CITY OF HARRISONBURG
PARKS & REC

Summer 2023 Programs

June - August

Swim Lessons- 7

Art in the Park- 9

Dance Camp -18

Zumba Gold- 20

Program Registration
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

Sandra Bopp
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
TWITTER
@HburgParks
INSTAGRAM
@HarrisonburgParks

What's Inside...

Pages 3 - 4	Fitness & Nutrition
Page 5 - 8	Aquatics
Pages 9 - 12	Special Interest & Events
Page 13 - 14	Athletics
Pages 15 -16	Youth Programming
Page 17 - 18	Dance
Page 19 - 21	50 & Wiser
Page 22 - 23	Heritage Oaks Golf Course
Page 24	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

All memberships run January 1 to December 31. Half-year memberships run 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

CITY OF HARRISONBURG
PARKS & REC

Summer 2023
Fitness & Nutrition

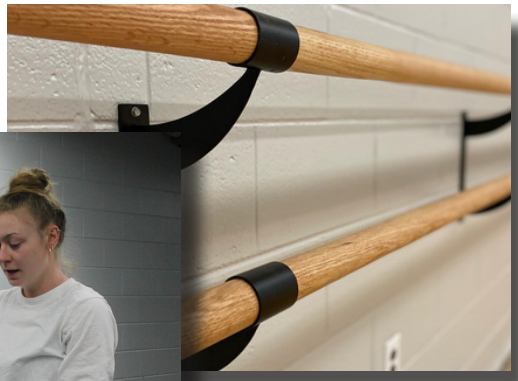
Harrisonburg Parks and Recreation presents you with a wealth of fitness opportunities!
Check out what is new!

Our Summer Opportunities

Fitness & Nutrition

Enhance your fitness routine with our Yoga, Zumba, Pilates,

Adult Ballet, Adult Tap, Master Swim or try out Lunch and Burn!



Fitness Registration & Information:

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

City Resident Registration April 24| Non Resident Registration May 8

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.

Location: Community Activities Center Fitness Studio
City Res $17| Non Res $22 | Ages 18+
#221428A1 | Th | Jun 15 - Jul 20 | 7:00pm - 7:30pm

Zumba Toning
NEW!
Instructor: Melissa Shank

Focusing on cardio and muscular conditioning as well as balance and flexibility. The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Come ready to sweat!

No class July 4
Location: Simms Auditorium
City Res $30| Non Res $35 | Ages 18+
#220933A1 | Tu, Th | Jun 6 - Jul 13 | 5:30pm - 6:30pm

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.

No Class June 19
Location: Community Activities Center Fitness Studio
City Res $30 | Non Res $35 | Ages 18+
#221427A1 | M | Jun 5 - Jul 31 | 5:45pm - 6:45pm

Lunch and Burn
NEW!
Instructor: Cory Jeffries

Come join us for our brand-new summer indoor fitness series. During your lunch break Cory will lead a group exercise session. All levels of fitness are welcome to this program. Please wear workout-appropriate attire, bring a exercise or yoga mat, and water bottle. Be ready to earn your burn!! Locker room and showers are available.

No class June 19
Location: Simms Center Gymnasium and Fitness Room
City Res $20| Non Res $25 | Ages 18+
#221433A1 | M | June 5 - July 17 | 12:15pm - 1:00pm

FITNESS AT WESTOVER POOL

Masters Swim
Instructor: Patrick O'Neill

Swim team style practice for adults 18+. Join to improve your swimming, learn new techniques, get in shape, or take your current workouts to the next level. Participants can come to as many practices as they choose per month. Practice will be held Tuesday through Thursday 7:00am-9:00am. Seasonal membership to Masters Swimming is required, no additional pool membership necessary.

Summer Season Membership
City Res $75| Non-Res $100 | Ages 18+
#221107A1 | Tu, W, Th | 7:00am - 9:00am (July - Sept)

Aqua Zumba

Move and groove in this hour long aqua fitness class. The water will provide great resistance while reducing impact on your joints as you soak up some vitamin D during this summer offering. Sun protection is recommended.

No class August 12
City Res $30 | Non-Res $60
#231108A1 | Sa | Aug 5 - Sep 16 | 10:00am-10:45am

SUP Yoga

Do you love the water and yoga? Why not put them together and try yoga on one of our stand-up paddleboards! Boards are anchored to lane lines to increase stability but you still get the benefit of balance and movement while you breathe through this basic yoga class with a twist. Be ready to stretch and make a splash at one of our drop-in classes.

Class size limited to 6 participants.
Member Free | Non-Member $5
#221413A1 | Sa | Aug 5 | 9:00am-10:00am
#221413A2 | Sa | Sep 2 | 9:00am-10:00am

SELF-CARE

Self-Care 101
NEW!
Instructor: Dabney Vaccaro

Are you having trouble taking care of you? In the busyness of life, the one that often gets overlooked are the care GIVERS! In this workshop, learn fun and practical ways to develop a self-care regimen. Learn how to set boundaries, make a facial cream and bath or shower fizzy. "Self-care is giving the world the best of you instead of what's left of you." ~ Katie Reed

Location: Lucy F. Simms Center Room 101
City Res $20 | Non Res $25 | Ages 13+
#220705A1 | Th | Jun 1 | 6:30pm - 8:00pm

DANCE FOR FITNESS

Adult Ballet for Fun & Exercise
Location: Community Activities Center Dance Studio
City Res $25 | Non Res $30 | Ages 18+ | No class June 19
#220316A1 | M | June 5 - July 10 | 6:30pm - 7:15pm

Adult Tap for Fun & Exercise
Location: Community Activities Center Fitness Studio
City Res $25 | Non Res $30 | Ages 18+ | No class June 19
#220317A1 | M | June 5 - July 10 | 7:15pm - 8pm

CITY OF HARRISONBURG
PARKS & REC

Summer 2023

Aquatics

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

Our Summer Opportunities

Lap Swim & Recreational Swim

Reserve a lane for a lap swim workout or just enjoy the water during our daily recreation swim hours, 12:00-7:00 beginning June 12th.

Swim Lessons

Check out HBURG SWIMS! Group lessons start as young as six months and private lessons are back! New offerings for the summer: Whale and Mako!

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 or in-person at any recreation center. If you have questions please call 540-434-0571.

City Resident Registration April 24| Non Resident Registration June 5

WESTOVER POOL: Hours and Events

SWIM HOURS

Open swim and lap swim hours are available 6 days a week now through April 29th!
Please check www.HarrisonburgVA.gov/Swimming-Pool for more pool hours information.

