

City of Martinsville Parks & Recreation

Activity Guide

Summer/Fall 2015



**TO GET NEWS ON UPCOMING PROGRAMS, ATHLETICS,
CLASSES, SPECIAL EVENTS AND TRIPS
LIKE US ON FACEBOOK.**

Welcome

We would like to thank you in advance for picking up the Summer/Fall issue to view all the great programs and services we are offering over the next few months. Martinsville Parks and Recreation strives to improve the quality of life for citizens of Martinsville and Henry County by providing comprehensive recreational programming for all ages.

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Parks and Shelters

Park Shelters are available to rent from April 1st - October 1st. Please call 276-403-5140 to make reservation. All parks are open from Sunup to Sundown.

Dana O Baldwin— Swanson St. -

15.5 acres, picnic shelter w/grill, restrooms, tennis courts, and new playground equipment.

J. Frank Wilson—Old Log and Hill Shelter— Church St. Ext. -

30 acres, skate park, basketball court, walking trail, 18 hole disc golf course, playground, restrooms and 2 large picnic shelters.

Beaver Creek Reservoir— Redskin Dr. to Boat Ramp Dr. -

175 acre lake, picnic shelter, restrooms, fishing/boating (no gas powered motors). Boat permits are required and can be purchased at Reservoir for \$3/day or \$15/year. Canoes are also rented out for \$10/day with \$10 refundable deposit.

Jackson St. Park— Jackson & Church St. -

.3 acres, basketball court, park bench, playground equipment

West End Park— Cardinal Ln. -

13.72 acres, ball diamond, multipurpose courts, restrooms, swings, animal rockers, & climber.

J.Russell Mason— Clearview Park.-

6.5 acres, basketball court, picnic shelter, restrooms , Baseball/softball field available for private use.

Southside Park— Ranson Rd. -

37+ acres, 4 groomed baseball/softball field (3 are lighted) which are available to rent, spectator stands, concession stand, 2 separate restrooms facilities, basketball court play ground, and large shelter.

Chatham Heights Park— Garden In. -

9 acres, ball field, multi-purpose court, restrooms, large shelter, playground, and hiking trail

Cole & Carol Street Park— Cole and Carol St. -

1.60 acres, playground equipment, park benches, and picnic area.

Victor A. Lester Memorial Park— Mulberry & Finley St. -

.60 acres gazebo, playground equipment, and picnic area.

Spruce Street Park— Spruce St. -

5.2 acres, ball field and tennis courts.

GENERAL REQUIREMENTS FOR ARMORY RENTAL

\$225 Basic Fee/Day (\$100 each additional day)

\$50 Key/Cleaning Deposit—returned if facility is found clean and in proper condition

\$75 Kitchen Fee

\$50 Alcohol Fee

\$75/hour for 2 fire watch personnel if:

-over 100 people in attendance, and

-alcohol is present, and

-music, band, or DJ

(2 fire watch personnel for every 100 people)

\$75/hour for 2 security personnel if alcohol is present

Must obtain a General Liability Insurance Policy of minimum \$1,000,000.

Must obtain an ABC Banquet License if alcohol is present.

Must submit a Special Events Questionnaire for review and approval.

For more information on the Armory or to get a Special Event Questionnaire, please call the Parks and Recreation Office at 276-403-5140.



Youth Activities

Short Sports

Short Sports is a program geared towards 3-6 year old children who want to start learning the basic motor skills for basketball, baseball, soccer, golf, tennis and football. This class will meet on six straight Mondays from 5:30pm – 6:30pm. Each week a different sport will be taught. This is a great program to introduce your child to a variety of sports and also prepare your child for organized sports. Parents must be present and will be working with their children on assigned tasks. These classes are sponsored and ran by Henry County Parks & Recreation and Martinsville Parks & Recreation.

Date/Time: Monday, July 13th—August 10th / 5:30 – 6:30pm
Location: Collinsville YMCA
Cost: \$10

Canoe Day

Slow down the pace of everyday life and bring your kids out to explore nature at 2 mph! Discover the beautiful Beaver Creek Reservoir by canoe. Canoeing is a simple, healthy exercise that everyone in the family can enjoy. Instruction will be provided for beginners.

