



ACTIVITY GUIDE

Fall 2023



**THE GREENBRIAR BUNKER TOUR • SCARECROWS IN THE PARK • CO-ED INDOOR FUTSAL LEAGUE
TAI CHI • GIRLS NIGHT OUT • BIZARRE BAZAAR**



Staunton Parks & Recreation

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Building Codes

MHP- Montgomery Hall Park, MHPC- Montgomery Hall Park Conference Room,
MHPA- Montgomery Hall Park Activity Room, GHPG- Gypsy Hill Park Gym,
GHPGC- Gypsy Hill Park Garden Center, NSC- Nelson Street Center,
BTWCC- Booker T. Washington Community Center

Seeking Referees

Our success is because of you! Staunton Parks and Recreation needs new members to join our referee and umpire teams for our athletic leagues. Please contact Ken by email at jacobsenkl@ci.staunton.va.us or call 540.332.3945.

Register Online

Registering for programs has never been easier.
Go to www.ci.staunton.va.us/departments/parks-recreation
and click "Register For Activities".

See page 12 for registration information

Event & Weather Cancellation Line

540.332.3947

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Various photos throughout by Canva



TRIPS



The Greenbrier Bunker Tour

The declassified Bunker at The Greenbrier is a must-see experience that takes you behind the scenes and walks you through a fascinating period in the resort's history. Carved deep into the mountainside beneath our West Virginia Wing is an emergency Cold War fallout shelter. Once a top-secret U.S. government relocation facility for Congress, The Bunker is now open to anyone interested in reliving a legendary piece of The Greenbrier history. *K5145-8 Friday, October 20. Depart GHPG at 9am; Return at 5:30pm. Price: \$65 (includes transportation and tour). Register by: October 10*

Charles Town Hollywood Casino

Take a trip to Hollywood Casino in West Virginia and try your luck! *K5015-28 Friday, November 17, Depart GHPG parking lot at 9am; return around 8pm. Price: \$30 (Includes transportation only). Register by: November 7*

Bizarre Bazaar® and Dinner at Olive Garden

The 47th annual Christmas Collection is back for 2022. This show has four exhibition buildings filled with fabulous unique gifts for everyone on your list! A beautiful holiday marketplace with 500 juried exclusive exhibitors and more than 100 new exhibitors only seen at The Bizarre Bazaar®. We will end our day of shopping with a nice dinner at the Olive Garden in Short Pump. *S5100-12-1 Friday, December 1. Depart GHPG at 8am; return around 8pm. Price: \$34 (Includes transportation and admission). Register by: November 16*



Short Pump Town Center

Short Pump Town Center is an open-air premier shopping mall in the Richmond, Virginia area. The center offers some of the best shopping and dining in Richmond, VA, with the hottest fashion and beauty brands and the tastiest Richmond restaurants. If you're looking for a wide array of restaurants and shopping in Richmond, VA, Short Pump Town Center is the place to be! *S5201-2 Tuesday, December 5. Depart 9am; Return 5pm. Price: \$28. Register by: November 22*

Winterfest at Kings Dominion

Begin a new family holiday tradition by joining us in Kings Dominion's NEW winter extravaganza, Winterfest! Kings Dominion will be magically transformed into a winter wonderland full of enchantment and holiday cheer! Become immersed in the season's spirit with spectacular holiday lights and décor, world-class live entertainment, savory treats and fanciful experiences throughout the park. There will be over a million lights and sights to behold, sounds of the season in holiday shows and festive fun for all. *K1341-01 Saturday, December 9. Depart GHPG 3pm; return Midnight. Price: \$55 (includes transportation and Winterfest admission ticket). Register by: November 21*



New York New York!

Dec. 1 – Dec. 3

Travel to New York City to get your shopping on for the holiday season. Shop Macy's, all of Manhattan, SOHO, and Canal Street; then enjoy the evening catching a play or sightseeing! Depart 8am Friday, December 1, returning 8pm Sunday, December 3. Hotel is in Secaucus, NJ, a simple 10-minute bus ride to mid-town Manhattan. *Price: \$350 per person, based on double occupancy per room. Add \$225 for single occupancy (includes charter bus transportation, and hotel accommodations). \$200 deposit to hold your space with final payment due November 1, 2023*

VEGAS BABY! 2024

Las Vegas, NV, April 2-April 6

Fly to Las Vegas on April 2nd to enjoy 5 days and 4 nights of nonstop excitement on the world's most famous strip! Take in a show, go see the Grand Canyon, play some desert golf, or gamble 24 hours a day, you choose what you would like to do once you arrive in Vegas. This trip includes shuttle to and from airport, roundtrip airfare, and hotel accommodations at Excalibur Hotel and Casino. *\$775 per person/ based on double occupancy. Reserve your spot with \$400 deposit, final balance due by March 1.*