Recreation Swim

April 1st-April 29th
Saturday | 12:00pm - 5:00pm
Wednesday | 9:30am - 11:30am
Closed April 30th-May 26th
May 27th-May 29th
Saturday-Monday | 12:00pm - 7:00pm
June 3rd-4th
Saturday and Sunday | 12:00pm - 7:00pm
Beginning June 10th, 12:00pm-7:00pm daily

Lap Swim Hours

April 1st-April 29th
Monday and Friday | 7:00am - 5:00pm
Wednesday, 9:00am-5:00pm
Tuesday, Thursday | 6:00am - 7:00am and 9:00am- 5:00pm
Saturday | 12:00pm - 5:00pm (one lane)
Closed April 30th-May 26th
May 27th-May 29th
Saturday-Monday | 12:00pm - 7:00pm
June 3rd-4th
Saturday and Sunday | 12:00pm - 7:00pm
Beginning June 10th, 12:00pm-7:00pm daily

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
Refunds will not be issued for weather related closures or other unexpected closures. Capacity restrictions may be in place at management's discretion.

Summer Family Pool Pass

Summer pool passes are available for purchase starting Saturday, May 27th. A family pass covers two adults and up to four children residing in the same house. Additional children can be added for $15.00 each.
City Res $75.00 | Non Res $150.00

Memorial Day Weekend

Join us for the unofficial start of summer at our outdoor pools! Pool admissions discounts for Veteran's applied Saturday, May 27 through Monday, May 29 between 12:00pm and 3:00pm.

Swim Meet Closures

We anticipate closing at 4:30pm pm on the following Tuesdays for Westover Waves home swim meets:
Tuesday, June 13th
Tuesday, June 20th
Tuesday, June 27th
The Valley Swim League Championship swim meet will be hosted on Saturday, July 29th. Check our website for recreation swim details.

POOL EVENTS

School's Out Summer Kick-Off!

Officially kick off summer break with free admission on Saturday, June 10th! Enjoy a great day with our aquatics team. We will host activities, give-aways and take song requests from 12:00pm-7:00pm. We can't wait to spend this summer with you!

Kids Tryathlon

Swim, bike and run your way to fun! Open to kids ages 5 to 17. Participants will swim in our Olympic Pool then take off for a bike ride around the Westover neighborhood. The event finishes with a run through Westover Park and a finish line medal! Find more information and register at www.harrisonburgva.gov/youth-tryathlon. Registration opens May 2

Touch a Truck

Come out and see our City fire trucks and police vehicles up close and talk with our first responders! Dates will be announced on our website, www.HarrisonburgVA.gov/Swimming-Pool.

WATER SAFETY STARTS NOW!

May is traditionally recognized as water safety month, but we plan to celebrate it all summer!

Below are a 10 tips to help make your day in and around water safer:

1. Watch kids in and around all water. Weak swimmers or swimmers in flotation devices should be kept within arms reach of an adult. www.safekids.org
2. Use USCG approved flotation devices. Lifejackets are cool!
3. Designate a Water Watcher. Choose one adult in your group to be responsible for watching kids in or around water for a set amount of time and take turns. Water Watchers are not distracted by phones, books or conversations. www.safekids.org and colinshope.org
4. Enroll kids in swim lessons! Learn to swim yourself! harrisonburgva.gov/parks-recreation
5. Make sure kids do a swim test before going off the diving board or swimming in deep water. Ask a lifeguard or member of the leadership team.
6. Talk to your kids about swimming in different types of water.
7. Make sure kids and you know the limits; i.e. how deep before the water is up to their chest, eyes, etc. and set boundaries.
8. Get CPR certified and learn basic water rescue skills, www.redcross.org
9. Wear swimsuits that are neon colored: yellows, oranges and greens. Avoid white, black, grey and blue hues. alive-solutions.com
10. Wear sunscreen and clothing designed to block the sun like hats, sunglasses and UPF shirts.

BECOME A WATER WATCHER

Parents and adult family members, vow to be a Water Watcher and present your printed certificate or card for free adult pool admission that day!

Take the quiz at colinshope.org and print your certificate. You will be added to the Water Watcher Wall of Fame on their website and we will comp your adult admission the day you present your certificate. Having you around helps us keep your kids safer.

WESTOVER POOL: Pre-K Level Group Lessons

Hermit Crab: Parent and 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. Registration requested, swim diapers required. Lessons consist of 2, 30-minute classes.

Open to City Residents April 24 | Non-Residents June 5th
City Residents $5| Non-Residents $10

#211100A1 | Th | Jun 15 and Jun 22 | 11:15am-11:45pm
#211100A2 | Th | Jun 15 and Jun 22 | 11:15am-11:45pm

#211100D1 | Th | Jul 27 and Aug 3 | 10:30am-11:00am
#211100D2 | Th | Jul 27 and Aug 3 | 11:15am-11:45pm

Barnacle: Parent and Tot Level 2

Focusing on tots ages 1 - 3 years with their parents, this level will focus on early fundamental aquatic skills to prepare your child to venture into our group lessons. Registration requested and swim diapers may be required. Lessons consist of 4, 30-minute classes.

Open to City Residents April 24 | Non-Residents June 5th
City Residents $20 | Non-Residents $40

#211101A1 | Th | Jun 15-Jul 6 | 10:30am-11:00am
#211101A2 | Th | Jun 15-Jul 6 | 11:15am-11:45pm

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 one of our Water Safety Instructors: fundamental personal water safety skills, floating, moving in chest deep water and basic swimming. Lessons consist of 6, 30-minute classes.

Open to City Residents April 24 | Non-Residents June 5th
City Residents $25 | Non-Residents $50

#211102A1 | M-W | Jun 12-21 | 9:45am-10:15am
#211102A2 | M-W | Jun 12-21 | 10:30am-11:00am
#211102A3 | M-W | Jun 12-21 | 11:15am-11:45pm
#211102A4 | M-W | Jun 12-21 | 11:15am-11:45pm
#211102A5 | M-W | Jun 12-21 | 11:15am-11:45pm

#211102B1 | M-W | Jul 26 -Jul 5 | 10:30am-11:00am
#211102B2 | M-W | Jul 26 -Jul 5 | 11:15am-11:45pm
#211102B3 | M-W | Jul 26 -Jul 5 | 11:15am-11:45pm

#211102C1 | M-W | Jul 10-19 | 10:30am-11:00am
#211102C2 | M-W | Jul 10-19 | 11:15am-11:45pm

#211102D1 | M-W | Jul 24-Aug 2 | 10:30am-11:00am
#211102D2 | M-W | Jul 24-Aug 2 | 10:30am-11:00am
#211102D3 | M-W | Jul 24-Aug 2 | 11:15am-11:45pm
2#11102D4 | M-W | Jul 24-Aug 2 | 11:15am-11:45pm

Ray: Pre-K Level 2

Students with some group lesson or swimming experience, ages 3-5, will focus on confidence, water safety, breath control and rhythmic, coordinated movement in the water to develop basic front and back crawl. Lessons consist of 6, 30-minute classes.

