

Town of Christiansburg

Parks and Recreation



FALL 2016

The ONLY Place to Play
Christiansburg, VA



www.christiansburg.org/parksandrecreation



CHRISTIANSBURG



PARKS AND RECREATION

Fall 2016

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www.christiansburg.org/parksandrecreation

To The Citizens of Christiansburg

Dear Friends and Neighbors:

It seems like just yesterday that summer was beginning, but as the children start back to school, it is a sure sign that summer has come and gone in rapid fashion. As the cool morning breezes approach and the color of leaves change amongst the trees and mountains, it gives us great reason to be excited about the fall season in the New River Valley. This is the perfect time to enjoy the recreational opportunities that the Town of Christiansburg has to offer! The Christiansburg Parks and Recreation Department exists to promote and implement leisure programs and services that enhance the quality of life for all ages. In partnership with the community, we strive to deliver quality leisure programs in a personal, effective and successful manner. We serve you, the citizens of Christiansburg and our visiting neighbors, to provide a positive relationship while growing and building our special community.

As you read through the brochure, you will find many recreational opportunities available that will provide quality experiences for you and your family. Reaching your specific recreational goals can be made possible through the many opportunities that are available. We offer several outdoor recreational adventures, from seeing the football flying through the air, to enjoying family time at our outdoor parks and playgrounds and witnessing the sights and sounds of nature’s beauty while walking along the newly extended Huckleberry Trail. As the weather turns cooler you may prefer to meet your recreational needs in an indoor setting - look no further than the Christiansburg Recreation Center. You can stay active with our many community fitness programs, or decrease your stress while playing a friendly game of racquetball. Is developing a healthy lifestyle on your agenda? If so, please take advantage of our various educational classes and health screenings. Exercise is a very important part of a healthy lifestyle so be sure to exercise in our cardiovascular, weight and nautilus rooms or simply take a nice stroll on the 1/8 mile indoor track. Are you over the age of 50? Come and enjoy our seniors lounge, billiards room and covered patio. There are many Senior Center-specific activities and events for you to become involved in.

Looking for some exciting fall events? Join us for a fun-filled day of trout fishing at the Izaak Walton Pond on October 1st for the 1st Annual Tony L. Huddleston Trout Rodeo. Excited about Halloween? Please join us at the Christiansburg Recreation Center in costume on October 29th for the Huckleberry Hustle 5K Race and prepare to “Get Scary on the Huckleberry.” This morning will be filled with festivities, such as a Truck or Treat for the children, pumpkin pancakes for the runners and awards for the best costume. Come be a part of our Annual Christmas Parade themed “Toys, Trains and Candy Canes” on December 9 in downtown Christiansburg. Listen to the carolers, visit the Christmas on the Market, witness the tree lighting celebration and get an early sighting of Santa as he takes a break from his workshop to join the parade and ride a Fire Engine through the streets of Christiansburg.

I am excited to be spending this fall session here with you, in the Town of Christiansburg. I look forward to maintaining the recreational opportunities that are currently in place while also looking at future ways that we can better serve you and enhance your recreational experiences. Our community is quickly becoming known as “The ONLY Place to Play – Christiansburg, Virginia”.

Best wishes to each of you for a cool and colorful fall season.

Sincerely yours,

B. T. Epperley

Brad Epperley
Director of Parks and Recreation

PROFESSIONAL STAFF

- Professional Staff Phone:(540) 382-2349
- Brad Epperley... Director of Parks and Recreation
- Michelle Trussell... Administrative Assistant
- Morgan Fenton... Administrative Associate
- Charlton McCoy... Assistant Director of Parks and Recreation
- Pam Peyton... Supervisor of Community Programs
- Tammy Caldwell... Supervisor of Senior and Special Population Programs
- Chuck Muncy... Supervisor of Outdoor Sports Facilities and Parks
- Nick Yopp... Supervisor of Adult Athletic Programs & Athletic Special Events
- Brian Lambert... Supervisor of Youth Athletic Programs
- Darren Graham... Recreation Center Supervisor
- Ryan Hubble... Recreation Center Supervisor
- Joe Oley... Recreation Center Supervisor
- Forest Redd... Park Maintenance
- Randy Lawrence... Park Maintenance
- Will Oldham... Building Maintenance
- Shawn Stump... Building Maintenance
- Linn Feggeler... Part-time Recreation Assistant
- Marty Gordon... Part-time Recreation Assistant
- Jim Whetzel... Part-time Park Maintenance
- Larry Nunley... Part-time Park Maintenance

PARKS & RECREATION ADVISORY COMMISSION

- Diane C. Fenton, Chairperson
- Doris C. Oliver, Secretary
- R. Cord Hall, Town Council Liaison
- Mary B. Critzer
- Michael L. Saylor
- Tonia D. Winn.
- James B. Williamson, Jr.
- John M. Harris

TOWN COUNCIL

- D. Michael Barber Mayor
- Samuel M. Bishop
- R. Cord Hall
- Steve H. Huppert
- Henry D. Showalter
- Bradford J. Stipes
- Harry Collins
- Steve Biggs Town Manager

GENERAL INFORMATION

Christiansburg Parks and Recreation, funded by the Town of Christiansburg, offers a variety of recreational and educational opportunities to its citizens. The department also receives funding from the Christiansburg Kiwanis Club for the maintenance of Kiwanis Park and for the purchase of youth athletic equipment.

REGISTRATION INFORMATION

1. Register for programs in person at the Christiansburg Recreation Center, 1600 North Franklin Street. Administrative Office hours are Monday through Friday, 8:00 a.m. - 5:00 p.m.. Registration for programs will only be accepted during Administrative Office hours.
2. Registration for programs will be accepted by mail to:
**Christiansburg Department of Parks and Recreation Christiansburg Recreation Center
1600 North Franklin Street Christiansburg, VA 24073**
3. All fees must be paid at the time of registration. Please make checks payable to: Christiansburg Parks and Recreation.
4. Early registration is encouraged, as many programs fill up fast.
5. Pre-registration is required for all programs.
6. Registration is accepted on a "first come, first served" basis up to the maximum enrollment.
7. Upon receipt of registration form and fee, that individual is automatically enrolled (space permitting). There will not be any confirmation of mail in registrations. The department will only notify individuals if there is a problem with the registration. Feel free to call the Christiansburg Parks and Recreation Administrative Office to confirm your registration.
8. Phone registration will not be accepted.
9. If the program is full, you may request that your name and phone number be put on a waiting list. You will be contacted if a space becomes available.
10. Late registration and transfers are only possible when there are openings.
11. Christiansburg Parks and Recreation reserves the right to change and/or cancel programs.
12. Participants who register for a program that requires the purchase of equipment and/or supplies should wait until the last day of registration and check with the Parks and Recreation Administrative Office to ensure the program will be conducted.
13. If a participant cannot participate after registering, a written request for a refund must be submitted within three (3) working days prior to the week the program starts. Refunds are not given after the first program meeting, unless approved by the Director of Parks and Recreation. When programs are canceled, refunds are automatic.
14. Parents with children enrolled in programs should pick them up no later than fifteen (15) minutes after the ending of that program.
15. For additional information, call Christiansburg Parks and Recreation at 382-2349.

INCLEMENT WEATHER POLICY

1. If Montgomery County Public Schools are closed due to inclement weather, the Christiansburg Recreation Center will not open until 8 a.m. and all scheduled programs will be cancelled for that date.
2. If the Montgomery County Public Schools are delayed in the morning due to inclement weather, all programs before 12:00 noon will be cancelled for that morning.
3. If Montgomery County Public Schools are released early due to inclement weather, all programs after 12:00 noon will be cancelled for that afternoon/evening.

POLICY ON ADULTS AND CHILDREN

1. Unless stated otherwise in the class description, adults are asked to wait outside of the classroom during the child's class time.
2. Adults are asked not to bring children to their classes. Children brought to adult classes interfere with other participants and the instructor. Thank you for your cooperation.

PARTIAL REFUND POLICY

1. The following policy on refunds for Recreation Programs will be effective January 1, 2008.
2. Partial refunds will not be issued for classes or programs unless the instructor is unable to complete the class. In case of cancelled classes due to inclement weather, partial refunds will not be issued if at least 80% of the scheduled activity has met. When possible, a canceled class or activity will be rescheduled.
3. Partial refunds will not be issued for less than \$5.

TOWN RESIDENT/TOWN TAXPAYER

1. Will be allowed to pre-register for all programs.
2. If one of the following requirements is satisfied, there will be no additional fee:
 - a. be a resident of the Town of Christiansburg
 - b. be a real estate taxpayer of the Town of Christiansburg.

HOURS OF OPERATION

The hours of the Christiansburg Recreation Center are established to best serve the needs of the public and may fluctuate.

Hours of operation will be as follows:

December 1 - March 31		April 1 - November 30	
Monday – Thursday	5:30 a.m. – 10 p.m.	Monday – Thursday	5:30 a.m. – 10 p.m.
Friday	5:30 a.m. – 8 p.m.	Friday	5:30 a.m. – 8 p.m.
Saturday	8 a.m.– 8 p.m.	Saturday	8 a.m.– 5 p.m.
Sunday	1 p.m.– 7 p.m.	Sunday	1 p.m. – 6 p.m.

Christiansburg Parks and Recreation programs will receive priority in scheduling. Therefore, it is important to contact the Christiansburg Parks and Recreation Administrative Office for an updated weekly schedule.

Pickle Ball Open Play will be the following days and times (based upon court availability): Tuesdays 6 - 10 a.m. Court C, Court D if needed and available, Thursdays Court D 6 - 10:a.m., Court C 7 - 10 a.m. Open Play will be subject to court availability. When it is necessary to lose courts for programs/events signs will be posted in a timely manner giving patrons ample notice. If Montgomery County Schools are closed due to inclement weather, the Recreation Center will not open til 8 a.m; Open Play would not be available til 8 a.m.

Children under 11 years of age must be accompanied by an adult at all times (unless they are participating in a Christiansburg Parks and Recreation program or attending a special event).

Home schooled children will be permitted to use the Christiansburg Recreation Center Monday through Friday for physical education. They must be accompanied by their parent, guardian, and/or teacher. If not accompanied, they will not be allowed to utilize the Recreation Center during Montgomery County Public Schools normal hours. Students that attend Montgomery County Public Schools will not be allowed to utilize the Christiansburg Recreation Center during Montgomery County Public Schools normal hours.

The Christiansburg Recreation Center will be closed on these holidays:

New Year’s Day, Easter Sunday, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Day After Thanksgiving, Christmas Day.

Other closings due to special circumstances will be posted in the Christiansburg Recreation Center as far in advance as possible.

RULES AND REGULATIONS

1. Alcoholic beverages, drugs or any person under the influence of alcohol or drugs will not be permitted on Town of Christiansburg property.
2. Smoking and the use of any other tobacco/vapor product is prohibited in the Christiansburg Recreation Center and around entrance areas.
3. Drinks from Christiansburg Recreation Center vending machines will only be permitted in main lobby.
4. Drinks and/or food may not be brought inside the Christiansburg Recreation Center (unless approved by the Director of Parks and Recreation).
5. Chewing gum is prohibited in the Christiansburg Recreation Center.
6. Threatening or indecent conduct is prohibited.
7. Abusive, profane, threatening, indecent language and/or action are strictly prohibited.
8. Threatening language or actions toward Christiansburg Parks and Recreation Staff will result in a minimum of one-year suspension from all Christiansburg Parks and Recreation facilities and programs. A “No Trespass Notice” will be issued.
9. Fighting is strictly prohibited. Adults fighting will receive a minimum of one-year suspension from the Christiansburg Recreation Center with police action and a “No Trespass Notice.” Youth fighting will result in suspension as determined by the Director of Parks and Recreation and parental notification.
10. No illegal weapons are allowed, any violation will result in police and disciplinary action.
11. Anyone stealing money, or personal property belonging to another individual, or property of the Christiansburg Recreation Center, or anyone aiding in such theft, will receive a minimum of one-year suspension from the Christiansburg Recreation Center and the Police will be notified.
12. Any suspension from the Christiansburg Recreation Center may also include suspension from all Christiansburg Parks and Recreation facilities and programs.
13. Anyone who refuses to leave Town of Christiansburg property (after being instructed to do so) will receive a minimum of one-month additional suspension, with a “No Trespass Notice” and police action.
14. Gambling of any form is prohibited.
15. Only non-marking sneakers and tennis shoes may be worn in the gymnasium (track and courts) and racquetball courts. Anyone caught leaving excessive marks on the floors may be suspended from the recreation center.
16. Shirts and shoes must be worn during all hours of operation. Proper attire is required. No sandals or open-toed shoes.
17. No pets will be allowed in the Christiansburg Recreation Center (except for dog obedience classes or service dogs).
18. Loitering will not be allowed.
19. Bicycles must be locked in the bike rack. Christiansburg Parks and Recreation will not be responsible for lost, stolen or damaged bicycles (including components).
20. No skateboards, roller skates, in-line skates, Heelys or any other kind of roller shoes may be used on sidewalks or inside the Christiansburg Recreation Center.
21. Entry and exit must be through the doors near the Recreation Center Supervisor and Equipment Station.
22. Lockers may be rented on a six-month or one-year basis. \$30 for 6 months, \$60 for one-year. If lockers are not cleaned out or renewed on or before the expiration date, the items will be cleared out, kept for one week, and then discarded. The Christiansburg Recreation Center is not responsible for any lost, damaged or stolen locker contents.
23. All equipment stored in the classrooms is for the Christiansburg Parks and Recreation use only. Individual use of mats and play equipment is prohibited unless approved by the Director of Parks and Recreation.
24. The Director of Parks and Recreation has the authority to revoke any individual’s privileges of using the Christiansburg Recreation Center for any length of time for disorderly conduct.

25. Suspension may be increased or made permanent if an individual repeats an offense or attempts to enter the Christiansburg Recreation Center while under suspension.
26. The Director of Parks and Recreation has the authority to suspend an individual for any violation of the rules and regulations of the Christiansburg Parks & Recreation Department.
27. Christiansburg Parks and Recreation will not be responsible for lost, stolen or damaged items.
28. We reserve the right to suspend participation as the result of behavior problems that disrupt programs and/or participants.

ID CARD SYSTEM

1. Christiansburg Recreation Center ID cards are required during all hours of operation unless otherwise stated. **IDs must be scanned at the recreation center supervisor and equipment station upon entering the center.**
2. Parents must obtain an ID card for children 5 years of age or older.
3. Persons wishing to use the recreation center must have a current ID or pay \$5 for a daily pass.
4. All persons purchasing a daily pass must complete a day pass application. Children under the age of 18 must have a parent or legal guardian sign their day pass.
5. Person(s) who wish to have an ID card must show two proofs of residency. No P.O. Boxes. A. First Proof - must have a valid driver's license (or DMV ID card) indicating Town of Christiansburg residency. B. Second Proof - may consist of automobile registration card, voter registration card, real-estate property tax receipt, current lease of property matching the address of the driver's license, or utility bill. We do not accept insurance information, pay stubs, W2's or any other info that is not from the DMV or paid on the property.
6. All ID cards must be renewed the following year during the same month the ID card was issued.
7. Town residents/real estate taxpayers will receive a free ID card.
8. Business owners that have an office inside the town limits may also receive a free ID, but must show the following: a real estate property tax ticket showing that they own the property the business is located at OR a business license, a lease showing the office space is inside town limits and a utility bill (the addresses on all 3 documents must match). If showing a business license, lease and utility bill, all three must be shown together and the card will be made for the duration of the lease, but no longer than one year.
9. Persons that do not live in town, do not own property or do not have a business in Christiansburg may purchase a membership:

Age Bracket:	One Year	6 Month	1 Month		Age Bracket:	One Year	6 Months	1 Month
Single Adult (18+)	\$275	\$140	\$30		Senior Couple**	\$200	\$100	\$25
Family*	\$400	\$210	\$40		Senior Family***	\$300	\$150	\$30
Single Senior (50+)	\$150	\$75	\$15					

* Family defined as two adults (18+ years old) residing at the same address and their legal dependents under the age of 25. Legal dependents age 19-25 must be full time college students.

** Two adults living at the Same Address Must be over 50 years of age.

***Family Defined as two adults (18+) at least one person over 50 residing at the same address and their legal dependents under the age of 25. Legal dependents age 19-25 must be full time college students.

Yearly, six-month, and one-month membership fees are accepted during all operational hours.

10. ID cards are only used to utilize facilities in the Christiansburg Recreation Center during stated hours.
11. ID cardholders must pay participation fees to participate in Christiansburg Parks and Recreation programs.
12. Christiansburg Recreation Center ID cards are not required to participate in Christiansburg Parks and Recreation programs.
13. Participation fees and non-resident/taxpayer fees will be charged to participate in Christiansburg Parks and Recreation programs.
14. There will be a \$5 charge for replacement ID cards.
15. Left ID cards will be discarded after three weeks. Resulting in the need for a replacement ID.
16. There will be an administration fee of \$25 for membership refunds.

RECREATION CENTER RENTAL

The Christiansburg Recreation Center is available for private parties, dances, meetings, receptions, and other activities when space is available. For available dates, times and rental rates, contact the Christiansburg Department of Parks and Recreation at 382-2349.

The Town of Christiansburg rents out facility space to various outside third parties. The use of property owned by the Town of Christiansburg for commercial products, processes, or services should in no way be construed as an endorsement of recommendation by the Town. The Town does not warrant or assume legal liability or responsibility for the accuracy, completeness, or usefulness of any information, apparatus, product, or process disclosed. The views and opinions of authors do not necessarily reflect those of the Town of Christiansburg, and they may not be used for advertising or product endorsement purposes.

Rentals	Price Per Hour
Basketball Court	\$20/25 with Scoreboard
Multi-Purpose Room	\$30
Classroom	\$15

For more information regarding rental availabilities and rules contact Charlton McCoy, Asst. Director (540) 382-2349 x2005 Email: clmccoy@christiansburg.org

CHRISTIANSBURG PARKS AND TRAILS

CIRCLE PARK, which is located on Ellett Drive, has Miracle Play System playground equipment, swings, picnic area, and a ½ basketball court. The park is also attractive for family outings and picnics.

DEPOT PARK, which is located on Depot Street, has Miracle Play System playground equipment, swings, two full basketball courts, rectangular multi-purpose field, and a jogging/walking path. The park is also attractive for family outings and picnics.

DOWNTOWN PARK, which is located on College Street, has Miracle Play System playground equipment, swings, full basketball court, and a picnic area. The park is also attractive for family outings and picnics.

HARKRADER SPORTS COMPLEX, which is located behind the Christiansburg Middle School, has three multi-purpose baseball/softball fields, two sets of Miracle Play System playground equipment, two full basketball courts, two tennis courts, walking/ jogging trail, and a picnic area.

KIWANIS PARK, which is located on Roanoke Street, has two lighted multi-purpose baseball/softball fields, picnic shelter, and Miracle Recreation Play System playground equipment. Kiwanis Park and the Kiwanis Community Picnic Shelter are projects of the Christiansburg Kiwanis Club.

SUMMIT RIDGE PARK, which is located on Summit Ridge Road, has Miracle Play System playground equipment, swings, and a picnic area. The park is also attractive for family outings and picnics.

WALL STREET PARK, which is located on Wall Street, has Miracle Play System playground equipment, ½ basketball court, and a picnic area. The park is also attractive for family outings and picnics.

WAYSIDE PARK, which is located at the top of “Christiansburg Mountain,” has a picnic area. This park is still being considered for future development.

HUCKLEBERRY TRAIL

The Huckleberry Trail is an asphalt-paved bike/pedestrian path. The trail currently runs from the Blacksburg Public Library to the Christiansburg Recreation Center. There are distance markers every half-mile. At 2.83 miles it crosses the road to Warm Hearth, at 3.43 miles it crosses Hightop, and at 3.90 it crosses Merrimac. The total distance from the Blacksburg Public Library to the New River Mall is 5.762 miles. There are benches spaced along the trail where you can rest and enjoy the scenery. Parking is available at both ends, as well as near Warm Hearth and the Hightop and Merrimac crossings. **Phases II-A, II-B, II-C, 11-D and II-E are completed. In Christiansburg the Huckleberry now runs from the New River Valley Mall to the Christiansburg Recreation Center.** From bridge to Recreation Center is 1.27 miles. From Blacksburg Library to Recreation Center is approximately eight miles.

Plans are in the works to extend the trail to the Hethwood Community, Blacksburg’s Gateway Park, downtown Christiansburg, and the New River State Trail. If you would like to contribute to the expansion and development of the Huckleberry Trail, please send your tax-deductible donation to:

Friends of the Huckleberry P.O. Box 925

Blacksburg, VA 24063 www.huckleberrytrail.org

For Map of Current & Future Huckleberry Trail please visit our website

FUTURE PARKS

DIAMOND HILL PARK

LITTER AND VANDALISM

Litter and vandalism are the curses of our park system. They are frustrating, expensive, entirely unnecessary, and hinder future development. Please do what you can to help curb littering and vandalism. Please use trash cans and recycling containers.

Contact Chuck Muncy if you recognize issues concerning our park facilities.

Phone: (540) 382-2349 x2002 Email: cmuncy@christiansburg.org

OUTDOOR SPORTS FACILITIES

DEPOT PARK, which is located on Depot Street, has one rectangular multipurpose field.

FALLING BRANCH, which is located behind Falling Branch Elementary School, has two baseball/softball fields, with one field having lights.

HARKRADER SPORTS COMPLEX, which is located behind Christiansburg Middle Schools, has three lighted multi-purpose fields, with a press box, concessions area, and restrooms.

KIWANIS PARK, which is located on Roanoke Street, has two lighted baseball/softball fields, and restroom facilities.

LIGHTNING POLICY

Due to the significant risks and possibility of fatal injury from lightning strikes, it is imperative the Christiansburg Department of Parks and Recreation have a clear policy on how to deal with lightning in and around the areas of practice and / or competition. This policy will help to clearly state the department's position on this issue and help to define roles of certain individuals during the decision making process. The coaching and support staff's primary responsibility is for the safety and concern of the participants.

The following plan will be in effect for all Christiansburg Department of Parks and Recreation youth and adult athletic events, including practices and special events:

Depending on the event being played the Youth Athletic or Adult Athletic Supervisor, Game Field Supervisor or Coach will monitor the weather. This will be done through the use of the DTN Weather Sentry Lightning and Storm detector (if equipped) or by the Flash-to Bang Method.

In the event of threatening or inclement weather, the Youth Athletic or Adult Athletic Supervisor, Game Field Supervisor or Coach will inform the participants and spectators either through the public address system or any other means available of impending severe weather.

GENERAL POLICY: A member of the Christiansburg Department of Parks and Recreation Staff, if on site, will monitor the weather and make the decision to notify the Game Field Supervisor (during a game) or Head Coach (during practice) of dangerous situations and recommend the suspension of activity in the event of lightning. Exceptions will be made for any activity where a Christiansburg Department of Parks and Recreation or Game Field Supervisor is not in attendance, whereby the supervising coach will have the ability to suspend activity. The decision to suspend activity will be based on:

- Any reported lightning strike on the DTN Weather Sentry Lightning/Storm Detector within the 10-mile range, regardless of the presence of visible lightning. (This device is portable and will be in the possession of the Youth Athletic or Adult Athletic Supervisor, Game Field Supervisor or Coach).
- Utilization of the **Flash-to-Bang Method** (Count the seconds from the time the lightning is sighted to when the clap of thunder is heard. Divide this number by five to obtain how far away, in miles, the lightning is occurring.) If it reveals lightning to be within 10 miles (a 50 second count between the flash of lightning and the bang of thunder) activity is to be suspended and everyone should seek shelter immediately.