OUTDOOR ADVENTURES

Beginner Rock Climbing and Rappelling

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 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 a Medical Form/Participation Agreement will be supplied after registration. *K7047-28 George Washington National Forest, 9am-5pm, Saturday, October 7. Price: \$72/person. Register by: September 28*

Backcountry Navigation Clinic

An afternoon of learning and practicing map and compass skills out in the George Washington Ntl. Forest; for day-hikers, backpackers, mountain bikers, hunters, scout leaders, and anyone else who likes to wander off the beaten path; ages 14 and older (teens may attend unaccompanied, but their transportation must be provided by parent or guardian). A personal suggested clothing list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be provided by Wild Guyde Adventures after registration; *K7047-29, 1pm-5pm, Sunday, October 15. Price: \$36/ person. Register by: October 5*

Beginner Wild Caving near Franklin WV

An afternoon of learning basic caving safety, underground navigation, and some elementary limestone geology; ages 12 and older (children and teens may attend unaccompanied, but their transportation must be provided by a parent or guardian); all technical gear is provided; a personal suggested clothing list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures after registration; *K7014-22 Sunday, December 2, 8:30am to noon. Price: \$36/person. Register by: November 22*



LEARN SOMETHING NEW

Paint with gARTzia: GALLERY ON THE GO with KATHLEEN

It is time to unleash your inner Artist in this fun painting class. No experience necessary as our instructor Kathleen Garcia will walk you through simple instructions that will transform anyone into an artist for the day! Have a great time and amaze your friends and family with your personal masterpiece! We will be painting a unique one-of-a-kind personal painting you will gladly display for all your guests. K9191-03 GHPGC, 6:30pm-8:30pm, Thursday, October 26. Price: \$25. Register by: October 18

The Power of Emotions

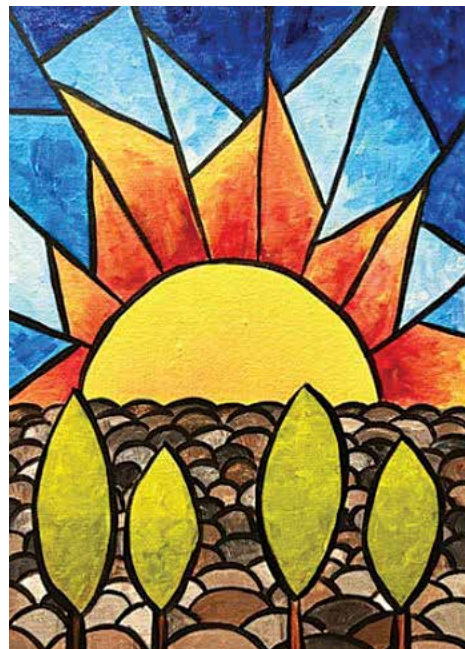
A basic introduction to Dynamic Emotional Integration® - a new approach that will help you understand your emotions and gain the skills to work with stress, anger, anxiety and more. This one-day class will teach you a simple and powerful tool to regulate your common emotions. Learn to empower yourself and understand how you can work with your emotions in a more positive way. Isn't it time to reclaim your authentic energy and wisdom and live a more vibrant life? K9206-01 MHPA, 6:30pm-8pm, October 18. Price: \$10. Register by: October 11

The Secret of Stress

Discover the hidden energy and wisdom of your emotions and unleash your power to reduce stress and deal with the pressure of life's many challenges. Understand why stress arises and how to work with it. Students will learn an overview of Dynamic Emotional Integration® designed to empower a way to work with (rather than against) our emotions. We will discuss the messages within anger, sadness, fear, happiness, envy and jealousy and learn to engage these feelings in a supportive way. We will use interactive exercises to practice these skills and understand our emotions in a new way. K9205-01 MHPA, 6:30pm-8pm, four Wednesdays beginning October 25. Price: \$60. Register by: October 22

Get Your Ducks in a Row

The Ducks in a Row workshop helps each person give the gift of planning by getting affairs in order! Participants develop a plan for making decisions, organizing records, and preparing for the future to ensure personal wishes will be met. The workshop includes topics such as wills, medical directives, family memorabilia, and distribution of belongings, as well as plans for funeral, financial and legal matters. Save time, headaches and confusion for your loved ones by getting your Ducks in a Row! Some parents and children attend together! Instructor: Mary Ann Stripling. K6123- 25 MHPC, 4:30pm-6:30pm, three Tuesdays beginning November 14. Price: \$50. Register by: November 6



