours

**January 2 - April 27\***

Monday and Friday | 7:00am - 5:00pm\*

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

Wednesday | 12:00pm - 5:00pm\*

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

\*Lap swim until 3:00pm through mid-February due to high school swim season, meet schedule may impact hours.

### 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**

**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.

### Closures

**Thursday, November 23 - Sunday, November 26, Thanksgiving**

**Saturday, December 23 - Monday, January 1, Winter Holiday**

**Friday, March 29 - Sunday, March 31, Spring Holiday**

**Sunday, April 28, Dome Closure**

Evening and Saturday high school swim meet dates will be posted on the website once confirmed.



## POOL EVENTS

### Shiver Me Timbers Pirate Plunge

See you on Monday, January 1 as we kick off 2024 with our second annual Shiver Me Timbers Pirate Plunge! Dress up, form a team and plunge into our outdoor Olympic Pool to celebrate a new year. After plunge refreshments will be provided and Westover Pool towels are guaranteed for the first fifty participants to register.

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

**#111130A1 | Mon | Jan 1 | 9:00 AM**



### She Swims

Join us for the return of our designated women's swim evening. Lap lanes and recreational swim space will be available. Regular admission rates apply. Registration is requested.

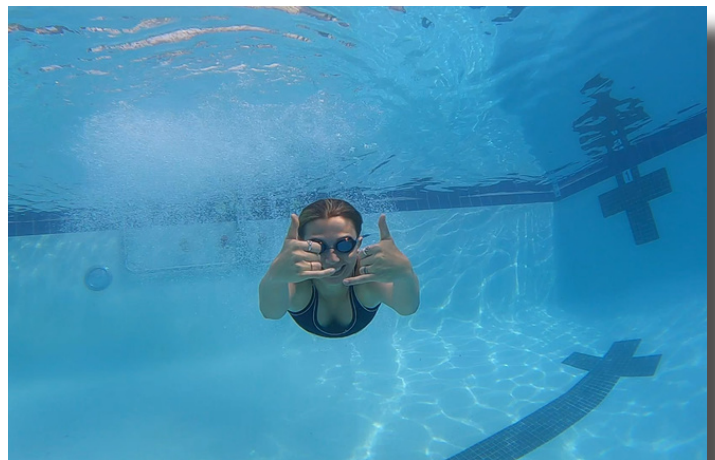
**Girls (Age 12-17) | City Res \$2 | Non Res \$4**

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

**#111131 | Wed | Feb 21 - Apr 24 | 7:30pm - 9:00pm**

### Memorial Day Weekend

Kick off the unofficial start of summer at our outdoor pools! Pool admissions discounts for veterans applied Saturday, May 25th through Monday, May 27th.



# WESTOVER POOL: Group Swim Lessons

## HERMIT CRAB: PARENT/TOT LEVEL 1

For tots ages 6 months to 1.5 years with their parents, these classes introduce you both to basic water safety and give you the tips you need to create your own water fun. Swim diapers are required. Lessons consist of 2, 30-minute classes.

**Open to City Residents Dec 11 | Non-Residents Jan 2**  
**City Residents \$5 | Non-Residents \$10**

#111100A1 | Wed | Jan 10 and Jan 17 | 11:15am - 11:45am  
#111100A2 | Wed | Mar 6 and Mar 13 | 10:30am - 11:00am  
#111100A3 | Wed | Mar 6 and Mar 13 | 11:15am - 11:45am

## 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 6, 30-minute classes. The first 4 classes are in-water and the remaining two 30-minute lessons are in a classroom setting, parents only, and will cover general water safety and a hands-only CPR course.

**Open to City Residents Dec 11 | Non-Residents Jan 2**  
**City Residents \$20 | Non-Residents \$40**

#111101A1 | Wed | Jan 24 - Feb 28 | 11:15am - 11:45am  
#111101A2 | Wed | Mar 20 - Apr 24 | 10:30am - 11:00am  
#111101A3 | Wed | Mar 20 - Apr 24 | 11:15am - 11:45am

## SAFETY CORNER: COATS AND CAR SEATS

*Swimming with your family during the colder months is a great way to burn off extra energy! Join us during our Recreation Swim hours and enjoy our indoor pool. After, be sure to dry off well and bundle up as you head out to your vehicle. That said, remember that seat belts and car seat safety restraints are designed to be in close contact with you. While it can be safe for you and your child to wear a winter coat while in the vehicle, consider adjusting the car seat harness with your child's jacket off to endure a good fit. You can also remove the coat and after securing your child, lay the coat over your child like a blanket.*

Go to [safekids.org](http://safekids.org) to find more winter weather safety tips!



## UNICORN: PREK 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, moving in chest-deep water and basic swimming. Lessons consist of 8, 30-minute classes.

**Open to City Residents Dec 11 | Non-Residents Jan 2**  
**City Residents \$25 | Non-Residents \$50**

#111102A1 | Wed | Jan 10 - Feb 28 | 9:00am - 9:30am  
#111102A2 | Wed | Jan 10 - Feb 28 | 9:45am - 10:15am  
#111102A3 | Wed | Jan 10 - Feb 28 | 10:30am - 11:00am  
#111102A4 | Wed | Mar 6 - Apr 24 | 9:00am - 9:30am  
#111102A5 | Wed | Mar 6 - Apr 24 | 9:45am - 10:15am  
#111102B1 | Sat | Jan 13 - Mar 2 | 9:00am - 9:30am  
#111102C1 | Tue & Thurs | Feb 27- Mar 21 | 4:15pm - 4:45pm

## 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 Dec 11 | Non-Residents Jan 2**  
**City Residents \$25 | Non-Residents \$50**

#111105A1 | Sat | Jan 13 - Mar 2 | 9:00am - 9:30am  
#111105A3 | Sat | Jan 13 - Mar 2 | 10:30am - 11:00am  
#111105A4 | Sat | Jan 13 - Mar 2 | 11:15am - 11:45am  
#111105C1 | Tue & Thur | Feb 27 - Mar 21 | 4:15pm - 4:45pm

## WHALE: YOUTH LEVEL 2

Students with some group lesson experience, ages 6-10, and the ability to swim on their front and back will focus on building 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 Dec 11 | Non-Residents Jan 2**  
**City Residents \$25 | Non-Residents \$50**

#111106A1 | Sat | Jan 13 - Mar 2 | 9:45am - 10:15am  
#111106A1 | Sat | Jan 13 - Mar 2 | 9:45am - 10:15am  
#111106C1 | Tue & Thur | Apr 2 - Apr 25 | 4:15pm - 4:45pm

## MAKO: ADVANCED SWIMMER

Mako is the best fit for kids ages 5-12 who can already swim and want to learn more about swimming competitively. Mako participants will work to master freestyle and backstroke technique and gain endurance while learning breaststroke and butterfly. Diving basics and flip turns will also be part of this intro to swim team and lap swim class.

