

GALAX

PARKS & RECREATION



2026

PROGRAMS & ACTIVITIES



PROGRAM DIRECTORY

	Page		Page
<i>Professional Staff</i>	3	<i>Senior Games</i>	21
<i>City Parks & Facility Information</i>	4	<i>Senior Clubs</i>	22
<i>Fees & Rental Information</i>	5	<i>Senior Fitness Opportunities</i>	23
<i>Galax Municipal Golf Course</i>	6	<i>Adult Sports</i>	24
<i>Children's Summer Activity Program</i>	7	<i>Youth Summer Sports</i>	25
<i>Children's After School Program</i>	8	<i>Youth Winter Sports</i>	26
<i>Aquatic Programs</i>	9-13	<i>Youth Fall Sports</i>	27
<i>Aquatic Program Pictures</i>	14	<i>Youth Contests & Camps</i>	28
<i>Senior Fitness Opportunities</i>	15	<i>Sports Program Pictures</i>	29
<i>Senior Trips</i>	16-17	<i>Special Events</i>	30
<i>Senior Better Health Programs</i>	18	<i>Holiday Season Events</i>	31
<i>Senior Enrichment Programs</i>	19	<i>Community Events</i>	32
<i>Senior Special Events</i>	20		

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.

NEW PARK ADDITIONS

Outdoor Pickleball and Basketball courts - Felts Park



GALAX RECREATION DEPARTMENT STAFF



Director of Recreation and Parks

Mr. Tony R. Quesenberry CLP, Director

Email: tquesenberry@galaxva.com

The Galax Parks and Recreation Department staff and I would like to say thank you for all your support to us over the past several years. We have been able to add many wonderful programs and activities for our citizens to enjoy. We have added new outdoor pickleball and outdoor basketball courts for everyone to enjoy. Our senior and youth programs also have grown in participation during the past few years. As you look through our 2026 brochure, we hope you will find several programs that you can participate with us in the coming year. If you are a senior looking to make new friends or join a program or group you will find senior dining/shopping trips, parties, instructional classes, game days, and exercise classes. We also offer many clubs that include mahjong, book and coloring clubs. Our senior program has something to offer everyone. Our youth programs offer multiple sports from sandlot football, flag football, cheerleading, soccer, basketball, baseball, softball, T-ball, coach pitch, futsal, tennis, fun runs, kids obstacle race, summer sports camps, etc. For adults we have basketball leagues, volleyball, a 9-hole golf course, morning/evening water exercise classes, lap swim, cardio and weight rooms, indoor and outdoor walking tracks, 5k/10k running races. Our community events include the Annual Fiddler's Convention, High Country Christmas light show, Fireman's Carnival, Championship Rodeo, Jeep club events, Praising in the Park etc. We encourage you to come and take a tour of the Galax Recreation Center and use our cardio and weight rooms free of charge on your first visit. Make 2026 your year of a healthy lifestyle and personal development. You can find us on our Facebook feed and Galax Recreation Center website. Come spend you 2026 leisure time with us!

Assistant Director / Aquatics Coordinator

Mr. Trace Lumpkin tlumpkin@galaxva.com

Senior/Fitness Activities Coordinator

Mrs. Mary Ellen Testerman
mtesterman@galaxva.com

Facility Maintenance **Mr. Robby Hawkins** rjhawkins@galaxva.com

Sports & Athletic Coordinator

Mrs. Morgan Brown mneff@galaxva.com

Facility & Park Maintenance Coordinator

Mr. Bob Baker bbaker@galaxva.com

Galax Municipal Golf course

Superintendent Golf Course/Landscaping/Cemeteries

Mr. Justin Ward jward@galaxva.com

Golf Course Clubhouse Manager

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

The Galax Parks and Recreation Department have 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 depend on volunteers 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, etc. If you are interested in helping or sponsoring youth teams or programs, Call at 276-236-3218.

CITY PARKS & FACILITIES INFORMATION



Galax Recreation Center Phone: 276-236-3218
601 South Main Street • Galax, Virginia 24333

Galax Outdoor Pool Phone: 276-236-5799
601 South Main Street • Galax, Virginia 24333

Felts Park 601 South Main Street • Galax, Va 24333
Pickleball courts, .6 mile walking track, 3,000 seat covered grandstand, 25 meter outdoor pool, playground & covered picnic shelter, 2 baseball & softball fields, 2 practice fields, soccer field and outdoor basketball court.

