

High Point Parks & Recreation



# Leisure Guide

March - May  
2015

View events and programs in your community to "Play, Learn and Enjoy!"



## In this issue:

- Easter Egg Hunts
- Miracle League of High Point Spring Season
- Mother's Day Programs
- All Day Programs for Spring Break
- Summer Day Camps

*High Point Parks & Recreation  
136 Northpoint Avenue  
High Point, NC 27262  
(336) 883-3469  
[www.highpointnc.gov/pr](http://www.highpointnc.gov/pr)*

# Contents

Allen Jay Recreation Center	3
Athletics	4
Deep River Recreation Center	5
High Point City Lake Park	7
High Point Youth Council	7
Golf Courses	3
Morehead Recreation Center	10
Oak Hollow Campground	9
Oak Hollow Marina	4
Oak Hollow Tennis	10
Oakview Recreation Center	12
Piedmont Environmental Center	11
Roy B. Culler, Jr. Senior Center	8-9
Southside Recreation Center	9
Special Populations	6
Washington Terrace Park	7

***This information will be provided in an alternate format for people with visual impairments. Call 883-3469.***

## Park Regulations

- Dogs must be kept on leashes
- Unauthorized motor vehicles are prohibited
- Hours: sunrise to sunset
- Alcoholic beverages, drugs & openly displayed weapons are prohibited

**Need more information, access to maps and registration forms? Please visit our website [www.highpointnc.gov/pr](http://www.highpointnc.gov/pr)**

## On the cover:

Isaac Garber participating in The Miracle League of High Point.

## ***Brought to you by:***

### **High Point City Council**

Mayor Bill Bencini

Latimer Alexander, *At large* • Cynthia Davis, *At large*

Jeffrey Golden, *Ward 1* • Chris Williams, *Ward 2* • Alyce Hill, *Ward 3* • Jay W. Wagner, *Ward 4* • James C. Davis, *Ward 5* • Jason Ewing, *Ward 6*

### **High Point Parks & Recreation Commission**

Marshall Newsome, *Chair*

James C. Davis, *City Council Liaison*

Ed Price • Joe Ellenburg • Judy Jones • Hazel Rorie • Gary Ollis • Jerry Southern • Jim Bronnert • Darrell McLean

### **High Point Parks & Recreation Staff**

Lee Tillery, *Parks & Recreation Director*

Tracy Pegram, *Assistant Parks & Recreation Director*

William E. Covington, *Recreation Manager*

Chad Merritt, *Special Facilities Manager*

## **Rental Options**

High Point Parks & Recreation is pleased to offer a variety of rental opportunities at our major facilities and recreation centers located throughout our community. When planning meetings, reunions, employee and family events, wedding receptions, birthday parties, baby showers, or any type of function, please think of our parks, picnic shelters, and recreation centers. We can accommodate small groups to large gatherings indoors and outdoors. Call 883-3469 or visit our website at [www.highpointnc.gov/pr](http://www.highpointnc.gov/pr) to find out more about our affordable rates, helpful staff, and attractive venues.

## **Major Facilities**

High Point City Lake Park - 883-3498 • gymnasium, swimming pool  
 Roy B. Culler, Jr. Senior Center - 883-3584 • meeting rooms, large multipurpose room  
 Allen Jay Recreation Center - 883-3509 • gymnasium, meeting rooms, multipurpose room  
 Deep River Recreation Center - 883-3407 • gymnasium, meeting room, multipurpose room  
 Morehead Recreation Center - 883-3506 • gymnasium, meeting room, multipurpose room  
 Oakview Recreation Center - 883-3508 • gymnasium, meeting room, multipurpose room  
 Piedmont Environmental Center - 883-8531  
 Southside Recreation Center - 883-3504 • gymnasium, meeting room, Splash Pad  
 Washington Terrace Park - 883-8599 • community center, swimming pool

## **Picnic Shelters**

*We have picnic shelters for groups of 12 to 600 people. Shelters are located throughout High Point and many have a playground nearby. Call for more information.*  
 City Lake Park - 883-3498, Oak Hollow Festival Park/Marina - 883-3494,  
 Washington Terrace Park - 883-8599,  
 Shelters at Allen Jay, Armstrong, Cedrow, Deep River or Macedonia Parks - 883-3469

*All shelters have access to a charcoal grill. Renters must provide their own charcoal. Renters are not allowed to bring their own charcoal grill; however, use of their own gas grill is permissible.*

*Shelters at various parks throughout High Point may be rented for a fee. Reservations must be made in advance. Outdoor restrooms at all parks and shelters are closed each winter from November-April. The water is turned off and the pipes are drained.*

**Allen Jay Recreation Center • 883-3509**  
**1073 E. Springfield Road**

**Oak Hollow Golf Course • 883-3260**  
**3400 N. Centennial Street**

**Blair Park Golf Course • 883-3497**  
**1901 S. Main Street**

**Ballroom Dance Class - ages 55+** Monday, March 2-30, April 6-27, 6:30-7:30p.m. Fee:\$40 per couple; \$20 per single/per month. Ballroom dancing is fun and great for physical activity! This class will cover the basics of a variety of ballroom dances. Good for beginners or persons who want to brush up on their steps. Both couples and singles are welcome.

**Clipping Coupons for Beginners - ages 15+** Saturdays, April 4, 11, 18, 25, May 2, 9, 10-11:30a.m. Fee:\$5 per person/per class. This class will teach you the basics so you can start saving money by using legitimate couponing methods and keep a conservative stockpile of pantry and household items.

**Still Got It - Spring Basketball League - ages 35+**  
April 18-May 31, Fee:\$300 per team, **Deadline for enrollment: 4/9**. Calling all older basketball players who still got game! This is an open league for those who are a little bit older but still have something to prove on the court. We invite all church league teams, work league teams or groups of friends that want to have fun in a quality, affordable adult basketball league. Games will be played on Saturdays and Sundays between three recreation centers and the league championship game will be held at Morehead Recreation Center. Times for games to be announced.

**Cinco de Mayo Celebration** Sunday, May 3, 12-6p.m. Get ready for Cinco de Mayo with the entire family enjoying live music, traditional Mexican food for sale, vendors and more.

**Box Wars** Saturday, May 16, 10a.m.-8p.m. Fee:\$5 per person. **Deadline for enrollment: 5/1**. Build custom-made box forts as a team. We will provide the supplies; you provide the creativity. Event will feature music, food, plenty of new friends and fun for the whole family to enjoy.

**Summer Day Camp - pre-K-5th Grades**  
Monday-Friday, June 15-August 21, 7:30a.m.-6p.m. Fee:\$65 per person/per week + activity fees. Enjoy your favorite camp activities such as arts & crafts, field trips, team sports and more. Be prepared to have tons of fun with plenty of laughs, smiles and adventures.

**Ongoing Programs**  
**After School Program - Pre-K through 5th Grades** Monday-Friday through June 11, 2:30-6p.m. \$125 per month. Quality programming and supervision for children. The program includes homework time, arts & crafts, field trips, guest speakers, movies, and physical and educational activities. Afternoon snack and transportation will be provided.

**AHOY Senior Exercise** Mondays & Wednesdays, 9-10a.m. A participant-led, basic fitness class offered for seniors focusing on increasing flexibility, circulation and overall health.

**Walk the Walk** Monday-Sunday. Come out and enjoy our outdoor walking trail. The trail is approximately 1/2 mile long. Come exercise and enjoy the outdoors!

**Zumba - ages 13+** Tuesdays, 9:30-10:30a.m. & 6:30-7:30p.m. \$3 per person.

**Zumba Toning - ages 13+** Thursdays, 9:30-10:30a.m. & 6:30-7:30p.m. \$3 per person.

Are you ready to party yourself into shape? That's exactly what this program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning fitness party that's moving millions of people towards joy and health.

