

# ACTIVITIES GUIDE

A guide to Fayetteville-Cumberland Parks & Recreation programs, special events and facilities



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# Welcome!

Parks and Recreation services are constantly evolving to meet the needs of our community. Through partnerships and creative new programming ideas, FCPR continues in its efforts to meet the needs of our citizens, both young and old. Plans to break ground on the City's second aquatics facility are currently scheduled for late spring 2015, with the approved site located adjacent to the Westover Recreation Center in West Fayetteville.



In response to citizen requests, Wi-Fi capabilities have been added to FCPR facilities, allowing free web access to visitors. In addition to this great feature, a partnership with Cumberland County Schools has provided 16 recreation centers with three Chromebooks available for use during regular hours of operation. This great partnership affords citizens the opportunity to not only access the web, but also to do so on brand-new technology.

It's wonderful what can be accomplished when multiple organizations work together for the betterment of their community members and FCPR's revitalization of the long-tabled Fayetteville-Cumberland Youth Council (FCYC) is a perfect example of that. With support from Cumberland County Schools, local High School Principals have appointed members of their student body to the 2014-15 FCYC. Membership also includes students from area Private and Home Schools.

Area teens have also benefited, quite literally, from FCPR's continued outreach efforts through Youth Development Programming. The Junior Officials and Junior Scorekeepers programs maintain healthy enrollment each session and are consistently adding area teens to the local work force. Junior Officials have earned over \$30,000 in total since the first graduating class began work in 2011.

There are great things happening in our community and the opportunities for participation are endless. Visit any one of our facilities to find out how you can become involved today!

Take care.

Michael Gibson,  
Director, Fayetteville-Cumberland Parks and Recreation

## Fayetteville City Council\*

Mayor: Nat Robertson  
Mayor Pro Tem: Kady-Ann Davy  
James William Arp, Jr.  
Mitch Colvin  
William Joseph Leon Crisp  
Robert Thomas Hurst, Jr.  
Kathy Jensen  
Chalmers McDougald  
Theodore W. Mohn  
Larry Wright



## Cumberland County Commissioners\*

Chair: Kenneth S. Edge  
Vice-Chair: Marshall Faircloth  
Glenn Adams  
Dr. Jeannette M. Council  
Charles Evans  
Jimmy Keefe  
Larry Lancaster

## Parks & Recreation Advisory Commission\*

Chair: Robert Lints  
Vice-Chair: Rebecca Campbell  
Henry Bowden  
Stacy Carr III  
Marsha Fogle  
Steve Harper  
Harvey Jenkins  
Charles Johnson  
Mary Ellen Lavoie  
City Council Liaison\*: Kathy Jensen  
County Commission Liaison\*: Charles Evans  
CC Schools Liaison: Leon Mack  
FACVB Liaison: John Meroski  
Parks & Recreation Director: Michael Gibson  
\*at time of printing

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[www.twitter.com/parksrecreation](http://www.twitter.com/parksrecreation)



## City's Website

[www.cityoffayetteville.org](http://www.cityoffayetteville.org)  
[www.faytv7.com](http://www.faytv7.com)  
[www.fayettevilleoutfront.com](http://www.fayettevilleoutfront.com)

## County's Website

[www.co.cumberland.nc.us](http://www.co.cumberland.nc.us)

## Free Text Alert Service

Fayetteville-Cumberland Parks & Recreation is now offering a free text service to notify citizens of rainouts or other important alerts.



To sign up, residents can text FCPRD to 84483 or visit the link: [https://www.rainedout.net/team\\_page.php?a=864a246217075c93bc80](https://www.rainedout.net/team_page.php?a=864a246217075c93bc80).

For senior citizen's information, text Senior to 84483.  
For Tokay Senior Fitness Center, text Tokay to 84483.  
For Gilmore Therapeutic Recreation Center, text Gilmore to 84483. For Special Olympics of Cumberland County, text SPOCC to 84483.

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## Contact Us

Main Office.....433-1547  
Athletics.....433-1547  
Parks Division.....433-1556  
E-mail.....parksrecinfo@ci.fay.nc.us  
Inclement Weather Hotline.....306-7325

# Moses Mathis “Bicycle Man” Trail Head

Moses Mathis, also known as the Bicycle Man, spent more than two decades collecting bicycles from the community and then fixing them up to distribute at Christmas to children whose families could not afford them.

Mr. Mathis resided in the Tiffany Pines community of Fayetteville and, along with his wife Ann, reached out to the youth of the community through his bicycle giveaway program. He became a role model for many children, teaching self-esteem and community pride. Over time, his bicycle organization grew to include six surrounding counties. In 2006, Mr. Mathis was honored by President George W. Bush when U.S. Representative Bob Etheridge presented him with the President’s Call to Service Award, which recognizes those who have a minimum of 4,000 hours of lifetime service. Mr. Mathis was also presented with a Volunteer Service Award that recognizes 500 volunteer hours in a single year. Mr. Mathis passed away in July 2013.



In September 2014, Fayetteville City Council approved the naming of the newly constructed Cape Fear River Trail Head in honor of the Bicycle Man. A ribbon cutting for the Moses Mathis “Bicycle Man” Trail Head was held Tuesday, December 16. The ceremony was held at J. Bayard Clark Park, located at 631 Sherman Drive.



The Bicycle Man Community Outreach Projects organization is still in operation and works to take kids from drug-infested neighborhoods, introduce them to a positive environment and build confidence, self-esteem and good work habits. For more information about the organization, log onto <http://thebicycleman.com>.

Fayetteville-Cumberland Parks and Recreation oversaw the trail head project. To learn more about Parks and Recreation, visit [www.fcpr.us](http://www.fcpr.us).

# Cape Fear River Trail

Between Clark Park and Jordan Soccer Complex

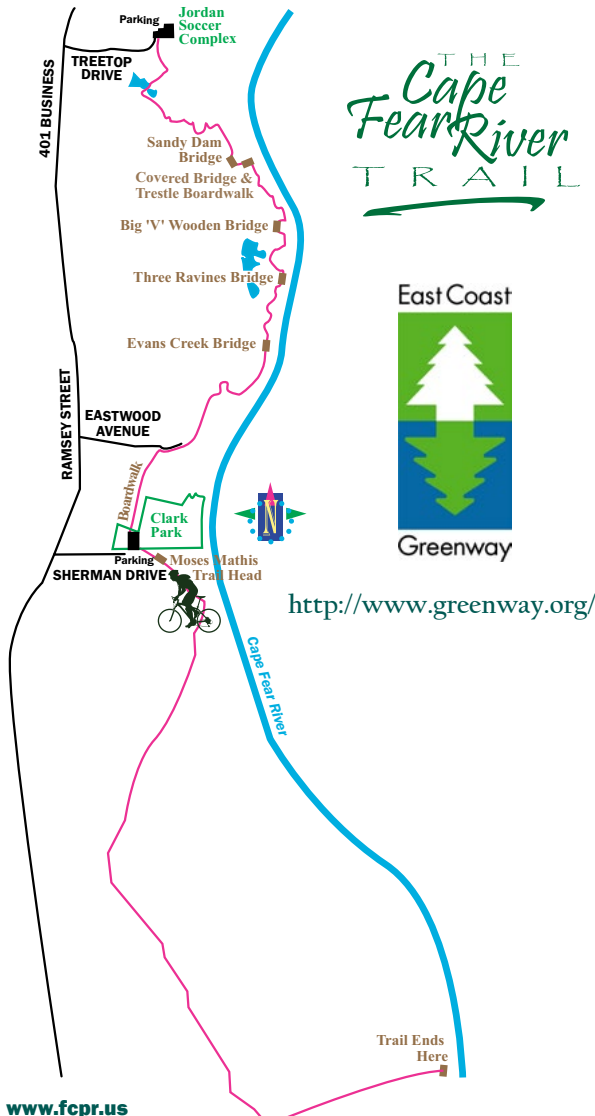
## GENERAL INFORMATION

The trail is a 10-foot wide paved path for walkers, joggers, bicyclists and others utilizing non-motorized transportation. It winds for nearly 5.3 miles, one-way, through a beautiful blend of trees, plants and wildlife with spectacular views of the river. The terrain can be flat or slightly hilly. In addition to the wooden bridges, including one covered bridge, there is a 700-foot boardwalk through the marsh and wetlands near Clark Park and 365 additional feet of boardwalk in the newest section that opened in December, 2014.

Along the trail are interpretive signs explaining the wildlife and plant life found in the area. There are more than 700 species of plants and trees, and 150 species of birds. The River Trail area is also home to an unusual combination and diversity of hardwood trees. Frogs, lizards and turtles are common sights, with an occasional deer.

A trail head named in honor of Moses Mathis was constructed at the start of Phase 2B, located at Clark Park. A ribbon cutting for the Moses Mathis "Bicycle Man" Trail Head was held on December 16, 2014.

The trail is designated as part of the East Coast Greenway. The Greenway is a series of urban trails and greenways that will eventually connect from Calais, Maine to Key West, Florida, similar to the Appalachian Trail.



## Before You Go

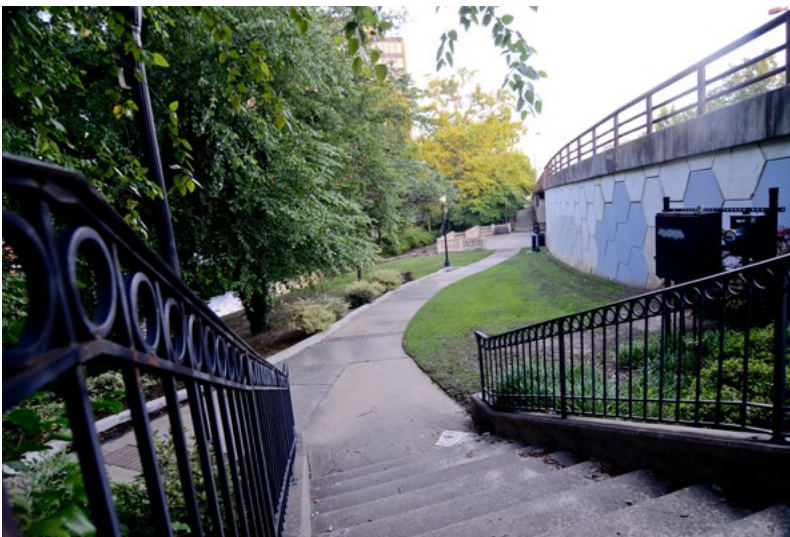
- The trail is open 365 days a year from 8 am to dusk
- Restrooms are located at the Jordan Soccer Complex and at the Clark Park Nature Center during Clark Park's operating hours. Portalets are also located along the trail
- Benches and tables are available to rest and enjoy the solitude
- Security call boxes are provided intermittently along the trail for immediate emergency response
- The trail is not a loop. It is 5.3 miles long, one-way. Plan your walk so that you will have transportation waiting where you finish
- The trail is open for walking, jogging, bicycling and rollerblading and other non-motorized transport
- Please respect private property and remain on the trail or within a designated trail area, such as an overlook
- Trash should be placed in receptacles provided. Keep the trail beautiful
- Pets must be leashed. Owners are responsible for cleaning up after their pets
- Some sections of the trail are steep and therefore hazardous. Bicyclists are to maintain speeds under 15 mph and yield to pedestrians. Carefully control your bike on slopes

# Cross Creek Linear Park

## Walk, Run, Ride – And Relive History

In 1765, early settlers discovered the bounty of Fayetteville’s Cross Creek. The settlement they established along this rich water source would become part of the City of Fayetteville. Today, thanks to Cross Creek Linear Park, you too can enjoy the sparkling beauty of Cross Creek, while you learn more about the story this area has to tell. Winding along Cross Creek – skirting downtown Fayetteville – this magnificent “greenway” highlights the natural beauty of the area, while connecting historic sites and points of interest along the way.

The park will eventually create a green beltway that connects some of the best points of interest in our community.



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# North Carolina Veterans Park

300 Bragg Boulevard, 433-1457 or 433-1224

Admission Is Free

Tues.-Sat. 10 am-5 pm; Sun. noon-5 pm

Closed Mon., except open on Federal Holidays when hours will be 10 am-5 pm  
Closed Thanksgiving Day, Christmas Day, and Easter Sunday

## GENERAL INFORMATION

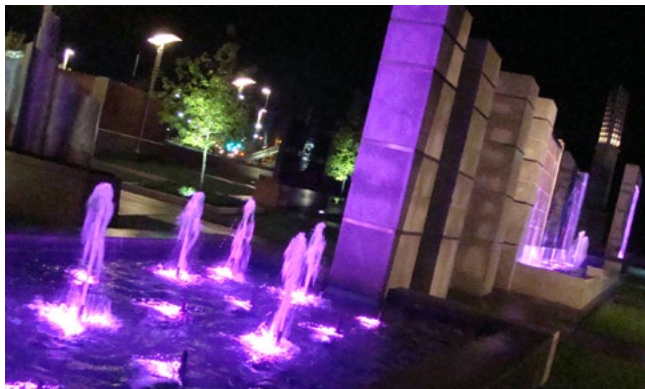


### NORTH CAROLINA VETERANS PARK

*Fayetteville ★ North Carolina*

Fayetteville is proud to be the home of the North Carolina Veterans Park. The first state park dedicated to military veterans – young and old...living or deceased...from all branches of the Armed Services; Army, Navy, Marines, Air Force, and Coast Guard.

With its rich military heritage, Fayetteville is the perfect place to house the North Carolina Veterans Park. The city's beautifully revitalized downtown is a fitting location, given the spirit of renewal embodied in the park. What's more, North Carolina is proud to call itself the "Most Military Friendly" state, and the Veterans Park incorporates many natural and architectural elements that represent the state. Symbolic features pay homage to the veterans from all 100 counties of North Carolina and represent the citizens who support them.



The primary theme of the North Carolina Veterans Park (NCVP) is a "Veteran's Journey: life before, during, and after service." The secondary theme is rebirth and healing. This park represents that redevelopment.

A 3,500 square foot Visitors Center anchors the park near the entrance. The Visitors Center includes a Service Ribbon Wall made of fused glass, representing every service medal awarded since the Civil War, as well as a unique chandelier made from 33,500 "dog tags" (service member identification tags). There is also an interactive globe that allows you to pinpoint a location and learn about the heroic events that happened there.

Outside the Visitors Center is the North Carolina Soils Wall, built with soil collected from the state's 100 counties. Native soils from North Carolina are featured and used throughout the park. Numerous fountains and sculptures help tell the story of a service member's journey through their military career and beyond.

## JOIN US AT THE NCVP

### Volunteers Needed

The North Carolina Veterans Parks has dedicated volunteers that help greet and provide information to visitors. For more information about how you can become a part of the NCVP team. Stop by the park or call 433-1457.



North Carolina Veterans Park is supported with funds from the Arts Council of Fayetteville/Cumberland County



# Freedom Memorial Park

The selfless service and sacrifice of those who have served this country should never be forgotten. Fayetteville, a city of history, heroes and a hometown feeling, will always remember those who fought to protect our freedom. Freedom Memorial Park celebrates the strength and longevity of the mutual respect, admiration and gratitude shared by military personnel, their families and our citizens. Freedom Memorial Park stands as a testament to the dedication this community holds to support those who stand for our freedom and serves as a reminder that freedom is not free.

Freedom Memorial Park is located at the corner of Hay Street and Bragg Boulevard, across from the Airborne & Special Operations Museum.



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# Fayetteville Area Transportation and Local History Museum

325 Franklin Street, 433-1457, 433-1458, or 433-1944;

Open to the Public Tues.-Sat. 10 am-4 pm; Admission is Free

## GENERAL INFORMATION

The Fayetteville Area Transportation and Local History Museum is the hub for history in Downtown Fayetteville. From the history enthusiast to families looking for fun, there is something for everyone here. The Historic Properties division operates the museum, Museum Annex, the North Carolina Veterans Park, and city owned historic sites to include the Market House. The museum has oversight of the two National Register Districts and Local Landmarks.

### About the Museum

Located in the beautifully restored 1890 Cape Fear and Yadkin Valley Railroad Depot, the museum offers two floors of engaging, artifact-filled exhibits. The rich history of our area is told from pre-history through the early 20th century. Favorite spots in the museum include the model train room, steamboat interactive, and the recreated Station Agent's Office.

### Museum Annex

Conveniently located next door to the museum, the annex continues Fayetteville's story with additional displays. Vintage cars, the recreated 1920s gas station, and Fayetteville's 1880s Silsby Steam Pump Engine are a delight. Exhibit topics also include local law enforcement and fire department history, and farm life.



### Preschool Special Emphasis Tours

We offer themed experiences for visitor's ages 3 to 5. Each program includes a sing-along, story time and exploration of specific artifacts in the museum and annex.

### Local Government Program

Step inside City Hall to learn more about our local government. Held inside City Council Chambers, this experience highlights the role of local government and how it operates. Students can role-play various positions in the Council Chambers and given a behind the scenes tour of the Emergency 911 Center, as city operations allow.

### Local History Talks

Need a speaker for your upcoming program or event? Staff at the museum offer presentations on a variety of local history topics to organizations and groups in the community. Whether it is military heritage, historic preservation, or anything related to Fayetteville or Cumberland County's history, we can help make your program a historical success.

For more information or to schedule a tour or program call 433-1457, 433-1458 or 433-1944. We open early for groups and experiences can be shortened, lengthened, or tailored to meet your group's needs.

## EDUCATIONAL OPPORTUNITIES

The Fayetteville Area Transportation and Local History Museum is a wonderful educational resource of the City of Fayetteville. In addition to a self-guided experience, we offer guided tours for schools, home school groups, scouts, churches, civic groups, military units, and more. Tours are free and can be adapted to suit the needs of a wide range of ages and educational objectives.

### Tours of the Museum and Annex

Let staff lead the way through our exhibits. Our tours emphasize transportation and local history using a "now and then" approach to make the past relevant.

### Downtown Walking Tours

Discover the history of local landmarks and walk in the footsteps of historically significant personalities with a tour of Fayetteville's Downtown Historic District. Your customized tour may include a visit to the Market House, the Fayetteville Light Infantry Museum and Armory, one of a number of historic churches, Liberty Point, Cool Spring Tavern, and Cross Creek Cemetery.

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**SPECIAL PROGRAMS & EXHIBITS**

There is always something special to see and do at the museum so stop by often. You can also learn about museum happenings on the Fayetteville/Cumberland Parks and Recreation website or our museum's Facebook page. Admission to programs and exhibits is free unless noted.

**Civil War 150<sup>th</sup>**

In March 1865, Union General Sherman and his army occupied Fayetteville. Through a variety of programs, exhibits and tours, the Civil War will be brought to life in recognition of the Sesquicentennial, or 150th anniversary of the Civil War. For additional programming details see specific activities below or call for more information.

**Read Across America**

We invite you to stop by the museum as part of a huge downtown celebration of Dr. Seuss and a love of reading. We will host a story time and make-and-take craft. This is a collaborative event with the Arts Council of Fayetteville/Cumberland County and the Cumberland County Association of Educators.

All ages; Sat., March 7; noon-4 pm; Free

**Spring Break Scavenger Hunt**

Let the learning continue over the spring break holiday with a visit to the museum. From April 7 through 10, search for special local history facts hidden throughout our exhibits. This activity is perfect for 2nd to 5th graders who are eager to learn more about Fayetteville and the surrounding area. 6-12 yrs; April 7-10; During museum hours; Free

**City Market at the Museum**

The 2015 market season kicks off April 18. A market for local farmers and crafters is hosted on the grounds of the museum every Wed. and Sat. Fresh, locally grown vegetables, fruits, eggs, honey, and other farm products are offered for sale. These seasonal offerings along with plants, flowers, pottery, tea, soap, candles, jewelry, and more can be purchased. The market season runs from April through Dec. but a number of vendors appear year-round.

All ages; Wed.; 2-6 pm; Sat.; 9 am-1 pm; Free (market purchases on your own)

**Civil War Cemetery Tour**

Join museum staff on May 10 at 2 pm for a tour of Fayetteville's oldest municipal cemetery, Cross Creek Cemetery No. 1. There are a number of Confederate graves in the historic cemetery as well as North Carolina's oldest Confederate Monument. Learn more about local soldiers who served and sacrificed during the war. For additional details, call the museum.

All ages; Sun., May 10; 2 pm; Free

**240<sup>th</sup> Anniversary of the Cumberland Association**

On June 20, 1775, Fifty five patriots pledged their lives and fortunes in the furtherance of American independence. The document, historically the Cumberland Association, but commonly known as the Liberty Point Resolves, was signed in a tavern at the acute intersection of Person and Bow streets. On June 20 from 6-7 pm, join museum staff and guests at Liberty Point for a ceremony remembering the Liberty Point Resolves.

All ages; Sat., June 20; 6-7 pm; Free

**History of Cumberland County Photo Exhibit**

Calling all photographers! Help us document the history of this area and be a part of a new exhibit at the museum. It's as easy as find, click and submit. First, find a property on the National Register of Historic Places in Cumberland County. Next, take a picture of that property (or an element/portion of that property). Finally, submit your unframed, black and white, 8 X 10 image. Include a description of why you chose to photograph the property (50 words or less). Twenty entries will be selected for exhibition. Interested photographers should pick up an entry form with additional details prior to submitting an entry. Limit one entry per person.

All ages; Submissions due: Tues., July 7; Exhibit opens: Tues., Aug. 11; Free

**A History of the Fayetteville Independent Light Infantry**

Join staff from the museum on Aug. 16 at 2 pm in the Pate Room of Headquarters Library at 300 Maiden Ln. and then walk to the Fayetteville Independent Light Infantry Armory and Museum at 210 Burgess St. for a tour. The program is in collaboration with the Cumberland County Public Library and Information Center. This program highlights the history of the North Carolina militia system and focuses on the oldest militia unit in the South in continuous existence, the F.I.L.I. Enjoy this rare opportunity to see the inside of the F.I.L.I. Armory and Museum.

10+; Sun., Aug. 16; 2-4 pm; Free.



## Cumberland County History Bus Tours

Travel the area with staff from the museum on one of our history bus tours. Let us be your guide to some of the area's most historically significant sites. Participants will travel via bus but tours may require moderate walking. The tour has a fee of \$3 or \$5. Registration required. Space is limited. For more information or to register, call the museum. 10+; Sat., March 7; \$3/person; Sat., June 20; \$5/person

**March 7:** Civil War History 9 am-1 pm \$3/person  
**June 20:** Averashoro/Bentonville 9 am-3 pm \$5/person

The Museum offers a number of themed history bus tours. For more information on other bus tours offered throughout the year, contact the museum.

## Cruise-In for 4th Fridays at the Museum

Experience a "night at the museum" every 4th Friday. Come explore our exhibits inside and some of the coolest cars around outside on the museum grounds. Car clubs and individual enthusiasts are welcome to make a pit stop at the museum and enjoy 4th Friday fun.

All ages; 4th Fri. of each month; 6-10 pm; Free

## 4th Fridays at the Market House Museum

The Market House, which is Cumberland County's only National Historic Landmark, is open to the public on 4th Fridays from 6-10 pm. Explore the exhibit A View from the Square: A History of Downtown Fayetteville. In addition to the permanent exhibit, view a different local history exhibit each month.

All ages; 4th Fri. of each month; 6-10 pm; Free

<b>March</b>	General Sherman's Occupation of Fayetteville
<b>April</b>	Field Of Honor
<b>May</b>	Local Artists
<b>June</b>	Baseball
<b>July</b>	Early Car Dealerships In Fayetteville
<b>Aug.</b>	Anniversary of the End of World War II

## NEW EXHIBITS

This season the museum will open a number of exhibits and update our lobby area. We encourage you to visit us often, as there is always something new to see and learn about the history of our area. All ages; During museum hours; Free

## Ezekiel Ezra Smith: Educator, Minister, Soldier, Statesman and Businessman

This exhibit opened Feb. 3 and highlights the renowned and multi-faceted citizen more commonly known as E.E. Smith.

## Civil War 150<sup>th</sup> Special Exhibit

This exhibit opens March 3 and highlights the 150th anniversary of the Civil War and will focus on Union General Sherman's occupation of Fayetteville.

[www.fcpr.us](http://www.fcpr.us)

## Cape Fear and Yadkin Valley Railway

This exhibit opens on April 7. The museum is located in the circa 1890 Cape Fear and Yadkin Valley Railroad Depot and Regional Office.

## Early Fort Bragg and Pope Army Airfield

This exhibit will open on June 9. Explore the establishment of Camp Bragg and Pope Army Airfield through the eve of World War II.

## All Things Fayetteville

This exhibit opens on June 23 and features various artifacts highlighting local artisans and businesses.

## History of Cumberland County Photo Exhibit

View our history through the eyes of a photographer when this exhibit opens on Aug. 11. Images are of Cumberland County National Register properties.

## CONTINUING EXHIBITS

## From State House to Statehood

In 1789, Fayetteville was the place where the North Carolina delegates ratified the United States Constitution. This exhibit explores the people and places that surround this pivotal event in our city, state and national history.

Visitors can also learn how Fayetteville has celebrated the ratification in previous milestone years.

All ages; During museum hours; Free

## Lafayette in Fayetteville

Fayetteville is the first city named for the Marquis de Lafayette and the only city named for him that he visited. The exhibit includes the bed Lafayette slept in, a rosette worn at the ball held in his honor and other unique artifacts associated with Lafayette and his visit to Fayetteville in 1825. The museum is very thankful to a number of institutions and individuals for assisting in the presentation of the most comprehensive collection of Lafayette-related artifacts and information ever displayed in Fayetteville under one roof.

All ages; During museum hours; Free

## Civil War Sesquicentennial Exhibit

Cumberland County Goes to War is our exhibit commemorating the sesquicentennial anniversary of the American Civil War. This exhibit features artifacts, pictures, documents, and educational panels which explore Cumberland County's war experience both on the battlefield as well as the sacrifices made on the home front.

All ages; During museum hours; Free

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For more information, call (910) 433-1547

# Riverside Dog Park

555 N. Eastern Boulevard

## GENERAL INFORMATION

This Fayetteville facility has gone to the dogs – literally! Riverside Dog Park, located near the Cape Fear Botanical Gardens, is open each day dawn to dusk; dogs outside the enclosed area must be on a leash. A small enclosure is provided for small dogs that weigh less than 25 pounds and another, larger area is set aside for larger dogs. All dogs must be legally licensed and have current vaccinations; tags must be securely attached to the dog's collar. Have fun with your dog at Riverside!



# Fayetteville Community Garden

Intersection of Vanstory and Mann Streets

## GENERAL INFORMATION

Fayetteville has a community garden, a 5 acre tract of land with plots available to citizens for the planting vegetables, flowers and herbs. The concept of community gardening is very simple; patrons rent space and FCPR supplies garden boxes, compost and water. The garden is organic in nature therefore no chemicals or synthetic herbicides, insecticides, fungicides or fertilizers will be allowed. Plots are raised beds approximately 20 ft. by 20 ft. Gardening is a wonderful activity for all ages and can be physically and mentally engaging. The potential benefits are endless. Plots may be rented for \$25, with the option to renew in Jan. of each year.

For rental information contact FCPR administrative office. (910) 433-1547. Open year round during daylight hours; \$25/Jan.-Jan.



# Festival Park

335 & 345 Ray Avenue

## GENERAL INFORMATION

Festival Park, located at the corner of Ray Avenue and Rowan Street in downtown Fayetteville, has been described as the “crown jewel of downtown.” Consisting of 14 acres, it opened in April 2007, and created a class venue consistent with the quality of life that is our community’s hallmark.

### Festival Park offers:

- An infrastructure for special event vendor booths to include power and water on a creatively patterned pavement promenade that enables quick planning and set-up for festivals
- A main stage that can accommodate performances and events on its 40’ x 66’ surface
- Grass lawn seating for intimate groups as well as large crowds for community celebrations ranging in the thousands
- Support areas to include backstage dressing rooms, loading dock, concession area and public restroom
- Pedestrian walkways that tie into a creek trail



Festival Park is available for rent for your special event. Call 433-1547 for fees and availability.



## Special Events



### All American Marathon and Mike to Mike Half Marathon

The City of Fayetteville and Fort Bragg invites you to come and be a part of the All American Marathon and Mike to Mike Half-Marathon on Sun., March 22. The race will begin at 7 am in downtown Fayetteville at Festival Park and finish at Fort Bragg’s Main Post Parade Field. Registration is currently open and more information can be found by visiting: <http://www.fortbraggmwr.com/allamericanmarathon/>

### Kids Fest

Take advantage of this spring activity by attending this Fayetteville-Cumberland Parks and Recreation-sponsored free event on Sat., May 2 from 10 am-2 pm in Festival Park. This free event will offer arts and crafts, games and inflatable attractions. Several community agencies are expected to be on hand with family-based information and goodies. For more information, call 433-1547.

# J. Bayard Clark Park & Nature Center

631 Sherman Drive, 433-1579

Center Hours: March-Oct. 8 am-5 pm, Sat. 11 am-3pm, Sun. 2-5 pm; Nov.- Feb. 8 am-5 pm

## GENERAL INFORMATION

Clark Park is the city's second largest regional park and is considered a gem by those who frequent it. It was designed, and remains a natural woodland area dedicated to preserving the environment and educating the public on North Carolina's plants and wildlife. The Nature Center showcases both static displays and live animals. Park rangers educate visitors at the center, along the park trails and through interpretive programming.

A visit to the park can include a picnic at one of the eight tables on the center's back deck overlooking the woods and waterfall or a hike on the trails that wind through the park and along the Cape Fear River. For those interested in walking, jogging or bicycling, the park serves as a trailhead for the Cape Fear River Trail. Well behaved pets are welcome on the trails as long as they are leashed and you clean up after them.

## PARK PROGRAMS AND OUTDOOR RECREATION OPPORTUNITIES

For information on Clark Park's Summer Camp programming, please see our Summer Camp section, page 34.

All programs will meet at the Nature Center unless otherwise noted. You must pre-register for all programs. Register early; space is limited in most classes. If enrollment is low the class will be cancelled. Please contact the park office if you would like to receive a copy of our monthly newsletter with updated program information.

### Educational Group Field Trips

A variety of ranger-guided environmental and local history programs can be taught at Clark, Lake Rim, or Mazarick Parks. Topics include: wetlands, animal adaptations, beaver ecology, tree identification, rocks and minerals, fossils, insects, the naval stores industry, local Native American cultures, nature center tours, guided hikes, or we can create activities specific to your needs. This is a great opportunity for schools, churches, civic groups and scouts to learn about our world. Programs are offered by appointment only; call Clark Park for more information and to schedule your group. Free

### Outreach Programs

A ranger can come to your location and lead a nature program for your class on a variety of topics. Reservation in advance required, please call Clark Park for more information. \$25/program; Free for Cumberland County Public Schools, Fort Bragg Schools and affiliates

### Preschool Programming - Growing up Wild Field Trips

Growing up Wild is an early childhood education program that builds on children's sense of wonder about nature and invites them to explore wildlife and the world around them. Through a wide range of activities and experiences, these programs provide an early foundation for developing positive impressions about nature and lifelong social and academic skills. These programs meet Head Start Domains and NAEYC Accreditation Criteria. Call Clark Park for reservations and topics.

\$1/student

### Scout Outdoor Activities Badge Programs

A park ranger can help scouts earn their Forester, Naturalist, or Geologist Outdoor Activity Badges with a variety of lessons that meet badge requirements. Please call Clark Park to set up an appointment for your group. Classes can be taught at Clark, Lake Rim, or Mazarick Parks. 7-12 yrs; \$2/participant



### Environmental Mobile Unit (EMU)

Clark Park utilizes a twenty-four foot mobile educational trailer that enables rangers to provide outreach programs for schools, community groups and events within Cumberland County. The EMU houses wildlife pelts, skulls, and reptile and amphibian models, along with other exhibits. Some restrictions apply. Call Clark Park for information and reservations.