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

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

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



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

ALL RENTALS MUST PAY AT REGISTRATION

INDOOR POOL PARTIES OUTDOOR POOL PARTY ROOM RENTALS GYM RENTAL

\$150 for 2 hours (1 hour 15 minutes of pool time and 45-minute party room time)
\$250 for 2-hours Rentals are available after normal pool hours - Must pay at registration
\$35 for 2 hours minimum; \$5 each additional hour - Must pay at registration
\$125 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.

<u>Cardio or Weight Room</u>	<u>MONTHLY COST</u>
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

<u>Cardio and Weight Room</u>	<u>MONTHLY COST</u>
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



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.

¹Participants 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.

²Family 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 – Aug.	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

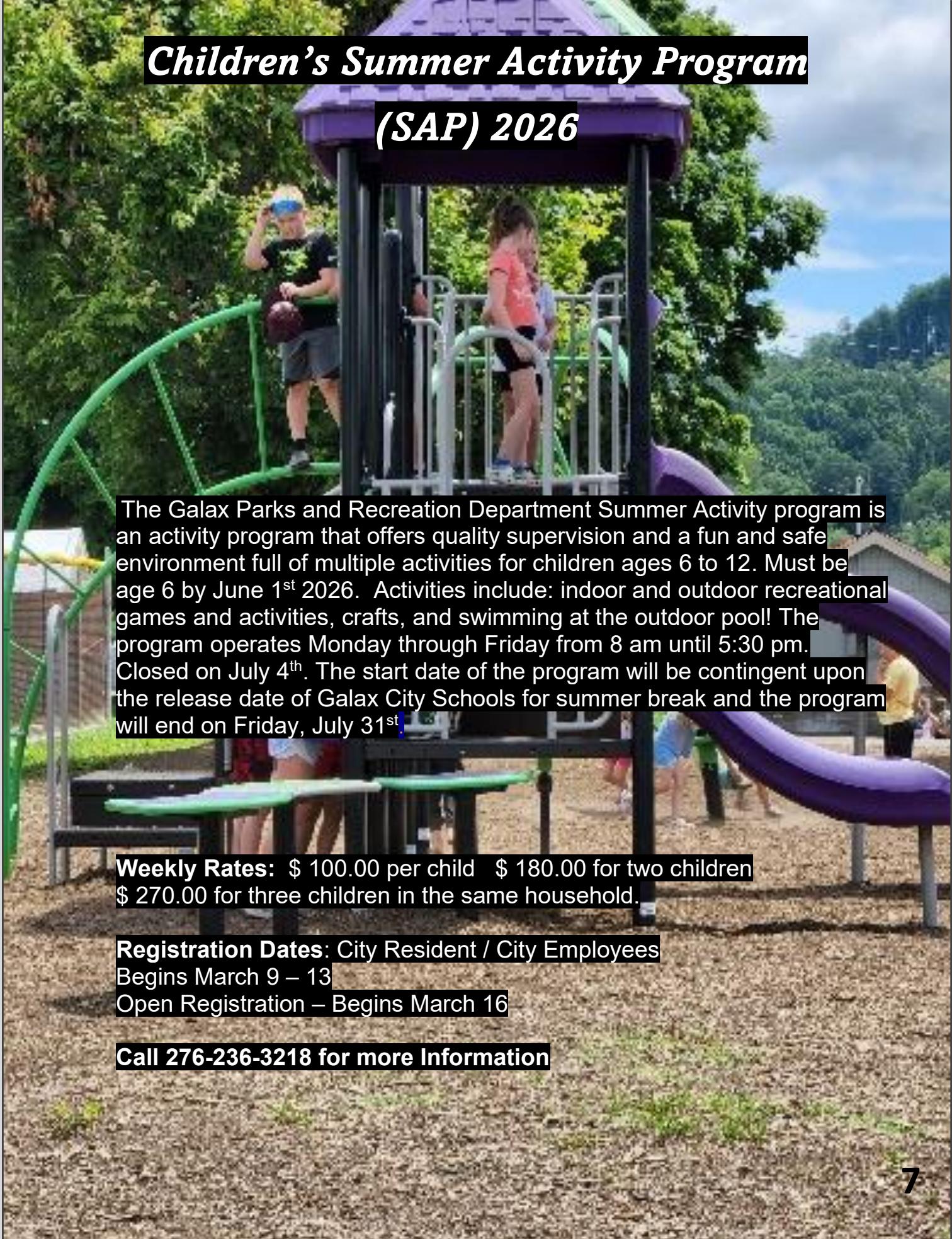


GOLF CLUB RENTALS

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.