Date/Time: June & July 16th from 10:00am-2:00pm
Cost: Free
Location: Beaver Creek Reservoir



Kids Night Out

During the holiday rush, it can be hard for Santa and all his helpers to get presents wrapped and ready for Christmas morning. Let us entertain the kids with arts, crafts, and fun games so that parents can sneak away and help Santa prepare presents to go under the tree.

Date/Time: TBA
Location: National Guard Armory

Baseball Camp

Martinsville Parks and Recreation with help from local High School coaches and Patrick Henry Community College will be offering a youth instructional baseball camp. This is a weeklong camp where participants will be taught fundamentals of fielding, pitching, and hitting. There will be a game between campers on Friday June 5th. Camp is for kids 6-13 with registration being due on May 15th.



Date: June 1st-5th
Cost: \$25
Location: Southside Park

Hooked on Fishing Clinic

Have fun while helping young people learn the ins and outs of fishing at this local clinic. Martinsville Senior Center, Martinsville Parks and Recreation, Henry County Parks & Recreation and Angler's Choice will sponsor the "Seventeenth Annual Fishing Clinic" on Saturday, June 6, 2015 from 9am-12noon at Beaver Creek Reservoir. We need local fishermen to introduce children to a sport they can enjoy for the rest of their lives. Children age 7-14 are welcome to participate in the clinic. Call the Senior Center for more information.



Youth Activities

Easter Egg Hunt

Come out to Hooker Field on March 28th from 10:00am-12:00pm for a community wide Easter Egg Hunt. There will be an entry fee of 1 canned good or other non-perishable food item that will be donated to local food pantries. The Easter Egg Hunt is for ages 2-12



Outdoor Explore Camp

Don't be stuck inside all summer. Get out and enjoy the great outdoors. At this camp you will get to do just that. Spend part of you day hiking, exploring, and fishing and the other learning about outdoor safety and activities. Camp is available to all kids ages 7-11. Please register by June 26th.

Date: July 6th-9th 10:00am-12:00pm

Cost: \$5

Location: City Parks

Passport Challenge

Join us at the Smith River Sports Complex for the Youth Passport Challenge. Attendees will go through a scavenger-hunt like course with games, sports, arts, crafts, snacks, music and much more! This is for children ages 8-18. This is a free event with exact date to be announced.

SPARK fitness

The SPARK program is designed to improve the health of children and adolescents by introducing exercise and nutrition. During this camp, kids will be taught healthy eating habits and given physical fitness tips in order to live a healthy life. This camp is for children ages 7-12. Please register by June 5th.

Date: June 11th, 18th, 25th

Cost: \$5

Location: TBA



Scavenger Hunt

Do you consider yourself a master of riddles? If so come by Frank Wilson Park and take place in our yearly Scavenger Hunt. Attendees will be given a starting clue and from there are allowed to scavenge the entire park until the prize is found. This event is open to children of all ages.

Date: July 14th Beginning at 10:00am

Cost: Free

Earth Day

Join the VMNH, Martinsville Parks and Recreation, and community partners for the 6th annual Earth Day Festival. The festival will be held at J. Frank Wilson Memorial Park on Saturday, April 25th from 10:00-3:00. Enjoy a day of earth friendly games, crafts, and activities. You don't want to miss live music with Jim and Kimbo Cary and their all natural instruments. Admission is free, and food will be available for purchase. Call (276) 634-4185 for more information.

Youth Sports

SPONSOR A TEAM

Sponsor a youth sports team. Fee is \$150 per team or \$250 to sponsor 2 teams. Your company name or logo will be placed on the front of the team shirts and you will receive a team picture.

Youth Football

Ages: 6-13

Ages will be broken up into 6-8 (flag), 9-10 (JR Tackle), 11-13 (SR Tackle).

Registration deadline is August 14, 2015. The fee is \$10. Call 403-5140 for more information. Volunteer coaches needed!

Background checks will take place.



