

# ACTIVITIES GUIDE

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

Progress. Prosperity. Places To Play.



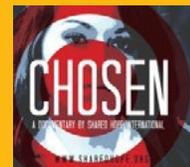
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**Breaking Ground**  
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# Welcome!

Parks and Recreation services are a valuable amenity in any community and Fayetteville-Cumberland Parks and Recreation continuously strives to better meet the needs of its citizens in a variety of ways. FCPR has been fortunate to develop and maintain many successful partnerships in the community that help us to extend the tax payers dollars to better serve you!

The Westover Aquatic Center opened to the public this past August and celebrated its inaugural season of operations with over 8,000 swimmers. A similar facility will be opening this coming summer at the College Lakes Recreation Center. Construction of the new facility at the College Lakes site is made possible through a successful ongoing partnership with Cumberland County Schools.

In 2006, a Master Plan was developed for parks and recreation in order to identify the needs of this growing community and strategize for our future. That plan included \$85 million in projects and improvements. In the fall of 2015, a \$35 million Parks Capital Program was developed to address those long-standing needs. The program projects would include new facilities, upgrades to existing amenities and expansions to facilities in need of more space. The Parks Capital Program would provide this community with a greater opportunity for active living, funded through a bond referendum. That means the average Fayetteville household would contribute approximately the cost of a liter of soda each month to make these projects a reality. Voting to proceed with the Parks Capital Program will take place on March 15th.

As the weather warms and outdoor adventures become more appealing, I encourage you to visit one of our many parks or indoor facilities. Whether you visit simply for leisure or to participate in a scheduled program, you'll find there is something available for each member of your family, with more to come soon!

Michael Gibson  
Director, Fayetteville-Cumberland Parks and Recreation



## Fayetteville City Council\*

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



## Cumberland County Commissioners\*

Chair: Marshall Faircloth  
Vice-Chair: Glenn Adams  
Dr. Jeannette M. Council  
Kenneth Edge  
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  
Joyce Malone  
Elvin McNeill  
William McNeill  
Linda Miller  
Scott Pope

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 www.FayTV7.com

## City's Website

www.FayettevilleNC.gov  
www.FayTV7.com  
www.FayettevilleOutfront.com

## County's Website

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

# Breaking Ground

In the past few months, Fayetteville-Cumberland Parks and Recreation has broken ground on two projects that are going to further serve the needs of the citizens of Fayetteville and Cumberland County.

## Linden Little River Park

The Town of Linden and the Fayetteville-Cumberland Parks and Recreation Department held a groundbreaking for the Linden Little River Park on Aug. 14.

The groundbreaking was the first step in the construction of the 38-acre park, located at the corner of Loop Road and Collier's Chapel Church Road. The first phase of the park is 12 acres and will include a walking trail, children's playground unit, hard-surface court, multi-purpose field, picnic shelter, benches, lighting, water fountains and a parking lot.

The first phase should be complete in the Summer, 2016. A timeline has not been set for the second phase of the park, which will include ball fields and a recreation center.



"The Linden Little River Park will be a convenient place for people to go and let their children play, enjoy the walking trail or gather with family and friends," Linden Mayor Marie Butler said. "It's a place not just for the Town of Linden, but for everyone in the surrounding community."

The total cost of the park is estimated at \$424,000. A grant from the North Carolina Parks and Recreation Trust Fund provided \$212,000. Cumberland County is funding the matching amount of \$212,000, through its 5-cent recreation tax.

## College Lakes Pool

On Monday, Jan. 25, the City of Fayetteville and Fayetteville-Cumberland Parks and Recreation broke ground of the construction of College Lakes Pool.

Fayetteville-Cumberland Parks and Recreation Advisory Commission Chair, Robert Lints, welcomed the group of citizens, elected officials and children from the College Lakes Recreation Center L.E.A.P. program. Mayor Nat Robertson and Mayor Pro Tem Mitch Colvin addressed the crowd. After a short ceremony, members of City Council and the Parks and Recreation Advisory Commission joined Mayor Robertson and Mayor Pro Tem Colvin in the ceremonial shoveling of the dirt to officially break ground on the construction of the new pool.



Construction of the pool is expected to be complete in the Summer, 2016.