Children's Summer Activity Program

(SAP) 2026



The Galax Parks and Recreation Department Summer Activity program is an activity program that offers quality supervision and a fun and safe environment full of multiple activities for children ages 6 to 12. Must be age 6 by June 1st 2026. 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 31st.

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

Registration Dates: City Resident / City Employees
Begins March 9 – 13
Open Registration – Begins March 16

Call 276-236-3218 for more Information

After School Activity Program (ASAP)

2026 – 2027

The Galax Parks and Recreation Department's After School Activity Program offers quality supervision for children who attend Galax City Schools with the following restrictions: Program will be for grades PreK 4yr old only (with a limit of 10 PreK age4) through 6th grade with a limit of (10 - 6th graders). All kids must be able to dress themselves and take care of all toiletry needs. 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

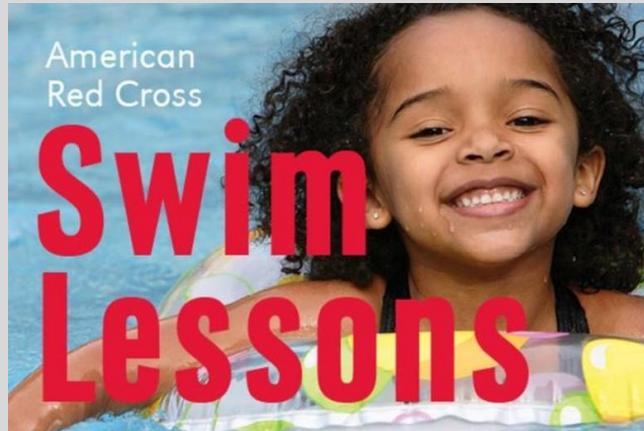
\$90.00 for two children in the same household

\$130.00 for three children in the same household

Registration Dates Open Registration – Begins May 11

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 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.

Swimming Lessons

Swim Lessons

Session 9

January 6-February 5, 2026

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

7:00 - 7:45 pm Level 2



Session 1

February 9 - March 11, 20226

Mon, Wed Only

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

7:00-7:45 pm Level 2

Session 2

March 16 - April 15, 2026

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 20 - May 20, 2026

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 1 - June 16, 2026

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 22- July 7, 2026 (No Class July 4)

3:00-3:45 pm Level 2

4:00-4:45 pm Level 1

Session 6

July 13 – July 28, 2026

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 7 – October 7, 2026 (Mon & Wed only)

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

7:00-7:45 pm Level 2

Session 8

October12 - November 11, 2026

6:00-6:45 pm Level 2

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

Session 9

November 16 - December 16, 2026

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

7:00-7:45 pm Level 3

Session 10

January 4 -February 3, 2027

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 2, 2026

Sign-up Deadline (April 19, 2026)

Cost \$200.00

This class will be a blended learning class. All course work must be completed upon arrival of class on May 1, 2026.

Registration deadline will be on April 20, 2026. 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 2nd class. If you cannot complete the prerequisite components on May 2nd, 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 2nd.

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



Indoor Pool Parties

ALL RENTALS MUST PAY AT REGISTRATION

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

ALL RENTALS MUST PAY AT REGISTRATION

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

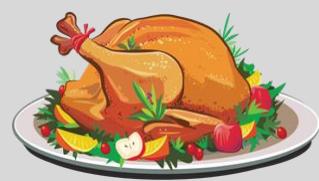
Total Body Water Workout

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 12 – February 13, 2026
Session 2	February 16 – March 20, 2026
Session 3	March 23 – April 24, 2026
Session 4	April 27 – May 29, 2026 (No Class May 25)
Session 5	June 1 – July 3, 2026
Session 6	July 6 – August 14, 2026 (No Class Aug 3 – 9 Fiddlers Convention)
Session 7	August 17 – September 18, 2026 (No Class on Labor Day Sept 7)
Session 8	September 21 – October 23, 2026
Session 9	October 26 – November 25, 2026 (No Class November 27, 2026)
Session 10	November 30 – January 8, 2027 (No Classes Dec. 24, 25, January 1, 2027) (No Class December 31 & January 1, 2027)
Session 11	January 11, 2027 – February 12, 2027



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 10, 2026 and November 19, 2026.

