

Winter Spring 2018



STAUNTON

PARKS & RECREATION



**Camp Staunton • Intro to Wild Edibles • Eggstravaganza
Family Yoga • Outlet Shopping • Indoor Futsal
Trains and Model Railroading • Dance for Pre-K**

Staunton Parks & Recreation

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

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Recreation Commission Members:

Brocky Nicely chairman
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Travis Cason
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Above photo by Michael Hoover

Building Codes:

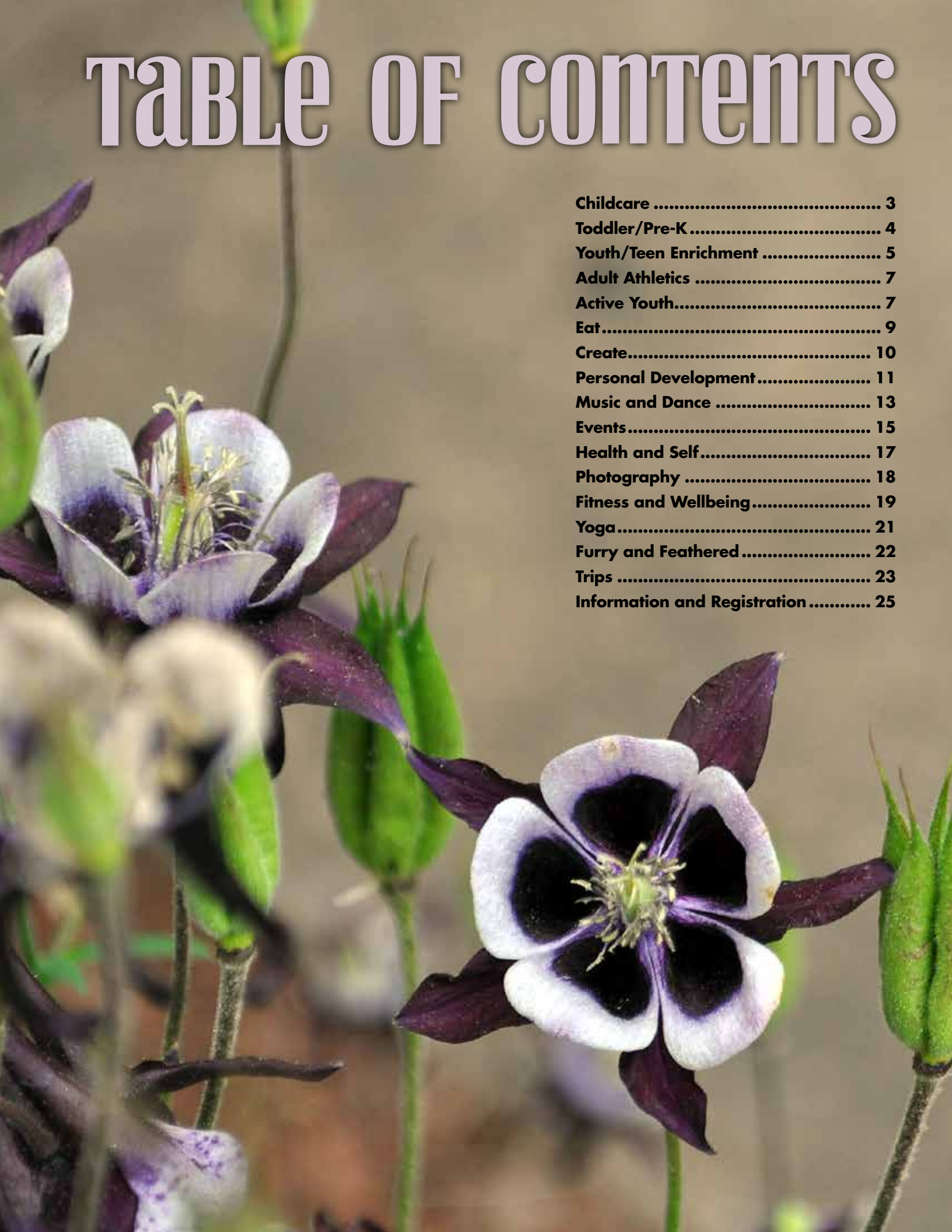
MHP- Montgomery Hall Park
MHPC- Montgomery Hall Park Conference Room
MHPA- Montgomery Hall Park Activity Room
GHPG- Gypsy Hill Park Gym
GHPGC- Gypsy Hill Park Garden Center
NSC- Nelson Street Center
BTWCC- Booker T. Washington Community Center

See pg 25 for registration info.



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BEFORE/AFTER-SCHOOL CARE & SUMMER CAMP

Camp Staunton

2018 Theme: All Together Now

June 4 – July 27

**Option for an additional 9th week of camp July 30 – Aug 3*

What do 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 well 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 choose from many activities like yoga, 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 summer playground 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. Registration begins Thursday, February 1 at 8am at the Irene Givens Administration Building in Montgomery Hall Park.*

**Optional week of camp (July 30-August 3) is an additional \$*

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 over 30 years ago. This year we continue 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. Join HEART anytime during the month! *Afternoon HEART is \$140 per month. Morning HEART is \$27 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.*

Camp Open House!

Meet some of our staff and let us answer any questions you may have about Camp Staunton:

Friday, March 9 from 4pm-6:30pm

Thursday, May 3 from 6pm-7:30pm

*Montgomery Hall Park Recreation
Admin*



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



TODDLER/PRE-K



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 beginning January 23. 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 beginning January 23. Ongoing class. Price: \$5/class when purchasing four or more classes. Drop-in Price: \$8.

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

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 beginning January 11. The cost is \$3/child, parent/caregivers are free.

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. GHGP, 9:30am-11:30am, Wednesdays November through March. Price: \$3/child each visit. *Please note: this program will be unavailable on the fourth Wednesday of every month.