# Cape Fear River Trail

Between Jordan Soccer Complex and PWC Hoffer Water Plant

Parking available at Clark Park

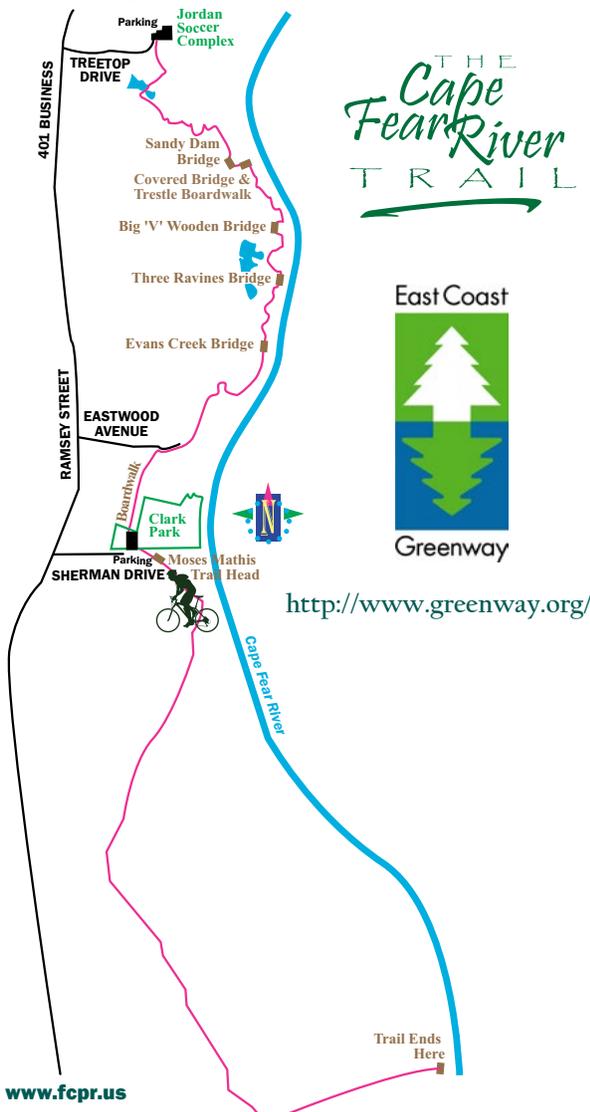
## GENERAL INFORMATION

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

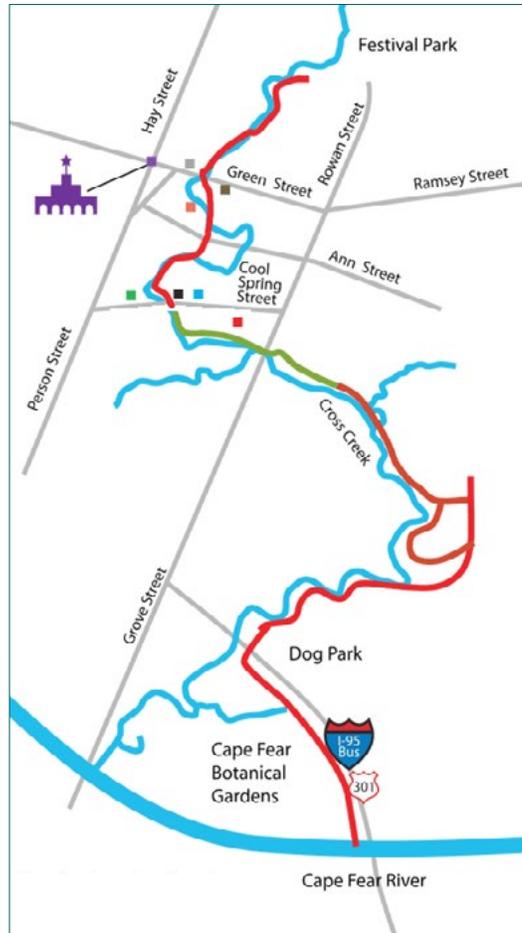
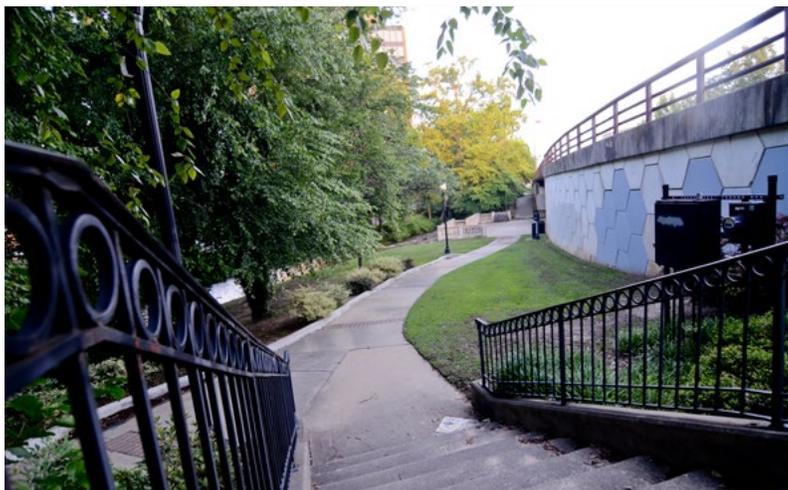
## Walk, Run, Ride – And Relive History



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.

Fayetteville's Cross Creek Linear Park is the perfect place for a run, walk, leisurely stroll or bike ride ... choose your own “pace” as you travel through history. Picturesque areas around the pathway provide the ideal spot for an outing, family picnic or fresh-air relaxation.

For more information about Cross Creek Linear Park, log onto [crosscreeklinearpark.com](http://crosscreeklinearpark.com)



### ALONG THE WAY

- First Presbyterian Church
- St. John's Episcopal Church
- Lafayette Park/Statue
- Market House
- Cool Spring and Cool Spring Tavern
- Parade Ground
- Evans AME Zion Church
- Cross Creek Cemetery



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# Military and Veteran Programming Opportunities

Fayetteville-Cumberland Parks and Recreation appreciates the service and recognizes the importance of our military community. In this edition of the Activities Guide, you will find that there are multiple programs and facilities designed with military and veteran service members in mind.

## North Carolina Veterans Park

**300 Bragg Boulevard (page 6)**

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.

## Freedom Memorial Park

**Intersection of Hay Street and Bragg Boulevard (page 7)**

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 freedoms. Freedom Memorial Park serves as a reminder that freedom is not free. Take a moment to enjoy the park and pay tribute to America's heroes.

## Adaptive Sports (page 23)

Paralympic Sport Club (PSC) – Fayetteville  
Adult Wheelchair Basketball

- PSC Archery
- PSC Boccia
- PSC Goalball
- PSC Kayaking
- PSC Paralympic Experience Day

## Fitness Equipment (page 40)

Fitness equipment is available at several neighborhood recreation centers.

## Fayetteville Area Transportation and Local History Museum

**325 Franklin Street (page 8)**

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.

## Fayetteville Senior Center

**739 Blue Street, 433-1574 (page 77)**

## Tokay Senior Fitness Center

**328 Hamilton Street (page 80)**

“Enhancing the Quality of Life of Seniors”

A full list of FCPR facilities can be found by visiting [www.fcpr.us](http://www.fcpr.us)



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[www.twitter.com/parksrecreation](http://www.twitter.com/parksrecreation)  
[www.FayTV7.com](http://www.FayTV7.com)

# 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 Easter Sunday, Thanksgiving Day and Christmas Day

## GENERAL INFORMATION



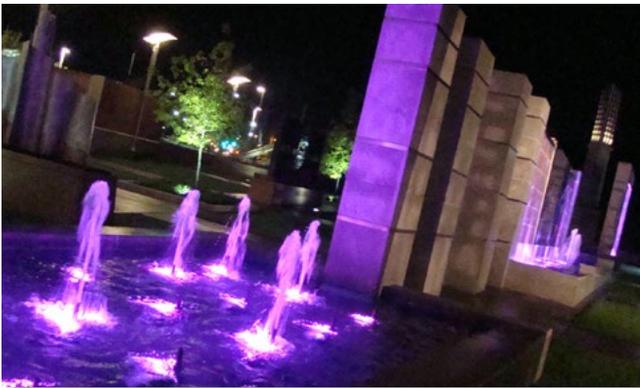
NORTH CAROLINA

## 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.

## 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.

## 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.

## 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.

## Volunteer Opportunities

Many people enjoy visiting the Fayetteville Area Transportation and Local History Museum. Did you know that you can expand your experience by becoming a volunteer? At the museum there are a number of opportunities from greeting visitors, to assisting with our collections, to helping with our exhibits. Expand your knowledge of local history and the museum's reach into the community. Help us let the history of Fayetteville and Cumberland County shine.

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.

**SPECIAL PROGRAMS**

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: [www.fcpr.us](http://www.fcpr.us) or our museum's Facebook page. Admission to programs and exhibits is free unless otherwise noted.

**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 offer a "make-and-take" craft opportunity. This is a collaborative event with The Cumberland County Association of Educators.

All ages; Sat., March 5; 11 am-3 pm; Free

**Spring Break Scavenger Hunt**

Let the learning continue over the spring break holiday with a visit to the museum. From March 29 through April 1, search for special local history facts hidden throughout our exhibits. This activity is perfect for Grades 2-5 who are eager to learn more about Fayetteville and the surrounding area.

6-12 yrs; Tues-Fri.; March 29-April 1; During museum hours; Free

**Spring Fling Car Show**

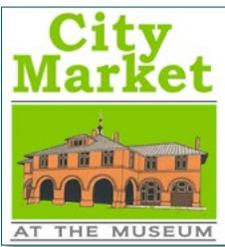
Do you have a vintage, antique, classic, custom car, truck or motorcycle? We want you to be a part of this sensational car show at the museum on April 2. Everyone is invited to check out all of the vehicles and cast their vote for favorite. Registration is free. Dash plaques and trophies awarded.

