



CITY OF HARRISONBURG
**PARKS
& REC**

WINTER / SPRING 2025 PROGRAMS

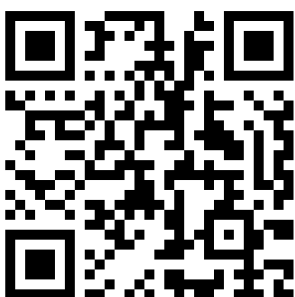
JANUARY - MAY

Bike Month - 12

Egg Hunt- 20

50 & Wiser Hike - 26

Find the complete
guide here



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

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

What's Inside...

Page 3	Recreation Centers
Pages 4 - 5	Fitness & Nutrition
Page 6 - 10	Aquatics
Pages 11 -15	Special Interest & Events
Page 16 - 17	Athletics
Pages 18 -21	Youth Programming
Page 22 - 23	Dance
Page 24 - 27	50 & Wiser
Page 28	Heritage Oaks Golf Course
Page 29	Registration

Directory

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

Facility Memberships

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

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

RECREATION CENTERS

LUCY F. SIMMS CENTER (SIMMS)

Programs

- Youth Lego Club..... 21
- Moving and Grooving..... 25
- Zumba Gold..... 25

Drop In Programs

- Parent Tot Playtime..... 19
- Parent Tot Free Play... 19
- Family Movie Night..... 21
- Creator Space..... 21

Open Gym

- Basketball
- Pickleball
- Cornhole

Hours

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

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



 **620 Simms Ave**

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

Programs

- Yoga..... 5
- Swimming Lessons..... 9
- Master Swim..... 10
- Preschool..... 19
- Baby Explorers..... 19
- SOAR..... 20
- Dance..... 23
- Cardio and Strength..... 25
- Gentle Stretch..... 25

Drop In Programs

- Lap Swim..... 7
- Recreation Swim..... 7
- Canteen..... 13
- Adult Lego Club..... 13
- Tumbling Room..... 19
- Parent Tot Playtime..... 19
- Parent Tot Enrichment.... 19



 **305 S Dogwood Drive**



Hours

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

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..... 25
- Yogalates..... 25
- Tai Chi..... 25

Drop In Programs

- Craft and Chat..... 26
- Book Club..... 27
- VPAS Cafe..... 26
- Aging with Confidence..... 26
- Monday Afternoon Matinee.... 27
- Thursday Afternoon Game.... 27

Hours

Open during scheduled programs



 **309 S Dogwood Dr**



CITY OF HARRISONBURG
**PARKS
& REC**

Winter/ Spring 2025

Fitness & Nutrition

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

Check out what is new!

Our Winter/ Spring Opportunities

Fitness & Nutrition

Fitness

Enhance your fitness routine with Yoga & Zumba, 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 November 25 | Non Resident Registration December 9

FITNESS CLASSES

Zumba Step

Instructor: Melissa Shank

This class merges the best of **Zumba and Zumba Step** for a full-body workout. Combining cardio, muscular conditioning, balance, and flexibility - it's perfect for all fitness levels. You'll enjoy the low-impact moves of Zumba Gold while experiencing the toning power of Step aerobics. Expect to burn calories, strengthen your core and legs, and leave feeling empowered and energized!

Location: Community Activities Center Fitness Studio
City Res \$30 | Non Res \$35 | Ages 18+
#121404A1 | W | Jan 22 - Mar 12 | 5:30pm - 6:30pm

Vinyasa Yoga

Instructor: Lisa Hasler RYT

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

Location: Community Activities Center Fitness Studio
City Res \$30 | Non Res \$35 | Ages 18+
#121427A1 | Sa | Jan 18 - Feb 22 | 9:15am - 10:15am
#121427A2 | W | Mar 19 - Apr 23 | 5:30pm - 6:30pm

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+
Available March - May

DANCE FOR FITNESS

Adult Ballet for Fun & Exercise

Location: Community Activities Center Dance Studio
City Res \$40 | Non Res \$50
#120316A1 | Ages 18+ | M | Jan 6 - Mar 10 | 6:30pm - 7:15pm

Adult Tap for Fun & Exercise

Location: Community Activities Center Dance Studio
City Res \$40 | Non Res \$50
#120317A1 | Ages 18+ | M | Jan 6 - Mar 10 | 7:15pm - 8:00pm

OPEN PLAY

Basketball - Evening

Join us for pickup basketball, where players of all levels can enjoy full court 5v5 games and improve their skills.

Location: Simms Center Gymnasium
Membership or daily fee | Ages 17+
M & W | Mar 17 - May 30 | 5:30pm - 8:45pm

Basketball - Morning

Join us for pickup basketball, where players of all levels can enjoy half court games and improve their skills.

Location: Community Activities Center Gymnasium
Membership or daily fee | Ages 18+
Tu & Th | Jan 2 - May 29 | 6:00am - 8:00am

NEW!

Cornhole

Want to keep your Cornhole skills sharp all winter long? Join us for open play every Tuesday from 6 PM to 8:45 PM—we'll have several sets of boards and bags available, but feel free to bring your own. Only clear water bottles are allowed.

Location: Simms Center Auditorium
Membership or daily fee | Ages 18+
Tu | Jan 7 - Apr 29 | 6:00pm - 8:45pm

Pickleball

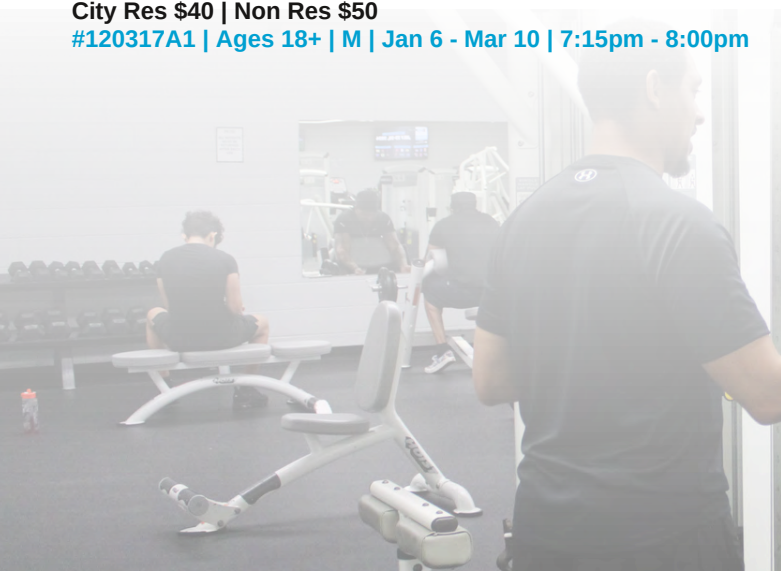
Grab your paddle and join us for indoor pickup Pickleball—where fun and friendly competition meet! Whether you're a seasoned player or just getting started, enjoy playing time in a welcoming environment. We have several paddles available for use.