\$25/visit; Free for Cumberland County Public Schools, Fort Bragg Schools and affiliates

### Follow us on Facebook & Twitter

[www.facebook.com/fcpr.us](http://www.facebook.com/fcpr.us)

[www.twitter.com/parksrecreation](http://www.twitter.com/parksrecreation)



## Animal Feedings

Alligators chomping, snakes swallowing, and turtles snapping, come see what is for dinner at the nature center. All ages; Wed.; 4-4:30 pm; Free

## Saturday Nature Hour

A variety of natural history topics will be explored through talks, activities, and hikes. Call for a schedule and to register for programs.

All ages; Sat.; 10-11 am; Free

## Naturalist Thursdays

Curious about nature? Increase your knowledge about a wide array of subjects during these ranger-led talks. Kids 12 and under who attend 4 or more different naturalist programs at any park will receive a "Junior Naturalist" award. Call to register.

**March 12:** Insects; **April 9:** Wildflowers; **May 14:** Birds;

**June 11:** Snakes; **July 9:** Butterflies and Moths;

**Aug. 13:** Reptiles and Amphibians

All ages; 2nd Thurs. of each month; 3:30-4:30 pm; Free

## Growing Up Wild Early Childhood Nature Exploration

Growing up Wild is an early childhood education program that builds on children's sense of wonder about nature and invites them to explore wildlife and the world around them. Through a wide range of activities and experiences, these programs provide an early foundation for developing positive impressions about nature and lifelong social and academic skills. These programs are hands-on and include a craft. Call to register.

**March 3:** Grow As We Go; Explore the life cycles of familiar wildlife and understand that living things grow and change.

**April 7:** Who Lives in A Tree; Learn about what animals make their nests or home in a tree as we explore the park.

**May 5:** Hiding in Plain Sight; Learn about animals that use camouflage and why it helps them to survive.

**June 2:** Wildlife is Everywhere!; Join a park ranger for a hike as we explore the wildlife that lives at Clark Park.

**July 7:** Deep Blue Sea; A lot of animals make the ocean their home. We will learn about some of these creatures that live in the deep blue sea.

**Aug. 4:** Grasshopper World; Learn the difference between grasshoppers and crickets as we observe these insects and their natural habitat.

3-7 yrs with an adult; 1st Tues. of each month; 1-2 pm; \$1 (cash only)

## Nature Story Time

You and your child are invited to Clark Park for a nature story and craft time with a different theme each month. A Cumberland County Public Library librarian reads the story as your child interacts with them. Call to register.

**March 17:** Wildflowers; **April 21:** Hummingbirds;

**May 19:** Raccoons; **June 16:** Frogs; **July 21:** Butterflies;

**Aug. 18:** Grasshoppers

6-under yrs with an adult; 3rd Tues. of each month; 1-2 pm; Free

## OUTDOOR RECREATION

### Archery Clinic

The archery class is designed to introduce the sport of archery to beginners. Participants will use state of the art compound bows as they learn the basics of archery. Safety, proper stance and follow through will be taught. You will be hitting the bull's eye in no time! Adults welcome too. Register early because space is limited. Call for dates and times.

8+; \$5

### Camping

Camping can be an added part of your adventure by staying overnight at Clark Park. A semi-primitive campground is available for rent that includes a fire-ring and outdoor restrooms with a cold shower. There is no electricity. Campground is available March-Oct. At least a one business day advanced reservation with payment is necessary. Campground capacity limited to 50 people. Rates: Family: \$10/day; Groups up to 25 individuals: \$25/day (\$1 each additional person over 25)

### Cape Fear River Trail Golf Cart Tours \*\*\*SENIORS\*\*\*

For seniors and persons with permanent limited physical abilities, interpretive golf cart tours along the Cape Fear River Trail are available for individuals or groups of up to five people. Riders must be able to grasp and hold safety handles.

Reservations are required; Free

## SPECIAL EVENTS

### Campfire Program

Gather around the campfire for an evening of marshmallow roasting, storytelling, skits, songs and games. Fun for the whole family! Dress for outdoors. Bring water and a flashlight. We will meet at the Nature Center and take a short walk to the campground. Promptness is essential. You must call to register by March 12, space is limited.

All ages; Fri., March 13; 6:30-8 pm; \$3/person (cash only)

### Teddy Bear Picnic

Enjoy a special picnic with your favorite teddy bear or another favorite stuffed friend as we listen to a story, play games, make a craft and have lunch. Bring your best stuffed pal and a bagged lunch. Pre-registration required by May 19. 2-5 yrs with an adult; Wed., May 20; 11:30 am-1 pm; \$2 (cash only)

For more information, call (910) 433-1547

# Lake Rim Park

2214 Tar Kiln Drive, 433-1018

Park Hours: March-Oct. 7 am-9 pm; Nov.-Feb. 7 am-5 pm

Office Hours: Mon.-Fri. 8 am-5 pm

## GENERAL INFORMATION

Whether you want to take a stroll on the one-mile border trail through the wetlands to Bones Creek, play a game of soccer with friends, or have a family picnic, Lake Rim Park offers something for everyone. An assortment of outdoor amenities, including picnic areas, horseshoe pits, walking trails, tennis courts, sand volleyball courts, athletic fields, natural areas, a Native American themed garden, and children's playgrounds are here for you to enjoy. All facilities are open to the public on a first come, first serve basis unless they are reserved. To find out how you can reserve a picnic shelter or athletic field for your special event contact the park office. Well-behaved, furry family members are welcome to enjoy a walk around the park too, but they must be on a leash and under your control at all times. **THANK YOU FOR CLEANING UP AFTER YOUR PETS!!**

## PARK PROGRAMS

For information on Lake Rim Park's Summer Camp programming, please see our Summer Camp section, page 34.

### Educational Group Field Trips and Outreach Programs

Refer to Clark Park Nature Center on page 12.

### Scout Outdoor Activities Badge Programs

Refer to Clark Park Nature Center on page 12.

### Fishing Tackle Loaner Program

Try your hand at fishing without buying the equipment. This program allows you to borrow a rod and reel for 24 hours and provides a great opportunity for the whole family to get outside. A driver's license or ID is required to register. All ages; Mon.-Fri.; 8 am-5 pm; Free



### Lake Rim Park Scavenger Hunt

Pick up a self-guided scavenger hunt worksheet from the office to take along with you as you explore the park. They are free and fun for families, groups, or individuals. All ages; Mon.-Fri.; 8 am-5 pm; Free

### Naturalist Thursdays

Curious about nature? Increase your knowledge about a wide array of subjects during these ranger-led talks. Kids 12 and under who attend 4 or more different naturalist programs at any park will receive a "Junior Naturalist" award. Call to register.

**March 26:** Insects; **April 23:** Wildflowers; **May 28:** Birds; **June 25:** Snakes; **July 23:** Butterflies and Moths; **Aug. 27:** Reptiles and Amphibians

All ages; 4th Thurs. of each month; 3:30-4:30 pm; Free

### Nature Sprouts

Preschoolers will have a chance to discover nature while making new friends. A new topic will be explored each session through stories, crafts, and activities. Call by the Fri. before the program to register, space is limited.

**March 10:** Eggs; **April 14:** Bugs; **May 12:** Toads; **June 9:** Snails; **July 21:** Spiders; **Aug 11:** Raccoons  
3-6 yrs w/adult; Tues.; 10-11 am; Free

### Alphabet Hike

For a fun way to explore the park, go on an Alphabet Hike with your little ones. Children will enjoy the fun of a scavenger hunt as they search for the letters of the alphabet on this guided hike. Each letter is a clue to something that is found in the park. Groups can set-up an appointment for a private hike. Call to register by the day before the program, space is limited.

3-5 yrs with an adult; Mon.; April 6 and Aug. 17; 10-11 am; Free

### Dinosaurs in the Dirt

After a brief introduction to dinosaurs, children will venture to the volleyball court to dig for "dinosaur bones" and play in our "giant sand box." Shovels, buckets, and, of course, dinosaurs will be provided for children to play with. Groups can set-up an appointment for a private program. Call to register by the day before the program, space is limited.

5-under yrs with an adult; Wed.; May 6 and Aug. 5; Fri.; June 5; 9-11 am; Free

### Castles in the Sand

Can't make it to the beach this summer? Then bring your preschooler to Lake Rim Park to try their hand at making sandcastles. Shovels, pails, sand castle molds, water and plenty of sand will be provided as we turn our volleyball court into a beach. Look for seashells, dig a hole or make a fort under the shade of a tent. Bring a chair and watch the children have fun in this unstructured play date. Call to register by day before the program, space is limited.

5-under yrs with an adult; Wed., July 8; 9-11 am; Free

**OUTDOOR PROGRAMS**

**Archery Clinic**

The archery class is designed to introduce the sport of archery to beginners. Participants will use state of the art compound bows as they learn the basics of archery. Safety, proper stance and follow through will be taught. You will be hitting the bull's eye in no time! Adults welcome too. Register early because space is limited. Call for dates and times.  
8+; \$5

**Archery Challenge Course**

Have a little fun with archery as you test your skills shooting a variety of targets, playing archery games, and taking on archery challenges. Participants will also get an introduction to field archery and 3-D archery. Some experience is helpful but not required. Register early, space is limited. Call for dates and times.  
8+; \$5

**Fishing Basics**

Come learn the basics of fishing at the John E. Pechmann Fishing Education Center next door to Lake Rim Park. A park ranger will discuss fish identification and ecology before you try your luck on the ponds stocked with catfish and bream. Fishing poles and worms will be provided. Catch and release only, no fishing license required. Space is limited. Call to register by day before the class.  
8+, 15-under yrs must be accompanied by an adult; Wed., April 8; 9 am-noon; Free

**Lake Rim Kayak Tours**

Lake tours are perfect for those trying kayaking for the first time and seasoned paddlers looking to relax on the water. All the equipment and basic instruction for beginners will be provided. We recommend beginners participate in a lake tour before going on a kayak trip. Register by the day before the tour, space is limited. Call for dates and times.  
10+ with a participating adult; \$15, \$5 w/own boat

**Kayak Trips**

Explore the many scenic waterbodies in our area from the piedmont to the coast. All equipment will be provided. We recommend beginners participate in a lake tour before going on a kayak trip to practice kayaking skills. Have your own boat? Some trips are offered at a discounted price for those providing their own boat and transportation. Space is limited. Call for dates, times and prices.  
12+ with a participating adult

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**SPECIAL EVENTS**

**Easter Egg Hunt**

Kids bring a basket and have fun as you look for hidden Easter eggs while keeping your eye out for the "lucky egg." Special prizes will be awarded for different categories and all participants will leave with treats. Registration required by March 26, space is limited.  
Sat., March 28; 5-under yrs: 1 pm; 6-8 yrs: 2 pm; 9-12 yrs: 3 pm; \$1 paid day of hunt

**Youth Fishing Day**

Families with kids 16 years old and younger are invited to the John E. Pechmann Fishing Education Center to try their hand at fishing. Please bring your own poles and bait (no minnows). This is catch and release only. Register on-site the day of the program. Call 910-868-5003 for more information.  
16-under yrs; Sat., June 6; 8 am-noon; Free





# Mazarick Park

1400 Belvedere Avenue, 433-1575

Park Hours: 7 am-10 pm Office Hours: Mon.-Fri. 8 am-5 pm

## GENERAL INFORMATION

Mazarick Park is a multi-purpose park featuring a Disc Golf Course, picnic shelters, and trails. A tennis court and a baseball field are available for a quick game. Picnic areas are open to the public on a first come, first serve basis unless they are reserved. For more information on shelter rentals, call 433-1547. Glenville Lake will be closed to recreational activities until late 2015 while repairs are being made to the lake spillway.

## MAZARICK PARK PROGRAMS

All programs will meet at the Mazarick Building unless otherwise noted. You must pre-register for all programs. Register early; space is limited in most classes. If enrollment is low the class will be cancelled. Please contact the park office if you would like to receive a copy of our monthly calendar with updated program information.

For information on Mazarick Park's Summer Camp programming, please see our Summer Camp section, page 34.

### Educational Group Field Trips and Outreach Programs

Refer to Clark Park Nature Center on page 12.

### Scout Outdoor Activities Badge Programs

Refer to Clark Park Nature Center on page 12.

### Fishing Tackle Loaner Program

Try your hand at fishing without buying the equipment. This program allows you to borrow a rod and reel for 24 hours and provides a great opportunity for the whole family to get outside. A driver's license or ID is required to register.

All ages; Mon.-Fri.; 8 am-5 pm; Free

### Naturalist Thursdays

Curious about nature? Increase your knowledge about a wide array of subjects during these ranger-led talks. Kids 12 and under who attend 4 or more different naturalist programs at any park will receive a "Junior Naturalist" award. Call to register.

**March 19:** Insects; **April 16:** Wildflowers; **May 21:** Birds; **June 18:** Snakes; **July 16:** Butterflies and Moths; **Aug. 20:** Reptiles and Amphibians

All ages; 3rd Thurs. of each month; 3:30-4:30 pm; Free

### Lil' Tadpoles

Preschoolers will have a chance to discover nature while making new friends. A new topic will be explored each month through stories, crafts, and activities. Call by the Fri. before the program to register, space is limited.

**March 24:** Baby Animals; **April 28:** Hummingbirds; **May 26:** Bobcats; **June 23:** Frogs; **July 28:** Butterflies; **Aug. 25:** Grasshoppers

3-6 yrs with an adult; 4th Tues. of each month; 10-11 am; Free



### Archery Clinic

The archery class is designed to introduce the sport of archery to beginners. Participants will use state of the art compound bows as they learn the basics of archery. Safety, proper stance and follow through will be taught. You will be hitting the bull's eye in no time! Adults welcome too. Register early because space is limited. Call for dates and times.

8+; \$5

# ATHLETICS

## YOUTH TEAM SPORTS

### Baseball

Registration is Jan. 2-March 2. Late registration (only if spaces are available) will end April 12. Season starts April 18. Three proofs of residence, a birth certificate and the fee are required at the time of registration. League age is the age attained by a player prior to May 1 of the current playing year. See registration sites below.

5-18 yrs; \$20; \$25 for late registration

### Softball – Girls Fast Pitch

Registration is Jan. 2-March 2. Late registration (only if spaces are available) will end April 12. Season starts April 18. Three proofs of residence, a birth certificate and the fee are required at the time of registration. League age is the age attained by a player prior to Jan. 1 of the current playing year. See registration sites below.

7-18 yrs; \$20; \$25 for late registration

### Indoor Soccer

Registration is Jan. 2-March 2. Late registration (only if spaces are available) will end April 12. Season starts April 18. Birth certificate and fee are required at the time of registration. League age is the age attained by a player prior to May 1 of the current playing year. See registration sites below.

5-12 yrs; \$20; \$25 for late registration

### Rugby

Registration is Dec. 1-Feb. 1. Season starts in March. This program will be taught in a safe but competitive environment – it will be “touch” rugby for new and younger players and the more advanced contact version will be introduced to the older, more experienced players.

Call 433-1392 for more information.

8-17 yrs; \$20; \$25 for late registration

### Lacrosse

Registration is Jan. 2-March 2. Program starts in March. Register at the center closest to your residence. Birth certificate required.

5-17 yrs; \$20; \$25 for late registration

### Bowling

Registration is March 2-May 2. Birth certificate and fee are required at the time of registration. League age is the age attained by a player prior to July 1 of the current playing year.

9-18 yrs; \$30

### Basketball (Summer)

Registration is April 1-May 30. Season starts June 29. Birth certificate and fee are required at the time of registration.

League age is the age attained by a player prior to Aug. 1 of the current playing year.

7-17 yrs; \$20; \$25 for late registration



### Volleyball (Summer)

Registration is April 1-May 30. Season starts June 29. Birth certificate and fee are required at the time of registration.

League age is the age attained by a player prior to Aug. 1 of the current playing year.

9-17 yrs; \$20; \$25 for late registration

### Football

Registration is June 1-Aug. 1. Season starts Sept. 12. Three proofs of residence, a birth certificate and the fee are required at the time of registration. League age is the age attained by a player prior to Dec. 1 of the current playing year.

7-14 yrs; \$25; \$30 for late registration



### Soccer

Registration is June 1-Aug. 1. Season starts Sept. 12. Three proofs of residence, a birth certificate and the fee are required at the time of registration. League age is the age attained by a player prior to Dec. 1 of the current playing year.

5-17 yrs; \$20; \$25 for late registration

### Cheer

Registration is June 1-Aug. 1. Season starts Sept. 12. Three proofs of residence, a birth certificate and the fee are required at the time of registration. League age is the age attained by a player prior to Dec. 1 of the current playing year.

7-14 yrs; \$20; \$25 for late registration

### Cheer Instructional Program

Registration is June 1-Aug. 1. Program starts Sept. 12. Birth certificate and fee are required at the time of registration.

League age is the age attained by a player prior to Dec. 1 of the current playing year.

5-6 yrs; \$20; \$25 for late registration

### Volleyball (Fall)

Registration is June 1-Aug. 1. Season starts Sept. 12. Three proofs of residence, a birth certificate and the fee are required at the time of registration. League age is the age attained by a player prior to Dec. 1 of the current playing year.

9-17 yrs; \$20; \$25 for late registration

## Baseball (Fall)

Registration is June 1-Aug. 1. Season starts Sept. 1. This is an instructional program and scores, won-loss records are not kept. Birth certificate and fee are required at the time of registration.

7-18 yrs; \$20; \$25 for late registration

## Softball (Fall)

Registration is June 1-Aug. 1. Season starts Sept. 1. This is an instructional program and scores, won-loss records are not kept. Birth certificate and fee are required at the time of registration. League age is the age attained by a player prior to Jan. 1 of the next year.

7-18 yrs; \$20; \$25 for late registration

## ADAPTIVE SPORTS

### Buddy Sports

Buddy Sports are non-competitive recreational leagues for boys and girls with disabilities. Each player is paired with a "buddy" to assist the player as needed. The league allows for friendships to form and barriers to be dissolved. Buddy sports are an opportunity like no other for children with disabilities. Not only do the players experience the thrill of participating, they also get to experience team play and camaraderie. Advancing the personal development of any child through team participation and kinship is an important step along the road to success and happiness. A birth certificate and the fee are required at the time of registration. Players may register at any FCPR site. Volunteers are needed for buddies.

5 yrs-Grade 12; \$20

Indoor Soccer: Registration is April. 1- June 1

Flag Football: Registration is June 1- Aug. 1

### Bowling for Fun - Adaptive

Therapeutic bowling league is for all ability levels and meets at Lafayette Lanes on Raeford Rd. Participants must be accompanied by a parent or guardian or be authorized to be in the facility independently. Registration is required. Season begins on Sept. 8 and runs through May 18.

6-21 yrs; Mon.; 4-5 pm; \$20 registration fee; \$4/week

### Adaptive Open Gym

Enjoy playing basketball? Then come out and practice your skills and get some exercise! This program is for participants with disabilities. A registration form needs to be completed and on file in order to participate. Staff and/or supervision must be provided for participant if needed. Program is held at G.B. Myers Recreation Center.

5+; Tues.; 3-5 pm; Free

### Therapeutic Bocce Club

Join us for pickup games of Bocce! This program is for participants with disabilities. A registration form needs to be completed and on file in order to participate. Staff and/or supervision must be provided for participant if needed. Program is held at Massey Hill Recreation Center starting on April 2 and runs through May 28. Call 433-1376 for more information or to register.

6+; Thurs.; 4-5 pm; Free



### Paralympic Sport Club (PSC) – Fayetteville

U.S. Paralympics, a division of the United States Olympic Committee, has partnered with community organizations from across the country to create a network of Paralympic Sport Clubs. The Fayetteville Paralympic Sports Club offers programming to involve youth and adults with physical and visual disabilities in sports and physical activity, regardless of skill level.

### Adult Wheelchair Basketball

The Fayetteville Flyers remain one of the top teams with in the Carolina Wheelchair Basketball Conference and National Wheelchair Basketball Association. The team is always looking for more players. The season begins in Aug. and ends in April. Team practices and home games are held at Massey Hill Classical High School.

Call 433-1376 for more information.

<http://fayettevilleflyers.net>

16+; Mon. and Thurs.; 7-9 pm

### PSC Archery

Archery program offers the opportunity to learn, practice, and enjoy camaraderie with the other participants.

Pre-registration is required. Program is held at Massey Hill Recreation Center. Call 433-1376 for more information or to register.

18+; Tues.; March 3, April 7 and May 5; 10 am-noon; Free

### PSC Boccia

Boccia is a precision ball sport. It was originally designed to be played by people with cerebral palsy, but now includes athletes with other disabilities affecting motor skills.

Pre-registration is required. Program is held at Massey Hill Recreation Center. Call 433-1376 for more information or to register.

12+; Tues.; March 17, April 21, May 19, Aug. 18; 4-5:30 pm; Free

### PSC Kayaking

Join us as we exercise, socialize, and enjoy the outdoors while kayaking the lake. Pre-registration is required, and spaces are limited. Program is held at Lake Rim.

Call 433-1376 for more information or to register.

18+; Fri.; March 27, April 24 and May 29; 9-11 am; Free

## PSC Goalball

Goalball is a team sport designed specifically for athletes with visual impairments, but can be played and enjoyed by all. Players must use the sound of a bell to judge the position and movement of the ball. Pre-registration is required. Program is held at Myers Recreation Center. Call 433-1376 for more information or to register. 12+; Thurs.; March 12, April 9, May 14, June 11, July 9, Aug. 13; 10 am-noon; Free

## PSC Summer Experience Day

Come and join us as we introduce and practice the basics of Table Tennis and Boccia. Pre-registration is required. Program is held at Massey Hill Recreation Center. Call 433-1376 for more information or to register. 12+; Thurs.; Aug. 20; 9:30 am-noon; Free

## PSC Interest

Are you interested in participating in our Paralympic Sport Club? Are you interested in coaching/leading a specific program or event? If your answer to either question is yes, please contact us as we are gathering input for our future programming. Call 433-1376.

### REGISTRATION GUIDELINES (Youth Team Sports)

For all youth team sports, players must register at the following locations during normal operating hours:

#### Zone 1:

Kiwanis Rec. Center: 433-1568  
 Massey Hill Rec. Center: 433-1569  
 Myers Rec. Center: 433-1570  
 J.S. Spivey Rec. Center: 433-1572

#### Zone 2:

Stoney Point Rec. Center: 433-1435

#### Zone 3:

Lake Rim Rec. Center: 433-1175  
 Cliffdale Recreation Center: 433-1127  
 E.E. Miller Recreation Center: 433-1547  
 Westover Rec. Center: 433-1088

#### Zone 4:

College Lakes Rec. Center: 433-1564  
 Pine Forest Rec. Center: 433-1196  
 Smith Rec. Center: 433-1571

#### Zone 5:

Eastover Rec. Center: 433-1226

#### Zone 6:

Stedman Rec. Center: 433-1440

#### Zone 7:

Gray's Creek Rec. Center: 433-1015

**TRADITIONAL** team sports, defined as winter basketball, spring baseball, spring softball, fall soccer, football, and volleyball. These programs are governed by strict registration zone enforcement and residency requirements, player drafts, no pre-formed teams, and a minimum play rule for each player.

**NON-TRADITIONAL** sports are also offered – indoor soccer, summer basketball, summer volleyball, fall baseball, fall softball. These programs are similar with the exception that scores and won-loss records are not kept, drafts are not conducted, pre-formed teams are allowed, and registration zones are not enforced.

These guidelines apply to both unless otherwise denoted.

1. Participants must be residents of Cumberland County.
2. Residents of Hoke County, Harnett County, Sampson County, Robeson County, Bladen County or any other county are not eligible to register. Hope Mills residents will be eligible to register in Zone 2 and Spring Lake residents will be eligible to register in Zone 4 if their town does not offer the same program as FCPR. Fort Bragg residents will be eligible to register in Zone 3 if their military recreation does not offer the same program as FCPR.
3. The registration period will be held for 2 months for each sport.
4. Three (3) proofs of residence will be required at the time of initial registration. It is recommended that one of the proofs of residence be a school document. Proofs of residence will be required the first time a child is registered, every 2 years as the child ages, and when there is a change of address. Copies of the proofs of residence will be kept in the recreation center. See below for acceptable proofs of residence.
  - School records
  - Drivers license
  - Voters registration
  - Welfare/childcare records
  - Federal records
  - State records
  - Municipal records
  - Support payment records
  - Homeowner or tenant records
  - Utility bills (gas, electric, water/sewer, phone, heating, waste disposal)
  - Financial (loan, credit, investments) records
  - Insurance documents
  - Medical records
  - Military records
  - Internet, cable, satellite records
  - Vehicle records
  - Employment records
5. Proof of age will be required at the time of initial registration. Acceptable documents are: birth certificate/ military ID / passport. A photocopy will be kept on file for future reference.

6. *Player will not be placed on a team until their picture is captured in Rectrac.*
7. Each player must have a registration form on file. Staff is to make sure the form is filled out completely no blank areas. The parent or legal guardian of the player must complete/sign the registration form. If staff receives a registration form from a non-parent/legal guardian, staff will call the parent/legal guardian to verify that the information on the form is correct. Failure to do so will invalidate the registration.
8. (TRADITIONAL) Zones enforced: participant's physical address determines which zone they will play in.
9. (TRADITIONAL) Recreation centers will be divided into 7 registration zones.
10. (TRADITIONAL) If a participant is found to be out of zone improperly, they will be removed from that roster but permitted to play on a team in their home zone.
11. (TRADITIONAL) Drafting options for zones with multiple centers:
  - a. **Option 1:** all centers within the same zone are allowed to conduct a zone draft that includes all players registered within their zone.
  - b. **Option 2:** each center will be allowed to form their own teams if they have the minimum # of players.
  - c. If a center does not have enough players to form their own teams, their players will be placed into a draft with the other centers in their zone or placed on teams at another center in their zone. Unique circumstances will be addressed in writing through the lead athletic coordinator and athletic director.
12. A late registration period will be held up until the date of the player draft. \$5 late fee will be charged.
13. After the player draft, late registration (on a space available basis) will last **until the close of business on the day prior to the first game**. \$5 late fee will be charged.
14. Play-up requests must be received prior to the draft or at the time of registration.
15. (TRADITIONAL) New legal players will be assigned to a team using the FCPR draft.
16. (TRADITIONAL) Returning legal players who register prior to the draft will be placed on their previous team roster.
17. (TRADITIONAL) New or returning legal players that register after the draft will be placed on a team according to program needs, if a roster spot is available.
18. (TRADITIONAL) A player draft will be held if there are enough players for more than 1 team.
19. (TRADITIONAL) Players register at a center in their zone of eligibility. If a zone is full after conducting their player draft, additional late registrations can be transferred to a neighboring zone under the following conditions:
  - a. Only full time center staff can transfer players.
  - b. Full time center staff must verify that the home zone is full via email correspondence.
  - c. Staff must print the email verification and staple to the registration form/receipt that is kept on file.
  - d. Lead athletic coordinator is to be made aware at time of transfer.
  - e. In the "comments" section on the Rectrac receipt, staff must denote that the players home zone was full.
20. (TRADITIONAL) Once a player has been assigned to a team, their eligibility remains with that team and recreation center for the duration of that age group. Exceptions:
  - a. Change in residence.
  - b. Legal transfer (refer to # 19).
  - c. Extreme circumstances.
  - d. Play-up approved.
21. Summer basketball, summer volleyball, lacrosse, rugby, indoor soccer, cheer, fall baseball, fall softball, AND 6U sports are allowed pre-formed teams. Otherwise, players in these programs will be assigned to teams by center staff.
22. Summer basketball, summer volleyball, lacrosse, rugby, indoor soccer, fall baseball, fall softball: Zones not enforced– participants in these programs can play at any recreation center.



## SPORTS COMPARISONS

TRADITIONAL SPORTS	Out of county?	Zones enforced?	Drafts?	Pre-formed teams?
Winter Basketball	NO	YES	YES	NO
Spring Baseball	NO	YES	YES	NO
Spring Softball	NO	YES	YES	NO
Football	NO	YES	YES	NO
Soccer (Fall)	NO	YES	YES	NO
Volleyball	NO	YES	YES	NO
Cheer	NO	YES	YES	NO
NON-TRADITIONAL SPORTS				
Summer Basketball	NO	NO	NO	YES
Fall Baseball	NO	NO	NO	YES
Fall Softball	NO	NO	NO	YES
Indoor Soccer	NO	NO	NO	YES
Summer Volleyball	NO	NO	NO	YES
Lacrosse	NO	NO	NO	YES
Rugby	NO	NO	NO	YES
Bowling	NO	NO	NO	YES

## YOUTH INDIVIDUAL SPORTS

### Track

Registration is Jan. 2-March 2 for the Fayetteville Rockets. Meets begin in April. Register at any recreation center. FCPR is a member of USATF (USA Track and Field) [www.fayettevilleroockets.net](http://www.fayettevilleroockets.net)  
7-17 yrs; \$20

### Golf Lessons

Hook a kid on golf! This is your chance to learn how to play the right way. Program includes three lessons; each lesson is two hours. Participants must provide their own clubs. Register at any recreation center. FCPR is a member of USGA (United States Golf Association). Times and dates subject to change. Call 433-1392 for more information.  
6-18 yrs; Spring Session: April 4, 11, 18; Summer Session: July 4, 11, 18; Cypress Lakes; 11 am-1 pm; Kings Grant; 2-4 pm; \$40/session

### Youth Tennis Lessons

Beginners to intermediate players can enjoy tennis in a group setting. Each lesson runs one hour a week for four weeks and will be held at various locations. Register at any recreation center or Mazarick Park Tennis Center. Ages 10-under yrs will follow the Quick Start format. Year round lessons available. FCPR is a member of the USTA. Call 433-1576 for more information.  
6-17 yrs; \$40/month

### Tiny Tots Tennis

Year round tennis program for children who want to learn how to play the game. Register at any recreation center or Mazarick Park Tennis Center. Call 433-1576 for more information.  
4-6 yrs; \$40/month; Tues. and Thurs.; 3:30-4 pm at Mazarick Park Tennis Center

### Quick Start Tennis

Year round tennis program for children that will follow the adapted version of Quick Start tennis. Register at any recreation center or Mazarick Park Tennis Center. Call 433-1576 for more information.  
7-11 yrs; Mon., Wed. and Fri; 3:30-4:15 pm at Mazarick Park Tennis Center; \$50/month

### Junior Training Tennis

Training program for youth tennis players who want to take their game to the next level. Register at any recreation center or Mazarick Park Tennis Center. Call 433-1576 for more information.  
12-18 yrs; Mon.-Fri.; 4-6 pm at Mazarick Park Tennis Center; \$150/month or \$15/session

### Saturday Quick Tennis Tournaments

Fun and quick tennis tournament for youth and adults to get more match experience. Register at Mazarick Park Tennis Center. Call 433-1576 for more information.  
10+; Sat. only; \$10/player

### Fun Junior Tennis Tournament

Tournament to be held at Mazarick Park Tennis Center on Oct. 24-25. Register at your local recreation center or Mazarick Park Tennis Center. Call 433-1576 for more information.  
9-18 yrs; \$20 single; \$20/doubles team

## YOUTH SPORT CAMPS

### Basketball Camp

This exciting opportunity features skills, drills, and motivational encouragement. Camp will be held at EE Smith High School.  
7-17 yrs; June 15-19; 9 am-noon; \$30

### Football Camp

This camp will focus on the basic fundamentals; positions, passing, running, receiving, and blocking. Camp will be held at Reid Ross/Tokay fields.  
7-14 yrs; June 15-19; 5-8 pm; \$30

### Cheer Camp

Beginning and intermediate future cheerleaders will learn new cheers, great stunts, and proper tumbling to put them well on their way to becoming great cheerleaders. Camp will be held at College Lakes Recreation Center.  
7-14 yrs; July 6-10; 9 am-noon; \$30

### Rugby Camp

This program is designed to teach the beginner basic rugby skills in a safe environment. It will be touch rugby to keep the body out of harms way. Camp will be held at Arnette Park.  
7-14 yrs; July 13-17; 9 am-noon; \$30

### Soccer Camp

This camp will focus on the basic fundamentals; dribbling, passing, shooting, one-on-one, offense/defense, and lots of game play. Camp will be held at Reid Ross/Tokay fields. 7-17 yrs; July 27-31; 9 am-noon; \$30

### Softball Camp

This camp will focus on the basic fundamentals; hitting, fielding, throwing, and catching. Camp will be held at Lamon Street Park. 7-17 yrs; July 20-24; 9 am-noon; \$30

### Baseball Camp

This camp will focus on the basic fundamentals; hitting, fielding, throwing, and catching. Camp will be held at Kiwanis Recreation Center. 7-17 yrs; Aug. 3-7; 9 am-noon; \$30

### Volleyball Camp

This camp will focus on the basic fundamentals; dig – set – spike! Camp will be held at EE Smith High School. 9-17 yrs; Aug. 3-7; 9 am-noon; \$30

### Tennis Camps

Several tennis camps will be held at Mazarick Tennis Center. Register at your local recreation center or Mazarick Tennis Center. Call 433-1576 for more information.