ANNOUNCEMENT OF SUSPENSION OF ACTIVITY: Once it is determined that there is a danger of inclement weather, the Youth Athletic or Adult Athletic Supervisor will notify the Game Field Supervisor (during a game). The Head Coach (during practice) should immediately request the removal of all players and coaches, from the playing field when receiving text message on any reported lightning strike on the **DTN Weather Sentry Lightning/Storm Detector** within the 10-mile range. If **DTN Weather Sentry Lightning/Storm Detector** is not available, revert to using the **Flash-to-Bang Method**. The coaches' primary responsibility is for the safety and concern of the participants.

EVACUATION OF THE PLAYING FIELD AND STANDS: Immediately following the public address announcement (if available) of suspension of play, all players, coaches, officials, support personnel and spectators are to evacuate the facility to their vehicles or the bus. Participants and spectators should be advised that we do not consider the areas under the (picnic shelters or the bathrooms at Kiwanis Park the dugouts to be safe in the case of lightning. All parties will be urged to remain in a safe location until conditions improve unless otherwise notified by appropriate representatives.

RETURN TO PLAY: Play will be resumed 30 minutes following the last lightning strike. The last lightning strike will be determined by either the detection system or visual confirmation. The 30 minute time frame will immediately start over with each additional lightning strike.

All coaches that would like to receive information on our weather system or would like to get text messages on storms and lightning in the area for practices and games should contact Chuck Muncy at (540) 382-2349.

Town of Christiansburg
 Christiansburg Department of Parks and Recreation
 TOURNAMENT HOST CHECKLIST

Tournament Host Name: _____ Date(s) of Event _____
 Contact Phone: _____
 Host Representative during event: _____ Contact Phone: _____

Town of Christiansburg Contact Numbers	Light Box Access Keys
Harkrader Sports Complex – (540) 381-4766 (540) 381-4678	Kiwanis Park Fields - _____
Kiwanis Park Fields – (540) 239-4007	Falling Branch Field - _____
Falling Branch Elementary School Fields – (540)239-4007	CHS Baseball Field - _____
Christiansburg High School Field – (540) 239-4007	
Christiansburg Recreation Department – (540) 382-2349	

***** If you use our pitching mounds there will be a \$25 charge per mound per day. *****

Tournament Fees	Youth/Adult	Tournament Fees	Youth/Adult
1 Day, 1 Field	\$100	Kiwanis Park Fields	\$75 each
2 Day, 1 Field	\$200	Falling Branch Fields	\$75 each
1 Day, 2 Fields	\$200	Mid-day prep	\$50
2 Day, 2 Fields	\$400	Mid-day prep, 4 fields or more	\$80
1 Day, 3 Fields	\$300	Other Fees	_____
2 Day, 3 Fields	\$600		

BASE LENGTHS AND FIELD SET UP

Field Name	Base Lengths	Pitching Distance
Harkrader Sports Complex #1	_____ up to 70 ft.	_____
Harkrader Sports Complex #2	_____ up to 80 ft.	_____
Harkrader Sports Complex #3	_____ up to 80 ft.	_____
Kiwanis Park Field #1	_____ up to 90 ft.	_____
Kiwanis Park Field #2	_____ up to 65 ft.	_____
Falling Branch Elementary Field #1	_____ up to 70 ft.	_____
Falling Branch Elementary Field #2	_____ up to 60 ft.	_____
Christiansburg High School Field	90 ft only	60' 6" only

Starting / Ending Time (No Starts Prior to 8am)

Mid-day Prep Time

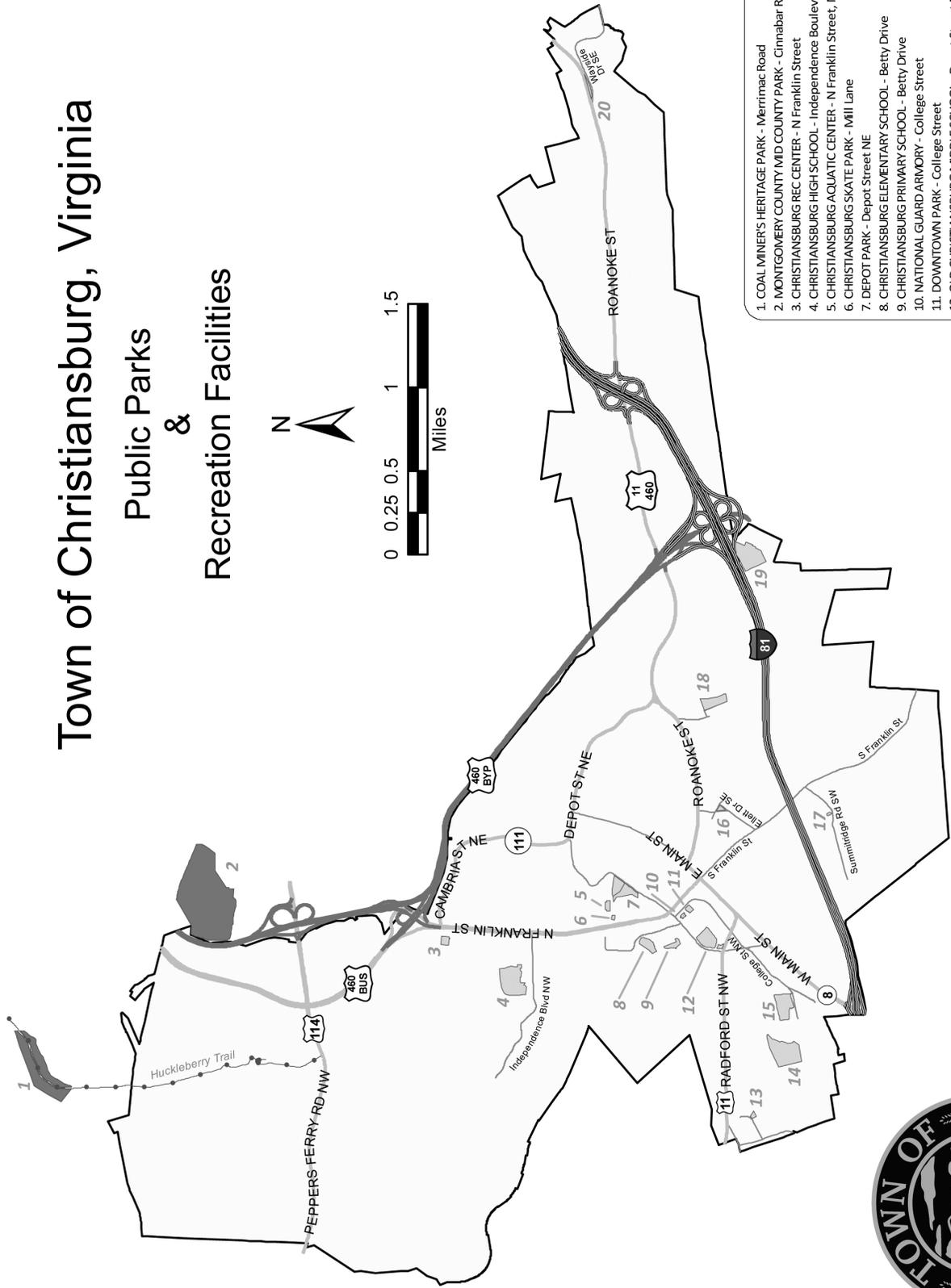
	Starting/Ending Time	Prep Time
Harkrader Sports Complex #1	_____	_____
Harkrader Sports Complex #2	_____	_____
Harkrader Sports Complex #3	_____	_____
Kiwanis Park Field #1	_____	_____
Kiwanis Park Field #2	_____	_____
Falling Branch Elementary Field #1	_____	_____
Falling Branch Elementary Field #2	_____	_____
Christiansburg High School Field	_____	_____

By signing below I acknowledge that I have read the Facility Use Guidelines.

Applicant's Signature: _____ Date: _____

Town of Christiansburg, Virginia

Public Parks & Recreation Facilities



	Interstate		Huckleberry Trail
	460 Bypass		Town Parks and Rec Facilities
	Primary Streets		County Parks and Rec Facilities
	Secondary Streets		Corporate Limits

1. COALMINER'S HERITAGE PARK - Merrimac Road
2. MONTGOMERY COUNTY MID COUNTY PARK - Cimmar Road
3. CHRISTIANBURG REC CENTER - N Franklin Street
4. CHRISTIANBURG HIGH SCHOOL - Independence Boulevard
5. CHRISTIANBURG AQUATIC CENTER - N Franklin Street, Mill Lane
6. CHRISTIANBURG SKATE PARK - Mill Lane
7. DEPOT PARK - Depot Street NE
8. CHRISTIANBURG ELEMENTARY SCHOOL - Betty Drive
9. CHRISTIANBURG PRIMARY SCHOOL - Betty Drive
10. NATIONAL GUARD ARMORY - College Street
11. DOWNTOWN PARK - College Street
12. OLD CHRISTIANBURG MIDDLE SCHOOL - Depot Street NW
13. WALL STREET PARK - Wall Street
14. HARKRADER SPORTS COMPLEX - Buffalo Drive
15. CHRISTIANBURG MIDDLE SCHOOL - Buffalo Drive
16. CIRCLE PARK - Elliott Drive, Circle Drive
17. TOWN AND COUNTRY PARK - Summitridge Road
18. KIWANIS PARK - Kiwanis Lane
19. FALLING BRANCH ELEMENTARY SCHOOL - Parkway Drive
20. WAYSIDE PARK - Roanoke Street, Wayside Drive



NEW RIVER VALLEY BASEBALL/SOFTBALL TOURNAMENT SCHEDULE

August 2016

13 th -14 th	Top Gun Baseball –6 th Annual Cougar Classic USSSA Adult Softball	Harkrader Sports Complex, Kiwanis Park, Randolph Park Veteran’s Park
20 th – 21 st	Top Gun Baseball – Back to School North Carolina ASA Impact Fastpitch Adult Softball – Christiansburg Police Department Fallen Officer Tournament	Veteran’s Park, New River Sports Complex, Falling Branch Elementary Randolph Park Harkrader Sports Complex, Kiwanis Park
27 th – 28 th	Nations SWVA Elite Baseball – Back to School Brawl Adult Softball – Christiansburg Police Department Fallen Officer Tournament (Rain Date)	Veteran’s Park, New River Sports Complex, Randolph Park Harkrader Sports Complex, Kiwanis Park

September 2016

3 rd – 4 th	Top Gun Baseball – Labor Day Bash	Harkrader Sports Complex, Veteran’s Park, Randolph Park
10 th – 11 th	Top Gun Softball – Fall Heat Nations SWVA Elite Baseball – Hit ‘em Deep	Randolph Park Harkrader Sports Complex, Veteran’s Park, New River Sports Complex
17 th – 18 th	Top Gun Baseball – Fall National Championship	Harkrader Sports Complex, Veteran’s Park, Randolph Park
24 th – 25 th	Top Gun Baseball –Fall State Top Gun Softball – Fall State Championship	Harkrader Sports Complex, Kiwanis Park, Falling Branch Elementary Randolph Park Veterans Park, New River Sports Complex

October 2016

1 st – 2 nd	Top Gun Baseball – Fall State Championship	Harkrader Sports Complex, Veteran’s Park, Randolph Park
8 th – 9 th	Nations SWVA Elite Baseball - Fall Classic	Harkrader Sports Complex, Veteran’s Park, Randolph Park
15 th – 16 th	Top Gun Baseball – Fall Nationals	Harkrader Sports Complex, Veteran’s Park, Randolph Park
22 nd – 23 rd	Top Gun Baseball – Cole & Mason Anderson Benefit North Carolina ASA Impact Fastpitch	Harkrader Sports Complex, Kiwanis Park, Falling Branch Elementary Veteran’s Park, New River Sports Complex Randolph Park
29 th – 30 th	Nations SWVA Elite Baseball – Stealing Bases	Veteran’s Park, New River Sports Complex, Kiwanis Park



THE ONLY PLACE TO PLAY CHRISTIANSBURG, VIRGINIA

Mission Statement

The Christiansburg Department of Parks and Recreation exists to promote and implement leisure programs and services that enhance the quality of life for all ages. In partnership with the community, we pledge to deliver quality leisure programs and services in a personal, effective and successful manner.

Citizen Participation

If you have any ideas for the development of new programs and/ or comments concerning existing programs, please do not hesitate to contact the Christiansburg Department of Parks and Recreation at 382-2349. Citizen participation is valuable to our planning and program development.

Allow the cool breezes of fall to guide each of you to our many programs and activities that we offer!

YOUTH COMMUNITY RECREATION

PRE-SCHOOL

DIAPER GYM - Instructor: Lisa Bass

Eligibility: Ages 6 months (sitting up) to walking 16 months

Location: Christiansburg Recreation Center - Classroom 1

Minimum: 4 Maximum: 6

Additional Information: Babies build muscles and learn independence while experiencing rhythms, balance and coordination through musical movements and interactions with mom, dad, or grandparent.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	June 1	Aug. 18	Aug. 22	Monday	9:30 - 10 a.m.	\$15/\$30	6
Session II	Sept. 1	Oct. 20	Oct. 24	Monday	9:30 - 10 a.m.	\$15/\$30	6
Winter	Nov. 1	Jan. 5	Jan. 9	Monday	9:30 - 10 a.m.	\$15/\$30	6

TODDLER TIME - Instructor: Lisa Bass

Eligibility: Walking, 15 months-30 months

Location: Christiansburg Recreation Center - Multi Purpose Room 1

Minimum: 3 Maximum: 10

Additional Information: Parent participates with their child through free-time, sharing and social interaction play. Circle time themes offer learning opportunities of language development, listening skills, rhythm, coordination and more!

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	June 1	Aug. 18	Aug. 22	Monday	10 - 10:45 a.m.	\$20/\$40	6
Session II	Sept. 1	Oct. 20	Oct. 24	Monday	10 - 10:45 a.m.	\$20/\$40	6
Winter	Nov. 1	Jan. 5	Jan. 9	Monday	10 - 10:45 a.m.	\$20/\$40	6

PEE WEE AEROBICS - Instructor: Lisa Bass

Eligibility: Ages 30 months (2 ½ years) - 4 years

Location: Christiansburg Recreation Center - Multi Purpose Room 1

Minimum: 3 Maximum: 8

Additional Information: Themed lessons, equipment and circle time offer preschooler's physical activity and 45 minutes of independence, while parents can enjoy their own workout. Child must be at least 30 months old and it is recommended that they have been a participant of Toddler Time. Not required, just recommended.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	June 1	Aug. 18	Aug. 22	Monday	11 - 11:45 a.m.	\$20/\$40	6
Session II	Sept. 1	Oct. 20	Oct. 24	Monday	11 - 11:45 a.m.	\$20/\$40	6
Winter	Nov. 1	Jan. 5	Jan. 9	Monday	11 - 11:45 a.m.	\$20/\$40	6

PRE-SCHOOL PLAY GROUP - Instructor: Lisa Bass

Eligibility: Ages 2-5

Location: Christiansburg Recreation Center - Classroom 1/Multi-Purpose Room 1

Minimum: 4 Maximum: 6

Additional Information: Parents drop off their children for this program. This class includes playtime, arts and crafts, etc.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	June 1	Aug. 18	Aug. 23	Tuesday	11 - 12:15 p.m.	\$20/\$40	6
Session II	Sept. 1	Oct. 13	Oct. 18	Tuesday	11 - 12:15 p.m.	\$20/\$40	6
Winter	Nov. 1	Jan. 6	Jan. 10	Tuesday	11 - 12:15 p.m.	\$20/\$40	6

BOOK IT - Instructor: Lisa Bass

Eligibility: Ages 2 ½ - 5 years

Location: Christiansburg Recreation Center - Multi Purpose Room 1 /Classroom 1

Minimum: 4 Maximum: 8

Additional Information: Books come alive with reenactments, games and songs to open the imagination and provide tons of active movement.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	June 1	Aug. 18	Aug. 25	Thursday	11 - 12:15 p.m.	\$20/\$40	6
Session II	Sept. 1	Oct. 10	Oct. 13	Thursday	11 - 12:15 p.m.	\$20/\$40	6
Winter	Nov. 1	Jan. 3	Jan. 5	Thursday	11 - 12:15 p.m.	\$20/\$40	6

FUN FOR TOTS - Instructor: Lisa Bass

Eligibility: Ages 2-4

Location: Christiansburg Recreation Center - Multi-Purpose Room 1

Minimum: 4 Maximum: 6

Additional Information: Parents drop off their children for this program. This class includes fun, active playtime activities.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	June 1	Aug. 18	Aug. 26	Friday	10 - 10:45 a.m.	\$20/\$40	6
Session II	Sept. 1	Oct. 18	Oct. 21	Friday	10 - 10:45 a.m.	\$20/\$40	6
Winter	Nov. 1	Jan. 3	Jan. 6	Friday	10 - 10:45 a.m.	\$20/\$40	6

PRESCHOOL GYMNASTICS

*For information regarding classes and inclement weather, please contact VA Techniques at (540)381-5151 or visit their website at www.vatechniques.com

BOUNCING BUNNIES - (Pre-School Gymnastics with parent participation)

Eligibility: **Girls and Boys Ages 1-3**

Location: Virginia Techniques Gymnastics

1550 Roanoke Street, Suite C, Christiansburg

Additional Information: **No Virginia Techniques membership fee required.** Children should wear comfortable clothing, bare feet, no jewelry, and long hair should be pulled back. Class Description: Basic coordination, balance, strength, pattern recognition, and locomotor skills. These skills encourage development of fine and gross motor skills, core strength, reading, writing, and preschool readiness. Social skills and interaction are also encouraged through group games.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Sept.	Aug. 1	Aug. 26	Sept. 1	Thursday	10 - 10:50a.m.	\$65	4
Oct.	Sept. 1	Sept. 30	Oct. 6	Thursday	10 - 10:50a.m.	\$65	4
Nov.	Sept. 1	Oct. 28	Nov. 3	Thursday	10 - 10:50a.m.	\$65	4
Dec.	Sept. 1	Nov. 23	Dec. 1	Thursday	10 - 10:50a.m.	\$65	4
Jan.	Sept. 1	Dec. 28	Jan. 5	Thursday	10 - 10:50a.m.	\$65	4

BOUNCING BUNNIES - (Pre-School Gymnastics with parent participation)

Eligibility: **Girls and Boys Ages 1-3**

Location: Virginia Techniques Gymnastics

1550 Roanoke Street, Suite C, Christiansburg

Additional Information: **No Virginia Techniques membership fee required.** Children should wear comfortable clothing, bare feet, no jewelry, and long hair should be pulled back. Class Description: Basic coordination, balance, strength, pattern recognition, and locomotor skills. These skills encourage development of fine and gross motor skills, core strength, reading, writing, and preschool readiness. Social skills and interaction are also encouraged through group games.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Sept.	April 1	Aug. 26	Sept. 3	Saturday	9 - 9:50 a.m.	\$65	4
Oct.	Sept. 1	Sept. 26	Oct. 1	Saturday	9 - 9:50 a.m.	\$65	4
Nov.	Sept. 1	Oct. 28	Nov. 5	Saturday	9 - 9:50 a.m.	\$65	4
Dec.	Sept. 1	Nov. 23	Dec. 3	Saturday	9 - 9:50 a.m.	\$65	4
Jan.	Sept. 1	Dec. 28	Jan. 7	Saturday	9 - 9:50 a.m.	\$65	4



MARCHING MONKEYS - (Pre-School Gymnastics)

Eligibility: **Girls and Boys Age 3**

Location: Virginia Techniques Gymnastics

1550 Roanoke Street, Suite C, Christiansburg

Additional Information: **No Virginia Techniques membership fee required.** Children should wear comfortable clothing, bare feet, no jewelry, and long hair should be pulled back. Class Description: Basic coordination, balance, strength, pattern recognition, and locomotor skills. These skills encourage development of fine and gross motor skills, core strength, reading, writing, and preschool readiness. Social skills and interaction are also encouraged through group games.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Sept.	Aug. 1	Aug. 26	Sept. 1	Thursday	10 -10:50 a.m.	\$65	4
Oct.	Sept. 1	Sept. 30	Oct. 6	Thursday	10 -10:50 a.m.	\$65	4
Nov.	Sept. 1	Oct. 28	Nov. 3	Thursday	10 -10:50 a.m.	\$65	4
Dec.	Sept. 1	Nov. 23	Dec. 1	Thursday	10 -10:50 a.m.	\$65	4
Jan.	Sept. 1	Dec. 28	Jan. 5	Thursday	10 -10:50 a.m.	\$65	4

MARCHING MONKEYS - (Pre-School Gymnastics)



Eligibility: **Girls and Boys Age 3**

Location: Virginia Techniques Gymnastics

1550 Roanoke Street, Suite C, Christiansburg

Additional Information: **No Virginia Techniques membership fee required.** Children should wear comfortable clothing, bare feet, no jewelry, and long hair should be pulled back. Class Description: Basic coordination, balance, strength, pattern recognition, and locomotor skills. These skills encourage development of fine and gross motor skills, core strength, reading, writing, and preschool readiness. Social skills and interaction are also encouraged through group games.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Sept.	Aug. 1	Aug. 26	Sept. 3	Saturday	9 - 9:50 a.m.	\$65	4
Oct.	Sept. 1	Sept. 26	Oct. 1	Saturday	9 - 9:50 a.m.	\$65	4
Nov.	Sept. 1	Oct. 28	Nov. 5	Saturday	9 - 9:50 a.m.	\$65	4
Dec.	Sept. 1	Nov. 23	Dec. 3	Saturday	9 - 9:50 a.m.	\$65	4
Jan.	Sept. 1	Dec. 28	Jan. 7	Saturday	9 - 9:50 a.m.	\$65	4

GALLOPING GATORS - (Pre-School Gymnastics)

Eligibility: Girls and Boys Ages 4-5

Location: Virginia Techniques Gymnastics

1550 Roanoke Street, Suite C, Christiansburg

Additional Information: **No Virginia Techniques membership fee required.** Children should wear comfortable clothing, bare feet, no jewelry, and long hair should be pulled back. Class Description: *Beginning level gymnastics skills, flexibility, coordination, balance, and strength through safe gymnastics progressions are introduced at this level. All of these skills encourage development of fine and gross motor skills, core strength, reading, writing, and preschool readiness. Social skills and interaction are also encouraged through group games, taking turns, and encouraging peers. We use music, games, and coloring sheets to teach some of the skills and discipline necessary for entering kindergarten.*

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Sept.	Aug. 1	Aug. 25	Sept. 1	Thursday	10 - 10:50 a.m.	\$65	4
Sept.	Aug. 1	Aug. 25	Sept. 2	Friday	4:30 - 5 :20 p.m.	\$65	4
Oct.	Sept. 1	Sept. 30	Oct. 6	Thursday	10 - 10:50 a.m.	\$65	4
Oct.	Sept. 1	Sept. 30	Oct. 7	Friday	4:30 - 5 :20 p.m.	\$65	4
Nov.	Sept. 1	Oct. 28	Nov. 3	Thursday	10 - 10:50 a.m.	\$65	4
Nov.	Sept. 1	Oct. 28	Nov. 4	Friday	4:30 - 5 :20 p.m.	\$65	4
Dec.	Sept. 1	Nov. 23	Dec. 1	Thursday	10 - 10:50 a.m.	\$65	4
Dec.	Sept. 1	Nov. 23	Dec. 2	Friday	4:30 - 5 :20 p.m.	\$65	4
Jan.	Sept. 1	Dec. 28	Jan. 5	Thursday	10 - 10:50 a.m.	\$65	4
Jan.	Sept. 1	Dec. 28	Jan. 6	Friday	4:30 - 5 :20 p.m.	\$65	4

YOUTH PROGRAMS

STORYWALK

Location: Downtown Park

Co-Sponsored by: Christiansburg Library and Christiansburg Recreation Dept.