Open to City Residents April 24 | Non-Residents June 5th
City Residents $25 | Non-Residents $50

#211103A1 | M-W | Jun 12-21 | 11:15am-11:45pm

#211103B1 | M-W | Jun 26-Jul 5 | 9:45am-10:15am
#211103B2 | M-W | Jun 26-Jul 5 | 10:30am-11:00am

#211103C1 | M-W | Jul 10- Jul 19 | 9:45am-10:15am

#211103D1 | M-W | Jul 24-Aug 2 | 10:30am-11:00am
#211103D2 | M-W | Jul 24-Aug 2 | 11:15am-11:45pm

#211103E1 | Th| Jun 15-Jul 20 | 9:45am-10:15am*
#211103E2 | Th| Jun 29-Aug 3 | 10:30am-11:00am*
***Class meets once per week**

Grouper: Pre-K Level 3

Grouper students are comfortable in the water and have mastered some basic swimming skills. Students ages 3-6 will focus on coordinated breathing techniques with front and back crawl and begin basic skills for additional strokes. Lessons consist of 8, 30-minute classes.

Open to City Residents April 24 | Non-Residents June 5th
City Residents $25 | Non-Residents $50

#211104A1 | M-Th | Jun 12-22 | 10:30am-11:00am

#211104B1 | M-Th | Jun 26-Jul 6 | 9:45am-10:15am
#211104B2 | M-Th | Jun 26-Jul 6| 11:15am-11:45pm

#211104C1 | M-Th | Jul 10-20 | 10:30am-11:00am
#211104C2 | M-Th | Jul 10-20| 11:15am-11:45pm

#211104D1 | M-Th | Jul 24-Aug 3 | 9:45am-10:15am

Safety Corner: Car Seat Checks

We will host car seat checks during the summer in tandem with our pre-k group swim lessons. Feel free to have your car seat checked or get help with installing a new one during this free event. Dates will be announced on our website, www.HarrisonburgVA.gov/Swimming-Pool.

WESTOVER POOL: Youth, Private Lessons and Fitness

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 April 24 | Non-Residents June 5th
City Residents $25 | Non-Residents $50
#211105A1 | M-Th | Jun 12 - June 22 | 9:45am-10:15am
#211105A2 | M-Th | Jun 12 - June 22 | 10:30am-11:00am

#211105B1 | M-Th | Jun 26 - Jul 6 | 10:30am-11:00am

#211105C1 | M-Th | Jul 10 - 20 | 9:45am-10:15am
#211105C2 | M-Th | Jul 10 - 20 | 10:30am-11:00am

#211105D1 | M-Th | Jul 24 - Aug 3 | 9:45am-10:15am

#211105E1 | Sa | Jun 3 - Jul 22 | 11:00am-11:30am*
***Class meets once per week**

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 a minimum of 25 yards. Lessons consist of 8, 30-minute lessons.

Open to City Residents April 24 | Non-Residents June 5th
City Residents $25 | Non-Residents $50
#211106A1 | M-Th | Jun 12 - Jun 22 | 9:45am-10:15am

#211106B1 | M-Th | Jun 26 - Jul 6 | 9:45am-10:15am

#211106C1 | M-Th | Jul 10 - Jul 20 | 9:45am-10:15am

#211106D1 | M-Th | Jul 24 - Aug 3 | 9:45am-10:15am
#211106D2 | M-Th | Jul 24 - Aug 3 | 11:15am-11:45am

#211106E1 | Sa | Jun 3 - Jul 22 | 10:15am-10:45am*
***Class meets once per week**

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 April 24 | Non-Residents June 5th
City Residents $25 | Non-Residents $50
#211108E1 | Sa | June 3 - Jul 22 | 9:30am-10:00am
#211108E2 | Th | June 15 - Aug 3 | 11:15am-11:45am

#211108C1 | M-Th | Jul 10 - Jul 20 | 11:15am-11:45am

Individual: Private or Semi-Private

Private and semi-private lessons are great for individuals of any age and ability wanting to get the benefit of learning to swim and work on specific skills without the group setting or those who don't quite fit the group classifications. Participants are paired with one of our Water Safety Instructors and lessons are tailored to your schedule and needs. 30 minute lessons offered individually or in packages of 5. *Registration for summer private and semi-private lesson will open in June.*

Ages 3 and up

Private Lessons:
City Residents $15 | Non-Residents $30
City Residents $65 for 5 | Non-Residents $130 for 5
Semi-Private Lessons, up to 2 participants:
City Residents $25 | Non-Residents $50
City Residents $100 for 5 | Non-Residents $200 for 5

Aquatic 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 on Tuesday, Wednesday, and Thursdays 7am - 9am. Seasonal membership to Masters Swimming is required, no additional pool membership necessary.

Six-Month Membership
City Res $75 Non-Res $100 | Ages 18+
#221107A1 | Tu, W, Th | 9:00am-11:00am (July-September)

Subscription

Our subscription program is for adult swimmers and triathletes looking for just a bit more without the commitment of an organized team. Tier 1 is a basic plan including weekly emailed workouts and one monthly coached session while Tier 3 includes a multi-month daily plan and up to one weekly coached session per month. Workouts and plans are developed by our coaches.
Email for more information: Michelle.Tucker@harrisonburgva.gov

Aqua Zumba

Move and groove in this hour long aqua fitness class. The water will provide great resistance while reducing impact on your joints as you soak up some vitamin D during this summer offering. Sun protection is recommended.

City Res $30 | Non-Res $60
#231108A1 | Sa | Aug 5 - Sep 16 | 10:00am-10:45am*
***No class on Saturday, August 12th**

SUP Yoga

Do you love the water and yoga? Why not put them together and try yoga on one of our stand-up paddleboards! Boards are anchored to lane lines to increase stability but you still get the benefit of balance and movement while you breathe through this basic yoga class with a twist. Be ready to stretch and make a splash at one of our drop-in classes.
Class size limited to 6 participants.

Member Free | Non-Member $5
#221413A1 | Sa | Aug 5 | 9:00am-10:00am
#221413A2 | Sa | Sep 2 | 9:00am-10:00am

CITY OF HARRISONBURG
PARKS & REC

Summer 2023
Special Interest

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

Our Summer Opportunities

Outdoor Adventure

Try out rock climbing or learn how to build a fire and navigate in the backcountry.

Art

Be inspired by the outdoors in our summer art series. There are opportunities for every age group and skill.

