

YOUTH COMMUNITY PROGRAMS

STORYWALK

Location: Downtown Park

Sponsored by: Christiansburg Library and Christiansburg Recreation Department

Additional Information: This is a nationally known program that 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!

FREESTYLE KARATE– Instructor: Olivia McCurdy

Eligibility: Ages 6-12

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

Additional Information: Students in this program will train in all facets of Martial Arts giving them a very broad base. The class incorporates the standard 10-belt ranking system, which students will have an opportunity to progress through while expanding their knowledge of Martial Arts. The student will develop a great foundation in formal Martial Arts training while being exposed to basic blocks, strikes, kicks and stances. These skills encourage development not only of a strong physical foundation, but also of greater focus, discipline, and respect. Social skills and partner interaction are also encouraged throughout this program. Uniforms are not required. However, see the instructor at class if you would be interested in purchasing one.

Minimum: 4 Maximum: 8

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 9	Jan. 12	Thursday	4:30 – 5:30 p.m.	\$25/\$45	6
Session II	Feb. 1	Mar. 6	Mar. 9	Thursday	4:30 – 5:30 p.m.	\$25/\$45	6

BEGINNING BALLET – Instructor: Terry Wilson

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 in class during class time.

Minimum: 4 Maximum: 6

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 11	Jan. 17	Tuesday	4:30 – 5:30 p.m.	\$25/\$45	6
Session II	Feb. 1	Mar. 8	Mar. 14	Tuesday	4:30 – 5:30 p.m.	\$25/\$45	6

FIRST LEGO LEAGUE EXPLORE (Formally FLL Jr.) - Instructor: Lisa Bass

Eligibility: Ages 6-8

Location: Christiansburg Recreation Center – Classroom I

Additional Information: Today more than ever, children ages 6-8 years old need STEM, hands-on and problem solving learning. Students will focus on the fundamentals of engineering as they explore real-world problems, learn to design, build and code their own solutions. Each student will have their own box of assorted Lego bricks, a WeDo 2.0 kit and a programming tablet to avoid sharing of equipment. Safe distancing and disinfecting procedures will be followed. If COVID mandates allow, the 8 weeks will end with a Show-Me-event for parents and optional participation in a community Expo with other FLL Explore teams.

Minimum: 4 Maximum: 6

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session I	Dec. 1	Jan. 5	Jan. 12	Thursday	5 – 6 p.m.	\$40/\$60	8

TEEN FIRE ACADEMY

Eligibility: Christiansburg High School students currently in grades 9-12

Date: TBA Summer 2023

Location: Christiansburg Fire Department

Co-Sponsored by: Christiansburg Fire Department and Christiansburg Recreation Department

Maximum: 15

Additional Information: Teen candidates will be selected to attend the Teen Fire Academy. To receive information and to be placed on the potential candidate list, please call Pam at the Recreation Department at (540) 382-2349 or email ppeyton@christiansburg.org. Participants are subject to background screening and approval.

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**

KINDER KANGAROOS

Eligibility: Girls and Boys age 5 and in Kindergarten

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. 6	Friday	5:30 – 6:30 p.m.	\$86	4
Feb.	Dec. 1	Jan. 30	Feb. 3	Friday	5:30 – 6:30 p.m.	\$86	4
Mar.	Dec. 1	Feb. 27	Mar. 3	Friday	5:30 – 6:30 p.m.	\$86	4
April	Dec. 1	Mar. 27	April 7	Friday	5:30 – 6:30 p.m.	\$86	4

LEAPING LIZARDS GYMNASTICS

Eligibility: Girls and Boys Ages 6 and up – 1st-3rd 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	Jan. 4	Jan. 9	Monday	4:30 – 5:30 p.m.	\$86	4
Feb.	Dec. 1	Jan. 25	Feb. 6	Monday	4:30 – 5:30 p.m.	\$86	4
Mar.	Dec. 1	Feb. 22	Mar. 6	Monday	4:30 – 5:30 p.m.	\$86	4
April	Dec. 1	Mar. 29	April 3	Monday	4:30 – 5:30 p.m.	\$86	4

