

Dear Friends and Neighbors:

As the winter winds approach, it's a sure sign that nature's beautiful fall colors have departed and it's time to prepare for Old Man Winter. As temperatures begin to chill, snow will start to fall, providing us with a beautiful landscape for sculpting snowmen and zipping down the hillsides in our favorite and fastest sled. While many will enjoy the landscape that winter provides, don't forget to come inside and enjoy the warmth of the Christiansburg Recreation Center and the recreational opportunities that the Town of Christiansburg has to offer! Your 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 these services in a personal, effective and successful manner. We serve you, the citizens of Christiansburg and our visiting neighbors, while growing and building our special community. As you read through the brochure, you will find that reaching your specific recreational goals is made possible through the many opportunities available for you and your family. Is it too cold outside for you? Come join us inside at the Christiansburg Recreation Center. You can increase your activity level 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 and weight 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 our senior activities room. There are many senior-specific activities and events for you to become involved in. Please see our Senior Center calendar and Parks and Recreation Department brochure for a complete listing of all of our recreational opportunities. Looking for a brisk winter stroll? Please explore the newly expanded Huckleberry Trail to experience nature's beauty firsthand. Park at the Christiansburg Recreation Center and start your journey from there. Are you looking to spruce up your home as the winter season ends? If so come and join us for the Home Expo on March 10-12 at the Christiansburg Recreation Center. This event involves the entire community and is one that is sure to be beneficial for all your housing needs. I am excited to be spending this winter 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.

Best wishes to each of you during the Holiday 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
- Nick Yopp..... Supervisor of Outdoor Sports Facilities and Parks
- Brian Lambert..... Supervisor of Adult Athletic Programs
- Chuck Muncy..... 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
- Wil 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
- Stephen Rainey..... Part-time Building Maintenance
- Alan Johnson..... Part-time Recreation Assistant

PARKS & RECREATION ADVISORY COMMISSION

- Diane C. Fenton, Chairperson
- Doris C. Oliver, Secretary
- R. Cord Hall, Town Council Liaison
- Michael L. Saylor
- Tonia D. Winn
- James B. Williamson, Jr
- Robin L. Boyd
- Richard A. Polikoff
- John T. Neel
- Matthew Davidson (Student Representative)
- Nicole Diloia (Student Representative)

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 a.m. - 5 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 which 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 that 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 8:00 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 noon will be cancelled for that morning.
3. If Montgomery County Public Schools are released early due to inclement weather, all programs after 12 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.
3. Thank you for your cooperation.

PARTIAL REFUND POLICY

1. 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.
2. 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. – 7 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 the following days and times (based upon court availability): Tuesdays 6 a.m. – 10 a.m. Court C, Court D if needed and available, Thursdays Court D 6 a.m. - 10 a.m., Court C 7 a.m. - 10 a.m.. Wednesdays 6:30 p.m. - 8:30 p.m., Court C. Open Play will be subject to court availability. When it is necessary to close 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 until 8 a.m., Open Play would not be available until 8:00 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 6 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 for 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. **ID's 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, cell phone bills, 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, 6 month, and 1 month membership fees will only be 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 3 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, ore 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 Recreation 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 Recreation 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 Recreation 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 Recreation 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 Recreation 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 Recreation 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. From the bridge to the Recreation Center is 1.27 miles. From the Blacksburg Library to the Christiansburg Recreation Center, the trail is 7.03 miles.

Plans are in the works to extend the trail to the Hethwood Community, Blacksburg’s Gateway Park, the Christiansburg Recreation Center, 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 listed above.

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 Nick Yopp if you recognize issues concerning our park facilities.

Phone: (540) 382-2349 x2007 Email: nyopp@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, the bathrooms at Kiwanis Park or 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 Nick Yopp at (540) 382-2349.

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

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

Town of Christiansburg Contact Numbers	Light Box Access Keys
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Harkrader Sports Complex – (540) 381-4766	Kiwanis Park Fields - _____
(540) 381-4678	Falling Branch Field - _____
Kiwanis Park Fields – (540) 257-1208	CHS Baseball Field - _____
Falling Branch Elementary School Fields – (540) 257-1208	
Christiansburg High School Field – (540) 257-1208	
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 8 a.m.)

Mid-day Prep Time

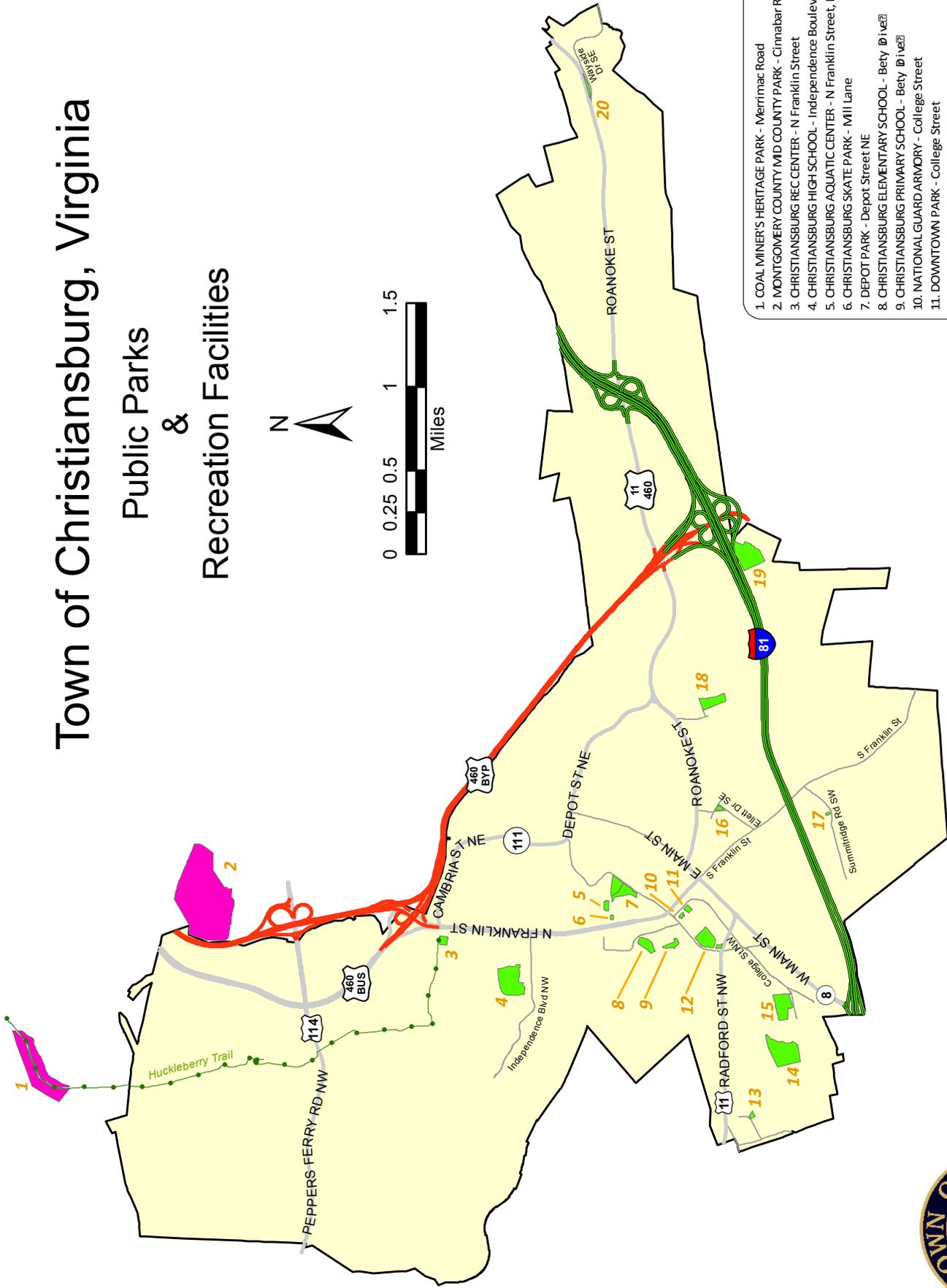
	Starting/Ending Time	Prep Time
Harkrader Sports Complex #1	_____	_____
Harkrader Sports Complex #2	_____	_____
Harkrader Sports Complex #3	_____	_____
Kiwanis Park Field #1	_____	_____
Kiwanis Park Field #2	_____	_____
Falling Branch Elementary Field #1	_____	_____
Falling Branch Elementary Field #2	_____	_____
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. COAL MINER'S HERITAGE PARK - Merrimac Road
2. MONTGOMERY COUNTY MID COUNTY PARK - Cinnabar 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 - Ellet 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



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.

***It's only cold if you're standing still.
Stay on the move with the
many programs and activities
at the
Christiansburg Parks and Recreation
Department!***

YOUTH COMMUNITY RECREATION

PRE-SCHOOL PROGRAMS

DIAPER GYM – INSTRUCTOR: LISA BASS

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

Location: Christiansburg Recreation Center – Classroom 1

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

Minimum: 4 Maximum: 6

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Nov. 1	Jan. 5	Jan. 9	Monday	9:30 - 10 a.m.	\$15/\$30	6
Session II	Feb. 1	Mar. 30	April 3	Monday	9:30 - 10 a.m.	\$15/\$30	6

TODDLER TIME – INSTRUCTOR: LISA BASS

Eligibility: Walking, 15-30 months

Location: Christiansburg Recreation Center – Multi Purpose Room 1

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!

Minimum: 3 Maximum: 10

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Nov. 1	Jan. 5	Jan. 9	Monday	10 - 10:45 a.m.	\$20/\$40	6
Session II	Feb. 1	Mar. 30	April 3	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

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.

Minimum: 3 Maximum: 8

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Nov. 1	Jan. 5	Jan. 9	Monday	11 - 11:45 a.m.	\$20/\$40	6
Session II	Feb. 1	Mar. 30	April 3	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

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

Minimum: 4 Maximum: 6

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Nov. 1	Jan. 6	Jan. 10	Tuesday	11 - 12:15 p.m.	\$20/\$40	6
Session II	Feb. 1	Mar. 30	April 4	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

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

Minimum: 4 Maximum: 8

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Nov. 1	Jan. 3	Jan. 5	Thursday	11 - 12:15 p.m.	\$20/\$40	6
Session II	Jan. 30	Feb. 28	Mar. 2	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

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

Minimum: 4 Maximum: 6

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Nov. 1	Jan. 3	Jan. 6	Friday	10 - 10:45 a.m.	\$20/\$40	6
Session II	Feb. 1	Mar. 3	Mar. 10	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
Jan	Dec. 1	Dec. 28	Jan. 5	Thursday	10 - 10:50 a.m.	\$65	4
Feb.	Dec. 1	Jan. 26	Feb. 2	Thursday	10 - 10:50 a.m.	\$65	4
Mar.	Dec. 1	Feb. 23	Mar. 2	Thursday	10 - 10:50 a.m.	\$65	4
April	Dec. 1	Mar. 30	April 6	Thursday	10 - 10:50 a.m.	\$65	4
May	Dec. 1	April 27	May 4	Thursday	10 - 10:50 a.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
Jan.	Dec. 1	Dec. 28	Jan. 7	Saturday	9 - 9:50 a.m.	\$65	4
Feb.	Dec. 1	Jan. 26	Feb. 4	Saturday	9 - 9:50 a.m.	\$65	4
Mar.	Dec. 1	Feb. 23	Mar. 4	Saturday	9 - 9:50 a.m.	\$65	4
April	Dec. 1	Mar. 30	April 1	Saturday	9 - 9:50 a.m.	\$65	4
May	Dec. 1	April 27	May 6	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
Jan.	Dec. 1	Dec. 28	Jan. 5	Thursday	10 - 10:50 a.m.	\$65	4
Feb.	Dec. 1	Jan. 26	Feb. 2	Thursday	10 - 10:50 a.m.	\$65	4
Mar.	Dec. 1	Feb. 23	Mar. 2	Thursday	10 - 10:50 a.m.	\$65	4
April	Dec. 1	Mar. 30	April 6	Thursday	10 - 10:50 a.m.	\$65	4
May	Dec. 1	April 27	May 4	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

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Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Jan.	Dec. 1	Dec. 28	Jan. 7	Saturday	11 – 11:50 a.m.	\$65	4
Feb.	Dec. 1	Jan. 26	Feb. 4	Saturday	11 – 11:50 a.m.	\$65	4
Mar.	Dec. 1	Feb. 23	Mar. 4	Saturday	11 – 11:50 a.m.	\$65	4
April	Dec. 1	Mar. 30	April 1	Saturday	11 – 11:50 a.m.	\$65	4
May	Dec. 1	April 27	May 6	Saturday	11 – 11:50 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
Jan.	Dec. 1	Dec. 28	Jan. 4	Wednesday	4:30 - 5:20 p.m.	\$65	4
Feb.	Dec. 1	Jan. 26	Feb. 1	Wednesday	4:30 - 5:20 p.m.	\$65	4
Mar.	Dec. 1	Feb. 23	Mar. 1	Wednesday	4:30 - 5:20 p.m.	\$65	4
April	Dec. 1	Mar. 30	April 5	Wednesday	4:30 - 5:20 p.m.	\$65	4
May	Dec. 1	April 27	May 3	Wednesday	4:30 - 5:20 p.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
Jan.	Dec. 1	Dec. 28	Jan. 5	Thursday	10 - 10:50 a.m.	\$65	4
Feb.	Dec. 1	Jan. 26	Feb. 2	Thursday	10 - 10:50 a.m.	\$65	4
Mar.	Dec. 1	Feb. 23	Mar. 2	Thursday	10 - 10:50 a.m.	\$65	4
April	Dec. 1	Mar. 30	April 6	Thursday	10 - 10:50 a.m.	\$65	4
May	Dec. 1	April 27	May 4	Thursday	10 - 10:50 a.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

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.