COMMUNITY EVENTS



Scarecrows in the Park

Saturday, September 23, 9am-noon, Gypsy Hill Park Pool
Crows beware! Kids, Parents, Families and Groups...everyone is welcome to join Staunton Parks and Recreation's 5th Annual Scarecrows in the Park Build Off. The family friendly event will be on Saturday, September 23rd from 9am-Noon in Gypsy Hill Park. We will provide all the straw you need to build the scarecrow of your imagination. Bring clothing and whatever accessories you wish to build and decorate your scarecrow! But there is more! Your scarecrow will be presented in the park during the Month of October for all to visit. Scarecrow must be able to be attached to a provided post. There is better news...it's FREE! For more information call Staunton Parks and Recreation: 540.332.3945

Horticulture Fall Plant Giveaway

Thursday, October 5, 4:15pm-6pm
Location: Gypsy Hill Park, at the far end of the large parking lot for the football stadium & Moxie field, near the entrance to the Parks Maintenance Shop.
WHAT WILL BE AVAILABLE: A mix of annuals & tropical plants from our summer displays including, Elephant Ears, Cannas, and other leftover plants.
HOW IT WORKS: This year we will continue the "raffle" system of drawing for plants. Plants will be laid out by 4:15pm so you can preview what is available. Ticket distribution begins at 4:15pm, one per participant. At 5pm we draw tickets for plants which will be distributed in lots as winners are drawn. This spreads the plants to as many participants as possible. This event is open to all at no cost. Rain or Shine. Not everything in the city flower beds is available at the giveaway. Questions: Contact Matthew Sensabaugh, City Horticulturist, 540.332.3706 ext 4174

2nd Annual Pumpkin Float

Saturday, October 28, 5pm-8pm, Lake Tams in Gypsy Hill Park
Bring the entire family to our first annual Fall Pumpkin Float at Lake Tams featuring floating pumpkins, pumpkin carving, luminaries and fun family activities. Refreshments, music and child-focused activities will make this a frightfully-fun way to celebrate Halloween! Bring your carved pumpkin to the drop-off tent alongside the lake. We will provide the rafts as well as the light. Your pumpkin must be 7lbs or less to float. You may carve your pumpkin with a face, polka dots, your initials, or any other design - just make sure it's family friendly. To reserve a raft, you must register online or in-person. The fee is \$2 per raft, families can reserve as many as they would like. Pumpkins will not be returned to families after the event, they will be composted.



Celebration of Holiday Lights

November 20-January 1, 2023, 5pm-11pm, Gypsy Hill Park
Gypsy Hill Park will again be glowing with beautiful light displays from November 20 through January 1, 2024. Each year there are more participants bringing to this wonderful community, colorful scenes that are all created uniquely by individuals, families, organizations, businesses and churches from Staunton, Waynesboro, Augusta County and surrounding areas. Power is available only in certain areas of the park and space assignments are made accordingly. Your display must have a '2x3' sign, identifying your family, individual, organization, business or church. As we continue to grow, fewer spaces are available. The committee invites all interested individuals, groups, churches, and businesses to join the 2023 event, by placing a display that will be enjoyed by over 32,000 vehicles traveling the park. For more information on participating, please contact Angel Cooper at 540.886.8660 or angelcooper@hotmail.com or Nina Herron at 540.383.7281. Applications available online at celebrationofholidaylights.org

Field of Deer

November 20-January 1, 2024, 5pm-11pm Gypsy Hill Park
The display of decorative holiday deer (part of the Celebration of Holiday Lights) is placed inside the fence at the Gypsy Hill Park Pool in tribute of someone living, in memory of a loved one, or "just because". Registration forms can be downloaded online at www.celebrationoflights.org and click on "Field of Deer Application Form". There is no fee for displaying deer; however, if you wish to purchase a plaque for the "Tribute Board" with your loved one's name, there is a one-time charge of \$10/name. Previously purchased tribute plaques are displayed each year, and purchasing a plaque is not mandatory for the displaying of deer. Deer will be placed randomly in the pool area at the discretion of the committee. There will be volunteer help from local Boy Scout Troop 33. For more information, please contact Scott Eaton at eatonls@jmu.edu

ATHLETICS

SOFTBALL

Men's Fall Softball League

Let's Play Ball! Don't let your softball season come to an end, join us for another exciting season of softball. League is open to teams consisting of players 16+ years of age to compete in Men's slow pitch softball at Montgomery Hall Park. Teams will play a minimum of 10 games over a six-week season followed by a post-season tournament. Game nights will be on Monday and Wednesday evenings beginning August 21. League fee is \$300. *Deadline to register is August 20.*

Co-Ed Fall Softball League

Batter Up! Co-Ed Fall Softball is back! Grab your bat bag and glove and meet us at the ball park! League play will begin on August 22. Game nights will be on Tuesday and Thursday nights at Montgomery Hall Park. Three (3) ladies required on the field. League fee will be \$300. Teams will be guaranteed a minimum of 10 games over the six-week season followed by a post-season tournament. *Deadline to register is August 20. Once you register, you will receive a team roster that must be completed by opening day!*

SOCCER

Fall Co-Ed Soccer League!

