



ACTIVITY GUIDE
Spring/Summer 2020

GYPSY HILL GOLF COURSE

LEARN MORE ON PAGE 10

Play the Hill!

LEARN FLY FISHING | TUNICA & MEMPHIS (6 DAYS, 5 NIGHTS)
SWIM LESSONS | SENIOR HEALTH EXPO | ADULT SPRING SOFTBALL
SUMMER CAMP | FUNCTIONAL FITNESS WITH F45

STAUNTON NEWS AND INFO

SAVE THE DATE

APRIL: HEAVY TRASH COLLECTION

During one week each April, the City collects large and bulky items not typically picked up during routine trash collections such as yard waste, old appliances and furniture. For more info on what we will and will not collect, visit www.staunton.va.us/heavytrash. We will post the exact dates of this special collection on resident's utility bills, in the city's online newsroom and on the City of Staunton's Facebook and Twitter pages.

MAY: MEMORIAL DAY HOLIDAY

City offices and the Staunton Public Library will be closed Monday, May 25 in observance of Memorial Day. If we typically collect your trash and recycling on Monday, we will collect them on Wednesday, May 27 instead.

TRAFFIC ALERT

Hunt Drive is now closed to through traffic to improve safety for City residents in that area as well as students at Mary Baldwin University. There is no turnaround area for vehicles. Please plan your route accordingly.

QUICK TIPS

CARDBOARD RECYCLING

The City's recycling trucks have limited storage capacity for cardboard, so please help us help you with your recycling efforts. Please follow these guidelines:

- Fold all cardboard flat for pickup. City crews will not pick up cardboard that is not folded.
- Cut down large boxes for easier handling
- Optional: Tie down large amounts of cardboard with cords

Thank you for your efforts to preserve our environment!

STAY INFORMED

Don't miss changes in City schedules, important deadlines and other City news and information. Sign up for e-notifications! Visit www.staunton.va.us/notifyme to get email notifications of City announcements, meetings, events and more. To subscribe to City news, scroll to the News category and check City Announcements.

**Also, follow us on Facebook (City of Staunton) and Twitter (@StauntonCityVA).*



STAUNTON
VIRGINIA



Staunton Parks & Recreation

Irene Givens Administrative Building
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540.332.3945 • staunton.va.us/recreation

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Ken Bosserman ex-officio
Mike Guertler
Gerry Hamilton
Michael Keatts
Bruce Rupert
Travis Cason
Amy Darby
Michele Edwards

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Various photos throughout by Phocus Photography Services



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Building Codes

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

Monthly E-newsletter

Find out what's happening this spring at Staunton Parks and Recreation. From community events to athletic leagues, day trips, youth and adult programs this is your source for all things Parks and Rec. Sign up today for our monthly E-Newsletter at mailchi.mp/691b46582722/stauntonparksandrecreationsubscribe.

Register Online

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



See page 24 for registration info.





HORTICULTURE HOTLINE

Experts agree, don't top your tree!

Unfortunately, tree topping is an old pruning practice some continue to carry out. When a tree is topped, it's branches are severely cut back, leaving random stubs behind. Tree topping is often presented as a way to reduce the size a tree and is sold as a practice that will make the tree "safer". Nothing could be further from the truth.

Why should you not top your trees?

- Topping will stress the tree by hindering its ability to produce the food it needs. This in turns triggers a survival response that actually causes rapid growth.
- Topping will lead to decay. Topping cuts leave random stubs. Most trees will not be able to close off these wounds as they would with a proper pruning cut. The result is a large wound that is much more prone to disease and decay.
- Topping can lead to increased risk for failure. A tree that has been topped reacts by pushing out multiple new shoots that will form new branches. The new branches that form near the topping wound are weakly attached and prone to break off as they become large.
- Topping is expensive. Once a tree is topped it will require frequent pruning- either to maintain or correct the initial topping. Some trees that are topped will never recover and have to be replaced. Other potential costs include a decrease in property value and the potential for liability costs should the tree fail.
- Topping is just plain ugly!

While it can be a challenge, there are pruning methods that can reduce the size of a tree without severely stressing it. Want to learn more about how to care for your trees? We recommend these helpful, free, resources

International Society of Arboriculture Trees are good
<https://www.treesaregood.org/treeowner/pruningyourtrees>

Tree's Virginia- Virginia Urban Forest Council
<https://treesvirginia.org/education/tree-planting>

Urban Forestry at Virginia Tech
<https://www.urbanforestry.frec.vt.edu/treeowners.html>

Sources: ISA "Why Tree topping Hurts" 2011.



LOOK OUT FOR THESE NEW PROGRAMS

- Black Dog Salvage
- Belle Grove Plantation Tour
- The Greenbriar Bunker Tour
- Tunica & Memphis
- Humpback Rock Hike
- Trees are the Answer:
Dendrology 101
- Fly Fishing
- Sightseeing at Crabtree Falls
- Astronomy 101
- From Seed to Harvest: How
to Plan and Grow a Bountiful
Summer Garden
- Swim Lessons - expanded
offerings
- Dive-in Movie
- Water Polo
- Ryan's Playhouse
- Art for a Day
- Understanding Quality Early
Childhood Education and Care
- Hard Knocks Sports Camp
- Snack Attack
- Easter Cooking for Kids
- All American Cookout
- Neural-delics
- Greet your Feet!
- Spanish with Senor Lopez
- 30 Minute Fresh

FISHING DERBIES

26th Annual Youth Fishing Derby

Saturday May 2, 8am-11am, Lake Tams in Gypsy Hill Park

Open to youth 4-15 years of age. Prizes awarded in various categories.

16th Annual Senior Fishing Derby

Saturday May 16, 8am-11am, Lake Tams in Gypsy Hill Park

Open to all adults 50+years of age.

FREE on-site registration begins at 7:30am



TRIPS



WE DO THE DRIVING SO YOU DON'T HAVE TO!



Black Dog Salvage (NEW)

Visit the home of TV's Black Dog Salvage for a look at unique, reproductions of new, vintage and antique home décor. Located in Roanoke, Black Dog Salvage contains architectural salvage, unique gifts, souvenirs, apparel and some of the most interesting collection you can shop. Whether you enjoy the show or just enjoy a day of browsing through interesting objects, Black Dog Salvage is a great stop! #K5121-4 Friday, April 17. Depart GHPG at 9am; Return 3pm. Price: \$27. Register by: April 9



Belle Grove Plantation Tour (NEW)

Travel back to the days of Southern elegance and charm...to a time of aristocratic ladies and debonair gentlemen, travel with us to Belle Grove! Built in 1791, this Mansion offers the charm of Southern days gone by. The mansion, which is the birthplace of President James Madison, will exude its style, history and provide you with a view into the lifestyle of past elegance and the life of a U.S. president. #K5122-5 Friday, May 1. Depart GHPG at 8:30am; return at 4:30pm. Price: \$55 (includes transportation and tour). Register by: April 24



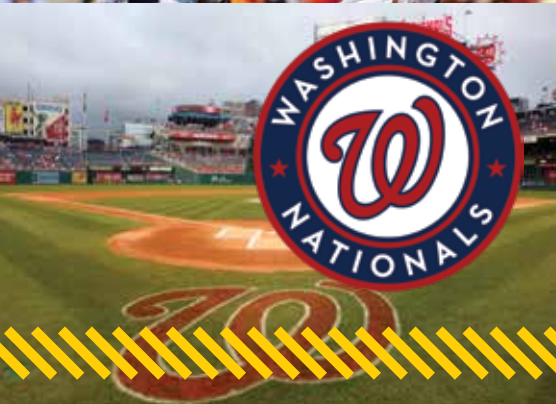
The Greenbrier Bunker Tour (NEW)

The declassified Bunker at The Greenbrier is a must-see experience that takes you behind the scenes and walks you through a fascinating period in the resort's history. Carved deep into the mountainside beneath our West Virginia Wing is an emergency Cold War fallout shelter. Once a top-secret U.S. government relocation facility for Congress, The Bunker is now open to anyone interested in reliving a legendary piece of The Greenbrier history. #K5145-5 Friday, May 29. Depart GHPG at 9am; Return at 5:30pm. Price: \$65 (includes transportation and tour). Register by: May 22