Minimum: 4 Maximum: 8

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 3	Jan. 6	Friday	11 - 11:45 a.m.	\$20/\$40	6
Session II	Feb. 1	Mar. 3	Mar. 10	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

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.

Minimum: 4 Maximum: 8

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 3	Jan. 6	Friday	12 - 12:45 p.m.	\$20/\$40	6
Session II	Feb. 1	Mar. 3	Mar. 10	Friday	12 - 12:45 p.m.	\$20/\$40	6

BALLET – INSTRUCTOR: PAT HORNE

Eligibility: Ages 4-7

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

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.**

Minimum: 5 Maximum: 8

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 19	Jan. 23	Monday	5 - 5:45 p.m.	\$20/\$40	6
Session II	Feb. 1	Mar. 23	Mar. 27	Monday	5 - 5:45 p.m.	\$20/\$40	6

BEGINNING BATON– INSTRUCTOR: TERRY WILSON

Eligibility: Ages 6-12

Location: Recreation Center – Gym Court D

Additional Information: Learn to twirl!! Children will be taught the correct way to carry their baton and basic beginning twirls: such as the figure 8, flats, front hand spin, the salute, at attention and at ease. This is a great way to begin preparing for Flag Corp and Baton in middle and high school. **Please bring a baton, the instructor has a limited amount.**

Minimum: 5 Maximum: 15

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 25	Jan. 31	Tuesday	4:30 – 5:15 p.m.	\$25/\$45	6

JUNIOR FIRST LEGO LEAGUE- INSTRUCTOR: LISA BASS

Eligibility: Ages 6-9

Location: Christiansburg Recreation Center – Classroom I

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.**

Minimum: 4 Maximum: 6

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Winter - Team I	Dec. 1	Jan. 6	Jan. 11	Wednesday	4:30 - 5:30 p.m.	\$40/\$60	8
Winter - Team II	Dec. 1	Jan. 6	Jan. 12	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

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.

Maximum: 2

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Jan.	Dec. 1	Dec. 28	Jan. 4	Wednesday	7:30 - 8:30 p.m.	\$125/\$145	4
Feb.	Dec. 1	Feb. 2	Feb. 8	Wednesday	7:30 - 8:30 p.m.	\$125/\$145	4
Mar.	Dec. 1	Mar. 2	Mar. 8	Wednesday	7:30 - 8:30 p.m.	\$125/\$145	4
April	Dec. 1	Mar. 30	April 5	Wednesday	7:30 - 8:30 p.m.	\$125/\$145	4
May	Dec. 1	April 27	May 3	Wednesday	7:30 – 8:30 p.m.	\$125/\$145	4

TEEN POLICE ACADEMY

Eligibility: Christiansburg High School Students – Grades 9-12

Date: June 5-9

Location: 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 ppeyton@christiansburg.org. Participants are subject to background screening and approval.

MERIT BADGE PROGRAMS

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

EMERGENCY PREPAREDNESS – INSTRUCTOR: LISA BASS

Location: Recreation Center – Classroom I

Additional Information: Knowing first aid is wonderful, but knowing about the discipline and planning needed to react to an emergency situation can be helpful and needed before, during and after an emergency. This is an Eagle-required merit badge.

February 25 is an early release day for Montgomery County Schools.

Minimum: 4 Maximum: 15

Registration	Eligibility	Date	Time	TR/NR
Dec. 1-Feb. 3	Ages 10-17	Wednesday, Feb. 8	2 – 5 p.m.	\$12/\$22

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 in 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
Jan.	Dec. 1	Dec. 28	Jan. 3	Tuesday	6:45 - 7:45 p.m.	\$70	4
Feb.	Dec. 1	Jan. 31	Feb. 7	Tuesday	6:45 - 7:45 p.m.	\$70	4
Mar.	Dec. 1	Feb. 28	Mar. 7	Tuesday	6:45 - 7:45 p.m.	\$70	4
April	Dec. 1	Mar. 28	April 4	Tuesday	6:45 - 7:45 p.m.	\$70	4
May	Dec. 1	April 25	May 2	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
Jan.	Dec. 1	Dec. 28	Jan. 4	Wednesday	5:30 - 6:30 p.m.	\$70	4
Feb.	Dec. 1	Jan. 26	Feb. 1	Wednesday	5:30 - 6:30 p.m.	\$70	4
Mar.	Dec. 1	Feb. 23	Mar. 1	Wednesday	5:30 - 6:30 p.m.	\$70	4
April	Dec. 1	Mar. 30	April 5	Wednesday	5:30 - 6:30 p.m.	\$70	4
May	Dec. 1	April 27	May 3	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
Jan.	Dec. 1	Dec. 28	Jan. 3	Tuesday	6:45 - 7:45 p.m.	\$70	4
Feb.	Dec. 1	Jan. 31	Feb. 7	Tuesday	6:45 - 7:45 p.m.	\$70	4
Mar.	Dec. 1	Feb. 28	Mar. 7	Tuesday	6:45 - 7:45 p.m.	\$70	4
April	Dec. 1	Mar. 28	April 4	Tuesday	6:45 - 7:45 p.m.	\$70	4
May	Dec. 1	April 25	May 2	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
Jan.	Dec. 1	Dec. 28	Jan. 5	Thursday	6:15 - 7:15 p.m.	\$70	4
Feb.	Dec. 1	Jan. 26	Feb. 2	Thursday	6:15 - 7:15 p.m.	\$70	4
Mar.	Dec. 1	Feb. 23	Mar. 2	Thursday	6:15 - 7:15 p.m.	\$70	4
April	Dec. 1	Mar. 30	April 6	Thursday	6:15 - 7:15 p.m.	\$70	4
May	Dec. 1	April 27	May 4	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
Jan.	Dec. 1	Dec. 28	Jan. 7	Saturday	11:15 - 12:15 p.m.	\$70	4
Feb.	Dec. 1	Jan. 26	Feb. 4	Saturday	11:15 - 12:15 p.m.	\$70	4
Mar.	Dec. 1	Feb. 23	Mar. 4	Saturday	11:15 - 12:15 p.m.	\$70	4
April	Dec. 1	Mar. 30	April 1	Saturday	11:15 - 12:15 p.m.	\$70	4
May	Dec. 1	April 27	May 6	Saturday	11:15 - 12:15 p.m.	\$70	4

10 Ways to Get Fit in the Christiansburg Parks & Recreation Department in 2017

- 1. Take advantage of our wide variety of fitness classes.** Group fitness is a great way to get a safe and effective workout. It is a social experience which helps with accountability. At the Christiansburg Recreation Center we offer a variety of classes for every age. Try our toning and conditioning class, get fit and connect with others at P90, or join us for lunchtime yoga. Information on class offerings, schedules, and pricing can be obtained at the front desk.
- 2. Hit the courts or take the field.** Adult recreational leagues allow for friendly competition and are an excellent way to meet new friends. We offer a variety of team and individual sports including: basketball, softball, kickball, volleyball, flag football, pickle ball, dodgeball, whiffle ball, and more.
- 3. Test the waters.** Visit the Christiansburg Aquatic Center located at 595 North Franklin Street, just down the road. Exercising in the water offers an excellent, low impact exercise experience. If you are recovering from an injury, need rehabilitation, or have arthritic joints, the warm water therapy pool may be just what the doctor ordered. Experience the Olympic size competition pool that can be divided into three pools. Enjoy a water aerobics, swim lessons or bring the kids to splash around and enjoy the awesome water slide.
- 4. Challenge yourself to an indoor triathlon.** Variety is the spice of life. This is the perfect time of the year to enhance your exercise routine. Challenge yourself to complete an indoor ironman utilizing our recreation center and the aquatic center. You could even venture out to the Huckleberry Trail. To accomplish this in one month you will need to achieve 2.4 miles swimming, 112 miles biking, and 26.2 miles running or walking. When you have finished you may want to sign up for a triathlon in the area.
- 5. Discover your inner child.** Visit the Harkrader Sports Complex for a fun and challenging workout for you and your family. With a combination of monkey bars, pull-up bars, and walking tracks you are sure to get a great workout.
- 6. Pick a 5K.** Signing up for a 5K is a great way to fuel motivation and get into an exercise routine. Train here at the recreation center or venture outdoors to the Huckleberry Trail. Children also need 60 minutes of physical activity daily, and a 5K is a great way to get the whole family involved. This past fall, we held the 1st annual Huckleberry Hustle 5K. Watch for additional information on this event in the fall.
- 7. Try something new.** In 2017, challenge yourself to try something new and adventurous with us! Some new classes that we are offering include: paddle boarding and chair yoga. The Huckleberry Trail extends from the New River Valley Mall to the recreation center; take time to enjoy this new section of the trail. Adding variety to your workout increases excitement and enjoyment.
- 8. Walk, run, hike, or bike the trails near you.** The Huckleberry Trail is an 8-mile paved trail with connection from the Christiansburg Recreation Center. Getting outside and engaging with your natural surroundings is great for your body and mind.
- 9. Be active in the gym.** Take advantage of the fitness opportunities here at the Christiansburg Recreation Center. We have a fully equipped cardio and weight room areas. Included in these areas are: 16 cardio machines, universal weights and free weights. In addition, join us for a walk or run on our 1/8 mile track, or a game of racquetball on one of our two racquetball courts.
- 10. Engage in other areas of health and wellness.** Over the last few years the Christiansburg Parks and Recreation Department has expanded its offerings to include programs covering all areas of health and wellness. We regularly offer: cooking classes, health screenings, meditation, arts, crafts, and educational programs that can engage your emotional, social, mental and physical well-being; contributing to your overall health.



Try out some of these great ways to get fit in the Christiansburg Parks & Recreation Department and 2017 will be your year of health and wellness!

STRIVE FOR PROGRESS Not Perfection

ADULT COMMUNITY RECREATION

WEDNESDAY FITNESS WALK

FREE!!!!

Day: Wednesdays (April)

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

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.**

Minimum: 10 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 6	Jan. 9	Mon/Wed	6 - 7 a.m.	\$35/\$55	6
Session II	Feb. 1	Mar. 10	Mar. 13	Mon/Wed	6 - 7 a.m.	\$35/\$55	6
Spring	April 3	May 5	May 8	Mon/Wed	6 - 7 a.m.	\$35/\$55	6

P90 REC – INSTRUCTOR: PAM DIIOIA

Eligibility: Ages 15 and over

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

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!

Minimum: 9 Maximum: 30

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 3	Jan. 5	Tues/Thurs.	6 - 6:45 a.m.	\$20/\$40	6
Session II	Feb. 1	Mar. 10	Mar. 14	Tues/Thurs.	6 - 6:45 a.m.	\$20/\$40	6
Spring	Mar. 20	April 28	May 2	Tues/Thurs.	6 - 6:45 a.m.	\$20/\$40	6

P90 REC (FRIDAY ONLY) – INSTRUCTOR: PAM DIIOIA

Eligibility: Ages 15 and over

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

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!

Minimum: 9 Maximum: 30

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Feb. 1	Mar. 21	Mar. 24	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

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!!

Minimum: 9 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 5	Jan. 6 (Fri)	Mon/Wed/Fri	8:50 - 9:50 a.m.	\$25/\$45	6
Session II	Feb. 1	Mar. 2	Mar. 6	Mon/Wed/Fri	8:50 - 9:50 a.m.	\$25/\$45	6
Spring	Mar. 20	April 28	May 1	Mon/Wed/Fri	8:50 - 9:50 a.m.	\$25/\$45	6

MORNING TABATA – INSTRUCTOR: JANCIL WOOGIE

Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 2

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!

Minimum: 9 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 4	Jan. 6 (Fri)	Wed/Fri.	10:10 - 10:40 a.m.	\$20/\$40	6
Session II	Feb. 1	Mar. 3	Mar. 8	Wed/Fri.	10:10 - 10:40 a.m.	\$20/\$40	6
Spring	Mar. 13	April 28	May 3	Wed/Fri	10:10 - 10:40 a.m.	\$20/\$40	6

ZUMBA TONING – INSTRUCTOR: JANCIL WOOGIE

Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 2

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.

