



CITY OF HARRISONBURG
**PARKS
& REC**

FALL 2024 PROGRAMS

SEPTEMBER - DECEMBER

Race to Beat Breast Cancer - 12

Basketball - 14

Kid's Night Out - 16

Find the complete
guide here



Program Registration

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

OUR MISSION

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

OUR VISION

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

**PARKS AND RECREATION
 ADVISORY COMMISSION**

- MuAwia DaMes
- Chance Ebersold
- Deb Fitzgerald
- Kevin Gibson
- James Honeycutt Sr.
- Deanna Reed, City Mayor
- Rachel Smallwood
- 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

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Directory

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

Facility Memberships

Memberships run January 1-December 31 (half-price membership available July1-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): \$30Resident / \$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

**Prices are subject to review annually

RECREATION CENTERS

LUCY F. SIMMS CENTER (SIMMS)

Programs

- Pound..... 5
- Youth Lego Club..... 17
- Moving and Grooving..... 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
- Family Movie Night..... 17
- Creator Space..... 17

Open Gym

- Basketball
- Pickleball



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

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

Programs

- Yoga..... 5
- Swimming Lessons..... 8
- Master Swim..... 8
- Afterschool (ASA)..... 16
- Preschool..... 16
- Baby Explorers..... 16
- Dance..... 19
- Cardio and Strength..... 21
- Gentle Stretch..... 21

Hours

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

Drop In Programs

- Lap Swim..... 7
- Recreation Swim..... 7
- Canteen..... 10
- Adult Lego Club..... 11
- Tumbling Room..... 16
- Parent Tot Playtime..... 16
- Parent Tot Enrichment... 16

Open Gym

- Basketball
- Pickleball
- Volleyball



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

PRICE ROTARY SENIOR CENTER

Programs

- Yoga..... 21
- Pilates..... 21
- Yogalates..... 21
- Crochet..... 21
- Tai Chi..... 23

Hours

Open during scheduled programs

Drop In Programs

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- Book Club..... 22
- Monday Afternoon Matinee.... 22
- Thursday Afternoon Game.... 22
- VPAS Cafe..... 23
- Aging with Confidence..... 23





CITY OF HARRISONBURG
**PARKS
 & REC**

Fall 2024

Fitness & Nutrition

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

Check out what is new!

Our Fall Opportunities

Fitness & Nutrition

Fitness

Enhance your fitness routine with our Yoga, POUND, or learn how to use the machines in the weight room!

Adult Dance

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



Fitness Registration & Information:

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

City Resident Registration August 12 | Non Resident Registration August 26

FITNESS CLASSES

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. September 19 class will be moved to September 18.

