

winter / spring

2010-2011

abbreviation
guide

AES	Auburn Elementary School
AMS	Auburn Middle School
BES	Belview Elementary School
BRC	Blacksburg Recreation Center
CL	Christiansburg Library
CRC	Christiansburg Recreation Center
CES	Christiansburg Elementary School
CPS	Christiansburg Primary School
ELES	Elliston-Lafayette Elementary School
EMES	Eastern Montgomery Elementary School
EMP	Eastern Montgomery Park
EMHS	Eastern Montgomery High School
FP	Frog Pond
GLES	Gilbert Linkous Elementary School
GO	Glass Odyssey
HAES	Harding Avenue Elementary School
JPL	Jessie Peterman Library
MBES	Margaret Beeks Elementary School
MCC	Meadowbrook Community Center
MCPAC	Mid County Park Activity Center
MCGC	Montgomery County Government Center
MM	Montgomery Museum
ML	Meadowbrook Library
MMP	Motor Mile Park
NR	New River
PFES	Price's Fork Elementary School
PP	Pandapas Pond
SMS	Shawsville Middle School
SMSS	Shawsville Middle School Stadium
SES	Shawsville Elementary School
VaT	Virginia Techniques

facilities

field
guide

AES 1	Auburn Elementary School small field in rear
AES 2	Auburn Elementary School large field in rear
AHS	Auburn High School softball or baseball field
EMHS	Eastern Montgomery High School softball field
EMES	Eastern Montgomery Elementary School
Plum Creek	Plum Creek Park field
SES 1	Shawsville Elementary School front field behind school
SES 2	Shawsville Elementary School back field behind school
SMS	Shawsville Middle School baseball field

fields

Abbreviation and Field Guide

Registration for winter/spring programs will begin at 8:30 a.m. on Tue., Jan 18. Mail-in registrations will be processed in the order received. Visa and Master Card payments are accepted. If the minimum number of participants is not met, the class may not meet and those who are registered will be notified if the class or activity is cancelled. Upon registration you will receive a confirmation of starting dates and times as printed in the schedule.

Refunds are available if requested before the start of the program or activity. Through the mid-point of a program or activity, pro-rated refunds will be considered on a merit basis. Refunds are automatic when programs or activities are cancelled or schedule changes prohibit attendance. In the event that the participant cannot attend the program or activity, he/she must provide notice at least seven (7) days prior to the start of the program or activity or prior to the registration deadline, in order to receive a full refund. In the event of inclement weather, if Montgomery County schools are closed, then athletic programs are cancelled.

The summer brochure will be available May 11, 2011.



youth Just for the fun of it!	4
adult Just for the fun of it!	10
outdoor adventure	13
athletics.....	15
tours & excursions	19
mountain trekker hiking club	23
active adults 50+	26

STAFF

Mitchell Haugh
Director of Parks & Recreation
haughmb@MontgomeryCountyVA.gov

Grace Karnes
Senior Program Assistant
karnesgr@MontgomeryCountyVA.gov

Recreation Supervisors
Kemvia Adams-Bush
Senior Programs, Tours
adams-bushkj@MontgomeryCountyVA.gov

Brad Buchanan, CPSI
Parks & Outdoor Education
buchananbt@MontgomeryCountyVA.gov

Josh Sharitz
Aquatics & Community Programs
sharitzjb@MontgomeryCountyVA.gov

Chris Slusher
Athletics & Team Sports
slusherce@MontgomeryCountyVA.gov

Angela Ferber
Recreation Programmer
ferberab@MontgomeryCountyVA.gov

Terry Matney
Maintenance Crew Leader

facebook

Now you can visit Montgomery County Parks and Rec on Facebook! Check out great photos and video, get information on upcoming programs and meet others who enjoy our great programs as much as you do!

Joining Facebook is free, just visit facebook.com to sign up. Search for **Montgomery Parks** and become a fan! See you online!

PARKS and RECREATION COMMISSION

- Bill Brown
Board of Supervisors Representative
- Leigh Shaw McCue Weil
- Walt Haynes
Planning Commission Liaison
- Paul Smeal
- Norma Lawson
- Susan Miller - Chair
- Robin Stidham
- Sharon Williams
- Rudy Emmel
- Andrew Fostinos

check it out

Montgomery County Parks and Recreation
755 Roanoke Street, Suite 1E
Christiansburg, VA 24073
Phone: 540.382.6975 Fax: 540.382.4596
MontgomeryCountyVA.gov/Parks

Montgomery County as an Equal Opportunity Employer does not discriminate in its programs and employment on the basis of race, color, sex, national origin, marital status, age, religion, political affiliation, disability or veteran status.

LEARN TO GO PLAY!

This program is designed to teach the fundamentals of all aspects of sports, such as baseball and basketball. We will also be providing classes on rock climbing, knot tying and providing instruction for many other various outdoor skills. This will also provide crafts for all skill levels such as tie dye and basic woodworking. This program differs from others because of its approaches to the word "play." We not only want to get your children involved in sports, but also in all of our programs. Come to any Go Play and learn skills that you can use both on and off the field. **\$35 per school**

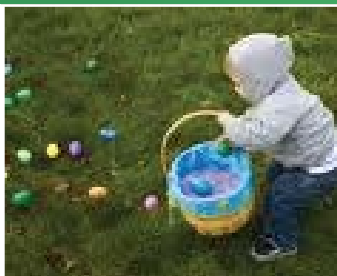
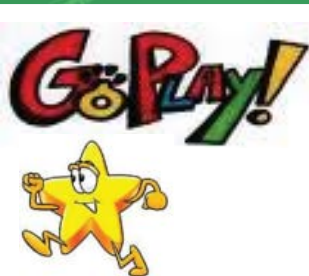
SKILL	DATE	TIME	LOCATION	COURSE
Valentine's Day Crafts	Feb 14	3:30-5:30PM	EMES	4387
Bird Feeder	Feb 15	3:30-5:30PM		
Basketball	Feb 16	3:30-5:30PM		
Field Day Games	Feb 17	3:30-5:30PM		
Jewelry Beading	Mar 14	3:30-5:30PM	BES	4388
St. Patrick's Day Crafts	Mar 15	3:30-5:30PM		
Tie Dye	Mar 16	3:30-5:30PM		
Kite Making	Apr 11	3:30-5:30PM	PFES	4389
Easter Eggs	Apr 12	3:30-5:30PM		
Healthy Snacks	Apr 13	3:30-5:30PM		
Baseball	May 2	3:30-5:30PM	AES	4390
Rock Climbing	May 3	3:30-5:30PM		
Bird Feeders	May 4	3:30-5:30PM		
Field Day Game	May 5	3:30-5:30PM		

KATHY NEFF RACE FOR THE STARS MEMORIAL RUN AND FUN RUN

We welcome all participants to the Kathy Neff Race for the Stars Memorial Run and Fun Run! This race will take place on Saturday, May 14, at Auburn Elementary School in Riner. Proceeds will benefit the American Cancer Society. The 5K race begins at 9AM and the 1 Mile Fun Run begins at 10AM. The entry fee for the 5K is \$20 if pre-registered by May 13 and \$25 on race day. The entry fee for the 1 Mile Fun Run is \$7 if pre-registered by May 13 and \$10 on race day. Race T-shirts will be provided for participants who are registered by Friday, April 29.

DATE	TIME	LOCATION	COURSE
Sat, May 14	5K Run/Walk (8:30AM)	AES	4391
	1 Mile Fun Run (9:30AM)	AES	4392

Youth - Just for the Fun of it!



