



CITY OF HARRISONBURG
**PARKS
& REC**

SUMMER 2025 PROGRAMS

JUNE - AUGUST

Teen Swim Lessons - 13

Play All Day - 16

Youth TryAthlon - 19

Football - 21

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



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.

RECREATION CENTERS

LUCY F. SIMMS CENTER (SIMMS)

Programs

- Moving and Grooving..... 27
- Zumba Gold..... 27

Open Gym

- Basketball
- Pickleball
- Cornhole
- Spikeball

Hours

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



 **620 Simms Ave**

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

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

Programs

- Yoga..... 6
- Free Fitness Classes..... 6
- Swimming Lessons..... 10-13
- Master Swim..... 13
- Preschool..... 23
- Dance..... 24-25
- Cardio and Strength..... 27

Drop In Programs

- Lap Swim..... 7
- Recreation Swim..... 7



 **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..... 27
- Yogalates..... 27
- Tai Chi..... 27

Drop In Programs

- Craft and Chat..... 28
- VPAS Cafe..... 28
- Aging with Confidence..... 28
- Book Club..... 29
- Monday Afternoon Matinee.... 29
- Thursday Afternoon Game..... 29

Hours

Open during scheduled programs



 **309 S Dogwood Dr**



WESTOVER SKATE PARK NOW OPEN



RALPH SAMPSON PARK SPRAY GROUNDS COMING THIS SUMMER



CITY OF HARRISONBURG
**PARKS
& REC**

Summer 2025

Fitness & Nutrition

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

Check out what is new!

Our Summer Opportunities

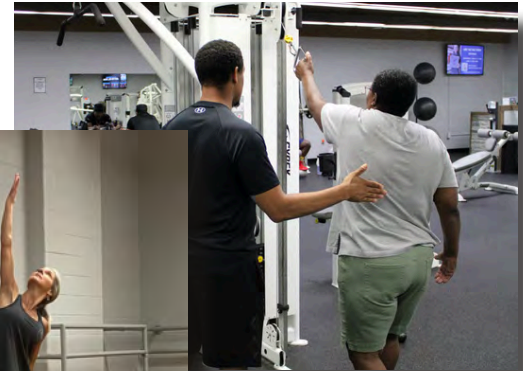
Fitness & Nutrition

Fitness

Enhance your fitness routine with Fitness Fusion, 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/Activities or in-person at any recreation center. If you have questions please call 540-433-2474.

City Resident Registration April 28 | Non Resident Registration May 12

FITNESS & NUTRITION

FITNESS CLASSES

NEW!

TRX Yoga Flow

Instructor: Lisa Hasler RYT

TRX Yoga Flow merges the principles of vinyasa yoga with the innovative support and challenge of the TRX Suspension Trainer. This dynamic practice involves fluid, breath-coordinated sequences that improve strength, balance, and flexibility, creating a powerful and mindful movement experience. Perfect for those seeking an enhanced yoga journey, TRX Yoga Flow integrates stability and mobility in a harmonious blend.

Location: Community Activities Center Fitness Studio

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

#221427A1 | W | Jun 18 - Jul 23 | 5:30pm-6:30pm

Free Fitness Class

Each Monday in July we will be offering a free fitness class. Join us from 5:30-6:30 at the Community Activities Center.

Location: Community Activities Center

Free (Registration Required) | Ages 15+

#221402A1 | M | Jul 7 | 5:30pm - 6:30pm | Fitness Fusion

#221402A2 | M | Jul 14 | 5:30pm - 6:30pm | Fitness Fusion

#221402A3 | M | Jul 21 | 5:30pm - 6:30pm | Yoga

#221402A4 | M | Jul 28 | 5:30pm - 6:30pm | Zumba

How To: Fitness Equipment

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

Location: Community Activities Center or Simms Center

Email Cory.Jeffries@HarrisonburgVA.Gov to sign up

Free (Registration Required) | Ages 14+

DANCE FOR FITNESS

Adult Ballet for Fun & Exercise

Location: Community Activities Center Dance Studio

City Res \$25 | Non Res \$30

#220316A1 | Ages 18+ | M | Jun 2 - Jun 23 | 6:30pm - 7:15pm

Adult Tap for Fun & Exercise

Location: Community Activities Center Dance Studio

City Res \$25 | Non Res \$30

#220317A1 | Ages 18+ | M | Jun 2 - Jun 23 | 7:15pm - 8:00pm

OPEN PLAY

Call the Community Activities Center or the Simms Center to ask about specific days and times for Open Play.

Open Play times include:

Basketball

Cornhole

Pickleball

Volleyball

Spikeball



Summer 2025 Aquatics

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

Our Summer Opportunities

Lap Swim & Recreational Swim

Reserve a lane for lap swim or water workout, available Monday-Friday, 6:00am-7:00pm. If lounging is more your speed, enjoy the water during our daily recreation swim hours, 12:00pm-7:00pm beginning June 7.

Swim Lessons

Group lessons offered on Monday-Thursday mornings. Groups lessons start as young as six months. Check out our youth swim guide to make placement easier! Private and semi-private lessons for kids, teens and adults are back! Each child cannot be registered for more than two classes at the same level.



Aquatics Registration & Information:

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

City Resident Registration April 28 | Non-Resident Registration June 2

WESTOVER POOL: Hours and Events

SWIM HOURS

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

Recreation Swim

May 24 - May 26

Saturday - Monday | 12:00pm - 7:00pm

May 31 - June 1

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

Beginning June 7, 12:00pm - 7:00pm daily

Lap Swim Hours

May 24 - May 26

Saturday - Monday | 12:00pm - 7:00pm

May 31 - June 1

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

June 2 - 6

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

**Beginning June 7, 6:00am - 7:00pm, Monday - Friday,
12:00pm-7:00pm weekends**

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.

Summer Family Pool Pass

Summer pool passes are available for purchase starting Saturday, May 24. A family pass covers two adults and up to four children residing in the same residence. Additional children can be added for \$15 each. Hours reduce on August 20 but your pass is good through September 1, 2025.

City Res \$75 | Non Res \$150



WESTOVER WAVES SWIM TEAM

Summer Swim Team

Sign Up Now!

Are you ready to make a splash this summer? The Westover Waves are looking for swimmers of all skill levels to join our team for a fun, exciting, and active summer season! Whether you're a beginner or a seasoned swimmer, the Waves is a place for you to grow, have fun, and meet new friends!

🌟 Why Join the Westover Waves? 🌟

- Swim and compete in a fun, team-oriented environment
- Improve your swimming skills with expert coaching
- Build lasting friendships and create unforgettable memories
- All skill levels are welcome—everyone is part of the team!
- Learn life skills like teamwork, discipline, and goal-setting

SCAN HERE

Scholarships Available

POOL EVENTS

Memorial Day Weekend

Kick off the unofficial start of summer when both our outdoor pools open on Saturday, May 24! Pool admission discounts for Veterans applied Saturday, May 24 through Monday, May 26 from 12:00pm-7:00pm.

School's Out Summer Kick-Off!

Join us Saturday, June 7 as we officially kick off summer 2025! Enjoy a great day with our lifeguards as we host activities, giveaways, and a great time from 12:00pm-7:00pm. We are looking forward to another great summer with you!