Additional Information: This is a nationally-known program which promotes reading and exercise in the outdoors for children. A new book is put in the story boards each month. Come exercise, read and enjoy the fun!

ENERGY OUTLET FOR ELEMENTARY HOME SCHOOLERS - Instructor: Lisa Bass

Eligibility: Ages 5 -9

Location: Christiansburg Recreation Center - Multi Purpose Room 1/Classroom 1

Minimum: 4 Maximum: 8

Additional Information: Experience a weekly dose of physical education for students ages 5 -9 years old. Physical activities will be provided to improve physical fitness, enhance the overall health and wellness, and influence learning opportunities.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	June 1	Aug. 18	Aug. 26	Friday	11 - 11:45 a.m.	\$20/\$40	6
Session II	Sept. 1	Oct. 18	Oct. 21	Friday	11 - 11:45 a.m.	\$20/\$40	6

ENERGY OUTLET FOR OLDER HOME SCHOOLERS - Instructor: Lisa Bass

Eligibility: Ages 10-12

Location: Christiansburg Recreation Center - Multi Purpose Room 1/Classroom 1

Minimum: 4 Maximum: 8

Additional Information: Experience a weekly dose of physical education for students ages 10-12 years old. A wide variety of physical activities will be provided to improve fundamental skills, teamwork and lifetime fitness development.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	June 1	Aug. 18	Aug. 26	Friday	12 - 12:45 a.m.	\$20/\$40	6
Session ii	Sept. 1	Oct. 18	Oct. 21	Friday	12 - 12:45 a.m.	\$20/\$40	6

BALLET - Instructor: Pat Horne

Eligibility: Ages 4-7

Location: Christiansburg Recreation Center - Multi-Purpose Room 1

Minimum: 5 Maximum: 8

Additional Information: Introduction to ballet. Participants will need to have ballet slippers. **Parents are asked not to stay during class time. The last class will be Parents Day.**

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	May 2	July 29	Aug. 8	Monday	5 - 5:45 p.m.	\$20/\$40	6
Session li	Aug. 22	Sept. 29	Oct. 3	Monday	5 - 5:45 p.m.	\$20/\$40	6
Winter	Nov. 1	Jan. 19	Jan. 23	Monday	5 - 5 :45 p.m.	\$20/\$40	6

JUNIOR "FIRST LEGO LEAGUE"- Instructor: Lisa Bass

Eligibility: Ages 6-9

Location: Christiansburg Recreation Center - Classroom I

Minimum: 4 Maximum: 6

Additional Information: The Junior First Lego League captures children's curiosity and directs it toward discovering the wonders of science and technology. This program features a real-world scientific concept to be explored through research, teamwork, construction and imagination. LEGO bricks are used to build a model that moves using simple machines. Teams will develop a Show Me Poster to illustrate their journey for a Showcase Expo at Virginia Tech in the Spring 2016. **Participants sign up for the Wednesday or the Thursday class.**

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Fall - Team I	Aug. 1	Sept. 21	Sept. 28	Wednesday	4:30 - 5:30 p.m.	\$40/\$60	8
Fall - Team II	Aug. 1	Sept. 21	Sept. 29	Thursday	4:30 - 5:30 p.m.	\$40/\$60	8
Winter - Team I	Dec. 1	Jan. 27	Feb. 1	Wednesday	4:30 - 5:30 p.m.	\$40/\$60	8
Winter - Team II	Dec. 1	Jan. 27	Feb. 2	Thursday	4:30 - 5:30 p.m.	\$40/\$60	8

BEGINNING HORSEMANSHIP - Instructor: Chelista Linkous

Eligibility: Ages 8-17

Location: 866 Silver Lake Road, Christiansburg

Maximum: 2

Additional Information: Have a great time learning how to ride a horse during this four-week program. Participants will learn all about the horse during this 4 week program. Participants will learn all about the horse, the tack, how to mount/dismount, trotting, etc.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Sept.	Aug. 1	Sept. 2	Sept. 7	Wednesday	7:30 - 8:30 p.m.	\$125/\$145	4
Oct.	Sept. 1	Sept. 30	Oct. 5	Wednesday	7:30 - 8:30 p.m.	\$125/\$145	4
Nov.	Sept. 1	Oct. 28	Nov. 2	Wednesday	7:30 - 8:30 p.m.	\$125/\$145	4
Jan.	Sept. 1	Dec. 28	Jan. 4	Wednesday	7:30 - 8:30 p.m.	\$125/\$145	4

INTRO TO STAND UP PADDLE BOARDING - Instructor: Michael Valach

Eligibility: Ages 7-11 - **Parent must be present during the class. If they wish to participate, they can sign up with their child and pay the additional fee.**

Location: Claytor Lake State Park Marina

Minimum: 4 Maximum: 12

Additional Information: Join us on Claytor Lake for our Intro to Stand Up Paddle Boarding (SUP) class. This 45-minute class will provide instruction on the basics of paddle stroke, balancing and positioning on the board, turning and board movement. This class will consist of both dry land and on water instruction. Once you have mastered the basic skills, your instructor will take the group on a short paddle board tour on Claytor Lake. This class is the perfect way to get started paddling the right way and experience the fastest growing watersport. The class will be fun and informative while you improve your balance skills and workout your core muscles. The class fee includes instruction and all rental equipment needed for the class. **The class is taught by Mountain 2 Island Paddle Board Company. Participants will need to pay an additional fee of \$4.00 per car for park admission.**

Class	Reg. Begins	Reg. Ends	Date	Time	FEE
Sept.	April 1	Sept. 13	Tuesday, Sept. 20	5 :45 -6:30 p.m.	\$15

TEEN POLICE ACADEMY

Eligibility: Christiansburg High School Students - Grades 9-12

Date: TBA

Location: Christiansburg Recreation Center and Police Dept.

Co-Sponsored by: Christiansburg Police Dept. & Christiansburg Recreation Dept.

Maximum: 9

Additional Information: Each summer new candidates will be selected to attend the week long "Teen Police Academy." If you would like to fill out an application for the academy, please call Pam at the Rec. Dept. at 382-2349 or email to ppeyton@christiansburg.org.

Participants are subject to background screening and approval.

AMERICAN RED CROSS BABYSITTING COURSE - Instructor: Lisa Bass

Eligibility: Ages 10 ½ and older

Location: Christiansburg Recreation Center - Classroom 1

Minimum: TBA

Maximum: 15

Additional Information: Class is designed for students 10 ½ and older. The course provides the knowledge and skills necessary to safely and responsibly care for and infants and children, as well as how to manage a babysitting business. Participants need to bring a bag lunch, teddy bear, pencil/pen and paper. Also, this course satisfies many Girl/Boy Scout rank/badge requirements.

Montgomery County Schools are closed on November 8.

Reg. Begins	Reg. Ends	Date	Time	TR/NR
Sept. 1	Nov. 3	Tuesday, Nov. 8	8:30 - 4:30 p.m.	\$40

MERIT BADGE PROGRAMS

Non-Boy Scouts (boys and girls) are also welcome sign up and learn new skills and topics through these programs as well as experience a part of the Boy Scouting program.

CITIZENSHIP IN THE WORLD - Instructor: Lisa Bass

Location: Christiansburg Recreation Center - Classroom 1

Minimum: 4 Maximum: 15

Additional Information: Scouts who earn this Eagle-Required Merit Badge will discover that they are already citizens of the world. How good a world citizen each person is depends on his willingness to understand and appreciate the values, traditions and concerns of people in other countries.

Registration	Eligibility	Date	Time	TR/NR
Aug. 22-Sept. 23	Ages 10-17	Tuesday, Sept. 27	2 - 5 p.m.	\$12/\$22

COOKING - Instructor: Lisa Bass

Location: Christiansburg Recreation Center - Kitchen

Minimum: 4 Maximum: 15

Additional Information: To stay active, young people need to eat healthy. Techniques on planning, shopping and cooking meals will be taught along with a visit to a local grocery store, cooking a lunch and preparing a meal for a hike. **This is also an Eagle-required merit badge for Boy Scouts as well as a lifelong skill.**

Registration	Eligibility	Date	Time	TR/NR
Aug. 22 - Dec. 22	Ages 10 - 17	Wednesday, Jan. 4	9 - 4 p.m.	\$20/\$30

YOUTH GYMNASTICS

*For information regarding classes and inclement weather, please contact VA Techniques at (540)381-5151 or visit their website at www.vatechniques.com

LEAPING LIZARDS GYMNASTICS

Eligibility: Girls and Boys Ages 5 - 7

Location: Virginia Techniques Gymnastics, 1550 Roanoke Street, Suite C, Christiansburg

Additional Information: **No Virginia Techniques membership fee required.** Children should wear comfortable clothing, bare feet, no jewelry, and long hair should be pulled back. Class Description: *Basic through intermediate gymnastics skills, coordination, agility, and balance are the main components of this class. Also expect increased self-esteem, confidence building and working through fears. An emphasis of developing strong and flexible bodies will be through repetitions of chin ups, rope climbs, splits, standing bridges, handstands and cartwheels. Students in this class will spend time perfecting their basic skills while learning safe progressions into more intermediate skills. All students will grow at their individual pace with encouragement and positive reinforcement.*

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Sept.	Aug. 1	Aug. 30	Sept. 6	Tuesday	6:45 - 7:45 p.m.	\$70	4
Oct.	Sept. 1	Sept. 30	Oct. 4	Tuesday	6:45 - 7:45 p.m.	\$70	4
Nov.	Sept. 1	Oct. 28	Nov. 1	Tuesday	6:45 - 7:45 p.m.	\$70	4
Dec.	Sept. 1	Nov. 23	Dec. 6	Tuesday	6:45 - 7:45 p.m.	\$70	4
Jan.	Sept. 1	Dec. 28	Jan. 3	Tuesday	6:45 - 7:45 p.m.	\$70	4

LEAPING LIZARDS GYMNASTICS

Eligibility: Girls and Boys Ages 5 - 7

Location: Virginia Techniques Gymnastics

1550 Roanoke Street, Suite C, Christiansburg

Additional Information: **No Virginia Techniques membership fee required.** Children should wear comfortable clothing, bare feet, no jewelry, and long hair should be pulled back. Class Description: *Basic through intermediate gymnastics skills, coordination, agility, and balance are the main components of this class. Also expect increased self-esteem, confidence building and working through fears. An emphasis of developing strong and flexible bodies will be through repetitions of chin ups, rope climbs, splits, standing bridges, handstands and cartwheels. Students in this class will spend time perfecting their basic skills while learning safe progressions into more intermediate skills. All students will grow at their individual pace with encouragement and positive reinforcement.*

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Sept.	Aug. 1	Aug. 30	Sept. 7	Wednesday	5:30 - 6:30 p.m.	\$70	4
Oct.	Sept. 1	Sept. 30	Oct. 5	Wednesday	5:30 - 6:30 p.m.	\$70	4
Nov.	Sept. 1	Oct. 28	Nov. 2	Wednesday	5:30 - 6:30 p.m.	\$70	4
Dec.	Sept. 1	Nov. 23	Dec. 7	Wednesday	5:30 - 6:30 p.m.	\$70	4
Jan.	Sept. 1	Dec. 28	Jan. 4	Wednesday	5:30 - 6:30 p.m.	\$70	4

KARTWHEELING KOALAS GYMNASTICS

Eligibility: Girls 3rd - 5th grade

Location: Virginia Techniques Gymnastics

1550 Roanoke Street, Suite C, Christiansburg

Additional Information: **No Virginia Techniques membership fee required.** Children should wear comfortable clothing, bare feet, no jewelry, and long hair should be pulled back. Class Description: *Basic through intermediate gymnastics skills, coordination, agility, and balance are the main components of this class. Also expect increased self-esteem, confidence building and working through fears. An emphasis of developing strong and flexible bodies will be through repetitions of chin ups, rope climbs, splits, standing bridges, handstands and cartwheels. Students in this class will spend time perfecting their basic skills while learning safe progressions into more intermediate skills. All students will grow at their individual pace with encouragement and positive reinforcement.*

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Sept.	Aug. 1	Aug. 30	Sept. 6	Tuesday	6:45 - 7:45 p.m.	\$70	4
Oct.	Sept. 1	Sept. 30	Oct. 4	Tuesday	6:45 - 7:45 p.m.	\$70	4
Nov.	Sept. 1	Oct. 28	Nov. 1	Tuesday	6:45 - 7:45 p.m.	\$70	4
Dec.	Sept. 1	Nov. 23	Dec. 6	Tuesday	6:45 - 7:45 p.m.	\$70	4
Jan.	Sept. 1	Dec. 28	Jan. 3	Tuesday	6:45 - 7:45 p.m.	\$70	4

TUMBLING TIGERS

Eligibility: Boys 1st-5th grade

Location: Virginia Techniques Gymnastics

1550 Roanoke Street, Suite C, Christiansburg

Additional Information: No Virginia Techniques membership fee required. Children should wear comfortable clothing, bare feet, no jewelry, and long hair should be pulled back. **Class Description:** *Tumbling Tigers is designed for school aged, beginner level boys. It's not only great for boys interested in learning gymnastics, but also for those trying to stay in shape during the off season of other sports. With an emphasis on learning skills such as balance, coordination, agility, flexibility, and strength, this class is sure to help any athlete reach their full potential in any sport they wish to pursue. Tigers introduce boys to equipment designed specifically for boys, as well as other standard gymnastics apparatus. All students in the Tumbling Tigers class will grow at their individual pace with encouragement and positive reinforcement.*

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Sept.	Aug. 1	Aug. 25	Sept. 1	Thursday	6:15 - 7:15 p.m.	\$70	4
Oct.	Sept. 1	Sept. 30	Oct. 6	Thursday	6:15 - 7:15 p.m.	\$70	4
Nov.	Sept. 1	Oct. 28	Nov. 3	Thursday	6:15 - 7:15 p.m.	\$70	4
Dec.	Sept. 1	Nov. 23	Dec. 1	Thursday	6:15 - 7:15 p.m.	\$70	4
Jan.	Sept. 1	Dec. 28	Jan. 5	Thursday	6:15 - 7:15 p.m.	\$70	4

TUMBLING AND TRAMPOLINE BEGINNER

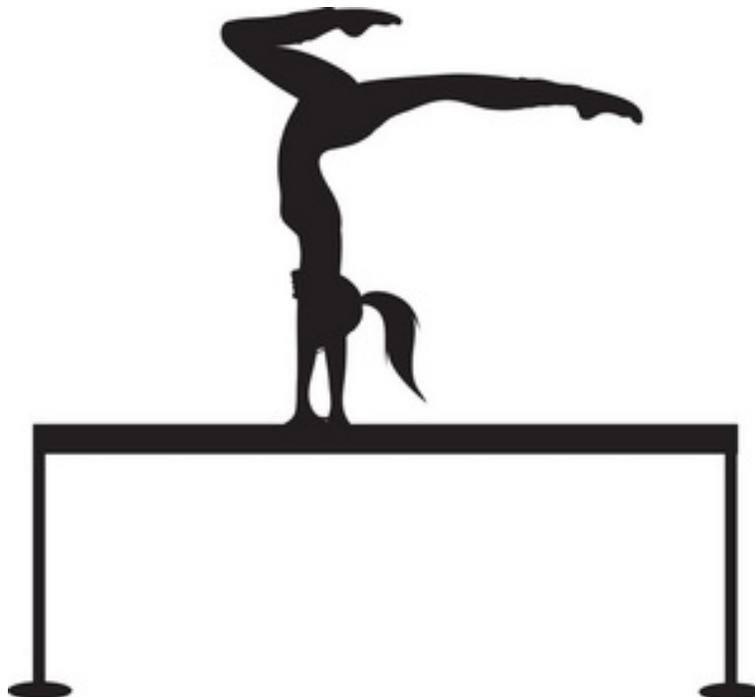
Eligibility: Girls and Boys 1st grade and up

Location: Virginia Techniques Gymnastics

1550 Roanoke Street, Suite C, Christiansburg

Additional Information: No Virginia Techniques membership fee required. Children should wear comfortable clothing, bare feet, no jewelry, and long hair should be pulled back. **Class Description:** *This class is designed to help any child learn how to flip! From boys to girls, cheerleaders to dancers, or just anyone who likes to go upside down, tumbling specific classes use aids such as skill cushions, incline mats, back handspring trainers, spring floors, trampolines, and foam pits. Children will focus on core body strength, coordination, flexibility, and body awareness to safely accelerate learning time. Experienced spotters are available to help athletes maintain, develop, and improve handspring and aerial skills.*

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Sept.	Aug. 1	Aug. 26	Sept. 3	Saturday	11:15 - 12:15 p.m.	\$70	4
Oct.	Sept. 1	Sept. 26	Oct. 1	Saturday	11:15 - 12:15 p.m.	\$70	4
Nov.	Sept. 1	Oct. 28	Nov. 5	Saturday	11:15 - 12:15 p.m.	\$70	4
Dec.	Sept. 1	Nov. 23	Dec. 3	Saturday	11:15 - 12:15 p.m.	\$70	4
Jan.	Sept. 1	Dec. 28	Jan. 7	Saturday	11:15 - 12:15 p.m.	\$70	4



ADULT COMMUNITY RECREATION

WEDNESDAY FITNESS WALK

FREE!!!!

Day: Wednesday, Sept.-Nov.

Time: 12:10 - 12:50 p.m.

Location: Various locations

Additional Information: Join the Recreation Staff as we walk at our various parks and have a great time getting some exercise! A monthly schedule of the walking locations will be available for pick-up at the Recreation Center. In case of inclement weather, we welcome you to come inside and walk at the Recreation Center. Please call the Rec. Center at 382-2349 if you have any questions regarding the walking schedule, weather, etc.

EARLY MORNING YOGA - Instructor: Kim Pugh

Eligibility: Ages 15 and over

Location: Christiansburg Recreation Center - Multi-Purpose Room 2

Minimum: 10 Maximum: 25

Additional Information: How you spend your morning can and will most likely set the tone for the rest of your day. So try waking up your mind and body with this early morning yoga flow. Take the time at the start of the day to center your awareness, energize the body and allow your spirits to rise with the sun. All levels welcomed. Modifications will be introduced for complex poses so that the beginners can work comfortably at their own level alongside the more advanced students in the class. The class is designed to have varying intensity of movement with focused breath that will leave you feeling strong, calm and refreshed. **Participants supply their own yoga mat.**

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	July 25	Sept. 9	Sept. 12	Mon/Wed	6- 7 p.m.	\$35/\$55	6
Session II	Sept. 19	Oct. 21	Oct. 31	Mon/Wed	6- 7 p.m.	\$35/\$55	6
Winter	Nov. 1	Jan. 6	Jan. 9	Mon/Wed	6- 7 p.m.	\$35/\$55	6

P90 REC - Instructor: Pam Diloia

Eligibility: Ages 15 and over

Location: Christiansburg Recreation Center - Multi-Purpose Room 1/Gym Court C

Minimum: 9 Maximum: 30

Additional Information: This program combines cardio, strength training and endurance drills for an all-over body workout. The class offers a variety of unique and challenging moves that will slim, strengthen, tone, and firm. Also, includes many of the popular P90X moves, which will keep the workout challenging and fun!

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Aug. 22	Sept. 30	Oct. 4	Tues/Thur	6 - 6:45 a.m.	\$20/\$40	6
Mini	Oct. 10	Nov. 23	Nov. 29	Tues/Thur	6 - 6:45 a.m.	\$8/\$16	2
Winter	Dec. 1	Jan. 3	Jan. 5	Tues/Thur	6 - 6:45 a.m.	\$20/\$40	6

P90 REC (FRIDAY ONLY) - Instructor: Pam Diloia

Eligibility: Ages 15 and over

Location: Christiansburg Recreation Center - Multi-Purpose Room 1/Gym Court C

Minimum: 9 Maximum: 30

Additional Information: This program combines cardio, strength training and endurance drills for an all-over body workout. The class offers a variety of unique and challenging moves that will slim, strengthen, tone, and firm. Also, includes many of the popular P90X moves, which will keep the workout challenging and fun!

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Aug. 22	Oct. 5	Oct. 7	Friday	6 - 6:45 a.m.	\$12/\$24	6

MORNING AEROBICS - Instructor: Sonia Badillo

Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center - Multi-Purpose Room 1

Minimum: 9 Maximum: 25

Additional Information: This is a choreographed cardio workout with a blend of music styles. There will be lots of fun and good times for all fitness levels. Class includes: cardio, endurance training, strength and flexibility. Take some time for yourself and make new friends. Great fun and fitness!!

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	July 18	Sept. 9	Sept. 12	Mon/Wed/Fri	8:50 - 9:50 a.m.	\$25 /\$45	6
Mini	Sept. 19	Oct. 28	Oct. 31	Mon/Wed/Fri	8:50 - 9:50 a.m.	\$18/\$28	4
Winter	Dec. 1	Jan. 5	Jan. 6 (Fri.)	Mon/Wed/Fri	8:50 - 9:50 a.m.	\$25 /\$45	6

TABATA - Instructor: Jancil Wooge



Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center - Multi-Purpose Room 2

Minimum: 9 Maximum: 25

Additional Information: Tabata is one of the newest and most unique approaches to hit the fitness world with fantastic results! Tabata workouts are short in duration and designed to boost after exercise caloric burn so your metabolism keeps burning long after the exercise is over. The class contains structured interval workouts using little to no equipment. Great class for all ages to get fit!

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Aug. 29	Sept. 23	Sept. 28	Wed/Fri.	10:10 - 10:40 a.m.	\$20/\$40	6
Winter	TBA	TBA	TBA	Wed/Fri.	10:10 - 10:40 a.m.	\$20/\$40	6

ZUMBA TONING - Instructor: Jancil Wooge

Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center - Multi-Purpose Room 2

Minimum: 9 Maximum: 25

Additional Information: A Latin-inspired dance and tone fitness program. The class will emphasize muscle work along with rhythms. This combination of cardio and dynamic resistance exercises is an effective way to tone and shape the whole body. 1-3 pound weights will be used.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Aug. 1	Aug. 26	Aug. 30	Tues/Thur.	9 - 10 a.m.	\$20/\$40	6
Session II	Sept. 1	Oct. 14	Oct. 18	Tues/Thur.	9 - 10 a.m.	\$20/\$40	6
Winter	Oct. 24	Jan. 3	Jan. 5	Tues/Thur.	9 - 10 a.m.	\$20/\$40	6

CORE BALANCE AND STRENGTH - Instructor: Jancil Wooge

Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center - Multi-Purpose Room 2

Minimum: 9 Maximum: 25

Additional Information: This exercise program will focus on strengthening, stretching, balancing and realigning your body. Core exercises will enable your bones, muscles and joints to work together optimally. A head to toe workout that will help you look great and feel terrific!

