



# High Point Parks & Recreation

# Leisure Guide

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



*May - July 2015*

- In this issue:**
- Pools Open!
  - Summer Camps
  - New Tennis Lesson Sessions Begin in June
  - Uncle Sam Jam – Saturday, July 4th

*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	11
Oak Hollow Campground	8
Oak Hollow Marina	6
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 Events	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:**  
Commemorative print of High Point City Lake Park by Mary Bogest. The High Point Area Arts Council has signed and numbered prints for sale for only \$25. For more information, call 889-2787.

***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 • Jim Bronnert • Darrell McLean • Brian Petty

**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**

**Adult Self Defense Class - ages 18+** Monday, June 8-November 30, 7:20-8p.m. \$10 per person/per class or \$30 per person/per month. An exciting class for men and women to focus on real self-defense principles and skills. If you are interested in being safe, you need to understand that self-defense is not about fancy moves, points, or getting your opponent to tap out. Real self-defense is about survival; there are no rules on the street.

**Family Martial Arts Class - ages 3+** Monday, June 8-November 30, 6:30-7:10p.m. \$12 per person/per class or \$40 per person/per month. Alongside a parent, your child will learn timeless skills of self-defense and a deep sense of respect for themselves.

**Fitness Kick Boxing Class - ages 18+** Monday, June 8-November 30, 8:10-8:50p.m. \$10 per person/per class or \$30 per person/per month. This class is high energy, fast-paced and fun. Taught by a dynamic instructor, kickboxing will get your blood pumping and calories burning. Class consists of various punching and kicking drills and combinations that will give your entire body a great workout!

**Masquerade Ball - ages 50+** Saturday, June 13, 3-8p.m. Fee: \$10 per person. **Deadline for enrollment: 5/29.** Dress in your finest for music, dancing, food and fun. Prizes will be awarded for Best Dressed, Best Dance Moves, Best Couple, and more.

**Summer Day Camp - Rising 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.

**High Point Wheels Car & Bike Show - ages 18+** Saturday, August 15, 2-7p.m. Fee:\$10 for bikes, \$20 for cars. **Deadline for enrollment: 7/11.** Enjoy a car and bike show like no other that is open to all car and bike enthusiasts. This show will play host to some of the best and baddest cars and bikes in the Triad. There will be food, inflatables, and music on site.

**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 - ages 13+ (Spanish Speaking Instructor)**  
Wednesdays, June 10-September 30, 7:30-8:30p.m.. \$4 per person.

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

**Twilight Golf Rates** Monday-Friday, except holidays. Rates begin at 3p.m. through September 3, 2p.m. beginning 9/4.  
**Blair Park Golf Course** - \$20 with cart, \$13 to walk.  
**Oak Hollow Golf Course** - \$25 with cart, \$16 to walk

**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! 5:45-7p.m. daily.

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

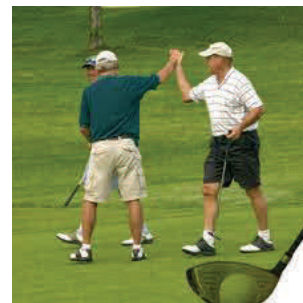
**Level 1** - June 8, 9, 10, 15, 16 (register by 6/1)

**Level 1** - July 6, 7, 8, 13, 14 (register by 6/30)

**Level 1** - July 15, 16, 20, 21, 22 (register by 7/8)

**Level 2** - June 11, 12, 17, 18, 19 (register by 6/4)

**Oak Hollow Open - ages 16+** Saturday & Sunday, June 6, 7, Fee: \$125 per team. **Deadline for enrollment: 5/29.** Entries are open to all amateur golfers and the first 100 teams. Entry fee will go towards gift certificates and prizes and does not include green or cart fees. Over \$12,500 in prizes and gift certificates will be awarded. Seniors, ages 55+, will play from the white tees. Par 3 Challenge, closest to the pin on all par three's both days.



Did you know the Oak Hollow Marina has a meeting room you can rent for small groups?  
Call 883-3494 for more information.



# 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.

## 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.

### Adult Sports

#### Adult Flag Football Registration - ages 17+

Fee: \$475 per team. **Deadline for enrollment: 8/21.** Get all your family, friends and co-workers together and create your own flag football team for this 7 on 7 competitive league for football fanatics. Get some exercise and competition at the same time. All games consist of two 20 minute halves. An organizational meeting will be held at the High Point Athletic Complex, 2920 School Park Road, on Thursday, July 16 at 7p.m. League play begins Sunday, September 6. USTFL points and paid bids.

#### 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

#### 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 offered to help participants become more aware of college requirements.