No class Oct 3, Oct 17, Nov 21, Nov 28

Location: Simms Center Auditorium

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

#331410A1 | Th | Sep 12 - Oct 24 | 6:45pm - 7:45pm

#331410A2 | Th | Oct 31 - Dec 19 | 6:45pm - 7:45pm

Vinyasa Yoga

Instructor: Lisa Hasler RYT

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

Location: Community Activities Center Fitness Studio

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

#321427A1 | Sa | Sep 28 - Nov 16 | 9:00am - 10:00am

How To: Fitness Equipment

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

Location: Community Activities Center or Simms Center

Email Cory.Jeffries@HarrisonburgVA.Gov to sign up

Free (Registration Required) | Ages 14+

DANCE FOR FITNESS

Adult Ballet for Fun & Exercise

Location: Community Activities Center Dance Studio

City Res \$40 | Non Res \$50

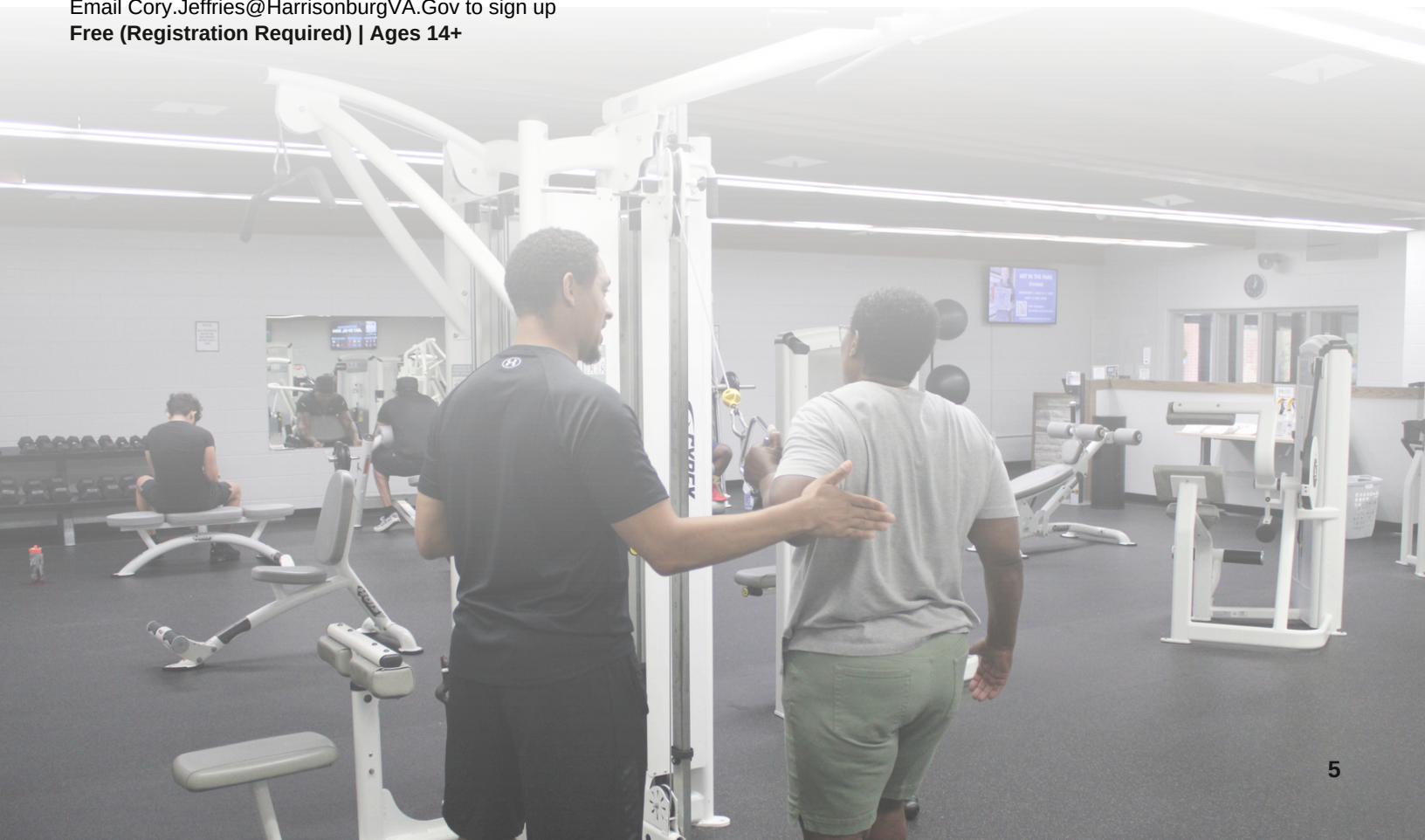
#320316A2 | Ages 18+ | M | Sep 9 - Nov 4 | 6:30pm - 7:15pm

Adult Tap for Fun & Exercise

Location: Community Activities Center Dance Studio

City Res \$40 | Non Res \$50

#320317A1 | Ages 18+ | M | Sep 9 - Nov 4 | 7:15pm - 8:00pm



Fall 2024 Aquatics

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

Our Fall Opportunities

Lap Swim & Recreational Swim

Reserve a lane for lap swim or just enjoy the water during our daily recreation swim hours, 12:00-7:00, until September 1 and Saturdays through the winter.

Swim Lessons

Group lessons will be offered in the mornings on Wednesdays, afternoons Monday-Thursday, and Saturdays!



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 August 12 | Non-Resident Registration August 26

WESTOVER POOL: Hours and Events

SWIM HOURS

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

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

Recreation Swim

August 20 - September 1*

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

*Staffing dependent

September 2 - November 26

Saturday | 12:00pm - 5:00pm

Dome Closure

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

Friday, September 20 - Monday, October 7

Pool Closures

Fall and Winter Holidays

Monday, October 14

Tuesday, November 5

Monday, November 11

Wednesday, November 27-Sunday, December 1

Sunday, December 22-Thursday, January 2

Lap Swim Hours

August 1 - September 2

Monday, Friday | 7:00am - 6:00pm

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

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

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

September 3 - September 20

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

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

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

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

October 7 - November 26

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

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

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

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

*High School swim season begins 1st week of November, updated times will be announced via social media and the website.

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. Refunds will not be issued for weather related closures or other unexpected closures.

POOL EVENTS

Dive-In Movie

Join us for a family friendly, festive, dive-in movie night. Registration is required and space is limited.

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

Max Occupancy 30

#110950A2 | Fri | Oct 25 | 7:00-9:00pm



Shiver Me Timbers Pirate Plunge

Jump into the New Year! We will kick off 2025 with our 3rd Shiver Me Timbers Pirate Plunge! We are planning some snazzy swag so dress up, grab some friends and start your new year off fresh with a quick dip in our seasonally cool Olympic Pool. Refreshments will be available after the plunge!

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

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

Safety Corner: Classes and Programs

Thanks for a great Summer 2024! With thoughts of cooler temps, dome season is the perfect time to think about getting ready for next summer! We will be offering selections from our HBURG SWIMS program:

Parent/Tot Classes:

Hermit Crab: 6mos - 1.5 years, with parent/s

Barnacle: 1.5 years - 3 years, with parent/s (Fall '24)

PreK Classes

Unicorn Fish: 3 years - 5 years, non-swimmers (Fall '24)

Ray: 3 years - 5.5 years, water comfortable

Grouper: 3 years - 6 years, some swimming

Youth and Teen Classes:

Swordfish: 6 years - 9 years, non-swimmers (Fall '24)

Swordfish Teen: 11 years - 15 years, non swimmers (Fall '24)

Whale: 6 years - 10 years, water comfortable (Fall '24)

Individual: ages 3 and up, all levels

Whale Teen: 11 years - 15 years, water comfortable

Mako: 6 years - 11 years, swimmers (Fall '24)

Seal: 6 years - 12 years, confident swimmers

Dome season is also perfect for thinking about lifesaving courses. We offer several American Red Cross certification courses for aquatic professionals and are adding new community courses!