Pop Ups in the Park

Interested in learning more about pollinators? Want to test your bike skills? Looking for resources for your canine? Join us at one of the Pop-Up Parks this summer

Special Interest Registration & Information:

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

City Resident Registration April 24| Non Resident Registration May 8

POP UPS IN THE PARK

Bike Rodeo

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
Sa | Jun 3 | 9:30am - 12:00pm | Hillandale Park

Bark in the Park

Join us at the Smithland Road Dog park as local businesses, vets, and rescue organizations will be in attendance with purchasable goods, services, and information to provide your furry friend with a fun and healthy life. For more information visit harrisonburgva.gov/pop-up-parks-dogs
F | Jun 23 | 5:30pm - 7:30pm | Smithland Dog Park

Pollinator Hotel Workshop

Building a pollinator hotel is a great way to attract solitary bees and other pollinators to your garden. Join Public Works in building a pollinator hotel for your yard. First come, first serve with one kit given per family. Once your hotel is complete we will learn how to use iNaturalist to identify local pollinator plants.
Location: Purcell Park Shelter 3
Free | One kit per family
Tu | Jun 27 | 1:00pm - 3:00pm | Purcell Park Shelter 3

OUTDOOR ADVENTURE

Beginner Rock Climbing and Rappelling

A full day of learning to climb, belay, and rappel; ages 12 and older (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 and the Medical Form/Participant Agreement will be supplied by WILD GUYde Adventures after registration.
Location: George Washington National Forest
City Res $65 | Non Res $70 | Ages 12+
#231372A1 |Sa | Jun 24 | 9:00am - 5:00pm

Campcraft and Outdoor Survival Skills

A full day in the George Washington Ntl. Forest learning fire-building, shelter construction, and some back-country navigation skills. For ages 12 and older, and useful for hunters, day-hikers and backpackers, and anyone else who likes to wander off the beaten path! Teens may attend unaccompanied, but their transportation must be provided by a parent or guardian; after registration, WILD GUYde Adventures will supply a What to Bring list and the Medical Form/Participant Agreement to fill out
Location: George Washington National Forest
City Res $77 | Non Res $80 | Ages 12+
#231376A1 | Sa | Jul 22| 9:00am - 4:00pm

ART IN THE PARK

Art in the Park is funded by Arts Council of the Valley through their Advancing the Arts Grant.

Art in the Park - Parent/ Tot

Come join us at the City parks for creativity and art! This program is designed for children 0-5 and their adult.
Parent/ Tot art time will include supplies for children and parents to use together as well as a planned craft. Each location will have different programming. No registration needed.
For more information go to www.harrisonburgva.gov/art-in-the-park or call the Community Activities Center 540-433-2474
W | Jun14 | 9:30am - 10:15am | Westover Park Shelter 4
W | Jul 5 | 9:30am - 10:15am | Purcell Park Shelter 2
W | Jul 19 | 9:30am - 10:15am | Sampson Park Shelter 1

Art in the Park - Youth

Come join us at the City parks for creativity and art! This program is designed for children 5 to 14. Adult must stay for the duration of the program but do not need to participate.
Each location will have different programming. No registration needed.
For more information go to www.harrisonburgva.gov/art-in-the-park or call the Community Activities Center 540-433-2474
W | Jun14 | 10:45am - 11:30am | Westover Park Shelter 4
W | Jul 5 | 10:45am - 11:30am | Purcell Park Shelter 2
W | Jul 12 | 10:45am - 11:30am | Riven Rock Shelter 2
W | Jul 19 | 10:45am - 11:30am | Sampson Park Shelter 1

Art in the Park - Adult

Come join us at the City parks for creativity and art! This program is designed for adults 14 and over. Sessions will be lead by professional artist from Oasis Fine Arts & Crafts.
For more information go to www.harrisonburgva.gov/art-in-the-park or call the Community Activities Center 540-433-2474
Registration Required
#230902A1 | W | Jun 21 | 1:00pm - 4:00pm | Westover Park #1
#230902A2 | W | Jul 12 | 1:00pm - 4:00pm | Riven Rock #2
#230902A3 | W | Jul 26 | 1:00pm - 4:00pm | Hillandale #12

LIBRARY

Read with MRL

Massanutten Regional Library's annual Summer Reading Program returns June 5, 2023 and runs through July 31, 2023. Themed "All Together Now," the free reading incentive program includes special events throughout the Valley for all ages, as well as prize drawings for participants who track their reading. Special events include live musical performances, live theatre, author and book talks, special story times, and more. Learn more and signing up at www.mrlib.org.

MRL Strategic Plan

Help Shape Your Library's Future!
Massanutten Regional Library is planning for the future and needs your help. Join in our Strategic Plan 2023 process by completing a short community survey and or attending one of our Community Focus Groups held throughout the Shenandoah Valley this summer. Head to www.mrlib.org to learn more!

SPECIAL EVENTS

POLLINATOR MONTH

Guided Pollinator Walking Tour

Guided Pollinator Walking Tours with expert Mike Hott. Tour will include approximately 1 mile walk throughout downtown. Learn more and view the map at harrisonburgva.gov/pollinators

Location: Liberty Park
Free
Th | Jun 1| 10:30am - 11:30am
Th | Jun 1| 1:30pm - 2:30pm
Tu | Jun 20| 10:30am - 11:30am
Tu | Jun 20| 1:30pm - 2:30pm

Celebrating the Firefly

Enjoy the longest day of the year and the spectacle of thousands of fireflies. We will begin with a short educational session discussing the different types of fireflies in our area and why they are beneficial. As the sun sets and dusk arrives there will be the option to stroll down the paths at Heritage Oaks Golf Course and see the fireflies lighting up. Learn more at harrisonburgva.gov/firefly

Location: Heritage Oaks Golf Course
Free
W | Jun 21 | 8:30pm - 10:00pm

Lunch and Learn

Lunch and Learn Pollinator Popup Workshop at Liberty Park with expert Mike Hott. Bring Lunch. Participants will receive a free pollinator plant.

Location: Liberty Park
Free | Bring a lunch
F | Jun 23 | 11:00am - 1:000pm

Pollinator Hotel Workshop

Building a pollinator hotel is a great way to attract solitary bees and other pollinators to your garden. Join Public Works in building a pollinator hotel for your yard. First come, first serve with one kit given per family. Once your hotel is complete we will learn how to use iNaturalist to identify local pollinator plants.

Location: Purcell Park Shelter 3
Free | One kit per family
Tu | Jun 27 | 1:00pm - 3:00pm

SAVE THE DATE

21st Annual Race to Beat Breast Cancer

Save the date for October 21st for our 21st year of the Annual Race to Beat Breast Cancer 5K Run/Walk. All proceeds will once again benefit the worthy cause of the RMH Foundation for Breast Care and Treatment at the Sentara RMH Medical Center.