Location: Simms Center Gymnasium (M-F)
Location: Community Activities Center (S)
Membership or daily fee | Ages 12+
M - F | Jan 2 - May 30 | 9:00am - 12:00pm
S | Mar 22 - May 31 | 9:00am - 11:00am

Volleyball

Bump, set, and spike your way to fun at our Open Play Volleyball sessions! Join others for some exciting games where players of all levels can hit the court and enjoy the sport.

Location: Community Activities Center Gymnasium
Membership or daily fee | Ages 12+
Tu & Th | Mar 18 - May 29 | 6:00pm - 8:45pm



Winter/ Spring 2025

Aquatics

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

Our Winter/ Spring Opportunities

Lap Swim & Recreational Swim

Reserve a lane for lap swim Monday - Saturday or enjoy recreation swim times on Wednesday mornings and Saturdays.

Swim Lessons

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

Summer Job Opportunity Courses

We are excited to start building our team for Summer 2025. Spring is a great time to get certified. Sign-up for a lifeguarding or swim instructor certification with us for your chance to be part of the Friendly City.



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 November 25 | Non-Resident Registration December 9

WESTOVER POOL: Hours and Events

SWIM HOURS

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

Recreation Swim

January 2 - April 26

Wednesday | 9:00am - 12:00pm

Saturday | 12:00pm - 5:00pm

Pool Closures

Winter and Spring Holidays

Wednesday, January 1

Monday, January 20

Monday, February 17

Friday, April 18

Dome Closure

Each Winter/ Spring, we take some time to get ready for the upcoming season by focusing on our dome and some maintenance projects.

Begins Saturday, April 26

Lap Swim Hours

January 2 - April 26

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

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

**Programming and high school swim season may affect availability*

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

Shiver Me Timbers Pirate Plunge

Jump into the New Year! We will kick off 2025 with our 3rd Shiver Me Timbers Pirate Plunge! We've got your towels ready along with a new swag item 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 in the Dome!

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

#111130C1 | Wed | Jan 1 | 9:00am



Rock the River Challenge!

Our Rock the River Challenge continues through dome season!

Keep yourself moving during indoor season and move your marker to track your laps. Running September 30 through April 26th, 2025, you have roughly 150 days to hit your goal:

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 your Rock the River swag!

Lap Swim or Membership Fees Apply | All Ages

City Res \$2 | Non Res \$4

She Swims

Our designated women's swim time is back and better than ever!

Beginning in February and lasting until the dome comes down, each Wednesday will feature lap lanes, recreational space, and pop-up class offerings. Follow Harrisonburg Parks and Recreation on social media for pop-class announcements! Registration is requested, recreation admission rates apply.

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

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

#111131A1 | Wed | Feb 19 - Apr 23 | 7:30pm - 9:00pm

WESTOVER POOL: Certification Courses

Summer Employment

Get an early start to summer by taking steps to secure your summer job as a lifeguard at Westover! Reserve a lane to practice the following lifeguarding pre-requisites:

- Jump in the deep end, surface and swim 150 yards using the front crawl or breaststroke, stop and tread for 2 minutes using only your legs, finish by swimming 50 more yards and getting out of the pool using the side.
- Ask to borrow our brick!
 - Drop the brick in the deep end. Enter the water in the shallow end and swim to the brick, surface dive to retrieve it and swim back on your back, both hands on the brick. Place the brick on deck and exit the water using the side.

All of our full-time staff are Lifeguard Instructors and are happy to help!

Lifeguarding Course

This American Red Cross Lifeguarding course is for new lifeguards or former lifeguards with an expired certification. Pre-requisites will take place one week before the start of class. With successful pre-requisites, online content will be assigned and payment taken. Online content will need to be completed by the first in-person skills session. In-person skill sessions will take place over four consecutive days.

Course Fee \$175 | Ages 15+

#131101B4 | Th - Su | Apr 3 - 6 | 4:00pm - 8:00pm and 9:00am - 5:30pm

#131101C4 | Th - Su | Apr 10 - 13 | 4:00pm - 8:00pm and 9:00am - 5:30pm

#131101D4 | Th - Su | Apr 24 - 27 | 4:00pm - 9:00pm and 9:00am - 5:30pm



Swim Instructor Course

Become a swim instructor in our American Red Cross Water Safety Instructor course. This course will provide the training and tools to teach swim lessons to a wide range of ages and abilities. Instructor candidates should be adept at all competitive swim strokes, but no prior teaching experience is required.

Course Fee \$175 | Ages 15+

#131104A1 | Mon - Sat | May 19 - 24 | 4:00pm - 8:30pm, 8:00 am - 2:00 pm



Lifeguarding Recertification

Designed for currently certified American Red Cross lifeguards and instructors or those with ARC certifications expired for no more than 30 days, Lifeguarding Review courses are two, half-day classes. Email Michelle.Tucker@HarrisonburgVA.gov for information regarding LGI/IT recertifications.

Course Fee \$75

#131102B1 | Fri and Sat | Mar 28 - 29 | 4:00pm - 8:00pm and 8:30am - 6:30pm

#131102B1 | Fri and Sat | May 16 - 17 | 4:00pm - 8:00pm and 8:00am - 6:30pm



CPR Class

Celebrate Heart Month this February! In this professional level CPR course, you will learn the essential skills to assist someone experiencing a sudden illness or injury. Successful completion of this 5 hour blended learning course and in-person skills session with an instructor includes a two-year certification in American Red Cross CPR for the Professional Rescuer, recognized by agencies nation-wide.

City Res \$45 | Ages 14+

#131105A1 | Sat | Feb 15 | 12:30pm - 5:30pm



WESTOVER POOL: Beginner Group Swim Lessons

Hermit Crab: Parent/Tot Level 1

For parents and their tots, ages 6 months to 1.5 years, these classes introduce you both to basic water safety and give you the tips you need to create your own water fun. Swim diapers are required. Lessons consist of 4, 30-minute classes.

Open to City Residents Nov 25 | Non Res Dec 9

City Residents \$20 | Non Res \$40

#111100A1 | Wed | Mar 5 - Mar 26 | 9:00am - 9:30am

#111100A2 | Wed | Apr 2 - Apr 23 | 9:00am - 9:30am

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: basic personal water safety skills, floating, water comfort, and basic swimming. Lessons consist of 8, 30-minute classes.

