



Eggstravaganza Egg Hunt
Pg. 21

New Year, New You: Discover Recreation Wellness!

We want to hear from you!

Fill out our brief community survey on page 24

Stay informed on current activities and happenings at

Staunton Parks and Rec. Sign-up today for our new monthly E-newsletter!

New Community Event



2019 Staunton Senior Health EXPO

Gypsy Hill Park Gymnasium
Friday, April 26, 9am-4pm

Staunton Parks and Recreation’s 1st Annual “50 & Better” Senior Health Expo combines complimentary health screenings and informational booths on a broad variety of senior wellness needs.

Attendees at this free, public event can enjoy coffee and refreshments and wind their way through booths specially designed to promote the health and well-being of seniors. Staunton Parks and Recreation supports a strong aging lifestyle and healthy & active opportunities. We encourage our local “50 & Better” population to stay active, stay engaged and never stop becoming a better you!

Screenings and services range from a variety of free medical screens, sight and hearing reviews, nutritional information and a wide variety of health and aging resources all under one roof.

Potential Booths include:

- Free Blood Pressure Check
- Free Cholesterol/Glucose Screen
- Free Balance Screen
- Free Health Wellness Screen
- Counseling and Mental Health Information
- Pharmaceutical Information
- Daily Living Aids
- Information Booths on Local Assisted Living Centers
- Information on Senior Housing
- Wealth Management
- Travel Aids/Transportation
- Parks and Recreation Senior Trips/Travel
- Parks and Recreation Senior Programs
- Meet instructors
- Participate in a short fitness, stretching programs

Interested in participating in this event as an exhibitor?
Please call the rec office at 540.332.3945 and ask for Ken Jacobsen or email him at jacobsenkl@ci.staunton.va.us.

look for *Health/Wellness Tips

- Youth/Teen pg. 9
- G3 Gaming pg. 10
- Fitness/Wellbeing pg. 15
- Dance pg. 16
- Gardening pg. 19



Program Spotlight

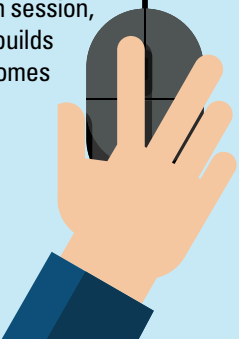
Staunton Parks and Recreation has a proud tradition of offering a variety of programs to meet the needs of a wide range of participants. We currently offer classes designed for toddlers, youth, teens, adults and seniors. This season’s feature program will spotlight a class designed specifically for our special needs population. “Create and Explore: Minecraft Adventures” is created for youth with Autism Spectrum Disorder (ASD). The class will allow students with autism and special challenges to participate and enjoy a fun, safe program with the intent to let the imagination run wild and the creative spirit to be set free! The outstanding staff at Greater Good Gaming will carefully use the ever-popular video game Minecraft as a platform to guide students through the world of Minecraft encouraging them to be creative and to work in group settings that are designed and controlled by the G3 team.

This innovative new program and Staunton Parks and Recreation’s initiative to provide opportunities to our Special Needs Population has the extended goal to culminate at the final class by allowing students to proudly showcase their creations in celebration of Autism Awareness Month!

The programming team at Staunton Parks and Recreation is excited about joining with Greater Good Gaming to provide our special needs population with an outstanding new program. Everyone deserves a chance to enjoy fun, safe programs where they can meet new friends and be creative. We feel this program gets high marks for meeting those needs and providing a great opportunity to those most in need.

Create and Explore: Minecraft Adventures

Looking for a fun, safe place to make friends and let your creativity soar? Greater Good Gaming (G3) will be guiding students through the video game Minecraft. Participants will play on a private server, free to create anything they can imagine! Each session, they will be encouraged to partake in massive group-builds designed by the G3 Team. In April, when the course comes to an end, students will showcase their creations in celebration of Autism Awareness Month! Ages 11-14. Instructor: Tony Robertson of Greater Good Gaming #1427, NSC, 6:30pm-8pm, eight Thursdays beginning February 21. Price: \$120. Register by: February 13



Staunton Parks & Recreation

Irene Givens Administrative Building
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- Ken Bosserman ex-officio
- Travis Cason
- Amy Darby
- Mike Guertler
- Gerry Hamilton
- Michael Keatts
- Bruce Rupert

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marcborzelleca.com

Various photos throughout
by Phocus Photography Services

See pg. 25 for registration info.



Table of Contents

3	FACILITIES
5	MEET OUR TEAM / NEW PROGRAMS
6	SOCK HOP
7	BEFORE/AFTER SCHOOL CARE
8	TODDLER/PRE-K
8	MUSIKGARTEN
9	YOUTH/TEEN
10	G3 GAMING
11	SENIORS
13	ATHLETICS
15	FITNESS AND WELLBEING
16	DANCE
17	TRIPS
19	GARDENING
19	ANIMAL HOUSE
20	PERSONAL DEVELOPMENT
21	SPECIAL EVENTS
23	OUTDOOR PROGRAMS AND ADVENTURES
24	SURVEY
25	REGISTRATION
26	INFORMATION



We want to hear from you!

In an effort to provide more relevant community programming it is necessary for us to collect citizen feedback. Please take a moment to fill out a short survey on Pg. 24 and return to the recreation office located in the Irene Givens Administration Building in Montgomery Hall Park or complete a more in-depth survey online at staunton.va.us/recreation.

Seeking Instructors

We are looking for responsible new program instructors with innovative and creative ideas. Whether you are an expert fencer, hiker, photographer, kayaker, dancer, candle maker, chef, musician, gardener, aerobics instructor, etc. we are open to any new program. Classes can be continuous (ex. 4 weeks) or a one time workshop. Earn money, do what you love, and help us continue a tradition of offering excellent recreation programs for the Staunton community. Please contact Ken Jacobsen or Ryan Flippo by email at parksandrecreation@ci.staunton.va.us or call us at 540.332.3945.

Staunton Parks and Rec Snags State Award

Nature Ridge Natural Playground in Montgomery Hall Park

Staunton Parks and Recreation received a state award in November 2018 for Nature Ridge natural playground in the category of “Best New Facility, Parks, Playground, Blueways, Greenways and Trail” at the VRPS’ 63rd annual conference in Glen Allen, Virginia. In April, the department won the 2018 Governor’s Environmental Excellence Award for Nature Ridge. The natural playground is intended to help children connect with nature by playing with elements that come from the natural landscape, such as plants, trees, rocks, wood and other materials made of as few man-made components as possible.

