



DEPARTMENT OF PARKS & RECREATION

**2025**

**PROGRAMS - ACTIVITIES**

**SPORTS - FITNESS**

**CLASSES - EVENTS**



# PROGRAM & ACTIVITIES

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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 CLP, Director**

Email: [tquesenberry@galaxva.com](mailto:tquesenberry@galaxva.com)

The Galax Parks and Recreation Department staff and I would like to invite our local citizens and families to visit the Galax Recreation Center in 2025 and participate in our many upcoming programs, activities, and events. We offer activities for every age from toddlers to our senior citizen programs. This year's brochure provides you with information on the various programs we have scheduled. Also, we will continue to offer new programs throughout the coming year. Additional programs we may add will be listed on our Facebook page, website, or flyers we have posted at the Galax Recreation Center. At our facility, we strive to provide a variety of programs that will hopefully enhance your general physical fitness, find a new hobby, and provide social outlets through our programs. We hope our activities will create a healthy lifestyle for everyone. If you are new to the area, I would personally like to invite you to 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 rooms for free. As we all go throughout 2025 we hope you will take advantage of our numerous program offerings and spend time at one of our many special events that take place each year in Felts Park.

## Assistant Director / Aquatics Coordinator

**Mr. Trace Lumpkin** [tlumpkin@galaxva.com](mailto:tlumpkin@galaxva.com)

## Senior/Fitness Activities Coordinator

**Mrs. Mary Ellen Testerman** [mtesterman@galaxva.com](mailto:mtesterman@galaxva.com)

## Sports & Athletic Coordinator

**Mrs. Morgan Brown** [mneff@galaxva.com](mailto:mneff@galaxva.com)

## Facility Maintenance

**Mr. Robby Hawkins** [rhawkins@galaxva.com](mailto:rhawkins@galaxva.com)

## Facility & Park Maintenance Coordinator

**Mr. Bob Baker** [bbaker@galaxva.com](mailto:bbaker@galaxva.com)



## Superintendent Golf Course/Landscaping/Cemeteries

**Mr. Justin Ward** [jward@galaxva.com](mailto:jward@galaxva.com)

## Golf Course Clubhouse Manager

**Mr. Thomas Mauck** Contact: [276-236-2641](tel:276-236-2641)

The Galax Parks and Recreation Department has many employees who maintain all 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 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, Contact the Galax Recreation Center at 276-236-3218.

# CITY PARKS & FACILITIES INFORMATION



**Galax Recreation Center** *601 South Main Street • Galax, Virginia 24333*  
[www.galaxparks-rec.com](http://www.galaxparks-rec.com) Phone: 276-236-3218

**Galax Outdoor Pool** *601 South Main Street • Galax, Virginia 24333*  
[www.galaxparks-rec.com](http://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. Please stop by and sit and reflect.





# FEES & RENTAL INFORMATION

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

**Call 236-3218 for reservations.**

## PICNIC SHELTERS AT FELTS PARK & MTN. VIEW PARK

\$25 for 3 hours, \$5 each additional hour. Picnic shelters may be rented anytime on a first come, first served basis. Rental fee is due at registration. 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 is 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, stair stepper, 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. The indoor track is free to the public.

## Cardio or Weight Room MONTHLY COST

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

## Cardio and Weight Room MONTHLY COST

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



## 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.

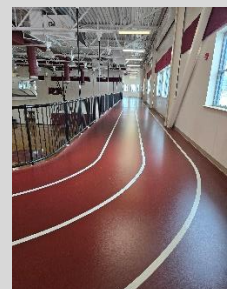
<sup>1</sup>Participants may register as a teen if they are 13 – 17 years old. Teens age 13 – 15 must be supervised by an immediate family member 16 years old or older.

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

**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 with a family member. Patrons 16 years old and older are allowed to use the weight and/or cardio room without parent supervision. Galax Parks and Recreation Dept. 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.