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Aug. 1	Aug. 26	Aug. 30	Tues/Thur.	10:15 - 11:15 a.m.	\$20/\$40	6
Session II	Sept. 1	Oct. 14	Oct. 18	Tues/Thur.	10:15 - 11:15 a.m.	\$20/\$40	6
Winter	Oct. 24	Jan. 3	Jan. 5	Tues/Thur.	10:15 - 11:15 a.m.	\$20/\$40	6

STROLLER FITNESS - Instructor: Lisa Bass

Location: Christiansburg Recreation Center Gym - Gym Court C

Minimum: 4 Maximum: 25

Additional Information: Pre-Requisites: the child must stay in the stroller. Siblings are not allowed to be brought to class. Jogger strollers and sturdy strollers with bar handles are allowed.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	July 1	August 19	Aug. 23	Tuesday	10 - 10:45 a.m.	\$15/\$30	6
Session I	July 1	August 19	Aug. 26	Friday	9 - 9:45 a.m.	\$15/\$30	6
Session II	Sept. 1	Oct. 14	Oct. 18	Tuesday	10 - 10:45 a.m.	\$15/\$30	6
Session II	Sept. 1	Oct. 19	Oct. 21	Friday	9 - 9:45 a.m.	\$15/\$30	6
Winter	Nov. 1	Jan. 3	Jan. 6	Friday	9 - 9:45 a.m.	\$15/\$30	6
Winter	Nov. 1	Jan. 6	Jan. 10	Tuesday	10 - 10:45 a.m.	\$15/\$30	6

LUNCHTIME YOGA - Instructor: Thea Vincente

Eligibility: Ages 14 and over

Location: Christiansburg Recreation Center - Multi-Purpose Room 1

Minimum: 6 Maximum: 25

Additional Information: All levels welcome! Yoga is a great class to find relaxation during the busy week. The class will focus on deep stretches, alignment and breath. **Participants supply their own yoga mat.**

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Aug. 1	Sept. 2	Sept. 7(Wed)	Mon/Wed	12:15 - 1:15 p.m.	\$35/\$55	6
Session II	Sept. 12	Oct. 28	Oct. 26(Wed)	Mon/Wed	12:15 - 1:15 p.m.	\$35/\$55	6
Winter	Nov. 1	Jan. 6	Jan. 9	Mon/Wed	12:15 - 1:15 p.m.	\$35/\$55	6

AFTERNOON CARDIO KICKBOXING - Instructor: Angel Chadwell

**NEW**

Eligibility: Ages 15 and over

Location: Christiansburg Recreation Center - Multi-Purpose Room 1

Minimum: 9 Maximum: 25

Additional Information: A great workout for everyone interested in improving their fitness and stamina.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Aug. 1	Sept. 2	Sept. 6	Tues/Thur.	12:30 - 1:15 p.m.	\$20/\$40	6
Session II	Sept. 12	Oct. 21	Oct. 25	Tues/Thur.	12:30 - 1:15 p.m.	\$20/\$40	6
Winter	TBA	TBA	TBA	Tues/Thur.	12:30 - 1:15 p.m.	\$20/\$40	6

FIT BEGINNINGS - Instructor: Wanda Thompson

**NEW**

Eligibility: Ages 16 and over

Location: Christiansburg Recreation Center - Multi-Purpose Room 1

Minimum: 9 Maximum: 25

Additional Information: Become the best version of yourself through health and fitness. The class will include: cardio, strength and flexibility exercises included in a variety of different workouts. Both low and moderate levels are taught in this class, making it fun for beginner exercisers as well as those with more experience.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Aug. 22	Sept. 22	Sept. 26	Mon/Wed	4 - 4:45 p.m.	\$20/\$40	6
Mini	Oct. 3	Nov. 9	Nov. 14	Mon/Wed	4 - 4:45 p.m.	\$12/\$24	3
Winter	TBA	TBA	TBA	Mon/Wed	4 - 4:45 p.m.	\$20/\$40	6

SUNRISE SPIN - Instructor: Peak Strength and Conditioning

**NEW**

Eligibility: Ages 16 and over

Location: Peak Strength and Conditioning - 970 Roanoke St., C'burg

Maximum: 5

Additional Information: You can expect to crank up the energy and burn calories in this high intensity cardiovascular class. Everyone can adjust the difficulty of the ride and are encouraged to ride at their own pace. Peak Strength and Conditioning offers a team of high quality and motivational instructors who will ensure that your ride is challenging and pushes you to the limit.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Sept. 1	Sept. 23	Oct. 3	Mon/Wed.	6 - 6:45 a.m.	\$60	6
Session II	Oct. 10	Nov. 7	Nov. 14	Mon/Wed.	6 - 6:45 a.m.	\$60	6
Winter	Dec. 1	Dec. 22	Jan. 4(Wed.)	Mon/Wed.	6 - 6:45 a.m.	\$60	6

EVENING SPIN - Instructor: Peak Strength and Conditioning

**NEW**

Eligibility: Ages 16 and over

Location: Peak Strength and Conditioning - 970 Roanoke St., C'burg

Maximum: 5

Additional Information: You can expect to crank up the energy and burn calories in this high intensity cardiovascular class. Everyone can adjust the difficulty of the ride and are encouraged to ride at their own pace. Peak Strength and Conditioning offers a team of high quality and motivational instructors who will ensure that your ride is challenging and pushes you to the limit.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Sept. 1	Sept. 23	Oct. 4	Tues/Thur.	5:45 - 6:30 p.m.	\$60	6
Session II	Oct. 10	Nov. 7	Nov. 15	Tues/Thur.	5:45 - 6:30 p.m.	\$60	6
Winter	Dec. 1	Dec. 22	Jan. 3	Tues/Thur.	5:45 - 6:30 p.m.	\$60	6

SATURDAY SPIN - Instructor: Peak Strength and Conditioning

**NEW**

Eligibility: Ages 16 and over

Location: Peak Strength and Conditioning - 970 Roanoke St., C'burg

Maximum: 5

Additional Information: You can expect to crank up the energy and burn calories in this high intensity cardiovascular class. Everyone can adjust the difficulty of the ride and are encouraged to ride at their own pace. Peak Strength and Conditioning offers a team of high quality and motivational instructors who will ensure that your ride is challenging and pushes you to the limit.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Sept. 1	Sept. 23	Oct. 1	Saturday	7 - 7:45 a.m.	\$30	6
Session II	Oct. 10	Nov. 7	Nov. 12	Saturday	7 - 7:45 a.m.	\$30	6
Winter	Dec. 1	Dec. 22	Jan. 7	Saturday	7 - 7:45 a.m.	\$30	6

TONING AND CONDITIONING - Instructor: Jancil Wooge

Eligibility: Ages 16 and over

Location: Christiansburg Recreation Center - Multi-Purpose Room 2

Minimum: 9 Maximum: 25

Additional Information: Intense exercise class for all fitness levels with low to no impact and minimal choreography. Use of elastic resistance bands, weights and body supported exercises and flexibility training for muscle strengthening, endurance and sculpting.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	July 18	Aug. 26	Aug. 29	Mon/Wed	5:15 - 6 p.m.	\$20/\$40	6
Session II	Sept. 1	Oct. 21	Oct. 24	Mon/Wed	5:15 - 6 p.m.	\$20/\$40	6
Winter	Dec. 1	Jan. 6	Jan. 9	Mon/Wed	5:15 - 6 p.m.	\$20/\$40	6

TOTAL BODY CARDIO - Instructor: Andy Cramer

Eligibility: Ages 16 and over

Location: Christiansburg Recreation Center - Multi-Purpose Room 1

Minimum: 9 Maximum: 30

Additional Information: Join this upbeat and fun total body conditioning class. Class will contain a variety of different types of aerobic workouts.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Aug. 1	Sept. 9	Sept. 12	Mon/Wed	6:15 - 7:00p.m.	\$20/\$40	6
Mini	Sept. 19	Nov. 10	Nov. 14	Mon/Wed	6:15 - 7:00p.m.	\$15/\$30	4
Winter	Nov. 21	Jan. 6	Jan. 9	Mon/Wed	6:15 - 7:00p.m.	\$20/\$40	6

30 MINUTE ABS/ARMS - Instructor: Andy Cramer

Eligibility: Ages 16 and over

Location: Christiansburg Recreation Center - Multi-Purpose Room 1

Minimum: 9 Maximum: 30

Additional Information: Get toned arms and work on those 6 pack abs in only 30 minutes!

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Aug. 1	Sept. 9	Sept. 12	Mon/Wed	7:15 - 7:45 p.m.	\$15/\$30	6
Mini	Sept. 19	Nov. 10	Nov. 14	Mon/Wed	7:15 - 7:45 p.m.	\$15/\$30	4
Winter	Nov. 21	Jan. 6	Jan. 9	Mon/Wed	7:15 - 7:45 p.m.	\$15/\$30	6

FAST FIT - Instructor: Jancil Wooge

Eligibility: Ages 16 and over

Location: Christiansburg Recreation Center - Multi-purpose Room 1

Minimum: 10 Maximum: 25

Additional Information: A mix of high and low interval training with muscle sculpting that will have you in shape from head to toe in no time!

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	July 1	Aug. 12	Aug. 16	Tues/Thur.	4:20 - 5:20 p.m.	\$20/\$40	6
Session II	Aug. 22	Sept. 30	Oct. 4	Tues/Thur.	4:20 - 5:20 p.m.	\$20/\$40	6
Mini	Oct. 10	Nov. 23	Nov. 29	Tues/Thur.	4:20 - 5:20 p.m.	\$8/\$16	2

CARDIO/WEIGHT TRAINING - Instructor: Diane Thompson

Eligibility: Ages 14 and over

Location: Christiansburg Recreation Center - Multi-Purpose Room 1

Minimum: 9 Maximum: 20

Additional Information: An intense cardio and weight training workout.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Aug. 15	Sept. 30	Oct. 4	Tues/Thur.	5:45 - 6:45 p.m.	\$20/\$40	6
Winter	Nov. 1	Jan. 6	Jan. 10	Tues/Thur.	5:45 - 6:45 p.m.	\$20/\$40	6

ZUMBA - Instructor: Angel Chadwell

Eligibility: Ages 15 and over

Location: Christiansburg Recreation Center - Multi-Purpose Room 2

Minimum: 9 Maximum: 25

Additional Information: The Zumba program combines Latin rhythms and easy to follow moves to create a one of a kind fitness program.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	April 1	Sept. 2	Sept. 6	Tues/Thur.	5:20 - 6:20 p.m.	\$20/\$40	6
Session II	Sept. 12	Oct. 21	Oct. 25	Tues/Thur.	5:20 - 6:20 p.m.	\$20/\$40	6
Winter	Nov. 1	Jan. 6	Jan. 10	Tues/Thur.	5:20 - 6:20 p.m.	\$20/\$40	6

BEGINNER EVENING YOGA - Instructor: Tone Dancy

Eligibility: Ages 15 and over

Location: Christiansburg Recreation Center - Multi-Purpose Room 2

Minimum: 9 Maximum: 25

Additional Information: All levels welcomed, but this class will focus on beginner level poses. The class is designed to have varying intensity of movement with focused breath that will leave you feeling strong, calm and refreshed. **Participants supply their own yoga mat.**

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Aug. 22	Sept. 30	Oct. 4	Tues/Thur	6:30 - 7:30 p.m.	\$35 /\$55	6
Mini	Oct. 10	Nov. 28	Nov. 29	Tues/Thur	6:30 - 7:30 p.m.	\$12/\$24	2
Winter	Dec. 1	Jan. 3	Jan. 5	Tues/Thur	6:30 - 7:30 p.m.	\$35 /\$55	6

INTERMEDIATE EVENING YOGA - Instructor: Tone Dancy

Eligibility: Ages 15 and over

Location: Christiansburg Recreation Center - Multi-Purpose Room 2

Minimum: 9 Maximum: 25

Additional Information: This class is geared to those students who have previously taken several yoga classes and are ready for a more challenging yoga class. The class is designed to have varying intensity of movement with focused breath that will leave you feeling strong, calm and refreshed. **Participants supply their own yoga mat.**

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Aug. 22	Sept. 30	Oct. 4	Tues/Thur	7:30 -8:30 p.m.	\$35 /\$55	6
Mini	Oct. 10	Nov. 28	Nov. 29	Tues/Thur	7:30 -8:30 p.m.	\$15 /\$30	2
Winter	Dec. 1	Jan. 3	Jan. 5	Tues/Thur	7:30 -8:30 p.m.	\$35 /\$55	6

LETTING GO INTO RELAXATION - Instructor: Thea Vincente

Eligibility: Ages 14 and over

Location: Christiansburg Recreation Center - Multi-Purpose Room 1

Minimum: 9 Maximum: 25

Additional Information: All levels welcome! This yoga class is a great way to achieve relaxation and recharge after a busy work week. The class will focus on deep stretches, alignment and breath. **Participants supply their own yoga mat.**

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Aug. 22	Sept. 14	Sept. 16	Friday	5:30 - 6:30 p.m.	\$18/\$38	6
Session II	TBA	TBA	TBA	Friday	5:30 - 6:30 p.m.	\$18/\$38	6
Winter	TBA	TBA	TBA	Friday	5:30 - 6:30 p.m.	\$18/\$38	6

INTRO TO STAND UP PADDLE BOARDING - Instructor: Michael Valach

Eligibility: Ages 12 and up

Location: Claytor Lake State Park Marina

Minimum: 4 Maximum: 12

Additional Information: Join us on Claytor Lake for our Intro to Stand Up Paddle Boarding (SUP) class. This one-hour class will provide instruction on the basics of paddle stroke, balancing and positioning on the board, turning and board movement. This class will consist of both dry land and on water instruction. Once you have mastered the basic skills, your instructor will take the group on a short paddle board tour on Claytor Lake. This class is the perfect way to get started paddling the right way and experience the fastest growing watersport. The class will be fun and informative while you improve your balance skills and workout your core muscles. The class fee includes instruction and all rental equipment needed for the class. **The class is taught by Mountain 2 Island Paddle Board Company. Participants will need to pay an additional fee of \$4.00 for park admission.**

Class	Reg. Begins	Reg. Ends	Date	Time	FEE
Sept.	April 1	Sept. 13	Sept. 20	6:45 -7:45 p.m.	\$15

BEGINNING HORSEMANSHIP - Instructor: Chelista Linkous

Eligibility: Ages 18 and over

Location: 866 Silver Lake Rd., Christiansburg

Maximum: 4

Additional Information: Have a great time learning how to ride a horse during this four-week program. Participants will learn all about the horse, the tack, how to mount/dismount, trotting, etc.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Sept.	Aug. 1	Sept. 2	Sept. 6	Tuesday	7:30 - 8:30 p.m.	\$125 /\$145	4
Oct.	Sept. 1	Sept. 30	Oct. 4	Tuesday	7:30 - 8:30 p.m.	\$125 /\$145	4
Nov.	Sept. 1	Oct. 28	Nov. 1	Tuesday	7:30 - 8:30 p.m.	\$125 /\$145	4
Jan.	Sept. 1	Dec. 28	Jan. 3	Tuesday	7:30 - 8:30 p.m.	\$125 /\$145	4

ADULT KARATE - Instructor: Bobby Hall

Eligibility: Ages: 13 and over

Location: NRV Traditional Karate (575 North Franklin St., Christiansburg)

Minimum: 4 Maximum: 15

Additional Information: You will learn techniques of Traditional Shotokan Karate. A curriculum of blocks, punches, kicks and strikes will be taught in a systematic method. Techniques are taught using Traditional Karate method of training using Kata (forms), Kumite (sparring) and Kihon (basics). You will gain strength, flexibility and confidence through the practice of Traditional Shotokan Karate. Students should wear comfortable clothing, bare feet, and no jewelry. **If Montgomery County Schools are closed or released early due to inclement weather, class will not meet. Contact NRV Traditional Karate for possible make-up days.**

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Sept.	Aug. 1	Aug. 25	Sept. 1(Thur)	Mon/Thur.	7:30 - 8:30 p.m.	\$50	4
Oct.	Sept. 6	Sept. 30	Oct. 3	Mon/Thur.	7:30 - 8:30 p.m.	\$50	4
Nov.	Oct. 10	Nov. 1	Nov. 3(Thur)	Mon/Thur.	7:30 - 8:30 p.m.	\$50	4

SOUL LINE DANCING - Al & Jill Elliott

Eligibility: Ages: 13 and over

Location: Christiansburg Recreation Center - Multi-Purpose Room 2

Minimum: 9 Maximum: 25

Additional Information: Have a great time learning the latest line dances while enjoying fun, upbeat music. No partner required! Dances include: Cha Cha Slide, A J Slide, Cuban Shuffle, and many more.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Aug. 22	Oct. 3	Oct. 6	Thursday	4 - 5p.m.	\$30/\$50	6

SHIP SHAPE CLUB

Eligibility: Ages 18 and over

Dates: Ongoing

Days: Mon-Fri

Time: 8 a.m. – 5 p.m.

Location: Christiansburg Recreation Center

Fee: Town Residents FREE

Additional Information: Participate on your own for this weight loss club. Members will weigh in weekly or monthly at the Recreation Center. We will keep track of your weight loss progress and present you with a “way to go” award for every 5 pounds lost. Remember, when losing weight it is important to exercise and eat healthy foods. The Recreation Dept. offers many exercise classes and wellness programs to help you on your weight loss journey. For more information contact Pam or Tammy at 382-2349.

SHIP SHAPE CLUB WEIGH-IN

Eligibility: Ship Shape Club Members

Days: Mon-Fri

Time: 8 a.m. - 5 p.m.

Location: Christiansburg Recreation Center

Fee: Town Residents FREE



SPECIAL INTEREST PROGRAMS

NOVICE DOG OBEDIENCE - Instructor: Rosie Higdon

Eligibility: Dogs 5 ½ months and older

Location: Christiansburg National Guard Armory

Maximum: 12

Additional Information: Delete unwanted behaviors - basic dog obedience and instruction on how to train your dog. All Dogs must be de-wormed. **Class on the first night will meet at 7:00PM for lecture. No dogs the first week, just the owners.**

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Session I	July 18	Sept. 2	Sept. 7	Wednesday	6 - 6:50 p.m.	\$80	6
Session I	July 18	Sept. 2	Sept. 7	Wednesday	7 - 7:50 p.m.	\$80	6
Session II	Sept. 12	Nov. 1	Nov. 2	Wednesday	6 - 6:50 p.m.	\$80	6
Session II	Sept. 12	Nov. 1	Nov. 2	Wednesday	7 - 7:50 p.m.	\$80	6
Winter	Dec. 1	Jan. 23	Jan. 25	Wednesday	6 - 6:50 p.m.	\$80	6
Winter	Dec. 1	Jan. 23	Jan. 25	Wednesday	7 - 7:50 p.m.	\$80	6

RALLY OBEDIENCE CLASS - Instructor: Rosie Higdon

Eligibility: Dogs must have completed an Intermediate class and must have a concept of heeling.

Location: Christiansburg National Guard Armory

Maximum: 14

Additional Information: This class introduces students to the different maneuvers and exercises of Rally Style Obedience. Rally Obedience is the combination of obedience maneuvers using the flow and interaction of agility. It includes simple items like forward, halt, left and right turns and more complicated things like serpentines around cones, U turns and more.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Session I	May 16	Sept. 6	Sept. 8	Thursday	6 - 6:50 p.m.	\$80	6

INTERMEDIATE DOG OBEDIENCE - Instructor: Rosie Higdon

Eligibility: Dogs 6 months and older

Location: Christiansburg National Guard Armory

Maximum: 12

Additional Information: Pre-requisite: Dogs must have completed a novice dog obedience class. Improve the manners of your dog. Class will concentrate on walking with a leash, greeting people and other dogs nicely, coming when called and sit/down and stay.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Session I1	May 16	Sept. 6	Sept. 8	Thursday	7 - 7:50 p.m.	\$80	6
Winter	Dec. 1	Jan. 23	Jan. 26	Thursday	7 - 7:50 p.m.	\$80	6

PUPPY KINDERGARTEN - Instructor: Rosie Higdon

Eligibility: Puppies 10-17 weeks

Location: Christiansburg National Guard Armory

Maximum: 14

Additional Information: This class is for puppies 10-17 weeks of age. The class is designed to get the puppy off to the right start. The puppy will learn how to interact with people by sitting to greet, how to bite nicely, etc. The puppy will play with other puppies providing socialization with other puppies. The class lessons cover how to teach sit, down, stand, walk on leash and come. Owners will learn how to teach their puppy in a positive and proactive manner. They will learn how to deal with the typical puppy problems: chewing, barking, mouthing, jumping up, etc. Each week are discussion topics related to raising your puppy. The topics include housebreaking, nutrition grooming, and health care. This is a 6 week course. The puppy comes to all classes. All family or house members are encouraged to come to class.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Session I	Sept. 12	Nov. 1	Nov. 3	Thursday	6 - 7 p.m.	\$80	6
Winter	Dec. 1	Jan. 23	Jan. 26	Thursday	7 - 8 p.m.	\$80	6

ADVANCED RALLY OBEDIENCE CLASS - Instructor: Rosie Higdon

Eligibility: Dogs must have completed a previous Beginning Rally class and must have a concept of heeling.

Location: Christiansburg National Guard Armory

Maximum: 14

Additional Information: This class introduces students to the different maneuvers and exercises of Rally Style Obedience. Rally Obedience is the combination of obedience maneuvers using the flow and interaction of agility. It includes simple items like forward, halt, left and right turns and more complicated things like serpentines around cones, U turns and more.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Session I	Sept. 12	Nov. 1	Nov. 3	Thursday	7 - 7:50 p.m.	\$80	6

MARDI GRAS CASINO

Additional Info: Join us as we travel to the Mardi Gras Casino in Cross Lanes WV. Enjoy playing the slot machines or table games. Lunch will be on your own at the casino. We will arrive approximately at 11AM and will depart at 3PM to head home. **Pre-register.**
 Minimum: 6 Maximum: 16

Registration	Eligibility	Date	Time	TR/NR	Location
April 4-Aug. 24	21 and over	Thursday, Sept. 1	Leave Rec. Center at 8 a.m.	\$15/\$25	Cross Lanes, WV

LUNCH BUNCH

Additional Information: Join us for our monthly lunch outing to various restaurants in the area. **Participants are responsible for paying for their own lunch.**

Minimum: 5 Maximum: 8

Registration	Eligibility	Date	Time	Fee	Location
Ends August 30	18 & over	Tuesday, Sept. 6	Leave Rec. Center at 11 a.m.	\$7/\$14	Blue Apron, Salem, VA
Aug 29-Sept. 28	18 & over	Monday, Oct. 3	Leave Rec. Center at 10 a.m.	\$7/\$14	Chili's, Princeton, WV
Aug. 29-Nov. 9	18 & over	Wednesday, Nov. 16	Leave Rec. Center at 10:30 a.m.	\$7/\$14	Roanoke Market
Aug. 29 Dec. 14	18 & over	Thursday, Dec. 22	Leave Rec. Center at 10:30 a.m.	\$7/\$14	Cheddars, Roanoke, VA

AYERS APPLE ORCHARD

Additional Info: Join us as we travel to Cana, VA, to Ayers Apple packing house for some apples. Lunch will be on your own at a local restaurant. Before heading home we will stop at the Cana Produce stand. **Pre-register.**

Minimum: 6 Maximum: 8

Registration Ends	Eligibility	Date	Time	FEE	Location
Aug. 29-Sept.1	21 and over	Thursday, Sept. 8	Leave Rec. Center at 8:30 a.m.	\$7/\$14	Cana, VA

GREENBRIER BUNKER TOUR

Additional Info: Construction began in 1958 on the 112,544-square-foot bunker, which was built 720 feet into the hillside under The Greenbrier's West Virginia Wing. Once complete in 1961, the facility was maintained in a constant state of readiness by a small group of government employees working undercover as Forsythe Associates, a company hired by the resort for audio/visual support services. Over the 30 years that it was an active facility, communications and other equipment were updated, keeping The Bunker at full-operation status. The location of the facility, critical to its effectiveness, remained a secret for more than three decades. On May 31, 1992, *The Washington Post* published an article which exposed the facility. As a direct result, the U.S. government began de-commissioning The Bunker and ended the lease agreement with The Greenbrier in 1995. Lunch will be on your own at the Mason Jar following the tour. **There will be walking involved with no available seating during the tour. Pre-register.**

Minimum: 8 Maximum: 20

Registration	Eligibility	Date	Time	TR/NR	Location
April 4-Sept. 7	21 and over	Thursday, September 15	Leave Rec. Center @ 8 a.m.	\$55	Greenbrier, WV

MYSTERY YARD SALE

Additional Info: Join us we search for treasures and deals. Lunch will be on your local restaurant. **Pre-register.**

Minimum: 5 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR	Location
Aug. 1-Sept. 8	21 and over	Friday, Sept. 16	Leave Rec. Center at 7 a.m.	\$10/\$20	????

