

**Activity Guide
Summer 2018**



STAUNTON^T

PARKS & RECREATION



**Men's Flag Football • Container Gardening • Archery Club
Canoe/Kayak on the James River • Golf Lessons • Washington DC**

Staunton Parks & Recreation

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

Director of Parks and Recreation, Christopher J. Tuttle,
tuttlecj@ci.staunton.va.us
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devennysd@ci.staunton.va.us
Administrative Assistant, Debbie Gregory
Receptionist, Brenda Orebaugh

Recreation Commission Members:
Brocky Nicely chairman
Ken Bosserman ex-officio
Travis Cason
Amy Darby
Mike Guertler
Gerry Hamilton
Michael Keatts
Bruce Rupert



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Various photos throughout by Phocus Photography Services

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

See pg 30 for registration info.

In Memory of Debbie Pierce

A beloved member of our team passed away in January. Not only was she our receptionist for 16 years, unbeknownst to many, she was a very talented artist. The photo used in the background on this page is an original painting of the Gypsy Hill Park Duck Pond. She was inspired to paint the duck pond after the willow tree was struck by lightning and had to be removed. She loved taking her children to the duck pond when they were little and believed the willow tree was truly a landmark of the park. Debbie’s cheerful demeanor and smiling face as well as her dedication to our department will never be forgotten.



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&GOLF

Gypsy Hill Mixed Scotch Foursome

Tuesdays at 5:30pm starting in May. Group will meet and play 9 holes. Teams will consist of one man and one woman. Must be registered by 5:15pm to play. We will have closest to pins for men and women and play is open to members and non-members. Price: \$27 per couple for members/\$30 for nonmembers.

Senior Golf Association

Play is on Tuesdays and Thursdays.
Cost to join the SGA is \$35. For ages 50+.
The Senior Golf Association plays matches with other clubs in the area followed by a catered meal. The clubs include Bryce Resort, Shenvallee, Lakeview and others.

Men's Golf Association

Play is on weekends starting at 9am in winter and 8am in the summer. Events are scheduled for the association. Cost is \$20 to establish a handicap.

Golf Memberships

Single Adult \$450
Senior Membership (50+) \$400
Husband & Wife \$750
Juniors 14-17 \$150

Green Fees

18 holes \$10
9 holes \$8
Carts
\$15 for guests
\$13 for members

We offer a reduced rate after 11am: 18 holes for \$20 per person (includes a cart)
Tee times are recommended 7 days a week

Golf lessons

Wes Allred, PGA
1 hour lessons \$40
Half-hour lessons \$30
Senior lessons \$30/hour
Junior lessons \$25/hour



May 5	Calvary Baptist Church Men's Ministry- 4 Person CC	8:30am
*register at Golf Shop		
May 12	Lee High Boosters tourney 4 person CC	8:30am
June 9-10	Deaver 2 Person CC	8:00am Sat & 1:00pm Sun
June 21	Eagles Tourney 4 Person CC	1:00pm
July 14-15	News Leader 2 person Championship CC	8:00am Sat & Sun

Steven Taetzsch, Recreation Specialist
taetzschst@ci.staunton.va.us

ATHLETICS

Pickleball Social Evenings

Enjoy the new pickleball courts in Montgomery Hall Park on Thursday nights in May. *The courts will be held for doubles or mixed doubles play from 6-8pm.*

Co-ed Spring Softball League

Staunton's Friday night co-ed league is returning for another exciting year. League will begin May 4. Ball requirement is 12", .44 core, .375 for men, and any 11", .44 core ball for women. Only 3 women required on the field. *Price: \$250 per team. Register by: April 27*

Co-ed Adult Spring Outdoor Soccer League

League is open to players ages 16 and over to participate in 7 vs 7 soccer. Games will be played at the Montgomery Hall Park Soccer Complex on Tuesdays, Thursdays, and Sundays starting on June 3. Rosters are limited to 15 players with any combination of female/male players. Jerseys will be provided. *Price: \$380 per team. Register by: May 25*

Men's Fall Softball League

This league will have a minimum of 10 games and two divisions for a six week season beginning late August. *Price: \$250 per team. Register and submit rosters by August 10.*

Co-ed Frostbite Softball

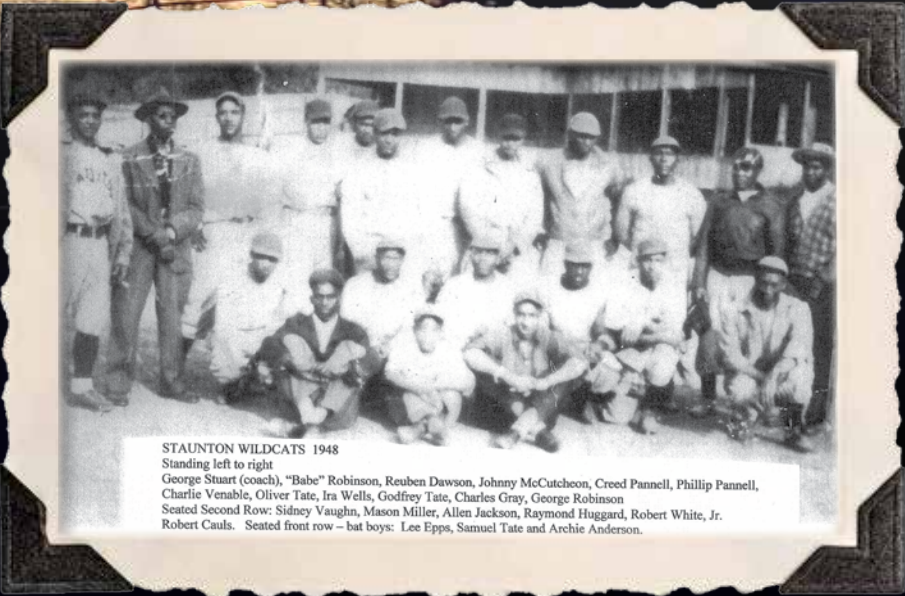
This league will begin in September and run six weeks with a minimum of 10 games. Only 3 women required on the field. *Price: \$250 per team. Register and submit rosters by August 10.*

Men's Flag Football

7 on 7 screen flag football. League will begin on September 11. For more information and rules, contact the Recreation Department. *Price: \$400 per team. Register and submit rosters by August 24.*

Fall Instructional Youth Baseball

Instructional Baseball is sponsored by Staunton Parks and Recreation for youth ages 6-12 (as of May 1, 2018). Six year olds must have played one year of t-ball. There will be an approximate 12 game schedule with no playoffs. Signups begin June 1; no late registrations will be permitted. *Price: \$25 per child. Register by: June 29.*



STAUNTON WILDCATS 1948
Standing left to right
George Stuart (coach), "Babe" Robinson, Reuben Dawson, Johnny McCutcheon, Creed Pannell, Phillip Pannell,
Charlie Venable, Oliver Tate, Ira Wells, Godfrey Tate, Charles Gray, George Robinson
Seated Second Row: Sidney Vaughn, Mason Miller, Allen Jackson, Raymond Huggard, Robert White, Jr.
Robert Cauls. Seated front row - bat boys: Lee Epps, Samuel Tate and Archie Anderson.

Staunton Youth Football League (SYFL) and Cheerleading Signups

Football and Cheerleading sign-ups are for boys and girls ages 8-13 (age is determined by October 1, 2018). Don't procrastinate, sign up early! *Cost of the program is \$65*

*Gypsy Hill Park Football Stadium from 10am-12pm
April 28, May 5, 12, 19 and June 2* absolute last day to join
Shelburne Middle School from 5:30-7pm
May 29 and May 30*

SOCA-Augusta Youth Summer Camps and Academies

SOCA-Augusta offers a wide range of summer soccer camps and skills academies. There are options for ages 5 through 19 and all abilities. Camps are held in Augusta County in June and July. *See the Augusta Summer Camp Page on our web site (<https://www.socaspot.org/camps/summer-camps/augusta-summer-camps/>) for specific dates, locations, and pricing.*

SOCA-Augusta Fall Youth Recreational Soccer

Join SOCA-Augusta for the Fall season of Rec soccer. Programs for players 4 to 18 years old. Registration begins in May. Season goes from September through November. *Visit www.SOCAspot.org for more details.*

James Corbett, Recreation Manager
corbettjr@ci.staunton.va.us



CAMP STAUNTON

Camp Staunton: All Together Now

June 4 – July 27 *no camp July 4

What parents value about our program:

"The activities, teachers, safe environment."
 "The kids are always active."
 "The variety of activities and the ability to play and be a kid in the summer."
 "I know many staff, they are wonderful."
 "Friendliness of staff."

What children think of our camp:

"Camp Staunton Rocks!"
 "I love the field trips."
 "Lots of time to play."
 "Being outside all day is cool."