Sa | Oct 21

FIRE/POLICE

P.A.T.C.H Camp

Pride, Accountability, Teamwork, Courage and Honor (P.A.T.C.H.) exemplify what is expected in a police officer and this camp will allow the Harrisonburg Police Department to interact with youth in a positive, friendly environment that develops trust while focusing on those five core values. Applications are available by visiting www.harrisonburgva.gov/police

Free ages 13 - 16
Jun 26- Jun 30 | 7:45am-3:00pm

Camp L.I.T.

Have you ever wondered what it would be like to be in the fire service? This summer we have your opportunity! The Harrisonburg Fire Department and Rockingham County Fire Rescue are hosting Camp L.I.T., which stands for leadership, integrity, and trailblazer. Camp L.I.T. is designed for girls ages 14 to 16 to learn what it takes to serve their community in a rewarding career as a firefighter. Applications are available at www.harrisonburgva.gov/fire and are due May 18th.
For questions, contact Erin Stehle at 540-432-7703 or erin.stehle@harrisonburgva.gov

Free ages 14 - 16
Jul 18 - Jul 22 | 8:00am-5:00pm

Youth TryAthlon
August 12th

Our intentions are for everyone to enjoy themselves while participating in three variations of physical activity including swimming, cycling, and running.
This event is designed to be a low-key introduction to triathlons for the ages of 5-17. All finishers will receive a race completion medal. As we will post event results, we will not be awarding places.
The courses have been setup and designed to fit all levels of ability and experience. Our goal is for everyone to complete the course and take the focus away from competition.
We want participants to enjoy themselves and have the desire to participate in future events. Find more information and register at www.harrisonburgva.gov/youth-tryathlon

Registration opens May 2
Location: Westover Park
Registration before June 23 $30 (shirt included) | June 24 - July 30 $40 (shirt included) | July 31 - August 5 $40 (no shirt guaranteed) | Ages 5 - 17
Sa | Aug 12

Heritage Oaks
GOLF COURSE

2023 Heritage Cup Series

The Heritage Cup Series is a series of six events over the 2023 golf season. Players will accumulate points throughout the season based on the finished position in each event. Leader will win a new set of Srixon irons (4-PW)

April 15: 1-Player Captain's Choice
May 1: Match Play Championship Qualifying
June 10 & 11: Heritage Oaks Stroke Play Championship
July 22: 2-Player 27 Hole Championship
August 19 & 20 : Heritage Oaks Championship
September 16: 2-Player Par 3 Championship

HeritageOaksGolfVA.com

BARK IN THE PARK

JUNE 23 5:30-7:30PM

SMITHLAND DOG PARK

Join us at the Smithland Road Dog park as local businesses, vets, and rescue organizations will be in attendance with purchasable goods, services, and information to provide your furry friend with a fun and healthy life.

HARRISONBURGVA.GOV/POP-UP-PARKS-DOGS

CITY OF HARRISONBURG
PARKS & REC

Summer/Fall 2023 Athletics Programs

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

Summer/Fall Athletics Programs

Youth Volleyball
This introductory league is open to ages 8-12.

Summer Basketball
League is open to ages 9-12 who live in the City.

Start Smart Sports
Parent/child based instructional sport-specific clinics for ages 3-4.

Fall Youth Soccer
Leagues are open to children ages 3-12.

Fall Youth Football
Leagues are open to ages 5-12 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/program-registration or in person at any recreation center. Follow us on Facebook at www.facebook.com/hprathletics.

Summer Athletic Program registration opens April 24.

Fall Athletic Program registration opens May 30.

YOUTH VOLLEYBALL

www.harrisonburgva.gov/volleyball

Our Summer Recreation Volleyball League returns this year. This league is designed to introduce and develop the basic fundamentals of volleyball in a non-competitive setting. Participants will be placed on teams by the program administrator and led by volunteer coaches and staff. All players are required to have knee pads that must be worn during play. The deadline to register is May 26.
Age is determined as of June 1.
All activities will take place at the Community Activities Center.
$30/City - $40/Non-Res

Volunteer coaches needed for all levels!

#211050-A1 | Ages 8-10 | W, Th | Jun 14 - Jul 27
#211050-A2 | Ages 11-12 | W, Th | Jun 14 - Jul 27

SUMMER BASKETBALL

www.harrisonburgva.gov/basketball

This abbreviated Summer Basketball League will begin with two weeks of practice only, with the remaining four weeks as games only. This league is open to City Residents only, with the deadline to register being June 7. Age is determined as of June 12.
League location will be established at a later date.
$30/City

Boys: #211015-A1 | Ages 9-10 | Jun 12 - Jul 26
Boys: #211015-A2 | Ages 11-12 | Jun 12 - Jul 26
Girls: #211015-A1 | Ages 9-10 | Jun 12 - Jul 26
Girls: #211015-A2 | Ages 11-12 | Jun 12 - Jul 26

START SMART PROGRAMS

www.harrisonburgva.gov/start-smart

Start Smart programs are developmentally appropriate introductory parent/guardian-child based programs for children 3-4 years old. Pairs work together to develop individual sports-specific skills with age appropriate equipment.

Start Smart Soccer

Equipment provided for participants as they learn dribbling/ball handling, passing, shooting, and running/agility
Location: Smithland Athletic Complex
City Res $30 | Non-Res $40
#210103-A1 | M-F | 5:45pm-6:30pm | Jun 12 - 16
#210103-A2 | M-F | 6:30pm-7:15pm | Jun 12 - 16

Start Smart Baseball

Equipment provided for participants as they learn throwing, catching, batting, and running/agility. Program is a great way to prepare for tee ball.
Location: Smithland Athletic Complex
City Res $30 | Non-Res $40
#210107-A2 | T | 6:00pm-6:45pm | Jun 13 - Jul 25 (No Jul 4)

YOUTH SOCCER

www.harrisonburgva.gov/soccer

Registration opens May 30 and closes Aug 18.
Leagues will consist of 1 practice and 1 game 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 - $40/Non-Res
Age is determined as of Sep 1.

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

Volunteer Coaches Needed for All Levels!

U6 Soccer League (Ages 5-6)

Boys: #311007-A1 | Sep 5 - Oct 27
Girls: #311007-A2 | Sep 5 - Oct 27

U8 Soccer League (Ages 7-8)

Boys: #311008-A1 | Sep 5 - Oct 27
Girls: #311008-A2 | Sep 5 - Oct 27

U10 Soccer League (Ages 9-10)

Boys: #311009-A1 | Sep 5 - Oct 27
Girls: #311009-A2 | Sep 5 - Oct 27

U12 Soccer League (Ages 11-12)

Boys: #311010-A1 | Sep 5 - Oct 27
Girls: #311010-A2| Sep 5 - Oct 27

YOUTH FOOTBALL

www.harrisonburgva.gov/football

Registration opens May 30 and will close July 21 for our tackle leagues, and Aug. 18 for our flag league.
Programs are open to City Residents only. $30/player.
Equipment handout will be Saturday, July 22 for tackle leagues.
Mandatory conditioning week will be July 31-Aug 4 for tackle leagues.