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

WESTOVER POOL: Swim Lessons

Barnacle: Parent/Tot Level 2

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

Open to City Residents Aug 12 | Non Res Aug 26

City Residents \$25 | Non Res \$50

#311101A1 | Wed | Oct 16 - Dec 11 | 9:00am - 9:30am

#311101A2 | Wed | Oct 16 - Dec 11 | 9:45am - 10:15am

Swordfish: Youth Level 1

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

Open to City Residents Aug 12

City Residents \$25

#311105A1 | Mon-Thur | Oct 21 - Oct 31 | 4:15pm - 4:45pm

#311105B1 | Sat | Oct 26 - Dec 21 | 11:15am - 11:45am

Whale: Youth Level 2

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

Open to City Residents Aug 12

City Residents \$25

#311106B1 | Sat | Oct 26 - Dec 14 | 9:45 - 10:15

Unicorn Fish: 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, water comfort and basic swimming. Lessons consist of 8, 30-minute classes.

Open to City Residents Aug 12

City Residents \$25

#311102A1 | Wed | Oct 16 - Dec 11 | 10:30am - 11:00am

#311102A2 | Wed | Oct 16 - Dec 11 | 11:15am - 11:45am

Mako: Youth Level 3

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

Open to City Residents Aug 12

City Residents \$25

#311107A1 | Mon - Thur | Oct 21 - Oct 31 | 4:15pm - 4:45pm

#311107B1 | Sat | Oct 26 - Dec 21 | 9:00am - 9:30am

Teen Swordfish: Teen Level 1

Non-swimming teens ages 11-15 will work to master the following skills in Swordfish: fundamental water safety, floating, moving in chest deep water and basic swimming. Lessons consist of 8, 30-minute classes.

Open to City Residents Aug 12

City Residents \$25

#311105TB1 | Sat | Oct 26 - Dec 21 | 10:30am - 11:00am

SWIM TRAINING AND CERTIFICATION COURSES

Masters Swimming

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

Indoor Membership

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

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

Lifeguarding Recertification

This course is for currently certified American Red Cross lifeguards and instructors/trainers or those with an American Red Cross lifeguarding or LGI/IT certification expired for no more than 30 days. Review courses are one day classes and will cover r. 24 material. Email Michelle.Tucker@harrisonburgva.gov for more information.

Course Fee \$75 | Ages 15+

#331102A1 | Sun | Nov 17 | 8:00am - 6:30pm

Rock the River Challenge!

Keep your fitness on track and log your laps from October through April. You have roughly 150 days to hit your goal distance. Two rivers to choose from:

Easier: Roanoke River, 45 miles

Challenge: South Anna River, 102 miles

Extra Challenge: Both rivers for 147 miles!

Book your lane, get swimming and earn Rock the River swag!

Lap Swim or Membership Fees Apply | All Ages

Report lap counts to Michelle.Tucker@HarrisonburgVA.gov to get started!

Challenge begins Monday, October 7th and ends on Saturday, April 26th.

Community CPR

In this basic level CPR course, you will learn the essential skills to assist someone experiencing a sudden illness or injury. Successful completion of this 5 hour course includes a two-year certification in American Red Cross Adult and Pediatric First Aid, CPR/AED.

City Res \$40 | Ages 14+

#331105A1 | Sat | Nov 16 | 12:30pm-5:30pm

Fall 2024 Special Interest & Events

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

Our Fall Opportunities

Outdoor Adventure

Try out rock climbing, caving or learn how to navigate in the backcountry.

Events

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

Special Interest

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



Special Interest Registration & Information:

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

City Resident Registration August 12 | Non Resident Registration August 26

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

Location: Community Activities Center Gymnasium

Free | Ages 16+

F | Sept 13 | 7:00pm - 8:30pm | Community Activity Center

F | Oct 25 | 7:00pm - 8:30pm | Simms Center

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

F | Dec 13 | 7:00pm - 8:30pm | Community Activity Center

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 | Sep 18 | 1:00pm - 2:00pm | Purcell Park Fishing Pond

W | Oct 16 | 1:00pm - 2:00pm | Heritage Oaks Golf Course

W | Nov 20 | 1:00pm - 2:00pm | Simms Center

W | Dec 18 | 1:00pm - 2:00pm | Westover Pool

HOLIDAY

Holiday Craft Show

Enjoy fall and winter crafts while shopping for holiday gifts! Crafts and art will be available for purchase through the day. General admission for the public is free.

Wish to be an art or craft vendor? Please submit an application and photo of your art or booth setup by September 13, 2024.

Vendor applications may be found at

www.HarrisonburgVA.gov/Westover-Holiday-Craft-Show

Location: Community Activities Center Gymnasium

Sa | Oct 26 | 9:00am - 2:00pm

Holiday Parade

Join us in our annual holiday parade, this year's theme is "Illuminate the Night." The parade will begin at 7pm and will be followed by the tree lighting in Court Square.