Cheerleading

Ages: 9-13

Number of squads will be based on our football teams. We will have a squad for each team. Try-outs will be held for this. You will need to register and pay once you have made the squad. Registration fee will be \$10. Tryouts will be held in mid-August. Please call 403-5140 in early August for try-out dates.

4-5 Year Old Youth Basketball League

This is a co-ed league for all 4-5 year old kids. The league is designed to familiarize our youth with the rules and skills needed to play basketball. Sign-ups will begin the first of October and games will begin the first of November. The fee to participate is \$10.



Youth Basketball

Girls Basketball:

Ages will be broken up into 8-10 (girls/junior) and 11-13 (girls/senior) Deadline to register is August 14th, 2015. The fee to participate is \$10. This league will begin in late August.

Boys Basketball:

Ages will be broken up into 6-7 (coed), 8-9 (boys/junior) and 10-13 (boys/senior). Deadline to register is November 20, 2015. The fee to participate is \$10. This league will begin the first of January.

Youth Fall Baseball

This is a co-ed coach pitch baseball league designed to familiarize our youth with the rules and skills needed to play baseball. We are also extending our league to include boys and girls mustang/minor. Deadline to register is August 7th. Fee to participate is \$10.

Age Groups:

6-8 co-ed coach pitch

Boys Mustang: 9-10

Girls Minor: 9-11

Girls Youth Volleyball

Grades: 6th-8th

The registration deadline will be November 13th, 2015. Registration fee to play is \$10.

For any questions please call 276-403-5140.



Adult Sports

Men's and Women's Adult CO-ED Softball Summer/Fall League

Ages 18 and older, formed teams only. Please call

276-403-5140 for questions or come by our office to pick up a registration packet for your team.

The Summer league deadline to register is May 9, 2015.

Date/Time: Season will tentatively begin May 20, 2015

Location: Southside Park

Fee: \$250/team

The Fall league deadline is August 7th.

Date/Time: Season will tentatively August 24th 2015

Location: Southside Park

Fee \$250/team



Men's Open Gym

18 & older, join us from 6-8pm to play basketball. Each player must sign a waiver each night. Must wear tennis shoes or basketball shoes to play.

DATE/TIME: Wednesdays, November-March

LOCATION: National Guard Armory

FEE: \$2/person/night

Disc Golf League

We have an 18-hole disc golf course located at J. Frank Wilson Park. The course is free to play. Come by and pick up your scorecard as league play will begin May 5th. We will be hosting a tournament later this Fall. Exact date will be announced during the Summer.

If you are interested in holding a tournament to raise money for your organization, call the 403-5140.

Senior Center

Who we serve...

Martinsville Senior Center provides recreational opportunities to adults age 50 & over and transportation to those 60 & over and to those under 60 who are disabled. The Senior Center also distributes by mail a quarterly newsletter with information containing specific programs. Recreational activities are offered at the Senior Center and several off-site locations.

Services

Transportation – Martinsville city residents age 60 & over and disabled residents under 60 who do not have any type of transportation may sign up by calling the Senior Center at 403-5260. Transportation is provided Monday through Friday 8:30a.m. – 3:00p.m. to medical appointments, grocery store, pharmacy, nutrition site at the Senior Center, Dept. of Social Services, Social Security Administration, community recreational activities and other support services for the elderly & disabled. Transportation services are offered to promote continued independent living. An assessment form is filled out on each individual requesting transportation. A determination is made within five working days concerning whether or not the person is eligible. There is no charge to ride the van but you may give a donation if you are able to do so.

Free Blood Pressure Screenings – Amedysis Home Healthcare will offer free blood pressure screenings the third Wednesday of each month at the Senior Center from 10a.m.-11a.m. Please call 403-5260 if you plan to attend.

Senior Center

DROP IN ACTIVITIES

Monday– 10a.m.-12p.m. – Crochet Group at the Senior Center – Crocheters of all skill levels are welcome. Snacks are served – great time for fellowship.

Tuesday – 8:30a.m. – Low impact Nature Walks along the City’s Uptown Connector Trail & Park. Also hike on the new Silverbell Trail. Call 403-5260 for schedule changes.