**Open to City Residents Dec 11 | Non-Residents Jan 2**  
**City Residents \$25 | Non-Residents \$50**

#111108A1 | Sat | Jan 13 - Mar 2 | 10:30am - 11:00am  
#111105A2 | Sat | Jan 13 - Mar 2 | 11:15am - 11:45am  
#111108C1 | Tue & Thur | Apr 2 - Apr 25 | 4:15pm - 4:45pm

# WESTOVER POOL: Swim Training and Lifesaving Courses

## SWIM TRAINING

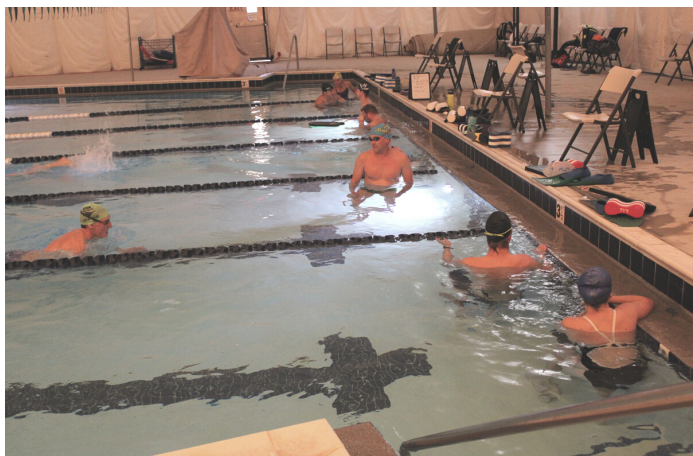
### Masters Swimming

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.

**Winter/Spring Membership**

**City Res \$75 Non-Res \$150 | Ages 18+**

**#121107A1 | Tu, W, Th | 7:00am-9:00am (January-June 30)**



### Triathlete Swim Series

Add this to your season prep! Led by a former USAT coach and race director along with local guests, this progression-based program will focus on open water technique, nutrition and mobility to help you feel ready to race. This series is great for all levels of triathlete.

**City Res \$15 | Non-Res \$30 | Ages 15+**

**#121108A1 | Wed | Apr 3, 10, 17, 24 | 6:00am-7:00am**



## LIFE SAFETY COURSES

### Hands Only CPR

Led by one of our Water Safety Instructors, this 30-minute class is designed to introduce you to the concepts of CPR and provide an opportunity to practice the skills discussed. This course is open to the parents of spring swim lesson participants and is included in registration for Barnacle.

**Open to City Residents Dec 11 | Non-Residents Jan 2**

**City Residents \$20 | Non-Residents \$40**

**#131100A1 | Wed | Feb 28 | 11:15am - 11:45am**

**#131100A2 | Wed | Apr 24 | 10:30am - 11:00am**

**#131100A3 | Wed | Apr 24 | 11:15am - 11:45am**

### Lifeguard Prerequisite Skills Test

Prerequisite skills for the lifeguard course include the following:

- 300 yard continuous swim demonstrating front crawl or breaststroke or a combination of both
- 2 minute tread using only the legs
- 1:40 timed, 10 pound brick retrieval from 7-10 feet depth

For questions, call 540-434-0571

### Lifeguard Certification Courses

The lifeguard certification course is for new lifeguards or former lifeguards with an expired certification. Online content will be assigned at least one week prior to the first day of the course and will need to be completed by the first in-person skill session. In-person skill sessions will take place over three consecutive days. Participants must be 15 by the final date of the course. Applications can be found at [harrisonburgva.gov](http://harrisonburgva.gov).

**Course Fee \$ 175 | Ages 15+**

**#131101A1 | Fri - Sun | Mar 8 - 10 | 4:00pm-9:00pm and 8:00am-6:30pm**

**#131101B1 | Fri - Sun | Apr 12 - 14 | 4:00pm-9:00pm and 8:00am-6:30pm**

**#131101C1 | Fri - Sun | May 17 - 19 | 4:00pm-9:00pm and 8:00am-6:30pm**

### Lifeguard Recertification Courses

This course is for current certified American Red Cross lifeguards and instructors or American Red Cross lifeguards and instructors with certifications expired for no more than 30 days. Review courses are one day classes. Email [Michelle.Tucker@Harrisonburgva.gov](mailto:Michelle.Tucker@Harrisonburgva.gov) to get more information and register for LGI/IT reviews.

**Course Fee \$75 | Ages 15+**

**#131102A1 | Su | Mar 10 | 8:30am-6:30pm**

**#131102B1 | Su | Apr 14 | 8:30am-6:30pm**

**#131102C1 | Su | May 19 | 8:30am-6:30pm**

### Water Safety Instructor Course

Become a swim instructor in our American Red Cross Water Safety Instructor course. This course is designed to give you the tools to teach swim lessons to a wide range of ages and abilities. Contact [Michelle.Tucker@HarrisonburgVA.gov](mailto:Michelle.Tucker@HarrisonburgVA.gov) for more details and pre-requisites.

**Course Fee \$ 175 | Ages 16+**

**#131104A1 | Sun - Fri | June 2 - 7 | 9:00am - 5:00pm (Sun) and 4:00pm - 9:00pm (Mon-Fri)**





## Winter/ Spring 2024 Special Interest & Events

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

### Our Winter/ Spring Opportunities

#### Outdoor Adventure

Try out rock climbing or head underground in a local cave!

#### Events

With events such as the Egg Hunt, Blacks Run Clean up, Sweet Heart Dance, Super Hero Party, and the Bike Rodeo, we have events for everyone!

#### Special Interest

There are several special interest activities this Spring including Lego Club and Video Game Night!



### Special Interest Registration & Information:

Registration must take place online at [www.harrisonburgva.gov/program-registration](http://www.harrisonburgva.gov/program-registration) or in-person at any recreation center. If you have questions please call 540-434-0571.