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



YOUTH/Teen enrichment

Crafting and Cocoa After-school

Crafting and cocoa is a program for children to learn sewing and embroidery basics as well as simple jewelry making techniques. During the first four week session, students will learn simple embroidery to create the face of either a doll or stuffed animal. In the second four week session students will complete the doll or stuffed animal by learning how to hand-sew the pieces together. In the third four week session, students will make and decorate their own beads to create necklaces or bracelets. There is no need to register ahead of time, but regular attendance is recommended as each session will build on the skills learned in previous classes. Ages 8+. Instructor: Eleanor Rixey. NSC, 4:30pm-5:15pm, Wednesdays beginning January 17. Price: \$6/visit.

Bat Club

In partnership with The Save Lucy Campaign and Staunton Public Library

Join the Bat Club! This club is for students aged 8-12 who want to learn more about bats. Led by the president of The Save Lucy Campaign, a local bat conservation organization, students will gain a deep understanding of bats' lives and challenges here in the Shenandoah Valley and learn about local ecology and current bat research. Instructor: Leslie Sturges. *The Bat Club will meet on the second Wednesday of the month, February-April, 4pm-5:30pm, in the second floor meeting room at the Staunton Library. Ages: 8-12. Price: Free. Space limited.*

Chess, Checkers, and GO After-school

Learn the rules and strategy of games that have been played for well over 1000 years. Games played by Kings, Presidents, Czars, Emperors, and kids of all ages. Improve problem solving and reasoning skills while enjoying games that have been played for centuries. Ages 5-18. Instructor: George Gruner. MHPA, 4pm-5:30pm. Price: \$39/session or \$8/class. Questions call George 540.712.7896.

#1104-3six Tuesdays starting February 6

#1104-4six Tuesdays starting April 3

Amazing Magic and Illusion

Have you ever wanted to be a magician? Do you like to entertain your friends and family? This is the class for you! Our Amazing Magic and Illusion Class will be a hands on interactive environment where you will learn some amazing "behind the scenes" magic and illusions. Each student will learn, create, and have a chance to perform the great magic that will be taught by Brian Bence. So, if you are an aspiring magician or just want to learn some cool magic basics, we hope you check it out! Price includes magic kit. All ages. #1108-2 MHPA, 6:30pm-8pm, four Thursdays beginning April 5. Price: \$39. Register by: March 27

Greater Good Gaming Summer Camp (G3SC) – Coming June 2018!

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! 1 week camp at Nelson Street Center. To learn more visit www.g34charity.com.



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 332.3945 for more information.*

Trains and Model Railroading

Learn about trains that have traveled throughout Virginia for over 100 years. Students will experience, build, and take home structures built in O and HO scales. As part of the modeling experience students will visit model railroading layouts in various scales. The course kicks-off with a trip to the C&O Railway Heritage Center in Clifton Forge VA on Saturday April 7 then followed by three workshop days in the classroom. Parent participation is encouraged. Instructor: George Gruner, lifelong train enthusiast and modeler. #1109-2 NSC, 1pm-4pm, three workshop Saturdays April 21, May 5, and May 19. First class is a trip to the C&O Railway Heritage Center on April 7, depart GHP at 9am; return around 3pm. *Price: \$95 (Parents welcome to attend trip for price of admission, space limited). Register by: March 28*

8-Hour Core Healthy Hands Cooking for Homeschool Teens

Lay the foundations for a lifetime of healthy eating and cooking. In class one, we learn about kitchen and food safety and learn to prepare some healthy snacks. Class two; we will prepare several breakfast recipes while learning about the importance of a healthy breakfast. Become familiar with the healthy plate concept and prepare healthy lunch recipes for class three, and finish up in class four with preparing healthier versions of popular dinners, learning to read labels, and becoming familiar with healthy substitutions. Ages: Teens. Instructor: Terri Campbell of Campbell's Kitchen Creations and a Healthy Hands Cooking Certified Instructor. #1191 MHPK, 10am-12pm, four Tuesdays beginning April 3 (skipping April 17). *Price: \$59. Register by: March 23*

Heart Healthy Cooking

The foods we eat can have a huge effect on keeping our hearts healthy. Students will learn to make healthy food choices with a menu planning activity and then learn to make some heart healthy foods for Valentine's Day! Ages: 8+ Instructor: Terri Campbell of Campbell's Kitchen Creations and a Healthy Hands Cooking Certified Instructor. #1192 MHPK, 6pm-7:30pm, February 13. *Price: \$16. Register by: February 5*

Happy Easter Cooking Class

Easter is an EGG-cellent time to enjoy decorating eggs and making yummy Easter themed recipes such as Deviled Eggs, Egg Salad Wraps, Hippity Hop Pear Salad and springtime parfaits. Join us for a hopping good time! Learn the health benefits of eggs while decorating Easter eggs. Then we will participate in a hands-on cooking class preparing several egg based recipes. Each student will receive a recipe book to take home. Ages: 8+ Instructor: Terri Campbell of Campbell's Kitchen Creations and a Healthy Hands Cooking Certified Instructor. #1193 MHPK, 6pm-7:30pm, March 20. *Price: \$16. Register by: March 12*

ADULT ATHLETICS



Winter Co-ed League Volleyball

Co-ed volleyball offered to all players ages 16 and up. League will be played on Sundays at the GHPG. Price: \$100 per team, includes referees. Register by: February 2

Winter Indoor Futsal (Soccer) League

Staunton Recreation is proud to offer the eighth season of Futsal to all persons 15 years of age and older. Teams can be any mixture of male and female. Games will be played at the GHPG on Tuesdays and Thursdays. Teams will be 5 on 5 and have a roster limit of 10. Price: \$275 per team. Register by: February 2

Men's Softball Spring League

This league is open to players 16+ years of age to compete in men's slow pitch softball at Montgomery Hall Park. Teams can consist of up to 20 players on the roster and will be placed in divisions based on ability. The league will begin April 16. Ball requirement is .44 core .375 compression. Bats will not be provided this season. Price: \$350 per team. Register by: April 13

Co-ed Spring Softball League

Staunton's Friday night co-ed league is returning for another exciting year. The league will begin May 4. Ball requirement is 12", .44 core, .375 for men, and any 11", .44 core ball for women. Price: \$300 per team. Register by: April 27

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

Join our open forum and meeting to discuss the upcoming season. This time will also serve as a discussion for any suggestions anyone would like to make concerning the league or any of its policies. Anyone considering entering a team in the spring season should attend if possible. MHPA, 7pm, April 4.