Soccer Fans unite! Don't let the soccer season come to an end just yet. Join us for our Fall league. The league is open to anyone 16 years and up to participate in 7 vs. 7 soccer to be played at the Montgomery Hall Park Soccer Complex. Games will be played on Mondays, Tuesdays and Thursdays. Rosters are limited to 15 players any combination of male/female players. League fee is \$380. Jerseys will be provided. Deadline is August 18 to enter. *League will start August 28.*

Co-Ed Indoor Futsal League

End of the year and too cold to play soccer outside? Join us for the fast-paced action of Indoor Futsal this winter. Our co-ed Futsal League is open to any player aged 16+ for 5 vs. 5 action! Games will take place on Tuesday and Thursday nights at the Gypsy Hill Park Gym. Rosters are limited to 10 players. Price: \$340/team with a minimum of 8 players per team. *Register by: November 10*

Seeking Referees

Our success is because of you! Staunton Parks and Recreation needs new members to join our referee and umpire teams for our Fall Leagues. *Please contact Ken by email at jacobsenkl@ci.staunton.va.us or call 540.332.3945.*



GOLF



WE WELCOME ALL VISITORS TO PLAY AT GYPSY HILL GOLF COURSE:

FEES

- 18 hole cart fee: \$15
- 18 hole green fee: \$15 Monday through Thursday, \$20 Friday through Sunday
- 9 hole cart fee (1-7, 13&14): \$10
- 9 hole green fee (1-7, 13&14): \$10
- Monday through Thursday after 2pm: \$20 includes cart and green fee or \$10 green fee only
- Monday through Thursday after 5pm: \$15 includes cart and green fee or \$10 green fee only
- Friday through Sunday after 2pm: \$25 includes cart and green fee
- VSGA rate (only 4 plays annually) Monday through Thursday after 10am: \$25
- VSGA rate (only 4 plays annually) Friday through Sunday after 12pm: \$25

MEMBERSHIP RATES

- Adult member fee: \$450
- All-inclusive member plan: \$1400
- Junior member fee (17 and under): \$100
- Cart Plan \$950

FALL HOURS: 8am - 5pm Sunday through Saturday

Wesley Allred, PGA

Lessons by appointment only
Adults one hour lesson: \$50
Seniors one hour lesson: \$40
Juniors one hour lesson: \$25
Playing lessons: \$80

Gypsy Hill Golf Course offers an easy online tee time booking platform. No need to call the shop, just book online at gypsyhillgolfcourse.com.

Gypsy Hill Golf Course is an official First Tee site. To register for classes, go to thefirstteeharrisonburgva@gmail.com or simply call 540-437-4239 to register.



GYPSY HILL
EST. 1919



Gypsy Hill Golf Course Tournament Schedule for 2023

MARCH 25	Tough Pin Tournament Individual sign ups 9am shot gun start
MARCH 27-30	Spiking greens
APRIL 15	Eagles State Tournament, 9am
APRIL 22	Moose District Tournament, 9am
APRIL 29	Riverheads booster Tournament 4person captain's choice, 9am
MAY 6	Staunton Braves Fundraiser 4person captain's choice, 9am
MAY 13	Staunton High Boosters 4person captain's choice, 9am
MAY 20	VDOT Commonwealth Campaign Tournament 8am
JUNE 10-11	Deaver 2person captain's choice 8am Saturday and Sunday
JUNE 17	AMVET Tourney, 8am start
JUNE 24-25	Member/Member, 8am
JULY 15-16	Gypsy Hill 2person Championship, 8am
JULY 29-30	Member/Guest, 8am
AUGUST 19-20	Gypsy Hill Club Championship, 8am Saturday and Sunday
SEPTEMBER 9-10	Dave Miller Memorial Tournament 9am Saturday and Sunday
SEPTEMBER 11-13	Spiking greens
NOVEMBER 18	Turkey Tournament, 9am
DECEMBER 9	Christmas Tournament, 9am

FOR THE KIDS



YOUTH/TEEN

HEART: Healthy Environmental Afterschool Recreation Time

The HEART afterschool program is a latchkey program that provides a home away from home to children of working parents. Concerns about safety and being home alone or under-supervised is a good reason to enroll your child in this program. The HEART program has quite a tradition with its roots beginning 37 years ago with the first pilot program at McSwain Elementary School. We have since branched out to each elementary school in Staunton and have developed a credible and professional reputation. Space is limited. We are currently only accepting registrations for Bessie Weller students. Afternoon HEART is \$150 per month. *For any questions regarding the HEART program, please contact Steven Taetzsch at taetzschst@ci.staunton.va.us or 540.332.3945.*