Open to City Residents Nov 25

City Residents \$25

#111102A1 | Wed | Jan 8 - Feb 26 | 10:30am - 11:00am

#111102A2 | Wed | Mar 5 - Apr 23 | 9:45am - 10:15am

#111102A3 | Wed | Mar 5 - Apr 23 | 10:30am - 11:00am

#111102A4 | Wed | Mar 5 - Apr 23 | 11:15am - 11:45am

#111102B1 | Sat | Feb 1 - Mar 22 | 9:00am - 9:30am

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 Nov 25

City Residents \$25

#111105B1 | Sat | Feb 1 - Mar 22 | 9:45am - 10:15am

#111105B2 | Sat | Feb 1 - Mar 22 | 11:15am - 11:45am

#111105C1 | Mon-Thur | Mar 3 - Mar 13 | 4:15pm - 4:45pm

#111105C2 | Mon-Thur | Apr 14 - Apr 24 | 4:15pm - 4:45pm

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 Nov 25

City Residents \$25

#111105TB1 | Sat | Feb 1 - Mar 22 | 10:30am - 11:00am

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 Nov 25 | Non Res Dec 9

City Residents \$25 | Non Res \$50

#111101A1 | Wed | Jan 8 - Feb 26 | 9:45am - 10:15am

#111101A2 | Wed | Mar 5 - Apr 23 | 9:45am - 10:15am

#111101A3 | Wed | Mar 5 - Apr 23 | 10:30am - 11:00am

Ray: PreK Level 2

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

Open to City Residents Nov 25

City Residents \$25

#111103B1 | Sat | Feb 1 - Mar 22 | 9:00am - 9:30am

#111103A1 | Wed | Mar 5 - Apr 23 | 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 Nov 25

City Residents \$25

#111106B1 | Sat | Feb 1 - Mar 22 | 9:45am - 10:15am

#111106C1 | Mon - Thu | Mar 31 - Apr 10 | 4:15pm - 4:45pm

Teen Whale: Teen Level 1

Teens ages 11-15 with some group lesson or swimming experience, comfort in the water, and the ability to swim a short distance on their front or back will focus on building confidence and water safety while honing the skills to swim front and back crawl for 25 yards. Lessons consist of 8, 30-minute classes.

Open to City Residents Nov 25

City Residents \$25

#111106TC1 | Mon - Thu | Mar 17 - Mar 27 | 4:15pm - 4:45pm

WESTOVER POOL: Advanced and Adult Swim Lessons

Mako: Level 3

Mako is the best fit for kids ages 6-12 who can already swim the length of the pool and want to learn more about swimming. Mako participants will work on technique for front and back crawl, build endurance, and get introduced to breaststroke, treading and personal safety. Additional skills taught will be based on participant abilities. Lessons consist of 8, 30-minute classes.

Open to City Residents Nov 25

City Residents \$25

#111107B1 | Sat | Feb 1 - Mar 22 | 10:30am - 11:00am



Seal: Level 4

Seal is great for swimmers ages 6-15 who are considering swim team or want to learn more about swimming for fitness. Seal participants should be able to swim the length of the pool and back and have knowledge of all four competitive strokes. Swimmers will learn more about the competitive strokes and others, as well as work on diving, flip turns and swim drills. Additional skills taught will be based on participant abilities. Lessons consist of 8, 30-minute classes.

Open to City Residents Nov 25

City Residents \$25

#111108B1 | Sat | Feb 1 - Mar 22 | 11:15am - 11:45am

Flounders: Adults

Ideal for beginner or unsure adults, this group lesson is station based, allowing you more freedom to hone the skills you want. Take control of your New Year's resolution and try something different in 2025. Lessons consist of 8, 45 minute classes. Instructors: Michelle Tucker and Raymond Trouve

Open to City Residents Nov 25

City Residents \$25

#121106A1 | Wed | Jan 8 - Feb 26 | 11:15am - 12:00pm

Water Fitness

Masters Swimming

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

Coach: Patrick O'Neill

Indoor Masters Membership

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

#121107A1 | Tu, W, Th | 7:00am - 9:00am (Sept - end of April)

Aqua: Total Body Training

Total Body Training in the pool! This is a great cardio and strength interval training class designed to work your entire body and maximize calorie burn by using your own body weight or equipment. Focus on resistance, power, intervals, plyometrics, endurance, and determination to see a new you!

Instructor: Gina Pollard

City Res \$30 | Ages 18+

#121109A1 | Wed | Mar 5 - Apr 23 | 3:00pm - 4:00pm



Zero to Tri



Get prepped for an early spring sprint for the first time or as a tune-up for a bigger race later in the season! Meeting Saturdays 7:30-8:45 for weekly check-ins and activity or workout, this is a great way to get some accountability this season. Ideal for those just starting out or new to the sport. Registration includes guest facilitators and an 8-week workout plan to take some of the guesswork out of training.

Coach: Michelle Tucker

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

#121108A1 | Sat | Feb 22 - Apr 12 | 7:30am - 8:30am



Winter/ Spring 2025 Special Interest & Events

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

Our Winter/ Spring Opportunities

Outdoor Adventure

Reach new heights or explore the depths this spring with
our thrilling climbing trips and exciting caving adventures!

Bike Month

Join us this May to celebrate Bike Month in Harrisonburg!
Enjoy a fun-filled lineup featuring events like the Bike Rodeo,
Bike to School Day, Bike Anywhere Day, and Adult Bike
Lessons.

Special Interest

There are several special interest activities this Winter/
Spring including Lego Club, Canteen, and Wellness Matters!



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 November 25 | Non Resident Registration December 9

SPECIAL INTEREST & EVENTS

BIKE MONTH

Bike Rodeo

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

For more information visit harrisonburgva.gov/pop-up-parks-hillandale

Sa | May 3 | 10:00am - 12:00pm | Hillandale Park

Adult Learn to Ride Lesson

Have you always wanted to learn to ride a bike? Join us for this two hour class where we will teach you the basics of balancing, peddling, and riding a bike. This program is in partnership with Shenandoah Valley Bicycle Coalition's Bikes for Neighbors program. Don't have your own bike? No problem, let us know during registration and you can borrow one.

#111319A1 | Tu | May 6 | 5:30pm - 7:30pm | Hillandale Park

NEW!

Bike Maintenance Clinic

Dust off your wheels and learn essential bike maintenance skills firsthand from a local group of expert bike mechanics. Whether you're a seasoned cyclist or just starting out, this FREE event offers invaluable knowledge to keep your ride in top condition. Sign up in store or on the Friendly City Coop website.

Sa | May 10 | 12:00pm - 1:00pm | Friendly City Co-Op

Bike to School Day

Walk, Bike & Roll to School Day creates opportunities for children to interact and socialize with their peers, teaches pedestrian and bicycle safety skills, and creates positive experiences to encourage active and independent transportation later in life.

Most of all, it's a party parade...all before school even starts!

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

For more information visit harrisonburgva.gov/Bike-Month

W | May 7 | 8:20am - 9:00am

Bike Anywhere Day

What was formerly "Bike to Work Day", is being reimagined. Why stop at biking to work? We want to celebrate biking anywhere.

In partnership with Shenandoah Valley Bicycle Coalition, we will be hosting a free breakfast on Court Square from 7:00 to 10:00 a.m. for all riders and walkers.

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

For more information visit harrisonburgva.gov/bike-month

F | May 16 | 7:30am - 11:00am | Court Square

OUTDOOR ADVENTURE

Parent-Kid Beginner Wild Caving

Join us for a morning of learning basic caving safety, underground navigation, and some elementary limestone geology. This program is for children ages 7-11 and their accompanying parent/guardian. All technical gear is provided. A personal suggested clothing list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures after registration. Both child and parent must register and pay.

Location: Bridgewater, VA

**City Res \$37 | Non Res \$40 | Ages 7 - 11 plus an adult
#131306A1 | Sa | Feb 1 | 1:00pm - 5:00pm**

NEW!

