

2017 SUMMER GUIDE

Highland County Recreation Commission

Family Fun Nights

Offered weekly on Tuesday nights from 6:00-9:00. Patrons can enjoy free admission to the pool and themed activities that are fun for the whole family.

June 13- 90's Night
Throwback to a time of flannel and Doc Martens and swim to 90's music.

June 20- Pirate Night
Ahoy Matey! If ye be brave enough join us for night of swashbuckling fun.

June 27- Luau Night
Limbo lower now! Do the hula and taste a special tropical snack.

July 4- No Family Fun Night
Instead, join our friends, the Blue Grass Ruritans, for a community 4th of July celebration in Blue Grass, VA.

July 11- STAR WARS Night
Join us for an out of this world celebration of everyone's favorite scifi series.

July 18- Carnival Night
Enjoy favorite carnival snacks and games between swim sessions.

July 25- Karaoke Night
Calling all local stars! This is your night to shine!

August 1- 50's Night
Break out your leather jackets and poodle skirts for this sock hop themed night. Enjoy a coke float and splash to the oldies.

August 8- Olympic Night
Get ready to show off your skills and see if you can win gold in our swimming and water competitions.

August 15- Glow Down
Bring a white tee shirt to decorate with glow paint, grab some glow sticks, and dance the evening away to the music of AK Lion.



HCRC Pool

The HCRC Pool features solar heat and a zero entry for wheelchair accessibility. Located next to Highland County Public Schools, our pool recreation area offers: water aerobics, horseshoes, cornhole, foosball, bocce ball, in water basketball and volleyball, walking path, playground, charcoal grills and picnic tables, staffed concession stand, free WiFi, and showers.

Hours:

Monday, Wednesday, Thursday, Friday, Saturday 12:00-6:00

Tuesday- 12:00-9:00

Sunday 1:00-6:00

Water Aerobics- Monday, Wednesday, and Friday 6:00-7:00

Swimming Lessons for Beginners- June 19-23 5:00-6:00





Adult Co-Ed Softball

Whether you are a player or spectator, come out and enjoy this Highland County summertime tradition on Thursdays nights from May- September. Games start at 6:00 and 7:00 pm.

- Visit highlandcountyrecreation.org for more information.

Square Dances

Take advantage of these local opportunities to enjoy this Appalachian tradition. Call Ellen at 540-468- 2546 for more information.

- July 8th- Lions Club Street Dance, Monterey, VA
- July 14th and 15th- Old Time Fiddler’s Convention, Monterey, VA
- August 26th, Highland Co. Fair, Monterey, VA

Online Survey

We are constantly trying to improve the programs and events we host. We welcome and appreciate your feedback. Online survey can be found on our website. Click on the “Contact Us” tab.

STAR WARS WEEK

Whether you are a fan of dark side villains or heroes of the rebellion, we have something for everyone during our week of Star Wars themed activities.

July 10- March of the Dark Side/ March of the Rebellion

Show off your favorite Star Wars costume as we march from the HCRC Pool to the courthouse lawn to enjoy a treat from the planet Hoth.

July 11- Star Wars themed Family Fun Night

Free pool admission from 6:00-9:00 P.M.

July 12- Star Wars Day at Highland County Public Library

Join our friends at HCPL base for Star Wars themed activities.

July 14- Outdoor showing of **STAR WARS: The Force Awakens**

Movie begins at dusk beside the HCRC pool complex.

Mountain Mama Road Bike Challenge

The 2017 Mountain Mama Road Bike Challenge is scheduled to take place on Saturday, August 5th in beautiful Highland County, Virginia. The yearly event features 2 States, 3 Counties, 9 mountains, 105 miles, and over 10,000 feet of climb. The challenge features 4 courses of different ability level, they include:

- Blue Grass Valley Ride: 27 miles of rolling valley hills
- Two State Short Ride: 53 miles and 4 mountains to climb
- Two State Long Ride: follow the century ride for 54 miles then add the Blue Grass Valley ride for a total of 67 miles with 4 mountains to climb
- Century: 2 States, 3 counties, 9 mountains, over 100 miles and over 10,000 feet to climb

Open Registration is available the night before and day of the event. Registration forms available at: www.highlandcountyrecreation.org. Download and fill out your form then e-mail to: [hrcr@highlandcountyrecreation.org](mailto:hcrc@highlandcountyrecreation.org) then simply select the correct option below and pay through PayPal. Registration before July 1st, 2017 is \$65.00. After July 1st, 2017 is \$75.00. Register early to guarantee your shirt!