#### City-Wide Coach Pitch League - ages 7-8

June 11-July 25, 6:15-9:15p.m. (Thursdays), 8:30-11:30a.m. (Saturdays), Fee: \$35 per person. **Deadline for enrollment: 5/30.** A learning league for youth to develop the basic skills of baseball. They will hit, catch and learn the rules of the game. Volunteer coaches needed. For more information, call Jason McCray at 883-3509 or Nicole Hale at 883-3407.

#### City-Wide T-Ball League - ages 4-6

June 13-July 25, 6:15-9:15p.m. (Tuesdays), 8:30-11:30a.m. (Saturdays). Fee: \$30 per person. **Deadline for enrollment: 5/30.** A learning league for youth to develop their skills in hitting, catching and running bases. Volunteer coaches are needed. For more information, call Jason McCray at 883-3509 or Nicole Hale at 883-3407.

#### Youth Cheerleading Registration - ages 7-12

Fee: \$25 per person. **Deadline for enrollment: 7/31.** Learn the basic fundamentals of cheerleading with an emphasis on sportsmanship, camaraderie, fun and safety. Age as of August 1 will be used. You may obtain a registration form online, at our Administration Office or any Recreation Center. Practice begins August 3.

#### Youth Cheerleading Pre-Season Camp - ages 7-12

Monday, Tuesday & Thursday, July 20, 21, 23, 27, 28, 30, 6-7:30p.m. Get a head start learning the fundamentals of cheerleading. Our chants, cheers and skills camp will get you ready for our fall program. Camp will be held at Morehead Recreation Center.

#### Youth Tackle Football Registration - ages 7-12

Fee: \$35 per person. **Deadline for enrollment: 7/31.** This program is focused on the total development of the child and emphasizes camaraderie, fun and safety. Age as of August 1 will be used. You may obtain a registration form online, at our Administration Office or any Recreation Center. Practice begins Monday, August 3.

#### Youth Tackle Football Pre-Season Camp - ages 7-12

Monday, Tuesday & Thursday, July 20, 21, 23, 27, 28, 30, 6-7:30p.m. Get a head start learning the fundamentals of football. Our skills and drills camp will get your child ready for our fall football program. Camp will be held at Morehead Recreation Center.



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

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

**Lower Body Blast - ages 16+** Tuesday, May 19-July 28, 6-7p.m. Fee: \$8 per person/per class. Get an awesome lower body workout focusing on lower body muscle groups with cardio exercise mixed in. Please bring your own water bottles and weights ranging from 3 to 10 pounds.

**Half-Pint Harmonies - ages 18 mos-5** Tuesday, May 19, 26, June, 2, 9, 16, 23, 30, July 7, 4:15-5p.m. Fee: \$16 per person/per class or \$128 per person/8-week session. **Deadline for enrollment: 5/8 for 8-week session.** Your little one will begin to explore music and enhance their development through percussion instruments, singing, and large and small movement dance in this parent/child music class.

**Upper Body Blast - ages 16+** Thursday, May 21-July 24, 6-7p.m. Fee: \$8 per person/per class. Get an awesome upper body workout focusing on upper body muscle groups with cardio exercise mixed in. Please bring your own water bottles and weights ranging from 3 to 10 pounds.

**CCRCM Open House and R/C Air Show** Sunday, May 24, 9a.m.-4p.m. **Deadline for enrollment: 5/20.** A family outing to the Central Carolina R/C Modelers Open House and R/C Airshow. Meet us at Deep River so we can handle the driving for you. This will be an exciting event filled with fast planes, door prizes, and a "Candy Drop." Raffle tickets and food costs will be the responsibility of the participant. Food will be available for purchase at the airfield. Pre-registration is required; space is limited. All vans will depart at 9:15a.m.

**Tiny Tykes - ages walking-5** Wednesday, May 28-August 27, 9-10a.m. Get your tiny tykes moving and playing with various balls and Frisbees, and tumbling on the mats. During the summer months we will have a group leader to lead organized games.

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

**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.

**Parks & Recreation Welcomes New Employees**



We are pleased to announce the return of Officer Jason Howard, who previously served the department as a Park Ranger from March 2008-July 2013. Officer Howard began his career in law enforcement with the Wilmington Police Department in 2007, and also briefly worked for the Kernersville Police Department. Welcome (back), Officer Howard!



We are pleased to introduce Chamreece Diggs, new Office Support employee at our Front Desk on Northpoint Avenue. Chamreece come to the City of High Point from Guilford County Parks Department and previously worked for Greensboro Parks & Recreation. She holds a Bachelor's degree from NC A&T and an MBA from UNC-G. Chamreece's professional background includes experience in many different areas, include Athletics, Special Populations, Parks and programming. Welcome, Chamreece!

