

PROGRAMS & ACTIVITIES 2024



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GALAX RECREATION CENTER – HOURS OF OPERATION

Monday – Friday 7:00 am – 9:00 pm
Saturday 10:00 am – 2:00 pm
Sunday 1:00 pm – 5:00 pm

The Galax Recreation Center’s operating hours are established to best serve the needs of the public and may fluctuate depending on park events, holidays, and weather.

During all holidays, park events, and weather be sure to call 276-236-3218 or check our Facebook page for changes.



PROGRAM REGISTRATION

Registration dates are listed on each program and activity page. Participants may not register for programs until the date specified for that program. All registration is handled on a first come, first served basis. Additional programs may be added throughout the year and will be on our Facebook page and website.

GALAX RECREATION DEPARTMENT STAFF

Director of Recreation and Parks

Mr. Tony R. Quesenberry, Director Email: tquesenberry@galaxva.com

From the Director: We, at the Galax Parks and Recreation Department, are proud to offer you the 2024-2025 edition of our program brochure. We hope the program brochure will help you plan your upcoming year better with our programs, classes, and park events. Along with these brochure classes and activities, additional programs may be added periodically and information will be available on various media outlets. (Galax Recreation Dept. website, Facebook. We cordially invite you to participate in our many programs and activities. At our facility we strive to meet your fitness and leisure needs. Our programs include a variety of aquatics, sports, personal development, and senior programs. Our goal is to provide the community with fitness and leisure options to help our citizens enjoy the benefits of a healthy lifestyle and learn a new activity. As we enter 2024, we again challenge everyone to make fitness a part of their daily routine. If you are new to the area, stop by the Galax Recreation Center and take a tour of our facilities and enjoy a first-time visitor pass to participate in one of our classes, cardio, or weight room for free. In closing, we hope everyone visits the Galax Recreation Center and our many special events in the park.

Assistant Director / Aquatics Coordinator

Mr. Trace Lumpkin Email: tlumpkin@galaxva.com.

Senior/Fitness Activities Coordinator

Mrs. Mary Ellen Testerman Email: mtesterman@galaxva.com

Sports & Athletic Coordinator

Mrs. Morgan Brown Email: mneff@galaxva.com

Facility & Park Maintenance Coordinator

Mr. Bob Baker Email: bbaker@galaxva.com

Facility Maintenance

Mr. Robby Hawkins Email: rhawkins@galaxva.com

Superintendent Golf Course / Landscaping / Cemeteries

Mr. Justin Ward Email: jward@galaxva.com

Golf Course Clubhouse Manager

Thomas Mauch Contact: [276-236-2641](tel:276-236-2641)



The Galax Parks and Recreation Department has many employees who maintain all of our facilities and provide event set up and cleanup of our parks. We would like to say thank you to everyone who helps make our department a clean and wonderful facility for our community. This would include our desk clerks, facility maintenance, cleaning staff, recreation aides, after school staff, sports officials, and golf course aides. We would also like to say thank you to all our volunteers which include youth coaches, class instructors, and others who volunteer their time for our many programs.

Volunteers and Sponsors

The Galax Parks and Recreation Department depends on many volunteers throughout the year to help us provide many of the programs we offer. This includes youth coaches, senior program volunteers, class instructors, and sponsors for our youth teams, senior parties, etc. If you are interested in helping or sponsoring our programs, please contact the Galax Recreation Center at 276-236-3218.

PARK INFORMATION



Galax Recreation Center *601 South Main Street • Galax, Virginia 24333*
www.galaxparks-rec.com Phone: 276-236-3218

Galax Outdoor Pool *601 South Main Street • Galax, Virginia 24333*
www.galaxparks-rec.com Phone: 276-236-5799

Felts Park *601 South Main Street • Galax, Virginia 24333*
28 acre park with 5 tennis courts, .6 mile walking track, 3,000 seat covered grandstand, 25 meter outdoor pool, playground & covered picnic shelter, 2 baseball & softball fields, soccer field and outdoor basketball court

Mountain View Park *124 Mountain View Ave • Galax, Virginia 24333*
5 acre park, .4 mile walking track, 2 baseball & softball fields, hitting cage and covered picnic shelter

Galax Municipal Golf Course *107 Country Club Lane • Galax, Virginia 24333*
Phone: 276-236-2641

Skate Park *Corner of Bartlett and Main Street • Galax, Virginia 24333*
Skate park has multiple ramps and a half pipe

Knob Hill Playground *Middleton Street • Galax, Virginia 24333*
Includes picnic table and playground structure with slides

David "Bud" Nelson Memorial

Located in Felts Park. For his dedicated service to the City of Galax Recreation Department from 1979-2016. Bud was instrumental in developing many of the parks and programs that our citizens now enjoy. Bud's love for the recreation department and the Galax community was a blessing we all experienced with him and his memory is a treasure we will all remember. Bud you are loved and missed by all.

City of Galax & the Galax Recreation Department



FACILITY INFORMATION

GALAX RECREATION DEPARTMENT RENTALS

INDOOR POOL PARTIES	\$125 for 2 hours (1 hour 15 minutes of pool time and 45-minute party room time)
OUTDOOR POOL PARTY	\$200 for 2-hour rentals are available after normal pool hours
ROOM RENTAL	\$35 for 2 hours minimum; \$5 each additional hour
GYM RENTAL	\$95 for 2 hours minimum; \$15 each additional hour

Call 236-3218 for reservations.

PICNIC SHELTERS AT FELTS PARK & MT. VIEW PARK

\$25 for 3 hours, \$5 each additional hour. Picnic shelters may be rented anytime on a first come, first served basis. The picnic shelter is equipped with bathroom facilities and electrical service. They are perfect for birthday parties, family reunions and small company picnics. Call 236-3218 for reservations.

GOLF COURSE BANQUET/MEETING ROOM (250 max. capacity)

(\$60/hour Sun-Fri) (\$75/hour Sat) (\$50 set up fee during normal operating hours, \$50 hourly afterhours) Table Linens extra \$40 up to 120 people) Ice machine available free of charge. ABC License required for alcohol. Call 236-2641 for reservations.

GALAX PARKS AND RECREATION BIKE LIBRARY



If you do not have a bike and would like to ride, we have some available for FREE! We will provide the bike and helmet. Parents must sign initial paperwork for riders, then check the equipment out. It's just like checking out a book at the library! Bikes are only available during Recreation Center hours

CARDIO & WEIGHT ROOM

Looking for a great workout? Come to the Galax Recreation Center for all your fitness needs. Our cardio room features treadmills, steppers, exercise bikes, rower and elliptical cycle. The weight room features Nautilus Nitro equipment. You can also get in a few laps in on our indoor rubber track located on the second level.