We take great care in the hiring process by only interviewing qualified and mature staff. The majority of our employees have been with Staunton Parks and Recreation for over 10 years. Our Park Setting makes us unique from some of our counterparts who use institutional settings. We have acres of green space, state-of-the-art playgrounds, woods to hike, outdoor sport courts and fishing lakes. We value creativity and have researched the many ways play in the outdoors enhances creativity in children. The Enrichment and activities we provide are exceptional. Choices and Interests: Your child will chose from many activities like creative writing, flag football, hiking, disc golf and cooking. We take Field Trips to various fun and exciting places, such as Boxerwood Gardens and Museums. Does your child need Exercise? Whether it is organized or unorganized play, there is no way around it. We play numerous recreational activities each day. Age Matters! It's all about the age and appropriate activities for each age group which includes field trips. We separate our three camps according to age. The Staunton Parks and Recreation summer camp program has been in operation for over 30 years. Our reputation precedes us, just ask any previous parent or camper about our summer playground program. Register for the entire 8 week program, or pre-register for certain weeks. Program Fees: \$620 pre-paid for 8 weeks, OR \$90 weekly. Now taking registration at the Irene Givens Administration Building in Montgomery Hall Park.

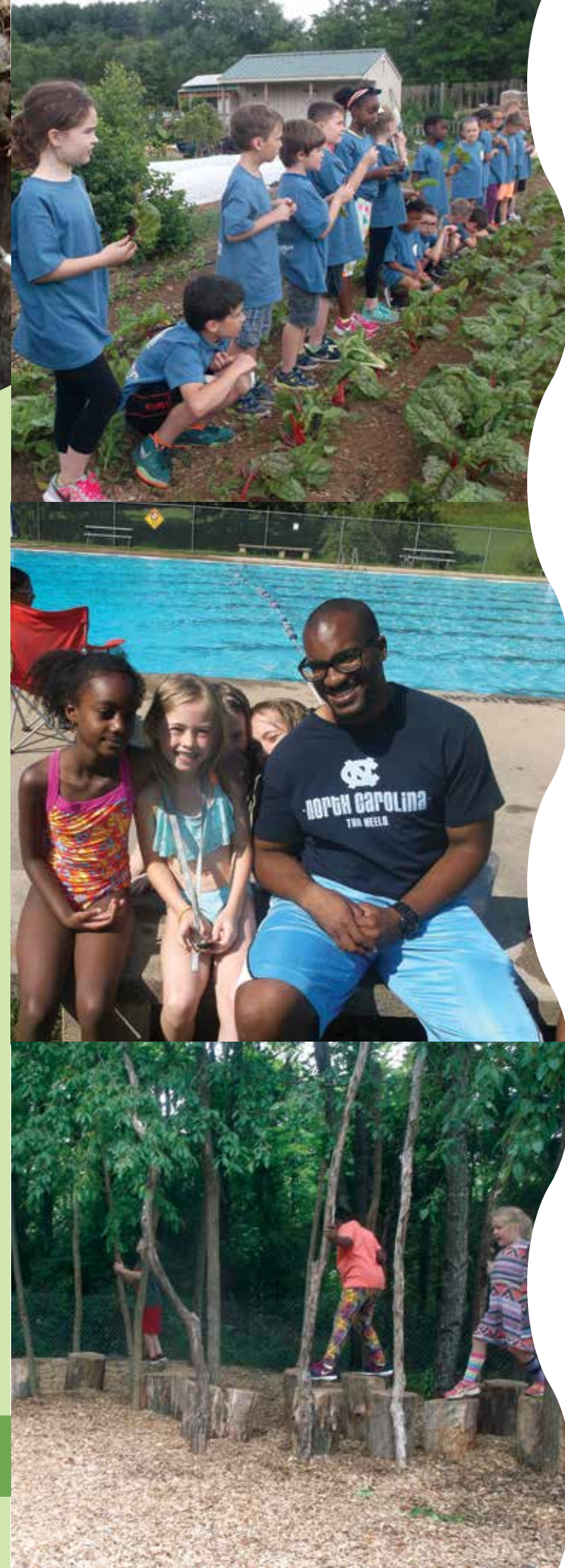
Camp Open House!

Come meet some of our staff and ask questions:
 Thursday May 3 from 6pm-7:30pm at
 Montgomery Hall.

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. We have little staff turnover from year to year giving us confidence that your child's caregiver is both qualified and trustworthy. We have known each member of our child care staff for at least five years and they have extensive training and experience. They understand that parents want their children to be kept safe and feel acceptance and belonging. Most of our staff are parents and grandparents themselves, which can be very reassuring given staff maturity is the common denominator when establishing security and trust in a caregiver relationship. The HEART program has quite a tradition with its roots beginning 30 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. This year we are continuing with our enrichment to enhance what is already provided by the Staunton City Schools bookmobile activities, contracted creation artist Sandra Carter and our favorite animated storytellers Brenda and Martha from the Staunton Public Library. Registration for Fall 2018 begins on June 1. Afternoon HEART is \$135 per month. Morning HEART is \$34 per month, both together are \$155 per month. For any questions regarding the HEART program, please contact Claire Richardson at richardsonca@ci.staunton.va.us or 540.332.3945.

Claire Richardson, Recreation Manager
 richardsonca@ci.staunton.va.us



TODDLER PRE-K

The Explorers Club

Are you ready for new activities and adventures with your kiddos? Join us once a month as we explore new places in and around Staunton, such as the hiking trails at Montgomery Hall Park, visiting the Staunton Fire Station, and local farms. Parent/guardian must remain present with children. Ages 5 and under. Trips held 10am-noon on the third Friday of every month except December. #1100, Price: \$10 membership fee (includes an Explorers Club t-shirt). There may be an additional fee per trip estimated at \$5; however most trips will not have an extra cost. For more information, please call the Parks and Recreation office at 540.332.3945

EXPLORERS



The Toddler Time Art Classroom

The Toddler Time Art Classroom is a creative space for children and their caregivers to explore art together. Children will have access to a variety of art/craft materials, experience different play stations, and create weekly art projects. Instructor: Eleanor Rixey. The classroom is located in the basement of the Nelson Street Center on Thursday and Friday mornings from 9:30am-11:30am, May 3 through May 25. The cost is \$3/child each visit, parent/caregivers are free.



YOUTH

Greater Good Gaming Summer Camp (G3SC)

An experience for like-minded kids with passion for games to make new friends and refine their gaming skills in order to make them smarter, healthier and happier. In this week long camp your child will develop sportsmanship, communication, and creative thinking skills as well as learn the basics of game design, coding, and programming. We will also connect with the community by organizing a charity event using games designed and created by our campers! One week camp for ages 11-14 at Nelson Street Center. #2000, June 25-30. To learn more visit www.g34charity.com.



Fun with Fish of the Shenandoah Valley

Prepare to be splashed and slimed as you learn about the fish that live in your local rivers. Collin George with the Virginia Department of Game and Inland Fisheries, will discuss how they manage game fish in Virginia and provide a show, touch, and tell of real live fish caught that day! This presentation will take place directly after the youth fishing derby. Lake Tams, 11am following the youth fishing derby, May 5. Price: Free

The Garden Ecosystem

Explorers welcome! Join us for a bird's- and bug's- eye view of the life inside our gardens and parks. This hands-on, family-friendly class may give you a new appreciation for things that fly, creep, crawl, and slither! Children will learn through crafts, exploration, and play about the lives and interactions of our local park creatures. Along the way, we will discuss ways to better our environment for all living things. Class will meet at the Irene Givens building entrance located in Montgomery Hall Park. Instructor: Grayson Shelor of Allegheny Mountain Institute Farm at Augusta Health. Ages: 4+ accompanied by an adult. #1201 MHP, 10am-noon, June 9. Price: FREE. Please call 540.332.3945 to let us know that you are coming.



Beginner Chess, Checkers, and Go

Students will learn the rules of chess, basic strategy, and develop a love of the game. Instructor will also cover the games of Checkers and Go. Instructor George Gruner is a former elementary education teacher with over 30 years of working with young children. Ages 5-8. #1104-5 NSC, 2pm-3:30pm, six Tuesdays beginning June 12 (skipping June 26). Price: \$39. Register by: June 6

Advanced Chess, Checkers, and Go

Gain an in-depth understanding of the games played by Kings, Presidents, Czars, Emperors, and children of all ages. Improve your play by learning basic and advanced strategy, and instruction tailored to meet individual level of play. 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 30 years of working with young children. #1204 NSC, 4pm-5:30pm, six Tuesdays beginning June 12 (skipping June 26). Price: \$39. Register by: June 6

A Stitch in Time

Is a button hanging by a thread? ...A hem coming out? Learn how to make simple repairs to make your clothes last longer! No experience necessary; participants will receive a small sewing kit. Instructor: Karen Becker. Ages: 10-15. #1202 GHPGC, 1pm-3pm, July 28. Price: \$10

U.S. Presidents Club

Students will (in time) visit the Presidential sites of each of the eight presidents born in Virginia. The first site will be our own Woodrow Wilson Library and Museum in Staunton. The students will receive a guided tour of the Manse (birth home) and the museum. The morning will end with a scavenger hunt and a Wilson trivia contest with prizes! The tours will be provided by a Woodrow Wilson interpreter and former educator. #1203 9am-11:30am, TBD. Price: \$15 (fee includes admission to the museum). For more info call the Rec office: 540.332.3945



RC6

In Partnership with Staunton Makerspace

This innovative STEM workshop provides participants with the tools, products (w/complete electronic package), instructions, and coaching to enable participants to build their very own Remote Controlled (RC) aircraft. Learn the basic function of each part and how they team up to influence the flight. Practice your takeoffs and landings on the classroom flight simulator to get ready to "safely" pilot your new aircraft. This program provides a unique hands-on experience of "how to" build, fly and maintain your very own creation. Instructor: Nelson Patterson. Classes held at Staunton Makerspace. Price: \$225. Please call 540.332.3945 for more information.