Volunteer Coaches Needed for All Levels!

Flag League (Grades 1-2)

#311060-A1 | M-W | Sep 5 - Oct 25 | 6:00pm-7:30pm

Junior Tackle League (Grades 3-4)

#311061-A1 | Jul 31 - Oct 14 | Times TBD

Senior Tackle League (Grades 5-6)

#311062-A1 | Jul 31 - Oct 14 | Times TBD

CITY OF HARRISONBURG
PARKS & REC

Summer 2023
Youth Programming

Youth Services offers a variety of programming in the Summer and year round.

Our Opportunities

Summer Camp

Held at the Community Activities Center the Summer Organized Activities & Recreation (S.O.A.R.) Program offers children kindergarten to fifth grade a place to make friends, have fun, and be active.

School Year Opportunities

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

For K - 5 grade we provide an afterschool program for students enrolled in Harrisonburg City Schools.

Tumble Room

Check out our tumbling room open for children 5 years old and younger.

Youth Program Registration & Information:

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

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

3-Year-Olds

City Res Only $35 per month | $315 for the year
#510234A | Ages 3 | Tu, Th | Sep 6 - May 19 | 9:30am - 12:00pm

4-Year-Olds

City Res Only $50 per month | $450 for the year
#510234A2 | Ages 4 | M,W,F | Sep 7 - May 19 | 9:30am - 12:00pm

Tumbling/ Free Movement Drop In

Bring your child to get moving in our brand new 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, W, F | Jun 1 - Sept 2 | 9:00am - 12:00pm
Tu, Th | Jun 1 - Sept 1 | 4:00pm - 6:00pm
Sa | Jun 1 - Sept 3 | 9:00am - 12:00pm

K - 5TH GRADE

SOAR Summer Camp

Harrisonburg Parks and Recreation offers recreationally based programs for children who have completed kindergarten through age twelve for City of Harrisonburg 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.
Current/Previous Participant Registration: April 3, 2023
New Participant Registration: April 17, 2023
Location: Community Activities Center Youth Services
City Res $50/ week | K - age 11
#312406
T - F | June 20 - June 23 | 7:30am - 5:30pm
M - F | June 26 - June 30 | 7:30am - 5:30pm
W - F | July 3* - July 7 | 7:30am - 5:30pm
M - F | July 10 - July 14 | 7:30am - 5:30pm
M - F | July 17 - July 21 | 7:30am - 5:30pm
M - F | July 24 - July 28 | 7:30am - 5:30pm
M - F | July 31 - Aug 4 | 7:30am - 5:30pm
M - F | Aug 7 - Aug 11 | 7:30am - 5:30pm
M - F | Aug 14 - Aug 18 | 7:30am - 5:30pm

Afterschool Childcare Program

This program runs from the time of dismissal until 6:00pm. Child must attend Harrisonburg City Public School and arrive to the Community Activities Center on school bus. The program follows the Harrisonburg City Schools calendar and does not operate when schools are closed for holidays, teacher workdays, or inclement weather closures. Children must be enrolled in kindergarten through 5th grade to attend the A.S.A. program. For more information visit www.harrisonburgva.gov/youth-services
Registration dates are as follows:

- Accounts who have participants that were enrolled in the ASA program for the 2022 - 2023 School year: June 26
- Accounts with current 2023 SOAR participants: July 10
- New Participant Registration: July 17

Location: Community Activities Center Youth Services
City Res $50/ month | K - 5th grade
#510230 | M - F | Follows HCPS Calendar| Dismissal - 5:45pm

CITY OF HARRISONBURG
PARKS & REC

Summer 2023 Dance Program

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

Our Summer Opportunities

Children's Developmental Dance

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

Beginner/Intermediate

Beginner/Intermediate level ballet and jazz dance classes for youth.

Advanced Dance Workshop

Advanced 4-day workshop open to all advanced dancers and adults who would like to excel in their technique.

Youth 5-Day Dance Camp

This camp is open to dancers ages 7-11 and will focus on the basic techniques and performance skills of ballet, jazz, tap, and creative movement.

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 or call 540-433-2474 . Registration must take place online at www.harrisonburgva.gov/program-registration or in person at any recreation center.

City Resident Registration April 24| Non Resident Registration May 8

Dance Coordinator: Cynthia Marafino
Cynthia.Marafino@HarrisonburgVA.gov
Dance Instructors: Zilda Baker and Jimmy Marafino
Class desciptions: www.HarrisonburgVA.gov/Dance

All classes take place at the Community Activities Center

No class:
June 19 (Monday Class)

YOUNG CHILDREN'S DEVELOPMENTAL DANCE

Music & Movement

City Res $25 | Non Res $30
#210301A1 | Ages 3.5 - 4.5 | Tu | May 30 - Jun 27 | 4:30pm - 5:00pm
#210301A2 | Ages 3.5 - 4.5 | W | May 31 - Jun 28 | 4:30pm - 5:00pm
#210301A3 | Ages 3.5 - 4.5 | Th | Jun 1 - Jun 29 | 4:30pm - 5:00pm

Pre Ballet & Creative Movement

City Res $25 | Non Res $30
#210303A1 | Ages 4.5 - 6 | W | May 31 - Jun 28 | 5:15pm - 5:45pm
#210303A2 | Ages 4.5 - 6 | Th | Jun 1 - Jun 29 | 5:15pm - 5:45pm

BEGINNER/INTERMEDIATE DANCE

Ballet/ Jazz

City Res $25 | Non Res $30
#210304A1 | Ages 6 - 8 | Tu | May 30 - Jun 27 | 5:15pm - 6:00pm
#210304A2 | Ages 6 - 8 | W | May 31 - Jun 28 | 5:45pm - 6:30pm
#210304A3 | Ages 8 - 12 | Th | Jun 1 - Jun 29 | 5:45pm - 6:30pm

ADULT DANCE

Adult Ballet for Fun & Exercise

City Res $25 | Non Res $30 | No class June 19
#220316A1 | Ages 18+ | M | June 5 - July 10 | 6:30pm - 7:15pm

Adult Tap for Fun & Exercise

City Res $25 | Non Res $30 | No class June 19
#220317A1 | Ages 18+ | M | June 5 - July 10 | 7:15pm - 8pm

ADVANCED DANCE WORKSHOP

A 4-day advanced workshop in ballet, jazz, contemporary, and conditioning. The workshop is open to all advanced dancers or adults who would like to excel in their technique.
$30 City Res | $36 Non Res
#210320A1| May 22 -May 25 | 6:00pm - 7:30pm