# 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!

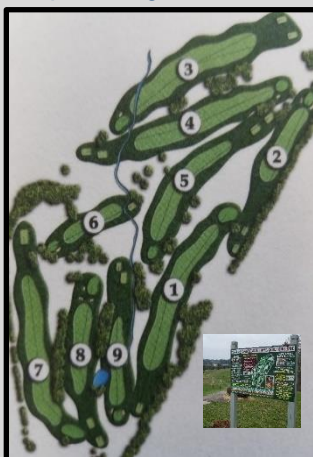
Call 236-2641 for more information.



## 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 276-236-2641 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 276-236-2641 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 CLUB RENTALS

We have golf clubs available to rent at our 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.



## 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.





# CHILDREN'S SUMMER ACTIVITY PROGRAM



## Summer Activity Program (SAP) 2025

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 4<sup>th</sup>. 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 26<sup>th</sup>.

### 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 PROGRAM

## After School Activity Program (ASAP) 2025 - 2026



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



***COST: \$30.00***

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 5<sup>th</sup> and 10<sup>th</sup> 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.



# Swimming Lessons

## Swim Lessons

### Session 10

January 6 - February 5, 2025

Mon, Wed Only

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

**7:00-7:45 pm Level 2**

### Session 1

February 10 - March 12, 2025

Mon, Wed Only

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

**7:00-7:45 pm Level 2**

### Session 2

March 17 - April 16, 2025

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 21 - May 21, 2025

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 9 - June 24, 2025

**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

June 30 - July 15, 2025 (No Class July 4)

**3:00-3:45 pm Level 2**

**4:00-4:45 pm Level 1**

### Session 6

July 21 - August 1, 2025 M,T,W,Th,F

**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 8 – October 8, 2025 (Mon & Wed only)

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

**7:00-7:45 pm Level 2**

### Session 8

October 13 - November 12, 2025

**6:00-6:45 pm Level 2**

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

### Session 9

January 6 - February 5, 2026

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

**7:00 - 7:45 pm Level 2**





# AQUATIC TRAINING & POOL PARTIES



## Lifeguard Training Class

**May 3, 2025**

(In water session only)

**Sign-up Deadline (April 19, 2025)**

**Cost \$200.00**

This class will be a blended learning class. All course work must be completed upon arrival of class on May 3, 2025.

Registration deadline will be on April 20, 2025. 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 3<sup>rd</sup> class. If you cannot complete the prerequisite components on May 3<sup>rd</sup>, you will not be allowed into the class. Prerequisite components are as follows:

Participant must be able to swim 150 yards of freestyle or breast stroke in a strong manner, tread water for 2 minutes not using hands and arms, swim another 50 yards.

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.

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 3<sup>rd</sup>.

**(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 May 31 – August 3. 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 CLASSES

## Morning Water Aerobic Exercise Classes

Cost: \$30.00 (each session)

Monday – Wednesday – Friday

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

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

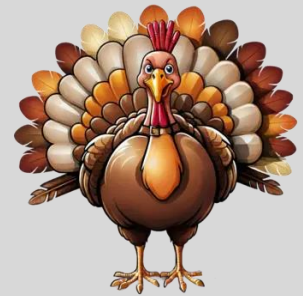
## Total Body Water Workout

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 6 – February 7, 2025
Session 2	February 10 – March 14, 2025
Session 3	March 17 – April 18, 2025
Session 4	April 21 – May 23, 2025
Session 5	May 28 – July 2, 2025 (No Class May 26)
Session 6	July 7 – August 15, 2025 (No Class July 4) (No Class Aug 4 – 10 Fiddlers Convention)
Session 7	August 18 – September 19, 2025 (No Class on Labor Day Sept 2)
Session 8	September 22 – October 24, 2025
Session 9	October 27 – November 28, 2025
Session 10	December 1 – January 9, 2026 (No Classes Dec. 24, 25, January 1, 2026) (No Class December 31 & January 1, 2026)
Session 11	January 12, 2026 – February 13, 2026



## WIN AN EASTER HAM OR THANKSGIVING TURKEY!

Swim with us anytime during the months of March and April 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: April 11, 2025 and November 20, 2025.

