



WINTER/SPRING 2026 PROGRAMS

JANUARY - MAY



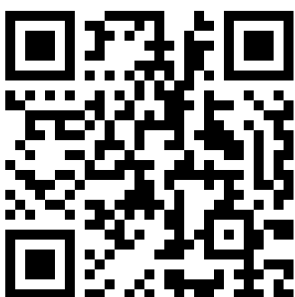
Swim Lessons - 8

Bike Month - 11

Egg Hunt - 12

Soccer - 14

Find the complete
guide here



Program Registration

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

OUR MISSION

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

OUR VISION

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

PARKS AND RECREATION ADVISORY COMMISSION

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



How to Reach Us!

EMAIL

ParksandRecreation@HarrisonburgVA.gov

WEBSITE

www.HarrisonburgVA.gov/Parks-Recreation

FACEBOOK

@HarrisonburgParksandRecreation

INSTAGRAM

@HarrisonburgParks

X

@HburgParks

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

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

**Prices are subject to review annually

RECREATION CENTERS

LUCY F. SIMMS CENTER (SIMMS)

Programs

- Youth Lego Club..... 16
- Creator Space..... 16
- Moving and Grooving..... 21
- Zumba Gold..... 22

Open Gym

- Basketball
- Pickleball

Hours

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

Saturday - 9:00am - 5:00pm



 620 Simms Ave

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

COMMUNITY ACTIVITIES CENTER (CAC) & WESTOVER POOL

Programs

- Yoga..... 5
- Master Swim..... 7
- Swimming Lessons..... 8
- Dance..... 19
- Gentle Stretch..... 21
- Cardio and Strength..... 22

Drop In Programs

- Lap Swim..... 7
- Recreation Swim..... 7
- Tumbling Room..... 16
- Parent Tot Playtime..... 16



 305 S Dogwood Drive

Hours

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

Saturday - 9:00am - 5:00pm

Open Gym

- Basketball
- Pickleball
- Volleyball



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

Visit HarrisonburgVA.Gov/swimming-pool for pool hours

PRICE ROTARY SENIOR CENTER

Programs

- Tai Chi..... 21
- Yoga..... 21/22
- Yogalates..... 22

Drop In Programs

- Craft and Chat..... 23
- VPAS Cafe..... 23
- Book Club..... 23
- Monday Afternoon Matinee.... 23
- Thursday Afternoon Game..... 23

Hours

Open during scheduled programs



 309 S Dogwood Dr



CITY OF HARRISONBURG

**PARKS
& REC**

WINTER/ SPRING 2026 FITNESS

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

Check out what is new!

OUR WINTER/ SPRING OPPORTUNITIES FITNESS

Fitness

Enhance your fitness routine with yoga or learn how to use the machines in the weight room!

Adult Dance

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



Fitness Registration & Information:

Registration must take place online at www.HarrisonburgVA.gov/Activities or in-person at any recreation center. If you have questions please call 540-433-2474.
City Resident Registration November 24 | Non Resident Registration December 8

FITNESS & NUTRITION

FITNESS

Vinyasa Yoga

Instructor: Lisa Hasler RYT

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

Location: Community Activities Center Fitness Studio

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

#121427A1 | S | Jan 10 - Feb 14 | 9:15am-10:15am

#121427A2 | S | Mar 7 - Apr 11 | 9:15am-10:15am

Zumba

Instructor: Melissa Shank

Zumba takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Dance off the stress and boost your energy with a serious dose of FUN each class. Jam to Latin, Hip-Hop, Bollywood, and Pop/Country music that gets you movin’ and groovin’ while the hour flies by!

No class January 19 or February 16

Location: Simms Center Auditorium

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

#1214041 | M & Th | Jan 12 - Mar 5 | 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.

Email Cory.Jeffries@HarrisonburgVA.Gov to sign up

Location: Community Activities Center or Simms Center

Free (Registration Required) | Ages 14+

DANCE FOR FITNESS

Adult Ballet for Fun & Exercise

This class teaches classical and contemporary ballet technique. Barre work incorporates learning and mastering ballet alignment, core strength, muscle strength and stamina, and flexibility. Exercises are built upon in center floor work, incorporating coordination and musicality. As students progress, moving combinations include turns and jumps across the floor as well as increasing coordination between arms and legs and eventually head positions. This class builds upon concepts and techniques studied in the beginning class and allows for a range of abilities to develop. This is a great class for dancers wishing to experience the joy of dance.

Location: Community Activities Center Dance Studio

City Res \$40 | Non Res \$50 | Ages 18+

#120316A1 | Ages 18+ | M | Jan 5 - Mar 9 | 6:30pm - 7:15pm

Adult Tap for Fun & Exercise

This class is a great way to develop rhythm, coordination and muscle control. Classes involve detailed footwork and articulation of sound focusing on the basics of tap. This class has high energy and is great tool for self-expression. It's great for exercise and fun!

Location: Community Activities Center Dance Studio

City Res \$40 | Non Res \$50 | Ages 18+

#120317A1 | Ages 18+ | M | Jan 5 - Mar 9 | 7:15pm - 8:00pm





CITY OF HARRISONBURG
**PARKS
& REC**

WINTER/SPRING 2026 AQUATICS

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

OUR WINTER/SPRING OPPORTUNITIES AQUATICS

Lap Swim & Recreational Swim

Reserve a lane for lap swim during our daily hours or just enjoy the water during our recreation swim hours on Wednesday mornings and Saturdays through the winter.

Swim Lessons

We will be offering multiple levels of swim lessons this season. Dome season is a great time to start preparing for summer fun!