Baltimore Orioles vs. New York Yankees

Watch the Baltimore Orioles battle their American League East rival, the New York Yankees, at Camden Yards. We will provide time for you to visit the beautiful Baltimore Inner Harbor if you wish. Enjoy the sites, grab a pre-game meal and then sit back and enjoy the ballgame! Trip includes game ticket, and transportation. #K5034-13 Sunday, September 6. Depart GHPG 7:30am; Return 8pm. Price: \$75. Register by: August 7



World Champion Washington Nationals Game

Join the World Champion Washington Nationals as they welcome National League East champion, the Atlanta Braves, in a mid-summer division rivalry game! We will arrive early enough for you to walk around the park, watch batting practice, or grab a pre-game meal at any of the restaurants located inside the park. . #R4041-13 Sunday, July 26. Depart GHPG at 9:30am; Return at 7pm. Price: \$75 (includes game ticket and transportation). Register by: June 30



Tunica & Memphis (NEW) (6 days, 5 nights)

Experience southern tradition, history and fun while exploring the soul of the south! This amazing travel experience will take you to Memphis and its deep ties to music and history. Our trip will include visits to the Rock n' Soul Museum, the National Civil Rights Museum, Stax Museum of Soul Music and time on historical Beale Street, a national landmark and the home of American blues. Want more? OK, how about we add an eye opening tour of Memphis. Also included will be Eight Meals (5 Breakfasts and 3 dinners). But even that's not all, enjoy your getaway with 3 consecutive nights in Tunica, Mississippi, the Casino Capital of the South! #K5124-10 Depart October 12; Return October 17. Price \$535. There is a \$200 deposit due at registration. Balance due by: August 8

Wohlfahrt Haus Dinner Theatre "The Motown Sound"

Wohlfahrt Haus is sure to deliver a toe-tapping, lively entertaining musical tribute as it presents, "The Sounds of Motown". Enjoy listening to the soulful sounds and music of Motown's greatest songs and iconic stars as this adaptation comes alive. As part of your musical experience, you will enjoy a terrific meal to cap off a fantastic show enjoying the sounds of the past. #K5128-6 Thursday, June 18. Depart GHPG at 8:45am; Return at 7:30pm. Price: \$65. Register by: May 8

Smithsonian Air and Space Museum UDVAR-HAZY CENTER

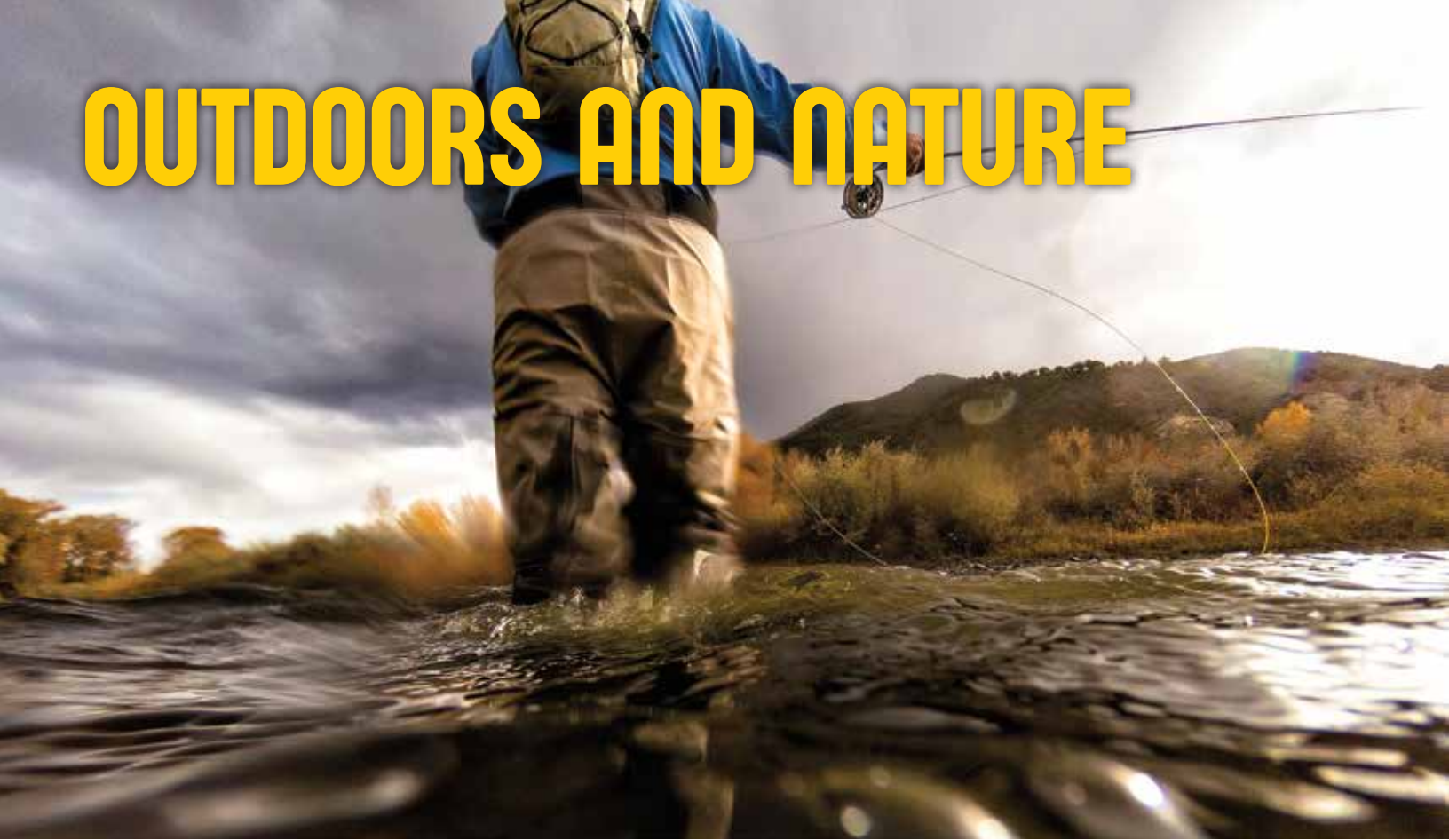
Not even the sky is the limit at the amazing UDVAR-HAZY CENTER. Explore two enormous hangers displaying thousands of aviation and space artifacts, including a 1903 Wright Brothers Flyer, the Spirit of St. Louis and Lunar Space Modules. Flyers, Planes, Military Jets and even the Space Shuttle Discovery will all be yours to view and enjoy in this incredible Air and Space Museum that will include countless exhibitions, demonstrations and information. You may even want to cap off your day on the observation tower watching planes take off or land at nearby Dulles International Airport. K5140-6 Saturday, June 13. Depart GHPG at 8am; Return 6pm. Price: \$40. Register by: June 3

TRIP CALENDAR

APRIL 17	Black Dog Salvage
MAY 1	Belle Grove Plantation Tour
MAY 29	The Greenbriar Bunker Tour
JUNE 13	Smithsonian Air and Space Museum
JUNE 18	"The Motown Sound"
JULY 26	World Champion Washington Nationals Game
SEPTEMBER 6	Baltimore Orioles vs. New York Yankees
OCTOBER 12	Tunica & Memphis



OUTDOORS AND NATURE



Humpback Rock Hike (NEW)

Love the outdoors? Would you like a day of enjoying magnificent views of the Blue Ridge Parkway, learning about the area and taking a hike to visit Humpback Rock and all it has to offer? Did you know Humpback Rock was a landmark guiding wagon trains over the Howardsville trail in the 1840's? It is noted as the best representation of the combination of natural and cultural resources anywhere along the Parkway corridor. We will enjoy a stop at the Visitor Center followed by the walk to the peak of Humpback Rock. Bring water and lunch for a mountain top picnic! Ages 14-99. #K9138-6 Saturday June 6. Depart GHPG at 8:30am; Return at 2pm. Price: \$15 (transportation included). Register by: May 22