If your organization or business is interested in participating in the parade, please email Matthew.Little@HarrisonburgVA.Gov

Location: Downtown Harrisonburg

Sa | Dec 7 | 7:00pm

OUTDOOR ADVENTURE

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+

#331372A1 | Sa | Sep 28 | 9:00am - 5:00pm

Backcountry Navigation Clinic

An afternoon of learning and practicing map and compass skills out in the George Washington Ntl. Forest; for day-hikers, backpackers, mountain bikers, hunters, scout leaders, and anyone else who likes to wander off the beaten path; ages 14 and older (teens may attend unaccompanied, but their transportation must be provided by parent or guardian); A personal clothing list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be provided by WILD GUYde Adventures after registration.

Location: George Washington National Forest

City Res \$32 | Non Res \$37 | Ages 14+

#331373A1 | Sa | Oct 26 | 1:00pm - 5:00pm

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+

#331306A1 | Sa | Dec 7 | 8:30am - 12:00pm

Parks for Pollinators - BioBlitz

Help us learn more about what pollinators and what pollinator habitats we have in Harrisonburg! Join us in this month-long community project by downloading the iNaturalist app and joining our project "Parks for Pollinators 2024: Harrisonburg VA"

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

Location: any area in Harrisonburg

Family Friendly

September 1 - September 30

SPECIAL INTEREST & EVENTS

LEGO

Lego Club - Adult

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

Location: Community Activities Center

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

M | Sep 9 | 5:15pm - 6:15pm

M | Nov 11 | 5:15pm - 6:15pm

M | Dec 9 | 5:15pm - 6:15pm

LIBRARY



Caroling Concert!

Massanutten Regional Library is pleased to welcome the Shenandoah Valley Children's Choir to Central Library in Harrisonburg on Saturday, December 7 for a community carol-sing-a-long and concert, starting at 1:30PM followed by a short concert of their repertoire. Head to www.mrlib.org for more details on this and other free events, including weekly story times and afterschool programs for kids and teens.

Location: Central Library

Sa | Dec 7 | 1:30pm

Deyerle Program Series - Local History

Massanutten Regional Library announces the return of the Deyerle Program Series on Local History to Central Library in Harrisonburg, on Thursday evenings weekly at 7PM, October 3 – 24. This year's theme is focuses on the history of the Shenandoah National Park and features local experts and authors. The programs are free and no registration is required. Find complete details on these events and more at www.mrlib.org.

Location: Central Library

Th | Oct 3 - Oct 24 | 7:00pm

FINANCES & HOME OWNERSHIP

The City of Harrisonburg in partnership with the Southeast Rural Community Assistance Project (SERCAP) is offering a series of free classes this fall.



SERCAP (Southeast Rural Community Assistance Project) is a HUD-Approved Local Housing Counseling Agency focused on providing knowledge, resources, and tools to assist households in achieving their housing and financial goals.

HUD-Certified Housing Counselors provide unbiased information to empower individuals towards educated decisions, financial literacy, and safe, affordable housing. HUD-Certified Housing Counseling is available and free to all area households regardless of income.

To learn more or to register, please contact Jacob Hodges (jhodges@sercap.org) or Wardel Penn-Timothy (wpenn-timothy@sercap.org). You can also reach them by phone at 540-345-1184.

Introduction to Housing Counseling

Buying a home is a big commitment. If you have questions about how to access special programs for first time homebuyers, where to find reliable information, and whether you are ready to begin, join SERCAP for a Lunch & Learn to find out why working with a housing counselor can help. Lunch will be provided.

For questions and to RSVP, contact Jacob Hodges at 540-345-1184 or jhodges@sercap.org.

Free | RSVP for meal | Ages 18+

M | Sept 30 | 12:00am – 12:50pm | Location TBD

W | Oct 30 | 12:00pm – 12:50pm | Location TBD

Homebuyer Basics 101

This evening session provides an overview of what you will need to know before buying a home. Aimed at first-time homebuyers (though anyone may attend), this 90-minute class will discuss how your credit, debt, and savings impact what you can afford, and the role of your budget in qualifying for a loan and saving for down payment. This course also touches on closing costs as well as budgeting for monthly expenses including mortgage payments after purchase.

Free | Ages 18+

M | Sept 30 | 5:30-7:00pm | Location TBD



SEPTEMBER 28
DOWNTOWN HARRISONBURG

HARRISONBURGVA.GOV/INTERNATIONAL-FESTIVAL



UNITY • FAMILY

**AFRICAN
AMERICAN
FESTIVAL**

FAITH • LOVE

SATURDAY, SEPTEMBER 14

RALPH SAMPSON PARK 12-6PM

HARRISONBURGVA.GOV/AAF-FESTIVAL



**RACE TO BEAT
BREAST CANCER**

OCTOBER 19

REGISTER AT -

HARRISONBURGVA.GOV/BEAT-BREAST-CANCER-RACE



HOLIDAY CRAFT SHOW

OCTOBER 26, 2024

9 AM - 2 PM

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

Enjoy fall and winter crafts while
shopping for holiday gifts.