Register Online

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



Program Facilities

Gypsy Hill Park

600 Churchville Ave Staunton, VA 24401



Garden Center



Gymnasium



Montgomery Hall Park

1000 Montgomery Ave, Staunton, VA 24401



Irene Givens Admin- Recreation Office



Activity Room



Conference Room



Kitchen



Nelson Street Center

900 Nelson St, Staunton VA 24401



Main Room



Basement

Booker T. Washington Community Center

1114 W Johnson St, Staunton, VA 24401



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

Gypsy Hill Park: 600 Churchville Ave
Staunton, Va 24401



New to Our Team



Brenda Orebaugh
Receptionist

Brenda joined our team part-time in March 2018 after retiring from the City Manager's office where she worked for 27 years. She enjoys traveling (especially to the beach), reading, and spending time with her granddaughter. She is a member of Epsilon Sigma Alpha (32 years) serving on the chapter, district and state levels.



Ryan Flippo
*Aquatics Manager/
Recreation Programmer*

Ryan joined our team in April 2018 after working at Stafford Parks and Recreation for the past six years. He is a graduate of James Madison University. Ryan brings his high energy, innovative ideas, and eagerness to serve the community to our team.



Ken Jacobsen
Recreation Coordinator

Ken joined our team in July 2018 already having served 20 years in the Recreation Field. Ken brings years of experienced leadership, creative ideas and desire to expand great recreation opportunities to our citizens.

Look out for these New Programs!



- 2019 Staunton Senior Health EXPO
- Adult Chess
- American Shakespeare Drama Club
- Antiques & Collectibles
- Beneficial Bugs
- Breakfast Club – Senior Program
- Brawhalla-Clash of the Titans Gaming Program
- Explore Senior Living
- Jumpin Jack & Jills
- Motown 50's & 60's Valentine Sock Hop
- Scavenger Hunt – "The Elements"
- Self Defense & Personal Safety
- Skills & Drills Youth Basketball Camp
- Stroller Striders – Mom & Me Walking Club
- Think Tank – Youth Program
- Winter Survival 101

Please join us

Motown:
50's and 60's
Valentine
Sock Hop

SATURDAY, FEBRUARY 16
7PM-9:30PM,
BOOKER T WASHINGTON
COMMUNITY CENTER

details on pg. 21



Before/After-school Care & Summer Camp

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 many 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 the program with contracted creation artist Sandra Carter and our favorite animated storytellers Karen and Martha from the Staunton Public Library. Join HEART anytime during the month! *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 Steven Taetzsch at taetzschst@ci.staunton.va.us or 540.332.3945.*

Camp Staunton 2019

Theme: Summer Surprise
June 3 – July 26

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 pickle ball, creative writing, archery, 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.*

Toddler/Pre-k

Stroller Striders Walking Club (NEW)

Simple, fun, safe exercise for Mom and Babies. This community based club is formed specifically for moms and their stroller riding child to meet other moms for a weekly morning of walking, exercise and "MOM time" with other mothers. Not only is it safer being in groups, also the positive aspects of fitness, socializing and learning tips from other mom's is the perfect mix for mom and child. Annual Club fee for mom/child is just \$15 per year. Group will meet Friday mornings at Gypsy Hill Park's adult exercise park beginning Friday, March 22. *Call the Recreation Department at 540.332.3945 for more details.*

Toddler/Pre-K Open Gym

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

Jumpin' Jack and Jills (NEW)

A little bit of exercise and a whole lot of play! Enjoy a morning of family fun starting with a brief organized parent/child activity followed by a wide variety of small games, challenges and play time. There will be balls, toys, and plenty of space for the little ones to enjoy their time, but best of all, they are "allowed" to bring a parent along to join in the fun! *! #1400 GHPG, 9:30am-11:00am, Six Wednesdays beginning April 10. Price: \$25. Register by: March 29*

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. *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.*

Pre-K Multi-Sport Development

Get your preschooler engaged in sports! This class will offer help to develop your child's skills getting them ready for organized sports including baseball, soccer and basketball. This class will be a 4-week session on Tuesdays or Thursdays. Ages: 3-5. Limited space available. *GHPG, 10:30am-12pm. Price: \$25. Register by: February 8*
#1300-3 Four Tuesdays beginning February 12
#1300-4 Four Thursdays beginning February 14



Family Music for Babies

Designed for parents and their babies to take together, these weekly classes help you learn how to play musically with your baby. Each class features bouncing and rocking songs, wiggle and peek-a-boo games, and other fun activities for the two (or more) of you. When you go home, you can continue the fun with a superb CD recorded by a fine children's choir and outstanding instrumentalists. Using your parent guidebook along with rhythm sticks, a Musikgarten rattle, and colorful scarf will give you both hours of enjoyment. We spend our 30 minute class singing, chanting, moving, dancing, listening, and playing simple instruments—all activities that bridge the natural connection between music and movement for coordination, body awareness and control. Ages: Birth-18 mos. *#1303 NSC, 2:30pm-3pm, ten Tuesdays beginning January 29. Price: \$120 (an additional \$35 materials fee is due on the first day of class). Register by: January 22*

Family Music for Toddlers

These weekly classes are action-packed for toddlers; full of energy, often on the move, always exploring and learning and their parents. Together you'll sing, chant, move, dance, listen, and play simple instruments, all activities that bridge the natural connection between music and movement through four wonder-filled semesters including Dance With Me, Sing With Me, Play With Me, and Clap With Me. Each lesson features movement activities for coordination, body awareness and control, exploration of space, and instruments such as rhythm sticks, jingles, rattles, drums, and resonator bars. Ages: 16mos.-3.5 years. *NSC. Price: \$120 (an additional \$35 materials fee is due on the first day of class). #1304-1 NSC, 3:15pm-3:45pm, ten Tuesdays beginning January 29. Register by: January 22*
#1304-2 NSC, 11am-11:30am, ten Thursdays beginning January 31. Register by: January 24