A Guide to Grand Strategy and the Game of Risk

Study the Game of Global Conquest and Risk! Learn how to play and what skills are developed through playing it. Risk is a strategy game about maneuvering armies, predicting your opponents, formulating both long-term and short-term plans, and, of course, taking risks as you struggle with other players over control of the continents. Students will develop interpersonal communication, as well as critical thinking and analysis skills. By the end of the course, they can expect to have a thorough understanding of the game's mechanics, useful strategy tips, and why it is important to play this and similar games. Ages: 11+. Instructor: Caleb Dodson. #1207 NSC, 2pm-3:15pm, four Mondays beginning June 11 (skipping June 25). Price: \$24. Register by: June 1

Introduction to Trains and Model Railroading

Students and a parent will receive a guided tour of the Augusta Railroad Museum in the Staunton Mall. You will be exposed to a brief history of trains, model railroading, and modeling a structure in scale. Suggested donation of \$5/family is requested. Call 540.712.7896 to reserve a spot. Please choose from the following time slots: July 21. 9am-10:30am or 10:30am-noon August 4. 9am-10:30am or 10:30am-noon



AQUATICS

All aquatic class dates, times and prices and any updates will be announced on our website: www.staunton.va.us/recreation and Facebook page: [www.facebook.com/ StauntonRecreationParks](https://www.facebook.com/StauntonRecreationParks) or call the Recreation office at 540.332-3945.

Montgomery Hall Park Pool Hours & Admission

Dates of Operation:

Dates of Operation: May 26-August 5, August 11 & 12, 18 & 19
Monday-Saturday: 11am-6pm; Sunday: 1pm-6pm

Admission:

3 years and younger: Free
4 years and older: \$2
Pool Pass: 20 Visits \$35
Pool Party Rentals: \$150, 3 hour minimum + \$50/guard, 15 or less: 1 guard, 15 or more: 2 guards

Gypsy Hill Park Pool Hours & Admission

Dates of Operation:

Dates of Operation: May 27-August 6, August 12 & 13, 19 & 20
Monday-Saturday: 11am-6pm; Sunday: 1pm-6pm

Adult Lap Swim:

Adult Lap Swim: Wednesdays & Saturdays 9am-11am and Sundays 11am-1pm.
Adult Lap Swim Admission: \$1

Admission:

3 years and younger: Free
4 years and older: \$3
Pool Pass: 20 Visits \$50
Pool Party Rentals: \$200, 3 hour minimum + \$50/guard, 15 or less: 1 guard, 15 or more: 2 guards



Ryan Flippo, Aquatics Manager
flipporw@ci.staunton.va.us

SPECIAL EVENTS

Scotts Major League Baseball Pitch, Hit & Run (PHR)

Wednesday, May 2 at Jerry May Field in Gypsy Hill Park
The PHR is an exciting baseball skills competition that provides girls and boys (ages 7-14) the opportunity to showcase your pitching, hitting and running abilities. PHR participants can advance through four levels of competition, including Local and Sectional competitions, Team Championship events at all 30 Major League ballparks and the National Finals at the MLB All-Star Game. Come out to the local competition! FREE onsite registration from 5:30pm-6pm. (No metal cleats allowed for the competition.)

24th Annual Youth Fishing Derby

Saturday, May 5 from 8am-11am at Lake Tams in Gypsy Hill Park
Open to youth 4-15 years of age. Prizes awarded in various categories. FREE on-site registration begins at 7:30am.

Kids Matter Day

Saturday, May 12 from 10am-1pm at the Gypsy Hill Park Gym
Sponsors needed! Help us keep this event free to the community! Businesses and individuals are encouraged to contact Kara at krill@vcsb.org. Kids Matter Day has provided as many as 500 kids and families in a single day with local resources. Children and parents from Staunton, Waynesboro, and Augusta County are invited to visit safety and resource stations provided by local community organizations to receive dental imprints, first aid information and much more. *FREE, for more information call committee member Staunton Parks and Recreation at 540.332.3945.*

Kids to Parks Day

Saturday, May 19 from 2pm-5pm at the Montgomery Hall Park Natural Playground
Kids to Parks Day – celebrated annually on the third Saturday of May – is a national day of play that connects kids and families with their local, state, and national parks. Join us at the Natural Playground (NatureRidge) in Montgomery Hall Park for a day of play and celebration! If you are there between the hours of 2 and 5 p.m. you will receive a free wildflower seed ball and a cookie (while supplies last). #KidstoParks

14th Annual Senior Fishing Derby

Saturday, May 19 from 8am-11am at Lake Tams in Gypsy Hill Park.
Open to all adults 50+years of age. *FREE* on-site registration begins at 7:30am.

Lil Country at Staunton Jams

Saturday, May 19 in Downtown Staunton, 1pm-5pm
Staunton Parks and Recreation will be offering a “Lil’ bit of Country” for the “lil critters,” while the adults enjoy a “Lil’ bit of Rock-n-Roll” in downtown Staunton on Beverley Street. At Lil’ Country, you’ll find mini tractors, arts & crafts activities, farm activities and more. Staunton Jams will be rockin’ from 12noon-10pm. *FREE* EVENT. For more information about Lil’ Country call: 540.332.3945. For more information about Staunton Jams call 540.885.9988.

Gypsy Food Truck Roundup

Saturday, June 23 from 11am-6pm at the Gypsy Hill Park Bandstand
Food trucks, children’s activities complete with crafts, bounce house and live music! Interested food truck vendors must call and register to participate: 540.332.3945.

Summer Craft show at the Gypsy Food Truck Roundup

Local crafters of all kinds will set up, show off, and sell their handy-work. If interested in participating in this event as a vendor please call George and Kathy for more information at 540.712.7896. *Take advantage of low \$25 vendor fee and a great location. All vendors are responsible for any required licenses and taxes.*

Juneteenth Celebration at Montgomery Hall Park

Saturday, June 30 from 11am-6pm
The Staunton Education Foundation, Inc will host the second annual Juneteenth Celebration at Montgomery Hall Park on June 30, 2018 in collaboration with the Shenandoah Valley Juneteenth Celebration Committee. Juneteenth is the oldest known celebration of the ending of slavery. Dating back to 1865, this historical date commemorates June 19 when Union soldiers led by General Gordon Grainger arrived in Galveston, Texas to announce that the Civil War had ended and that all slaves were free. This was two and a half years after President Lincoln had issued the Emancipation Proclamation.

Juneteenth celebrates African American freedom and a respect for all cultures and their history. This event will have a variety of activities for everyone to include: a children’s activity area, live entertainment, food, vendors, music, information booths, voter registration, raffles, health screenings, fun, fellowship, and networking. For more information, please contact Chairperson Sheila Ahmadi at sahmedi13@icloud.com.

Pop-Up Adventure Playground

Saturday, July 28 from 10am-4pm at the Gypsy Hill Park Bandstand
Join us for a celebration of unstructured child-directed play! Think cardboard boxes, tape, paint, mud, water play, appliance deconstruction...and more. Staunton Parks and Recreation is partnering with Raw Learning, Staunton Augusta YMCA, Blue Ridge Children’s Museum, Staunton Augusta ReStore, Staunton Library, Augusta County Library, and Staunton Makerspace. Thanks to sponsor Federated Auto Parts. Stay tuned for details or follow our event page on Facebook.

4th Annual Illuminate 5K/ 80’s Throwback Race

September 22 at 8pm in Gypsy Hill Park
Get lit and get fit! Light up the night as you run/walk the course originating in Gypsy Hill Park and finishing at the Gypsy Hill Bandstand with an 80’s dance party-Illumination Vibration. DJ will be spinning your favorite 80s’ jams and plenty of LED lights and lasers to light up the sky until 10:30pm. Prizes awarded for the race winners and for creativity of attire. Race participants will receive a t-shirt and special LED bracelet. Glow accessories available for purchase (while supplies last.) Put together your best outfit and come have a great time, last year was a blast! Register early to save \$5 and we can have your shirt size reserved.
Race entry: \$20 per person until September 12, day of race entry fee: \$25pp.

GARDENING



The Garden Ecosystem

Explorers welcome! Join us for a bird's- and bug's- eye view of the life inside our gardens and parks. This hands-on, family-friendly class may give you a new appreciation for things that fly, creep, crawl, and slither! Children will learn through crafts, exploration, and play about the lives and interactions of our local park creatures. Along the way, we will discuss ways to better our environment for all living things. Class will meet at the Irene Givens building entrance located in Montgomery Hall Park. Instructor: Grayson Shelor of Allegheny Mountain Institute Farm at Augusta Health. Ages: 4+ accompanied by an adult. #1201 MHP, 10am-noon, June 9. Price: FREE. Please call 540.332.3945 to let us know you are coming.