Aquatics Registration & Information

Registration must take place online at www.HarrisonburgVA.gov/Activities or in-person at any recreation center. If you have questions please call 540-433-0571
City Resident Registration November 24 | Non Resident Registration December 8

AQUATICS

SWIM HOURS

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

Recreation Swim

January 7 - April 22

Wednesday | 9:00am - 11:30am

Saturday | 12:00pm - 5:00pm

Lap Swim Hours

January 2 - April 24

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

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

*Programming and high school swim season may affect availability

Pool Closures

Winter/ Spring and Winter Holidays

Thursday, January 1, New Year's Day

Monday, January 19, Martin Luther King, Jr. Day

Monday, February 16, Presidents' Day

Saturday, February 21

Friday, April 3, Spring Holiday

Dome Closure begins Saturday, April 25:

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

DAILY ADMISSION FEE

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

Infant (Age 2 and Under) | Free

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

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

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

POOL EVENTS

Shiver Me Timbers Pirate Plunge

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

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

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

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-up 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 25 - Apr 22 | 7:30pm - 9:00pm

SWIM TRAINING & FITNESS

Masters Swimming

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

Indoor Membership

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

#121107A2 | Tu, W, Th | 7:00am-9:00am (Sep - April)

Rock the River

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

Easier: Maury River, 43 miles

Challenge: Mattaponi River, 103 miles

Extra Challenge: Both Rivers, 146 miles!

One mile=35 laps

Lap Swim or Membership Fees Apply | All Ages

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

Water Aerobics

Join us for this low impact workout that combines resistance training and cardio exercise. Train using your own body weight and resistance or add equipment to increase the challenge. Session is 8, 45 minutes classes. (No class on April 1)

Open to City Residents Nov 24 | Non Res Dec 8

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

#121109A1 | W | Feb 18 - Apr 15 | 11:00am - 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. (No class on April 3)

Open to City Residents Nov 24 | Non Res Dec 8

City Residents \$25 | Non Res \$50

#121106A1 | Fri | Feb 27 - Apr 24 | 7:15pm - 8:00pm

AQUATICS

HERMIT CRAB: PARENT/TOT LEVEL 1

Focusing on tots ages 0.5 - 1.5 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 4, 30-minute classes. (No class on April 1)

Open to City Residents Nov 24 | Non Res Dec 8

City Residents \$25 | Non Res \$50

#111100A1 | W | Feb 18 - Mar 11 | 9:30am - 10:00am

#111100A2 | W | Mar 18 - Apr 15 | 9:30am - 10:00am

BARNACLE: PARENT/TOT LEVEL 2

Focusing on tots ages 1.5 - 2 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. (No class on April 1)

Open to City Residents Nov 24 | Non Res Dec 8

City Residents \$25 | Non Res \$50

#111101A1 | W | Feb 18 - Apr 15 | 10:15am - 10:45am

UNICORN FISH: PRE-K LEVEL 1

Ideal for beginner, non-swimmers ages 3-5, Unicorn Fish will work to master the following skills with assistance from an instructor: fundamental personal water safety skills, floating, water comfort and basic swimming. Lessons consist of 8, 30-minute classes. (No class on April 4)

Open to City Residents Nov 24 | Non Res Dec 8

City Residents \$25 | Non Res \$50

#111102B1 | Sa | Feb 21 - Apr 18 | 9:00am - 9:30am

RAY: PRE K LEVEL 2

Students ages 3-5 with some group lesson or swimming experience will focus on confidence, water safety, breath control and rhythmic, coordinated movement in the water to develop basic front and back crawl for short distances. Lessons consist of 8, 30-minute classes. (No class on April 4)

Open to City Residents Nov 24 | Non Res Dec 8

City Residents \$25 | Non Res \$50

#111103B1 | Sa | Feb 21 - Apr 18 | 9:45am - 10:15am

MAKO: YOUTH LEVEL 3

Mako is the best fit for kids ages 6-11 who can already swim the length of the pool and want to learn more about swimming. Mako participants will work on technique for front and back crawl, build endurance and get introduced to breaststroke, treading and personal safety. Lessons consist of 8, 30-minute classes. (No class on April 4)

Open to City Residents Nov 24 | Non Res Dec 8

City Residents \$25 | Non Res \$50

#111107B1 | Sa | Feb 21 - Apr 18 | 10:30am - 11:00am

SUMMER EMPLOYMENT

Get an early start to summer by taking steps to secure a 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, 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. Start in the shallow end and swim to the brick, surface dive to retrieve it and swim back on your back. Place the brick on deck and exit the water using the side.

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

LIFEGUARD TRAINING

Lifeguarding Classes

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+

#131101A1 | Thu - Su | Feb 19 - 22 | 4:00pm - 9:00pm and 11:30am - 8:00pm | 8:00am - 6:00pm

#131101A2 | Thu - Su | Apr 23 - 26 | 4:00pm - 9:00pm and 11:30am - 8:00pm | 8:00am - 6:00pm

Lifeguarding Recertification Classes

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

#131102A1 | Fri and Sat | Mar 6 - 7 | 5:00pm - 9:00pm and 11:30am - 8:00pm

#131102A2 | Fri and Sat | May 15 - 16 | 5:00pm - 9:00pm and 11:30am - 8:00pm

WINTER/ SPRING 2026 SPECIAL INTEREST

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

OUR WINTER/ SPRING OPPORTUNITIES FITNESS

Outdoor Adventure

Try out rock climbing, caving, or join us during bike month!