AQUATIC ACTIVITIES

Galax Maroon Tide Swim Team

Session 1 January 5 – April 9, 2026
(Cost \$30.00)

Session 2 May 26 – July 25, 2026
(Cost \$40.00)

Session 3 Sept 22 – December 10, 2026
(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 14, 2026
(NEW) Saturdays January and February 2026 and 2027
1:00 pm – 3:00 pm
Public swim resumes September 22 - May 14, 2026
No Public Swim November 26, December 21 –
December 31, 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 2026
Opens May 25, 2026 and Closes August 9, 2026
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



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, multi-station gym and free weights.**
For seniors 55 & over only)
- Water Aerobics**
- Arthritis Aquatic Exercise**
- Lap Swim**
- Pickleball (outdoor & indoor courts)**
- 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:



Dining Trips for Seniors

\$6 per trip plus Dutch treat meals

King's Crab Shack

King, NC

(Seafood Cuisine)

Thursday, March 5, 2026

10:00 AM-2:30 PM

Register March 3, 2026

Sal's Italian Restaurant

Radford, VA

(Italian Cuisine)

Thursday, April 2, 2026

10:00 AM-1:30 PM

Register March 3, 2026

Toucan's Lakefront

Mooresville, NC

(Varied Cuisine)

Thursday, May 7, 2026

9:45 AM-2:30 PM

Register March 3, 2026

The Depot

Dobson, NC

EVENING TRIP!

(Varied Cuisine)

Thursday, June 4, 2026

4:30 PM-7:00 PM

Register March 3, 2026

Makoto's

Boone, NC

(Japanese Cuisine)

Thursday, July 2, 2026

9:45 AM-2:30 PM

Register June 2, 2026

NO TRIP IN AUGUST 2026



13 Bones

Mt. Airy, NC

(Steak, Seafood)

Thursday, September 3, 2026

10:30 AM-1:30 PM

Register June 2, 2026

Chateau Morisette

Floyd, VA

(Fine Dining)

Thursday, October 1, 2026

10:00 AM-2:30 PM

Register June 2, 2026

Town & Country

King, NC

(Varied Cuisine)

Thursday, November 5, 2026

10:00 AM-1:30 PM

Register October 6, 2026

Korner's Folly & Sixty-Six Grill & Taphouse

Kernersville, NC

(Varied Cuisine)

Thursday, December 3, 2026

8:30 AM-3:00 PM

Register October 6, 2026

Cowboy Restaurant

Elkin, NC

(Varied Cuisine)

Thursday, January 7, 2027

10:30 AM-1:30 PM

Register October 6, 2026

Chili's

Mt. Airy, NC

(Mexican, Burgers, Ribs)

Thursday, February 4, 2027

10:30 AM-1:30 PM

Register October 6, 2026

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.



Shopping Trips \$6 per trip

Thrift Shopping

(Goodwill, MegaThrift)

Winston-Salem, NC

Thursday, March 26, 2026

8:30 AM-5:00 PM

Register March 3, 2026

The Pinnacle

(Belk, Bass Pro, Kirkland's, etc.)

Bristol, TN

Thursday, July 23, 2026

8:00 AM-6:00 PM

Register March 3, 2026

Hamrick's/Marshall's

Winston-Salem, NC

Thursday, August 27, 2026

8:00 AM-5:00 PM

Register June 2, 2026

Hanes Mall Blvd./Thruway

(Kohl's, Target, McKay's, Trader Joe's, etc.)

Winston-Salem, NC

Thursday, September 17, 2026

8:30 AM-5:00 PM

Register June 2, 2026

New River Valley Mall

(Home Goods, Belk, T.J. Maxx, etc.)

Christiansburg, VA

Thursday, November 19, 2026

8:30 AM-5:00 PM

Register October 6, 2026

Hanes Mall

(J.C. Penney, Bath & Body, etc.)

Winston-Salem, NC

Thursday, January 21, 2027

8:30 AM-5:00 PM

Register October 6, 2026

Day Trips

Wohlfahrt Haus

Under the Boardwalk

Thursday, April 30, 2026

Time 11:00 AM-4:30 PM

Cost \$75 (includes meal)

Register March 3, 2026

Claytor Lake State Park \$6

Thursday, May 28, 2026

10:00 AM-4:00 PM

Bring a picnic lunch and fishing gear

Register June 2, 2026

Sinkland Farms \$6

Christiansburg, VA

Thursday, October 8, 2026

8:30 AM-3:00 PM

Register June 2, 2026

Overnight Trips

Sight & Sound Theater/Amish Community

Lancaster, PA

May 18-21, 2026

Full trip information will be available

February 23rd

Register March 3, 2026

Outer Banks Fishing Trip

September 21-24, 2026

Full trip information will be available

May 26th

Register June 2, 2026



Better Health Programs for Seniors

ALL PROGRAMS ARE FOR SENIORS 55 & OVER ONLY!