BODY FAT TESTING - Instructor: Jordan Dutro

Eligibility: Ages 16 and over

Location: Christiansburg Recreation Center - Classroom 1

Fee: \$5 - Pay at the class (correct change or check)

Maximum: 10

Additional Information: Come and learn how much of your body weight is body fat. Testing is private and results are confidential.

Wear loose comfortable clothes (preferably shorts and t-shirt).

Date	Time
Monday, Sept. 19	Between 6 - 8 p.m.
Monday, Oct. 10	Between 6 - 8 p.m.
Monday, Nov. 14	Between 6 - 8 p.m.
Monday, Dec. 5	Between 6 - 8 p.m.

HANGING ROCK RAPTOR OBSERVATORY

Additional Info: The Hanging Rock Observatory has been a monitoring point for hawk, eagle, falcon and osprey migration along the birds eastern route. Join us as we travel to Monroe County, West Virginia for a fun filled day of bird watching. **There is a 20-40 minute walk up the mountain to the observatory. Participants should bring binoculars, sunglasses, hat, comfy walking shoes, jacket and pack a lunch/drink to be enjoyed during the day at the observatory.**

Minimum: 5 Maximum: 16

Registration	Eligibility	Date	Time	TR/NR	Location
April 1-Sept. 15	21 and over	Thursday, Sept. 22	Leave Rec. Center at 9:00a.m.	\$10/\$20	WVA

SAFE KIDS NRV Coalition - Car Seat Safety Checks

Co-Sponsored By: Carilion, Christiansburg Recreation Dept. and Christiansburg Fire Dept.

Location: Christiansburg Fire Dept. Bay

Additional Information: Come by the Fire Dept. to make sure you have your car seat installed properly. Keep your kids safe!!

Date	Time	TR/NR
Thursday, Sept. 29	4 - 6 p.m.	FREE
Thursday, Oct. 27	4 - 6 p.m.	FREE
Thursday, Nov. 17	4 - 6 p.m.	FREE
Thursday, Dec. 22	4 - 6 p.m.	FREE

VIRGINIA FIREARMS SAFETY TRAINING - Instructors: David Moye (Concealed Carry Permit Course) DCJS Certified Instructor

Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center- Classroom 2

Minimum: 10 Maximum: 50

Additional Information: This class offered by Southwest Virginia Firearms Instruction is a Classroom Based Firearms Safety Course designed to meet the requirements set forth in SP-248 Application for a Concealed Carry Permit. Upon completing the course the attendee will receive a certificate of completion and can then go apply for a permit at the courthouse. This class has been approved by the Honorable Robert M. D. Turk, Presiding Judge, Chief Judge for the training requirement portion of the Application. The instructor is both Virginia Division of Criminal Justice Certified General Instructor as well as a Certified Firearms Instructor. The instructor is a current law enforcement officer. **Must show valid EMS Identification upon registration to receive EMS discount.**

Registration	Eligibility	Date	Time	Fee
Sept. 1-Sept. 30	Ages 18 and over	Tuesday, Oct. 4	6 - 8 p.m.	\$35 EMS Personnel/\$45 all others

BREAST CANCER AWARENESS DAY

Additional Information: Stop by our Breast Cancer Awareness table and pick up information on the importance of early detection, self-exams. Register for our door prize.

Day	Time	Location
Wednesday, October 5	6:30 a.m. – 2 p.m.	Christiansburg Rec Center Lobby

BREAKFAST ON THE GRILL

Additional Info: Come out and join us for simple and delicious recipes for making breakfast on the grill. **PRE-REGISTER.**

Location: Christiansburg Recreation Center – Senior Patio

Minimum:5 Maximum: 15

Registration	Eligibility	Date	Time	FEE
Aug. 29- Sept. 26	21 and over	Friday, Oct. 7	8:30 a.m.	\$6/\$12

HIKES -Instructor: Gary Brumfield/Pam Peyton

Eligibility: Ages 18 and over

Additional Info: Join us for some exercise in the beautiful outdoors! We will stop for lunch after the hike. Participants are responsible for paying for their lunch.

Minimum: 5 Maximum: 8

Registration	Date	Time	TR/NR	Location	Difficulty
Sept. 1-Oct. 6	Monday, Oct. 10	Leave Rec. Center @ 9 a.m.	\$7/\$14	New River Trail	Flat
Sept. 1-oct. 27	Wednesday, Nov. 2	Leave Rec. Center @ 9:30 a.m.	\$7/\$14	Greenway Park	Flat
Sept. 1-Dec. 14	Monday, Dec. 19	Leave Rec. Center @ 10 a.m.	\$5/\$10	Jingle Bell Hike - TBA	TBA

HEALTHY DIABETIC FRIENDLY SNACKS - Instructor: Shenika Dillard - Carilion

Location: Christiansburg Recreation Center- Kitchen

Minimum: 4 Maximum: 8

Additional Information: Enjoy a discussion of healthy snack alternatives. A few snacks will be prepared for sampling!

Registration	Eligibility	Date	Time	TR/NR
Sept. 1- Oct. 6	Ages 18 and over	Monday, Oct. 10	6 - 7:30 p.m.	\$5/\$10 Must Pre-Register



CPR/AED AND FIRST AID CERTIFICATION COURSE - Instructor: Lisa Bass

Location: Christiansburg Recreation Center - Classroom 1

Additional Information: Become certified in CPR & First Aid with Lisa Bass, American Red Cross Instructor. This course is designed to help you acquire the skills you will need to effectively respond in an emergency situation. Sudden cardiac arrest is a leading cause of death in the US, CPR helps to provide critical blood flow to the brain until professional help arrives. You will learn Adult CPR, how to use a defibrillator, how to respond to choking victims and basic first aid.

Minimum: 3 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Sept. 1 - Oct. 3	Ages 18 & over	Tuesday, Oct. 11	4 - 9 p.m.	\$45

STEP BY STEP HOME BUYERS CLASS - Instructor: Rachel Hogan- Nest Realty

Location: Christiansburg Recreation Center - Classroom 2

Minimum: 2 Maximum: 15

Additional Information: Join Rachel as she gives you helpful tips to be aware of when purchasing a home. **Must Pre-Register.**

Registration	Eligibility	Date	Time	TR/NR
Sept. 1 - Oct. 6	Ages 18 and over	Tuesday, Oct. 11	6 - 8 p.m.	FREE- Must Pre-Register

VIN ETCHING

Co-Sponsored By: Christiansburg Recreation Dept., Christiansburg Police Dept., Christiansburg Fire Dept. and Virginia State Police

Location: Christiansburg Fire Dept.

Additional Information: All vehicles carry a federally-assigned number known as Vehicle Identification Number (VIN). Making sure those numbers are marked permanently on a vehicle's windows steers thieves away. The windows of stolen VIN etched vehicles must be stripped and replaced before a thief can get rid of the car, a costly and time consuming process. VIN etching is simple, fast, safe and won't mar the look of the vehicle. Numbers are etched into the glass with a chemical solution and those numbers will be there for good.

Date	Time	TR/NR
Monday, Oct. 17	3 - 7 p.m.	FREE

SHRED-A-THON

Location: Christiansburg Recreation Center - parking lot

Additional Information: Help prevent identity theft, shred unwanted documents. Protect your important information and clean out the clutter. For more information contact Tammy Caldwell, 540-382-2349 ext. 2003 or email: tcaldwell@christiansburg.org. **This is a drive thru event, no walk-ups will be allowed. No businesses please. Papers to be shredded must be in a plastic tote or box, no plastic bags.**

Date	Time	Location
Tuesday, October 18	3 - 6 p.m.	Christiansburg Recreation Center Parking lot

THE PINNACLE SHOPPING

Additional Info: Located just across the Virginia state line, the Pinnacle is established as the region's premier shopping destination in Bristol Tn. Lunch will be on your own at one of the many restaurants at the Pinnacle. **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Aug. 29-Oct. 20	21 and over	Thursday, Oct. 27	Leave Rec. Center at 8:30 a.m.	\$10/\$20	Bristol, Tn.

FREE VEIN SCREENING - Carilion Clinic Vascular Surgeon- Ashish Raju, MD

Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center - Classroom 2/Senior Activities Room

Additional Information: If you have varicose veins, your legs may feel tired, restless, heavy, or have cramps. Standing or sitting may worsen your symptoms over time and you may also experience leg cramps. Join our Carilion Clinic vascular surgeon for a free presentation and vein screening to determine your risk factors. Please wear loose fitting clothing - shorts are best. **Participants must pre-register by calling Carilion Clinic at 1-800-422-8482.**

Registration	Date	Time	TR/NR
Sept. 1-Oct. 25	Tuesday, Nov. 1	5 - 7 p.m.	FREE - Must Pre-register

CHOLESTEROL SCREENING - Instructor: Shenika Dillard - Carilion

Additional Information: Call Carilion to register at (800) 422-8482. A 12 hour fast is required! A lipid profile is a quick screening and includes total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides and glucose. The results from this test can help determine your risk of coronary heart disease. **MUST PRE-REGISTER.**

Eligibility	Date	Time	Fee	Location
Ages 18 and over	Wednesday, Nov. 2	6:30 - 8:30 a.m.	\$15	Christiansburg Recreation Center - Senior Activities Room

WAFFLE IRON COOKING - Instructor: Tammy Caldwell/Pam Peyton

NEW

Location: Christiansburg Recreation Center - Kitchen

Additional Information: Waffle Irons are not just for cooking waffles anymore. Join Tammy and Pam and we show you other foods you can cook on there as well. Great, useful appliance for small kitchens or dorm rooms too!

Minimum: 3 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Sept. 1-Nov. 2	Ages 18 & over	Wednesday, Nov. 9	10:30 - 12 p.m.	\$6/\$12

NEW

BREAKFAST TRIP-MAC AND BOB'S

Additional Info: Start your day off with a breakfast stop at Mac and Bob's, following breakfast we will stroll thru the stores along Main Street. **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Aug. 29-Oct. 26	21 and over	Friday, Nov. 4	Leave Rec. Center at 8 a.m.	\$7/\$14	Salem, Va.

SOUTHERN CHRISTMAS SHOW

Additional Info: Oh What Fun It Is! Join us as we co-sponsor a trip the Christmas Show in Charlotte, NC. with Radford Parks & Rec, Montgomery County Parks and Rec for a day of Christmas shopping. Price includes motor coach transportation, and admission to the show. **Please note: If not enough participant's register for the trip, there may be an additional fee to be paid to Radford Parks and Recreation the day of the trip. Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Aug. 1- Nov. 4	21 and over	Monday, Nov. 14	Leave Rec. Center at 6 a.m.	\$38, please see note above	Charlotte, NC.

EVENING BLOOD PRESSURE SCREENING/INFORMATIONAL TABLE

Sponsored By: Carilion New River Valley Medical Center

Location: Christiansburg Recreation Center Lobby

Additional Information: Do you know your numbers? Blood pressure consists of two numbers. Your systolic pressure measures the pressure of blood against artery walls when the heart pumps blood out during a heartbeat, while the diastolic pressure measures the same pressure between heartbeats when the heart fills with blood. Both of these numbers are important and just because one is normal doesn't mean you're off the hook. Come get checked!

Date	Time	TR/NR
Tuesday, Nov. 15	Between 5 - 7 p.m.	FREE

CHILD FINGERPRINTING - Instructor: Officer Nathan Delp- CPD

Co-Sponsored By: Christiansburg Recreation Dept. and Christiansburg Police Dept.

Location: Christiansburg Recreation Center Lobby

Additional Information: Come by the Recreation Department and have your child fingerprinted for your files in case of an emergency.

Date	Time	Fee
Monday, Nov. 21	9:30 - 11:30 a.m.	FREE

TRADER JOE'S

Additional Info: We will travel to Trader Joe's where they have great produce, great prices and a lot of healthy options at exceptional everyday prices. At Trader Joes you won't find a lot of branded items; instead, you'll discover unconventional and interesting products. Lunch will be on your own at a local restaurant. **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Aug. 29-Nov. 15	21 and over	Monday, Nov. 21	Leave Rec. Center at 8 a.m.	\$10/\$20	Charlottesville, Va.

SUPPER CLUB

Additional Information: Join us for our monthly lunch outing to various restaurants in the area. **Participants are responsible for paying for their own supper.**

Minimum: 5 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Aug. 29- Nov. 15	18 & over	Tuesday, Nov. 22	Leave Rec. Center at 3:15 p.m.	\$6/\$12	Harbor Inn Seafood - Salem, VA

WHAT IS HPV? - Instructor: Carilion Medical Center

Location: Christiansburg Recreation Center - Classroom 2

Additional Information: What is the Human Papillomavirus? Who can get HPV? Get the facts and learn the causes, symptoms, treatment and prevention. **MUST PRE-REGISTER.**

Registration	Eligibility	Date	Time	Fee
Sept. 6 - Nov. 21	Ages 18 and over	Tuesday, Nov. 29	6 - 7 p.m.	FREE-Must Pre-register

PREPARING YOUR HOUSE TO SELL - Instructor: Rachel Hogan - Nest Realty

Location: Christiansburg Recreation Center - Classroom 1

Minimum: 2 Maximum: 15

Additional Information: Things to do before putting your house on the market and how to increase your homes selling value.

Registration	Eligibility	Date	Time	TR/NR
Sept. 1-Nov. 22	Ages 18 and over	Tuesday, Nov. 29	6 - 8 p.m.	FREE

ADULT COLORING THERAPY

Eligibility: Ages 21 and over

Location: **Radford Recreation Center**

Additional Information: Who doesn't like to color? Whether you prefer colored pencils, crayons or markers; adult coloring is the newest craze. Coloring is a great way to relax, socialize and chit chat with others while coloring. All coloring materials, colored pencils, crayons and markers are provided. Class is held at the Radford Recreation Center. Coffee and donuts will be served. Must Pre-Register!

Registration	Date	Time	TR/NR
Sept. 1-Nov. 23	Wednesday, Nov. 30	10 a.m. - 12 p.m.	FREE

WOHLFHART HAUS CHRISTMAS

Additional Info: Enjoy a delicious Holiday feast before you are completely immersed in the Christmas season. This original production is stuffed with all the Christmas songs you know and love, as well as dazzling dance numbers and beautiful costumes! This fun-filled Holiday production also features a breath-taking Nativity which is sure to put the whole family in the Christmas Spirit. Don't miss Virginia's favorite Christmas tradition! **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Aug. 29-Nov. 23	21 and over	Thursday, Dec. 1	Leave Rec. Center at 11:30a.m.	\$47/\$67	Wytheville, Va.

HOLIDAY HIGH TEA

Location: Palisades Restaurant - Eggleston, VA

Minimum: 4 Maximum: 16

Additional Information: Get in the festive spirit at the Palisades Restaurants annual "Holiday High Tea." Enjoy tasty pastries, scones, cookies and finger sandwiches while sipping on delicious tea. Price includes: transportation food, tea, taxes and gratuity.

Registration	Eligibility	Date	Time	TR/NR
Sept. 1-Nov. 28	Ages 18 and over	Tuesday, Dec. 6	Leave the Rec. Center at 12:15 p.m.	\$23

ATTIC PRODUCTIONS: A SIMPLE GIFT

Additional Info: Join us for Attic Productions Christmas Play. Dinner on your own at K&W. **Must Pre-Register**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Aug. 29-Dec. 1	21 and over	Thursday, Dec. 8	Leave Rec. Center at 5 p.m.	\$20/\$40	Fincastle, Va.

BOOK SWAP

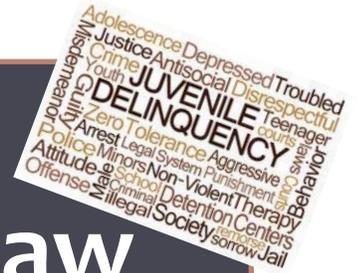
Location: Christiansburg Recreation Center - Classroom 1

Additional Information: Drop off a maximum of 10 books between the hours of 8 a.m. - 5:00 p.m. at least 2 days before the scheduled Book Swap. At 5:15 PM on the day the swap is held, you will be allowed to select different books to take home to enjoy.

Registration	Date	Time	TR/NR
Sept. 1-Dec. 7	Tuesday, Dec. 13	5:15 p.m.	\$1 non-refundable



Intro to Juvenile Law



This is a free learning opportunity for parents who wish to learn more about the Juvenile Justice System. Parents/Guardians will learn what their legal rights and responsibilities are in situations involving their children and/or children they care for.

Parents and Guardians Only

Monday, October 24, 6:30-8p.m.

Christiansburg Recreation Center, Classroom 2

****Pre-Registration is required****

Please call (540)382-2349 or visit www.christiansburg.org/recreation for more information.

Pre- register by Wednesday, October 19



Presented By:

Christiansburg Department of Parks & Recreation
Christiansburg Police Department

SENIOR PROGRAMS

RECREATION CENTER REFUND POLICY

Partial refunds will not be issued for classes or programs unless the instructor is unable to complete the class. In case of cancelled classes due to inclement weather, partial refunds will not be issued if at least 80% of the scheduled class has met. When possible a cancelled class or activity will be rescheduled.

SENIOR MONTHLY CALENDAR

The senior section distributes a monthly calendar throughout the Town of Christiansburg at the beginning of each month. The calendar lists programs, classes, trips and ongoing activities and special events. Please familiarize yourself with the following abbreviations appearing on the calendar:

TR - Town Resident	MCC-Meadowbrook Community Center	ML-Meadowbrook Library
NR - Non-Resident	BCC-Blacksburg Community Center	
T.Fee - Transportation Fee	RPR-Radford Parks and Recreation	
Rec. ctr. - Recreation center	MCGC-Montgomery County Government Center	

SENIOR LIBRARY DONATIONS

We are currently looking for large print edition books. The senior library has a superb selection of books for our seniors to check out and read at their leisure. Before dropping off books, please contact Tammy Caldwell, 382-2349 ext. 2003

TRANSPORTATION SERVICES POLICY

The senior transportation service is conducted on an as-needed basis. This service is provided to local senior citizens without access to transportation. This enables individuals to participate in senior trips and special luncheons. When registering for trips or special luncheons, seniors needing to use the transportation service must state this need. Circumstances may arise in which individuals with access to transportation require this service, in these cases policy will be applied at the discretion of the supervisor of senior & special populations programs. If you have any questions, contact Tammy Caldwell at 382-2349 ext. 2003.

TRIP TAKERS-A-BLAST FROM THE PAST

Mileage for each senior trip taker will be logged in after each trip. At the end of the year, the senior who has traveled the most miles will be awarded a prize. The winner will be announced at our annual luncheon in January.

BASKET WEAVERS

Additional Information: Group meets the 2nd Monday of each month.

Date	Day	Time	Location
September 12	Monday	10 a.m. - 4 p.m.	Christiansburg Rec Center - Classroom 2
October 10	Monday	10 a.m. - 4 p.m.	Christiansburg Rec Center - Classroom 2
November 14	Monday	10 a.m. - 4 p.m.	Christiansburg Rec Center - Classroom 2
December 12	Monday	10 a.m. - 4 p.m.	Christiansburg Rec Center - Classroom 2

BIBLE STUDY

Additional Information: Revolving pastors provide non-denominational devotions.

Day	Time	Location
Thursdays	10:15 a.m. - 10:45 a.m	Christiansburg Recreation Center - Senior Activities Room

BLOOD PRESSURE SCREENINGS

Additional Information: Keep Track of your blood pressure numbers with this FREE service offered **1st, 2nd, and 3^d Wednesday of each month.**

Day	Time	Location
Wednesday	9 a.m. - 10 a.m.	Christiansburg Rec Center - Senior Activities Room

BLOOD DRIVE- AMERICAN RED CROSS

Additional Information: Give the gift of Life. Call 1-800-GIVELIFE to schedule an appointment.

Date	Day	Time	Location
September 7	Wednesday	9 a.m. - 2 p.m.	Christiansburg Rec Center - Court C
October 10	Monday	9 a.m. - 2 p.m.	Christiansburg Rec Center - Court C
November 2	Wednesday	9 a.m. - 2 p.m.	Christiansburg Rec Center - Court C
December 12	Monday	9 a.m. - 2 p.m.	Christiansburg Rec Center - Court C

CHRISTIANSBURG/MONTGOMERY TRIAD S.A.L.T COUNCIL

Additional Information: The Christiansburg/Montgomery Triad S.A.L.T. (Seniors and Law Enforcement Working Together) Council works on various projects to benefit senior citizens in the community. The council meets every third Tuesday of the month at 1:30 p.m. at the Christiansburg Recreation Center; meetings are open to all senior citizens to attend. For additional information please contact Tammy Caldwell, 540-382-2349, ext. 2003

Program	Eligibility	Date	Time	Location
Lions Club	50 and over	Tuesday, September 20	1:30 p.m.	Montgomery Sheriff's Office
Shred-a-thon	50 and over	Tuesday, October 18	3 - 6 p.m.	Christiansburg Rec. Center parking lot
Triad Meeting	50 and over	Tuesday, November 15	1:30 p.m.	Christiansburg Rec. Center Classroom 2
Christmas Lunch	50 and over	Tuesday, December 20	11 a.m.	Holiday Inn-beside Walmart, Christiansburg

CONNECTIONS SEMINARS

Additional Info: Warm Hearth Village and the Warm Hearth Foundation are pleased to host Connections, a series focused on connecting you with financial, legal, health care and everyday resources in your community. All seminars will be held at the Village Center at Warm Hearth Village. Connections is free and open the public. **For directions or reservation information call 443-3406 or visit www.retire.org.**

Minimum: 5 Maximum: 10

Location: Village Center at Warm Hearth

Date	Time	Topic	Speakers
Wednesday, September 14	2 p.m.	Healthy Mouth-Happy Smile Complete Dental Care for the Retirement Years	Dr. Christopher Huff, DDS
Thursday, October 13	10 a.m.	Investing in an Election Year-First Citizens Bank	Adam W. Workman, Assistant VP, Financial Sales Manager II Sara R. Bohn, CFP, CLU, Senior Financial Advisor
Thursday, November 10	10 a.m.	Appalachian Power -Energy Efficiency Tips	Zack Baxon, Coordinator/Energy Efficiency Alternative Energy Initiatives

FLU SHOTS-RITE AID PHARMACY

Provider: Rite Aid Pharmacy

Additional Information: **FREE** with Medicare Part B, must present card at time of shot. Participants with/without Medicare Part B must present their insurance card prior to receiving their shot. Most insurance accepted. Walk-ins welcome. **Exact cash or check only.**

Location: Christiansburg Recreation Center Front Lobby

Date	Time	Cost
Tuesday, October 11	9 - 11a.m.	FREE WITH MEDICARE PART B , see additional information above
Tuesday, October 18	4 - 6 p.m.	FREE WITH MEDICARE PART B , see additional information above

FLU SHOTS-WALMART PHARMACY

Provider: Walmart Pharmacy

Additional Information: **FREE** Wal-Mart will be providing immunizations (flu and general health vaccines), education on the importance of immunization, \$4 lists of generic prescriptions available along with some door prizes. Walk-ins welcome. **FREE** with Medicare Part B, must present card at time of shot. Participants with/without Medicare Part B must present their insurance card prior to receiving their shot. Most insurance accepted. **Exact cash or check only.**

Location: Christiansburg Recreation Center Front Lobby

Date	Time	Cost
Thursday, October 6	9 - 11 a.m.	FREE WITH MEDICARE PART B , see additional information above
Thursday, October 20	10a.m. - 12 p.m.	FREE WITH MEDICARE PART B , see additional information above
Tuesday, October 25	5 - 7p.m.	FREE WITH MEDICARE PART B , see additional information above

GOSPEL SING-TUESDAY

Additional Info: Vanessa Eason leads an inspirational sing-a-long.