**City Resident Registration November 27 | Non Resident Registration December 11**

# SPECIAL INTEREST & EVENTS

## 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 19 | 7:00pm - 8:30pm | Simms Center**

**Sa | Feb 10 | 7:00pm - 8:30pm | Community Activity Center**

**F | March 22 | 7:00pm - 8:30pm | Simms Center**

**F | April 12 | 7:00pm - 8:30pm | Community Activity Center**

**F | May 10 | 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 opportunity 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 | Jan 17 | 1:00pm - 2:00pm | Westover Pool**

**W | Feb 21 | 1:00pm - 2:00pm | Simms Center**

**W | Mar 20 | 1:00pm - 2:00pm | Westover Gym**

**W | Apr 17 | 1:00pm - 2:00pm | Ralph Sampson Park**

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

## ADULT ENRICHMENT

### 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 Monday of each month.

**Location: Community Activities Center Conference Room**

**\$0 Members/\$1 Non-Member | Ages 15 and older**

**M | Jan 8 | 5:15pm - 6:15pm**

**M | Feb 12 | 5:15pm - 6:15pm**

**M | Mar 11 | 5:15pm - 6:15pm**

**M | Apr 8 | 5:15pm - 6:15pm**

**M | May 13 | 5:15pm - 6:15pm**

**NEW!**

### Etching for Beginners

Instructor: Bahir al Badry

Using a supplied aluminum sheet (prepared for etching), students will learn how to etch a design of their choice. The first step is to transfer the student's design to the aluminum plate. Under Bahir's guidance, the students will then etch their aluminum plate. Then students will apply acrylic color where desired.

**Location: Simms Center Art Room**

**City Res \$30 | Non Res \$35 | Ages 14+**

**#120987A1 | Sa | Feb 10 | 10:00am - 1:00pm**

## OUTDOOR ADVENTURE

### Beginner Wild Caving

A morning of learning basic caving safety, underground navigation, and some elementary limestone geology; ages 12 and older (children and 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: Bridgewater, VA**

**City Res \$32 | Non Res \$37 | Ages 12+**

**#131306A1 | Sa | Feb 24 | 8:30am - 12:00pm**

### Beginner Rock Climbing and Rappelling

A full day of learning to climb, belay, and rappel; ages 12 and older (children and 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 \$65 | Non Res \$72 | Ages 12+**

**#131372A1 | Sa | Apr 13 | 9:00am - 5:00pm**



## LIBRARY



### Honor Your Teacher

Massanutten Regional Library invites all local students in grades K-12 who attend public, private, or home schools to submit an essay recognizing a current or past teacher who has made a difference in their lives for the 27th annual Robert B. and Gladys Hopkins Strickler Honored Teacher Essay Contest. Winning essayists receive cash prizes and are invited to attend a reception honoring both them and the teachers written about. One teacher among the winning essays will receive a \$1,000 award and be named the 2024 Honored Teacher of the Year. The deadline for student essays is March 15, 2024. Find complete details on participating in the contest at [www.mrlib.org](http://www.mrlib.org).

### Meet Local Authors

Massanutten Regional Library invites you to attend the 4th Annual Rocktown Author Festival, held at Central Library in downtown Harrisonburg on Saturday, April 13, 2024 from Noon-4PM. Attendees can meet local authors, learn about and purchase their works, and have books signed by the authors. Participants can also attend two panel sessions on topics pertinent to writing and publishing. The Festival is free but registration is requested for the panel sessions. Find details at: [www.mrlib.org](http://www.mrlib.org).

**Location: Central Library**

**Sa | Apr 13 | 12:00pm - 4:00pm**

## ENVIRONMENTAL

### Blacks Run Clean Up & Arbor Day

The health of Blacks Run, our local stream that flows through the City, is in need of help! When trash and litter enter waterways, it can damage the health of aquatic life in the stream. The trash in Blacks Run can eventually make it all the way to the Chesapeake Bay. To help limit water pollution in our city and beyond, join us for our annual Blacks Run Clean Up Day. Bring a group of friends, family, or just yourself to Turner Pavilion and join our efforts in cleaning up Blacks Run. The fun doesn't stop at cleaning the stream. The annual Arbor Day celebration is at the same time.

Join in and help plant trees or clean up Blacks Run  
For more information or to sign up, go to [Cleanstream.org](http://Cleanstream.org)!

**Location: Turner Pavilion**

**Family Friendly**

**Sa | April 13 | 9:00am**



## FINANCES & HOME OWNERSHIP

### Free Housing Counseling Services

The City of Harrisonburg is hosting Southeast Rural Community Assistance Project (SERCAP), a HUD-approved housing counseling agency, to provide FREE in person housing counseling on Friday March 1st and Friday April 12th.



- HUD-approved housing counselors are specially trained, certified professionals whose job is to advocate for clients and provide unbiased guidance that empowers families and individuals to achieve their financial and homeownership goals.
- Services are free to community members of all ages and income levels.
- Individualized sessions are tailored to each client's unique needs, including a discussion of financial goals and circumstances.
- 45-minute appointments can address a range of housing-related topics, from rental concerns, to homeowner and mortgage-related questions, to potential first-time homebuyers seeking to learn more about the process and how to achieve homeownership.

One-on-one meetings with SERCAP Housing Counselor Jacob Hodges are available by appointment. To book a slot, contact Jacob at 540-345-1184 or [jhodges@sercap.org](mailto:jhodges@sercap.org).

**F | Mar 1 | Appointments between 11:00am-5:00pm | Location TBD**  
**F | Apr 12 | Appointments between 11:00am-5:00pm | Location TBD**

MARCH 23  
**EGG  
HUNT**  
10AM-12PM

[HARRISONBURGVA.GOV/EGG-HUNT](http://HARRISONBURGVA.GOV/EGG-HUNT)

Learn more on page 17

**SUPERHERO  
PARTY**



**SATURDAY, APRIL 20TH**

**3:00PM - 5:00PM**



[HARRISONBURGVA.GOV/SUPERHERO-PARTY](http://HARRISONBURGVA.GOV/SUPERHERO-PARTY)

*Save the Date!*

**SWEETHEART DANCE**

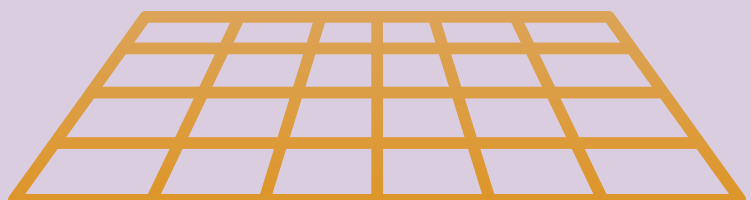
**Saturday, February 10th**

**5:00pm - 6:30pm**

Entry is \$5 per child

Snacks, Drinks, and Fun will be provided.