Softball Umpire meeting

All current umpires, and anyone interested in becoming an umpire should attend this clinic. MHPA, 8pm, April 4. FREE

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

ACTIVE YOUTH

Introduction to Archery I Spring Break

Introduction to archery is a hands-on three hour 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 7+. MHP. Register by: March 16

#1112-3 Youth class, 1pm-4pm, Monday March 26. Price: \$20

#1112-4 Parent/child class, 1pm-4pm, Tuesday March 27. Price: \$35 (price includes parent and child)

#1112-5 Youth class, 1pm-4pm, Wednesday March 28. Price \$20

Archery Club After-school

This new 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. Ages 8+. #1212 MHP 4pm-5pm, four Mondays beginning April 9. Price: \$30. Register by: March 28

**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.*



Combo Dance for Kids and Teens

This class is designed to give children a wonderful foundation in dance education and introduce them to the basics of several subjects: Ballet, Jazz, and Tap. This is the perfect class for children who have a clear love of movement through music and wish to express themselves through the performing arts. 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. Instructor: Maggie Mairena of MagMa Wellness. NSC, Tuesdays beginning January 23. Ongoing class. Price: \$5/class when purchasing four or more classes. Drop-in Price: \$8.

Kids Age: 5-10, 4pm-5pm

Teens Age: 11-18, 5pm-6pm



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 beginning January 23. Price: \$5/class when purchasing four or more classes. Drop-in Price: \$8

Beginning Cheerleading

The Stretch-n-Grow cheerleading program is designed to teach the fundamental skills needed for cheerleading routines. In this beginner's class, learn cheerleading skills like arm motions, jumps, and fun cheers. We will also emphasize the importance of regular exercise as a lifetime habit, and teach stretching and exercises to increase flexibility. Each child will receive a set of pom-poms and a routine booklet during the first class. Children should be dressed appropriately for exercise. Instructor: Stephanie Taylor. GHPGC, six Tuesdays beginning March 20. Price: \$45. Register by: March 9 #1110-3 Part A, 5:45pm-6:15pm, for ages 3-5 #1110-4 Part B, 6:25pm-6:55pm, for ages 6-9

Cheerleading 2

This cheer class is aimed towards girls who have had a brief introduction to cheer, and some previous experience with cheer moves. However, this will still be geared towards overall beginners. We will have a short review of basic cheer components and then focus on learning new cheers, as well as 1-2 cheer dances to go along with music. Pom-poms and booklets will be provided. Please dress appropriately for activity. Ages 8-12. Instructor: Stephanie Taylor. #1111-2 GHPGC, 7:05pm-7:55pm, six Tuesdays beginning March 20. Price: \$55. Register by: March 9



SPORTS

Staunton Girl's Fastpitch Softball Sign-ups

Sign-ups for the spring season of girls' softball will begin February 1. 8U, 10U and 12U teams will be formed. You may submit to be a coach. Price: \$60 per child. Deadline is February 28

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

Kiwanis Baseball

Registration 6pm-8pm on February 26-March 2 at the Staunton/Augusta YMCA for children ages 4 to 12, based on child's age as of May 1, 2018. Please bring proof of birthday. There is a registration fee. For more information, or for league sponsorship information contact Debbie Gregory at 540.332.3945.

Babe Ruth Baseball

Registration 6pm-8pm on February 26-March 2 at the Staunton/Augusta YMCA for ages 13 to 16 based on youth's age as of May 1, 2018. For more information, contact Debbie Gregory at 540.332.3945. Price: \$90

eat

Introduction to Wild Edibles

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.

Instructor: Digger Jay. #1158-2 MHPA, 10am-1pm, April 14. Price: \$32. Register by: April 6

Let's Jam!

Most of us eagerly consume fresh fruits all summer when they taste best.....and then complain about insipid fruit all winter. But there is a way to capture that wonderful flavor.....learn the basics of preserving fruit with sugar in this class. Take a couple of jars home with you! No experience required; age 16 & up. Wear closed toe shoes, a sleeved shirt & it's a good idea to bring an apron.

Instructor: Karen Becker. #1195 MHPK, 9am-1pm, March 24. Price: \$25. Register by: March 14

Meatless Mondays- Easy Ways to Incorporate a Vegetarian Diet Once a Week

A two hour cooking class on eating vegetarian one whole day once a week and the benefits of that choice. Quick healthy meals the whole family will enjoy with easy and tasty ingredients. Breakfast, lunch, and dinner to be prepared inspiring and encouraging this weekly routine. Instructor: Erin Etzel certified chef in vegetarian cuisine from the Natural Gourmet Institute in NYC. #1122-2 MHPK, 6pm-8pm, March 12. Price: \$22. Register by: March 5





create

Paint 4FUN with Diane: Monarch and Daisies

Join Diane for a fun day of learning how to paint "Monarch and Daisies" a design by Wilson Bickford. A field of white daisies with a beautiful monarch butterfly perched on a pedal painted on an 11x14 canvas using water based oils. For beginners or the fun at heart. All supplies included. Instructor: Diane Ricketson of Paint4FUN®™. Age: Adults. #1205 MHPA, 9:30am-3:00pm (bring lunch and drink), Saturday April 7. Price: \$54. Register by: March 30

Beginner Stained Glass

Learn the beautiful art of stained glass this spring! In these workshops you will learn the basics of stained glass construction: pattern designs, glass cutting, fitting, copper foiling, soldering techniques & finishing details. Tools provided. Instructor: Lisa Morrison of L&L Custom Picture Framing and Stained Glass Supply. #1206, class held at L&L Stained Glass Supply at 1728 West Beverley Street in Staunton, 3pm-5pm, four Fridays beginning March 16 (skipping March 30). Price: \$89 (includes class materials & instruction). Register by: March 5

Scrapbooking- Introductory Workshop

Join us and get started in scrapbooking and preserve those special moments. Jessica Sawyers, a proud scrapping mom, will teach you the ins and outs of this hobby as well as cropping pictures, choosing a color palate and how to lay out your page. Make memories more enjoyable with quick and easy steps. A what to bring list is available upon registration, please call the recreation office for more information at 332-3945. Ages 13+. #1156-2 MHPC, 6:30pm-8:30pm, February 9. Price: \$25. Register by: February 2