Preserving Garden Fresh Produce

Summer's abundance in the garden can be both beautiful and overwhelming. If you are up to your eyes in tomatoes and cucumbers, we can help! We'll cover water-bath canning, blanching and freezing, dehydrating, pickling, and fermenting produce safely and effectively. Join the Allegheny Mountain Institute Farm and Augusta Health's team of farmers and educators to learn ways to preserve your produce for year-round enjoyment. Ages: Adult. #1210 MHPK, 10am-noon, August 25. Price: FREE. Please call 540.332.3945 to let us know you are coming.

Gardening with Essential Oils

The time to plant is coming! This year, why not try using Essential Oils instead of toxic chemicals to help control unwanted insects, and keep fungus and molds away? You can also use oils to attract bees and butterflies! Young Living uses cinnamon, pine, and oregano on plants at their farms. Isn't it great to know the oils come from a toxin free farm? There are many options and recipes available. Join us to learn more and we'll even make a simple bug spray you'll be able to take and use. Instructor: Katherine Taylor. #1211 MHPA 11am-12:30pm, May 12. Price: \$5



Container Gardening

Interested in growing food, but lack the space? Container gardening may be for you! We'll share everything you need to know to get growing this season, and even get a little dirty! Participants will practice hands-on skills for seeding and transplanting into containers. Instructor: Grayson Shelor of Allegheny Mountain Institute Farm at Augusta Health. Ages: Adults. #1208 MHPA, 5:30pm-6:30pm, May 17. Price: FREE. Please call 540.332.3945 to let us know you are coming.

Home Compost DIY

Put your food waste to work! Join us at the Allegheny Mountain Institute Farm at Augusta Health for a step-by-step guide to creating high-quality, nutrient-rich compost to feed your garden. It's economical, it doesn't smell, and you won't believe how easy it is to do at home. It's time to go green and brown! Instructor: Grayson Shelor of Allegheny Mountain Institute Farm at Augusta Health. Ages: 16+. #1209 10am-noon, May 19. Price: FREE. Please call 540.332.3945 to let us know you are coming.

OUTDOOR ADVENTURE

Caving at Butler Cave

Explore Butler Cave in Williamsville near Monterey. This will be a guided three hour exploration of one of Virginia's longest caves. Butler Cave was discovered in 1958 when a small crack under a ledge of limestone was dug open. Spectacular discoveries followed as miles of natural underground tunnels and chambers were found. Butler Cave is currently maintained by the Butler Cave Conservation Society. Participants must be fairly physically fit, this is a "wild cave" and you will be on hands and knees in some sections. Participants need to bring: 3 sources of light (no flashlights but a strap light for arm or helmet), boots, helmet, long sleeves and pants or coverall suit, gloves, trash bag, and shorts or change of clothes (because you will get dirty). Great trip for homeschoolers! Limited space! Ages 12+. #1213 Wednesday, August 29. Depart GHPG at 8am; return around 3pm. Bring lunch. Price: \$15. Register by: August 17

Canoe/Kayak on the James River

Join us for a float on the James River in some of the most beautiful country in the Shenandoah Valley. This beginner canoe/kayak trip is great for those with no experience or those who want to get back out on the water. Trip is with Twin River Outfitters in Buchanan. Ages 8 +. Participants must be able to swim and pull themselves into the canoe. #1214 Tuesday, June 26. Depart GHPG at 9am, return around 3:30pm. Bring lunch. Price: \$49. Register by: June 14

West Virginia Caving – Kees Cave

Go underground and explore! This caving trip is great for beginners, mostly horizontal with some crawling. Learn caving safety, underground navigation and all about limestone cave formations. A suggested what-to-wear list will be provided upon registration. Ages 10+. #1149-2 Sunday, June 24. Depart GHPG parking lot at 11am; return around 5:30pm. Price: \$39. Register by: June 11

Rock Climbing & Rappelling

Bring the family and come climbing with us! We'll be heading to George Washington National Forest for a day of beginner friendly cliffs and the chance to experience climbing with the security of a top-rope and trained instructors. Participants will be provided climbing shoes, helmets, harnesses and all other technical gear needed. A suggested 'what to wear/bring list' will be provided upon registration. Ages: 10+. #1147-2, Saturday, July 21. Depart Gypsy Hill Park Gym at 8am; return around 4pm. Price: \$60 (includes van transportation, all equipment and instruction). Register by: July 6



SUMMER BANDSTAND ENTERTAINMENT



The Stonewall Brigade Band

8pm, Mondays

All concerts start at 8 pm in the Stonewall Brigade Bandstand in Gypsy Hill Park.

June 4	Opening Concert of the Season
June 11	Flag Day Concert
June 18	Musical Portraits of America
June 25	Old Fashioned Concert In The Park
July 2	American History Through Music
July 9	Twentieth Century Band Favorites
July 16	Kids' Concert In The Park
July 23	Marches, Blues, Jazz, & Broadway
July 30	A Tuneful Potpourri
August 6	British Band Classics One
August 13	British Band Classics Two
August 20	British Band Classics Three
August 27	Best of the Season Concert

Praise in the Park Celebrating their 16th season. Free gospel concerts hosted by Linden Heights Baptist Church. View full lineup: www.lindenheightsbaptistchurch.org. Concessions available for purchase. Activity table for children and a community prayer wall.

June 5 7pm The Finneys (Country Gospel from Midlothian, VA) & bounce house for kids- free

View full lineup:

<http://www.lindenheightsbaptistchurch.org>

Wednesday Night Bluegrass 7pm, Wednesdays. Rain or shine! Hosted by Staunton Parks and Recreation. For more information: www.staunton.va.us/recreation

July 11	7pm	Frog Pond Pickers
	8pm	Commonwealth Bluegrass Band
July 18	7pm	Harmony Hill
	8pm	Marteka and William
July 25	7pm	Last Minute Band
	8pm	Charlie Fraizer and Virginia Ramblers
August 1	7pm	Grass Roots
	8pm	to be announced
August 8	7pm	TBA
	8pm	Karl Shifflett and Big Country
August 15	7pm	TBA
	8pm	Little Roy and Lizzy
August 22	7pm	Page County Ramblers
	8pm	Big Country Bluegrass
August 22	7pm	Westwind Bluegrass Band
	8pm	Donnie Mason and In the Tradition

Jazz in the Park Celebrating their 31st season. 7pm-9pm, Thursdays. Rain or Shine! Bring a lawn chair or blanket, concessions available. For more information, call Lew or Lisa Morrison 540.337.6944

July 5	Sentimental Journey Big Band- 17 piece band together since 1986 playing classic big band music
July 12	Tom Artwick and Friends- Lexington based sax/flutist and his veteran group of accomplished players D.C. area 6 piece jazz, rock, fusion, funk
July 26	Vosbein-McGee Big Band- Professional big band in residence at Washington and Lee University
August 2	Dave Braham Organ Trio- Newark, N.J. Hammond organ master featuring guitar wizard Vince Lewis
August 9	Acme Swing Mfg. Co.- Swing, swing, swing...music of the 30's and 40's featuring Mary Beth Revac
August 16	S.P.L.A.A.T Quintet- Top local band together for 29 years doing jazz standards you'll recognize
August 23	Quatro Na Bossa- Authentic Brazilian jazz featuring vocalist Laura Ann Singh
August 30	Robert Jospe' & Inner Rythmn-world class Latin tinged jazz featuring saxophonist Jeff Decker

Family Night Flix Family Flix is an adaptation of the popular Friday Nite Flix series from years past and is sponsored by Staunton Parks and Recreation. All movies will be family oriented and held on Friday nights. Movies will be shown at the Gypsy Hill Park bandstand. Concessions will be available for purchase. All movies start at dusk usually between 8:30pm and 9:15pm. Weather cancellation line: 540.332.3947

June 8	Coco
June 22	Jumanji
July 13	Paddington 2
July 27	Peter Rabbit
August 10	Black Panther

GO OUTSIDE

Virginia Boating Safety Education Course

This course will enable you to become a safe boater who: boats safely, respects other boaters, obeys and understands boating laws. Topics include: boating operations, safe boating practices, and navigation signs. This course is recommended for ages 13+ who want to learn more about the fundamentals of safe and responsible boating. All operators (regardless of age) of PWCs (personal watercraft such as jet skis, Sea Doo's, and Wave Runners) and operators (regardless of age) of motorboats with a motor of 10 horsepower or greater will be required to have a boating safety education course completion card on board when operating a PWC or motorboat. Instructors: Ronald and Nenita Cromer. *GHPGC, 9am-3pm, June 16. Price: FREE. Call the Rec office at 540.332.3945 for registration information.*

Introduction to Geocaching

Geocaching is an enjoyable activity for yourself or the whole family. If you like hiking and discovering new places while searching for hidden "caches" then we recommend trying out Geocaching. Come out to Montgomery Hall Park on Friday evening June 15th for an introduction to Geocaching. We will learn about the activity in a casual classroom setting and then head out into the woods of Montgomery Hall Park and endeavor to log our first find. All ages, bring the family. *MHP, 5:30pm-7pm, June 15. Price: FREE*