Minimum: 9 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 3	Jan. 5 (Thurs.)	Tues/Thur.	9 - 10 a.m.	\$20/\$40	6
Session II	Feb. 1	Mar. 3	Mar. 7	Tues/Thur.	9 - 10 a.m.	\$20/\$40	6
Spring	Mar. 13	April 21	April 25	Tues/Thur.	9 - 10 a.m.	\$20/\$40	6

CORE BALANCE AND STRENGTH – INSTRUCTOR: JANCIL WOOGIE

Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 2

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!

Minimum: 9 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 3	Jan. 5 (Thurs.)	Tues/Thur.	10:15 - 11:15 a.m.	\$20/\$40	6
Session II	Feb. 1	Mar. 3	Mar. 7	Tues/Thur.	10:15 - 11:15 a.m.	\$20/\$40	6
Spring	Mar. 13	April 21	April 25	Tues/Thur.	10:15 - 11:15 a.m.	\$20/\$40	6

STROLLER FITNESS – INSTRUCTOR: LISA BASS

Location: Christiansburg Recreation Center Gym – Gym Court C

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.

Minimum: 4 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 3	Jan. 6	Friday	9 - 9:45 a.m.	\$15/\$30	6
Session I	Dec. 1	Jan. 6	Jan. 10	Tuesday	10 - 10:45 a.m.	\$15/\$30	6
Session II	Feb. 1	Mar. 30	April 4	Tuesday	10 - 10:45 a.m.	\$15/\$30	6
Session II	Feb. 1	Mar. 3	Mar. 10	Friday	9 - 9:45 a.m.	\$15/\$30	6

LUNCHTIME YOGA – INSTRUCTOR: THEA VINCENTE

Eligibility: Ages 14 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

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.**

Minimum: 6 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 6	Jan. 9	Mon/Wed	12:15 - 1:15 p.m.	\$35/\$55	6
Session II	Feb. 1	Mar. 20	Mar. 22 (Wed)	Mon/Wed	12:15 - 1:15 p.m.	\$35/\$55	6
Spring	April 3	May 11	May 15	Mon/Wed	12:15 - 1:15 p.m.	\$35/\$55	6

FIT BEGINNINGS EXPRESS – INSTRUCTOR: WANDA THOMPSON

Eligibility: Ages 16 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room

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 time efficient workouts. Both low and moderate levels are taught in this class, making it fun for beginner exercisers as well as those with more experience. Just think, work out for 30 minutes and you are done!

Minimum: 9 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 19	Jan. 23	Mon/Wed	4:15 - 4:45 p.m.	\$15/\$30	6
Session II	Feb. 1	Mar. 23	Mar. 27	Mon/Wed	4:15 - 4:45 p.m.	\$15/\$30	6

SUNRISE SPIN - INSTRUCTOR: PEAK STRENGTH AND CONDITIONING

Eligibility: Ages 16 and over

Location: Peak Strength and Conditioning - 970 Roanoke St., Christiansburg

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.

Maximum: 5

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Dec. 22	Jan. 4(Wed)	Mon/Wed.	6 - 6:45 a.m.	\$60	6
Session II	Jan. 9	Feb. 21	Feb. 27	Mon/Wed.	6 - 6:45 a.m.	\$60	6
Spring	Mar. 1	April 10	April 17	Mon/Wed.	6 - 6:45 a.m.	\$60	6

EVENING SPIN - INSTRUCTOR: PEAK STRENGTH AND CONDITIONING

Eligibility: Ages 16 and over

Location: Peak Strength and Conditioning - 970 Roanoke St., Christiansburg

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.

Maximum: 5

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Dec. 22	Jan. 3	Tues/Thur.	5:45 - 6:30 p.m.	\$60	6
Session II	Jan. 9	Feb. 21	Feb. 28	Tues/Thur.	5:45 - 6:30 p.m.	\$60	6
Spring	Mar. 1	April 10	April 18	Tues/Thur.	5:45 - 6:30 p.m.	\$60	6

SATURDAY SPIN - INSTRUCTOR: PEAK STRENGTH AND CONDITIONING

Eligibility: Ages 16 and over

Location: Peak Strength and Conditioning - 970 Roanoke St., Christiansburg

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.

Maximum: 5

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Dec. 22	Jan. 7	Saturday	7 - 7:45 a.m.	\$30	6
Session II	Jan. 9	Feb. 21	Feb. 25	Saturday	7 - 7:45 a.m.	\$30	6
Spring	Mar. 1	April 10	April 22	Saturday	7 - 7:45 a.m.	\$30	6

TONING AND CONDITIONING – INSTRUCTOR: JANCIL WOOGIE

Eligibility: Ages 16 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 2

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.

Minimum: 9 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 6	Jan. 9	Mon/Wed	5:15 - 6 p.m.	\$20/\$40	6
Session II	Feb. 1	Mar. 10	Mar. 13	Mon/Wed	5:15 - 6 p.m.	\$20/\$40	6
Spring	Mar. 20	April 28	May 1	Mon/Wed	5:15 - 6 p.m.	\$20/\$40	6

EVENING TABATA – INSTRUCTOR: JANCIL WOOGIE

Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 2

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!

Minimum: 9 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 6	Jan. 9	Mon/Wed.	6:15 - 6:45 p.m.	\$20/\$40	6
Session II	Feb. 1	Mar. 10	Mar. 13	Mon/Wed.	6:15 - 6:45 p.m.	\$20/\$40	6
Spring	TBA	TBA	TBA	Mon/Wed.	6:15 - 6:45 p.m.	\$20/\$40	6

TOTAL BODY CARDIO – INSTRUCTOR: ANDY CRAMER

Eligibility: Ages 16 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

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

Minimum: 9 Maximum: 30

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 6	Jan. 9	Mon/Wed	6:15 - 7 p.m.	\$20/\$40	6
Session II	Feb. 1	Mar. 10	Mar. 13	Mon/Wed	6:15 - 7 p.m.	\$20/\$40	6
Spring	Mar. 20	April 28	May 1	Mon/Wed	6:15 - 7 p.m.	\$20/\$40	6

30 MINUTE ABS/ARMS – INSTRUCTOR: ANDY CRAMER

Eligibility: Ages 16 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

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

Minimum: 9 Maximum: 30

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 6	Jan. 9	Mon/Wed	7:15 - 7:45 p.m.	\$15/\$30	6
Session II	Feb. 1	Mar. 10	Mar. 13	Mon/Wed	7:15 - 7:45 p.m.	\$15/\$30	6
Spring	Mar. 20	April 28	May 1	Mon/Wed	7:15 - 7:45 p.m.	\$15/\$30	6

WALK LIVE AEROBICS CLASS – INSTRUCTOR: BETHANY NUCKOLLS

Eligibility: Ages 14 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 2

Additional Information: Enjoy this new low impact indoor total body walking class! What usually prevents you from walking outside? Darkness? Weather? Traffic? With this WALK LIVE class, you can walk 3 miles and never go outside. Exciting, motivating music, along with easy to follow steps, makes this class fun and suitable for all fitness levels.

Minimum: 9 Maximum: 30

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 19	Jan. 23	Monday	7 - 7:50 p.m.	\$15/\$30	6
Session II	Feb. 1	Mar. 23	Mar. 27	Monday	7 - 7:50 p.m.	\$15/\$30	6
Spring	TBA	TBA	TBA	Monday	7 - 7:50 p.m.	\$15/\$30	6

WALK LIVE AEROBICS CLASS – INSTRUCTOR: BETHANY NUCKOLLS

Eligibility: Ages 14 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

Additional Information: Enjoy this new low impact indoor total body walking class! What usually prevents you from walking outside? Darkness? Weather? Traffic? With this WALK LIVE class, you can walk 3 miles and never go outside. Exciting, motivating music, along with easy to follow steps, makes this class fun and suitable for all fitness levels.

Minimum: 9 Maximum: 30

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 19	Jan. 25	Wednesday	5 - 5:50 p.m.	\$15/\$30	6
Session II	Feb. 1	Mar. 23	Mar. 29	Wednesday	5 - 5:50 p.m.	\$15/\$30	6
Spring	TBA	TBA	TBA	Wednesday	5 - 5:50 p.m.	\$15/\$30	6

FAST FIT – INSTRUCTOR: JANCIL WOOGÉ

Eligibility: Ages 16 and over

Location: Recreation Center – Multi-purpose Room 1

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!

Minimum: 10 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 3	Jan. 5 (Thurs.)	Tues/Thur.	4:20 - 5:20 p.m.	\$20/\$40	6
Session II	Feb. 1	Mar. 3	Mar. 7	Tues/Thur.	4:20 - 5:20 p.m.	\$20/\$40	6
Spring	Mar. 13	April 21	April 25	Tues/Thur.	4:20 - 5:20 p.m.	\$20/\$40	6

CARDIO/WEIGHT TRAINING – INSTRUCTOR: DIANE THOMPSON

Eligibility: Ages 14 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

Additional Information: An intense cardio and weight training workout.

Minimum: 9 Maximum: 20

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 10	Jan. 12 (Thurs.)	Tues/Thur.	5:45 - 6:45 p.m.	\$20/\$40	6
Session II	Feb. 1	Mar. 17	Mar. 21	Tues/Thur.	5:45 - 6:45 p.m.	\$20/\$40	6
Spring	April 3	May 12	May 16	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

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

Minimum: 9 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 6	Jan. 10	Tues/Thur.	5:20 - 6:20 p.m.	\$20/\$40	6
Session II	Feb. 1	Mar. 7	Mar. 9(Thurs.)	Tues/Thur.	5:20 - 6:20 p.m.	\$20/\$40	6
Spring	April 3	May 5	May 9	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

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.

Minimum: 9 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 3	Jan. 5 (Thurs.)	Tues/Thurs.	6:30 - 7:30 p.m.	\$35/\$55	6
Session II	Feb. 1	Mar. 10	Mar. 14	Tues/Thurs.	6:30 - 7:30 p.m.	\$35/\$55	6
Spring	April 3	May 5	May 9	Tues/Thurs.	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

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.**

Minimum: 9 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 3	Jan. 5 (Thurs.)	Tues/Thurs.	7:30 - 8:30 p.m.	\$35/\$55	6
Session II	Feb. 1	Mar. 10	Mar. 14	Tues/Thurs.	7:30 - 8:30 p.m.	\$35/\$55	6
Spring	April 3	May 5	May 9	Tues/Thurs.	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

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.**

Minimum: 9 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 18	Jan. 20	Friday	5:30 - 6:30 p.m.	\$18/\$38	6
Session II	Feb. 1	Mar. 22	Mar. 24	Friday	5:30 - 6:30 p.m.	\$18/\$38	6
Spring	TBA	TBA	TBA	Friday	5:30 - 6:30 p.m.	\$18/\$38	6

BEGINNING HORSEMANSHIP – INSTRUCTOR: CHELISTA LINKOUS

Eligibility: Ages 18 and over

Location: 866 Silver Lake Rd., Christiansburg

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

Maximum: 4

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Jan.	Dec. 1	Dec. 28	Jan. 3	Tuesday	7:30 - 8:30 p.m.	\$125/\$145	4
Feb.	Dec. 1	Feb. 2	Feb. 7	Tuesday	7:30 - 8:30 p.m.	\$125/\$145	4
Mar.	Dec. 1	Mar. 2	Mar. 7	Tuesday	7:30 - 8:30 p.m.	\$125/\$145	4
April	Dec. 1	Mar. 30	April 4	Tuesday	7:30 - 8:30 p.m.	\$125/\$145	4
May	Dec. 1	April 27	May 2	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)

Additional Information: You will learn techniques of the Traditional Shotokan Karate. A curriculum of blocks, punches, kicks and strikes will be taught in a systematic method. Techniques are taught using the 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.

Minimum: 4 Maximum: 15

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	FEE	Weeks
Jan.	Dec. 1	Jan. 4	Jan. 9	Mon/Thur.	7:30 - 8:30 p.m.	\$50	4
Feb.	Dec. 1	Feb. 1	Feb. 6	Mon/Thur.	7:30 - 8:30 p.m.	\$50	4
Mar.	Dec. 1	Mar. 1	Mar. 6	Mon/Thur.	7:30 - 8:30 p.m.	\$50	4

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 five 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

Internet Safety & Social Media



This is a FREE class is designed to help educate parents and guardians about social media usage and internet safety in the lives of their children. Safety tips and information will be provided for the most popular apps used by kids today. In addition, issues such as self-victimization (sexting), sextortion, and cyberbullying will be discussed. This class will provide a basic overview of the cyber world and the effects it can have on children, both in social settings and in the criminal justice world.

Instructor: Investigator Moe McClanahan CPD

Parents and Guardians Only

Children will not be permitted to attend due to the sensitivity of the information

FREE

Tuesday, February 16 @ 6:30-8 p.m.

Christiansburg Recreation Center, Classroom 2

****Pre-registration is required****

Visit or call the Christiansburg Recreation Center to register by Friday, February 10 at 5 p.m.