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

**City Market at the Museum**

The 2016 market season kicks off April 16. 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 other handcrafted products 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



**Underwater Archaeology and Ft. Fisher History Bus Tour**

In conjunction with our Modern Greece exhibit, travel with museum staff to Wilmington, NC. Peek behind the scenes at the North Carolina Department of Natural and Cultural Resource's Underwater Archaeology Branch and visit Fort Fisher State Historic Site. There will be a lunch stop included on this all day tour. Participants will travel via bus but tours may require moderate walking. The tour has a fee of \$5. Registration required. Space is limited. For more information or to register, call the museum.

10+; Sat., April 26; 9 am-4:30 pm; \$5/person

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

**Cape Fear River Presentation and Boat Tour**

Learn about the history of boats on the Cape Fear River and then hop on board for an evening boat ride. The presentation will be in the museum annex and then participants will travel to Campbellton Landing for a sunset river tour to the confluence of the river and Rockfish Creek.

10+; Sat., Aug. 6; 6:30-9:30 pm; \$25/person

**Dog Days of Summer Car Show**

What goes best with a hot summer night? Cool cars! Come out to the museum on Aug. 26 for a fun night and stroll among the chrome, wheels and gears. Make it a really special night and feature your classic, antique, vintage, or custom car, truck or motorcycle. Registration is free and dash plaques are available for participants.

All ages; Sat., Aug. 26; 6-8:30 pm; Free

**Local History at the Library**

This year the museum and the Cumberland County Library and Information Center are teaming up to bring you a host of local history presentations. Both sites are valuable educational resources for the community and this collaboration is one that will benefit a variety of ages and interest levels. These presentations will take place at the Headquarters Library located at 300 Maiden Lane in Downtown Fayetteville. Presentation topic and dates are:

**Power in Petticoats: Women in Fayetteville's History**

10+; Tues., March 2; 7pm; State and Local History Room of the Headquarters Library; Free

**Charles Chesnut: Presentation and Bus Tour**

All ages; Mon., April 11; 9 am-1 pm; Pate Room of Headquarters Library; \$3 for bus tour

**An Overview of Fayetteville's Military History**

10+; Sat., May 21; 10 am; Pate Room of Headquarters Library; Free

**The Punitive Expedition Centennial**

10+; Sat., June 11; 2-4 pm; Pate Room of Headquarters Library; Free

**Downtown Architecture: Presentation and Walking Tour**

All ages; Sat., July 30; 9 am-noon; Pate Room of Headquarters Library; Free

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[www.twitter.com/parksrecreation](http://www.twitter.com/parksrecreation)  
[www.FayTV7.com](http://www.FayTV7.com)

## 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

Special exhibits for this season are:

**March:** Fayetteville's Sister City - St. Avold, France

**April:** Scottish Heritage

**May:** Historic Preservation

**June:** Fayetteville's Early Hospitals and Medicine

**July:** Victorian Housewares

**Aug.:** Early Schools and Education in Cumberland County

## 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

### NEW EXHIBITS

This season the museum will open a number of exhibits to highlight specific people, events and places that impacted Fayetteville and Cumberland County. We encourage you to visit us often, as there is always something new to see and learn about the history of our area. Exhibit galleries are open Tues. through Sat. 10 am to 4 pm.

## Punitive Expedition

In the summer of 1916, a unit from Fayetteville deployed to the US border with Mexico. This year marks the centennial of this conflict, also known as the Border Dispute of 1916. Learn about the successes and struggles of the expedition, desert life at Camp Stewart and meet some of the men who served and would go on to serve a year later in World War I. This exhibit opened in Jan., 2016.

All ages; During museum hours; Free

## Edward Evans

Remembered by many as the long serving principal of the Orange Street School, Edward Evans was an influential African-American educator in Fayetteville in the early 20th Century. Learn more about the man, his family and his efforts toward improving lives and making Fayetteville strong. Opening on Tues., Feb. 2, this exhibit is a chance to learn more about the education history of our community.

All ages; During museum hours; Free

## Modern Greece

Artifacts recovered from the Confederate blockade runner Modern Greece are the focus of the exhibit which opens on Fri., Feb. 26. Sunken at the mouth of the Cape Fear River in 1862 by the Union blockade, the recovery effort of this ship and her cargo was the beginning of underwater archaeology efforts for North Carolina. The exhibit also highlights the significant connection between Fayetteville and Wilmington via the Cape Fear River, particularly during the Civil War.

All ages; During museum hours; Free

## Local Law Enforcement

Law and order has been maintained in the Fayetteville/Cumberland County area for over 250 years. Opening on Tues., March 15, visitors can take a look back at pivotal moments for police, sheriff, and other law enforcement agencies. This exhibit highlights some of the organizational changes, influential personnel, and tools of the trade in local law enforcement for the city and county.

All ages; During museum hours; Free

## Mourning: Death and Dying in Fayetteville

In collaboration with the Museum of the Cape Fear Historical Complex, our exhibit will open on Sat., May 7. Explore the ways that individuals, families and this community mourned loss in the 19th and early 20th centuries. The exhibit features mourning clothing and accessories, artifacts related to the funeral professionals of Fayetteville as well as local historical cemetery secrets.

All ages; During museum hours; Free

## 10th Anniversary Exhibit

The museum's 10th anniversary exhibit opens Thurs., May 26 which is exactly 10 years after we first opened our doors. Visitors can see commemoratives from our opening, behind the scene architectural elements of our historic building, and a selection of images of the exhibits, activities and events we have hosted over the past decade. See how this historic building was transformed into an award winning restoration and has grown into a dynamic cultural institution in the heart of Downtown Fayetteville.

All ages; During museum hours; Free

## Frances Benjamin Johnston Photo Exhibit:

Noted photographer Frances Benjamin Johnston dedicated herself to the Carnegie Survey of the Architecture of the South as a way to help preserve historic buildings and stress the importance of American architectural history. Take a look at the Fayetteville area buildings that she photographed that are part of the more than 7,000 images that comprise the survey. Visit the exhibit, which opens on Tues., June 21, to see Fayetteville through Frances Benjamin Johnston's eyes.

All ages; During museum hours; Free



### **200th Anniversary of The Fayetteville Observer**

The Fayetteville Observer is North Carolina's oldest newspaper still being published. It was first published as the Carolina Observer on June 20, 1816 and was renamed the Fayetteville Observer by E.J. Hale in 1825. See a number of observer cover pages when this exhibit opens on June 24. All ages; During museum hours; Free

### **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 U.S. city named for the Marquis de Lafayette and the only city named for him that he visited. When he came back to America as a guest of the nation, the city rolled out the proverbial red carpet to welcome the famed nobleman and general for his visit here on March 4 and 5, 1825. Learn more about the places he visited, the local people he met and how this community has celebrated the hero of two worlds. 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

### **Railroading in Fayetteville**

Fayetteville's historic importance as a transportation hub involved river, roads and rails. From an early rail system in the 1820s to the Western Railroad bringing coal and iron to the passenger and freight connections established by the CF and YV Railroad and Atlantic Coastline Railroad, train travel has been vital to this community's economy and wellbeing. Railroad enthusiasts will enjoy the artifacts and information highlighted in this exhibit. All ages; During museum hours; Free

### **Early Camp Bragg and Pope Army Airfield**

For nearly 100 years, soldiers and pilots have come from all over the county to train and work just north of Fayetteville. This exhibit focuses on these two installations during the time frame of 1918 to the eve of World War II. The establishment and growth of these two US Military installations, now Fort Bragg and Pope Army Airfield, has been pivotal in our national defense and key to our community's identity. All ages; During museum hours; Free



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# 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!