**Free Greens Fee on your Birthday** Register to participate in our E-Club by visiting [www.highpointnc.gov/pr](http://www.highpointnc.gov/pr) and receive a certificate for a free green fee on your birthday! Offer valid Monday-Friday, one week prior or one week after your birthday. Not valid with any other offers and cart fee is required.

**Get Golf Ready - ages 13+** \$99 per person/per session. The perfect opportunity to get you, friends or family introduced to the game of golf or improve your current skill level for the upcoming season. We provide everything you need, even the equipment! Class will be 5:45-7pm, except when date has an asterisk; those nights are 6-7:15p.m.

**Level 1** - April 6\*, 7, 13\*, 14 (register by 4/3)

**Level 1** - April 27\*, 28, 29, May 4\*, 5 \*(register by 4/24)

**Level 1** - May 25, 26, 27, June 1, 2 (register by 5/22)

**Level 2** - April 15, 16, 17, 20\*, 21 (register by 4/12)

**Level 3** - May 11\*, 12, 13, 18\*, 19 (register by 5/8)

**Twilight Golf Rates** Monday-Friday, except holidays. Rates begin at 2p.m. through April 24, 3p.m. beginning April 27.

**Blair Park Golf Course** - \$20 with cart, \$13 to walk.

**Oak Hollow Golf Course** - \$25 with cart, \$16 to walk

**Bud Kivett Memorial Championship - ages 16+** Saturday & Sunday, April 25, 26. \$30 per person. **Deadline for enrollment: April 17**. A 36-hole stroke play event open to the first 216 amateur golfers. Play will take place at Oak Hollow and Blair Park Golf Courses. Championship Flight Winner will receive a beautiful trophy. Pro Shop gift certificates will be awarded to the top finishers in each flight.

**High Point Names NC Senior Games Ambassadors**

John & Donna Pinckney of High Point have been chosen to serve as 2015 Ambassadors to the North Carolina Senior Games. Ambassadors have committed themselves to encouraging others to stay healthy and to get involved with Senior Games.



The Greater Games of High Point is one of 53 sanctioned programs serving all 100 counties. NCSG is the statewide Senior Olympics program that motivates participants to stay active and healthy. Senior Games offer over 5 athletic and arts events. Senior Games' approach to wellness is designed to challenge individual at their own levels. Other programs that are available through NCSG include: SilverArts, celebrating the creative talents of North Carolina's senior artists and SilverStriders, a national award winning walking program.

For more information regarding Senior Games, contact the Greater Games of High Point Local Coordinator, Tina Boston, at 336-883-3584 or visit [www.ncseniorgames.org](http://www.ncseniorgames.org).

# Greenways offer the perfect place to walk

## GREENWAY SECTIONS:

- Armstrong Park to Carlisle Way - approximately 3 miles
- 311 Bypass to Deep River Road - approximately 1/2 mile
- Piedmont Environmental Center to Gibson Park - approximately 6 miles

## PARK & GREENWAY REGULATIONS:

- Unauthorized motor vehicles prohibited
- Alcoholic beverages, drugs and openly displayed weapons are prohibited
- Dogs must be kept on leashes at all times
- Bikes must stay on trails to avoid damage to vegetation and wildlife habitat



The Greenway can be assessed at Armstrong Park, Kirkman Park School, McCain Park, the Little Red School House, Gibson Park, Piedmont Parkway and the Piedmont Environmental Center.

**Oak Hollow Marina • 883-3494  
3431 N. Centennial Street**

**Athletics • 883-3480 • 136 Northpoint Avenue**

**Registration forms for Athletics can be found  
on our website at [www.highpointnc.gov/pr](http://www.highpointnc.gov/pr).  
Select Athletics and choose youth or adult sports.**

### Daily hours of operation:

March 8-April 5, 8a.m.-7p.m.  
April 6-May 3, 7a.m.-7:30p.m.  
May 4-24, 7a.m.-8pm.  
May 25-August 2, 7a.m.-8:30p.m.

### **Bass Fishing Tournament**

Saturday, March 21, 7a.m.-3p.m. \$50 per team + \$7 boat launch fee. Boaters compete to catch the biggest large mouth bass to win prize money. Payback is 100%. Optional \$10 big fish pot.

### **Crappie Fishing Tournament - ages 18+**

Saturday, April 25, 7a.m.-3p.m. Fee:\$50 per team + \$7 boat launch fee. Compete to win by catching the biggest crappie from beautiful Oak Hollow Lake! Optional \$10 big fish pot. Limited to the first 50 boats. 80% payback.

**Festival Park** may be rented for private events or special events. Call 883-3494 for more information.

**Marina Information** The Marina meeting room is available for rental to groups for special occasions or meetings. Wi-Fi and audio visual equipment, including a projector, are available upon request. We offer a variety of fishing tackle and provide tackle and weights made and poured locally. We provide a wide range of bait from live minnows to red worms, night crawlers and chicken livers. We also carry a variety of snacks, drinks, coolers and ice for any and all fishing needs.

**NC Wildlife Loaner Rod Program** introduces youth to fishing by allowing them to sign out fishing poles free of charge.

**Shelter Reservations** \$40 for a 4-hour period. The park has 6 shelters that will accommodate up to 60 people. The shelters are located in scenic areas overlooking Oak Hollow Lake.

### Adult Sports

#### **7 on 7 Adult Soccer League - ages 18+**

Wednesdays & Sundays, August 2-October 11, 6-10p.m. (Wednesdays); 1-6p.m. (Sundays). Fee:\$450 per team.

**Deadline for enrollment: 7/10.** Guaranteed 8 regular season games and a post-season tournament. Offering Men's and Coed divisions. Games will be played at the High Point Athletic Complex and various soccer fields. An organizational meeting will be held on Thursday, June 4 at Deep River Recreation Center, 1529 Skeet Club Road, at 6:30pm. Registration begins June 1.

### Youth Sports

#### **Youth Flag Football League - ages 5-7**

Tuesdays & Thursdays, March 31-May 15, 6-8p.m. \$25 per person. **Deadline for enrollment: 3/20.** High Point Parks & Recreation now offers youth flag football leagues. Registration is open for both boys and girls. Our leagues focus on skill development in a fun, friendly, and competitive environment. Children will learn skills such as passing, catching, kicking and punting. Program will be held at Deep River Recreation Center. Registration begins February 2.

#### **High School Summer Basketball League - ages 14-17**

Mondays & Wednesdays, June 8-July 15, 6-10p.m. \$35 per Person. **Deadline for enrollment: 5/29.** League is for boy and girls high school varsity, junior varsity, and freshmen teams. Divisions will be offered by gender. Team eligibility is only for players that will be attending high school in the upcoming school year. Additional resources and sessions will be hosted to help participants become more aware of college requirements. Registration begins April 6.



**Follow us on Facebook at  
High Point Parks & Recreation, NC**

**Deep River Recreation Center • 883-3407  
1529 Skeet Club Road**

**Teacher Work Day Program - Grades K-5th**

April 6, 7, 8, 9, 10, 7:30a.m.-6p.m. \$15 per person/per day + activity fees. Program provides arts & crafts, local field trips (additional fee required), and guest speakers. Parents/guardians are responsible for their child's lunch and two snacks. Space is limited so please register your child early. Fees are due at time of registration.

**Tiny Sluggers - ages 4-6** Tuesdays, April 7-May 26, 6:15-7p.m. Fee:\$15 per person. **Deadline for enrollment: 1 week prior to session.** Experience the basics of baseball in a fun, non-competitive environment that will teach your little all-star to run, throw, catch and hit. Wear comfortable clothes and bring your own glove.

**Science Series - Grades K-5th**

Wednesday

April 8 - Solar Power and Batteries

April 15 - Heat Conduction and Transfer

April 22 - Hydro-Engines

10a.m.-12p.m. Fee:\$15 per person/per class or \$40 per person for 3 sessions. Energize your knowledge and spark your interest through a series of science projects. We will build a project with each topic. Pre-registration is required.