Trip

Eagle's Nest Outfitters

- Offered in partnership with VPAS
- June 24th
- Celebrate Summer with a scenic 6 1/2 mile river trip with Eagle's Nest Outfitters, Petersburg WV! Experience the South Branch of the Potomac River, one of the top ten paddling rivers in the United States from a canoe! The trip will take approximately 4 hours. The cost including canoe rental is \$35 per person. Trip requirements: Be at least 6 years of age (must be accompanied by a parent) be in good physical condition and be able to swim. RSVP by June 15, 2017. Call 468-2178 to RSVP and for more information.

Community Summer Kick-Off

Celebrate the arrival of summer with this family friendly event.

- June 17- 10:00-12:00 at the HCRC Pool Complex
- Bouncy house for children, cornhole, horseshoes, field day games, free hot dogs, watermelon, and lemonade
- Sign your children up for Highland Co. Public Library's Summer Reading Program
- Pick up information about summer activities from local businesses and organizations



Summer Reading Partnership

We are partnering with the Highland County Public Library to bring three activities as part of their summer reading program. Look for additional details to come from HCPL.

June 23- Family Campfire Night

Enjoy camp fire songs, local story tellers, hot dogs and S'mores by the fire. Immediately following the conclusion of swimming lessons.

*Children 12 and under must be accompanied by an adult.

July 21- Star Party

Learn about the night sky by gazing through the library's telescope.

July 26- Bubbles!

Little bubbles. Big bubbles. GIANT bubbles. Participants can learn the ins and outs of bubble making then cool off with free admission to the HCRC pool. 10:30 -12:00 P.M.

*Parental supervision required for pool use.

Second Annual Run to the Fair 5K

- September 2, 2017 at 9:00 a.m. at the HCRC Pool Complex
- Pre-registration (by August 12) - \$25 Adults, \$15 Children 12 and under
- Day of event- \$30 adults, \$20 children 12 and under
- Pre- registration encouraged to ensure your tee shirt
- Registration information will be available at highlandcountyrecreation.org



Weekly Activities

Adult Basketball Open Gym- Wednesdays 6:00 p.m- 8:00 p.m and

Sundays 4:00 p.m.-6:00 p.m.at the HHS Gym

Adult Volleyball Open Gym- Sundays 5:00 p.m.-7:00 p.m at the HES Gym

HCRC Weight Room- Open 24/7 with membership. Call to join!

Photography Policy

During any of our programs, participants may be photographed by the HCRC staff for publicity purposes. If you do not wish to have your picture taken, please tell the staff photographer.



Our Mission

It is the mission of the Highland County Recreation Commission to provide and promote recreational opportunities through development, implementation, and maintenance of facilities and programs for all citizens of Highland County.

Contact Us



Highland County Recreation Commission

By Mail: PO Box 428

Monterey, VA 24465

By phone: (540)468-2978

By email:

hcrc@highlandcountyrecreation.org

Visit our website:

www.highlandcountyrecreation.org

100 Miles in 100 Days Challenge

This much loved program is back for a second year. It will challenge participants to move 100 (or more) human powered miles in 100 days outside of your daily routine.

Event Schedule

April 22- Registration 9:00-11:00 at HCRC Pool Complex

Everyone who attends will be entered in a drawing to win a FitBit Alta

Meet up at the Market - Enjoy complimentary fresh healthy snacks while browsing the Highland Farmers' Market. Date TBD

June 17- Community Summer Kick-Off 10:00 a.m.- 12:00 p.m at the HCRC Pool Complex

Pick up tee shirts and celebrate the half-way point at our summer kick-off party

July 30- Pool Party Finale 2:00 p.m. -4:00 p.m.

Participants will receive free pool admission and have a chance to win a FitBit Charge. Bring a healthy snack to share.

Registration without a tee shirt -\$10 Adults, \$5 Children 12 or under

Registration with a tee shirt -\$20 Adults, \$15 Children 12 or under.

*Must register by May 20, 2016 to receive a tee shirt



STRUT YOUR MUTT FUN RUN

April 22- 9:00-12:00

Highland County Recreation Commission is pairing up with the Highland County Humane Society for a fun event! Enjoy a limitless jog or walk around the community trail, with or without a dog, an agility course, an onsite vet ready to answer any questions, pet friendly vendors, and food available for purchase. Your pets will thank you for the mid-morning outing!

- Early registration fee: \$20 (Until April 16th)

- Day of registration fee: \$30

- Children 10 and under: \$10

- All participants will receive a tee shirt and a goody bag