PRE-K/TODDLER

Handprints

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. Emphasis will be on the imaginative process and not the final product, building essential cognitive skills along the way. Best of all we supply everything you and your child need and take care of all the cleanup. Ages 2-5 (with adult). Instructor: Samantha Campbell of "Hey-Ho-Lets Grow". K8171-08 NSC, 9:30am-10:30am, six Wednesdays beginning October 4. Price: \$37. Register by: September 27

Toddler/Pre-K Open Gym

As the weather cools down and the snow begins to fall, we find ourselves cooped up with not many options to run and play. Join us Wednesday mornings at the Gypsy Hill Park Gymnasium. We will have balls, toys, and games available for little ones, as well as plenty of open space for running and being silly. Parent/ guardian must remain present with their children. Ages 5 and under. GHPG, 9:30am-11:30am, Wednesdays November thru March. Starts on November 1. Price: \$3/child each visit. *Please note: this program will be unavailable on the fourth Wednesday of every month.

American Shakespeare Center Drama Club

Join the American Shakespeare Center Drama Club to build confidence and expand creativity with the ultimate team sport: theatre. The ASC Drama Club's semester-long class will explore Shakespeare's language and stagecraft through play, culminating in a final performance of an original, abridged Shakespeare play at the Blackfriars Playhouse on the evening of Saturday, December 2. Included in the cost of the ASC Drama Club is a ticket for each participant to join the group on a field trip to see Much Ado about Nothing at the American Shakespeare Center. Instructor: Lia Wallace of American Shakespeare Center. Ages 8-15. K7078-17 NSC, 1pm-3pm, 14 Sundays beginning September 10. Price: \$185. For more information, contact Lia Wallace at lia.wallace@americanshakespearecenter.com or by phone at 540.885-5588 ext. 110.

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. K7008-44 MHPA, 4:30pm-5:15pm, Ages 5-8, Eight Tuesdays beginning September 26. Price: \$32. Register by: September 19

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. K7009-44 MHPA, 5pm-6pm. Eight Tuesdays beginning September 26. Price: \$42. Register by: September 19

Youth Kung Fu

Let your child learn the fundamentals and discipline of Kung Fu. Classes will consist of a rigorous warm-up, stretching and the practice of various Kung Fu techniques and their applications. Exercise will include basic conditioning, drills to improve fundamentals, partner and self-defense drills and the practice of traditional Kung Fu forms and extended sets of movement. Instructor: Brian Weaver. GHPGC, 5:15pm-6pm, Join new Monthly sessions beginning on the first Tuesday of each month. Price: \$50/mo. K7202-01 (September Session) K7202-02 (October Session) K7202-03 (November Session)

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 September 11, 4pm-6pm (included in price). Club dates next four Mondays, 4pm-5:15pm, beginning September 18. K7135- 36 MHP. Price: \$45. Register by: September 6

Returning Members

To be eligible for this class you must have completed the Intro to Archery Workshop or been a past student. K7135-37 MHP, 4pm-5:15pm, Four Mondays starting September 18. Price: \$30. Register by: September 6

Girls Night Out!

Spend a night out with the girls, make new friends, and enjoy an evening of self-care, jewelry making (December Class Only), and crafting! Girls will make their own hula-hoops (November Class Only), learn hoop tricks and dance techniques. Join us for fun, music, games, snacks, and more. Instructor: Sam Campbell. NSC, 5:30pm-8:30pm. Two dates available: November 10 or December 8. Price: \$25. Register by: November 3 K7195-02 (November Class) K7195-03 (December Class)



YOUTH ARTS AND CRAFTS

Kids 'N Canvas

Paint Party Fun is here! The wait is over for children aged 7-12 to use their imagination, have fun and laugh as they create their very own work of art! No experience needed as our Gallery on the Go guide will lead our young artist with simple to follow step-by-step instructions to complete their own personal paintings. Remember this is not a painting class...it's a paint party! So come enjoy the fun! Instructor: Kathleen Garcia. GHPGC. Price: \$20. K7170-09 KAWAII - October 12, 5:30pm-6:30pm. Register by: October 2 K7170-10 The Giraffe - November 16, 5:30pm-7pm. Register by: November 6