# AQUATIC ACTIVITIES

## Galax Maroon Tide Swim Team



**Session 1** January 7 – April 10, 2025

(Cost \$30.00)

**Session 2** May 27 – July 26, 2025

(Cost \$40.00)

**Session 3** Sept 16 – December 11, 2025

(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

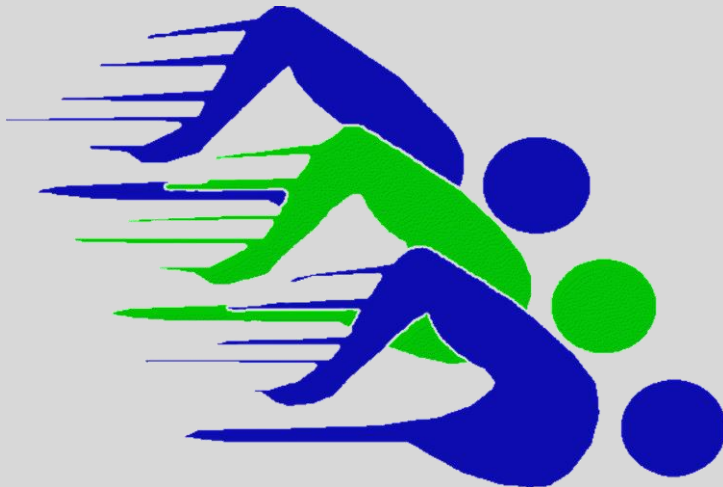
### Session 1 and 3

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 15, 2025

Public swim resumes September 15 - May 14, 2025

No Public Swim November 27, December 22 –

January 1, 2026

## Lap Swim

Indoor Pool

Cost \$1.50 per day

September 10, 2025 – May 26, July 4, August 4-10,

(No Lap Swim

November 28, December 24, 2025 –

January 1, 2026)

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 2025

Opens May 27, 2025 and Closes August 10, 2025

Monday – Saturday 12:00 – 5:45 pm

Sundays 1:00 – 5:45 pm

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







# Health & 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 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**
- **Pickleball**
- **Tennis**
- **Senior League at Galax Municipal Golf Course**
- **Weight Loss Support Group**
- **Healthy Cooking Potlucks**
- **Seminars covering a wide range of health-related topics**



**We participate with these national Fitness programs:**





# Trips for Seniors

**Dining Trips \$6 per trip plus Dutch treat meals**

## Walkertown Seafood

### Walkertown, NC

(Seafood Cuisine)

Thursday, May 1, 2025

10:00 AM-2:00 PM

**Register March 11, 2025**

## Arigato

### Winston-Salem, NC

#### EVENING TRIP

(Japanese Cuisine)

Thursday, June 5, 2025

4:00 PM-7:30 PM

**Register March 11, 2025**

## Momo's/Cheese Factory

### West Jefferson, NC

(Italian/Sandwiches Cuisine)

Thursday, July 3, 2025

10:00 AM-2:30 PM

**Register March 11, 2025**

## Freeborne's

### Laurel Springs, NC

(Diner Cuisine)

Thursday, August 14, 2025

10:00 AM-2:00 PM

**Register July 8, 2025**

## Firebirds

### Winston-Salem, NC

(Steak, pasta, sandwich)

Thursday, September 4, 2025

10:00 AM-2:30 PM

**Register July 8, 2025**

## Moon Dog Pizza

### Wytheville, VA

(Pizza/Italian Cuisine)

Thursday, October 2, 2025

10:00 AM-2:00 PM

**Register July 8, 2025**

## Little Richards

### Mt. Airy, NC

(BBQ Cuisine)

Thursday, November 6, 2025

10:00 AM-2:00 PM

**Register October 14, 2025**

## Preston's

### Blacksburg, VA

(Buffet Cuisine)

Thursday, December 4, 2025

9:45 AM-3:00 PM

**Register October 14, 2025**

## Peking

### Wytheville, VA

(Chinese Cuisine)

Thursday, January 8, 2026

10:00 AM-1:30 PM

**Register October 14, 2025**

## Southern on Main

### Elkin, NC

(Southern Cuisine)

Thursday, February 5, 2026

10:00 AM-2:00 PM

**Register October 14, 2025**

### Senior Trip Guidelines

- Trips are for seniors 55 & over ONLY!
- All trips are limited to 13 passengers unless otherwise noted.
- Spaces are available on a first come, first served basis.
- All trips and their prices are subject to change at any time and for any reason.
- If a trip is full, your name will be added to a waiting list.
- You MUST pre-register for each trip.
- Registration must be made in person at the Rec Center.
- You must pay at registration to secure your spot on the bus.
- We CANNOT pick you up at your home. You must come to the Recreation Center. For certain trips we do have an alternate pickup location. Please check with the Recreation Center for details.