AMERICAN RED CROSS LIFEGUARDING

This American Red Cross certified course will provide the skills necessary to become a certified lifeguard. It will include American Red Cross First Aid, CPR, AED and Lifeguarding Training. Persons interested in the class should be strong swimmers and prepared to be challenged with these new skills. After completion of the course you will receive a certification card for all of the skills listed above. If you apply by the application deadline and are hired by Montgomery County Parks and Recreation you will receive \$75 reimbursement. Deadline is April 29. Ages 15+. **\$200**

DATE	TIME	LOCATION	COURSE
Fri, May 6	4-9PM	FP	4393
Sat, May 7	10AM-5PM	FP	
Sun, May 8	1-5PM	FP	



AMERICAN RED CROSS CPR FOR THE PROFESSIONAL RESCUER

This course offers CPR and First Aid training for the professional rescuer and for those involved in summer camps or fast-paced recreational activities. This class will give you the tools necessary to be prepared for any situation that may arise. Ages 15+. **\$60**

DATE	TIME	LOCATION	COURSE
Sat, May 7	10AM-4PM	FP	4394

EASTER EGG DECORATING

Join us for this wonderful tradition that is a fun and creative activity for the entire family. Bring your camera and watch your kids make the best Easter present possible. Join us before the Easter Egg Hunt at Shawsville Stadium OR Auburn Elementary School Baseball Fields. **FREE**

DATE	TIME	LOCATION
Sat, Apr 16	10:30AM	SMSS
Sat, Apr 16	1:30AM	AES



EASTER EGG HUNT

Come meet the Easter Bunny and help him find his eggs. This event will follow the Easter Egg Decorating. This will be the perfect opportunity to get some great photos of your kids having a great time and plenty of candy. Come and check it out, its sure to be a good time. **FREE**

DATE	TIME	LOCATION
Sat, Apr 16	11AM	SMSS
Sat, Apr 16	2PM	AES

Youth - Just for the Fun of it!



ZUMBA!! (Latin Dance Workout)

Zumba is a Latin-inspired dance-fitness class. The name "Zumba" derived from a Colombian word meaning "to move fast and have fun." It fuses Latin and International rhythms and easy-to-follow moves to create an exciting workout program. It also creates a party like atmosphere that provides a nonintimidating opportunity for participants of any fitness level. For more information, go to www.zumba.com. \$61

DATE	TIME	LOCATION	COURSE
Tues, Mar 1-29	12:15-1PM	MCCG	4395

WOMEN'S SELF DEFENSE

Do you want to get fit and have fun while learning how to increase your safety awareness and self-defense skills? This empowering course is designed for women and girls ages 10+. You will learn risk avoidance, risk awareness, as well as defensive techniques such as blocks, strikes and kicks from a certified RAD instructor. Each student will receive a manual with all the course material. Please wear comfortable workout clothing and athletic shoes. This class will meet every Tuesday for 12 weeks.

DATE	TIME	LOCATION	COURSE
Tues, Feb 1-Apr 19	6:30PM	MCCG	4396

SO YOU WANT TO BE A BEEKEEPER

Now is the time to start getting ready for this wonderful hobby. How much does it cost, how much honey will I get, how much time does it take, is honey really as good for you as they say, how important are honey bees to pollination, can I make beeswax candles, will the neighbors object? Find out the answers to these questions and more. **Free**

DATE	TIME	LOCATION
Sat, Jan 15	1 PM	CL
Sat, Jan 15	1 PM	JPL

BEGINNER BEEKEEPERS

The New River Valley Beekeepers' Association will present a Beginning Beekeeper's Course at 220 Price Hall on the Virginia Tech Campus. The course covers everything a beginner needs to know to start keeping honey bees. The Jan. 29 class will enable students to learn how to acquire honey bees and equipment in time for use this spring. The April 2 class will include hands-on time in an apiary. Cost is \$48 for the first member of a family, \$28 for each additional member (with a single set of books/handouts). Those interested can view a syllabus and/or sign up on-line at www.nrvba.org (click on "Join NRVBA" on the left edge and scroll down). Contact: Jerry Borger, 540-382-1798.

Youth - Just for the Fun of it!



New River Valley
Beekeepers Association

DATE	TIME	LOCATION	COURSE
Sat, Jan 29	8:30AM-4:30PM	220 Prices Hall, VT Campus	4397
Sat, Apr 2	8:30AM-4:30PM	VT Apiary	

KID'S STUFF SALE

After cleaning your house following the holidays you have found a number of things that you can no longer use, but maybe other people can. This is a great opportunity to sell all your gently used items for the best price! Declutter your life, get organized, and even turn a profit from used items and objects. Why waste precious space with things you don't need or no longer care for? Sell your maternity and gently used children's items, toys and clothing. No commercial vendors. All items must be clean, gently used and priced to sell. Set up for vendors will begin on Friday Feb. 11, from 5:30-8:30PM. Space is limited! The cost is \$15 for an 8' X10'space. In the event of inclement weather, the sale will be held Sunday, Feb. 13 from 1-4PM.

DATE	TIME	LOCATION	COURSE
Sat, Feb, 12	9AM-1PM	MCPAC	4398
Inclement Weather: Sun, Feb 13	1-4PM	MCPAC	

VIRGINIA TECHNIQUES TRAINING CENTER

Virginia Techniques is a certified Gymnastics Teaching organization and is offering a special to those who register for monthly sessions through Montgomery County Parks and Recreation.

- Virginia Techniques is located at 1550 Roanoke St., Suite C, Christiansburg.
- The new training center includes new equipment, in-ground trampoline, foam pit, multipurpose/party room and more.
- No family membership fee is required if signing up through Parks and Rec department; however, only limited classes are available.
- Families can become members of VA Techniques Gymnastics to have their choice of all available class times.
- Families must complete VTGI registration form and liability waiver.
- All courses offer a choice of two different days to attend, participants must designate which day of the week that they wish to participate. Session prices include one class per week. We offer a 50% discount on a 2nd class.

Virginia Techniques will be offering the following classes through Montgomery County Parks and Recreation:

Youth - Just for the Fun of it!



BOUNCING BUNNIES

This class is offered to boys and girls ages 2+ and requires parent participation. Bouncing Bunnies class will provide parents and their older toddlers an introduction to general gymnastics skills with an emphasis on patterns, exploration, courage and confidence. Students will be introduced to general gymnastics equipment and skills while working with their parents under the supervision of our trained coaches. This class will meet every Thursday from 10-10:50AM. \$50

DATE	TIME	LOCATION	COURSE
Feb	10-10:50AM	VaT	4399
March	10-10:50AM	VaT	4400
April	10-10:50AM	VaT	4401
May	10-10:50AM	VaT	4402

GALLOPING GATORS

This beginner to intermediate skill level class is for boys and girls, ages 3-5. Galloping Gators class will, introduce beginning level gymnastic skills, flexibility, coordination, balance and strength, through safe gymnastics progressions. Gymnasts use balance beams, bars, vault, spring floor and trampoline. We will also use music, games and coloring sheets to teach some of the skills and discipline necessary for entering kindergarten. This class will meet Thursdays 10-10:50AM. \$50

DATE	TIME	LOCATION	COURSE
Feb	10-10:50AM	VaT	4403
March	10-10:50AM	VaT	4404
April	10-10:50AM	VaT	4405
May	10-10:50AM	VaT	4406

LEAPING LIZARDS

This beginner to intermediate skill level class is for boys and girls, K-2nd grade. Leaping Lizards class teaches beginner to intermediate gymnastics on vault, bars, beam, floor and trampoline, as well as dance. Gymnasts should expect to learn rolls, cartwheels, handstands and walkovers on floor; hip circles, casting and strength on bars; squat and straddle-ons onto the vaulting table or pyramid; and walks, kicks, turns and rolls on beam. This class will meet every Saturday 10-11AM. \$55

DATE	TIME	LOCATION	COURSE
Feb	10-11AM	VaT	4407
March	10-11AM	VaT	4408
April	10-11AM	VaT	4409
May	10-11AM	VaT	4410

Youth - Just For the Fun of it!