**Session 1:** June 15-19; **Session 2:** June 22-26;

**Session 3:** July 13-17; **Session 4:** July 20-24.

5-18 yrs; 9 am-noon; \$75/session includes snack and water each day



## SUMMER CONDITIONING CLINICS

### Summer Conditioning Clinics (FREE!)

There are no shortcuts, no magic pills nor enchanted potions. To get in shape it takes time, effort and dedication. Do you want to reach full physical potential? FCPR Summer Conditioning Clinics are a great way to get in shape for the upcoming fall sports season. Join approved coaches from around the community as they lead local talent through activities and exercises to enhance your physical conditioning. Be sure to inquire at your local recreation center for a FREE summer conditioning clinic near you. Target age group 9-14.

## YOUTH DEVELOPMENT

### Junior Official Program

This 3-part program will focus on the following:

**Level 100** will focus on Life Skills training involving decision-making, conflict resolution, team building, customer service and communication.

**Level 200** will focus on athletic officiating philosophies, rule enforcement, exams, mechanics, and film review.

**Level 300** will focus on the field/court practicum exercises with live scrimmages.

Prospective officials must complete each level in order to advance to the next phase. Upon completion of all 3 levels, graduates have the opportunity to officiate youth games in the FCPR program and earn CASH! Register at any recreation center.

**Registration dates:** Football/Soccer/Volleyball: June 1-Aug.1; Basketball: Aug. 1.-Oct 1; Baseball/Softball: Jan. 1-March 1. 14-18 yrs; Free



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**ADULT SPORTS**

**Adult Softball (Spring)**

Registration ends March 2. Season starts March 23. Games will be held at Lamon Street and Arnette Parks. Registration location: Main Office, 121 Lamon Street. Call 433-1396 for more information. 18+; \$400/1 night per week leagues; \$500/2 nights per week leagues; \$75/optional, double elimination tournament

**Adult Kickball**

Registration begins March 2. Games will be played on Sat. or Sun. afternoon. Game location TBA. Registration location: Main Office, 121 Lamon Street. Call 433-1396 for more information. Accepting the first 5 teams per league that register prior to March 3. 18+; \$30/person

**Free Tennis Programs**

Come enjoy a free tennis program at Mazarick Park Tennis Center for Men and Women. All programs begin in Jan. Call 433-1576 for more information. 18+; Adult Clinic: Mon.; 9 am; Senior Clinic: Wed.; 9 am; Senior Doubles: Tues. and Thurs.; Spring/Summer 9 am; Fall/Winter 10 am; Free

**Challenge Ladder**

Tennis ladder for Men and Women at Mazarick Park. Come compete with others from the community. Call 433-1576 for more information. 18+; Free

**Adult Tennis Socials**

Come to Mazarick Park Tennis Center for some good tennis fun and to socialize with other tennis players from the community during these tennis socials. Independence Celebration Social: June 27

**Halloween Social: Oct. 24**

End of the Year Social (Chili Cook Off): Nov. 21 Register at Mazarick Park Tennis Center or call 433-1576 for more information. 18+; 11 am-2 pm; \$5

**Adult Tennis Tournaments**

Come out and test your skills against other players in these tennis tournaments at Mazarick Park. Register at your local recreation center or Mazarick Park Tennis Center. Call 433-1576 for more information. Adult/Junior Tournament: July 25-26; \$30/team (must have 1 adult, 1 junior per team) 18+; City Championship Tournament Singles and Doubles: Sept. 18-20; \$20/player or \$30/team

**Adult Tennis Men's Progressive Doubles**

Grab a partner and come test your skills against other teams. Register at Mazarick Park Tennis Center. Pre-registration required. Call 433-1576 for more information. 18+; April-Nov.; Tues. 6 pm; \$5/person

**Adult Intramural Basketball League (Co-ed)**

Registration is Feb. 2-May 1. Games played on Tues. beginning in June. Game site TBA. Registration location: Main Office, 121 Lamon Street. Call 433-1398 for more information. 45+; \$50/person

**Adult Flag Football**

Registration begins Feb. 2. This program has options for players of all abilities. Games will be played on Sat. or Sun. afternoons. Game location TBA. Registration location: Main Office, 121 Lamon Street. Call 433-1396 for more information. 18+; \$30/person



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**Adult Basketball (Summer)**

Teams can register from April 1-June 1. Season starts June 21. Game location is TBA. Registration location: Main Office, 121 Lamon Street. Call 433-1396 for more information. Accepting the first 7 teams per league that register prior to June 1. 18+; \$400/1 night per week leagues; \$500/2 nights per week leagues

**Adult Softball (Fall)**

Registration is June 1-Aug. 1. Season starts Aug. 18. Games will be held at Lamon Street and Eastover Parks. Registration location: Main Office, 121 Lamon Street. Call 433-1396 for more information. Accepting the first 7 teams per league that register prior to Aug. 1. 18+; \$400/1 night per week leagues; \$500/2 nights per week leagues; \$75/optional, double elimination tournament

**Senior Adult Softball (Fall)**

Registration is June 1-Aug. 1. Season starts in Sept. Games will be held at Lamon Street Park on Tues. Registration location: Main Office, 121 Lamon Street. Call 433-1398 for more information. 45+; Men and Women; \$25

**Adult Volleyball (Co-ed)**

Registration is June 1-Aug. 1. Season starts Sept. 8. Game site TBA. Registration location: Main Office, 121 Lamon Street. Call 433-1396 for more information. Accepting the first 7 teams per league that register prior to Aug. 1. 18+; \$400; \$75/optional, double elimination tournament



# Junior Officials Program (JOP)

Fayetteville-Cumberland Parks and Recreation introduced the Junior Officials Program (JOP) in the Fall of 2011 as a youth development opportunity for area teens in an effort to provide essential tools necessary to prepare them for employment while enhancing these tools with life skills that can be used throughout high school, college and adulthood. Each season staff works hard to recruit participants from each high school to provide a diverse, well rounded pool of potential graduates. The JOP is open to anyone aged 14-18 and is free!

The JOP courses are conducted for basketball, baseball, softball, football, soccer and volleyball. Each course consists of three levels of instruction.

Level 100 consists of 3 courses which focus on Life Skills such as conflict resolution, team building, and problem solving taught by professionals from City of Fayetteville Human Resources Development, Cumberland County Human Resources, Cumberland County School System, and Chick-Fil-A restaurants. This diverse partnership of professionals requires challenging, out of the box thinking, and exposes teens to a unique way of working together.

Level 200 also consists of two classroom activities focusing on Rules Study and the techniques of officiating conducted by members of the Southeastern Athletic Officials Association (SAOA) and FCPR staff. Potential graduates are grilled on the basic playing rules of the sports they are interested in officiating and are expected to learn and display proper signals and mechanics that are needed to manage and control athletic contests.

In level 300, the students put their skills to the test by officiating in two live game scrimmages involving local parks and recreation teams. SAOA members and FCPR staff are on the court or field “shadowing” the Junior Official and providing immediate feedback and instruction. The Junior Officials are exposed to real life situations and must be able to recall and put in to action their training. The Junior Officials must be able to see the play, make quick decisions as to the legality of the play, display the correct signal, communicate and enforce the ruling, and defuse potential conflicts with the coaches, athletes and parents.



Upon completion of all three levels, the graduates advance to work regular season games in the FCPR leagues. It is important to note that each graduate is paired with a mentor who will guide them through their first season on the job, providing continued immediate feedback, instruction, and correction as needed. The mentor is an experienced official who volunteers to provide vital on the job training for the teen.

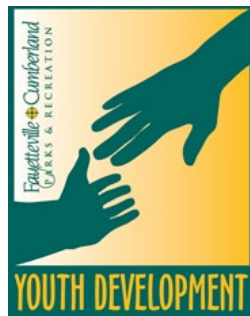
FCPR's intent is to enable these youth to be successful by removing any obstacles, providing on the job training and guaranteeing a minimum employment opportunity to earn at least \$100. From there, the youth can grow in experience and take the opportunity as far as they desire. FCPR provides the tools, but the graduate provides the manpower to put the tools to work.

After four years, the program has graduated 160 participants who have earned over \$30,000 officiating youth sports. Through this youth development initiative, FCPR hopes to contribute to a quality workforce that will help to build better communities and brighter tomorrows.

# YOUTH DEVELOPMENT

## YOUTH DEVELOPMENT PROGRAMS

Fayetteville-Cumberland Parks and Recreation recognizes the need for life skills programming, in addition to our traditional offerings. The following programs have been designed to enrich the lives of both FCPR youth participants as well as adults.



### College Experience Field Trips

Current participants in FCPR Youth Development programs are eligible for inclusion in College Experience Field Trips. Scheduled trips require a small fee and include lunch, college tours of regional schools as well as a day on campus. Trips are traditionally scheduled on days Cumberland County Schools are not in session. Participants must have participated in an FCPR Youth Development Program in the past year, or be currently enrolled, to be eligible to attend. Call 433-1021 for more information.

### Counselor In Training

Participants assist camp staff and receive career development experience working with children in a day camp setting. Participants, also, receive valuable life skills education provided by the City of Fayetteville's Human Resources department, as well as, additional volunteer opportunities and career-related field trips. Applications are accepted from April 1-May 11. Applications must be accompanied by two letters of reference. Only complete application packets are accepted for consideration. Interviews will be held from May 26-28.

### Job Shadowing

FCPR offers the Job Shadowing program for interested youth to fulfill required volunteer hours, learn a new skill or simply explore an area of interest! Every effort is made to match participants with a professional in their field of interest in order to learn and grow through educational activities. Volunteer schedules are determined as needed and registration is on-going. A completed Youth Application and two letters of reference are required for consideration in the program. Call 433-1021 for more information.  
13+; Free

### Junior Official Program

This 3 part program will focus on the following:

- Level I will focus on Life Skills training involving decision-making, conflict resolution, team building, customer service and communication.
- Level II will focus on athletic officiating philosophies, rule enforcements, exams, mechanics and film review.
- Level III will focus on the field/court practicum exercises with live scrimmages.

Prospective officials must complete each level in order to advance to the next phase. Upon completion of all 3 levels, the graduate will be assigned to officiate youth games in the FCPR Program. Register at any recreation center.  
14-18 yrs; Free

### Junior Scorekeeper Program

This 3 part program will focus on the following:

- Level I will focus on Life Skills training involving decision-making, conflict resolution, team building, customer service and communication.
- Level II will focus on game day operations, record keeping, and rule enforcement.
- Level III will focus on the field/court practicum exercises with live scrimmages.

Prospective scorekeepers must complete each level in order to advance to the next phase. Upon completion of all 3 levels, the graduate will be assigned to work youth games in the FCPR Program. Graduates completing a minimum of four hours of scorekeeping will be considered for hire the following season. Register at any recreation center.  
14-18 yrs; Free

### Spring Workshop Series

Youth Development Workshops are offered at a number of locations but all courses are available (free of charge!) to any and all interested participants. You need only to register and attend!

## SCHOOL SUCCESS

### Scholarships 101

Practically every college and community organization offers scholarships, and your job is to find the right one! From good grades to being a part of your local church, learn easy and productive strategies to search and apply for scholarships. Workshop is held at the Westover Recreation Center.  
All ages; Mon., Feb. 16; 6-7 pm; Free

## Ten Steps to School Success

Get your middle or high school student on the path to success now! During this workshop, parents and teens will discuss strategies for increasing academic and personal achievement. Learn what leading experts are saying about how to be successful in school by exploring good study habits and tutoring resources in order to succeed in the classroom and when taking standardized tests. Workshop is held at the Smith Recreation Center.

All ages; Thurs., Feb. 26; 6-7 pm; Free

## Whats your STYLE? Assessing Your Personal Learning Style

Everyone learns differently. Discover your personal learning style to increase test-taking skills and study skills for everyday success! Participants will gain an understanding of different types of study strategies, based on learning styles, through interactive activities and discussion.

Workshop is held at the Westover Recreation Center. All ages; Thurs., March 12; 6-7 pm; Free

## Effective Studying Techniques

Every student wants to pass that quiz or final exam. Cramming the night before the test is NOT the most effective way to be successful on tests. Parents and students will learn effective study techniques to improve memorization skills. Workshop is held at the Cliffdale Recreation Center.

All ages; Tues., March 24; 6-7 pm; Free

## I Am Overcome By Anxiety! Helpful Strategies for Math Success!

Don't let your fear of math stop you from success! Build your 21st century skills in math basics and gain the knowledge to meet your short-term and long-term academic goals. Workshop is held at the Westover Recreation Center.

All ages; Thurs., April 2; 6-7 pm; Free

### CAREER READINESS SERIES

## Jump Start Your Career Today: Discovering Internships & Volunteer Opportunities

For teens and adults starting a new career, internships and volunteer positions offer the valuable experience necessary to land your dream job! By the end of the workshop, participants will be able to research and apply for positions related to their interests and aspirations. Workshop is held at the College Lakes Recreation Center.

14+; Tues., April 21; 6-7 pm; Free

## How to Find the Perfect Summer Job

Saving up for a new iPhone or college? Finding a summer job can be difficult for a teenager. Participate in this workshop designed especially for teens in order to increase the likelihood that you will get an interview and be hired. The tips provided in this session comes directly from the companies in Cumberland County who hire teens. Workshop is held at the Westover Recreation Center.

14+; Tues., May 5; 6-7 pm; Free

Fayetteville-Cumberland Parks & Recreation is proud to partner with the Office of College Access Programs at Fayetteville State University to bring these workshops to our community, free of charge! The Office of College Access Programs' mission is to encourage and assist youth who are traditionally under-represented in college with preparation for, entry into and completion of a college degree. Through GEAR UP, Educational Talent Search and Upward Bound Programs, a broad range of high-quality college preparatory services to students, parents, and educators are provided. For more information on the Office of College Access Programs, call 672-1351. For more information on FCPR Youth development programs, call 433-1021.

## 21st Century Community Learning Centers

Every day, Mon. through Fri. students receive homework assistance and other services at three of the Fayetteville-Cumberland Parks and Recreation Centers through 21st Century Community Learning Centers (21stCCLC). 21st CCLC is an afterschool program that provides academic enrichment for students in grades 8-12. The centers are housed at Cliffdale, Westover, and Smith recreation centers and have programming every day after school until 6 pm. The 21st Century Community Learning Centers Program is a part of the Office of College Access Programs at Fayetteville State University, which provides a variety of services aimed at encouraging and assisting youth who are traditionally under-represented in post-secondary education with preparation for, entry into, and completion of a post-secondary education.

On any given day after school, visitors to one of these recreation centers will see students receiving homework help, playing interactive learning games, working on computers, going over test-taking strategies, participating in personal development workshops, and more. Students are able to receive personalized, one-on-one help when they need it, and have a safe, productive place to spend the after school hours. Sometimes they even go on field trips, visiting colleges or participating in cultural enrichment activities. 21stCCLC also includes male and female mentoring programs (the male mentoring component is provided by Great Oak Youth Development Center), parent involvement activities, community service opportunities, a STEM summer camp, and health and wellness activities.

21stCCLC aims to provide students with the necessary tools to succeed academically in high school, and then apply for and attend college. None of this could happen without the partnership between the program and Fayetteville-Cumberland Parks and Recreation. Additionally, we would like to thank the tutors and volunteers that have supported 21stCCLC. This partnership, along with the contribution of Great Oak Youth Development Center, provides invaluable services for the community, and while it is only in its second year, hopefully these offerings will be expanded in the future.

*“Education is the key to unlock the golden door of freedom.”  
-George Washington Carver*

**5th Annual Back-To-School Teen Explosion Conference©**

The Back-to-School Teen Explosion Conference© will be held on Sat., Aug. 1 at Westover Recreation Center. The purpose of the event is to prepare tweens and teens to go back to school with information designed to increase academic success.

The conference is filled with a day of excitement to include academic success sessions, health and physical fitness activities and a Career and Community Vending Expo. Middle and high school youth will learn about how to be successful in school, how to prepare for college, explore careers, and understand how to increase study habits and master test-taking skills.

**Parent Lunch & Learn:** Parents join in on the fun! Stop by during lunch and join other parents for a session that provides information on keeping the momentum going once your tween/teen has started school. In addition, parents will have the opportunity to visit the Career & Community Vending Expo to learn about local youth programs, academic success resources and local businesses committed to Back-to-School initiatives.

**It’s My Senior Year & I Don’t Know Where to Start:** Calling all Seniors!!! Calling all Seniors!!! The senior year can be a stressful time. Start the year off on the RIGHT TRACK by participating in sessions designed to help you maneuver through the senior year of high school. Attend career and college readiness sessions that focus on life after high school.

The Back-to-School Teen Explosion Conference© is sponsored by Back-to-School, Inc., a national nonprofit that support efforts that increase academic success for students by providing teen conferences/summits, youth development research, and advocating for all children to have a quality education.



**CULTURAL ARTS**

**Fayetteville-Cumberland Community Band**

The purpose of the Fayetteville-Cumberland Community Band is to provide a musical service to our community by providing an opportunity for instrumental musicians to come together and enjoy playing a variety of music. This multigenerational band will strive to give community members of all ages the opportunity to play together and learn from each other. As a volunteer group, FCCB will strive for excellence however keeping the perspective that playing music must be an enjoyable experience for both the audience and the performers. The FCCB will present several concerts throughout the year. For more information on FCCB, call FCPR Cultural Arts Department at 433-1021.

**Lights...Camera...Action...!!!**

Shining Stars Summer Acting Academy presents Lights...Camera...Action...!!! Participants will receive extensive training in acting, modeling, self-awareness, and proper etiquette techniques. Each session will focus on one magnificent aspect of the Academy. This class will provide a well-rounded overview of each technique used in preparation for a career in acting, or a great adventure in recreational acting. Participants will receive certificates and opportunities to show case their talent, as participants in shows at each level of completion. This is a great avenue to train youth for success and to build their self-confidence by providing a platform for their creative expression. Classes are held at Cliffdale Recreation Center. 6-14 yrs; Tues.; Starts in March; 6-7 pm; \$30

**Future Leaders Camp**

This isn’t you traditional leadership camp! This program offers opportunities for learning, enrichment and unique activities for teens during spring break. Participants will have the opportunity to strengthen their social skills in a positive way and enhance their problem solving/decision making skills. This fun filled week will include peer teaching, community service projects and much more! Participants will be required to bring a bag lunch. Spaces are limited. Call FCPR Youth Development department for more information at 433-1021. 13-17 yrs.; Mon.-Fri.; April 6-10; 9 am- 5 pm; \$40

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## Summer Drama Experience

Fayetteville-Cumberland Parks and Recreation is proud to partner with the His & Her Performing Arts Theater for summer 2015 to bring the community another Fun-Filled Family Musical Production.

His and Hers Performing Arts Theater, Inc. is a local non-profit organization founded to meet the needs of a growing community. The mission of the organization is to educate, create, develop, and encourage community talent in the areas of theatre, dance, music, playwriting, visual arts and recordings for the Fayetteville and surrounding areas. The organization offers local talent a performance opportunity in which they may be showcased! Performance opportunities are created in the mainstream of the cultural entertainment arena by providing a continuous platform for creative expression. His and Hers Performing Arts Theater has been entertaining our community for over 50 years working with adults and youth of all ages.

Registration for participants is free of charge! Auditions will be held in May. Rehearsals are scheduled to begin in June. Call FCPR Cultural Arts department for more information at 433-1021.

### FULL DAY CAMP PROGRAMS

These combined camp programs offer participants the experience of both a cultural arts camp program as well as the experience of traditional summer day camp.

## Community Drumming Camp

The Community Drumming Camp is a hands-on experience for young, developing musicians. During this week long day camp participants will explore the Traditional, Classical, Jazz, and World Music Styles. Participants will learn the fundamental techniques related to Snare Drum Technique/Reading, Beginning Keyboard Percussion/Reading and Beginning Hand Drumming. On the last day of camp there will be a final performance that will take place in the Seabrook Auditorium on the campus of Fayetteville State University. This performance will be open to the general public. (Lunch and all supplies included) Spaces are limited. Call FCPR Cultural Arts department for more information at 433-1021.

11-17 yrs; Mon.-Fri.; 9 am- 4 pm; \$125



For more information, call (910) 433-1547

## Shining Stars Summer Acting Academy

Lights...Camera...Action...!!! For all aspiring actors and those who want to build self-confidence, this dynamic FULL DAY acting camp will provide a well-rounded theatre experience to those with big dreams. Campers will learn the basic audition & acting techniques, learn about backstage management, working with a local professional artist on set, props, costumes, etc...., learn music and dance routines for a full musical production at the end of this TWO WEEK session for our families and friends.

Camp is held at Kiwanis Recreation Center; Registration deadline is June 11; 6-14 yrs; Mon.- Fri.; June 15-26; 9 am-4 pm; \$125

Camp is held at Stoney Point Recreation Center; Registration deadline is July 16; 6-14 yrs; Mon.- Fri.; July 20-31; 9 am- 4 pm; \$125

## Combo Camp: Mixed Up Art Camp & Traditional Day Camp

This mixed media class is an awesome class that works with several different forms of art and craft materials including clay, paint, beads, duct tape, oil pastel, and more! Campers will explore their imaginations and make a different art project every day to take home. All supplies are provided. The cultural arts experience will be held daily in the mornings and the traditional summer day camp experience will follow. Camp is held at the Cliffdale Recreation Center. Campers must arrive at camp no later than 9 am to begin the cultural arts portion of the day, but may arrive as early as 7:30 am to enjoy traditional day camp. Registration begins April 1 and space is limited! 6-12 yrs; Mon.-Fri.; Aug. 3-7; 7:30 am- 6 pm; \$100

## Combo Camp: All Star Dance Camp & Traditional Day Camp

In this upbeat and exciting class participants learn basic techniques and fundamentals of dance. This class also improves coordination, flexibility and endurance. It is great for both beginners and intermediate students. Students will need to bring a snack and water bottle, dance shoes and/or sneakers. The cultural arts experience will be held daily in the mornings and the traditional summer day camp experience will follow. Camp is held at the Cliffdale Recreation Center. Campers must arrive at camp no later than 9 am to begin the cultural arts portion of the day, but may arrive as early as 7:30 am to enjoy traditional day camp. Registration begins April 1 and space is limited! 6+; Mon.-Fri.; July 27-31; 7:30 am- 6 pm; \$85

**HALF DAY CAMP PROGRAMS**

**All-Stars Dance Camp**

Always been interested in dance classes, but couldn't afford the prices at private studios? Here is your solution... affordable ballet, tap, hip hop, jazz and tumbling classes for everyone. In this upbeat and exciting class participants learn basic techniques and fundamentals of dance. Dance Camps include Ballet, Tumbling, Jazz, Lyrical, and Hip Hop Technique. This class also improves coordination, flexibility and endurance. It is great for both beginners and intermediate students. Dress Code: Leotard or Tank Top and Dance Shorts. Ballet or Jazz shoes Preferred. Bring a water bottle and snack to all camps.

Camp is held at Cliffdale Recreation Center; 6+; Mon.-Fri.; July 27-31; 9 am-noon; \$40

Camp is held at Stoney Point Recreation Center; 6+; Mon.-Fri.; Aug. 3-7; 9 am- noon; \$40

Camp is held at Kiwanis Recreation Center; 6+; Mon.-Fri.; Aug. 10-14; 9 am-noon; \$40

**Summer Dance Workshops Series**

Yvette's Dance Academy is offering a summer workshop series. Each workshop includes various dances and dance techniques. Each class will focus on particular dance techniques to expose participants. The classes are, also, designed to develop dancers interest and display their skill during performance. Join us during this fun exploration.

**Flexibility and Conditioning**

This workshop will focus on flexibility, safe stretching, and building the body strength needed to become an advanced dancer. Dress Code: leotard or tank top and dance shorts. Jazz shoes preferred. Workshop is held at the Westover Recreation Center.

6+; Wed.-Fri.; July 8-10; 9 am-1 pm; \$35

**Acro and Tumbling (Prior Tumbling Experience Required)**

This workshop is for dancers who have already mastered a standing backbend, handstand, and cartwheel. The workshop will focus on intermediate acro/tumbling skills such as handstand, backbends, limbers, walkovers, aerials, and handsprings. Dress Code: leotard and dance shorts. Jazz shoes preferred. Workshop is held at the Stoney Point Recreation Center.

6+; Wed.-Fri.; July 15-17; 9 am-1 pm; \$35

**Technique**

This workshop will focus on Jazz, Lyrical, and Ballet technique. Dancers will learn dance terminology, dance posture, and skills from all three dance styles. Dress Code: leotard, tights, and dance shorts or skirt. Dancers should bring all dance shoes. Workshop is held at the Cliffdale Recreation Center.

6+; Wed.-Fri.; July 22-24; 9 am-1 pm; \$35

**Little Picassos Art Camp**

Painting while having fun creating colorful works of art like the Star Picasso himself. Student will create fun works of art using the style like Picasso! Vibrant! Camp is held at Lake Rim Recreation Center. Registration deadline is June 11. 3-5 yrs; Mon.-Thurs.; June 15-18; 9 am-noon; \$60

**Mixed Up Art Camp!**

This mixed media class is an awesome class that works with several different forms of art and craft materials including clay, paint, oil pastel, and more! Your child will be sure to enjoy fun and exciting projects. Campers will explore their imaginations and make a different art project every day to take home. (Combo Camp option also available.)

Camp is held at Eastover Recreation Center; Registration deadline is June 11; 7+; Mon.-Fri.; June 15-19; 9 am-noon; \$60

Camp is held at Cliffdale Recreation Center; Registration deadline is July 30; 7+; Mon.-Fri.; Aug. 3-7; 9 am-noon; \$60

**Masterpiece Art Camp**

Young artists will enjoy learning the artistic style of native North Carolina artists while making collages using acrylic paints, magazines and more. On the last day of class campers will show off their work in an open house setting just like an art museum! Your child will be sure to enjoy fun and exciting projects. Campers will explore their imaginations and make various art projects each day to take home.

Camp is held at College Lakes Recreation Center; Registration deadline is June 18; 7+; Mon.-Fri.; June 22-26; 9 am-noon; \$60

Camp is held at Kiwanis Recreation Center; Registration deadline is July 9; 7+; Mon.-Fri.; July 13-17; 9 am-noon; \$60



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# Fayetteville-Cumberland Youth Council

The rebirth of the Fayetteville-Cumberland Youth Council (FCYC) gives the community the opportunity to take part in influencing the generations of tomorrow. More than 100 youth in our community are sharing their ideas and talent to make a better and more inclusive community. "It is always exciting and invigorating to be able to touch the future", says Crystal Glover, the FCYC Advisor.

More than 120 teenagers participated in the inaugural meeting for the FCYC. The meeting was held on the evening of November 17, 2014 at the Kiwanis Recreation Center. Students were nominated to participate in the FCYC from each of the 12 high schools in the Cumberland County Schools system, as well as students from the private high schools and home school organizations in the area. FCYC is comprised of a diverse group of sophomores, juniors and seniors.

FCYC is being rejuvenated after recent discussions in meetings of the re-established Fayetteville-Cumberland Joint Committee. FCYC's mission is to serve as a voice for the youth in a youth-led organization, focusing on the betterment and promotion of our community. FCYC serves as a cross-generational link for the community and participates in service projects and social events to promote character building and leadership development. Members of the Youth Council are given an opportunity to be the voice of youth in the community, serve as a line of communication between youth and adults in the area, and provide an opportunity for youth to share in local government matters, encourage city and county planning agencies to invite youth to serve on city and county committees and to contribute to over-all community planning.

After just two meetings, FCYC has decided to take a stand against bullying, by starting an Anti-Bullying campaign, as one of their first initiatives. These teens are eager to have a positive impact for change and to let their voices be heard. After filling out a membership questionnaire which asked what their concerns were in the community, it became evident that the students shared a common concern and they chose to speak, as one voice against bullying, because they felt so strongly that bullying cannot be tolerated in silence. FCYC immediately began planning for this important project under the leadership of fellow FCYC member Ashley Miller, a junior at Cape Fear High School.

[http://youtu.be/SJYyIjkWCBc?list=UUae\\_2JwaN6G7KvTJDU3TD6g](http://youtu.be/SJYyIjkWCBc?list=UUae_2JwaN6G7KvTJDU3TD6g)

We can expect great things in the near future from this motivated group of young people.



# SCHOOL RELATED PROGRAMS

## L.E.A.P. After-School Program

**Locations:** Cliffdale Recreation Center; College Lakes Recreation Center; Eastover-Central Recreation Center, \*Gilmore TRC, Gray's Creek Recreation Center, Massey Hill Recreation Center, E.E. Miller Recreation Center, Lake Rim Recreation Center, Pine Forest Recreation Center, Stedman Recreation Center, Stoney Point Recreation Center and Westover Recreation Center

The Learning, Enrichment and Play, or L.E.A.P After School Program is designed for children in grades K-8 and is broken down into times for snacks, free play, and a study period when children complete homework and/or play quiet activities. Parents must provide transportation. Recreation centers located next to year round schools follow the year round school schedule. Space is limited.

Grades K-8; Mon.-Fri. the days school is in session; 2:30-6 pm; \$80/month or \$25/week per child

\*Gilmore Therapeutic Recreation Center provides after school for participants with special needs. Participants must complete an application and be approved to participate by Gilmore TRC staff prior to enrollment. Grades K-12

## Workday Camps

**Locations:** Cliffdale Recreation Center, College Lakes Recreation Center, Eastover-Central Recreation Center, \*Gilmore TRC, \*\*E.E. Miller Recreation Center, Gray's Creek Recreation Center, Kiwanis Recreation Center, Lake Rim Recreation Center, Massey Hill Recreation Center, Myers Recreation Center, Pine Forest Recreation Center, Smith Recreation Center, Spivey Recreation Center, Stedman Recreation Center, Stoney Point Recreation Center, Westover Recreation Center

Need something for your kids to do on those teacher workdays? Bring them to one of our recreation centers and let them burn some of the energy off. This structured program provides a safe and entertaining atmosphere for your child, where they will play games, do arts and crafts and other fun activities on Cumberland County Schools workdays. Participants must bring a nonperishable lunch. Please register at least one week in advance.

Grades K-8; April 6-10 and June 11-12; 7:30 am-6 pm; \$11/day



\*Gilmore Therapeutic Recreation Center provides workday camp for participants with special needs. Participants must complete an application and be approved to participate by Gilmore TRC staff prior to enrollment. Grades K-12

\*\*E.E. Miller Recreation Center will be offering Work Day/ Intercession Camp for students who attend school on a year-round schedule. March 23-27; March 30-April 2 (\$44, no camp April 3); April 6-10.

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# SUMMER CAMPS

## Summer Day Camp

**Locations:** Cliffdale Recreation Center, College Lakes Recreation Center, Eastover-Central Recreation Center, \*E.E. Miller Recreation Center, Gray's Creek Recreation Center, Kiwanis Recreation Center, Lake Rim Recreation Center, Pine Forest Recreation Center, Smith Recreation Center, Stedman Recreation Center, Stoney Point Recreation Center and Westover Recreation Center

Summer Day Camp allows participants to experience a summer of organized adventure and fun consisting of activities, crafts, games, and off-site field trips. The program meets on weekdays from 7:30 am to 6 pm, and is designed for children who have completed Kindergarten through 12 years old. Registration begins April 1. All in town field trips are included with registration fees. No camp on July 3.