**Soccer Clinic - ages 5-7** Mondays, April 13, 20, 27, 6-7:15p.m. Fee:\$15 per person. **Deadline for enrollment: 4/6.** Learn and review the basics of soccer from kicking to scoring and teamwork! High Point University's Women's Soccer Team will be out assisting with the clinic. Cleats are not required but shin guards are highly recommended.

**Ceramics for Beginners - ages 10+**

Tuesdays & Thursdays, April 14-23, May 12-21, 6:30-8:30p.m. \$35 per person/per session. Enter the world of ceramic art! Make pinch bowls and 3D sculptures using the coil method while learning the basic principles of the art. Each session includes four 2-hour classes and necessary materials. Pre-registration is required.

**Family Game Night** Friday, April 17, 6-8:30p.m. Get your family up, out and active! Bring family, friends and neighbors for dodge ball, badminton, corn hole, gigantic bowling and more.

**Container Garden Basics** Wednesday, April 22, 1-2p.m. & 6:30-7:30p.m. Fee:\$5 per person. **Deadline for enrollment: 4/17.** Explore your green side with a container garden. Perfect for those patios and small backyard gardens. Learn the basics while potting your first plant. Pre-registration is required.

**Mother-Daughter Tea Party - ages 5-12**

Saturday, May 2, 11a.m.-1p.m. Fee:\$5 per daughter. **Deadline for enrollment: 4/25.** Mothers, are you looking for a special experience with your daughter? Join us for a morning of arts & crafts and tea. Wear your favorite boa, hat and dress. Enjoy playing dress up over tea and crumpets.

**Summer Day Camp - pre-K-5th Grades**

Monday-Friday, June 15-August 21, 7:30a.m.-6p.m. Fee:\$65 per person/per week + activity fees. Enjoy your favorite camp activities such as arts & crafts, field trips, team sports, and more. Be prepared to have tons of fun with plenty of laughs, smiles and adventures.

**Trailblazers Camp - Rising 6th-8th Grades**

Monday-Friday, June 15-August 21, 7:30a.m.-6p.m. Fee:\$65 per person/per week + activity fees. Take an adventure with us this summer! Campers will participate in a variety of sports, games, arts & crafts, field trips and more. There is an additional weekly activity fee to cover field trips.

**Ongoing Programs**

**After School Program - Pre-K through 5th Grades** Monday-Friday through June 11, 2:30-6p.m. \$125 per month. We provide a safe and fun environment for your child. There will be free time, arts & crafts, organized activities and homework time. Parents are responsible for snacks.

**Cribbage Club - ages 12+** Wednesdays, 6-8:30p.m. Try this English card game that is quickly coming back in style.

**Gym for Special Populations** Thursdays through May 28, 10:30a.m.-12p.m. All group homes and families are welcome to our open play time for special populations to gain socialization skills and be more active. Please call in advance if you are planning on a large group to attend.

**Jiu Jitsu - ages 16+** Tuesdays & Thursdays, 6:30-8:30p.m. \$40 per person/per month. Learn self-defense using a series of joint locks and defensive tactics.

**Lunchtime Ballers - ages 18+** Mondays through June 8, 11a.m.-1p.m. Don't have time to work out? Is lunch time your only time? Come out and show off your basketball skills and enjoy the chance to get some exercise in a fun setting.

**Picking the Strings - ages 8-12**

Mondays & Wednesdays, 6:30-8:30p.m. \$10 per person/per class for 30 minutes. Ever wanted to learn how to play the guitar? Join our instructor as she helps you develop your musical skills. You will even learn a song in the very first lesson! All you need to bring is a guitar and you will have fun picking the strings. A new session will start every 30 minutes.

**Silver Striders – ages 55+** Wednesdays through June 10, 9:30-11a.m. It's time to get healthier and more fit through walking, one of the simplest and most effective forms of exercise. 19 laps equals one mile!

**Stepping Out of Line - ages 18+** Thursdays, 12:45p.m.-1:45p.m. \$5 per person/per class. This class will burn calories, increase flexibility and coordination, and give mind and memory a workout. Wear comfortable clothing and shoes and join the fun!

**Zumba - ages 12+** 7-8p.m. (Mondays & Wednesdays); 9:30-10:30a.m. (Tuesdays, Thursdays & Saturdays) \$5 per person/per class; Packages - \$20 for 5 classes; \$30 for 10 classes, \$50 for 20 classes. Skip the workout and join the party! Dance away pounds and have fun while learning new moves.

Rent our spacious gymnasium at Southside Recreation Center, 401 Taylor Avenue, for your events including family reunions, basketball tournaments, baby showers, birthday parties and more! Call 883-3504 for more information and reserve your date!

**Special Populations • 883-3481 or 883-3477**  
**136 Northpoint Avenue**



**Special Olympics**

**North Carolina**

*Guilford/High Point*

**Special Olympics Activities** Special Olympics/Guilford High Point sports training programs require one or more of the following in order to advance to state level competition: 8 weeks of practice/training and/or a qualifier and series if scheduled by Special Olympics North Carolina. Visit our website, [www.highpointnc.gov/pr](http://www.highpointnc.gov/pr) or contact us for information on the sports that are offered. Sports are for persons ages 8+.

**Special Olympics Guilford/High Point Committee Meeting** Wednesday, March 25, April 22, May 27, 1p.m. at the Parks & Recreation Administration Office, 136 Northpoint Avenue. This is a committee of volunteers, coaches, and athletes.

**Special Olympics Guilford/High Point Local Track & Field Competition Training** Thursdays through April 16, 10:30-11:30a.m. Practice will be held at High Point City Lake Park.

**Special Olympics Guilford/High Point Aquatics Practice** Tuesdays & Wednesdays through May 27, 5:45-7:30p.m. Practice will be held at the High Point YWCA, 112 Gatewood Avenue.

**Local Track & Field Competition Training** Thursdays through April 16, 10:30a.m.-11:30a.m. Training will be held at the High Point City Lake Park gym and large field.

**Special Olympics Guilford/High Point Aquatics Qualifier** Saturday, April 18, 8a.m.-5p.m. Qualifier will be held at the Greensboro Aquatics Center.

**Special Olympics North Carolina Softball Qualifier** Saturday, April 18, 8a.m.-5p.m. Qualifier will be held Allen Community Park & Athletic Complex in Greensboro.

**Special Olympics Guilford/High Point Softball Practice** Tuesdays & Thursdays through May 28, 6-7:30p.m. Team athletes will practice on Tuesdays; skill athletes will practice on Thursdays at Cedrow Park.

**Special Olympics Guilford/High Point Local Track & Field Competition** Tuesday, April 21, 9a.m.-1:30p.m. Participants should bring a bag lunch. Event will be held at the High Point Athletic Complex. Rain date is Thursday, April 23.

**Special Olympics North Carolina Summer Games** Friday-Sunday, May 29-31. Games will be held at North Carolina State University and surrounding area.

### **Programs**

**Lucky Strikes Bowling League** Saturday, March 21, 12:45-3p.m. \$3 per week/per person for two games. A bowling league for people with and without disabilities. Bowlers are grouped according to ability level and follow regular league rules. Ramps are available if needed. Bowlers must register and pay prior to bowling each week. Event is held at the High Point Bowling Center, 309 W. Fairfield Road.

**Zumba Class - ages 8+** Tuesdays, March 24, April 14, 28, May 12, 26, 10:30-11:30a.m. \$3 per person/per class. This program is for people with disabilities to socialize while participating in a Zumba class. Class will be held at Deep River Recreation Center.

### **Variety Program for the Visually Impaired - ages 21+**

Tuesdays, 6-8p.m.

March 24 - Trip to Putt-Putt or games at Morehead Recreation Center (depending on weather)

April 14 - Dinner at Ham's

April 28 - Planning Session at Morehead Recreation Center

May 12 - Dinner at TGIFridays

May 26 - Speaker and Bocce at Morehead Recreation Center.

Cost of event varies and is on your own. **Deadline for enrollment: 12p.m. Thursday before each event date.**

Program for those who are visually impaired/legally blind. Limited transportation is provided.