PERSONAL DEVELOPMENT

Coupons (Digital and Apps)

SAVE, SAVE, SAVE. This course will explain how to use digital coupons on store apps as well as how to use rebate apps on a cellphone or tablet. Learn how to stack digital or paper coupons with store coupons. Using these types of coupons and apps will help a person/family to save hundreds if not thousands of dollars each year on groceries, pharmacy items, mobile shopping, restaurants, and more. Bring your smartphone or tablet with you to class. Ages: teens and adults. Instructor: Vonda Grant. #1196 MHPA, 10am-noon, March 10. Price: \$25. Register by: March 2

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. À bientôt! Instructor: Maggie Mairena of MagMa Wellness. MHPA, 4:30pm-5:30pm, Mondays beginning January 22. 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. MHPA, 4:30pm-5:30pm, Wednesdays. Ongoing class beginning January 17. Price: \$40/season or \$5/drop-in.

Homeschool Programming Interest Group

Are you a homeschool parent looking for supplemental enrichment programs for your homeschooler? If so, come to Montgomery Hall on the first Monday of each month beginning in February and discuss program ideas with other parents and staff at parks and rec. Take the opportunity to share your Home Ed experiences and gain from the experience of others and facilitator George Gruner who has worked with and supported home educators for over 35 years. This group will meet in the conference room from 3pm-4pm at Montgomery Hall Park beginning February 5. Please call us if you plan on attending: 540.332.3945.

Memoir Writing Workshop

Everyone has stories to tell. Now is the time to start recording them. This five session workshop is designed to encourage and help beginners to start putting "life stories" on paper as a legacy for family members. Strategies, suggestions, writing prompts, topics, and models will be provided. All you need is a pen, a pad, a desire to preserve personal history, and a willingness to share. No writing experience required. Instructor: Bill von Seldeneck. Bill is a graduate of Bridgewater College and UVA, a fellow at the Central Virginia Writing Project, Retired English/Writing teacher and high school principal in Augusta County Schools, and a former writing instructor at BRCC. #1126-2 MHPC, 3pm-4:30pm, five Wednesdays beginning April 4. Price: \$40. Register by: March 23

Learn American Sign Language

This course teaches the basic communication skills in American Sign Language. There will be many hands-on activities and games, discussions, vocabulary development, and conversational skills. Any individual who has had basic or no experience at all may benefit from this course. A fun opportunity to learn a new language in a stress free environment outside of a classroom! Instructor: Amy Tussing. #1123-3 MHPC, 6pm-7:30pm, eight Thursdays beginning March 8. Price: \$84. Register by: March 1

First Time Homebuyers

Join us for an hour long seminar providing tips and insight into navigating the home buying process. This class is designed for those who have never bought a home or have not purchased in quite some time. Alan Stamp an experienced local realtor and Michelle Fix, local mortgage loan originator, as well as Susan Miller a local title agent will educate participants on how to find the right home and prepare for the purchase. Knowing what to expect and what the terms, fees, and costs mean allow buyers to feel confident when they begin this process. #1197 MHPC, 6pm-7pm, March 5. Price: Free, but please let us know you are coming: 540.332.3945.

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. #1190-2 MHPC 6:30pm-8:30pm, three Thursdays beginning February 8. Price: \$50. Register by: February 1

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 on the third Thursday of the month from 6pm-11pm, and third Saturday of the month from 12pm-5pm at Nuckols Gun Works, 1301 Barterbrook Rd. Staunton. Price: \$85

eBay: How to Become a Top Seller

Introductory course on how to sell effectively on eBay. Learn how buying and selling have changed over the past decade and how to protect your buyer/seller account from scammers and negative feedback. This class will provide tips on reaching top seller status, maximizing profits, how to utilize smart phone buyers, and taking good digital photos of your products. Make extra income from home and at your own pace. Participants are encouraged to bring their own laptops or smartphones to class. Instructor: Allen Ortiz. Ages: 18+. #1128-2 MHPC, 6pm-8pm, February 12. Price: \$18. Register by: February 5

Free Income Tax Preparation Service

Valley VITA will be offering free tax preparation of both federal and state income tax returns for eligible taxpayers with income of \$54,000 or less. This service will be available at the Booker T. Washington Community Center in Staunton on Thursday mornings by appointment (10am-2pm) and evenings for walk-ins or appointments (4-8pm) from February 1 until April 12. Preparers are IRS trained and certified. Appointments are strongly recommended, but walk-ins will be accepted if time is available. To schedule an appointment at any of our locations, call 540.221.1654.

Party Bridge Club

For experienced bridge players who are interested in socialization as well as brushing up on their game. Party on! Not an instructional club. MHPA, 1pm-4pm on Thursdays. Price: \$10 per activity guide



music and dance

New Sounds, New Music: Listening to & Playing Improvised Music

Individual creativity is the bedrock of music. Take part in a dynamic class that will lead you to understanding how the most exciting music we have today got to us. The music of popular acts, such as the Beatles, Led Zeppelin, and J Dilla straight through to Solange, Deerhoof, and Björk, has long been influenced by experimental performers and composers. In this 4-week class, we'll listen to and talk about the big moments in this music, look at some of the ways of composing, and try our hand at improvising together. Join local musician Rachel Austin, who has performed as a songwriter, electronic musician, improviser, and jazz musician in Europe and the West Coast, for this 4-week class. No musical background necessary. Ages: teen and adults. #1160 GHPGC, 7pm-8pm, four Wednesdays beginning April 4. Price: \$49. Register by: March 27

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! (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. Regardless of your New Year's resolutions, do it for fun with the added bonus of getting in better shape. Ages: adults. Instructor: Maggie Mairena of MagMa Wellness. NSC, 7:15pm-8:45pm, Tuesdays beginning January 23. Ongoing class. Price: \$5/class when purchasing four or more classes. Drop-in Price: \$8.