Date	Day	Time	Location
September 6	Tuesday	10 a.m.	Christiansburg Rec Center - Senior Activities Room
October 4	Tuesday	10 a.m.	Christiansburg Rec Center - Senior Activities Room
November 1	Tuesday	10 a.m.	Christiansburg Rec Center - Senior Activities Room
December 6	Tuesday	10 a.m.	Christiansburg Rec Center - Senior Activities Room

INTERNET USAGE

Additional Information: Internet access for senior citizens is available Monday - Friday from 8am-5pm, unless there is a program in progress. Those wishing to use the computers will need to sign in and out with the front desk supervisors.

Day	Time	Location
Monday - Friday	8 a.m. - 5 p.m.	Christiansburg Rec Center - Senior Activities Room

HIKES -Instructor: Gary Brumfield/Pam Peyton

Eligibility: Ages 18 and over

Additional Info: Join us for some exercise in the beautiful outdoors! We will stop for lunch after the hike. Participants are responsible for paying for their lunch.

Minimum: 5 Maximum: 8

Registration	Date	Time	TR/NR	Location	Difficulty
Sept. 1-Oct. 6	Monday, Oct. 10	Leave Rec. Center @ 9 a.m.	\$7/\$14	New River Trail	Flat
Sept. 1-Oct. 27	Wednesday, Nov. 2	Leave Rec. Center @ 9:30 a.m.	\$7/\$14	Greenway Park	Flat
Sept. 1-Dec. 14	Monday, Dec. 19	Leave Rec. Center @ 10 a.m.	\$5/\$10	Jingle Bell Hike - TBA	TBA

LIFELONG LEARNING INSTITUTE FALL 2016 COURSES

Additional Information: The Lifelong Learning Institute at Virginia Tech is a member-driven, volunteer organization that draws on the wealth of academic and community resources in the New River Valley to provide intellectual, cultural, and social experiences for curious adults 50 and over.

Most classes will begin the week of October 3; Backpacking begins September 27 and iPad begins October 31. Thursday classes will not meet on October 20 due to space conflicts with the VT-Miami football game. Please review specific class dates included in each course description before you register.

Registration Begins September 7 at <http://www.cpe.vt.edu/lifelonglearning>

Start Date	Class Name	Instructor	Day	Time	Weeks	Location
Sept 27	Backpacking for Age 50+ Note: There will be a 2 day trip Oct. 7-8	Reisinger & Skinner	Tuesdays	3:30 - 5 p.m.	2	VT Public Safety Bldg.
Oct. 3	Living Well to the End Creating a Better End-of-Life Path	Campbell, Smusz, Niles	Mondays	9 - 11 a.m.	6	Blacksburg Presbyterian Church
Oct. 3	Drawing from Observation	Scully Boucher	Mondays	10 - 11:30 a.m.	4	Community Arts Information Office CAIO
Oct. 3	The NRV Livability Initiative	Wirgau	Mondays	10 - 11:30 a.m.	4	VT Public Safety Bldg.
Oct. 3	Appreciating John McPhee	Metz	Mondays	10 - 11:30 a.m.	4	VT Public Safety Bldg.
Oct. 31	iPad for Beginners	Rude	Mondays	10 - 11:30 a.m.	3	Corporate Research Center
Oct. 3	Presidential Selection: Theory & Development	Pearson	Mondays	1 - 2:30 p.m.	6	VT Public Safety Bldg.
Oct. 3	How to Collect Everything	Miller	Mondays	3 - 4:30 p.m.	4	Miller off Main Gallery
Oct. 3	Wine Appreciation	Horst Vintage Cellar	Mondays	3 - 4:30 p.m.	6	Horst Vintage Cellar
Oct. 4	The Arab Spring: Causes, Developments & Consequences	Ochsenwald	Tuesdays	10 - 11:30 a.m.	6	German Club
Oct. 4	Sounds of the South	Straw	Tuesdays	1 - 2:30 p.m.	6	German Club
Oct. 4	Relief printmaking	Ghezzi	Tuesdays	1 - 4 p.m.	6	Christiansburg Recreation Center
Oct. 4	Virginia Woolf	Squires	Tuesdays	1:30 - 3 p.m.	6	VT Public Safety Bldg.
Oct. 5	VT Class Sampler		Wednesdays	9 - 10 a.m.	6	Warm Hearth
Oct. 5	Portrait Painting	Pace, Berkeley	Wednesdays	9 a.m. - 12 p.m.	6	Blacksburg Community Ctr
Oct. 5	Rise and Fall of Vaudeville	Distler	Wednesdays	10:45 a.m. - 12:15 p.m.	4	Warm Hearth
Oct. 5	Simple Ways to Improve Your Financial Well being	Williams & Coake	Wednesdays	1 - 2:30 p.m.	4	VT Public Safety Bldg.

Oct. 6	Global Change The Science of Physical & Biological Global Changes		Thursdays	9 - 10:30 p.m.	6	German Club
Oct. 6	Rich History of Montgomery County	McClintock Peterson	Thursdays	10 - 11:30 a.m.	6	VT Public Safety Bldg.
Oct. 6	Editorial Cartoons and the Presidential Election 2016	Sewell	Thursdays	1 - 2:30 p.m.	6	VT Public Safety Bldg.
Oct. 6	Capital Punishment in America	Call & Atwell	Thursdays	3 - 4:30 p.m.	6	VT Public Safety Bldg.
Oct. 7	Ethical Dilemmas in Life or Death Medical Decisions	Benoit	Fridays	10 a.m. - 12 p.m.	4	Corporate Research Center
Oct. 14	Oil Painting Basics	Stephens	Fridays	9:30 - 11:30 a.m.	6	Blacksburg Community Center

LIFELONG LEARNING INSTITUTE FALL 2016 SPECIAL EVENTS

Additional Information: The Lifelong Learning Institute at Virginia Tech is a member-driven, volunteer organization that draws on the wealth of academic and community resources in the New River Valley to provide intellectual, cultural, and social experiences for curious adults 50 and over.

Registration Begins September 7 at <http://www.cpe.vt.edu/lifelonglearning>

Date	Event Title	Day	Time	Location
Sept 29	Call 911! Call 911! Presentation and tour of new Rescue Squad Facility	Thursday	9:30 - 11:30 a.m.	EMT Bldg. on Patrick Henry Drive
Oct. 4	Anger, Frustration and the 2016 Presidential Election Panel Discussion, co-sponsored by League of Women Voters	Tuesday	7 - 8:30 p.m.	German Club
Oct. 12	South Pacific Preview with Artistic Director Scott Williamson	Wednesday	6 - 7 p.m.	The Cube, Moss Arts Center
Oct. 14	Preserving History Field Trip to Ingles Ferry Farm- Field Trip with owner/expert talks	Friday	1 - 4:30 p.m.	Ingles Farm, Radford
Oct. 21	Don Giovanni Preview- Pre-performance talk for HD Live opera at Regal	Friday	1:30 - 2:30 p.m.	P. Buckley Moss Gallery 223 Gilbert St. Blacksburg, Va.
Nov. 2	How to Protect Yourself from Scams Online, on the Phone or Anywhere	Wednesday	10:45 a.m. - 12:15 p.m.	Warm Hearth Village Ctr
Nov. 4	A Galactic Experience at Radford University's New Planetarium	Friday	1 - 4:30 p.m.	Radford university Campus
Nov. 7	Case Studies in Terrorism-Lecture	Monday	1 - 2:30 p.m.	German Club
Nov. 9	Going Out Green-Lecture	Wednesday	10:45 a.m. - 12:15 p.m.	Warm Hearth Village Ctr.
Nov. 11	Blacksburg History, The Middle Years 1774-1862-Lecture	Friday	9:30 - 11 a.m.	Warm Hearth Village Ctr.
Nov. 14	Resistance Training-A More Effective Way to Improve Health for Older Adults-Lecture	Monday	3 - 4:30 p.m.	153 Public Safety Bldg.
Nov. 15	Blacksburg History, The Middle Years 1774-1862- Repeat Lecture from Nov. 11	Tuesday	10 - 11:30 a.m.	Alexander Black House
Nov. 16	Life Reimagined Workshop	Wednesday	1 - 3 p.m.	Corporate Research Ctr. 1880 Pratt Drive, Suite 2018
Nov. 18	Enjoying eBooks and Audio books on your Apple Device with OverDrive- Hands on demo/instruction	Friday	2 - 4 p.m.	Blacksburg Public Library
Dec. 5	Smithfield Holiday Tea	Monday	3 - 4 p.m.	Smithfield Plantation

LUNCH BUNCH

Additional Information: Join us for our monthly lunch outing to various restaurants in the area. **Participants are responsible for paying for their own lunch.**

Minimum: 5 Maximum: 8

Registration	Eligibility	Date	Time	Fee	Location
Ends August 30	18 & over	Tuesday, September 6	Leave Rec. Center @ 11 a.m.	\$7/\$14	Blue Apron, Salem, VA
Sept. 6-Sept. 28	18 & over	Monday, October 3	Leave Rec. Center @ 10 a.m.	\$7/\$14	Chili's, Princeton, WV
Sept. 6-Nov. 9	18 & over	Wednesday, Nov. 16	Leave Rec. Center @ 10:30 a.m.	\$7/\$14	Roanoke Market
Sept. 6- Dec. 14	18 & over	Thursday, Dec. 22	Leave Rec. Center @ 10:30 a.m.	\$7/\$14	Cheddars, Roanoke, VA

MONDAYS AT THE MOVIE @ CHRISTIANSBURG RECREATION CENTER

Additional Information: Join us for Monday movies and refreshments. This program is FREE, register by the Monday before each movie.

Minimum: 4 Maximum: 12

Registration	Eligibility	Date	Time	TR/NR	Location
September 6-September 15	50 and over	Monday, September 19	11 a.m. - 1 p.m.	FREE	Conference Rm
September 6-October 12	50 and over	Monday, October 17	11 a.m. - 1 p.m.	FREE	Conference Rm
September 6-November 16	50 and over	Monday, November 21	11 a.m. - 1 p.m.	FREE	Conference Rm
September 6-December 16	50 and over	Monday, December 19	11 a.m. - 1 p.m.	FREE	Conference Rm

MEDICARE DECISIONS MADE EASY

Additional Info: You and a guest are invited to an educational workshop where you can get answers to your Medicare questions. You'll have a better understanding of Medicare and how it works so you can make the right choice for your needs.

Speaker: Linda Walker, Humana

Location: Christiansburg Recreation Center

Minimum: 4 Maximum: 12

Eligibility	Date	Time	TR/NR	Location
50 and over	Saturday, September 10	10 a.m.	FREE	Classroom 2
50 and over	Saturday, October 8	10 a.m.	FREE	Classroom 2
50 and over	Saturday, November 12	10 a.m.	FREE	Classroom 2
50 and over	Saturday, December 10	10 a.m.	FREE	Classroom 2

SENIOR AEROBICS - INSTRUCTOR: SONIA BADILLO

Additional Information: An ongoing low impact aerobics class designed for the more physically fit senior. Registration is required prior to joining the class. As with any exercise regimen, we advise you to talk with your doctor before joining the class. **Note: Class is free with a valid membership otherwise \$2 per class a 12 class pass can be purchased at the front desk.**

Location: Christiansburg Recreation Center

Date	Day	Time	Location
Ongoing	Monday, Wednesday, Friday	7:30 a.m. - 8:30 a.m.	MPRM 2

SENIOR BILLIARDS

Additional Information: The senior billiard room is available for play, except during lessons, tournaments or special events. Billiard room is locked after 5pm M-F and weekends, if you are a senior and would like to access after-hours, please contact the Recreation Supervisor on duty at the front counter.

Location: Christiansburg Recreation Center

Date	Day	Time	Location
Ongoing	Sunday-Saturday	8 a.m. - 5 p.m.	Billiard Room

SENIOR LOCK BOX PROGRAM

Additional Information: The Senior lockbox program provides emergency first responders a way to gain access into the homes of participating residents to expedite access during a medical or other emergency. This program is sponsored by Christiansburg/Montgomery Triad S.A.L.T Council and Christiansburg Police Department. For more information please contact. Nathan Delp, Crime Prevention Specialist at 382-3131.

SENIOR MOTIONS - INSTRUCTOR: SONIA BADILLO

Additional Information: A less strenuous chair level exercise class designed for seniors who may have physical limitations. Registration is required prior to joining the class. As with any exercise regimen, we advise you to talk with your doctor before joining the class. **Note: Class is free with a valid membership otherwise \$2 per class a 12 class pass can be purchased at the front desk.**

Location: Christiansburg Recreation Center

Date	Day	Time	Location
Ongoing	Monday, Wednesday, Friday	10:45 a.m. - 11:45 a.m.	MPRM 2

SHRED-A-THON

Additional Information: Help prevent identity theft, shred unwanted documents. Protect your important information and clean out the clutter. For more information contact Tammy Caldwell, 540-382-2349 ext. 2003 or email: tcaldwell@christiansburg.org. **This is a drive thru event, no walk-ups will be allowed. No businesses please. Papers to be shredded must be in a plastic tote or box, no plastic bags.**

Location: Christiansburg Recreation Center parking lot

Date	Time	Location
Tuesday, October 18	3 - 6 p.m.	Christiansburg Recreation Center Parking lot

STAMPIN UP-INSTRUCTOR JO JOHNSON

When registering please check to see if transportation will be provided.

Additional Info: Spend time relaxing and making handmade cards to give to the special people in your lives.

Locations: Radford Recreation Department.

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	FEE
August 1-Sept. 8	50 and over	Thursday, Sept. 15	10 a.m. - 12 p.m.	\$12 to be paid to instructor at class
Sept. 6-Oct. 12	50 and over	Thursday, Oct. 20	10 a.m. - 12 p.m.	\$12 to be paid to instructor at class
Sept. 6- Nov. 10	50 and over	Thursday, Nov. 17	10 a.m. - 12 p.m.	\$12 to be paid to instructor at class
Sept. 6- Dec. 8	50 and over	Thursday, Dec. 15	10 a.m. - 12 p.m.	\$12 to be paid to instructor at class

SUPPER CLUB

Additional Information: Join us for our monthly lunch outing to various restaurants in the area. **Participants are responsible for paying for their own supper.**

Minimum: 5 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Sept. 6- November 15	18 & over	Tuesday, Nov. 22	Leave Rec Center @ 3:15 p.m.	\$6/\$12	Harbor Inn Seafood, Salem, Va.

GENTLE TAI CHI-INSTRUCTOR: CHRIS SAEGER

Additional Information: Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. We use gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. Medical studies confirm the Tai Chi Program relieves pain, reduces falls and improves quality of life.

Instructor: Chris Saeger, Certified Instructor

Location: Christiansburg Recreation Center

Minimum: 10 Maximum: 20

Registration	Eligibility	Starting Date	Days of the Week	Time	Fee	Weeks
August 22- September 6	50 and over	September 13	T/TH	1 p.m. - 2 p.m.	\$35/\$55	6
September 6- November 1	50 and over	November 8	T/TH	1 p.m. - 2 p.m.	\$35/\$55	6

KEEP BALANCED- INSTRUCTOR: JANCIL WOOGIE

Minimum: 12 Maximum: 25 Weeks: 6

Additional Information: This balance program will improve your flexibility, increase muscle strength and improve your ability to respond more quickly to movement. Those three components will keep you safer on your feet and help prevent falls. Various equipment and light weights will be used. **Pre-register.**

Location: Christiansburg Recreation Center -Multipurpose Rm 2

Registration	Eligibility	Starting Date	Days of the Week	Time	Fee	Weeks
Ends Sept. 6	50 and over	September 13	T/TH	11:30 a.m. - 12:15 p.m.	\$20/\$40	6
Mini Session	50 and over	November 8	T/TH	11:30 a.m. - 12:15 p.m.	\$20/\$40	6

ZUMBA GOLD- INSTRUCTOR: JANCIL WOOGIE

Additional Information: This is a workout program based on Latin dances and steps that are easy to follow. Come enjoy this dance class that provides joy, fun and fitness! **Pre-register.**

Location: Christiansburg Recreation Center -Multipurpose Rm 2

Minimum: 12 Maximum: 25

Registration	Eligibility	Starting Date	Days of Week	Time	FEE	Weeks
Sept. 6-Oct. 12	50 and over	Monday, Oct. 17	MW	9 a.m. - 10 a.m.	\$20/\$40	6
Mini Session	50 and over	TBA	MW	9 a.m. - 10 a.m.	TBA	6



TABATA - Instructor: Jancil Wooge

Eligibility: Ages 18 and over

Additional Information: Tabata is one of the newest and most unique approaches to hit the fitness world with fantastic results! Tabata workouts are short in duration and designed to boost after exercise caloric burn so your metabolism keeps burning long after the exercise is over. The class contains structured interval workouts using little to no equipment. Great class for all ages to get fit!

Location: Christiansburg Recreation Center-Multi-Purpose Room 2

Minimum: 9 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	FEE	Weeks
Session I	Aug. 29	Sept. 23	Sept. 28	Wed/Fri.	10:10 - 10:40 a.m.	\$20/\$40	6
Winter	TBA	TBA	TBA	Wed/Fri.	10:10 - 10:40 a.m.	\$20/\$40	6

LIFELINE SCREENING

Additional Information: Life Line Screening, a leading provider of community-based preventive health screenings, is pleased to offer a preventive health event at Christiansburg Recreation Center on 9/16/2016. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. **In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit www.lifelinescreening.com/community-partners.**

Location: Christiansburg Recreation Center

Eligibility	Date	Time	Location
Ages 50 & over	Friday, Sept. 16	9 a.m. - 4 p.m.	MPRM 2

AARP DRIVER SAFETY PROGRAM

Additional Information: The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. The program has helped millions of drivers protect their safety on today's roads. AARP has offered its classroom course since 1979. The training is designed to help you: Tune up your driving skills and update your knowledge of the rules of the road. Learn about normal, age-related physical changes. Find out how to adjust your driving to allow for these changes. Reduce your traffic violations, crashes, and chances for injuries. Drive more safely. Get an insurance discount. Auto insurance companies in most states provide multiyear discounts to AARP members! **Pre-Register.**

Minimum: 10 Maximum: 25

Registration	Eligibility	Date	Day of Week	Time	FEE
Ends Sept. 12	Ages 50 and over	Sept. 19 & 20	Monday & Tuesday	9 a.m. - 1 p.m.	\$12 AARP Members \$14. Non AARP Members
Sept. 6-Sept. 23	Ages 50 and over	Oct. 3 & 4	Monday & Tuesday	9 a.m. - 1 p.m.	\$12 AARP Members \$14. Non AARP Members

HANGING ROCK RAPTOR OBSERVATORY

Additional Info: The Hanging Rock Observatory has been a monitoring point for hawk, eagle, and falcon and osprey migration along the bird's eastern route. Join us as we travel to Monroe County, West Virginia for a fun filled day of bird watching. **There is a 20-40 minute walk up the mountain to the observatory. Participants should bring binoculars, sunglasses, hat, comfy walking shoes, and jacket and pack a lunch/drink to be enjoyed during the day at the observatory.**

Minimum: 5 Maximum: 16

Registration Ends	Eligibility	Date	Time	FEE	Location
Sept. 15	21 and over	Thursday, Sept. 22	Leave Rec. Center at 9 a.m.	\$10/\$20	WVA

FALLS PREVENTION AWARENESS DAY FAIR

Additional Info: Fall is just around the corner, but *falls* shouldn't be just around the corner for older adults. That's why Carilion Trauma Services is joining forces with the National Council on Aging (NCOA) and the Falls Free[®] Coalition. While falls are the leading cause of both fatal and nonfatal injury for people 65 years of age and older, they are not an inevitable part of aging. This year's Fall Prevention Awareness Day theme, *Take a Stand to Prevent Falls*, seeks to raise awareness about how to prevent fall-related injury among older adults. Take initiative in your health and help prevent falls.

Location: Christiansburg Recreation Center

Eligibility	Date	Time	FEE
50 and over	Thursday, September 22	9 a.m. - 12 p.m.	FREE, pre-register

STEP ON IT! WALKING PROGRAM



NEW

Additional Info: Christiansburg Recreation Department is partnering with Gentiva Home Health with their Step On It! A Senior Wellness Program. Participants that register will receive a pedometer, weekly walking dairy as well as other goodies. This is a FREE program. Join us for a healthy breakfast and learn more about this NEW program. **PRE-REGISTER.**

Locations: Christiansburg Recreation Center
 Minimum: 10 Maximum: 50

Registration	Eligibility	Date	Time	FEE
Sept. 6- Sept. 26	50 and over	Tuesday, October 4	9 a.m.	FREE, pre-register

BREAKFAST ON THE GRILL

Additional Info: Come out and join us for simple and delicious recipes for making breakfast on the grill. **PRE-REGISTER.**

Location: Christiansburg Recreation Center - Senior Patio
 Minimum:5 Maximum: 15

Registration	Eligibility	Date	Time	FEE
Sept. 6- Sept. 26	21 and over	Friday, October 7	8:30 a.m.	\$6/\$12

HEALTHY DIABETIC FRIENDLY SNACKS-INSTRUCTOR: SHENIKA DILLIARD, CARILION

Additional Information: Enjoy a discussion of healthy snack alternatives. A few snacks will be prepared for sampling!

Location: Christiansburg Recreation Center - Kitchen
 Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Sept. 1-Oct. 6	Ages 18 and over	Monday, October 10	6 - 7:30 p.m.	\$5/\$10 Must Pre-Register



NEW

WHAT'S ALL THE HYPE ABOUT DRONES!

Additional Info: Unmanned aerial Vehicle (UAV) commonly known as a Drone originated mostly in military applications but their use is expanding commercially, scientifically, recreationally and other applications. Join Matt Weinberger, owner/videographer of Night fire Productions for an interesting and informative demonstration. **PRE-REGISTER.**

Locations: Blacksburg Community Center
 Minimum: 5 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Sept. 6- Sept. 26	50 and over	Tuesday, October 11	Leave Rec. Center @ 12:15 p.m.	FREE, pre-register

CPR/AED AND FIRST AID CERTIFICATION COURSE - INSTRUCTOR: LISA BASS

Additional Information: Become certified in CPR & First Aid with Lisa Bass, American Red Cross Instructor. This course is designed to help you acquire the skills you will need to effectively respond in an emergency situation. Sudden cardiac arrest is a leading cause of death in the US, CPR helps to provide critical blood flow to the brain until professional help arrives. You will learn Adult CPR, how to use a defibrillator, how to respond to choking victims and basic first aid.

Location: Christiansburg Recreation Center-Classroom 2
 Minimum: 3 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Sept. 1-Oct. 3	Ages 18 & over	Tuesday, October 11	4 - 9 p.m.	\$45



NEW

WHAT IS A HOME ENERGY AUDIT & HOW CAN IT HELP ME?