Preregistration is required





CITY OF HARRISONBURG  
**PARKS  
& REC**

## Spring 2024 Athletics Programs

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

### Spring Athletics Programs

#### Spring Youth Soccer

- Start Smart (ages 3-4)
- U5 Boys
- U5 Girls
- U6 Boys
- U6 Girls
- U7 Boys
- U7 Girls
- U8 Boys
- U8 Girls
- U10 Boys
- U10/U13 Girls
- U13 Boys



#### 2024 Youth Football Registration Information

Leagues are open to grades 1-6 who live in the City.



### Athletics Registration & Information

For more program information, call the Athletics Office at 540-433-9168.

Registration must take place online at [www.harrisonburgva.gov/online-registration](http://www.harrisonburgva.gov/online-registration) or in-person at any recreation center.

Follow us on Facebook at [www.facebook.com/hprathletics](http://www.facebook.com/hprathletics).

## Spring Soccer Registration Opens January 2.

## YOUTH SOCCER

[www.harrisonburgva.gov/soccer](http://www.harrisonburgva.gov/soccer)

Registration opens January 2 and closes March 15.

Leagues will consist of practices and games each week.

Shin guards are mandatory for all levels.

Call 540-433-9168 for additional information.

All activities will take place at the Smithland Athletic Complex.

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

Age is determined as of April 1.

**Specific days and times are not available at this time and are based on final registration numbers and field availability.**

**Volunteer Coaches Needed for All Levels!**

### Start Smart Soccer (Ages 3-4)

Parent/child clinic-based program that teaches the basic fundamentals of soccer. All equipment is provided.

Session 1: #210106-A1 | Apr 1 - 5 | 5:45pm-6:15pm

Session 2: #210106-A2 | Apr 1 - 5 | 6:15pm-7:00pm

### U5 Soccer League (Age 5)

Girls: #211005-A1 | Apr 8 - June 8

Boys: #211005-A2 | Apr 8 - June 8

### U6 Soccer League (Age 6)

Girls: #211006-A1 | Apr 8 - June 8

Boys: #211006-A2 | Apr 8 - June 8

### U7 Soccer League (Age 7)

Girls: #211007-A1 | Apr 8 - June 8

Boys: #211007-A2 | Apr 8 - June 8

### U8 Soccer League (Age 8)

Girls: #211008-A1 | Apr 8 - June 8

Boys: #211008-A2 | Apr 8 - June 8

### U10 Soccer League (Ages 9-10)

Skills Evaluation: March 18-21

Girls: #211009-A1 | Apr 8 - June 8

Boys: #211009-A2 | Apr 8 - June 8

### U13 Soccer League (Ages 11-13)

Skills Evaluation: March 18-21

Girls: #211010-A1 | Apr 8 - June 8

Boys: #211010-A2 | Apr 8 - June 8



## FALL YOUTH FOOTBALL INFORMATION

[www.harrisonburgva.gov/football](http://www.harrisonburgva.gov/football)

Registration opens May 27 for all leagues.

Leagues will take place between the months of August-October.

Grade determined based on 2024-2025 school year.

\$30/player - City Residents Only

**Volunteer Coaches Needed for All Leagues!**

### Flag League (Grades 1-2)

Practices begins Sept 4. Flags and jerseys will be provided.

### Junior League (Grades 3-4)

Equipment handout and conditioning begin in July. Practices begin in Aug. Equipment will be provided.

### Senior League (Grades 5-6)

Equipment handout and conditioning begin in July. Practices begin in August. Equipment will be provided.

### Middle School (Grades 7-8)

Equipment handout will take place in July. Practices begin in August. Equipment will be provided.



CITY OF HARRISONBURG  
**PARKS  
& REC**

## Winter/ Spring 2024 Youth Programming

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

### Our Opportunities

#### Pre School

During the school year we offer a morning preschool for 3 & 4 year olds.

#### Elementary

For K - 5 grade we provide an afterschool program for students enrolled in Harrisonburg City Schools and summer camp in the summer months.

#### Family Programs

Through out the winter and spring there are multiple opportunities for families to participate in activities together.

#### Toddler Programs

From Baby Explorers to our weekly toddler programs there is something each day for children 0-5.



### Youth Program Registration & Information:

For more information about our Youth Services programs visit [www.HarrisonburgVA.gov/youth-services](http://www.HarrisonburgVA.gov/youth-services) or call 540-433-2474 . Registration must take place in person at 305 South Dogwood Drive, Harrisonburg, VA 22801.

## 2024-2025 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 30 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. For more information visit [www.harrisonburgva.gov/youth-services](http://www.harrisonburgva.gov/youth-services)  
**Register in person at the Community Activities Center. Please have child's birth certificate with you.**

Registration opens February 12 for returning. February 26 for new participants

### 3-Year-Olds

**City Res Only \$35 per month | \$315 for the year**  
**#510234A | Ages 3 | Tu, Th | Sep - May | 9:30am - 12:00pm**

### 4-Year-Olds

**City Res Only \$50 per month | \$450 for the year**  
**#510234A2 | Ages 4 | M,W,F | Sep - May | 9:30am - 12:00pm**

## OUT OF SCHOOL TIME

### Kids' Night Out

Join us for Kid's Night Out! Participants will eat pizza, make a craft, and play games! Registration opens November 28 for City Residents. December 12 for non-residents.

**Location: Community Activities Center Youth Services**  
**City Res \$10| Non Res \$12 | K - 5th grade**  
**#110950A2 | F | Jan 26 | 5:45pm - 8:00pm**  
**#110950A3 | F | Feb 16 | 5:45pm - 8:00pm**  
**#110950A4 | F | May 17 | 5:45pm - 8:00pm**

### 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 2023 participants and siblings - March 11  
 After School 2023-2024 participants and siblings - March 18  
 New participants - March 25

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

## TODDLER

### Baby Explorers

Instructor: Sarah Selznick

Baby Explorers is a joyful and interactive class for babies and their caregiver. In this class we will utilize play, song, breath, and movement to engage with baby and support their development towards reaching, rolling, and moving. Caregivers will gain confidence, knowledge, and support to engage with their baby and support their infant's unique development.