Cycle of the Seasons

The Cycle of Seasons curriculum celebrates preschooler's growing independence and love of the outdoors with activities involving the four seasons. Developed to build attention and self-expression, activities include singing, chanting, moving, focused listening, musical games, exploring musical instruments, creative movement and storytelling. The Cycle of Seasons nurtures a growing child's ability to use language and participate in dramatic play within a musical context. Fun family packets including wonderful music CDs are included for use at home to increase family involvement in the learning process. Ages: 3-5 years. *#1305 NSC, 4pm-4:45pm, ten Tuesdays beginning January 29. Price: \$180 (an additional \$35 materials fee is due on the first day of class). Register by: January 22*

Youth/Teen

American Shakespeare Center Drama Club (NEW)

Join the American Shakespeare Center to build confidence and expand creativity with the ultimate team sport: theatre. Participants will build trust through activities and exercises that focus on teamwork, creativity, and learning outside of your comfort zone. Shakespeare's language will always be our touchstone, but activities will also include movements work (like combat and clowning), improv and other theatre games. Included in the cost of the ASC Drama Club is a ticket for the participant to see the Henry IV, Part I performance. Instructor: Lia Wallace of American Shakespeare Center. Ages 8+. #1401 NSC, 1pm-3pm, twelve Sundays beginning January 20. Price: \$115. For more information, go to <http://amshakes.center/dramaclub> or contact Lia Wallace at lia.wallace@americanshakespearcenter.com.

Skills and Drills – Youth Basketball Camp (NEW)

A fun-filled instructional basketball program for children ages 6-9 years old. This program is designed to teach children the basic fundamentals of basketball: ball handling, dribbling, shooting and passing. Introduce your child to basketball and experience their improvement as they "hoop it up"! #1402 GHPG, 6pm-7:15pm, four Wednesdays beginning February 27. Price: \$28. Register by: February 15

*Health/Wellness Tip

Chess is one of the best games to stimulate the most important organ in your body.... Your brain



THINK TANK (NEW)

What's the bright idea? The Think Tank will help create young confident problem solvers using their skills and imagination to unleash their creative inner spirit. This innovative course will help children solve problems using tools, creative thinking, mathematics and team work! Imagination, innovation and trial and error will be used to solve problems and answer thought provoking challenges. Children will learn to use the mind to bring their ideas to life! Ages 5-10. Age groups may be divided. Instructor: Kelly Peters. #1403 NSC, 4pm-6pm, four Monday's beginning March 4. Price: \$28. Register by: February 15

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. MHPA, 4pm-5pm, Price: \$26.

#1104-6 six Thursdays beginning February 7. Register by: February 1

#1104-7 six Thursdays beginning April 4. Register by: March 29



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. MHPA, 4pm-5:30pm. Price: \$39.

#1204-3 six Tuesdays beginning February 5. Register by: January 29
#204-4 six Tuesdays beginning April 2. Register by: March 26

Presidents Club – Monticello *Family trip*

Travel in time to visit the presidential sites of the eight presidents born in Virginia. We will travel to Monticello to visit the home of Thomas Jefferson. The trip will include a guided tour of Jefferson's home, a museum scavenger hunt, a short video and a walking tour of the grounds. Our guide will be George Gruner, who has worked in guest services at Monticello. #1423 Saturday, March 9. Depart GHPG at 10am; Return around 4pm. Price: Adult \$39; Child aged 10-17 \$29. Price includes transportation and admission.

Winter Survival 101 (NEW)

Beat the threats of the cold! Hone in on your survival skills and come see what it takes to survive the winter season. This class will offer the perfect opportunity to learn how to read maps, use a compass, learn bird songs, identify tree bark, and leave no trace. Do you think you have what it takes to survive Mother Nature? Join us and see for yourself! Ages 7-17. Instructor: Katrina Broughman. #1307-2 MHPA, 4:30pm-6pm, six Wednesdays beginning February 6. Price: \$39. Register by: January 30

Scavenger Hunt: The Elements (NEW)

Learn how to become an expert tracker by reading maps, following clues, and working as a team to find the end objective. Each week will be a different element as the theme (water, air, land, fire) and new mystery prize waiting to be found by using tools and clues found around the park. Come test your scavenger skills and find out what the mystery prizes are! Ages 7-15 #1307-1 MHPC, 4:30pm-5:30pm, five Thursdays beginning February 7. Price: \$39. Register by: January 30



G3 Gaming

RPG Maker

Hey Gamers! Have you ever dreamt about creating your own video game? Your chance is here, as each student will make a story-rich, Role Playing Adventure video game using RPG Maker Software in this educational, exciting eight week course that will allow you to use your imagination to create the game of your dreams. Instructor: Tony Robertson of Greater Good Gaming. Ages 12-16. #1313 NSC, 3:30pm-5pm, eight Sundays beginning February 10. Price: \$120. Register by: February 1



Brawlhalla – Clash of the Titans! (NEW)

Brawlhalla is an epic 2-D platform fighting game where up to 8 players battle for supremacy. Characters are inspired by Norse Mythology with a wacky, cartoon twist! Come make friends, learn an exciting, fast-paced video game and earn your spot in the hallowed halls of Brawlhalla. Students will take exercise and strategic discussion breaks to get the most out of this experience! Ages 11-16. Instructor: Tony Robertson of Greater Good Gaming #1424, NSC, 2pm-3:30pm, six Sundays beginning February 3. Price: \$90. Register by: January 25

Create and Explore: Minecraft Adventures (NEW)

Looking for a fun, safe place to make friends and let your creativity soar? Greater Good Gaming (G3) will be guiding students through the video game Minecraft. Participants will play on a private server, free to create anything they can imagine! Each session, they will be encouraged to partake in massive group-builds designed by the G3 Team. In April, when the course comes to an end, students will showcase their creations in celebration of Autism Awareness Month! Ages 11-14. Instructor: Tony Robertson of Greater Good Gaming #1427, NSC, 6:30pm-8pm, eight Thursdays beginning February 21. Price: \$120. Register by: February 13

*Health/Wellness Tip

Gaming- There are actually numerous health and wellness benefits for gamers including increased creativity, improved eye-hand coordination, improved memory skills, and situational problem solving?