ID Card System

Galax Recreation Center will issue ID cards for weight room and cardio room members. Daily use passes for the weight room and cardio room may be purchased for \$5.00 per day (this is available to city and non-city residents). Membership payment for cardio and/or weight room where patrons are renewing or starting a new membership only pay a one-month fee instead of the current month and next full month. This will benefit all participants whether new or old.

Cardio or Weight Room MONTHLY COST

Individual	\$15.00
Adult Couple (married in same household)	\$20.00
Family (same household) ²	\$25.00
Senior Individual (age 55 & above)	\$10.00
Senior Adult Married Couple (age 55 & above)	\$15.00
Teen (ages 13 – 17) ¹	\$10.00

¹Participants may register as a teen if they are 13 – 17 years old. Teen's age 13 – 15 must be supervised by an immediate family member 16 years old or older.

²Family members include mothers and/or fathers and children under 21 years old.

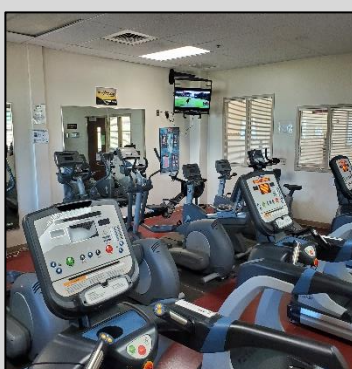
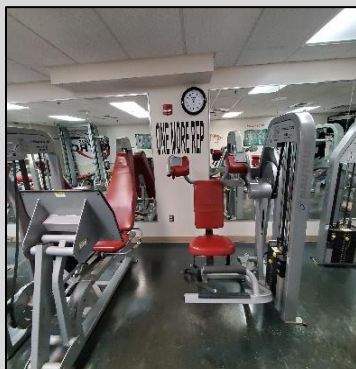
Cardio and Weight Room MONTHLY COST

Individual	\$25.00
Adult Couple (married in same household)	\$35.00
Family (same household) ²	\$40.00
Senior Individual (age 55 & above)	\$15.00
Senior Adult Married Couple (age 55 & above)	\$25.00
Teen (ages 13 – 17)	\$15.00

A 20% DISCOUNT WILL BE GIVEN ON MEMBERSHIPS PAID FOR A YEAR IN ADVANCE.

CARDIO & WEIGHT ROOM GUIDELINES

Prior to entering the cardio and weight rooms, **patrons must sign in and show their Rec. ID cards at the control desk.** Patrons are required to be a minimum of 13 years old to be able to use the cardio or weight rooms. Patrons 16 years old and older are allowed to use the weight and/or cardio room without parent supervision. All weight bars and other equipment must be returned to its proper place after use. Patrons are encouraged to bring a towel and wear appropriate workout clothes in the cardio and/or weight room. Galax Parks and Recreation Department is **not** responsible for any injuries that may occur while using the weight or cardio room equipment. If you have questions about the proper use of the equipment, please ask a Recreation Center Supervisor for assistance. Only drinks in spill-proof containers will be allowed in the cardio and weight rooms. No food.



GALAX MUNICIPAL GOLF COURSE

Galax Municipal Golf Course, Conference, and Banquet Rooms

107 Country Club Lane • Galax, Virginia 24333

The Galax Municipal golf course is a 9-hole facility with gas powered golf carts. If you are interested in booking a wedding reception or reunion, give us a call! Call 236-2641 for more information.



Golf Course Clubhouse Banquet / Meeting Room Rentals

\$60 hourly Sunday – Friday (\$75 hourly on Saturdays) (250 maximum capacity)

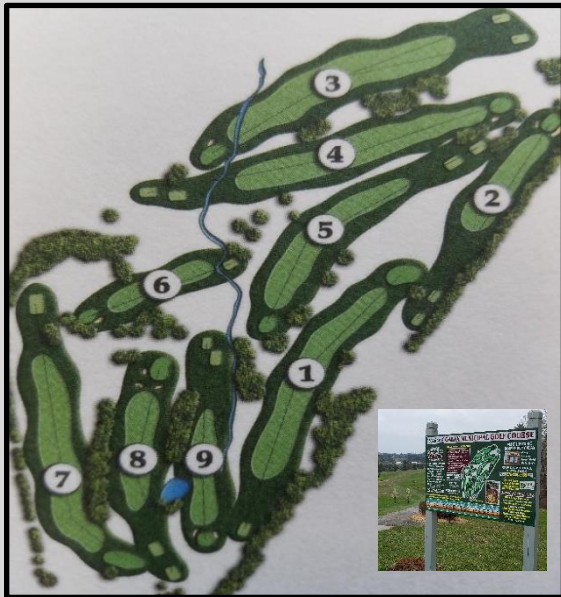
On the day of the event set-up is free during normal clubhouse hours. There will be a \$50 set-up fee for the day before the event during normal operating hours. If after hours, set up is \$50 per hour.

Golf Course Clubhouse banquet meeting rooms can be rented multiple days at \$500 a day (2-day minimum). Renters must provide their own table linens.

Ice machine & gas grill are available free of charge.

ABC license is required for alcohol. Call 236-2641 for reservations.

The golf course management reserves the right to close the course due to inclement weather to help protect the course from damage. Please call ahead to the Pro-Shop at 236-2641 during periods of inclement weather and for upcoming events.



Galax Municipal Golf Course Hours of Operation

January	(10:00 am – 4:00 pm)
February	(10:00 am – 4:00 pm)
March	(9:00 am – 5:00 pm)
April	(8:00 am – 7:00 pm)
May - August	(8:00 am – 8:30 pm)
September	(8:00 am – 7:30 pm)
October	(9:00 am – 6:00 pm)
November	(10:00 am – 4:30 pm)
December	(10:00 am – 4:30 pm)

Golf Course Rules & Regulations

Only two riders per golf cart. Drive safely. Keep feet inside cart at all times. A valid driver's license is required to operate a cart. Proper golf attire required. Singles and/or twosomes must be paired on busy days. Groups will be alternated after nine (9) holes with groups going off #1 tee. Slower groups shall allow faster groups to play through. No alcoholic beverages allowed on course. No mulligans off #1 tee Saturday – Sunday or Holidays. Limit time looking for balls. Five (5) minutes, PLEASE. Keep cart off tee boxes and 20 feet from all greens. Replace all divots, rake sand traps and repair ball marks on greens.