Trees are the Answer: Dendrology 101 (NEW)

Learning to identify trees is a worthwhile endeavor for anyone seeking a deeper appreciation of the natural world. This beginner course will teach you how to identify trees based on pattern recognition and teach you all the amazing things trees do from providing shade to creating their own food sources. Trees also offer invaluable habitats and resources for wildlife. This hands-on course will visit tree species in our area parks so that you can enjoy all the beauty they offer. No special equipment, prior knowledge, or technical skills are required, just an interest in learning about the fascinating world of trees! #K9148-4 GHPB, 6:15pm-7:45pm, Four Wednesdays beginning April 29. Price: \$40. Register by: April 22

Fly Fishing (NEW)

Warm weather is coming so grab your gear and get ready to fish. This class will introduce the basics of fly-fishing including casting, knot tying, and angling techniques. Each class will consist of classroom learning, hands-on casting, and being able to assess fish habitats and which fly will be most effective. The final class will involve stream side fishing at the South River. All necessary equipment will be provided but bringing your own is encouraged. Each participant is responsible for acquiring a fishing license with a trout stamp. Ages 15+. Instructor: Justin Fischbach, #R9137-4, MHPC, 6pm-7:15pm, four Tuesdays beginning April 14. Price: \$50. Register by: April 9

Sightseeing at Crabtree Falls (NEW)

Looking for an outdoor adventure? How about joining us as we visit Crabtree Falls, the highest vertical-drop cascading waterfall east of the Mississippi River, is a popular attraction located in Nelson County. Crabtree Falls features a series of five major cascades and a number of smaller ones that fall a total distance of 1,200 feet. Enjoy the sites from various levels or hike to the top viewing area of Crabtree Falls. Don't forget to bring your camera! Ages 14-99. #K9139-6 Tuesday, June 23. Depart GHPG 9am; Return 1pm. Price: \$15. Register by: June 12

An Evening with Bats

Come to Montgomery Hall Park on Friday, May 22 from 8pm-9pm, to watch the bats fly and to eavesdrop on their ultrasonic calls with several types of bat detectors. Leslie Sturges of The Save Lucy Foundation will share her expertise and equipment to shed light on our local nighttime flyers. Program recommended for ages 5+. #K9150-5 We will meet in the parking lot behind the Irene Givens Admin Building. Free program

Beneficial Bugs

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! Instructor, Keala Timko, brings her knowledge and experience as Master Gardeners from the Central Shenandoah Valley Master Gardener Association (CSVMGA) #R9009-13 GHPGC, 10am-12pm, Saturday, March 21. Price: \$15. Register by: March 17.

Virginia Boating Safety Education Course

This course will enable you to become a safe boater who: boats safely, respects other boaters, obeys and understands boating laws. Topics include: boating operations, safe boating practices, and navigation signs. This course is recommended for ages 13+ who want to learn more about the fundamentals of safe and responsible boating. All operators (regardless of age) of PWCs (personal watercraft such as jet skis, Sea Doos, and Wave Runners) and operators (regardless of age) of motorboats with a motor of 10 horsepower or greater will be required to have a boating safety education course completion card on board when operating a PWC or motorboat. Instructors: Ronald and Nenita Cromer. #K9151-5 GHPGC, 9am-3pm, Saturday May 16. Price: FREE. You MUST pre-register by May 11 to be eligible to take the class. Call the Rec office at 540.332.3945 for registration information.

Astronomy 101 (NEW)

Join us for a night among the stars! Joey Reece of Stokesville Observatory will be teaching us how to identify constellations, planets, and let us see the moon and stars through a professional telescope. This is the perfect opportunity to view the night sky through a different lens. All ages welcome. #R9152-3 MHPC, 6pm-7:30pm, Friday, March 27. Price: \$10. Register by: March 23



From Seed to Harvest: How to Plan and Grow a Bountiful Summer Garden (NEW)

Join the Project GROWS farm manager Laura Faircloth at our vegetable farm in Verona for an outdoor lesson about how to plan a bountiful summer garden: from starting seeds and transplanting your seedlings into your garden to tending your plants and harvesting them. We will also discuss watering and pest control. Afterwards join us for our Spring Plant Sale and Open House. Browse our collection of vegetable and herb plants, tour the farm, and enjoy free appetizers! Participants will receive a resource guide for planting vegetables in our hardiness zone. Registration fee also includes two vegetable or herb plants of your choice and a \$5 voucher for Project GROWS merchandise. The plant sale is open from 4pm-6pm. In the event of light rain, this event will still happen-- plan to be outside the whole time! However, heavy rain cancels this event. All ages welcomed. #K4144-5, Location is at the Project GROWS Farm, 3pm-4pm, Friday, May 8. Price: \$10. Register by: May 1

ARCHERY

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. Instructor: Liz Hadley. Ages 8+. #K7136-4 MHP, 9:30am-12pm, Saturday, April 4. Price: \$20. Register by: April 1
#K7136-5 MHP, 9:30am-12pm, Saturday, May 30. Price: \$20. Register by: May 25

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. Instructor: Liz Hadley. Ages 8+
#K7135-4 MHP, 4pm-5:15pm, Four Mondays starting April 13. Price: \$30. Register by: April 8
#K7135-6 MHP, 9am-10:15am, Four Fridays starting June 5. Price: \$30. Register by: June 1



AQUATICS

Gypsy Hill Pool

HOURS: Monday- Saturday: 11am-6pm
Sunday: 1pm-6pm

ADMISSION: 3 years of age and younger – FREE
4 years of age and older - \$3
20 Punch Pool Pass - \$50

POOL PARTY RENTALS:

Rental Fee - \$200, 3-hour minimum + \$50 per lifeguard required depending on party size. There is a 2-lifeguard minimum. All rentals are after pool hours from 6pm-9pm.

Montgomery Hall Pool

HOURS: Monday – Saturday: 11am-6pm
Sundays: 1pm-6pm

ADMISSION: 3 years of age and younger – FREE
4 years of age and older - \$2
20 Punch Pool Pass - \$35

POOL PARTY RENTALS:

Rental Fee - \$150, 3-hour minimum + \$50 per lifeguard required depending on party size. There is a 2-lifeguard minimum. All rentals are after pool hours from 6pm-9pm.



POOL RULES

- City pools are smoke free zones. Smoking must take place outside of pool fences
- Children 12 years of age and younger must be accompanied by an adult (18+) at all times
- Squirt guns, footballs, basketballs, baseballs, tennis balls, or any hard objects are prohibited from being tossed around inside the pool fences
- No flipping into the pool. Diving is allowed in the designated deep end
- Any inappropriate language or behavior will result in dismissal from the pool for the day
- Any child that needs a flotation device to swim must be accompanied by an adult in the pool

Adult Lap Swim

Join us on Wednesdays and Sundays at Gypsy Hill Pool beginning Wednesday, May 27 for Adult Lap Swim. This program is for swimmers ages 18+ who want to come swim laps for two hours before the pool opens to the public. *The cost of this program is only \$1 per visit. We look forward to seeing you at the pool this summer!*

Swim Lessons (Tadpoles: Ages 2-4 Parent and Child) (NEW)

Wouldn't you love to have your child learn to swim? Join us and our instructor, Kristen Anderson, a certified swim lesson instructor, as we teach your young swimmer how to enjoy a fun safe day at the pool, lake or anywhere your family decides to make waves. Space is limited! Price: \$40.

RA153-1 GHPP 6:30pm-7:30pm, Four Mondays beginning June 1. Register by: May 25

RA153-2 GHPP 6:30pm-7:30pm, Four Mondays beginning July 6. Register by: June 29

Swim Lessons (Gold Fish: Ages 5-7) (NEW)

Wouldn't you love to have your child learn to swim? Join us and our instructor, Kristen Anderson, a certified swim lesson instructor, as we teach your young swimmer how to enjoy a fun safe day at the pool, lake or anywhere your family decides to make waves. Space is limited! Price: \$40.