Free Pool Days to Celebrate Parks and Rec Month!

On select Thursdays in July, City residents will get free entry to Westover Pool during the dates and times listed below. ID with City address is required for free entry.

Location: Westover Pool

Th | Jul 10 | 12:00pm - 7:00pm

Th | Jul 17 | 12:00pm - 7:00pm

Th | Jul 24 | 12:00pm - 7:00pm

Th | Jul 31 | 12:00pm - 7:00pm

Swim Meet Closures

We anticipate closing at 4:00pm on the following Tuesdays for Westover Waves home swim meets:

Tuesday, June 10

Tuesday, July 8

Tuesday, July 15

Checkout <https://www.facebook.com/WestoverWavesSwimTeam> or email westoverwavesteam@gmail.com for more information on summer swim team!

WESTOVER POOL: Summer Safety

WHO IS WATCHING THE WATER?

Do you know what it takes to become a lifeguard?

Each lifeguard candidate must pass a series of prerequisites before being able to take a lifeguarding course. Once in the course, they learn the necessary steps to take to prevent drownings, how to rescue in the water, what to do when there is an emergency on land, and participate in simulated rescue scenarios. Once completed, they will have the knowledge, skills and abilities to help provide a safe environment for you to enjoy.

Our lifeguards will continue to go through regular training throughout the summer months, but they are the last, best defense against drowning. You can help us keep you safe during your visit by making sure there is always someone responsible for the young or weak swimmers in your group. Being engaged with your group means your phone is away and you are actively participating in the fun. Helping us means you enforce rules within your group such as staying in places where weak or non-swimmers are comfortable, keeping stairs clear of toys and trip hazards, taking breaks to use the restroom and cleaning your space before you leave to prevent pest issues.



10 TIPS FOR A BETTER POOL VISIT

At Westover, we want you to have the best pool experience! Here are our 10 tips to a great visit:

1. Watch your kids around water. Weak swimmers or swimmers in flotation devices should be kept within arms reach of an adult! www.safekids.org
2. Don't just pack it, wear your jacket! We recommend USCG approved flotation devices.
3. Enroll kids in swim lessons or learn to swim yourself! www.harrisonburgva.gov/parks-recreation
4. Make sure you and your kids know the limits; i.e. how deep before the water is up to the chest, eyes, etc. and set those boundaries.
5. Before going off the diving board or climbing the rock wall, feel free to request a swim test. Most of our saves happen in the diving well.
6. Wear your sunscreen and sun protection clothing.
7. Clean up your space. Snacks and non-alcoholic beverages are allowed as long as you throw away your trash and ensure no glass containers are brought in.
8. Respect other guests by considering the language you use and the behaviors you display. We reserve the right to ask any guest using foul language or rude behavior to leave the facility.
9. Check the weather. In the event of weather or other unexpected closures, refunds will not be offered.
10. Finally, choose swimsuits in bright colors: yellows, oranges, greens and reds. Avoid white, black, grey and blue hues. www.alive-solutions.com

5 POOL SAFETY FACTS

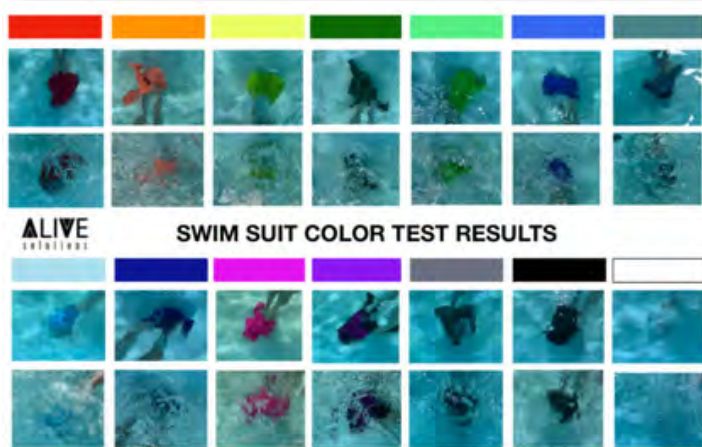
1. Lifejackets should have a snug fit and not come up to the ears when tightened properly.
2. Walking on the pool deck is always a safe bet.
3. Take breaks from the fun! Taking breaks gives everyone time to have a snack, reapply sunscreen and use the restroom.
4. Catch is great but leave the leather balls at home, and opt for softer throwables.
5. Don't fake it. Long breath holding is dangerous and pretending that you need help is no fun.

BE OUR GUEST!

There are two ways you can enjoy a visit on us!

1. We will occasionally ask you to help us with training. We want to know how well we are doing and how we can do better. We may ask you to evaluate our team based on a questionnaire or activity. When the questionnaire or activity is completed, we will give you a pool pass good for one free visit through September 1!
2. Wear a brightly colored swimsuit! On Mondays, we will have a random swimsuit color selected. If your swimsuit matches our color and you are among the first 10 guests wearing that color, you will win a pass good for one free admission through September 1! Pro tip: we like bright colors and contrasting patterns!

The top images show swimsuits submerged. The second row of images shows them about 18 inches below the surface with water agitation.



WESTOVER POOL: Parent/Tot & PreK Group 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 Apr 28 | Non-Residents June 2

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

#211100B1 | M - Th | Jun 30 - Jul 3 | 10:30am - 11:00am

#211100B2 | M - Th | Jun 30 - Jul 3 | 11:15am - 11:45am

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.

Open to City Residents Apr 28 | Non-Residents June 2

City Residents \$25 | Non-Residents \$50

#211101C1 | M - Th | Jul 14 - Jul 24 | 10:30am - 11:00am

UNICORN FISH: PREK LEVEL 1

Ideal for beginner, non-swimmers ages 3-5, Unicorn Fish will work to master the following skills with assistance from an instructor: fundamental personal water safety skills, floating, water comfort and basic swimming. Lessons consist of 8, 30-minute classes.

Open to City Residents Apr 28 | Non-Residents June 2

City Residents \$25 | Non-Residents \$50

#211102A1 | M - Th | Jun 16 - Jun 26 | 11:15am - 11:45am

#211102A2 | M - Th | Jun 16 - Jun 26 | 11:15am - 11:45am

#211102B1 | M - Th | Jun 30 - Jul 10 | 9:45am - 10:15am

#211102B2 | M - Th | Jun 30 - Jul 10 | 10:30am - 11:00am

#211102B3 | M - Th | Jun 30 - Jul 10 | 10:30am - 11:00am

#211102B4 | M - Th | Jun 30 - Jul 10 | 11:15am - 11:45am

#211102C1 | M - Th | Jul 14 - Jul 24 | 9:45am - 10:15am

#211102C2 | M - Th | Jul 14 - Jul 24 | 10:30am - 11:00am

#211102C3 | M - Th | Jul 14 - Jul 24 | 11:15am - 11:45am

#211102D1 | M - Th | Jul 28 - Aug 7 | 9:45am - 10:15am

Please note that each child cannot be registered for more than two classes of the same level.

