

Danville Parks and Recreation Summer Programs

Outdoors

ON THE WATER

Beginner Kayak

Learn basic kayaking strokes or use existing skills to paddle the peaceful Dan River. Enjoy great scenery and build strength through this low-impact, outdoor activity. Ages 8 and up. Call (434) 799-5150.

Abreu-Grogan Park **Thursdays, June 13, July 18, July 25, and August 15**
6 p.m. to 8 p.m. **\$12**

Sunday Fun-Day Paddle

Enjoy a slow paced kayak trip on the peaceful Dan River. No previous experience needed for this calm section of river. Ages 8 and up. Register by June 10. Call (434) 799-5150.

Abreu-Grogan Park **Sunday, June 16**
2 p.m. to 4 p.m. **\$12**

Main Street to Anglers Park

Enjoy a swift paddle from Main Street to Anglers Park. Navigate rapids and paddle around islands in a picturesque portion of the river. Children under 12 must be accompanied by an adult. Register by June 17. Call (434) 799-5150.

Main Street Fountain **Saturday, June 22**
5 p.m. to 7 p.m. **\$12**

Tubing on the Dan

Enjoy a relaxing float on the Dan River from Main Street to Anglers Park. Look for otters, herons, and enjoy picturesque scenery while still experiencing the excitement of rapids. One or two person tubes are available; life jackets are provided. Close-toed shoes are required. Ages 12 and up. Call (434) 799-5150.

Main Street Fountain **Saturdays, June 29 and July 27**
10 a.m. to 1 p.m. **\$15**

Full Moon Paddle

Kayak five miles of the peaceful Dan River in the light of the full moon. Listen for nocturnal animals that frequent the banks of the Dan. Paddlers will be provided with headlamps; previous paddling experience required. Ages 12 and up. Register by July 8. Call (434) 799-5150.

Abreu-Grogan Park **Saturday, July 13**
8 p.m. to 11 p.m. **\$12**

Main Street to Anglers Park

Enjoy a swift paddle from Main Street to Anglers Park. Navigate rapids and paddle around islands in a picturesque portion of the river. Children under 12 must be accompanied by an adult. Participants must have paddling experience. Register by July 15. Call (434) 799-5150.

Main Street Fountain **Sunday, July 21**
10 a.m. to 1 p.m. **\$12**

Main Street to Anglers Park

Enjoy a swift paddle from Main Street to Anglers Park. Navigate rapids and paddle around islands in a picturesque portion of the river. Children under 12 must be accompanied by an adult. Participants must have paddling experience. Register by August 26. Call (434) 799-5150.

Main Street Fountain **Saturday, August 31**
9 a.m. to 12 p.m. **\$12**

ADVENTURE PROGRAMS

Zip into the Stars

Soar under the stars on Danville's thrilling 400-foot zip line. Ages 8 and up. Register by June 3. Call (434) 799-5150.

Skate Park at Dan Daniel Park **Friday, June 7**
8 p.m. to 9:30 p.m. **\$12**

Glow Zip

Light up the night at this evening of zip lining at Dan Daniel Park. Limited number of glow sticks will be provided. Ages 8 and up. Register by July 1. Call (434) 799-5150.

Skate Park at Dan Daniel Park **Friday, July 5**
8 p.m. to 9:30 p.m. **\$12**

Weekend Adventure Day

Spend part of your weekend conquering the high ropes course or zip lining with friends at Dan Daniel Park. Ages 8 and up. Register by July 29. Call (434) 799-5150.

Skate Park at Dan Daniel Park **Sunday, August 4**
2 p.m. to 4 p.m. **\$17**

Water Fun Day Zip

Join Danville Parks and Recreation for an exciting day of zip lining and water games at Dan Daniel Park. Cool off from the summer heat with water guns, balloons and other activities before taking a ride on the 400-ft zip line. Be sure to bring clothes you don't mind getting wet and close-toed shoes. Ages 8 and up. Register by August 14. Call (434) 799-5150.

Skate Park at Dan Daniel Park **Sunday, August 18**
2 p.m. to 4 p.m. **\$12**

EDUCATIONAL PROGRAMS

Explore Anglers Ridge Trails

Explore the Anglers Ridge trail system during this 3-mile guided hike. How to read trail maps and markers will be discussed. Wear comfortable walking shoes you don't mind getting dirty. All ages welcome. Pet friendly event. Register by June 19. Call (434) 799-5150.

Anglers Park **Sunday, June 23**
10 a.m. to 1 p.m. **Free**

Tick Talk- Lyme Disease Prevention and Awareness

Learn prevention methods for tick-borne diseases from Dr. Nancy Fox with the Lyme Education Awareness Foundation. She will discuss ways to avoid tick bites, different illnesses caused from tick bites, and ways to identify them. All ages welcome. Register by June 19. Call (434) 799-5150.

Ballou Recreation Center- Upstairs **Monday, June 24**
6 p.m. to 7:30 p.m. **Free**

Explore Evans Park

Join Danville Parks and Recreation for a nature hike at newly developed Evans Park. Evans Park is home to a variety of plant and tree species and is a great location for summer hiking. The program will meet at the Danville Welcome Center, and transportation will be provided to Evans Park. Register by July 8. Call (434) 799-5150.

Danville Welcome Center **Sunday, July 14**
10 a.m. to 12 p.m. **Free**

Tree Identification Hike

Enjoy a short hike at Anglers Park and learn tree species by their bark, leaf shape, color, and height. All ages welcome. Register by August 7. Call (434) 799-5150.

Anglers Park **Saturday, August 10**
10 a.m. to 12 p.m. **Free**

Creek Crawl

Explore the shallows of a local creek and find out what type of creatures live in the sand, mud, and under rocks! Learn about the importance of macro invertebrates and their amazing life cycles. Be sure to wear boots or shoes you don't mind getting wet and muddy. This program is great for all ages. Register by August 21. Call (434) 799-5150.

Anglers Park **Sunday, August 25**
10:30 a.m. to 12 p.m. **Free**

Health and Wellness

Pound Fitness

Rock out in Pound. Bring your own mat; drumsticks will be provided. This fun class will help you burn approximately 500 calories. Sweat with instructors Erin and Kari. Monthly membership available for \$35. Registration required. Call (434) 799-5150.

Pepsi Building

5:30 p.m. to 6:30 p.m.

Mondays and Wednesdays May 1–June 26

\$7/class or \$35/monthly

Adult Open Gym

Hoop every Saturday at the City Auditorium. Participants have the option to pay per Saturday or to pay monthly. Registration is required. Call (434) 799-5150.

City Auditorium Gymnasium

9 a.m. to 12 p.m.

Saturdays

\$3

Workouts, Women, and Shakes

Experience a monthly workout session designed specifically for women. Each month Danielle Montague or Elizabeth Thomas will lead you in a new fun workout routine. Afterwards network and enjoy healthy protein shakes to replenish your nutrients. Call (434) 799-5150.

Pepsi Building

7 p.m. to 8 p.m.

Wednesdays, August 7

\$8

Recharge Adult Dance

Jam with health and wellness coordinator Danielle Montague and recharge your confidence. Bring yourself and a friend to get inspired and learn new sultry dance moves every third Thursday. Registration required. For adults ages 18 and older. Call (434) 799-5150.

City Auditorium Multipurpose Room

6:45 p.m. to 7:45 p.m.

Thursday, August 15

\$5