No class on March 28.

**Location: Community Activities Center Tumbling Room**  
**City Res \$45 | Non Res \$50 |**

**Ages 6 weeks to pre-crawling**  
**#110615A1 | Th | Mar 7 - Apr 18 | 9:00am - 10:00am**

**Ages 6 months to early-walkers**  
**#110615A2 | Th | Mar 7 - Apr 18 | 10:00am - 11:00am**

### Tumbling/ Free Movement

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**  
**M, F, Sa | Jan 5 - May 31 | 9:00am - 12:00pm**  
**M, Tu, W, Th, F | Jan 2 - May 31 | 4:00pm - 6:00pm**

### 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. Starts September 6.

**\$0 Members/\$1 Non-Member | Ages 5 and younger**  
**Location: CAC and Simms Center**  
**Wednesdays 10:00am - 12:00pm - Community Activities Center**  
**Thursdays 12:00pm - 2:00pm - Simms Center**  
**Fridays 10:00am - 12:00pm - Simms Center**

### Parent Tot Free Play

Instructor: Harriet Flynn

Parks and Recreation staff provide building blocks, art supplies, and other free play materials.

**\$0 Members/\$1 Non-Member | Ages 5 and younger**  
**Location: Simms Center Art Room**  
**Tuesdays 9:30am - 11:00am**

### Parent Tot Enrichment

Join our staff as they lead you through an organized story and craft time. There will also be time for some free play. This will take place the 2nd Thursday of the month.

**\$0 Members/\$1 Non-Member | Ages 2-5**  
**Location: Community Activities Center Preschool Room**  
**Th | Jan 11 | 1:00pm - 1:45pm**  
**Th | Feb 8 | 1:00pm - 1:45pm**  
**Th | Mar 14 | 1:00pm - 1:45pm**

## BIRTHDAY PARTY PACKAGES

# Coming Soon, stay tuned!



## EVENTS

### 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 9th or once registration capacity is reached. There is an event limit of 75 couples.

**Location: Community Activities Center Gymnasium**  
**\$5 per child | Ages Kindergarten to 5th grades**  
 #110805A1 | Sa | Feb 10 | 5:00pm - 6:30pm

### Superhero Party

Bring your superhero to the Community Activities Center for a fun filled superhero party! Superhero themed music, games, crafts, inflatable obstacle course, and photo opportunity. One adult may bring multiple children, but each child must be registered. Registration ends March 1 or once registration capacity is reached. There is an event limit of 50 couples.

**Location: Community Activities Center Gymnasium**  
**\$5 per child | Ages 3 to 11**  
 #110800A1 | Sa | Apr 20 | 3:00pm - 5:00pm

### 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 10am and 12pm and find 10 eggs to collect your prize!

**Location: Simms Center & Community Activities Center**  
**Free | Ages 0 to 5th grade**  
 Sa | March 23 | 10:00am - 12:00pm

### Eggstraordinary Egg Hunt

Join us for our an 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. Drop in any time between 10am and 12pm and find 10 eggs to collect your prize!

**Location: Simms Center Gymnasium**  
**Free | Ages 0 to adult**  
 Sa | March 23 | 10:00am -12:00pm

### 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. Helmets are required by law in Harrisonburg for anyone 14 years of age or younger.

For more information visit [harrisonburgva.gov/pop-up-parks-hillandale](http://harrisonburgva.gov/pop-up-parks-hillandale)  
**Sa | May 4 | 9:30am - 12:00pm | Hillandale Park**

## PROGRAMS

### Lego Club - Youth

Instructor: Harriet Flynn

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.  
 No club March 26

**Location: Simms Center Art Room**  
**City Res \$5| Non Res \$10 | Ages 8 - 12**  
 #110940A1 | Tu | Jan 9 - Feb 13 | 5:00pm - 6:00pm  
 #110940A2 | Tu | Feb 27 -Apr 9 | 5:00pm - 6:00pm

### Creator Space

Instructor: Harriet Flynn

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. We will meet the second Wednesday of the month.

**Location: Simms Center Art Room**  
**\$0 Members/\$1 Non-Member | Ages 5 and older**  
 W | Jan 10 | 4:00pm - 6:00pm  
 W | Feb 14 | 4:00pm - 6:00pm  
 W | Mar 13 | 4:00pm - 6:00pm  
 W | Apr 10 | 4:00pm - 6:00pm

### Family Movie Night

It's movie night! Bring your favorite blanket and we will provide the popcorn. First Friday of the month.

**Location: Simms Center Auditorium**  
**Membership or daily fee**  
 F | Jan 5 | 6:00pm - 8:00pm  
 F | Feb 2 | 6:00pm - 8:00pm  
 F | Mar 1 | 6:00pm - 8:00pm  
 F | Apr 5 | 6:00pm - 8:00pm  
 F | May 3 | 6:00pm - 8:00pm

### Board Game & Video Game Night

Switch up the Friday routine and bring the family to the Simms Center for Family Game Night and Video Game Night. We will have a variety of board games for you to pick from as well as PS5 games like NBA2K, Madden, MLB the Show, and more! Come out and have some fun!

**Location: Simms Center Conference Room**  
**Membership or daily fee**  
 F | Jan 19 | 6:00pm - 8:00pm  
 F | Feb 16 | 6:00pm - 8:00pm  
 F | Mar 15 | 6:00pm - 8:00pm  
 F | Apr 19 | 6:00pm - 8:00pm  
 F | May 17 | 6:00pm - 8:00pm



CITY OF HARRISONBURG  
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## Winter/ Spring 2024 Dance Program

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

### Our Winter/ Spring Opportunities

#### 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 Jazz, Ballet/Tap, and Youth Modern.

#### Advanced Dance

Advanced and Upper-Level Advanced dance classes for youth including Advanced Ballet, Advanced Jazz, Teen/Pre-teen Tap & Musical Stage, Advanced Ballet & Pointe, and Advanced Modern/Lyrical.

#### Blue Crew

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

#### Adult Dance

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



### Dance Registration & Information:

For more information about our Dance program visit [www.HarrisonburgVA.gov/Dance](http://www.HarrisonburgVA.gov/Dance) or call 540-433-2474 . Registration must take place online at [www.harrisonburgva.gov/program-registration](http://www.harrisonburgva.gov/program-registration) or in-person at any recreation center.

