

Fitness Wellbeing

Mar-Apr Activities

2022

Morning Warmups

This class is great for seniors with tired muscles and as a follow up for physical therapy. Bring hand weights, exercise mats, and resistance bands. Learn chair exercises, healthy eating, and diet tips. Men and women invited! Ages 50+. Instructor: Brenda Powell. GHPG, 9am-10am, Tuesdays and Thursdays beginning March 8. Price: \$32 per 12 classes (Price has already been adjusted for senior rate).

Kendo (Monthly)

Kendo is a modern form of Japanese fencing. It comes from the sword arts of ancient Japan, and is the modern incarnation of a centuries-long evolution. Kendo is more than just learning to fence, it is also about proper discipline and spirit. We use two types of swords, a bokken (wooden sword) or a shinai (bamboo sword). Instructor: John Smitka. #K9036-30 GHPGC, 7pm-9pm. Join monthly sessions beginning 1st Wednesday of each month. Price: \$50/month

Stroller Striders Walking Club

Simple, fun, safe exercise and social support for Mom and Babies. This community-based club is formed specifically for mothers to get together for a walk with their babies and children in strollers, slings, or carriers. Grab your coffee or favorite morning beverage of choice for a weekly meetup to make new friends, talk about motherhood and parenting topics all while taking a walk around beautiful Gypsy Hill Park with your child. Call Nicole at the Recreation Department at 540.332.3945 for more details. Club will meet at Exercise Park in Gypsy Hill Park on Friday mornings at 9am. #N1167-22 Club begins on March 4. Annual fee: \$15. Join anytime!



Toddler/Pre-K

Explorers Club

Who wants to have some fun? Join the Explorers Club for a variety of fun experiences, visiting exciting sites or having a great outdoor adventure. Let your child become a young explorer with monthly journeys to new locations. The Explorers Club will have planned trips from February thru June. Ages 5 and under (parent/guardian must remain present with children). Trips held 10am-noon on third Friday of the month. N8021-15 Price: \$10 for season. Register anytime!

Handprints

Handprints is a child-centered art program where our youngest artists are free to explore and be creative. Children will enjoy a variety of materials and techniques at their own pace: play dough, easel painting, and a special project each week. This class is all about creating, taking risks, and having fun! Best of all we supply everything you and your child need and take care of all the cleanup. "The process of creating matters, not the final product". Process Art nurtures social and emotional health, reinforcing such skills as relaxation and focus, and helps to build such cognitive skills as comparison, prediction, planning and problem-solving. Samantha Campbell is a Shenandoah Valley native and dedicated early childhood educator with over 10 years of experience. She has a passion for nurturing creativity in children and the arts. Ages 2-5 (with adult), #N84-171-1 MHP, 9:30am-10:30am, six Wednesdays beginning April 6. Price: \$32. Register by: April 1



Molly's Musikgarten

Family Music for Babies and Toddlers

Designed for the whole family, these weekly classes help you learn how to play musically with your little one. Together we sing, chant, move, dance, listen, and play simple instruments all through one of the four wonder-filled semesters. Enjoy the wonderful lessons that include Dance with Me, Sing with Me, Play with Me, and Clap with Me. Each lesson features movement activities for coordination, body awareness and control, exploration of space. Instruments such as rhythm sticks, jingles, rattles, drums and resonator bars will be introduced. Instructor: Molly Murphy. K8032-12 NSC, 11am-11:30am, Eight Thursdays beginning March 24. Price: \$120 (an additional \$40 due for supplies on first day). Ages Birth-3yrs. Register by: March 20

Molly's Musikgarten

Family Music for Preschoolers-First Grade

This class is developed to build your child's attention and self-expression through singing, chanting, moving, focused listening, musical games, exploring musical instruments, creative movement, and storytelling. This family class will nurture your growing child's ability to use language and participate in dramatic play with a musical context. Fun family packets, along with rhythm sticks, a Musikgarten rattle, or colorful scarf will increase family movement to the learning process you can share in class or at home. Instructor: Molly Murphy. K8040-16 NSC, 4pm-4:30 pm, Eight Thursdays beginning March 24. Price: \$120 (an additional \$40 due for supplies on first day). Ages 4-6 years. Register by: March 20

Toddler Nature Adventurers

Join local nonprofit Wildrock for a weekly morning exploratory play in nature! Wildrock staff will be supporting social play with natural materials. Each session includes a gathering with song and connection, followed by an activity to inspire play and creativity with natural materials. Parents will learn about how to encourage nature play and come away with new ideas to try at home. Come ready to get messy and explore the forest around Montgomery Hall Park. Meet at the natural playground in Montgomery Hall Park. Ages 2-4. #N84-170-1 MHP, 10am-11:30am, six Tuesdays beginning April 12th. Price: \$32. Register by: April 8



Outdoors



Archery Club

This club is designed for youth to participate in a weekly archery program at Montgomery Hall Park. Students will learn archery basics and develop their knowledge and skills so that they are comfortable shooting bow and arrow, become familiar with archery equipment, and follow safety guidelines on the shooting range. This program is made possible by an equipment loan program through a grant received by the Virginia Department of Game and Inland Fisheries. Ages 8+. Instructor: Liz Hadley

New Members

Need to complete the Intro to Archery Workshop on March 21, 4pm-6pm (included in price). Club dates next four Mondays, 4pm-5:15pm, beginning March 28. #K7135-24 MHP, Price: \$45. Register by: March 14

Returning Members

To be eligible for this class you must have completed the Archery Workshop or been a past student. #K7135-23 MHP, 4pm-5:15pm, Four Mondays starting March 28. Price: \$30. Register by: March 14



Beginner Rock Climbing and Rappelling in the George Washington Ntl. Forest

Enjoy a full day of learning to climb, belay and rappel in the George Washington National Forest. Let WILD GUYde Adventures lead you on an outdoor adventure! This experience is open to ages 10 and older (children may attend unaccompanied, but their transportation must be provided by a parent or guardian); all technical gear is provided; a personal suggested clothing list and a Medical Form/Participation Agreement will be supplied after registration. #K7047-17 George Washington National Forest, 9am-5pm, Saturday, March 26. Price: \$72 per person. Register by: March 16

Intermediate Rock Climbing and Rappelling in the George Washington Ntl. Forest.