Let's Go Hiking

Enjoy hiking but having trouble finding friends to go with? Join Parks and Rec this summer for a hike on the third Tuesday of each month, June-August. We will head out in the morning and plan to return around lunch time. Bring a pack with 2 bottles of water, snack, and wear comfortable clothes and hiking shoes. Space limited to 9 hikers. *Price: \$5/hike. Please register for hikes at least one week in advance.*

Intro to Disc Golf

Learn to play disc golf on one of Virginia's premier disc golf courses located at Montgomery Hall Park. Disc Golf is economical, allows one to develop their skills, enjoy the outdoors, and provides health benefits as a result of walking the 18 hole course. We will discuss course etiquette and all things disc golf. All ages. *MHP 10am, Saturday, July 21. Price: FREE. Please call 332-3945 to let us know that you are coming.*

Introduction to Wild Edibles- Summer Edition

Ever thought about looking for Wild Edibles but don't know where to begin? Join Digger Jay in this fun and unique class where you can learn about identifying and foraging for wild edibles. This class will start you out with the most common and basic wild edibles such as wild berries, mushrooms, and nuts. Roots, tree sap, and even tree bark are very desirable too. Then we will head into the woods at Montgomery Hall Park for foraging and identification. There are many places to travel and see Mother Nature's wonderful bounty of wild edibles, the simple truth of it is there are many very tasty and nutritious wild edibles right in our own back yards. Bring a snack and bottle of water. Instructor: Digger Jay. *#1158-3 MHP, 10am-1pm, August 11. Price: \$32. Register by: July 27*

Backcountry Navigation Clinic at Riven Rock Park

Hunters, Mountain Bikers, Day Hikers, and Outdoor Enthusiasts... dial in your navigation, map, compass, and orienteering skills so your honey doesn't have to worry the next time you are out on an adventure. We will head out to the woods for an exciting and educational afternoon. Wear long pants and comfortable hiking clothes because we will be heading OFF the trail. *#1215 Depart GHPG parking lot at 1pm; return around 5:30pm, July 29. Price: \$30 Register by: July 16*

STAUNTON FOR STAUNTONIANS



American Shakespeare Center Blackfriars Playhouse Tour

See the Blackfriars playhouse from the Inside Out. Tour participants will learn about the historical predecessor, discover the inner workings of our 21st-century professional company, and explore up, down, and all around the world's only re-creation of Shakespeare's indoor theatre. *Tours start in the box office lobby and are (usually) available Monday-Friday at 2pm and Saturday at 11am. Weekday tours may be cancelled due to Student Matinees. Check the website for more information: <https://americanshakespearecenter.com/events/playhouse-tours>*

Community Farm Days at the Urban Educational Farm at VSDB

Want to learn more about plants? Need a break from your desk? Itching to dig in the dirt? Come work and learn with us! Our volunteers are a huge help in keeping the farm running during the summer. Common tasks include weeding, pruning, amending beds, mulching, as well as a variety of odd jobs that come up as the season progresses. We welcome individuals or groups! Volunteers will receive vegetables (or plant starts) for their work! Please contact Katrina Beitz, katrina.beitz@vsdb.k12.va.us, with any questions or to schedule a volunteer group! *May 19 -September 8. Wednesday afternoons from 1pm-4pm. Select Saturdays from 9am-12pm (May 19, June 23, July 28, August 18, September 8). Farm located at 101 New Hope Rd, Staunton, VA 24401 (near the soccer fields)*

WQSV 106.3

2nd Annual, Wharf Rat Music and Art Festival
Saturday August 18, from 3pm-10pm at the Sunspots Pavilion in the downtown wharf district. Live music from Hard Swimming Fish, Sun Dried Opossum and Mama Tried (featuring Charlie Pastorfield of The Skip Castro Band). The event features arts, crafts and adventure exhibits, food trucks and a beer and wine garden. All proceeds benefit local radio station, WQSV. Rain or shine. *Tix are \$10 and available at the gate. Kids 12 and under are free.*

An Evening with Bats

Come to Montgomery Hall Park on Friday, July 20 from 8pm-9pm, to watch the bats fly and to eavesdrop on their ultrasonic calls with several types of bat detectors. Leslie Sturges of The Save Lucy Foundation will share her expertise and equipment to shed light on our local nighttime flyers. *Program recommended for ages 5+. We will meet in the parking lot behind the Irene Givens Admin Building.*

EVENTS

April 14: Staunton Artists and Artisans Tour | Co-Art Gallery
May 12: World Fair Trade Day | Latitudes
June 9: A Victorian Evening in the Queen City | Medieval Fantasies Co.
July 14: Hot Summer Fun Night | Sunspots
August 11: BeYOUTiful Night | Ali & Co.
September 8: Staunton's Amazing Adventure | Cranberry's
October 13: Pumptoberfest | WQSV 106.3
November 10: Treasure Hunt Party | TRAIPISE | WQSV 106.3
March 9: Spring Celebration | Sunspots | Heifetz

More Grants: December 8, January 12, February 9
Info/Apply: StauntonDowntown.org/StauntoNites



StauntonDowntown.org
www.facebook.com/stauntonites

From the
**Staunton Downtown
Development Association**



Above photo by Miscellaneous Media Photography.

MAKE & TAKE

Fairy Garden

In this DIY class, participants will learn about flowers including ground cover, mid-sized and tall flowers, as well as which flowers are better in the shade or full sun as they create an enchanting fairy garden. Figurines, flowers, and pot will be provided. All ages. Instructor: Rachel Fields. #1216 MHPA, 10am-11:30am, July 15. Price: \$59. Register by: July 6

Garden Pot | Solar Lighthouse

Class will be putting together and painting garden pots to make a lighthouse. There will be paint, brushes, glue, garden pots, and a solar light for assembly. Class will learn facts about lighthouses, painting techniques, and will take home their own masterpiece. All ages. Instructor: Rachel Fields. #1217 MHPA, 12pm-1:30pm, July 15. Price: \$59. Register by: July 6

Paint 4FUN with Diane: Little Girl by the Ocean

Join Diane for a fun day of learning how to paint "Little Girl by the Ocean" a design by Wilson Bickford. A little girl walks barefoot through the waves at sunset painted on an 11x14 canvas using water based oils. For beginners or the fun at heart. Step by step instruction and all supplies included. Instructor: Diane Ricketson of Paint4FUN™. Age: Adults. #1205-2 MHPA, 10am-3:00pm (bring lunch and drink), Saturday, August 11. Price: \$54. Register by: August 3

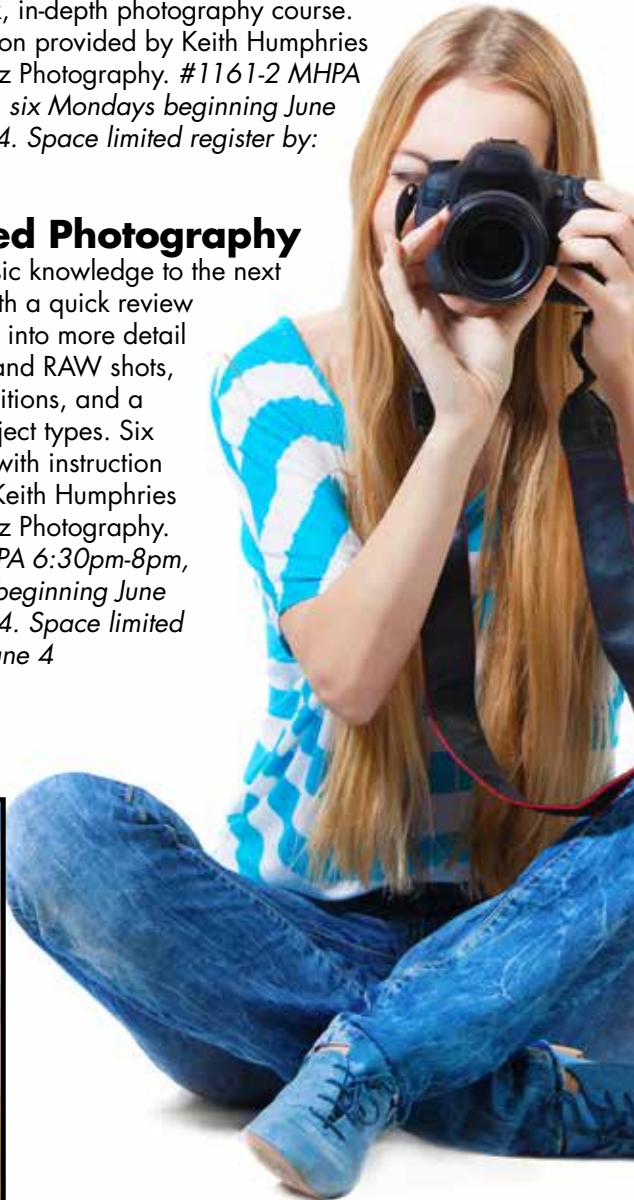


Basic Photography

Begin your journey in reaching your photography goals. Learn about equipment, terminology, basic composition and lighting, shooting, editing and putting it all together in this 6 week, in-depth photography course. Class instruction provided by Keith Humphries of Focal Pointz Photography. #1161-2 MHPA 6:30pm-8pm, six Mondays beginning June 11. Price: \$44. Space limited register by: June 4