RA153-3 GHPP 6:30pm-7:30pm, Four Wednesdays beginning June 3. Register by: May 27

RA153-4 GHPP 6:30pm-7:30pm, Four Wednesdays beginning July 8. Register by: July 1

Swim Lessons (Dolphins: Ages 8-10) (NEW)

Wouldn't you love to have your child learn to swim? Join us and our instructor, Kristen Anderson, a certified swim lesson instructor, as we teach your young swimmer how to enjoy a fun safe day at the pool, lake or anywhere your family decides to make waves. Space is limited! Price: \$40.

RA153-5 GHPP 6:30pm-7:30pm, Four Tuesdays beginning June 2. Register by: May 26

RA153-6 GHPP 6:30pm-7:30pm, Four Tuesdays beginning July 7. Register by: June 30

Dive-in Movie (NEW)

Grab your pool floats and join us for a new event at Gypsy Hill Park Pool! We will be offering a new take on the typical Drive-in movie with a DIVE-in movie. On July 25th we will be showing Moana at the Gypsy Hill Park Pool. This is a new, fun, and exciting way to enjoy your favorite Disney movie. Concessions will be available. All ages welcomed! #R2154-7 GHPP. 8:30pm, Price: \$3.

Water Polo (NEW)

Join us at the Gypsy Hill Park Pool for fun recreation-based Water Polo. Teams will be made up of 7 people with a 5v5 format in the pool. Games will begin on Wednesday, August 5. You must register as a team. Ages 16+, #RA155-7 GHPP, 6:30pm-7:30pm. Team Fee: \$140. Please call the Rec office at 540.332.3945 for additional information.



GOLF

NON-MEMBERSHIP RATES

- 18 holes with cart: \$25
- 18 holes after 11am: \$20
- 9 holes with cart: \$18
- Walking 18 holes: \$10
- Walking 9 holes: \$8

MEMBERSHIP RATES

- Regular Membership: \$450
- Senior Membership: \$400
- Family Membership: \$850
- Junior (12-17yrs): \$150
- Youth (under 12): \$50
- Couple: \$750



NEW THIS SPRING

- Gypsy Hill will be hosting several ladies golf clinics starting in April. These clinics will be in the evenings starting at 5:30 pm and last an hour. The fee for the clinics will be \$15 per person
- We will also have a 9-hole captain's choice on Tuesday evenings. The event will be open to all golfers and the teams will be drawn. These weekly events will shotgun start at 5:30pm and you must be signed up by 5:15pm. The 9-hole social will start the first Tuesday in May. You may call the pro shop at 540-332-3949 to sign up each week. The fee for this social will be \$17 for members and \$25 for non-members. There will be awards for the first-place teams each week as well as a closest to the pin prize.
- Gypsy Hill will be hosting several junior golf clinics throughout the summer these clinics will be during the mornings and the kids will have an opportunity to play a few holes. These clinics will start in June.



2020 TOURNAMENT SCHEDULE

April 4	Tough Pin Tourney, 8:30am Shotgun Start
April 25	Eagles Tourney, 9am Shotgun Start
May 2	Staunton High School Boosters Tourney, 9am 4 Person Captain's Choice and Open to All Golfers
June 13-14	N.L. Deaver Team Championship, 2 Person Teams 8am, Saturday and 8am Sunday
July 11-12	News Leader 2 Person Captain's Choice 8am Saturday and 8am Sunday
August 8-9	Men's Golf Association Championship 8am Saturday and 8am Sunday
September 26-27	The Shootout, 2 Person Captain's Choice Day 1 at Gypsy Hill, 9am Day 2 at the Highlands Fisher Mountain, 9am

GOLF LESSONS

Wes Allred, PGA

1 Hour \$40

1 Hour Senior \$30

1 Hour Junior \$20

ATHLETICS

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 13th. Will play Monday & Wednesday nights. Ball requirement is .44 core .375 compression. *League fee is \$350 per team, by April 9.*

Co-ed Spring Softball League

Co-ed league is returning for another exciting year. The league will begin May 5. 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 27. Men use wooden bats. *League will play on Tuesday and Thursday.*

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

On April 8 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 8 at Montgomery Hall Park activity room. *The meeting will begin at 8pm and there is no fee to attend.*

Learn to Play Pickleball

In six weekly sessions learn to play the fast-growing game of pickleball. Pickleball is a cross between badminton, tennis, and ping-pong. Played on a wood gymnasium floor with a perforated plastic ball using a composite paddle. Instructors will cover game safety, equipment, rules, shots, strategies and more. *Class will be on Monday mornings 10am-11:30am at the Gypsy Hill Gym, beginning March 9 through April 13. Cost: \$25*

Pickleball Open Gym!

Three new pickleball courts are available in Gypsy Hill Park Gym. Open gym periods will be on Sunday from 12pm-4pm and Wednesday 6:30pm-9:30pm (excluding the 4th Wednesday of every month) at Gypsy Hill Park Gym. *Fee will \$25 per person for each brochure period. There are three brochure periods in a calendar year. You must be registered before playing, there is no on sight payment available. New period begins May 13.*

Co-ed Adult Spring Outdoor Soccer League

The league is open to anyone 16 years and up to participate in 7 vs. 7 soccer to be played at the Montgomery Hall Park Soccer Complex on Tuesdays, Thursdays, and Sundays. Rosters are limited to 15 players any combination of male/female players. *League fee is \$380 per team. Jerseys will be provided. Deadline is May 27 to enter, league will start June 2.*



BEFORE / AFTER-SCHOOL CARE

Camp Staunton 2020

Theme: Camp Staunton's Got Talent
June 1 – July 24

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 many 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 for hiking, 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 pickleball, archery, hiking, disc golf, arts/crafts, and cooking.

We take Field Trips to various fun and exciting places, such as Kings Dominion 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 camp parent or camper about our summer program. *Register for the entire eight week program, or pre-register for certain weeks.*

Program Fees: \$750 pre-paid for 8 weeks, OR \$100 weekly. Now taking registrations at the Irene Givens Administration Building in Montgomery Hall Park.



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. Concern 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. *Registration for the 2020/2021 School year begins Monday June 8. 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.*

The Camp Staunton and HEART programs are operating as programs exempt from licensure with basic health and safety requirements but have no direct oversight by the Department of Social Services.



YOUTH/TEEN

Discovery Space at the American Shakespeare Center

Earn a “mini Masters” degree in Shakespeare through our Discovery Space series! Each season, our renowned Education Artists will guide you through a family-friendly sequence of interactive workshops focusing on the plays in our current repertory. Explore Shakespeare’s works through our hands-on methods of textual analysis and staging, honed over decades of practice on the Blackfriars stage. By the end of the series, you will have a comprehensive understanding of cue scripts, rhetoric, and Shakespeare’s staging conditions that will enrich your experience of every production you attend at the ASC and beyond. Participants who attend every workshop in the series will receive an honorary “Master’s” certificate and a free gift from our gift shop. Ages 8+. Instructor: Aubrey Whitlock, #R7140-4, Located at the Blackfriars Playhouse, 11am-12pm, Eight Sundays beginning April 5, Price: \$40. Register by: March 30

Beginner Chess

Students will gain an understanding of the rules of chess and develop a love of the game. Students will be taught how to castle, checkmate, anticipate their opponent’s next move, and basic chess openings. Instructor George Gruner is a former elementary education teacher with over 40 years of working with young children. #K7008-13 MHPA, 4pm-5pm, Ages 5-8, six Thursdays beginning April 9. Price: \$26. Register by: April 3

Chess Strategies

Gain an in-depth understanding of chess strategy that will include two and three move checkmates, the difference between forks, pins, skewers and discovered check, en passant, how to notate games, and develop the ability to think multiple moves ahead. Ages 8-18 or younger if the student has completed a previous chess class or with the permission of the instructor. Instructor George Gruner is a former elementary education teacher with over 40 years of working with young children. #K7004-13 MHPA, 4pm-5:30pm, six Tuesdays beginning April 7. Price: \$39 Register by: April 3