Intermediate Wild Caving

This is a wild caving trip for individuals who have been on a WGA Beginner Caving trip in the past, and are ready to go a little more strenuous and adventurous. Ages 12 through adult (teens may attend unaccompanied, but their transportation must be provided by a parent or guardian). All technical gear is provided. A personal suggested clothing list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures.

Location: Bridgewater, VA

**City Res \$37 | Non Res \$40 | Ages 12+
#131306A2 | Sa | Feb 15 | 8:30am - 12:00pm**

Parent-Kid Beginner Rock Climbing

Join us for a full day of learning to climb and belay. This program is for children ages 7-11 and their accompanying parent/guardian. All technical gear is provided. A personal suggested clothing list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures after registration. Both child and parent must register and pay.

Location: George Washington National Forest

**City Res \$67 | Non Res \$70 | Ages 7-11 plus parent
#131372A1 | Sa | Mar 29 | 9:00am - 5:00pm**

NEW!

Finding Feathered Friends

Join the Rockingham Bird Club for a short walk to listen and look for birds at Hillandale Park, starting with a brief talk on tips for finding birds and what types of birds inhabit the park. Please dress for the weather and bring binoculars if you have them. Rain cancels. Email info@rockinghambirdclub.com for additional information.

Location: Hillandale Park Shelter 12

Free | All Ages

Sa | Mar 15 | 10:30am - 11:30am



For more Bike Month events check out SVBCoalition.org

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, Legos, and snacks. We encourage parents or caregivers to stay and build community together. Call the Community Activities Center for more information 540-433-2474. May date will be a cookout.

Location: Community Activities Center Gymnasium

Free | Ages 16+

F | Jan 10 | 7:00pm - 8:30pm | Community Activity Center

S | Feb 15 | 7:00pm - 8:30pm | Community Activity Center

F | Mar 7 | 7:00pm - 8:30pm | Simms Center

F | Apr 11 | 7:00pm - 8:30pm | Community Activity Center

F | May 2 | 5:00pm - 6:30pm | Westover Park Shelter 1

Wellness Matters

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

Harriet.Flynn@HarrisonburgVA.Gov to register.

Free | Ages 18+

W | Jan 15 | 1:00pm - 2:00pm | Westover Pool

W | Feb 19 | 1:00pm - 2:00pm | Community Activities Center

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

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

W | May 21 | 1:00pm - 2:00pm | Purcell Park Fishing Pond

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 | Jan 13 | 5:15pm - 6:15pm

M | Feb 10 | 5:15pm - 6:15pm

M | Mar 10 | 5:15pm - 6:15pm

M | Apr 14 | 5:15pm - 6:15pm

M | May 12 | 5:15pm - 6:15pm

LIBRARY



Massanutten Regional Library (MRL) is thrilled to announce that we will receive a \$10,000 grant from The National Endowment for the Arts (NEA) in partnership with Arts Midwest in order to offer a seven-week community-based program centered around a book from the NEA Big Read Library. MRL will be bringing Yaa Gyasi's Homegoing to the Valley from February 28, 2025 through April 12, 2025 with book discussions, writing workshops, and creative activities in collaboration with a range of local partners. Learn more at www.mrlib.org.

Location: Central Library

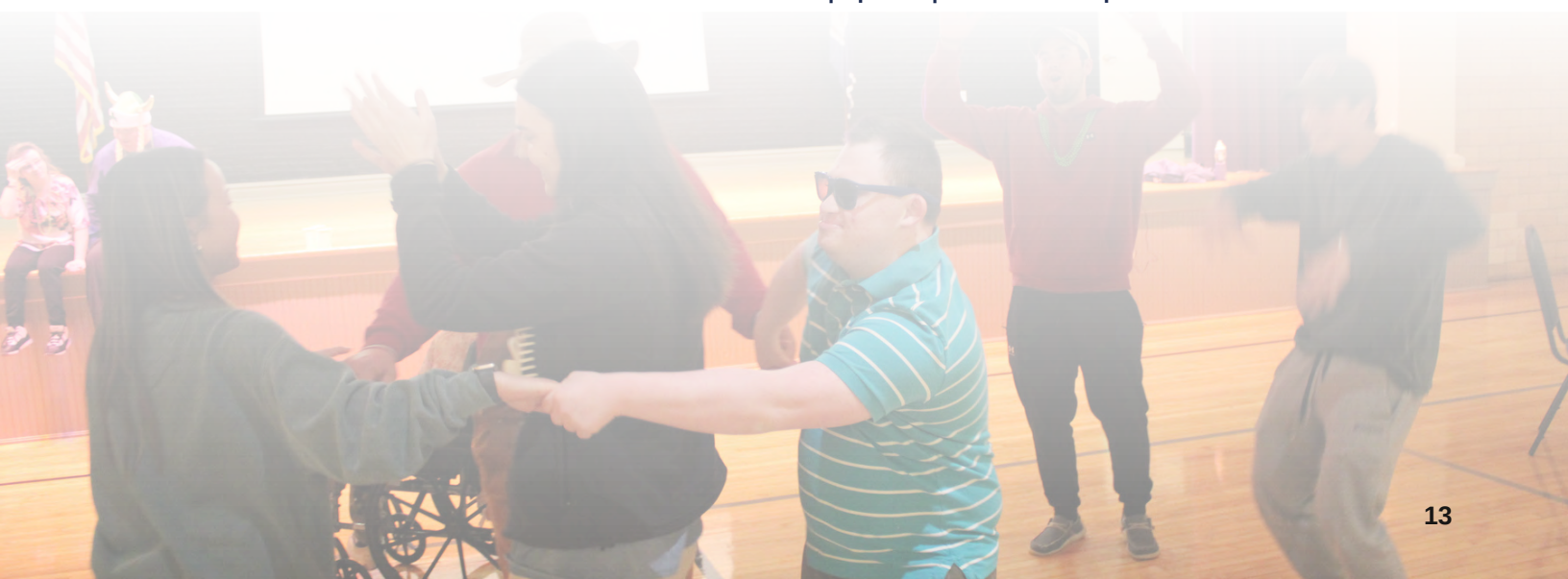
Feb 28 - Apr 12

Meet Local Authors!

Massanutten Regional Library (MRL) invites you to attend the annual Rocktown Author Festival, held at Central Library in downtown Harrisonburg on Saturday, April 12, 2025 from 10AM – 3PM. Attendees can meet local authors and purchase signed copies of their works. Participants can also attend two panel sessions on topics pertinent to the writing and publishing industries. The festival is free, but registration is requested for the panel sessions. Find details at www.mrlib.org.

Location: Central Library

Sa | April 12 | 10:00am - 3:00pm



SPECIAL INTEREST & EVENTS

ENVIRONMENTAL

Blacks Run Clean Up & Arbor Day

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

Learn more at Cleanstream.org!

Sign up now at <http://arcg.is/1PKWzz0>

Location: Turner Pavilion

Family Friendly

Sa | April 12 | 9:00am - 12:30pm

Rain Barrel Workshop

Capture water from your roof and store it to use on your gardens and lawns! Be a part of helping control stormwater runoff by signing up for the next Rain Barrel Workshop! During the workshop you will learn the benefits of installing a rain barrel, build a rain barrel, and take your rain barrel home! To register for the workshop, visit svswcd.org/rain-barrel-workshop-harrisonburg/

Location: Harrisonburg Recycling Center

W | Mar 19 | 5:00pm - 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 Winter/ Spring.