Personalized Holiday Ornaments

No Matter what you are celebrating, who wouldn't love a personalized Holiday Ornament? It's never too early to begin your holiday planning. What better way to get in the spirit then to create your very own ornaments to hang on the tree or to be the perfect family gift! A simple class for children (and their Grownups are welcome too) to put their personal touch on two different types of hand-crafted ornaments you will cherish for years to come. Each participant will take home two personalized ornaments sure to become the highlight of your holiday decorations. Ages 3-12. Instructor: Samantha Campbell of "Hey Ho Let's Grow". K81841-02, NSC 10am-12pm, December 9. Price: \$25. Register by: November 22



FITNESS AND WELLBEING



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. K6031-32 *GHPG, Tuesday and Thursday, 9am-10am, classes begin September 26. Price: \$32 per 12 classes (Price has already been adjusted for senior rate).*

Back in the Groove

Are you Ready to Have Some Fun! Join BACK IN THE GROOVE. This precision dance team may be exactly what you are looking for. Members will learn exciting new group precision moves to some very cool music. It is not only an opportunity to meet new friends and form everlasting bonds, but also to perform these precision moves at fun activities including Staunton's July 4th Parade, fireman's carnival parades, Veterans Day and Christmas Parades. K6200-03 *NSC, 7pm-8pm, Ages 50+, September-October session on Tuesday nights beginning September 5. Price: \$20. Join anytime!*

Staunton Kendo & Iaido (Monthly)

Choose between different two styles of Japanese sword arts. Kendo is a modern form of Japanese fencing. It comes from the sword arts of ancient Japan. Kendo is more than just learning to fence. It is also about proper discipline and spirit. Iaido is the Japanese sword art of drawing and cutting in one motion. This is a great martial art for mental concentration. We teach Seiteigata Iaido. Instructor: John Smitka. GHPGC, Iaido 6:30pm-7:30pm, Kendo 7:30pm-9:15pm Wednesday. Join monthly sessions beginning 1st Wednesday of each month. Price: \$65/month
K9036-49 *(September Session)*
K9036-50 *(October Session)*
K9036-51 *(November Session)*
K9036-52 *(December Session)*

Tai Chi/Qigong

Tai Chi, a traditional Chinese martial art, and Qigong, a form of traditional Chinese medicine, consist of soft, flowing movements designed to improve your health, relax your body and mind, and improve martial skill as a compliment to other arts like Kung Fu. Ongoing class open to all ages and experience levels. Classes include a mix of group and individual instruction in multiple styles of Tai Chi. Instructor: Brian Weaver. GHPGC, 7:45pm-8:45pm, Join new Monthly sessions beginning on the first Tuesday of each month. Price: \$55/month
K7204-01 *(September Session)*
K7204-02 *(October Session)*
K7204-03 *(November Session)*

Tai Chi/Qigong (Day time Session)

Tai Chi and Qigong uses a series of positions to help improve your balance, movement and aid in increased mobility. This program will teach soft flowing movements designed to loosen your joints through movement and stretching to improve your body and relax your mind. Performed in repetitions, tai chi and Qigong movements help enhance posture, balance, strength and flexibility. No previous experience necessary. Flexible shoes and comfortable clothes recommended. Instructor: Brian Weaver. K1138-04 *GHPGC, 12pm-1pm, eight Thursdays beginning September 21. Price: \$90/8 week session. Register by: September 15*

Adult Kung Fu

Come improve your health, learn self-defense, and have fun learning the techniques, applications, history and culture of traditional martial arts. Training will be in the Hung Gar and Northern Shaolin Longfist Kung Fu discipline. Benefits of Kung Fu include improved strength, agility, flexibility, self-defense skills and multiple mental health benefits. Instructor: Brian Weaver. GHPGC, 6:15pm-7:30pm, Join new Monthly sessions beginning on the first Tuesday of each month. Price: \$60/month
K7203-01 *(September Session)*
K7203-02 *(October Session)*
K7203-03 *(November Session)*

REGISTRATION



ONLINE REGISTRATION

www.staunton.va.us/recreation

MAIL-IN REGISTRATION

NAME _____ Date of Birth _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE AM/PM _____ EMAIL _____

EMERGENCY CONTACT _____

EMERGENCY CONTACT ADDRESS _____

Program/Class/Trip _____ Program Date/Time _____ \$ Price _____

Program/Class/Trip _____ Program Date/Time _____ \$ Price _____

Program/Class/Trip _____ Program Date/Time _____ \$ Price _____

Program/Class/Trip _____ Program Date/Time _____ \$ Price _____

Program/Class/Trip Total (Do not include materials fee) _____

Adults (Over 55) 10% Discount (excludes trip & special event prices) _____

Non-City Residents Fee add \$2.00 per program/class/trip per person _____

Total sent: _____

Travel Policy:

All trips are to be paid in full when signing up unless another specific option is available where a minimum of 50% deposit is required for each person. Once a payment is received from a patron they are considered to have an official spot on the trip if there is available space. All patrons understand that there is a no refund policy in effect unless the Recreation department decides to cancel a trip. It is at the Recreation department's discretion on the cancellation of trips and most will be done in a timely manner. In some extreme cases such as death or serious medical conditions a refund may be available to a patron of a trip minus any expense the Recreation department may incur. Name changing fees may occur on trips involving plane flights. In cases regarding deposits; if the balance isn't paid by the deadline, patron may lose full deposit and spot on the trip.