Hard Knocks Sports Camp (NEW)

You think you got game? Come find out. Hard Knocks is designed to spark friendly competition among friends. During this 4-week “camp” you will learn the basic rules of basketball, flag football, soccer and ultimate frisbee where you will then engage in friendly competition. Bring your best squad and see if you really do got game! Ages 16+. Instructor: Ryan Flippo. #R7158-4 GHPG, 5pm-6:30pm, four Mondays beginning April 6, Price: \$40. Register by: April 2

YOUTH IN THE KITCHEN

Snack Attack (NEW)

Have you ever had the craving for a good snack in the middle of the day? Not quite sure what to make? Join us for an easy "how-to" class to make the simplest yet most delicious snack you've ever had. Instructor Terri Campbell from Campbell Cooking Creations will take you through three easy recipes to make the simplest ingredients into an extraordinary flavorful snack. #R7130-5. Ages 6-12. MHPK, 6pm-7:30pm, Monday, May 18. Price: \$18. Register by: May 11

Easter Cooking for Kids (NEW)

Here come Peter Cotton Tail hopping down the bunny trail with all sorts of fun egg recipes! This fun and creative class will center all recipes around eggs for the holiday. Terri Campbell of Campbell Cooking Creations will take you through three easy recipes that are sure to be a knock out this Easter! #R7131-4 Ages 6-12. MHPK, 6pm-7:30pm, Monday, April 6. Price: \$18. Register by: April 1

All American Cookout (NEW)

Celebrate the 4th of July in patriotic fashion with a classic take on the inevitable family cookout! This class will teach you to make the classic dishes for a family cookout but also keep it kid friendly with easy steps. Terri Campbell of Campbell Cooking Creations will take you through three easy to do recipes that will make your dish a standout at the cookout this year. #R7132-6 Ages 6-12. MHPK, 6pm-7:30pm, Monday, June 29. Price: \$18. Register by: June 22



TODDLER/PRE-K

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.

Ryan's Playhouse (NEW)

Ryan's Playhouse...where kids get to be kids! Enter Ryan's Playhouse for a morning enjoying jumping, tumbling, bouncing and tons of other fun active play. Perfect for a child to let off some energy, interact with other kids and have a great morning of excitement and play. #K8126-4 GHPG, 9:30am-10:45am, Wednesday, April 15. Price: \$7. Register by: April 10. Ages 3-5

Art for a Day (NEW)

Let your child's creativity shine as we enjoy art with three separate projects. Introduce your child to Art play and share time together. Projects will include a take-home painted rock, a paper craft and another secret project for your child to enjoy doing and be able to take home and show off! #K8127-4 NSC, 9:30am-10:45am, Wednesday, April 22. Price: \$7. Register by: April 17

Understanding Quality Early Childhood Education and Care (NEW)

New Parents have so many questions! How do I provide my child with best options for early education and care? What do I look even for? Don't worry, this simple workshop will provide you with information to help you choose the right program or type of daycare to meet your needs. Instructor Marta Szuba from Valley Virginia Quality will show you factors in choosing the right environment and curriculum for your child. Learn the standards Virginia Quality uses to ensure your child the best development. #K8156-5 MHPA, 6:30pm-7:30pm, Monday, May 11. Price: FREE (Must register online by May 6 to attend).





STAUNTON SENIOR HEALTH EXPO

Gypsy Hill Park Gymnasium Friday April 24, 9am-3pm

Staunton Parks and Recreation's 2nd 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 program



SENIORS (50 & OVER PROGRAMMING)

Breakfast Club

Become part of this enjoyable senior club that will meet monthly at selected restaurants or locations to enjoy a good hearty 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. #K6011 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. K6031-13 GHPG, 9am-10am, Tuesdays and Thursdays. Price: \$29 per 12 classes. Ongoing class.

Get Your Ducks in a Row

The Ducks in a Row workshop helps each person give the gift of planning by getting affairs in order! Participants will develop a plan for making decisions, organizing records, and preparing for the future to ensure personal wishes will be met. The workshop includes topics such as wills, medical directives, family memorabilia, and distribution of belongings, as well as plans for funeral, financial and legal matters. Save time, headaches and confusion for your loved ones by getting your Ducks in a Row! Some parents and children come together! Instructor: Mary Ann Stripling. #K6159-5 MHPC, 6:30pm-8:30pm, three Thursdays beginning May 7. Price: \$50. Register by: May 1

Explore Senior Living

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. #K6051-13 MHPC, 6pm-7pm, Monday, May 4. Price: FREE. Simply call the Rec office at 540.332.3945 by April 30 to reserve your spot.

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



FITNESS AND WELLBEING

Supercharging Fitness with Science and Technology

People of all ages and fitness levels are getting fit faster than ever thanks to the latest advancements in exercise science. Any medically approved form of exercise is good for the mind, body and soul, but more and more, research is pointing to short bursts of high intensity, and constant change, and it is not just the elite athlete that stands to benefit. The newest form of High Intensity Interval Training (HIIT) has taken off in Staunton with the launch of the F45 fitness studio where a team of world class fitness experts delivers strategically designed daily workouts to their network of more than 1,300 studios across the world. In as little as 45 minutes three to five times a week everything is covered including balance, agility, cardio, stamina, strength and calorie burn.

HIIT can be safe and very effective when designed and guided by a qualified training staff. Work periods of 20 to 60 seconds separated by short rests offer the perfect opportunity to challenge your limits even for those that have not been to the gym in years. And as AARP points out, it is a "Miracle Workout for Seniors" and a great way for seniors to improve their overall health and mobility, especially when the exercises are functional in nature. The Staunton F45 Training staff is eager to work with Staunton Parks and Recreation to bring the latest exercise science to community-based events such as the Gypsy Hill Boot Camp and the senior workouts offered in this program.

Reference:

<https://www.wholelifechallenge.com/hiit-workouts-how-to-the-science-benefits-and-workouts-you-can-do-today/>
<https://www.aarp.org/health/healthy-living/info-2018/high-intensity-interval-training-workout.html>
www.F45Training.com/Staunton



Bill Campbell owns and operates the Staunton F45 and is an avid fitness enthusiast and personal trainer with an extensive background in wrestling and coaching. At 59 years of age he is still competing in mud / obstacle races against competitors of all ages having recently won the Dirty Dan Mud Run in Danville, the Dayton Muddler, the Goliath at the Gorge in TN and has been a multiple-time age class winner at Spartan races.

TRAINING TEAM BIO:

F45's trainers are well qualified, energetic people that will motivate you during workouts and help you meet your goals. Our head trainer, Sonya, has a passion for the science of exercise. When she's not at F45, she works as a clinical scientist at the hospital. Liz is a born leader, whose favorite exercise is running, but she also runs a classroom full of energetic second graders at Churchville Elementary. Jim brings muscle into the training room, and muscles his way through his job in information technology, until workout time arrives. Sam is a top-notch trainer and a top-notch full-time college student at the top of his class. Tyler brings a contagious energy to the training floor, incorporating his karate skills into his workouts. Jeremiah, the newest addition to the training staff has loved F45 workouts since his first in February 2019. Our training team is professional and dedicated to your fitness success.