Events

With events such as the Superhero Party, Sweetheart dance, egg hunt, and Bike Rodeo we have events for everyone!

Special Interest

There are several special interest activities this Winter/ Spring including Lego Club and a new adult art program.



Special Interest Registration & Information:

Registration must take place online at www.HarrisonburgVA.gov/Activities
or in-person at any recreation center. If you have questions please call 540-433-2474.
City Resident Registration November 24| Non Resident Registration December 8

SPECIAL INTEREST

ADULTS WITH DISABILITIES

Canteen

All area teens and adults with intellectual and other developmental disabilities are invited to attend this social and recreational program. Join us for an evening of games, dancing, Lego, and snacks. We encourage parents or caregivers to stay and build community together. Call the Community Activities Center for more information 540-433-2474

Location: Community Activities Center Gymnasium

Free | Ages 16+

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

S | Feb 14 | 7:00pm - 8:30pm | Community Activities Center

F | Mar 27 | 7:00pm - 8:30pm | Simms Center

F | Apr 17 | 7:00pm - 8:30pm | Community Activities Center

F | May 8 | 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 21 | 1:00pm - 2:00pm | Westover Pool

W | Feb 18 | 1:00pm - 2:00pm | Simms Center

W | Mar 18 | 1:00pm - 2:00pm | Community Activities Center

W | Apr 15 | 1:00pm - 2:00pm | Purcell Park Fishing Pond

W | May 20 | 1:00pm - 2:00pm | Heritage Oaks Golf Course

LIBRARY

K-5 Afterschool Fun!

Massanutten Regional Library welcomes kids in grades K-5 to Central Library in downtown Harrisonburg each week for fun, educational programs. Practice reading with therapy dogs at Dogs 2 Read 2 every Thursday; get creative at Crafty Kids on first Thursdays; build at LEGO Club on second Thursdays; dive into hands-on experiments at Super Science on third Thursdays; and design with KEVA planks at Keva Lab on fourth Thursdays. Learn more at www.mrlib.org.

Meet Local Authors

Celebrate local talent at the sixth annual Rocktown Author Festival, held at Central Library in downtown Harrisonburg on Saturday, April 25, 2026, from 10 AM – 3 PM. Attendees can meet area authors and purchase signed books, while also enjoying expert-led panel discussions on the writing and publishing industry. Full details are available at www.mrlib.org/raf.

OUTDOOR ADVENTURE

Beginner Wild Caving

An afternoon of learning basic caving safety, underground navigation, and some elementary limestone geology. Ages 12 through adult (children and teens may attend unaccompanied, but their transportation must be provided by a parent or guardian). All technical gear is provided. After registration, a personal suggested clothing list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures.

Location: Near Bridgewater, VA

City Res \$40 | Non Res \$45 | Ages 12 through adult

#131306A1 | Sa | Feb 28 | 8:30am - 12:00pm

Beginner Rock Climbing and Rappelling

An afternoon of learning basic caving safety, underground navigation, and some elementary limestone geology. Ages 12 through adult (children and teens may attend unaccompanied, but their transportation must be provided by a parent or guardian). All technical gear is provided. After registration, a personal suggested clothing list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures.

Location: Waterfall Mtn in GW Ntl. Forest

City Res \$70 | Non Res \$75 | Ages 12 through adult

#131372A1 | Sa | Mar 28 | 9:00am - 5:00pm

Intermediate Rock Climbing

This is a rock climbing adventure for folks who have been on a WGA Beginner Rock Climbing Day, and are ready for a little more physical challenge. Ages 12 through adult (teens may attend unaccompanied, but their transportation must be provided by a parent or guardian). All technical gear is provided. After registration, a personal suggested clothing list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures.

Location: Hidden Rocks in GW Ntl. Forest

City Res \$70 | Non Res \$75 | Ages 12 through adult

#131372A2 | Sa | Apr 25 | 8:30am - 5:00pm

HOUSING & FINANCE EDUCATION

The City of Harrisonburg and its partners offer an array of classes on topics related to housing and finance, including first time homebuyer readiness, budgeting and improving credit, renter education, and more. Visit www.harrisonburg.gov/housing for the most up-to-date details.

SPECIAL INTEREST

ADULT PROGRAMS

Lego Club - Adult

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

Location: Community Activities Center

Free | Ages 15 and older

Th | Jan 8 | 6:00pm - 7:00pm

Th | Feb 12 | 6:00pm - 7:00pm

Th | Mar 12 | 6:00pm - 7:00pm

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

Th | May 14 | 6:00pm - 7:00pm

Create & Craft

Join us the fourth Tuesday of the month for this adult art program. Each month will have a different featured art medium. All supplies and instruction are provided. This is a free drop in program for those 15 years of age and older. Participants may join in with the monthly art medium or choose to do their own art.

Location: Simms Center Art Room

Free | Ages 15 and older

Tu | Jan 27 | 5:30pm - 8:00pm | Linocut Stamps

Tu | Feb 24 | 5:30pm - 8:00pm | Water Color

Tu | Mar 24 | 5:30pm - 8:00pm | Paper Quilling

Tu | Apr 21 | 5:30pm - 8:00pm | Print Making

Tu | May 26 | 5:30pm - 8:00pm | Macrame



ENVIRONMENTAL

Pollinators in your Yard

Learn about pollinator-friendly initiatives happening around the City of Harrisonburg and how to attract more pollinators to your yard. Learn more at <https://www.harrisonburgva.gov/pollinators-in-your-yard>

Sa | March 21 | 12:30pm - 4:00pm | Ice House

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](https://www.cleanstream.org/)!