Grade K-12 yrs; Mon.-Fri.; June 15-Aug. 14; 7:30 am-6 pm; \$55/session\*\*

\*E.E. Miller Recreation Center will offer Summer Camp June 8-July 10.

\*\*Early drop-off and late pick-up will be available for an additional fee.

## Summer Playground Camp

**Locations:** Massey Hill Recreation Center and Spivey Recreation Center

Summer Playground allows participants to experience a summer of organized adventure and fun consisting of activities, crafts, games, and off-site field trips. The program meets on weekdays from 7:30 am to 6 pm, and is designed for children who have completed Kindergarten through 12 years old. Registration begins April 1.

Participants are responsible for all field trip fees. No camp on July 3.

Grade K-12 yrs; Mon.-Fri.; June 15-Aug. 14; 7:30 am-6 pm; \$25/session\*

\*Early drop-off and late pick-up will be available for an additional fee.

## Summer Camp Optional Trips

Again this summer, FCPR will be supplementing our summer program with optional trips to provide participants with additional entertainment. There will be one trip per week to an out of town destination. Lunch, transportation and activity fees are included. There will be at least a 1:15 ratio of staff per participants. Participants must be registered in the summer camp or playground programs to participate in optional trips. Participants must provide transportation to departure points. Space is limited. Registration begins April 1.

**June 17:** Asheboro Zoo (Asheboro); \$31

**June 24:** Jungle Rapids (Wilmington); \$44.50

**July 1:** Launching Pad (Raleigh); \$37

**July 8:** Marbles/IMAX (Raleigh); \$43.25

**July 15:** Adventure Landing (Raleigh); \$29.25

**July 22:** Museum of Life and Science (Raleigh); \$33.50

**July 29:** Morehead Planetarium; (Chapel Hill) \$34

**Aug. 5:** Frankie's Fun Park (Raleigh); \$42

**Aug. 12:** White Lake Water Park (Elizabethtown); \$31

## Camp Challenge (Gilmore TRC)

Camp Challenge is a summer camp for children and adolescents who have a disability. The goals of Camp Challenge are to increase cognitive, emotional, and physical development by providing learning and social opportunities in a safe and fun environment. Each week will feature different themes, trips and activities such as arts and crafts, sport activities, cooking, outings and swimming. An application is required to attend. Every application will be reviewed to ensure that the Camp Challenge is the appropriate camp for the applicant. Spaces are limited, so register early. Registration is required and is open March 1-May 31.

Grades K-12; Mon.-Fri.; June 15-Aug. 14; 7:30 am-6 pm; \$55/week; Registration deadline May 31

## SPADES Summer Adventures

SPADES Summer Adventures is a summer camp for adults who have a disability. The goals of SPADES Summer Adventures are to increase cognitive, emotional, and physical development by providing learning and social opportunities in a safe and fun environment. Each week will feature different themes, trips and activities such as arts and crafts, sport activities, cooking, outings and swimming. An application is required to attend. Every application will be reviewed to ensure SPADES Summer Adventures is the appropriate camp for the applicant. Spaces are limited, so register early. Advance registration is required and runs March 1-May 31. Registration deadline is May 31.

18+; Mon.-Fri.; June 15-Aug. 14; 7:30 am-5:30 pm; \$55/week

**Outdoor Adventure Summer Camp (Clark Park)**

Summer Camp at Clark Park includes archery, hiking, fishing, animal tracking, outdoor living skills, a pontoon boat ride down the Cape Fear River or canoeing and more. There are limited spots; early registration is suggested. This camp is partially funded by the Cumberland Community Foundation, Inc. Summertime Kids Grant. Registration begins April 1.

8-10 yrs; Mon.-Fri.; Session I: June 15-19 or Session II: July 20-24; 8:30 am-noon; \$50

10-12 yrs; Mon.-Fri.; Session I: July 6-July 10 or Session II: Aug. 3-7; 8:30 am-noon; \$50

**Growing Up Wild Summer Camp (Clark Park)**

This camp is designed for younger children who love to play because play is more than just fun and games-it is vitally important for children’s healthy development. The activities in this camp are constructed to help young children explore and learn about nature. Registration begins April 1.

5-7 yrs; Tues.-Thurs.; June 30-July 2; 9 am-noon; \$30

**Summer Adventures Camp (Lake Rim Park)**

Campers will develop outdoor adventure skills like kayaking, fishing, archery and rock climbing. Your child will learn about nature and explore the environment while having fun and building confidence. Registration begins April 1.

9-13 yrs; Mon.-Fri.; Session I: June 22-26 or Session II: July 13-17; 9 am-noon; \$40 + rock climbing fee

**Tiny Trailblazers (Lake Rim Park)**

Dinosaurs are the main theme of this camp. Campers will discover dinosaurs through activities like story time, games, crafts, and fossil digs. Registration begins April 1.

5-8 yrs; Tues.-Thurs.; Session I: June 30-July 2 or Session II: July 28-30; 9 am-noon; \$30

**Tiny Trailblazers (Mazarick Park)**

Dinosaurs are the main theme of this camp. Campers will discover dinosaurs through activities like story time, games, crafts, and fossil digs. Registration begins April 1.

5-8 yrs; Tues.-Thurs.; Aug. 11-13; 9 am-noon; \$30

**Counselor In Training**

Participants assist camp staff and receive career development experience working with children in a day camp setting. Participants, also, receive valuable life skills education provided by the City of Fayetteville’s Human Resources department, as well as, additional volunteer opportunities and career-related field trips. Applications are accepted from April 1-May 11. Applications must be accompanied by two letters of reference. Only complete application packets are accepted for consideration. Interviews will be held from May 26-28.



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# Chalmers Pool at Seabrook Park

Located at Langdon Street and Slater Avenue, 433-1137

## GENERAL INFORMATION

Chalmers Pool, located at Smith Recreation Center on Langdon Street, will open the swim season on Memorial Day, Mon., May 25, 1-6 pm. With the exception of Memorial Day (Mon., May 25) and Labor Day (Mon., Sept. 7), the pool will open Tues.- Sun., 1-6 pm. Cost for the public swim is \$1 for ages 12 and under and \$2 for ages 13+.

### Swim Lessons

Pre-School Swim Lessons are designed for children between the ages of 3-5 yrs old. Participants will learn basic stroke skills, important safety skills, and how to propel themselves independently through the water. Children should be comfortable enough to work with an instructor in a group of 4-5 other children, and independent of their parents. Children must be 3 by the first day of class.

Youth and Adult Swim Lessons are progressive classes for ages 6+. Throughout the levels, participants will learn and develop a good freestyle, backstroke, breaststroke, butterfly, treading, entering and exiting the water, and endurance, along with other lifetime strokes and important safety skills.

### Session Dates:

**Session 1:** June 16-26

**Session 2:** June 30- July 10

**Session 3:** July 14-24

**Session 4:** July 28-Aug. 7

**Session 5:** Aug. 11-21

### Ages and Times:

**Preschool:** 3-5 yrs; 12:15-1 pm or 6-6:45 pm

**Youth:** 6-14 yrs; 12:15-1 pm

**Adults:** 15+; 6-7 pm

**Fees:** \$30

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### Junior Lifeguard Program

This program provides a foundation of aquatic and leadership knowledge, attitudes and skills for future successful completion of the Red Cross Lifeguarding courses. Participants should be able to swim front crawl for 25 yards breathing to front or side, breaststroke for 25 yards, tread water for 1 minute, float on back for 30 seconds, swim 25 yards on back, submerge and swim underwater for a distance of 10 feet.

To complete and receive the certificate, participants will be required to assist at Chalmers Pool for at least 20 hours as a Junior Guard. Classes will be held at the Fayetteville YMCA on Fort Bragg Road.

To register, please call Smith Recreation Center at 433-1571.

11-14 yrs; Mon.-Fri.; 5-9 pm; Sat.; 8 am-5 pm; Free

**Session 1:** April 6-11

**Session 2:** June 8-13

**Session 3:** July 13-18



# PUBLIC FITNESS EQUIPMENT

Please enjoy the fitness equipment at the following recreation centers at no cost.



College Lakes  
Recreation Center  
4945 Rosehill Road  
433-1564  
2 treadmills, 2 ellipticals,  
2 stationary bikes  
  
Mon.-Fri. 1-9 pm  
Sat. 9 am-5 pm  
Sun. 2-5 pm

Eastover Central  
Recreation Center  
3637 Pembroke Lane  
433-1226  
2 treadmills, 2 ellipticals,  
2 stationary bikes  
  
Mon.-Fri. 1-9 pm  
Sat. 9 am-5 pm  
Sun. 2-5 pm

E.E. Miller  
Recreation Center  
1347 Rim Road  
433-1220  
2 treadmills, 2 ellipticals,  
2 stationary bikes  
  
Mon.-Fri. 1-9 pm  
Sat. 9 am-5 pm  
Sun. 2-5 pm

Gilmore Therapeutic  
Recreation Center  
1600 Purdue Drive  
433-1000  
2 treadmills, 3 ellipticals,  
7 stationary bikes  
  
June-Aug: Mon.-Fri.; 3-5 pm  
Sept.-May: Mon.-Fri.; noon-5 pm  
  
**\*Special needs facility\***

Gray's Creek  
Recreation Center  
2964 School Road  
433-1015  
1 treadmill, 1 elliptical,  
1 stationary bike  
  
Mon.-Fri. 1-9 pm  
Sat. 9 am-5 pm

Kiwanis  
Recreation Center  
352 Devers Street  
433-1568  
2 treadmills, 2 ellipticals,  
2 stationary bikes  
  
Mon.-Fri. 8 am-9 pm  
Sat. 9 am-5 pm  
Sun. 2-5 pm

Pine Forest  
Recreation Center  
6901 Ramsey Street  
433-1196  
2 treadmills, 2 ellipticals,  
2 stationary bikes,  
weight machines  
  
Mon.-Fri. 1-9 pm  
Sat. 9 am-5 pm

Myers  
Recreation Center  
1018 Rochester Street  
433-1570  
1 treadmill, 1 elliptical,  
1 stationary bike  
  
Mon.-Fri. 1-9 pm  
Sat. 9 am-5 pm  
Sun. 2-5 pm

Smith  
Recreation Center  
1520 Slater Avenue  
433-1571  
2 treadmills, 2 stationary  
bikes, 2 ellipticals,  
weight machines  
Mon.-Fri. 8 am-9 pm  
Sat. 9 am-5 pm  
Sun. 2-5 pm

Tokay  
Fitness Center  
328 Hamilton Street  
433-1414  
6 treadmills, 6 ellipticals,  
6 stationary bikes,  
11 weight machines  
  
Mon.-Fri. 7 am-4 pm  
**\*Must be 55+\***

Westover  
Recreation Center  
267 Bonanza Drive  
433-1088  
3 treadmills, 2 ellipticals,  
2 stationary bikes,  
weight machines  
Mon.-Fri. 8 am-9 pm  
Sat. 9 am-5 pm  
Sun. 2-5 pm

## Get fit at your neighborhood recreation center.

Participants 13-17 yrs must be accompanied by a parent or legal guardian. All participants must be registered prior to using the equipment and registration information must be updated annually.

# Public Internet Access and Chromebooks

Academic success is critical to a child's future. Fayetteville-Cumberland Parks and Recreation understands this and is ready to help. Through a partnership with Cumberland County Schools, FCPR is able to provide free wireless internet access along with Chromebooks at most of the recreation centers throughout Cumberland County.

For parents and students who do not own or have access to a mobile internet device, the availability of a Chromebook could help make a difference. Now students can work on assignments at their neighborhood recreation center. Documents and assignments can be stored on a personal thumb drive or emailed to the user's email account. Parents can review their student's grades and attendance through the CCS portal. Also students that attend a Cumberland County school can use their CCS username and password to work on assignments as well as submit them to their teachers. Chromebooks are also available to the general public; simply use the "guest browsing" option to access the internet or to check personal email accounts.

Chromebooks are available during operational hours and can be checked out in one hour blocks. To get started, a user must be registered with FCPR and have a signed user agreement on file at the recreation center. Parental consent is required for minors. Access is totally free and is provided by a partnership between Cumberland County Schools and Fayetteville-Cumberland Parks and Recreation. Knowledge is power and FCPR is committed to the academic success of every student in Cumberland County. Stop by your nearest recreation center and check it out!



# Cliffdale Recreation Center

6404 Cliffdale Road, 433-1127

Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

## CENTER PROGRAMS

### Belly Dancing

Start off on the right foot! Let our instructor guide you through the fundamental movements, combinations and music appreciation in the Beginners class. Those comfortable with the basics can explore a variety of choreographies in the Intermediate class while improving retention coordination and technique. Experience the camaraderie of troupe dancing in the Advanced class where emphasis is placed on performance skills and the dynamic elements of group dances. 13+; Thurs.; Intermediate 6-7 pm; Beginners 7-8 pm; Advanced 8-9 pm; \$30/month

### Cheer America

Operated by Young Champions, Cheer America classes teach the basic requirements for middle school cheerleading tryouts. For more information call 919-535-8304, or [www.ycoanc.com](http://www.ycoanc.com). 4-14 yrs; Mon.; 5:45-7:30 pm; \$7/week and \$8 registration fee

### Cliffdale Senior Club

Come and celebrate birthdays once a month. Bring a potluck dish and socialize with new friends. 55+; 4th Thurs.; 11:15 am; Free

### Fayetteville State University 21st Century Learning Center

The 21st Century Community Learning Center is an afterschool program designed to improve academic performance and engage students in quality enrichment opportunities to increase success upon graduation from high school. For additional information please contact 910-672-1351.

Grades 8-12; Mon.-Fri.; 2:30-6 pm; Free

### Girl Scouts

Girl Scouting builds girls of courage, confidence and character, and allows girls to learn different skills. These girls will make the world a better place. For additional information please contact 800-284-4475 x2222 or email [apittman@nccoastalpines.org](mailto:apittman@nccoastalpines.org)

**Grades K-1:** Daisies; 1st and 2nd Fri.; 6-7 pm; Free

**Grades 2-3:** Brownies; 3rd Fri.; 7:30-8:45 pm; Free

**Grades 4-5:** Juniors; 4th Fri.; 7:30-8:45 pm; Free

### Key to Success, Reading Enhancement Program

Reading is a noun that means: The activity of knowledge and pleasure from written or printed material. Parents and community, let's work together to help our teachers to help our children succeed. Students can receive assistance in math and/or reading.

All ages; Mon. and Wed.; 4-6 pm; Sat.; 11 am-1 pm; Free

### Knitting Angels

Knitting Angels are ladies who knit beanies, blankets and scarves for needy and deserving groups. Each month the ladies share their hard work with premature babies, cancer patients and others who may need some extra warmth in their life. If you would like to enjoy friendly conversation and do something great for others, this is a great place to start. If you don't know how, no problem; The Knitting Angels can teach you. Some knitting supplies are provided. All ages; Thurs.; 11:15 am-12:15 pm; Free

### Lil Master Chefs Kitchen

Master Chefs Kitchen is a place where lil chefs will learn how to get around the kitchen through the knowledge of our experienced instructors. They will learn teamwork, nutrition, etiquette, and good manners and how to plan a meal and much more! Register early to reserve your spot! Only 8 participants per class.

8-14 yrs; Thurs.; 6-8 pm; \$8/class

### Lights...Camera...Action...!!!

Shining Stars Summer Acting Academy presents Lights...Camera...Action...!!! Participants will receive extensive training in acting, modeling, self-awareness, and proper etiquette techniques. Each session will focus on one magnificent aspect of the Academy. This class will provide a well-rounded overview of each technique used in preparation for a career in acting, or a great adventure in recreational acting. Students will receive certificates and opportunities to show case their talent, as participants in shows at each level of completion. This is a great avenue to train youth for success and to build their self-confidence by providing a platform for their creative expression. Classes are held at Cliffdale Recreation Center.

6-14 yrs; Tues.; Starts in March; 6-7 pm; \$30/month



## Manos Creativas (Creative Hands)

Quieres aprender técnicas de dibujo y pintura? Aprender dibujar volumen y perspectiva. Cómo pintar con acrílico sobre bastidor; técnicas con pasteles; temas de bodegón, paisaje, figura humana y para los más pequeños técnicas de pintura con las manos, con brochas, pinceles, cepillos, esponjas y muchas ideas para divertirse mientras pintas.

Want to learn drawing and painting techniques? Learn to draw volume and perspective. Painting with acrylic on frame; techniques with pastels, still life subjects, landscape, human figure and for smaller painting techniques with hands, brushes, mops, brushes, sponges and many ideas for fun while painting.

5-12 yrs; Tues.; 6-7 pm; \$60/month

## Senior Aerobics

Meet new friends, socialize, have fun and get fit. Join this group of active seniors and work out to a low impact aerobic routine designed specifically for seniors.

55+; Tues., Wed. and Thurs.; 10:15-11:15 am; Free

## Senior Chair Aerobics

This is a unique program for seniors and individuals who have trouble standing on their own or have difficulty balancing. Chair aerobics is a gentle way to participate in exercise to improve strength training, muscle and bone strength, balance, flexibility and circulation.

55+; Wed.; 11:15 am-12:15 pm; Free

## Senior Line Dancing

All you have to do is jump in line and follow along. Seniors, if you're looking for fun and a way to burn some energy, or just want to get involved, the line dancing class is just what you need to keep the body moving.

55+; Tues.; 11:15 am-12:15 pm; Free

55+; Wed.; Beginners; 11:15 am-12:15 pm; Free

## Uplifting Society

This program is dedicated to providing mentoring opportunities and support for today's youth and families. Their vision is to ensure growth and development of all affected individuals by continuously encouraging and improving individuals and their accomplishments. The program highlights on computer literacy, college preparation, counseling, job skills and much more.

10-12 yrs; Mon.; 6-7 pm; Free

13-15 yrs; Mon.; 7-8 pm; Free

16-18 yrs; Mon.; 8-9 pm; Free

## Whitted Taekwondo

Children, adults, and seniors can build confidence and self-esteem in this officially sanctioned club of USA Taekwondo and affiliate of the US Olympic Committee. Students will learn the five tenets of taekwondo: integrity, courtesy, self-esteem, perseverance, and indomitable spirit.

5+; Tues. and Thurs.; 6:30-8:30 pm; Sat.; 1-3 pm; \$50/month; special discount rate for additional family members

## V'z Modeling Academy

V'z Modeling Academy will teach the fundamentals of modeling with a twist. The twist is that there is a model in all of us. V'z Modeling Academy offers everyone the opportunity to experience the excitement of being in a fashion show. You can participate whether you want to pursue modeling as a career or just want to enjoy it as a hobby. In addition, there will be service projects to help our community.

All ages; Thurs.; 6:30-7:30 pm; \$20/month

## Young Olympians Self Defense

This class not only teaches self-defense but self-discipline as well. Operated by Young Olympians, it also promotes physical exercise and coordination. For more information call 919-535-8304, or [www.ycoanc.com](http://www.ycoanc.com)

4-14 yrs; Wed. and Fri.; 6:15-8:30 pm; \$7/week and \$8 registration

## Youth Open Gym

Youth can enjoy a pickup game or just shoot around for fun. Free play permission form must be completed by a parent/guardian and remain on file. A photo of each participant will be acquired by staff for identification purposes.

17-under yrs; Mon.-Thurs.; 3:30-5:30 pm; Sat.; 1-4 pm; Free

## Yvette's Dance Academy

In this upbeat and exciting class participants learn basic techniques and fundamentals of dance. This class also improves coordination, flexibility and endurance. It is great for both beginners and intermediate students. Spring Registration for new students ends: April 12.

Fall Class Begins: Sept. 14. Fall Registration for new students ends: Oct. 31.

Placement Classes will be held the week of Sept. 8-11. Dancers must attend in order to be placed in intermediate or advanced classes. Please contact Yvette Booker at 336-587-1827, [yvettesdanceacademy@gmail.com](mailto:yvettesdanceacademy@gmail.com) for more information.

3-6 yrs; Mon.; 5:30-6:30 pm; Ballet/Tap/Tumbling; \$30/month

7-14 yrs; Mon.; 6:30-7:30 pm; Ballet; \$30/month

7-14 yrs; Mon.; 7:30-8:30 pm; Jazz/Hip Hop; \$30/month

## Yvette's Dance Academy Open House

Aug. 29; Free

New Students: 3-6 yrs; 9:30-11 am

7-14 yrs; 11 am-12:30 pm

Returning Students: All Ages; 1-2:30 pm

## Zumba

Zumba is a Latin style aerobics class that is exhilarating, effective, easy to follow, Latin-inspired, calorie burning dance fitness party that is moving millions of people to lose weight fast while having fun.

18+; Tues. and Wed.; 7-8 pm; \$35/month

## Zumba Gold

It is Exhilarating! Zumba Gold lets you move to the beat at your own speed. These classes provide modified low impact moves for older adults.

55+; Tues., 9-10 am; \$12/month or \$3/class

## Volleyball Prep Program

This program is a great opportunity for girls wanting to play volleyball in middle and high school. The program will combine skill development with basic individual concepts like volleyball foot work and basic ball handling techniques including passing, setting, serving and attacking. More advanced concepts such as movement, base and team offense and defense will be introduced. Participants will have an opportunity to practice in game like situations at every session.

9-18 yrs; 4th Sun. of the month; 2-4 pm; \$10/session

## SPECIAL EVENTS

### Zone 3 Eggs-travaganza

Come on out for an egg-tastic time with your friends at Lake Rim, EE Miller, Cliffdale and Westover Recreation Centers! There will be games, food vendors, a bounce house, balloon animals, crafts and more! Don't forget to bring your basket for the egg hunt. This event will be hosted at Lake Rim Recreation Center and is absolutely free!

All ages; Sat., March 28; 10 am-2 pm; Free

Egg hunt times are as follows:

**4-under yrs:** 11 am

**5-9 yrs:** 11:45 am

**10-12 yrs:** 12:30 pm

## End of Year Movie Night Party

Come and join us in watching a movie to celebrate the school year being over. Enjoy popcorn and a drink. Movie TBA

6-12 yrs; Fri., May 29; 6-8 pm; \$2/child

## Zone 3 Summer Sports Clinics

Keep your child physically active and having fun this summer with our free summer sports clinics! Each clinic will be conducted by approved volunteer coaches already involved in FCPR sport programs. Participants may register for all of the clinics or just those of their interest. Please bring a water bottle and wear comfortable athletic clothing. Registration will close the Thursday prior to each camp.

**June 20:** Football at Westover Recreation Center

**June 27:** Volleyball at Lake Rim Recreation Center

**July 11:** Cheerleading at Cliffdale Recreation Center

**July 18:** Soccer at EE Miller Recreation Center

**July 25:** Baseball at Lake Rim Recreation Center

**Aug. 1:** Basketball at Cliffdale Recreation Center

9-14 yrs; Sat.; 9 am-1 pm; Free

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# College Lakes Recreation Center

4945 Rosehill Road, 433-1564

Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

## CENTER PROGRAMS

### College Lakes Fitness Center

Adults can now exercise using some of the latest fitness technology! The Fitness Room is equipped with treadmills, elliptical machines and stationary bikes to increase cardiovascular fitness. A simple questionnaire must be completed on the first visit and renewed annually.

18+; Mon.-Fri.; 1-9 pm; Sat.; 9-5 pm; Sun.; 2-5 pm  
13-17; Must be accompanied by parent

### AM Zumba Fitness

Come join us in a basic to intermediate step class with low and high impact moves. You will receive the full benefit of a full body workout, flexibility, improve cardiovascular health and strengthen muscular durability.

18+; Thurs.; 10-11 am; \$30/month or \$5/class

### Evening Zumba Fitness

Zumba is a Latin style aerobics class that will help you to get into shape and burn calories. Ditch the workout and join the party! Join the millions of people that have decided that having fun and working out are not mutually exclusive. Get with the group who'd rather have a blast!

18+; Mon.; 7-8 pm; Wed.; 6:30-7:30 pm; \$30/month or \$5/class

### Youth Open Gym

Enjoy playing basketball? Then come to open gym and work on your basketball skills while improving your health along with others your age. Gym hours may vary depending on center activities. High School students should be prepared to present picture identification. Gym shoes and clothes must be worn. All ages must be signed in by a parent.

17-under yrs; Mon.-Fri.; 4-5 pm; Sat.; 9-4 pm; Free

### Adult Open Gym

Gym hours may vary depending on center activities. Valid picture identification is required.

30+; Tues.; 6-8:30 pm; Sun.; 2-4:30 pm; 18+; Thurs.; 6-8:30 pm; \$2/person

### Game Room

Checkout our rockin' game room! Our game room has foosball and ping pong tables. You must sign in at the front desk before entering the game room. Children 12 and under must be supervised by an adult. See you there!

All ages; Mon.-Fri.; 5:30-9 pm; Sat.; 9:30 am-5 pm; Sun.; 2-5 pm; Free

### Senior Line Dance

Get ready to learn all the latest dance steps and be part of a group that shows off their moves. You will get to go dancing at other centers and organizations. Come and join in on the fun!

55+; Thurs.; 1:30-2:30 pm; Free

### Ace Card Club

Come join a card club and try your hand at different card games.

55+; Mon.; 1-3 pm; Free

### Take Off Pounds Sensibly (TOPS)

Want to stay fit and trim? If the answer is yes, then you will want to join this group. You will meet in a group setting and learn strategies that will help you in losing that extra, unwanted weight.

18+; Tues.; 6-7 pm; see instructor for fee information

### V'z Modeling Academy

V'z Modeling Academy will teach the fundamentals of modeling with a twist. The twist is that there is a model in all of us. V'z Modeling Academy offers everyone the opportunity to experience the excitement of being in a fashion show. You can participate whether you want to pursue modeling as a career or just want to enjoy it as a hobby. Scheduled fashion shows will be announced. In addition there will be service projects to help our community. Children younger than 6 years old will be taken on an individual basis.

6-17 yrs; Tues.; 6:30-7:30 pm; \$25/month

18+; Tues.; 7:30-8:30 pm; \$25/month

### Belly Dance

Belly Dance is a great way to improve flexibility, muscle control and self-confidence. It is also wonderful to add to any weight loss routine. With its rich history, beautiful music, and elegant costuming, it is a fun activity for all women no matter their age, size or shape! Come on out and learn some basic moves associated with belly dancing and put them together for a great workout! No experience necessary.

16+; Mon.; 6:30-8 pm; \$40/month; \$13/class

### Creative Cooking Class

Does your child have a passion for cooking? Here's an opportunity for them to learn the basic of it all, a cooking class just for kids. Where everything is prepared and cooked by kids for kids.

6-13 yrs; Mon.; 6-7 pm; \$20/month; \$8/class

### Coalition Martial Arts

This is an Integrated Martial Arts program that teaches the Shinto Martial arts Science System. In this class participants will learn self-defense and discipline. The class will help participants develop self-confidence, balance, control and overall physical fitness through innovative techniques. Participants will also have the opportunity to compete in local, regional, national and international tournaments.

4+; Wed. and Thurs.; 6-8 pm; \$50/month or \$8/class

### Development Sports Program

This program focuses on giving children the opportunity to acquire and practice basic developmental skills in a safe and structured environment. Students will enjoy circle time, stretching, various sports and balance related activities and creative free play. Children do not have to be potty trained and class is open to children of all abilities. Parents are required to stay with the child and space is limited with a maximum of 7.

3-4 yrs; Mon. and Tues.; 5-6 pm; \$40/month; \$8/class

### Movie Club

Parents take three Fri. nights for yourself and register your child to be a part of the movie club! Rated G and PG movies are shown along with popcorn and a drink. Pre-register and receive more details.

4-9 yrs; \$10/month or \$5/night

### Group Guitar Instruction

Quality guitar instruction for students of every level of development. Emphasis is placed on musicianship fostered by a positive learning environment. Must have own guitar. Times TBA; \$40/4 weeks

### Hip Hop Dance

This class is fun, high-energy movements to various genres of positive music. It's great for both beginner and advance level dancers. Each class consists of conditioning, stretching, choreography as well as free-style and improvisation. Sibling discount available.

7-12 yrs; Mon.; 13-17 yrs; Wed.; 5:30-6:30 pm; \$40/month

### Coaches Needed

Baseball, Softball, Indoor Soccer, Summer Basketball, Summer Volleyball, Fall Baseball, Football, Soccer, Cheerleading and Volleyball coaches are needed at College Lakes Recreation Center. For more information or to volunteer, stop by or call the recreation center.

18+

### Brownies and Girl Scouts

Brownies and Girl Scouts provide young ladies with an accepting and nurturing environment where girls can build character and skills for success in the real world.

Grades 2 and 3: Troop # 3382; 1st and 3rd Fri.

Grades K and 2; Troop # 1861; 1st, 3rd and 5th Tues.

### Camp David 149 Dance Class

Cultural dance class is designed to provide proper etiquette, leadership and social skills. These skills are learned through a variety of dance styles. This is a great opportunity to come out to meet new friends in a great environment. Please call recreation center for more information.

4+; \$60/person; dates and times TBA

## SPECIAL EVENTS

### St. Patrick's Day Dance

Boys and girls are invited to have fun celebrating St. Patrick's Day. Wear your best leprechaun outfit.

Everyone is encouraged to wear green. Pictures will be taken at request for \$5.

9-12 yrs; March 13; 6-8:30 pm; \$5/admission

### Spring Yard Sale

Have some items that are in good condition but you just don't have the space? Bring your gently used items that are in good condition to College Lakes Recreation Center for our spring yard sale. All proceeds from all sales go to you. All you have to do is register for a table. Pre-registration is required. Rainout, yard sale will take place March 28.

18+; Sat., March 21; 6 am-1 pm; \$10/table

### Bingo Nights

Join us for some games of Bingo. It is a great opportunity for parents to get some time alone and have some fun! Prizes awarded. Please call to pre-register.

18+; Fri., March 27; 6-8 pm; \$1/card

### Talent Showcase

Can you sing? Can you dance? Would you like to sing the Nation Anthem at our opening day ceremony for baseball and softball? Dancers and singers will perform during our Family Fun Day, May 16 here at the College Lakes Recreation Center. Please register by March 31; 9-5 pm.

4+; Free

### Extremely Awesome Egg Hunt

Join us for our annual Easter egg hunt in the gym. There will be gathering of eggs, two bounce houses, the Easter bunny and more. Note: there will be different times for different age groups. The event will be held at the College Lakes recreation Center. Please have children bring their own baskets. Please call the center to pre-register your family.

2-12 yrs; Sat., April 4; 11 am-2 pm; Egg hunt times: 2-5 yrs: 11 am; 6-8 yrs: 11:30 am; 9-12 yrs; noon; Free

### Basketball Camp

Boys and girls come out, be a part of this exciting opportunity featuring skills, drills, and motivational encouragement. Register no later than March 16 and receive a camp t-shirt. Only 30 slots available.

7-17 yrs; April 6-10; Session I: 9 am-noon; Session II: 1-4 pm; \$40/session

## Family Fun Field Day

Bring out your entire family for a fun-filled day. There will be games for the whole family to participate, bounce house, vendors, crafts and a fashion show. It will be a great day to bring out the entire family.

All ages; May 16; noon-3 pm; Free

## Zone 4 Coaches Appreciation Dinner

All coaches, asst. coaches (all sports) and a guest are invited to come out and feel the appreciation that Zone 4 recreation centers have for you. We appreciate all of your volunteer hours. This is an opportunity for us to give back to you. Menu TBA. Pre-register by Aug. 15.

Sat., Aug. 22; 1-4 pm



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## SUMMER CONDITIONING CLINICS

### Summer Conditioning Clinics (FREE!)

There are no shortcuts, no magic pills nor enchanted potions. To get in shape it takes time, effort and dedication. Do you want to reach full physical potential? FCPR Summer Conditioning Clinics are a great way to get in shape for the upcoming fall sports season. Join approved coaches from around the community as they lead local talent through activities and exercises to enhance your physical conditioning. Be sure to inquire at your local recreation center for a FREE summer conditioning clinic near you. Target age group 9-14.



# Eastover-Central Recreation Center

3637 Pembroke Lane, 433-1226  
Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

## CENTER PROGRAMS

### Senior Citizens Fitness Morning

Get your workout done in the morning! The fitness room will be open early for seniors on Tues. and Thurs. for you to workout on your own. Days are subject to change during the summer months.