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



**Special Olympics**

**North Carolina**

*Guilford/High Point*

**Special Olympics Activities** 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 of 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, May 27, June 24, July 22, 1p.m. at the Parks & Recreation Administration Office, 136 Northpoint Avenue. This is a committee of volunteers, coaches, and athletes.

**Aquatics Practice** Tuesdays & Wednesdays through May 27, 5:45-7:30p.m. at the High Point YWCA, 112 Gatewood Avenue.

**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 North Carolina Summer Games**  
Friday-Sunday, May 29-31. Games are at North Carolina State University and surrounding area.

### **Programs**

**Beepball for the Visually Impaired - Practice - ages 16+**  
Friday, 6-8p.m. For people with visual impairments to play an adapted softball game. Practice will be held at Morehead Recreation Center through June 6. A home game will be held on June 6 at Allen Jay Park.

**Zumba Class - ages 8+** Tuesdays, May 12, 26, 10:30-11:30a.m. at Deep River Recreation Center. \$3 per person/per class. For people with disabilities to socialize while participating in Zumba.

**Variety Program for the Visually Impaired - ages 21+**  
Tuesdays, 6-8p.m., **May 26** - Speaker and Bocce at Morehead Recreation Center, **June 9** - Cookout at Washington Terrace Park, **June 23** - Trip to High Point City Lake Park, **July 14 & July 28** - activity to be determined. 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, May 27, June 24, July 29, 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 May 29, 2-4p.m. Visually impaired participants enjoy a variety of leisure recreation activities. Corn hole will be the primary activity, but others may include shuffleboard, horseshoes, bocce, etc. Program will be at Morehead Recreation Center.

**Breakfast Club for the Visually Impaired - ages 21+** Monday, June 1 - Becky's. 10a.m.-12p.m. Cost of Meal + Tip. Individuals who are visually impaired go out to socialize and enjoy a morning breakfast. Limited transportation is provided.

**Recreation Fun Night - ages 21+** Thursday, June 4, 11, 18, 25, July 9, 16, 23, 30, 6:30-8p.m. For those with disabilities and their families and friends to participate in a variety of sports and leisure activities including kickball, water aerobics, basketball, corn hole and more. Program will be held at High Point City Lake Park in Jamestown, NC. Please call Jeff Caudill at 883-3477 for more information.

**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: 6/22-6/26, 7/6-7/10, Middle/High School: 7/13-7/17, 7/20-7/24, Adult: 7/15-7/19, 7/27-7/31, 8/3-8/7.

**Cookout and Swim Party** Wednesday, June 17, July 15, August 5, 5:30-8p.m. For people with disabilities and their families. Cookout begins at 5:30p.m., swimming/waterslides begins at 6:30p.m. Event will be at High Point City Lake Park.

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

### **Daily hours of operation:**

Through May 24, 7a.m.-8pm.  
May 25-August 2, 7a.m.-8:30p.m.

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

**Marina Information** The 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 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 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.

**Oak Hollow Youth Fishing Derby - ages 1-15** Saturday, June 6, 8a.m.-12p.m. An event designed to teach kids the basics of fishing. Registration will begin at 7:30a.m. and is limited to the first 125 kids.

**About Boating Safely (ABS) Course - ages 12+** Saturday, July 18, 9a.m.-5p.m. Fee:\$15 per person. This beginner boating class will give you the knowledge needed to obtain a boat license or safety certification in many states. Many boat insurance companies will offer discounts on boating insurance to boaters who successfully complete the course. Topics include general information about boats and maintenance, information on preparing for safe and enjoyable outings, navigation rules and aids to navigation, guidelines for operating your boat or PWC safely, what to do in case of boating emergencies and state specific laws and regulations you must follow.

**Oak Hollow Festival Park**  
**1841 Eastchester Drive**  
**High Point**

**July 4th**

**UNCLE SAM JAM**

**Live Music**  
**5:00pm - 9:45pm**

**Free children's crafts & entertainment**

**Inflatables (fee)**

**Novelties, Food & Beverage vendors**

**NO CANS OR GLASS**  
**NO ALCOHOL, NO PETS**

**High Point Parks & Recreation**

**Gates open at 4:30pm**  
**Fireworks at 9:45pm**

**\$10 Car Load**

**High Point City Lake Park • 883-3498**  
**High Point City Lake Pool • 883-3501**  
**602 W. Main Street, Jamestown, NC**

**Washington Terrace Park & Community Center**  
**883-8599 • 101 Gordon Street**  
**Washington Terrace Pool • 883-3511**  
**100 Murray Street**

**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.

**Programs**

**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. Rides and pool admission will be offered at a discounted rate.

**Ride Operations** Monday-Friday, 10a.m.-4p.m., Saturday, 11a.m.-6p.m., Sunday, 1-6:30p.m. Weekends only through 5/31. 7 days a week beginning Monday, 6/1. Weekends only 8/8-10/11. 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 at 12p.m.). Weekends only 5/23-6/14. 7 days a week beginning Monday, 6/15.