Before registration form is complete, you will be required to sign and date on the reverse side of this form that you have read, understand and accept this addition to our registration process. If registering for a trip, please list EMERGENCY CONTACT (name, address, and phone number).

WALK-IN: Irene Givens Admin Building - Montgomery Hall Park
1000 Montgomery Ave - Staunton, VA 24401

MAIL-IN: Mail your completed registration form & check to:
Staunton Parks & Recreation Department - PO Box 58 - Staunton, VA 24402-0058

www.staunton.va.us/recreation - www.facebook.com/StauntonRecreationParks

PARENT’S AND PARTICIPANT’S INFORMED CONSENT, AUTHORIZATION, AND RELEASE

(This is a legal document. Read carefully before signing.)

To the fullest extent permitted by law, in consideration of the person noted below being allowed to participate, with each and all person/s acknowledging the opportunity to ask questions, be aware and receive full information, understanding and give voluntary consent regarding the potential risks in any physical or other activity/ies involved generally and particularly and inherently in parks and/or recreation programs, including those inherent related to a trip or travel, the undersigned individual/s VOLUNTARILY AND UNCONDITIONALLY on behalf of the undersigned and as well as by the participant personally, if the participant is at least 18 years of age, and for successors in interest AGREE that the undersigned:

- **ASSUMES ALL RISKS**, and
- **FOREVER WAIVE/S AND RELEASE/S** the City of Staunton, its departments and agencies, officials, employees, agents, representatives and volunteers (individually and collectively the “City”) from any claims and liability of any nature whatsoever, for **ANY KIND OF PERSONAL INJURY, ILLNESS, DEATH, EXPENSE, COST, AND DAMAGES** except those not subject to waiver or release under the law, and
- **FOREVER WAIVE/S AND RELEASE/S ALL PROPERTY DAMAGE, LOSS AND/OR DAMAGES** that may relate, directly or indirectly, to the program and activity/ies connected with the City in any aspect of it/them at any time and at any place whether before, during or afterwards, and
- **FOREVER AUTHORIZE/S** the City to seek and obtain **CARE, MEDICAL ATTENTION AND TREATMENT** of any kind for the participant whether the treatment occurs without knowledge of the quality of care or treatment provider or facility, and ACCEPTS FULL RESPONSIBILITY AND LIABILITY FOR ANY CHARGES OR EXPENSES AND/OR COSTS incurred or related to such care and treatment, including EXPENSE related to transportation or early return home, whether or not it is covered by any insurance policy, plan or program or agreement of any kind.

* Pursuant to the City’s Travel Policy (See Reverse Side), which is incorporated by reference and may be changed at any time, once payment is made for the program or activity, including any required deposit or payment in full, there is NO REFUND unless an authorized City person cancels the trip entirely, with such a decision being within the sole discretion of the City. TIME IS OF THE ESSENCE in making any payment by the designated time. The failure to make timely payment strictly as specified completely waives the opportunity to participate in the program or activity without further notice. Each provision of this document is separable, and each such provision, including each clause, stands on its own. The City does not waive and expressly preserves any immunity of any kind as allowed by law.

Participant Signature: _____

Emergency Contact: _____

Witness _____

Date: _____

If participant is a minor under the age of 18

Participant Name: _____ Date of Birth: _____

Parent/Guardian Name/s: _____

Parent/Guardian Signature/s: _____

Our Mission:

To provide a variety of quality leisure opportunities for the purpose of improving Stauntonian’s quality of life via well maintained historic parks housing superior facilities paired with innovative recreation programs, athletic leagues, trips, and outstanding child-minding programs.

Our Parks and Recreation Brochure

This publication is our way to directly connect with the citizens of Staunton and share our most current listing of recreational offerings. This includes enrichment programing, trips, special events, childcare, athletic leagues, Gypsy Hill Golf information, park and project updates.