S | Apr 11 | 9:00am - 11:30am | Turner Pavilion

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/

W | Mar 25 | 4:30pm - 6:30pm | Public Works Building

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

Location: Hillandale

Sa | May 2 | 10:00am - 12:00pm | Hillandale Park

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 3 | 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 6 | 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.

F | May 15 | 7:30am - 11:00am | Court Square



**SHENANDOAH VALLEY BICYCLE
COALITION**

**For more Bike Month events check
out SVBCoalition.org**

EGGSTRAORDINARY EGG HUNT

MARCH 28, 10AM-12PM



[HARRISONBURGVA.GOV/EGG-HUNT](https://harrisonburgva.gov/egg-hunt)

CALLING ALL
SUPERHEROES!



**SUPERHERO
PARTY**

JANUARY 31, 2025 - 3 TO 5PM

COMMUNITY ACTIVITIES CENTER

[HARRISONBURGVA.GOV/SUPERHERO-PARTY](https://harrisonburgva.gov/superhero-party)

Sweetheart
Dance

FEB
14

Community
Activities
Center

5:00
PM

harrisonburgva.gov/sweetheart-dance

WINTER/SPRING 2026 ATHLETICS PROGRAMS

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

WINTER/SPRING ATHLETIC PROGRAMS

Winter Youth Basketball

Leagues are open to children 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 ages 5-13.



Athletics Registration & Information:

Registration must take place online at www.HarrisonburgVA.gov/Activities or in-person at any recreation center.

If you have questions please call 540-433-9168.

City Resident Spring Athletic Registration Opens January 5 / Non-Resident Spring Athletic Registration Opens January 20

ATHLETICS

WINTER YOUTH BASKETBALL

www.harrisonburgva.gov/basketball

At the release of this guide, youth basketball registration has already begun, and ends November 14.

\$30/player (City Residents Only)

Call 540-433-9168 for additional information.

Volunteer Coaches Needed!

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 5)

\$60/Non-Residents (Non-Res Registration Opens January 20)

Session 1: #210103-A1 | Mar 23 - 27 | 5:30pm - 6:15pm

Session 2: #210103-A2 | Mar 23 - 27 | 6:15pm - 7:00pm

Session 3: #210103-A3 | Mar 23 - 27 | 10:15am - 11:00am

SPRING YOUTH SOCCER

www.harrisonburgva.gov/soccer

\$30/City Residents (City Registration opens January 5)

\$60/Non-Residents (Non-Resident Registration opens January 20)

Registration deadline is March 27.

Age determined as of April 1.

Program 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, some specific program days and times will be released at a later date.

Team requests will not be accepted.

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)

Girls: #211005-A1 | M, W | Apr 6 - Jun 8 | Times TBD

Boys: #211005-A2 | T, Th | Apr 7 - Jun 9 | 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)

Girls: #211006-A1 | M, W | Apr 6 - Jun 8 | Times TBD

Boys: #211006-A2 | T, Th | Apr 7 - Jun 9 | 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)

Girls: #211007-A1 | M, W | Apr 6 - Jun 8 | Times TBD

Boys: #211007-A2 | T, Th | Apr 7 - Jun 9 | 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)

Girls: #211008-A1 | M, W | Apr 6 - Jun 8 | Times TBD

Boys: #211008-A2 | T, Th | Apr 7 - Jun 9 | Times TBD



U10 Soccer League (Age 9-10)

Skill Assessments will take place the week of April 6-9.

Teams will then be selected by volunteer coaches.

Practices will begin the week of April 13.

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

Location: Smithland Athletic Complex (Pads 2&3)

Girls: #211009-A1 | Apr 6 - Jun 13 | Times TBD

Boys: #211009-A2 | Apr 6 - Jun 13 | Times TBD

U13 Soccer League (Age 11-13)

Skill Assessments will take place the week of April 6-9.

Teams will then be selected by volunteer coaches.

Practices will begin the week of April 13.

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

Location: Smithland Athletic Complex (Pad 4)

Girls: #211010-A1 | Apr 6 - Jun 13 | Times TBD

Boys: #211010-A2 | Apr 6 - Jun 13 | Times TBD



WINTER/ SPRING 2026 YOUTH SERVICES

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

OUR WINTER/ SPRING OPPORTUNITIES YOUTH SERVICES

Youth

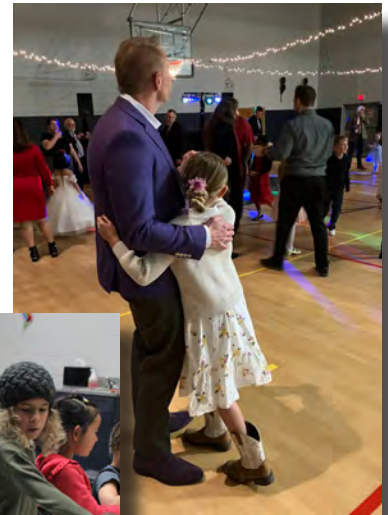
Check out the different opportunities we have for elementary and middle school ages children, Legos, art, and even bike lessons!

Toddler Programs

Attend Parent Tot Playtime or head to the Tumble Room.

Events

Join us for the Sweetheart Dance, Super Hero Party, and the Egg Hunt!