Scottish Country Dance

Scottish Country dancing has been called "the most fun you can have on two feet," and is both the modern and historic social dance of Scotland (you needn't be Scottish to enjoy it!). This is a continuing class with all dances taught; beginners always welcome & encouraged to give it a try. No partner or previous experience necessary; soft-soled, flexible shoes are highly recommended. Age 14+. Instructor: Karen Becker. *GHPGC, 7pm-9pm, Mondays beginning January 8 continuing through May 14. Drop-in price: \$5.*

#1143-3 Singles Price: \$25/season

#1143-4 Couples Price: \$40/season

Ceilidh Dances

Come enjoy modern social dances of Scotland. Ceilidh (pronounced KAY-lee) dancing is easy to learn. If you can walk, skip, hop - you can do this. Dances are in a large circle, in couples, and in sets (groups of 4, 6, 8 people). There will be an introduction and walk through of every dance. Dances will include Gay Gordons, Canadian Barn Dance, Boston Two Step, Virginia Reel, St Bernard's Waltz, and many more. No partner needed but you are invited to bring a friend. Wear shoes with non-slip soles. Ages 12+ are welcome (16 and under with a parent).

Nelson Street Center, 2pm-5pm. Price: \$5/person

#1145-2 Feb 10 Chinese New Year

#1145-3 April 7 Tartan Day Ceilidh

Ticknor's English Country Dance

Learn dances from the 17th & 18th centuries. All experience levels are welcome to attend! Wear low heel shoes. For details, call Becky McGovern at 540.886.9729. *GHPGC, 7:00pm-9:30pm, 1st and 3rd Fridays beginning January 5th and continuing through May. Price: \$2/class*

Line Dance with Sharon "Bimbi Line Dancers"

"Alice Bimbi started this group 26 years ago. It is important to keep moving and staying active. Most of us love to dance but hate to exercise." – Sharon Sturdivent. Partners are not needed to join this informal, social and friendly dance group for adults 55 and wiser! In addition there is scientific evidence that frequent dancing can offer protection against dementia in seniors. Coordinator: Sharon Sturdivent, *#1141-2 GHPGC, 11am-12pm, Mondays beginning January 8 and continuing through May. Price: \$10 per season*

Advanced Line Dance with Sharon

Take those next steps! Class geared for those 45 and wiser! Some line dance experience necessary. Coordinator: Sharon Sturdivent, *#1142-2 GHPGC, 11am-12pm, Thursdays beginning January 11 and continuing through May. Price: \$10 per season.*



events

New Year New You – Open House

Saturday, January 20 from 1pm-3pm at Gypsy Hill Park Gym

Come out to the Gypsy Hill Park Gym on Saturday, January 20 for our New Year, New You Open House. Visit with Staunton Parks and Recreation instructors and try out their wonderful classes for free! Yoga, taiji and qigong, Feldenkrais: Awareness through Movement, senior fitness, and aikido will all be on display and waiting for you to participate. Now is the time to finally see what these classes are all about!

Ellen's Gypsy Yard Sale

Saturday, February 3 from 8am-noon, at the Gypsy Hill Park Gym

This annual yard sale is in memory of our beloved Recreation Secretary Ellen Bradley who passed away after a long battle with Cancer. Ellen was the heart and soul of the Recreation Department for many years and we honor her by hosting a yard sale in her name. Thirty five 10'x10' spaces are available. Price: \$14 per space, tables \$5 each. Pre-registration and pre-payment for tables required, for more information 540.332.3945.

Irish Road Bowling

*Saturday, March 17
at Montgomery Hall*

Join us for a wee bit o' fun as we host our fourth annual Irish Road Bowling competition. This St. Patrick's Day event is full of fun and (family) friendly competition with our own spin on the original game played on the Irish country roads. Competition is comprised of teams of 3 or 4 and will begin at their pre-set tee times to ensure proper spacing, safety and integrity of the game. Last year we had over thirty teams participate and team QCB Brewers was our overall winner. Wearing Green and fun St. Paddy's day clothing is encouraged. Ceremonies, prizes, and St. Paddy's party following the event at local Queen City Brewing. *Team entry fee: \$20 for a 3 person team, \$25 for a 4 person team (includes event t-shirts). \$10 deposit for "bowl" ball *you may keep the ball or return at the end for your deposit. Call the Parks & Recreation office for more details at 540.332.3945 or stop by to register your team. Teams that register by March 2 will receive their shirts the day of the event.*



Eggstravaganza Egg Hunt

Saturday, March 31 at Montgomery Hall Park

Join us for our Annual Egg Hunt and Eggstravaganza Festival complete with moon bounce, old-fashioned eggcoloring, refreshments, arts and crafts activities, face painting, and surprise entertainers. Free event!

Egg Hunt Ages/Times:

2 & 3 years: 10am

4 & 5 years: 10:30am

6 & 7 years: 11am

8 to 10 years: 11:30am



Bridge Day Staunton

Saturday, April 21 from 11am-4pm

This is a yearly community celebration at the Historic Staunton Station in view of the Sears Hill Bridge. It celebrates Staunton's unique culture through live music, kids activities and fun foods. Come relax and (re)connect to our local culture. Bridge Day Staunton benefits WQSV and the Ray Houser Scholarship Fund.

Earth Day Staunton

*Saturday, April 21 from 10am-2pm *New Location**

Celebrate Earth Day with the entire family at Earth Day Staunton at the Gypsy Hill Park Bandstand. Enjoy kid-oriented activities, live native wildlife shows, live bee hive, a raffle, face painting, native plant sale, and more. Admission is free. In the event of rain, Earth Day Staunton will be in the Gypsy Hill Park Gym. For more information, please visit earthdaystaunton.org.

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

Wednesday, May 2 at Jerry May Field, Gypsy Hill Park

Join more than 500,000 boys and girls (ages 7-14) during this exciting baseball skills competition that provides 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. Thanks to 2017 sponsors: GAPP Coalition, Obaugh Automotive Group, and The News Leader.

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.

Pop-Up Adventure Playground

Stay tuned to learn more about this public celebration of child-directed play! Think loose parts galore. In partnership with Staunton Makerspace. Coming to a park near you in June 2018.