GOLF CLUB RENTALS

We have golf clubs available to rent at our clubhouse pro shop if you would like to give golfing a try without investing in clubs. See our pro shop manager for right and left-handed clubs.



Children's Activity Programs

Summer Activity Program (SAP) 2024

The Galax Parks and Recreation Department Summer Activity program offers quality supervision and a fun and safe environment full of multiple activities for children ages 6 to 12. Activities include: indoor and outdoor recreational games and activities, crafts, and swimming at the outdoor pool! The program operates Monday through Friday from 8 am until 5:30 pm. Closed on July 4th. The start date of the program will be contingent upon the release date of Galax City Schools for summer break and the program will end on Friday, July 26th.



Weekly Rates:
\$100.00 per child
\$180.00 for two children
\$270.00 for three children in the same household.

Registration Dates
City Resident/Employee ~ March 12 – 17
Open Registration – March 18

Call 276-236-3218 for more information.



Children's Activity Programs

After School Activity Program (ASAP) 2024 – 2025

The Galax Parks and Recreation Department's After School Activity Program offers quality supervision for children who attend Galax City Schools in grades K through 5. The program provides after school pick up until 5:30 pm, a snack, recreational games and activities, crafts and homework assistance. The program operates Monday through Friday except when Galax City Schools are closed for holidays, workdays, and inclement weather. If the school closes before noon for inclement weather, the program will not operate. We do operate for any closing at noon or after.



Weekly Rates:
\$50.00 per child
\$90.00 for two children in the same household
\$130.00 for three children in the same household

Registration Dates
Open Registration – May 13

Call 276-236-3218 for more information.



Learn to Swim



Welcome to the American Red Cross Learn to Swim Program! You have started your child on a journey to learn how to be safe in, on and around the water. We will be offering Parent Tot and Parent Preschool lessons. These are Parent Assisted classes. For these first two levels of the program, parents will be swimming with their child and helping to get them adjusted to the water. We will also offer Level 1, 2 & 3 lessons. Upon completing Level 3 lessons, to continue their stroke development, they can become part of the Galax Maroon Tide Swim Team. We will also be teaching an adult level swim class.

During Levels 1, 2 & 3, parents will be allowed to watch the second half of the 5th and 10th classes. We do this to cut down on distractions to the classes.

All classes must have a minimum of 3 participants to hold a class.

All classes will be led by an American Red Cross Water Safety Instructor.

Parent Tot and Parent Preschool classes are designed to acclimate your child to the water environment and teach muscle control and knowledge of pool rules and provide a safe and friendly environment for the child to become accustomed in the pool.

- | | |
|---------|---|
| Level 1 | Water Safety Rules, entering the water, traveling 5 yards independently, bobbing 3 times, gliding on front supported 2 body lengths, rolling to back, floating for 3 seconds with support and recover |
| Level 2 | Water Safety Rules, jump in at chest deep water, float on front and back for 5 seconds and recover, roll from back to front, and recover, push off and swim combined arm and legs on front for 5 body lengths and roll to back for 15 seconds, roll to front for 5 body lengths |
| Level 3 | Water Safety Rules, jump into deep water, retrieving objects, front and back crawl for 15 yards, dives, demonstrate rotary breathing and maintaining body position in water by floating or treading water for 30 seconds |

Adult and Teen lessons provide an opportunity for these individuals to take swimming lessons in a safe and friendly environment among people of their own age group.

Swim Lessons

Session 10

January 8 - February 7, 2024

Mon, Wed Only

6:00-6:45 pm Level 1 (ages 4 & up)

7:00-7:45 pm Level 2

Session 1

February 12 - March 13, 2024

Mon, Wed Only

6:00-6:45 pm Level 1 (ages 4 & up)

7:00-7:45 pm Level 2

Session 2

March 18 - April 17, 2024

Mon, Wed Only

6:00-6:30 pm Parent Tot

(Parent Tot ages 19-36 months)

6:45-7:30 pm Parent Preschool

(Parent Preschool ages 37-56 Months)

7:45-8:30 pm Level 1 (ages 4 & up)

Session 3

April 22 - May 22, 2024

Mon, Wed Only

6:00-6:45 pm Level 2

7:00-7:45 pm Adult

Summer sessions Class M,T,W,Th

Make-up For Weather on Fridays

Session 4

June 10 - June 25, 2024

3:00 - 3:45 pm Level 1 (ages 4 & up)

4:00 - 4:45 pm Level 2

6:00-6:30 pm Parent Tot

(Parent Tot ages 19-36 months)

6:45-7:30 pm Parent Preschool

(Parent Preschool ages 37-56 Months)

7:45-8:30 pm Level 3

Swim Lessons Continued

Session 5

July 1 - July 16, 2024 (No Class July 4)

3:00-3:45 pm Level 2

4:00-4:45 pm Level 1

Session 6

July 22 - August 13, 2024 M,T,W,Th

(No Class week of August 4 – 10)

3:00 - 3:45 pm Level 3

4:00 - 4:45 pm Level 2

6:00 - 6:45 pm Level 1

7:00 - 7:45 pm Adult

Session 7

September 9 – October 9, 2024 (Mon & Wed only)

6:00-6:45 pm Level 1 (ages 4 & up)

7:00-7:45 pm Level 2

Session 8

October 14 - November 13, 2024

6:00-6:45 pm Level 2

7:00-7:45 pm Level 1 (ages 4 & up)

Session 9

January 6 - February 5, 2025

6:00 - 6:45 pm Level 1 (ages 4 & up)

7:00 - 7:45 pm Level 2





Lifeguard Training Class

May 4, 2024

(In water session only)

Sign-up Deadline (April 20, 2024)

Cost \$200.00

This class will be a blended learning class. All course work must be completed upon arrival of class on May 4, 2024.

Registration deadline will be on April 20, 2024. Upon registration, you will be given access to the online format. When all class work is complete, you must print off the completion page. You must bring a copy of that page to the May 4th class. If you cannot complete the prerequisite components on May 4th, you will not be allowed into the class. Prerequisite components are as follows:

Participant must be able to swim 300 yards of freestyle or breast stroke in a strong manner.

Participant must be able to swim 25 yards and retrieve a 10lb brick off the bottom of the pool, return it and climb out of the pool in 1 min and 40 seconds.

Participant must be able to tread water for 2 min without use of hands and arms.