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# 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., April 3. 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 7 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.

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# J. Bayard Clark Park & Nature Center

631 Sherman Drive, 433-1579

Center Hours: March-Oct.: Mon.-Fri. 8 am-5 pm, Sat. 11 am-5 pm, Sun. 2-5 pm;

Nov.- Feb.: Mon.-Fri. 8 am-5 pm

## GENERAL INFORMATION

Clark Park and its Nature Center join the Cape Fear River Trail and Moses Mathis “Bicycle Man” playground/trailhead to form a complex suited to hours of enjoyment and education. It is the city’s second largest regional park and considered a gem by visitors. It remains a natural woodland area dedicated to preserving the environment, educating the public on North Carolina plants and wildlife, and providing the only camping in the area. The Nature Center museum features displays and live animals. Clark Park also provides exciting education and recreation programming.

Visitors can picnic overlooking the woods and one of the highest waterfalls east of the mountains. For those interested in walking, jogging or bicycling, the park serves as a trailhead for the Cape Fear River Trail, and will feature new, dedicated mountain biking trails opening in spring/summer 2016. Well behaved, leashed pets are welcome on the trails as long you clean up after them.

Clark Park Nature Center offers programming for educators, groups, individuals and families. Programs 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.

Contact the park office at 910-433-1579 if you would like to receive a copy of our monthly newsletter with updated program information or follow us on Facebook at [www.facebook.com/fcprnature](http://www.facebook.com/fcprnature).

## EDUCATOR AND GROUP SERVICES

### School and Group Field Trips

Are you looking for an interesting field trip for your school, church, civic or scout group? Is teaching hands-on science in the classroom a challenge? Our life, Earth and physical science programs can correlate to DOD and North Carolina’s Essential Standards for Science. Programs can be coupled with a nature hike. Bring lunches to picnic on the grounds and playground after your program.

Choose from guided hikes, programs listed or popular subjects such as wetlands, animal adaptations, beaver ecology, tree identification, rocks and minerals, fossils, insects, the naval stores industry, Native American culture, or just a tour of the nature center. Custom programs are available. Programs are offered by appointment only; Free

### Standards-Related Programs (others for K-5 available this Spring)

**Geared toward Kindergarten - The Motions and Positions of Organisms:** Straight, zigzag, round and round. Engage your young students’ bodies while practicing these concepts on the Clark Park trails. Students will also observe termites changing motions as the insects follow trails that help them locate mates and food in the wild.

**Geared toward 2nd Grade - Bug Vibrations:** Insects produce an amazing array of sounds, all created by the vibration of body parts. Learn how mosquitos and bees buzz and listen to live insects sing and hiss. Discover how one of the loudest insects of all, the cicada, exceeds 90 decibels in volume during the “dog days” of summer. Couple with a hike to listen for nature’s sound makers on the Clark Park trails.

### 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 a sense of wonder about nature and invites children to explore wildlife and the world around them. Activities 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 for reservations and topics. \$1/student

### Environmental Mobile Unit (EMU)

For groups of 100 or more, Clark Park utilizes a twenty-four foot mobile educational trailer that provides outreach 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. Reservations must be made two months in advance.

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

### 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

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

## PROGRAMS AND AMENITIES FOR INDIVIDUALS AND FAMILIES

For information on Clark Park's Summer Camp programming, please see our Summer Camp section, page 37.

### Children's Loblolly Garden Outdoor Learning Environment (OLE)

What ever happened to making mud pies, sorting rocks, digging, watching ladybugs and looking for four leaf clovers? Children are just plain losing the hands-on experience with nature that they once had. Research, including that compiled by the Natural Learning Initiative at NC State, has shown that children's social, psychological, academic and physical health is positively impacted by daily contact with nature. Enjoy this special play area outside the Nature Center during normal operating hours from March through Oct. Free. For more on the benefits of nature play, visit <http://naturalearning.org/>

### Clark Park Scavenger Hunts

Learn about changing topics as you follow clues that lead to special objects in this self-guided game. Find all the objects and get a small prize. One month it might be frogs and toads, one month it might be butterflies and moths, or even types of soil.

All ages; pick up clues in the Nature Center; Free

### Animal Feedings

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

### Naturalist Thursdays

Curious about nature? Increase your knowledge about a wide array of subjects during these ranger-led talks. Call to register.

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

**March 10:** Insects; **April 14:** Signs of Spring; **May 12:** Butterflies and Moths; **June 9:** Who Lives in a Pond; **July 14:** Exploring the Garden; **Aug. 11:** Reptiles and Amphibians

### Growing Up Wild Early Childhood Nature Exploration

Growing up Wild is an early childhood education program that builds on a sense of wonder about nature and invites children to explore wildlife and the world around them.

Activities 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.

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

**March 1:** Wiggling Worms; **April 5:** Seed Need; **May 3:** Ants on Parade; **June 7:** Wildlife is Everywhere; **July 5:** Bird Beak Buffet; **Aug. 2:** Fishing Fun!

### Build a Birdhouse Workshop

Learn about common birds that can be found in our neighborhood and build a birdhouse. Call to register. Space is limited.

8+; March 5; 9:30-11 am; \$5/participant

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

### 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 (generally on the 3rd Tues.) A storyteller from the Cumberland County Public Library and Information Center reads as your child interacts with them. Call to register.

6-under yrs w/adult; 1-2 pm; Free

**March 15:** Wildflowers; **April 19:** Otters; **May 17:** Bears; **June 21:** Frogs; **July 19:** Butterflies; **Aug. 16:** Spiders

### Alphabet Hike

For a fun way to explore the park, go on an Alphabet Hike with your little ones. Enjoy the fun of a scavenger hunt as you search for the letters of the alphabet on this guided hike. Each letter is a clue to something 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; Wed., March 9; 2-3 pm; Free

### Campfire Program

Gather around 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 meet at the Nature Center and take a short walk to the campground. Promptness is essential. Call to register by March 10, space is limited.

All ages; Fri.; March 11; 6-7:30 pm; April 1; 7-8:30 pm; \$3/person (cash only)

### Shamrock Hike

Join a park ranger and dress in your favorite green outfit as we listen to some folklore and history about St. Patrick's Day. Then traverse the trails as you search for hidden items in the woods.

All ages; Thurs., March 17; 4-5:30 pm; Free

### Wilderness Survival

Discover methods of surviving in the natural world. This is a four part instruction on wilderness survival with focus on a different aspect each month. Come find out what it takes to survive. Spaces are limited so call ahead to reserve a spot.

10+; March 4, April 29, May 27, June 24; 3:30-4:30 pm; Free

### Interpretive Hike

Learn about the history, plants, and animals of the Clark Park Area and the Sandhills. The pace will be leisurely with plenty of opportunities for questions. Call to register.

All ages; March 25; 4-5:30 pm; June 17; 3-4:30 pm Free

### Frog Night Hike

Learn to identify the different species of frogs that are found in Fayetteville that come out in the spring through hands-on activities followed by a short hike along the Cape Fear River Trail. Pre-registration required.