# Trips For Seniors

## **Shopping Trips \$6 per trip**

### **The Pinnacle**

**Bristol, TN**

Thursday, May 22, 2025

8:00 AM-6:00 PM

**Register March 11, 2025**

### **Hamrick's/Marshalls**

**Winston-Salem, NC**

TUESDAY, July 22, 2025

8:00 AM-5:00 PM

**Register March 11, 2025**

### **New River Valley Mall**

**Christiansburg, VA**

Thursday, September 18, 2025

8:30 AM-5:00 PM

**Register July 8, 2025**

### **Hanes Mall/Thruway Shopping Center**

**Winston-Salem, NC**

Thursday, November 20, 2025

8:30 AM-5:00 PM

**Register October 14, 2025**

### **Mercer Mall**

**Bluefield, WV**

Thursday, February 26, 2025

8:30 AM-5:00 PM

**Register October 14, 2025**



## **Day Trips**

### **Blue Ridge Parkway**

Thursday, June 26, 2025

10:00 AM-3:00 PM

**\$6.00 due at registration**

**BRING A PICNIC LUNCH**

**Register March 11, 2025**

We'll drive the Blue Ridge Parkway, stopping along the way for a picnic lunch. We'll do some shopping at Meadows of Dan before we return.

### **Barter Theater: Murder for Two**

**Abingdon, VA**

Thursday, October 23

Time TBA

Cost TBA

**Register July 8, 2025**

### **Taubman Museum of Art**

**Roanoke, VA**

Thursday, January 22, 2026

8:30 AM-5:00 PM

**\$6.00 plus cost of your meal**

**Register October 14, 2025**





# Better Health Programs for Seniors

ALL PROGRAMS ARE FOR SENIORS 55 & OVER ONLY!

## NEW PROGRAM!

### Weight Loss Support Group

2<sup>nd</sup> & 4<sup>th</sup> Wednesday of each month

4<sup>th</sup> Floor Conference Room

11:00 AM-12:00 PM

FREE

MUST REGISTER

Limit 12

Beginning March 12, 2025

Informal bi-monthly meeting where seniors can meet to discuss diet and exercise tips and find support to achieve their weight loss goals. There will be special speakers throughout the year.

## NEW EVENT!

### Healthy Cooking Potlucks

2<sup>nd</sup> Wednesday of each month

Senior Lounge

12:00 PM-1:00 PM

FREE

Must bring a covered dish

Beginning April 9<sup>th</sup>, 2025

We will discuss various foods & diets and bring a covered dish to share with the group. Drinks will be provided. There will be special speakers throughout the year.



## Educational Nutrition Series

### Healthy Aging, Bite by Bite

Wednesday, April 30, 2025

10:00 AM-11:00 AM

Limit 20

**Register March 11, 2025**

FREE

We will explore the dietary adjustments required to support healthy aging. From nutrient-rich foods to tips for maintaining muscle strength & managing chronic conditions, we will review practical strategies to help you nourish your body through this stage of life.

### Food for Thought: Nutrition for a Healthy Brain

Wednesday, June 18, 2025

10:00 AM-11:00 AM

Limit 20

**Register March 11, 2025**

FREE

This presentation delves into the connection between nutrition & brain wellness, exploring the best foods to boost memory, focus, and mental clarity. Learn how specific nutrients support brain function, protect against age-related cognitive decline, and promote overall mental vitality.