Interested in forming a committee to host a senior Health Fair with Staunton Parks and Recreation? Please call Steven Taetzsch at 332.3945



HEALTH and SELF

A Matter of Balance

In Partnership with Valley Program for Aging Services (VPAS)

Is your balance not what it used to be? Does winter weather make you particularly anxious about falling? Do you hold back from doing all the things you'd like because of a fear of falling? A Matter of Balance (MOB) is a program that's been proven to reduce fear of falling and increase activity levels in older adults. MOB meets 2 hours a week for 8 weeks and provides classroom teaching, group conversation, and yes, there's gentle stretching exercises that increase strength and balance too! Come learn practical strategies to live your best life! MHPA, 10am – noon, eight Thursdays beginning March 8. Price: Program fee of \$25 will be collected at the first class and is waived for participants age 60 and older who complete program paperwork. Register by: March 1



Essential Oils, What's all the HYPE?

Have you been hearing all the hype about essential oils and wondering about them? Are you new to essential oils or maybe you have been using them and would like to learn more? Come join us and learn more about the what, how and why of essential oils and start enhancing your emotional, physical and spiritual wellness. Space limited. Instructor: Katherine Taylor. MHPA. Price: Free. Please call the rec office a day in advance at 332.3945 to let us know if you are coming.

#2001 6:30pm-8pm, January 23

#2002 10am-11:30am, February 3

#2003 6:30pm-8pm, March 8

#2004 10am-11:30am, April 13

Basic Everyday Make-up Application and Techniques

Make-up application made easy for you. Learn blending techniques using basic tools and color. Learn how to pick your own color palate to compliment your skin, eyes, mouth, and cheeks. These basic tips will give you the confidence to master your make-up. Ages 13+. Instructor: Jessica Sawyers. #1134-2 MHPA, 5:30pm-7pm, March 15. Price: \$25. Register by: March 6

Advanced Glamour and Special Occasion Make-up

Learn advanced make-up tips and techniques for that special occasion. Find out how to get that glamorous look of your favorite Hollywood stars and build confidence to have a fresh look every day. Ages 13+. Instructor: Jessica Sawyers. #1135-2 MHPA, 7:30pm-9pm, March 15. Price: \$25. Register by: March 6

The Wellness Workshop

We are all a work in progress, navigating through life as best as we can. Furthermore, the human condition consists of both positive and negative aspects, all of which can make life complicated and difficult. However, you don't have to journey alone. This group is for anyone interested in improving their mental and physical health while adding more meaning, purpose, and fulfillment to their lives. This group is a bit of everything: book club, cooking club, social gathering, networking, movie nights, etc. all in the pursuit of happiness and a better quality of life. This group will meet approximately every other week to discuss a variety of topics as well as engage participants in positive and worthwhile activities. Input and suggestions from participants will be highly encouraged as well. This wellness community was created for those who are eager to put forth a more deliberate effort in getting the most out of life, making new friends, and making 2018 the "year of YOU." Facilitator: Maggie Mairena of MagMa Wellness. Location, time, and dates TBD. Ongoing class. For more information call Maggie at 540.227.0634



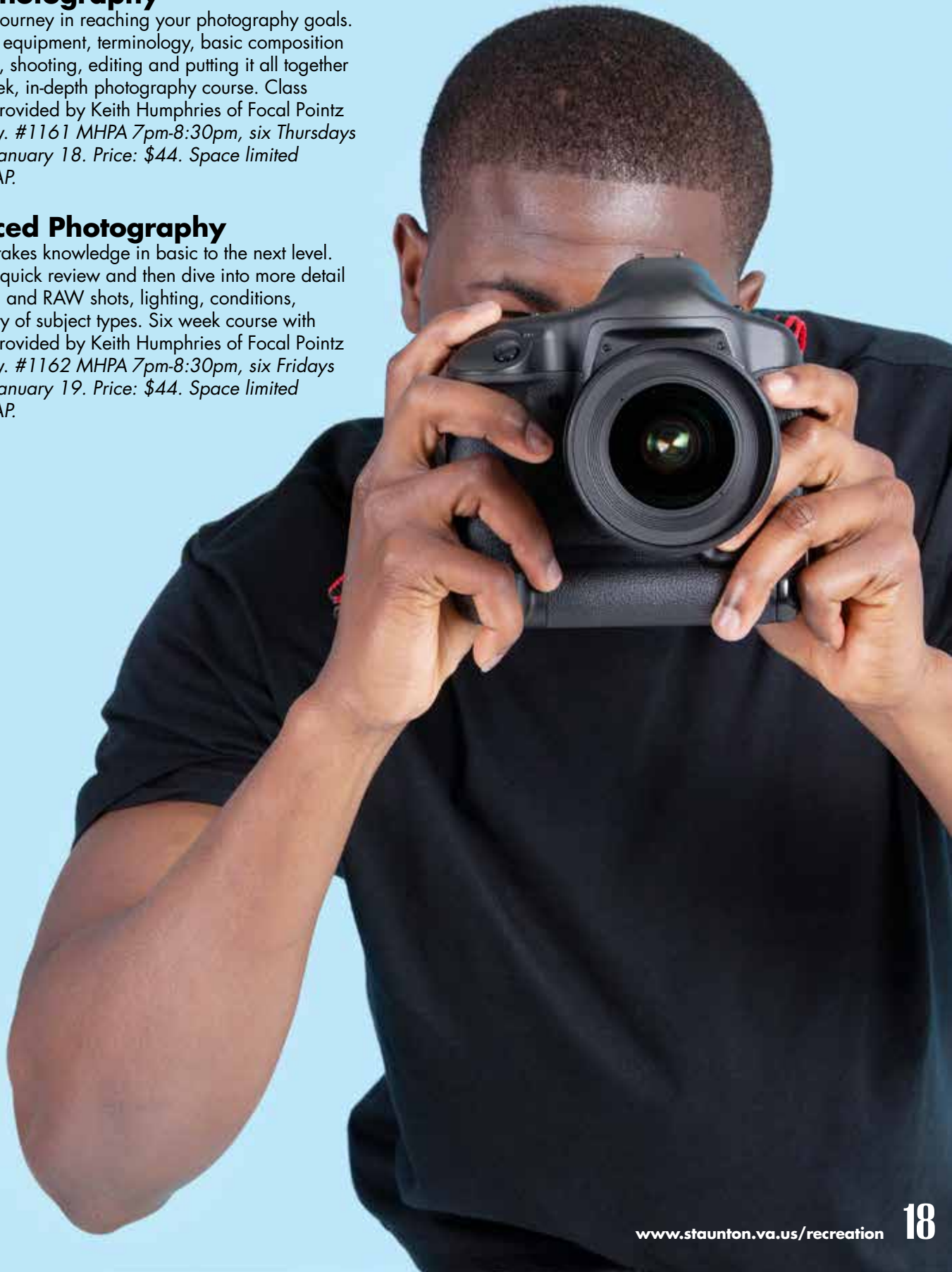
PHOTOGRAPHY

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 MHPA 7pm-8:30pm, six Thursdays beginning January 18. Price: \$44. Space limited register ASAP.