All ages; Fri., April 15; 7:15-9:15 pm; Free

## Teddy Bear Picnic

Enjoy a picnic with your favorite teddy bear or 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.  
2-5 yrs with an adult; Wed., May 11; 11:30 am-1 pm;  
\$2 (cash only)

## Wildflower Hike

Join a park ranger for an informative hike along the park trails. Native and exotic species will be identified and discussed. Class size is limited. Call by date and time to register.  
All ages; Wed., May 18; 3-4:30 pm; Free

## Bird Appreciation Walking Group

\*\*\***IDEAL FOR SENIORS**\*\*\*

Bring your binoculars and meet other bird lovers as we walk the trails at the park and along the Cape Fear River looking for species, learning song, and collecting information about locations and behavior. Some participants may enjoy assisting park rangers in monitoring Cumberland County's avian residents during bird surveys. This group is for adults and mature children.  
12+; Tues.; 7:30-9 am; Free

## Plant Appreciation Walking Group

\*\*\***IDEAL FOR SENIORS**\*\*\*

Meet other plant lovers as we walk the trails at the park and along the Cape Fear River (CFR) identifying plants, watching their development and noting their locations. Our observations will be used to compile plant lists for the Park and CFR Trail. This group is for adults and mature children.  
12+; Fri.; 3-4:30 pm; Free

## Cape Fear River Trail Golf Cart Tours

\*\*\***IDEAL FOR 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

## Cape Fear River Pontoon Boat Tours

\*\*\***IDEAL FOR SENIORS**\*\*\*

Float on down the river with park staff and Captain Freddie Mims. Learn about Fayetteville's early importance as a colonial port city and trade center. Explore many historic features along the river and enjoy the natural beauty of the river, plants, and animals. Call for upcoming tour dates or to arrange your own date for a group.  
\$25/person and group tours and rates are available.

## OUTDOOR RECREATION

### Nature and History Paddle-Peddle

Bring your bike and cycle with a ranger on a tour along the Cape Fear River Trail, as we learn about the history, flora and fauna. We'll travel along the trail to a lake, then canoe the lake and return by bike. Space is limited.  
13+; Thurs., March 31; 1-4 pm; \$10/person

## Camping

Camping at Clark Park can be an added part of your adventure. A semi-primitive campground is available for rent that includes a fire ring and outdoor restrooms with a cold shower. There is no electricity. 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) **Note:** fees are double for out-of-county, Spring Lake or Hope Mills residents. Fort Bragg is considered in-county.

## Archery Clinic

The class is designed to introduce archery to beginners. Participants use state-of-the-art compound bows as they learn the basics. 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.  
8+; Sun., May 22; Fri., June 10; 9 am-noon;  
\$5/person

## Trail Building Day

Three miles not enough trail for you? Don't let anticipation for a longer mountain bike trail weigh on you. Help us create new trails and speed up the process. Come out for a day of experience, learning, and hard work. Bring gloves, closed toed shoes and plenty of water. Enjoy a free lunch and stick around for a ride.  
Adults and mature children; May 14; 9 am-lunchtime; Free

## SPECIAL EVENTS

### Moth Night!

Almost every night is moth night at Clark Park, as the woods yield giant silkworm moths like the Luna and Polyphemus. Come hear about how moths differ from butterflies, how to attract and trap moths for ID and study, and see what we can catch at Clark on this night. Moth Night is part of National Moth Week, a celebration of moth diversity, beauty, life cycles and habitats.  
All ages; Fri., July 29; 8-11 pm; Free

### Fairy and Action-Figure Fort Fest

Miniature gardens are all the rage, and can be used as "forts" for everything from small dolls to trolls, fairies, animals and action figures! The idea for this festival is for groups (or individuals) to attend some how-to workshops on Thurs. and then to spend time on Fri. constructing their forts in the cool of the forest on the Clark Park trails. Sat., the public can view the creations and hear about your group. Guests will vote on the best forts in several categories. Call to register your group for participation.  
Thurs., Aug., 25; Workshops from 10 am-3 pm; Fri., Aug. 26; Building from 8 am-5 pm; Sat., Aug. 27; Public viewing from 11 am-5 pm; Free (although you may want to purchase items from vendors at the workshops)

# 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!!**

All programs will meet at the Gillis Information 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 or follow us on Facebook at [www.facebook.com/fcprnature](http://www.facebook.com/fcprnature).

For information on Lake Rim Park's Summer Camp programming, please see our Summer Camp section, page 37.

## EDUCATOR AND GROUP SERVICES

### Educational Group Field Trips

Are you looking for an interesting field trip for your school, church, civic or scout group? A variety of ranger-guided environmental and local history programs can be taught at Lake Rim Park. Popular subjects include: animal adaptations, beaver ecology, plants, tree identification, rocks and minerals, fossils, insects, the naval stores industry, and Native American cultures or choose from the programs offered below. Nature hikes and custom programs are available and programs can be correlated to DOD and North Carolina's Essential Standards for Science. Picnic shelters can be reserved for lunch. Programs are offered by appointment only, call to schedule. Group size limited to 80 participants. 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 for more information. \$25/program, fee waived for Cumberland County Public Schools, Fort Bragg Schools and affiliates; Some programs may require a material fee of \$1/person



## PROGRAMS AND AMENITIES FOR INDIVIDUALS AND FAMILIES

### 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

### 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 8:** Birds; **April 12:** Frogs; **May 10:** Bees; **June 14:** Dragonflies; **July 19:** Butterflies; **Aug. 9:** Opossums  
3-6 yrs w/adult; Tues.; 10-11 am; Free

### Tar Kiln Tour

Take a behind-the-scenes look at a historical treasure located at Lake Rim Park. Join a park ranger to view the remnants of the Weed's Lightwood Plant, a century-old turpentine factory. Learn about the importance of the naval stores industry in NC and find out why we are really known as "The Tar Heel State." Call to register. 5+; Wed., March 16; 3-4:30 pm; Free

## Naturalist Thursdays

Curious about nature? Increase your knowledge about a wide array of subjects during these ranger-led talks. Call to register.

**March 24:** Bugs; **April 28:** Signs of Spring; **May 26:** Butterflies and Moths; **June 23:** Pond Life; **July 28:** Exploring the Garden; **Aug. 25:** Reptiles and Amphibians

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

## Wildflower Walk

Get outside, take in some nature, and enjoy the array of spring flowers. Identification of wildflowers found at the park and their significance will be discussed. Call to register.

All ages; Wed., April 20; 4-5:30 pm; Free

## Edible and Medicinal Plants

Before the age of modern medicine, people had to know how to use different plants to treat their ailments.

Native plants also served as a source of food for those who knew how to properly collect and prepare them. Learn about the edible and medicinal plants of N.C. on this ranger-led hike. Call to register.

8+; Wed., May 4; 3-4:30 pm; Free

## Story Hunt

Follow the nature trail to look for the missing pages from a book and to piece together the story. A combination scavenger search and a story, a fun way for children to enjoy a story and the park at the same time! Call to register, space is limited.

6-under yrs; Fri., May 6; 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, space is limited.

5-under yrs w/adult; Thurs., May 12 and Sat., June 25; 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 the 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, space is limited.

5-under yrs w/adult; Wed.; June 1 and July 20; 9-11 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, space is limited.