KARTWHEELING KOALAS

This beginner to intermediate skill level class is for girls in 3rd -5th grade. Kartwheeling Koalas class teaches beginner to intermediate gymnastics on vault, bars, beam, floor and trampoline, as well as dance. Gymnasts should expect to learn rolls, cartwheels, handstands and walkovers on floor; hip circles, casting and strength on bars; squat and straddle-ons onto the vaulting table or pyramid; and walks, kicks, turns and rolls on beam. This class will meet every Saturday 10-11AM. \$55

DATE	TIME	LOCATION	COURSE
Feb	10-11AM	VaT	4411
March	10-11AM	VaT	4412
April	10-11AM	VaT	4413
May	10-11AM	VaT	4414

TUMBLING TIGERS

This beginner to intermediate skill level class is for boys in 1st grade and up. Tumbling Tigers class includes instruction in vault, bars, floor, rings, parallel bars, mushroom and trampoline. Boys should expect to learn skills such as balance, coordination, agility, flexibility and strength that will help them in any sport. Skills taught include rolls, handstands and handspring on floor; squat on and handspring over the vault; hip circles, swings and casting on low and high bar; and jumps, rolls and handsprings on trampoline. This class will meet every Wednesday from 5:30-6:30PM. \$55

DATE	TIME	LOCATION	COURSE
Feb	5:30-6:30PM	VaT	4415
March	5:30-6:30PM	VaT	4416
April	5:30-6:30PM	VaT	4417
May	5:30-6:30PM	VaT	4418

TUMBLING AND TRAMPOLINE JR.

This beginner to advanced skill level class is for boys and girls in the 1st grade and up. Tumbling and Trampoline uses our 30' tumbling trampoline and 40' rod floor to work on basic to advanced tumbling skills. These skills include round-offs, standing back handsprings and advanced running tumbling. This class is great for gymnasts that don't want to use all apparatus and cheerleaders who want to concentrate just on their tumbling. This class will meet every Monday 6:30-7:30PM. \$55

DATE	TIME	LOCATION	COURSE
Feb	6:30-7:30PM	VaT	4419
March	6:30-7:30PM	VaT	4420
April	6:30-7:30PM	VaT	4421
May	6:30-7:30PM	VaT	4422

Youth - Just for the Fun of it!



TUMBLING AND TRAMPOLINE SR.

This beginner to advanced skill level class is for boys and girls in the 6th grade and up. Tumbling and Trampoline uses our 30' tumbling trampoline and 40' rod floor to work on basic to advanced tumbling skills. These skills include round-offs, standing back handsprings and advanced running tumbling. This class is great for gymnasts that don't want use all apparatus and cheerleaders who want to concentrate just on their tumbling. This class will meet every Monday 6:30-7:30PM. \$55

DATE	TIME	LOCATION	COURSE
Feb	6:30-7:30PM	VaT	4423
March	6:30-7:30PM	VaT	4424
April	6:30-7:30PM	VaT	4425
May	6:30-7:30PM	VaT	4426

ADULT BEGINNER/ADVANCED TAPERCIZE

You're NEVER too old to learn to tap dance! Learn tap technique while making new friends and new sounds. This beginner adult dance class consists of jazzercise warm-ups and tap technique. You need comfortable clothes (no jeans). Although tap shoes are highly recommended, you are welcome to try the first session with hard shoes. Bring a friend and have some fun making noise while learning to dance. Instructor for this class is Terry Wilson. Registration deadline is Feb. 2. \$46

DATE	TIMES	AGES	LOCATION	COURSE
Wed, Feb 9-Mar 16	7-8PM	18+	MCCG	4380

STAINED GLASS

Artists from Glass Odyssey will teach you the technique of making stained glass using the copper foil method. Complete a 12-14 inch panel to hang in your window. No hidden cost and all tools and materials are provided. You must come into the shop ahead of time and choose your design and glass colors. Shop hours Tues-Fri, 10-6PM, Sat, 10-2PM. Registration deadline is one week prior to class. \$80

DATE	TIMES	AGES	LOCATION	COURSE
<i>Session 1</i> Thurs, Jan 13, 20, 27, Feb 3	6-8:30PM	Adult	GO	4302
<i>Session 2</i> Thurs, Feb 17, 24 Mar 3, 10	6-8:30PM	Adult	GO	4303
<i>Session 3</i> Thurs, Mar 24, 31 Apr 7, 14	6-8:30PM	Adult	GO	4382
<i>Session 4</i> Thurs, Apr 28 May 5, 12, 19	6-8:30PM	Adult	GO	4384

Youth & Adult - Just For the Fun of It!



BOB ROSS JOY OF PAINTING

Experience the joy of painting. Anyone can do this style of painting once you learn the very simple techniques, from mountains to seascapes, cabins, barns and lakes. Bob Ross instructor (CRI) in landscapes, Bobby Wood, teaches classes to anyone who is interested and uses his skills for art therapy along with private lessons. At your first lesson and at each session you will have a completely finished painting to enjoy and show off to friends and family. This class is so easy that children can participate and are encouraged to sign up. Bobby will go through a step by step process and assist each one individually until each technique taught is mastered. All materials are provided from easels to canvases, oil paints, and brushes. Just sign up and learn. This class is for ages 7+. Children under the age of 10 are to be accompanied by an adult. What a great way to learn to paint with your child! \$50

DATE	TIMES	AGES	LOCATION	COURSE
Session 1 - Jan 28	6-9PM	10+	MCAC	4372
Session 2 - Feb 25				4373
Session 3 - Mar 25				4374
Session 4 - April 29				4375
Session 5 - May 27				4376

NRA's PERSONAL PROTECTION IN THE HOME

This class is designed for law abiding citizens who have already mastered safe gun handling, shooting, adjusting and cleaning their firearm. Successful completion of the NRA's Basic Pistol Course is required in order to enroll in this course. Topics addressed include: avoiding the need for a gun, how your home's design affects defense, cover and concealment tools, safe storage and access, choosing a handgun for home defense, and legal and emotional considerations. Students will spend six hours in the MCAC classroom (three hours each on Wednesday and Friday evenings) and at least three hours on the Shawnee Shooting Sports Club's Range on Saturday. Each student should provide his/her own handgun in a defensive caliber (.38/9mm or larger), 100 rounds of ammunition and appropriate eye and ear protection for the range. Registration deadline two weeks before class begins. For information, contact John Yon, 382-1195 or johnyon@verizon.net. \$65

DATE	TIMES	AGES	LOCATION	COURSE
June 8, 10, 11	6:30-9:30PM	18+	MCAC	4377

Adult - Just For the Fun of it!



BASIC PISTOL/NRA CERTIFICATION

Co-sponsored by the Shawnee Shooting Sports Club, the NRA Basic Pistol Course introduces students to the knowledge, skills and attitude necessary for owning and shooting a pistol safely. Through this course, the students will learn about pistol parts and operation, ammunition, gun safety, pistol shooting fundamentals and pistol shooting activities. The basic course will also help prepare the student for participation in other NRA courses. Students will spend six hours in the MCAC classroom (three hours each on Wednesday and Friday evenings) and at least three hours on the Shawnee Shooting Sports Club's Range on Saturday. The Shawnee Shooting Sports Club will provide safety equipment, firearms and ammunition for the course. Students will be allowed to bring personal firearms to the range for practice after the course range exercise is completed. Registration deadline two weeks before class begins. For information, contact Betty Strauss, 998-0779 or bstrauss2@verizon.net. \$65

DATE	TIMES	AGES	LOCATION	COURSE
May 18, 20, 21	6:30-9:30PM	18+	MCAC	4378

FIRST STEPS - Firearm Instruction, Responsibility and Safety Training

This class is the National Rifle Association's response to the American public's need for a firearm orientation program for new firearm purchasers. New firearm owners are encouraged to take the "first step" of obtaining training, and this program is designed to provide a hands-on introduction to the safe handling of one specific firearm model. Students will spend two to three hours in the MCAC classroom, break for lunch (on their own), and gather on the Shawnee Shooting Sports Club's Range in the afternoon to shoot their handgun. Range officers, instructors and coaches will be present to coach each shooter through this process. Each student will supply his/her own handgun and up to 100 rounds of ammunition for that gun, as well as eye and ear protection. 9:00 a.m. -noon @ MCAC, 1:00 - 4:00 on range. Registration deadline two weeks before class begins. For information, contact John Yon, 382-1195 or at johnyon@verizon.net. \$40

DATE	TIMES	AGES	LOCATION	COURSE
Sat, Mar 26	9AM-4PM	18+	MCAC	4379

Adult - Just For The Fun of It!