**Super Social Supper Club - ages 12+** Wednesday, March 25, April 29, May 27, 6-8p.m. Cost of meal + tip. For people with disabilities & their families to go out to eat. An experience with ordering food, paying the bill and making change for the tip. Bring your money! We will meet at the restaurant at 6:15p.m. Plan to be picked up at the restaurant by 8p.m. You must call 883-3481 or 883-3477 by 12:00pm the day of each event if you plan to attend and to find out the location.

**Recreation Class for the Visually Impaired - ages 21+** Fridays through March 27, 2-4p.m. An opportunity for the visually impaired to participate in a variety of leisure recreation activities. Corn hole will be the primary activity, but others may include shuffleboard, horseshoes, bocce, etc. Program will be held at Morehead Recreation Center.

**Breakfast Club for the Visually Impaired - ages 21+** Mondays, April 6 - Peppermill Café, May 4 - Carolina's Diner. 10a.m.-12p.m. Cost of Meal + Tip. A program for individuals who are visually impaired to socialize and enjoy a morning breakfast out. Limited transportation is provided.

**The Miracle League of High Point - ages 5-22** April 10-May 16, Fridays - 6p.m, 7p.m.; Saturdays - 9:30a.m., 10:30a.m., 11:30a.m. A baseball program providing athletes with physical and/or intellectual disabilities the chance to play baseball as a team member in an organized league. We have a specially equipped, adaptive baseball field that allows players utilizing wheelchairs and walkers the opportunity to move around the field without barriers. Please visit [www.hpmiracleleague.org](http://www.hpmiracleleague.org) to check the schedule, volunteer, register a player, or sign up to coach. For more information, please contact Wendy Brosnan at 883-3483 or [wendy.brosnan@highpointnc.gov](mailto:wendy.brosnan@highpointnc.gov), or email Brian at [brian.coward@highpointnc.gov](mailto:brian.coward@highpointnc.gov).

**Bowling for the Visually Impaired - ages 21+** Wednesdays, 9-11a.m. \$1.25 per game bowled. Bowling program for individuals who are blind or visually impaired. Special bowling equipment and limited transportation are provided. Program is held at the High Point Bowling Center, 309 W. Fairfield Road. April 29 & May 6 will be makeup days if needed.

**Camp Ann - ages 6+** Monday-Friday, 9a.m.-3p.m. \$35/resident; \$50/non-resident - per weekly session. **Deadline for enrollment: 2 weeks before session begins.** Summer day camp for those of all disabilities. There will be arts & crafts, swimming, outdoor recreation and field trips. Lunch and snack will be provided. No camp will be held the week of June 29-July 3. Camp Ann is located at High Point City Lake Park. Elementary: June 22-26, July 6-10, Middle/High School: July 13-17, July 20-24, Adult: June 15-19, July 27-31, August 3-7.

**High Point Youth Council  
883-3407**

The High Point Youth Council provides a unique opportunity to youth ages 12-18 to build leadership skills and administrative skills, enhance personal skills, and enjoy social and recreational outings as part of an active, exciting organization. Membership is open to students from High Point and surrounding areas who want to make a difference in the community.

High Point Youth Council meetings are held the third Monday of every month, August-May, at Deep River Recreation Center, 1529 Skeet Club Road.

If you are interested in learning more, please contact Nicole Hale at 883-3407 or [nicole.hale@highpointnc.gov](mailto:nicole.hale@highpointnc.gov) or Victoria Garrett at 883-8599 or [victoria.garrett@highpointnc.gov](mailto:victoria.garrett@highpointnc.gov).

**High Point City Lake Park • 883-3498  
602 W. Main Street, Jamestown, NC**

**Park Information:**

The Park has 10 shelters available to rent that accommodate 40 to 600 people; a gym, pedal boats, tour boat, canoes, fishing boats, and trolling motors. The Park Marina has bait and fishing and hunting licenses for sale.

**Ongoing Programs**

**NC Wildlife Loaner Rod Program** High Point City Lake Park participates in the NC Wildlife Loaner Rod program designed to introduce kids to fishing by allowing them to sign out fishing poles to use free of charge.

**High Point City Lake Park Easter Egg Hunt - ages toddler-10** Saturday, March 28, 10a.m.-1p.m. Free admission. Hunts for 3 and under (11a.m.), 4-7 (11:45a.m.) and 8-10 (12:30p.m.) years of age. Attractions include free train and carousel rides, children's games, costumed characters, playground, inflatables, miniature golf and more. Food and beverage for sale. Event will be held rain or shine. Don't forget to bring your basket!

**Guilford County Schools Family Fun Day** Saturday, May 30, 11a.m.-4p.m. Guilford County Schools provides a free "Family Fun Day" to all Guilford County students and their families each year. Rides and pool admission will be offered at a discounted rate.

**Park Closed** for private rentals.

Sunday, April 26

Saturday, May 9

**Ride Operations** Monday-Friday, 10a.m.-4p.m., Saturday, 11a.m.-6p.m., Sunday, 1-6:30p.m. Weekends only May 2-31. 7 days a week beginning Monday, June 1. Weekends only August 8 -October 11. Tuesdays-Thursdays in May only, school groups are welcome from 10a.m.-12p.m. Limited number per day. Please call to schedule. Contact the Park for rates.

**Pool/Waterslide Operations** \$6 per person. Monday-Friday, 11a.m.-6p.m., Saturday 10a.m.-6p.m (waterslide at 11a.m.), Sunday, 11a.m.-6p.m (waterslide 12p.m.). Weekends only May 23-June 14. 7 days a week beginning Monday, June 15.

**Swim Meets**

Saturday & Sunday, June 13, 14. The pool will be closed during this time, waterslide will be open. \$6 per person.

**Washington Terrace Park & Community Center  
883-8599 • 101 Gordon Street**

**Let's Move - Seniors Club - ages 55+** 1st Tuesday of each month. 10:30a.m.-12p.m. \$3 per person (rider fee for trip days). Activities range from chair volleyball, social events, trips, healthy living topics and more!

**City-Wide Easter Egg Hunt - ages 2-10** Friday, April 3, 10:30a.m.-1:30pm This uplifting family event brings our community youth together for some fun. We will have four separate organized egg hunts by age groups: 2-3 at 11a.m., 4-5 at 11:30a.m., 6-7 at 12p.m., 8-10 at 12:30p.m. We will also have a small carnival and rides free of charge. There will be vendors on site for food purchases. Don't forget to bring your basket!

**Kite Flying Contest** Wednesday, April 8, 1-5p.m. **Deadline for enrollment: 4/3.** Kite flying is the perfect way to welcome spring. Make or purchase your own kite; a limited number will also be available for sale (\$3 each) the day of the event. Ribbons awarded for first place for "Best Looking" and "Highest Flying" kites in both store-bought and home-built categories.

**Little Miss Washington Terrace - ages 10-16** Friday, April 18, 2-5p.m. \$20 per person. **Deadline for enrollment: 3/13.** A friendly pageant for beginners where no contestant will walk away empty-handed. Each participant will receive a participation medal. Contestants will be judged on sportswear, beauty, talent, beauty dress and a question of the evening. This pageant is to help girls with self-esteem and self image with the opportunities to bond with the other contestants, and most of all, have fun!

**Community Yard Sale** Saturday, April 18, 7:30a.m.-12:00p.m. \$10 per space; \$5 per additional table, \$50 per space/per vendor with Guilford County Health Permits. **Deadline for enrollment: 4/10.** Spring clean those closets and garages, then sell your treasures and make some extra money. Shoppers and sellers are welcome.

**Great American Cleanup** Saturday, April 25, 9-11a.m. Keep America Beautiful's "Great American Cleanup" is a great way to help beautify your community. Gloves, safety vests, pickup sticks and trash bags will be provided.