50+; Tues. and Thurs.; 9-10 am; Free

### Quilting Day and Night

Learn quilting techniques from others or showcase your own talents. Bring all your supplies and we'll provide the space.

All ages; Wed.; 1-4 pm and 6-9 pm; Free

### A Unique S.C.E.N.T.

If you enjoy listening to live music then join us for Senior Citizens Entertainment Night every Tues. Each night will feature a style of music such as bluegrass, country/western, gospel and oldies. If you are interested in showcasing your musical talent, then call for more information and sign up to perform.

55+; Tues.; 6:30-8:45 pm; Free

### Saturday Art Class

Come paint with us! Bring out your inner Picasso. All supplies are provided, as well as step by step instructions for you to create your own masterpiece on a large canvas. Stop by the recreation center to see the painting planned for the next class. Feel free to bring your coffee or tea and a breakfast snack. Most classes will be the first Sat. of each month, but are subject to change. This class is designed for adults and teens but younger children may participate with a parent.

13+; Sat.; 1st Sat. of each month; 10 am-noon; \$25

### Tang Soo Do Karate and Self Defense

Tang Soo Do enhances your awareness and well-being. The combat academy of Tang Soo Do offers Kata and Forms, Board Breaking, Fighting and Tournaments. These family oriented classes teach self-defense, Men's weight-loss, Women's muscle toning and physical fitness along with discipline that will last you a lifetime. Beginners, Intermediate and Advanced Martial Arts Student's train together. Ask about our Family Savings and Discounts.

All ages; Tues. and Thurs.; 7:30-8:45 pm; \$40/month

### Home School Gym Time

If you are looking for a place to incorporate gym time in your home school curriculum, then stop by the recreation center! We will have gym equipment for you to play various games or you can bring your own. This program will end during the summer months.

17-under yrs; Tues. and Thurs.; 1-2:30 pm; Free

### Healthy Helpers Cooking Class

If your kids enjoy cooking or helping out in the kitchen then bring them to the recreation center for a class they will enjoy. Kids will learn basic kitchen safety and make their own healthy dinner. No supplies needed, but space is limited so sign up early. Please call the center to pre-register or for more information.

6-14 yrs; 3rd Thurs. of the month; 6-7 pm; \$10

### Zumba

Zumba is a dance fitness program that fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness class. Burn calories and have fun doing it during the hour of heart racing, muscle pumping, and body energizing movements that will engage and captivate you. Dance yourself into shape and shrink everything, but your smile! All ages; Mon. and Fri.; 6:30-7:30 pm; \$30/month

### Body Sculpting

If you want to tone your body and strengthen your core, then this class is for you. Join us for a great mix of sculpting, toning and a little cardio. This class focuses on abs, glutes, hips, and thighs through the use of resistance bands, yoga mat, stability ball and hand weights. All skill levels are welcomed.

All Ages; Mon., Tues., Thurs.; 4-5 pm; \$35/month

### Bible Study & Fellowship

Bring your bible and join others in your community in bible study and fellowship. Advance registration is not required but is appreciated for this ongoing program.

All ages; Tues.; 1-2 pm; Free

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**SPECIAL EVENTS**

**Flashlight Egg-travaganza!**

Bring your flashlight and join others in this night time hunt for eggs! We'll show a short movie, decorate cookies and hunt eggs. Please pre-register by Mon., March 23 to have an egg-ceptional time.

All ages; Fri., March 27; 6:30 pm; Free

**Line Dance Night**

Want to get your 'Wobble' on? Get a little country while doing the Copperhead Road or maybe go back in time to do the Hustle? Well, bring a friend and electric slide your way to the recreation center to learn new and old line dances!

All ages; Fri., April 25; 7 pm; Free

**Community Yard Sale**

Can't find what to do with all of your unwanted items after spring cleaning? Set up a table at our community yard sale. One man's trash is another man's treasure! Come see what treasures you can find. Tables are limited so reserve yours today!

All Ages; Sat., May 9; 10 am-1 pm; \$10/table

**Dodgeball**

Gather your team for a fun filled afternoon of Dodgeball! Bring your team or come solo and get on an open team. Teams will max at 8 persons. Pre-register by June 2.

All Ages; Sat., June 6; 1 pm; \$2/person

**White Elephant Bingo**

Calling all BINGO enthusiasts! White Elephant BINGO is a thrilling version which involves strategy to get the prize you want. Everyone must bring a wrapped BINGO gift for a prize. Be careful which prize you choose because at the end of the game it might not belong to you!

55+; Fri., May 29; 6:30 pm; Free

**Game Swap**

Tired of playing the same games? Bring your gently used Xbox, PlayStation, Wii, PSP, Nintendo etc. games and swap them with others. It's a great way to get new games without spending any money!

All ages; Fri., Aug. 28; 6:30 pm; Free

**Cape Fear Regional Summer Sports Camps**

We will be partnering with Cape Fear High School to host several sports camps throughout the summer. Don't miss out on a great opportunity! Stop by or call the recreation center for more details.

**SUMMER CONDITIONING CLINICS**

**Summer Conditioning Clinics (FREE!)**

There are no shortcuts, no magic pills nor enchanted potions. To get in shape it takes time, effort and dedication. Do you want to reach full physical potential? FCPR Summer Conditioning Clinics are a great way to get in shape for the upcoming fall sports season. Join approved coaches from around the community as they lead local talent through activities and exercises to enhance your physical conditioning. Be sure to inquire at your local recreation center for a FREE summer conditioning clinic near you. Target age group 9-14.



# Gray's Creek Recreation Center

2964 School Road, 433-1015

Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

## CENTER PROGRAMS

### Open Gym

Enjoy playing basketball? Then come out and play! Youth 7-17 years must have a current permission form on file; must be renewed annually. Open gym is on-going with exception to scheduled recreation center programs/activities.

13-17 yrs; Mon.-Fri.; 3-4:30 pm, Sat.; 9-11 am; Free  
18+; Sat.; 11 am-2 pm; Sun.; 2-4:30 pm; \$2 and a picture ID

### Little Chefs

The Little Chefs program is designed to help develop and teach children proper cooking skills while encouraging positive eating habits and the importance of healthy foods. Children are encouraged to practice food preparation skills, and learn about different cultural foods of the world. Must be pre-registered one week prior to class.

6-12 yrs; April 17; 6-7:30 pm; \$5/person

### Senior's Board & Card Games

Seniors come out with your friends for some spirited fun and fellowship each month with our monthly Senior Game day. Challenge your friends to one of our many card or board games and see just who the best is.

55+; 4th Fri. of each month; 10 am-noon; Free

### Better Health Diabetic Clinic

Better Health of Cumberland County holds weekly Diabetic Screenings, Clinics, Management Plans and other services for diabetics.

40+; Wed.; 9 am-noon; Free

### Beginner Ballet/Tap

Participants receive an hour of class time designed to teach students Ballet and Tap technique and performance pieces. Students will learn performance pieces during class.

3-5 yrs; Thurs.; 6-7 pm; \$40/month

### Intermediate Ballet/Tap

Participants receive an hour of class time designed to teach students Ballet and Tap technique and performance pieces. This class is for students who have had some dance training.

6-10 yrs; Thurs.; 6-7 pm; \$40/month

### Mommy & Me

Here is a chance for your child to get a jump start on ballet; this class is for moms and their little ones. Thirty minutes of time with your child while they learn the basics of ballet.

1½ -2½ yrs; Thurs.; 5:30-6 pm; \$20/month

### Tae Kwon Do

This class offers academic achievement, self-discipline, and physical fitness. Sessions begin the first Mon. of each month.

5+; Mon. and Fri.; Beginners 6-7 pm; Intermediate 7-8 pm; \$40/month

### Beginner Guitar Lessons

One-hour course designed to introduce the player to the guitar. Students will become acquainted with basic chords, tablature, scales, notation, and theory. Music from pop, rock, folk, country, and other genres will be explored.

8+; Thurs.; 6-7 pm; \$40/month

### Intermediate Guitar Lessons

Students will continue their musical skill development on the guitar. Chords, progressions, scales, and music of a more difficult magnitude will be explored, encouraging the player to develop into a self-sufficient guitarist.

10+; Thurs.; 7-8 pm; \$40/month

### Zumba

This program fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away. We want you, to want to work out, to love working out, to get hooked on an exciting hour of calorie burning, body energizing, awe inspiring movements meant to engage and captivate for life!

13+; Tues. and Thurs.; 7-8 pm; \$25/month

### Tumbling

This class gives your children the opportunity to learn the basics of tumbling, to include rolls, cart wheels, hand springs, and flexibility.

3-6 yrs; Wed.; 5:45-6:30 pm; \$25/month

7-10 yrs; Wed.; 6:30-7:15 pm; \$25/month

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**SPECIAL EVENTS**

**Softball Clinic**

Kids are you interested in getting better at softball? Then come join us on Sat., March 7 and get first hand instructions from some of our 2015 softball coaches, along with staff from the 360 Batting Center. All participants will receive a t-shirt, hotdog, chips and drink.

7-12 yrs; Sat., March 7; 10 am-2 pm; \$25

**Breakfast with the Easter Bunny**

Bring out the children to our 2nd Annual Breakfast with the Easter Bunny. This year's Breakfast will be held at the Gray's Creek Recreation Center Recreation Center. Pre-Pay by Fri., March 20.

All ages; Sat., March 28; 8 am-9:30 am; \$5/person

**Enormous Egg Hunt**

Bring out the children our 9th Annual Enormous Egg Hunt. This year's Egg Hunt will be held at the Gray's Creek Recreation Center. There will be eggs filled with goodies hidden all around the center. There are times set aside for the different age groups. Children will need to bring their own basket for collecting eggs. Pre-register by Fri., March 20.

3-5 yrs: 10 am; 6-8 yrs: 11 am; 9-12 yrs: noon; Sat., March 28; Free

**Zone 7 Summer Conditioning Clinics**

Keep your child physically active and having fun this summer with our free summer conditioning clinics! Each clinic will be conducted by approved volunteer coaches already involved in FCPR sport programs. Participants may register for all of the clinics or just those of their interest. Please bring a water bottle and wear comfortable athletic clothing.

**June 20:** Soccer and Basketball

**June 27:** Football and Cheerleading

**July 18:** Volleyball

**Aug. 1:** Softball and Baseball

7-14 yrs; Sat.; 9 am-1 pm; Free



# Kiwanis Recreation Center

352 Devers Street, 433-1568

Mon.-Fri. 8 am-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

## CENTER PROGRAMS

### Kiwanis Fitness Room

Treadmills, stationary bikes and elliptical machines are available so you can shed those pounds, work on cardio and tone up the body. These machines have multiple features that will help track progress. Participants must fill out a form and attend a brief equipment orientation on your first visit.

18+; 13-17 yrs with a parent/guardian; Mon.-Fri.; 8 am-9 pm; Sat.; 9 am-5 pm; Sun.; 2-5 pm; Free

### Walking Track

Enjoy a walk or run around our paved outdoor track from day to dusk. Four laps around the track equals one mile, so come on out and give it a try!

All Ages; Free

### Youth Open Gym

Come and work on your basketball skills and play against others your age. A completed permission form signed by parent/guardian must be on file to play basketball. A current ID is required and players must sign in to play.

17-under yrs; Mon.-Thurs.; 3:30-5:30 pm; Sat.; 1-4 pm; Free

### Family Gym Time

Enjoy some gym time as a family. This time has been designated to give families time together. A completed permission form must be signed by parent/guardian must be on file to play basketball. Child/children must be accompanied by a parent/guardian.

15-under yrs with parent/guardian; Fri.; 3:30-5:30 pm; Free

### Adult Open Gym

Time to get in shape...sweat those pounds off. Players must complete a registration form and provide a picture ID.

18+; Mon.-Wed.; 10 am-2 pm; Sun.; 2-5 pm; \$2/visit

### Senior Adult Open Gym

You are never too old to come out and get your heart rate up.

50+; Thurs.; 10 am-2 pm; Free

### Open Table Tennis

Come out and play some table tennis if you think you want to refine your game.

16+; 1st, 2nd and 4th Wed. of each month; 6-9 pm; Free

### Coaches Needed

Baseball, Softball, Football, Soccer, Volleyball, Cheerleading, and Basketball coaches are needed at Kiwanis Recreation Center for the 2015 Sports seasons. For more information or to volunteer, stop by the recreation center anytime.

### Zumba

This program fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away. We want you to want to work out and to get hooked on an exciting hour of calorie burning fun!

13+; Mon. and Wed.; 6-7 pm; \$35/month or \$5/class

### Little Kickers

Get your preschool aged child involved in this beginner soccer program designed just for the 3 and 4 year olds. Your child will learn the basic rules as well as develop their motor skills and learn about teamwork. Teams will practice and play in non-competitive games against other teams.

Parents are strongly encouraged to assist and play an active role in their child's development. Registration runs Jan. 2-March 2; proof of age; three proofs of residency required.

3-4 yrs; Practice and game times are TBD; \$20

### Soccer

Come on and sign up for the real futbol. Bring a whole team if you like. Let's find out who the real soccer players are.

Registration from Jan. 2-March 2. Call 433-1568 for more information.

7+; Dates TBD; Times TBD, \$25

### Tae Kwon Do

Would you like to learn the fine art of self-defense? Train the body as well as the mind to be disciplined and able to perform at the highest levels.

6+; Tues. and Thurs.; 6-9 pm; \$40/month

### Baby Break Dancing Class

This is a fun and imaginative class that introduces children to the fundamentals of breaking. Children groove to classic Hip Hop beats in an old school cypher atmosphere.

2-5 yrs; Thurs.; 9:30-10:15 am or 10:30-11:15 am; \$30/month

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## Young Breaker Break Dancing Class

Young Breaker is an introductory class for school-aged youth. This jam-packed class introduces the basic fundamental breaking techniques such as top rock, freezes, and footwork. Students also learn Hip Hop history and terminology.

6+; Thurs.; 5-6 pm; \$36/month

## Yvette's Dance Academy

Always been interested in dance classes, but couldn't afford the prices at private studios? Here is your solution... affordable ballet, tap, hip hop, jazz and tumbling classes for everyone. Classes run from Jan. to June with spring registration ending on April 12. An Open House including a FREE dance class and information session, for NEW Students will be held on Aug. 29. Please RSVP to 336-587-1827 or yvettesdanceacademy@gmail.com.

3-6 yrs; Sat.; 9:30-11 am; 7-14 yrs; Sat.; 11 am-12:30 pm;

Returning students: 1-2:30 pm

Classes will begin on Sept. 13;

3-6 yrs; Sat.; 9:30-10:30 am; Ballet/Tap/Tumbling;

\$36/month

7-12 yrs; Sat.; 10:30-11:45 am; Ballet/Tap/Tumbling

\$36/month

7-12 yrs; Sat.; 11:45 am-12:45 pm; Hip Hop/Jazz; \$36/month

## YDA All-Stars Dance Team

Are you interested in joining a Dance team that will perform at community events, all of Yvette's Dance Academy recitals, and competes in dance competitions throughout the year? Tryouts are to be held Sept. 25.

4-7 yrs; Fri.; 5:30-6:45 pm; 8-14 yrs; 7-9 pm; \$5/child

## Girl Scouts

Girl Scouts provide young ladies with an accepting and nurturing environment where girls can build character and skills for success in the real world.

Grades K-12; Every Wed.; Fri.; 5:30-8:30 pm

## Cambridge Community Watch

Homeowners meet to discuss concerns in the Cambridge neighborhood.

18+; 3rd Tues. of each month; 7-9 pm; Free

## Green Valley Community Watch

Homeowners meet each month to discuss concerns in the Green Valley neighborhood.

18+; 1st Mon. of each month; 6-8 pm; Free

## Society of Creative Anachronism

The SCA is a medieval/renaissance re-enactment organization. We seek to learn about the beauty, chivalry, and knowledge of our past and to share with others the wonders of medieval Europe.

18+; Thurs.; 6-9 pm

## Happiness is You

Come join Sid Gautam, founder and director of the center for Entrepreneurship at Methodist University as he spreads his 'gospel' of peace, love, and the pursuit of financial, mental, and physical happiness. There will be yoga lessons, as well as presentations for experts in various fields. Call for more information.

18+; 1st Sat. of each month; 9-11 am; Free

## Family Caregiver Support Group

The Family Caregiver Education and Support Group provides a supportive and educational environment to enhance the caregiver and family understanding of Alzheimer's and Dementia or related cognitive impairments. Please RSVP to Mid-Carolina Area Agency on Aging (910)323-4191 ext. 28.

18+; 3rd Thurs. of each month; 1-2 pm or 6-7 pm

## Chess Club

Fayetteville Chess club meets once a week to practice and explore new techniques in the game of chess.

16+; Tues.; 7-9 pm; Free

## Bridge Clubs

Fayetteville Duplicate Bridge Club meets twice a week and have a yearly bridge tournament.

18+; Mon.; 1-5 pm; Wed.; 1-5 pm; \$4/visit

## SEARS Retirement Group

Monthly Meeting for Sears Retirees

Adults; 1st Mon. of each month; 6-8 pm; Free

## Fayetteville Kiwanis Club

Monthly Luncheon for Kiwanis Members

Adults; Fri.; noon-3 pm

## Cape Fear Coin Club

New members welcome!

Adults; 2nd and 4th Tues.; 7-9 pm; Free

## Cumberland Count Knitter's Guild

Working on all that has to do with both knitting and crocheting.

18+; 3rd Sat. of each month; 1-4 pm; Free

## Hula Hoop Club

Looking for a fun way to lose weight? Come on out and enjoy this favorite childhood pastime that can burn 400-1000 calories. Summer hours may vary.

18+; Tues.; 9:30-10:30 am; \$3/class

## Adult Pickleball

Come try your skills at a new and exciting game, ideal for seniors.

Adults; Fri.; 6-8 pm; Free

**SPECIAL EVENTS**

**Baseball Skills Day**

Come and see if you are one of the best in the area at hitting, throwing, and running. There will be awards for the top three finishers in each of the areas in the following age groups: 7-8, 9-10 and 11-12 year olds. For more information contact the Kiwanis Recreation Center. Dates TBD.

**Baseball Camp**

Come out and get specialized training before the baseball season starts. The first Sat., March 14 will concentrate on hitting skills and fundamentals. The second Sat., March 21 will concentrate on defensive and fielding skills. 7-14 yrs; Sat; March 14 and 21; \$25

**Mother-Daughter Dance**

Celebrate Mother's Day with a fun day of dancing with Yvette's Dance Academy. Dance styles will include Zumba, Jazzercise, Hip Hop, and Line Dancing. Contact Yvette Booker for more information: 336-587-1827, yvettesdanceacademy@gmail.com  
May 9; 2-4:30 pm; \$20/couple (\$5/additional person)

**SUMMER CONDITIONING CLINICS**

**Summer Conditioning Clinics (FREE!)**

There are no shortcuts, no magic pills nor enchanted potions. To get in shape it takes time, effort and dedication. Do you want to reach full physical potential? FCPR Summer Conditioning Clinics are a great way to get in shape for the upcoming fall sports season. Join approved coaches from around the community as they lead local talent through activities and exercises to enhance your physical conditioning. Be sure to inquire at your local recreation center for a FREE summer conditioning clinic near you. Target age group 9-14.



# Lake Rim Recreation Center

1455 Hoke Loop Road, 433-1175

Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm

## CENTER PROGRAMS

### Open Gym-Teens and Family

The gym is available for open play for teens, families and adults with the exception of recreation scheduled programs and practices. Basketball Teen Open Gym is for ages 13-17; participants must bring a school/picture ID and have a current registration form on file. Family Open Gym is designed for the whole family and is geared towards children ages 12 and under, who must be accompanied by an adult. Schedule varies according to availability, call center for current times.

**Open Gym Volleyball:** 1st and 3rd Sun. of each month

**Teen Basketball Open Gym:** 2nd and 4th Sun. of each month

2-5 pm; Free

### Walking Track

Enjoy a walk or jog around our outdoor track each day until dusk. Four laps around the track equals one mile, so come on over and get fit!

All ages; Free

### New Life Senior Club

Do you live in the West Fayetteville area and are 55 or older? Then check out this brand new senior club and community! Club meets the third Fri. of every month.

55+; 3rd Fri. of each month; 10 am; Free

### Senior Card Club

Play various card games with friends and feel free to bring snacks to munch on! Please call the recreation center for more information.

55+; Fri.; 1-5 pm; Free

### Senior BINGO

Calling all BINGO enthusiasts! Spend the afternoon in good company while marking away the numbers on your BINGO card. If you are lucky, you may just get BINGO! Please feel free to bring snacks to munch on! Please call the recreation center for more information.

55+; Fri.; 11:30-1 pm; Free

### Y.O.U.

Join Y.O.U. – Youth Opportunities Unlimited community group and make a difference. Focus will be on self esteem, career and college goal setting, community service and becoming great role models. Parent involvement is welcome! Contact youunlimited07@yahoo.com for more information.

All ages; 2nd Sat. of each month; 2-4 pm; Free

### Kid Connection

Bring your toddlers to the center for an informal morning playgroup with children their age. Help develop social skills early and enjoy socializing with other parents! Toys are provided. Please call the recreation center for more information.

5-under yrs; Thurs.; 11 am-12:30 pm; Free

### Tumbling Toddlers

Your child will burn off extra energy while learning in a fun environment! Basic tumbling techniques will be covered for toddlers and preschoolers to include forward and backward rolls, stretches, jumps, walk-overs and more. Please call the recreation center for more information. Class will take a summer break starting May 27. Classes will resume on Sept. 3.

2-3 yrs; Wed.; 10-10:45 am; 4-5 yrs; Wed.; 11-11:45 am; \$20/4 classes

### Kindermusik

Come out for this interactive music class. Improve your child's brain development and have a lot of fun too. Class includes digital home materials and an 8-week curriculum.

17 mos-4 yrs; Mon.; 10-11 am; \$55/month

### Letter of the Week

Letter of the week is a preschool development class that will introduce your child to the fun of learning. Through instruction and play they will learn pre-reading, math and pre-writing skills. Please call the recreation center for more information. Class will take a summer break starting May 27. Classes will resume on Sept. 3.

3-5 yrs; Thurs.; 10-11 am; \$25/month

### Lake Rim Homeschool Group

This group features weekly meetings to support local homeschoolers. Each week, participating parent volunteers lead and assist activities and classes for all ages. Cost to join the group is free, however some classes may include a supplies fee. Please contact the recreation center for additional details. Interested participants may also email lakerimHSG@gmail.com for additional information.

All Ages; Fri.; 10 am-noon; Free

### Koin-Onia: 'Life Enrichment Fellowship'

All ages and backgrounds are welcome to join this friendly and practical Bible study and discussion group. Explore your faith with simple study aides and question/answer sessions.

All Ages; Wed.; 7-8 pm; Free

## Body Toning and Conditioning & Ballet/Lyrical Dance

Join REJOICE! Performing Arts Academy for toning and conditioning exercises at the beginning of each of these two hour sessions. Following the conditioning, a full ballet barre and lyrical choreography class will be taught. Selected students will be invited to audition for the National Showcase in Orlando, Florida. Take advantage of our discount by also registering for "Jazz Dance" for only \$20 more per month.

7+; Thurs.; 6-8 pm; \$55/ month

## Jazz Dance

REJOICE! Performing Arts Academy is excited to train each student to the upbeat and fun style of Jazz dance! Thorough warm-ups precede technique and choreography for shows year round. Selected students will be invited to audition for the National Showcase in Orlando, Florida! Take advantage of our discount by also registering for "Body Toning and Conditioning for Ballet/Lyrical Dance" for only \$20 more per month. Prerequisite for Jazz Dance: Participants must have previous ballet training or must enroll in Ballet Class.

7+; Thurs.; 8-9 pm; \$55/month

## Praise and Lyrical Dance

Come and express yourself through creative movement. Each class consists of conditioning, stretching, choreography as well as freestyle and improvisation. Take advantage of discount offer by also registering for Christian Hip Hop for only \$20 more per month.

7-17 yrs; Tues.; 6:45-7:45 pm; \$40/month

## Christian Hip Hop

This class includes fun, high-energy movements to various genres of Positive Christian Music. It's great for both beginner and advanced level dancers. Each class consists of conditioning, stretching, choreography as well as freestyle and improvisation. Take advantage of discount offer by also registering for Praise and Lyrical Dance for only \$20 more per month.

7-17 yrs.; Tues.; 7:45-8:45 pm; \$40/month

## Hip Hop Dance

If you think you got the moves, then this Hip Hop class is for you. Be ready to preform through group battles, solo act and much more! Dancers need to wear street cloths and sneakers. Show your style by being creative but comfortable. Classes are open to males and females.

7-12 yrs; Sat.; noon-1 pm; \$40/month

13-17 yrs; Sat.; 1-2 pm; \$40/month

## Vz Modeling Academy

Join Vz Academy where emphasis is placed on self-awareness and self-expression. The class offers an opportunity to walk a runway, social interaction, and community work. Our mission is to develop and train children into increasing their self-confidence by using fashion shows as a tool to display their growth. Please call the recreation center for more information.

6-16 yrs; Wed.; 7-8 pm; \$25/month

## Kid's Zumba

This is a fun and energetic Zumba class for kids. Students will have a blast and enjoy this class while learning basic steps to motivating and inspiring international music. Please call the recreation center for more information.

4-12 yrs; Sat.; 9:30-10:15 am; \$20/month or \$7/class

## Piyo

Join this mainstream athletic workout inspired by Pilates and Yoga. Workout includes flexibility and strength training, conditioning and dynamic movement. Class also offers modifications and progressions for all levels. Participants are asked to bring a workout mat and water bottle.

13+; Mon.; 7-8 pm; \$7/class

## Zumba

This program fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away. We want you to want to work out and to get hooked on an exciting hour of calorie burning fun!

13+; Tues. and Thurs.; 8-9 pm; \$35/month or \$5/class

## Work It With Natalie

Try this fun and energetic workout that includes a little bit of everything. Work It With Natalie is a high impact aerobic fitness class that incorporates boot camp style training. Please call the recreation center for more information.

13+; Sat.; 10:30 -11:30 am; \$20/month or \$5/class

## Bellyfit

Bellyfit is a class that combines belly dance, Bollywood, African dance, Pilates and yoga. Be inspired and empowered with this fun workout! Please call the recreation center for more information.

13+; Mon.; 6-7 pm; \$35/month or \$10/class

## Free Fit Group

Join this free fit group for friends, fitness and fun. This class includes cardio, strength training, low/high impact and high energy surrounded by music and motivation. Participants are asked to bring a workout mat and water bottle.

13+; Mon., Wed. and Fri.; 1-2 pm; Wed.; 6-7 pm; Free

## Tang Soo Do

Build strength, self esteem and confidence in a structured setting while gaining the knowledge to defend yourself with techniques from this traditional martial art. Students will earn belts as they advance in rank.

5+; Tues. and Thurs.; Beginners 6-7 pm; Adults/Intermediate/Advanced 7-8 pm; \$40/8 classes

## Kobudo

This class teaches the use of traditional Okinawan martial arts weapons including the staff, the tunfa, nunte, eku, nunchaku and others. Qualifying students must be at least seven years old and be in the rank of yellow belt or higher. Don't miss out on this unique opportunity!

7+; Mon. and Fri.; 6:30-7:30 pm; \$40/month; \$35/person if multiple family members are registered

## Uechi Ryu Karate Do

Uechi Ryu (pronounced: "Way Chee Roo") is an Okinawan style of karate. The basic principle of Uechi Ryu is the use of soft and quick circular blocks that simply redirect an opponent's attack followed by an equally quick and powerful response. Strong emphasis is placed on body conditioning and sanchin training.

6-18 yrs.; Mon. and Fri.; 5:30-6:30 pm; 14+; Mon. and Fri.; 7:30-8:30 pm; \$40/month; \$35/person if multiple family members are registered

## Crafty Kids

Come out and discover your artistic side! These once a month classes are geared towards children with different levels of abilities. Participants will get the opportunity to explore different mediums such as acrylic painting, decoupage, pastels and watercolors all while making fun projects in an hour.

5-12 yrs; 1st Sun. of each month; 2-3 pm; \$12/class

## Tutoring Classes

Small group tutoring in reading and math is available for students in grades K thru 8. We offer personalized learning plans suited to meet your child's individual needs. We will assist them in learning core reading and math concepts as well as organizational skills and study skills. Cost includes initial skills assessment, personal learning plan, tutoring supplemental materials, and bi-weekly progress reports. Grades K-8; Mon. and Wed.; 5-6 pm; \$85/4 weeks or \$25/week

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[www.twitter.com/parksrecreation](http://www.twitter.com/parksrecreation)



## SAT Prep Workshop

Students will become familiar with the basic format of the SAT and learn test prep strategies specific to the SAT in the areas of math, writing, reading comprehension and grammar for the SAT. During the workshop, students will learn the process of elimination and identify areas of weakness to develop an individual personalized study plan to help them improve their SAT score. Participants should bring a pencil and their own scientific or graphing calculator. Each workshop is split into two session dates.

**Session I:** April 11 and 18; 9-11:30 am; \$30

**Session II:** May 9 and 16; 9-11:30 am; \$30

## Zone 3 Summer Sports Clinics

Keep your child physically active and having fun this summer with our free summer sports clinics! Each clinic will be conducted by approved volunteer coaches already involved in FCPR sport programs. Participants may register for all of the clinics or just those of their interest. Please bring a water bottle and wear comfortable athletic clothing. Registration will close the Thursday prior to each camp.

**June 20:** Football at Westover Recreation Center

**June 27:** Volleyball at Lake Rim Recreation Center

**July 11:** Cheerleading at Cliffdale Recreation Center

**July 18:** Soccer at EE Miller Recreation Center

**July 25:** Baseball at Lake Rim Recreation Center

**Aug. 1:** Basketball at Cliffdale Recreation Center

9-14 yrs; Sat.; 9 am-1 pm; Free

## Zone 3 Eggs-travaganza

Come on out for an egg-tastic time with your friends at Lake Rim, EE Miller, Cliffdale and Westover Recreation Centers! There will be games, food vendors, a bounce house, balloon animals, crafts and more! Don't forget to bring your basket for the egg hunt. This event will be hosted at Lake Rim Recreation Center and is free!

All ages; Sat., March 28; 10 am-2 pm; Free

Egg hunt times are as follows:

**4-under yrs:** 11 am

**5-9 yrs:** 11:45 am

**10-12 yrs:** 12:30 pm

## Spring Talent Showcase

Come out and enjoy all the special talents of the Lake Rim Recreation Center! Talent showcase will feature performances and demonstrations of our weekly schedule programs. You might just find a program you are interested in participating in.

All Ages; Fri., April 24; 6:30 pm; Free

## Celebration of Summer Ice Cream Social

School is out for summer and we invite you to come join us for cool yummy treats. After we enjoy our sundaes, we will watch our favorite movie followed by some awesome crafts to welcome summer.

6-14 yrs.; Fri., June 12; 5:30-8:30 pm; \$5

**Princess Day Camps**

Calling all Princesses! Enjoy Beginner Ballet, Jazz, Creative Movement, Story time, Crafts, Games! Camp will also feature a finale dance to 'Let it Go' from the movie FROZEN!! Lunch is included!

3-6 yrs; June 22-June 25; 10 am-noon; \$60

**Praise/Lyrical & Christian Hip Hop Summer Dance Camp**

This camp is great for both beginner and advanced level dancers. Each class consists of conditioning, stretching, choreography as well as freestyle and improvisation. 7-17 yrs.; Tues.; July 7-30; \$40/class or \$60 for both classes 6-7 pm Praise/Lyrical Camp; 7-8 pm Christian Hip Hop Camp

**Video Game Night**

Does your child enjoy playing video games? Then be sure to register them for our Video Game Night, where participants will be able to bring their portable gaming devices and play against their peers. They will also be able to play games on our larger game consoles, which will be provided by the recreation center.

5-17 yrs; Fri., July 24; 5:30-8:30 pm; Free

**Senior Card Tournament**

Call all spades, bridge, and pinochle players! Come meet, socialize and play with a great group of seniors from other recreation centers. Bring your own food and drinks.