CUSTOMIZED GROUP ADVENTURE TRIPS

Let us arrange an adventure for your work, church or other social group right here in your backyard! Activities include whitewater rafting, paintball and ropes courses. Give us a call at 382-6975 to get started.

DISC GOLF COURSE

This 18-hole Disc Golf course consists of wooded fairways with a variety of elevation gains. It is free to play; all we ask is that you take out what you bring in. If you have any questions or would like to pick up a scorecard, stop by or call. You can also print a score sheet before you head out to play. www.montva.com/departments/parks/downloads/disc_golf_card.pdf

“LEARN TO SKI AND BOARD” PROGRAM

Here’s your chance to learn to ski or board for an incredible price. Parks and Recreation has teamed up with Winterplace Ski Resort to offer some great skiing and boarding opportunities this winter. You get five Sundays of skiing or boarding with 90 minutes of instruction each time you visit along with all equipment (including shaped skis and top of the line snowboards). If you would like to ski in March and have used all your dates with this package, you can get equipment, lift ticket and skis for only \$20.40 by presenting your card. These sessions will fill up quickly! Please call for more information. (No skiing on holiday weekends) \$115 for skiing (includes equipment rental, 90 min instruction and lift tickets for all 5 weeks) \$180 for snowboarding (board and boot rental, 90 min instruction and lift tickets for all 5 weeks) Registration deadline is Jan. 15.

DATE	TIMES	LOCATION	COURSE
Sun, Jan 23 through end of season	3-10PM	Winterplace	4235

LET’S GO SNOW TUBING

Ride the largest snow-tubing park in West Virginia at Winterplace! Join us for a Friday evening of family fun. The snow-tubing park has 16 lanes, 5 tubing lifts and 600 snow tubes. Sip hot chocolate and take a break in front of the huge natural stone fireplace. The lodge offers a variety of sandwiches, burgers, hot dogs and more. Participants must be 44 inches tall to tube. Adult supervision required for ages 9 and under. Meet at Montgomery County Government Center. Registration deadline is Feb. 4. \$35

DATE	TIMES	HEIGHT	LOCATION	COURSE
Fri, Feb 11	4-11PM	44 inches+	MCCG	4369

Outdoor Adventure



WINTER CAVING

When it is too cold to go outside and play, why not go underground where it is much warmer and have some fun. You will follow us underground in Giles County to discover a new world and new life. Bring your lunch for a low impact picnic inside the cave and a clean change of clothes for after the trip. **\$30**

DATE	TIMES	AGES	LOCATION	COURSE
Sun, Feb 20	9AM-3PM	10+	MCGC	4370
Sat, Mar 26				4385

TREETOP CANOPY TOUR

Ever wanted to fly like a bird? Now is your chance with Parks & Recreation and Ace Adventure Resort! This treetop canopy tour will take you along the rim of the New River Gorge in Oak Hill, WV, on NINE different zip lines. Some of the zips are as high as 100 feet in the air and 300 feet long reaching speeds of 35 mph. Ace has added dual zips so you can experience the thrill of flight with your significant other or close friend. Don't miss out on this great opportunity to experience the outdoors. Dinner will be on your own for a quick stop on the way home. Minimum age is 10; maximum weight is 290 pounds. Registration deadline is March 5. **\$97**

DATE	TIMES	LOCATION	COURSE
Sat, Mar 19	11:30AM-9PM	MCGC	4381

SPRING ROCK CLIMBING

Some of the nicest climbing in our area is in Bozoo, WV, overlooking the beautiful New River. This introductory course will teach you about safety, use and care of equipment, and climbing techniques. Pack your lunch and spend a day experiencing the outdoors. The course includes instruction, equipment and transportation. Although this is an introductory course, it can be custom-modified to fit your needs and skill levels. Registration deadline is April 15. **\$30**

DATE	TIMES	AGES	LOCATION	COURSE
Sat, Apr 23	9AM-5PM	Adults	MCGC 4	367

BEGINNER KAYAKING INSTRUCTION WEEKEND

Day One - After we get you acquainted with your kayak and the rest of your gear, we will immediately get to work so that you feel in control of your boat. The first day of instruction will take place in calm water on the New River. We will practice getting in and out of the boat and focus on balance, body mechanics, strokes, turns and leans. Learning to "wet exit" and practicing the "Eskimo rescue" will help you find a comfort zone in your kayak even when you are upside down! A day of practice will help you

Outdoor Adventure



build a perfect foundation of smart paddling habits that are grounded in good technique. Day Two - We start putting the basics we learned to work on a scenic 8.5 mile, Class II section of the New River. We will review the paddling skills you learned and introduce new ones that will allow you to maneuver your kayak more efficiently. You will use the river to focus on the dynamics of current, peelouts, eddy turns, steering and balance, and bracing in current. All equipment, instruction and transportation are provided. Registration deadline is May 20. \$70

DATE	TIMES	AGES	LOCATION	COURSE
Sat/Sun May 28, 29	9AM-5PM	11+	MCGC	4368

SENIOR DUTCH OVEN BREAKFAST ON THE WATER

What better way to start out the day with a dutch-oven cooked meal along with a relaxing float on the calm waters of Claytor Lake? We will provide guide, and all the rafting equipment for a wonderful outing "On The Water." This is a great opportunity for wildlife photography in the early morning light before boats, planes, and automobiles scare off all the critters. Registration deadline is May 4. \$30

DATE	TIMES	AGES	LOCATION	COURSE
Wed, May 11	6-11AM	50+	MCGC	4371

LET THE KIDS PLAY YOUTH SCHOLARSHIP FUND

The Let the Kid's Play Scholarship Fund was created several seasons ago to ensure that all kids have the opportunity to play sports and participate in after school programs. The fund pays 75 percent of fees to qualified participants. If you would like to make a donation to the scholarship fund, your help is always appreciated and will only be used for kids right here. Children now more than ever need a chance to run, be on a team, learn from coaches/instructors and have the opportunity to just go play. For more information on the scholarship fund, please call 382-6975.

TEAM SPONSORSHIPS - MONTGOMERY COUNTY CORPORATE ALL-STARS

Team sponsorships are a tremendous way to give back to the community. For a donation of \$250 your company can join our corporate all-star team. Last year with the help of our friends at Shelor Motor Mile, Play It Again Sports, Blue Ridge Heating & Air, Pizza Inn of Christiansburg, ATR Construction and Sisson & Ryan Inc., we were able to raise enough money to purchase new catchers equipment and new batting helmets for our Dixie league teams. In return each company had their name on the back of a team's jersey or a banner with their logo at Motor Mile Park, plus a very special thank you inside our brochure that reaches 6,000 homes and businesses. If you would like to join this year's corporate all-star team, please give us a call at 382-6975 by Feb. 18, 2011 (to ensure your name gets on the back of a set of jerseys). Your donation stays right here in the NRV and helps Montgomery County's own kids.