1600 North Franklin St. Christiansburg

540-382-2349

Presented By:

Christiansburg Police Department

Christiansburg Parks & Recreation Department

SPECIAL INTEREST PROGRAMS

NOVICE DOG OBEDIENCE – INSTRUCTOR: ROSIE HIGDON

Eligibility: Dogs 5 ½ months and older

Location: Christiansburg National Guard Armory

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 p.m. for lecture. No dogs the first week, just the owners.**

Maximum: 12

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Session I	Dec. 1	Jan. 23	Jan. 25	Wednesday	6 - 6:50 p.m.	\$80	6
Session I	Dec. 1	Jan. 23	Jan. 25	Wednesday	7 - 7:50 p.m.	\$80	6
Session II	Dec. 1	Mar. 20	Mar. 22	Wednesday	6 - 6:50 p.m.	\$80	6
Session II	Dec. 1	Mar. 20	Mar. 22	Wednesday	7 - 7:50 p.m.	\$80	6
Spring	Dec. 1	May 15	May 17	Wednesday	6 - 6:50 p.m.	\$80	6
Spring	Dec. 1	May 15	May 17	Wednesday	7 - 7:50 p.m.	\$80	6

RALLY/COMPETITION 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

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 serpentine around cones, U turns and more.

Maximum: 14

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Session I	Dec. 1	Mar. 21	Mar. 23	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

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.

Maximum: 12

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Session I	Dec. 1	Jan. 23	Jan. 26	Thursday	6 - 6:50 p.m.	\$80	6
Spring	Dec. 1	Mar. 21	Mar. 23	Thursday	7 - 7:50 p.m.	\$80	6

PUPPY KINDERGARTEN – INSTRUCTOR: ROSIE HIGDON

Eligibility: Puppies 10-17 weeks

Location: Christiansburg National Guard Armory

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.

Maximum: 14

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Session I	Dec. 1	Jan. 23	Jan. 26	Thursday	7 - 8 p.m.	\$80	6
Spring	Dec. 1	Mar. 21	Mar. 23	Thursday	7 - 8 p.m.	\$80	6

ADVANCED RALLY /COMPETITION 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

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 serpentine around cones, U turns and more.

Maximum: 14

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Session I	Dec. 1	May 16	May 18	Thursday	7 - 7:50 p.m.	\$80	6

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 11:30 a.m.	\$47/\$67	Wytheville, Va.

HOLIDAY HIGH TEA

Location: Palisades Restaurant – Eggleston, VA

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.

Minimum: 4 Maximum: 16

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	TR/NR	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: Recreation Center – Classroom 1

Additional Information: Drop off a maximum of ten books between the hours of 8-5 p.m. at least 2 days before the scheduled Book Swap. At 5:15 p.m. 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

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	TR/NR	Location
Ends Dec. 14	18 & over	Thursday, Dec. 22	Leave Rec. Center at 10:30 a.m.	\$7/\$14	Cheddars, Roanoke
Ends Dec. 27	18 & over	Tuesday, Jan. 3	Leave Rec. Center at 10:30 a.m.	\$7/\$14	Ichiban, Roanoke
Dec. 12-Feb. 1	18 & over	Wednesday, Feb. 8	Leave Rec. Center at 11 a.m.	\$7/\$14	Carlos, Roanoke
Dec. 12-Mar. 7	18 & over	Tuesday, Mar. 14	Leave Rec. Center at 10:30 a.m.	\$7/\$14	Blue Apron, Roanoke
Dec. 12- April 4	18 & over	Monday, April 10	Leave Rec. Center at 11 a.m.	\$3/\$6	Fat Back Soul Shack, Christiansburg

BREAKFAST TRIP: GOLDEN CORRAL AND SAMS CLUB- ROANOKE, VA

Additional Info: We will stop for breakfast at Golden Corral before shopping at Sam's Club. You don't need to have a Sam's membership to shop; purchases will need to be paid with either cash, check or debit card. Participants are responsible for paying for their own meal. **Pre-register**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Ends Dec. 29	21 & over	Friday, Jan. 6	Leave Rec. Center @ 8 a.m.	\$7/\$14

ADULT PAINT PARTY – INSTRUCTOR: CAROLINE MULLINS

Eligibility: Ages: 21 and over

Location: Honeysuckle Studio – 202 South Main St, Suite #10, Blacksburg, VA

Additional Information: Honeysuckle Studio is more than the average paint party studio. They offer paint parties for adults to enjoy a glass of wine and learn step-by-step techniques to paint on a canvas that you can take home. Price includes: transportation, instruction and supplies, two glasses of wine (21 and over, ID is required). **If Montgomery County Schools are closed or released early due to inclement weather, class will not meet.**

Minimum: 5 Maximum: 9

Class	Registration	Date	Time	FEE
Jan.	Dec. 1-Jan. 4	Monday, Jan. 9	6 – 8 p.m.	\$35
Feb.	Dec. 1-Feb. 3	Thursday, Feb. 9	6 – 8 p.m.	\$35
Mar.	Dec. 1- Mar. 8	Monday, Mar. 13	6 – 8 p.m.	\$35

NEW YEAR, NEW YOU! – MOE MCCLANAHAN

Additional Information: Join Moe McClanahan, certified John Maxwell – Coach/Speaker/Trainer in this informative presentation. Make this your BEST year yet by putting your dreams to the test. Learn how asking yourself 10 questions will help you “See It and Seize It”. This workshop will focus on ownership, clarity and reality of your dreams and the use of SMART Goals to help get you started.

Location: Classroom 2

Minimum: 5 Maximum: 16

Registration	Eligibility	Date	Time	TR/NR
Dec. 1-Jan. 5	18 & over	Tuesday, Jan. 10	6:30 – 7:30 p.m.	\$3/\$6

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
Dec. 12-Jan. 18	18 & over	Wednesday, Jan. 25	Leave Rec. Center at 4:30 p.m.	\$6/\$12	Al’s on Main, Pulaski
Dec. 12- Mar.16	18 & over	Friday, Mar. 24	Leave Rec. Center at 4:30 p.m.	\$6/\$12	Mt. Lake Seafood Buffet

MERCER MALL-BLUEFIELD, WV

Additional Info: Looking for some after Christmas bargains? Join us as we travel to Mercer Mall. Lunch on your own while at the mall. **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Dec. 12– Jan. 19	21 & over	Friday, Jan. 27	Leave Rec. Center @ 8:30 a.m.	\$7/\$14

QUILTING MARATHON

Location: Meadowbrook Community Center

Additional Information: Meadowbrook Quilters will be hosting a quilting marathon and the public is invited to see these skilled individuals quilting and working on individual projects during the marathon. This is a great opportunity for you to see their handiwork, you may bring your quilting projects or questions and they will help you.

This program is co-sponsored with Blacksburg, Christiansburg and Radford Parks & Recreation, Montgomery County & Radford RSVP, Mountain Valley Charitable Foundation and the Meadowbrook Library.

Pre-register

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR
Dec. 12 – Jan. 20	All ages	Saturday, Jan. 28	8 a.m. – 8 p.m.	FREE

BODY FAT TESTING

Eligibility: Ages 16 and over

Location: Christiansburg Recreation Center – Classroom 1

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

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).

Maximum: 10

Date	Time
Monday, Jan. 30	Between 6 – 8 p.m.
Monday, Feb. 13	Between 6 – 8 p.m.
Monday, Mar. 20	Between 6 – 8 p.m.
Monday, April 17	Between 6 – 8 p.m.

STEP BY STEP HOME BUYERS CLASS - INSTRUCTOR: RACHEL HOGAN- NEST REALTY

Location: Recreation Center- Classroom 2

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

Minimum: 2 Maximum: 15

Registration	Eligibility	Date	Time	TR/NR
Dec. 1- Jan. 26	Ages 18 and over	Tuesday, Jan. 31	6 - 8 p.m.	FREE- Must Pre-Register

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, Dec. 22	4 - 6 p.m.	FREE
Thursday, Jan. 26	4 - 6 p.m.	FREE
Thursday, Feb. 23	4 - 6 p.m.	FREE
Thursday, Mar. 30	4 - 6 p.m.	FREE
Thursday, April 27	4 - 6 p.m.	FREE

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
Wednesday, Feb. 1	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, Feb. 6	9 - 11:30 a.m.	FREE

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: 4 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Dec. 1-Feb. 3	Ages 18 & over	Tuesday, Feb. 7	4 - 9 p.m.	\$45

AN AFFAIR OF THE HEART LUNCHEON

Additional Information: Help us promote The American Heart Associations, Go Red for Women by wearing red. This program educates women about the dangers of stroke, heart attack and other heart disease. Lunch and door prizes provided. Our guest speaker will talk about how knowing your numbers could save your life. **LUNCH SPONSORED BY: HOLIDAY INN – CHRISTIANSBURG. Pre-register.**

Minimum: 10 Maximum: 50

Registration	Eligibility	Date	Time	FEE	Location
Dec. 12 – Feb. 2	21 and over	Friday, Feb. 10	11 a.m.	FREE	Holiday Inn- Walmart location

INTERNET SAFETY AND SOCIAL MEDIA – INVESTIGATOR MOE MCCLANAHAN - CPD

Location: Christiansburg Recreation Center – Classroom 2

Additional Information: This is a FREE class designed to help educate parents and guardians about social media usage and internet safety in the lives of their children. Safety tips and information will be provided for the most popular apps used by kids today. In addition, issues such as self-victimization (sexting), sextortion, and cyberbullying will be discussed. This class will provide a basic overview of the cyber world and the affects it can have on children both in social settings and in the criminal justice world.

Minimum: 8 Maximum: 20

Registration	Eligibility	Date	Time	FEE
Dec. 1-Feb. 10	Parents and Guardians Ages 18 & over	Thursday, Feb. 16	6:30 - 8 p.m.	FREE – Must Pre-register

CONSIGNMENT/THRIFT SHOPPING

Additional Info: Join us as we go to many consignment shops and thrift stores in search of that perfect outfit or unique treasure. Lunch will be on your own at a local restaurant.

Minimum: 4 Maximum: 9

Registration	Eligibility	Date	Time	TR/NR	Location
Dec. 12-Feb. 16	21 and over	Friday, Feb. 24	Leave Rec. Center at 9 a.m.	\$10/\$15	TBA

THE ONLY PLACE TO KNOW-CHRISTIANSBURG, VA

Location: Recreation Center – Senior Activities Room

Additional Information: Changes are taking place daily in Christiansburg, 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 lockbox and everything in between. We will meet at the Recreation Department before departing for a tour or several town facilities. There will be some walking and standing involved in the program, please take this into consideration when registering for the program. Lunch will be at the Holiday Inn in Christiansburg. **PRE-REGISTER.**

Minimum: 5 Maximum: 16

Registration	Eligibility	Date	Time	FEE
Dec. 12 – Feb. 21	21 & over	Tuesday, Feb. 28	9 a.m. - 3 p.m.	Please see note above
April 10 – May 25	21 & over	Thursday, June 1	9 a.m. - 3 p.m.	Please see note above
Aug. 7 – Sept. 28	21 & over	Thursday, Oct. 5	9 a.m. - 3 p.m.	Please see note above

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

Location: Christiansburg Recreation Center

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 and child CPR, how to use a defibrillator, how to respond to choking victims and basic first aid. **Recertification students must bring proof of certification to show within 30 days before/after of their expiration date.**

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Dec. 1-Mar. 10	Ages 18 & over	Tuesday, Mar. 14	5 – 9 p.m.	\$35

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
Dec. 1-Dec. 14	Monday, Dec. 19	Leave Rec. Center @ 10 a.m.	\$5/\$10	Jingle Bell Hike- TBA	TBA
Dec. 1-Mar. 13	Thursday, Mar. 16	Leave Rec. Center @ 9 a.m.	\$5/\$10	Polar Bear Hike - TBA	TBA

BOOK SWAP

Location: Recreation Center – Classroom 1

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

Registration	Date	Time	TR/NR
Jan. 3- Mar. 16	Wednesday, Mar. 22	5:15 p.m.	\$1 non-refundable

PREPARING YOUR HOUSE TO SELL - INSTRUCTOR: RACHEL HOGAN – NEST REALTY

Location: Recreation Center- Classroom 1

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

Minimum: 2 Maximum: 15

Registration	Eligibility	Date	Time	TR/NR
Dec. 1- Mar. 16	Ages 18 and over	Tuesday, Mar. 21	6 – 8 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/Multi-Purpose Room 2

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.**

Minimum: 10 Maximum: 50

Registration	Eligibility	Date	Time	Fee
Dec. 1-Mar. 22	Ages 18 and over	Sunday, Mar. 26	3 – 5 p.m.	\$35 EMS Personnel/\$45 all others

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.

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Dec. 12-Mar. 21	21 and over	Tuesday, Mar. 28	Leave Rec. Center at 8 a.m.	\$10/\$20	Charlottesville, Va.

ARK ENCOUNTER AND CREATION MUSEUM-PARKERSBURG, KENTUCKY

Additional Info: 3-Day Amazing Wonders: The Ark Encounter & The Creation Museum Petersburg, KY. Trip includes: round trip motor deluxe motor coach transportation, "jump start breakfast", on-board activities, snacks & prizes, 2 - nights lodging, 2 - breakfasts, 3 – lunches, 3 – dinners, tickets to "The Creation Museum", "The Ark Encounter" and also, a "mystery adventure." **\$100 deposit per person to reserve your seat. Full payment due 30 days prior to departure.**

Pre-register.