Youth Services Registration & Information:

For more information about our Youth Services programs visit www.HarrisonburgVA.gov/youth-services

Or call 540-433-2474

City Resident Registration November 24 | Non Resident Registration December 8

YOUTH SERVICES

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 February 16 or March 30

Location: Simms Center Art Room

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

#110940A1 | M | Jan 26 - Apr 13 | 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 | Jan 14 | 4:00pm - 6:00pm

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

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

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

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

Bike Lessons - 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 6 - 12

#111319A1 | M-W | Mar 30 - Apr 1 | 1:00pm-1:45pm (4 - 5 years)

#111319A2 | M -W| Mar 30 - Apr 1 | 2:00pm-2:45pm (6-9 years)

Bike Rodeo

May is National Bike month! Bring your bike to Hillendale 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-hillendale

Location: Hillendale Park

Sa | May 2 | 10:00am - 12:00pm

TODDLER

Parent Tot Playtime

Parks and Recreation staff provide mats, tricycles, bouncy balls, and obstacles galore to give toddlers and their parents the chance to play.

Location: Community Activities Center Gymnasium

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

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

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

Tumbling/ Free Movement Room

Bring your child to get moving in our tumbling room full of tumbling mats, wedges, and fun obstacles! Members use the space for free!

Please check in at the front desk.

Location: Community Activities Center Tumbling Room

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

Call for the most up-to-date hours

2026-2027 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.

We follow a daily schedule that incorporates language arts, STEM (science, technology, engineering, mathematics), art, music and movement, practical life skills, and gross motor activities through developmentally appropriate lessons.

The 3-year-old program is offered to City resident's children who are or will be three years of age by September 30, 2026 and are fully potty trained.

The 4-year-old program is offered to City resident's children who are or will be four years of age by September 30, 2026. This program is licensed under the VA Department of Education. For more information visit www.harrisonburgva.gov/youth-services.

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

Registration opens February 9 for returning students and February 23 for new students.

3-Year-Olds

City Residents only. \$50 per month

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

4-Year-Olds

City Residents only. \$75 per month

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

YOUTH SERVICES

OUT OF SCHOOL TIME

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 2025 participants and siblings - March 9

After School 2025-2026 participants and siblings - March 23

New participants - April 13

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), Hillandale Park Shelter 12 (H12), or Purcell Park Pond (Pond). Registration is helpful but not required.

#111201A1 | M | Jan 5 | 10:00am - 11:00am | Crafts | Simms

#111201A2 | Tu | Jan 20 | 10:00am - 10:45am | Lego | Simms

#111201A3 | Tu | Feb 17 | 10:00am - 12:00pm | Jr Ranger | CAC

#111201A4 | F | Mar 20 | 10:00am - 11:00am | Crafts | Simms

#111201A5 | Th | Apr 2 | 10:00am - 10:45am | Fitness | CAC

#111201A6 | M | Apr 6 | 10:00am - 11:00am | Fishing | Pond

#111201A6 | F | May 1 | 10:00am - 11:00am | Animal ID | H12

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 1:00pm-3:00pm 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. Adults do not register. Registration ends January 20 or once registration capacity is reached. There is an event limit of 50 participants.

Location: Community Activities Center

City Res \$5 | Non Res \$10 | Ages 3 - 11

#110800A1 | Sa | Jan 31 | 3:00pm - 5:00pm

Sweetheart Dance

Spend a fun filled evening with your sweetheart! Music, refreshments, and a special photo will all be included in your evening.

One adult may bring multiple children, but each child must be registered. Registration ends February 7 or once registration capacity is reached. This event is limited to 75 couples.

Location: Community Activities Center

City Res \$5 | Non Res \$10 | Ages 3 - 11

#110805A1 | Sa | Feb 14 | 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 10:00am and 12:00pm and find 10 eggs to collect your prize!

Location: Simms Center & Community Activities Center

Free | Ages 0 - 5th grade

Sa | Mar 28 | 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 10:00am and 12:00pm and find 10 eggs to collect your prize!

Location: Simms Center Gymnasium

Free | All Ages

Sa | Mar 28 | 10:00am - 12:00pm



CITY OF HARRISONBURG
**PARKS
& REC**

WINTER/ SPRING 2026 DANCE

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 Beg./Int. Jazz, Adv./Int Jazz, Ballet/Tap, Adv./Int. Ballet, and Modern/Lyrical

Advanced Dance & Upper Level

Classes designed for advanced students

Adult Dance

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



Dance Program Registration & Information:

Registration must take place online at www.HarrisonburgVA.gov/Activities or in-person at any recreation center. If you have questions please call 540-433-2474.
City Resident Registration November 24 | Non Resident Registration December 8

DANCE

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

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

All classes take place at the Community Activities Center

No classes:

Monday, January 19 (Martin Luther King Day)
Monday, February 16 (Presidents' Day)
Tuesday - Saturday, March 17 - March 21 (JMU Spring Break)
Monday - Saturday, March 30 - April 4 (City Spring Break)

YOUNG CHILDREN'S

Music & Movement

City Res \$75 | Non Res \$90

#110301A1 | Ages 3.5-5 | M | Jan 5 - May 4 | 4:30pm - 5:00pm
#110301A2 | Ages 3.5-5 | F | Jan 9 - May 1 | 4:30pm - 5:00pm
#110301A3 | Ages 3.5-5 | Sa | Jan 10 - May 2 | 10:30am - 11:00am

Pre Ballet & Creative Movement

City Res \$75 | Non Res \$90

#110303A1 | Ages 5-6 | M | Jan 5 - May 4 | 5:00pm - 5:30pm
#110303A2 | Ages 5-6 | F | Jan 9 - May 1 | 5:15pm - 5:45pm
#110303A3 | Ages 5-6 | Sa | Jan 10 - May 2 | 11:15am - 11:45am