If you are not able to pass the prerequisites or come to class without the online session completed, you will not be allowed to continue with class on May 4th.

(REFUNDS WILL NOT BE GIVEN FOR THIS CLASS!!!)



Indoor Pool Parties

Pool parties are available upon request. Indoor Pool cost is \$125.00 for an hour and 15 minutes of pool time and 45 minutes of party room time to open presents and have cake. (It is the responsibility of the host to clean up after the party). Floats are allowed during the party.

Schedule for Indoor Pool Parties:

Party Saturday:	Pool Time 11:30 am – 12:45 pm
	Room Time 12:45 pm – 1:30 pm
Party Sunday:	Pool Time 2:30 – 3:45
	Room Time 3:45 pm – 4:30 pm

Mermaid Party

You can have your pool party with your very own Mermaid. The Mermaid will make a special appearance and swim with you for your party. She will teach you how to play Mermaid games and give you a special gift from her treasure box before you leave. (Mermaid Party will be an additional \$50 charge to the party fee).



Outdoor Pool Parties

Outdoor Pool Parties are available at the Galax Outdoor Pool from June 1 – August 4. Cost is \$200 for 2 hours.

Party Saturday:	6:00 pm – 8:00 pm
Party Sunday:	6:00 pm – 8:00 pm

Indoor Pool Instructional Water Classes

Morning Water Aerobic Exercise Classes

Cost: \$30.00 (each session)

Monday – Wednesday – Friday

Morning Water Exercise

Get your day started off right with a morning water class!

Water Aerobics: 7:30 – 8:15 am

Water Aerobics: 8:30 – 9:15 am

Water Aerobics: 9:30 – 10:15 am

Water Aerobics: 12:30 – 1:15 pm

Arthritis Aquatic Exercise

Session 10

Created by the National Arthritis Foundation and taught by their certified instructors. This exercise program targets individuals with arthritis and other joint related diseases. These exercises help ease joint pain, increase range of motion, and improve flexibility.

These exercises are gentle and are performed in shallow water.

Arthritis Class: 10:30 – 11:15 am

Arthritis Class: 11:30 – 12:15 pm

Evening Water Aerobic Exercise Classes

Cost: 30.00 (each session)

Monday – Wednesday – Friday

5:00 – 5:45 pm

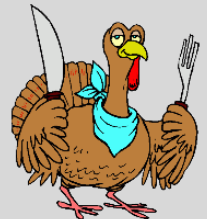
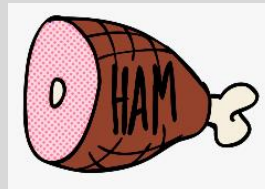
Total Body Water Workout

Get the aerobic exercise you need without stress to your joints! Improve your flexibility, balance, and increase your lung capacity and stamina!



Water Exercise Class Session Dates

Session 1	January 8 – February 9, 2024
Session 2	February 12 – March 15, 2024
Session 3	March 18 – April 19, 2024
Session 4	April 22 – May 24, 2024
Session 5	May 27 – June 28, 2024
Session 6	July 1 – August 2, 2024 (No Class Aug 3 – 12 Fiddlers Convention)
Session 7	August 12 – September 13, 2024 (No Class on Labor Day Sept 2)
Session 8	September 16 – October 18, 2024
Session 9	October 21 – November 22, 2024
Session 10	November 25 – December 27, 2024 (No Classes Dec 25, 2024)
Session 11	December 30, 2024 – January 31, 2025 (No Classes January 1, 2025)
Session 12	January 6 – February 7, 2025



WIN AN EASTER HAM OR THANKSGIVING TURKEY!

Swim with us anytime during the months of March and November to be registered for an Easter Ham or Thanksgiving Turkey. Every time you come to the pool to swim you qualify to fill out an entry form for our giveaway. Take a water class, it qualifies! Come to open swim or lap swim, it qualifies! The more times you come the more chances you get. Drawings: March 22, 2024 and November 22, 2024.

Galax Maroon Tide Swim Team

Session 1 January 4 – April 11, 2024
(Cost \$30.00)

Session 2 May 28 – July 27, 2024
(Cost \$40.00)
Sept 10 – December 12, 2024
(Cost \$30.00)

Practices Session 2

Monday, Tuesday, Wednesday, Thursday

Ages 10 & Under: 6:15 – 7:15 pm

Ages 11 – 18: 7:15 - 8:15 pm

Session 1 and 3

Tuesdays & Thursdays

10 & Under: 4:30 – 5:30 pm

Ages 11 - 18: 5:30 – 6:30 pm

Children under the age of 10 must be able to swim at least 25 meters to be on the team. Children from 11 – 18 must be able to swim 50 meters to be on the team. If you are unsure about your child’s swimming ability, you may bring them by one of our pools for a swim test.

INDOOR POOL

Public Swim

Cost \$2.00 per day

Tuesdays and Thursdays 6:45 – 8:45 pm

Through May 16, 2024

Public swim resumes September 10 - May 15, 2025

No Public Swim November 23, December 26 & 28

Lap Swim

Indoor Pool

Cost \$1.50 per day

September 10, 2024 – May 15, 2025

Monday 1:30 – 2:30 pm

Wednesday 1:30 – 2:30 pm

Friday 1:30 – 2:30 pm

Saturday 10:00 – 11:30 am

Sunday 1:00 – 2:30 pm

Outdoor Pool

Outdoor Pool Schedule 2024

Opens May 28, 2024 and Closes August 11, 2024

Monday – Saturday 12:00 – 5:45 pm

Sundays 1:00 – 5:45pm

Cost is \$5.00

Children under 5 are \$1.00

Pool Passes for Outdoor Pool Only

\$190 Family Pass (5 persons in same household)

\$95 Individual Pass

Pool Passes for Indoor Pool Only

\$190 Family Pass

\$95 Individual Pass





Fitness Opportunities for Seniors

We offer several options for seniors at little or no cost to meet their fitness and wellness goals that include the following:

- **Walking Tracks: Indoor at Recreation Center plus 2 outdoor options at Felts Park and Mountain View Park**
- **Senior Walking Club**
- **Senior Exercise Room (Located in the Senior Lounge. FREE for seniors 55 & over. Equipment includes treadmill, recumbent bike, rowing machine, various resistance equipment and free weights. For seniors 55 & over only.)**
- **Water Aerobics**
- **Arthritis Aquatic Exercise**
- **Lap Swim**
- **Line Dancing**
- **Pickleball**
- **Tennis**
- **Senior League at Galax Municipal Golf Course**

We participate with these national Fitness programs:



Tuesdays, Thursdays & Fridays 8:00am-12:00pm

Times and days may vary due to other Galax Recreation Department activities. Be sure to check the monthly pickleball schedule. Games are held in the 4th floor gym. Pickleball is open to adults ages 18 & over and is free!