CITY OF HARRISONBURG
PARKS & REC

Fall/Winter 2024 Athletics Programs

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

Fall/Winter Athletics Programs

Fall Youth Soccer

Leagues are open to children ages 5-13.

Fall Flag Football

League is open to grades 1-2 who live in the City.

Winter Youth Basketball

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

Start Smart Basketball

Instructional clinic-based program for ages 3-4.



Athletics Registration & Information

For more program information, call the Athletics Office at 540-433-9168. Registration must take place online at www.harrisonburgva.gov/online-registration or in-person at any recreation center.

Follow us on Facebook at www.facebook.com/hprathletics.

Fall Athletic Program registration is open and closes August 16.

Winter Athletic Program registration opens October 1 and closes November 15.

ATHLETICS

FALL YOUTH SOCCER

www.harrisonburgva.gov/soccer

Registration opened May 27 and closes Aug 16.

Shin guards are mandatory for all levels.

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

Age is determined as of Sep 1.

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

Volunteer Coaches Needed for All Levels!

U5 Soccer League (Age 5)

Girls: #311005-A1 | Sep 3 - Oct 24

Boys: #311005-A2 | Sep 3 - Oct 24

U6 Soccer League (Age 6)

Girls: #311006-A1 | Sep 3 - Oct 24

Boys: #311006-A2 | Sep 3 - Oct 24

U7 Soccer League (Age 7)

Girls: #311007-A1 | Sep 3 - Oct 24

Boys: #311007-A2 | Sep 3 - Oct 24

U8 Soccer League (Age 8)

Girls: #311008-A1 | Sep 3 - Oct 24

Boys: #311008-A2 | Sep 3 - Oct 24

U10 Soccer League (Ages 9-10)

Skills Evaluation: August 19-22

Girls: #311009-A1 | Sep 3 - Oct 24

Boys: #311009-A2 | Sep 3 - Oct 24

U13 Soccer League (Ages 11-13)

Skills Evaluation: August 19-22

Girls: #311010-A1 | Sep 3 - Oct 24

Boys: #311010-A2 | Sep 3 - Oct 24

FALL YOUTH FLAG FOOTBALL

www.harrisonburgva.gov/football

Registration opened May 27 and closes August 16.

Grade 1-2 - determined based on 2024-2025 school year.

\$30/player - City Residents Only

Volunteer Coaches Needed!

#311060-A1 | M, W | Sep 4 - Oct 24 | 6-7pm

START SMART BASKETBALL

www.harrisonburgva.gov/start-smart

This is a developmentally appropriate introductory basketball program for children 3-4 years old. The program prepares children for organized basketball in a fun, non-threatening environment. Pairs work together to develop individual skills.

\$30/City Residents Only

Location: Lucy F. Simms Center Auditorium

#110108-A1 | M-F | Jan 6-10 | 5:30pm-6:15pm

#110108-A2 | M-F | Jan 6-10 | 6:15pm-7:00pm

WINTER YOUTH BASKETBALL

www.harrisonburgva.gov/basketball

Registration opens Oct 1 and closes Nov 15.

\$30/City Residents Only

Age is determined as of Dec 1.

Call 540-433-9168 for additional information.

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

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

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

Volunteer Coaches Needed for All Levels!

U6 Basketball League (Ages 5-6)

Boys: #111017 | Jan 20 - Mar 6 | Times TBD

Girls: #111016 | Jan 20 - Mar 6 | Times TBD

U8 Basketball League (Ages 7-8)

Practices will begin Dec 2. Program will not meet Dec 16 - Jan 4. Practices will resume and games will begin starting Jan 6.

Boys: #111019 | Dec 2 - Feb 24 | Times TBD

Girls: #111018 | Dec 2 - Feb 24 | Times TBD

U10 Basketball League (Ages 9-10)

Skill Assessments will take place the week of November 19-21.

Teams will then be selected by volunteer coaches.

Practices will begin Dec 2.

Program will not meet Dec 16 - Jan 4.

Practices will resume and games will begin starting Jan 6.

Boys: #111002 | Dec 2 - Mar 8 | Times TBD

Girls: #111020 | Dec 2 - Mar 8 | Times TBD

U12 Basketball League (Ages 11-12)

Skill Assessments will take place the week of November 19-21.

Teams will then be selected by volunteer coaches.

Practices will begin Dec 2.

Program will not meet Dec 16 - Jan 4.

Practices will resume and games will begin starting Jan 6.

Boys: #111003 | Dec 2 - Mar 8 | Times TBD

Girls: #111021 | Dec 2 - Mar 8 | Times TBD





CITY OF HARRISONBURG
**PARKS
& REC**

Fall 2024 Youth Programming

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

Our Opportunities

Preschool

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

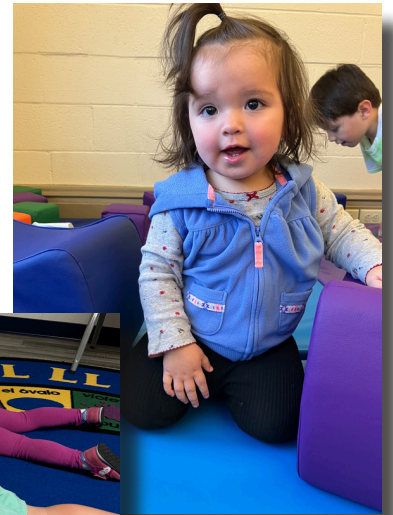
Youth

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

Join us for Lego Club or Creator Space.