Outdoor Adventure/Athletics



THANK YOU COACHES!

MCPR would like to thank all of our fall sports head coaches for a wonderful season. Without your hard work and volunteer hours our program would not be able to survive. Thanks again for all you do and thanks to all the assistant coaches, team moms and fans for everything you do. Our fall head coaches were: Rocky Huff, Rick Boyd, Lonnie Raines and Donnie Yerg for fall ball; Mark Spencer, Jason Lawrence, John Franklin, David Harding, Greg Honaker, Carl East and Brad Helms for football; and Sonya Spradling, Mindy Bibb, Tanya Phillips, Donna Raines and Andrea Weddle for cheerleading.

CHRISTIANSBURG SOCCER CLUB

The Christiansburg Soccer Club (CSC) provides recreational and competitive soccer at reasonable costs for the New River Valley. CSC is the top provider of soccer in Christiansburg, Riner, Shawsville and Elliston. For more information, please check www.csoccer.org

NRUSA SOCCER

New River United Soccer Association (NRUSA) provides Academy, Recreational, Premier, Travel and Adult soccer leagues throughout Montgomery County. NRUSA offers various leagues and soccer camps year round, including the Summer Kickoff tournament at Virginia Tech and the winter Icebreaker tournament. For more information on NRUSA programs, please check www.NRUSA.org

NRVLC LACROSSE

The New River Valley Lacrosse Club's (NRVLC) mission is to bring the community together in sport by providing opportunities for area youth to participate as members of lacrosse teams. NRVLC currently fields the following lacrosse teams in Montgomery County: varsity boys, varsity girls, junior varsity boys, junior varsity/middle school girls, middle school boys and 4th and 5th grade boys. NRVLC also offers various clinics and camps for all ages. To learn more about programs and happenings with lacrosse, please visit www.NRVLC.org

START SMART BASEBALL

This program teaches the basic motor skills necessary to play organized teeball, baseball and softball while participants work one-on-one with their parents. The program focuses on such skills as throwing, catching, batting, running and agility without the fear of competition or getting hurt. Course will have 5 sessions running on evenings during April and May. Registration deadline is Friday, March 18. \$35

DAYS	TIMES	AGES	LOCATION	COURSE
Weeknights	6-7PM	3-5	Auburn-AES 2	4347
Weeknights-TBA	6-7PM	3-5	East Mont-SES 1	4348

Athletics

NRVLC
new river valley lacrosse club

MCPR CO-REC TEEBALL

Teeball is a timeless classic; the sport develops the primary skills of hitting, running, fielding and throwing. Teeball players will gain an understanding of the fundamental rules of baseball and softball. Participants' age as of May 1 will determine division placement. Season starts in April and runs through early June. Registration deadline is Friday, March 18. \$35

DAYS	TIMES	AGES	LOCATION	COURSE
TBA	TBA	5-6	Auburn-MMP	4349
TBA	TBA	5-6	East Mont-EMES	4350

MCPR COACH PITCH BASEBALL & SOFTBALL

Coach-Pitch Baseball and Coach-Pitch Softball stress individual skill development and game understanding in a relaxed and recreational atmosphere. Coach-Pitch seasons consist of teams from area New River Valley recreation departments to form a true baseball/softball league. Participants' age as of May 1 will determine division placement. Season starts in April and runs through June. Registration deadline is Friday, March 18. \$35

BOYS BASEBALL

DAYS	TIMES	AGES	LOCATION	COURSE
TBA	TBA	7-8	Auburn-PC	4351
TBA	TBA	7-8	East Mont-EMES	4352

GIRLS SOFTBALL

DAYS	TIMES	AGES	LOCATION	COURSE
TBA	TBA	7-8	Auburn-AES 2	4353
TBA	TBA	7-8	East Mont-SES 2	4354

DIXIE LEAGUE BASEBALL

Established in 1955, Dixie Youth Baseball's goal is to promote the development of strong character, a right attitude, a sense of responsibility and citizenship in youngsters, using the game of baseball as a vehicle. Players will learn the game of baseball and how to play it the right way. Locally our teams will compete in a league with area parks and recreation departments, games will be played during the week and on weekends. Age as of May 1 determines league division, practices start end of March/early April. Registration deadline is Friday, MARCH 11; registrations MUST be made on time to ensure league eligibility requirements. \$45

DIXIE YOUTH AAA

DAYS	TIMES	AGES	LOCATION	COURSE
TBA	TBA	9-10	Auburn-PC	4355
TBA	TBA	9-10	East Mont-SES 1	4356



DIXIE YOUTH O-ZONE

DAYS	TIMES	AGES	LOCATION	COURSE
TBA	TBA	11-12	Auburn-MMP	4357
TBA	TBA	11-12	East Mont-SES 1	4358

DIXIE BOYS BASEBALL

Baseball league for boys ages 13 and 14. New this season, we will be combining with Christiansburg and Blacksburg to form teams, home games will be held at the Harkrader Sports Complex in Christiansburg. Christiansburg will be hosting the 2011 state tournament and the 2012 World Series. This is a golden opportunity to earn a spot on those all-star teams. Many new changes are in order for this league, stay posted with information as it becomes available on our website at www.MontgomeryCountyVA.gov/parks or by calling us at 382-6975. Registration deadline is Friday, March 11. \$45

DAYS	TIMES	AGES	LOCATION	COURSE
TBA	TBA	13-14	Harkrader Complex	4359
TBA	TBA	13-14	Harkrader Complex	4360

*New this year, this league may partner with other local areas to form New River Valley teams. Look for more information on our website or by calling 382-6975 as the season gets closer.

DIXIE LEAGUE SOFTBALL

Softball as it should be, for the fun of it has been Dixie Softball's motto since the foundation in 1975. The softball program will teach young ladies the fundamentals of pitching, batting, throwing and fielding. Locally our teams will compete in a league with area parks and recreation departments, games will be played during the week and on weekends. Age as of January 1 determines league division, practices start end of March/early April. Registration deadline is Friday, MARCH 11. Registrations MUST be made on time to ensure league eligibility requirements. \$45

DIXIE ANGELS

DAYS	TIMES	AGES	LOCATION	COURSE
TBA	TBA	9-10	Auburn-AES 2	4361
TBA	TBA	9-10	East Mont-SES 2	4362

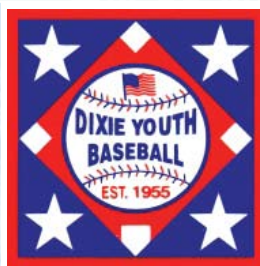
DIXIE PONYTAILS

DAYS	TIMES	AGES	LOCATION	COURSE
TBA	TBA	11-12	Auburn-AES 2	4363
TBA	TBA	11-12	East Mont-SES 2	4364

DIXIE BELLES SOFTBALL

DAYS	TIMES	AGES	LOCATION	COURSE
TBA	TBA	13-15	Auburn-AHS	4365
TBA	TBA	13-15	East Mont-EMHS	4366

Athletics



2011 MONTGOMERY COUNTY ALL-STAR

All-Star teams from each age group (9-15) will be selected by league coaches following the regular season to represent Montgomery County in all-star play. The 12 best players from the eligible teams from both Auburn and East Mont will make up the team. To be eligible for an all-star team, you **MUST** have registered on time, be available to practice and participate in the entire post season tournament (this includes the two weeks of practice prior to the tournament), and have demonstrated good sportsmanship throughout the regular season. Our All-Star teams are a reflection of this county and all that are chosen will be representatives on and off the field. Check out our all-star page on our website at www.montgomerycountyva.gov/parks for all your all-star information, including past all-star tournament write ups and 2011 all-star tournament locations as they become confirmed.