BEGINNER/ INTERMEDIATE

Beginner/ Intermediate Jazz

City Res \$75 | Non Res \$90

#110311A1 | Ages 6 - 8 | W | Jan 7 - Apr 29 | 4:30pm - 5:15pm

Intermediate/ Advanced Jazz

City Res \$75 | Non Res \$90

#110302A1 | Ages 8 - 10 | Tu | Jan 6 - Apr 28 | 4:30pm - 5:15pm

Ballet/ Tap

City Res \$75 | Non Res \$90

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

Intermediate/ Advanced Ballet

City Res \$75 | Non Res \$90

#110307A1 | Ages 8 - 10 | Th | Jan 8 - Apr 30 | 5:15pm - 6:00pm

Modern/ Lyrical

Taking both ballet and jazz is recommended

City Res \$75 | Non Res \$90

#110319A1 | Ages 9+ | W | Jan 7 - Apr 29 | 6:00pm - 6:45pm

ADVANCED

Advanced Youth Jazz

City Res \$75 | Non Res \$90

#110320A1 | Ages 10+ | Tu | Jan 6 - Apr 28 | 5:15pm - 6:00pm

Advanced Youth Ballet

City Res \$75 | Non Res \$90

#110305A1 | Ages 10+ | W | Jan 7 - Apr 29 | 5:15pm - 6:00pm

Teen/Preteen Tap & Musical Theatre

Taking jazz is recommended

City Res \$75 | Non Res \$90

#110325A1 | Ages 11+ | W | Jan 7 - Apr 29 | 7:30pm - 8:15pm

UPPER-LEVEL ADVANCED

Upper-level advanced classes have skill requirements.

These classes are two semester commitments (September through April). You will be billed for two semesters per class. Participants are expected to perform in the dance concerts on May 9, 2026.

Advanced Jazz

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

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

Advanced Ballet & Beginner Pointe Prep

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

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

Advanced Pointe

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

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

Advanced Modern/ Lyrical

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

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

Blue Crew Dance

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

ADULT CLASSES

Adult Ballet for Fun & Exercise

City Res \$40 | Non Res \$50

#120316A1 | Ages 18+ | M | Jan 5 - Mar 9 | 6:30pm - 7:15pm

Adult Tap for Fun & Exercise

City Res \$40 | Non Res \$50

#120317A1 | Ages 18+ | M | Jan 5 - Mar 9 | 7:15pm - 8:00pm

DANCE CONCERT

Dress Rehearsal Early Show

Location: Harrisonburg High School

W | May 6 | 5:30pm - 8:00pm

Dress Rehearsal Late Show

Location: Harrisonburg High School

Th | May 7 | 5:30pm - 8:00pm

Dance Concert

Location: Harrisonburg High School

Sa | May 9 | 1:00pm & 7:00pm

Call times and more information will be announced throughout the semester.



WINTER/ SPRING 2026 50 & WISER

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

OUR WINTER/ SPRING OPPORTUNITIES

Fitness **50 & WISER**

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

Social & Enrichment

Our 50 & Wiser program offers a diverse selection of social and enrichment program opportunities including, Monday Matinee, Book Club, Lunch Bunch, Craft and Chat, Crochet, and Bowling. Check out what is taking place this Winter/ Spring!



50 & Wiser Registration & Information:

Registration must take place online at www.HarrisonburgVA.gov/Activities or in-person at any recreation center. If you have questions please call 540-432-7799.
City Resident Registration November 24 | Non Resident Registration December 8

50 & WISER

GENTLE

Gentle Stretch

Instructor: Cory Jeffries

Gentle Stretch Class sets the tone for your days body activity. Each stretch class is designed to boost your well-being and joint mobility as you move your body with low impact stretches. If you ever feel a bit stiff as you start your daily routine, this class may be just what you need to help prepare you for the day ahead with gentle stretches.

Location: Price Rotary Senior Center

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

#140505A1 | M, W | Jan 5 - Feb 18 | 9:00am - 9:30am

#140505A2 | M, W | Mar 9 - Apr 15 | 9:00am - 9:30am

Yin Nidra Yoga

Instructor: Dana Neff

Yin Nidra Yoga is a deeply restorative and meditative experience. In the first half of the class, you'll settle into floor-based yin poses, each held for several minutes to gently stretch and increase mobility, while calming your nervous system. The 2nd half invites you into stillness through guided meditation. Lying in a comfortable position, you'll be led through a body scan, breath awareness & visualizations designed to bring you into a state of deep rest. PERFECT FOR ALL LEVELS, this class supports stress relief and better sleep.

Location: Price Rotary Senior Center

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

#140511A1 | Th | Jan 8 - Feb 12 | 1:00pm - 2:00pm

#140511A2 | Th | Mar 5 - Apr 9 | 1:00pm - 2:00pm

#140511A3 | Th | Apr 23 - May 28 | 1:00pm - 2:00pm

Tai Chi for Arthritis and Fall Prevention

Tai Chi for Arthritis and Winter/ Spring Prevention has been recognized by many national organizations including the Arthritis Foundation Administration for Community Living as safe and effective. Slow, controlled movements build muscle strength, improve balance, gently free up stiff joints and relieve stress. All movements are done in an upright standing position or may be done seated by those unable to stand. The physical exertion level of this class is similar to that of walking. To register call VPAS at 540-615-5341.