Spin

NEW INSTRUCTOR! Moderate to high intensity class. Pedal through hill climbs, sprints, & many other challenging drills & exercises. All levels welcome.

Tuesdays & Thursdays
6:00 PM-7:00 PM

\$45 per session *OR* \$5 per class
Maximum 8, minimum 6
Held at Galax Recreation Center

Fitness Classes

Session I
April 2-May 9, 2024

Session II
May 14-June 20, 2024

Session II
June 25-August 1, 2024

Session IV
August 13-September 19, 2024

Session V
September 24-October 31, 2024

Session VI
November 5-December 19, 2024

Session I
January 7-February 13, 2025

Session II
February 17-March 27, 2025

Yoga Flow

Gentle yoga class suitable for beginners

Mondays & Wednesdays
4:00 PM-5:00 PM

\$25 per session *OR* \$2.50 per class
Maximum 15, minimum 5
Held at Galax Municipal Golf Course

Session II
February 12-March 20, 2024

Session III
March 25-May 1, 2024

Session IV
May 6-June 12, 2024

Session V
June 17-july 31, 2024

Session VI
August 12-September 18, 2024

Session VII
September 23-October 30, 2024

Session VIII
November 4-December 18, 2024

Session I
January 6-February 12, 2025

Session II
February 17-March 26, 2025

All Levels Yoga

Vinyasa style yoga class suitable for any level

Thursdays
5:30 PM-6:30 PM

\$18 per session *OR* \$3 per class
Maximum 16, minimum 5
Held at Galax Recreation Center

Session II
February 15-March 21, 2024

Session III
March 28-May 2, 2024

Session IV
May 9-June 13, 2024

Session V
June 20-August 1, 2024

Session VI
August 15-September 19, 2024

Session VII
September 26-October 31, 2024

Session VIII
November 7-December 19, 2024

Session I
January 2-February 6, 2025

Session II
February 13-March 20, 2025

Line Dancing

No experience necessary. You'll learn basic steps and dances using country, oldies and Latin music.

Tuesdays
9:00 AM-9:45 AM

\$18 per session *OR* \$3 per class
Maximum 16, minimum 5
Held at Galax Municipal Golf Course

Session II
February 13-March 19, 2024

Session III
March 26-April 30, 2024

Session IV
May 7-June 11, 2024

Session V
June 18-July 30, 2024

Session VI
August 13-September 17, 2024

Session VII
September 24-October 29, 2024

Session VIII
November 5-December 17, 2024

Session I
January 7-February 11, 2025

Session II
February 18-March 25, 2025

Trips for Seniors

Dining Trips

Dutch Treat Meals

Peking

Wytheville, VA

(Chinese Cuisine)

Thursday, March 7, 2024

10:00 AM-1:30 PM

Crooked Oak Restaurant

Hillsville, VA

(Diner Cuisine)

Thursday, April 4, 2024

10:30 AM-1:30 PM

Libby Hill

Mt. Airy, NC

(Seafood Cuisine)

Thursday, May 9, 2024

10:30 AM-1:30 PM

The Depot

Dobson, NC

(Varied Cuisine)

EVENING TRIP!

Thursday, June 6, 2024

4:30 PM-7:00 PM

NO JULY TRIP

Freeborne's

Laurel Springs, NC

(Varied Cuisine)

Thursday, August 1, 2024

10:00 AM-2:00 PM

Coppola's

Mt. Airy, NC

(Italian Cuisine)

Thursday, September 5, 2024

10:30 AM-1:30 PM

PLEASE NOTE!!! We do NOT have a passenger bus for the time being. We hope to have one Fall 2024. **THIS IS NOT SET IN STONE!** Until we have a bus, those wishing to participate in the dining and day trips will carpool to each location. **YOU MUST PRE-REGISTER FOR EACH TRIP** at the Rec Center so that appropriate reservations can be made. There is a limit of 16 per trip for carpool trips. This number will change once a bus has been purchased. Please check with the Rec Center in the Fall 2024 for more details.



Day Trips

Chautauqua Festival

Wytheville VA

Thursday, June 20, 2024

8:30 AM-5:00 PM

Free Admission

Wohlfahrt Haus Dinner Theater

The Motown Sound

August, 2024

Time TBA

Cost TBA

Enrichment Programs for Seniors

Alzheimer's Association Lunch & Learn Series

All classes are 11:00 AM-12:00 PM
Lunch will be provided
FREE
Must pre-register
Limit 20

10 Warning Signs of Alzheimer's

February 7, 2024
Pre-register before January 31, 2024

Understanding Alzheimer's and Dementia

March 6, 2024
Pre-register before February 28, 2024

Living With Alzheimer's: For Caregivers

April 3, 2024
Pre-register before March 27, 2024

Healthy Living for Your Brain and Body: Tips from the Latest Research

May 1, 2024
Pre-register before April 24, 2024



alzheimer's
association

End of Life Notebook Class

September 17, 2024
1:00 pm-3:00 pm
Seniors 55 & Over
FREE
Register before September 10, 2024
Limit 15

Planning for the end of your life will ease the burden on those you love in case of serious illness or at your death. By making a notebook, all your information will be in one place. All materials will be provided. Sections include:

- Personal Burial plan
- Immediate tasks and persons to contact
- Document locator
- Personal information
- Medical information
- Financial information
- Legal information
- Retirement information
- Personal Assets

AARP Free Income Tax Preparation

2025 Tax preparation dates to be announced

Seniors 50 & over
BY APPOINTMENT ONLY!
FREE

Have your taxes prepared by AARP professionals. Come by the Rec Center to make an appointment and pick up your packet. Call the Rec Center for more details. 276-236-3218.



Enrichment Programs for Seniors

Understanding Medicare

Thursday, October 10, 2024

10:00 am-11:00 am

Seniors 55 & Over

FREE

Register before October 3, 2024

Limit 20

Medicare can be confusing but thankfully, a representative with 1 to 1 Advisors of Insurance will explain the different Medicare plans available to seniors and help to make the process of choosing the right plan less confusing. Light refreshments will be provided.