Seniors

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Friday April 26, 9am-4pm

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- Free Cholesterol/Glucose Screen
- Free Balance Screen
- Free Health Wellness Screen
- Counseling and Mental Health Information
- Pharmaceutical Information
- Daily Living Aids
- Information Booths on Local Assisted Living Centers
- Information on Senior Housing
- Wealth Management
- Travel Aids/Transportation
- Parks and Recreation Senior Trips/Travel
- Parks and Recreation Senior Programs
- Meet instructors
- Participate in a short fitness stretching program

Breakfast Club (NEW)

Become part of this enjoyable senior club that will meet monthly at selected restaurants or locations to enjoy a good hardy breakfast together and provide excellent opportunities for meeting new friends and socializing. This fun loving group may also occasionally forget about its name and enjoy a great lunch together at selected restaurants and diners or a picnic in the park as the weather heats up. *Club will meet the third Tuesday of each month beginning February 19. #1405. Club registration fee: \$15*

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 #1324 GHPG, 9am-10am, Tuesdays and Thursdays. Price: \$32 per 12 classes. Ongoing class.

Explore Senior Living (NEW)

When faced with the task of searching for senior or retirement living, most people don’t even know where to start. Beginning the process, and then deciding on the right option, can be daunting and cumbersome. It’s never too early to start evaluating your senior living options and planning out the rest of your life. This presentation will provide tips to help with this decision; highlighting the importance of activities and an active lifestyle. Instructor: Michelle Bradley. #1406 MHPC, 6pm-7pm, Monday March 18. Price: FREE. To reserve your spot in this program register on-line or call the Rec office at 540.332.3945 by March 9.

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. New Location: Booker T. Washington, 1pm-4pm on Thursdays. Price: \$10/season

Walton’s Mountain Museum

Return in time to the days of your youth and the wholesome story of the Walton’s with a visit to the Walton’s Mountain Museum. Walton’s Mountain Museum offers replicas of John Boy’s bedroom, Ike Godsey’s Store, “The Walton’s” kitchen, “The Walton’s” living room and the new MILITARY annex. You will see 100’s of pieces of memorabilia and photographs and enjoy a 30-minute video featuring Earl Hamner and the stars of “The Walton’s”. #1426 Thursday, May 16. Depart GHPG parking lot at 9am; return around 3pm. Price \$35 (Includes transportation and museum admission). Register by: May 9

VMI Museums – A Living History!

Join us as we visit the oldest public museum in the commonwealth at the Nation’s first state sponsored school, Virginia Military Institute. We will tour this amazing part of history before visiting the VMI Museum where over 15,000 artifacts have been collected including “Stonewall” Jackson’s horse, memorabilia from George Patton and tons of great items from VMI alumni including Nobel Prize winner, Pulitzer Prize winner, film stars, famous politicians and civic leaders. We will also visit the George C. Marshall Museum to complete our day of soaking in history of VMI and our country. #1425 Thursday, March 21. Depart GHPG parking lot at 10am; Return at 3pm. Price: \$33 (includes transportation and admission at both museums). Register by: March 13

New Market Battlefield

Return with us to historic New Market Battlefield to see, learn and relive a local battle that helped shape the Civil War. A must see for historic buffs and an amazing array of sites, artifacts and stories of our Nation’s past. This trip includes transportation and a guided tour sure to peak your interest! #1407 Friday, April 5. Depart GHPG parking lot at 10am; return around 4pm. Price: \$35. Register by: March 29



Athletics

Winter Indoor Futsal (Soccer) League

Staunton Recreation is proud to offer the second season Futsal League to all persons 15 years of age and older. Teams can be any mixture of male and female. The league will be played at the Gypsy Hill Gymnasium on Tuesdays and Thursdays. Teams will be 5 on 5 and a roster limit of 10. *Deadline to enter is February 7, fee is \$35 per person, minimum of 8 players. Please call 332-3945 for more info.*

Winter Co-ed Volleyball League

Co-ed volleyball offered to all players of the age of 16 to participate in leagues to be played Sundays in Gypsy Hill Park Gym. *League fee is \$100 per team, deadline to enter is February 7.*

Staunton Girl's Fastpitch Softball Sign-ups

Starting Feb. 1st, the recreation department will be taking sign-ups for the spring season of girls' softball. 8U, 10U and 12U teams will be formed. You may submit to be a coach. *Fee is \$60 per child. Deadline is February 28.*

NFL Youth Flag Football League Boys & Girls 5-12 years old

This league is open to anyone ages 5-12 as of 03/1/19. NFL FLAG, powered by USA Football, the NFL's official youth flag football program, offers boys and girls ages 5 - 12 the fun and excitement of fast-paced football in a non-contact environment. Kids not only have a blast practicing and playing the game, but they learn valuable lessons in sportsmanship, teamwork, discipline and commitment — traits that will follow them throughout every aspect of their lives. Games will take place on Sunday afternoons. Players will sign up individually and placed on a team. *Price: \$80/player. Six-week season, price includes jersey & belt. Register by: March 1*

League Sign-up Deadlines

JANUARY 31	Kiwanis Baseball
FEBRUARY 7	Winter indoor Futsal Winter Co-ed Volleyball
FEBRUARY 28	Girls' Softball
MARCH 1	NFL Youth Flag Football
APRIL 12	Men's Softball Spring League
APRIL 26	Co-ed Spring Softball League

Men's Softball Spring League

This league is open to teams consisting of players 16+ years of age to compete in men's slow pitch softball at Montgomery Hall Park in Staunton. Teams can consist of up to 20 players on the roster to be placed in divisions based on ability. The league will begin April 16. Ball requirement is .44 core .375 compression. The league will not provide bats this season. *League fee is \$350 per team, by April 12.*

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. *League fee is \$300 per team by April 26.*

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

On April 4 at 7pm in the Montgomery Hall Park activity room there will be an open forum and meeting discussing the upcoming season. This time will also serve as a discussion for any suggestions anyone would like to make concerning the league or any of its policies. *Anyone considering entering a team in the spring season should attend if possible.*

Softball Umpire meeting

All current umpires, and anyone interested in becoming an umpire should attend this clinic and sign up on April 4 at Montgomery Hall Park activity room. *The meeting will begin at 8pm and there is no fee to attend.*

Kiwanis Baseball Sign-ups

Registration for Kiwanis baseball has arrived early this year. Don't miss your chance to sign up!