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 Apr 28 | Non-Residents June 2

City Residents \$25 | Non-Residents \$50

#211103A1 | M - Th | Jun 16 - Jun 26 | 9:45am - 10:15am

#211103A2 | M - Th | Jun 16 - Jun 26 | 10:30am - 11:00am

#211103A3 | M - Th | Jun 16 - Jun 26 | 11:15am - 11:45am

#211103B1 | M - Th | Jun 30 - Jul 10 | 9:45am - 10:15am

#211103B2 | M - Th | Jun 30 - Jul 10 | 11:15am - 11:45am

#211103C1 | M - Th | Jul 14 - Jul 24 | 9:45am - 10:15am

#211103C2 | M - Th | Jul 14 - Jul 24 | 9:45am - 10:15am

#211103C3 | M - Th | Jul 14 - Jul 24 | 10:30am - 11:00am

#211103C4 | M - Th | Jul 14 - Jul 24 | 11:15am - 11:45am

#211103D1 | M - Th | Jul 28 - Aug 7 | 9:45am - 10:15am

GROUPEE: PREK LEVEL 3

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

Open to City Residents Apr 28 | Non-Residents June 2

City Residents \$25 | Non-Residents \$50

#211104B1 | M - Th | Jun 30 - Jul 10 | 9:45am - 10:15am

#211104C1 | M - Th | Jul 14 - Jul 24 | 9:45am - 10:15am

#211104C2 | M - Th | Jul 14 - Jul 24 | 10:30am - 11:00am



WESTOVER POOL: Group Swim Lesson Placement

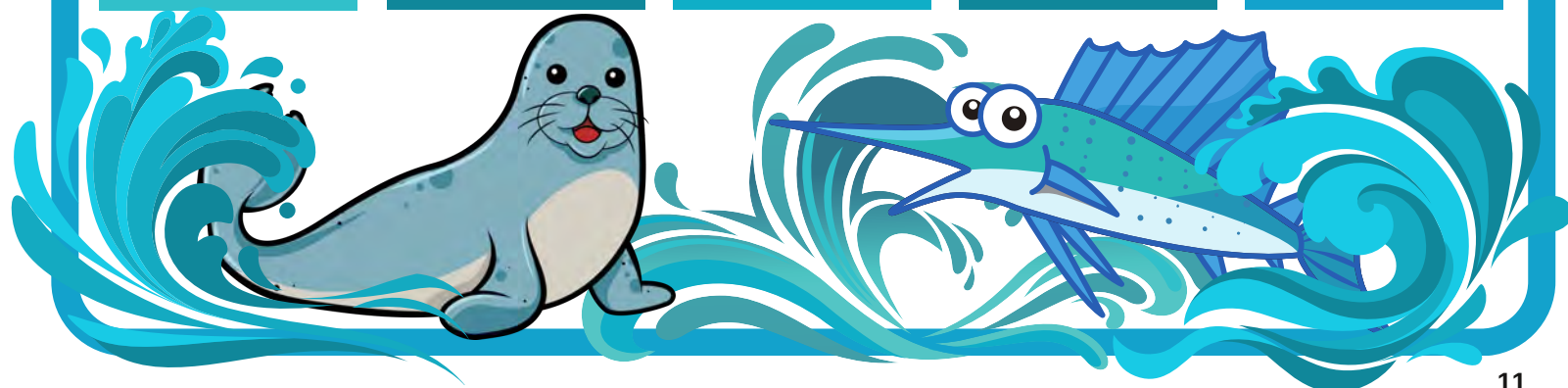
HOW DO I KNOW WHICH YOUTH LESSON MY CHILD SHOULD BE IN?

Choosing which group swim lesson to register your child for can lead to a lot of questions. We have put together a quick reference chart to help you make the best decision on registration day! This chart is for children ages 6-11.



SWIM SKILLS

	Swordfish Level 1	Whale Level 2	Mako Level 3	Seal Level 4
Comfortable putting face in the water		YES	YES	YES
Able to float on back		YES, with or without assistance	YES	YES
Can "doggy paddle" at least 10 feet		YES	YES	YES
Roll front to back to float or swim		YES, with or without assistance	YES	YES
Swim on front and back short distance		YES	YES	YES
Swim length of pool			YES, any style	YES
Swim front crawl, back crawl, breakstroke				YES



WESTOVER POOL: Youth Group Lessons

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 Apr 28 | Non-Residents June 2

City Residents \$25 | Non-Residents \$50

#211105A1 | M - Th | Jun 16 - Jun 26 | 10:30am - 11:00am

#211105A2 | M - Th | Jun 16 - Jun 26 | 11:15am - 11:45am

#211105B1 | M - Th | Jun 30 - Jul 10 | 9:45am - 10:15am

#211105B2 | M - Th | Jun 30 - Jul 10 | 10:30am - 11:00am

#211105B3 | M - Th | Jun 30 - Jul 10 | 11:15am - 11:45am

#211105C1 | M - Th | Jul 14 - Jul 24 | 10:30am - 11:00am

#211105C2 | M - Th | Jul 14 - Jul 24 | 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 Apr 28 | Non-Residents June 2

City Residents \$25 | Non-Residents \$50

#211106A1 | M - Th | Jun 16 - Jun 26 | 10:30am - 11:00am

#211106B1 | M - Th | Jun 30 - Jul 10 | 9:45am - 10:15am

#211106B2 | M - Th | Jun 30 - Jul 10 | 10:30am - 11:00am

#211106B3 | M - Th | Jun 30 - Jul 10 | 10:30am - 11:00am

#211106B4 | M - Th | Jun 30 - Jul 10 | 11:15am - 11:45am

#211106C1 | M - Th | Jul 14 - Jul 24 | 9:45am - 10:15am

#211106C2 | M - Th | Jul 14 - Jul 24 | 11:15am - 11:45am

#211106D1 | M - Th | Jul 28 - Aug 7 | 10:30am - 11:00am

Please note that each child cannot be registered for more than two classes of the same level.

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.

Open to City Residents Apr 28 | Non-Residents June 2

City Residents \$25 | Non-Residents \$50

#211107A1 | M - Th | Jun 16 - Jun 26 | 9:45am - 10:15am

#211107C1 | M - Th | Jul 14 - Jul 24 | 11:15am - 11:45am

#211107D1 | M - Th | Jul 28 - Aug 7 | 11:15am - 11:45am

SEAL: LEVEL 4

Seal is the best fit for advanced swimming kids ages 6-12 who are considering swim team or want to learn more about swimming for fitness or competition. Seal participants should have knowledge of all four competitive strokes and the strength to swim the length of the pool with front crawl, back crawl or breaststroke. Seals will learn more about diving, flip turns and swim drills.

Open to City Residents Apr 28 | Non-Residents June 2

City Residents \$25 | Non-Residents \$50

#211108A1 | M - Th | Jun 16 - Jun 26 | 9:45am - 10:15am

#211108D1 | M - Th | Jul 28 - Aug 7 | 11:15am - 11:45am



WESTOVER POOL: Teen Group Lessons

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 Apr 28 | Non-Residents June 2

City Residents \$25 | Non-Residents \$50

#211105TA1 | M - Th | Jun 16 - Jun 26 | 10:30am - 11:00am

#211105TB1 | M - Th | Jun 30- Jul 10 | 11:15am - 11:45am

WHALE: TEEN LEVEL 2

Students ages 11-15 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 Apr 28 | Non-Residents June 2

City Residents \$25 | Non-Residents \$50

#211106TD1 | M - Th | Jul 28 - Aug 7 | 11:15am - 11:45am

WESTOVER POOL: Private and Adult Lessons

PRIVATE LESSONS: AGES 3 AND UP

Private swim lessons are great for individuals of any ability, ages 3 and up, who want to get the benefit of learning to swim or work on specific skills without the group setting or those who don't quite fit the group schedule. Participants are paired with one of our great instructors and lessons are tailored to the needs of the participant. Lessons are 30 minutes and offered in packages of 5.