### Breaking Down Diabetes: Empowerment Through Education

Wednesday, November 5, 2025

10:00 AM-11:00 AM

Limit 20

**Register July 8, 2025**

FREE

This presentation will provide an overview of diabetes, specifically Type 2, causes, symptoms, and strategies for prevention and management. Learn about the critical role of lifestyle, nutrition, and regular monitoring in controlling blood sugar levels and reducing the risk of complications. Empower yourself with tools and tips to live a healthier life with diabetes.

# Enrichment Programs for Seniors

## Veterans Health Care Benefits

Tuesday, May 20, 2025

10:00 AM-11:00 AM

Limit 20

**Register March 11, 2025**

FREE

**FOR VETERANS ONLY**

A Veteran Outreach Coordinator will be here to cover Veterans Health Care Eligibility/Enrollment information and the PACT Act

## Understanding Social Security

Tuesday, July 15, 2025

10:00 AM-11:00 AM

Limit 20

**Register March 11, 2025**

FREE

**Seniors 55 & over only**

We'll help you determine what benefits you may be entitled to, when's the best time to collect your social security and answer any other questions you may have.

## Self Defense for Seniors

Tuesday, September 16, 2025

1:00 PM-2:00 PM

Limit 20

**Register July 8, 2025**

FREE

**Seniors 55 & over only**

It's important to know how to defend yourself. An officer with the Galax Police Department will offer tips and basic skills for defending yourself. This is a NO CONTACT class. Light refreshments will be provided.

## Navigating Your Retirement Journey: You Can Have It All!

Friday, June 13, 2025

11:00 AM-12:30 PM

**Register March 11, 2025**

FREE

**Seniors 55 & over only**

Commonwealth Senior Living will show you how to make the best of your retirement. Lunch will be provided.

## Understanding Medicare

Friday, October 24, 2025

10:00 AM-11:00 AM

Limit 20

**Register July 8, 2025**

FREE

**Seniors 55 & over only**

Need help understanding Medicare? 1 to 1 Advisors of Insurance will answer any questions you may have and explain changes for the coming year. Light refreshments will be provided.

## Senior Scams

Tuesday, April 29, 2025

1:00 PM-2:00 PM

Limit 25

**Register March 11, 2025**

FREE

**Seniors 55 & over only**

An officer with the Galax Police Department will 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 refreshment will be provided.

## Local Musical History

Tuesday, September 2, 2025

1:00 PM-2:30 PM

Limit 25

**Register July 8, 2025**

FREE

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.

## Legal Aid for Seniors

Thursday, October 9, 2025

1:00 PM-2:00 PM

**Register July 8, 2025**

FREE

**Seniors 55 & over only**

Southwest Virginia Legal Aid Society



# SPECIAL EVENTS FOR SENIORS 55 & OVER

## Dining Delights

Wednesday, March 19, 2025

11:00 AM-12:30 PM

FREE

Limit 20

**Register March 11, 2025**



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

## Senior Spa Day

Thursday, April 24, 2025

Limit 20

Women 55 & Over

**Register March 11, 2025**

BY APPOINTMENT ONLY

Call Recreation Center for cost.



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

## NEW EVENT!

### Indoor Senior Yard Sale

Saturday, May 17, 2025

8:00 AM-1:00 PM

FREE

Limit 50 spaces. **Seniors 55 & over ONLY!**

**Register March 11, 2025**

Got some things you no longer need but have no place to hold a yard sale? We've got you covered! Held inside rain or shine. Sure to draw a crowd! **Spaces for seniors only.** Open to the public for shopping.

## Expressions Painting Class

Tuesday, August 19, 2025

11:00 AM-1:00 PM

FREE

Limit 20

**Register July 8, 2025**



Commonwealth Senior Living brings their signature program to the Rec Center. All materials and lunch will be provided.

## Halloween Party

Thursday, October 30, 2025

11:00 AM-1:00 PM

FREE

4<sup>th</sup> Floor Gym

**Register July 8, 2025**

Chicken tenders will be provided. Please bring a covered dish.

## Christmas Party

Thursday, December 11, 2025

11:00 AM-1:00 PM

FREE

4<sup>th</sup> Floor Gym

**Register October 14, 2025**

Ham will be provided. Please bring a covered dish.