3-5 yrs w/adult; Fri., July 8; 10-11 am; Free

## Create Your Own Tar Kiln

Used to seal ships and for waterproofing, naval stores (tar, pitch and turpentine) were essential to the economy of this area up until the early 20th century. View and discuss the remains of tar kilns used by Weed's Lightwood Plant and try to create some unrefined tar yourself. Call to register, space is limited.

8+; Fri., July 29; 9-11am; Free.

## Interpretive Hike

Join a park ranger on a 1-mile hike down the Border Trail. Learn about the history, plants, and animals of the Lake Rim area and the Sandhills. The pace will be leisurely with plenty of opportunities for questions. Call to register.

All ages; Fri., Aug. 5; 3-4:30 pm; Free

## OUTDOOR RECREATION

### Archery Clinic

The archery class is designed to introduce the sport of archery to beginners. Participants will use 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.

8+; Tues., March 29 or Sat., May 14; 9 am-noon; \$5

### Youth Archery

This is an introductory class for younger archers. The basic safety rules, proper use of a bow and arrow, and correct shooting techniques will be taught. Target practice and archery games make the class fun as they develop their skills. Parent or guardian must stay and supervise. Register early because space is limited.

5-7 yrs; Thurs., June 9; 9-11 am; \$5 per child

### 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.

8+; Sat., Aug. 20; 9 am-noon; \$5

## 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+ w/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+ w/participating adult

## Historical Southport Bicycle Tour

Peddle the tree lined streets of Southport in Brunswick County while learning about the colorful local history. The pace will be leisurely and include visits to historical sites. Price includes transportation, bike, and helmet. Bring money for lunch. Other nearby sites of interest will be visited as time allows. Call for dates and times. 55+; TBD; \$30  
13+; Sat., May 7; Time TBD; \$30

## SPECIAL EVENTS

### St. Teddy's Picnic

Bring your favorite teddy bear or stuffed animal to the park for St. Patrick's Day. We will provide snacks, crafts and activities. Participants should bring a blanket to sit on. Call to register by March 15, space is limited. 6-under yrs with an adult; Thurs., March 17; 10:30 am-noon; \$2 paid day of event

### 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 4; 8 am-noon; Free

### Scavenger Hunt Challenge

Teams and individuals will compete for prizes by completing a scavenger search through Lake Rim Park. Call for more information. All ages; Fri., Aug. 12; Time and Fee TBD

### Summer Has Split

Come out to the park for a banana split party and some fun and games before school starts back. Contact the park for more details. All ages; Fri., Aug. 26; 3:30-5 pm; \$1



# 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, a playground 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 while repairs are being made to the lake spillway.

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 newsletter with updated program information or follow us on Facebook at [www.facebook.com/fcprnature](http://www.facebook.com/fcprnature).

For information on Mazarick Park's Summer Camp programming, please see our Summer Camp section, page 37.

## EDUCATOR AND GROUP SERVICES

### Educational Group Field Trips and Outreach Programs

Refer to Clark Park Nature Center

### Scout Outdoor Activities Badge Programs

Refer to Clark Park Nature Center

## PROGRAMS AND AMENITIES FOR INDIVIDUALS AND FAMILIES

### 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.

Call to register. Meet at the Mazarick building.

**March 17:** Bugs; **April 21:** Signs of Spring; **May 19:**

Butterflies and Moths; **June 16:** Pond Life; **July 21:**

Exploring the Garden; **Aug. 18:** 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. Meet at the Mazarick building Call by the Fri. before the program to register, space is limited.

**March 22:** Frogs; **April 26:** Wildflowers; **May 24:**

Dinosaurs; **June 28:** Fish; **July 26:** Turtles; **Aug. 23:** Bugs

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

### Snakes Alive

Learn about some of nature's most misunderstood animals and the truth behind the myths and legends. Meet at the Mazarick building. Call to register.

All ages; Wed., March 30; 2-3 pm; Free

### The Wild and Wonderful of the Fayetteville Area

Are you new to the area? Do you know how to get to the Taxidermy Hall of Fame, where to find a museum of animals from the Serengeti, and the grave of the "Spaghetti Mummy?" Do you know the real facts concerning the Vampire Beast of Bladenboro, and why the Sandhills ecosystem is of worldwide significance? This region is anything but boring if you know where to look. Get in the know by attending this lecture at Mazarick Park. Meet at the Mazarick building.

All ages; Tues.; March 15 and May 24; 5:30-6:30 pm; Free

## SPECIAL EVENTS

### Easter Egg Hunt

Celebrate the spring season with an Easter Egg hunt. There will be prizes for the most eggs collected and for finding the lucky eggs. Meet at the main entrance next to the tennis courts and bring a basket. Registration required by March 17, space is limited.

Sat., March 19; 1-4 yrs 1 pm; 5-8 yrs 2 pm; 9-12 yrs 3 pm; \$1

Follow us on Facebook,  
Twitter and YouTube

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

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

[www.FayTV7.com](http://www.FayTV7.com)



## Major League Pitcher Mike Wright Comes to Fayetteville

Fayetteville youth had a unique opportunity to meet and greet a professional athlete for free on Saturday, Nov. 21, when Baltimore Orioles pitcher Mike Wright came to Arnette Park in Fayetteville. Wright signed autographs and took pictures with the children; spoke to them about how he made it to the Major Leagues and how to be successful in life; and pitched to them. Fayetteville-Cumberland Parks & Recreation served as host of the event.



Wright attended nearby Scotland High School in Laurinburg and graduated from Whiteville High School before starring at East Carolina University. The Orioles selected him in the third round of the 2011 draft and he made it to the big leagues this past season. Wright was named the Orioles 2013 Minor League Pitcher of the Year. In his first game as an Oriole, he allowed four hits and struck out six in 7-1/3 innings, and he became the first Oriole to notch a scoreless start in his MLB debut in seven years. In the debut, Wright threw a 98 mph fastball, producing a strikeout by Mike Trout, a four-time all-star and 2014 American League MVP. Wright's fastball has reached 99 mph.

Wright's middle school baseball coach showed up for an autograph and to talk about their good memories together on the baseball field.

Parents were appreciative of Wright spending time with the children. The following comments were made on Wright's Facebook fan page:

**Teresa Tyndall:** "Thank you so much for taking time to come visit Fayetteville. I can't speak for all the children but I know Christopher was so excited and has been showing your pic to everyone."

**Chris Lucas:** "Thank you for the time you spent with all of the kids today. We all enjoyed and appreciate it very much."

**Lorri Dove:** "Thanks Mike Wright for coming out and making these boys day!"

**Charlotte Smith Booth:** "Thank you for coming out today! Our boys made memories that will last for years to come."

Pictures of the event have been posted on Wright's Facebook fan page at: <http://www.facebook.com/MikeWrightbaseball> and the Fayetteville-Cumberland Parks & Recreation Facebook page at: <http://www.facebook.com/fcpr.us>.

For more information about Wright, log onto: <http://m.mlb.com/player/605541/mike-wright> and view a video of his interview after his Major League debut at [http://www.youtube.com/watch?v=qmIWqe\\_U\\_QA](http://www.youtube.com/watch?v=qmIWqe_U_QA).