Minimum: 25 Maximum: 45

Registration	Eligibility	Date	Time	FEE
Ends Feb. 28	21 & over	Apr. 3 - 5	Leave Rec. Center at TBA	Single: \$575 Triple: \$442 per person Double: \$475 per person Quadruple: \$425 per person

RADFORD UNIVERSITY THEATRE PRODUCTION:

Additional Info: Join Radford University in their theatre production of "The Importance of Being Earnest" by Oscar Wilde. We will stop for dinner at Fatz Restaurant before the show. Price includes show ticket and transportation.

Must pre-register

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR
Dec. 12-April 5	21 and over	Tuesday, April 11	Leave Rec. Center at 4:30 p.m.	\$15/\$20

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, April 17	3 – 7 p.m.	FREE

SHRED –A-THON

Location: Christiansburg Recreation Center - 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 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, April 18	3 - 6 p.m.	Christiansburg Recreation Center Parking Lot

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	Eligibility	Date	Time	TR/NR	Location
Dec. 12 – April 13	21 and over	Thursday, April 20	Leave Rec. Center at 8 a.m.	\$15/\$25	Cross Lanes, WV



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-need 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.

AARP TAX AIDE PROGRAM

Registration Begins: January 9

Additional Information: IRS trained tax volunteers assist senior citizens with their personal tax returns. No business returns will be prepared. You must call and schedule an appointment at 382-2349. **NO WALK INS.**

Date	Day	Time	Location
Feb. 6 – Apr. 11	Mondays	1 – 4 p.m.	Christiansburg Rec Center – Senior Activities Room
Feb. 7 – Apr. 12	Tuesdays	1 – 4 p.m.	Christiansburg Rec Center – Senior Activities Room
Feb. 2 – Apr. 14	Thursdays	1 – 4 p.m.	Christiansburg Rec Center – Senior Activities Room
Feb. 4 – Apr. 9	Saturdays	9 a.m. – Noon	Christiansburg Rec Center – Senior Activities Room

BASKET WEAVERS

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

Date	Day	Time	Location
Jan. 9	Monday	10 a.m. – 4 p.m.	Christiansburg Rec Center – Classroom 2
Feb. 13	Monday	10 a.m. – 4 p.m.	Christiansburg Rec Center – Classroom 2
Mar. 13	Monday	10 a.m. – 4 p.m.	Christiansburg Rec Center – Classroom 2
Apr. 10	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 Rec Center – Senior Activities Room

BLOOD PRESSURE SCREENINGS

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

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

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

Date	Time	Program	Eligibility	Location
Dec. 20	11 a.m.	Christmas Lunch	50 & over	Holiday Inn-beside Walmart, Christiansburg
Jan. 17	1:30 p.m.	2017 Planning mtg.	50 & over	Christiansburg Recreation Center
Feb. 21	1:30 p.m.	Triad Meeting	50 & over	Christiansburg Recreation Center
Mar. 21	2 p.m.	Craft Project	50 & over	English Meadows Nursing Home
Apr. 18	3 – 6 p.m.	Shred-a-thon	50 & over	Christiansburg Recreation Center

CONNECTIONS SEMINARS

Location: Village Center at Warm Hearth

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 to the public. **For directions or reservation information call 443-3406 or visit www.retire.org.**

Minimum: 5 Maximum: 10

Date	Topic	Time	Speakers
Apr. 27	Living in Retirement – How Working With A Financial Advisor Can Help You	10 a.m.	Victoria B.W. Rycroft, MBA, Wealth Management Representative

GOSPEL SING-TUESDAY

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

Date	Day	Time	Location
Jan. 3	Tuesday	10 a.m.	Christiansburg Rec Center – Senior Activities Room
Feb. 7	Tuesday	10 a.m.	Christiansburg Rec Center – Senior Activities Room
Mar. 7	Tuesday	10 a.m.	Christiansburg Rec Center – Senior Activities Room
Apr. 4	Tuesday	10 a.m.	Christiansburg Rec Center – Senior Activities Room

INTERNET USAGE

Additional Information: Internet access for senior citizens is available Monday – Friday from 8 a.m. – 5 p.m., 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.	Senior Activities Room – Christiansburg Rec Center

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
Dec. 1-Dec. 14	Monday, Dec. 19	Leave Rec. Center @ 10 a.m.	\$5/\$10	Jingle Bell Hike- TBA	TBA
Dec. 1-Mar. 13	Thursday, Mar. 16	Leave Rec. Center @ 9 a.m.	\$5/\$10	Polar Bear Hike - TBA	TBA

LIFELONG LEARNING INSTITUTE FALL 2017 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.

Please review specific class dates included in each course description before you register.

Registration Begins January 9 at <http://www.cpe.vt.edu/lifelonglearning>

Start Date	Class Name	Day	Time	Weeks	Location
Feb. 6	Exploring Creativity	Monday	10 – 11:30 a.m.	5	153 VT Public Safety Building
Feb. 6	Five Reasons to Refuel Your Friendships	Monday	11 – 12:30 p.m.	4	Hillel at Virginia Tech
Feb. 6	Calling All Weather Geeks	Monday	1 – 2:30 p.m.	6	German Club
Feb. 6	Getting Your Ducks in a Row: Document Your End-of-Life Choices and Make Things Easier for Your Survivors	Monday	1 – 2:30 p.m.	3	Hatcher Conference Room, Blacksburg Pres. Church
Feb. 6	Race, Gender, and Success in America: Insights from the Memoirs of Condoleezza Rice and Sonia Sotomayor	Monday	1 – 2:30 p.m.	6	153 VT Public Safety Building
Feb. 6	An Introduction to Toni Morrison	Monday	3 – 4:30 p.m.	6	153 VT Public Safety Building
Feb. 7	VT Class Sampler	Tuesday	9 – 10:15 a.m.	6	Warm Health Village Center
Feb. 7	The Roaring 20s and Dirty 30s with Will Rogers	Tuesday	10:45 – 12:15 p.m.	4	Warm Health Village Center
Feb. 7	Gender Issues in the Workplace	Tuesday	11 – 12:30 p.m.	6	Hatcher Conference Room, Blacksburg Pres. Church
Feb. 7	The Supreme Court and the Fourth Amendment	Tuesday	1 – 2:30 p.m.	6	153 VT Public Safety Building
Feb. 7	Once Upon a Time – And Always: The Persistence of the Fairy Tale	Tuesday	1 – 2:30 p.m.	6	Hillel at Virginia Tech
Feb. 8	Great Decisions	Wednesday	11- 12:30 p.m.	8	German Club
Feb. 8	Introduction to Japanese Flower Arranging	Wednesday	1 – 2:30 p.m.	5	Blacksburg Community Center, Community Room
Feb. 8	“Seeing the Real You at Last”: The Many Faces of Bob Dylan	Wednesday	1 – 2:30 p.m.	6	Hillel at Virginia Tech
Feb. 8	The Survival of the Fittest: Life’s Challenges in Anne Tyler’s <i>Accidental Tourist and Saint Maybe</i>	Wednesday	2 – 3:30 p.m.	6	155 VT Public Safety Building
Feb. 9	Global Change II: Conservation, Remediation and Sustainability of Resources	Thursday	9 – 10:30 a.m.	6	German Club
Feb. 9	Turning Experience into Art: Writing Life Stories and Personal Essays	Thursday	11 – 12:30 p.m.	4	153 VT Public Safety Building
Feb. 9	Central African Federation: From British Imperialism to Independent African Countries	Thursday	11 – 12:30 p.m.	6	German Club
Feb. 9	American Political Philosophy: Founders v. Progressives	Thursday	1 – 2:30 p.m.	5	153 VT Public Safety Building
Feb. 10	Advanced Techniques	Friday	9 a.m. – Noon	6	Blacksburg Community Center, Community Room
Feb. 10	Which English Do You (You, Y’all, Yinz) Speak? Exploring the Richness and Variety of English Dialects	Friday	10:30 a.m. – Noon	4	Hillel at Virginia Tech

LIFELONG LEARNING INSTITUTE FALL 2017 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 February 17 at <http://www.cpe.vt.edu/lifelonglearning>

Date	Event Title	Day	Time	Location
Feb. 17	The New NRV Time Bank, How to Give Your Time and Talent and Get Services You Need in Exchange	Friday	TBD	Warm Health
Feb. 24	Know Your Community: Tour the New Regional 911 Call Center and Sheriff's Office	Friday	2 – 3:30 p.m.	Christiansburg Offices
Mar. 3	Preview La Traviata with Ariana Wyatt	Friday	1 – 2 p.m.	Moss Gallery
Mar. 17	Lessons Learned from South Africa	Friday	1:30 – 3 p.m.	TBD
Mar. 31	All Aboard! Exploring Roanoke's Railroad History	Friday	TBD	Roanoke
April 11	Tastes of Appalachia: Lunch, Music, and More!	Tuesday	11:30 a.m. – 2 p.m.	German Club
April 17	Historic McDonald's Mill	Monday	12:15 – 3:30 p.m.	Catawba Valley
April 28	Ecology and Natural History of Virginia Tech's Old Growth Forest: A Walk through Stadium Woods with Alumni Distinguished Professor John Seiler	Friday	1:30 – 3:30 p.m.	TBD
May 5	HMS Pinafore, Pre-performance Reception and Talk	Friday	6 – 7 p.m.	Moss Arts Center

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 Dec. 14	18 & over	Thursday, Dec. 22	Leave Rec. Center @ 10:30 a.m.	\$7/\$14	Cheddars, Roanoke
Ends Dec. 27	18 & over	Tuesday, Jan. 3	Leave Rec. Center @ 10:30 a.m.	\$7/\$14	Ichiban, Roanoke
Dec. 12 - Feb. 1	18 & over	Wednesday, Feb. 8	Leave Rec. Center @ 11 a.m.	\$7/\$14	Carlos, Roanoke
Dec. 12 – Mar. 7	18 & over	Tuesday, Mar. 14	Leave Rec. Center @ 10:30 a.m.	\$7/\$14	Red Rooster/Blue Apron, Salem
Dec. 12 – Apr. 4	18 & over	Monday, Apr. 10	Leave Rec. Center @ 11 a.m.	\$3/\$6	Fat Back Soul Shack, Christiansburg

MYSTERY MOVIES & MUNCHIES

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
Dec. 12 – Jan. 18	50 & over	Monday, Jan. 23	11 a.m. – 1 p.m.	FREE
Dec. 12 – Feb. 8	50 & over	Monday, Feb. 13	11 a.m. – 1 p.m.	FREE
Dec. 12- Mar. 15	50 & over	Monday, Mar. 20	11 a.m. – 1 p.m.	FREE
Dec. 12 – Apr. 12	50 & over	Monday, Apr. 17	11 a.m. – 1 p.m.	FREE

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

Minimum: 4 Maximum: 12

Eligibility	Date	Time	TR/NR	Location
50 and over	Saturday, Jan. 14	10 a.m.	FREE	Christiansburg Rec Center - Classroom 2
50 and over	Saturday, Feb. 11	10 a.m.	FREE	Christiansburg Rec Center - Classroom 2
50 and over	Saturday, Mar. 11	10 a.m.	FREE	Christiansburg Rec Center - Classroom 2
50 and over	Saturday, Apr. 18	10 a.m.	FREE	Christiansburg Rec Center - Classroom 2

SENIOR AEROBICS WINTER SESSION – INSTRUCTOR: SONIA BADILLIO

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.**

Registration	Day	Time	Location
Dec. 21 - Jan. 6	Monday, Wednesday, Friday	7:30 a.m. - 8:30 a.m.	Christiansburg Rec Center - MPR 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 5 p.m. 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.

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

SENIOR LOCKBOX 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 540 - 382 - 3131 or Master Deputy Chris Lucas at 540-382-6915 ext. 44415.