KARTWHEELING KOALAS GYMNASTICS

Eligibility: Girls 4th -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	Jan. 4	Jan. 11	Wednesday	6:45 – 7:45 p.m.	\$86	4
Feb.	Dec. 1	Jan. 25	Feb. 1	Wednesday	6:45 – 7:45 p.m.	\$86	4
Mar.	Dec. 1	Feb. 22	Mar. 1	Wednesday	6:45 – 7:45 p.m.	\$86	4
April	Dec. 1	Mar. 29	April 5	Wednesday	6:45 – 7:45 p.m.	\$86	4
Jan.	Dec. 1	Jan. 4	Jan. 12	Thursday	5:30 – 6:30 p.m.	\$86	4
Feb.	Dec. 1	Jan. 25	Feb. 2	Thursday	5:30 – 6:30 p.m.	\$86	4
Mar.	Dec. 1	Feb. 22	Mar. 2	Thursday	5:30 – 6:30 p.m.	\$86	4

April	Dec. 1	Mar. 29	April 6	Thursday	5:30 – 6:30 p.m.	\$86	4
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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	Jan. 4	Jan. 11	Wednesday	5:30 – 6:30 p.m.	\$86	4
Feb.	Dec. 1	Jan. 25	Feb. 1	Wednesday	5:30 – 6:30 p.m.	\$86	4
Mar.	Dec. 1	Feb. 22	Mar. 1	Wednesday	5:30 – 6:30 p.m.	\$86	4
April	Dec. 1	Mar. 29	April 5	Wednesday	5:30 – 6:30 p.m.	\$86	4

TEEN TUMBLING

Eligibility: Girls and Boys ages 12 – 17 (Beginner and Intermediate level)

Location: Virginia Techniques Gymnastics

1550 Roanoke Street, Suite C, Christiansburg

Additional Information: No Virginia Techniques membership fee required. Teens should wear comfortable clothing, bare feet, no jewelry, and long hair should be pulled back. Class Description: Teen Tumbling is a class for those who want to learn or improve on their tumbling skills.

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	Fee	Weeks
Jan.	Dec. 1	Jan. 4	Jan. 9	Monday	7 – 8 p.m.	\$86	4
Feb.	Dec. 1	Jan. 25	Feb. 6	Monday	7 – 8 p.m.	\$86	4
Mar.	Dec. 1	Feb. 22	Mar. 6	Monday	7 – 8 p.m.	\$86	4
April	Dec. 1	Mar. 29	April 3	Monday	7 – 8 p.m.	\$86	4

MERIT BADGE PROGRAMS

The following activities are available for boys/girls ages 10-17 interested in improving their health, learning new skills and expanding their work. This is also an introduction to Scouts BSA and starting a journey of earning badge requirements while having fun! Once a scout submits a "blue card" (provided in each class) to the troop leader, the troop will purchase and award the badge.

**Non-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 program.

ENVIRONMENTAL SCIENCE – Instructor: Lisa Bass

Location: Recreation Center – Classroom 1

Minimum: 3 Maximum: 8

Additional Information: Youth need to see their impact on the environment around them and how to learn to live sustainably. Learn about ecology, pollution, endangered species, invasive species, pollination while working on a project that will make a positive effect on the environment. This is an Eagle-Required Merit Badge. Montgomery County schools are closed on this day.

Registration	Eligibility	Date	Time	TR/NR
Nov. 1 – Dec. 27	Ages 10-17	Wednesday, Jan. 4	9 a.m. – 4 p.m.	\$25/\$35

CITIZENSHIP IN THE COMMUNITY – Instructor: Lisa Bass

Location: Recreation Center – Classroom 1

Minimum: 3 Maximum: 8

Additional Information: Living in a community means more than residence. In order to be productive citizens, children need to learn more about their neighborhoods, town and counties as well as become involved in the governments and organizations within those borders. This is an Eagle-required merit badge for Boy Scouts. Partial credit until completed 8 hours of service in the community. Montgomery County schools are closed on this day.

Registration	Eligibility	Date	Time	TR/NR
Dec. 1 – April 5	Ages 10-17	Tuesday, April 11	9 a.m. - 12 noon	\$13/\$26

AMERICAN HERITAGE – Instructor: Lisa Bass

Location: Recreation Center – Classroom 1

Minimum: 3 Maximum: 8

Additional Information: Our country's history is explored to build a base understanding of what it means to be a citizen. Learn how America's past affects its present while gaining a sense of pride for what America stands for in today's world. This is an Eagle-Required Merit Badge. Montgomery County schools are closed on this day.

Registration	Eligibility	Date	Time	TR/NR
Dec. 1 – April 5	Ages 10 - 17	Tuesday, April 11	1 – 4 p.m.	\$13/\$26