CONGRATULATIONS

Congratulations to our 2010 All-Star teams! The Montgomery County Ozone team was runner-up in the 2010 Ozone tournament. The Eastern Montgomery County All-Stars were runners-up at the 2010 Dixie Ponytails tournament and congratulations to the Montgomery County Ponytail All-Stars for winning the 2010 Dixie Ponytails tournament and representing Montgomery County at the state tournament in Farmville, VA.

Tour Policies

- Deadline is set to secure tickets. If minimum number of participants is not met, tour will be cancelled.
- Wait list: If tour is full at time of inquiry, request to be placed on waiting list, if a vacancy becomes available participant will be notified and given seven days to submit fee.
- Refund: For a full refund, cancellations must be made prior to registration deadline, unless a substitute is provided or cancellation can be filled from "Wait List Participants." Refunds are automatic when tour is cancelled.
- We reserve the right to have program flexibility.
- Inclement Weather Policy: In the event Montgomery County Schools are two or more hours late or closed or if inclement weather is forecast during designated program hours, program will be cancelled.
- Pick-up location: Christiansburg, Government Center (MCGC). Take Reading Road to third parking lot on the right

Athletics / Tours and Excursions



SMOKE ON THE MOUNTAIN

A richly entertaining afternoon at the Wohlfahrt Haus Theater as we join the unforgettable Saunders family for an uplifting evening of singin' and witnessin' on a Saturday night in Mount Pleasant, N.C., home of the Mt. Pleasant Pickle Factory. You will be entertained as more than two dozen old-time gospel songs combined with humor bring this production to life. Lunch will be served. Registration deadline is Jan. 27. **\$49**

DATE	TIMES	LOCATION	COURSE
Thurs, Feb 10	10AM-6PM 10:30AM-5:30PM	Gables MCGG	4427

DINOSAURS ALIVE

Explore some of the greatest dinosaur finds in history at the Science Museum. You will journey with paleontologists from the exotic expanses of Mongolia's Gobi Desert to the sandstone buttes of New Mexico, as they uncover evidence that descendants of dinosaurs still walk among us. Through scientifically accurate animation, these newly discovered creatures will come to life on the big screen at the IMAX in a big way. Lunch will be on your own at K&W Cafeteria before the visit to the Science Museum. Registration deadline is Feb. 10. **\$18, includes admission**

DATE	TIMES	LOCATION	COURSE
Fri, Feb 18	10AM-5PM 10:30AM-4:30P	Gables MMCGG	4428

RAIN-A TRIBUTE TO THE BEATLES

Experience what Beatlemania was all about! Broadway in Roanoke's production of RAIN covers the Fab Four from their earliest beginnings with the Ed Sullivan Show to the late 1960's. This multi-dimensional experience with Abbey Road in historic footage and hilarious television commercials from the '60s will invoke memories from the past. Sing along to Beatlemania favorites during this unique production. Dinner will be on your own at the Olive Garden Restaurant before the performance. Registration deadline is Feb. 11. **\$58**

DATE	TIMES	LOCATION	COURSE
Wed, Mar 9	3-11:30PM 3:30-11PM	Gables MCGG	4429

CIVIL WAR VOICES

The stirring and passionate true stories of the people who lived through the Civil War as told in their own words and woven with traditional music of the period. This Barter Theater Stage Two Production is filled with sacrifice, courage, personal suffering and triumph. Lunch will be on your own at Bob Evans Restaurant. The date had not been set at publication time; however, should be in place by Jan. 10. **\$30, includes admission**

Tours and Excursions

DATE	TIMES	LOCATION	COURSE
TBA	10AM-7PM 10:30AM-6:30PM	Gables MCGC	4430

KINGDOM HEIRS

From the mountains of East Tennessee, The Kingdom Heirs is southern gospel music's top male quartet and is the resident gospel group at Dollywood. They currently have 12 top five songs. If you love Southern gospel music, you will love The Kingdom Heirs. Time and dinner will be on your own at Mercer Mall. Deadline to register is Feb. 25. \$25

DATE	TIME	LOCATION	COURSE
Fri, Mar 11	12:30-11:30PM 1-11PM	MCGC Gables	4431

BIG RIVER

The Wohlfahrt Haus presents Mark Twain's timeless classic tale as it sweeps us down the mighty Mississippi as Huck Finn helps his friend Jim escape to freedom. An award-winning score from Roger Miller, the king of country celebrating Americana through songs like Muddy Water and Waiting' for the Light to Shine. Lunch will be served prior to production. Registration deadline is March 10. \$49

DATE	TIMES	LOCATION	COURSE
Thurs, Mar 24	10AM-6PM 10:30AM-5:30PM	Gables MCGC	4432

LEWIS GINTER BOTANICAL GARDEN

40 acres of glorious gardens on this historic site in Richmond will feature one million blooms as spring comes alive with spring daffodils and tulips. A classical domed Conservatory, the only one of its kind in the mid-Atlantic will feature a spectacular display of orchids galore. More than a dozen themed gardens feature roses, healing herbs, sunken gardens and Victorian gardens. Lunch will be on your own at The Garden Café. Registration deadline is March 31. \$33, includes guided tour of gardens

DATE	TIMES	LOCATION	COURSE
Thurs, Apr 7	8AM-7:30PM 8:30AM-7PM	Gables MCGC	4433

HISTORIC CHURCHES

Learn a bit of history about Eastern Montgomery County as Fran Poole, Director of the Eastern Montgomery Museum, accompanies us on a driving tour through Ellett Valley to tour the McDonalds Mill Methodist Church, still active after 200 years; Roanoke Valley Presbyterian Church, built in 1790; Ellett Valley Pentecostal Holiness Church, established in 1927 as a community church; North Fork Baptist Church; and Trinity United

Tours and Excursions



Methodist Church, established in the 1700's by the ancestors of the famous woman pilot lost at sea, Amelia Earhart. A light luncheon will be provided by the Trinity Women's Group. Registration deadline is April 12. **\$28, includes lunch**

DATE	TIMES	LOCATION	COURSE
Tues, Apr 26	8AM-5PM 8:30AM-4:30PM	MMCGC Gables	4434

STRAWBERRY PICKIN'

You will have an opportunity to pick plump ripe strawberries at Snow's Strawberry Farm in North Carolina. We will spend about two hours in the berry patch and take a lunch break on the return route home. Bring sealed containers to transport your picked berries. The date is tentative and depends on when the berries ripen. Berries are sold by the pound. The rain date is May 13. Registration deadline is May 3. **\$10**

DATE	TIMES	LOCATION	COURSE
Tues, May 10	7AM-3PM 7:30AM-2:30PM	Gables MCGC	4435

SHELTON VINEYARDS

The premier winery in the East! Shelton Vineyards is the largest family-owned estate winery in North Carolina. Enjoy exploring the scenic grounds, a guided tour of the 33,000-square-foot winery with an overview of the winemaking process, a tasting of five reserve wines and a few additional Shelton wines, chocolates and fruits, and a souvenir crystal wine glass. Lunch will be on your own at the Harvest Grill, featuring a seasonal menu of soups, salads and plated entrees'. Registration deadline is May 13. Fee **\$10** participants to pay, **\$20** tour and tasting fee.