**Swim Lessons - ages 4-12** Monday-Thursday, June: 1-4, 8-11, 15-18, 22-25, 29-July 2; July: 6-9, 13-16, 20-23, 27-30; August: 3-6, 6:30-7:15p.m. Fee:\$30 per person/per session. Swimming lessons are offered at varying skill levels. Parent must accompany 4 & 5 year olds at each lesson.

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

**Teach a Kid to Fish - ages 5-15** Saturday, July 11, 8a.m.-12p.m. Have fun and learn how to fish at the same time. This free event teaches youth how to fish, fish habitats and water safety. Hands on activities keep the kids moving throughout the entire event.

**Park Closed** High Point City Lake Park is closed to the public due to rentals on August 16, August 22, September 12, September 26, October 11.

**Day in the Park** Saturday, September 19, 11a.m.-5p.m. Sponsored by the High Point Area Arts Council and their partners in cooperation with High Point Parks & Recreation. For more information contact The High Point Area Arts Council at [www.highpointarts.org](http://www.highpointarts.org) or 889-2787.

**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.

**Coed Sand Volleyball League - ages 18+** Tuesday & Thursday, 6-8p.m. Fee:\$100 per team. **Deadline for enrollment: 6/30.** For self-officiated skilled volleyball players who understand the game, with a 10 match season. 10 players per team with at least 2 females on the court during the entire game, and competitive fun! League play begins July 7.

**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!

**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. 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 21, 11a.m.-4p.m., \$5 per person. **Deadline for enrollment: 6/12.** Kick off the first day of summer celebrating with your dads. 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.

**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).

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

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

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

**Instructor: Hilda Perez**

Wednesdays, 5/20-6/24 -1:30-4:30p.m., \$35

**Instructor: Helen Mendenhall**

Thursdays, 6/11-7/23, 1-4p.m., \$33

**Get into the Act! Older Americans Celebration** Friday, May 29, 11:30a.m.-1:30p.m. Celebrated across the country in May through ceremonies, events, fairs, and other activities. For the 50th anniversary of the Older Americans Act (OAA), we are focusing on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. Everyone is invited to celebrate at this reception.

**Low Vision Screening** Friday, May 29, 12-1:30p.m. Low vision is a loss of eye sight that limits the ability to complete many activities of daily living. Occupational Therapy can help you learn to use what vision you have to remain as independent as possible. This session includes information on how to safely complete activities and introduces adaptive equipment. A simple 5-10 minute low vision screening will be offered to each attendee on a first come, first serve basis. A 15-minute information session begins at 12p.m. followed by one-on-one screenings provided by Therapeutic Solutions. Call the Senior Center to register.

**Pickleball Skills Clinic** Monday, June 1, 8, Wednesday, June 3, 10, 11:30am-12:30p.m. or 12:30-1:30p.m. Fee: \$20 per person - includes 4 one-hour sessions. Designed to help beginning and intermediate players improve their game. 11:30am sessions are for 1.0-2.5 level players. 12:30pm sessions are for 3.0-3.5 level players. June 1: 3 types of serve including technique, execution and strategies. June 3: return of serve deep and directional returns, strategies and how to combat the 3 serves taught in week 1. June 8: the 3rd ball return, when to hit short and when to drive the ball. Strategies to set up a point, think 2 to 3 shots ahead. June 10: the dink, footwork, angles and strategies on why the dink usually works over the drive. Pre-registration required; class size is limited.

**Monday at the Movies** Monday, June 1, 8, 15, 22, 29, 1-4p.m. Fee: \$2 per person, paid to the Cinema. Join us for a trip to Carmike Cinemas Eight. You can select any of the afternoon shows. Transportation provided to and from the Cinema.

**Yoga** Mondays & Thursdays, June 1-29, July 2-30, 11:30a.m.-12:30p.m. \$38 per person/per month. Helps with breathing and posture, along with meditation to integrate your mind. 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.

**Happytones Spring Concert** Friday, June 5, 7-8:30p.m. A long-standing tradition for High Point. This free concert is open to the community. Families and citizens of all ages will enjoy an evening of entertainment provide by our senior chorus.