**Mother's Day Craft Project - ages 5-16** Thursday, May 7, 3-5p.m. Kids are invited to make a tissue paper wreath as a thoughtful gift for Mom.

**Kid's "Spring Fling" Festival and Pool Opening Day** Saturday, May 23, 10a.m.-12p.m. \$3 per person, includes a 2-hour unlimited play wrist band for the bounce house and pool admission. Enjoy a fun-filled morning of activities on the grounds of our beautiful park. The day will feature the opening of the pool, plus the bounce house, sack races, egg races and more.

**Washington Terrace Pool & Waterslide** Daily - 12-6p.m. \$1.25 per person. Swim for enjoyment, relaxation and exercise. The pool will be open on weekends only beginning May 23 and daily from June 13-August 9. Pool is available for rental for birthday parties and other events; call 883-8599 for details.

**Father's Day Cook-Off - ages 18+** Sunday, June 20, 11a.m.-4p.m., \$5 per person. **Deadline for enrollment: 6/12.** Kick off the first day of summer celebrating with the dads in your life. Local judges will select a winner in each of three categories: meats, entrees, and dessert. Minimum four entries per category; no maximum. Please include five samples for the judges and enjoy the rest with friends and family. Shelters available for rental.

**Roy B. Culler Jr. Senior Center • 883-3584  
600 N. Hamilton Street**

**Programs are for persons ages 50+ unless otherwise noted**

**Senior Games & SilverArts Registration** Monday-Friday, 9a.m.-5p.m. \$10 per person. An exciting health promotion program that provides a wide range of activities designed for individuals at various fitness levels. Activities include golf, bowling, tennis, track, softball, basketball, corn hole, pickleball, horseshoes, bocce, swimming and cheerleading. There are also special programs to include Silverstriders (a walking program), Silverliners (a line dancing program), and SilverArts (a program that celebrates the accomplishments of our local senior artists). To register or for more information, stop by the Center or call your local coordinator Tina Boston at 883-3584. Registration deadline for Visual & Heritage Arts is April 7; all others must be registered by April 16. Games will take place April 17-May 16.

**Lunch & Learn** Wednesdays, 11a.m.-12p.m. Program provides a meal with an educational topic. You can pre-register one week prior to the date. Register for one week at a time only.

**March 11-** Understanding the Saints & St. Patrick Too

**March 18-** Eating Healthy & Understanding Food Labels

**Coed Softball Interest Meeting** Friday, March 13, 10-11a.m. Do you like softball or were part of a team back in the day? Would you like to be in a league of your own? Now is your opportunity! This is a fun sport enjoyed by men and women of all ages. Rules are altered for our senior league for the safety of our participants

**Senior Games Pickleball for Beginners** Saturday, March 14, 10a.m.-2p.m. \$10 per person. This clinic is part of the Greater High Point Senior Games. A day of fitness and fellowship for those who play at a 1 to 2.5 skill level. Fee allows participant to play in more than 65 other events held during the spring. Attend a kick-off cookout on 4/7, opening ceremony on 4/15, artist's reception on 4/28 and an awards banquet and show on 5/19. In addition, each participant receives a T-shirt and swag bag. Registered participants can also enter the SilverArts for creative expression in the visual, heritage, literary and performing arts.

**Walk with Ease** Wednesdays, March 18, 25, April 1, 8, 15, 22, 3-4:30p.m. Specifically for persons with arthritis, but is a good exercise program for anyone. Each session begins with a pre-walk discussion, followed by warm-up exercises then a 10-30 minute walk. It ends with a cool-down and closing remarks. Meet at the Center and then ride our bus to various walking locations including gyms, tracks and the Greenway. Workbooks are available at no cost for anyone who attends 4 of the 6 classes. Book cost is \$12 for anyone wanting to do the program on their own. Pre-registration is required. Participation in this program qualifies you for the Senior Games Fun Walk.

**Pickleball Clinic** Thursdays, March 19, 26, 2-4p.m. \$2 per person/per day. Clinic is designed to improve the skill level of persons ranked at a 1, 2, or 3 level. Skill ratings will be reviewed and help participants identify their level. Includes basic rules, rallying, forehand/backhand, court positioning, soft game, beginning lobs and paddle/ball control. It is recommended that you attend both sessions. Clinic will be held at Morehead Recreation Center, 101 Price Street.

**A Matter of Balance** Fridays, March 20-May 8, 1-3p.m. Program has proven that persons taking these classes have fewer falls than those who did not. Learn how to overcome the fear of falling by addressing unfounded fears and behavior. Program also includes exercise.

**Bocce Clinic** Tuesday, March 24, 11a.m.-2p.m. An Italian lawn bowling sport that is played on a rectangular area filled with gravel. A small white ball is rolled onto the court and opponents throw two larger balls onto the court. The ones closer to the small white ball scores. Beginners can learn to play; experienced players can learn more. Join us at Morehead Recreation Center, 101 Price Street, for this exciting clinic. Lunch will be provided.

**Skills Program for Senior Games** Thursday, March 26, 10a.m.-12p.m. Information on Games rules and techniques. You will have the opportunity to practice several of the Games events; bocce, shuffleboard, softball throw and horseshoes.

**SilverArts Kick-Off Concert** Friday, March 27, 2-3:30p.m. Thom Gill has a sensational voice and plays the acoustic guitar in various venues across North Carolina. This will be a spectacular "one man concert." SilverArts is part of the Greater High Point Senior Games with more than 35 categories of artistic expression including performing artists. You are encouraged to register your art or talent in the Juried Show. Local winners will be able to enter their art work or perform in the NC SilverArts Show. Bring your artwork to display during the concert. Light refreshments will be available after the concert. Seating is limited, so sign up early.

**Art Class - Oil/Acrylic/Watercolor** 6-week classes. Please purchase and bring your own supplies. Fee is per person.

**Instructor: Hilda Perez**

Tuesdays, 3/31-5/4 - 12-3p.m., \$35 (Paint a First Portrait)

Wednesdays, 4/1-5/6 - 10a.m.-1p.m. or 1:30-4:30p.m., \$35

**Instructor: Helen Mendenhall**

Thursday, 4/16-5/21, 1-4p.m., \$33

**Easter Baskets** Thursday, April 2, 2-3p.m. **Deadline for enrollment: 3/30.** Fill your Easter basket with goodies for your grandchild or great-grandchild while socializing with others. Supplies will be provided, but we encourage you to bring your own stuffed animals or toys to fill your personalized basket. One basket per person. Pre-registration is required.

**Yoga** Mondays & Thursdays, April 2-27, May 4-28, 11:30a.m.-12:30p.m. \$38 per person/per month. Helps with breathing and posture, along with meditation to integrate your mind. When participating, stretching, bending and balancing help to align the head, neck and spine and stimulate the circulatory system to keep muscles and joints strong and flexible. Helps reduce the risk of heart disease by lowering blood pressure and anxiety levels, induces relaxation and is useful in pain management.

**What About Vaccinations?** Monday, April 6, 11a.m.-12p.m. Class informs you about the different type of vaccines that are currently available and what you should know about each one including Flu, Pneumococcal Pneumonia, and Shingles. Who should and should not get vaccinated and the benefits of being vaccinated will be covered.

**Computer Classes** - Mondays, \$10 per person (ages 65 and older); \$12 per person (ages 64 and under) for each 4-week session. Session I - April 6-27; Session II - May 4-June 1.

**Basics** - 10-11a.m.; **Intermediate** - 11a.m.-12p.m.;

**Excel** - 12:30-1:30p.m.; **Advanced** - 1:30-2:30p.m.

Contact us for a description of each class.

**Practice for Senior Games** Thursday, April 9, 10a.m.-12p.m. Join us at Morehead Recreation Center, 101 Price Street, to practice bocce, horseshoes, shuffleboard, softball throw and corn hole in preparation for Senior Games. Enjoy the company of others who like to have fun and sharpen their skills.