Additional Information: The Value of Home Energy Improvements

Learn the basics of a home energy assessment and how it can reveal cost-effective opportunities to improve the comfort and air quality of your home, while reducing your monthly costs and energy use. BPI certified building analyst Chris Nicholson will explain the inspection and testing process of a home energy audit (assessment) and review common solutions, tips and easy DIY projects that really make a difference. Plus, information and sign-up opportunity for free energy saving products to AEP customers and other incentives that make this Fall the time to have energy saving work done at your home.

Check out their website at: www.wecheckenergy.com carolineb@wecheckenergy.com **Pre-Register.**

Location: Christiansburg Recreation Center - Senior Activities Room
 Presenter: Chris Nicholson, We Check Energy Company
 Minimum: 5 Maximum: 20

Registration	Eligibility	Date	Time	FEE
Sept. 6-October 5	50 and over	Wednesday, October 12	10:15 a.m.	FREE

THE ONLY PLACE TO KNOW-CHRISTIANSBURG, VA

NEW

Additional Information: Changes are taking place daily, from new buildings to expanding trails. This program will help inform participants whether a new resident to Christiansburg or a lifelong resident by providing them with information they need to know from the town's citizen alert program to senior lock box and everything in between. We will meet at the Recreation Department before departing for a driving tour of Christiansburg. Lunch will be on your own at a local restaurant. **PRE-REGISTER.**

Location: Christiansburg Recreation Center - Senior Activities Room

Minimum: 5 Maximum: 16

Registration	Eligibility	Date	Time	FEE
Sept. 6- Oct. 6	50 & over	Friday, October 14	9 a.m.	FREE, participants are responsible for paying for their own lunch

OPEN ENROLLMENT FOR MEDICARE

Additional Info: Everyone who has a Medicare Part D drug plan or a Medicare Advantage plan should use this opportunity to make sure that his or her plan is the best one for 2017. Counseling sessions will be held on a regular basis at the Christiansburg Recreation Center. **Call the NRV Agency on Aging after October 1st at 540-980-7720 to schedule an appointment. Walk-ins cannot be accepted.**

Location: Christiansburg Recreation Center - Senior Activity Room

Dates	Eligibility	Time	fee
Mondays, October 15-December 7	50 and over	9 a.m. - 4 p.m.	FREE, must schedule apt., no walk-ins

VIN ETCHING

Co-Sponsored By: Christiansburg Recreation Dept., Christiansburg Police Dept., Christiansburg Fire Dept. and Virginia State Police
 Additional Information: All vehicles carry a federally-assigned number known as Vehicle Identification Number (VIN). Making sure those numbers are marked permanently on a vehicle's windows steers thieves away. The windows of stolen VIN etched vehicles must be stripped and replaced before a thief can get rid of the car, a costly and time consuming process. VIN etching is simple, fast, safe and won't mar the look of the vehicle. Numbers are etched into the glass with a chemical solution and those numbers will be there for good.

Location: Christiansburg Fire Department

Date	Time	TR/NR
Monday, October 17	3 - 7 p.m.	FREE

MEDICARE PART D

Additional Information: What's New? When can I enroll or change my plan? These and other important questions and information on plan changes and deadlines will be presented by Deena Flinchum, VICAP Counselor with NRV Agency on Aging. Deena will discuss ways to get coverage, learn what the drug plan covers, the types of costs you'll pay in a Medicare drug plan and how Part D works with other insurance. A fun game of "Tell All" will be played following presentation and enter for a chance to win door prizes. **Bring a dish to share for the luncheon. Pre-register**

Location: Meadowbrook Community Center

Minimum: 6 Maximum: 20

Registration	Eligibility	Date	Time	FEE
Sept. 6-Oct. 17	50 & over	Tuesday, October 18	Leave Rec Center @ 10:15 a.m.	FREE, pre-register see note above

UNDERSTANDING X-RAYS, CT SCANS AND ULTRASOUNDS

NEW

Additional Info: This seminar will help participants have a better understanding of why and what these test are used for and the difference between them. **PRE-REGISTER.**

Location: Christiansburg Rec Center - Senior Activities room

Minimum: 5 Maximum: 15

Registration	Eligibility	Date	Time	FEE
Sept. 6- Sept. 26	50and over	TBA	10:15 a.m.	FREE

WALK-A-THON

Additional Information: Join RSVP volunteers in the 8th Annual Walk-A-Thon, all proceeds will go to purchase basic household and personal care items for 210 homebound seniors in the New River Valley. T-shirts and goody bags will be given to all walkers and lunch will be provided. **To participate, call RSVP at 382-5775 to register and obtain sponsor sheets. Pre-Register.**

Location: Christiansburg Recreation Center Track

Registration Deadline	Eligibility	Date	Time	FEE
October 10	50 & over	Thursday, October 20	10 a.m.	FREE

COURTHOUSE/SHERIFF'S OFFICE TOUR AND LUNCH

Additional Information: Our day will start with a tour of the courthouse followed by touring the newly opened Sheriff's Office and Public Safety Building ending with lunch. **CELLPHONES, WEAPONS, INCLUDING POCKET KNIVES WILL NEED TO BE LEFT IN YOUR CAR. UPON ENTERING THE COURTHOUSE EVERYONE WILL GO THRU A SECURITY SCREENING. There will be walking involved please keep this in mind when registering. Pre-register**

Minimum: 6 Maximum: 20

Registration	Eligibility	Date	Time	TR/NR
Sept. 6- October 18	50 & over	Monday, Oct. 24	Leave Rec Center @ 8:45 a.m.	FREE, pre-register

CAREGIVERS GUIDE TO WANDERING

Additional Info: Wandering is a constant concern for those who care for people with dementia. Join us for this informative program on how to keep your loved one at home longer and give you peace of mind. Light dinner provided. **Call 540-328-2349 to register.**

Location: Pulaski Senior Center

Minimum: 10 Maximum: 30

Registration	Eligibility	Date	Time	TR/NR	Location
Sept. 6-Oct. 17	21 and over	Tuesday, October 25	6 p.m. - 8 p.m.	FREE, pre-register	Pulaski Senior Center

FALL LUNCHEON

Additional Information: A time for great food and fun- Baked spaghetti, drinks and salad will be provided. **Please bring a dessert or bread to share.** For those wanting extra fun, bingo will start at 2:00PM. Please bring 4 quarters for prize money. **Pre-Register.**

Location: Blacksburg Community Center

Minimum: 10 Maximum: 25

Registration	Eligibility	Date	Time	FEE
Sept. 6-October 20	50 and over	Thursday, October 27	Leave Rec. Center @ 11:15 a.m.	FREE, pre-register

HALLOWEEN BINGO

Additional Information: Join us for bingo, refreshments and fun with your friends. **Bring 4 quarters if you plan to play Bingo. Pre-Register.**

Location: Christiansburg Recreation Center - Senior Activities Room

Minimum: 5 Maximum: 25

Registration	Eligibility	Date	Time	FEE
Sept. 6-Oct. 26	50 and over	Monday, October 31	11 a.m.	\$4

FREE VEIN SCREENING - Carilion Clinic Vascular Surgeon- Ashish Raju, MD

Additional Information: If you have varicose veins, your legs may feel tired, restless, heavy, or have cramps. Standing or sitting may worsen your symptoms over time and you may also experience leg cramps. Join our Carilion Clinic vascular surgeon for a free presentation and vein screening to determine your risk factors. Please wear loose fitting clothing - shorts are best. **Participants must pre-register by calling Carilion Clinic at 1-800-422-8482.**

Location: Christiansburg Recreation Center - Classroom 2/Senior Activities Room

Registration	Eligibility	Date	Time	TR/NR
Sept. 1-Oct. 25	18 and over	Tuesday, November 1	5 - 7 p.m.	FREE -Must pre-register

CHOLESTEROL SCREENING - INSTRUCTOR: SHENIKA DILLIARD, CARILION

Additional Information: Call Carilion to register at (800) 422-8482. A 12 hour fast is required! A lipid profile is a quick screening and includes total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides and glucose. The results from this test can help determine your risk of coronary heart disease. **MUST PRE-REGISTER.**

Eligibility	Date	Time	Fee	Location
18 and over	Wednesday, November 2	6:30 a.m. - 8:30 a.m.	\$15	Christiansburg Rec. Center-Senior Activities Room

WAFFLE IRON COOKING - INSTRUCTORS: TAMMY CALDWELL/PAM PEYTON

Additional Information: Waffle Irons are not just for cooking waffles anymore. Join Tammy and Pam as we show you other foods you can cook on there as well. Great for small kitchens or dorm rooms too!

Location: Christiansburg Recreation Center-Kitchen

Minimum: 3 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Sept. 1-Nov. 2	18 & over	Wednesday, November 2	10:30 a.m. - 12:00 p.m.	\$6/\$12

NATIONAL FUN WITH FONDUE MONTH



Additional Information: Join us for bingo and Fondue. **Bring 4 quarters for bingo prizes. Pre-Register.**

Location: Christiansburg Recreation Center - Senior Activities Room

Minimum: 5 Maximum: 20

Registration	Eligibility	Date	Time	FEE
Oct. 3-Nov. 15	50 and over	Tuesday, November 22	11 a.m.	\$4

ADULT COLORING

Additional Information: Who doesn't like to color? "Coloring mandalas is a peaceful pastime used by a variety of people and institutions to heal the mind and body". Mandala coloring is being used in nursing home settings, elementary schools, cancer facilities as well as mental health institutes across the country. Whether you prefer colored pencils, crayons or markers; adult coloring is the newest craze. Coloring is a great way to relax, socialize and chit chat with others while coloring. The coloring materials will be provided or you may bring your own. **Pre-Register.**

Location: Radford Recreation Center

Minimum: 5 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Oct. 3-Nov. 25	50 and over	Wednesday, November 30	10 a.m.	FREE, pre-register

CHRISTMAS BINGO

Additional Information: Join us for some bingo fun, festive snacks and socializing. **Bring 4 quarters for prizes. Pre-Register.**

Location: Christiansburg Recreation Center - Senior Activities Room

Minimum: 5 Maximum: 20

Registration	Eligibility	Date	Time	FEE
Nov. 1-Dec. 1	50 and over	Friday, December 9	11 a.m.	\$4

HOLIDAY FUN

Additional Information: Join in a bit of holiday fun as Southern Care hosts the popular lima bean auction. This fun auction will feature Kathleen, a "certified Southern Care lima bean auctioneer" who will give each participant a bank of lima beans to bid with. Items for auction may include personal care items, food items and some fun holiday items. Pretty much anything someone may find useful and want to bid on! Enjoy this fun, competitive event as you plan your strategy to acquire unique items in the auction. **Bring your favorite holiday treat to share with others. Pre-Register.**

Location: Meadowbrook Community Center

Minimum: 5 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Nov. 1-Dec. 8	50 and over	Monday, December 12	Leave the Rec. Center at 12:15 p.m.	FREE, pre-register

HOLIDAY HIGH TEA

Additional Information: Get in the festive spirit at the Palisades Restaurants annual "Holiday High Tea". Enjoy tasty pastries, scones, cookies and finger sandwiches while sipping on delicious tea. Price includes: transportation food, tea, taxes and gratuity.

Location: Palisades Restaurant-Eggleston, VA.

Minimum: 4 Maximum: 16

Registration	Eligibility	Date	Time	TR/NR
Sept. 1-Nov. 28	18 and over	Tuesday, December 6	Leave the Rec. Center at 12:15 p.m.	\$23

BOOK SWAP

Additional Information: Drop off a maximum of 10 books between the hours of 8 - 5 p.m. at least 2 days before the scheduled Book Swap. At 5:15PM on the day the swap is held, you will be allowed to select different books to take home to enjoy.

Location: Christiansburg Recreation Center - Classroom 1

Registration	Date	Time	TR/NR
Sept. 1-Dec. 7	Tuesday, December 13	5:15 p.m.	\$1 non-refundable

SENIOR TRIPS

INCLEMENT WEATHER POLICY

If Montgomery County Public Schools are delayed, closed or released early due to inclement weather, any trip scheduled for that day will be cancelled. If the school system where we are traveling to is delayed closed or released early due to inclement weather any trip scheduled for that day will be cancelled.

TRIP REFUND POLICY

No refunds will be given after registration deadline.

MARDI GRAS CASINO

Additional Info: Join us as we travel to the Mardi Gras Casino in Cross Lanes WV. Enjoy playing the slot machines or table games. Lunch will be on your own at the casino. We will arrive approximately at 11 a.m. and will depart at 3 p.m. to head home. **Pre-register.**

Minimum: 6 Maximum: 16

Registration Ends	Eligibility	Date	Time	FEE	Location
August 24	21 and over	Thursday, September 1	Leave Rec. Center @ 8 a.m.	\$15/\$25	Cross Lanes, WV

AYERS APPLE ORCHARD

Additional Info: Join us as we travel to Cana, VA, to Ayers Apple packing house for some apples. Lunch will be on your own at a local restaurant. Before heading home we will stop at the Cana Produce stand. **Pre-register.**

Minimum: 6 Maximum: 8

Registration Ends	Eligibility	Date	Time	FEE	Location
Aug. 29-Sept.1	21 and over	Thursday, September 8	Leave Rec. Center @ 8:30 a.m.	\$7/\$14	Cana, Va.

FRIDAY NIGHT JAMBOREE

Additional Info: Start your evening with family style dinner at The Pine Tavern afterwards kick back and relax while enjoying an evening of music at Floyd Country Store. **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
August 29-Sept. 1	50 and over	Friday, September 9	Leave Rec. Center @ 4 p.m.	\$15/\$20	Floyd, VA

GREENBRIER BUNKER TOUR

Additional Info: Construction began in 1958 on the 112,544-square-foot bunker, which was built 720 feet into the hillside under The Greenbrier's West Virginia Wing. Once complete in 1961, the facility was maintained in a constant state of readiness by a small group of government employees working undercover as Forsythe Associates, a company hired by the resort for audio/visual support services. Over the 30 years that it was an active facility, communications and other equipment were updated, keeping The Bunker at full-operation status. The location of the facility, critical to its effectiveness, remained a secret for more than three decades. On May 31, 1992, *The Washington Post* published an article which exposed the facility. As a direct result, the U.S. government began de-commissioning The Bunker and ended the lease agreement with The Greenbrier in 1995. Lunch will be on your own at the Mason Jar following the tour. **There will be walking involved with no seating available during the tour. Pre-register.**

Minimum: 8 Maximum: 20

Registration Ends	Eligibility	Date	Time	FEE	Location
September 7	21 and over	Thursday, September 15	Leave Rec. Center @ 8 a.m.	\$55	Greenbrier, WV

MYSTERY YARD SALE

Additional Info: Join us we search for treasures and deals. Lunch will be on your own at a local restaurant. **Pre-register.**

Minimum: 5 Maximum: 8

Registration Ends	Eligibility	Date	Time	TR/NR	Location
September 8	21 and over	Friday, September 16	Leave Rec. Center @ 7 a.m.	\$10/\$20	????

WOHLFHART HAUS: GOSPEL SIDE OF ELVIS

Additional Info: Join us as we listen to award winning Stephen Freeman for his gospel side of Elvis show. **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Aug. 29-Sept. 20	50 and over	Wednesday, September 28	Leave Rec. Center @ 11:30 a.m.	\$47/\$67	Wytheville, Va.

WOHLFAHRT HAUS: THE MOWTOWN SOUND

Additional Info: In the early 60's, Detroit was on the move... home to major auto makers and the newly formed Motown Records. This exceptional tribute features the music of The Temptations, Gladys Knight, Tina Turner, Diana Ross, The Four Tops and more. Take a journey through time and relive what Berry Gordy coined "the sound of young America" that made a city come alive. **Pre-register.**

Minimum: 6 Maximum: 20

Registration	Eligibility	Date	Time	FEE	Location
Sept. 6-Sept. 28	50 and over	Thursday, October 6	Leave Rec. Center @ 11:30 a.m.	\$47/\$67	Wytheville, Va.

ATTIC PRODUCTIONS: THE BUTLER DID IT

Dinner will be on your own at Mac and Bob's in Salem. **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Sept. 6-Oct. 5	50 and over	Thursday, October 13	Leave Rec. Center @ 5 p.m.	\$20/\$40	Fincastle, Va.

THE RAYMOND F. RATCLIFFE MEMORIAL TRANSPORTATION MUSEUM

Additional Info: The Ratcliffe as it is affectionately called, offers a unique blend of local and national exhibits, highlighting the cultural significance that the railroad and early transportation play in small town living. Lunch on your own at Fatz. **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Sept. 6-Oct. 13	50 and over	Friday, October 21	Leave Rec. Center @ 10:30 a.m.	\$7/\$14	Pulaski, Va.

THE PINNACLE SHOPPING

Additional Info: Located just across the Virginia state line, the Pinnacle is established as the region's premier shopping destination in Bristol Tn. Lunch will be on your own at one of the many restaurants at the Pinnacle. **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Sept. 6-Oct. 20	21 and over	Thursday, October 27	Leave Rec. Center @ 8:30 a.m.	\$10/\$20	Bristol, Tn.

BLUE RIDGE PARKWAY FALL FOLIAGE

Additional Info: Our first stop will be at Mabry Mill for breakfast and a little shopping in their gift store. We will then drive down the Blue Ridge Parkway enjoying the fall foliage as we head to Peaks of Otter for lunch. **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Sept. 6-Oct. 20	50 and over	Friday, October 28	Leave Rec. Center @ 7:30 a.m.	\$10/\$20	Blue Ridge Parkway

BREAKFAST TRIP-MAC AND BOB'S

Additional Info: Start your day off with a breakfast stop at Mac and Bob's, following breakfast we will stroll thru the stores along Main Street. **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Sept. 6-Oct. 26	21 and over	Friday, November 4	Leave Rec. Center @ 8 a.m.	\$7/\$14	Salem, Va.

BARTER THEATER: CHICAGO

Additional Info: This musical will razzle-dazzle you like no other. It's the roaring twenties, and Roxie Hart is a small-time chorus dancer who will kill for fame. And after doing just that, she lands behind bars alongside vaudeville star Velma Kelly, who, with the help of hotshot lawyer Billy Flynn, has spun her crime into media frenzy. When Flynn takes Roxie's case, he makes her the latest tabloid sensation, setting the stage for singing, dancing cat-fights between the all-too-willing rivals, and featuring one of the greatest Kander and Ebb scores ever. **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Sept. 6-Nov. 2	50 and over	Thursday, November 10	Leave Rec. Center @ 10:30 a.m.	\$40/\$60	Abingdon, Va.

SOUTHERN CHRISTMAS SHOW

Additional Info: Oh What Fun It Is! Join us as we co-sponsor a trip the Christmas Show in Charlotte, NC. with Radford Parks & Rec, Montgomery County Parks and Rec for a day of Christmas shopping. Price includes motor coach transportation, and admission to the show. **Please note: If not enough participant's register for the trip, there may be an additional fee to be paid to Radford Parks and Recreation the day of the trip. Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Aug. 1- Nov. 4	21 and over	Monday, November 14	Leave Rec. Center @ 6 a.m.	\$38, please see note above	Charlotte, NC.



WOOD BROTHERS MUSEUM

Additional Info: The Wood Brothers Racing story began 66 years ago when family patriarch Glen Wood decided to try racing. It almost ended the same night it began. Join us as we tour the Wood Brothers Racing Museum, Lunch will be on your own following the tour at Stuart Family Restaurant. There is no admission for the museum, however if you would please make a donation to the museum after our tour. **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Sept. 6-Nov. 10	50 and over	Friday, November 18	Leave Rec. Center @ 8:30 a.m.	\$7/\$14	Stuart, Va.

TRADER JOE'S

Additional Info: We will travel to Trader Joe's where they have great produce, great prices and a lot of healthy options at exceptional everyday prices. At Trader Joes you won't find a lot of branded items; instead, you'll discover unconventional and interesting products. Lunch will be on your own at a local restaurant. **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Sept. 6-Nov. 15	21 and over	Monday, November 21	Leave Rec. Center @ 8 a.m.	\$10/\$20	Charlottesville, Va.

BARTER THEATER: OVER THE RIVER AND THRU THE WOODS



Additional Info: Nick Cristiano is a single, 29-year-old and has just been offered his dream job, but not in the same town as his grandparents. His grandparents, whom he has had Sunday dinner with every week of his life, did not take the news so well. After all, family is the center and the heart of life they say. With his parents and older sister having already moved away, the grandparents get creative to keep Nick in town. Outrageous plans are hatched, hilarious games are played, a blind-date is arranged, and stories are told; resulting in a hilarious situation taken to an extreme that can be shared and cherished by any family. This show is guaranteed to make you love your family all over again this Christmas season. Lunch will be on your own prior to play. **Pre-register.**

Minimum: 6 Maximum: 15

Registration	Eligibility	Date	Time	FEE	Location
Sept. 6-Nov. 21	50 and over	Tuesday, November 29	Leave Rec. Center @ 10:30 a.m.	\$40/\$60	Abingdon, Va.

WOHLFHART HAUS CHRISTMAS

Additional Info: Enjoy a delicious Holiday feast before you are completely immersed in the Christmas season. This original production is stuffed with all the Christmas songs you know and love, as well as dazzling dance numbers and beautiful costumes! This fun-filled Holiday production also features a breath-taking Nativity which is sure to put the whole family in the Christmas Spirit. Don't miss Virginia's favorite Christmas tradition! **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Sept. 6-Nov. 23	21 and over	Thursday, December 1	Leave Rec. Center @ 11:30 a.m.	\$47/\$67	Wytheville, Va.

ATTIC PRODUCTIONS: A SIMPLE GIFT



Additional Info: Join us for Attic Productions Christmas play. Dinner on your own at K&W. **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Sept. 6-Dec. 1	21 and over	Thursday, December 8	Leave Rec. Center @ 5 p.m.	\$20/\$40	Fincastle, Va.

EMERSON CREEK POTTERY OUTLET



Additional Information: Beautiful ceramic pottery in clean organic designs, created in the Blue Ridge Mountains of Virginia in the American tradition of quality ceramics. Shop here for dinnerware, bake ware, kitchenware and home decor that is safe and lovely to use. Emerson Creek Pottery's ceramic pieces have been featured at Mt. Vernon, Monticello, and the Smithsonian Institute. Influenced by the energy of Early American cobalt decoration, owner Jim Leavitt founded Emerson Creek Pottery in 1977. Lunch on your own at a local restaurant. **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Sept. 6-Dec. 8	50 and over	Friday, December 16	Leave Rec. Center @ 9 a.m.	\$7/\$14	Bedford, Va.

SENIOR SPECIAL EVENTS

BREAST CANCER AWARENESS DAY

Additional Information: Stop by our Breast Cancer Awareness table and pick up information on the importance of early detection, self-exams. Register for our door prize.

Day	Time	Location
Wednesday, October 5	6:30 a.m. - 2 p.m.	Christiansburg Rec Center Lobby

THANKSGIVING LUNCHEON

Additional Information: Join us for our annual Thanksgiving luncheon. Enjoy spending time with friends and giving thanks. Menu: Turkey, dressing, gravy, macaroni and cheese, sweet potato casserole, rolls, dessert and drinks.

Location: Christiansburg Recreation Center

Minimum: 10 Maximum 50

Registration	Eligibility	Date	Time	FEE	Location
September 6-November 10	50 and over	Thursday, November 17	12 p.m.	\$8pp	MPRM 2

CHRISTMAS LUNCHEON

Additional Information: Join us for our annual Christmas luncheon, singing Christmas carols and have your picture taken with Santa Claus. Menu: Ham, macaroni and cheese, mashed potatoes and gravy, green beans, rolls, dessert and drinks.