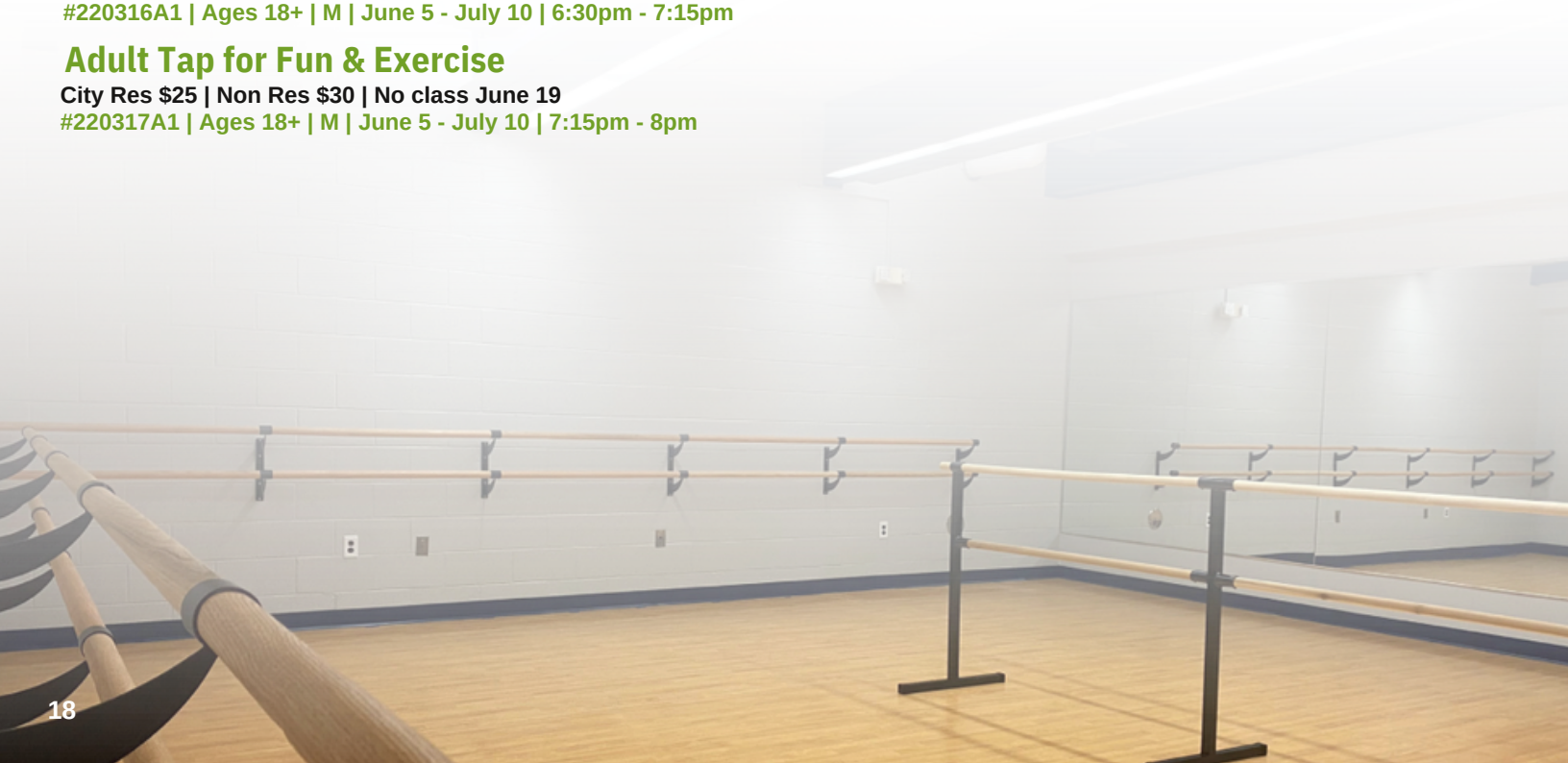
YOUTH 5-DAY DANCE CAMP

This dance camp will be held Monday through Friday mornings June 12 through June 16 from 9:00-11:00am. This camp is open to dancers ages 7-11 and will focus on the basic technique and performance skills of ballet, jazz, tap, and creative movement.
$50 City Res | $60 Non Res
#210313A1| Ages 7-11 | June 12 - June 16 | 9:00am - 11:00am

TUMBLING ROOM

Tumbling/ Free Movement Drop In

Bring your child to get moving in our brand new 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, W, F | Jun 1 - Sept 2 | 9:00am - 12:00pm
Tu, Th | Jun 1 - Sept 1 | 4:00pm - 6:00pm
Sa | Jun 1 - Sept 3 | 9:00am - 12:00pm



CITY OF HARRISONBURG
PARKS & REC

Summer 2023

50 & Wiser Programs

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

Our Summer Opportunities

50 & Wiser Fitness

Our 50 & Wiser program offers a diverse selection of low to high impact fitness classes including Cardio & Strength, Moving & Grooving, 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 summer!

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.

City Resident Registration April 24| Non Resident Registration May 8

Moving & Grooving!

Instructor: Cory Jeffries

A physical activity, self-management program for older adults with lower extremity osteoarthritis or lower body pain. This program helps improve the participant's functional and physical activity. Classes combine flexibility, strength training, and aerobic walking. Please wear loose fitting clothes and sneakers to classes. Students will be required to purchase adjustable ankle weights up to 5lbs and exercise bands.
No class July 4
Location: Lucy F. Simms Center Gymnasium
City Res $10 | Non Res $10 | Ages 50+
#240514A1 | Tu, Th | Jun 6 - Jul 13 | 10:00am - 11:30am

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 50+
#240502A1 | Tu, Th| Aug 1 - Sept 7 | 5:30pm - 6:30pm

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.
No class July 4
Location: Community Activities Center Fitness Studio
City Res $36 | Non Res $43 | Ages 50+
#240500A1 | Tu, Th | Jun 6 - Jul 13 | 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. Class may also incorporate some chair yoga exercises. Please bring your own yoga mat and yoga block to class.
No class July 4
Location: Price Rotary Senior Center
City Res $40 | Non Res $50 | Ages 50+
#240525A3 | Tu | Jun 20 - Aug 1 | 2:45 pm - 3:45pm

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+
#240512A1 | Th | Jun 8 - Jul 13 | 3:00pm - 4:00pm
#240512A2 | Th | Jul 27 - Aug 31 | 3:00pm - 4:00pm

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 | 9am - 11am

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 May 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 - 3pm