Registration Fee \$40. Second child \$30. Family maximum \$80, regardless of number of children. All games played at the Kiwanis Baseball Complex in Gypsy Hill Park.

Questions? Visit www.stauntonkbb.com or call the Staunton Recreation Office at 540.332.3945.

How do I register? Register online at www.stauntonkbb.com from January 1-January 31.

Register in person at the Staunton Recreation Office in Montgomery Hall Park on one of the following dates.

- Thursday, January 17, 5pm- 8pm
- Saturday, January 19, 10am-Noon.



Fitness and Wellbeing

Zumba *Returning in 2019!

Enjoy the craze that has swept fitness lovers and the country with an introductory class of Zumba. This program will be designed to meet the needs of all students with a focus on beginners. No experience! No Problem! Instructor: Eleanor Rixey. *Six week sessions 5:30pm-6:30pm.*

Price: \$45

#1408-1 NSC. Six Mondays beginning February 4

#1408-2 NSC. Six Mondays beginning April 1

Kendo

Kendo is a modern form of Japanese fencing. It comes from the sword arts of ancient Japan, and is the modern incarnation of a centuries-long evolution. Kendo is more than just learning to fence, it is also about proper discipline and spirit. We use two types of swords, a bokken (wooden sword) or a shinai (bamboo sword). Instructor: John Smitka. #1325 GHPGC, 7pm-9pm, Wednesdays beginning January 2 (Class begins January 2, on-going class may join at any time), *Price: \$50/month, onsite registration will be accepted. Students can take both Kendo and laido for reduced rate of \$85/month.*

Iaido

Iaido is a form of Japanese fencing where the focus is on drawing from the saya (sheath) and striking/cutting with the sword. Two types of blades will be used: an iaito (dull training blade) or a bokuto (wooden sword). Instructor: John Smitka. #1326 GHPGC, 6pm-7pm, Wednesday's beginning January 2 (Class begins January 2, on-going class may join at any time). *Price: \$50/month, onsite registration will be accepted. Students can take both Kendo and laido for a reduced rate of \$85/month.*

Sun Style Taiji

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 GHPGC, 3pm-3:45pm, eight Wednesdays beginning January 23; option to continue. *Price: \$60/8 week session. Drop-in price: \$12*

*Health/Wellness Tip

Martial Arts are outstanding for providing a full body workout, a healthy lifestyle, self-confidence, and improved cardio health.



Qigong

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 GHPGC, 4pm-4:45pm, eight Wednesdays beginning January 23; option to continue. *Price: \$60/8 week session. Drop-in price: \$12*

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+. *This class is held at GHPGC, 8am-9am Mondays and 6pm-7:30pm Thursdays. #1200-10 Price: \$48/month (includes unlimited class sessions during month)*

Feldenkrais Awareness Through Movement®

Move Into Sitting! Do you spend your days behind a desk or behind the wheel? Or hours using your mobile device? Familiar with feelings of stiffness or chronic tension from maintaining a static posture? Learn how to sit more comfortably by increasing your range of motion, redistributing muscular effort, standing up with greater ease and power, reducing eye strain and rediscovering your feet. Most of all experience your entire musculoskeletal system taking part of you sit down, engage in active sitting and return to standing. Each lesson uses gentle, slow movement to explore new patterns of behavior. Instructor: Cynthia Dunafon. #1136-6 MHPA, 1:30pm-2:45pm, 12 Tuesdays beginning January 15. *\$8 drop-in or \$6/class when purchasing four or more classes. Join Anytime!*



Gypsy Hill Walking Club

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 Ken Jacobsen at jacobsenkl@ci.staunton.va.us*

Dance



Line Dance with Sharon

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 GHPGC, 11am-12pm, Mondays continuing through May. *Price: \$10/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 GHPGC, 11am-12pm, Thursdays continuing through May. *Price: \$10/season*

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, 7pm-9pm, first and third Fridays of each month and continuing through May. *Price: \$2/class*

*Health/Wellness Tip

Music enhances both health and performance. This is enhanced even more in children creating awareness, stimulating reflex, and improving focus and imagination.



Trips

We Do the Driving... You Have the Fun!



Trip Calendar

FEBRUARY 9	Snow Tubing
FEBRUARY 23	Charles Town Races and Slots
MARCH 2	MGM Grand National Harbor
MARCH 23	Brew Through
APRIL 6	Washington DC
APRIL 9	Las Vegas
TBA	Baltimore Orioles
TBA	Washington Nationals



2019 Vegas baby! Las Vegas, NV

April 9- April 13

Fly to Las Vegas on April 9th 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 in Vegas. This trip includes roundtrip airfare and hotel accommodations at Excalibur Hotel and Casino. #4000 Price: \$625 per person/ based on double occupancy. Reserve your spot with \$300 deposit with balance due by March 8.



Three City Trip: New York, Atlantic City, & Philadelphia

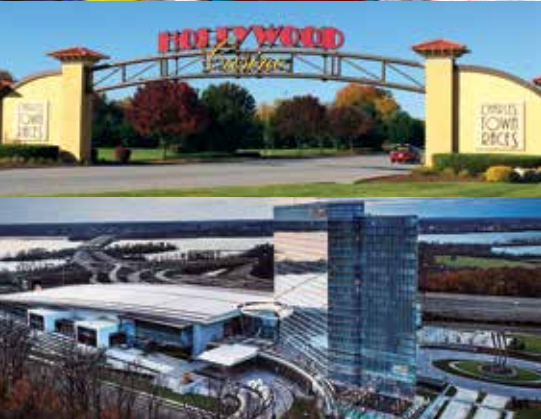
October 6- October 10

Enjoy this amazing package where you will visit and explore three amazing cities for one price! This trip provides transportation, four nights lodging, eight meals (4 breakfast and 4 dinners) and two guided Tours. Be ready to tour New York City, "The Big Apple" where you will visit sites such as Rockefeller Center, Times Square, Central Park and much more! Also, included is a guided tour of historic Philadelphia to see the Liberty Bell, Independence Hall and other historic sites. All this topped off with 3 consecutive nights in an Atlantic City Casino Hotel to enjoy the iconic Boardwalk and all the gaming action in Atlantic City! #1410. Price: \$545 (based on double occupancy). Reserve your spot with \$200 deposit with balance due by August 16.