**Living a Healthy Life with Chronic Disease** Friday, June 5, 12, 19, 26, July 10, 17, 1-3:30p.m. Teaches self-management of heart disease, arthritis, diabetes, asthma, bronchitis, emphysema and others. Provides some guidance on the skills that are unique to particular conditions with the details you need to know.

**Senior Games Volunteer Appreciation Reception** Friday, June 5, 11:30a.m.-12:30p.m. **Deadline for enrollment: 6/1.** The Senior Center will recognize and honor volunteers for their hard work with the Greater High Point Senior Games events. Lunch will be served.

**Senior Class Spring Concert** Friday, June 12, 7-8:30p.m. Families and citizens of all ages will enjoy an evening of free entertainment provided by these talented folks.

**Technology 101** Tuesday, 11a.m.-12p.m. These technology sessions will teach you more about the basics of your mobile devices. For both the Smart Phone and Tablet class, you must bring your phone or tablet  
June 9 - Email 101  
June 23 - Google Surfing 101  
July 7 - Smart Phone 101  
July 21 - Tablet 101

**4th Annual Pickleball Tournament** Thursday-Saturday, June 11-13 at Deep River Recreation Center. Fee: \$20 per person (1st division); \$5 per person for each additional division. Join players from the Triad, across NC and other states in a tournament sanctioned by the USA Pickleball Association. Divisions include singles, doubles and mixed doubles. Age divisions include 18+, 50+, and 60+ categories. Request registration forms by emailing [cavin.vaughn@highpointnc.gov](mailto:cavin.vaughn@highpointnc.gov) or call the Senior Center at 883-3584.

**Picnic & Play in the Park** Friday, June 26, 10a.m.-2p.m. Discover Armstrong Park's new look! The Senior Center will host a picnic and activities including chair volleyball, corn hole, softball on a Little League sized field, and more. Walk on the High Point Greenway, watch local senior artists painting in the park, and play Pickleball on the new outdoor courts. Bring your own picnic; drinks and paper products provided. Armstrong Park is located at 305 East Parkway Avenue.

**Red, White, and Blue Celebration** Wednesday, July 1, 1-3p.m. Fee:\$3 per person. Just in time for Independence Day celebrations, dress in your favorite red, white, and blue to dance and socialize to the music of the Rob Massengale Band. Refreshments will be served.

**Computer Classes** - Mondays, July 6-27, \$10 per person (ages 65 and older); \$12 per person (ages 64 and under) for a 4-week session. **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.

**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.



## Special Events

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

<u>Activity</u>	<u>Date/Time</u>
AARP	4th Wednesday, 10a.m.
AHOY Exercise Class	Mondays, Wednesdays, Fridays, 10a.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.
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.
Pickleball for Beginners	Tuesdays, 5:30-7:30p.m.
Ping Pong	Mondays & Fridays, 11a.m.
Pinochle	Thursdays, 4:45p.m./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 Wednesday, 3:30p.m.
Wii Bowling @ The Stratford	1st Tuesday, 2-4p.m.

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

**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.

**Job Skills for Teens - ages 14-18**  
Monday, June 8, 6:30-7:30p.m.

**Deadline for enrollment: 6/4.** A program designed for teens with topics including how to write resumes, prepare for job interviews and develop skills needed for employment.

**Summer Youth Basketball Camp - ages 5-12** Monday-Friday, July 13-17 (ages 5-8), July 27-July 31 (ages 9-12), 8a.m.-12p.m. daily. Fee:\$25 per person. Have you always wanted to play basketball but didn't know where to start? Thinking of refining your game? Our summer basketball camp is the place for you! Focus will be on the fundamentals and good sportsmanship.

**Women's Get Fit Saturdays - ages 16+** Saturdays through July 25. 10-11:30a.m. Fee:\$3 per person/per day. Calling all ladies! Have you ever wished there was a gym just for you? Your wish has been granted. This is a fun way to get that all-important exercise we all need. Jump ropes and gym space for various exercises and activities will be provided. Women of all ages and fitness levels are encouraged to participate. Program runs through July 25. No class on Saturday, July 4.

**Memorial Day Weekend Kick-Off Concert** Friday, May 22, 7-8:30p.m. Join us at Oak Hollow Festival Park as The Army Ground Forces Band performs a free concert of patriotic music in honor of the Memorial Day weekend. The 54 soldier-musicians are among the finest in the U.S. Army Music Program. They perform at local, regional and national events representing the American combat soldier and the Army's largest organization - U.S. Army Forces Command. For more information, call 883-3502.