SERCAP is a HUD-Approved Local Housing Counseling Agency. Their certified counselors provide unbiased information and access to resources that assist you in achieving your housing and financial goals. HUD-Approved Housing Counseling is 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 your financial readiness, how to find reliable information, and special first-time homebuyer programs; come and learn about free housing counseling programs and services. RSVP in advance (email jhodges@sercap.org) to receive a free meal.

Free | RSVP for meal | Ages 18+

Location: Harrisonburg City Hall, 409 S Main St, Room 011

Th | Feb 20 | 12:00pm – 12:50pm

Th | Mar 20 | 12:00pm – 12:50pm

Th | Apr 10 | 12:00pm – 12:50pm

Homebuyer Financial Readiness 101

Aimed at first-time homebuyers (though anyone may attend), this 90-minute class provides an overview of what you will need to know before buying a home. Topics include: how credit, debt, and savings impact what you can afford, the role of your budget in qualifying for a loan and saving for down payment, and planning for expenses like closing costs and monthly mortgage payments. RSVP in advance (email wpenn-timothy@sercap.org) to receive a free meal.

Location: Harrisonburg City Hall, 409 S Main St, Room 011

Free | Ages 18+

Th | Feb 20 | 5:15pm - 6:45pm

Th | Mar 20 | 5:15pm - 6:45pm

Th | Apr 10 | 5:15pm - 6:45pm



EGGSTRAORDINARY EGG HUNT

APRIL 12, 10AM-12PM



HARRISONBURGVA.GOV/EGG-HUNT

CALLING ALL
SUPERHEROES!



SUPERHERO PARTY

JANUARY 25, 2025 - 3 TO 5PM

COMMUNITY ACTIVITIES CENTER

HARRISONBURGVA.GOV/SUPERHERO-PARTY

Sweetheart
Dance



Feb 15

5:00-6:30pm

harrisonburgva.gov/sweetheart-dance



CITY OF HARRISONBURG
**PARKS
& REC**

Winter/ Spring 2025 Athletics Programs

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

Winter/ Spring Athletics Programs

Winter Youth Basketball

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

Start Smart Soccer

Instructional clinic-based program for ages 3-4.

Spring Youth Soccer

Leagues are open to children ages 5-13.



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.

City Resident Spring Athletic Program registration opens January 6.

Non-Resident Spring Athletic Program registration opens January 21

YOUTH BASKETBALL

www.harrisonburgva.gov/basketball

At the release time of this guide, youth basketball registration has already begun and will end on November 15.

Programs are open to City Residents only.
\$30/player

Call 540-433-9168 for additional information.
Volunteer Coaches Needed for All Levels!

START SMART SOCCER

www.harrisonburgva.gov/start-smart

This is a developmentally appropriate introductory soccer program for children 3-4 years old. Parent/child pairs work together to develop individual skills. Age appropriate equipment is used to teach kicking, dribbling, trapping, throw-ins, and agility.

\$30/City Residents (City Registration Opens January 6)

\$60/Non-Residents (Non-Resident Registration Opens January 21)

Location: Smithland Athletic Complex

Session 1: #210103-A1 | Mar 17 - 21 | 5:30pm-6:15pm

Session 2: #210103-A2 | Mar 17 - 21 | 6:15pm-7pm

SPRING YOUTH SOCCER

www.harrisonburgva.gov/soccer

\$30/City Residents (City Registration Opens January 6)

\$60/Non-Residents (Non-Resident Registration Opens January 21)

Age determined as of April 1.

Program will consist of a mix of practices and games.

Shin guards are mandatory for all levels.

Call 540-433-9168 for additional information.

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

Volunteer Coaches Needed!

U5 Soccer League (Age 5)

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

Location: Smithland Athletic Complex (Pads 1&2)

Boys: #211005-A1 | T, Th | Apr 8 - Jun 12 | Times TBD

Girls: #211005-A2 | M,W | Apr 7 - Jun 11 | Times TBD



SPRING YOUTH SOCCER - CON'T

U6 Soccer League (Age 6)

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

Location: Smithland Athletic Complex (Pads 1&2)

Boys: #211006-A1 | T, Th | Apr 8 - Jun 12 | Times TBD

Girls: #211006-A2 | M,W | Apr 7 - Jun 11 | Times TBD

U7 Soccer League (Age 7)

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

Location: Smithland Athletic Complex (Pads 1&2)

Boys: #211007-A1 | T, Th | Apr 8 - Jun 12 | Times TBD

Girls: #211007-A2 | M,W | Apr 7 - Jun 11 | Times TBD

U8 Soccer League (Age 8)

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

Location: Smithland Athletic Complex (Pads 1&2)

Boys: #211008-A1 | T,Th | Apr 8 - Jun 12 | Times TBD

Girls: #211008-A2 | M,W | Apr 7 - Jun 11 | Times TBD



U10 Soccer League (Ages 9-10)

Skill Assessments will take place the week of March 31-April 3.

Teams will then be selected by volunteer coaches.

Practices will begin the week of April 7.

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

Location: Smithland Athletic Complex (Pads 2&3)

Boys: #211010-A1 | Mar 31 - Jun 14 | Times TBD

Girls: #211010-A2 | Mar 31 - Jun 14 | Times TBD

U13 Soccer League (Ages 11-13)

Skill Assessments will take place the week of March 31-April 3.

Teams will then be selected by volunteer coaches.

Practices will begin the week of April 7.

Games will be played either 9v9/11v11 based on registration numbers and will play with a goalie.

Location: Smithland Athletic Complex (Pads 3 or 4)

Boys: #211012-A1 | Mar 31 - Jun 14 | Times TBD

Girls: #211012-A2 | Mar 31 - Jun 14 | Times TBD



CITY OF HARRISONBURG
**PARKS
& REC**

Winter/ Spring 2025 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.

Out of School Time

For K - 5 grade we provide an afterschool program for students enrolled in Harrisonburg City Schools as well as Kids' Night Out.

Toddler Programs

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

Youth Programs & Events

Check out the different opportunities we have for elementary and middle school ages children, Legos, art, and even bike lessons!



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.

2025-2026 PRESCHOOL

Through creative and meaningful play activities, the program promotes the healthy social, emotional, cognitive, and physical development of each child. A positive self-concept will be developed, with creativity and self-expression being encouraged. The program is offered to City resident's children who are or will be three years of age by September 1st and are fully potty trained in the 3-year-old classroom, and to children who are or will be four years of age by September 30 of the current year in the 4-year-old classroom. This program is licensed under the VA Department of Education.

For more information visit www.harrisonburgva.gov/youth-services
Register in person at the Community Activities Center. Please have child's birth certificate with you.