Advanced Photography

Take your basic knowledge to the next level. Start with a quick review and then dive into more detail with manual and RAW shots, lighting, conditions, and a variety of subject types. Six week course with instruction provided by Keith Humphries of Focal Pointz Photography. #1162-2 MHPA 6:30pm-8pm, six Tuesdays beginning June 12. Price: \$44. Space limited register by: June 4



ARCHERY

Introduction to Archery

Introduction to archery is a hands-on workshop that will provide basic knowledge of archery including archery equipment, shooting, and safety. Archery teaches patience, self-discipline, and hand eye coordination. Students will learn about each type of bow, safety on the archery range, proper shooting technique, and have time to practice with a recurve, compound, and cross bows. This program is made possible by an equipment loan program through a grant received by the Virginia Department of Game and Inland Fisheries. Instructor: Certified Staunton Parks and Rec staff. Ages 8+. MHP. Register by: two weeks in advance
#1112-6 Parent/child class, 9am-noon, June 16. Price: \$35 (price includes both parent and child)
#1112-7 Youth class, 1pm-4pm, July 18. Price: \$20
#1112-8 Adult class, 4pm-6:30pm, August 24. Price: \$20

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. Instructor: certified Staunton Parks and Rec staff. MHP, four Wednesdays beginning June 20 (skipping July 4). Price: \$30. Register by: June 8
#1212-2 Ages 8-10, 9am-10:15am
#1212-3 Ages 11+, 10:30am-11:45am

***If your organization is interested in holding an archery workshop with Staunton Parks and Recreation please call the rec office at 540.332.3945 and ask for Steve.**

DOGHOUSE

Good Dog! Basic Manners and Obedience

Your dog CAN be a good dog! Training makes dogs happy, and will prevent or solve most every behavior problem. Learn to solve problems such as jumping, pulling on leash, housetraining, destructive chewing, etc... Let's improve your dog's communication skills using obedience commands for loose leash walking, sit, stay, down, come, leave it, drop it, and more. Training is the best gift for your new best friend! All ages, all breeds. Instructor: Michelle Carter of Leader of the Pack Dog Training. Training location provided upon registration. Price: \$125/4 class session
#1139-8, 6:30pm-7:30pm, four Tuesdays beginning May 8. Register by: ASAP
#1139-9, 6:30pm-7:30pm, four Tuesdays beginning June 5. Register by: May 28
#1139-10, 6:30pm-7:30pm, four Tuesdays beginning July 10. Register by: July 2
#1139-11, 6:30pm-7:30pm, four Tuesdays beginning August 7. Register by: July 30

Canine Good Citizen

Advance your dog's training skills and learn how to use them around the high level distractions of real life. This course practices known obedience and attention behaviors around distractions, without the use of treats and other training aids, with the goal of earning the Canine Good Citizen title for your dog. This course requires you to have already been through Dog Obedience and Manners with your dog. Training location provided upon registration. Instructor: Michelle Carter of Leader of the Pack Training. #1139-12, 2pm-3pm, four Sundays beginning August 5. Price: \$125. Register by: July 30



MUSIC & DANCE

ADULT

First Friday Jam

Grab your instrument and join us at Montgomery Hall Park on the first Friday of the month. Play with others in the community in this non-threatening, informal setting. This is designed for folks who often find themselves playing at home, alone, or those who have not had the confidence to play in front of or with others. If you like to play but have not picked up your instrument in a while, are rusty or still learning (as we all are) then come check this out. Bring your own acoustic instrument. Facilitator: Dianne Byrer. *MHPA, 7pm-8:30pm, first Friday of the month. Price: Free*

Dance like a Pop Star! (YES, for Adults!)

Channel your inner diva and get out of your comfort zone with this high-energy dance class based on the choreography seen in pop music videos. This class is perfect for dancers of all levels, including self-proclaimed non-dancers. Effective instruction will have every move demonstrated, taught step-by-step, and simplified. Embrace the upbeat music of such pop sensations as Michael Jackson, Lady Gaga, Justin Timberlake, and Beyoncé. This class provides an atmosphere of inspiration and is free of judgement. Students are encouraged to learn new, real dance moves while participating in a cardio activity that burns calories but doesn't feel like a workout. Come let your hair down, loosen-up, make new friends, and do something that makes you feel good. Instructor: Maggie Mairena of MagMa Wellness. *NSC, 7:15pm-8:45pm, Tuesdays. Ongoing class. Price: \$5/class when purchasing four or more classes. Drop-in Price: \$8.*

CHILDREN

Creative Movement

Let's get moving together! This class is designed for young tots who like to dance. Children will learn to count to music, develop motor skills, improve coordination, and discover rhythm. The instructor will lead students to use their bodies and imagination to convey ideas, emotions, and images in a structured setting but will also include a free-style portion of class. Participants are introduced to teamwork: making new friends, taking turns, using listening skills, and following directions all in an easy, fun, group activity. Please bring water. Dance attire is not required, but comfortable clothing that allows students to move freely is mandatory. Adult caregivers are encouraged to join the fun but adult participation is optional (and free). Ages: 2-4. Instructor: Maggie Mairena of MagMa Wellness. *NSC, 10am-10:30am, Tuesdays. Ongoing class. Price: \$5/class when purchasing four or more classes. Drop-in Price: \$8*

Introduction to Dance

This class is designed to give children a wonderful foundation in dance education and introduce them to the basics of several subjects: Ballet, Jazz, Hip Hop, and Tap. This is the perfect class for children who are still developing their coordination but have a clear love of movement through music. Children will learn to count to music, focus their energy, discover rhythm, and grasp dance vocabulary. The instructor will provide both structured and free-style lessons, allowing students to learn proper technique while exploring creativity. Please bring water. Dance attire is required, but for their first class students may wear comfortable clothing that allows them to move freely until the appropriate attire is purchased and after speaking with the instructor. Tap shoes are required for the tap portion of class. Age: 3-5 years. Instructor: Maggie Mairena of MagMa Wellness. *NSC, 11am-noon, Tuesdays. Ongoing class. Price: \$5/class when purchasing four or more classes. Drop-in Price: \$8.*

Dance like a Pop Star! (Youth)

Calling all kids who want to stop simply watching their favorite music videos and start dancing along. Channel your inner pop star with this high-energy dance class based on Jazz, Hip Hop, and the choreography seen in pop music videos. This class is great for dancers of all levels, including self-proclaimed non-dancers. Effective instruction will have every move demonstrated, taught step-by-step, and simplified for students to follow. No formal training or dance experience is necessary to embrace the upbeat music of such pop sensations as Katy Perry, Bruno Mars, and Beyoncé. This class provides an atmosphere of inspiration and is free of judgement. Make new friends, and do something that makes you feel good. Please bring water. Dance attire is not required, but comfortable clothing that allows students to move freely is mandatory. Ages: 5-18. Instructor: Maggie Mairena of MagMa Wellness. *NSC, 6pm-7pm, Tuesdays. Ongoing class. Price: \$5/class when purchasing four or more classes. Drop-in Price: \$8*



A HEALTHIER YOU



Feldenkrais' Awareness Through Movement® Breathe with your whole body!

In this eight-week series, we'll explore a variety of breathing patterns that integrate your entire musculoskeletal system. Access your brain's ability to learn in order to improve your breathing capacity in a variety of positions and activities. An increased sensitivity to your breathing, your embodied breathing, will improve your balance, posture, perception and the overall quality of your movement. Feldenkrais lessons involve gentle, sequential movements and directed attention. No stretching, no strain! Instead, you'll focus on how you move and discover new possibilities for expanding your movement repertoire. No prior experience necessary. Join at any time. Bring a smooth mat or blanket to lie on and wear comfortable clothing. Instructor: Cynthia Dunafon. #1136-4 NSC 1:30pm-2:45pm, eight Tuesdays beginning July 10. Price \$48 for full session or \$8 drop-in fee. \$6/class if purchasing 4 or more classes

Aikido

Aikido is the gentle martial art of harmonious movement. Learn to redirect aggression through circular movements designed to destabilize an attacker or restrict an attacker's movements in a way that protects the defender as well as the aggressor. Increase mental and physical flexibility through a series of partner exercises designed more than 80 years ago by Morihei Ueshiba, the founder of Aikido. Aikido will increase range of motion in the joints, improve hand eye coordination, and increase wellbeing through breathing exercises. Instructor James Jacenich has studied the art for more than 30 years. Ages 14+. GHPGC, 8am-9am Mondays and 6pm-7:30pm Thursdays. Ongoing class.