Location: Price Rotary Senior Center

Free | Ages 60+

F | Jan 16 - May 8 | 9:00am - 9:45am



BEGINNER

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 \$10 | Ages 50+

#140514A1 | Tu, Th | Jan 13 - Feb 19 | 9:00am - 9:50am

#140514A2 | Tu, Th | Mar 3 - Apr 9 | 9:00am - 9:50am

#140514A2 | Tu, Th | Apr 21 - May 28 | 9:00am - 9:50am

#140514A3 | Tu, Th | Jan 13 - Feb 19 | 10:00am - 11:30am

#140514A4 | Tu, Th | Mar 3 - Apr 9 | 10:00am - 11:30am

#140514A4 | Tu, Th | Apr 21 - May 28 | 10:00am - 11:30am

Chair Yoga

Instructor: Anna Smith

Chair Yoga for EVERY BODY is a gentle, accessible form of yoga that promotes wellness at any age. All movements are done while seated or with the support of a chair, making it approachable for all levels of mobility. Please bring a yoga mat and any props that support your practice, such as blocks, a strap, or a cozy blanket.

Location: Price Rotary Senior Center

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

#140526A1 | T | Jan 6 - Feb 10 | 1:00pm - 2:00pm

#140526A2 | T | Mar 3 - Apr 7 | 1:00pm - 2:00pm

#140526A3 | T | Apr 21 - May 26 | 1:00pm - 2:00pm



50 & WISER

INTERMEDIATE/ ADVANCED

Cardio & Strength

Instructor: Cory Jeffries

Stretch, strengthen, and get fit! This 45-minute class works the heart, muscles, and more. Variety and fun guaranteed. Please bring a mat (exercise or yoga), towel, and water-bottle.

Location: Community Activities Center Fitness Studio

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

#140500A1 | Tu, Th | Jan 13 - Feb 19 | 4:30pm - 5:15pm

#140500A2 | Tu, Th | Mar 3 - Apr 9 | 4:30pm - 5:15pm

#140500A3 | Tu, Th | Apr 21 - May 28 | 4:30pm - 5:15pm

#140500A4 | Tu, Th | Jan 13 - Feb 19 | 5:30pm - 6:15pm

#140500A5 | Tu, Th | Mar 3 - Apr 9 | 5:30pm - 6:15pm

#140500A6 | Tu, Th | Apr 21 - May 28 | 5:30pm - 6:15pm

50 & Wiser Yoga

Instructor: Robin Atwood

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

Location: Price Rotary Senior Center

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

#140525A1 | Tu | Jan 6 - Feb 10 | 3:00pm - 4:00pm

#140525A2 | Tu | Mar 3 - Apr 7 | 3:00pm - 4:00pm

#140525A3 | Tu | Apr 21 - May 26 | 3:00pm - 4:00pm

Yogalates

Instructor: Dana Neff

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

Location: Price Rotary Senior Center

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

#140513A1 | W | Jan 7 - Feb 11 | 10:00am - 11:00am

#140513A2 | W | Mar 4 - Apr 8 | 10:00am - 11:00am

#140513A3 | W | Apr 22 - May 27 | 10:00am - 11:00am

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: Simms Center Auditorium

City Res \$32 | Non Res \$35 | Ages 40+

#140502A1 | W, F | Feb 4 - Mar 27 | 4:30pm - 5:30pm

OUTDOOR ADVENTURE

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

Benefits to jumping aboard:

- spending time in our gorgeous and local outdoors
- being with others who like movement and fun
- adding to your learning about outdoor safety and activity skills
- possibly some new clothing! Participate in 3 or more of these Senior Adventures during 2026 (more activities will be offered in the Winter/ Spring) and receive the WILD GUYde Adventures 2026 OLD MOUNTAIN GOAT* t-shirt, along with all the rights, privileges, and adulation pertaining thereto!

(*Gets Out And Tries Stuff!)

Zipline Canopy Tour at NROCKS

Harnessed up and clipped in, enjoy 7 ziplines down through the forest in Wild Wonderful West Virginia. A 90 min. drive from Harrisonburg VA to get there, with the actual experience lasting 2-3 hours. Thrilling fun, and only moderately strenuous. All technical gear and instruction is provided; a personal suggested clothing list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures after registration

Location: NROCKS, WV

City Res \$105 | Non Res \$105 | Ages 50+

#131302A1 | Th | Mar 26 | All Day

High Knob Fire Tower Hike

An afternoon hike to a summit and restored stone fire tower in the George Washington Ntl. Forest along with some learning about outdoor safety A personal suggested clothing list, medical form/participant agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures after registration.

Location: George Washington National Forest

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

#131304A1 | Th | Apr 23 | 1:00pm - 5:00pm

Via Ferrata at NROCKS

The Via Ferrata ("way of iron" or "steel trail") is a strenuous non-technical climbing and hiking experience on natural rock, but also with rungs and a safety cable. Participants are harnessed up and clipping into the cable throughout this 3-5 hour event. Wildly scenic and physically challenging experience over breath-taking West Virginia terrain. A 90 minute drive from Harrisonburg VA to get there. 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: NROCKS, WV

City Res \$155 Non Res \$160 | Ages 50+

#131307A1 | W | May 6 | All Day

50 & WISER

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

AARP Smart Driver

AARP Instructor: Kati Mole

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

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

Registration closed two weeks prior to class.

Location: Community Activities Center Conference Room

Ages 50+

#140555A1 | W | May 6 | 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 on January 6 is "The Frozen River" by Ariel Lawhon

Contact Lynn.Hoy@HarrisonburgVA.gov to register.