**City Resident Registration November 27 | Non Resident Registration December 11**

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

Additional Information: [www.HarrisonburgVA.gov/Dance](http://www.HarrisonburgVA.gov/Dance)

**All classes take place at the Community Activities Center Dance Studio**

**No classes:**

**January 15 (MLK Day)**

**March 25 - March 30 (Spring Break)**

Youth classes run 16 weeks. Please note that there is an extra week built in to be used as bank days if any classes get cancelled due to inclement weather.

Adult classes run 10 weeks.

## YOUNG CHILDREN'S DEVELOPMENTAL DANCE

### Music & Movement

City Res \$75| Non Res \$90

#110301A1| Ages 3.5-4.5 | M | Jan 8 - May 6 | 4:30pm - 5:00pm  
 #110301A2| Ages 3.5-4.5 | F | Jan 12 - May 3 | 4:30pm - 5:00pm  
 #110301A3| Ages 3.5-4.5 | Sa | Jan 13 - May 4 | 10:30am - 11:00am

### Pre Ballet & Creative Movement

City Res \$75| Non Res \$90

#110303A1 | Ages 4.5-6 | M | Jan 8 - May 6 | 5:00pm - 5:30pm  
 #110303A2 | Ages 4.5-6 | W | Jan 10 - May 1 | 4:30pm - 5:00pm  
 #110303A3 | Ages 4.5-6 | F | Jan 12 - May 3 | 5:15pm - 5:45pm  
 #110303A4 | Ages 4.5-6 | Sa | Jan 13 - May 4 | 11:15am - 11:45am

## BEGINNER DANCE

### Jazz II/III

City Res \$75| Non Res \$90

#110302A1 | Ages 6.5 - 8 | T | Jan 9 - Apr 30 | 4:30pm - 5:15pm

### Ballet/Tap I/II

City Res \$75| Non Res \$90

#110304A1 | Ages 6 - 7 | M | Jan 8 - May 6 | 5:30pm - 6:15pm  
 #110304A2 | Ages 6 - 7 | Th | Jan 11 - May 2 | 4:30pm - 5:15pm

### Ballet/Tap III/IV

City Res \$75| Non Res \$90

#110307A1 | Ages 7 - 8 | Th | Jan 11 - May 2 | 5:15pm - 6:00pm

## TUMBLING ROOM

### Tumbling/ Free Movement Drop In

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 | 5 and younger**  
 M, F, Sa | Jan 5 - May 31 | 9:00am - 12:00pm  
 M, Tu, W, Th, F | Jan 2 - May 31 | 4:00pm - 6:00pm

## INTERMEDIATE/ ADVANCED DANCE

### Youth Modern

City Res \$75| Non Res \$90

#110319A1 | Ages 9+ | W | Jan 10 - May 1 | 6:00pm - 6:45pm

### Intermediate/ Advanced Jazz

City Res \$75| Non Res \$90

#110320A1 | Ages 9+ | T | Jan 9 - Apr 30 | 5:15pm - 6:00pm

### Intermediate/ Advanced Ballet

City Res \$75| Non Res \$90

#110305A1 | Ages 8-11 | W | Jan 10 - May 1 | 5:15pm - 6:00pm

### Teen/ Preteen Tap & Musical Stage

Taking ballet, jazz, or modern is recommended

City Res \$75| Non Res \$90

#110325A1 | Ages 10+ | W | Jan 10 - May 1 | 7:30pm - 8:15pm

### Advanced Ballet

City Res \$75| Non Res \$90

#110308A1 | Ages 11 + | W | Jan 10 - May 1 | 6:45pm - 7:30pm

## UPPER-LEVEL ADVANCED

Upper-level advanced classes have skill requirements. If you are new to this dance program please email the dance coordinator at [Cynthia.Marafino@HarrisonburgVA.gov](mailto:Cynthia.Marafino@HarrisonburgVA.gov)

### Advanced Jazz

City Res \$75| Non Res \$90

#110330A1 | Tu | Jan 9 - Apr 30 | 7:15pm - 8:00pm

### Advanced Ballet & Pointe

City Res \$75| Non Res \$90

#110324A1 | Th | Jan 11 - May 2 | 6:00pm - 7:00pm

### Advanced Modern/ Lyrical

City Res \$75| Non Res \$90

#110329A1 | Th | Jan 11 - May 2 | 7:00pm - 8:00pm

### Blue Crew Dance

Students must be enrolled in at least two advanced classes per week. One of these classes must be an upper-level ballet or jazz class. Students must plan to be enrolled in both the Fall and Winter/Spring as we create group choreography to be performed.  
 #310317A1 | Tu | Sep 12 - Apr 30 | 6:15 - 7:15 pm

## ADULT DANCE

### Adult Ballet for Fun & Exercise

City Res \$50 | Non Res \$60

#120316A2 | Ages 18+ | M | Jan 8 - Mar 18 | 6:30pm - 7:15pm

### Adult Tap for Fun & Exercise

City Res \$50 | Non Res \$60

#120317A1 | Ages 18+ | M | Jan 8 - Mar 18 | 7:15pm - 8:00pm

## DANCE CONCERT

Additional information will be handed out in class throughout the session.

### Dress Rehearsal Early Show

Location: Harrisonburg High School  
 W | May 8 | 5:30pm

### Dress Rehearsal Late Show

Location: Harrisonburg High School  
 Th | May 9 | 5:30pm

### Dance Concert

Location: Harrisonburg High School  
 Sa | May 11 | 1:00pm & 7:00pm



## Winter/ Spring 2024

### 50 & Wiser Programs

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

## Our Winter/ Spring 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!

### 50 & Wiser 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 spring!



## 50 & Wiser Registration & Information:

For more detailed information about our 50 & Wiser programs, please contact Lynn Hoy at 540-432-7799 or email [Lynn.Hoy@harrisonburgva.gov](mailto:Lynn.Hoy@harrisonburgva.gov).

**City Resident Registration November 27 | Non Resident Registration December 11**

NEW!

## Moving & Grooving

Instructor: Cory Jeffries  
Perfect for beginners and focuses on improving your mobility and overall fitness. Classes include flexibility exercises, gentle strength training, and aerobic walking. All you need to get started are comfy clothes and sneakers. Join us on the path to better health and increased activity – it's perfect for beginners like you!