## Valentines Party

Thursday, February 12, 2026

11:00 AM-1:00 PM

FREE

4<sup>th</sup> Floor Gym

**Register October 14, 2025**

Hot dogs and hamburgers will be provided. Please bring a covered dish.

## NEW EVENT!

### 70s/80s Dance & Karaoke

Friday, May 30, 2025

5:00 PM-7:00 PM

FREE

Limit 50

**Register March 11, 2025**

Potluck meal. Please bring a covered dish.

## NEW EVENT!

### Chili Cookoff & Dance

Friday, August 30, 2025

FREE

**Register July 8, 2025**



Rec Center Senior groups will enter their chili in a contest to judge who has the best recipe. Prizes will be awarded to the 1<sup>st</sup> place team. Contest rules available at the front desk. Judging will begin at 4:00 PM. Meal and dance will begin at 5:00 PM. Chili will be served. Please bring a covered dish.

# Games for Seniors 55 & Over

## Wii Bowling

(Tuesdays)

10:00 am – 1:00 pm

Limit 20

FREE

Please pre-register

Spring League 2025

March 11 – April 22, 2025

Fall League 2025

September 30 – November 4, 2025

Register July 8, 2025

Spring League 2026

March 10 – April 21, 2026

Register October 14, 2025



## Bingo

The following Thursdays:

February 20, 2025

March 13, 2025

April 10, 2025

May 15, 2025

June 12, 2025

July 10, 2025

August 21, 2025

September 11, 2025

October 16, 2025

NO BINGO NOVEMBER 2025

NO BINGO DECEMBER 2025

January 15, 2026

February 19, 2026

3<sup>rd</sup> 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 Time

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**

**3:00 PM-5:00 PM**

**The first Friday of the month:**

February 7, 2025

September 5, 2025

March 7, 2025

October 3, 2025

April 4, 2025

November 7, 2025

May 2, 2025

December 5, 2025

June 6, 2025

January 2, 2026

No meeting in July

February 6, 2026

August 1, 2025



# Senior Clubs

**ALL CLUBS ARE FOR SENIORS 55 & OVER ONLY!**

## Book Club

### NEW CLUB!

**First Wednesday of each month** beginning March 5<sup>th</sup>, 2025

NO MEETING IN AUGUST 2025

1:00 PM-2:00 PM

Senior Lounge

FREE

Limit 15



Every month, we will choose a book to read and discuss the previous month's book. Drinks provided. Everyone brings a snack to share.

## Knitting & Crochet Club

Mondays

1:00 PM-3:00 PM

3<sup>rd</sup> Floor Room A

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 through Mountain Valley Hospice & Palliative Care.

## North Star Senior Coloring Group

Tuesdays

2:00 PM-6:00 PM

3<sup>rd</sup> Floor Room B

FREE

No Limit

Bring your own colored pencils, markers, etc.



# Fitness Opportunities

## Yoga Classes

### Yoga Flow

Mondays

4:00 PM-5:00 PM

Purchase punch card or pay \$3 per class

Maximum 15, minimum 5

*Gentle yoga class suitable for beginners*

### All Levels Yoga

Thursdays

5:30 PM-6:30 PM

Purchase punch card or pay \$3 per class

Maximum 15, minimum 5

*Vinyasa style yoga class suitable for any*

All classes are held at the Galax Municipal Golf Course unless a change in location is announced. Please call the Rec Center for more information.

#### Punch cards

10 classes for \$30

5 classes for \$15

Cards may be purchased at the Rec Center front desk.

**All participants must present a punch card at each class or pay per class.**



**Tuesdays, Thursdays & Fridays**

**8:00 AM-12:00 PM**

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 4<sup>th</sup> floor gym. Pickleball is open to adults ages 18 & over and is FREE!

## **Learn to Play Pickleball Clinic**

**Monday, March 24th 6:00 PM-7:00 PM**

**Wednesday, March 26th 6:00 PM-7:00 PM**

**FREE - Limit 12 Must pre-register!**



Pickleball coach, Robb Wills will teach participants the basic fundamentals associated with the game and introduce basic positioning and rule concepts that are important for beginners to learn.