Massanutten Snow Tubing

Let It Snow! Let It Snow! Come join us at Massanutten for a day full of fun. Jump on a snow tube and race down the mountain to see who is the fastest...or the slowest. Bring the whole family and enjoy an experience you will never forget! All ages welcome. #1411 Saturday, February 9. Depart GHPG at 9am; Return approximately 1:30pm. Price: \$48 (includes transportation and tubing ticket fee).



Hollywood Casino at Charles Town Races

Take a trip to the Casino in West Virginia and try your luck! #5831 Saturday, February 23. Depart GHPG parking lot at 10am; return around 10pm. Price: \$25 (Includes transportation only). Register by: February 13

MGM Grand National Harbor

Roll those dice, baby! This exquisite trip to the MGM Grand National Harbor offers it all. Gambling, unique shops and the best views the National Harbor has to offer. Come try your luck on March 2 as we travel to the casino for a day filled with gaming fun. Ages 21+. #1412 Saturday, March 2. Depart GHP Gym at 9am; return at 9pm. Price: \$27. Deadline to register: February 22



Brew Through Nelson County, Wine Not?

Did you know that Nelson County has six wineries, four breweries, two cideries and one distillery? If that doesn't catch your attention, nothing will! Join us for a ride down Rt. 151 as we stop at Afton Mountain Winery, Bold Rock Hard Cider, Devils Backbone Brewing Company and Silverback Distillery. We will taste and sample what each location has to offer! Snacks and water will be provided on the ride back. Ages 21+. #1413 Saturday, March 23. Depart GHPG at 10am; Return at 6pm. Price: \$25 (for transportation only!)



Washington DC – National Mall

Enjoy all the historic sites, museums and monuments at Washington DC's National Mall. You can visit any of the 10 Smithsonian Museums such as Natural History Museum, American History Museum, National Air and Space or the Holocaust Museum. Maybe you prefer visiting some monuments such as Lincoln Memorial, Washington Monument or even seeing the White House. The options are endless at the National Mall and the perfect way to spend a scenic, memorable day in DC. #5850 Saturday, April 6. Depart GHPG parking lot at 7am; return around 9pm. Price: \$30 (Includes transportation only). Register by: March 29



Baltimore Orioles Trip

Watch the Baltimore Orioles battle their American League East rival, the New York Yankees, at Camden Yards. We will also provide time for your group to visit the beautiful Baltimore Inner Harbor. Enjoy the sites, grab a pre-game meal and to enjoy all the excitement the Harbor has to offer. To receive information about this sports trip, simply call the Recreation Department at 540.332.3945 for more details. #1414 Trip including game tickets, transportation and time at the Inner Harbor. Price and date TBA.



Washington Nationals Trip

Watch the Washington Nationals take on the Atlanta Braves at Nats Park. We will arrive early enough for you to walk around the park, watch batting practice, and grab a pre-game meal at any of the restaurants located inside the park! To receive information about this sports trip, call the Recreation Department at 540.332.3945 for more details. #1415 Trip will include game tickets and transportation. Price and date TBA.

Gardening



Planting and Planning your Garden

Spring will be here before you know it....will your garden be ready? Join the team from Alleghany Mountain Institute at Augusta Health for this interactive blast of gardening knowledge. The class will cover the basics of garden design and planning, including timing when you plant, varieties of plants, plant rotation and seeding. Learn all kinds of gardening tips designed for you to have the best gardening season ever! Instructor: Grayson Shelor of AMI at Augusta Health. #1417 MHPC, 5:30pm-6:30pm, March 26. Price: \$10. Register by: March 19

Container Gardening

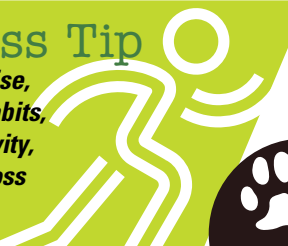
Interested in growing food, but lacking in space? Container Gardening may be for you? Will share everything you need to know for growing this season, and even get some dirt under our nails! This educational course will cover how to develop plans for container gardening, growing preferred crops and creating strategies to have a successful container garden season. This interactive lesson will also provide hands-on skills for seeding and transplanting into containers. Instructor: Grayson Shelor of AMI at Augusta Health. #1418 MHPC, 5:30pm-6:30pm, April 18. Price: \$10. Register by: April 11

Beneficial Bugs (NEW)

STOP! Before you squish that bug, come join our class and find out how different bugs are helpful to our gardens and flower beds. We will learn what they eat, where they sleep, and their various life stages during this class. You will also have the chance to build your very own bug house that is designed to be placed outside near your garden! Instructors, Vanessa Armstrong and Kathy Belcher, bring their knowledge and experience as Master Gardeners from the Central Shenandoah Valley Master Gardener Association (CSVMGA) #1416 MHPA, 10am-12pm, March 23. Price: \$15. Register by: March 15

*Health/Wellness Tip

Gardening is not only good exercise, it also promotes healthy eating habits, improves productivity and creativity, and most important aids weight loss



Animal House

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 #1139-02 6:30pm-7:30pm, four Mondays beginning February 4, Register by: January 28 #1139-03 6:30pm-7:30pm, four Mondays beginning March 4, Register by: February 25 #1139-04 6:30pm-7:30pm, four Mondays beginning April 1, Register by: March 25

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. #1345 MHPA, 6pm-8pm, March 29. Price: Free. Please call 540.332.3945 to register.