Registration opens February 10 for returning. February 24 for new participants

3-Year-Olds

City Res Only \$50 per month

#510234A | Ages 3 | Tu, Th | Sep - May | 9:00am - 12:00pm

4-Year-Olds

City Res Only \$75 per month

#510234A2 | Ages 4 | M,W,F | Sep - May | 9:00am - 12:00pm

TODDLER PROGRAM

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

#110615A1 | Th | Feb 6 - Mar 13 | 10:00am - 11:00am

#110615A2 | Th | Apr 17 - May 22 | 10:00am - 11:00am

TODDLER DROP IN

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

Tu, F, Sa | Jan 3 - May 31 | 9:00am - 12:00pm

M, Tu, W, Th, F | Jan 2 - May 30 | 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.

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

Location: CAC and Simms Center

Mondays 9:00am - 11:00am - Community Activities Center

Wednesdays 9:00am - 11:00am - Community Activities Center

Fridays 12:15pm - 2:00pm - Simms Center

Parent Tot Free Play

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

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

Location: Simms Center Art Room

Tuesdays 9:30am - 11:00am

Parent Tot Enrichment

Join our preschool 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 | Jan 9 | 1:00pm - 1:45pm

Th | Feb 13 | 1:00pm - 1:45pm

Th | Mar 13 | 1:00pm - 1:45pm



OUT OF SCHOOL TIME

Kids' Night Out

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

Location: Community Activities Center Youth Services

City Res \$10| Non Res \$12 | K - 5th grade

#110950A2 | F | Jan 31 | 5:45pm - 8:00pm

#110950A3 | F | Mar 14 | 5:45pm - 8:00pm

#110950A4 | F | May 16 | 5:45pm - 8:00pm

SOAR Summer Camp

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

Registration Dates:

Summer 2024 participants and siblings - [March 10](#)

After School 2024-2025 participants and siblings - [March 17](#)

New participants - [March 31](#)

Location: Community Activities Center Youth Services

City Res \$50/ week | K - age 11

School's Out Drop-in Programs

Are the kids tired of being stuck at home when there is no school? Join us for our School's Out Drop-in Programs. Each session will be different and will be appropriate for elementary and middle schoolers. Parents must stay for the program but are welcome to work on their laptops off to the side. Younger siblings may join if parents are engaged with the program. This program will take place at the Simms Center (Simms), Community Activities Center (CAC) or Hillandale Park Shelter 12 (Hillandale). Registration is helpful but not required.

#111201A1 | M | Jan 6 | 10:00am - 12:00pm | Crafts | Simms

#111201A2 | Tu | Jan 21 | 10:00am - 10:45am | Yoga | CAC

#111201A3 | M | Mar 10 | 10:00am - 12:00pm | Crafts | Simms

#111201A4 | F | Mar 28 | 10:00am - 12:00pm | Legos | Simms

#111201A5 | M | Mar 31 | 10:00am - 10:45am | Yoga | CAC

#111201A6 | F | Apr 4 | 10:00am - 12:00pm | Jr Ranger | CAC

#111201A7 | M | Apr 21 | 10:00am - 11:00am | Animal ID | Hillandale

Flurries & Fun

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

EVENTS

Superhero Party

Bring your superhero to the Community Activities Center for a fun filled superhero party! Enjoy superhero themed music, games, crafts, inflatable obstacle course, and photo opportunity. One adult may bring multiple children, but each child must be registered. Registration ends January 20 or once registration capacity is reached. There is an event limit of 50 participants.

Location: Community Activities Center Gymnasium

\$5 per child | Ages 3 to 11

#110800A1 | Sa | Jan 25 | 3:00pm - 5:00pm

Sweetheart Dance

Spend a fun filled evening with your sweetheart! Music and refreshments will all be included in your evening. One adult may bring multiple children, but each child must be registered. Registration ends February 9th or once registration capacity is reached. There is an event limit of 75 couples.

Location: Community Activities Center Gymnasium

\$5 per child | Ages 3 to 11

#110805A2 | Sa | Feb 15 | 5:00pm - 6:30pm

Egg Hunt

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

Location: Simms Center & Community Activities Center

Free | Ages 0 to 5th grade

Sa | Apr 12 | 10:00am - 12:00pm

Eggstraordinary Egg Hunt

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

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

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

Location: Simms Center Gymnasium

Free | Ages 0 to adult

Sa | Apr 12 | 10:00am -12:00pm

Bike Rodeo

May is National Bike month! Bring your bike to Hillandale Park for a fun morning of obstacle courses, riding, and tune-ups! We will make sure your tires are inflated, helmets fit, and seats are adjusted to help you make the most out of your bike and the community trails this summer. Helmets are required by law in Harrisonburg for anyone 14 years of age or younger.

For more information visit harrisonburgva.gov/pop-up-parks-hillandale

Sa | May 3 | 10:00am - 12:00pm | Hillandale Park

DROP IN PROGRAMS

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 | January 3 | 6:00pm - 8:00pm

F | February 7 | 6:00pm - 8:00pm

F | March 7 | 6:00pm - 8:00pm

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

F | May 2 | 6:00pm - 8:00pm

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 | Jan 8 | 4:00pm - 6:00pm

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

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

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

W | May 14 | 4:00pm - 6:00pm

PROGRAMS

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 April 1.

Location: Simms Center Art Room

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

#110940A1 | Tu | Mar 4 - Apr 15 | 5:00pm - 6:00pm

Bike Lesson - One Day

Ready, set, pedal! Is your child ready to learn to ride a bike?

During this two hour class we will help your child learn the basics of balance, steering, breaking, and pedaling. This class will provide your child with the foundations to continue learning to ride a bike.

Your child does not need a bike to participate in this program.

Please let us know during registration if we need to provide a bike for your child.

Depending on the weather, this class may take place outdoors or indoors.

Location: Community Activities Center

City Res \$5| Non Res \$10 | Ages 8 - 12

#111319 A2 | Tu | Feb 18 | 1:00pm - 3:00pm

Bike Lesson - Spring Break

Ready, set, pedal! Is your child ready to learn to ride a bike? During this three-session class we will help your child learn the basics of balance, steering, breaking, and pedaling. By the end of the third session our goal is that your child will be able to ride a bike independently.

This program will take place for 45 minutes for three consecutive days.

Your child does not need a bike to participate in this program. Please let us know during registration if we need to provide a bike for your child.

Depending on the weather, this class may take place outdoors or indoors.