Location: Christiansburg Recreation Center

Minimum: 10 Maximum 50

Registration	Eligibility	Date	Time	FEE	Location
September 6-December 18	50 and over	Thursday, December 15	12 p.m.	\$8pp	MPRM 2

SPECIAL POPULATION PROGRAMS

INDIVIDUALS WITH INTELLECTUAL DISABILITIES IN THE NEW RIVER VALLEY

The Christiansburg Recreation Center co-sponsors inclusive programs for people with and without intellectual disabilities. All are challenged to improve skills, develop friendships and understanding of each other's capabilities through a spirit of equality and team unity. **For information or to register for a program, contact Sheila Roop at 540-381-0310.**

HALLOWEEN DANCE

Additional Information: Come join us in your costume for our annual Halloween Dance. Co-sponsored by Christiansburg Department of Parks & Recreation and Intellectual Disabilities Agency. **To register for class contact Sheila Roop at 381-0130.**

Location: Christiansburg Recreation Center

Registration Ends	Eligibility	Date	Time	Fee	Location
October 10	13 and over	Friday, October 28	7 p.m. - 9 p.m.	\$2pp	Court A

VOLLEYBALL LEAGUE

Additional Information: Open to ages 13-over with intellectual disabilities, no prior volleyball experience necessary. Co-Sponsored by Christiansburg Department Parks and Recreation and Intellectual Disabilities Agency. **To register for class contact Sheila Roop at 381-0130.**

Eligibility	Date	Day	Time	Fee	Location
13 and over	TBA	Tuesdays	7 p.m. - 8:30 p.m.	FREE	Blacksburg Community Center

BOWLING LEAGUE

Additional Information: This is a bowling league and you will bowl 2 games. Standings are kept but a sanction fee isn't charged. Shoes are free. Co-sponsored by Christiansburg Department of Parks & Recreation and Intellectual Disabilities Agency. **To register for class contact Sheila Roop at 381-0130. Please note there will not be bowling on the following dates: October 20, 27 and November 24.**

Eligibility	Date	Day	Time	Fee	Location
13 and over	Sept. 26-Dec. 15	Thursdays	7 p.m. - 9 p.m.	\$4/week	NRV Superbowl

COOKING CLASS

Additional Information: Participants will prepare a healthy easy meal each week, as well as learn important cooking skills and how to use various kitchen equipment. Please indicate on registration form which class you will be attending. Instructors: Sheila Roop, Tammy Caldwell. **To register for class contact Sheila Roop at 381-0130.**

Location: Christiansburg Recreation Center

Minimum: 5 Maximum: 10

Registration	Eligibility	Date	Time	Weeks	FEE	Location
Sept. 15- Oct. 1	13 & over	Wednesday, October 5	11 a.m. - 12:30 p.m.	4	\$16.00	Senior Kitchen

CRAFT CLASS

Additional Information: Join us for weekly themed crafts, socializing and fun. Co-sponsored by Christiansburg Department of Parks & Recreation and Intellectual Disabilities Agency. **To register for class contact Sheila Roop at 381-0130.**

Registration	Eligibility	Date	Time	Fee	Location
September 15-November 5	13 & over	Wednesday, November 23	10 - 11:30 a.m.	\$16 includes all supplies	Christiansburg Recreation Center

CHRISTMAS DANCE

Additional Information: Join us for our annual Christmas dance and visit from santa. Co-sponsored by Christiansburg Department of Parks & Recreation and Intellectual Disabilities Agency. **To register for class contact Sheila Roop at 381-0130.**

Registration Ends	Eligibility	Date	Time	Fee	Location
December 1	13 and over	Friday, December 2	7 p.m. - 9 p.m.	\$2pp	Christiansburg Recreation Center

COMMUNITY POLICING EVENTS

Encouraging community involvement while working with local law enforcement that will educate, inform and help improve citizen's quality of life. For more information please contact any of the following:

Tammy Caldwell, CDPR email: tcaldwell@christiansburg.org

Nathan Delp, CPD, email: ndelp@christiansburg.org

Master Deputy Chris Lucas, MCSO email: lucasct@montgomerycountyva.gov

Investigator Ed Hertling, MCSO email: Hertlingef@montgomerycountyva.gov

Investigator Doug Adkins, MCSO email: adkinsdm@montgomerycountyva.gov

Kemvia Adams-Bush, MCPR email: adamsbushkj@montgomerycountyva.gov

P.A.S.S. POLICE AGAINST SENIOR SCAMS

Additional Info: The Montgomery County Sheriff's Office is partnering with the Christiansburg Police Department along with the Christiansburg/Montgomery Triad S.A.L.T. (Seniors and Law Enforcement Working Together) to inform and educate area senior citizens of the current scams in and around the New River Valley that specifically target senior citizens through phone, internet, and the mail. The goal of the program is to educate senior citizens on how to recognize when a scam is taking place and encourage them to notify local law enforcement when they get any communication or request they feel may be a scam. If you would like to be added to the P.A.S.S. email list to receive updates on current scams, please contact Doug Adkins at Montgomery County Sheriffs Office. adkinsdm@montgomerycountyva.gov.

CHRISTIANSBURG/MONTGOMERY TRIAD S.A.L.T COUNCIL

The Christiansburg/Montgomery Triad S.A.L.T. (Seniors and Law Enforcement Working Together) Council works on various projects to benefit senior citizens in the community. The council meets every third Tuesday of the month at 1:30 p.m. at the Christiansburg Recreation Center; meetings are open to all senior citizens to attend. For additional information please contact Tammy Caldwell, Christiansburg Parks and Recreation, 540-382-2349, ext. 2003, Nathan Delp CPD Crime Prevention Specialist, 540-382-3131, Master Deputy Chris Lucas 540-382-6915 ext. 44415 or Kemvia Adams-Bush, Montgomery County Parks and Recreation, 382-6975

SENIOR LOCK BOX PROGRAM

Additional Information: The lockbox program provides emergency first responders a way to gain access into the homes of participating residents to expedite access during a medical or other emergency. This program is sponsored by Christiansburg/Montgomery Triad S.A.L.T Council and Christiansburg Police Department. For more information please contact Nathan Delp, Crime Prevention Specialist at 382-3131.

PROJECT LIFESAVER

Additional Info: Project Lifesaver is designed as a rapid response search and rescue service, using state of the art technologies and strategies to prevent or reduce the potential of harm to individuals suffering from Alzheimer's, Downs Syndrome, Autism, traumatic brain injuries, and mental dysfunctions. These individuals may tend to wander away from their homes and become confused or lost. Individuals who join Project Lifesaver are equipped with a small-personalized radio transmitter that is worn on a wristband. When a participant wanders away, the caregiver will contact our office and a trained team will respond to conduct a search with a device designed to receive the person's transmitted signal. The average rescue time is approximately 22 minutes once the team is on site. For more information on Project Lifesaver please contact: Nathan Delp CPD Crime Prevention Specialist, 540-382-3131, Master Deputy Chris Lucas 540-382-6915 ext. 44415.

VIN ETCHING

Co-Sponsored By: Christiansburg Recreation Dept., Christiansburg Police Dept., Christiansburg Fire Dept. and Virginia State Police
Location: Christiansburg Fire Dept.

Additional Information: All vehicles carry a federally-assigned number known as Vehicle Identification Number (VIN). Making sure those numbers are marked permanently on a vehicle's windows steers thieves away. The windows of stolen VIN etched vehicles must be stripped and replaced before a thief can get rid of the car, a costly and time consuming process. VIN etching is simple, fast, safe and won't mar the look of the vehicle. Numbers are etched into the glass with a chemical solution and those numbers will be there for good.

Date	Time	TR/NR
Monday, October 17	3 - 7 p.m.	FREE

SHRED-A-THON

Location: Christiansburg Recreation Center back parking lot

Additional Information: Help prevent identity theft and shred unwanted documents. Protect your important information and clean out the clutter. For more information contact Tammy Caldwell, 540-382-2349 ext. 2003 or email: tcaldwell@christiansburg.org. **This will be a drive thru event, no walk-ups will be allowed. Documents to be shredded will need to be in a box or plastic tote, limit 3 per car. BAGGED ITEMS WILL NOT BE ACCEPTED. BUSINESSES ARE NOT ALLOWED TO PARTICIPATE, THIS INCLUDES HOME BASED BUSINESSES.** Please make sure you only have documents to be shredded. Items that can't be shredded include: Metal, including 3 ring binders, composition notebooks, hanging file folders, paint brushes, padlocks, hardback books, keys, eyeglasses, bungee cords, etc.

Date	Time	Location
Tuesday, October 18	3 - 6 p.m.	Christiansburg Recreation Center Parking lot

CHILD FINGERPRINTING - Instructor: Officer Nathan Delp- CPD

Co-Sponsored By: Christiansburg Recreation Dept. and Christiansburg Police Dept.

Additional Information: Come by the Recreation Department and have your child fingerprinted for your files in case of an emergency.

Location: Christiansburg Recreation Center Lobby

Date	Time	Fee
Monday, November 21	9:30 a.m. - 11:30 a.m.	FREE



SPECIAL EVENTS

EIGHT MILE BRIDGE CHALLENGE WALK

Date: Saturday, September 10

Time: 8:15 a.m.

Location: Christiansburg Parks and Recreation Center & Huckleberry Trail

Fee: **FREE**-the walk is limited to the first 70 participants, each participant gets a shirt

Additional Information: Check in begins at 8 a.m. on the day of the walk at the Christiansburg Recreation Center. A shuttle bus departs for the Blacksburg Library at 8:30 a.m. 17 & under must be accompanied by an adult. No animals are permitted on the shuttle bus. For course description and registration forms go to our website at www.christiansburg.org/recreation.

HUCKLEBERRY HUSTLE 5K AND 1 MILE FUN RUN "GETTING SCARY ON THE HUCKLEBERRY"

Date: Saturday, October 29

Time: 9 a.m.

Location: Christiansburg Parks and Recreation Center & Huckleberry Trail

Fee: \$20 if received or postmarked by October 17, 2016 (Please send entry and check to Christiansburg High School, C/O Shane Guynn 100 Independence Blvd, Christiansburg, VA 24073), \$25 race day, 1 Mile Fun Run is free.

Additional Information: The Christiansburg Parks and Recreation is teaming up with the Christiansburg High School to put on this event. No animals are permitted. Strollers (baby jogger, etc) need to start at the back. Race day registration begins at 7:30 a.m. at the Christiansburg Recreation Center and end promptly at 8:30 a.m. We have multiple awards for the races including the most creative costume. For course description and registration forms go to our website at www.christiansburg.org/recreation.

TRUCK OR TREAT

Date: Saturday, October 29

Time: 8 - 11 a.m.

Location: Christiansburg Parks and Recreation Center

Fee: **FREE**

Additional Information: In conjunction with the Huckleberry Hustle 5k "Getting Scary on the Huckleberry" we will be having a Truck or Treat. Trucks from Christiansburg Fire, Police, Rescue and Public Works will be here for kids and kids at heart to look at and touch. For more information please visit our website at www.christiansburg.org/recreation.

LIONS CLUB HOLIDAY CRAFT SHOW

Date: Saturday, December 3rd

Time: 9 a.m. - 4 p.m.

Location: Christiansburg Parks and Recreation Center

Fee: Booths \$50 Table Additional \$5

Additional Information: If you interested in being a vendor contact the Lions Club of Christiansburg for a registration form.

Date	Time	Location
December 3	9 a.m. - 4 p.m.	Christiansburg Recreation Center

CHRISTIANSBURG'S 2016 CHRISTMAS PARADE - "Toys, Trains and Candy Canes"

Registration Ends: **Friday, November 25 by 5 p.m., to be in the parade**

All are welcome to attend the parade!!

Date: Friday, December 9

(In the case of inclement weather, the decision to reschedule the parade will be made at noon on Dec. 9th)

Inclement Weather Date: Monday, December 12

Time: 7 p.m.

Location: Main Street in Downtown Christiansburg

Parade Officials: Recreation Staff

Additional Information: For all local organizations wanting to participate in the parade, please go online and print or stop by the Recreation Center to pick up one of our registration forms.

Date	Rain Date	Time	Location
December 9	December 12	7 p.m.	Main Street Christiansburg

CALLS FROM THE NORTH POLE

Ages: 8 and younger

Date: December 6 (December 8 if needed)

Time: Starting at 5:30 p.m.

Additional Information: Christiansburg Parks and Recreation Department has been in contact with the North Pole and everyone including Santa is extremely busy. Santa has agreed to personally call children 8 years old and younger on December 6th starting at 5:30 p.m. For Santa to call, you need to fill out a form located either at the Christiansburg Recreation Center or online at www.christiansburg.org/recreation and return it by Monday December 5th by 5 p.m. Santa may need more time to call all the children so if you do not receive a call on December 6th, you will be called on December 8th. Please keep the phone lines open. Merry Christmas!!!!

ADULT ATHLETIC PROGRAMS

ADULT BASKETBALL

10-14 regular season games (depending on number of teams registered), double-elimination tournament at the end of the season. All players must 18 years of age. No college players of any level allowed. High School players of age can play as long as the current season is completely over.

Team managers meeting will be scheduled at the conclusion of registration.

Late registration will be accepted for up to one week after the normal registration period, if teams are needed to make the league run.

Minimum of four teams is needed for the league to make.

Leagues	Registration Dates	Starting Date	Days Played	Location	Fees
Open Fastbreak	Oct 3 – Dec 16	TBA	Sun, Thur	Christiansburg Recreation Center	\$350 per team
Open Slowbreak	Oct 3 – Dec 16	TBA	Sun,Tue	Christiansburg Recreation Center	\$350 per team
Over 30 Slowbreak	Oct 3 – Dec 16	TBA	Sun, Tue	Christiansburg Recreation Center	\$350 per team
Over 40 Fastbreak	Oct 3 – Dec 16	TBA	Sun, Mon,Tue	Christiansburg Recreation Center	\$350 per team
Church League	Oct 3 – Dec 16	TBA	Sun, Mon	Christiansburg Recreation Center	\$350 per team
Womens Open	Oct 3 – Dec 16	TBA	Sun, Thur	Christiansburg Recreation Center	\$350 per team
High School League	Oct 3 – Dec 2	TBA	Any Day Available	Christiansburg Recreation Center	\$200 per team

*High School League players must be in school and not playing or have played high school basketball during the current year.

ADULT DODGEBALL

12-14 regular season games (depending on number of teams registered), double-elimination tournament at the end of the season. 6 on 6 format.

Kind of ball to be used is undecided.

Team managers meeting will be scheduled at the conclusion of registration.

Late registration will be accepted for up to one week after the normal registration period, if teams are needed to make the league run.

Minimum of four teams is needed for the league to make.

Leagues	Registration Date	Starting Date	Days Played	Location	Fees
Adult Dodgeball	August 29 – Sept.23	TBA	Thursday	Christiansburg Recreation Center	\$100 per team



YOUTH ATHLETICS

Eligibility Policy for Youth Team Sports

Non-Resident/non-taxpayer will be assessed an additional fee. No request will be taken (straight draft).

Dixie Baseball and Softball

Dixie Youth Baseball and Softball participants must live within the boundaries established for Dixie Youth Baseball and Softball.

YOUTH BASKETBALL

Late Registration policy is as follows:

\$5 for 1st week \$10 for 2nd weeks after the 2nd week, no other registrations will be taken.

We will need a copy of all youth sports participants' birth certificates.

All ages as March 1, 2017.

Mite league 6.5 foot goals, 27.5 ball (Games and practices will be on Tuesday and Thursday).

Pee-Wee 8 foot goals, 27.5 ball (Games and practices will be on Monday and Wednesday).

Minor, Major and Girl's Senior 10ft goals and 28.5 ball.

Boy's Senior 10ft goals and 29.5 ball

Age Groups	Date of Registration	Location	Time	TR/NR	Weeks
Mite (5-6)	Sept 5 - Oct 14	Christiansburg Recreation Center	5:30 - 7:30 p.m.	\$35/45	8
Boys Pee-Wee (7-8)	Sept 5 - Oct 14	Christiansburg Recreation Center	5:30 - 7:30 p.m.	\$35/45	8
Girls Pee-Wee (7-8)	Sept 5 - Oct 14	Christiansburg Recreation Center	5:30 - 7:30 p.m.	\$35/45	8
Boys Minor (9-10)	Sept 12 - Oct 28	Christiansburg Recreation Center	5:30 - 7:30 p.m.	\$35/45	8
Girls Minor (9-10)	Sept 12 - Oct 28	Christiansburg Recreation Center	5:30 - 7:30 p.m.	\$35/45	8
Boys Major (11-12)	Sept 12 - Oct 28	Christiansburg Recreation Center	5:30 - 7:30 p.m.	\$35/45	8
Girls Major (11-12)	Sept 12 - Oct 28	Christiansburg Recreation Center	5:30 - 7:30 p.m.	\$35/45	8
Boys Senior (13-14)	Sept 12 - Oct 28	Christiansburg Recreation Center	5:30 - 8:30 p.m.	\$35/45	8
Girls Senior (13-14)	Sept 12 - Oct 28	Christiansburg Recreation Center	5:30 - 8:30 p.m.	\$35/45	8

YOUTH VOLLEYBALL

Late Registration policy is as follows:

\$5 for 1st week \$10 for 2nd week after the 2nd week no other registrations will be taken.

Ages as of November 1, 2016

Age Groups	Date of Registration	Location	Time	TR/NR	Weeks
9 - 12	Aug. 1 - Sept. 9	Christiansburg Recreation Center	5:30 - 8:30 p.m.	\$35/45	8



ATHLETIC SPECIAL EVENTS

PUNT, PASS, AND KICK

NFL-sponsored event showcasing the participants ability to Punt, Pass, and Kick a football for distance and accuracy. Each participant gets 1 chance to complete each event. No cleats or spikes are allowed. Copies of birth certificates are required to be on hand at the competition. All winners qualify to advance to the sectional competition usually held in mid-October. Boys and girls Ages 6-15 are eligible for participation. **We did have a National Champion last year.**

Registration Dates	Date	Time	Location	Fees
September 18	Sunday, September 18	1:30 p.m.	CHS Football Field	Free

TONY L. HUDDLESTON TROUT RODEO

This event will test your child's fishing ability. Over 300 fish will be stocked in the local Izaak Walton pond for the rodeo. Each kid will be allowed to catch up to four fish in the two hour time slot that is allotted. Prizes and Goodie bags will be given to the first 150 participants. A hot dog lunch will be provided as well. Other activities will take place as well.

Ages: 4-12 years old are able to participate.

Registration begins at 12p.m.

Registration Dates	Date	Time	Location	Fees
Day of Competition	Saturday, October 1	2 p.m.	Izaak Walton Facility	Free

RADFORD UNIVERSITY VOLLEYBALL CLINIC

This camp is being instructed by the Radford University Volleyball Team. They will be teaching you the fundamentals of volleyball. This should be quality instruction from a quality NCAA Division I program. Please bring your own ball, if you have one, and any other equipment you may need.

Registration Dates	Date	Time	Location	Fees
Sept 6 – Oct 21	Sunday, October 23	1:30 - 3:30 p.m.	Recreation Center	Free

REELKIDS CASTING COMPETITION

Fishing skills competition. This is sponsored by Region 4 of the VA Bass Federation and the FLW Tour. Each participant will try to complete the three casts associated with fishing, for accuracy. They are Flipping, Pitching, and Casting. Members of the federation will be on hand to assist with the competition. Takes place at Walmart as part of their Labor Day & VT/OSU Tailgate. Ages 7-15 are able to participate. Prizes will be awarded to the winners of each group. The winners have the opportunity to advance to the state level as well.

Registration	Eligibility	Date	Time	Fees	Location
Day of event	Ages 4 - 12	Saturday, October 15	11 a.m. - 3 p.m.	Free	New River Valley Mall

RADFORD UNIVERSITY WOMEN'S BASKETBALL CLINIC

The Radford University Women's Basketball Clinic will be conducting a one afternoon basketball clinic for boys and girls here at the Christiansburg Recreation Center. The coaching staff and players will be teaching the skills and drills necessary to become a better basketball player. Please bring your own ball and necessary equipment with you.

Registration Dates	Date	Time	Location	Fees
Oct 3 – Nov 11	Sunday, November 13	4 – 6 p.m.	Christiansburg Recreation Center	Free



CHRISTIANSBURG PARKS AND RECREATION PRESENTS THE 1ST ANNUAL:

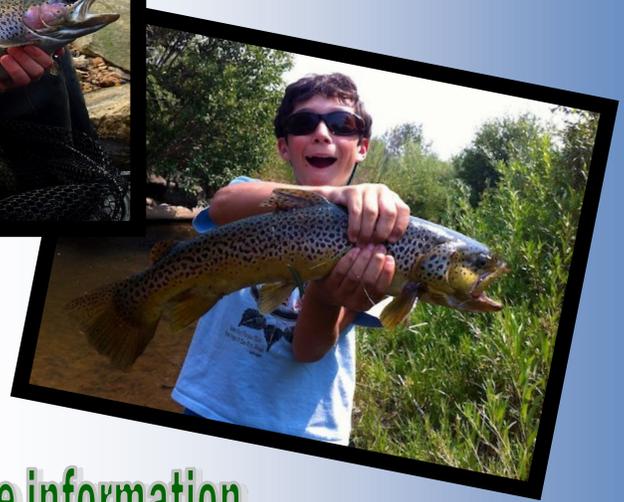
TONY L. HUDDLESTON TROUT RODEO



October 1 → 2-4 p.m. → Ages 4-12
Izaak Walton Park → Register 12-2 p.m.

- Divisions: 4-6, 7-9, 10-12
- Prizes for 1st, 2nd, 3rd place in each division
- Prize for Big Fish

- Hot Dog lunch provided for participants
- Giveaways, Goodie Bags



Call 382-2349 for more information



Tony Huddleston was a beloved coach, umpire, official, mentor and friend to all that knew him through the Christiansburg Parks and Recreation Department. On Sunday, July 24, 2016, Tony unexpectedly left this earth doing what he loved best, fishing. To honor Tony's love for fishing and his passion for helping children, the Christiansburg Parks and Recreation Department named this annual event the Tony L. Huddleston Trout Rodeo. This is one more way that Tony's legacy will be remembered by placing smiles on children's faces. "It is what it is!"

THE ONLY PLACE TO PLAY



CHRISTIANSBURG, VIRGINIA

CONGRATULATIONS

BRIDGET O'BRIEN

PITCH, HIT & RUN

2016 TEAM CHAMPIONSHIP

FIRST PLACE



You are Invited to the 2016 HEALTH & WELLNESS FAIR

WEDNESDAY, SEPTEMBER 14, 2016
12 NOON TO 4:00PM

FREE AND OPEN TO ALL AGES!!

NEW LOCATION THIS YEAR:

CHRISTIANSBURG RECREATION CENTER

1600 N. FRANKLIN STREET

FEATURING:

- Over 100 Exhibitors
- Flu Shots
- Hearing & Vision Tests
- Home Improvement Ideas
- "Volunteerism"
- Recreational Opportunities
- Free Light Snacks

HEALTHY HOMES FOR ALL AGES

- Home Health
- Retirement Locations
- Home Renovation
- Assisted Living

SCREENINGS INCLUDE:

- Blood Pressure & Sugar
- Body Mass & Nutrition Advice
- Stress Management Information
- Cancer Screening Advice
- Musculoskeletal Screenings
- Dermatology & Venous Exams

FUN DEMOS FOR YOUR HEALTH!

- Qi Gong
- Chair Yoga
- Senior Motions
- Tai Chi for Arthritis
- Zumba Gold
- Smoothie-Making
- The "Egg Lady"
- Stir-fry cooking



AARPSM
BLACKSBURG CHAPTER


Edward Via College of
Osteopathic Medicine
VIRGINIA


CHRISTIANSBURG
PARKS AND RECREATION

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