Senior Scams

Tuesday, May 21 2024

1:00 pm-2:00 pm

Seniors 55 & Over

FREE

Register before May 14, 2024

An officer with the Galax Police Department will be here to educate seniors on how to avoid becoming a victim of scams that target seniors. Participants will learn about types of scam methods and preventative strategies. Light refreshments will be provided.

Making the Most of Your Golden Years

Tuesday, May 14, 2024

Tuesday, June 18, 2024

11:00 am-1:00 pm

Seniors 55 & Over

FREE

Register before May 7, June 11, 2024

Limit 20

A program presented by Commonwealth Senior Living Hillsville that offers tips on how to make the most of the best years of your life! Lunch will be provided.

The History of Galax

More History of Galax Music: Back by Popular Demand!

Tuesday, October 1, 2024

1:00 pm-2:30 pm

FREE

Register before September 24, 2024

Trish Fore, local musician, and historian is back with even more stories and music from our area's rich musical history. She will have books, musical excerpts, and various other materials. Maybe we will hear some live music!

Interesting Facts about Galax

Tuesday, September 24, 2024

1:00 pm-2:30 pm

FREE

Register before September 17, 2024

Eddie Alford with the Jeff Matthews Museum will be here with more interesting facts about our city. He will be bringing some items from the museum with him. Eddie presents local history with knowledge and humor. Do not miss out!

SPECIAL EVENTS FOR SENIORS 55 & OVER



Dining Delights

Friday, March 15, 2024

11:00 AM-1:00 PM

FREE

Limit 20

Register before March 8, 2024

Culinary class led by the Commonwealth Senior Living Hillsville Dining Director. All supplies will be provided.

Senior Spa Day

Thursday, April 18, 2024

Limit 20

Women 55 & Over

Must make an appointment. Call Recreation Center for cost.

Register before April 11, 2024

Enjoy a day of pampering! Services offered include massage, manicure, pedicure, hair styling and makeup.



Expressions Painting Class

Tuesday, August 20, 2024

11:00 AM-1:00 PM

FREE

Limit 20

Lunch will be provided

Register before August 13, 2024

Commonwealth Senior Living brings their Signature program to the Rec Center. No experience necessary. All materials are supplied.

River Picnic

Thursday, July 18, 2024

(Rain date July 25, 2024)

11:00 AM-2:00 PM

FREE

Limit 20

Register before July 11, 2024



New location! Call the Rec Center for details. Hot dogs, buns and condiments will be provided. Please bring a side dish or dessert.

Country & Western Dance

Friday, August 30, 2024

5:00 PM-7:00 PM

FREE

Limit 50

Register before August 23, 2024



Wear your best western attire!

BBQ will be provided (Please bring a covered dish).

SENIOR PARTIES

**All parties are free
Seniors 55 & over ONLY
Please pre-register**

Luuu Party

Thursday, May 2, 2024

11:00 AM-1:00 PM

4th Floor Gym

BBQ will be provided (Bring a covered dish).

Register before April 25, 2024

Halloween Party

Thursday, October 31, 2024

11:00 AM-1:00 PM

4th Floor Gym

Chicken Tenders will be provided (Bring a covered dish)

Register before October 24, 2024

Christmas Party

Thursday, December 12, 2024

11:00 AM-1:00 PM

4th Floor Gym

Ham will be provided (Bring a covered dish)

Register before December 5, 2024

Valentines Party

Thursday, February 13, 2025

11:00 AM-1:00 PM

4th Floor Gym

Pasta will be provided (Bring a covered dish)

Register before February 6, 2025



Games For Seniors 55 & Over



Wii Bowling

(Tuesdays)

10:00 am – 1:00 pm

Limit 20

FREE

Please pre-register

Spring League 2024

March 12 – April 23, 2024

Fall League 2024

September 24 – November 5,
2024

Spring League 2025

March 11 – April 22, 2025



Bingo

The following Thursdays:

January 11, 2024

February 15, 2024

March 14, 2024

April 11, 2024

May 16, 2024

June 13, 2024

July 11, 2024

August 15, 2024

September 12, 2024

October 17, 2024

January 16, 2025

February 20, 2025

3rd Floor Multi-Purpose
Rooms A and B

Cost: \$1.00

1:00 – 2:00 pm

Popcorn and drinks
provided

No need to pre-register



American Mahjong

A game played with tiles and usually played by 4 individuals. The object of play, similar to that of the rummy card games, is to obtain sets of tiles. In turn, players draw and discard tiles until they complete a hand using a yearly card that describes the winning combinations of tiles (called "hands"). The goal of the game is to match your tiles with one of these combinations. No experience necessary.

Limit 16

Fridays 12:00-3:00PM in the Senior Lounge

FREE



Friday Potluck Game Night

Bring your own games or play the ones provided including Hand & Foot, Phase 10, and various board games. Everyone brings a snack or covered dish.

FREE No need to pre-register

No Limit

5:00 PM-7:00 PM April - September

3:00 PM-5:00 PM October - March

The first Friday of the month:

February 2, 2024

September 6, 2024

March 1, 2024

October 4, 2024

April 5, 2024

November 1, 2024

May 3, 2024

No meeting in December

June 7, 2024

January 3, 2024

July 5, 2024

February 7, 2025

No meeting in August

Senior Clubs

Senior Walking Club

\$10 per year registration fee

Awards

First 100 miles	Water Bottle
1000 miles	Tee Shirt
3000 miles	Sweatshirt
5000 miles	Shoes
10,000 miles	\$100 Gift Card

- Every participant must fill out a registration form and pay the \$10 registration fee when they first sign up and annually from the original registration date. Please fill out the form and pay at the first-floor desk.
- Walking times for the Recreation Center inside track vary seasonally. Please contact the Rec center for times. The outdoor track is open daily until 9:00 PM.
- Miles will no longer be kept for those not registered in the awards program, for those who have let their dues expire, or for those who have not turned in mileage for 3 consecutive months. If a person wishes to remain on the active list and will not be able to turn in mileage for 3 months, they must notify the Recreation Center office at 236-3218.
- Please log your miles each time you walk. Must be actual miles walked, not steps recorded during the day. Mileage charts are kept at the 2nd Floor desk.