Sonya



Tyler



Liz



Jim



Sam



Jeremiah

8-Week Functional Fitness for Seniors

Improve your health, balance, agility, cardio and strength with the most advanced functional fitness program suited to seniors 55+ of all fitness levels medically cleared for moderate exercise. This is NOT the typical one-size-fits-all fitness program for seniors. This small group format program is guided by personal trainers and offers different exercises to keep things fun and to challenge your body to reach new levels of fitness. During our 8-week class, we will have one class located at a Parks and Recreation facility! Ages 55+. Instructor: Bill Campbell
#R1141-5 F45 Studio, 9:30am, Eight Mondays beginning May 4, Price: \$144, Register by: April 30
#R1141-6 F45 Studio, 10:15am, Eight Mondays beginning May 4, Price: \$144, Register by: April 30
#R1141-1 F45 Studio, 9:30am, Eight Thursdays beginning May 7, Price: \$144, Register by: April 30
#R1141-2 F45 Studio, 10:15am, Eight Thursdays beginning May 7, Price: \$144, Register by: April 30

Boot Camp

Come experience the fun and excitement of an awesome outdoor fitness boot camp at Gypsy Hill Park. Exercise has never been so much fun. This HIIT (High Intensity Interval Training) style bootcamp led by the Staunton F45 Fitness Studio team of trainers will get your heart pumping and whole body engaged. Make new friends and have a blast as you challenge yourself with lots of fun, new exercises and group activities that will have you building a stronger body and burning more calories than you ever thought possible. Ages 16+. Instructor: Bill Campbell.
#R1142-5 GHPB, 9am, Saturday, May 23, Price: \$18, Register by: May 18
#R1142-6 GHPB, 10am, Saturday, May 23, Price: \$18, Register by: May 18
#R1142-7 GHPB, 9am, Saturday, June 6, Price: \$18, Register by: May 25
#R1134-8 GHPB, 10am, Saturday, June 6, Price: \$18, Register by: May 25
#R1142-9 GHPB, 9am, Saturday, June 20, Price: \$18, Register by: June 8
#R1142-2 GHPB, 10am, Saturday, June 20, Price \$18, Register by: June 8



Introductory One-Week Functional Fitness for Seniors

Interested in the Functional Fitness Program for Seniors but not sure if you are ready to commit to the 8-week program? Then this introductory week is for you. Come and try two classes and see how 45 minutes twice weekly can change your life. Open to seniors of all fitness levels, 55 years old and older, medically cleared for moderate exercise. Ages 55+. Instructor: Bill Campbell.
#R1143-1 F45 Studio, 9:30am-10:15am, May 4 and May 7, Price: \$18, Register by: April 30
#R1143-2 F45 Studio, 10:15am-11am, May 4 and May 7, Price: \$18, Register by: April 30

Neural-delics (NEW)

This spring, take a deep dive into body awareness! Build your coordination, reduce muscular tension and enhance your sensory perception by honing your body's neuromuscular system. Awareness Through Movement® classes use gentle movement and focused attention to help you move more effectively, efficiently and with greater pleasure. Beginners welcome anytime. Please bring a blanket or smooth mat for the floor and wear comfortable clothing. If you have questions, please contact Guild Certified Feldenkrais Practitioner Cynthia Dunafon at: feld.shenandoah@gmail.com. K9133-4 MHPA, 1:30pm-2:30pm., Five Tuesdays beginning April 21. Price: \$35 for full session. Register by: April 16

Greet your Feet! (NEW)

Continue your journey in body awareness with a summer series of movement lessons focusing on your feet. We'll explore standing, balance, gait, joint structure in foot and ankle and, finally, how to use your contact with the ground to reset and recharge your body's overall muscle tone. Awareness Through Movement® classes use gentle movement and focused attention to help you move more effectively, efficiently and with greater pleasure. Beginners welcome anytime. Please bring a blanket or smooth mat for the floor and wear comfortable clothing. If you have questions, please contact Guild Certified Feldenkrais Practitioner Cynthia Dunafon at: feld.shenandoah@gmail.com. K9134-7, 1:30pm-2:30pm. Five Tuesdays beginning July 14. Price: \$35 for full session. Register by: July 7

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. #K9036-13 GHPGC, 7pm-9pm, Wednesdays beginning April 1 Price: \$50/month. Register by: March 28

Qi Gong / Taiji Combo Class

Whether you enjoy Qi Gong or Taiji, this new combo class will provide you with the opportunity to enjoy both. Sun Style Taiji is effective in dealing with hypertension, stress, balance and posture issues and Parkinson's disease. Qi Gong is a series of 24 simple movements, when used in repetition enhance posture, balance, strength and flexibility. Wear flexible shoes and comfortable clothing. Our instructor, Karen Becker, has been practicing Taiji and Qi Gong for 16 years and teaching for seven years. Disciplines will be divided for your preference. K9056-4 GHPGC, 3pm-4:45pm, Eight Wednesdays beginning April 1. Price: \$40/8 week session. Register by: March 27

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. #K6031-13 GHPG, 9am-10am, Tuesdays and Thursdays. Price: \$29 per 12 classes. Ongoing class.

A hand in a blue sleeve is writing the words 'HABLA ESPAÑOL?' in white chalk on a dark chalkboard. The text is written in a casual, hand-drawn style. The word 'HABLA' is on the top line, and 'ESPAÑOL?' is on the bottom line. The hand is positioned at the end of the word 'ESPAÑOL?', with the chalk tip touching the final question mark.

HABLA ESPAÑOL?

PERSONAL DEVELOPMENT

Spanish with Señor Lopez (NEW)

Learn to speak Spanish and be able to communicate with a friend, coworkers or just to learn a new language. Señor Lopez has over 30 years of teaching Spanish and you can learn it too in this educational, fun language program. Learn the basics of communicating and understanding Spanish and cross another "want to do" off your bucket list! Instructor: Senor Leonardo Lopez. #K9125-4 MHPC, 6pm-7:30pm, Eight Wednesdays beginning April 15. Price: \$60. Register by: April 8

Victorian Self Defense

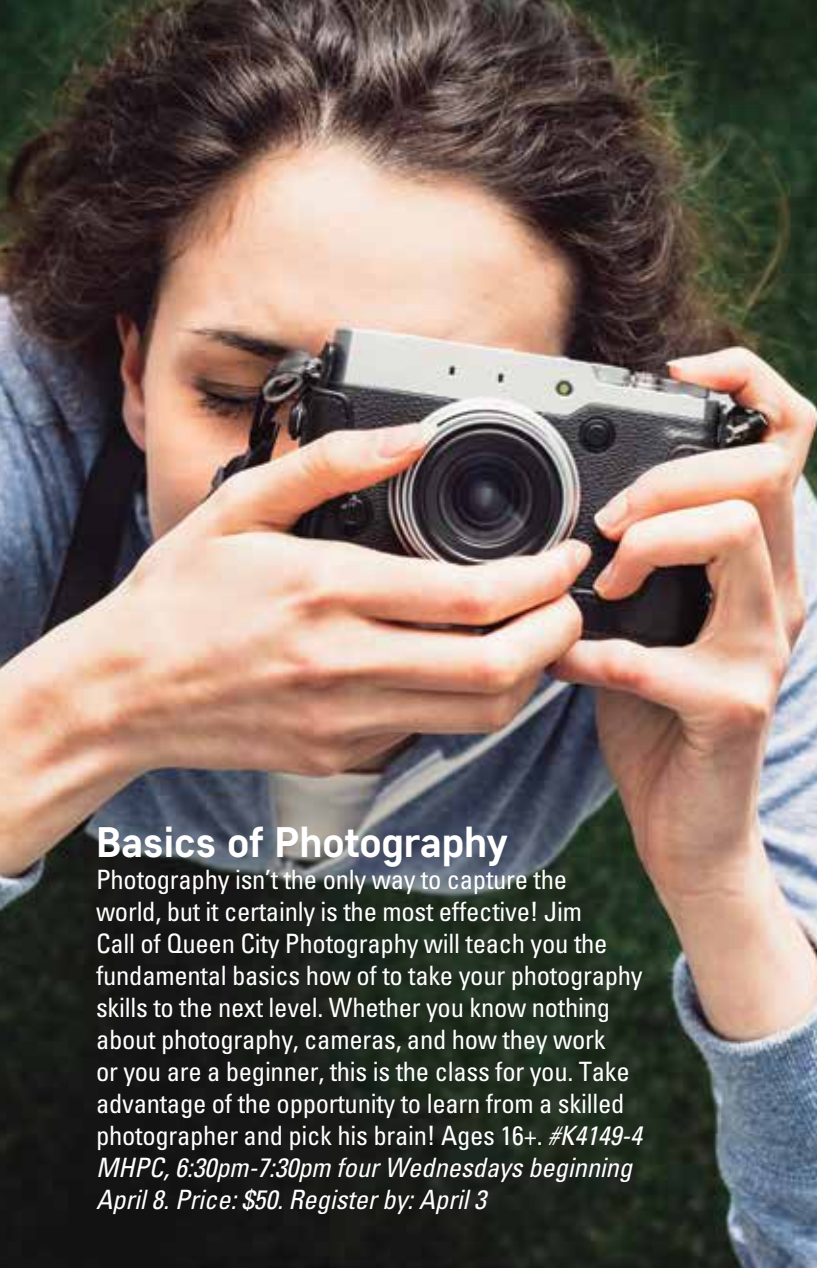
Do you want to be safer and feel more secure in your everyday life? Wouldn't you love to have more confidence in handling an uncomfortable situation? This class is an entertaining form of exercise with the benefit of feeling more secure. Victorian Self Defense is a reliable resource for a Gentleman or a Lady who might find themselves beset by an unsavory character. Instructors: Medieval Fantasies Company. #K9108-5 NSC, 6pm-8pm, Two weeks beginning May 5. Price \$24. Register by April 30. Ages 10-99