**Kid's "Spring Fling" Festival and Pool Opening Day** Saturday, May 23, 10a.m.-12p.m. \$3 per person. A fun-filled morning of activities at Washington Terrace Park. The day will feature the opening of the pool, a bounce house, sack races, egg races and more. Fee includes a 2-hour unlimited play wristband for the bounce house and pool admission. For more information, call 883-8599.

**Uncle Sam Jam** Saturday, July 4, 4:30p.m. - Gates Open; 9:45p.m. - Fireworks. \$10 per car load. Celebrate July 4th at Oak Hollow Festival Park with outdoor live music, food vendors, children's crafts, entertainment and activities, and - fireworks! Parking will be available in the park and surrounding lots. The Uncle Sam Jam is a family event - no bottles or cans allowed. No alcohol. No pets allowed. For more information, call 883-3502.

**14th Annual Midnight Basketball - ages 10-18** Monday-Thursday, July 6-23, 7-11p.m. This coed program teaches young people life skills in a safe environment and serves as an alternative to negative activities during evening hours. It also offers basketball skills, drills, coaching instruction and tournament play. Ages 10-13 will meet at Southside Recreation Center; ages 14-18 will meet at Morehead Recreation Center.

**High Point Wheels Car & Bike Show - ages 18+** Saturday, August 8, 2-7p.m. Fee:\$10 for bikes, \$20 for cars. **Deadline for enrollment: 7/11.** Enjoy a car and bike show like no other at Allen Jay Recreation Center. Open to all car and bike enthusiasts. This will play host to some of the best and baddest cars and bikes in the Triad. There will be food, inflatables, and music on site. For more information, call 883-3509.



### **Closing, Cancellations & Changes**

From time to time our facilities will be closed due to weather, maintenance, or private events. Other events and programs may be changed or cancelled. Our goal is to communicate any closings, cancellations or changes to the public in a timely and efficient manner. The "**Closing, Cancellations & Changes**" tab on our website's main page is updated regularly. Also, follow "High Point Parks & Recreation, NC" on Facebook for regular postings and lots of other great information.

**Oak Hollow Tennis Center • 883-3493  
3401 N. Centennial Street**

**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** Mondays through June 8, 4-5p.m. \$18 drop in fee. Basic skills of tennis will be covered, enabling players to move to the next level. Learn how to keep score and how to rally using foam balls and appropriate sized equipment on a smaller court.

**Middle School (Beginner) - ages 11-14** Thursdays through June 11, 4:30-5:30p.m. \$18 drop in fee. Basic skills of tennis will be covered enabling players to move to the next level. Learn how to keep score, rules and etiquette of the game, and how to rally and play points against one another.

**Adult Introductory to Tennis (Level 1)** Saturdays through June 13, 10-11a.m. \$18 drop in fee. Any adult who has never played tennis before or coming back from a long absence. Fundamentals of tennis: forehand, backhand, volley, serve and more will be covered in a fun, group setting.

**Adult Introductory to Tennis (Level 2)** Saturdays through June 13, 1-2p.m. \$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** Saturdays through June 13, 9-10a.m. \$18 drop in fee. Basic skills of tennis will be covered, enabling players to move to the next level. Learn how to keep score and how to rally using foam balls and appropriate sized equipment on a smaller court.

**Kindergarten (ages 5-6)** Saturdays through June 13, 11:30a.m.-12p.m. \$9 drop in fee. Introductory class to give little stars a variety of tennis-related games to keep up their attention level. The use of little nets, targets, small rackets, foam balls, and hoops, makes this class the talk of the town.

**Middle School (Beginner/Intermediate) - ages 11-14** Saturdays through June 13, 12-1p.m. \$18 drop in fee. A mixture of beginner and intermediate players. Emphasis on point play, proper technique and court movement. These players are beginning to understand the importance of more serious tennis focus and play.

**Middle School/High School (Intermediate) ages 11-17** Wednesdays through June 17, 4:30-5:30p.m. \$18 drop in fee. These players are near the competitive level. Emphasis on point play, proper technique and court movement. These players understand the importance of serious tennis focus and play.

**New Sessions**

**Junior Summer Tennis Camp - ages 4-16** Monday-Friday, June 15-19, June 22-26, July 13-July 17, July 20-24, July 27-31, August 3-7, 8:30-11:30a.m. Fee: \$120 per person/per week, \$30 drop in fee. A 5-day camp that includes all the basic skills of tennis enabling each player to move to the next level. Emphasis on point play, proper technique and court movement. Players will learn how to rally and play points against one another with drill segments, fun games, endurance and footwork, development, and mini-matches.

**Elementary Intermediate - ages 10 & under** Monday, June 15-July 13, 4-5p.m. Fee: \$70 per person, \$18 drop in fee. Players are past the beginner level. Emphasis on point play, proper techniques and court movement. Foam balls, low-compression balls and appropriate sized equipment will be used on a smaller court.