Students will be required to purchase adjustable ankle weights up to 5lbs and exercise bands, details will be provided the first class.

**Location: Lucy F. Simms Center Auditorium**

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

**#140514A1 | Tu, Th | Jan 9 - Feb 15 | 9:00am - 9:45am**

**#140514A2 | Tu, Th | Feb 27 - Apr 4 | 9:00am - 9:45am**

## 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.

**Location: Lucy F. Simms Center Auditorium**

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

**#140514A3 | Tu, Th | Jan 9 - Feb 15 | 10:00am - 11:30am**

**#140514A4 | Tu, Th | Feb 27 - Apr 4 | 10:00am - 11:30am**

**#140514A5 | Tu, Th | Apr 16 - May 23 | 10:00am - 11:30am**

## Cardio and Strength

Instructor: Cory Jeffries  
Stretch, strengthen, and get fit! This class works the heart, muscles, and more. Variety and fun guaranteed. Intermediate/Advanced fitness levels. Please bring your own exercise or yoga mat to class.

**Location: Community Activities Center Fitness Studio**

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

**#140500A1 | Tu, Th | Jan 9 - Feb 15 | 5:30pm - 6:15pm**

**#140500A2 | Tu, Th | Feb 27 - Apr 4 | 5:30pm - 6:15pm**

**#140500A3 | Tu, Th | Apr 16 - May 23 | 5:30pm - 6:15pm**

## Beginner Pickleball Clinic

Pickleball is fun for all ages! Over the 4 weeks you will learn the ins and outs of everything Pickleball. We will provide paddles and balls.

**Location January: Community Activities Center Gymnasium**

**Location April: Morrison Pickleball Complex**

**City Res \$8 | Non Res \$12 | Ages 50+**

**#140584A1 | Sa | Jan 13 - Feb 3 | 2:30pm - 4:30pm**

**#140584A2 | Sa | Apr 27 - May 18 | 3:00pm - 5:00pm**

## Gentle Stretch

Instructor: Cheryl Foster  
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. At the end of class, weather and schedule permitting, we will walk in the park for about ½ hour.

**Location: Community Activity Center Fitness Studio**

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

**#140505A1 | M, W | Jan 8 - Feb 21 | 9:00am - 9:30am**

**#140505A2 | M, W | Mar 4 - Apr 10 | 9:00am - 9:30am**

## Zumba Gold

Instructor: Melissa Shank  
Focusing on cardio and muscular conditioning as well as balance and flexibility, Zumba Gold customizes the original moves of Zumba to a lower intensity. Come ready to sweat and leave feeling empowered and energized for your day!

**Location: Lucy F. Simms Center Auditorium**

**City Res \$30 | Non Res \$35 | Ages 40+**

**#140502A1 | Tu, Th | Jan 16 - Mar 7 | 4:30pm - 5:30pm**

**#140502A2 | Tu, Th | Mar 19 - May 9 | 4:30pm - 5:30pm**

## 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. Class may also incorporate some chair yoga exercises. Please bring your own yoga mat and yoga block to class.

No class January 23

**Location: Price Rotary Senior Center**

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

**#140525A1 | Tu | Jan 2 - Feb 13 | 3:00pm - 4:00pm**

**#140525A2 | Tu | Mar 5 - Apr 9 | 3:00pm - 4:00pm**

**#140525A3 | Tu | Apr 23 - May 28 | 3:00pm - 4:00pm**

## 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, increased 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 | Tu | Jan 9 - Feb 13 | 1:30pm - 2:15pm**

**#140512A2 | Tu | Mar 5 - Apr 9 | 1:30pm - 2:15pm**

**#140512A3 | Tu | Apr 23 - May 28 | 1:30pm - 2:15pm**

NEW!

## Yogalates

Instructor: Dana Neff  
Yogalates is a fusion of Yoga and Pilates. Essentially, it is a movement system that stretches & strengthens all of the major muscles while also calming the mind. Attention is paid to building strength and endurance. As in Pilates, resistance bands can be used.

**Location: Price Rotary Senior Center**

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

**#140513A1 | Th | Jan 11 - Feb 15 | 1:30pm - 2:15pm**

**#140513A2 | Th | Mar 7 - Apr 11 | 1:30pm - 2:15pm**

**#140513A3 | Th | Apr 25 - May 30 | 1:30pm - 2:15pm**

## Tai Chi for Arthritis and Fall Prevention

Instructor: Marissa Lutz  
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 Tai Chi for Arthritis and Fall Prevention is similar to that of walking.

To register call VPAS at 540-615-5341 or visit

<https://www.vpas.info/event-calendar> and select the program on Feb 2

No class on 3/29

**Location: Prince Rotary Senior Center**

**Free | Ages 60+**

**F | Feb 2 - May 24 | 8:45am - 9:45am**



## Beginner to 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.

No class February 22

**Location: Price Rotary Senior Center**

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

**#140571A1 | Tu | Jan 9 - Jan 30 | 11:00am - 1:00pm**

**#140571A2 | W | Feb 7 - Feb 28 | 9:00am - 11:00am**

## Advanced Crochet

Instructor: Meki Shifflett

New stitches and projects will be taught.

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

**Location: Price Rotary Senior Center**

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

**#140571A3 | Tu | Feb 6 - Feb 27 | 11:00 am - 1:00pm**

## 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**

## 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. New session starts January 4 but we are always needing substitutions for teams each week - so just come and check us out.

**Location: Valley Lanes**

**City Res/Non Res \$11 | Ages 50+**

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

## 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. Since 1st Monday in January is a holiday, we will meet on 2nd Monday, January 8 at 3pm. We will be discussing "Lessons in Chemistry" by Bonnie Garmus.

Contact [Lynn.Hoy@HarrisonburgVA.gov](mailto:Lynn.Hoy@HarrisonburgVA.gov) to register.

**Location: Price Rotary Senior Center**

**Free | Ages 50+**

**First Monday of Month 3:00pm - 4:30pm**

## Monday Afternoon Matinee

The 1st Monday of each month we will be showing a movie at the Price Rotary Senior Center! Please contact [Lynn.Hoy@HarrisonburgVA.gov](mailto:Lynn.Hoy@HarrisonburgVA.gov) for the title each month.