SENIOR MOTIONS WINTER SESSION – INSTRUCTOR: SONIA BADILLIO

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.**

Registration	Day	Time	Location
Dec. 27 - Jan. 6	Monday, Wednesday, Friday	10:45 a.m. - 11:45 a.m.	MPRM 2

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, Apr. 18	3 – 6 p.m.	Christiansburg Rec Center Parking lot

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	TR/NR	Location
Dec. 12 – Jan. 18	18 & over	Wednesday, Jan. 25	Leave Rec. Center @ 4:30 p.m.	\$6/\$12	Al's on Main, Pulaski, VA
Dec. 12 – Mar. 16	18 & over	Friday, Mar. 24	Leave Rec. Center @ 4:30 p.m.	\$6/\$12	Mountain Lake Seafood Buffet

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

Minimum: 10 Maximum: 20

Registration	Eligibility	Starting Date	Days of the Week	Time	TR/NR	Weeks
Ends Jan. 3	50 & over	Jan. 10	T/TH	1 p.m. – 2 p.m.	\$35/\$55	6
Dec. 12 – Mar. 1	50 & over	Mar. 7	T/TH	1 p.m. – 2 p.m.	\$35/\$55	6

KEEP BALANCED- INSTRUCTOR: JANCIL WOOGIE

Location: Recreation Center –Multipurpose Room 2

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.**

Minimum: 12 Maximum: 25

Registration	Eligibility	Starting Date	Days of the Week	Time	TR/NR	Weeks
Ends Jan. 4	50 & over	Jan. 10	T/TH	11:30 a.m. - 12:15 p.m.	\$20/\$40	6
Dec. 12 – Mar. 3	50 & over	Mar. 7	T/TH	11:30 a.m. - 12:15 p.m.	\$20/\$40	6

ZUMBA GOLD- INSTRUCTOR: JANCIL WOOGIE

Location: Recreation Center –Multipurpose Rm 2

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.**

Minimum: 12 Maximum: 25

Registration	Eligibility	Starting Date	Days of the Week	Time	TR/NR	Weeks
Dec. 12 – Jan. 4	50 & over	Jan. 9	M/W	9 a.m. – 10 a.m.	\$20/\$40	6
Dec. 12 – Mar. 2	50 & over	Mar. 6	M/W	9 a.m. – 10 a.m.	\$20/\$40	6

MORNING TABATA – INSTRUCTOR: JANCIL WOOGIE

Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 2

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!

Minimum: 9 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 4	Jan. 6 (Fri)	W/F	10:10 - 10:40 a.m.	\$20/\$40	6
Session II	Feb. 1	Mar. 3	Mar. 8	W/F	10:10 - 10:40 a.m.	\$20/\$40	6
Spring	Mar. 13	Apr. 28	May 3	W/F	10:10 – 10:40 a.m.	\$20/\$40	6

EVENING TABATA – INSTRUCTOR: JANCIL WOOGIE

Eligibility: Ages 18 and over

Location: Christiansburg Recreation Center – Multi-Purpose Room 2

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!

Minimum: 9 Maximum: 25

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 6	Jan. 9	M/W	6:15 - 6:45 p.m.	\$20/\$40	6
Session II	Feb. 1	Mar. 10	Mar. 13	M/W	6:15 - 6:45 p.m.	\$20/\$40	6
Spring	TBA	TBA	TBA	M/W	6:15 - 6:45 p.m.	\$20/\$40	6

AARP DRIVER SAFETY PROGRAM

Location: Christiansburg Recreation Center

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	TR/NR
Jan. 3 – Apr. 10	50 & over	Apr. 17 & 18	Mon. & Tues	9: 30 a.m. – 1 p.m.	\$12 AARP Members \$14. Non-AARP Members

STEP ON IT! WALKING PROGRAM

Location: Christiansburg Recreation Center

Additional Information: The Christiansburg Parks and 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. For more information or to register, please contact Tammy Caldwell at 540-382-2349, ext. 2003 or email tcaldwell@christiansburg.org

Minimum: 10 Maximum: 50

STEP ON IT! A SENIOR WELLNESS PROGRAM MONTHLY MEETING

Additional Information: Join us for our monthly meeting for Step On It! walking program. Each month there will be a presenter discussing various topics on staying active, nutritional information, along with awards given to those that have reached their miles. Light breakfast provided. If you have not signed up for the walking program, please stop by the administrative office to get registered. **PRE-REGISTER.**

Minimum: 5 Maximum: 15

Registration	Eligibility	Date	Time	Topic
Ends Jan. 3	50 & over	Monday, Jan. 9	8:30 a.m.	The importance of properly fitted shoes
Dec. 12 – Feb. 1	50 & over	Monday, Feb. 6	8:30 a.m.	Grab N Go Breakfast
Dec. 12 – Mar. 1	50 & over	Monday, Mar. 6	8:30 a.m.	Health Benefits of Walking

ADULT PAINT PARTY – INSTRUCTOR: CAROLINE MULLINS

Location: Honeysuckle Studio – 202 South Main St, Suite #10, Blacksburg, VA

Additional Information: Honeysuckle Studio is more than the average paint party studio. They offer paint parties for adults to enjoy a glass of wine and learn step-by-step techniques to paint on a canvas that you can take home. Price includes: transportation, instruction and supplies, 2 glasses of wine (21 and over, ID is required). **If Montgomery County Schools are closed or released early due to inclement weather, class will not meet.**

Minimum: 5 Maximum: 9

Class	Registration	Eligibility	Date	Time	FEE
Jan.	Dec. 1 - Jan. 4	21 & over	Monday, Jan. 9	6 – 8 p.m.	\$35
Feb.	Dec. 1 - Feb. 3	21 & over	Thursday, Feb. 9	6 – 8 p.m.	\$35
Mar.	Dec. 1 - Mar. 8	21 & over	Monday, Mar. 13	6 – 8 p.m.	\$35

SENIOR PAINT PARTY

Location: Honeysuckle Studio

Additional Information: Bring out your inner artist while enjoying a morning outing with friends. **Pre-Register.**

Minimum: 5 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR
Ends Dec. 28	50 & over	Thursday, Jan. 5	Leave the Rec. Center @ 9:15 a.m.	\$25 all supplies included
Dec. 12 – Feb. 1	50 & over	Tuesday, Feb. 7	Leave the Rec. Center @ 9:15 a.m.	\$25 all supplies included
Dec. 12 – Mar. 15	50 & over	Wednesday, Mar. 22	Leave the Rec. Center @ 9:15 a.m.	\$25 all supplies included

THE ONLY PLACE TO KNOW-CHRISTIANSBURG, VA

Location: Recreation Center – Senior Activities Room

Additional Information: Changes are taking place daily in Christiansburg, 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 lockbox and everything in between. We will meet at the Recreation Department before departing for a tour of several town facilities. There will be some walking and standing involved in the program, please take this into consideration when registering for the program. Lunch will be at the Holiday Inn in Christiansburg, participants are responsible for paying for their own lunch.

PRE-REGISTER.

Minimum: 5 Maximum: 16

Registration	Eligibility	Date	Time	TR/NR
Dec. 12 – Feb. 21	21 & over	Tuesday, Feb. 28	9 a.m. – 3 p.m.	Please see note above
Apr. 10 – May 25	21 & over	Thursday, June 1	9 a.m. – 3 p.m.	Please see note above
Aug. 7 – Sept. 28	21 & over	Thursday, Oct. 5	9 a.m. – 3 p.m.	Please see note above

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 & over	Tuesday, Dec. 6	Leave the Rec. Center at 12:15 p.m.	\$23

CHRISTMAS BINGO

Location: Christiansburg Recreation Senior Activities Room

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

This program is co-sponsored with Christiansburg, Blacksburg, Radford Parks & Recreation, and Montgomery County Parks & Recreation. **Pre-Register.**

Minimum: 5 Maximum: 20

Registration	Eligibility	Date	Time	TR/NR
Nov. 1-Dec. 1	50 & over	Friday, Dec. 9	11 a.m.	\$4

HOLIDAY FUN

Location: Meadowbrook Community Center

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.**

This program is co-sponsored with Christiansburg, Blacksburg, and Radford Parks & Recreation, Montgomery County & Radford RSVP, Mountain Valley Charitable Foundation and the Meadowbrook Library.

Pre-Register.

Minimum: 5 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR
Nov. 1-Dec. 8	50 & over	Monday, Dec. 12	Leave the Rec. Center at 12:15 p.m.	FREE, pre-register

BACK HEALTH

Additional Information: Dr. Matthis will discuss common spinal injuries and how to avoid and/or recover from them."

Location: Christiansburg Recreation Center – Senior Activities Room.

Minimum: 4 Maximum: 16

Registration	Eligibility	Date	Time	TR/NR
Ends Jan. 3	50 & over	Tuesday, Jan. 10	10 a.m.	FREE

NEW YEAR, NEW YOU! – MOE McCLANAHAN

Additional Information: Join Moe McClanahan, certified John Maxwell – Coach/Speaker/Trainer in this informative presentation. Make this your BEST year yet by putting your dreams to the test. Learn how asking yourself ten questions will help you "See It and Seize It." This workshop will focus on ownership, clarity and reality of your dreams and the use of SMART goals to help get you started.

Minimum: 5 Maximum: 16

Registration	Eligibility	Date	Time	TR/NR
Dec. 1-Jan. 5	18 & over	Tuesday, Jan. 10	6:30 – 7:30 p.m.	\$3/\$6

HOBO SOUP BINGO

Location: Christiansburg Recreation Center

Additional Information: Bring in your favorite ingredient to add to our pot of soup. Grilled cheese and peanut butter sandwiches, drinks and dessert will be provided. Bring 4 quarters for bingo prizes.

This program is co-sponsored with Christiansburg, Blacksburg, Radford Parks & Recreation, and Montgomery County Parks & Recreation. **Pre-Register.**

Minimum: 4 Maximum: 10

Registration Ends	Eligibility	Date	Time	TR/NR
Jan. 18	50 & over	Tuesday, Jan. 24	Noon	\$4 plus 4 quarters for bingo prizes

WINTER BIRDING PROGRAM

Location: Meadowbrook Community Center

Additional Information: Bill Sydor, naturalist will present a powerpoint presentation about local winter birds. Following the presentation, you will have an opportunity to learn creative ways to make wildlife treats for trees, a great way to view winter birds, and provide them with the nutrition they need in cold weather. **Pre-register**

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR
Dec. 12 – Jan. 23	50 & over	Thursday, Jan. 26	Leave Rec. Center @12:15 p.m.	FREE

QUILTING MARATHON

Location: Meadowbrook Community Center

Additional Information: Meadowbrook Quilters will host a quilting marathon and the public is invited to see these skilled individuals quilting and will be working on individual projects during the marathon. This is a great opportunity for you to see their handiwork, you may bring your quilting projects or questions and they will help you.

This programs are co-sponsored with Blacksburg, Christiansburg and Radford Parks & Recreation, Montgomery County & Radford RSVP, Mountain Valley Charitable Foundation and the Meadowbrook Library.

Pre-register

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR
Dec. 12 – Jan. 20	All ages	Saturday, Jan. 28	8 a.m. – 8 p.m.	FREE

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
Wednesday, Feb. 1	Between 5 - 7 p.m.	FREE

CHRISTIANSBURG FIRE AND RESCUE DEPARTMENT TOUR

Location: CFD and CRS

Additional Information: Join us as we tour the Christiansburg Fire and Rescue Departments. **Pre-register**

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR
Dec. 12 – Jan. 27	50 & over	Friday, Feb. 3	Leave Recreation Ctr. @ 9:15 a.m.	FREE

CANDY BAR BINGO

Location: Meadowbrook Community Center

Additional Information: Bingo is an old-fashioned game that never goes out of style and we've added a chocolate twist for our annual Valentine's celebration. Each participant brings two wrapped, full sized candy bars to be placed in the prize pool. **Participants are requested to bring their favorite chocolate confection to share for refreshments.** This program is co-sponsored with Blacksburg, Christiansburg and Radford Parks & Recreation, Montgomery County & Radford RSVP, Mountain Valley Charitable Foundation and the Meadowbrook Library.

Pre-Register.

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR
Dec. 12 – Feb. 6	50 & over	Thursday, Feb. 16	Leave Rec. Center @ 12:15 p.m.	FREE, please see not above

THE IMPORTANCE OF CREATING A FAMILY HEALTH HISTORY

Location: Christiansburg Recreation Center – Senior Activities Room

Speaker: Carey H. Peerman, MBA, BSN-RN, LNHA, FACHE, Director, Healthcare Management, Assistant Professor, Jefferson College of Health Sciences at Carilion Clinic.

Additional Information: Knowing your family health history can save your life! A family health history can provide information about common and rare disorders that have been passed down through your family genetics. Knowing your family history can help you reduce your risk of developing these health problems and help you make healthy choices.

Pre-Register.

Minimum: 4 Maximum: 15

Registration	Eligibility	Date	Time	TR/NR
Dec. 12 – Feb. 14	50 & over	Tuesday, Feb. 21	10 a.m.	FREE

INDOOR CORNHOLE

Location: Montgomery County Government Center

Additional Information: Corn hole is all about having a good time. Experience or not, come and have fun in our social tournament with door prizes, lunch and plenty of corn hole.

This program is co-sponsored with Blacksburg, Christiansburg and Radford Parks & Recreation, Montgomery County & Radford RSVP, Mountain Valley Charitable Foundation and the Meadowbrook Library.

Pre-register

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR
Dec. 12 – Feb. 14	50 & over	Thursday, Feb. 23	11 a.m. – 1 p.m.	\$5

SENIOR HEALTH FAIR 2017

Location: Christiansburg Recreation Center- Gymnasium

Additional Information: Join us for our annual Senior Health fair co-sponsored with Radford University School of Nursing. There will be door prizes, raffles, health screenings and refreshments and beverages. **Please note inclement weather date will be Thursday, March 2.**

Eligibility	Date	Time
50 and over	Thursday, Feb. 23	10 a.m.