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**Get paid to work out! We're looking to hire Group Fitness Instructors. We'll even help with your certification. Contact Mary Ellen Testerman at the Recreation Center for more information.**



# ADULT SPORTS



## 33 & Over Basketball

Registration is October 13<sup>th</sup> – November 10<sup>th</sup>, 2025. 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 1<sup>st</sup> floor gym at the Galax Recreation Center December-February on Thursday evenings.

## CO-ED Volleyball

Registration is October 13<sup>th</sup> – November 10<sup>th</sup>, 2025. Registration fee is \$250 per team.

This program is for men and women ages 16 years old or older. Games will be held in the Galax Recreation Center 1<sup>st</sup> floor gym December-February on Tuesday evenings.

## Men's Futsal

Registration is December 15<sup>th</sup> – January 12<sup>th</sup>, 2025. Registration fee is \$240 per team. This program is offered to men 18 years old or older. Limited team spots available. A maximum of 8 players per team is allowed. Games will be held in the 4<sup>th</sup> floor gym in February and March on Sundays.

## 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 4<sup>th</sup> floor gym. This program is open to adults ages 18 & over and is free!

# SUMMER YOUTH SPORTS



## TBALL & COACH PITCH

Registration is March 24<sup>th</sup> – April 21<sup>st</sup>, 2025.

Registration fee is \$30

## DIAMOND YOUTH BASEBALL & DIXIE SOFTBALL

Registration is February 10<sup>th</sup> – March 17<sup>th</sup>, 2025. 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 13<sup>th</sup> – November 10<sup>th</sup>, 2025.

Registration fee is \$30 per player.

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 29<sup>th</sup> – October 27<sup>th</sup>, 2025.

Registration fee is \$30 per player.

Boys and girls, ages 6-12



# FALL YOUTH SPORTS

Registration dates for all Fall programs are  
July 7<sup>th</sup> – August 11<sup>th</sup>, 2025.

Registration fee per participant is \$30.

## 8-MAN SANDLOT FOOTBALL

Open to boys and girls in 3<sup>rd</sup> & 4<sup>th</sup> grade and 5<sup>th</sup> & 6<sup>th</sup> grade.

## FLAG FOOTBALL

Open to boys and girls in 1<sup>st</sup> & 2<sup>nd</sup> grade.

## YOUTH CHEERLEADING

Open to grades 3<sup>rd</sup> & 4<sup>th</sup> and 5<sup>th</sup> & 6<sup>th</sup>.

## YOUTH SOCCER

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 Free Throw Contest

January 24<sup>th</sup>, 2026. Ages 6-13

## Basketball 3-Point Contest

January 24<sup>th</sup>, 2026. Ages 11-16

## Basketball Skills Contest

January 31<sup>st</sup>, 2026. Ages 8-13

## Maroon Tide Basketball Camp

June 23<sup>rd</sup>, 24<sup>th</sup> & 25<sup>th</sup>, 2025 at 9AM-11AM  
at the Galax Recreation Center 4th floor gym.



## Soccer Camp

July 28<sup>th</sup>, 29<sup>th</sup> & 30<sup>th</sup> 6PM-8PM  
at Felts Park.

## Maroon Tide Cheer Camp

July 28<sup>th</sup>, 29<sup>th</sup> & 30<sup>th</sup> at 6PM-8PM  
at the Grandstands at Felts Park.

## Maroon Tide Football Camp

July 21<sup>st</sup> & 22<sup>nd</sup> at 9AM-11AM  
at the Galax High School football field.

## Baseball Camp

July 14<sup>th</sup>, 15<sup>th</sup> & 16<sup>th</sup> at 6PM-8PM  
at Mt. View Park.

## Maroon Tide Softball Camp

July 14<sup>th</sup>, 15<sup>th</sup> & 16<sup>th</sup> at 6PM-8PM  
at Mt. View Park.



All contests and camps are FREE! For more details about each camp, registration and camp dates go to our website ([www.galaxparks-rec.com](http://www.galaxparks-rec.com)), follow us on Facebook, or call the Galax Recreation Center at 276-236-3218.