DATE	TIMES	LOCATION	COURSE
Fri, May 20	8:30AM-6PM 9AM-5:30PM	Gables MCGC	4436

TRUE NORTH BRASS

Greene Memorial Church hosts one of the world's finest brass ensembles for this spring concert -- True North Brass. Proudly Canadian True North's two outstanding composers create the ensembles fresh and unique sound, from jazz to blues, to serious brass compositions, this brass quintet has versatility in all kinds of material. Dinner will be on your own at K&W Cafeteria following concert. Registration deadline is May 13. **\$10**

DATE	TIMES	LOCATION	COURSE
Sun, May 22	2PM-8:30PM 2:30PM-8PM	Gables MCGC	4437

Mountain Trekkers



HANK & MY HONKY TONK HEROES

Jason Petty has been hailed from Nashville for his authentic and insightful portrayal of Hank Williams. Recreating some of Hank's greatest hits, Petty also pays tribute to Jimmie Rodgers, The Carter Family, George Jones and other notable country greats. Backed by a four-piece band, this show will make you smile, clap your hands and stomp your feet with excitement! Lunch will be on your own at the Cracker Barrel Restaurant before the production at the Barter Theater. Registration deadline is May 12. **\$38, includes admission**

DATE	TIMES	LOCATION	COURSE
Thurs, May 26	10AM-6:30PM 10:30AM-6PM	Gables MCGC	4438

MOUNTAIN TREKKERS HIKING CLUB

Join us for some great fun, good exercise and an opportunity to enjoy the great outdoors. A chance to learn about the area in which we live, both legend and folklore! The hikes are easy to moderate in terrain and 2 to 4 miles in length. Register for five hikes and receive a \$10 discount on your next scheduled hike! New hiking club participants must participate in a Level I Hike for assessment and to establish hiker level of participation. **Assessing the right hike for you can enhance your experience out on the trail.**

MONTY'S TRAIL RATING SYSTEM:

Level I: Leisurely stroll. Participants at this level will be exercising by walking a couple of miles, stretching your legs and looking to get outdoors for fresh air and sunshine! Trail would consist of flat or gradual terrain and typically a paved or groomed surface.

Level II: Moderate exercise. Explore nature off the beaten path by stepping over trail obstacles with root and rock outcroppings, climb and descend moderate uneven terrain, and know your personal limitations. Walking shoes with a cleaved sole are required for this level hike.

Level III: Heart Pumping Exercise. Participants in good physical condition and are capable of maneuvering rough, uneven terrain along with elevation gains, loose surface material should be expected. High top hiking boots or a shoe with ankle support and cleaved sole is required for this level hike.

Tour and Excursions/Mountain Trekkers

HUCKLEBERRY TRAIL

Come out and hike the newest addition to the Huckleberry Trail -- The Coal Miners Loop. Learn a bit of history and explore the old coal mining community of Merrimac along this 1.5 mile hike. You will then have the option of hiking onto the NRV Mall to complete a 3 mile hike. Lunch will be on your own at Amelia's Restaurant, featuring Italian fare. Registration deadline is March 8. **\$5 Level I/II**

DATE	TIMES	LOCATION	COURSE
Tues, Mar 15	10AM-2:30PM 10:30AM-3PM	Gables MCGC	4439

CRYSTAL SPRINGS

The newly opened recreation area in Wytheville consists of a 1,800 acre tract, originally a protected watershed. You can now visit the site for hiking, picnicking and educational adventures. This 2-mile hike will allow you to explore the area and participate in interactive opportunities to identify unique aspects of the trail. Lunch will be on your own at the Virginia Heights Restaurant, featuring country style cooking. Registration deadline is March 22. **\$10 Level I**

DATE	TIMES	LOCATION	COURSE
Tues, Mar 29	9AM-3:30PM 9:30AM-3PM	Gables MCGC	4440

WILDFLOWER HIKE

Explore Montgomery County's best kept secret -- Mid-County Park nature trails. An abundance of showy orchids, trillium, lady slippers and other rare spring wildflowers will be the highlight of this 2 mile hike. This trail system is rough in terrain and promises to give you some heart pumping exercise. Lunch will feature a dutch oven meal prepared by resident "Chef Josh." Registration deadline is March 29. **\$18, includes lunch Level II**

DATE	TIMES	LOCATION	COURSE
Tues, Apr 5	9AM-3:30PM 9:30AM-3PM	Gables MCGC	4441

VIRGINIA CREEPER TRAIL

The creeper trail stretches 35 miles through the back country of Southwest Virginia. Rich in beauty and regional history this 3-4 mile hike along the abandoned railroad bed from Whitetop Mountain to Green Cove Junction will carry us through the backwoods of one of Virginia's tallest peaks. Make sure you dress in layers as the elevation varies greatly as you travel down the mountain. A picnic lunch will be provided. Registration deadline is May 17. **\$23, includes lunch Level II**



DATE

Tues, May 24

TIMES

8:30AM-6PM
9AM-5:30PM

LOCATION

Gables
MCCG

COURSE

4442

PILOT MOUNTAIN

Rising more than 1,400 feet above the rolling countryside of North Carolina, this solitary peak is the centerpiece of Pilot Mountain State Park. This rugged mountain rock has survived for millions of years while the elements have eroded surrounding peaks to a rolling plain. Participants can easily access the top of Little Pinnacle where the view spreads over hundreds of miles of the Piedmont and nearby mountains of Virginia and North Carolina. Join the park guide for an optional one mile hike around the base of Pinnacle Rock to learn about this unique park. Lunch will be on your own at The Snappy Lunch Diner, featuring the infamous pork chop sandwich. Registration deadline is May 2. **\$15 Level I**

DATE

Mon, May 9

TIMES

8:30AM-4:30PM
9AM-4PM

LOCATION

Gables
MCCG

COURSE

4443



Mountain Trekkers



The following programs are co-sponsored with Blacksburg, Christiansburg and Radford Parks & Recreation Departments.

TRAI D S.A.L.T. COUNCIL

The Christiansburg & Montgomery County Council is seeking active adults 50+ to become involved in helping their community and neighbors by participating in bringing awareness, education and input in concerns involving the senior population. TRIAD is a council of seniors and law enforcement working together to develop and implement programs and services to reduce criminal victimization of older citizens and improve their quality of life. If you are interested in serving on the council, contact Tammy at Christiansburg Parks & Recreation, 382-2349, or Kemvia at Montgomery County Parks & Recreation, 382-6975.

TRIAD SENIOR CARE FAIR

You will have an opportunity to visit exhibitors providing information on local agencies, businesses and organizations who provide services to seniors. Pick up safety information, register for door prize drawings, and attend seminars focusing on crime prevention and senior safety. This program is for seniors and those interested in issues involving senior citizens. **FREE**

DATE	TIMES	LOCATION
Tues, May 17	9AM-1PM	CRC

BREAKFAST FOR THE BRAIN

This series encourages seniors to realize the benefits of consistent exercise combined with a commitment to physical activity and good nutrition. The sessions focus on nutrition, how your brain works, humor and memory-building exercises. Lunch is included. \$50

DATE	TIMES	LOCATION	COURSE
Tues, Jan 18-Mar 15	11AM-1PM	CRC	4444

MURDER MYSTERY

This event will really get your mind turning in a real life game of Clue! Join in the fun and suspense to figure out who is the murderer. Come be a part of this murder mystery set in a 1950s diner as we bring this event to life as you can exercise your primal human instinct to stay alive. A '50s style luncheon will be served as the fun begins. Registration deadline is Feb. 1. **\$12**

DATE	TIMES	LOCATION	COURSE
Tues, Feb 8	11AM-3PM	MCGC	4445

Active Adults 50+



BINGO-Blacksburg

Help chase away the winter blues with this popular game. Bring \$2 in coins to be used as bingo prizes. Lunch will be on your own at the Boston Beanery Restaurant before playing bingo at the Blacksburg Recreation Center. Depart MCGC at 11:30AM and return at 3:30PM. Registration deadline is Feb. 2. **FREE**

DATE	TIMES	LOCATION	COURSE
Wed, Feb 9	1:30-3:30PM	BRC	4446

WINE GLASS PAINTING

Personalize a set of wine glasses as Karen Cronin demonstrates how easy it is to turn a plain wine glass into a unique piece of art using colored glass paints. Creating a colorful glass masterpiece is simpler than you may think! Registration deadline is Feb. 15. **\$8**

DATE	TIMES	LOCATION	COURSE
Thurs, Feb 24	10AM-Noon	MCGC	4447

WENDY'S BINGO

Join us for bingo, friendship and socializing at the Wendy's across from Walmart. Bingo prizes will be provided and participants will receive a 10% discount on their lunch. The program is for persons 50+; the fee is \$2. You must register one week prior to program.