Personal Development

Antiques and Collectibles (NEW)

If you enjoy antiques, collect unique items or heirlooms or simply have family items you'd love to know the history and value of then this class is a can't miss opportunity! Join Julia Henri, an Accredited Member of the International Society of Appraisers, as she teaches you to unravel the mystery behind your collectible. Learn skills of identification, item show & tell, learning about condition, tracking item history and preservation. #1419 MHPC, 6pm-8pm, six Tuesdays beginning February 19. Price: \$45. Register by: February 12

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! Ages: 9+. Instructor: Amy Tussing. #1123-4 MHPA, 6pm-7:30pm, eight Thursdays beginning March 7. Price: \$84. Register by: March 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 Thursdays: January 17, February 7, March 7 and April 11 from 6pm-11pm or Saturdays: January 19, February 9, March 9 and April 13 from 1pm-6pm at Nuckols Gun Works, 1301 Barterbrook Rd. Staunton. Price: \$85

Self Defense and Personal Safety (NEW)

Anticipating an attack is the best type of self-defense. Learn safety tips needed to avoid and handle attacks. Being prepared, aware of your surroundings and knowing the basics on how to defend yourself using pressure points, how to get out of holds, basic countering and self-defense may just save your life. Class will be taught by Jim Jacenich, who has served as a Federal Law Enforcement Officer in the Coast Guard and currently serves as a security officer at Mary Baldwin University. He also has 37 years of experience teaching Aikido. #1420 GHPGC, 6pm-8pm, Monday, March 4. Price: \$18. Register by: February 25

Glamour Make-Up

Learn 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 of Mill Street Body and Soul Day Spa and Salon. #1421 MHPA, 6pm-8pm, March 14. Price: \$25. Register by: March 7

Adult Chess (NEW)

One is never too old to play chess (or improve your game). Chess has been played by presidents, kings and czars for centuries. Chess has been found to lower the likelihood of dementia in older people (New England Journal of Medicine). Classes are taught by a life-long student and teacher of the game. Play chess and exercise your mind! Instructor: George Gruner. MHPA 6pm-7:30pm. Price: \$30 #1422-1 four Thursdays beginning February 7. Register by: January 31 #1422-2 four Thursdays beginning April 4. Register by: March 28

eBay: How to Become a Top Seller

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. Ages 18+. Instructor: Allen Ortiz. #1128 MHPC, 6pm-8pm, Wednesday, March 13. Price: \$18. Register by: March 6

Special Events



Ellen's Gypsy Yard Sale

Saturday, February 2, 8am-12noon, 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: \$15 per space, tables \$5 each. Pre-registration and pre-payment for tables required, for more information 540.332.3945.*

Motown: 50's and 60's Valentine Sock Hop

Saturday, February 16, 7pm-9:30pm,

Booker T Washington Community Center

Celebrate some of the greatest music in the throwback setting of Booker T. Washington Community Center Gym on February 16th. This valentine dance will have a DJ spinning all the greatest hits from Motown and the 50's & 60's era music. Come enjoy an evening of dancing, socializing, and reminiscing. Dress to impress and have a great night in one of Staunton's hidden gems. Light snacks and drinks will be provided. *Tickets will be sold in advance for \$5 each with limited table seating available. Tickets will be available at the door for \$7. Free valet parking will be offered for all guests.*

Irish Road Bowling

Saturday, March 16, Montgomery Hall Park

Join us for a wee bit o' fun as we host our fifth 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 forty teams participate and team McDonough High Rollers 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. \$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. Thank you 2018 sponsors McDonough Toyota and Queen City Brewing!*



Earth Day Staunton

Saturday, April 13, 10am-2pm, Bandstand at Gypsy Hill Park

Celebrate Earth Day with us on Saturday, April 13 from 10am-2pm. Earth Day Staunton will take place 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*

Eggstravaganza Egg Hunt

Saturday, April 20, 9:30am-12pm,

Montgomery Hall Park, Soccer Complex

Join us for our Annual Egg Hunt and Eggstravaganza Festival complete with moon bounce, old-fashioned egg coloring, 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



2019 Staunton Senior Health EXPO

Gypsy Hill Park Gymnasium, Friday, April 26, 9am-4pm

Staunton Parks and Recreation's 1st Annual "50 & Better" Senior Health Expo combines complimentary health screenings and informational booths on a broad variety of senior wellness needs. Attendees at this free, public event can enjoy coffee and refreshments and wind their way through booths specially designed to promote the health and well-being of seniors. Staunton Parks and Recreation supports a strong aging lifestyle and healthy & active opportunities. We encourage our local "50 & Better" population to stay active, stay engaged and never stop becoming a better you!



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

Wednesday, May 1, 5:30pm-9pm,

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.)*



25th Annual YOUTH Fishing Derby

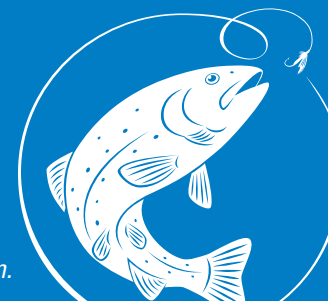
Saturday, May 4, 8am-11am,

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 11, 10am-1pm, Gypsy Hill Park Gym

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.

SPONSORS NEEDED! Help us keep this event free to the community!

Businesses and individuals are encouraged to contact Kara at krill@vcsb.org.

Thank You 2018 Kids Matter Day sponsors:

BRONZE LEVEL SPONSORS: Ashley Orthodontics, Tropical Smoothie Café, Walmart Staunton, B.P.O. Elks Staunton Lodge #351

SILVER LEVEL SPONSORS: EyeOne, Valley Pediatric Group: Staunton & Waynesboro, Fraternal Order of the Eagles 680, BlueOregon

GOLD LEVEL SPONSORS: The News Leader, Staunton Recreation Parks, GAPP Coalition, Community Foundation of the Central Blue Ridge, Domino's Pizza locally owned, Kiwanis Club of Waynesboro, Augusta Health, Charlie Obaugh Chevrolet Buick GMC, and Good Printers

Event Calendar

FEBRUARY 2 Ellen's Gypsy Yard Sale

FEBRUARY 16 Motown: 50's and 60's Valentine Sock Hop

MARCH 16 Irish Road Bowling

APRIL 13 Earth Day Staunton

APRIL 20 Eggstravaganza Egg Hunt

APRIL 26 2019 Staunton Senior Health EXPO

MAY 1 Scotts Major League Baseball Pitch, Hit & Run (PHR)

MAY 4 25th Annual YOUTH Fishing Derby

MAY 11 Kids Matter Day



Outdoor Programs and Adventures

Introduction to Archery Workshop

Introduction to archery is a hands-on workshop for youth and adults 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. Ages 8+. #1112-10, 12pm-3pm. Price: \$20. #1112-10 March 27. Register by: March 20
#1112-11 April 22. Register by: April 12