Class option 1: Attend class one time per week. Price: \$48/month
Class option 2: Attend class twice per week. Price: \$58/month

Gypsy Hill Walking Club

This club is sponsored by Denos Subway on North Augusta Street. Did you know that one lap around Gypsy Hill Park equals 1.3 miles and takes around 30 minutes to complete? The American Heart Association recommends that adults get 150 minutes or more of moderate-intensity physical activity each week. That means five laps per week around Gypsy Hill Park will help you meet that recommendation. As a walking club member your miles are recorded weekly and can be viewed online at the Gypsy Hill Walking Club webpage located on the Staunton city website. All ages welcome. #1001-2 Price: \$10 annual club membership (includes walking club shirt). Club currently meets Friday mornings at 9am in Gypsy Hill Park at the bandstand. No obligation to come Friday mornings. Recorded miles do not have to take place in Gypsy Hill Park. If you would like to establish an evening/weekend "group walk" please email Steven Taetzsch at taetzschst@ci.staunton.va.us.



Morning Warm-ups with Jolene

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! Jolene has been offering her classes with our department for more than 25 years! Ages 50+. Instructor: Jolene Dewey. Classes located at Gypsy Hill Gymnasium in May and August, Bessie Weller Elementary School in June and July, 9am-10am Tuesdays & Thursdays. Price: \$32 per 12 classes. Ongoing class

Introduction to Taiji & Qigong

Try short Qigong & Taiji postures & forms to see if this type of movement is for you. Each class will include a short meditation as well. Try it....you might love it! Instructor: Karen Becker. Ages: 16+. #1218 NSC, 4pm-5pm, four Wednesdays beginning July 18. Price: \$15 per person

Why Can't I Lose Weight?

Do the numbers on your scale continue to remain too high despite significant efforts to lose weight by reducing your food intake or exercising? Many of our beliefs about how to achieve weight loss are actually myths that confuse and thwart our efforts to lose weight. Lessons learned from exploring these myths will give you practical tools to change habits and behaviors that undermine your weight loss efforts and health goals. Learn effective ways of losing weight and increasing your vitality and energy even in difficult cases. Increase your years of good health and delay the onset of illness in old age. Instructor: Don E. Wetsel, MA, LAc, BCTMB. #1220 MHPC, 7pm-8:45pm, June 12. Price: FREE. Please call 540.332.3945 to let us know you are coming.

Sneaky Science: Food Labels and Marketing

Did you know the colors red and yellow make us hungrier? If reading that got you dreaming of french fries, you're not alone. The way food is advertised, packaged, arranged, and labeled has the power to confuse and confound us, make us eat more, and even make us buy things our bodies don't want—and it hits children the hardest of all. Join us to learn the truth about food, and what you can do to take back the pantry for a healthier family. Instructor: Grayson Shelor of Allegheny Mountain Institute Farm at Augusta Health. Ages: Parents and children 12+. #1219 MHPA, 5:30pm-6:30pm, July 10. Price: FREE. Please call 540.332.3945 to let us know you are coming.

Gardening with Essential Oils

The time to plant is coming! This year, why not try using Essential Oils instead of toxic chemicals to help control unwanted insects, and keep fungus and molds away? You can also use oils to attract bees and butterflies! Young Living uses cinnamon, pine, and oregano on plants at their farms. Isn't it great to know the oils come from a toxin free farm? There are many options and recipes available. Join us to learn more and we'll even make a simple bug spray you'll be able to take and use. Instructor: Katherine Taylor. #1221 MHPA 11am-12:30pm, May 12. Price: \$5

Chemical Free Living with Essential Oils

Ready to take a look at what's in your cabinets and clean out for support of a healthier living? Bring a friend and come learn how essential oils and other non-toxic products can help turn your home into a chemical free zone. Join us for lots of sniffing, learning, conversation, and samples! Instructor: Katherine Taylor. Price: \$5 #1222 MHPA 6:30pm-8pm, June 5. Register by: May 30 #1222-2 MHPC 6:30pm-8pm, July 17. Register by: July 11



qYOGA

The YOGA 6
All yoga classes with Staunton Parks and Recreation are priced the same and participants can purchase a bundle of four or more classes for \$5/class. Participants may attend any yoga class offering with bundle purchase.

Family Yoga

There are numerous benefits to practicing yoga and they are the same for everyone, at any age. A few of these benefits are: increased strength, body awareness, expanded flexibility, stress management, improved concentration, and added confidence. This class is designed for adults and children alike so that the whole family can participate together. Participants will enjoy gentle stretching and breathing techniques while moving through various postures. Please wear comfortable clothes, bring water, and don't forget your yoga mat. Extras will be available, but are limited. Adults are charged for attendance, but children who are accompanied by an adult may attend for free. Limit 2 children per adult. Children who participate are the responsibility of their adult caregiver in attendance. Children 10-17 years of age may be dropped-off and attend without an adult, but will be charged for attendance if no adult is present. Instructor: Maggie Mairena of MagMa Wellness. NSC, 9am-9:45am, Saturdays. Ongoing class. Price: \$5/class when purchasing four or more classes. Drop-in Price: \$8

Vinyasa Yoga

A flowing style yoga class, linking yoga poses together to bring balance and harmony as we move our bodies with our breath. This type of yoga flow features cardiovascular conditioning, flexibility, strength, and relaxation. Leave with an overall feeling of wellbeing and relaxation. Multilevel class, please wear comfortable clothes, bring a yoga mat & water. Start any time! Instructor: Maggie Mairena of MagMa Wellness. NSC, 6pm-7pm, Mondays. Ongoing class. Price: \$5/class when purchasing four or more classes. Drop-in Price: \$8

Hatha Yoga Basics and Beyond

Explore yoga fundamentals in this safe, welcoming environment. Suited for individuals new to yoga as well as those with existing practices who wish to deepen their knowledge and understanding or simply move at a more moderate pace. Bring your own mat, blanket or large towel, and wear clothes you can move freely in. Instructor: Maggie Mairena of MagMa Wellness. NSC, 6pm-7pm, Wednesdays. Ongoing class. Price: \$5/class when purchasing four or more classes. Drop-in Price: \$8

Power Yoga

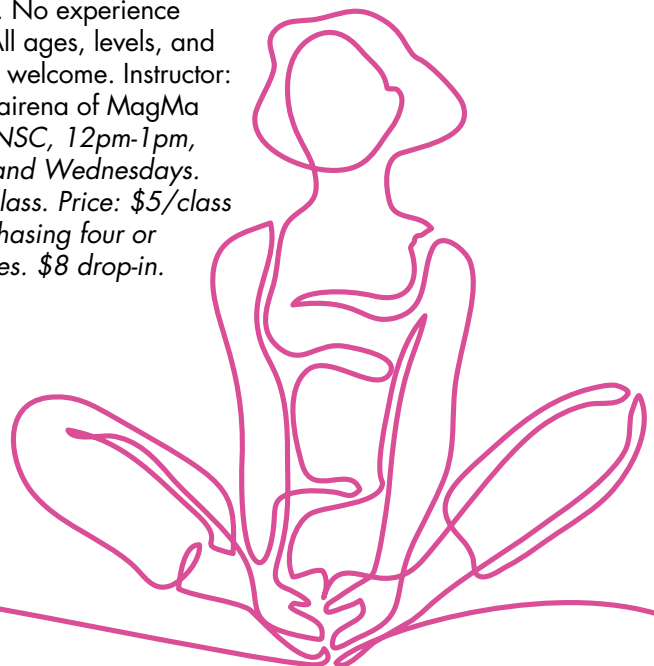
Yoga is a physical, mental, and spiritual practice. Designed as an intense Vinyasa class, these three aspects will be brought into union to generate a midday second wind. This practice emphasizes core strength, muscle tone, flexibility, rhythmic breathing, and stamina. Prepare to sweat, burn calories, and have fun to motivating and energetic music! Instructor: Maggie Mairena of MagMa Wellness. NSC, 11:30am-12:30pm, Saturdays. Ongoing class. Price: \$5/class when purchasing four or more classes. Drop-in Price: \$8

Yoga for Every Body

Designed for those looking for a comfortable starting place in order to grow and nurture their yoga practice. Whether you are a beginner, nursing an injury, or have restricted movement due to age, ailment, weight, etc. this is the class for you. No experience required. Modifications are offered for all levels. Learn basic Hatha techniques and pranayama breathing. All ages, levels, and body types welcome! Instructor: Maggie Mairena of MagMa Wellness. NSC, 10am-11am, Mondays, Wednesdays, and Saturdays. Ongoing class. Price: \$5/class when purchasing four or more classes. \$8 drop-in.

Anything Goes - Afternoon Yoga

This class will be whatever the attendees would like it to be, depending on who is present on any given day. Perhaps one day we have a chair yoga session, and on another day we try a gentle Hatha flow class? Participants will have a variety of styles to choose from that contribute to overall wellbeing, better breathing, centered mindfulness, and improved body awareness. No experience required. All ages, levels, and body types welcome. Instructor: Maggie Mairena of MagMa Wellness. NSC, 12pm-1pm, Mondays and Wednesdays. Ongoing class. Price: \$5/class when purchasing four or more classes. \$8 drop-in.