# ATHLETICS

## YOUTH TEAM SPORTS

Birth certificate, 3 proofs of residence and fee are required at the time of registration. The first two weeks of registration will be open to residents only.

### Baseball

Registration is Jan. 1-March 1. Season starts in April. League age is the age attained by a player prior to May 1 of the current playing year.

Boys and Girls; 5-17 yrs; \$20 residents; \$40 non-residents; \$5 late fee

### Baseball (Fall)

Registration is June 1-Aug. 1. Season starts in Sept. This is an instructional program and scores, won-loss records are not kept.

Boys and Girls; 7-17 yrs; \$20 residents; \$40 non-residents; \$5 late fee

### Softball

Registration is Jan. 1-March 1. Season starts in April. League age is the age attained by a player prior to Jan. 1 of the current playing year.

Girls; 7-17 yrs; \$20 residents; \$40 non-residents; \$5 late fee

### Softball (Fall)

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

Girls; 7-17 yrs; \$20 residents; \$40 non-residents; \$5 late fee

### Basketball

Registration is Oct. 1-Dec. 1. Ages 5 and 6 will participate in a 6-week instructional program on Sat. mornings. Ages 7-17 will participate in league play. Season starts in Jan. League age is the age attained by a player prior to April 1 of the current playing year.

Boys and Girls; 5-17 yrs; \$20 residents; \$40 non-residents; \$5 late fee

### Basketball (Summer)

Registration is April 1-June 1. Season starts in July. League age is the age attained by a player prior to Aug. 1 of the current playing year.

Boys and Girls; 7-17 yrs; \$20 residents; \$40 non-residents; \$5 late fee

### Indoor Soccer

Registration is Jan. 1-March 1. Season starts in April. League age is the age attained by a player prior to May 1 of the current playing year.

Boys and Girls; 5-12 yrs; \$20 residents; \$40 non-residents; \$5 late fee



### Lacrosse

Registration is Dec. 1-Feb. 1. Season starts in March. Players will be grouped together by grade level.

Boys and Girls; 5-17 yrs; \$20 residents; \$40 non-residents; \$5 late fee



### Rugby

Registration is Dec. 1-Feb. 1. Season starts in March. League age is the age attained by a player prior to May 1 of the current playing year.

Boys and Girls; 8-19 yrs; \$20 residents; \$40 non-residents; \$5 late fee

### Bowling

Registration is April 1-June 1. League age is the age attained by a player prior to July 1 of the current playing year.

Boys and Girls; 9-18 yrs; \$30 residents; \$60 non-residents

### Volleyball (Summer)

Registration is April 1-June 1. Season starts in June. League age is the age attained by a player prior to Aug. 1 of the current playing year.

Girls; 9-17 yrs; \$20 residents; \$40 non-residents; \$5 late fee

### Volleyball (Fall)

Registration is June 1-Aug. 1. Season starts in Sept. League age is the age attained by a player prior to Dec. 1 of the current playing year.

Girls; 9-17 yrs; \$20 residents; \$40 non-residents; \$5 late fee

### Football

Registration is June 1-Aug. 1. Season starts in Sept. League age is the age attained by a player prior to Dec. 1 of the current playing year.

Boys and Girls; 5-14 yrs; \$25 residents; \$50 non-residents; \$5 late fee

### Soccer

Registration is June 1-Aug. 1. Season starts in Sept. League age is the age attained by a player prior to Dec. 1 of the current playing year.

Boys and Girls; 5-17 yrs; \$20 residents; \$40 non-residents; \$5 late fee



### Cheer

Registration is June 1-Aug. 1. Season starts in Sept. League age is the age attained by a player prior to Dec. 1 of the current playing year.

Boys and Girls; 7-14 yrs; \$20 residents; \$40 non-residents; \$5 late fee

### Cheer Instructional Program

Registration is June 1-Aug. 1. Program starts in Sept. League age is the age attained by a player prior to Dec. 1 of the current playing year.

Boys and Girls; 5-6 yrs; \$20 residents; \$40 non-residents; \$5 late fee

## 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

**Buddy Tennis Clinic**

Participants with physical and mental disabilities will be introduced to the sport of tennis. Each player is paired with a “buddy” to assist the player as needed. The Methodist Professional Tennis Management program will be assisting with the clinic. An emphasis will be placed on basic skills, exercise, and having fun. Program is held at Methodist University. Registration is March 1-April 1. 8+; Thurs., April 21 and Mon., April 25; 6-7:15 pm; Free

**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 in Sept. and runs through May.

6+; 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

**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 1, April 5, May 3, June 7; 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 3, March 17, April 14, April 21, May 5, May 19, June 2; 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.; April 1, April 29, May 20; 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 10, April 7, May 12, June 9; 10 am-noon; Free

**PSC Summer Experience Day**

Come and join us as we introduce and practice the basics of Goalball, Boccia, and Archery. Pre-registration is required.

Program is held at Massey Hill Recreation Center. Call 33-1376 for more information or to register.

12+; Thurs., Aug. 18; 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 ZONES

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

## REGISTRATION GUIDELINES (Youth Team Sports)

**TRADITIONAL** team sports, defined as winter basketball, spring baseball, spring softball, fall soccer, football, and volleyball 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, lacrosse, rugby. 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. The registration period will be held for 2 months for each sport.
2. Residents will be given a 2 week advance registration period.
3. Non-resident registration will begin after the 2 week advance registration period for residents.
4. For all recreation programs, the Non-Resident fee shall be a flat percentage increase of the Resident Fee. *(the Non-Resident fee will be double the Resident fee)*

5. For registration purposes, those Individuals or Families that contribute to the tax base which supports Fayetteville-Cumberland Parks and Recreation programming are considered "Residents." *(Participants from Hope Mills, Spring Lake, Hoke Co., Robeson Co., Bladen Co., Sampson Co., & Harnett Co. are "Non-Residents")*

6. Residents and Non-residents will register in the zone determined by their street address.

7. **Non-Resident registration locations for traditional team sports**

<u>NON-RESIDENT LOCATION</u>	<u>REGISTRATION LOCATION</u>
Hoke County	Zone 2 / Zone 3
Robeson County	Zone 7 / Zone 2
Bladen County	Zone 7 / Zone 6
Sampson County	Zone 5 / Zone 6
Harnett County	Zone 4 / Zone 5
Moore County	Zone 4
Hope Mills	Zone 2 / Zone 7
Spring Lake	Zone 4

8. Residents of Fort Bragg are City of Fayetteville residents and register in Zone 3 or 4.

9. 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

10. 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.