Toddler Programs

Check out the different opportunities we have for 0-5 year olds.



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.

YOUTH

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

[Registration open now](#)

3-Year-Olds

City Res Only \$35 per month | \$315 for the year
#510234A | Ages 3 | Tu,Th | Sep 10 - May 15 | 9:30am - 12:00pm

4-Year-Olds

City Res Only \$50 per month | \$450 for the year
#510234A2 | Ages 4 | M,W,F | Sep 9 - May 16 | 9:30am - 12:00pm

OUT OF SCHOOL TIME

Afterschool Childcare Program

This program runs from the time of dismissal until 5:45pm. Child must attend Harrisonburg City Public Schools 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 Afterschool Program. For more information visit www.harrisonburgva.gov/youth-services

[Registration is currently full, accepting spaces on the waitlist](#)

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

Kid's Night Out

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

Location: Community Activities Center Youth Services
City Res \$10| Non Res \$15 | K - 5th grade
#510231A1 | F | Sep 20 | 6:00pm - 8:00pm
#510231A2 | F | Oct 11 | 6:00pm - 8:00pm
#510231A3 | F | Nov 1 | 6:00pm - 8:00pm

Pool Deck the Halls

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

Location: Westover Pool
City Res \$10| Non Res \$15 | K - 5th grade
#110950A1 | F | Dec 20 | 6:00pm - 9:00pm

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.

Location: Community Activities Center Tumbling Room
City Res \$45 | Non Res \$50 | Ages 6 weeks to pre-crawling
#310615A1 | Th | Sep 12 - Oct 17 | 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 | Sep 8 - May 29 | 9:00am - 12:00pm
M, Tu, W, Th, F | Sep 6 - Dec 29 | 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

Days, time and location TBD. Please contact us for more information

Parent Tot Free Play

Parks and Recreation staff provide building blocks, art supplies, and other free play materials. Materials available weekly will change. Starts September 9.

\$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 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 | Oct 10 | 1:00pm - 1:45pm
Th | Nov 14 | 1:00pm - 1:45pm
Th | Dec 12 | 1:00pm - 1:45pm

Lego Club - Youth

Let's get together and build some Legos! We will have blocks available for free building as well as kits to choose from. Parents must stay in the building or they may participate. No Lego Club November 5.

Location: Simms Center Art Room

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

#310940A1 | Tu | Oct 1 - Nov 12 | 5:00pm - 6:00pm

Creator Space

Let your creative side show! Join us on the second Wednesday of the month for this drop in program. Youth can pick from our supplies to create whatever their imagination can think of. Parents may help or sit to the side but may not leave the building. This program is for elementary and middle school aged children but younger siblings may attend.

We will meet the second Wednesday of the month.

Location: Simms Center Art Room

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

W | Sep 11 | 4:00pm - 6:00pm

W | Oct 9 | 4:00pm - 6:00pm

W | Nov 13 | 4:00pm - 6:00pm

W | Dec 11 | 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

Free

F | September 6 | 6:00pm - 8:00pm

F | October 4 | 6:00pm - 8:00pm

F | November 1 | 6:00pm - 8:00pm

F | December 6 | 6:00pm - 8:00pm

Video & Board Game Night

Switch up the Friday routine and bring the family to the Simms Center for Family Game Night. We will have a variety of board games for you to pick from and Legos available to build. We will also have PS5 games like NBA2K, Madden, MLB the Show, and more! Come out and have some fun! Third Friday of the month starting in September. Children under the age of 12 must be accompanied by an adult.

Location: Simms Center Conference Room

Free

F | September 20 | 6:00pm - 8:00pm

F | October 18 | 6:00pm - 8:00pm

F | November 15 | 6:00pm - 8:00pm

F | December 20 | 6:00pm - 8:00pm





CITY OF HARRISONBURG
**PARKS
& REC**

Fall 2024

Dance Program

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

Our Fall 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, Int. Jazz, Ballet/Tap, Int. Ballet, and Modern/Lyrical

Advanced Dance

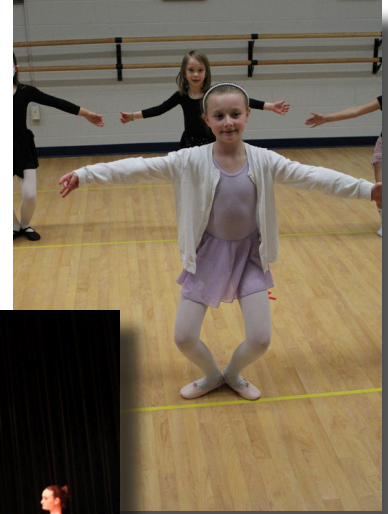
Advanced and Upper-Level dance classes including Adv. Youth Ballet, Adv. Youth Jazz, Adv. Jazz, Teen/Pre-teen Tap & Musical Stage, Adv. Ballet & Pointe, and Adv. Modern/Lyrical.