Advanced Photography

This course takes knowledge in basic 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 MHPA 7pm-8:30pm, six Fridays beginning January 19. Price: \$44. Space limited register ASAP.





FITNESS and WELLBEING

New Year New You – Open House

Saturday, January 20 from 1pm-3pm at Gypsy Hill Park Gym

Come out to the Gypsy Hill Park Gym on Saturday, January 20 for our New Year New You Open House. Visit with Staunton Parks and Recreation instructors and try out their wonderful classes for free! Yoga, taiji and qigong, Feldenkrais: Awareness through Movement, senior fitness, and aikido will all be on display and waiting for you to participate. Now is the time to finally see what these classes are all about!

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. *Gypsy Hill Gymnasium, 9am-10am Tuesdays & Thursdays. Price: \$32 per 12 classes. Ongoing class*

Feldenkrais' Awareness through Movement®

These lessons use slow, gentle movements and directed attention to improve your ability to move with less pain, increased stability, and greater confidence. Learn to move more efficiently and gracefully by honing your neuromuscular habits and finding new options for movement. We'll apply each lesson to everyday routines, skills, and activities, so that you can use the principles of the Feldenkrais Method immediately and build on what you learn week by week. No prior experience necessary. Bring a smooth mat or blanket to lie on and wear comfortable clothing. Instructor: Cynthia Dunafon. *#1136-2 MHPA, 1:30pm-2:30pm, ten Tuesdays beginning January 9. Price: \$50 for full session or \$8 drop-in fee. May join whenever, \$5/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

Therapeutic Qi Gong

Devised in the 1950s, this is a series of 24 simple positions. Performed in repetitions, qigong movements help enhance posture, balance, strength and flexibility. No previous experience necessary. Flexible shoes and comfortable clothes recommended. Instructor: Karen Becker. #1138-2 GHPGC, 4pm-4:45pm, eight Wednesdays beginning January 24. Option to continue. Price: \$60/session. Drop-in price: \$12

Sun Style Taiji 73 Form

The Sun style of Taiji (Tai Chi) is characterized by natural, upright, and relaxed postures, easily flowing from one to another. Taiji has been shown to be effective in dealing with hypertension, stress, balance and postural issues, nervous system disorders, and Parkinson's disease. No previous experience necessary. Flexible shoes and comfortable clothes recommended. About the instructor: Karen Becker has been practicing Taiji and Qigong for 13 years, teaching for five years. #1137-2 GHPGC, 3pm-3:45pm, eight Wednesdays beginning January 24. Option to continue. Price: \$60. Drop-in price: \$12.

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.



A Matter of Balance

In Partnership with Valley Program for Aging Services (VPAS)

Is your balance not what it used to be? Does winter weather make you particularly anxious about falling? Do you hold back from doing all the things you'd like because of a fear of falling? A Matter of Balance (MOB) is a program that's been proven to reduce fear of falling and increase activity levels in older adults. MOB meets 2 hours a week for 8 weeks and provides classroom teaching, group conversation, and yes, there's gentle stretching exercises that increase strength and balance too! Come learn practical strategies to live your best life! MHPA, 10am – noon, eight Thursdays beginning March 8. Price: Program fee of \$25 will be collected at the first class and is waived for participants age 60 and older who complete program paperwork. Register by: March 1



YOGA

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 beginning January 20. 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. MHPA, 6pm-7pm, Mondays beginning January 22. 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. MHPA, 6pm-7pm, Wednesdays. Ongoing class beginning January 17. 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. Each pose will enable you to get the fullest possible stretch while maintaining a vigorous fluidity of movement with enough time to relax your mind and connect to your breath. 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 beginning January 20. 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. This slower paced yoga class focuses on basic Hatha techniques and pranayama breathing. All ages, levels, and body types welcome! Instructor: Maggie Mairena of MagMa Wellness. MHPA, 10am-11am, Mondays, Wednesdays, and Saturdays (at NSC). Classes begin January 17. 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. MHPA, 12pm-1pm, Mondays and Wednesdays beginning January 17. Price: \$5/class when purchasing four or more classes. \$8 drop-in.



FURRY and FEATHERED

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.

#1139-4 2pm- 3pm, four Sundays beginning January 7.

Register by: ASAP

#1139-5 2pm-3pm, four Sundays beginning February 4.

Register by: January 30

#1139-6 2pm-3pm, four Sundays beginning March 4.

Register by: February 27

#1139-7 2pm-3pm, four Sundays beginning April 8.

Register by: April 3

Augusta Bird Club

Are you a casual backyard birdwatcher? ... a sometimes birder who wants to learn more? ... a birder with a life list? No matter what your level of interest, the Augusta Bird Club (ABC) is for you. The ABC holds meetings from September to April at 7:00 pm on the second Monday of each month at Covenant Presbyterian Church (Fellowship Hall), 2001 N Coalter St, Staunton, VA 24401. The ABC has more than 100 members and sponsors field trips.



Trapping in Virginia

A class for outdoorsmen and women, and homesteaders. Come out to this free class and learn about trapping in our area. Discover the different types of animals that live here locally. Learn safety, trapping equipment, and tracking techniques. Instructor: Donnie Wheeler an Augusta County native and trapper with 55 years of experience. MHPA, 6pm-8pm, March 9. Price: Free

TRIPS

Vegas Baby! Las Vegas, NV

Fly to Las Vegas on April 17 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 14.