Wednesday – 10a.m. – Bible Study with Zeke Zanatos at Senior Center

11a.m. – Nutrition Site – at Senior Center - Seniors are provided a hot lunch (more details listed below)

11:15a.m. – Rook Games at Senior Center

Thursday – 9a.m. – Bible Study at Senior Center

12:30p.m. –2:30p.m. Bingo at Senior Center (1st & 3rd Thursday)

Friday – 9a.m. Group bowling at Sportlanes located at 10 Koehler Rd in Martinsville

11a.m. – Nutrition Site - seniors are provided a hot lunch at the Senior Center (1st & 3rd Fridays)

2015 Senior Citizens Health Fair & Craft Show

To honor our local senior citizens the Martinsville Senior Center and Henry County Parks & Recreation will sponsor the Annual Senior Health Fair & Craft Show on Thursday, May 14, 2015. This event will be held at Laurel Park’s Lancer Hall located on Rt. 58 East from 8a.m.-12p.m. with lunch being served at 12noon.

Corporate contributors to fund the event are:

Collins-McKee-Stone Funeral Homes	Memorial Hospital of Martinsville & Henry County	Roselawn Funeral Services
Roselawn Burial Park/Henry Memorial Park	Team Nurse & PrivaCare	River Community Bank

Local human service agencies & businesses will have displays regarding their services and representatives will be on site to answer questions. Seniors may take advantage of the following health screenings:

Diagnostic III Bloodwork- \$26; Lipid Panel Only- \$15; Prostate Specific Antigen Screening- \$16; Thyroid Test- \$15

Business Health Services of Memorial Hospital will offer the above screenings from 8a.m-12noon. For best results, please remember to fast after midnight the night before the screenings. You may take all medications normally taken every day (such as blood pressure medicine) before the screening.

Seniors may take advantage of the following no charge screenings:

Blood Pressure Screening– Team Nurse Vision Screening– Wal-Mart Vision Center Oral Cancer Screening– Dr. Dietrich D.M.D

Local artists and craftsmen will be selling and demonstrating their wares. Kelly Ratcliff will emcee the event and door prizes will be given away. A light breakfast will be provided and lunch will be served from 12noon until 12:30p.m. For more information concerning the 2015 Health Fair & Craft Show, call the Martinsville Senior Center at 403-5260 or Henry County Parks & Recreation at 634-4644.

Line Dancing

The Martinsville Senior Center will sponsor Line Dancing in the fall taught by J.T. & Anne Harris. Call the Senior Center for more information.

Ice Cream Social

There will be an Ice Cream Social held in summer 2015 at the Senior Center. The staff will be on hand to make ice cream sundaes & banana splits. The exact date will be announced in the summer edition of the Senior Post.

Farmer’s Market Transportation

The Senior Center will provide transportation to the local Farmer’s Market when it opens in the spring. Call 403-5260 to sign up.

Senior Center

Breakfast & Supper Club

The Breakfast Club meets the first Monday of each month at 9a.m. Come join us for food, fun and fellowship. The Supper Club meets the third Thursday of each month at 5:30p.m. Seniors participating in either the Breakfast/Supper Club are responsible for the cost of their meal. Please see restaurant locations below:

Breakfast Club

Monday, April 6, 2015 – Clarence’s Steak House
Monday, May 4, 2015 – Skip’s Restaurant
Monday, June 1, 2015 - Fieldale Café
Monday, July 6, 2015 – Sirloin House

Supper Club

Thursday, April 16th, 2015– Jerry’s Pizza
Thursday, May 21st, 2015– Clarence’s Steak House
Thursday, June, 18th 2015– Captain Tom’s
Thursday, July, 16th 2015– Wild Magnolia

Lunch Club

Meet, greet & eat with other fabulous individuals every quarter. The Lunch Club meeting locations will be announced in the Senior Post. Lunch is Dutch treat. Pre-registration is required by calling 403-5260.

Senior Nutrition Site

Join us for entertainment, socializing & a good hot lunch. The program is open to seniors on Wednesdays & the first and third Fridays at the Senior Center. Seniors listen to programs on healthy eating and other health topics & monthly blood pressure checks are provided. Seniors can also take part in games such as bingo & dominoes while attending the Nutrition Site.