Blue Crew

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

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 August 12 | Non Resident Registration August 26

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

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

All classes take place at the Community Activities Center

**No classes October 14-19 (Fall Break)
 November 5 (Election Day)
 November 25 - 30 (Thanksgiving Break)**

YOUNG CHILDREN'S DEVELOPMENTAL DANCE

Music & Movement

City Res \$60 | Non Res \$75

#310301A1 | Ages 3.5-4.5 | M | Sep 9 - Dec 9 | 4:30pm - 5:00pm
 #310301A2 | Ages 3.5-4.5 | F | Sep 13 - Dec 13 | 4:30pm - 5:00pm
 #310301A3 | Ages 3.5-4.5 | Sa | Sep 14 - Dec 14 | 10:30am - 11:00am

Pre Ballet & Creative Movement

City Res \$60 | Non Res \$75

#310303A1 | Ages 4.5-6 | M | Sep 9 - Dec 9 | 5:00pm - 5:30pm
 #310303A2 | Ages 4.5-6 | F | Sep 13 - Dec 13 | 5:15pm - 5:45pm
 #310303A3 | Ages 4.5-6 | Sa | Sep 14 - Dec 14 | 11:15am - 11:45am

BEGINNER DANCE/ INTERMEDIATE

Jazz

City Res \$60 | Non Res \$75

#310311A1 | Ages 6 - 7 | W | Sep 11 - Dec 11 | 4:30pm - 5:15pm

Intermediate Jazz

City Res \$60 | Non Res \$75

#310302A1 | Ages 8 - 9 | Tu | Sep 10 - Dec 17 | 4:30pm - 5:15pm

Ballet/Tap

City Res \$60 | Non Res \$75

#310304A1 | Ages 6 - 7 | M | Sep 9 - Dec 9 | 5:30pm - 6:15pm
 #310304A2 | Ages 6 - 7 | Th | Sep 12 - Dec 12 | 4:30pm - 5:15pm

Intermediate Ballet

City Res \$60 | Non Res \$75

#310307A1 | Ages 8 - 9 | Th | Sep 12 - Dec 12 | 5:15pm - 6:00pm

Modern/ Lyrical

Taking ballet or jazz is recommended

City Res \$60 | Non Res \$75

#310319A1 | Ages 9+ | W | Sep 11 - Dec 11 | 6:00pm - 6:45pm

ADVANCED DANCE

Advanced Youth Jazz

City Res \$60 | Non Res \$75

#310320A1 | Ages 9+ | Tu | Sep 10 - Dec 17 | 5:15pm - 6:00pm

Advanced Youth Ballet

City Res \$60 | Non Res \$75

#310305A1 | Ages 9+ | W | Sep 11 - Dec 11 | 5:15pm - 6:00pm

Teen/ Preteen Tap & Musical Stage

Taking jazz is recommended

City Res \$60 | Non Res \$75

#310325A1 | Ages 10+ | W | Sep 11 - Dec 11 | 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

Advanced Jazz

City Res \$60 | Non Res \$75

#310330A1 | Tu | Sep 10 - Dec 17 | 7:15pm - 8:00pm

Advanced Ballet & Pointe

City Res \$60 | Non Res \$75

#310324A1 | Th | Sep 12 - Dec 12 | 6:00pm - 7:00pm

Advanced Modern/ Lyrical

City Res \$60 | Non Res \$75

#310329A1 | Th | Sep 12 - Dec 12 | 7:00pm - 8:00pm

Blue Crew Dance

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

#310317A1 | Tu | Sep 10 - Apr 29 | 6:15 - 7:15 pm

ADULT DANCE

Adult Ballet for Fun & Exercise

City Res \$40 | Non Res \$50

#320316A1 | Ages 18+ | M | Sep 9 - Nov 4 | 6:30pm - 7:15pm

Adult Tap for Fun & Exercise

City Res \$40 | Non Res \$50

#320317A1 | Ages 18+ | M | Sep 9 - Nov 4 | 7:15pm - 8:00pm

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 | 9:00am - 12:00pm

M, Tu, W, Th, F | 4:00pm - 6:00pm



Fall 2024

50 & Wiser Programs

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

Our Fall Opportunities

50 & Wiser Fitness

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



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 Fall!



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 August 12 | Non Resident Registration August 26

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. September 5 class will be made up on Friday September 6.

No Class Sep 5, Oct 17, Nov 5 (Election day)

Location: Lucy F. Simms Center Auditorium

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

#340514A1 | Tu, Th | Sep 3 - Oct 10 | 9:00am - 9:45am

#340514A2 | Tu, Th | Oct 15 - Nov 21 | 9:00am - 9:45am

#340514A3 | Tu, Th | Sep 3 - Oct 10 | 10:00am - 11:30am

#340514A4 | Tu, Th | Oct 15 - Nov 21 | 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.

No Class Sep 3, Oct 17, Nov 5 (Election day)

Location: Community Activities Center Fitness Studio

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

#340500A1 | Tu, Th | Sep 3 - Oct 10 | 5:30pm - 6:15pm

#340500A1 | Tu, Th | Oct 15 - Nov 21 | 5:30pm - 6:15pm

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.