Brochure Schedule:

BROCHURE CYCLE	DISTRIBUTION DATES
Winter/Spring covers January-April	Beginning of January
Summer covers May-August	End of April
Fall covers September-December	End of August

Ways to Register

Online, by mail or in person at 1000 Montgomery Hall Avenue, Staunton VA 24401

Online Registration

Visit our new and improved city website to register for classes, trips, and leagues through our new software system. Individuals must create a customer profile on the portal which will allow for easy access and a simple, customer friendly experience! www.staunton.va.us/recreation

Register by mail:

Send a completed registration form to:
Staunton Parks and Recreation
PO Box 58
Staunton, VA 24402-0058

Early Registration

Whether or not we can hold a class usually depends on the number of registered program participants we have by a certain deadline. Please register soon and early to avoid having to cancel a program or workshop.

Office Information:

1000 Montgomery Avenue
Staunton, VA 24401

Monday through Friday, 8am-5pm
Main office: 540.332.3945
Weather cancellation line: 540.332.3947
Fax: 540.332.3983
Park Maintenance: 540.332.3945
Gypsy Hill Golf Shop: 540.332.3949

Overnight Travel Policy

All trips are to be paid in full when signing up unless another specific option is available where a minimum of 50% deposit is required for each person. Once a payment is received from a patron they are considered to have an official spot on the trip if there is space available. All patrons understand that there is a no refund policy in effect unless the Recreation Department decides to cancel a trip. It is at the Recreation Department’s discretion on the cancellation of trips and most will be done in a timely manner. In some extreme cases such as death or serious medical conditions a refund may be available to a patron of a trip minus any expenses the Recreation Department may incur. Name changing fees may occur on trips involving plane flights. In cases regarding deposits: if the balance isn’t paid by the deadline, patron may lose full deposit and spot on the trip. Before registration form is complete, you will be required to sign (above check in lieu of signature) that you have read, understand and accept this addition to our registration process.

Program and Day Trip Refund Policy

In the case of a cancellation by Parks and Recreation staff, the refund will be issued in the form of a check through the City’s Finance Department. Check will be mailed to the address on file. Please allow a minimum of 2-3 weeks for refunds by check.

No refunds or credits will be given for any program or activity sessions missed by the participant.

If adequate advance notice is provided, we will refund the full amount of the program less any non-recoverable expenses, as listed below. If there is a waiting list and we are able to fill your spot on a day-trip or in a program, you will receive a full refund.

General Program or One-Day Trip: Full refund prior to the registration deadline, less any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)

If adequate advance notice prior to the registration deadline is not given, and your space cannot be filled, all fees are forfeited.

Inclusion Statement

It is the goal of Staunton Parks and Recreation to create an inclusive and welcoming environment for all individuals of all abilities who wish to participate in recreational activities and programs and experience the benefits and opportunities provided through the services offered by Staunton Parks and Recreation.

Staunton Parks and Recreation will accommodate any reasonable request to assist people with disabilities and special needs and support various learning styles. Individuals who require additional support are encouraged to complete the Accommodation Request Form two weeks in advance of the program or activity in which they plan to participate, to assist Parks and Recreation staff in its efforts to create a positive recreation experience for the participant. For questions, please call 540.332.3945. The Accommodation Request form can be found here: www.staunton.va.us/Accommodation.

Notice and Prohibition Against Discrimination

The City of Staunton is committed to equal opportunity and compliance otherwise with all nondiscrimination laws. The City of Staunton is an inclusive locality and environment.

The City of Staunton does not discriminate and prohibits unlawful discrimination and harassment against any person on the basis of race, creed, religion or religious belief, color, ethnicity, national origin, ancestry, age, sex or gender, sexual orientation, disability, military or veteran status or on any unlawful basis.

No qualified person on the basis of disability will, on the basis of disability, be denied the benefits of local government services, programs, or activities. If any person has a disability or otherwise needs special consideration, the City welcomes contact and will provide information and address special needs in compliance with the law.

Any unlawful discrimination should be reported immediately to any City-designated person and any City department director, or to the City Manager or designee, or to any member of the Staunton City Council. Such discrimination also may be reported to any state or federal agency which is responsible for compliance with nondiscrimination laws, such as the U.S. Justice Department, the Equal Employment Opportunity Commission, or any other federal or state agency with jurisdiction.

The City of Staunton also prohibits unlawful retaliation against any person who files a report or complaint about discrimination.

To contact the City Manager’s office to report any unlawful discrimination or retaliation or to request special arrangements because of disability, please call 540.332.3814.





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Blood Drive

*The American Red Cross
Blood Drive is the 4th
Wednesday of every
month from noon-6pm at
the Gypsy Hill Park Gym.*



STAUNTON PARKS & RECREATION

Admin Building Montgomery Hall Park • 1000 Montgomery Ave • Staunton, VA 24401 • 540.332.3945 • staunton.va.us/recreation

2ND ANNUAL PUMPKIN FLOAT

Saturday, October 28, 5pm-8pm

Lake Tams in Gypsy Hill Park

details on page 6