55+; Fri., Aug. 7; 1 pm; \$2





# Massey Hill Recreation Center

1612 Camden Road, 433-1569  
Mon.-Fri. 1-7 pm, Sat. 11 am-5 pm

## CENTER PROGRAMS

### Table Tennis

The Massey Hill Recreation and The Cape Fear Table Tennis Club have collaborated to provide free table tennis to the public. Come enjoy a free game of table tennis. Paddles and balls will be available.  
All ages; Mon. and Fri.; 6:30-9:30 pm; Free

### Youth Open Gym

Shoot some hoops, play a pickup game of basketball, jump rope and play games. The possibilities are endless. Open gym takes place in the Massey Hill Classical High School Gymnasium on Southern Avenue. All participants must be registered and signed in by a parent or guardian.  
13-17 yrs; Tues., Wed. and Fri.; 5:30-7:30 pm; Free

### Coaches Needed

Football, Cheerleading, Soccer, Basketball, Volleyball, Baseball and Softball coaches are needed at Massey Hill Recreation Center. For more information or to volunteer, stop by the recreation center during operating hours.

### Community Watch

Become active in your community, meet your neighbors hear from community officials. The MHCW meets monthly and invites you to join forces with them to bring unity to the community. Moving Massey Hill Forward  
<http://mhcw.us/1.html>  
18+; 2nd Tues.; 7-9 pm; Free

### Zumba

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, which gives you boosted energy and a serious dose of awesome each time you leave class. This class is free and only for Cumberland County Employees.  
18+; Mon. and Thurs.; 5:30-6:30 pm; Free

### Yoga

Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with their environment. This class is free and only for Cumberland County Employees.  
18+; Wed.; 5:30-6:30 pm; Free

## SUMMER CONDITIONING CLINICS

### Summer Conditioning Clinics (FREE!)

There are no shortcuts, no magic pills nor enchanted potions. To get in shape it takes time, effort and dedication. Do you want to reach full physical potential? FCPR Summer Conditioning Clinics are a great way to get in shape for the upcoming fall sports season. Join approved coaches from around the community as they lead local talent through activities and exercises to enhance your physical conditioning. Be sure to inquire at your local recreation center for a FREE summer conditioning clinic near you. Target age group 9-14.



# E.E. Miller Recreation Center

1347 Rim Road, 433-1220

Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

## CENTER PROGRAMS

### Open Gym-Teens

The gym is open nightly for basketball with the exception of recreation sponsored athletic programs. Participants should bring a school or picture ID and a completed open play form.

13-17 yrs; Schedule varies according to availability, call center for current times.

### Open Gym-Family Night

The gym is open nightly for basketball with the exception of recreation sponsored athletic programs. Family night is designed to give families time to play together. An adult must accompany child/children and bring a picture ID.

12-under yrs; Schedule varies according to availability, call center for current times.

### Senior VIP Fitness

The fitness room will be open for all seniors age 55 and over. 55+; Mon.; 1-3 pm; Free

### Senior Card Club

Come out to meet other seniors in the area, socialize, and enjoy some card playing. We will be offering various card games to include spades, pinochle, and much more! We will also be playing tournaments.

55+; Wed.; 1 pm; Free

### Senior Dominos

Cards not your thing? Well come on out and play dominoes! Have fun, meet new people, and participate in our domino tournaments.

55+; Fri.; 2-4 pm; Free

### Toddler Playtime

Moms and Dads bring your toddler ages 1-4 to E.E. Miller Recreation Center for some fun and developmentally challenging playtime with other toddlers! Absolutely free with no pre-registration required!

1-4 yrs with a parent; Tues.; 1-2 pm; Free

### E.E. Miller "Seniors on the Move"

Seniors age 55 and over come out to a club meeting and participate in fellowship, food, special speakers, trips and more!

55+; 4th Thurs. of each month; 10 am; Free

### Beginner I Middle Eastern Bellydance

Discover and be inspired by beautiful classic Bellydance! No experience required. This beginner class gives you a solid foundation with all the basic fundamentals to include dance routines, basic veil and finger cymbals. Bellydance class is appropriate for all shapes and sizes and may help improve flexibility, control confidence and energy.

16+; Tues.; 7-8 pm; \$40/month or \$13/class

### Intermediate/Advanced Middle Eastern Bellydance

This class is designed for continuing dancers and will build on what you have already learned in the areas of technique, drills, combos, props, cymbals and more. A performing troupe is drawn from this class and dancers should have a minimum of 12 weeks Bellydance experience.

16+; Tues.; 8-9 pm.; \$40/month or \$13/class

### Tang Soo Do Karate

Tang Soo Do enhances your awareness and well-being. The combat academy of Tang Soo Do offers Kata and Forms, Board Breaking, and tournaments. These family oriented classes teach self-defense, weight loss, muscle toning, physical fitness and self-discipline. Beginners, Intermediate and Advanced students train together.

All ages; Mon. and Wed.; 6-8 pm; \$40/month or \$7/class

### Zumba

This Zumba class is designed especially for both beginners as well as advanced students! Zumba is a fun, low impact work-out that achieves great results!

16+; Tues.; 6-7 pm; Thurs.; 7-8 pm; Sat.; 9-10 am; \$45/month or \$5/class

### Zumba for Kids

Parents, bring your kids out for this fun and healthy program designed just for kids using the Zumba concept. Children will learn fitness dances, participate in fun motivational games, and learn new rhythms and styles of music and culture. Classes are held once a week and are offered in a six week session. Call for next session available.

6-12 yrs; Sat.; 10:15-11 am; \$25/session

### Hula/Tahitian Dance

Got Hula? If not just remember you're never too old to learn something new! Try hula dance while learning about and enjoying traditional Hawaiian culture. Classes are for both beginning and advanced students, and are fun for the whole family! Performances are held throughout the year at various community events.

13+; Fri.; 7-9 pm; Sat.; 11 am-1 pm; \$25/month

## Hula Dance for Kids

This special hula class is designed just for our younger students! Come out and learn the fundamentals of hula dance and participate in performances and cultural events throughout the year.

6-12 yrs; Fri.; 6-7 pm; Wed.; 6:30-7:30 pm; Sat.; 10-11 am; \$25/month

## Ballet/Jazz Combo Class

Join REJOICE! Performing Arts Academy for ballet/jazz combo classes. Proper dance terminology is taught and executed throughout every class for the correct placement of each move. This class alternates to give the young learner the experience of being trained in both ballet and jazz.

3-6 yrs; Mon. and/or Wed.; 3-4 pm; \$45/month for one class per week or \$60/month for two classes per week

## Toning and Conditioning for Ballet/Lyrical

Join REJOICE! Performing Arts Academy for toning and conditioning exercises at the beginning of each of these two hour sessions. Following the conditioning, a full ballet barre and lyrical choreography class will be taught. Take advantage of our discount by also registering for "Toning and Conditioning for Jazz" for only \$20 more per month.

7+; Mon.; 4-6 pm; \$55/month

## Toning and Conditioning for Jazz

Join REJOICE! Performing Arts Academy for toning and conditioning exercises at the beginning of each of these two hour sessions. Following the conditioning, a full jazz choreography class will be taught. Take advantage of our discount by also registering for "Toning and Conditioning for Ballet/Lyrical" for only \$20 more per month.

7+; Wed.; 4-6 pm; \$55/month

## Acting for Film

Join REJOICE! Performing Arts Academy for acting for film. This class will incorporate training in interview skills, TV commercials, film auditions and group scenes as though on set.

7+; Tues.; 6-7:30 pm; \$50/month

## Modeling for Print and Runway

Join REJOICE! Performing Arts Academy for modeling for print and runway. Showcase your outfits and walk the runway! We will be training in different walks and choreography for single, partner, and group walks for shows.

7+; Tues.; 7:30-9 pm; \$50/month

## Beginning Drums

Join REJOICE! Performing Arts Academy for beginning drums. Learn the fundamentals of drums in this beginner class to include theory, technique, reading music and opportunities to perform. Students should bring their own training pad, snare drum and sticks, see instructor for more information.

7+; Thurs.; 6-7 pm; \$65/month

## Violin Classes

Join REJOICE! Performing Arts Academy for violin classes. Learn theory, fundamentals and technique with opportunities for performance. Students must bring their own violin. Purchase of instructional book will also be required.

7+; Thurs.; 7-8 pm; \$65/month

## Piano Classes

Join REJOICE! Performing Arts Academy for piano classes. Learn the piano in a small group setting. Theory, fundamentals and technique will be the focus of this class with opportunities for performance. Students must bring their own keyboard. Purchase of instructional book will also be required.

7+; Thurs.; 8-9 pm; \$65/month

## KinderJam

KinderJam is a new, exciting and high energy music and movement program that emphasizes the kinesthetic learning of preschool concepts in a spirited manner that will capture and hold your little one's attention from beginning to end.

1-5 yrs with a parent; Tues.; 10-10:45 am; \$30/month

## Infant Massage Class

Parents and caregivers will learn how to soothe an irritable infant by providing comforting massage techniques. This class is guaranteed to relax even the fussiest baby into a comfortable sleep!

0-9 mos.; Sat.; 10-11:30 am; Free

## Young Breaker Break Dancing Class

Young Breaker is an introductory class for school-aged youth. This jam-packed class introduces the basic fundamental breaking techniques such as top rock, freezes and footwork. Students also learn hip hop history and terminology.

6+; Fri.; 4-5 pm; \$36/month

## Hula Hoop Classes

Stay fit all year round with hoop dance and cardio-hoop fit. This is a fitness training class that incorporates the use of hula hoops to create a slimmer you. Burn over 400 calories per hour and 8 calories per minute while engaging about 30 muscles! Classes will begin on April 17.

5+; Fri.; 6-7 pm; \$10/class

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[www.twitter.com/parksrecreation](http://www.twitter.com/parksrecreation)



### Okinawa Kenpo Kobudo

This class teaches the use of traditional Okinawan martial arts weapons including the staff, the tunfa, nunte, eku, nanchaku and others. Qualifying students must be at least seven years old and be in the rank of yellow belt or higher. 6+; Thurs.; 5:30-7 pm; \$40/month; \$35/person if multiple family members are registered

### Girl Scouts

Are you interested in joining the girl scouts but don't know where to start? Join one of our troops that meet here and build character and skills while having fun! We have troops meeting here on Fridays beginning Sept. 19 and concluding the end of May. Call the North Carolina Coastal Pines Girls Scouts at 800-284-4475 or visit their website at [www.nccoastalpin.es.org](http://www.nccoastalpin.es.org) for more information.

Grades K-1; Fri.; 6-7:15 pm  
Grades 2-3; Fri.; 7:30-8:45 pm

### Teen Tutoring

Calling all teens and high school students! Are you looking for a way to gain volunteer hours? Would you like to make a difference in the life of a child who may be struggling in school? Then come on out and apply for one of our volunteer teen tutoring/mentoring programs. This program will serve in conjunction with our after school program. We will help you achieve the credit hours you need for school while you help make a difference in the life of a child. Application, background check and letter of recommendation required.

15+, registration ongoing; Free

### Little Kickers Soccer

Bring out your preschooler for our beginner soccer league! Registration period runs June 1-Aug. 1. Games will be played in September. Birth certificate required. 3-4 yrs; \$20

### SPECIAL EVENTS

### Seniors Card Club Tournament

Calling all spades, bridge and pinochle players! Come meet, socialize and play with a great group of seniors from other recreation centers. Feel free to bring a snack to share. Don't forget to bring your game face! 55+; Wed., May 6; 1-5 pm; \$2

### Intersession Camps

These camps are based around the year-round school schedule and feature games, crafts, sports and more. Participants must be currently enrolled in kindergarten in order to meet the minimum age requirement for this program. Campers should bring a nonperishable lunch and two snacks to camp each day.

Weeks offered are as follows: March 23-27; March 30-April 2 (\$44, no camp April 3); April 6-10  
Grades K-8; Mon.-Fri.; 7:30 am-6 pm; \$55/week (unless otherwise noted)

### Zone 3 Eggs-travaganza

Come on out for an egg-tastic time with your friends at Lake Rim, EE Miller, Cliffdale and Westover Recreation Centers! There will be games, food vendors, a bounce house, balloon animals, crafts and more! Don't forget to bring your basket for the egg hunt. This event will be hosted at Lake Rim Recreation Center and is absolutely free!

All ages; Sat., March 28; 10 am-2 pm; Free  
Egg hunt times are as follows:

**4-under yrs:** 11 am  
**5-9 yrs:** 11:45 am  
**10-12 yrs:** 12:30 pm

### Zone 3 Summer Sports Clinics

Keep your child physically active and having fun this summer with our free summer sports clinics! Each clinic will be conducted by approved volunteer coaches already involved in FCPR sport programs. Participants may register for all of the clinics or just those of their interest. Please bring a water bottle and wear comfortable athletic clothing. Registration will close the Thursday prior to each camp.

**June 20:** Football at Westover Recreation Center

**June 27:** Volleyball at Lake Rim Recreation Center

**July 11:** Cheerleading at Cliffdale Recreation Center

**July 18:** Soccer at EE Miller Recreation Center

**July 25:** Baseball at Lake Rim Recreation Center

**Aug. 1:** Basketball at Cliffdale Recreation Center  
9-14 yrs; Sat.; 9 am-1 pm; Free

### STEM Basketball Camp

Kids will learn the science involved in playing basketball to improve their game on and off the court. The goal is to create excitement and connect STEM to participant's own interest by using hands-on interactive STEM projects to challenge children and relate science, technology, engineering and math to the sport that interests them. This camp centers around inspiring interest and engagement in STEM subjects for the benefit of improved quality of life aspects such as education attainment, behavior, social relationships and health all while improving basketball skills.

Weeks offered are as follows: Aug. 17-21; Aug. 24-Aug. 28  
7-14 yrs; Mon.-Fri.; 5:30-8:30 pm; \$40/week



# G.B. Myers Recreation Center

1018 Rochester Drive, 433-1570

Mon.-Fri 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

## CENTER PROGRAMS

### Open Gym

Come work on your basketball skills while improving your health along with others your age.

13-under yrs.; Mon.-Fri.; 3:30-6:30 pm; Sat.; 9-5 pm; Free

14-17 yrs.; Mon.-Fri.; 4:30-8:45 pm; Sat.; 9-5 pm; Free

Schedule is subject to change without notice, participants should call in advance.

### Adult Open Play

Adults 18 and older must complete an FCPR Registration form and submit a valid ID to be kept on file. No personal balls are allowed in the gym. The schedule is subject to change, participants should verify operation on holidays and traditional school closings.

18+; Wed. and Fri.; 1-3 pm; \$2/person

### Fitness Room

No more excuses! Quality fitness equipment is available during all operation hours. Schedule your time to get a good workout and get your body into shape. Ages 13-17 yrs must be accompanied by an adult. All participants must complete a "Physical Activity Readiness Questionnaire."

Open during facility operation hours.

13+; Free

### Homebuyer's Workshops

Consumer credit counseling service of Cumberland County will host a homebuyer's workshop for those who wish to get educated on buying a home and learning how to avoid the common mistakes people make. Make plans to be at one of these informative workshops.

18+; Sat.; July 25, Aug. 22, Sept. 26, Oct. 24, Nov. 14 and Dec. 12; 9 am-4 pm; Free

### The G.B. Myers Neighborhood Association

Our citizens within the G.B Myers Community meet to discuss and address community concerns. These meetings assist in developing and implementing an action plan. We welcome and will appreciate the attendance of all citizens in close proximity to Geraldine Myers Recreation Center. All ideas to address community concerns will be respected and considered at these meetings.

18+; 2nd Sat. of each month; 11 am; Free

### The Sassy Women of Distinction

Promoting one of Fayetteville's chapters of the Red Hat Society. These ladies encourage and endear friendships in women, this group of ladies also foster fun, health and social interaction among women in various seasons of their lives. Members 50 and over wear red hats and purple attire to all social gatherings and outings. Any women under the age of 50 may also become a member, but she wears a pink hat and lavender attire to the Society's events until reaching her 50th birthday.

All ages; 2nd Sat. of each month; 9:30-11:30 am; Free

### Homeschool Science Club

Homeschoolers can enjoy exploring science in a group setting. The group will discuss chemistry, animal science, the human body, space and magnets with hands-on science experiments. Participants should bring a packed lunch, drink/snacks to enjoy during break time. All supplies will be provided.

7-12 yrs; Fri.; March 13 and April 10; 10 am-1 pm; \$25/month

### Homeschool Girl Craft Club

Homeschoolers, sharpen your craft making skills by learning to make duct tape handbags, scrapbooks, homemade jam, loom weaving and much more! All supplies will be provided.

8+; Fri.; Jan. 9, Feb. 6, March 13, April 10; noon-2:30 pm; \$15/month

### "Fine Tunes" Piano Lessons

Individual piano instruction to develop and enhance your piano skills. All levels are welcome. One hour sessions, once a week.

5+; Mon. and Fri.; 9 am-1 pm; Sat.; 9 am-5 pm; \$40/month

### Drum Lessons

Individual drum lessons for students of all levels, register now and you'll be playing tunes in no time. One hour sessions, once a week.

5+; Mon. and Fri.; 9 am-1 pm; Sat.; 9 am-5 pm; \$40/month

### Hope Hillside Playground Heritage Association

The purpose of the association is to preserve the legacy of the Hope/Hillside Playground through continued financial support for educational event, and encourage community involvement and sponsorship of activities, while promoting social interaction and community development.

All ages; 1st and 3rd Thurs.; 6-7:30 pm; Free

Follow us on Facebook & Twitter

[www.facebook.com/fcpr.us](http://www.facebook.com/fcpr.us)

[www.twitter.com/parksrecreation](http://www.twitter.com/parksrecreation)



## Forever Jewels Modeling Camp

Modeling and more! This modeling program will help young girls become young ladies. Participants will learn basic modeling skills and techniques. Middle and High school participants will work on building self-esteem, self-respect and learn important life skills along with planning and setting goals for the future. Camp Starts Tues., June 16. Preschool and Elementary girls (Gems): Tues.; 6-7 pm; Free Middle and High School girls (Diamonds): Tues. and Thurs.; 7-8 pm; Free

## “Super Skippers” Double Dutch Team

Jump Rope and Double Dutch! We’re bringing it back! Be a part of this creative and energetic group to not only have fun, but also stay in shape. If you don’t know how, it’s ok. We’re all learning with plans to be the best. 7-17 yrs; Tues. and Thurs.; 5:30-7 pm; Free

## “The Stepping Warriors” A New Breed Step Team

This energetic team of youth will focus on creativity, rhythm, conditioning, organization and most importantly, good sportsmanship. The team’s goal is to assist adolescents in developing idealistic views on being a part of a unified team. Fees may be required for uniforms and competitions. 5-17 yrs; Mon., Tues. and Wed.; 5:30-7 pm; Free

## “Team Toddler” Learn and Play Group

Come learn and have fun with other toddlers! This instructional program will make learning fun and exciting, while teaching toddlers to follow instructions and work with others in a group setting. Participants must be potty trained. 3-5 yrs; Tues. and Thurs.; 10 am-noon; \$40/month

## YDA Competition Dance Class

Technique class for experienced dancers interested in joining Yvette’s Dance Academy competition team. A tryout is required to participate. 7-16 yrs; Wed.; 6-9 pm; Advanced \$35/month; Elite \$65/month; Supreme \$80/month

## Sewing Class

The class will cover basic sewing techniques and getting to know your sewing machine. Information on purchasing sewing patterns, fabrics, and notions will be given. The instructor will determine where to start for individual students with knowledge of sewing. Students are required to purchase their sewing kit and instruction manual. 13+; Beginner and Intermediate; Tues. and Thurs.; 6-8 pm; \$45/6 weeks

## SPECIAL EVENTS

### Elks Annual Easter Egg Hunt

Free Easter Egg Hunt! Sponsored by the “Improved Benevolent Protected Order of Elks” of the world. Refreshments, games and baskets given to the child who finds the most eggs in their age group. 2-12 yrs; April 4; 1-3 pm; Free

### “My World, My Vision” Youth Art Exhibit

Young artist of Fayetteville, it’s your time to show off your artistic talent. Fayetteville-Cumberland Parks and Recreation Department will host its very first Youth Art Exhibit, at the G.B. Myers Recreation Center. Elementary to High School aged children are encouraged to submit their best art work to be displayed in lights with other serious young artist. Art work will be displayed from 6-8 pm; Fri., May 22 and 10 am-2 pm; Sat., May 23. Registration is limited. All ages; May 21; Free

### 2015 Toddler Olympics

If you have a tiny energetic future athlete, this event is what you’re looking for. Register your toddler for the 2015 Toddler Olympics. Children aged 3 and 4 year olds will compete in age appropriate Olympic events, to earn the bronze, silver or gold medal in multiple events. All participants will receive a medal. Practice will be held to allow participants to prepare for the big event day. Practice dates and time will be provided upon registration. Age cutoff date is Aug. 29. 3-4 yrs; Aug. 29; 10 am-noon; \$25

## SUMMER CONDITIONING CLINICS

### Summer Conditioning Clinics (FREE!)

There are no shortcuts, no magic pills nor enchanted potions. To get in shape it takes time, effort and dedication. Do you want to reach full physical potential? FCPR Summer Conditioning Clinics are a great way to get in shape for the upcoming fall sports season. Join approved coaches from around the community as they lead local talent through activities and exercises to enhance your physical conditioning. Be sure to inquire at your local recreation center for a FREE summer conditioning clinic near you. Target age group 9-14.

# Pine Forest Recreation Center

6901 Ramsey Street, 433-1196

Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm

## CENTER PROGRAMS

### Tae Kwon Do

Originating in Korea more than 2,000 years ago, Tae Kwon Do has grown more popular in recent years. Join our class and find out what all the excitement is about! Learn the techniques and get a work out at the same time.

5+; Mon., Wed. and Fri.; 7-8 pm; \$40/month

### Tang Soo Do Karate and Self Defense

Tang Soo Do Karate enhances your awareness and well-being. The combat academy of Tan Soo Do offers Kata and forms, board breaking, fighting, and tournaments. These family oriented classes teach self-defense, men's weight loss, women's muscle toning, and physical fitness along with discipline that will last you a life time. Beginners, intermediate and advanced martial arts students train together. Ask about our family saving and discounts.

All ages; Tues. and Thurs.; 6-7:30 pm; \$40/month or \$7/class

### Pami-Kol

If you're looking for a martial arts program with a different approach, check out Pami-Kol, a comprehensive martial art born from a variety of style refined to the very best techniques that are quick and easily taught. The class is designed as a stair-step approach where each level or standard builds upon previously learned skills. Session begin the first Sat. of each month.

5+; Sat.; 9 am-noon; \$55/month

### Kathy Pate's Step, Core & More

Come and join us in a basic to intermediate step class with low and high impact moves. We also have a mix of floor aerobics, toning, strength training, and ABS. All equipment provided. First class is free.

13+; Mon., Wed. and Fri.; 5:30-6:30 pm; \$25/month, \$15/month for seniors (55+) and students or \$35/family

### Zumba Toning Class

Do you want to work out and forget that you're working out? Zumba's the way to go! Zumba is a fusion of Latin and International dance combine with fitness. No dance experience needed. You can burn up to 900 calories per class. The first class is FREE. All children up to 15 yrs are FREE.

16+; Sat.; 9:30-10:30 am; \$25/month or \$7/class

### Community Fellowship

Join us for a friendly enrichment fellowship. Everyone is welcome.

All Ages; Fri.; 7-8 pm; Free

### Kids in the Kitchen

Does your child enjoy cooking or want to learn how to cook? This class is a great opportunity for your child to learn hand on. Your child will learn to prepare a meal that they can prepare at home.

6-13 yrs; Tues.; 6:30-7:30 pm; \$30/month

### Youth Open Play

The gym is open for youth weeknights, except during recreation center athletic programs and practices. Parents may come and play with their child.

7-17 yrs; Mon.-Fri.; 6-8 pm; Sat.; 9 am-4:30 pm; Free

### Adult Open Play

The gym is open for adult basketball except during the recreation center athletic programs and practices. Valid picture identification is required.

18+; Sun.; 2-5 pm; \$2

### Open Fitness Room

Work up a sweat in our weight room. Cardio and weight equipment are provided. There is no membership or payment required, but a waiver form must be on file at the center to participate.

18+; 13-17 yrs with a parent/guardian; Mon.-Fri.; 1-8:30 pm; Sat.; 9 am-4:30 pm; Sun.; 2-5 pm; Free

### Anything Everything Art

Come out to this amazing class where we will do anything and everything Art! With awesome do it yourself instructions for everything from monster cupcakes to painting your canvas masterpiece.

5-14 yrs; Thurs.; 6-7 pm; \$30/month

## SPECIAL EVENTS

### Egg-ceptional Eggs

All you egg heads should come to our first annual egg dying. In addition to coloring eggs we will also have cookie decorating and will be making a spring time craft. Please pre-register by March 30 to have an egg-ceptional time.

All ages; Thurs.; April 2; 6:30 pm; Free

### Extremely Awesome Egg Hunt

Hop on by to Zone 4 for the annual Easter Egg Hunt in the gym. There will be an egg hunt, arts and crafts, bounce houses, the Easter Bunny and much more. The event will be held at College Lakes. Please have children bring their own baskets for the hunt. Call the center to pre-register your family. Egg hunt times: 2-5 yrs: 11 am; 6-8 yrs: 11:30 am; 9-12 yrs; noon

All Ages; Sat., April 19; 11 am-2 pm; Free

# Smith Recreation Center

1520 Slater Avenue, 433-1571

Mon.-Fri. 10 am-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

## CENTER PROGRAMS

### Smith Fitness Center

Adults can now exercise using some of the latest fitness technology! The Fitness Room is equipped with treadmills, elliptical machines and stationary bikes to increase cardiovascular fitness. A simple questionnaire must be completed on the first visit and renewed annually.

18+; Mon.-Fri.; 10 am-9 pm; Sat.; 9 am-5 pm; Sun.; 2-5 pm  
13-17 yrs; Must be accompanied by parent

### Zumba Fit Club

Spring into fitness with Zumba! Zumba is a Latin style aerobics class that will help you to get into shape and burn calories. Ditch the workout and join the party! Join the millions of people that have decided that having fun and working out are not mutually exclusive. Weekly meetings will follow the Tues. night classes to discuss various physical and emotional health topics. Guest speakers will include fitness, health and wellness experts and dieticians! Join us to be fit and healthy for the New Year!

18+; Tues.; 6 pm; \$5/class; classes are ongoing

### Youth Open Gym

Enjoy playing basketball? Then come to open gym and work on your basketball skills while improving your health along with others your age. Open gym hours may vary depending on center activities. High School students should be prepared to present picture identification. Gym shoes and gym clothes must be worn.

17-under yrs; Mon., Tues. and Thurs.; 12-under yrs; 4-6 pm;  
13-17 yrs; 6-8 pm; Free

### Adult Open Gym

Gym hours may vary depending on center activities. Valid picture identification is required.

18+; Tues. and Thurs.; 10 am-1 pm; \$2/person

### Senior Fitness Time

Whether you want to stay fit or get in shape come and join our super seniors.

55+; Mon., Wed., and Fri.; 9-10 am; Free

### Association Meetings

#### AARP

55+; Meets 2nd Mon. of each month; 10 am- noon

#### Loyal Seniors

Meets 1st Thurs. of each month; 9 am-1 pm

#### Men's Progressive Club

Meets 3rd Thurs. of each month; 7:30-8:30 pm

[www.fcpr.us](http://www.fcpr.us)

### “Act Like a Lady” Workshop Series

This program is designed for young ladies to get together and discuss topics as a team that will help promote building socialization skills, positive interventions, healthy living skills, and structure strong self-esteem.

For more information send an email to [alltogetherdevelopmentagency@yahoo.com](mailto:alltogetherdevelopmentagency@yahoo.com) or contact the recreation center. Workshop is ongoing.

Wed.; 6-8 pm; Girls 10-17 yrs

### Swing Dance Class

Whether it is learning the latest line dances or dancing to stay in shape come and join the fun in our Swing Dance/ Exercise Dance Program. This class is designed to teach a wide variety of dance styles and techniques to a new age sound. This program offers a night filled with exhilarating and enjoyable dancing giving participants the opportunity to meet new people in a safe and comfortable environment. Everyone is welcome: couples, singles, and families. Learn how to get down and boogie. Swing and shag aren't the only dances taught here. Instructor teaches line and modern hip hop, too!

18+; Mon.; 7-9 pm; Tues.; 7-9 pm; Free

### Traditional Martial Arts Academy

Join our martial arts classes and learn self defense and discipline. Our trained instructor will help you develop self-confidence, balance, control and overall physical fitness through these innovative techniques. Participants also have the opportunity to compete in local and regional tournaments. Classes are ongoing.

Open to all ages; Tues. and Fri.; 6-8 pm; \$25/person;  
Family/Group Rates: \$10/person

### Table Games

Adult table games (card games, dominoes, checkers, chess, etc.)

18+; Tues., Wed. and Thurs.; 1-4 pm; Free

### Playground, Picnic Area & Outdoor Basketball Facility

Come enjoy the outdoor facilities. Facilities include a dual playground area for ages 2+, large picnic area with grills. Areas can be reserved.



**SPECIAL EVENTS**

**Easter Egg Hunt**

Come out and join in the fun at our annual Easter Egg Hunt!!!

12-under yrs; Date and Time TBA; Free

**“Talk It Out” Teen Summit**

Let’s get together and get an understanding! Teens are invited to this interactive and informative conference to ignite conversation and assess the needs of our community teenagers! This workshop will have guest speakers from various backgrounds and careers! Advance Registration will be required. Spaces will be limited!

More information to come! Date and Time TBA; will be held in early Spring 2015.

**SUMMER CONDITIONING CLINICS**

**Summer Conditioning Clinics (FREE!)**

There are no shortcuts, no magic pills nor enchanted potions. To get in shape it takes time, effort and dedication. Do you want to reach full physical potential? FCPR Summer Conditioning Clinics are a great way to get in shape for the upcoming fall sports season. Join approved coaches from around the community as they lead local talent through activities and exercises to enhance your physical conditioning. Be sure to inquire at your local recreation center for a FREE summer conditioning clinic near you. Target age group 9-14.



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# J.S. Spivey Recreation Center

500 Fisher Street, 433-1572

Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

## CENTER PROGRAMS

### Adult Game Nights

Looking for a social outing where you can sharpen up your Dominos, Spades and Bid Whist games. Bring your partner along with you and try to become the player or team of the month.

Rules for the games will be announced before play begins. 15+; Wed.; 6-8:30 pm; \$2/month

### After School Tutoring

Stay ahead of the game and keep your studies in order. Assistance is provided in Reading, Math, English and Science.

6-12 yrs; Mon. and Wed.; 4-5 pm; \$10/month

### Walking for Fitness

Looking for an inexpensive way to lose weight and strengthen your overall general health, then start walking around our spacious grounds. Come on out and walk your way to a healthier y-o-u.

All ages; Daily; 6 am-dusk; Free

### Outdoor Basketball

Enjoy the fresh air and practice your shot on the outdoor basketball court. This area has lights for night play.

All ages; Daily; 9 am-dusk; Free

### Little Chefs – Cooking Class

Children learn how to prepare simple meals and snacks that are nutritious and healthy. Instructions will be on meal selection, food preparation, cooking and use of utensils.

9-13 yrs; Tues.; 6-7 pm; \$10/month

### Youth Free Play/ Open Gym

Youth can socialize as they play small games, bumper pool, billiards, chess, checkers, video games and basketball.

10-16 yrs.; Wed.; 6-8 pm; Free

### Coaches Needed

Baseball, Softball, Basketball, Football, Cheer, Soccer are needed at J.S. Spivey recreation center for the 2015 sports seasons. Please call for more information or stop by the center.

### Zumba

Need to lose pounds or tone your body in order to get fit for the spring and summer activities, or simply desire to become healthier and increase your stamina?