# SPECIAL EVENTS



## 33<sup>rd</sup> Annual EASTER EGG HUNT

**Saturday April 12, 2025 (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, April 13, 2025

**SPONSORS: WCGX 96.5 The Cat & Higher Sound**



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## VA BOATING SAFETY & EDUCATION CERTIFICATION COURSE

**Saturday, February 15, 2025**



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.



## 27<sup>th</sup> ANNUAL DR. ED DANNELLY NEW RIVER TRAIL 10K RUN & 5K WALK Saturday, May 3, 2025



**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 29, 2025  
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.

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## 37<sup>th</sup> Annual Twin County Regional Health Care Galax Autumn Days 5K Run Saturday, October 18, 2025

**Co-Sponsored by Galax Parks and Recreation Dept.**

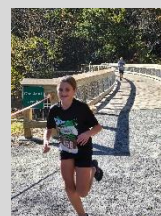
1 mile race for kids 12 & under begins at 9:00 am

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](http://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

2025 Thanksgiving through New Year's Day



### 2025 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!



**SANTA LETTERS:** Access Home Health Care and Rehabilitation will be doing Santa Letters from Thanksgiving Night (11/27/2025) through 12/14/2025 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. AHHCRCR 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.

### Annual Christmas Bazaar Saturday, November 15, 2025

Time: 9:00 am –3:00 pm  
Galax Recreation Center 1<sup>st</sup> and 4<sup>th</sup> 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, 2025 if you are interested in receiving information about being a vendor.

**Applications will be mailed out on September 8, 2025.**





# GALAX COMMUNITY EVENTS



Visit Galax, Virginia for all these great events.

[www.visitgalax.com](http://www.visitgalax.com)

276-238-8130



**DR. ED DANNELLY 10K RUN**  
MAY 3, 2025 at NEW RIVER TRAIL  
[galaxparks-rec.com]

**TWIN COUNTY JEEP CLUB SHOW**  
JUNE 14, 2025 at Felts Park

**INDEPENDENCE DAY PARADE**  
JULY 4, 2025 at Downtown Galax  
[galaxfire.com]

**FIREMAN'S CARNIVAL**  
JULY 8-12, 2025 at Felts Park  
[galaxfire.com]

**CHAMPIONSHIP RODEO**  
JULY 18 & 19, 2025 at Felts Park  
Sponsored by Oakland Ruritan Club

**KIDS OBSTACLE FUN RUN**  
JULY 26, 2025 at Felts Park  
Info at Power Up OCR

**SMOKE ON THE MOUNTAIN**  
JULY 25-26, 2025 at Downtown Galax  
Virginia State BBQ Championship  
[smokeonthemountainva.com]

**89<sup>th</sup> OLD FIDDLERS CONVENTION**  
AUG 4-9, 2025 at Felts Park  
[oldfiddlersconvention.com]

**NATIONAL NIGHT OUT**  
AUGUST 5, 2025 at Downtown Galax  
[visitgalax.com]

**FALL INTO ART**  
OCTOBER 4, 2025  
Arts, Crafts & Music for  
Everyone [chestnutcreekarts.com]



**FIRE PREVENTION PARADE**  
OCTOBER 7, 2025 at Downtown Galax  
[galaxfire.com]

**GALAX AUTUMN DAYS 5K RUN**  
OCTOBER 18, 2025 at Felts Park  
[galaxparks-rec.com]

**CHRISTMAS BAZAAR**  
NOVEMBER 15, 2025  
at Galax Recreation Center  
[galaxparks-rec.com]

**HIGH COUNTRY LIGHTS**  
On Display Thanksgiving, 2025 – New  
Year's Day 2026  
[galaxparks-rec.com]

**CHRISTMAS PARADE**  
DECEMBER 5, 2025 at Downtown Galax  
[visitgalax.com]

**APPALACHIAN OLD TIME CHRISTMAS  
FESTIVAL** December 13, 2025 Downtown



LIVE MUSIC

from the Rex Theater every Friday Night

at 7:00 pm