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. Books being discussed are as follows:
June: The Bonesetter's Daughter by Amy Tan
July: Hissy Fit by Mary Kay Andrews
August: Off Season by Anne Rivers Siddons
September: Still Life by Louise Penny
Contact Lynn.Hoy@HarrisonburgVA.gov to register.
Location: Price Rotary Senior Center
Free | Ages 50+
First Monday of Month (except holidays) 3pm - 4:30pm
***July we will meet July 10**

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 for the title each month.
Location: Price Rotary Senior Center
Free | Ages 50+
First Monday of Month (no movie in July) 1-3pm

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+
June 8 - Sugar & Bean - 318 N Main St. Bridgewater 22812
July 13 - Grilled Cheese Mania - 1476 S Main St, Hburg 22801
Aug 17 - Lola's Delicatessen - 122 S Main St Hburg 22801

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 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 or visit https://www.vpas.info/event-calendar and select the program you are interested in. For more information check vpas.info/vpas-cafes
Location: Price Rotary Senior Center
Free (Registration Required)| Ages 60+
First and Third Monday of Month (except holidays) 10am - 12pm
***No Café on 6/19 or 7/3 due to holidays**

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 (except 6/19) 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 or by calling 540 442 6502.

RATES & HOURS

Visit www.HeritageOaksGolfVA.com for rates and Golf Course hours

PROGRAMS & LEAGUES

For Program, Tournament, Lesson, and League Information:

Visit www.HeritageOaksGolfVA.com
or Call Heritage Oaks Golf Course Pro Shop
540-442-6502

first tee
shenandoah valley

firstteeshenandoahvalley.org
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
By Phone: 540-437-4239
In Person: 690 Garbers Church Road
Scholarships Available!

HERITAGE OAKS GOLF COURSE

YOUTH GOLF

Start Smart

Start Smart Golf is a developmentally appropriate introductory golf program for children 5-7 years old. The program prepares children for organized golf in a fun, non-threatening environment. Start Smart Golf prepares children and their parents for organized golf without the threat of competition or the fear of getting hurt. Age-appropriate equipment is used in teaching full swing, chipping, pitching, and putting

Register in person at Heritage Oaks Pro Shop or by phone

Registration now open.

Location: Heritage Oaks Golf Course
City Res $45 | Non Res $50 | Ages 5 - 7
Session A | Sa | Apr 1 - Apr 29 | 11:00am - 12:00pm
Session B | Sa | May 20 - Jun 17 | 11:00am - 12:00pm
Session C | Sa | Jul 29 - Aug 26 | 11:00am - 12:00pm

Junior Golf League

This league is for all juniors, regardless of experience, who are eager learn the game in a fun, comfortable, non-intimidating atmosphere. The first 10 weeks +/- are instructional where participants will learn all aspects of the game of golf. After the weeks of instruction, we will take our skills to the golf course.

Register in person at Heritage Oaks Pro Shop.

Registration now open.

City Res $90 | $100
Ages 7 - 12 | Th | Apr 20 - Aug 24| 4:00pm
Ages 13 - 18 | F | Apr 21 - Aug 25| 4:00pm

LEAGUES

Men's League

This league is for men who have some golf experience and are prepared to play on the golf course.

$65/ person plus applicable golf fees
W | Apr 19 - Sep 6 | 5:30pm - 7:30pm

Ladies' Learning League

This league is for ladies who have limited or no experience with golf and are eager to learn the game in a fun, comfortable, non-intimidating atmosphere. The first 12 weeks +/- are all instruction where guests will learn all aspects of the game of golf. After the weeks of instruction, guests will have the opportunity to play each week on the course.

$65/ person plus applicable golf fees once play begins
Session A| Tu | Apr 18 - Sep 5 | 6:00pm - 7:00pm
Session B| Tu | Apr 18 - Sep 5 | 7:15pm - 8:15pm
Session C| W | Apr 19 - Sep 6 | 6:00pm - 7:00pm

Ladies' Playing League

This league is for ladies who have some golf experience and are prepared to play on the golf course. (Abilities typically range with scores from 36 to 60 for 9 holes).

$65/ person plus applicable golf fees
Tu | Apr 19 - Sep 6 | 5:30pm - 7:30pm

Senior League

This league is for men, aged 55 and over, who have some golf experience and are prepared to play on the golf course. (Abilities typically range with scores from 34 to 55 for 9 holes).

$65/ person plus applicable golf fees
Th | Apr 18 - Sep 5 | 5:30pm - 7:30pm

THERAPEUTIC

PGA Hope Harrisonburg 2023

Open to ALL VETERANS and dependents.
PGA HOPE is a free therapeutic adaptive golf program that is geared towards Veterans with disabilities, however, is offered to all servicemen, servicewomen, and Veterans. PGA HOPE programs are designed to introduce golf as a way to enhance mental, social, physical, and emotional well-being, and to assist with rehabilitation and assimilation.
Call 540-442-6502 or email David.johns@harrisonburgva.gov to register

Free
Sa | Apr 1 - May 6 | 10:00am - 11:30am

TOURNAMENTS

1-Player Captain's Choice

Yes, a 1-Player Captain's Choice! Each player will play a captain's choice format himself/herself (2 shots each time).
Now we get to see just how good that "Second player" really is.
Price includes greens fees, cart fees, range balls, box lunch and prizes.

$75 per player
S | Apr 15 | 9:00am Shotgun Start

Match Play Championship

Qualifying begins on May 1. Qualifying score must be turned in by May 15. Players will be seeded according to qualifying score and will have 2 weeks to complete each match. We will have 3 divisions* -- Men's, Seniors' (55+ yrs), and Ladies'. Qualifying – May 1-15. Matches will begin on May 16

$25 per player
May 1 - 15 | Qualifying
May 16 | Matches

Stroke Play Championship

This tournament is open to everyone. We will play 18 holes, better ball of two. Every hole will be set up as par 3. Price includes greens fees, cart fees, range balls, and prizes.

$80 per player
Jun 10 - 11 | June 10, 9am Tee Times | June 11, 11am Tee Times

2-Player Championship

This tournament is open to everyone. We will play 27 holes: 9 holes Captain's Choice, 9 holes Better Ball of 2, 9 holes Alternate Shot. Price includes greens fees, cart fees, boxed lunch, range balls, and prizes.

$75 per player
Sa | Jul 22 | 8:00am - First Tee Time

Heritage Oaks Championship

36-Holes, Individual Play
Divisions: Men, Ladies, & Seniors (55+ Yrs. Of Age) This tournament is open to everyone.

$80 per player
Aug 19 - 20 | Aug 19, 9am Tee Times | Aug 20, 11am Tee Times

2-Player Par 3 Championship

This tournament is open to everyone. We will play 18 holes, better ball of two. Every hole will be set up as par 3. Price includes greens fees, cart fees, range balls, and prizes.

$60 per player
Sa | Sep 16 | 2:00pm Shotgun Start

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/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.

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.

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.