**Elementary Beginner - ages 10 & under** Tuesday, June 16-July 14, 4:30-5:30p.m. Fee: \$70 per person, \$18 drop in fee. Basic skills of tennis will be covered, enabling players to move to the next level. Learn how to keep score and how to rally using foam balls and appropriate sized equipment on a smaller court.

**Adult Introductory to Tennis (Level 2) - ages 21+** Wednesday, June 17-July 15, 5-6p.m. Fee: \$70 per person, \$18 drop in fee. 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.

**Middle School (Advance) - ages 11-14** Wednesday, June 17-July 15, 4:30-5:30p.m. Fee: \$70 per person, \$18 drop in fee. Players can hit consistently into different directions. Emphasis on point play, proper technique and court movement. Players are beginning to understand the importance of competitive tennis.

**Middle School (Beginner) - ages 11-14** Thursday, June 18 - July 16, 4:30-5:30p.m. Fee: \$70 per person; \$18 drop in fee. Basic skills of tennis will be covered enabling players to move to the next level. Learn how to keep score, rules and etiquette of the game, and how to rally and play points against one another.

**Kindergarten (ages 5-6)** Thursday, June 18-July 16, 4-4:30p.m. Fee: \$35 per person, \$9 drop in fee. Introductory class to give little stars a variety of tennis related games to keep up their attention level. The use of little nets, targets, small rackets, foam balls, and hoops, makes this class the talk of the town.

**Adult Introductory to Tennis (Level 1) - ages 21+** Saturday, June 20-July 18, 1-2p.m. Fee: \$56 per person, \$18 drop in fee. Any adult who has never played tennis before or coming back from a long absence. Fundamentals of tennis: forehand, backhand, volley, and serve will be covered in a group setting.

**Elementary (Intermediate - 3rd-5th grades)** Saturday, June 20 - July 18, 10-11a.m. Fee: \$56 per person, \$18 drop in fee. Players are past the beginner level. Emphasis on point play, proper technique and court movement. Foam balls, low compression balls and appropriate sized equipment will be used on a smaller court.

**Elementary Beginner - ages 10 & under** Saturday, June 20-July 18, 9-10a.m. Fee: \$56 per person, \$18 drop in fee. Basic skills of tennis will be covered, enabling players to move to the next level. Learn how to keep score, how to rally using foam balls and appropriate sized equipment on a smaller court.

**Kindergarten (ages 5-6)** Saturday, June 20-July 18, 11:30a.m.-12p.m. Fee: \$28 per person, \$9 drop in fee. Introductory class to give little stars a variety of 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** Saturday, June 20-July 18, 12-1p.m. Fee: \$56 per person, \$18 drop in fee. Players are past the beginner level. Emphasis on point play, proper technique and court movement. Players are beginning to understand the importance of more serious tennis focus and play.

**Morehead Recreation Center • 883-3506  
101 Price Street**

**Fitness Fridays for Seniors - ages 50+** Fridays through July 24, 12-2p.m. Seniors and retirees, get out of the house and get fit with a variety of fitness activities. Staff-led activities will help you get your blood pumping and calories burning.

**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 Morning Ballers - ages 18+** Sundays through July 26, 9a.m.-12p.m. Fee: \$5 per person/per day. A friendly atmosphere of playing competitive basketball.

**AHOY Trip - Day in Charlotte, NC - ages 55+** Thursday, June 11, 8:30a.m.-3p.m. Fee:\$5 per person. **Deadline for enrollment: 6/4.** Whether shopping to update your summer wardrobe or just in the mood to join some friends on a fun day trip, you will enjoy our trip to the Premium Outlets. Registration fee includes transportation only. Food and shopping expenses are on your own.

**King of the Pit Horseshoe Tournament - ages 18+** Saturday, June 13, 9a.m.-1p.m. Fee:\$5 per person. **Deadline for enrollment: 6/10.** Throw some horseshoes for the gold! Double elimination, single men's competition will crown the "King of the Pit."

**Summer Day Camp - Rising 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.

**AHOY Trip - Gaffney Outlet - ages 55+** Thursday, July 2, 8a.m.-5p.m. Fee:\$8 per person. If you are looking for a fun-filled, relaxing trip to take before the summer starts, this is the trip for you. Registration fee includes transportation only. Food and shopping expenses are on your own.