Archery Club

This club is designed for youth to participate in a weekly archery program at Montgomery Hall Park. Students will learn archery basics and develop their knowledge and skills so that they are comfortable shooting bow and arrow, become familiar with archery equipment, and follow safety guidelines on the shooting range. This program is made possible by an equipment loan program through a grant received by the Virginia Department of Game and Inland Fisheries. Ages 8-16. Archery Club participants must have previous Archery instruction or participated in the Introduction to Archery Workshop. #1212-5 MHP, 4pm-5:15pm, Four Mondays beginning April 8. Price: \$30. Register by: March 29

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 7. 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: March 29

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 3. Depart GHPG parking lot at 12:15pm; return around 6pm. Price: \$39. Register by: February 22



Survey



Age: _____
Number of members in your household: _____

1). How do you find out about Staunton Parks and Recreation activities? (Check all that apply)

- ☐ Seasonal activity guide
- ☐ City website
- ☐ Social Media (Facebook)
- ☐ Banner/Flyer
- ☐ Local media
- ☐ Parks and Rec staff
- ☐ Friends/family
- ☐ Other _____

2). What type of programs would you like to see expanded by Staunton Parks and Recreation? (Check all that apply)

- ☐ Youth Sports
- ☐ Adult Sports
- ☐ Toddler/Pre-k
- ☐ Youth/Teen
- ☐ Adult Enrichment
- ☐ Senior Programs
- ☐ Aquatics
- ☐ Events at our Parks
- ☐ Trips
- ☐ Golf
- ☐ Outdoors
- ☐ Music / Dance / Art (Youth or Adult)
- ☐ Please list any program suggestions you may have: _____

3). From the list below which categories does your household currently participate in MOST OFTEN at Staunton Parks and Recreation? (Check all that apply)

- ☐ Youth Sports
- ☐ Adult Sports
- ☐ Toddler/Pre-k
- ☐ Youth/Teen
- ☐ Adult Enrichment
- ☐ Senior Programs
- ☐ Events at our Parks
- ☐ Childcare (HEART, Camp)
- ☐ Trips
- ☐ Golf
- ☐ Outdoors
- ☐ Music / Dance / Art
- ☐ Aquatics
- ☐ Other _____

4). Select categories most important to your household.

Youth (Age 0-18)

- ☐ Youth Sports
- ☐ Youth Programs
- ☐ HEART Before & Afterschool
- ☐ Youth Events
- ☐ Youth Fitness & Wellness
- ☐ Outdoor & Nature
- ☐ Youth Special Needs Programs
- ☐ Swim lessons / Aquatic programs
- ☐ Travel

Adult (Age 18-50)

- ☐ Adult Sports
- ☐ Adult Programs
- ☐ Golf/Golf Lessons
- ☐ Events
- ☐ Fitness & Wellness
- ☐ Outdoor & Nature
- ☐ Special Needs Programs
- ☐ Aquatics / Aquatic programs
- ☐ Travel

Senior (Age 50+)

- ☐ Senior Sports/Activities
- ☐ Golf/Golf Lessons
- ☐ Senior Programs
- ☐ Events (Music/Shows)
- ☐ Senior Fitness/Wellness
- ☐ Outdoor & Nature
- ☐ Special Needs Programs
- ☐ Aquatics
- ☐ Travel





Registration

ONLINE REGISTRATION

www.staunton.va.us/recreation

MAIL-IN REGISTRATION

NAME _____ Year You Were Born _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE AM/PM _____ EMAIL _____

EMERGENCY CONTACT _____

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 _____



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

Spring/Summer covers March-June

Summer/Fall covers July-October

Winter covers November-February

DISTRIBUTION DATES

Beginning of March

Beginning of July

Beginning of November

Ways to Register

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

Online Registration

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

Register by mail:

Send a completed registration form to:

Staunton Parks and Recreation

PO Box 58

Staunton, VA 24402-0058

Early Registration

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

Office Information:

1000 Montgomery Avenue

Staunton, VA 24401

Monday through Friday, 8am-5pm

Main office: 540.332.3945

Weather cancellation line: 540.332.3947

Fax: 540.332.3983

Park Maintenance: 540.332.3945

Gypsy Hill Golf Shop: 540.332.3949

Overnight Travel Policy

All trips are to be paid in full when signing up unless another specific option is available where a minimum of 50% deposit is required for each person. Once a payment is received from a patron they are considered to have an official spot on the trip if there is space available. All patrons understand that there is a no refund policy in effect unless the Recreation Department decides to cancel a trip. It is at the Recreation Department's discretion on the cancellation of trips and most will be done in a timely manner. In some extreme cases such as death or serious medical conditions a refund may be available to a patron of a trip minus any expenses

the Recreation Department may incur. Name changing fees may occur on trips involving plane flights. In cases regarding deposits: if the balance isn't paid by the deadline, patron may lose full deposit and spot on the trip. Before registration form is complete, you will be required to sign (above check in lieu of signature) that you have read, understand and accept this addition to our registration process.

Program and Day Trip Refund Policy

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

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

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

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

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

Inclusion Statement

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

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

Notice and Prohibition Against Discrimination

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

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

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

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

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

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



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

www.facebook.com/StauntonRecreationParks

www.staunton.va.us/recreation



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Staunton Girl's Fastpitch Softball

Starting Feb. 1st, the recreation department will be taking sign-ups for the spring season of girls' softball. 8U, 10U and 12U teams will be formed. You may submit to be a coach. *Fee is \$60 per child. Deadline is February 28.*

STAUNTON PARKS & RECREATION

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

Kiwanis Baseball Spring 2019

**Registration for Kiwanis baseball has arrived early this year.
Don't miss your chance to sign up!**

Registration Fee \$40. Second child \$30.

Family maximum \$80, regardless of number of children.

All games played at the Kiwanis Baseball Complex in Gypsy Hill Park.

Questions? Visit www.stauntonkbb.com or call the Staunton Recreation Office at 540.332.3945.

HOW DO I REGISTER?

- Register online at www.stauntonkbb.com from January 1 - January 31.
- Register in person at the Staunton Recreation Office in Montgomery Hall Park on one of the following dates:

Thursday January 17, 5pm-8pm | Saturday January 19, 10am-Noon.