This full day of rock climbing and rappelling is a "next step" for individuals who have had a little prior climbing experience, maybe with WILD GUYde Adventures, indoor gym, or somewhere else. We will visit a different location from our Beginner Trip on March 26, and try some more challenging climbing; ages 12 and older (children may attend unaccompanied, but their transportation must be provided by a parent or guardian); all technical gear is provided; a personal suggested clothing list and the Medical Form/Participant Agreement will be supplied by WILD GUYde Adventures after registration; Sunday, April 24 from 9am-5pm. Price: \$72 per person; Register by: April 14

Youth

Chess for Beginners

This is a beginner course to introduce students to the game of chess and build their critical and strategic thinking. Students will learn the rules of chess, basic strategy/ tactics, and develop a love of the game. As both a game and an intellectual exercise, playing chess furthers many important goals, including improving students' concentration, self-discipline, logical thinking, short- and long-range planning, and understanding the consequences of making good and bad decisions. Instructor George Gruner is a former elementary education teacher with over 40 years of working with youth. Ages 5-8. #N7008-1 MHPA, 4:30pm-5:15pm, eight Tuesdays beginning March 22. Price: \$26. Register by: March 21



Intermediate Chess

This intermediate class will help each student build a stronger foundation in chess. Improve the quality of play by enhancing the students understanding of commonly played openings, gaining the advantage in the middle game, and practicing more complex checkmates. Students will also gain a greater understanding of chess strategy and tactics. Prepare for your first tournament. Ages 8-18 or younger if the student has completed a previous chess class or with the permission of the instructor. Instructor George Gruner is a former elementary education teacher with over 40 years of experience teaching youth. #N7008-1 MHPA, 5pm-6pm. Eight Tuesdays beginning March 22. Price: \$39. Register by: March 21



Nature Clubhouse

Local nonprofit Wildrock invites our nature friends to roam the woods with us at Montgomery Hall Park. We'll explore the trails, learn about our local forest, use our imaginations, and create beautiful art with natural materials. This program will allow kids to build friendships, cultivate resilience, and learn new skills while connecting with nature and relieving stress. This rain or shine program will meet at the natural playground in Montgomery Hall Park. Ages 6-10. #N84-170-1 MHP, 12:30pm-2pm, Six Tuesdays beginning April 12. Price: \$32. Register by: April 8





Athletics

Men's Softball Sprint Spring League

This league is open to teams consisting of players 16+ years of age to compete in men's slow pitch softball at Montgomery Hall Park in Staunton. Teams can consist of up to 20 players on the roster to be placed in divisions based on ability. The league will begin April 11th. Will play Monday & Wednesday nights. Ball requirement is .44 core .375 compression. League fee is \$225 per team, by April 1. League is will be 10 games played over 5/6 weeks.

Co-ed Spring Softball League

Co-ed league is returning for another exciting year. The league will begin May 3rd. Ball requirement is 12", .44 core, .375 for men, and any 11", .44 core ball for women. League fee is \$300 per team by April 22. Men use wooden bats. League will play on Tuesday and Thursday

Men's and Co-ed Softball Meetings and Open Forum

On March 31st at 7:00PM, in the Montgomery Hall Park activity room there will be an open forum and meeting discussing the upcoming season. This time will also serve as a discussion for any suggestions anyone would like to make concerning the league or any of its policies for the 2022 Softball seasons. Anyone considering entering a team in the spring season should attend if possible.

Softball Umpire meeting

All current umpires, and anyone interested in becoming an umpire should attend this clinic and sign up on March 31st at Montgomery Hall Park activity room. The meeting will begin at 8:00pm and there is no fee to attend.

Youth Sports

Preparations are underway for the return of youth baseball in 2022 at Gypsy Hill Park. Registration Opens February 1st at www.stauntonkbb.com

Kiwanis Club of Staunton Facebook Page
www.facebook.com/StauntonKiwanis



Golf

FEES

Promotional adult member fee \$300 per year

Junior member fee (12-17) \$100

All-inclusive member plan \$1200 per person per year

18 Hole Cart fee \$15

18 Holes Green Fee \$15 Mon-Thu

\$20 Fri-Sun

9 Hole Cart Fee (1-7, 13 & 14) \$10

9 Hole Green Fee (1-7, 13 & 14) \$10

M-TH After 2pm \$20 Includes Cart and Green Fee

\$10 Green Fee Only

M-TH After 5pm \$15 Includes Cart and Green Fee

\$10 Green Fee Only

Fri-Sun After 2pm \$25 Includes Cart and Green Fee

VSGA Rate 7 days a week

after 10am only 4 plays annually \$25

GOLF PRO LESSON RATES

Adult one-hour lesson: \$40

Senior one-hour lesson: \$30

Junior one-hour lesson: \$20

Winter Hours

9 a.m. to 4 p.m. Sunday through Saturday

*Weather Dependent