Hollywood Casino at Charles Town Races

Take a trip to the Casino in West Virginia and try your luck! Saturday, February 17. Depart GHPG parking lot at 10am; return around 10pm. #1165 Price: \$24 (Includes transportation only). Register by: February 9

Let's Go Shopping: Williamsburg Premium Outlets®

Find impressive savings at Williamsburg Premium Outlets, with over 135 stores including Ann Taylor, Banana Republic, J. Crew, Michael Kors, Nautica, and more. #1163 Saturday February 3. Depart 7am, return around 8pm. Price: \$24 (includes transportation only). Register by: January 29

Harpers Ferry

A 19th century village which lies at the eastern-most point of West Virginia, bordered by the Potomac and Shenandoah Rivers and surrounded by Harpers Ferry National Historical Park. This picturesque town offers visitors with tours, museums, hiking and biking trails, boutique shops, and local eateries – all within easy walking distance of the living history villages. Today, the majestic beauty of the two rivers and the cliffs surrounding Harpers Ferry draw visitors from all over the world. Join us as we go on a guided tour visiting historical sites that tell the story of the natural history of the area, John Brown raid and the Civil War, Meriwether Lewis, the Niagara Movement, and more. Spend the remainder of your time visiting the many attractions in downtown or take a stroll along the river and walk along the hiking trails in the park. #1164 Wednesday May 9. Depart 7am, return around 7:30pm. Price: \$40 (includes transportation, National Park Entrance fee, and private guided tour). Register by: March 1



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 11

Wohlfahrt Haus Dinner Theatre presents "The Wizard of OZ"

Wohlfahrt Haus Dinner Theatre is a state-of-the-art, German-themed dinner theatre nestled in the beautiful Appalachian mountains of southwest Virginia. While seated in comfortable, lounge style chairs, you will be served a four course meal prepared by the in-house chef and then sit back and relax and enjoy Broadway caliber musical productions. The featured presentation is The Wizard of OZ. Follow the Yellow Brick Road to see the classic movie version of this beloved tale brought to life. You'll enjoy the antics of Dorothy, Scarecrow, Tinman, Cowardly Lion, and Toto too- as well as the unforgettable tunes "Over the Rainbow," "Ding Dong the Witch is Dead," & "We're Off to See the Wizard." Don't miss this family-friendly adventure loved by all ages! #1167 Thursday June 21. Depart GHPG at 8:45am; return around 7pm. Price: \$64 (includes transportation, lunch, and the show). Register by: April 6

Rock Climbing and Rappelling at Goshen Pass on the Maury River

Come climbing with us! We'll head to Goshen for a day of beginner friendly cliffs and the chance to experience climbing with the security of a top-rope and trained instructor. Participants will be provided climbing shoes, helmets, harnesses and all other required technical gear. A suggested 'what to wear/bring list' will be provided upon registration. Ages 12+. #1168 Sunday, April 22. Depart GHPG parking lot at 8am; return around 5pm. Price: \$62 or Parent/child combo \$105 (Includes van transportation, all equipment and instruction). Register by: April 9

Beginner Caving at Glade 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/bring list' will be provided upon registration. Ages 12+. #1169 Sunday, March 11. Depart GHPG parking lot at 12:15pm; return around 6pm. Price: \$39. Register by: February 26



Information

Our Mission:

Our mission is to provide a variety of quality leisure opportunities with the purpose of improving every Stauntonian's quality of life.

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 programming, 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 Recreation Program Registration

Register online at www.staunton.va.us/recreation. Simply create a customer profile and register!

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

Photo & Video Disclaimer

The Staunton Parks and Recreation Department reserves the right to photograph or video facilities, activities, events, and program participants for potential future use. The Department also reserves the right to utilize any social media photographs that have been tagged at its parks and facilities. All photos and videos remain the property of the Department and may be used for publicity and promotional purposes. If you do not want your picture or video taken, please tell the photographer/videographer. If the picture/video has already been taken, please call 540.332.3945 and the photo/video will be removed from our files.

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 – ALL FIELDS MANDATORY

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) _____

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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a commendation

In May 2017, the Horticulture Committee of The Garden Club of America (GCA) awarded the Club Horticulture Commendation to Matthew Sensabaugh, Staunton's horticulturist. He was nominated for the award by the Augusta Garden Club of Staunton. The GCA gives the award as an expression of gratitude to members and non-members who promote their horticulture mission.

POSTAL PATRON

Staunton Parks & Recreation

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

State Award Winners!

The City of Staunton's Parks and Recreation Department received three awards in 2017.

The first award was the 2017 Harry J. Banker Gold Leaf Award from the International Society of Arboriculture (ISA) for Arbor Day activities. Each spring, Matthew Sensabaugh, Staunton's horticulturist, leads a day of family-friendly activities in celebration of Arbor Day. The ISA said the award is intended to recognize individuals, organizations and communities for either outstanding Arbor Day activities or for outstanding landscape beautification activities as submitted by an ISA Chapter.

The second two awards were received at the Virginia Recreation and Park Society (VRPS) Annual Conference in October 2017.

Out of 100 applications submitted in 15 categories, Staunton's submissions won in two areas:

- **Best New Special Event for the Gypsy Drive-In for Kids**

Last spring, Staunton Parks and Recreation featured the movie "Cars" at a Gypsy Hill drive-in movie event for children. The movie was a special indoor edition of the Family Nite Flix series, which usually occurs outside during the summer at Gypsy Hill Park. The movie was projected onto a 20-foot indoor screen at the Gypsy Hill Park Gym, and event organizers encouraged children to decorate a cardboard box as a car and bring it to the drive-in.

- **Best New Renovation for the Montgomery Hall Park Pool Renovation**

In 2015, City Councilman Ophie Kier began an effort to reopen the historic Montgomery Hall Park pool, a place that held fond memories for him and served as a hub of activity for the African-American community during the Jim Crow segregation era. City Council approved plans to renovate and reopen the pool in early 2016, and by the summer, the pool renovation was complete and opened to swimmers for the first time in eight years.

"We are honored and grateful to have received these awards. We would also like to thank the Staunton community for the continued support."

– Chris Tuttle, Parks and Recreation Director