**Roy B. Culler, Jr. Senior Center continued...**

**Cookout for Senior Games Participants** Tuesday, April 7, 11a.m.-2p.m. **Deadline for enrollment: 4/3.** All registered Senior Games participants are invited to a free cookout. If you have not registered, you can register at the cookout. This is an exciting and fun event for persons 50 and better who are participating in the Games or SilverArts program. During the cookout you can play pickleball, corn hole, horseshoes, shuffleboard, and bocce. There will be live music, dancing and Bingo with \$100 worth of prizes. Sponsored by the Rotary Club of the Triad.

**Livin' It Up At 50 - ages 50-59** Tuesday, 5:30-7:30p.m., \$10 per person.

**April 7** - Corn Hole and Ping Pong tournament  
**May 5** - Billiards and Chair Volleyball Tournament.  
This group meets monthly for a variety of activities. Fee allows the participant to play in more than 65 other Senior Games events with a kick-off cookout on 4/7, an opening ceremony breakfast on 4/15, an artist's reception on 4/28 and an awards banquet and show on 5/19. In addition, each registered participant gets a T-shirt and a swag bag. Registered participants can also enter the SilverArts for the creative expression in the visual, heritage, literary and performing arts. Senior Games is a year-round health promotion program.

**Roy B. Culler, Jr. Senior Center Trips**  
**Registration fee does not include shopping, admission fees, or food expenses unless otherwise noted. Trips are for ages 50+**

**For detailed information on trips, contact the Senior Center at 883-3584 or visit our website at [www.highpointnc.gov/pr](http://www.highpointnc.gov/pr)**

**Wii Bowling at the Stratford** Tuesdays, 2-4p.m. The Stratford residents will challenge the Culler Senior Center participants in Wii bowling, played with a remote control device on a large screen. Light refreshments will be served. Meet there or catch the transportation from the Center at 1:30p.m.

**Oak Hollow Campground • 883-3492**  
**3415 N. Centennial Street**

Conveniently accessible from all major highways.  
We offer year-round camping and our office is open 8am-8pm daily.

Campers will enjoy the wide variety of amenities located within and adjacent to the Campground.

**Camping Fees** \$35 per night, up to 4 persons; \$5 each additional person with a maximum of 6 persons per site for the 84 regular sites. \$30 per night for the tent platforms up to 4 persons, \$5 each additional person with a maximum of 6 persons per site.



**Roy B. Culler, Jr. Senior Center Monthly/Weekly Events**

<b><u>Activity</u></b>	<b><u>Date/Time</u></b>
AARP	4th Wednesday, 10a.m.
AHOY Exercise Class	Mondays, Wednesdays, Fridays, 10a.m.
Art Class	Fridays, 9a.m.
Bingo	Wednesdays, 1p.m.
Birthday Party	Last Friday of each month, 11:30a.m.
Blood Pressure Screenings	Mondays, 9:30a.m. (no 5th Mondays)
Boot Camp	Mondays, Wednesdays, Fridays, 8:30a.m.
Bowling	Mondays, 1p.m.
Bridge - Social	Thursdays, 9:15a.m.
Canasta	Thursdays, 1:30p.m.
Ceramics	Tuesdays, 9:30a.m.
Chair Volleyball	Mondays, 1:30p.m./Wednesdays, 12p.m.
China Painting	Mondays, 1p.m.
Computer Lab	Daily, except during scheduled classes
Creative Craft Shop	Mondays-Fridays, 9a.m.-5p.m.
Hand & Foot Canasta	Mondays, 12:45p.m.
Happytones Chorus	Tuesdays, 11:30a.m.
Ladies Brunch Group	2nd Friday, 10:30a.m.
Legal Aid	Fridays, 1-4p.m. by appointment
Line Dancing/Advanced	Tuesdays, 1:45p.m.
Line Dancing/Steps Only	Tuesdays, 3p.m.
Line Dancing/Beginners	Tuesdays, 3:15p.m.
Knitting/Crochet	Thursdays, 9:30a.m.
Oil Painting	Tuesdays, 1p.m. & 6p.m.
Pickleball for Beginners	Tuesdays, 5:30-7:30p.m.
Ping Pong	Mondays & Fridays, 11a.m.
Pinochle	Fridays, 1p.m.
Putt-Putt Golf	Fridays, 1p.m.
Senior Class (Choral Group)	Tuesdays, 9:30a.m.
Senior Resources of Guilford	Daily (Services for Older Adults)
Sophisticated Ladies	2nd Tuesday, 7p.m.
Water Exercise (YWCA)	Mondays & Wednesdays, 12-1p.m.

**Southside Recreation Center • 883-3504**  
**401 Taylor Avenue**

**Southside Gym** Rent our spacious gymnasium for your events including family reunions, basketball tournaments, baby showers, birthday parties and more! Call 883-3504 for more information and reserve your date.

**Still Got It - Spring Basketball League - ages 35+** April 18-May 31, \$300 per team, **Deadline for enrollment: 4/9.** Calling all older basketball players who still got game! This is an open league for those who are a little bit older but still have something to prove on the court. We invite all church league teams, work league teams or groups of friends that want to have fun in a quality, affordable adult basketball league. Games will be played on Saturdays and Sundays between three recreation centers and the league championship game will be held at Morehead Recreation Center. Times for games to be announced.

**Spring Yard Sale** Saturday, May 2, 7a.m.-12p.m. \$10 per space (includes one table), \$3 per additional table, **Deadline for enrollment: 4/25.** Let's get a jump start on spring cleaning those closets! Sellers and shoppers are welcome. Spaces are limited.

**Sweet Creations for Mother's Day - ages 5-12** Thursday, May 7, 4:30-7p.m. \$2 per person. Have fun with food by creating a piece of artwork that you will love to show off and eat. Glue with whipped cream and icing, decorate with gumdrops, mints, graham cracker cookies, marshmallows and more.

**Southside Splash Pad** Monday-Saturday & Holidays - 10a.m.-6p.m.; Sunday - 1-6p.m. The Splash Pad is open on weekends only May 23-June 7, open daily June 8-September 6.

**Tennis Lessons**

**Participants can pay the fee for the entire session or pay the drop in fee for each class attended.**

**Drop In Fee is per day**

**Elementary (Beginner 1st-3rd grades) - ages 10 & under - 8 weeks** Monday, April 13-June 8, 4-5p.m. \$112 per person, \$18 drop in fee. All the basic skills of tennis will be covered, enabling each player to move to the next level. Players will learn how to keep score and how to rally using foam balls and appropriate sized equipment on a smaller court to make learning the game fun and easy.

**Middle School/High School (Intermediate) ages 11-17 - 9 weeks** Wednesday, April 15-June 17, 4:30-5:30p.m. \$126 per person, \$18 drop in fee. These players are near the competitive level. Emphasis on point play will be stressed as well as proper technique and court movement. These players understand the importance of serious tennis focus and play.

**Middle School (Beginner) - ages 11-14 - 9 weeks** Thursday, April 16-June 11, 4:30-5:30p.m. \$126 per person; \$18 drop in fee. All the basic skills of tennis will be covered enabling each player to move to the next level. Players will learn how to keep score, learnt he rules and etiquette of the game, and will learn how to rally and play points against one another to make learning the game fun and easy.

**Adult Introductory to Tennis (Level 1) - 6 weeks** Saturday, April 18-June 13, 10-11a.m. \$84 per person; \$18 drop in fee. For any adult who has never played tennis before or who is coming back to tennis from a long absence. All the fundamentals of tennis: forehand, backhand, volley, serve and more will be covered in a fun, group setting.

**Adult Introductory to Tennis (Level 2) - 6 weeks** Saturday April 18-June 13, 1-2p.m. \$84 per person, \$18 drop in fee. For any adult who has gone through Level 1 and/or has more playing experience. Recap of the fundamentals with more emphasis on point development and play for both singles and doubles. This class will get you more prepared to play organized USTA level matches.