Positive Changes for Health Support Group

2nd & 4th Wednesday of each month

Senior Lounge

11:00 AM-12:00 PM

FREE

MUST REGISTER

Limit 12

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

Healthy Cooking Potlucks

4th Wednesday of each month

Senior Lounge

12:00 PM-1:00 PM

FREE

Must bring a covered dish

Limit 12

We will discuss various foods & diets. Bring a covered dish to share with the group. Drinks will be provided.

Educational Health & Nutrition Classes

Discover the Power of Nutrition

Cooking Class

Wednesday, March 18, 2026

11:00 AM-12:00 PM

FREE

Register March 3, 2026

Learn nutritious cooking skills during this fun, interactive class! Presented by New River Nutrition Services.



Staying Fueled & Hydrated for Summer

Wednesday, July 22, 2026

11:00 AM-12:00 PM

FREE

Register June 2, 2026

Simple Nutrition strategies for energy, strength, and safety during hot weather.

Battling the Aging Brain

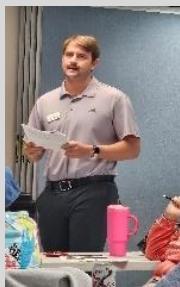
Tuesday, September 1, 2026

1:00 PM-2:00 PM

FREE

Register June 2, 2026

Presented by Humana. Light refreshments



Winter Wellness

Wednesday, January 20, 2027

11:00 AM-12:00 PM

FREE

Register October 6, 2026

Eating and staying well during the cold months. Presented by New River Nutrition Services.

Habits of Healthy People

Tuesday, April 28, 2026

1:00-2:00 PM

FREE

Register March 3, 2026

Presented by Humana. Light refreshment

10 Tips to Boost Energy

Tuesday, November 10 2026

1:00-2:00 PM

FREE

Register October 6, 2026

Presented by Humana. Light refreshments

Enrichment Programs for Seniors

Coping Techniques for Caregivers

Tuesday, February 24, 2026

11:00 AM-1:00 PM

FREE

Register March 3, 2026

Limit 20

For Seniors 55 & Over ONLY

Commonwealth Senior Living will provide you with tips for taking care of a loved one. Lunch will be provided.

Senior Scams

Tuesday, November 17, 2026

1:00 PM-2:00 PM

FREE

Register October 6, 2026

Limit 25

For 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.

History of the Twin Counties

Tuesday, October 20, 2026

11:00 AM-1:00 PM

FREE

Register October 6, 2026

Limit 25

Open to any age

Eddie Alford with Jeff Matthews Museum will present a program about the history of Carroll & Grayson counties.

Medicare Review

Friday, October 9, 2026

10:00 AM-11:00 AM

FREE

Register June 2, 2026

Limit 20

For Seniors 55 & Over ONLY

1 to 1 Advisors of Insurance will answer any questions you may have and explain changes for the coming year. Refreshments provided.

Local Musical History

Tuesday, September 8, 2026

1:00 PM-2:30 PM

FREE

Register June 2, 2026

Limit 25

Open to any age

Trish Fore, local musician and historian is back with even more stories and music from our area's rich musical history.

When is it Time to Downsize?

Tuesday, June 9, 2026

11:00 AM-1:00 PM

FREE

Register March 3, 2026

Limit 20

For Seniors 55 & Over ONLY

Are you thinking about moving to a smaller space? Commonwealth Senior Living will help you know if the time is right. Lunch will be provided.



SPECIAL EVENTS FOR SENIORS 55 & Over

Indoor Senior Yard Sale

Saturday, April 18, 2026

8:00 AM-1:00 PM

FREE

Limit 50 spaces. SENIORS 55 & OVER ONLY!

Register March 3, 2026

Held inside rain or shine. Sure to draw a crowd! **SPACES FOR SENIORS ONLY!** Open to the public for shopping. One table per space will be provided.