DATE	TIMES	LOCATION	COURSE
Mon, Mar 14	10AM-Noon	Wendy's	4448
Mon, Apr 11	10AM-Noon	Wendy's	4449

SPAGHETTI WESTERN DAY

Join us for our annual spaghetti western day by dressing up in your best western attire. We will take in a western movie while we have lunch. Prize will be given for the best western outfit. Registration deadline is March 15. **\$5**

DATE	TIMES	LOCATION	COURSE
Tues, Mar 22	11AM-1PM	CRC	4450

WELCOME SPRING LUNCHEON

This annual event welcomes the spring season. Blacksburg Senior Center will provide a delicious glazed spiral ham accompanied with dinner rolls and beverages. You bring a dish to share. It could be hot or cold side dishes or desserts. Those of you who want additional fun, we'll have bingo to follow the event. For bingo participation, bring \$1 for bingo prize money. No transportation provided. **FREE**

Active Adults 50+

MEADOWBROOK COMMUNITY CENTER VALENTINE'S CELEBRATION

Bring a friend day! Our February celebration will feature sweet treats of the chocolate variety! Bring your favorite chocolate confection, cake or cookies to share with others. Beverages will include coffee and tea. Join in a fun game of bingo for fun and prizes. Registration deadline is Feb. 14. **FREE**

DATE	TIME	LOCATION	COURSE
Thurs, Feb 17	1:30-3:30PM	MCC	4452

TROPICAL LUAU

Cold weather having you wishing for the tropics! Stop by the Meadowbrook Library for a fun evening to sample refreshing tropical beverages, join in the fun with a limbo contest and other activities. Prizes awarded for the limbo contest. For all ages. **FREE**

DATE	TIMES	LOCATION
Tues, Feb 22	6-7PM	ML

FLOYD'S SIMPLE PLEASURES

Celebrate St. Patrick's Day with the simple pleasure of exploring the many quaint shops in downtown Floyd where you'll find barrels of old-fashioned candy, unique household goods, local artwork, books, music and unique gourmet health foods. The Bread Basket and Schoolhouse Fabrics are two popular inclusions on the trip. Dinner will feature southern cooking, served family-style at the Pine Tavern Inn. Depart from Meadowbrook Community Center at 1:30PM and Government Center at 2PM. Registration deadline is March 10. **\$17, includes dinner**

DATE	TIMES	LOCATION	COURSE
Thurs, Mar 17	1:30-6:30PM	MCC	4453

A DAY OF PAMPERING

We are pampering mothers! We are doing this so mothers recognize how grateful we are to have them in our lives and let them know we appreciate everything they have done and will do. Don't miss this unique opportunity for a fun afternoon of pampering. Registration deadline is May 12. **FREE**

DATE	TIMES	LOCATION	COURSE
Thurs, May 19	1:30-3:30PM	MCC	4454

Active Adults 50+



MCPR Program Registration

Participant: _____ Male Female

Age (if under 18): _____ Birth Date: _____

Parent/Guardian (if under 18): _____

Email Address: _____

Home Phone: _____ Work Phone: _____

Address: _____

City/Town: _____ State: _____ Zip: _____

Emergency Contact: _____

Home Phone: _____ Work Phone: _____

Address: _____

City/Town: _____ State: _____ Zip: _____

Grade: _____ School Attending: _____

Do you have any allergies to medications, bee stings or other insect bites? _____

Are you currently taking any medication or have a condition we should be aware of? _____

If applicable, please select from the following:

BASEBALL

Jersey Size: **Youth** SM MD LG

Shorts Size: **Youth** SM MD LG

Adult SM MD LG

Adult SM MD LG

SOFTBALL

Jersey Size: **Youth** SM MD LG

Shorts Size: **Youth** SM MD LG

Adult SM MD LG

Adult SM MD LG

MCPR-Program Registration



Eastern Montgomery Park

Montgomery County's newest park is tucked away in the eastern part of the County on the South Fork of the Roanoke River. East Mont Park has some unique amenities such as a model airplane flying strip and a canoe and kayak boat launch into the river. A new playground and walking trail make this a great place to spend time. The shelter is available for rental and has picnic tables, concrete floors and a grill.

The Frog Pond

Montgomery County's only outdoor public pool is a beach-entry leisure pool with water slides, fountains and geysers. The tots pool beside the leisure pool provides enjoyment for children under age 5. The Frog Pond opens on Memorial Day weekend. The entire facility is available for rental.

Golden Hills Disc Golf Course

The only 18-hole disc golf course in the region, the course boasts tight fairways with severe elevation changes throughout. Monthly meetings of the Hillbilly Huckers Disc Golf Club as well as several amateur and professional tournaments are held here.

Huckleberry Trail

A collaborative effort by Montgomery County, Blacksburg and Christiansburg, Huckleberry Trail is an asphalt-paved bike/pedestrian path constructed on the old Huckleberry Rail Line. The trail currently runs from the Blacksburg Public Library to the New River Mall in Christiansburg. The total distance from the library to the mall is 5.762 miles.

McCoy Park

Just a 15-minute drive from Blacksburg, McCoy Park features a youth baseball field, a picnic shelter, walking track and new playground equipment. The shelter has picnic tables, concrete floors and electricity. Both the field and shelter are available for rental.

Mid County Park

The largest park in Montgomery County at 110 acres, Mid County is home to the Activity Center, the Frog Pond, Golden Hills Disc Golf Course, as well as an extensive nature trail system and three shelters.

Motor Mile Park

Built with donations from the Shelor Motor Group, this tournament-style baseball facility has restrooms, a lighted Dixie regulation baseball/softball field and a multipurpose practice field for a variety of sports. Future plans for this park include a shelter and playground.

Plum Creek Park

Located in the western part of the County near the City of Radford, Plum Creek Park features a competition-level baseball/softball field, soccer fields, walking track, brand new playground equipment, and a restroom facility. The field is available for rental.

Coal Mining Heritage Park

Located in the middle of the Huckleberry Trail, in between the Towns of Blacksburg and Christiansburg. The former Merrimac mining community used to reside on this 30-acre tract that once hosted a mining tippie, hotel, general store and residential housing for coal miners. Now you will find a passive park with open green space along with a large wooden bridge that takes you into the park.

Parks and Facilities



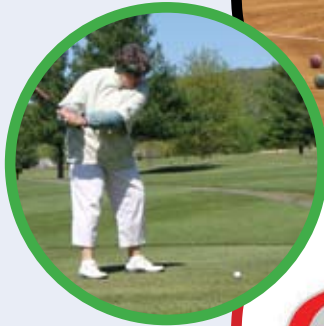
2011 NRV Senior Olympic-Games

The annual games competition will be held April 16-22 at venues throughout the New River Valley. This year's games host is Montgomery County Parks & Recreation. The games are open to participants who are age 50+ and provide a great opportunity to display your athletic ability, exchange and share common ties and interests with other senior individuals.

Events to be held are:

Billiards, 3-on-3, Basketball, Party Bridge, Basketball Free Throws, Riflery, Softball Hit & Throw, Shot put and Discus, Frisbee, Shuffleboard, Swimming, Bowling, Walk & Run, Golf-18 Holes, Duplicate Bridge, Mini Golf, Croquet, Bocce Ball, Horseshoes, Badminton and Table Tennis.

Registration information will be available in February through area senior centers and recreation departments or by contacting Kemvia at 382-6975.



parksrec
montgomerycountyva.gov/parks