15+; Mon. and Thurs.; 6-7 pm; \$5/class or \$8/week

### Afterschool School Quick Start Tennis

Have fun and learn how to play tennis from a certified USTA instructor. Children will be taught tennis using the "Quick Start Tennis". Rackets and balls will be provided. 6-12 yrs; Tues. and Thurs.; 3-5 pm; Free

### Boy Scouts Troop 763

Do you have a son who interested in community service and outdoor activities? The J.S. Spivey center is partnering with Friendship Missionary Baptist Church to offer scouting to citizens who live near the recreation center. Participants will have an opportunity to earn badges and awards.

7-17 yrs; 1st, 2nd and 3rd Sat. of each month; 9-11 am; Free

### Free GED Class

It's Never Too Late to Start Your Future! Free GED Classes offered at Spivey Recreation Center. Classes held Jan. 5 until June 10. Fayetteville Technical Community College Instructor will teach the classes. GED books are provided.

Call Spivey to sign-up 910-433-1572 or FTCC 910-678-8483 17+; Mon. and Wed.; Jan. 5-June 10; 4-6 pm; Free

### Splash Pad

Fight the heat with a splash of water! Come enjoy the pad as water sprinkles from a rainbow of colored arches. Onlookers can relax under the shaded tables near the splash pad.

All ages; May 9-Sept. 12; Mon.-Sat.; 10 am-6 pm; 3-6 pm when school is in session; Sun.; 1-6 pm; Free



# Stedman Recreation Center

175 Circle Drive, 433-1440

Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

## CENTER PROGRAMS

### Youth Open Gym

Participants must have a permission form completed by a parent or guardian to participate. Participants must be signed in by an accompanying adult. Youth Open Gym begins Sat., April 4.

17-under yrs; Sat.; 12:45-2:45 pm; Free

### Adult Open Gym

Participants must complete a waiver to participate. Participants will be required to present identification. Adult Open Gym begins Sat., April 4.

18+; Sat.; 2:45-4:45 pm; \$2/person

### Walking Track

Enjoy a cardio workout on your down time; utilize the walking track around the baseball field. For those keeping count, 5 times around the track equals a mile!

All ages; Mon.-Fri.; 2 pm-dusk; Sat.; 9 am-dusk; Free

### Stedman Mile Club

Join the Stedman Mile Club. Enjoy an evening stroll or run as a family, gather up some friends, or come out and make some new ones. The mile club is a fun way to socialize with residents of the community while getting the necessary exercise.

All Ages; Mon.-Sat.; 9 am-8:30 pm; Free

### Zumba

IT'S BACK!!! You will get hooked on this exciting hour of calorie burning, body energizing, high intensity program.

15+; Mon.; 7:30-8:30 pm; Thurs.; 8-9 pm; \$35/month or \$5/class

### Friday Night Food, Fun & Fellowship

Looking for a night out with friends? Come to the Stedman Recreation Center for a grand ole' time! All participants must register and registration ends three days before the date of the program! Be sure to mark your calendars so you don't miss out!

**March 20:** German Dinner; **May 1:** Build Your Sub;

**July 24:** Winner Winner Chicken Dinner

55+; Fri.; 6:30 pm; \$5

### White Elephant Bingo

Calling all BINGO enthusiasts! White Elephant BINGO is a thrilling version which involves strategy to get the prize you want. Everyone must bring a wrapped BINGO gift for a prize! Be careful which prize you choose because at the end of the game it might not belong to you!

55+; Fri.; April 10, June 19; 6:30 pm; Free

### Cool Kids Cook!

Aspiring young cooks will love this class! Young Chefs will join us in preparing a variety of foods. Participants will then enjoy their family-style meal. Pre-registration is required.

5-12 yrs; Fri.; March 27, June 26, Aug. 28; 6-8 pm; \$10/child

### Cheer & Tumble Class

Cheerleading promotes coordination, fitness and confidence. Learn all you need to know to prepare for middle school and high school cheerleading. This class will concentrate on cheer, motion technique, dance, jumps, tumbling and stunts.

4-12 yrs; Mon.; 6-7 pm; \$20/month

### Senior Fitness

Are you above the age of 55 and looking to get healthy? The Stedman Recreation Center will be offering a FREE workout class twice a week to help you achieve your fitness goals. We will be showing a variety of senior workout videos that you can follow along with!

55+; Tues. and Thurs.; 1 pm; Free

### Tae Kwon Do

Self-defense offers a physical fitness, self-discipline, academic achievement, fun and excitement in a non-violent atmosphere.

5+; Tues. and Thurs.; Beginners 6-7 pm; Intermediate 7-8 pm; \$40/month

### Tiny Tumbling Play Group

This social group is perfect for your lively toddler with lots of energy! Gymnastics promotes balance, coordination and fine motor skills through a series of playful activities. Join us with your toddler for an interactive play group. Parents and care-givers are encouraged to participate with their toddler.

15 mos-5 yrs; Fri.; 9 am; Free

### Kids Movie Night

Register your child for an exciting night including dinner and a movie. That's right...it's a night out for Mom and Dad! Pre-registration is required one week in advance and late registrations will not be accepted. Early drop-offs/late pick-ups are not accepted.

5-12 yrs; Fri.; April 24, Aug. 7; 6-9 pm; \$5/child

### Youth Volunteer Opportunities

Attention Middle or High School Students....are you looking for volunteer hours for school. Are you interested in building your resume? The Stedman Recreation Center has volunteer hours for you. We are always looking for volunteers for Special Events and/or programs around the center. All between the ages of 14-18 are encouraged to contact the center for additional details!

14-17 yrs; Free

## March Madness Bracket Challenge

Do you know College Basketball? We will be hosting a FREE bracket challenge!! Test your knowledge and submit a March Madness Bracket to us by March 17. Prizes will be awarded throughout the challenge.

All ages; March 17; 1 pm; Free

## Stedman Rec Center Open House

Come and see what our wonderful recreation center has to offer! Meet some of our instructors and see their demonstrations. Staff will be on hand to help you see what would be the best fit for your family.

All Ages; Sat., March 23; 6:30-8 pm; Free

## Kids on the Run

This 8-week training program will prepare you to run a 5k! We will meet 2 times a week to make sure you are staying on track and discuss your progress. We will begin on March 30 and end on May 16 at the Party in the Park 5K. Fee includes entry to the 5K.

7-16 yrs; Practice Days TBD; 6-7 pm; \$20

## SPECIAL EVENTS

### Breakfast with the Easter Bunny

Pancakes and Sausage served Hot and Ready! Be sure to have your camera ready to get that perfect picture with the Easter Bunny! Tickets must be purchased in advance.

All ages; Sat., April 4; 9-10 am; \$3/person

### Easter Eggtravaganza

Tummy is full and pictures are taken with the Easter Bunny, now let's head out to hunt for hidden goodies! Don't forget to bring your own basket.

All ages; Sat., April 4; 10:15 am; Free

### Parking Lot Picassos

Gather the family and let your imagination run wild on the biggest canvas yet-the parking lot! With unlimited space and chalk, you bring your ideas and we will turn the blacktop into a masterpiece. Pre-registration is required by April 17.

6-12 yrs; Sat., April 18; 10 am-noon; Free

### Mother's Day Tea Party

Celebrate our Mothers with this wonderful Mother's Day Tea Party. This event will be a feature a variety of teas as well as scrumptious finger foods. The meal will be catered by the wonderful Spoonful of Sugar! Pre-registration is required by May 2.

6-12 yrs; Sat., May 9; noon-2 pm; \$5/person

## Children's Book Exchange

Need some new books for your child to read over the summer? Join us for a Book Exchange to kick off Cumberland County Library's Summer Reading Program. Bring your gently used books to the Stedman Recreation Center for a Book Exchange. Books will be organized by reading levels for everyone. Drop off books and register 1 week prior to the event.

All Ages; Sat., May 30; 11 am-1 pm; Free

## Afterschool Family Night

Bring the family out for an evening of fun with the Afterschool staff. We will celebrate the end of school year with food and games for the whole family. We look forward to spending time with your families!

All Ages; Thurs., June 4; 6-8 pm; Free

## Kids Car Maintenance

Join us for another installment of the Boys to Men and Girls to Women Program where we will go through the basics of car maintenance. On the agenda will be how to change a tire, checking your oil, checking tire pressure and refilling wiper fluid.

8-17 yrs; Sat., July 18; 2-3:30 pm; Free

## Coaches Appreciation Dinner

Let us celebrate all of our volunteer coaches! All coaches and assistant coaches are welcome to join us for a dinner, free of charge. This is our opportunity to give back to you! Pre-register by July 24.

18+; Fri., July 31; 6:30 pm; Free

## Afterschool Back to School Family Night

Kick off the school year right with the Afterschool Staff! We will have an informational session along with food and games for everyone to enjoy! We can't wait to start the year off with an evening of fun!

All Ages; Thurs., Aug. 20; 6-8 pm; Free

## Cape Fear Regional Summer Sports Camps

We will be partnering with Cape Fear High School to host several sports camps throughout the summer. Don't miss out on a great opportunity! Stop by or call the recreation center for more details.

## Summer Conditioning Clinics (FREE!)

There are no shortcuts, no magic pills nor enchanted potions. To get in shape it takes time, effort and dedication. Do you want to reach full physical potential? FCPR Summer Conditioning Clinics are a great way to get in shape for the upcoming fall sports season. Join approved coaches from around the community as they lead local talent through activities and exercises to enhance your physical conditioning. Be sure to inquire at the Stedman Recreation center for a FREE summer conditioning clinic near you. Target age group 9-14.

### Follow us on Facebook & Twitter

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# Stoney Point Recreation Center

7411 Stoney Point Road, 433-1435

Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

## CENTER PROGRAMS

### Youth Open Gym Basketball

Practice your basketball skills and meet new friends, all while improving your physical fitness! All participants must have a current waiver on file. Hours may vary depending on center activities.

5-12 yrs; Sat.; noon-2 pm; Free

12-17 yrs; Sat.; 2-4:30 pm; Free

### Youth Open Gym Volleyball

Practice your volleyball skills and meet new friends, all while improving your physical fitness! All participants must have a current waiver on file. Hours may vary depending on center activities.

9-13 yrs; Sun.; 2-3:30 pm; Free

14-17 yrs; Sun.; 3:30-5 pm; Free

### Walking Track

Take a stroll or get your evening run in on our paved walking track, located next to the recreation center. For those of you who are keeping count, five laps around the track equals one mile.

All ages; Mon.-Sun.; 2:30 pm-dusk; Free

### Kidz Cooking Corner

Are your children interested in helping in the kitchen? If so, then they should check out our cooking night for children. They will learn how to cook different types of food. We are only taking 12 participants each night so be sure to reserve your spot! Registration deadline is 7 days prior to class.

8-12 yrs; Fri.; March 20, May 15, Aug. 14; 6-8 pm; \$10/child

### Little Kickers Soccer Program

Bring your toddler out for our Little Kickers program! Games will be played on Sat. Registration is open June 1-Aug. 1. Birth Certificate required for registration.

3-4 yrs; \$20/person

### Yvette's Dance Academy

In this upbeat and exciting class participants learn basic techniques and fundamentals of dance. This class also improves coordination, flexibility and endurance. It is great for both beginners and intermediate students. Spring Registration for new students ends April 12. Open House for 2015-2016 is Aug. 29. Call for more information.

3-6 yrs; Thurs.; 5:30-6:30 pm; Ballet/Tap/Tumbling

6-12 yrs; Thurs.; 6:30-7:30 pm; Hip Hop/Jazz

\$30/month

### Youth Karate

Beginner and intermediate classes incorporating fitness, self-discipline, and fun are held in a non-violent atmosphere. The classes are in four-week sessions. Feel free to call the recreation center to see what day of the month the class will start.

5-17 yrs; Mon. and Wed.; Beginner 6-7 pm; Intermediate 7-8 pm; \$40/month

### Team Tutor

Are you a current high school student in need of volunteer experience? Sign up now to partner with a child in need of tutoring. Spaces are limited; inquire about qualifications with a recreation center staff person.

14-18 yrs; Mon.-Thurs.; 4-5 pm; Free

### Senior Elite Program

Got free time? Interested in volunteering? We welcome seniors who can spare some of their time for our classes and special events such as Kidz Cooking Corner, Bingo Night, Tutoring, etc. Please contact center for more details.

55+; Free

### Coaches Needed

Soccer, Basketball, Volleyball, Baseball, Softball, Football & Cheerleading Coaches are needed at Stoney Point Recreation Center. For more information or to volunteer, stop by the recreation center during operating hours.

### Making Memories - Scrapbooking Class

Are you still sitting with boxes of photos hiding on shelves in your closet? Well, it's time to get them out and have some fun! Call Stoney Point Recreation Center for more information

18+, Dates and Times TBA; Free

### N2iT Youth Cheerleading

Come be part of our exciting, one of a kind cheerleading experience where we combine cheer and pom dance into one curriculum. Our techniques include motion drills, jump stations, proper stunting – basic to advance. Students will learn cheers and chants and a dance routine.

4-6 yrs; Sun.; 2:15-3 pm

7-9 yrs; Sun.; 3-4 pm

10+; Sun.; 4-5 pm

\$35/month

**N2iT Youth Martial Arts**

Try our unique martial arts program with concentration in: better school grades, respect, discipline, self-control, self-esteem, confidence, responsibility, stranger danger, bullying and safety awareness.

4-6 yrs; Tues.; 5:45-6:30 pm  
 7-9 yrs; Tues.; 6:30-7:30 pm  
 10+; Tues.; 7:30-8:30 pm  
 \$35/month

**SPECIAL EVENTS**

**Triple P Night: Pizza/Project/Pajamas**

Register your child for a fun filled Triple P Night. There will be pizza, a movie and a project related to the night's film.

Dress Code: Pajamas!  
 6-12 yrs; Fri.; March 13, May 15; 6-8:30 pm; \$10/child

**Easter Egg Dyeing**

Join us for a morning of dyeing eggs and other crafts. This fun-filled morning is sure to be a hit with your child. Only 15 spaces are available. All supplies are provided.

Registration deadline is April 7.  
 6-12 yrs; Sat., April 11; 10-11:30 am; \$5/child

**1st Annual Spring Fling**

Come out and enjoy a fun-filled family day at our first annual Spring Fling Festival! We will have food, live entertainment, inflatables, raffle prizes, games, activities and special guests! The festival will take place at E. Melvin Honeycutt Elementary School.

All ages, Sat., April 18; noon-4 pm

**April Showers Bring May Flowers**

Join us to create a little piece of nature that will be all yours! From decorating your very own flower pot, to selecting the flower that it just right for you, this experience is sure to be a fun one! Only 15 spaces are available. Registration deadline is April 22. All supplies are provided.

6-12 yrs; Fri., May 1; 6-7:30 pm; \$5/child

**Morning Out With Mom**

Come celebrate your Mom or Grandma with us! Coffee, Hot Chocolate and Donuts will be provided for all that attend to spend quality time with their loved ones. Join us to celebrate Mother's Day and take home a special craft created by you, just for Mom. Registration deadline is May 6.

6-12 yrs; Sat., May 9; 10-11:30 am; Free

**Parents Night Out**

Parents, do you need a little time for yourselves? Drop off the kids and enjoy a date night while the kids enjoy an evening of games, dinner, and a movie!

5-14 yrs; Fri.; May 29, Aug. 7; 6-9 pm; \$5/child

**Family Bingo Night**

Get out of the house and enjoy a fun-filled night out with the family! Only twenty-five spaces are available, so be sure to call in advance to secure your spot. Registration deadline is 1 week prior to date.

3+; Fri.; June 19, July 24; 6:30-7:30 pm; \$5/family per class

**Women's Self Defense Class**

This Self-Defense Class teaches women how to use their strengths against an assailant's mental and physical weaknesses; solving personal safety concerns related to fear of being attacked, street crimes, dating and domestic violence.

13+; Sat.; June 27, July 18; 10 am-noon; \$5/participant

**Back to School Dance**

Join us for our annual Back to School Dance! Mingle with old friends and celebrate new ones! Tickets are only sold in advance and will be available Sept. 1-Sept. 15. A maximum of 300 participants permitted.

Grades 3-5; Fri., Sept. 18; 6:30-8:30 pm; \$5/child



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[www.twitter.com/parksrecreation](http://www.twitter.com/parksrecreation)



# Westover Recreation Center

267 Bonanza Drive, 433-1088

Mon.-Fri. 8 am-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

## CENTER PROGRAMS

### Westover Walking Seniors

Seniors, walk in a safe and comfortable environment. If you're getting back on your feet after surgery or just wanting to stay in shape, the Westover Recreation Center is open for walkers.

55+; Mon.-Fri.; 8-10 am; Free

### Badminton Challenge

This program offers an opportunity for adults to improve their love of the badminton game, learn the art of the game, or just simply looking for a friendly competitive challenge.

18+; Wed. and Fri.; 10 am-noon; Free

### Westover Area Seniors

Westover Area Seniors Group is designed to give senior adults a place to enjoy fellowship, fun, and social interaction. Activities include informational speakers, games, arts and crafts and leisure activities. To join, contact Ethel Potts at 868-6861.

55+; 3rd Wed. of each month; 10 am

### Crochet Class

Come sharpen your crocheting skills or just come and enjoy a hobby with others who love to do the same.

All Ages; Tues.; 1-2:30 pm; Free

### Youth Open Gym

Enjoy playing basketball? Then come to open gym and work on your basketball skills while improving your health and developing new friendships with others your age. All participants must have a completed registration form signed by parent/guardian and a participant photo on file.

Grades K-12; Mon.-Thurs.; 4-5 pm; Sat.; 10 am-1 pm; Free

### Adult Open Gym

Looking for a friendly pick up game that will keep you energized and in shape? You must provide a photo identification card with your date of birth.

18+; Sun.; 2:30-4:30 pm; Tues.; 10 am-1 pm; \$2/person

### Hold'em High Card Club

Do you like to play Spades, Bid Whiz and Pinochle? We have the spot for you. Invite your friends for small group games or table challenges.

55+; Thurs.; 11 am-2 pm; Free

### Neighborhood Association Meetings

**Foxfire Concerned Citizens Association:** Last Tues. of each month; 7 pm

**New Ponderosa Neighborhood Association:** Jan. 22; April 23; 7 pm

**Summer Hill Community Watch:** TBA; 7 pm

**Devonwood Neighborhood Association:** TBA; 7 pm

### Cub Scouts & Boy Scouts

The Boy Scouts and Cub Scouts programs are for boys in first through twelfth grades. Scouts will participate in numerous community service activities and earn scouting awards and badges for their participation. Pack and Troop 573.

Grades 1-12; Fri.; 6-8:30 pm

### Girl Scouts

Girl Scouts provide young ladies with an accepting and nurturing environment where girls can build character and skills for success in the real world. Junior and Cadets Troop 1232.

Grades K-12; Every other Tues.; 6-7 pm

### Swing Dance Class

This class is designed to teach a wide variety of dance styles and techniques to a new age sound. This program offers a night filled with exhilarating and enjoyable dance, giving participants the opportunity to meet new people in a safe and comfortable environment. Everyone is welcome; couples, singles, and families.

18+; Thurs.; 6:30-8:30 pm; \$20/8 classes

### Ru Ru's Teen Dance Class

This youth dance program is designed to provide proper etiquette, leadership and social skills. These skills are learned through a variety of dance styles. We invite you to come out and join us for a night filled with fun and excitement. This is also a great opportunity for your child to meet new friends in a great environment. Class Motto: We Encourage, Not Discourage!!

17-under yrs; Thurs.; 5:30-6:30 pm; Free

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## K-9 Positive Dog Training Classes

Man's best friend not on his best behavior? Learn the art of positive dog training including behavior modification and basic obedience classes while addressing the behavioral problems of all dog breeds. 12 week old puppies and adults dogs are welcome. All dogs must be up-to-date on their vaccinations.

13+ or must have an adult present; Please contact the recreation center for dates and times; \$70/6 weeks

## Pami-Kol

Pilipino "street survival" martial arts class is designed to teach you discipline, physical fitness, build confidence, enhance your awareness and improve your academic focus. 5+; Wed. and Fri.; 6:30-8:30 pm; \$40/month

## UECHI RYU (WAY-CHEE-ROO)

This class teaches a classical Okinawan karate style which incorporates self-defense, awareness and the way of the Okinawan martial arts culture. It will help to develop flexibility, muscle strengthening and mental awareness. 55+; Wed.; 10-11:30 am; \$25/month

## R.A.G.E (Reach, Advise, Guard, Engage) Youth Social Club

This is an enrichment program that will help kids to develop social skills and teach kids the importance of responsibility and self-worth. The program focus is to reach community kids, advise them of their community responsibilities, guard them from negative influences and keep them engaged in positive community activities. Grades 5-9; 1st and 3rd Fri. of each month; 2:30-4 pm; Free

## B.A.R.T (Be A Responsible Teen)

This is an 11-week open communication session that is geared towards teenagers that provides them with the opportunity to open up and discuss topics of interest such as assertive communication, substance abuse, peer pressure, healthy relationships and understanding self worth. Parental consent form must be completed. Spring program registration begins Feb. 2. 14-18 yrs; Tues.; 5-7 pm; Free

## Zumba Class

The combination of Latin and international music comes together with rhythmic dance steps to produce an effective fitness workout routine. Start your New Year's off with visions of being fit and healthy. 18+; Mon., Wed. and Thurs.; 9-10 am; \$45/month or \$5/class

## Zone 3 Summer Sports Clinics

Keep your child physically active and having fun this summer with our free summer sports clinics! Each clinic will be conducted by approved volunteer coaches already involved in FCPR sport programs. Participants may register for all of the clinics or just those of their interest. Please bring a water bottle and wear comfortable athletic clothing. Registration will close the Thursday prior to each camp.

**June 20:** Football at Westover Recreation Center

**June 27:** Volleyball at Lake Rim Recreation Center

**July 11:** Cheerleading at Cliffdale Recreation Center

**July 18:** Soccer at EE Miller Recreation Center

**July 25:** Baseball at Lake Rim Recreation Center

**Aug. 1:** Basketball at Cliffdale Recreation Center  
9-14 yrs; Sat.; 9 am-1 pm; Free

## SPECIAL EVENTS

### Zone 3 Eggs-travaganza

Come on out for an egg-tastic time with your friends at Lake Rim, EE Miller, Cliffdale and Westover Recreation Centers! There will be games, food vendors, a bounce house, balloon animals, crafts and more! Don't forget to bring your basket for the egg hunt. This event will be hosted at Lake Rim Recreation Center and is absolutely free!

All ages; Sat., March 28; 10 am-2 pm; Free

Egg hunt times are as follows:

**4-under yrs:** 11 am

**5-9 yrs:** 11:45 am

**10-12 yrs:** 12:30 pm





# Dorothy Gilmore Therapeutic Recreation Center

1600 Purdue Drive, 433-1000

Mon.-Fri. 8 am-5 pm

*Where Abilities and dis-Abilities Become POSS-ABILITIES*



## MISSION

The Gilmore TRC offers recreation and leisure programs to persons with disabilities. Therapeutic Recreation offers therapy to improve functional abilities, enhance well-being and facilitate independence; leisure education - to teach or enhance recreation skills and attitudes that can be used throughout life; and recreation participation - to promote health and growth through leisure and recreation experiences. The staff of the TRC uses recreational services and leisure experiences to help people with limitations make the most of their lives - physically, mentally, emotionally and socially.

## CENTER PROGRAMS

For information on Gilmore Therapeutic Recreation Center's Summer Camp programming, please see our Summer Camp section, page 34.

### SPADES Adult Day Program

Special Populations Adult Daytime Enrichment Sessions, or SPADES is an adult centered program that enhances life satisfaction through a wide variety of activities like exercise, creative/expressive arts, cooking/baking, issues groups, nature and horticulture therapy, community outings, speakers, and more. Program benefits Special Olympics of Cumberland County and runs Sept. through May. 18+; Mon.-Fri.; 9:30 am-1:30 pm; \$5/day or \$10/week

### TRC Afterschool Program

TRC staff will work with your children afterschool on homework and work to practice skills from school. The program will incorporate goals from their I.E.P. Snacks and playtime provided. Transportation is the responsibility of parent/caregiver. Pre-registration is required. Grades K-12; 2-6 pm; \$80/month or \$25/week

### Girls & Guys Nights Out

Monthly evening community outings for youth and adults age 13+. The program focus is on community leisure opportunities, socialization and independence. Outings include: local sports events, movies, restaurants, shopping centers, and attractions. Space is limited; pre-registration is required one week in advance.

13+; 3rd Fri. of the month; 5-9 pm; bring \$ to cover expenses

### Fitness Ambassadors

Fitness Ambassadors will assist each participant in reaching their fitness goals through walking, circuit training, jogging, cycling, etc. Participants are encouraged to participate at least 3 days a week.

15+; Mon., Tues., Wed. and Thurs.; Free

### Drama 101

Drama 101 will give participants the chance to learn about the art of theatre. This group is a performance group and will produce at least one theatrical work per year. This class also involves trips to local theater productions to learn more about putting on productions. Program resumes on March 2 with auditions for Gilmore Idol.

13+; Mon.; 4-6 pm; Fri.; 3-6 pm; Free

### Learning Club Hour

This class is open to participants who would like to work on their language, reading, counting, math and science skills. Club members will be divided into smaller groups based on their ability level and will be able to follow along with an audio CD.

12+; Tues. and Wed.; 3-4 pm; Free

### Gilmore TRC Ballet Dance Troop

Participants have the opportunity explore the wonderful world of Ballet dancing. This is an introductory course with an opportunity to learn basic ballet positions and perform a routine in front of a live audience. All dancers must pre-register.

18+; Tues.; 1-2 pm; Free



### Scouting with disAbilities

Cub Scout Pack & Boy Scout Troop #702 is for boys with disabilities. Girl Scout Troop 847 is for girls with disabilities. These traditional scout groups are adapted to meet the instructional needs of girls and boys with disabilities. Scouting fees are \$10 annually, (fee is waived for those who participate with in-school scouting).

Registration required. Packs meet at Massey Hill Recreation Center.

6-18 yrs; 1st and 3rd Tues.; 6 pm; 1st and 3rd Sat.; 11:30 am; Free

### Please Pass the Peas Cooking Class

These classes present an opportunity for participants to socialize, learn their way around the kitchen while working together to prepare a meal. Participants must register one week in advance for each class.

12+; Thurs.; 4:30-6 pm; \$5

**Adult Bowling**

Bowling is a lifelong sport in which all can participate. This bowling league is open to adults of all ability levels and meets at B&B Bowling Lanes on Fort Bragg Road. Participants have the opportunity to compete in the Special Olympics. Registration is required for this program. League runs March-Dec.  
18+; Tues.; 3:45-5:30 pm; \$3

**Fun Friday**

Gilmore TRC will take monthly day trips to different destinations around the region. Typically, trips are on the 4th Fri., but due to other programming, dates are subject to change. Advance registration is required. Attendees must be active TRC participants. Fun Fridays will be postponed during the summer months due to summer camp. Fun Friday trips are \$20 and are all inclusive.  
8+; 5th Fri. of each month; 8 am-5 pm; \$20

**Super Saturday**

Gilmore TRC will take quarterly trips on Saturdays to different destination around the state. Prices vary depending on activity and destination. Advance registration is required. Attendees must be active TRC participants. Trips are only on the 5th Sat. Call the center for more information.  
8+; 5th Sat. of each month; 10 am-7 pm; Price varies

**Wii Sports/Dance Challenge**

This program incorporates video games and exercise. Participants will get to challenge their friends at various sports and dance games while they increase their hand/eye coordination, range of motion and socialization skills.  
5+; Fri.; 4-5 pm; Free

**Gilmore TRC Jazz Dancers**

Participants have the opportunity to explore the wonderful world of Jazz dancing. This is an introductory course with an opportunity to learn basic jazz fundamentals and perform a routine in front of a live audience. All dancers must preregister.  
18+; Wed.; 1-2 pm; Free

**Yoga**

Yoga is a program of physical postures designed to purify the body and provide the physical strength and stamina required for long periods of meditation. This twice weekly class meets early enough for you to still get to work. This class is intended for professionals and care givers. Ongoing, pre-registration required.  
18+; Tues. and Thurs.; 6:30-7:30 am; Free

**Tai Chi for Adults**

Tai Chi is an ancient form of Chinese health practice and exercise art with movements performed very slowly and thoughtfully. It has often been called moving meditation because of its gentle flowing movement. The class includes meditation techniques, stretches, and warm-ups. This class is sponsored by the national Multiple Sclerosis Society and was created to benefit people with Multiple Sclerosis. Caregivers and friends are welcome. Participants do not have to be MS diagnosed to participate; other diagnoses can participate as well.  
18+; Tues.; 8:30-11 am; Free

**Senior Aerobics**

A low-impact class that integrates a variety of cardio and core conditioning exercises for a balanced and invigorating workout. This class demonstrates many different levels of each move so you can pick the level that is best suited to your fitness level. The class wraps up with concentrated abdominal toning exercises.  
55+; Mon.; 10-11 am; Wed. and Fri.; 9-10 am; Free

**Senior Line Dancing**

Join other dancers and learn some fun Line Dances or just come for the great exercise. Our Line Dance classes are not just "Country Line Dancing". We call it "Line Dancing" for a reason. We play great music of all the genres like Country, Top 40, Hip Hop, Ballroom, Blues, Funky, Latin, Irish, Swing and much more. You never need a partner but you can bring all your friends and have a lot of fun. Plus, you get exercise without realizing you are actually exercising.  
55+; Mon.; 11 am-noon; Fri.; 10-11 am; Free

**Bridge**

Bridge, is a trick-taking game using a standard 52-card deck. It is played by four players in two competing partnerships with partners sitting opposite each other around a table. Millions of people play bridge worldwide in clubs, tournaments, online and with friends at home, making it one of the world's most popular card games, particularly among seniors. The World Bridge Federation is the governing body for international competitive bridge. The game consists of several deals each progressing through four phases: dealing the cards, the auction (also referred to as bidding), playing the cards, and scoring the results.  
55+; Mon.; 1-4 pm; Free



**SPECIAL EVENTS**

**Gilmore Idol Talent Expo**

We believe all people have special talents and deserve an opportunity to share them. The TRC staff invites anyone with a disability to showcase their talent/s at our 3rd Annual Gilmore Idol Talent Showcase. Performances may include singing, dancing, playing instruments, reciting poetry, telling jokes, etc. Any talents are welcome. The event features local celebrity judges. Awards are given in each category. There is no cost to enter the showcase. Practices will be held weekly on Mon. evenings starting Feb. 18. There is a \$3 admission charge to spectators on the night of the show. Concessions will be available for purchase on the night of the show. Registration deadline is March 6.

All ages; Mon., April 27; 6:30 pm; \$3

**Annual Prom**

A prom is a special occasion for all. This spring the TRC staff honors everyone that may not have experienced a prom in High School. We will utilize space at Hay Street United Methodist Church. A photographer will be available for professional portraits. Semi-formal attire required. Ticket required for all admission and may be purchased in advance at Gilmore. This event serves as a fundraiser for Special Olympics. Volunteers are needed. 16+; Sat., April 4; 5-9 pm; \$5/person

**SPECIAL OLYMPICS CUMBERLAND COUNTY**

The Gilmore Therapeutic Recreation Center is the hub for Special Olympics Cumberland County. Special Olympics Cumberland County is a branch of Special Olympics North Carolina (SONC). Special Olympics Cumberland County provides year-round sports training and competition for more than 300 children and adults with intellectual disabilities. It is the fastest growing program in North Carolina. Participants have the opportunity to train and compete in the Special Olympic Competition in 13 different sports. Practice times and locations vary. Call the Gilmore Therapeutic Recreation Center at 433-1000 for more information.



Join our group or sign up to play fall and winter sports.  
[facebook/SpecialOlympicsCumberlandCounty](https://facebook.com/SpecialOlympicsCumberlandCounty)

**LOCAL EVENTS**

**Spring Games**

Our largest of all local competitions, Spring Games features track and field events, soccer and volleyball. Athletes train for a minimum of eight weeks in skills and team events and get one day to compete. Competition is always exciting and volunteers are always needed. Find volunteer information on our Facebook page and volunteermatch.org. This event is hosted by Methodist University and is open to spectators and registered athletes.