Open to City Residents May 19 | Non-Residents June 9

City Residents \$85 | Non-Residents \$170

#211109 | Varies | Jun - Sep



FLOUNDERS: ADULT

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 time in the water so you can enjoy your time in the water. Lessons consist of 8, 30-minute classes.

Open to City Residents April 28 | Non-Residents June 2

City Residents \$25 | Non-Residents \$50

#221106 | T - Th | Jun 17 - Jun 26 | 9:00am - 10:00am

Please note that each child can be registered for either group or private/semi-private swim lessons, not both.

SWIM TRAINING AND 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.

Summer Membership

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

#221107D1 | Tu, W, Th | 7:00am-9:00am (June - September)



Summer 2025 Special Interest & Events

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

Our Summer Opportunities

Outdoor Adventure

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

Pollinator Month

Celebrate pollinators with us during the month of June!

Parks and Rec Month

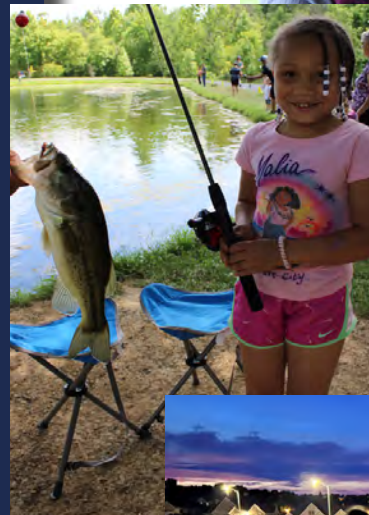
We will have events such as Creator Space, fishing, and story times.

Play All Day

Join us on June 20 for the longest day of the year!

Art in the Park

We will be at different parks through out the summer doing pop up arts and crafts.



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 540-434-0571.

City Resident Registration April 28 | Non Resident Registration May 12

SPECIAL INTEREST & EVENTS

OUTDOOR ADVENTURE

Beginner Rock Climbing and Rappelling

A full day of learning to climb, belay, and rappel! Ages 12 through adult (teens may attend unaccompanied, but transportation must be provided by parent or guardian). All technical gear is provided. After registration, a personal What to Bring list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures after registration.

Location: George Washington National Forest

City Res \$65 | Non Res \$70 | Ages 12 through adult
#231372A1 | Sa | Jun 28 | 9:00am - 5:00pm

Campcraft and Outdoor Survival Skills

A full day in the George Washington Ntl. Forest learning fire-building, shelter construction, and some back-country navigation skills. For ages 14 and older, and useful for hunters, day-hikers and backpackers, and anyone else who likes to wander off the beaten path! Teens may attend unaccompanied, but their transportation must be provided by a parent or guardian. After registration, WILD GUYde Adventures will supply a What to Bring list and the Medical Form/Participant Agreement to fill out.

Location: George Washington National Forest

City Res \$77 | Non Res \$80 | Ages 14 through adult
#231376A1 | Sa | Jul 26 | 9:00am - 4:00pm

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 \$35 | Non Res \$40 | Ages 12 though adult
#231306A1 | Sa | Aug 9 | 1:00pm - 5:00pm

Free Fishing Day

No fishing license of any kind will be required for recreational rod and reel fishing during free fishing days (June 6-8), to increase angling opportunities. All fishing regulations including size, season, catch limits, and gear restrictions will remain in effect. We will celebrate with a free fishing day for all ages on Friday, June 6 at Purcell Park. Rods and basic instruction will be provided. We will catch and release the fish back into the pond.

Location: Purcell Park Pond

All Ages

F | Jun 6 | 1:00pm - 4:00pm

ART IN THE PARK



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

Art in the Park - Youth

Come join us at the City parks for creativity and art! This program is designed for children 5 to 14. Adult must stay for the duration of the program but do not need to participate.

Each location will have different programming. No registration needed.

For more information go to www.harrisonburgva.gov/art-in-the-park or call the Community Activities Center 540-433-2474

Tu | Jun 10 | 10:00am - 11:00am | Dream Come True

F | Jun 20 | 1:00pm - 3:00pm | Dream Come True

W | Jul 2 | 1:00pm - 3:00pm | Hillandale Shelter 12

Th | Jul 24 | 10:00am - 11:00am | Dream Come True

W | Jul 30 | 10:00am - 11:00am | Hillandale Shelter 12

W | Aug 6 | 10:00am - 11:00am | Morrison Park

Art in the Park - Adult

Come join us at the City parks for creativity and art! This program is designed for adults 14 and over. Sessions will be lead by professional artist from Oasis Fine Arts & Crafts and Joyful Painters.

For more information go to www.harrisonburgva.gov/art-in-the-park or call the Community Activities Center 540-433-2474

Registration Required

#230902A1 | W | Jun 18 | 1:00pm - 4:00pm | Hillandale #12

#230902A2 | W | Jul 16 | 1:00pm - 4:00pm | Hillandale #12

#230902A3 | W | Jul 23 | 1:00pm - 4:00pm | Hillandale #12



SPECIAL INTEREST & EVENTS

POLLINATOR MONTH (JUNE)

Guided Pollinator Walking Tour

Enjoy a guided pollinator walking tour with expert Mike Hott. Tour will include approximately 1 mile walk throughout downtown. Learn more and view the map at harrisonburgva.gov/pollinators

Location: Liberty Park

Free

Tu | Jun 3 | 10:30am - 11:30am

Pollinator Hotel Workshop

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

Location: Purcell Park Shelter 3

Free | One kit per family

Th | Jun 12 | 2:00pm

Celebrating the Firefly

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

Location: Heritage Oaks Golf Course

Free

Tu | Jun 24 | 8:45pm - 10:00pm

PLAY ALL DAY - JUNE 20

What is Play All Day VA (PADVA)?

A statewide initiative to celebrate the longest day, June 20, (the summer solstice) through PLAY! The mission is to provide FREE programs and services for the community from sunrise to sunset. The goal is for citizens to get involved in community programs that highlight what P&R represents!

5:51am - Sunrise!

6:00 - 9:00am - Community Activities Center Free Admission

9:00-11:00 - Youth Fishing - Purcell Park

11:30-12:00 - Youth Story time - Hillandale

12:00-1:30 - Snow Cones - Simms Spray Ground

2:30-4:00 - Crafts - Dream Come True

6:00-9:00pm - Simms Free Admission

8:43 - Sunset!

All Day:

Visit a park

Play at the Spray Grounds

Complete our scavenger hunt (Kids 6 and under)

- Turn yours in at Simms or the CAC for a prize

Complete the Bingo Card

- Turn yours in at Simms or the CAC for a prize

Check out

**Harrisonburgva.gov/play-all-day
for more details**

FIRE/POLICE

P.A.T.C.H Camp

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

Free ages 11 - 15

Jun 24 - Jun 28 | 8:00am - 3:30pm



Camp L.I.T.