Senior Spa Day

Thursday, April 23, 2026

Limit 25

Women 55 & Over

Register March 3, 2026

MUST REGISTER IN PERSON!

BY APPOINTMENT ONLY

Call Recreation Center for cost.

Enjoy a day of pampering! Services offered include massage, manicure, hair styling and makeup. Lunch will be provided.

Cinco de Mayo Lunch

Tuesday, May 5, 2026

11:00 AM-1:00 PM

FREE

While supplies last

No need to register

Celebrate Cinco de Mayo with tacos, drink and dessert.

National Hot Dog Day

Wednesday July 15, 2026

11:00 AM-1:00 PM

FREE

While supplies last

No need to register

Come by the Rec Center for a hot dog, chips and a drink.



Expressions Painting Class

Tuesday, August 18, 2026

11:00 AM-1:00 PM

FREE

Limit 20

Register June 2, 2026

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

Halloween Party

Thursday, October 29, 2026

11:00 AM-1:00 PM

FREE

4th Floor Gym

Register June 2, 2026

BBQ will be provided. Please bring a covered dish.

Christmas Party

Thursday, December 10, 2026

11:00 AM-1:00 PM

FREE

4th Floor Gym

Register October 2, 2026

Ham will be provided. Please bring a covered dish.

Valentines Party

Thursday, February 11, 2027

11:00 AM-1:00 PM

FREE

4th Floor Gym

Register October 2, 2026

Chicken will be provided.

Please bring a covered dish.





Wii Bowling

(Tuesdays)

10:00 am – 1:00 pm

Limit 20

FREE

Please pre-register

Spring League 2026

March 10 – April 21, 2026

Fall League 2026

September 22-November 3, 2026

Spring League 2027

March 9- April 20, 2027



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. Experienced players are happy to teach you how to play!

Limit 16

Fridays 12:00-3:00PM

Senior Lounge

FREE



Games for Seniors 55 & Over

Bingo

The following Thursdays:

February 19, 2026

March 12, 2026

April 9, 2026

May 14, 2026

June 11, 2026

July 9, 2026

August 13, 2026

September 10, 2026

October 15, 2026

NO BINGO NOVEMBER 2026

NO BINGO DECEMBER 2026

January 14, 2027

February 18, 2027



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

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 6, 2026 September 4, 2026

March 6, 2026 October 2, 2026

April 3, 2026 November 6, 2026

May 1, 2026 December 4, 2026

June 5, 2026 NO MEETING JANUARY 2027

July 3, 2026 February 5, 2027

NO MEETING AUGUST 2026

Senior Clubs

ALL CLUBS ARE FOR SENIORS 55 & OVER ONLY!

Tuesday Book Club

NEW CLUB!

First Tuesday of each month beginning March 3rd, 2026

1:30 PM-2:30 PM

Senior Lounge

FREE

Limit 15

Every month, we will choose a book to read and discuss the previous month's book.



Knitting & Crochet Club

Mondays

1:00 PM-3:00 PM

3rd 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.

North Star Senior Coloring Group

Tuesdays

2:00 PM-6:00 PM

3rd 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

Mary Ellen Testerman, Instructor

Gentle yoga class suitable for beginners



All Levels Yoga

Mondays 5:45 PM-6:45 PM

Thursdays 5:30 PM-6:30 PM

Purchase punch card or pay \$3 per class

Maximum 15, minimum 5

Trish Gardner, Instructor

Beginner to intermediate vinyasa style class

Tai Chi

Mondays, Wednesdays, Fridays

10:15 AM-11:00 AM

Purchase punch card or pay \$3 per class

Maximum 25, minimum 5

Doug Hatch, Instructor

A slow-paced, gentle mind-body practice combining flowing movements, deep breathing and focused awareness

All classes are held at the Galax Municipal Golf Course unless a change in location is announced. Please call the Rec Cnter for more information. Yoga punch cards are good for either Yoga Flow or All Levels Yoga.

Punch cards

10 classes for \$30

5 classes for \$15

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

Classes are for ages 16 & over.

Cards may be purchased at the Rec Center front desk.

Masterpiece Fitness
Psalm 139:14

Masterpiece Fitness, owned and operated by Teresa Roberts, is available for personal training in the weight room and in the water. Teresa is a water rehabilitation specialist certified by Water Art International. She is certified with World International Training School as a personal Trainer. She is also certified as a prepost/prenatal instructor, sports conditioning specialist, and Cancer Exercise Specialist. She has been an avid runner and has inspired many to become successful runners for the past 40+ years. Her goal is to teach, educate, and inspire others to live a healthier lifestyle indoors and outside. She is delighted to support the Galax Parks and Recreation with her experience, skills, and resources. She may be contacted by email: teresa.roberts888@gmail.com, or cell: 276-237-6680 for consultations and assessments.