PERSONAL DEVELOPMENT



Basic Guidelines for Grant Writing

Interested in learning a new skill-set that contributes great value to great causes? Learning the basics of grant writing can help you to do just that! This course takes the participant through a series of steps from understanding how to read and respond to a grant application, learning what makes a grant reviewable by the funder, cultivating potential funders, developing a grant package, writing tips, and developing working relationships with funders whether support is received or rejected. Instructor: Zanetta S. Ford-Byrd of Ford-Byrd Consulting, LLC. #1125-2 MHPC, 9am-12pm, August 11. Price: \$25. Register by: August 1

Basic Car Maintenance- Women's Only Class

Ladies this is a great opportunity to learn a few car maintenance basics to keep your car running longer and save you money. Join Park Maintenance Mechanic Randy Williamson for a Saturday morning at the Park Maintenance garage in Gypsy Hill Park where he will discuss topics such as checking fluids, tires, and general wear and tear. #1223 GHP, 10am-11:30am, June 23. Price: FREE. Please call 540.332.3945 to let us know you are coming.

A Stitch in Time

Is a button hanging by a thread? ...A hem coming out? Learn how to make simple repairs to make your clothes last longer! No experience necessary; participants will receive a small sewing kit. Instructor: Karen Becker. Ages: 16+. #1202 GHPGC, 10am-noon, July 28. Price: \$10

Vive La France!

Calling all francophones! Let's meet for French conversation, food, art, movies, literature, music, etc. Make new friends while improving your pronunciation, increasing your vocabulary, and having fun. All ages and levels are welcome. A bientôt! Instructor: Maggie Mairena of MagMa Wellness. NSC, 4:30pm-5:30pm, Mondays. Ongoing class. Price: \$40/season or \$5/drop-in.

Hola Amigos!

Do you enjoy the Spanish language and culture? If so, come join us in speaking Spanish and connect with new friends. Expand your vocabulary, improve your use of grammar, and perfect your Spanish through a fun and laid-back approach. We will participate in structured lesson plans, as well as casual interactions where we simply chat, enjoy authentic food/recipes, and listen to music. If you would like to learn Spanish, improve upon the Spanish you already know, or simply practice your Spanish so as not to lose it, then vamos! All ages and levels welcome. Instructor: Maggie Mairena of MagMa Wellness. NSC, 4:30pm-5:30pm, Wednesdays. Ongoing class. Price: \$40/season or \$5/drop-in.

Firearm Safety Class

This is a five-hour course for safe gun handling that is conducted in the classroom only. Students are taught NRA's three rules for safe gun handling, primary causes of firearms accidents, firearm parts, how to load & unload certain action types, ammunition components, cleaning, care, safe storage of firearms and ammunition and the benefits of becoming an active participant in the shooting sports. Students will receive the NRA Home Firearm Safety handbook, NRA Gun Safety Rules brochure, Basic Firearm Training Program brochure and Course Completion Certificate. This class will meet requirements for the Virginia Concealed Carry Permit. Instructor: Jim Wood of Double A Tactical. Classes held at Nuckols Gun Works at 1301 Barterbrook Rd. Staunton on the following Thursdays from 6pm-11pm: June 21, July 12, August 9, and September 6. Classes held on the following Saturdays from 12pm-5pm: June 23, July 14, August 11, and September 8. There will also be two Women's Only classes from 12pm-5pm on June 9 and August 4. Price: \$85

Ducks in a Row

The best gift you can leave your loved ones is an organized estate at your journey's end. Learn how to address important matters that can save you and your family lots of time, money, and extra work. Prior planning can also save family from discord and disagreements. This course includes options for preparing a will, organizing family memorabilia, burial/cremation preferences, distribution of belongings, financial planning, and much more! Price includes book, planner, and instruction. Instructor: Mary Ann Stripling. #1190-3 MHPC, 1pm-3pm, three Wednesdays beginning July 25. Price: \$50. Register by: July 16

TRIPS

Let's Go Shopping: Hagerstown Premium Outlets®

Hagerstown Premium Outlets® is a village style shopping center. Enjoy savings of 25% to 65% every day at over 100 designer and name brand outlet stores including Banana Republic, Coach, Guess, Kate Spade New York, Tommy Hilfiger, Under Armour and more. #1166, Tuesday, May 22. Depart 8am, return around 7:30pm. Price: \$24 (Includes transportation only). Register by: May 16

Washington DC

Join us for a full day of fun in Washington DC. Discover the museums and visit the many national monuments and memorials. We will drop you off on the National Mall located within walking distance to museums such as Air and Space, Holocaust, African American History and Culture, and Museum of the Bible as well as the National Monument and much more! Entrance is free to many of the museums and galleries located on the National Mall. #1224, Saturday, July 7. Depart GHPG at 7am; return around 8pm. Price: \$55 (Includes Quick's charter bus transportation). Register by: June 22

Redskins Training Camp

Want to see your favorite Redskins players up close? Interested in finding out how the new rookies and free agents are progressing? Come with us to the Redskins training camp in Richmond. Wear your favorite Redskins gear and bring a marker because you just might get an autograph. Pack your own lunch or feel free to grab lunch at many of the food vendors or restaurants in the area. #1225, Tuesday, July 31. Depart GHPG at 8am; return around 7pm. Price: \$19 (includes transportation & water). Register by: July 20

The National D-DAY Memorial in Bedford County

"It is hard to conceive the epic scope of this decisive battle that foreshadowed the end of Hitler's dream of Nazi domination. Overlord was the largest air, land, and sea operation undertaken before or since June 6, 1944. The landing included over 5,000 ships, 11,000 airplanes, and over 150,000 service men"- information from the National D-Day Memorial website. Join us as we visit the National D-Day memorial in Bedford County. Enjoy lunch at Liberty Station before returning home. #1227, Saturday, September 15. Depart GHPG parking lot at 8:30am; return around 3:30pm. Price: \$29 (includes transportation and admission to the D-Day Memorial, lunch not included).

Brewery Hop- Harrisonburg VA

Let's go brewery hopping! We will spend the day checking out some of Virginia's finest breweries. Enjoy craft beer; grab a bite to eat, and experience downtown Harrisonburg. Explore and enjoy Brothers Craft Brewing, Pale Fire Brewing Company, Restless Moons Brewing, and Three Notch'd Brewing Company. Ages: 21+. #1226, Sunday, August 5. Depart GHPG parking lot at 10am; return around 5:30pm. Price: \$15 or \$25/couple (transportation only). Space limited. Register by: July 27

Hollywood Casino at Charles Town Races

Take a trip to the Casino in West Virginia and try your luck! #1165-2, Saturday, August 18. Depart GHPG parking lot at 10am; return around 10pm. Price: \$24 (Includes transportation only). Register by: August 8

A Wohlfhart Haus Christmas

Enjoy a delicious Holiday feast before you are completely immersed in the Christmas season. This original production is stuffed with all the Christmas songs you know and love, as well as dazzling dance numbers and beautiful costumes! This fun-filled Holiday production also features a breath-taking Nativity which is sure to put the whole family in the Christmas Spirit. Don't miss Virginia's favorite Christmas tradition! This show sells out extremely early. Get your tickets today! #1228, Friday, December 7. Depart GHPG at 8:45am; return around 7pm. Price: \$62 (includes transportation, lunch, and the show).

Vegas Baby! 2019 Las Vegas, NV

Fly to Las Vegas on April 9 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 we arrive in Vegas. Includes: Roundtrip airfare and hotel accommodations at Excalibur Hotel and Casino. Price: \$625 per person based on double occupancy. Reserve your spot with \$300 deposit with balance due by March 5.





INFORMATION

Our Mission:

To provide a variety of quality leisure opportunities to the diverse population of Staunton 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

Winter/Spring covers January-April

Summer covers May-August

Fall covers September-December

DISTRIBUTION DATES

Beginning of January

End of April

End of August

Ways to Register

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

Online Registration *NEW*

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.

REGISTRATION

Online Registration

www.staunton.va.us/recreation

Mail-In Registration

NAME _____ Year You Were Born _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONEAM/PM _____ EMAIL _____

EMERGENCYCONTACT _____

Program/Class/Trip _____ 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: _____

The following hold harmless agreement must be signed by all participants or in the case of a minor, his or her guardian.

WITNESSETH: WHEREAS, the undersigned in consideration of the permission granted to it by the City of Staunton to hold harmless the City of Staunton against and all liability, loss, damages, cost or expense which it may incur because of such action, agrees to indemnify and save harmless the said City of Staunton, VA, from any and all liability, loss, damage, cost or expense which the participant may hereafter incur, suffer or be required to pay by reason of said participation in the City of Staunton, VA. The undersigned agrees to pay the complete exoneration of said City, any claim made against the City of injury or damages to persons or property caused by said participation, and to further indemnify and hold harmless said City from any costs incurred with respect to the defense of any such claim. If said participant is a minor child under 18 years of age, the signature of a parent or legal guardian shall constitute the same indemnification as provided above. The Recreation Department may use photos taken during programs/classes/athletics/trips for advertising and marketing purposes, contact the Department if you do not want your image used.

SIGNATURE _____

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 line below 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):

SIGNATURE _____

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



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POP-UP ADVENTURE PLAYGROUND

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