Have you ever wondered what it's like to be an emergency responder?

The Harrisonburg Fire Department and Rockingham County Fire Rescue are hosting their 5th annual all-girls firefighter day camp, Camp L.I.T., (leadership, integrity, and trailblazer) June 16-20, 2025. The camp is free of charge and open to girls ages 14-17 years old. Apply online at www.harrisonburgva.gov/fire

Applications are due no later than Friday, May 9, 2025 at 5pm.

Free ages 14 - 17

Jun 16 - Jun 20 | 8:00am - 5:00pm



**Camp
L.I.T.**





Free Pizza/Smoke Alarm Night!
July 9th from 4-8pm

**Preorders available
July 1st-July 7th!**

**Call 540-432-7703 or go online at
www.harrisonburgva.gov/pizza-night**



SPECIAL INTEREST & EVENTS

PARKS AND REC MONTH (JULY)

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+

Free Fitness Class

Each Monday in July we will be offering a free fitness class. Join us from 5:30-6:30 at the Community Activities Center.

Location: Community Activities Center

Free (Registration Required) | Ages 15+

#221402A1 | M | Jul 7 | 5:30pm - 6:30pm | Fitness Fusion

#221402A2 | M | Jul 14 | 5:30pm - 6:30pm | Fitness Fusion

#221402A3 | M | Jul 21 | 5:30pm - 6:30pm | Yoga

#221402A4 | M | Jul 28 | 5:30pm - 6:30pm | Zumba

Free Pool Admission

Each Thursday in July, City residents will get free entry to Westover Pool between 12pm and 7pm. ID with City address is required for free entry.

Location: Westover Pool

Th | Jul 10 | 12:00pm - 7:00pm

Th | Jul 17 | 12:00pm - 7:00pm

Th | Jul 24 | 12:00pm - 7:00pm

Th | Jul 31 | 12:00pm - 7:00pm

Creator Space

Let your creative side show! Join us at different parks each week this July and let your creativity take over! Youth can pick from our supplies to create whatever their imagination can think of.

Free | Ages 5 and older

W | Jun 25 | 1:00pm - 3:00pm | Hillandale Park 12

M | Jul 14 | 5:00pm - 7:00pm | Ralph Sampson

Tu | Jul 29 | 4:00pm - 6:00pm | Morrison

W | Aug 13 | 1:00pm - 3:00pm | Dream Come True

Tree Identification Walk

Have you ever wondered what trees are in our parks? Join us for a casual walk through Hillandale Park as we discuss the different trees that are native to this area as well as learning to identify several different types of trees.

Free | All Ages

Tu | Jul 22 | 1:00pm - 2:00pm | Hillandale Park Shelter 12

Story Time Under the Oak Tree

Join us under the oak tree by Shelter 12 in Hillandale Park for story time. In case of minor inclement weather, we will move under the shelter or into the building at shelter 12.

Free | Ages 0 to 5

W | Jul 9 | 10:00am | Hillandale Park Shelter 12

W | Jul 23 | 10:00am | Hillandale Park Shelter 12

Fishing Fridays

Have you wanted to try your hand at fishing? Meet us by Purcell Park Pond at 9am and learn the basics of fishing. All fishing equipment is provided. Children 11 and under must have a guardian accompanying them.

Free | Ages 6-15

F | Jul 18 | 9:00am - 10:00am | Purcell Park Pond

F | Jul 25 | 9:00am - 10:00am | Purcell Park Pond

F | Aug 1 | 9:00am - 10:00am | Purcell Park Pond

F | Aug 8 | 9:00am - 10:00am | Purcell Park Pond

Wing Day Wednesday

Join Bat Conservation & Rescue of Virginia at Hillandale Park. Hear a brief presentation about bat conservation and behavior, followed by the opportunity to watch bats emerge for their evening hunt. Learn about acoustic monitoring and what it's telling us about the bats who live in Harrisonburg.

Free | Elementary age and above

W | Jul 23 | 8:00pm - 9:00pm | Hillandale Park Shelter 12

W | Aug 20 | 8:00pm - 9:00pm | Hillandale Park Shelter 12

Free Simms Center Admission

Each Wednesday in July, City residents will get free entry to the Simms Center between 6pm and 9pm. ID with City address is required for free entry.

Location: Simms Center

W | Jul 2 | 6:00pm - 9:00pm

W | Jul 9 | 6:00pm - 9:00pm

W | Jul 16 | 6:00pm - 9:00pm

W | Jul 23 | 6:00pm - 9:00pm

W | Jul 30 | 6:00pm - 9:00pm

Free Community Activities Center Admission

Each Tuesday in July, City residents will get free early bird entry to the Community Activities Center between 6am and 9am. ID with City address is required for free entry.

Location: Community Activities Center

Tu | Jul 1 | 6:00am - 9:00am

Tu | Jul 8 | 6:00am - 9:00am

Tu | Jul 15 | 6:00am - 9:00am

Tu | Jul 22 | 6:00am - 9:00am

Tu | Jul 29 | 6:00am - 9:00am

SPECIAL INTEREST & EVENTS

LIBRARY

Read with MRL

"Massanutten Regional Library's annual free Summer Reading Challenge returns June 2, 2025 and runs through August 3, 2025. Themed "Color Our World," the reading incentive program includes special events throughout the Valley for all ages, as well as prize drawings for participants who track their reading. Enjoy unique Story Times, free admission to popular local venues, and much more, including a Kickoff for all ages at Restless Moons Brewing on Sunday, June 1st. Learn more and register today at www.mrlib.org."



HOUSING & FINANCE EDUCATION

SERCAP is a HUD-approved housing counseling agency that offers free, unbiased education to all area households.



Location: Harrisonburg City Hall, 409 S Main St, Room 011
Free | Ages 18+ | Food Provided
Learn more and register today with Jacob Hodges
Email jhodges@sercap.org or call 540-345-1184.

SAVE THE DATE

23rd Annual Race to Beat Breast Cancer



Save the date for October 25th for our 23rd year of the Annual Race to Beat Breast Cancer 5K Run/Walk. All proceeds will once again benefit the worthy cause of the RMH Foundation for Breast Care and Treatment at the Sentara RMH Medical Center.
Sa | Oct 25



Information Sessions

Get to know SERCAP and their counseling services such as financial readiness. Learn about housing education for renters, first-time homebuyers, and existing homeowners. Find out if you qualify for special programs such as credit repair assistance, matched savings, mortgage interest rate reductions, down payment and closing cost assistance.

Th | Jun 05 | 4:00pm – 4:50pm
Th | Jul 17 | 4:00pm – 4:50pm
Th | Aug 21 | 4:00pm – 4:50pm

Budgeting & Financial Goal Setting

Planning a budget, keeping track of spending, and setting realistic goals can make it easier to manage your finances and save for success. In this class, SERCAP's Housing Counselors will cover budgeting terms, discuss types of incomes and expenses, and explain SMART goals. Attendees will be provided with spending trackers and budget templates to use at home.