ADULT SPORTS

30 & Over Basketball

Registration is October 12th – November 9th, 2026. Registration fee is \$300 per team. This league is offered to adults that are 30 years old or older. Games will be held in the 1st floor gym at the Galax Recreation Center December-February on Thursday evenings.

CO-ED Volleyball

Registration is October 12th – November 9th, 2026. 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 1st floor gym December-February on Tuesday evenings.



Men's Futsal

Registration is December 14th – January 11th, 2027. 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 4th floor gym on Sundays in February and March.

Pickleball

Tuesdays & Thursdays 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 & COACH PITCH

Registration is February 23rd – March 30th, 2026.

Registration fee is \$30

DIAMOND YOUTH BASEBALL & DIXIE SOFTBALL

Registration is February 9th – March 16th, 2026. 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 12th – November 9th, 2026.

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 28th – October 26th, 2026.

Registration fee is \$30 per player.

Boys and girls, ages 6-12



FALL YOUTH SPORTS

Registration dates for all Fall programs are
July 6th – August 10th, 2026.

Registration fee per participant is \$30.

8-MAN SANDLOT FOOTBALL

Open to boys and girls in 3rd & 4th grade and 5th & 6th grade.



FLAG FOOTBALL

Open to boys and girls in 1st & 2nd grade.

YOUTH CHEERLEADING

Open to grades 3rd & 4th and 5th & 6th.

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 23rd, 2027. Ages 6-13

Basketball 3-Point Contest

January 23rd, 2027. Ages 11-16



Basketball Skills Contest

January 30th, 2027. Ages 8-13



Maroon Tide Basketball Camp

July 13th, 14th & 15th 2026 at 9AM-11AM
at the Galax Recreation Center 4th floor gym.

Maroon Tide Volleyball Camp

June 29th, 30th & July 1st, 2026 at 9AM-12PM
at the Galax Recreation Center 4th floor gym.



Soccer Camp

July 27th, 28th & 29th 6PM-8PM
at Felts Park.

Maroon Tide Cheer Camp

July 20th, 21st & 22nd at 6PM-8PM
at the Grandstands at Felts Park.

Maroon Tide Football Camp

July 20th & 21st at 9AM-11AM
at the Galax High School football field.

Maroon Tide Baseball Camp

July 13th, 14th & 15th at 6PM-8PM
at Mt. View Park.

Maroon Tide Softball Camp

July 13th, 14th & 15th at 6PM-8PM
at Mt. View Park.

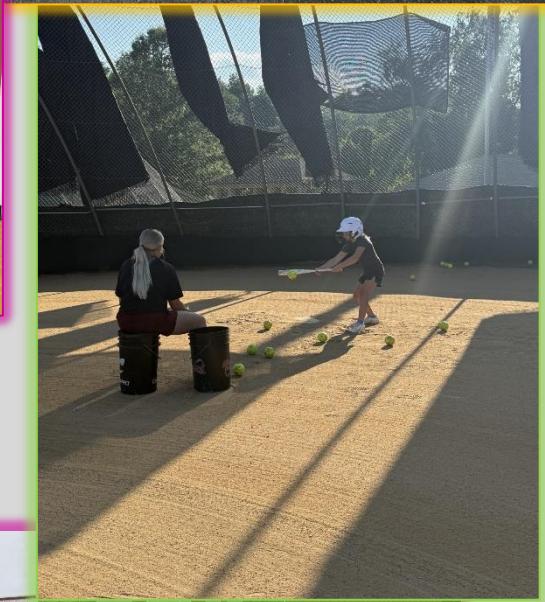
Brazilian Soccer Camp

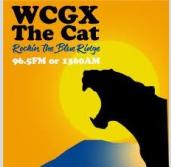
June 22-26, 2026. Times vary.
Scan the QR code to register now!



All contests and camps are FREE (except Brazilian Soccer Camp)!

For more details about each camp, registration and camp dates go to our website (www.galaxparks-rec.com), follow us on Facebook, or call the Galax Recreation Center at 276-236-3218.