Location: Community Activities Center

City Res \$5| Non Res \$10 | Ages 4.5 - 6 and 7 - 11

#111319A3 | Tu-Th | Apr 1 - Apr 3 | 1:00pm - 1:45pm (4.5-6 years)

#111319A4 | Tu-Th | Apr 1 - Apr 3 | 2:00pm - 2:45pm (7-11 years)



CITY OF HARRISONBURG
**PARKS
& REC**

Winter/ Spring 2025

Dance Program

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

Our Winter/ Spring Opportunities

Children's Developmental Dance

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

Beginner/Intermediate

Beginner/Intermediate level dance classes for youth including Jazz, 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 November 25 | Non Resident Registration December 9

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

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

All classes take place at the Community Activities Center

Youth Classes (15 weeks)
 Adult Classes (8 weeks)

No classes

Monday, January 20 (Martin Luther King Day)

Monday, February 17 (Presidents Day)

Tuesday, Wednesday, Thursday, March 18 - March 20

Saturday, March 22

Monday - Saturday March 31-April 5

Friday, April 18

YOUNG CHILDREN'S DEVELOPMENTAL DANCE

Music & Movement

City Res \$75 | Non Res \$90

#110301A1 | Ages 3.5-5 | M | Jan 6 - May 5 | 4:30pm - 5:00pm

#110301A2 | Ages 3.5-5 | F | Jan 10 - May 2 | 4:30pm - 5:00pm

#110301A3 | Ages 3.5-5 | Sa | Jan 11 - May 3 | 10:30am - 11:00am

Pre Ballet & Creative Movement

City Res \$75 | Non Res \$90

#110303A1 | Ages 4.5-6 | M | Jan 6 - May 5 | 5:00pm - 5:30pm

#110303A2 | Ages 4.5-6 | F | Jan 10 - May 2 | 5:15pm - 5:45pm

#110303A3 | Ages 4.5-6 | Sa | Jan 11 - May 3 | 11:15am - 11:45am

BEGINNER DANCE/ INTERMEDIATE

Jazz

City Res \$75 | Non Res \$90

#110311A1 | Ages 6 - 7 | W | Jan 8 - Apr 30 | 4:30pm - 5:15pm

Intermediate Jazz

City Res \$75 | Non Res \$90

#110302A1 | Ages 8 - 9 | Tu | Jan 7 - Apr 29 | 4:30pm - 5:15pm

Ballet/Tap

City Res \$75 | Non Res \$90

#110304A1 | Ages 6 - 7 | M | Jan 6 - May 5 | 5:30pm - 6:15pm

#110304A2 | Ages 6 - 7 | Th | Jan 9 - May 1 | 4:30pm - 5:15pm

Intermediate Ballet

City Res \$75 | Non Res \$90

#110307A1 | Ages 8 - 10 | Th | Jan 9 - May 1 | 5:15pm - 6:00pm

Modern/ Lyrical

Taking ballet or jazz is recommended

City Res \$75 | Non Res \$90

#110319A1 | Ages 9+ | W | Jan 8 - Apr 30 | 6:00pm - 6:45pm

ADVANCED DANCE

Advanced Youth Jazz

City Res \$75 | Non Res \$90

#110320A1 | Ages 9+ | Tu | Jan 7 - Apr 29 | 5:15pm - 6:00pm

Advanced Youth Ballet

City Res \$75 | Non Res \$90

#110305A1 | Ages 9+ | W | Jan 8 - Apr 30 | 5:15pm - 6:00pm

Teen/ Preteen Tap & Musical Stage

Taking jazz is recommended

City Res \$75 | Non Res \$90

#110325A1 | Ages 10+ | W | Jan 8 - Apr 30 | 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 \$75 | Non Res \$90

#110330A1 | Tu | Jan 7 - Apr 29 | 7:15pm - 8:00pm

Advanced Ballet & Pointe

City Res \$75 | Non Res \$90

#110324A1 | Th | Jan 9 - May 1 | 6:00pm - 7:00pm

Advanced Modern/ Lyrical

City Res \$75 | Non Res \$90

#110329A1 | Th | Jan 9 - May 1 | 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.

#110317A1 | Tu | Sep 10 - Apr 29 | 6:15pm - 7:15pm

ADULT DANCE

Adult Ballet for Fun & Exercise

City Res \$40 | Non Res \$50

#120316A1 | Ages 18+ | M | Jan 6 - Mar 10 | 6:30pm - 7:15pm

Adult Tap for Fun & Exercise

City Res \$40 | Non Res \$50

#120317A1 | Ages 18+ | M | Jan 6 - Mar 10 | 7:15pm - 8:00pm

DANCE CONCERT

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

Dress Rehearsal Early Show

Location: Harrisonburg High School

W | May 7 | 5:30pm

Dress Rehearsal Late Show

Location: Harrisonburg High School

Th | May 8 | 5:30pm

Dance Concert

Location: Harrisonburg High School

Sa | May 10 | 1:00pm & 7:00pm

Winter/ Spring 2025

50 & Wiser Programs

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

Our Winter/ Spring Opportunities

50 & Wiser Fitness

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

50 & Wiser Adventure

Join us on one of our outdoor adventures! Hike to High Knob Fire Tower or paddle at Lake Shenandoah. These outdoor adventures are specifically for those 50 and older.

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 Winter/ Spring!



50 & Wiser Registration & Information:

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

City Resident Registration November 25 | Non Resident Registration December 9

GENTLE/ BEGINNER FITNESS

Moving & Grooving PLUS! Instructor: Cory Jeffries

In these high-energy sessions, we focus on dynamic movements, muscle building, and cardiovascular conditioning to keep you active and fit. Wear comfy workout attire and sneakers. You can enhance your experience with adjustable ankle weights (up to 5lbs), exercise bands, and dumbbells.

Location: Lucy F. Simms Center Auditorium

City Res \$10 | Non Res \$20 | Ages 50+

#140514A2 | Tu, Th | Mar 4 - Apr 10 | 9:00am - 9:50am

#140514A3 | Tu, Th | Apr 22 - May 29 | 9:00am - 9:50am

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

#140514A5 | Tu, Th | Apr 22 - May 29 | 10:00am - 11:30am

Gentle Stretch

Instructor: Cheryl Foster

Gentle Stretch Class sets the tone for your day's body activity. Each stretch class is designed to boost your well-being and joint mobility as you move your body with low-impact stretches. If you ever feel a bit stiff as you start your daily routine, this class may be just what you need to help prepare you for the day ahead with gentle stretches. At the end of class, weather and schedule permitting, we will walk in the park for about ½ hour.