**Elementary (Beginner 1st-3rd grades) - ages 10 & under - 6 weeks** Saturday, April 18-June 13, 9-10a.m. \$84 per person; \$18 drop in fee. All the basic skills of tennis will be covered, enabling each player to move to the next level. Players will learn how to keep score and how to rally using foam balls and appropriate sized equipment on a smaller court to make learning the game fun and easy.

**Kindergarten (ages 5-6) - 6 weeks** Saturday, April 18-June 13, 11:30a.m.-12p.m. \$42 per person, \$9 drop in fee. This fun, introductory class is meant to give our little stars a variety of different tennis-related games to keep up their attention level. The use of little nets, targets, small rackets, foam balls, hoops, etc., will make this class the talk of the town.

**Middle School (Beginner/Intermediate) - ages 11-14 - 6 weeks** Saturday, April 18-June 13, 12-1p.m. \$84 per person, \$18 drop in fee. A mixture of beginner and intermediate players. Emphasis on point play will be stressed as well as proper technique and court movement. These players are beginning to understand the importance of more serious tennis focus and play.

**AHOY Trip - Hamrick's Bus Week - ages 55+** Wednesday, March 12, 9a.m.-2p.m. A day of shopping at a discounted price. Each member of the group will receive a coupon for 15% off their entire purchases. Must have a minimum of 11 people registered.

**Sunday Morning Ballers - ages 18+** Sundays, March 15, April 5, 19, May 3, 17, 9:30a.m.-12p.m. \$5 per person/per day. Enjoy a friendly competitive game of basketball.

**Women's History Month Workshop Series - ages 10+** Monday, March 16, 23, 30, 6-8p.m. \$3 to attend Zumba class. Workshops that will fine tune mind, body and spirit and include self defense and gang awareness; weight loss, fitness with Zumba; finances, saving money, money planning; parenting skills for young mothers; dealing with anger and depression.

**Fitness Fridays for Moms - ages 18+** Fridays, March 13, 20, 27, April 17, 24, May 1, 12-2p.m. Stay at home moms can get out of the house and enjoy fitness activities. Instructor-led activities that will get your blood pumping and calories burning.

**Chicks with Sticks: Intro to Crocheting - ages 40+** Mondays, March 23-May 13, 12-1:30p.m. \$30 per person. Want to learn how to create your own crocheted masterpiece? By the time you complete this class, you will be a pro!

**America's Leaders of Tomorrow Girls Club - ages 10-17** 2nd & 4th Wednesday of each month through March 25, 4-6p.m. This program works with girls who need positive messages and guidance. Includes field trips, community service projects, speakers and exciting arts & crafts projects. Participants will need to bring money for field trips.

**Badminton Classes - ages 18+** Wednesdays through March 25, 12-2p.m. \$4 per class or \$40 for the 11-week session. Let the birdie fly! Come out during your lunch break, work up a sweat and have fun. Instructors will be teaching the game of badminton through education, drills, skills and play.

**A Day of Art - ages 55+** Thursday, April 9, 9a.m.-2p.m. **Deadline for enrollment: 4/2.** Learn the historic past of the Reynolda House mansion while walking through its garden of American art. Join us as we take a trip back in history to learn the great past of this historic property.

**Easter Egg Scavenger Hunt - ages 4-8** Saturday, April 11, 12-3p.m. \$5 per person. If you are in search of something "Eggstravagant" to do for Easter, join us for an egg scavenger hunt. You could be the one to find the golden egg!

**Still Got It - Spring Basketball League - ages 35+** April 18-May 31, \$300 per team, **Deadline for enrollment: 4/9.** Calling all older basketball players who still got game! This is an open league for those who are a little bit older but still have something to prove on the court. We invite all church league teams, work league teams or groups of friends that want to have fun in a quality, affordable adult basketball league. Games will be played on Saturdays and Sundays between three recreation centers and the league championship game will be held at Morehead Recreation Center. Times for games to be announced.

**Mom & Daughter Health Day** Saturday, May 9, 9a.m.-12p.m. \$6 per Mom/Daughter, **Deadline for enrollment: 5/8.** Enjoy a fun-filled day of fitness classes, education and healthy living products and samples.

**Continued on page 11**

Morehead Recreation Center continued....

**A Day of Nature - ages 40+** Thursday, May 21, 9a.m.-2p.m.  
**Deadline for enrollment: 5/14.** Visit the Greensboro Science Center to tour the aquarium, museum and zoo. Interact with zookeepers, attend live theatrical performances, watch animal enrichment, view stellar shows and more!

**Summer Day Camp - pre-K-5th grades** Monday-Friday, June 15-August 21, 7:30a.m.-6p.m. \$65 per person/per week + activity fees. Don't be bored this summer; experience our fun camp! Enjoy games, arts & crafts, field trips and more.

**Trailblazers Camp—Rising 6th-8th Grades** Monday-Friday, June 15-August 21, 7:30a.m.-6p.m., \$65 per person/per week + activity fees. Take an adventure with us this summer! Participate in a variety of sports, games, arts & crafts, field trips and more.

Ongoing programs

**After School Program - Pre-K through 5th Grades** Monday-Friday through June 11, 2:30-6p.m. \$125 per month. Quality programming and supervision for children. Includes homework time, arts & crafts, field trips, guest speakers, movies, and physical and educational activities. Afternoon snack and transportation will be provided.

**AHOY Exercise Program** Tuesdays & Thursdays, 11a.m.-12p.m. Enjoy seated exercises and stand up aerobics. Fellowship with friends as you limber up those stiff joints. This group also travels bi-monthly to enjoy shopping, food and a fun getaway.

**Senior Walkers Club** Tuesdays & Thursdays, 10-11a.m. Enjoy walking in our gym prior to our exercise class that follows.

**Zumba** Mondays, 6:30-7:30p.m. \$3 per class Are you ready to party yourself into shape? This is an exhilarating, effective, easy to follow, Latin inspired, calorie burning fitness class that is moving millions of people towards better health.

**Zumba Toning** Wednesdays, 6:30-7:30p.m. \$3 per class. Combines targeted body sculpting exercises and high energy cardio work with Latin infused moves to create calorie torching and strength training fitness. Students will use light weights to enhance rhythm and tone all of their target zones including arms, abs and thighs.



Parks & Recreation staff are working hard to design a new online reservation system to make your experience better! Watch our website for the debut in May, 2015!

**Piedmont Environmental Center • 883-8531  
1220 Penny Road**

**Please call PEC for detailed program information**

**Pi Camp - ages 7-12** Saturday, March 14, 8:30a.m.-4:30p.m. Fee:\$35 per person/members; \$55 per person/non-members. Dress for the weather and bring a lunch, 2 snacks and a water bottle.

**Moonlight Kayak Dinner - ages 18+** Saturday, April 11, 4:30-10p.m. \$45 per person/members; \$55 per person/non-members; \$85 per couple/members; \$105 per couple/non-members.  
**Deadline for enrollment: 4/8.** All equipment, instruction, guides, evening meal and support services are provided.

**Following Water: A Program for the NC Science Festival** Saturday, April 18, 1:30-4p.m. **Deadline for enrollment: 4/16.**

**Wet and Wild Amphibian Night Walk** Saturday, April 25, 8-9:30p.m. Event will still be held in the event of rain.

**Lake Phelps and the Scuppernong River: A Kayak Camping Adventure - ages 18+** Thursday-Sunday, May 14-17, \$185 per person/members; \$200 per person/non-members. **Deadline for enrollment: 5/11.** All professional guides, equipment, instruction, interpretive services, camping fees and meals are provided. This trip is suitable for the beginner or advanced paddler.