Senior Bowling

Start your weekend off right by joining us at Sportlanes Bowling Alley each Friday morning at 9a.m. Cost to bowl is \$5.00 for three games which includes cost of bowling ball & shoes. You do not have to be an expert bowler. This is a time for bowlers of all skill levels to participate.

S.A.L.T. NEWS (Seniors & Law Enforcement Together)

The Martinsville/Henry County TRIAD S.A.L.T. Council will have their Annual Senior Appreciation Day & Picnic on Wednesday, June 17, 2015 at Jack Dalton Park from 11a.m.-1:00p.m. Lunch is free and entertainment will be provided. For any questions concerning this event call Southern Area Agency on Aging at 632-6442.

Computer Classes

The Blue Ridge Regional Library (Martinsville Branch) & the Senior Center will sponsor “Introduction to Computer Classes” this summer. Classes will be held on Thursday evenings from 5:30p.m. to 6:45p.m. Call the Senior Center at 403-5260 for the exact details.

Oil Painting Classes – The Senior Center will sponsor six week oil painting classes on an ongoing basis. The classes will be offered in six week sessions on Tuesdays. Cost for the class is \$30.00 which does not include supplies. A list of supplies will be mailed to you upon registration or participants can pay a \$15 supply fee. Beginners are welcome. The instructor is Joyce Wray. The next six week session should be held in the fall. Call 403-5260 to sign up.

Annual Fall Golf Tournament

The Martinsville Senior Center, Henry County Parks & Recreation and Beaver Hills Golf Club will sponsor their Annual Fall Golf Tournament on Tuesday, September 15 at Beaver Hills Golf Course. Tee-off time for the tournament will be announced closer to tournament time. Refreshments will be served after the first nine holes and immediately following the tournament. For information on qualifying for the tournament, please contact Beaver Hills Golf Course at 632-1526.

Senior Post

This quarterly publication contains the most recent up-to-date information regarding senior citizen activities & programs available to seniors. The newsletter is available to any senior adult interested in being placed on the mailing list by calling the Senior Center at 403-5260.

Travel News

The Martinsville Senior Center has two trips lined up for late spring/early summer. Thursday, June 4, 2015 – trip to Barter Theater to see “Southern Fried Nuptials” – a comedy of southern proportions – Lunch will be at the Damascus Old Mill Restaurant & Pub. Wednesday, July 1, 2015 - Wohlfahrt Haus Dinner Theatre to see “Gospel Jubilee” a brand new production full of the gospel favorites that you grew up singing.

Parks and Recreation Events

Smith River Fest

The Smith River Fest will be held on August 8, 2015 from 9am-5pm at the Smith River Sports Complex. There will be a river race, mud run, and live music along with a climbing wall, petting zoo, free rides, family fun float, craft and education vendors, food, and pony rides. For more information call 276-634-4649 or visit www.smithriverfest.com.



Screen on the Green

Martinsville Parks and Recreation along with the Martinsville Mustangs and Martinsville YMCA will be hosting Screen on the Green this summer at Hooker Field. Bring your chairs and blankets so that you can kick back and enjoy a classic baseball movie on the field at Hooker Field.

Date/Time: TBA

Fee: Free

Location: Hooker Field

Home Run Derby

Do you consider yourself a power hitter and want to prove it to the community? Come down to Southside Park for a fun evening of softball, food, prizes, and music. Contestant must provide pitcher and their own ball. Any core and compression ball and bat is welcomed. Derby will be held in playoff style with 3 rounds.

Date/Time: September 11th at 7:00pm

Fee: \$10 per contestant

Location: Southside Park

Archery Classes and Tournaments

Archery Tournament will offer an array of different targets with participants with the highest score winning. Archery classes will be offered this Fall for children and adults of all ages. This is a great opportunity to learn a new hobby while enjoying the outdoors.



