

Fall Activities

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. #K4052-14 MHPA, 6:30pm-8pm, eight Thursdays beginning September 24. Price: \$84. Register by: September 17

Please Note:

- All participants MUST wear a mask
- Social Distancing MUST be adhered to at all times
- Each participant will have their own table spaced apart
- Participants will sign Waiver and have COVID-19 screening each entry

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. #K6031-14 GHPG, 9am-10am, Tuesdays and Thursdays beginning September 8. Price: \$32 per 12 classes (Price has already been adjusted for senior discount).

Please Note:

- Social Distancing MUST be adhered to
- Participants MUST use a mask
- Each participant will have their own workout space
- No sharing of equipment
- Class members will be temperature checked prior to each class
- Class waiver forms must be completed

Rock Climbing and Rappelling

A full day of learning to climb, belay, and rappel; ages 10 and older (children may attend unaccompanied, but their transportation must be provided by a parent or guardian); all technical gear is provided; a personal suggested clothing list and the Medical Form/Participant Agreement will be supplied by WILD GUYde Adventures after registration; \$75 per person. Ages 10+. Instructor: Lester Zook, #R4160-10. Located in the George Washington National Forest. 9am-5pm, Sunday, October 4th. Register by: September 28

Please Note:

- Must provide own transportation
- Directions will be provided
- Waiver forms must be completed prior to participation

Painting w/Diane: "Happy Fall Yall"

Discover your artistic touch by joining us for this beautiful, festive Fall painting you will be proud to display to family and friends. No experience necessary! Our instructor, Diane Ricketson, will walk you through the steps to create your very own masterpiece. This wonderful DecoArt design, on an 11x14 canvas will provide you with a fun, easy painting to enjoy. K4161-1 GHPGC, 10am-1pm, Saturday, October 10. Price: \$32 (canvas and supplies included). Register by October 7.

Please Note:

- Waiver forms must be completed prior to participation
- Social Distancing MUST be adhered to
- Each participant will have their own table spaced apart
- Participants may not share brushes or equipment
- You may bring a snack or drink to enjoy during class



Youth

Archery Club (New Members)

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. New members will need to complete the Safety Archery Introduction Workshop included as part of this program. They will learn about the types of bows, safety on the shooting range, proper shooting techniques and receive other training.

Instructor: Liz Hadley. Ages 8+. #K7135-14 MHP, Five Mondays. Archery Workshop September 21 (4-6pm), Club dates are four Mondays (4-5:15) beginning September 28. Price: \$45. Register by: September 17

Archery Club (Returning Members)

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. Instructor: Liz Hadley. Ages 8+. #K7135-15 MHP, 4pm-5:15pm, Four Mondays starting September 28. Price: \$30. Register by: September 21

Please Note:

- Waiver forms must be completed prior to participation
- Club Members must follow social distancing
- Members will not share archery equipment during class
- Archers may use their own equipment if requested
- Members will be screened prior to each lesson



Freddy the Fish

Tired of being stuck at home? Grab the kids and come join us as we learn about Freddy the Fish! This fun and interactive class will let the kids participate in learning about life processes in the water and how they are affected in a kid friendly way! Each participant will get their own supplies so there isn't any worry of germs spreading. Instructor Rachel Winter, with the Soil and Water Conservation District, will teach you everything about our changing environment and what we can do to make sure it stays healthy! Ages 5-7. #R7161-9, MHPA, 10am-11am. Wednesday, September 30. Price: \$10. Register by: September 25

Every Tree for Itself

If trees could talk, I wonder what they would say?! This class will give you a better understanding on what trees need to stay strong and grow tall. Instructor Rachel Winter, with the Soil and Water Conservation District, will teach students in a fun and interactive way how trees grow, get "food", drink water and compete for other resources. Ages 5-13. #R7162-9, MHPP, 5pm-6pm, Wednesday, October 14. Price: \$10. Register by: October 9

Sum of the Parts

We all live downstream. This class is an interactive demonstration to help students learn that 'We all live downstream'. By creating their own river-front property, students will demonstrate how everyone contributes to the pollution of a river! Through individual and group action, pollution can be reduced. Participants will be given the opportunity to draw their own river front property and connect them to see how pollution is formed and where it starts! Rachel Winter, with the Soil and Water Conservation District, will help participants understand the importance of cutting down on trash in our water ways! Ages 7-13. #R7163-9, MHPA, 5pm-6pm, Wednesday, October 28. Price: \$10. Register by: October 23

Please Note:

- Tables, chairs, doors, and supplies will be sanitized before, during, and after class
- Social Distancing MUST be adhered to at all times
- Each participant will have their own table spaced apart
- Participants will sign Waiver and have COVID-19 screening each entry



Special Events

SCARECROWS IN THE PARK

Saturday, September 26, 9am - 2pm, Gypsy Hill Park Pool
Crows beware! Kids, Parents and Families are welcome to join Staunton Parks and Recreation's Scarecrows in the Park "Build Off". We will provide all the hay you need to build the scarecrow of your imagination! Bring clothing and whatever accessories you wish to build and decorate your scarecrow! But there is more! Your scarecrow will be presented in the Park through October for you to visit and for all to see. All Scarecrows must be able to be attached to a provided post. Even more good news.... it's FREE! But you MUST pre-register for one of our limited spaces. Pre-register by September 18. For more information you can call Parks and Recreation at 540.332.3945

Please Note:

- Waiver forms must be completed prior to participation
- Scarecrows sites social distanced by staff
- All Participants MUST pre-register
- All participants will be assigned a building time to ensure proper distancing
- No items can be shared by different participants
- Each group will be provided a bag of straw by P&R Staff



Fall Youth Fishing Derby

Saturday, October 10, 8am-11am, Lake Tams in Gypsy Hill Park

Open to youth 4-15 years of age. This event is co-sponsored by Staunton Elks. Lake will be stocked prior to the event. Prizes awarded in various categories. FREE on-site registration begins at 7:30am