SPECIAL EVENTS

34th Annual EASTER EGG HUNT

Saturday March 28, 2026 (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 29, 2026

SPONSORS: WCGX 96.5 The Cat & Higher Sound



VA BOATING SAFETY & EDUCATION CERTIFICATION COURSE



Saturday, February 28, 2026



This Class will be held at the Galax Recreation Center from 8:00am-5:00pm
The cost is free! Class has limited enrollment first come first serve 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.



28th ANNUAL DR. ED DANNELLY NEW RIVER TRAIL 10K RUN & 5K WALK

Saturday, May 2, 2026



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, 2026
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.

37th Annual Twin County Regional Health Care Galaxy Autumn Days 5K Run

Saturday, October 17, 2026

Co-Sponsored by Galax Parks and Recreation Dept.

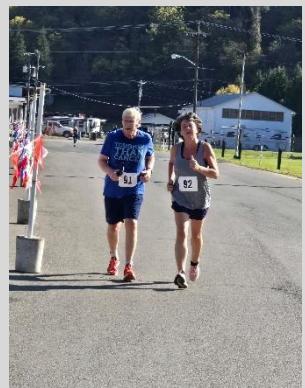
1 mile race for kids 12 & under begins at 9:00 am

5K Race begins at 10:00 am

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

All registration will be accepted at www.runtastic.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

2026



High Country Lights Galax, Virginia



2026 Thanksgiving through New Year's Day



This is an award-winning animated light show featuring over a quarter of a million of SMART LED lights choreographed to your favorite Christmas tunes on a low-power radio station - 95.9 FM. The show is nightly, Thanksgiving through New Year's Day. 6:00-10:00pm 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! Activities include Santa appearances, carriage rides, food trucks, vendors, photo booths, and the opportunity for many family memories. 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 (11/26/2026) through 12/12/2026 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. AHHCR 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 14, 2026

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, 2026 if you are interested in receiving information about being a vendor.

Applications will be mailed out on September 14, 2026.

GALAX



COMMUNITY EVENTS

Visit Galax, Virginia for all these great 2026 events and other local events

www.visitgalax.com

276-238-8130

DR. ED DANIELLY 10K RUN
MAY 2, 2026 at NEW RIVER TRAIL
[\[galaxparks-rec.com\]](http://galaxparks-rec.com)

MEMORIES ON MAIN CAR SHOW May 23

HILLBILLY DAYZ June 19 & 20 Main Street

INDEPENDENCE DAY PARADE
JULY 4, 2026 at Downtown Galax
[\[galaxfire.com\]](http://galaxfire.com)

FIREMAN'S CARNIVAL
JULY 7-11, 2026 at Felts Park
[\[galaxfire.com\]](http://galaxfire.com)

CHAMPIONSHIP RODEO
JULY 17 & 18, 2026 at Felts Park
Sponsored by Oakland Ruritan Club



KIDS OBSTACLE FUN RUN
JULY 25, 2026 at Felts Park
Info at Power Up OCR



90th OLD FIDDLERS CONVENTION
AUG 3-8, 2026 at Felts Park
[\[oldfiddlersconvention.com\]](http://oldfiddlersconvention.com)

NATIONAL NIGHT OUT
AUGUST 4, 2026 at Downtown Galax
[\[visitgalax.com\]](http://visitgalax.com)



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FIRE PREVENTION PARADE
OCTOBER 7, 2026 at Downtown Galax
[\[galaxfire.com\]](http://galaxfire.com)

GALAX AUTUMN DAYS 5K RUN
OCTOBER 17, 2026 at Felts Park
[\[galaxparks-rec.com\]](http://galaxparks-rec.com)

JEEP-O-WEEN Halloween event for kids
at Felt's Park Saturday, Oct. 24, 2026
sponsored by Twin County Jeep Club.

CHRISTMAS BAZAAR
NOVEMBER 14, 2026
at Galax Recreation Center
[\[galaxparks-rec.com\]](http://galaxparks-rec.com)



HIGH COUNTRY LIGHTS
On Display Thanksgiving, 2026 – New Year's
Day 2027
[\[galaxparks-rec.com\]](http://galaxparks-rec.com)



CHRISTMAS PARADE & Tree Lighting
DECEMBER 4, 2026 at Downtown Galax
[\[visitgalax.com\]](http://visitgalax.com)

APPALACHIAN OLD TIME CHRISTMAS
FESTIVAL December 12, 2026 Downtown