FUN WITH ACRYLICS

Location: Meadowbrook Community Center

Additional Information: Painting with acrylics is easy, fun and rewarding. Within a couple of hours, a local artist will give you step-by-step instructions, and you will paint and take home your own masterpiece of whimsical daisies. No painting experience necessary. *Participants are to bring their own black canvas; paints will be provided.*

This program is co-sponsored with Blacksburg, Christiansburg and Radford Parks & Recreation, Montgomery County & Radford RSVP, Mountain Valley Charitable Foundation and the Meadowbrook Library.

Pre-Register.

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR
Dec. 12 – March 9	50 & over	Thursday, Mar. 16	Leave Rec. Center @ 9:15 a.m.	FREE, please see note above

ST. PATRICK'S DAY BINGO

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Join us as we celebrate St. Patrick's Day with food and bingo. **Bring \$1 in quarters for bingo prizes. Pre-register.**

This program is co-sponsored with Christiansburg, Blacksburg, Radford Parks & Recreation, and Montgomery County Parks & Recreation

Minimum: 10 Maximum: 20

Registration	Eligibility	Date	Time	TR/NR
Jan. 9-Mar. 13	50 & over	Friday, Mar. 17	11 a.m.	\$4 & 4 quarters for prizes

WHEN AGING STEALS YOUR SENSE OF SMELL AND TASTE

Location: Christiansburg Recreation Center – Senior Activities Room

Speaker: Carey H. Peerman, MBA, BSN-RN, LNHA, FACHE, Director, Healthcare Management, Assistant Professor, Jefferson College of Health Sciences at Carilion Clinic.

Additional Information: As we age our sense of smell and taste diminish. It is important to know how to make meals more enjoyable and how to get the nutrition you need to stay healthy. **Pre-register.**

Minimum: 8 Maximum: 20

Registration	Eligibility	Date	Time	TR/NR
Jan. 9 – Mar. 14	50 & over	Tuesday, Mar. 21	10 a.m.	FREE

PREPARING TO SELL YOUR HOUSE – INSTRUCTOR: RACHEL HOGAN – NEST REALTY

Location: Recreation Center- Classroom 1

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

Minimum: 2 Maximum: 15

Registration	Eligibility	Date	Time	TR/NR
Dec. 1- Mar. 16	18 & over	Tuesday, Mar. 21	6 – 8 p.m.	FREE

BOOK SWAP

Location: Recreation Center – Classroom 1

Additional Information: Drop off a maximum of ten books between the hours of 8-5 p.m. at least two days before the scheduled Book Swap. At 5:15 p.m. 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
Jan. 3- Mar. 16	Wednesday, Mar. 22	5:15 p.m.	\$1 non-refundable

THE NEW RIVER VALLEY DISABILITY RESOURCE CENTER FOR INDEPENDENT LIVING PRESENTATION

Additional Information: The New River Valley Disability Resource Center (NRV DRC) is a center for Independent Living, created to help people with disabilities to live as independently as possible in their own homes. The services provided by the NRV DRC include: information and referral; independent living skills training; peer support; individual and system advocacy; and transition services. NRV DRC can assist people with disabilities with home modifications, assistive technology, technical assistance, and community education.

Speakers: Frank Hayes, NRV DRC Executive Director and Matt Shelor, NRV DRC Independent Living

Minimum: 4 Maximum: 16

Registration	Eligibility	Date	Time	Location
Jan. 9 - Mar. 22	50 & over	Wednesday, Mar. 29	10:15 a.m.	Christiansburg Rec Center – Senior Activities Room

MONTGOMERY COUNTY COURTHOUSE TOUR

Additional Information: We will depart from Christiansburg Recreation Center and travel to the courthouse for our tour.

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: 5 Maximum: 9

Registration	Eligibility	Date	Time	TR/NR
Jan. 9 - Mar. 24	50 & over	Friday, Mar. 31	Leave Recreation Ctr. @ 9 a.m.	FREE

SPRINGTIME SURPRISE

Location: Meadowbrook Community Center

Additional Information: Come out for a fun time as you learn to make a crafty and edible project for Easter then participate in a surprise activity that is sure to make you laugh. Don't miss the fun!!

This program is co-sponsored with Blacksburg, Christiansburg and Radford Parks & Recreation, Montgomery County & Radford RSVP, Mountain Valley Charitable Foundation and the Meadowbrook Library. **Pre-register**

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR
Dec. 12 – Apr. 10	50 & over	Thursday, Apr. 13	Leave Recreation Ctr. @ 10:15 a.m.	FREE

QUICK & HEALTHY COOKING

Location: Gourmet Pantry-Blacksburg

Additional Information: Join Roya Gharavi, author and owner of Gourmet Pantry for an afternoon of cooking demonstrations focusing on quick and healthy recipes for one, two, or three. Roya's focus is on simplicity and nutrition with fresh ingredients. Whatever your skill level, you will learn to make cuisine the way you like it and learn how to season food to your taste. Share Roya's passion for delicious dishes, a generous sampling of the recipes and learn simple easy techniques to make gourmet food in your own kitchen. **Pre-register**

This program is co-sponsored with Montgomery County Parks & Recreation

Minimum: 4 Maximum: 6

Registration	Eligibility	Date	Time	TR/NR
Jan. 9 – Mar. 24	50 & over	Tuesday, Apr. 4	Leave Recreation Ctr. @ 12:30 p.m.	\$75

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 the trip scheduled for that day will be cancelled.

TRIP REFUND POLICY

No refunds will be given after registration deadline.

BREAKFAST TRIP: GOLDEN CORRAL AND SAMS CLUB- ROANOKE, VA

Additional Info: We will stop for breakfast at Golden Corral before shopping at Sam's Club. You don't need to have a Sam's membership to shop; purchases will need to be paid with either cash, check or debit card. Participants are responsible for paying for their own meal. **Pre-register**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Ends Dec. 29	21 & over	Friday, Jan. 6	Leave Rec. Center @ 8 a.m.	\$7/\$14

MYSTERY TRIP

Additional Information: ?????????????????? Lunch on your own at a local restaurant. **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Dec. 12 – Jan. 12	50 & over	Friday, Jan. 20	Leave Rec. Center @ 10 a.m.	\$7/\$14

MERCER MALL-BLUEFIELD, WV

Additional Info: Looking for some after Christmas bargains? Join us as we travel to Mercer Mall. Lunch on your own while at the mall. **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Dec. 12– Jan. 19	21 & over	Friday, Jan. 27	Leave Rec. Center @ 8:30 a.m.	\$7/\$14

WOHLFHART HAUS: HANK WILLIAMS: LOST HIGHWAY– WYTHEVILLE, VA

Additional Info: The spectacular musical biography of the legendary singer-songwriter frequently called one of the great innovators of American popular music. The show follows Williams' rise from his beginnings on the Louisiana Hayride to his triumphs on the Grand Ole Opry to his eventual self-destruction at twenty-nine. **Pre-register.**

Minimum: 6 Maximum: 18

Registration	Eligibility	Date	Time	FEE
Dec. 12 – Jan. 25	50 & over	Thursday, Feb. 2	Leave Rec. Center @ 11:30 a.m.	\$47/\$67

VT ROBOTICS

Additional Info: Join us as we tour the Virginia Tech Robotics and Mechanics Lab to learn about the Robotics Challenge and their latest humanoid robot – THOR. THOR is being developed to assist the Department of Defense with disaster relief efforts. There will also be an opportunity to learn about the VT Robotics Team. Lunch on your own at Preston's Restaurant in The Inn at Virginia Tech. **Pre-register.**

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Dec. 12 – Feb. 9	50 & over	Friday, Feb. 17	Leave Rec. Center @ 9 a.m.	\$5/\$10

CONSIGNMENT/THRIFT SHOPPING

Additional Info: Join us as we go to many consignment shops and thrift stores in search of that perfect outfit or unique treasure. Lunch will be on your own at a local restaurant.

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR	Location
Dec. 12 – Feb. 16	Ages 21 & over	Friday, Feb 24	Leave Rec. Center @ 9 a.m.	\$10/\$15	TBA

WOHLFHART HAUS: THE BUDDY HOLLY STORY – WYTHEVILLE, VA

Additional Info: Buddy Holly's brief life has become the stuff of legend. *Buddy* is a celebration of the life and times of the young man with spectacles and catches that unique mixture of innocence, determination, humor and charm that was Buddy Holly, and wraps it up into a package that has become: "THE WORLD'S MOST SUCCESSFUL ROCK & ROLL MUSICAL." **Pre-register.**

Minimum: 6 Maximum: 20

Registration	Eligibility	Date	Time	FEE
Jan. 9 – Mar. 16	50 & over	Thursday, Mar. 23	Leave Rec. Center @ 11:30 a.m.	\$47/\$67

TRADER JOE'S SHOPPING TRIP

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 "Noodle and Company."

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR	Location
Dec. 12- Mar. 21	21 & over	Tuesday, Mar. 28	Leave Rec. Center @ 7:30am	\$10/\$20	Charlottesville, VA

ATTIC PRODUCTIONS: THE DAY THEY KIDNAPPED THE POPE

Additional Info: Join us for this comedy play about a butler. Dinner will be on your own at K & W Cafeteria in Salem.

Pre-register.

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Dec. 12 – Mar. 22	50 & over	Thursday, Mar. 30	Leave Rec. Center @ 5p.m.	\$20/\$40	Fincastle, Va.

ARK ENCOUNTER AND CREATION MUSEUM-PARKERSBURG, KY

Additional Info: 3-Day Amazing Wonders: The Ark Encounter & The Creation Museum Petersburg, KY. Trip includes: round trip motor deluxe motor coach transportation, "Jump Start Breakfast", on-board activities, snacks & prizes, 2 - nights lodging, 2 - breakfasts, 3 – lunches, 3 – dinners, tickets to "The Creation Museum", "The Ark Encounter" and also, a "mystery adventure." **\$100 deposit per person to reserve your seat. Full payment due 30 days prior to departure.**

Pre-register.

Minimum: 25 Maximum: 45

Registration	Eligibility	Date	Time	FEE
Ends Feb. 28	21 & over	Apr. 3 - 5	Leave Rec. Center @ TBA	Single: \$575 per person Double: \$475 per person Triple: \$442 per person Quadruple: \$425 per person

RU THEATER PRODUCTION: THE IMPORTANCE OF BEING ERNEST- RADFORD, VA

Additional Info: Join Radford University in their theatre production of "The Importance of Being Earnest" by Oscar Wilde. We will stop for dinner at Fatz Restaurant before the show. Price includes show ticket and transportation.

Pre-register.

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	TR/NR
Dec. 12-April 5	21 & over	Tuesday, April 11	Leave Rec. Center at 4:30 p.m.	\$15/\$20

MARDI GRAS CASINO-CROSS LANES, WV

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	Eligibility	Date	Time	TR/NR	Location
Dec. 12- Apr. 13	21 & over	Thursday, Apr. 20	Leave Rec. Center @ 8 a.m.	\$15/\$25	Cross Lanes, WV

FRIDAY NIGHT JAMBOREE-FLOYD

Additional Info: Start the evening off with a family style meal at The Pine Tavern, then put on your dancing shoes and enjoy the music at the Friday Night Jamboree

Minimum: 6 Maximum: 8

Registration	Eligibility	Date	Time	FEE	Location
Dec. 12 – Apr. 20	50 & over	Friday, Apr. 28	Leave Rec. Center @ 4:30 p.m.	\$15/\$25	Floyd, VA

SENIOR SPECIAL EVENTS

AN AFFAIR OF THE HEART

Additional Information: Help us promote The American Heart Associations, Go Red for Women by wearing red. This program educates women about the dangers of stroke, heart attack and other heart disease. Lunch and door prizes provided. Our guest speaker will talk about how knowing your numbers could save your life. **LUNCH SPONSORED BY: HOLIDAY INN - CHRISTIANSBURG**

Minimum: 10 Maximum 50

Registration	Eligibility	Date	Time	FEE	Location
Dec. 12 – Feb. 2	21 & over	Friday, Feb. 10	11 a.m.	FREE	Holiday Inn- Christiansburg

NRV SENIOR GAMES

Additional Information: The New River Valley Senior Games are being organized by the Blacksburg Parks and Recreation Department. The NRV Senior Games prepare persons to participate in the Virginia Senior Games at the state level, giving them the opportunity to qualify for the National Senior Games. There are a variety of events to participate in. For more information please contact Joy Herbert at Blacksburg Parks and Recreation, 540-961-1134. Registrations forms must be mailed with payment to Blacksburg Parks and Recreation Attn: Joy Herbert 615 Patrick Henry Drive, Blacksburg, Va. 24060

Registration Deadline	Eligibility	Dates	Fee
TBA	50 and over	April 21-April 28	Please see Senior games registration form



SPECIAL POPULATION PROGRAMS

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 Shelia Roop at 540-381-0310.**

SWEETHEART DANCE

Location: Christiansburg Rec Center – Gym, Court A

Additional Information: Join us for our annual Sweetheart Dance.

Co-sponsored by Christiansburg Department of Parks & Recreation and Intellectual Disabilities Agency.