**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 shop, eat and have fun.

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

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



**Native Wildflower Sale** Saturday, May 16, 7a.m.-12p.m. Fee: \$0.75 per plant. Over two dozen species have been planted and many have sprouted in the greenhouse! Purple Coneflower, Tall Blue Indigo, Bee Balm, and Black-eyed Susan are just a few of the many plants that will be available. Beautify your home garden, provide much needed nectar to native pollinators and support PEC's environmental education efforts.

**Summer Camps**

**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.** Reach new heights on a 5-day excursion to Blowing Rock and the beautiful Blue Ridge Mountains of NC.

**Enroll in these camps one week prior to session start date**

**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). Spend two days studying snakes, lizards, turtles, frogs, toads and salamanders under the supervision of professional Naturalists.

**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). Specifically designed for children who have a sincere interest in nature and the environment. There is an optional overnight stay on Thursdays.

**Deadline for enrollment for the following Junior Camps: 7/3**

**Bug Camp - ages 6-8** Monday, July 6, 8:30a.m.-4:30p.m. \$30 per person/members; \$40 per person/non-members. Use insect collecting nets and hand lenses to capture and study live insects and other arthropods. Using your live bugs, enter events in the "Bug Olympics" as the highlight of the day.

**Rock Camp - ages 6-8** Tuesday, July 7, 8:30a.m.-4:30p.m. \$30 per person/members; \$40 per person/non-members. Identify rocks and minerals by conducting mini-lab experiments and tests. Learn how fossils form and make a small collection to take home.

**Fish Camp - ages 6-8** Wednesday, July 8, 8:30a.m.-4:30p.m. \$30 per person/members; \$40 per person/non-members. Meet at High Point City Lake Park for a day of fishing and water studies.

**Bird Camp - ages 6-8** Thursday, July 9, 8:30a.m.-4:30p.m. \$30 per person/members; \$40 per person/non-members. Explore 5 habitats with binoculars and learn to identify birds and come to understand their life cycle and behaviors.

**Herpetology Camp - ages 6-8** Friday, July 10, 8:30a.m.-4:30p.m. \$30 per person/members; \$40 per person/non-members. Spend the day studying snakes, lizards, turtles, frogs, toads and salamanders under the supervision of professional Naturalists.

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

**Yard Sale** Saturday, May 16, Set up begins at 6a.m., 7a.m.-12p.m. Fee:\$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.

**Mood Management - ages 18+** May 20, 6:30-7:30p.m. There are many different factors to moods and how they affect our behavior. Come and learn management methods to calm nerves, decrease stress, and better prepare yourself for everyday life.

**Healthy Baby, Healthy Mama - ages 18+** Wednesday, May 27, 6:30-7:30p.m. Parenthood begins the moment you become pregnant. Ready yourself by learning the options available to pregnant women during birth and delivery. We will also discuss postpartum care.

**Saturday Fun Days - ages 5-12** Saturday, June 6 (Chuck E. Cheese), 11a.m.-3p.m. \$10 per person. **Deadline for enrollment: 5/29.** A fun afternoon of crafts and field trips so parents can take on errands or other tasks. Lunch will be included.

**Pre-Ballet - ages 3-5** Monday, June 15-July 27, 6:15-6:45p.m. Fee:\$35 per person, **Deadline for enrollment: 5/29.** Introduce the art of dance to your child. Dancers will be inspired to leap, skip, and twirl while learning beginner ballet skills. The last class we will have a mini recital to show off our dances learned.

**Ballet - ages 6-8** Mondays, June 15-July 27, 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.

**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.

**Young Champions - Karate - ages 4-16** Thursdays, June 18-September 17, 6-6:45p.m. (beginners); 6:45-7:30p.m. (yellow & green belt); 7:30-8:15p.m. (blue belt and above) Fee:\$10 registration fee, \$7 per class. A comprehensive martial arts class that promotes safety, self-awareness, physical fitness, and self-confidence. Testing is available at the end of the session to advance to the next level at an additional fee.

**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. Program runs through May 26.

**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.-11:30a.m. Saturdays - all levels of play - 9:15a.m.-12p.m. Program runs through May 31.

**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+** Thursday, 6:30-7:30p.m. Fee:\$10 per person/per class. Everyone is 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.

**Oak Hollow  
FAMILY CAMPGROUND**

Parks and Recreation Dept.  
City of High Point, NC

**\$35**

**Open Year Round  
Full Hookups  
Paved Sites  
Shaded or Open  
Modern Amenities  
Cable, Wi-Fi Included  
336-883-3492**

- Located within scenic 1500 acre park
- Beautiful 800 acre lake and marina
- Pete Dye golf course
- Indoor/outdoor tennis, swimming pool
- Grill room



[www.highpointnc.gov/pr](http://www.highpointnc.gov/pr)  
See listing High Point, NC