Th | Jun 05 | 5:00pm – 6:30pm

Home Maintenance & Disaster Preparedness

Owning a home is just the beginning - maintaining it takes work! In this class, homeowners will learn the basics about electrical, plumbing, heating, and ventilation systems. The class will also discuss general upkeep, minor repairs, preventative maintenance, and tips on finding repairpersons. Attendees will then learn about how to be ready in case of a natural disaster and how to plan for emergencies. City staff trained in building codes and emergency response will be on hand.

Th | Jul 17 | 5:00pm – 6:30pm

Homebuyer 101: Financial Readiness

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 a down payment, and planning for expenses like closing costs and monthly mortgage payments.

Th | Aug 21 | 5:00pm – 6:30pm

Youth TryAthlon August 9th

Our intentions are for everyone to enjoy themselves while participating in three variations of physical activity including swimming, cycling, and running.

This event is designed to be a low-key introduction to triathlons for the ages of 5-14. All finishers will receive a race completion medal. As we will post event results, we will not be awarding places.

The courses have been setup and designed to fit all levels of ability and experience. Our goal is for everyone to complete the course and take the focus away from competition.

We want participants to enjoy themselves and have the desire to participate in future events. Find more information and register at www.harrisonburgva.gov/youth-tryathlon

Registration opens April 14

Location: Westover Park

Registration before June 30 \$30 (shirt included) | July 1 - July 31 \$40 (shirt included) |

Ages 5 - 14

Sa | Aug 9

HarrisonburgVA.Gov/youth-tryathlon

THE GREAT OUTDOORS EVENT

DOWNTOWN HARRISONBURG

JUNE 14 • 1-5PM

Learn about local recreation opportunities
and enjoy hands on demonstrations in our
OUTDOOR RECREATION ZONES



**HIKING &
CAMPING**



**CAVE &
CLIMB**



**FISH &
PADDLE**



BIKING



**PARKS &
NATURE**



RUNNING

visitharrisonburgva.com/event/great-outdoors-event/



2025 Heritage Cup Series

Each of the following are part of the
Heritage Cup Series.
All Golfers Welcome For Each Event!!

April 5: Green Tee Championship

May 3-17: Match Play Championship Qualifying

May 18: Match Play Championship

June 7: 2-Player Championship

Jul 19: 1-Player Captain's Choice

August 16: 2-Player Par 3 Championship

September 13-14: Heritage Oaks Championship

HeritageOaksGolfVA.com

CELEBRATING THE FIREFLY

JUNE 24 8:45PM - 10:00PM

HERITAGE OAKS GOLF COURSE

HARRISONBURGVA.GOV/FIREFLY

Summer/ Fall 2025 Athletics Programs

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

Summer Athletics Programs

Youth Volleyball League

Summer Basketball League

Youth Running Club

Start Smart Soccer

Start Smart Baseball

Summer Soccer Camp

Youth Pickleball

Fall Youth Soccer

Fall Youth Football



Athletics Registration & Information

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

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

Summer Athletic Program registration opens April 14.

Fall Athletic Program registration opens May 27.

ATHLETICS

SUMMER YOUTH VOLLEYBALL

www.harrisonburgva.gov/volleyball

This league is designed to introduce and develop the fundamentals of volleyball in a non-competitive setting. All players are required to have knee pads that must be worn during play. The deadline to register is May 30. Age is determined as of June 1.

Location: Community Activities Center and Skyline Middle School

\$30/City - \$60/Non-Res (Non-Res registration opens April 28)

#211050-A1 | Ages 8-10 | Jun 9 - Jul 31

#211050-A2 | Ages 11-12 | Jun 9 - Jul 31

#211050-A3 | Ages 13-14 | Jun 9 - Jul 31

SUMMER YOUTH BASKETBALL

www.harrisonburgva.gov/basketball

This indoor/outdoor league will begin with two weeks of practices, with the remaining four weeks as games only. The deadline to register is May 30. Age is determined as of June 1.

\$30/City - \$60/Non-Res (Non-Res registration opens April 28)

Location: Simms Center and Ralph Sampson Park

Boys: #211015-A1 | Ages 9-10 | M-Th | Jun 9 - Jul 24

Boys: #211015-A3 | Ages 11-12 | M-Th | Jun 11 - Jul 24

Boys: #211015-A5 | Ages 13-14 | M-Th | June 12 - Jul 24

Girls: #211015-A2 | Ages 9-10 | M-Th | Jun 10 - Jul 24

Girls: #211015-A4 | Ages 11-12 | M-Th | Jun 10 - Jul 24

Girls: #211015-A6 | Ages 13-14 | M-Th | Jun 12 - Jul 24

YOUTH PICKLEBALL CLINIC

Come learn the basic fundamentals of pickleball over this 5 week clinic. Equipment will be provided.

\$15/City - \$30 Non-Res (Non-Res registration opens April 28)

Location: Purcell Park Pickleball Courts

#211063-A1 | Ages 7-8 | T | Jun 17 - Jul 15 | 8:00am-9:00am

#211063-A2 | Ages 9-10 | T | Jun 17 - Jul 15 | 9:00am-10:00am

START SMART SOCCER & BASEBALL

www.harrisonburgva.gov/start-smart

Start Smart programs are developmentally appropriate introductory parent/guardian-child based programs. Pairs work together to develop individual skills with age appropriate equipment.

The program is open to ages 3-4. Age is determined as of June 1.

Location: Smithland Athletic Complex

Soccer Session 1: #210106-A1 | M-F | Aug 4 - 8 | 5:30-6:15pm

Soccer Session 2: #210106-A2 | M-F | Aug 4 - 8 | 6:15-7:00pm

Baseball Session 1: #210107-A1 | M-F | Aug 11 - 15 | 5:30-6:15pm

YOUTH RUNNING CLUB

Join our Running Club, where fitness, camaraderie, and personal growth converge. Whether you're a seasoned runner or taking your first strides, our club is the perfect platform to meet your goals.

Age is determined as of June 1.

\$30/City - \$60/Non-Res (Non-Res registration opens April 28)

Location: Smithland Athletic Complex

#211060-A2 | Ages 10-13 | M, W | Jun 16 - Jul 23 | 6:30-7:30pm

SUMMER YOUTH SOCCER CAMP

Develop and improve your soccer knowledge and skills. You will be taught individual and team skills during drills and games. Age is determined as of June 1. \$15/participant. City Residents Only.

Location: Smithland Athletic Complex

#211052-A2 | Ages 7-8 | M-F | Jun 9 - 13 | 9am-11am (Max 20)

#211052-A3 | Ages 9-10 | M-F | Jul 21 - 25 | 9am-11am (Max 20)

FALL YOUTH SOCCER

www.harrisonburgva.gov/soccer

Registration opens May 27 and closes Aug 15.

Shin guards are mandatory for all levels.

\$30/City - \$60/Non-Res (Non-Res Reg. Opens June 9)

Age is determined as of Sep 1.

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

Volunteer Coaches Needed for All Levels!