North Star Senior Coloring Group

Tuesdays

2:00 PM-6:00 PM

**3rd Floor Senior Lounge
For Seniors 55 & Over**

FREE

**Bring your own colored pencils,
markers, etc.**



Knitting & Crochet

Mondays

1:00 – 3:00 pm

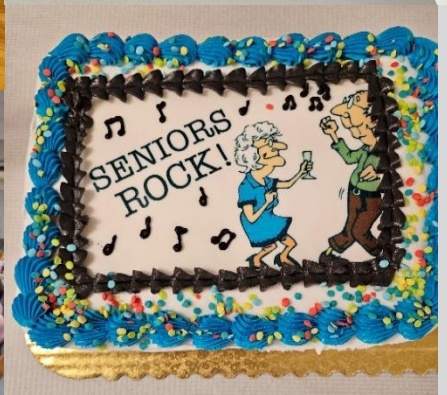
4th Floor Conference Room

Free ~ No limit

New participants welcome! No experience necessary. One of our experienced crafters will help you get started with information on needle and yarn choices, pattern reading, and stitch making.

The group participates in community donation programs. The Rec Center also collects lap blanket donations for hospice patients.





Adult Sports

CO-ED Cornhole

Registration is May 13th, 2024 – June 17th, 2024. Registration fee is \$60 per team.

This is a new program for men and women ages 16 years old or older. Games will be held at Felts Park Grandstand area during summer months. Days TBD

CO-ED Volleyball

Registration is October 14th, 2024 – November 11th, 2024. Registration fee is \$250 per team.

This is a new program for men and women ages 16 years old or older. Games will be held in the Galax Recreation Center 1st floor gym December-February. Days TBD.

33 & Over Basketball

Registration is October 14th, 2024 – November 11th, 2024. Registration fee is \$300 per team.

This league is offered to adults that are 33 years old or older. Games will be held in the 1st floor gym at the Galax Recreation Center December-February. Days TBD.

Men's Futsal

Registration is December 16th, 2024 – January 13th, 2025. Registration fee is \$240 per team.

This program is offered to men 18 years old or older. Limited spots available. A maximum of 8 players per team is allowed. Games will be held in the 4th floor gym in February and March. Days TBD.

CO-ED Dodgeball

2025 Registration is January 27th, 2025 – February 24th, 2025. Registration fee is \$225 per team.

This is a new program added for men and women that are 18 years old or older. This program is designed for everyone to have fun and be active. Games will be held in the Galax Recreation Center 1st floor gym. Days TBD.

Pickleball

Tuesdays, Thursdays & Fridays 8:00am-12:00pm. Times and days may vary due to other Galax Recreation Department activities. Be sure to check the monthly pickleball schedule. Games are in the 4th floor gym.

This program is open to adults ages 18 & over and is free!

Summer Youth Sports

Tball

Registration is March 25th, 2024 – April 22nd, 2024. Registration fee is \$30

This program is offered to boys and girls ages 4 & 5 years old. It is designed to introduce the basics of baseball and softball. It's a great sport for beginners of all athletic abilities!

Coach Pitch

Registration is March 25th, 2024 – April 22nd, 2024. Registration fee is \$30.

This program is offered to both boys and girls ages 6 & 7 years old. If players are unsuccessful at hitting from the coach after 3 attempts, they will use a tee. It is a little more advanced so players learn more about the fundamentals and basics of baseball and softball.

Dixie Baseball & Softball

Registration is February 12th, 2024 – March 18th, 2024. Registration fee is \$30.

Teams compete in the Dixie Youth Baseball and Dixie Youth Softball leagues. Baseball and softball teams are divided into these age groups:

10 & Under

12 & Under

15 & Under



Winter Youth Sports

Youth Basketball

Registration is October 14th, 2024 – November 11th, 2024. Registration fee is \$30 per player.

This program is designed to make sure kids of all ages are having fun while staying active. We push our coaches to run upbeat and encouraging practices to make sure players stay engaged. Youth basketball is open to boys and girls.

- 7 & under – open to ages 5, 6 and 7
- 10 & under – open to ages 8, 9 and 10
- 13 & under – open to ages 11, 12 and 13

Youth Indoor Soccer/Futsal

Registration is September 30th, 2024 – October 28th, 2024. Registration fee is \$30 per player.

This program is for youth that want to learn more about soccer while staying indoors during the winter months. Practices and games will be held in the 4th floor gym on Wednesday and Friday evenings starting in November and ending in January.

- Youngest group - ages 6, 7 and 8
- Oldest group - ages 9, 10, 11 and 12



Fall Youth Sports

8-Man Sandlot Football

Registration is July 8th, 2024 – August 2nd, 2024. Registration fee is \$30 per player.

This program is designed to maximize the amount of playing time for all youth. We incorporate safety through the USA Football tackle program and require all coaches to be certified to integrate the correct tackling skills for safety in practices and games. Games are held at Galax, Carroll and Grayson. Open to boys and girls in 3rd & 4th grade and 5th & 6th grade.

Flag Football

Registration is July 8th, 2024 – August 2nd, 2024. Registration fee is \$30 per player.

This program is designed for those who want to play football but are still a little too young for tackle. Get the skills and fundamentals while having a fun and positive experience with friends! Open to boys and girls in 1st & 2nd grade.

Youth Cheerleading

Registration is July 8th, 2024 – August 2nd, 2024. Registration fee is \$30 per cheerleader.

This program is for anyone who wants to cheer for our football teams! Games at Galax, Carroll and Grayson. Open to grades 3rd & 4th and 5th & 6th.

Youth Soccer

Registration is July 8th, 2024 – August 2nd, 2024. Registration fee is \$30 per player.

This program is a great way to get kids active and learn the basics of soccer! We offer a great program with coaches who allow the youth to have fun and learn at the same time! Youth soccer is available to boys and girls.

7 & under – ages 5, 6 and 7

10 & under – ages 8, 9 and 10

13 & under – ages 11, 12 and 13



Youth Contests and Camps

Basketball Skills Contest

February 1st, 2025. Ages 8-13

Basketball Free Throw Contest

January 25th, 2025. Ages 6-13

Basketball 3-Point Contest

January 25th, 2025. Ages 11-16

Maroon Tide Basketball Camp

June 24th, 25th & 26th, 2024 at 9AM-11AM at the Galax Recreation Center 4th floor gym

Maroon Tide Football Camp

July 29th & 30th, 2024 at 9AM-11AM at the Galax High School football field

Maroon Tide Cheer Camp

July 29th, 30th & 31st, 2024 at 6PM-8PM at the Grandstands

Maroon Tide Softball Camp

July 15th, 16th & 17th, 2024 at 6PM-8PM at Mt. View Park

Maroon Tide Baseball Camp

July 22nd, 23rd & 24th, 2024 at 6PM-8PM at Mt. View Park

Soccer Camp

July 29th, 30th & 31st, 2024 at 6PM-8PM at Felts Park

All contests and camps are FREE! For more information about each camp and registration, contact 276-236-3218.