**Location: Price Rotary Senior Center**

**Free | Ages 50+**

**First Monday of Month (no movie in January) 12:30-2:30pm**

## 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](mailto:Lynn.Hoy@harrisonburgva.gov) if you are planning on attending by the Friday before. Everyone orders off the menu.. Contact [Lynn.Hoy@HarrisonburgVA.gov](mailto:Lynn.Hoy@HarrisonburgVA.gov) to register.

**Ages 50+**

**Jan 10 - Capital Waffle Shop - 50 S Mason St #120, Harrisonburg**

**Feb 7 - Magpie Diner - 85 W Gay St, Harrisonburg**

**Mar 13 - Cracker Barrel - 121 Pleasant Valley Rd, Harrisonburg**

**Apr 10 - The Galley Diner - 2430 S Main St, Harrisonburg**

**May 8 - Thunderbird Cafe - 42-A Island Ford Rd, McGaheysville**

## 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](mailto:Lynn.Hoy@HarrisonburgVA.gov) to register.

**Ages 50+**

**Jan 25 - Cuban Burger - 70 W Water St, Harrisonburg**

**Feb 22 - Oriental Cafe - 63 University Blvd, Harrisonburg**

**Mar 22 - Overlook Produce - 609 Friends Church Rd, Mt. Crawford**

**Apr 18 - Taste of India - 498 University Blvd, Harrisonburg**

**May 23 - Clementine Cafe - 153 S Main St, 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 on a fun day trip, 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](mailto: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 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. To register call VPAS at 540-615-5341. For more information check [vpas.info/vpas-cafes](http://vpas.info/vpas-cafes)

**Location: Price Rotary Senior Center**

**Free (Registration Required) | Ages 60+**

**First and Third Monday of Month (except holidays) 10am - 12pm**

## Aging with Confidence

The 3rd Monday VPAS will lead educational programs for a wide range of topics. This is a partnership between Parks and Recreation and VPAS. To register contact Diane Sena or Linda Nipe at 540-615-5341 or visit <https://www.vpas.info/event-calendar> and select the program you are interested.

**Location: Price Rotary Senior Center**

**Free (Registration Required) | Ages 60+**

**Third Monday of Month 2pm - 3pm**



# HERITAGE OAKS GOLF COURSE

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).

A Bill Love design that caters to golfers of all levels and abilities, Heritage Oaks has been a Shenandoah Valley staple since 2001 and continues to be recognized as one of the best in the Valley and in Virginia. Make tee times online at [www.heritageoaksgolf.com](http://www.heritageoaksgolf.com) or by calling 540-442-6502.



## RATES & HOURS

Visit [www.HeritageOaksGolfVA.com](http://www.HeritageOaksGolfVA.com)  
for rates and Golf Course hours

## PROGRAMS & LEAGUES

For Program, Tournament, Lesson, and  
League Information:

Visit [www.HeritageOaksGolfVA.com](http://www.HeritageOaksGolfVA.com)  
or Call Heritage Oaks Golf Course Pro Shop  
540-442-6502

[firstteeshenandoahvalley.org](http://firstteeshenandoahvalley.org)  
[thefirstteeharrisonburgva@gmail.com](mailto:thefirstteeharrisonburgva@gmail.com)  
540-437-4239

To impact the lives of young people by providing educational programs that build character, instill life-enhancing values and promote healthy choices through the game of golf.

**Register for Classes with The First Tee!**

Online: [firstteeshenandoahvalley.org](http://firstteeshenandoahvalley.org)  
By Phone: 540-437-4239  
In Person: 690 Garbers Church Road  
Scholarships Available!

# RECREATION CENTERS

## LUCY F. SIMMS CENTER (SIMMS)

### Programs

- Pound..... 4
- ABCs of Fitness..... 4
- Lego Club (Kids)..... 17
- Moving and Grooving..... 21
- Zumba Gold..... 21

### Hours

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

### Drop In Programs

- Parent Tot Playtime..... 16
- Parent Tot Free Play... 16
- Video Game & Boardgame Night..... 17
- Creator Space..... 17
- Family Movie Night..... 17

### Open Gym

- Basketball
- Pickleball



Visit [HarrisonburgVA.Gov/simms-center](http://HarrisonburgVA.Gov/simms-center) for open gym hours

## CECIL F. GILKERSON COMMUNITY ACTIVITIES CENTER (CAC) & WESTOVER POOL

### Programs

- Yoga..... 4
- Pop Pilates..... 4
- Zumba..... 4
- Swimming Lessons..... 7
- Afterschool (ASA)..... 16
- Summer Camp (SOAR)..... 16
- Preschool..... 16
- Baby Explorers..... 16
- Dance..... 18
- Cardio and Strength..... 20
- Gentle Stretch..... 20

### Hours

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

### Drop In Programs

- Lap Swim..... 6
- Recreation Swim..... 6
- Canteen..... 10
- Lego Club (Adult)..... 10
- Parent Tot Playtime..... 16
- Parent Tot Enrichment... 16
- Tumbling Room..... 16

### Open Gym

- Basketball
- Volleyball
- Pickleball



Visit [HarrisonburgVA.Gov/community-activities-center](http://HarrisonburgVA.Gov/community-activities-center) for open gym hours  
Visit [HarrisonburgVA.Gov/swimming-pool](http://HarrisonburgVA.Gov/swimming-pool) for pool hours

## PRICE ROTARY SENIOR CENTER

### Programs

- Yoga..... 21
- Pilates..... 21
- Yogalates.... 21
- Tai Chi..... 21
- Crochet..... 22

### Drop In Programs

- Craft and Chat..... 22
- Book Club..... 22
- Monday Afternoon Matinee... 22
- VPAS Cafe..... 22
- Aging with Confidence..... 22

### Hours

Open during scheduled programs





# REGISTRATION INFORMATION



## HOW DO I REGISTER?

### Register Online through WebTrac

To create an online WebTrac account, visit [webtrac.harrisonburgva.gov](http://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/program-registration](http://www.harrisonburgva.gov/program-registration).

### 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 11-October 31. Only one permit is issued for the entire day from 10am-6pm for \$35. For more information, please visit [www.harrisonburgva.gov/shelters](http://www.harrisonburgva.gov/shelters).

## PAYMENT DETAILS

### PAYMENT METHODS

CASH | CHECK | VISA | MASTERCARD | DISCOVER | AMERICAN EXPRESS  
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/Program-Registration](http://www.HarrisonburgVA.gov/Program-Registration).

### 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.