U5 Soccer League (Age 5)

Girls: #311005-A1 | M, W | Sep 3 - Oct 22

Boys: #311005-A2 | T, Th | Sep 2 - Oct 23

U6 Soccer League (Age 6)

Girls: #311007-A1 | M, W | Sep 3 - Oct 22

Boys: #311007-A2 | T, Th | Sep 2 - Oct 23

U7 Soccer League (Age 7)

Girls: #311006-A1 | M, W | Sep 3 - Oct 22

Boys: #311006-A2 | T, Th | Sep 2 - Oct 23

U8 Soccer League (Age 8)

Girls: #311008-A1 | M, W | Sep 3 - Oct 22

Boys: #311008-A2 | T, Th | Sep 2 - Oct 23

U10 Soccer League (Ages 9-10)

Skills Evaluation: August 19-22

Girls: #311009-A1 | Sep 2 - Oct 23

Boys: #311009-A2 | Sep 2 - Oct 23

U13 Soccer League (Ages 11-13)

Skills Evaluation: August 19-22

Girls: #311010-A1 | Sep 2 - Oct 23

Boys: #311010-A2 | Sep 2 - Oct 23

FALL YOUTH FOOTBALL

www.harrisonburgva.gov/football

Registration opens May 27 for all leagues.

Grade determined based on 2025-2026 school year.

\$30/player - City Residents Only

Volunteer Coaches Needed for All Leagues!

Flag League (Grades K-1/2-3)

#311060-A1 | Grade K-1 | M, W | Sep 3 - Oct 29 | 5:45pm-6:30pm

#311060-A2 | Grade 2-3 | M, W | Sep 3 - Oct 29 | 6:30pm-7:30pm

Tackle League (Grades 4-5)

#311061-A1 | Jul 28 - Sep 27 | Times TBD

Middle School Tackle League (Grades 6-7)

#311066-A2 | Aug 25 - Nov 6 | Times TBD | No Fee

Summer 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.

Elementary

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



Youth Program Registration & Information:

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

YOUTH

2025-2026 PRESCHOOL

Our mission is to provide a safe and nurturing environment for young children where they can learn meaningfully through discovery and play. Through both self-direction and small group lessons, the program promotes the healthy social, emotional, cognitive, and physical development of each child. We use a Montessori-inspired approach to early learning by offering mindfully prepared and inviting spaces where children can engage with their peers, explore their surroundings, and learn at their own pace. The program is licensed and inspected through the Virginia Department of Education.

Open House dates:

September 4 for 3-year-old class

September 2 for 4-year-old class

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

[Registration is open now.](#)

3-Year-Olds

City Res Only \$50 per month

#510234A | Ages 3 | Tu, Th | Sep 9 - May 21 | 9:00am - 12:00pm

4-Year-Olds

City Res Only \$75 per month

#510234A2 | Ages 4 | M,W,F | Sep 8 - May 22 | 9:00am - 12:00pm

OUT OF SCHOOL TIME

Afterschool Childcare Program

This program runs from the time of dismissal until 5:45pm. Children must attend Harrisonburg City Public Schools and arrive at the Community Activities Center by school bus. The program follows the Harrisonburg City Schools calendar and does not operate when schools are closed for holidays, teacher workdays, or inclement weather closures. Children must be enrolled in kindergarten through 5th grade to attend the A.S.A. program. For more information visit www.harrisonburgva.gov/youth-services

Registration dates are as follows:

- Accounts who have participants that were enrolled in the ASA program for the 2024 - 2025 School year: Information to come
- Accounts with current 2025 SOAR participants: [July 7 at 7:30am](#)
- New Participant Registration: [July 21 at 7:30am](#)

Location: Community Activities Center Youth Services

City Res \$50/ month | K - 5th grade

#510230 | M - F | Follows HCPS Calendar | Dismissal - 5:45pm

PROGRAMS

Bike Lesson

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.

Incase of inclement weather classes will be made up July 1-3.

***If your child has taken this class before, they may not register again.**

Location: Hillandale Shelter 12

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

#211319A1 | W-F | Jun 25 - Jun 27 | 9:30am - 10:15pm (age 5-6)

#211319A2 | W-F | Jun 25 - Jun 27 | 10:30am - 11:15am (age 7-9)

Check out pages 15 and 17 for other fun programs for youth.



Summer 2025

Dance Program

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

Our Summer Opportunities

Children's Developmental Dance

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

Beginner/Intermediate

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

Advanced Dance Workshop

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

Youth 5-Day Dance Camp

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

Adult Dance

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



Dance Registration & Information:

For more information about our Dance program visit www.HarrisonburgVA.gov/Dance or call 540-433-2474 . Registration must take place online at www.harrisonburgva.gov/Activities or in-person at any recreation center.

City Resident Registration April 28 | Non Resident Registration May 12

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

Youth Classes (4 weeks)

Adult Classes (4 weeks)

No classes Thursday June 19

YOUNG CHILDREN'S DEVELOPMENTAL DANCE

Music & Movement

City Res \$25 | Non Res \$30

#210301A1 | Ages 3.5 - 5 | Tu | May 27 - Jun 17 | 4:30pm - 5:00pm

#210301A2 | Ages 3.5 - 5 | W | May 28 - Jun 18 | 4:30pm - 5:00pm

#210301A3 | Ages 3.5 - 5 | Th | May 29 - Jun 26 | 4:30pm - 5:00pm

Pre Ballet & Creative Movement

City Res \$25 | Non Res \$30

#210303A1 | Ages 5 - 7 | W | May 28 - Jun 18 | 5:15pm - 5:45pm

#210303A2 | Ages 5 - 7 | Th | May 29 - Jun 26 | 5:15pm - 5:45pm

BEGINNER/INTERMEDIATE DANCE

Ballet/ Jazz

City Res \$25 | Non Res \$30

#210304A1 | Ages 6 - 8 | Tu | May 27 - Jun 17 | 5:15pm - 6:00pm

#210304A2 | Ages 8 - 12 | W | May 28 - Jun 18 | 5:45pm - 6:30pm

ADVANCED DANCE WORKSHOP

The workshop will be held Monday through Thursday, May 19 through May 22 from 6:00-7:30pm daily. This workshop is open to all Advanced dancers and Teens who would like to excel in their technique.

\$30 City Res | \$36 Non Res

#210320A1 | May 19 - May 22 | 6:00pm - 7:30pm

YOUTH 5-DAY DANCE CAMP

This dance camp will be held Monday through Friday mornings June 9 through June 13 from 9:00-11:00am. This camp is open to dancers ages 7-11 and will focus on the basic technique and performance skills of ballet, jazz, tap, and creative movement.

\$50 City Res | \$60 Non Res

#210313A1 | Ages 7-11 | Jun 9 - Jun 13 | 9:00am - 11:00am

ADULT DANCE

Adult Ballet for Fun & Exercise

City Res \$25 | Non Res \$30

#220316A1 | Ages 18+ | M | Jun 2 - Jun 23 | 6:30pm - 7:15pm

Adult Tap for Fun & Exercise

City Res \$25 | Non Res \$30 | No class June 19

#220317A1 | Ages 18+ | M | Jun 2 - Jun 23 | 7:15pm - 8:00pm



Summer 2025

50 & Wiser Programs

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

Our Summer Opportunities

50 & Wiser Fitness

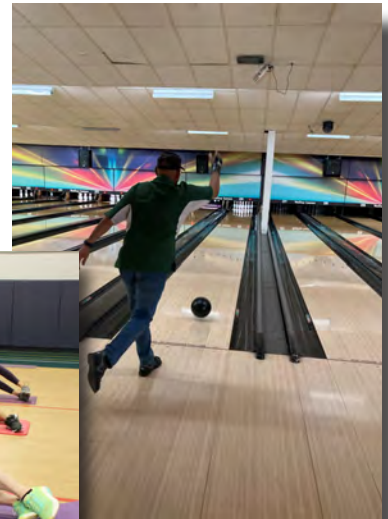
Our 50 & Wiser program offers a diverse selection of low to high impact fitness classes including Cardio & Strength, Gentle Stretch, Pilates and Yoga!