8+; Fri., April 24; 10 am-noon; Free

**STATE EVENTS**

**SONC Basketball Competition**

50+ athletes and coaches will travel to Smithfield to compete in the Special Olympics North Carolina Basketball Competition. Cumberland County will have athletes competing in 3 on 3 basketball and 5 on 5 basketball. Donations are always welcome to support athletes participating in Special Olympics.

Sat., March 14; 9 am-5 pm; Free

**SONC Summer Games**

50+ athletes and coaches will travel to NC State University to compete in the Special Olympics North Carolina Summer Games. Cumberland County will have athletes competing in aquatics, athletics, powerlifting, softball and volleyball. Donations are always welcome to support athletes participating in Special Olympics.

Fri.-Sun., June 5-7; 9 am-5 pm; Free

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[www.twitter.com/parksrecreation](http://www.twitter.com/parksrecreation)



# Fayetteville Senior Center

739 Blue Street, 433-1574

Mon.-Fri. 8 am-5 pm

'NC Center of Excellence' 'A Nationally Accredited Senior Center'  
All activities take place at the Senior Center unless otherwise noted  
"Enhancing the Quality of Life of Seniors"

## SENIOR CENTER TRIPS

Open to FCP&R Senior Citizens 55+

### Lunch Bunch: Hudson Bay, Fayetteville, NC

Registration is March 2-31.  
55+; Wed., April 15; Depart 10:30 am; Fee: \$3  
(Lunch on your own)

### Manic Monday @ Four Seasons Mall, Greensboro, NC

Registration is March 2-31.  
55+; Mon., April 27; Depart 8 am; Fee: \$5  
(Lunch on your own)

### Wilmington, NC Water Tour & Lunch

Registration is March 2-31.  
55+; Thurs., April 30; Depart 7 am; Fee: \$46  
(Lunch included)

### Ft. Fisher Aquarium & Big Daddy's Seafood, Kure Beach, NC

Registration is March 2-31.  
55+; Fri., May 15; Depart 8:30 am; Fee: \$24  
(Lunch on your own)

### Got To Be NC Festival, Raleigh, NC

Registration is April 1-30.  
55+; Fri., May 15; Depart 11 am; Fee: \$5 (Lunch on your own)

### Manic Monday @ Streets of South Point, Durham, NC

Registration is April 1-30  
55+; Mon., May 18; Depart 9 am; Fee: \$5  
(Lunch on your own)

### Crabtree Valley & WRAL, Raleigh, NC

Registration is April 1-30.  
55+; Wed., May 20; Depart 8 am; Fee: \$5  
(Lunch on your own)

### Manic Monday @ Tanger Outlets, Hwy 17N, Myrtle Beach, SC

Registration is May 1-29.  
55+; Mon., June 22; Depart 8 am; Fee: \$5  
(Lunch on your own)

### Manic Monday @ North Hill Mall, Raleigh, NC

Registration is June 1-30.  
55+; Mon., July 27; Depart 9 am; Fee: \$5  
(Lunch on your own)

### Manic Monday @ State Farmer's Market, Raleigh, NC

Registration is July 1-30.  
55+; Mon., Aug. 24; Depart 9 am; Fee: \$5  
(Lunch on your own)

FCPR Senior Programs also offers extended trips. Please contact the Senior Center for flyers and pricing information:

- **Yellowstone and the Wild West:** July 24-30
- **Niagara Falls:** Oct. 4-9
- **California Rail Discovery:** Oct. 21-27
- **New York City:** Nov. 9-12
- **Biltmore Estates:** Dec. 7-9



**WEEKLY PROGRAMS****Billiards Room**

55+; Mon.-Fri.; 8 am-5 pm; Free

**Bingo**

55+; Tues.; 12:30 pm; Thurs.; 11 am-3 pm; Free

**Bible Study**

55+; Fri.; 10 am; Free

**Time Out for Seniors (TOFS)**

Every Thurs. evening, you are invited to the Gilmore Recreation Center to listen to various forms of music (Blue Grass, Country, Oldies) with wonderful musicians. Please note that due to the Good Friday & Independence Day Holidays there will be no TOFS on April 2 and July 2.  
55+; Thurs.; 6:30-9 pm; Free

**Aerobics**

55+; Mon.; 9 am; Tues. and Thurs.; 8:30 am; Free

**Aqua Aerobics**

Water Aerobics is one of the best forms of low-impact exercise, and is great for those 55 and older. Classes are held at the Fayetteville State University (FSU) Natatorium.  
55+; Mon., Wed. and Thurs.; 7-8 am; Free

**Basketry Class**

55+; Fri.; 9 am and 12:30 pm; Fee is based upon project

**Line Dancing**

Groups perform at various functions throughout the city and county.  
55+; Tues. and Thurs.; 9:30 am; Free

**Bid Whist**

Bid Whist is a partnership trick-taking variant of the classic card game whist. As indicated by the name, bid whist adds a bidding element to the game that is not present in classic Whist.  
55+; Mon. and Wed.; 1:30 pm; Free

**Duplicate Bridge**

A weekly bridge game is held at the center. Feel free to bring snacks to share with the group.  
55+; Tues.; 1:30 pm; Free

**Pinochle**

Looking for those interested in playing as well as teaching others to play!  
55+; Thurs.; 12:30 pm; Free

**Pokeno**

This combination of BINGO and Poker is sure to be a hit!  
55+; Fri.; 1:30 pm; Free

**Silver Links Lab Computer Classes**

The Senior Center offers computer Classes as well as open lab times. Please contact the center for classes, days and times. Classes offered include Basic Computers and Internet/Email. Fayetteville-Cumberland Senior Center is also looking for great minds to volunteer their time to instruct computer classes to seniors; Free

**MONTHLY PROGRAMS****Genealogy Club**

Are you interested in retracing your family heritage? If so, come join us each month.  
55+; 2nd Wed. of each month, 11 am; Free

**Create A Craft**

55+; 2nd Thurs. of each month; 10 am-noon; Free

**Taster's Delight**

Join this "lunch bunch" for food, fun and fellowship at various locations around town. Contact the center to find out where to meet this month.  
55+; 3rd Tues. of each month; 11 am; various meeting locations, Contact Senior Center; lunch on your own

**Joint Fayetteville/Cumberland County Senior Citizens Advisory Board**

A commission representing senior citizens' concerns and issues for the entire County of Cumberland meets monthly. City Council and County Commissioners appoint representatives to the Board. Meetings are open to the general public and anyone is invited to attend.  
All ages; 2nd Tues. of each month; 2:30 pm; City Hall - Lafayette Room; Free

**Tuesday Night Dance**

Come and dance the night away with Reminiscence. Held at the Gilmore Recreation Center; participants are encouraged to bring their favorite finger food.  
55+; 4th Tues. of each month; 8-10 pm; \$3/person

**Cardinal Red Hatters**

Everyone has seen ladies wearing that purple and red with smiles on their faces having a fabulous time. Join the Cardinal Red Hat Chapter and see what all the fun is about. Monthly meetings start at the Senior Center, but all are asked to contact the center for meeting details.  
55+; 4th Tues. of each month; 11 am; Free

**AARP - Smart Drivers Class**

This one day, four hour driving refresher classroom course helps drivers refine existing driving skills and develop safe, defensive driving techniques. Even though it is designed for drivers ages 50 and older, it is open to all motorists. Contact the Senior Center for upcoming dates.

**Seasoned Readers Book Club**

Participants will be responsible for acquiring all reading materials. For further details, please contact senior programs staff.  
55+; 3rd Wed. of each month; 2-4 pm; Free

**Fayetteville–Cumberland County Senior Clubs**

Senior Clubs meet monthly – however, times and location may change due to scheduled programs. Senior Club members may participate in all club activities with a FCP&R Club Member Card. For more information on any of the following clubs, please contact the center.

**Area ‘A’**

2nd Tues. of each month; 10 am; Smith Recreation Center

**Aging in Action**

2nd Thurs. of each month; 10:30 am; Second Baptist Church

**Beaver Dam Harvesters**

1st Tues. of each month; 10 am; Beaver Dam Fire Department

**Church of the Open Door Owls**

1st Fri. of each month; 6 pm; Church of the Open Door

**Cliffdale Senior Club**

Last Thurs. of each month; 11 am; Cliffdale Recreation Center

**Cumberland**

1st Wed. of each month; 10 am; Cumberland Methodist Church

**Cumberland County Association of Indian People (CCAIP)**

3rd Mon. of each month; 10:30 am; CCAIP Center

**E.E. Miller Senior Club**

4th Thurs. of each month; 10 am; E.E. Miller Recreation Center

**Galatia Senior Club**

4th Tues. of each month; noon; Galatia Presbyterian Church Fellowship Hall

**Gee Cee Club**

1st Wed. of each month; 10 am; Mt. Pisgah Baptist Church Fellowship Hall

**Godwin-Falcon**

2nd Thurs. of each month; 10:30 am; Godwin-Falcon Fire Department

**Golden Connection**

1st Mon. of each month; 10 am; Fayetteville Senior Center

**Gray's Creek Outreach**

4th Tues. of each month; 10 am; Gray's Creek Recreation Center

**Heartwarmers**

2nd Wed. of each month; noon; Vaughn Memorial Presbyterian Church

**Loyal Seniors**

1st Thurs. of each month; 10 am; Smith Recreation Center

**New Life Senior Club**

3rd Fri. of each month; 10 am; Lake Rim Recreation Center

**Northwood Temple – Senior Eagles**

2nd Thurs. of each month; 6 pm; Northwood Temple

**Seniors Aging Gracefully**

1st Mon. of each month; noon; Smith Chapel Church

**Seton**

2nd Tues. of each month; 10:30 am; St. Elizabeth Ann Catholic Church Parish Hall

**Senior Road Runners**

4th Mon. of each month; 10 am; Kiwanis Recreation Center

**Stedman**

1st Thurs. of each month; 10 am; Stedman Recreation Center

**Sunnyside**

3rd Thurs. of each month; 10:30 am; East Regional Library

**Towers West**

2nd Fri. of each month; 10 am; Towers West Apartments

**Victory**

4th Wed. of each month; 11 am; Contact Senior Center for location

**Westover**

3rd Wed. of each month; 10 am; Westover Recreation Center

**XYZ**

2nd Wed. of each month; 10 am; John Wesley United Methodist Church

**SPECIAL EVENTS**

**Annual Spring Picnic Fish Fry**

Buy your tickets early! Please bring a dessert to share. Door prizes provided by our sponsoring agencies.  
Registration is Feb. 2-27.  
55+; Fri., April 17; 10:30 am; Fee: \$7

**Annual Mothers' Day Luncheon**

Registration is April 1-30.  
55+; Fri., May 8; 11 am; Fee: \$7

**FCPR Senior Programs Annual Fishing Derby**

This event is to be held at J. E. Pechman Education Center; 7489 Old Raeford Road. Prizes will be awarded for largest catch and most fish caught. Light snacks and bottled water provided.  
55+; Wed., May 27; 8-10:30 am; Free



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# Tokay Senior Fitness Center

328 W. Hamilton Street, 433-1414

Mon.-Fri. 7 am-4 pm

*'NC Center of Excellence' 'A Nationally Accredited Senior Center'*

All activities take place at Tokay Fitness Center For Seniors unless otherwise noted

*"Enhancing the Quality of Life of Seniors"*

**Please Note:**

- Fitness contracts must be filled out prior to use of the equipment.
- Fitness contracts must be renewed on an annual basis.
- Please bring your own towel to use while working out

**Equipment Available:**

- 6 treadmills
- 6 stationary bikes
- 6 elliptical
- 3 lower body and 6 upper body Nautilus Machines
- Abdominal machine
- Stability balls
- Dumbbells
- Exercise mats
- Table tennis tables

**CENTER PROGRAMS**

**Tokay Senior Fitness Center Birthday Club**

The Birthday Club has been established to recognize and celebrate member's birthdays. Membership to the organization must be renewed annually. Birthday Club celebrations are held quarterly. Birthday celebrants will receive a birthday gift which has been purchased with funds paid by the club members. All participants are highly encouraged to bring a food item for the event. Dues are \$15 annually. To register, please contact center staff.

- Jan., Feb., and March birthdays celebrated Fri., March 20; 11:30 am-1 pm
- April, May, and June birthdays celebrated Fri., June 12; 11:30 am-1 pm

**Yoga**

Are you looking for a low-impact fitness option? Newcomers are welcome. Registration is on-going, beginning the second weekday of every month. 55+; Wed.; 9-10 am; Fri.; 9:15-10:15 am; \$30/month or \$5/class



**Chair Aerobics Class**

This ever-popular class includes line dance, stretching, and chair aerobics. The line dance group, also known as the "Tokay Rockers," performs at community events. Registration is on-going, beginning the second weekday of every month. 55+; Tues. and Thurs.; Session 1: 7:30-8:30 am; Session 2: 8:45-9:45 am; \$20/session/month

**Advanced Step Aerobics**

Flexibility and cardiovascular line-dancing are the focus of this fast-paced class. Registration is on-going, beginning the second weekday of every month. 55+; Wed.; 7:30-8:30 am; \$10/month; \$5/month if enrolled in Chair Aerobics

**Zumba Gold**

Zumba is a dance fitness program that combines Latin and international music to make this weekly fitness opportunity an enjoyable diversion from your normal routine. Registration is on-going, beginning the second weekday of every month. 55+; Wed.; 10:15-11:15 am; Fri.; 8-9 am; \$10/month for one day/week (Wed. or Fri.) or \$20/month for both days



**Advanced Aerobics**

This advanced-level class includes floor work, stability-ball exercises, flexibility and cardio exercises. Please be aware that participants **MUST** complete a minimum of four chair aerobics/line dance sessions prior to enrollment and must complete a supervised warm-up prior to beginning each class session. Registration is on-going, beginning the second weekday of every month.

55+; Mon.; 8:45-9:45 am; \$10/month

**Senior Adult Tennis Club**

Grab your racket and get back into the swing of things! It's never too late to start a sport that is great for all ages!

55+; Tues. and Thurs.; 9:30-11 am; Free

**Tri T Table Tennis**

55+; Tues.; 2 pm; Free

**WELLNESS CLINICS**

**Blood Pressure and Immunizations**

Walgreens-Skibo Road provides blood pressure screenings each month. TDAP, Influenza, Shingles, Pneumonia, Meningitis, and Hepatitis B vaccines are also available. Please contact the pharmacy in advance to ensure availability, payment/insurance information, and whether a prescription is necessary.

55+; 1st Tues. of the month; 8-10 am; Free

Highland House provides blood pressure screenings.

55+; 3rd Tues. of the month; 8:30-10 am; Free

**Ear Wax Screenings**

55+; Tues.; March 10; 8:30-10 am; Free

55+; Tues.; May 12; 8:30-10 am; Free

55+; Tues.; July. 14; 8:30-10 am; Free

**BOWLING GROUPS**

**Bowling Groups**

Senior Rollers

55+; Mon.; 9 am; B & B Bowling Lanes (2003 Fort Bragg Road); 3 games w/shoes for \$6

**The Rolling Seniors**

55+; Tues.; 6 pm; North View Bowling Lanes

(5307 Ramsey Street); 3 games w/shoes for \$6

**Senior Strikers**

55+; Wed.; noon; North View Bowling Lanes

(5307 Ramsey Street); 3 games w/shoes for \$6



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# FEES AND CHARGES

Fayetteville-Cumberland Parks & Recreation

\* Rates subject to change to reflect current fee schedule

\*An expedited rental fee of \$100 will be charged for any facility rental contract executed within 48 hours of the event

## Park Rentals

**Description**

**Current Fee**

All Rentals (for profit organizations)	Double non-profit fees plus any applicable deposit
Ball Field Rental	\$175 drag & mark per day, plus \$250 deposit \$35 (no drag & mark 1-4 hours), \$50 (no drag & mark over 4 hours), plus \$250 deposit
Boating	\$2 per hour, \$5 per half day, \$10 per day
Camping Fees (organized groups)	\$1 per person per night, \$25 minimum
Cross Creek Park	\$100 (1-4 hours), \$25 each additional hour
Family Campsite	\$10 per night
Lamon Street Park Complex	\$500 per day, plus \$250 deposit
Martin Luther King Park	\$40 (1-4 hours), \$70 over 4 hours
Mazarick Building	\$65 (1-4 hours), \$25 each additional hour, plus \$200 deposit
Mobile Stage (Small) or Bleachers	\$400 per calendar day, plus \$500 deposit
Mobile Stage (Large)	\$500 per calendar day, plus \$500 deposit
Outdoor Basketball Court	\$35 (1-4 hours); \$50 (over 4 hours), plus \$100 deposit
Tokay Park Complex	\$500 per day plus \$250 deposit
Track - Reid Ross	\$500 per day, plus \$250 deposit

## Recreation Center Rentals

After hour fee	\$25 per hour
All rentals (for profit organization)	Double non-profit fees plus applicable deposit
Custodial Setup/Breakdown/Clean-Up (non-profit organizations)	\$25 per hour
Gym (non-profit organizations)	\$200 (1-4 hours), \$50 each additional hour, plus \$200 deposit
Gym Flooring (non-profit organizations)	\$300 (1-4 hours), \$50 each additional hour
Kitchen Rental (non-profit organizations)	\$50 (1-4 hours) plus \$200 deposit, \$25 each additional hr up to 8 hrs max
Large / Multi-purpose Program Room Rental (non-profit organizations)	\$130 (1-4 hours) plus \$200 deposit, \$25 each additional hour up to 8 hour max
Small - Medium Program Room Rental (non-profit organizations)	\$65 (1-4 hours) plus \$200 deposit, \$25 each additional hour up to 8 hours max
Sunday or Legal Holiday use (non-profit organizations)	\$100 (1-4 hours max allowed, plus rental fee, plus \$200 deposit)

**Shelter Rentals - Large**

Arnette 1 & 3  
Mazarick 1

\$60 (1-4 hours), \$110 over 4 hours

**Shelter Rentals - Small**

Arnette 2  
College Lakes  
Mable C. Smith  
Honeycutt  
Lake Rim 1 & 2  
Mazarick 2 & 3  
Seabrook  
Spivey  
Westover

\$40 (1-4 hours), \$70 over 4 hours

**Swimming Pool**

Swimming Lessons
Pool Entry Fee
Pool Rental

\$30
12-under yrs; \$1, 13+; \$2
\$175 rental fee (1-2 hours), \$50 for each additional hour, plus \$200 deposit, plus current rate of pay for lifeguards

**Tennis**

Court Rental
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\$35 (1-4 hours), \$50 over 4 hours, \$150 deposit plus \$175 if lights are requested



# COMMENTS AND KUDOS!

## **Westover Recreation Center (Vera Shew)**

Cheers to Vera at Westover Recreation Center and all the recreation aides who work at the recreation centers. I think the centers are understaffed and need more help. Vera is always busy outside and inside. The Westover Senior Citizens Club had a fish fry in June. Vera brought tables and chairs outside for us and did not ever complain. She is busy but always happy, has a smile for everyone, and is enthusiastic and ready to help. We appreciate you, Vera. Thank you.

*Received from Pearl via the Fayetteville Observer, Aug. 14, 2014*

## **Cultural Arts (Jessica Legette and Crystal Glover)**

I wish to thank Fayetteville-Cumberland Parks and Recreation for all your help and interest in this year's production, it was a super success. I want to especially thank Jessica and Crystal. They are wonderful. Everything went exceptionally well as planned throughout the months. The show and attendance was excellent. The parents of all children are excited about the performances and so are our sponsors. The children were excellent. The recreation centers and their personnel were very courteous and helpful, they need to be commended. Again, thank you for believing in us and I hope we will be partners again next year.

*Received from Joyce via e-mail, Aug. 17, 2014*

## **Special Events (Erica Brady)**

I would like to thank the City of Fayetteville for all of your support during 2014 National Airborne Day. We had another successful event, which wouldn't have been possible without your support. We at Fort Bragg truly appreciate all the time and effort in helping making this a successful event. We also, look forward to working with you on more joint events and the 2015 National Airborne Day.

*Received from Jill via e-mail, Aug. 18, 2014*

## **Gray's Creek Recreation Center (Piper Taylor)**

Piper Taylor has worked as Interim Director this summer at Grays Creek Recreation Center. My wife and I have dealt with her numerous times and have observed her interactions with kids, parents and senior citizen (like us). Always, that smiling face, positive attitude and sincere helpfulness is her focus. As an observer, you are getting far more than your money's worth. And yes, I feel qualified to make these observations and pass them on - I had 35+ years in management with a large corporation based in Wilmington, DE, and Piper indicative of what we were looking for always in our employees.

*Received from Joseph via mail, Aug. 21, 2014*

## **Athletics (Robert Corzett and James McMillan)**

I would like to let you know how professional Mr. James McMillan and Mr. Robert Corzette have treated me. I know I mentioned this to you earlier, that when I was out looking for helmets on Fri., every place I went in town I was told that Robert from the City had either called or been by. I really appreciate everything that they have done for me and my son. Thanks again for all of your help.

*Received from Kimberly via e-mail, Aug. 26, 2014*

## **Festival Park (Parks staff, Erica Brady and Sandy Thrash)**

Thank you so much for your support of our 8th Annual Run for the Red. Festival Park never looked better and it is the perfect place for the run. Thanks to people like you, we as the Red Cross, can make our community a better place. P.S: Sandy was great on the day of the race!

*Received from Phil via mail, Aug. 27, 2014*

## **Lake Rim Park (Michael Morales)**

Today we scheduled a homeschool class at Lake Rim with Ranger Michael. He was awesome, the kids loved him. He kept everyone engaged, despite the wide age range. He is incredible knowledgeable with all the information that he gave. Just wanted to let you know how awesome he did.

*Received from Katie via e-mail, Sept. 9, 2014*

**E.E. Miller Recreation Center (Kim Shewchuk and Daryl Bazemore)**

I wanted to take a moment to pass along a heartfelt “Thank You” from one of our FCPR Senior Clubs. Mrs. Theresa King, E.E. Miller “Seniors on the Move” Senior Club President, came in this morning to register for programs. While here, she wanted to make sure that I knew how much she and fellow seniors appreciated the staff at E.E. Miller. She said that Kim had gone above and beyond to not only accommodate the Club, but to assist with starting new programs for seniors at the facility. They are starting an Aerobics class, have had annual “Yard Sales,” and more. Mrs. King said that every time she has gone to Kim about assisting with finding space/time – she has been more than willing ... even with the “numerous times they have had to be changed due to participants’ schedules.” This is an example of the success that Senior Programs can play “in our community centers” when a Senior Club meets at the facility. It is a mutual partnership that is good for participation as well as facility usage. She wanted me to ensure that I would pass along the “gratitude and appreciation for making them feel so welcome.” I would also like to thank Kim & Daryl for “Enhancing the Quality of Life of Seniors” in Cumberland County.

*Received from Mary via e-mail, Sept. 10, 2014*

**Mazarick Park (Al Newman)**

I recently hosted my family reunion at Mazarick Park on Aug. 23. Upon arrival, I was promptly greeted by your representative on site, Al. He made me and my family welcome from the time we arrived until we departed. His only concern was making sure we had everything we needed. Al is a very dedicated to his craft and it shows. His level of customer service is impeccable. My family and I were very pleased with all of the accommodations and more than pleased with Al. It is my hope the next time I have a function at the park that Al will be there.

*Received from Stephen via e-mail, Sept. 11, 2014*

**Parks/Building Maintenance (Anthony Ramsey and Antonio Lugo)**

Many thanks to Anthony Ramsey and Antonio Lugo in the design and installation of the first Disc Golf course map at Mazarick park. This map will answer the needs of first time players at this site. Thanks to Anthony Ramsey for taking the lead on graphics and construction design. As always, Antonio Lugo did a professional job on the carpentry and installation aspects of this informational sign. We are fortunate to have many professionals in our department.

*Received from Neil via e-mail, Sept. 15, 2014*

**Cultural Arts**

Cheers to Joyce Malone and her His and Hers Performing Arts Theater Inc. company. I saw the play "Cindy in the Neighborhood" on Aug. 16 at Westover High School. Sametris McKinney, John Whitehead, Connie Pratt and many others committed six weeks of their summer to train more than 45 youth. This experience in dramatics gave the children and teens something positive and wonderful to do. They acted, danced and sang with confidence. What was so impressive is that the youngsters came from every neighborhood where Fayetteville-Cumberland County Parks and Recreation has centers. What a great cooperative venture.

*Received from Dorothy via the Fayetteville Observer, Sept. 17, 2014*

**Fall Softball (Travis Tuckey, Rhonda Grove and Rebecca Ballance)**

My daughter played Fall softball last year with Fayetteville-Cumberland Parks and Rec and is playing again this year. This year has been quite different because of the age groups that had to be combined. This was proving to be a little difficult in the beginning but I wanted to let you know that Travis Tuckey at Stoney Point Recreation Center was very helpful in getting some issues resolved related to team assignments. He was very good at following up with coaches/parents about changes and kept everyone informed so the teams could be established. I also wanted to acknowledge Rhonda Groves who has been very helpful since the games started. Due to the combining of ages, there was some confusion but Rhonda worked closely with the teams to get these issues resolved. She even followed up afterwards to check in to see how things were going. Even the Field Supervisor (Rebecca) has been helpful working through the items we had to work through because of the combined age groups. We often take the time to make complaints but don't take the time to acknowledge when people are helpful. I wanted to make you aware that these three individuals have been very helpful through fall softball this year to make sure girls were assigned appropriately to spread out ages proportionately and that all ages seem to be getting what they need in the games.

*Received from Erica via e-mail, Oct. 8, 2014*

**Senior Center**

Cheers to the city's IT networking team (Marcus, Vanessa and William) as well as Tracey Glover, Melissa Jernigan and Fayetteville Senior Center staff members Mary, Kathy and Lorrie for the help and support related to the installation of new computers at that facility. Not only are those computers new, but the expanded capabilities are wonderful. They are truly enhancing the life of this senior citizen. Thank you.

*Received from Randy via the Fayetteville Observer, Oct. 27, 2014*

**Spivey Recreation Center (Tommy Stewart)**

Hello all, I've been meaning to let everyone know how very much my son has been enjoying the Learn to Skate program... he hasn't stopped talking about it since the program started. Thank you, Tommy, for giving him this opportunity, especially for a child who doesn't always easily excel in sports. Thank you!!

*Received from Kim via e-mail, Nov. 24, 2014*

**Christmas in the Park (Russell James)**

Cheers to Arnette Park, a generous stranger and Rusty. My husband, my son and I went to the park recently. Rusty was selling tickets to ride the tractor through the lights, and we only had to pay \$2 due to a stranger ahead of us that paid for "the next 20 kids." It was delightful to experience the honesty of that young man and the generosity of the stranger. Thank you, Arnette Park. It was simply wonderful.

*Received from Ruthi via the Fayetteville Observer, Dec. 23, 2014*

**Park Rangers (Russell James)**

Thank you so much for judging our Science Fair projects today. Mrs. Hargrove and Mrs. Bartlett were extremely complimentary. I was also very impressed with how much time you took on each project and the thoughtful way that you approached this task. Our children will learn from your valuable input on their projects. Fayetteville-Cumberland County Parks and Recreation is fortunate to have you represent them. William H. Owen continues to work toward bringing STEM projects and activities to our children. We appreciate your support as we grow in this area and we continue to be thankful for the support of Fayetteville-Cumberland Parks and Recreation. Our Explorer's Club members thoroughly enjoyed their visit to the Clark Park Nature Center and your guided walk through the grounds. They practiced their owl calls all the way back on the bus!

*Received from Kathy via e-mail, Jan. 15, 2015*

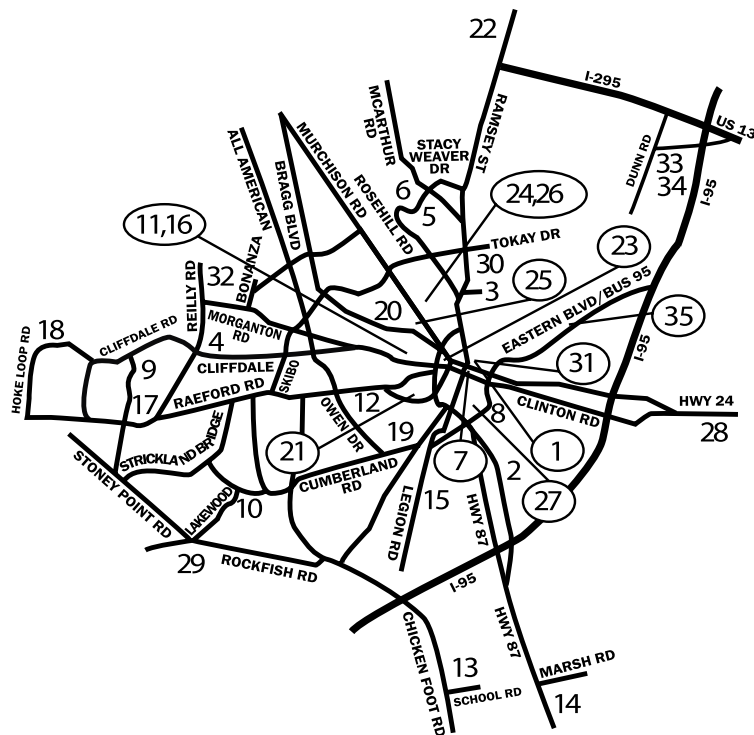
**Park Rangers (Michael Morales)**

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*Received from Kathy via e-mail, Jan. 15, 2015*



# PARKS AND CENTERS MAP & DIRECTORY



1	Administrative Offices	121 Lamon Street	433-1547
2	Arnette Park	2165 Wilmington Highway	433-1547
3	Clark Park & Nature Center	631 Sherman Drive	433-1579
4	Cliffdale Recreation Center	6404 Cliffdale Road	433-1127
5	College Lakes Park	4846 Tranquil Drive	433-1564
6	College Lakes Recreation Center	4945 Rosehill Road	433-1564
7	Cross Creek Park	Green Street - Ann Street	433-1547
8	Mable C. Smith Park	1367 Shadbush Lane	433-1547
9	E.E. Miller Recreation Center	1347 Rim Road	433-1220
10	E. Melvin Honeycutt School-Park	4665 Lakewood Road	433-1547
11	Honeycutt Park	352 Devers Street	433-1568
12	Gilmore Therapeutic Recreation Center	1600 Purdue Drive	433-1000
13	Gray's Creek Recreation Center	2964 School Road	433-1015
14	Hall Park	6060 Marsh Road	433-1547
15	J.P. Riddle Stadium	2823 Legion Road	433-1547
16	Kiwanis Recreation Center	352 Devers Street	433-1568
17	Lake Rim Park	2214 Tar Kiln Drive	433-1018
18	Lake Rim Recreation Center	1455 Hoke Loop Road	433-1175
19	Massey Hill Recreation Center	1612 Camden Road	433-1569
20	Mazarick Park	1368 Belvedere Avenue	433-1547
21	G. B. Myers Recreation Center	1018 Rochester Street	433-1570
22	Pine Forest Recreation Center	6901 Ramsey Street	433-1196
23	Rowan Park	Woodside Avenue	433-1547
24	Seabrook Park & Chalmers Pool	708 Langdon Street	433-1571
25	Fayetteville Senior Center	739 Blue Street	433-1574
26	Smith Recreation Center	1520 Slater Avenue	433-1571
27	J.S. Spivey Recreation Center	500 Fisher Road	433-1572
28	Stedman Recreation Center	175 Circle Drive	433-1440
29	Stoney Point Recreation Center	7411 Rockfish Road	433-1435
30	Tokay Park/Senior Fitness Center	328 West Hamilton Street	433-1414
31	Lamon Street Park	220 Lamon Street	433-1547
32	Westover Recreation Center	267 Bonanza Drive	433-1088
33	Eastover-Central Recreation Center	3637 Pembroke Lane	433-1226
34	Eastover Community Park	2721 Ball Park Road	433-1547
35	Riverside Dog Park	555 N. Eastern Boulevard	433-1547



Fayetteville  Cumberland  
PARKS & RECREATION  
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