SPECIAL EVENTS



31st Annual EASTER EGG HUNT

Saturday March 23, 2024 (Felts Park)

The Galax Parks and Recreation Department will provide the largest Easter Egg Hunt in the area.

12:00 noon for ages 3 & under

12:20 pm for ages 4 – 6

12:40 pm for ages 7 – 10.

Rain date: Sunday, March 24, 2024



SPONSORS: Classic Country 98.1 WBRF – Classic Country 93.1 WKBA (Roanoke) – 96.5 The Cat WCGX

VA BOATING SAFETY & EDUCATION CERTIFICATION COURSE

Saturday April 6, 2024

This Class will be held at the Galax Recreation Center from 8:00am-5:00pm

The cost is free! Limited enrollment to the first 50 people to sign up.

You must go online and register at the Virginia Department of Wildlife Resources website.

Participants must attend the entire session and pass the exam to satisfy the Virginia boating education law.



26th ANNUAL DR. ED DANNELLY NEW RIVER TRAIL 10K RUN & 5K WALK Saturday, May 4, 2024

Co-Sponsored by Galax Parks and Recreation Dept. and the New River Trail State Park

10K Race begins at 9:00 am Entry Fee: 10K Run ~ \$20.00 if postmarked by April 30, 2024

5K Walk \$15 includes T-shirt

Race day registration is from 7:30 - 8:45 am at the Dr. Ed Dannelly Fitness Park gazebo. Registration closes promptly at 8:45 am. Awards will be given to all 10K run overall winners and 10K age group winners. The New River Trail 10K race & 5K walk will start and finish at the Dr. Ed Dannelly Fitness Park. The 10K course is an out and back course and is entirely flat as it follows Chestnut Creek. The race is on the New River Trail.



36th Annual Twin County Regional Health Care Galax Autumn Days 5K Run Saturday, October 19, 2024

Co-Sponsored by Galax Parks and Recreation Dept.

1 mile race for kids 12 & under begins at 9:00 am

5K Race begins at 10:00 am

Race Day registration time is 8:00 – 9:45 am.

All registration will be accepted at www.runsignup.com

Entry Fee: \$20.00 if postmarked by October 15 then \$25.00 thereafter and on race day awards are for Overall, Master and Age Division winners.



HOLIDAY SEASON EVENTS



High Country Lights Galax, Virginia

2024 Celebrating 10 years in Felts Park
Thanksgiving through New Year's Day



2024 High Country Lights

This is an award-winning animated light show featuring thousands of SMART LED lights choreographed to your favorite Christmas tunes on a low-power radio station - 95.9 FM. It can be seen nightly Thanksgiving through New Year's Day. 6:00 pm to 10:00 pm Sunday through Thursday; 6:00 pm to 11:00 pm Friday & Saturday. Our show is a park-and-watch type setting and admission is free! It is worth the drive to see the magic! Santa will be happy!



Christmas Bazaar Saturday, November 16, 2024

Time: 9:00 am –3:00 pm
Galax Recreation Center 1st and 4th Floor Gyms



Over 90 vendors selling holiday crafts, food items, household & outdoor handcrafted items. Information about vendor registration will be sent out by mail. Please contact Mary Ellen Testerman at the Recreation Center by August 31, 2024 if you are interested in receiving information about being a vendor.

Applications will be mailed out on September 9, 2024.

Santa Letters



During our annual High Country Light Show in 2024, Access Home Health Care and Rehabilitation will be doing Santa Letters from Thanksgiving Night (11/28/2024) through 12/15/2024 in Felts Park. Santa's elves place a specially marked mailbox to the North Pole in the park where anyone can mail their letter to Santa. All letters need to include a legible name and return address. Each letter containing a return address will receive a personalized letter from Santa himself that includes a "Nice List" Certificate. AHCHR will post a letter to Santa template on their Facebook page that can be used or they can use a regular sheet of paper or their own template. Letters should be addressed to "Santa." They can be placed in the mailbox in Felts Park or mailed to 1123 East Stuart Drive, Galax, Virginia 24333.

GALAX COMMUNITY EVENTS

2024

Visit Galax, Virginia for all of these great events.

visitgalax.com

info@galaxva.com

888-217-8823 or 276-238-8130

BLUE RIDGE BACKROADS LIVE from the Rex Theater Every Friday Night at 7:00 pm

DR. ED DANNELLY 10K RUN
MAY 4, 2024 at NEW RIVER TRAIL
[galaxparks-rec.com]

TWIN COUNTY JEEP CLUB SHOW
JUNE 15, 2024 at Felts Park

INDEPENDENCE DAY PARADE
JULY 4, 2024 at Downtown Galax
[galaxfire.com]

CHAMPIONSHIP RODEO
JULY 5 & 6, 2024 at Felts Park
Sponsored by Oakland Ruritan Club

FIREMAN'S CARNIVAL
JULY 9-13, 2024 at Felts Park
[galaxfire.com]

KIDS OBSTACLE FUN RUN
JULY 20, 2024 at Felts Park
Info at Power Up OCR

SMOKE ON THE MOUNTAIN
JULY 19-20, 2024 at Downtown Galax
Virginia State BBQ Championship
[smokeonthemountainva.com]

88th ANNUAL OLD FIDDLERS CONVENTION
AUG 5-11, 2024 at Felts Park
[oldfiddlersconvention.com]

NATIONAL NIGHT OUT
AUGUST 1, 2024 at Downtown Galax
[visitgalax.com]

FALL INTO ART
OCTOBER 5, 2024
Arts, Crafts & Music for Everyone
[chestnutcreekarts.com]

FIRE PREVENTION PARADE
OCTOBER 8, 2024 at Downtown Galax
[galaxfire.com]

GALAX AUTUMN DAYS 5K RUN
OCTOBER 19, 2024 at Felts Park
[galaxparks-rec.com]

CHRISTMAS BAZAAR
NOVEMBER 16, 2024
at Galax Recreation Center
[galaxparks-rec.com]

HIGH COUNTRY LIGHTS
On Display Thanksgiving, 2024 – New
Year's Day 2025
[galaxparks-rec.com]

CHRISTMAS PARADE
DECEMBER 6, 2024 at Downtown Galax
[visitgalax.com]

**APPALACHIAN OLD TIME CHRISTMAS
FESTIVAL**
Date TBA at Downtown Galax