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 Ashworth. #K4052-13 MHPA, 6:30pm-8pm, eight Thursdays beginning April 9. Price: \$84. Register by: April 3

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. #R4118-13 MHPC, 6pm-7:30pm, April 7, Price: \$10. Register by: April 3



MUSIC AND DANCE

Dance for Joy (NEW)

Experience the Joy of Dance as we learn the historic art of Messianic Dance. Messianic Dance is a choreographed dance that combines ancient folkdance with contemporary worship music. Use your hands and feet to express yourself in dances that are tailored to beginner and intermediate level dancers. Every session will include learning both ancient and newer steps. Wear comfortable shoes or non-slip socks. Instructor: Esther Snider. *K1160-4 GHPGC, 7pm-8:30pm, Four Mondays beginning April 20. Price: \$25. Register by: April 13*

Ticknors' English Country Dance (Spring Season)

Enjoy the English dances beloved since Elizabethan times. Lines, circles and squares, with an emphasis on patterns, rather than fancy steps. All ages. Singles and beginners welcome. Spring session begins March 20 and continues on the 1st and 3rd Fridays of the month through June 5. Six sessions \$20. Gypsy Hill Park Garden Center, 7pm-9pm You must pre-register online. For more information please contact Becky McGovern 886-9729. *#K1058-13 GHPGC, 7pm-9pm, 1st and 3rd Fridays from March 20-June 5. Price: \$20*

Line Dancing with Sharon (Spring Season)

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. Instructor: Sharon Sturdivent *#K1038-13 GHPGC, 11am-12pm, classes will be on Mondays beginning April 6 and continuing through June 29 (June classes at alternate location). Price: \$12 per season*

Advanced Line Dancing with Sharon (Spring Season)

Take those next steps! Class geared for those 45 and wiser! Some line dance experience necessary. Instructor: Sharon Sturdivent. *#K1003-13 GHPGC, 11am-12pm, Thursdays beginning April 2 and continuing through June 25 (June classes at alternate location). Price: \$12 per season*

Basics of Photography

Photography isn't the only way to capture the world, but it certainly is the most effective! Jim Call of Queen City Photography will teach you the fundamental basics how of to take your photography skills to the next level. Whether you know nothing about photography, cameras, and how they work or you are a beginner, this is the class for you. Take advantage of the opportunity to learn from a skilled photographer and pick his brain! Ages 16+. *#K4149-4 MHPC, 6:30pm-7:30pm four Wednesdays beginning April 8. Price: \$50. Register by: April 3*

30 Minute Fresh (NEW)

Think your life is too hectic for a healthy and delicious meal? Think again! Come join the folks from the Allegheny Mountain Institute for a cooking class that's quick, easy, and most importantly delicious! We'll guide you from farm fresh produce to dinner plate in 30 minutes, with all ingredients and tools provided. Ages 16+. Instructor: Grayson Shelor, *#R4147-5 MHPK, 6pm-7pm, Tuesday, May 19, Price: \$10. Register by: May 15*



EVENTS

Staunton Senior Health EXPO

Friday April 24, 9am-3pm,
Gypsy Hill Park Gymnasium
Staunton Parks and Recreation's
2nd 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. 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 jacobsenk1@ci.staunton.va.us

Eggstravaganza

Saturday April 11, Montgomery Hall Park Soccer Complex

Join Staunton Parks and Recreation
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



Earth Day Staunton

Saturday April 18, 10am-2pm, Bandstand at Gypsy Hill Park
Celebrate Earth Day with us on Saturday, April 18 from
10am-2pm. Earth Day Staunton will take place at the
Gypsy Hill Park Bandstand. Enjoy kid-
oriented activities, live native wildlife
shows, 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



26th Annual Youth Fishing Derby

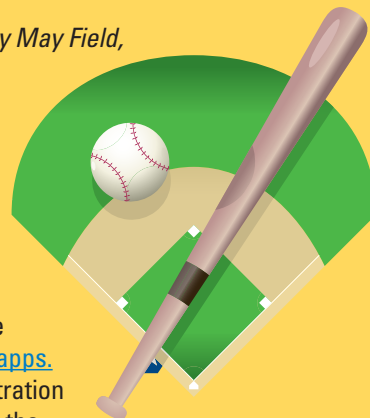
Saturday May 2, 8am-11am, Lake Tams in Gypsy Hill Park
Open to youth 4-15 years of age. Prizes awarded in various
categories. FREE on-site registration begins at 7:30am.



Major League Baseball Pitch, Hit & Run (PHR)

Wednesday May 6, 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. FREE; pre-register online
only at <https://pitchhitrun2020.leagueapps.com/events/1448710>, no on-site registration
allowed. (No metal cleats allowed for the
competition.)



Kids Matter Day

Saturday May 9, 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 Lesley Holsinger at holsingerlj@ci.staunton.va.us.

THANK YOU KIDS MATTER DAY 2019 SPONSORS:

GOLD LEVEL SPONSORS: McDonough Toyota, Augusta Health,
Greater Augusta Prevention Partners (GAPP)

SILVER LEVEL SPONSORS: EyeOne, Valley Pediatric Group:
Staunton and Waynesboro

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





Spring Plant Swap

Saturday May 9, 9am-noon, Montgomery Hall Park

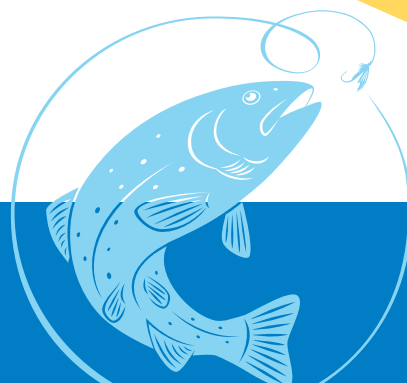
The Parks & Recreation Spring Plant Swap will be located on the lawn area behind the Parks & Recreation Administration Building. Look for the small parking lot behind the building for drop off area. Drop off & voucher assignment begins at 9am and lasts until 10:45am. Swapping begins promptly at 11am. The plant swap will be held rain or shine. Never heard of or been? Here is how it works.

- Dig up and divide plants from your home or garden and bring them to the swap.
- Parks & Rec staff will then check you in and assign vouchers for the value of your plants.
- Browse through the selection of plants at the swap.
- At 11am sharp use your vouchers to purchase new plants.
- Take home your new plants & enjoy!