Registration	Eligibility	Date	Time	Fee
Dec. 12 – Feb. 2	13 and over	Friday, Feb. 10	7 p.m. – 9 p.m.	\$2 per person

COOKING CLASS

Location: Christiansburg Recreation Center- Kitchen

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.

Co-sponsored by Christiansburg Department of Parks & Recreation and Intellectual Disabilities Agency.

Minimum: 5 Maximum: 10

Registration	Eligibility	Date	Time	Weeks	FEE
Feb. 6 – Apr. 5	13 & over	Wednesday, Apr. 12	11 a.m. – 12:30 p.m.	4	\$16

SPRING DANCE

Additional Information: Celebrate Spring at our annual dance.

Co-sponsored by Christiansburg Department of Parks & Recreation and Intellectual Disabilities Agency. **To register for class, contact Shelia Roop at 381-0310.**

Registration	Eligibility	Date	Time	Fee
Feb. 6 – Apr. 14	13 & over	Friday, Apr. 21	6 p.m. - 9 p.m.	\$2 per person

BOWLING LEAGUE

Additional Information: In this bowling league, you will bowl 2 games. Standings are kept but a sanction fee isn't charged. Shoes are free.

Eligibility	Date	Day	Time	Fee	Location
13 and over	February -April	Thursdays	7 p.m. - 9 p.m.	\$4 a week	NRV Superbowl

BASKETBALL LEAGUE

Additional Information: No experience necessary- some teams will focus on beginner skills and some on advanced skills. You must participate in the regional tournament at Cassel Coliseum, VT to be considered for the state tournament.

Eligibility	Date	Day	Time	Location
13 and over	January 2017	Tuesdays	7 p.m. - 8:30 p.m.	Blacksburg Com. Center

WALKING CLUB

Additional Information: Partner with a buddy for exercise and to socialize. Bring your own water/drink or one can be purchased at CVS in the mall.

Eligibility	Date	Day	Time	Location
13 and over	February 2017	Thursdays	7:15p.m. - 8:15p.m.	University Mall

SOFTBALL LEAGUE

Additional Information: Wear athletic shoes and clothing. **DRESS APPROPRIATELY FOR THE WEATHER.**

Eligibility	Date	Day	Time	Location
13 and over	March	Tuesdays	6:30p.m – 8 p.m.	Blacksburg

TRACK AND FIELD

Additional Information:

Eligibility	Date	Day	Time	Fee	Location
8 and over	March	Saturdays	2 p.m. – 3 p.m.	\$2	TBA

COMMUNITY POLICING EVENTS

These events encourage 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 Sherriff's Office is partnering with the Christiansburg Police Department and 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 MCSO 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 LOCKBOX 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.

CHILD FINGERPRINTING – INSTRUCTOR: 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, Feb. 6	9 - 11:30 a.m.	FREE

TRIAD S.A.L.T CHRISTMAS LUNCHEON

Additional Information: Join us for our annual Christmas luncheon that will be held at the Holiday Inn – Christiansburg. Mo McClanahan, Investigator with CPD will have a presentation on cyber safety when traveling for the holidays as well as online shopping safety tips and general personal shopping safety. **LUNCH IS SPONSORED BY: CHRISTIANSBURG POLICE DEPARTMENT. Pre-register**

Minimum: 15 Maximum: 45

Registration Ends	Eligibility	Date	Time	TR/NR
Dec. 14	50 & over	Tuesday, Dec. 20	11 a.m.	FREE

MONTGOMERY COUNTY COURTHOUSE TOUR

Additional Information: We will depart from Christiansburg Recreation Center and travel to the courthouse for our tour. **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: 5 Maximum: 9

Registration	Eligibility	Date	Time	TR/NR
Jan. 9 - Mar. 24	50 & over	Friday, Mar. 31	Leave Recreation Center @ 9 a.m.	FREE

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, Apr. 17	3 – 7 p.m.	FREE

TRIAD SENIOR CARE FAIR

Co-sponsored by: Christiansburg/Montgomery Triad S.A.L.T. Council.

Location: Christiansburg Recreation Center- Gymnasium

Additional Information: Join us for our annual care fair. Health screenings, local organizations and business centered on senior citizens' needs, door prizes and more.

Date	Time
Tuesday, May 16	8:30 a.m. - noon

SHRED-A-THON

Location: Christiansburg Recreation Center 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, April 18	3 – 6 p.m.	Christiansburg Rec Center parking lot

SPECIAL EVENTS

NRVHBA HOME EXPO 2017

www.nrvhba.com

Dates/Times: Friday, March 10, 4 p.m.-7 p.m., Saturday, March 11, 9 a.m.-8 p.m.;
Sunday, March 12, Noon-5 p.m.

Location: Christiansburg Recreation Center

Admission: \$4

Additional Information: The New River Valley Home Builder's Association Home Expo has gained the reputation as one of the finest, thanks to the quality of the exhibitors and the guests. Come out for another awesome show and learn about the latest products and services from the experts.

Date	Time	Location
March 10 - 12	March 10, 4 p.m.-7 p.m.; March 11, 9 a.m.-8 p.m.; March 12, Noon-5 p.m.	Christiansburg Recreation Center

THE GREAT CHRISTIANSBURG EASTER EGG HUNT

Registration Ends: Please let us know that you are coming by Friday, April 14 at 5 p.m. to ensure all kids receive enough Easter goodies.

Eligibility: Children 12 and under

Date: Saturday, April 15 (in the event of inclement weather, the event will be held inside the Christiansburg Recreation Center...please call after 8 a.m. to see if the Hunt has been moved)

Time: 10 a.m. Children ages 3-5

10:15 a.m. Children ages 6-8

10:30 a.m. Children ages 9-12

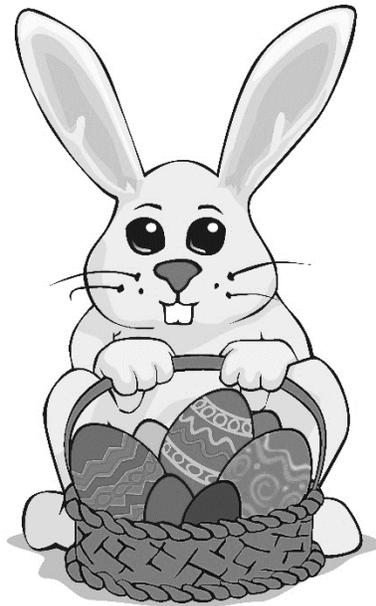
10:45 a.m. Children ages under 3

Location: Downtown Park (playground behind the National Guard Armory)

Fee: Photos with the Easter Bunny will be \$1!!

Additional information: Bring your own basket and search for the surprises the Easter Bunny has left behind. **Please arrive early to check-in!! The hunts will start at the times above.** For more information, call 382-2349.

Date	Time	Location
April 15	See above	Downtown Park (Next to the Armory)



Your Home is Where Our Heart Is.



**New River Valley
Home Builders Association**

2017

HOME EXPO

2nd Weekend in March

**Christiansburg
Rec Center**



ADULT ATHLETICS

ADULT VOLLEYBALL

10-14 regular season games (depending on number of teams registered), double-elimination tournament at the end of the season
 Open League players must be 18 years or older. Church League players must be 14 years of age or older. No college players (any level) allowed to participate. High school players can participate as long as their high school season has concluded.

“A” League will be a more competitive league, refereed tighter with more violations called. “B” League will be a less competitive league with less violations called.

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 4 teams is needed for the league.

Church League rosters must be signed by the pastor when turned in.

Leagues	Registration Date	Starting Date	Days Played	Location	Fees
Co-ed Church “A”	January 3 – February 17	March 7	Tuesday	Recreation Center	\$125 per team
Co-ed Church “B”	January 3 – February 17	March 7	Tuesday	Recreation Center	\$125 per team
Co-ed Open “A”	February 6 – March 3	March 16	Thursday	Recreation Center	\$125 per team
Co-ed Open “B”	February 6 – March 3	March 16	Thursday	Recreation Center	\$125 per team
Men’s Open	March 6 – April 28	TBA	Any day available	Recreation Center	\$125 per team
Women’s Open	March 6 – April 28	TBA	Any day available	Recreation Center	\$125 per team

ADULT SOFTBALL

10-14 regular season games (depending on number of teams registered), double-elimination tournament at the end of the season
 Open League players must be 18 years or older. Church League players must be 14 years of age or older. No college players (of any level) allowed to participate. High school players are allowed to participate as long as their high school season has concluded.

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 4 teams is needed for the league.

Church League rosters must be signed by the pastor when turned in.

Church League is provided game balls from the Parks and Recreation Department.

Leagues	Registration Date	Starting Date	Days Played	Location	Fees
Co-ed Church	February 27 – April 7	Late April into May	Mon, Tues, Thurs., Fri	Kiwanis, Harkader	\$350 per team
Co-ed Open	February 27 – April 7	Late April into May	any day available	Kiwanis, Harkader	\$300 per team
Men’s Open	February 27 – April 7	Late April into May	any day available	Kiwanis, Harkader	\$300 per team
Women’s Open	February 27 – April 7	Late April into May	any day available	Kiwanis, Harkader	\$300 per team



YOUTH ATHLETICS

ELIGIBILITY POLICY FOR YOUTH TEAM SPORTS

Non-Resident/non-taxpayer will be assessed an additional fee.

No requests will be taken (straight draft)

We will need a copy of all youth sports participant's birth certificates

DIXIE BASEBALL AND SOFTBALL

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

Baseball/ Softball

Late Registration policy is as follows:

\$5 for first week \$10 for second week after the second week.

(After the second week, you will be placed on the waiting list.)

Baseball: Age as of May 1, 2017

Softball: Age as of December 31, 2016

Age Groups	Date of Registration	Location	Time	TR/NR
T-Ball (5-6)	Jan 2 – March 3	Rec Fields	6 p.m. - Dark	\$45/75
Boys coach pitch (7-8)	Jan 2 – March 3	Rec Fields	6 p.m. - Dark	\$45/75
Girls coach pitch (7-8)	Jan 2 – March 3	Rec Fields	6 p.m. - Dark	\$45/75
Boys Dixie AAA (9-10)	Jan 2 – March 3	Rec Fields	6 p.m. - Dark	\$50/80
Girls Dixie (9-10)	Jan 2 – March 3	Rec Fields	6 p.m. - Dark	\$50/80
Boys Dixie O Zone (11-12)	Jan 2 – March 3	Rec Fields	6 p.m. - Dark	\$50/80
Girls Dixie Ponytails (11-12)	Jan 2 – March 3	Rec Fields	6 p.m. - Dark	\$50/80
Dixie Boys Baseball (13-15)	Jan 2 – March 3	Rec Fields	6 p.m. - Dark	\$50/80
Girls Dixie Belles (13-15)	Jan 2 – March 3	Rec Fields	6 p.m. - Dark	\$50/80
Boys New River League (15-18)	Jan 2 – March 3	Rec Fields	6 p.m. - Dark	\$50/80
Girls Dixie Debs (16-18)	Jan 2 – March 3	Rec Fields	6 p.m. - Dark	\$50/80



ATHLETIC SPECIAL EVENTS

CHRISTIANSBURG CLASH RACQUETBALL TOURNAMENT

Singles tournament

Opening matchups will be sent out on the day before the tournament, at the latest.

Double-elimination format (two game guarantee)

Prizes for 1st, 2nd, and 3rd place

Light refreshments will be served for participants

Event t-shirt will be distributed to participants

Must have 8 participants for the tournament to run

Registration Dates	Date	Days	Time	Location	Fees
Dec. 5 – Jan. 18	January 21	Saturday	TBA	Recreation Center	\$20 per person

RADFORD UNIVERSITY BASEBALL CLINIC

The Radford University baseball team will help you get prepared for the upcoming season. Participants will be taught the fundamentals of baseball, ranging from base running to hitting. Come and learn baseball from some of the best talent in NCAA Division I Baseball. For ages 5 – 8th grade.

Registration Dates	Date	Days	Time	Location	Fees
Jan 3 – March 3	March 9	Thursday	5:30-8 p.m.	Harkrader Sports Complex	Free

PITCH, HIT, AND RUN

This event is sponsored by Major League Baseball and Scotts Turf

Boy/girls ages 7-14 are eligible

Event consists of six attempts to pitch a ball at a target for points, 3 swings off of a tee for distance and accuracy, and a timed run from 2nd base to home plate.

Winners advance to a sectional competition with the opportunity to move on to a Major League game and possibly the All-Star game.

Please pre-register

Registration Dates	Date	Days	Time	Location	Fees
Day of event	April 10	Monday	6 p.m.	Harkrader Sports Complex	Free

CHS FREE BASEBALL CLINIC

The 2016 Christiansburg High School baseball team will host a 1-night FREE baseball clinic at the CHS baseball field. Come out and meet the 2015 team and new coaching staff. They will be on hand to assist you in preparing for the upcoming baseball season. Ages 5 – 14.

Registration Dates	Date	Days	Time	Location	Fees
TBA	TBA	TBA	TBA	CHS Baseball Field	Free