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 Summer!



50 & Wiser Registration & Information:

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

City Resident Registration April 28 | Non Resident Registration May 12

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.

No class June 19, June 24, July 1, July 3.

Location: Lucy F. Simms Center Auditorium

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

#240514A1 | Tu, Th | Jun 3 - Jul 17 | 9:00am - 9:50am

#240514A2 | Tu, Th | Jun 3 - Jul 17 | 10:00am - 11:30am



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. This is a continued practice class for those who have taken the class before.

Location: Prince Rotary Senior Center

Free | Ages 60+

F | Jun 6 - Aug 29 | 9:00am - 9:30am

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+

#240513A1 | W | Jun 11 - Jul 16 | 10:00am - 11:00am

#240513A2 | Th | Jun 12 - Jul 17 | 1:00pm - 2:00pm

#240513A3 | W | Jul 23 - Aug 27 | 10:00am - 11:00am

#240513A4 | Th | Jul 24 - Aug 28 | 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+

#240525A1 | Tu | Jun 10 - Jul 15 | 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. No class June 19, June 24, July 1, July 3.

Location: Community Activities Center Fitness Studio

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

#240500A1 | Tu, Th | Jun 3 - Jul 17 | 4:30pm - 5:15pm

#240500A2 | Tu, Th | Jun 3 - Jul 17 | 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!

No class June 19, June 24, July 1, July 3.

Location: Community Activities Fitness Studio

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

#240502A1 | Tu, Th | Jun 3 - Jul 24 | 10:00am - 11:00am



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 2025 (more activities will be offered in the 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!)

Doyles River Trail and Waterfall Hike (SNP)

Hike down to the Doyles River waterfall, snack or picnic lunch, and then return. This 3.3 mile hike is considered Moderate ("Generally suitable for novice hikers seeking a bit of a challenge.") We will also talk about general outdoor and hiking safety. A What to Bring list, a link to the Med Form/Participant Agreement, and driving directions will be supplied after registration. Cost of activity, plus entry fee into SNP (or bring your National Parks and Federal Recreational Lands Pass).

Location: Shenandoah National Park *must pay for park pass

City Res \$27 | Non Res \$32 | Ages 50+

#231308A1 | F | Jun 27 | 9:00am - 1:00pm

Paddling at Lake Shenandoah or Switzer Dam

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. Bring and enjoy your bag lunch on the lake-bank afterwards. 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: Lake Shenandoah OR Switzer Dam

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

#231302A1 | F | Jul 25 | 9:00am - 12:00pm

Backcountry Navigation Clinic

An afternoon of learning and practicing map and compass skills out in the George Washington Ntl. Forest. For day-hikers, backpackers, mountain bikers, hunters, scout leaders, and anyone else who likes to wander off the beaten path. A personal clothing list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be provided by WILD GUYde Adventures after registration.

Location: George Washington National Forest

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

#231303A1 | Tu | Aug 19 | 1:00pm - 5:00pm

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

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 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



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 June is *The Only Woman in the Room* by Marie Benedict.

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

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. Even during a season 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+

Jun 4 - First Watch - 101 Burgess Rd. Harrisonburg

July 2 - Thunderbird Cafe - 42A Island Ford Rd. McGaheysville

Aug 13 - Joe's Diner - 3355 S. Main 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+

Jun 12 - Grilled Cheese Mania - 1476 S Main St. Harrisonburg

Jul 17 - Jimmy Madison's - 121 S Main St. Harrisonburg

Aug 28 - Taste of India - 498 University Blvd. Harrisonburg

Social Club

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



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!

HERITAGE OAKS GOLF COURSE

YOUTH GOLF

Start Smart

Start Smart Golf is a developmentally appropriate introductory golf program for children 5-7 years old. The program prepares children for organized golf in a fun, non-threatening environment. Start Smart Golf prepares children and their parents for organized golf without the threat of competition or the fear of getting hurt. Age appropriate equipment is used in teaching full swing, chipping, pitching, and putting. Call 540-442-6502 or stop by the pro shop at Heritage Oaks Golf Course to register.

Register in person at Heritage Oaks Pro Shop or by phone

Location: Heritage Oaks Golf Course

City Res \$45 | Non Res \$50 | Ages 5 - 7

Sa | Jul 5 - Aug 2 | 11:00am - 12:00pm

Junior Golf League

Our Junior Leagues provide a fun, low pressure atmosphere to learn more about the game of golf, including full swing, short game, strategy, and more. As well, our Junior League is a great way for golfers to prepare for High School golf season! Space is limited so please be sure to sign up now!

Register in person at Heritage Oaks Pro Shop.

Registration now open.

City Res \$90 | Non Res \$100 | Ages 8 - 12 & 13-18

Ages 8 - 12 | Th | Apr 17 - Aug 14 | 4:00pm

Ages 13 - 18 | F | Apr 18 - Aug 15 | 4:00pm

LEAGUES

Interested in playing on a league? Call Heritage Oaks to inquire about Men's, Ladies, Senior, and Learning Leagues.

TOURNAMENTS

Season Pass Holders Receive \$15 Discount In Each Event (Except Match Play)

Green Tee Championship

Format: 18-Holes, Individual Play

All players will play from the Green Tees

Divisions: Men, Ladies, & Seniors (55+ Yrs. Of Age)

\$80 per player

S | Apr 5 | 9:00am

Match Play Championship

Qualifying begins on May 3 for the Heritage Oaks Match Play Championship. Qualifying score must be turned in by May 17.

Players will be seeded according to qualifying score and will have 2 weeks to complete each match.

We will have 3 divisions* Men's, Seniors' (55+ yrs), and Ladies'

\$25 per player plus golf fees

May 3 - 17 | Qualifying

May 18 | Matches begin

2-Player Championship

This tournament is open to everyone. We will play 27 holes: 9 holes Captain's Choice, 9 holes Better Ball of 2, 9 holes Alternate Shot.

\$85 per player

Sa | Jun 7 | 8:30am

1-Player Captain's Choice

Yes, a 1-Player Captain's Choice! Each player will play a captain's choice format himself/herself (2 shots each time).

Now we get to see just how good that "Second player" really is.

\$80 per player

S | Jul 19 | 9:00am

2-Player Par 3 Championship

This tournament is open to everyone. We will play 18 holes, better ball of two. Every hole will be set up as par 3.

\$65 per player

Sa | Aug 16 | 8:30am

Heritage Oaks Championship

36-Holes, Individual Play

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

\$100 per player

Sep 13-14 | Sep 13, 9am Tee Times | Sep 14, 11am Tee Times

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/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 14 - 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.