What to swap? Annuals, Seeds, Perennials, small shrubs or trees, houseplants, garden books etc. There is no charge for this event! This is a fun way to get something new for your garden! Take advantage of the spring weather and clean out your garden to make way for something new! Chat with fellow gardeners. Enjoy complimentary coffee & snacks as well as door prizes. Info: 540.332.3945

EVENT CALENDAR

APRIL 11	Eggstravaganza
APRIL 18	Earth Day Staunton
APRIL 24	Staunton Senior Health EXPO
MAY 2	26th Annual Youth Fishing Derby
MAY 6	Major League Baseball Pitch, Hit & Run
MAY 9	Kids Matter Day
MAY 9	Spring Plant Swap
MAY 16	16th Annual Senior Fishing Derby
JUNE 20	Juneteenth Celebration
JULY 25	Dive-in Movie



16th Annual Senior Fishing Derby

Saturday May 16, 8am-11am, Lake Tams in Gypsy Hill Park

Open to all adults 50+ years of age. FREE on-site registration begins at 7:30am

Juneteenth Celebration at Montgomery Hall Park

Saturday June 20, 11am-6pm, Montgomery Hall Park

The Staunton Education Foundation, Inc will host the third annual Juneteenth Celebration at Montgomery Hall Park on June 29, 2019 in collaboration with the Shenandoah Valley Juneteenth Celebration Committee. Juneteenth is the oldest known celebration of the ending of slavery. Dating back to 1865, this historical date commemorates June 19 when Union soldiers led by General Gordon Grainger arrived in Galveston, Texas to announce that the Civil War had ended and that all slaves were free. This was two and a half years after President Lincoln had issued the Emancipation Proclamation. Juneteenth celebrates African American freedom and a respect for all cultures and their history. This event will have a variety of activities for everyone to include: children's activity area, live entertainment, food, vendors, music, information booths, voter registration, raffles, health screenings, fun, fellowship, and networking. For more information, please contact Chairperson Sheila Ahmadi at sahmadi13@icloud.com

**JUNE
TEENTH**
FREEDOM DAY

JUNE 19

Dive-in Movie (NEW)

Saturday July 25, 8:30pm-11pm, Gypsy Hill Pool

Grab your pool floats and join us for a new event at the Gypsy Hill Park Pool! We will be offering a new take on the typical Drive-in movie with a DIVE-in movie. On July 25th we will be showing Moana at the Gypsy Hill Park Pool. This is a new, fun, and exciting way to enjoy your favorite Disney movie. Concessions will be available. All ages welcomed! #R2154-7 GHPP. 8:30pm, Price: \$3.



SUMMER BANDSTAND ENTERTAINMENT

MONDAY

The Stonewall Brigade Band

The Summer Concert Season features a free concert every Monday night at 8pm, June, July and August in The Stonewall Brigade Bandstand in beautiful Gypsy Hill Park, Staunton VA.

June 1	The Best of Concert Band
June 8	Flag Day Concert
June 15	The Best of Broadway and Hollywood
June 22	A Celebration of Sacred Music
June 29	Independence Day Concert
July 6	Marches and More!
July 13	Traveling West

**Full Schedule Available Late Spring*

TUESDAY

Praise in the Park

Concerts start at 7pm. Concessions and children's activities. 18 years of Free concerts hosted by Linden Heights Baptist Church in Staunton.

June 2	7pm	West Waynesboro Gospel Singers <i>Eight locals kick off the season with Southern Gospel</i>
	8pm	Bridge Church Collective Band <i>Local church presents powerful praise music</i>
June 9	7pm	Brian Buchanan <i>A Lee graduate, member of VA Opry, Country gospel</i>
	8pm	The Brent Rochester Family Bluegrass Band <i>With "All About Him Ministries" touring the U.S.</i>
June 16	7pm	Just Us Gospel Band <i>A fun group from Central Virginia- country gospel</i>
	8pm	Amy Ladd & Friends <i>Exciting bluegrass/country gospel, Central Virginia</i>
June 23	7pm	West Wind Gospel Bluegrass <i>This local band is always a hit at Praise in the Park</i>
	8pm	Blue Mountain Sunrise Band <i>Returning for another year this band brings great music</i>
June 30	*6:30pm	Celebrate America Night with Linden Heights Church Singers <i>A variety of instruments, soloists and groups to bring a fun night to Staunton. Wear red, white & blue, wave your flag and giveaways</i>
July 7	7pm	Teen Night with Covenant Band <i>Bring your youth group! Fast paced, fun contemporary music, free pizza, drinks & giveaways to the youth</i>
July 14	7pm	Heaven's Mountain Band <i>Welcome back one of Praise in the Park's favorites</i>
	8pm	The Virginia Harmonheirs <i>An amazing blend of voices from Central Virginia</i>
July 21	7pm	Doc Cousins Band ~ Chris & Micky Campbell <i>The 2nd Generation Coachmen Hear oldies & new</i>
	8pm	New Life Gospel Band <i>Bluegrass from Churchville, VA. Their first year</i>
July 28	7pm	Spirit Led <i>An old time favorite at Praise in the Park</i>
	8pm	Village Church Band <i>Contemporary and Southern Gospel Band</i>

WEDNESDAY

Wednesday Night Bluegrass

All Concerts Start at 7pm. Rain or Shine! Free. Hosted by Staunton Parks and Recreation.

July 8	7pm	Frog Pond Pickers
	8pm	Mark Templeton and Pocket Change
July 15	7pm	Blue Ridge Thunder
	8pm	Dowdy Brothers

**Full Schedule Available Late Spring*

THURSDAY

Jazz in the Park

All Concerts start at 7pm. Rain or Shine! Free. For more information call Lew or Lisa Morrison at 540.337.6944

July 9 Just Jazzin' Big Band featuring Frank Sinatra Specialist Danny Barrale

**Full Schedule Available Late Spring*

FRIDAY

Family Night Flix

Movies will be family oriented and held on Friday nights at the Gypsy Hill Park bandstand. Food and snacks will be available each night for purchase. All movies start at dusk usually between 8:30pm and 9:15pm. Begins in June. Weather cancellation line is 540.332.3947

**Full Schedule Available Late Spring*



REGISTRATION

ONLINE REGISTRATION

www.staunton.va.us/recreation

MAIL-IN REGISTRATION

NAME _____ Date of Birth _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE AM/PM _____ EMAIL _____

EMERGENCY CONTACT _____

EMERGENCY CONTACT ADDRESS _____

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

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

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

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

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

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

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

Total sent: _____

Travel Policy:

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

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

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

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

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



RELEASE

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

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

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

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

* Pursuant to the City's Travel Policy (See Reverse Side), which is incorporated by reference and may be changed at any time, once payment is made for the program or activity, including any required deposit or payment in full, there is NO REFUND unless an authorized City person cancels the trip entirely, with such a decision being within the sole discretion of the City. TIME IS OF THE ESSENCE in making any payment by the designated time. The failure to make timely payment strictly as specified completely waives the opportunity to participate in the program or activity without further notice.

Each provision of this document is separable, and each such provision, including each clause, stands on its own. The City does not waive and expressly preserves any immunity of any kind as allowed by law.

Participant Signature: _____

Emergency Contact: _____

Witness _____

Date: _____

If participant is a minor under the age of 18

Participant Name: _____ Date of Birth: _____

Parent/Guardian Name/s: _____

Parent/Guardian Signature/s: _____

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 programming, 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.

2020 CENSUS ASSISTANCE

Friday, April 3, 10am-4pm

Saturday, April 11, 12pm -4pm

Wednesday, May 13, 6pm-8pm

An accurate count of our community helps inform how hundreds of billions of dollars might get used each year for public services like clinics, schools, public transit, and hundreds of programs. Census Ambassadors will be on hand to answer your questions about the 2020 Census. Computers will also be available to respond online.



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Subscribe to Our Monthly E-newsletter

Find out what's happening this spring at Staunton Parks and Recreation. From community events to athletic leagues, day trips, youth and adult programs this is your monthly source for all things Parks and Rec. Sign up today for our monthly E-Newsletter at mailchi.mp/691b46582722/stauntonparksandrecreationsubscribe.

STAUNTON PARKS & RECREATION

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

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, 2020). Don't procrastinate, sign up early! Call Mike Twitty at 540.849.7401 for more information.

Price: \$65

*New this fall – flag football and cheer for Ages 5-7yr olds

SIGN-UP LOCATION AND DATES:

Gypsy Hill Park, Winston Wine Memorial Stadium Football Field
Concession Stand

April 4 10am-12pm

April 25 10am-12pm

May 12 6pm-8pm

June 9 6pm-8pm

June 20 10am-12pm