Location: Community Activity Center Fitness Studio

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

#140505A1 | M, W | Jan 6 - Feb 12 | 9:00am - 9:30am

#140505A2 | M, W | Mar 3 - Apr 9 | 9:00am - 9:30am

#140505A3 | M, W | Apr 21 - May 28 | 9:00am - 9:30am

**Tai Chi for Arthritis and Fall Prevention**

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>

Location: Prince Rotary Senior Center

Free | Ages 60+

F | Feb 7 - May 23 | 9:00am - 9:45am

INTERMEDIATE/ ADVANCED FITNESS

Yogalates

Instructor: Dana Neff

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

Location: Price Rotary Senior Center

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

#140513A1 | W | Jan 8 - Feb 12 | 10:00am - 11:00am

#140513A2 | Th | Jan 9 - Feb 13 | 1:00pm - 2:00pm

#140513A3 | W | Mar 5 - Apr 9 | 10:00am - 11:00am

#140513A4 | Th | Mar 6 - Apr 10 | 1:00pm - 2:00pm

#140513A5 | W | Apr 23 - May 28 | 10:00am - 11:00am

#140513A6 | Th | Apr 24 - May 29 | 1:00pm - 2:00pm

50 & Wiser Yoga

Instructor: Robin Atwood

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

Location: Price Rotary Senior Center

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

#140525A1 | Tu | Jan 7 - Feb 11 | 3:00pm - 4:00pm

#140525A2 | Tu | Mar 4 - Apr 8 | 3:00pm - 4:00pm

#140525A3 | Tu | Apr 22 - May 27 | 3:00pm - 4:00pm

Cardio and Strength

Instructor: Cory Jeffries

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

Location: Community Activities Center Fitness Studio

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

#140500A2 | Tu, Th | Mar 4 - Apr 10 | 4:30pm - 5:15pm

#140500A3 | Tu, Th | Apr 22 - May 29 | 4:30pm - 5:15pm

#140500A4 | Tu, Th | Mar 4 - Apr 10 | 5:30pm - 6:15pm

#140500A5 | Tu, Th | Apr 22 - May 29 | 5:30pm - 6:15pm

Zumba Gold

Instructor: Melissa Shank

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

Location: Lucy F. Simms Center Auditorium

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

#140502A1 | Tu, Th | Jan 14 - Mar 6 | 4:15pm - 5:15pm

#140502A2 | Tu, Th | Mar 18 - May 8 | 4:15pm - 5:15pm

OUTDOOR ADVENTURE

NEW!

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

Benefits to jumping aboard:

- spending time in our gorgeous and local outdoors
- being with others who like movement and fun
- adding to your learning about outdoor safety and activity skills;
- possibly some new clothing! Participate in 3 or more of these Senior Adventures during 2025 (more activities will be offered in the summer and fall) and receive the WILD GUYde Adventures 2025 OLD MOUNTAIN GOAT* t-shirt, along with all the rights, privileges, and adulation pertaining thereto!

(*Gets Out And Tries Stuff!)

High Knob Fire Tower Hike

An afternoon hike to a summit and restored stone fire tower in the George Washington National Forest, along with some learning about basic outdoor safety. A personal suggested clothing list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures.

Location: High Knob Fire Tower

City Res \$30 | Non Res \$35 | Ages 50+

#131308A1 | Tu | Mar 4 | 1:00pm - 5:00pm

Paddling at Lake Shenandoah

Come for an afternoon session to learn basic paddle-strokes, partnering, and boat-handling skills (canoe and kayak) on flatwater, and enjoy some peaceful paddling in this beautiful setting. Come early and enjoy your bag lunch on the lake-bank. All technical gear and instruction is provided. A personal suggested clothing list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures.

Location: Lake Shenandoah

City Res \$47 | Non Res \$53 | Ages 50+

#131302A1 | W | May 14 | 1:00pm - 4:00pm

ARTS & CRAFTS

Craft and Chat

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

Location: Price Rotary Senior Center

Free | Ages 50+

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

ENRICHMENT

VPAS Cafes



Twice a 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.

Due to Monday holidays, in the months of January and February- ONLY- VPAS Café and Aging with Confidence will meet on the 2nd and 4th Mondays: Jan 13 & 27 and Feb 10 & 24.

Location: Price Rotary Senior Center

Free (Registration Required) | Ages 60+

First and Third Monday of Month (except Jan & Feb) 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 call 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

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 March 5. Fee: \$20 (AARP members) \$25.00 (non members) Money paid to instructor day of class.

Ages 55+

Location: Community Activities Center Conference Room

#140555A1 | Fr | Mar 12 | 8:30am - 4:00pm

SOCIAL

Book Club

Book club is about the enjoyment of reading, whether you are an occasional or avid reader. Books are chosen by the members of the club. Please join us to laugh, share wisdom, gain insight, and make new friends. Please read the book prior to the first Monday of the month. The book we will be discussing in January is *Ask Not* by Maureen Callahan.

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 | 12:30pm - 2:30pm

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.

Location: Price Rotary Senior Center

Free | Ages 50+

Th | 2:15pm - 4:00pm

Thursday Afternoon Bowling

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

Location: Valley Lanes

City Res/Non Res \$12 | Ages 50+

Th | 12:30pm - 3:00pm

SOCIAL

Breakfast Club

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

Ages 50+

Jan 8 - The Galley - 240 S. Main St. Harrisonburg

Feb 5 - Little Grill - 621 N. Main St, Harrisonburg

Mar 5 - Sugar & Bean Cafe - 318 N. Main St, Bridgewater

Apr 2 - Gardenside Diner - 302 N. Second St. Bridgewater

May 7 - Magpie Diner - 85 W. Gay St, Harrisonburg

Lunch Bunch

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

Ages 50+

Jan 23 - Vietopia - 1015 Port Republic Rd. Harrisonburg

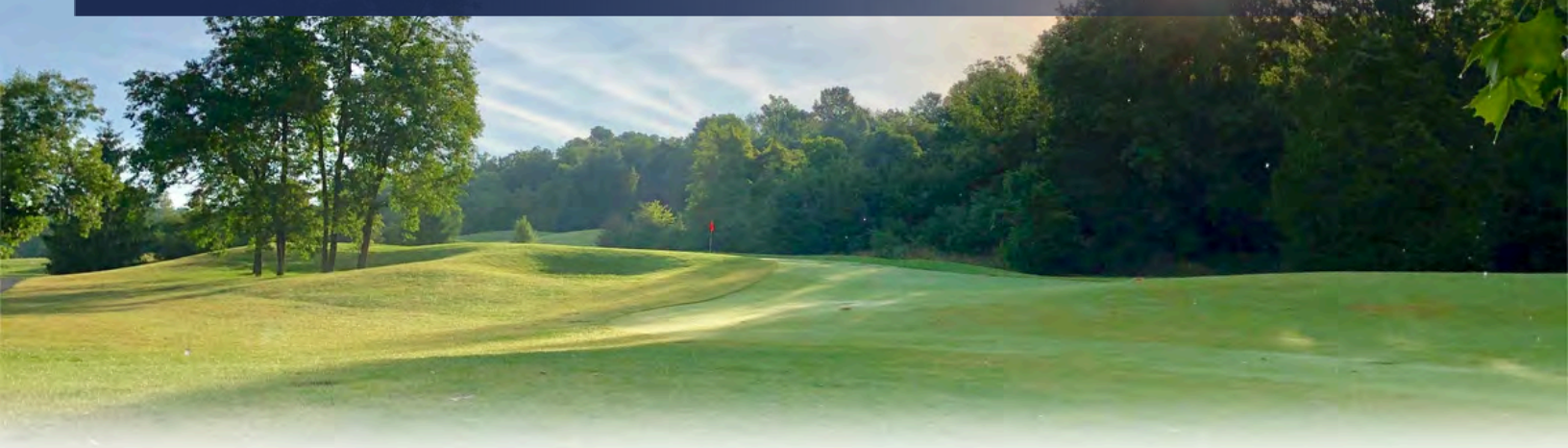
Feb 20 - Mashita - 105 N. Liberty St. Harrisonburg

Mar 20 - O'Neill's Grill - 221 University Blvd. Harrisonburg

Apr 17 - Taste of Thai - 917 S. High St. Harrisonburg

May 22 - Los Marquez Mexican Restaurant - 1751 VA Ave Unit A Hburg

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.