Location: Price Rotary Senior Center

Free| Ages 50+

First Monday of the month | Ongoing | 3:00pm - 5:00pm

Thursday Afternoon Games

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

Location: Price Rotary Senior Center

Free| Ages 50+

Th | Jan 8 - May 28 | 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. Even during a season we are always needing substitutions for teams each week - so just come and check us out.

New session starts Jan 8.

Location: Valley Lanes

Free| Ages 50+

Th | Ongoing | 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 14 - Bridgewater Coffee - 90 Main St. Dayton

Feb 11 - Magpie Diner - 85 W Gay St. Harrisonburg

Mar 11 - Thunderbird Cafe - 42A Island Ford Rd. McGaheysville

Apr 15 - Gardenside Diner - 302 N 2nd St. Bridgewater

May 13 - Sugar & Bean Cafe - 318 N. Main St. Bridgewater

Lunch Bunch

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

Ages 50+

Jan 22 - House of Noodle - 227 Burgess Rd. Harrisonburg

Feb 19 - Wood Grill Buffet - 1711 Reservoir St. Harrisonburg

Mar 19 - Golden China - 1005 E Market St. Harrisonburg

Apr 23 - Los Marquez - 1751 Virginia Ave. Suit A, Harrisonburg

May 21 - Brothers Pizza - 1059 S High St. Harrisonburg

Social Club

There are a lot of people ages 50+ looking for something to do in the evenings and on weekends. Let's get together and go to the movies, ball game, dinner or anything fun to socialize, get out of the house and meet new friends. Please contact Lynn Hoy by emailing Lynn.Hoy@HarrisonburgVA.gov or calling 540-432-7799 to be notified of the upcoming event or fun activity we have planned.

Monday Afternoon Matinee

Book club is about the enjoyment of reading, whether you are an occasional or avid reader. 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 the month | Ongoing | 12:30pm - 2:30pm

VPAS Cafes

The 1st and 3rd Monday of each month (except on holidays) we will be getting together to learn new things, meet new people, and enjoy a meal. This is a partnership between Parks and Recreation and VPAS. Contact 540-615-5341 to register. For more information check vpas.info/vpas-cafes.

Location: Price Rotary Senior Center

Free (Registration Required)| Ages 60+

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





WINTER/ SPRING 2026 GOLF

Come play the award-winning golf course voted as one of the top 25 underrated municipal golf courses in the United States by GOLF Magazine (June 2021).

HERITAGE OAKS GOLF COURSE

Rates & Hours

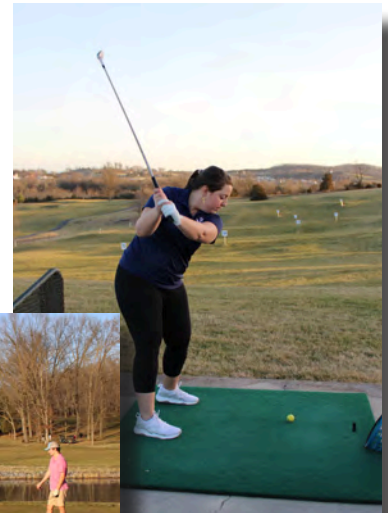
Visit www.HeritageOaksGolfVA.com

Programs, Leagues, Lessons

Several programs and leagues are offered throughout the year. We also offer lessons.

First Tee

First Tee impacts the lives of young people by providing educational programs that build character, instill life-enhancing values and promote healthy choices through the game of golf. Visit FirstTeeShenandoahValley.org or call 540-437-4239 for more information.



Heritage Oaks Registration & Information:

More information can be found at www.HeritageOaksGolfVA.com

If you have questions please call 540-442-6502.

REGISTRATION INFORMATION

HOW DO I REGISTER?

Register Online through WebTrac

To create an online WebTrac account please call us at 540-433-2474. Once your account is created, you can login to WebTrac to register for programs, classes, events, and shelter reservations. If you have any questions or issues regarding your account, call the Cecil F. Gilkerson Community Activities Center at 540-433-2474. For more information regarding program registration, visit www.harrisonburgva.gov/Activities.

Register In-Person

Cecil F. Gilkerson Community Activities Center 305 S Dogwood Drive, Harrisonburg, VA 22801

Lucy F. Simms Continuing Education Center, 620 Simms Ave, Harrisonburg, VA 22802

Westover Pool, 305 S Dogwood Drive, Harrisonburg, VA 22801

Shelter Reservations

Park shelter reservations are accepted on a first-come, first-served basis, and may be submitted online or in person at: Cecil F. Gilkerson Community Activities Center or the Lucy F. Simms Continuing Education Center. Park shelter reservations run April 13 - October 31. Only one permit is issued for the entire day from 10am-6pm for \$35. Shelter reservations are accepted up to 7 days in advance of reservation. For more information, please visit www.harrisonburgva.gov/shelters.

PAYMENT DETAILS

Payment Methods

CASH | CHECK | VISA | MASTERCARD | DISCOVER | AMERICAN EXPRESS | APPLE PAY

Make Checks Payable to: Department of Parks and Recreation

All returned checks are subject to a mandatory \$35 fee per City Code 4-1-37.

Refund Policy

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

Refund Options

Household Credit | Check | Credit Card | No Cash Refunds

Class Minimums

If classes do not meet minimums, they will be cancelled. Registered participants will be notified at least 3 business days before class is to begin. So, tell your friends! Make sure your class isn't cancelled.

Disclaimer

This schedule of classes is published for information purposes only. We strive to produce the most accurate program guide possible. However, some program information may be subject to change. We will make every effort to notify participants of any changes.