No Class October 14

Location: Community Activity Center Fitness Studio

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

#340505A1 | M, W | Sep 4 - Oct 16 | 9:00am - 9:30am

#340505A2 | M, W | Oct 21 - Nov 27 | 9:00am - 9:30am

50 & Wiser Yoga

Instructor: Robin Atwood

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

No class November 5 or November 26.

Location: Price Rotary Senior Center

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

#340525A1 | Tu | Sep 3 - Oct 8 | 3:00pm - 4:00pm

#340525A2 | Tu | Oct 22 - Dec 10 | 3:00pm - 4:00pm

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. No class Nov 27.

Location: Price Rotary Senior Center

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

#340513A1 | W | Sep 4 - Oct 9 | 10:00am - 11:00am

#340513A2 | W | Oct 23 - Dec 4 | 10:00am - 11:00am

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.

No class November 5 or November 26.

Location: Price Rotary Senior Center

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

#340512A1 | Tu | Sep 3 - Oct 8 | 1:30pm - 2:15pm

#340512A2 | Tu | Oct 22 - Dec 10 | 1:30pm - 2:15pm

Beginner Crochet

Instructor: Meki Shifflett

This class is for beginners and for those who have not crocheted for a while. You will learn the basic stitches and end up with a dish cloth. A supply list will be handed out at the first class.

Location: Price Rotary Senior Center

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

#340571A1 | Tu | Sep 3 - Sep 24 | 11:00am - 1:00pm

Intermediate Crochet

Instructor: Meki Shifflett

For students who know the basic stitches.

New stitches and projects will be taught.

Location: Price Rotary Senior Center

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

#340571A2 | Tu | Oct 1 - Oct 22 | 11:00am - 1:00pm

Crocheting a Christmas Stocking

Instructor: Meki Shifflett

Basic crochet skills required. Class is for right-handed crocheters.

You will leave class with a beautiful, crocheted holiday stocking. We will email you a supply list for things to bring to class. It should not be more \$10.00

Location: Price Rotary Senior Center

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

#340571A3 | Tu | Nov 12 & 19 | 11:00am - 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 season starts September 5 but we are always needing substitutions for teams each week - so just come and check us out. New session starts Sep 5.

Location: Valley Lanes

City Res/Non Res \$12 | 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. The book we will be discussing on Oct 7 will be *The Kitchen Front* by Jennifer Ryan

No meeting in September

Contact 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 for the title each month.

Location: Price Rotary Senior Center

Free | Ages 50+

First Monday of Month (no movie in September) 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 if you are planning on attending by the Friday before. Everyone orders off the menu.. Contact Lynn.Hoy@HarrisonburgVA.gov to register.

Ages 50+

Sep 18 - Little Grill - 621 N. Main St. Hburg 22802

Oct 16 - Joe's Diner - 3355 S. Main St, Harrisonburg

Nov 6 - Thunderbird Cafe - 42A Island Ford Rd. McGaheysville

Dec 11 - The Galley - 2430 S. Main St Hburg 22801

Lunch Bunch

Looking for a good excuse to get out of the house? Looking for a place to meet friends, old and new? The Lunch Bunch meets on selected Thursdays at different area restaurants. Check your calendar and join us! **Please register the Friday before so reservations can be made.** All lunches are 11:15am - 1pm. Order off of the menu. Contact Lynn.Hoy@HarrisonburgVA.gov to register.

Ages 50+

Sep 12 - Cuban Burger - 70 W Water St. Hburg 22801

Oct 10 - Barbeque Ranch - 3311 N Valley Pike Hburg 22802

Nov 21 - Dayton Tavern - 246 Main St. Dayton 22821

Dec 5 - Rocktown Kitchen - 217 S. Liberty St Hburg VA 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 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 or calling 540-432-7799 to be notified of the upcoming event or fun activity we have planned.

Thursday Afternoon Games

Come to the Senior Center and play Mexican Train Dominoes. We will learn it together or if you know how to play we can have several tables playing. You could also play other card games if you are interested. Begin date is September 19.

Location: Price Rotary Senior Center

Free | Ages 50+

Th | 2:00pm-4:00pm

AARP Smart Driver

AARP Instructor: Kati Mole

Participants will learn defensive driving techniques, new traffic laws and rules of the road to safely adjust driving to compensate for age-related changes. Persons who complete the course will be issued a Certificate of completion to be provided to your insurance company for a discount. Please feel free to bring a brown bag lunch to class. All course materials are provided to participants and no tests are involved. Enroll by Oct 10
 Fee: \$20 (AARP members) \$25.00 (non members) Money paid to instructor day of class.

Ages 55+

**Location: Community Activities Center Conference Room
 #340555A1 | Th | Oct 24 | 8:30am - 4:00pm**

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/health-and-fitness> and select the program on June 7

**Location: Prince Rotary Senior Center
 Free | Ages 60+
 F | Sept 13- Jan 10 | 8:45am - 9:45am**

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](https://www.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/health-and-fitness> 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 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

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!

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 8-October 31. Only one permit is issued for the entire day from 10am-6pm for \$35. Shelter reservations are accepted up to 7 days in advance of reservation. For more information, please visit www.harrisonburgva.gov/shelters.

PAYMENT DETAILS

PAYMENT METHODS

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

REFUND POLICY

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