Class Date/ Time: Tournament Date/Time: August 15th at 10:00am September 5th-26th from 9:00am-11:00pm

Fee: \$25 for classes and \$10 for tournament

Location: City Gun Range

Photo Contest

Help us capture the beautiful landscapes, places, and people of Martinsville and Henry County in the 2015 Martinsville Parks & Recreation Photo Contest. Winners will be featured in future Parks & Recreation programs and on our Facebook page! To submit a photo email your photo to parkrec@ci.martinsville.va.us between May 1st– October 1st. Official rules may be picked up at the Martinsville Parks & Recreation office.

Community Gardens

Reserve your plot FREE of charge. Plots are for Community Members to grow their own gardens. Access to water is provided. Call 403-5140 if interested. Must fill out an application and abide by the rules, e.g., no chemicals. All organic. Reserve your spot, call today!

Parks and Recreation Events

Great Goblin Gallop 5K

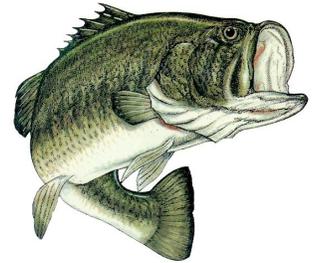
The Henry County Parks & Recreation Office in conjunction with the Martinsville Parks & Recreation sponsors the Annual Great Goblin Gallop 5K Race each October. The race course is a beautiful fairly level loop around Lake Lanier in Martinsville.

Date: October 1, 2015

Bass Tournament/Night Catfish at Beaver Creek Reservoir

Bass Dates: March 14th April 11th, May 9th, June 13th, July 11th, August 8th, September 12th

The cost to enter will be \$40 per boat with payout being \$30 per boat that is entered. March 14th, April 11th, May 9th, June 13th, and September 12th will begin at 7am-1:00pm. July 13th and August 8th will begin at 6:00pm-12:00am. An optional \$5 per person lunker will be at each tournament and \$10 pot for biggest fish of series will be available also.



Night Catfish Dates: April 25th, May 30th, June 27th, July 25th, and August 29nd.

Cost is \$10 per person per date and the prize will a 50/50 cash payout for the largest fish. They will begin at 7pm-12:00am and payment will be taken at gate the night of the catfish tournament.

For information Call David Johnston at 252-7680 or Zach Morris at 276-403-5379.

Virginia Museum of Natural History

VMNH Summer Adventure Camps

Summer is just around the corner and it's never too early to start planning! Summer Adventure Camps, for ages 3-14, are designed to introduce a variety of themes ranging from nature exploration to engineering to forensics! For a complete list of summer camps, please visit <http://www.vmnh.net/summer-adventure-camps>.

For more information or to sign up, contact us at 276-634-4185 or discover@vmnh.virginia.gov.



MHC Coalition For Health and Wellness

95210 is the healthy zip code for Martinsville and Henry County. 95210 is a new health message designed to be easy and fun for both children and adults. Each number represents one action that has been proven to help you live a healthier lifestyle if completed daily:

9 – hour of sleep (7-8 for adults); 5 – servings of fruits and vegetables; 2 – hours or less of recreational screen time; 1 – hour of physical activity; and 0 – Zero sodas and drinks with added sugar. Please help us in supporting this health message throughout our community with your friends and family.

For more information visit www.healthycommunitymhc.org.



SOUTHERN VIRGINIA
healthy kids coalition

Spend Your Summer with the **MUSTANGS**

OPENING NIGHT, WEDNESDAY, MAY 27TH!
MARTINSVILLE PHILLIES NIGHT, FRIDAY, MAY 29TH!
FIREWORKS JUNE 6TH!
RED, WHITE & BOOM FIREWORKS! JULY 4TH!
MIDNIGHT MADNESS! FRIDAY, JULY 10TH!
FRIDAY FIREWORKS JULY 31ST!
GREAT COMMUNITY GIVE-BACK GAME! SATURDAY,
AUGUST 1ST!

**FOR A FULL SCHEDULE OF HOME GAMES AND FUN EVENTS FOR THE WHOLE
FAMILY CHECK OUT MARTINSVILLEMUSTANGS.COM**

KEEP UP WITH ALL THE LATEST PROMOTIONS! "LIKE" US ON FACEBOOK!