**Herpetology Camp - ages 8-12** Monday & Tuesday, June 29, 30 (Session 1); August 17, 18 (Session 2), 8:30a.m.-4:30p.m. \$60 per person/members; \$95 per person/non-members (per session).  
**Deadline for enrollment: one week prior to each session.**

**Advanced Nature Camp - Blue Ridge Mountains - ages 13-16** Monday-Friday, June 22-26, \$310 per person/members; \$350 per person/non-members. **Deadline for enrollment: 6/17.**

**Summer Nature Adventure Camp - ages 7-12** Monday-Friday July 13-17, July 20-24, July 27-31, August 3-7, August 10-14, 8:30a.m.-4:30p.m. \$145 per person/members; \$180 per person/non-members (per session). **Deadline for enrollment: one week prior to each session.**

**Deadline for enrollment for the following camps: 7/3**

**Junior Bug Camp - ages 6-8** Monday, July 6, 8:30a.m.-4:30p.m. \$30 per person/members; \$40 per person/non-members.

**Junior Rock Camp - ages 6-8** Tuesday, July 7, 8:30a.m.-4:30p.m. \$30 per person/members; \$40 per person/non-members.

**Junior Fish Camp - ages 6-8** Wednesday, July 8, 8:30a.m.-4:30p.m. \$30 per person/members; \$40 per person/non-members.

**Junior Bird Camp - ages 6-8** Thursday, July 9, 8:30a.m.-4:30p.m. \$30 per person/members; \$40 per person/non-members.

**Junior Herpetology Camp - ages 6-8** Friday, July 10, 8:30a.m.-4:30p.m. \$30 per person/members; \$40 per person/non-members.

**Oakview Recreation Center • 883-3508  
503 James Road**

**Dog Obedience Class - ages 16+** Tuesdays, March 24-April 28, May 12-June 16, 7-8p.m. \$35 per dog/per session. Qualified instructors will teach basic commands and socialization skills. Dog must be at least 8 weeks old. Owners must bring their pet's shot record, a 6' non-retractable leash, a choke collar and treats.

**Breakfast with the Bunny - ages 2-10** Saturday, March 28, 9a.m.-12p.m. \$5 per person. **Deadline for enrollment: 3/25.** Join the Easter Bunny for a morning of fun and games! Enjoy delicious breakfast goodies, make crafts and participate in other fun activities. The Easter Bunny will also be available for photos.

**Saturday Fun Days - ages 5-12** Saturday, April 11 (Cici's Pizza and movie), May 2 (SciWorks), June 6 (Chuck E. Cheese), 11a.m.-3p.m. \$10 per person/per day. **Deadline for enrollment: 1 week prior to date.** A fun afternoon of crafts and field trips so parents can take on errands or other tasks. Lunch will be included.

**Little Hoops Basketball - ages 5-7** Tuesdays & Saturdays, 6:15p.m. or 7:15p.m. Tuesdays, 9:30a.m., 10:30a.m. or 11:30a.m. Saturdays. \$35 per person. **Deadline for enrollment: 4/2.** Bring your future basketball star out for this fun-filled, instructional league. Learn the basic skills of basketball and improve skills all while making friends and having fun! Parent meeting will be on April 14 at 6:15p.m. Practice begins April 18.

**A Step Ahead - 9th-12th Grades**, Monday-Thursday

April 6 - Bennett College

April 7 - UNC-G

April 8 - NC A&T

April 9 - Winston-Salem State University

12-4p.m. \$5 per person/per day. It's never too early to begin thinking about your future and where you want to go to college. Tour college campuses and get an inside look at the everyday life of students.

**Teacher Work Day Program - Pre-K-5th grades** April 6, 7, 8, 9, 7:30a.m.-6p.m. \$15 per person/per day + activity fees. **Deadline for enrollment: 3 days prior to each date.** Each day will have a designated topic or event, and may include gym games, outside play, board and table games, movies and field trips. Participants are asked to bring their own lunch and two snacks daily.

**Pre-Ballet - ages 3-5** Mondays, April 27-June 8, 6:15-6:45p.m. \$35 per person/per session. **Deadline for enrollment: 3 days prior to session.** Introduce the art of dance to your child. Be inspired to leap, skip, and twirl. The last class we will have a mini recital to show off our dances learned.

**Ballet - ages 6-8** Mondays, April 27-June 8, 7-7:45p.m. \$35 per person. **Deadline for enrollment: 3 days prior to class.** This beginner ballet class will teach body alignment, ballet terminology, and technique through floor exercises and choreography. The last class we will have a mini recital to show off our dances learned.

**Yard Sale** Saturday, May 16, Set up begins at 6a.m., 7a.m.-12p.m. \$10 per space, includes one table. \$5 per additional table. Now accepting applications for the spring yard sale. Residents can rent a parking space and sell their wares. Spaces are limited; pre-registration is required.

**Summer Day Camp - pre-K-5th Grades** Monday-Friday, June 15-August 21, 7:30a.m.-6p.m. \$65 per week, plus activity fees. Enjoy your favorite camp activities such as arts & crafts, field trips, team sports, and so much more. Be prepared to have tons of fun with plenty of laughs, smiles, and adventures.

**Trailblazers Camp - Rising 6th-8th Grades** Monday-Friday, June 15-August 21, 7:30a.m.-6p.m. \$65 per week, plus activity fees. Take an adventure with us this summer! Campers will participate in a variety of sports, games, arts & crafts, field trips, and much more. There is a weekly activity fee to cover the field trips which will be announced closer to summer.

**Ongoing programs**

**Add Health to our Years (AHOY) Senior Exercise Class - ages 55+** Tuesdays & Thursdays, 9-10a.m. Free, basic fitness class that focuses on increasing flexibility, circulation and overall health.

**After School Program - pre-K-5th Grades** Monday-Friday, 2:30-6p.m. \$125 per month. Program provides a fun, safe environment for your child as they complete homework, play games in the gym and outside, create arts & crafts projects, go on field trips and more. The program operates on days when school is in session. Call us for more program details.

**Corn Hole Open Play - ages 16+** Tuesdays, 11a.m.-4p.m. Corn hole is a growing activity played everywhere. New to the game? Come learn how to play. Are you an old pro? Come show us your skills. All are welcome.

**Oakview Community Garden**

During center operational hours. \$15 per plot. Community gardens provide the opportunity for people to lead healthier lives by actively working together to produce healthy food options. Plots are for sale now. For more information about community garden plots please call 883-3508.

**Pickleball - ages 18+** Want to learn to play the hottest game in town? Pickleball is easy to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Schedule: Mondays - all levels of play - 9:30-11:30a.m.; Tuesdays - 3.0 & above skill level - 10a.m.-1:30p.m.; Wednesday - all levels of play - 11:30a.m.-2p.m.; Thursdays - 3.0 & above skill level - 10a.m.-1:30pm; Thursdays - learn to play - 6:30-9:30p.m.; Fridays - all levels of play - 9:30a.m.-11:30am; Saturdays - all levels of play - 9:15a.m.-12p.m.

**Power Dance and Fitness - ages 16+** Tuesdays, 6:30-7:15p.m. \$5 per person/per class. A dance-infused class that will provide you with an intense cardiovascular and aerobic workout. Using your own body weight as resistance, this complete workout will burn calories and tone muscles. Students are encouraged to bring a yoga mat or towel.

**Walking for Wellness** Wednesdays, 9:15-11:30a.m. Walking is an excellent way to maintain a healthy lifestyle. The gym will be open to help you walk your way to a healthy you and meet your fitness goals. Just over 18 laps=1 mile.

**Yoga for All - ages 16+** Thursdays, April 2-April 30, May 7-28, 6:30-7:30p.m. \$40 per person/per 4-week session, April cost - \$50 per person/per session (5 weeks). **Deadline for enrollment: 3 days prior to session.** All levels are welcome in this flow yoga class that will work all parts of your body and teach proper alignment. With a combination of breaths and movement, relax the mind and re-energize your body. Students should wear comfortable clothing and bring a yoga mat, towel, and water bottle.

**Zumba - ages 12+** Mondays & Wednesdays, 6:30-7:30p.m. \$5 per class, \$4 students, \$40 punch card - 10 classes. This is a fun way to get into shape. The routines include interval sessions where fast and slow rhythms and resistance will be used to help you burn calories, improve your endurance, and tone muscles.