11. Player will not be placed on a team until their picture is captured in Rectrac.

12. 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.
13. (TRADITIONAL) Zones enforced: participant’s physical address determines which zone they will play in.
14. (TRADITIONAL) Recreation centers will be divided into 7 registration zones.
15. (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.
16. (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.
17. A late registration period will be held up until the date of the player draft. \$5 late fee will be charged.
18. 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.
19. A player will be allowed to play up in age 1 year with a written letter of request. The play-up request must be received prior to the draft or at the time of registration. Exception: football – no play up is allowed.
20. (TRADITIONAL) New **legal** players will be assigned to a team using the FCPR draft.
21. (TRADITIONAL) Returning **legal** players who register prior to the draft will be placed on their previous team roster.
22. (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. **RETURNING LEGAL PLAYERS WHO REGISTER LATE ARE NOT GUARANTEED A SPOT ON A TEAM ROSTER.**
23. (TRADITIONAL) A player draft will be held if there are enough players for more than 1 team.
24. (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
25. (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 (*from the previous year*)
  - c. Extreme circumstances.(supporting documentation requesting and supporting the circumstance must be submitted to district supervisor and athletic coordinator for approval)
  - d. Play-up approved.
26. Summer basketball, summer volleyball, indoor soccer, cheer, fall baseball, fall softball , lacrosse, rugby, AND 6U sports are allowed pre-formed teams. Otherwise, players in these programs will be assigned to teams by center staff.
27. Summer basketball, summer volleyball indoor soccer, fall baseball, fall softball, lacrosse, rugby: 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. 1-March 1 for the Fayetteville Rockets. Meets begin in April. Register at any recreation center. FCPR is a member of USATF (USA Track and Field) [www.fayettevillerockets.net](http://www.fayettevillerockets.net)  
Boys and Girls; 7-17 yrs; \$20 residents; \$40 non-residents; \$5 late fee

### Swimming

Registration is June 1-Aug. 1. Season starts in Sept. League age is the age attained by a player prior to Aug. 1 of the current playing year.  
Boys and Girls; 7-18 yrs; \$20 residents; \$40 non-residents; \$5 late fee

### Golf Lessons

Hook a kid on golf! This is your chance to learn how to play the right way. Program includes three lessons, held on Sat.; 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.  
Boys and Girls; 6-18 yrs; Spring (April), Summer (July) and Fall (Sept.) sessions; Cypress Lakes Golf Course; 11 am-1 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 670-1797 for more information.  
Boys and Girls; 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 670-1797 for more information.  
Boys and Girls; 4-6 yrs; Tues. and Thurs.; 3:30-4 pm at Mazarick Park Tennis Center; \$40/month

### 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 670-1797 for more information.  
Boys and Girls; 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 670-1797 for more information.  
Boys and Girls; 12-18 yrs; Mon.-Fri.; 4-6 pm at Mazarick Park Tennis Center; \$150/month or \$15/session

### Fun Junior Tennis Tournament

Tournament to be held at Mazarick Park Tennis Center. Register at your local recreation center or Mazarick Park Tennis Center. Call 670-1797 for more information.  
Boys and Girls; 9-18 yrs; June 18-19; \$20 single; \$20/doubles team

### Junior Tennis Clinics/Lessons

The clinics will be for beginner to advanced students. Clinics will run from 30 minutes to 2 hours based on the clinic. Clinics and registration are year round. For more information call 670-1797.  
Boys and Girls; 4-17 yrs; \$7-\$10 group lessons; \$30/hour or \$20/half hour for private lessons

### City Tennis Championships

This tournament will test your ability against other players in the area in your age group. For more information call 670-1797.  
18+; Sept. 23-25; Mazarick Park; \$20/singles; \$30/doubles

### Summer Conditioning Clinics (FREE!)

There are no shortcuts, no magic pills and no 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: Boys and Girls; 9-14 yrs

### Wrestling Instructional Program

Registration is Sept. 1-Nov. 1. Learn the basics of wrestling. This program is open to boys and girls and will be held at Myers Recreation Center. Program will be held on Sat. mornings in Nov./Dec.  
Boys and Girls; 6-12 yrs; \$20 residents; \$40 non-residents; \$5 late fee

### Wrestling

Registration is Dec. 1-Feb. 1. Transition from instructional lessons into competitive matches. This program is open to boys and girls and tournaments will be held on Sat. beginning in March.  
Boys and Girls; 6-12 yrs; \$20 residents; \$40 non-residents; \$5 late fee

Follow us on Facebook, Twitter and YouTube

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

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

[www.FayTV7.com](http://www.FayTV7.com)



## YOUTH SPORT CAMPS

### Basketball Camp

This exciting opportunity features skills, drills, and motivational encouragement. Camp will be held at E.E. Smith High School.  
Boys and Girls; 7-17 yrs; June 13-17; 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.  
Boys and Girls; 7-14 yrs; June 13-17; 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.  
Boys and Girls; 7-14 yrs; July 11-15; 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.  
Boys and Girls; 7-17 yrs; July 25-29; 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.  
Girls; 7-17 yrs; July 18-22; 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.  
Boys and Girls; 7-17 yrs; Aug. 1-5; 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.  
Girls; 9-17 yrs; Aug. 1-5; 9 am-noon; \$30

### Swim Camp

Several swim camps will focus on the basic swimming strokes. Swim caps are required. Camp will be held at the Westover Pool.  
Boys and Girls; 9 am-noon; \$75/session  
**Session 1:** June 13-16, ages 9-18 yrs; June 20-23, ages 5-8 yrs  
**Session 2:** July 11-14, ages 9-18 yrs; July 18-21, ages 5-8 yrs  
**Session 3:** Aug. 1-4, ages 9-18 yrs; Aug. 8-11, ages 5-8 yrs

### 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.  
Boys and Girls; 5-18 yrs; 9 am-noon; \$75/session includes snack and water each day  
**Session 1:** June 13-16; **Session 2:** June 20-23; **Session 3:** July 11-14; **Session 4:** July 18-21

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



## 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

Boys and Girls; 14-18 yrs; Free



## ADULT SPORTS

**Adult Softball (Spring)**

Registration is Jan. 1-March 1. Season starts in March. Registration location: Main Office, 121 Lamon Street. Call 433-1396 for more information. 18+; \$400 team/1 night per week leagues; \$500 team/2 nights per week leagues; \$75/optional, double elimination tournament

**Adult Softball (Fall)**

Registration is June 1-Aug. 1. Season starts in Aug. Registration location: Main Office, 121 Lamon Street. Call 433-1396 for more information. 18+; \$400 team/1 night per week leagues; \$500 team/2 nights per week leagues; \$75/optional, double elimination tournament

**Senior Adult Intramural Softball**

Registration is Jan. 1-March 1. Season is scheduled to start mid-March. Games will be played at Lamon Street Park. Call 433-1398 for more information. 45+; \$25/person

**Adult Basketball (Winter)**

Registration is Oct. 1-Dec. 1. Season starts in Jan. Registration location: Main Office, 121 Lamon Street. Call 433-1396 for information. 18+; \$500 team/1 night per week leagues; \$600 team/2 night per week leagues

**Adult Basketball (Summer)**

Registration is April 1-June 1. Season starts in June. Registration location: Main Office, 121 Lamon Street. Call 433-1396 for more information. 18+; \$500 team/1 night per week leagues; \$600 team/2 nights per week leagues

**Womens Intramural Basketball**

Registration is Oct. 1- Dec. 1. Season starts in Jan. Registration location: Main Office, 121 Lamon Street. Call 433-1396 for more information. 18+; \$40/person

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

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

**Adult Volleyball (Fall Co-ed)**

Registration is June 1-Aug. 1. Season starts in Sept. Registration location: Main Office, 121 Lamon Street. Call 433-1396 for more information. 18+; \$400/team; \$75/optional, double elimination tournament

**Adult Kickball**

Registration is March 1-April 1. Games will be played on Sat. or Sun. afternoon. Registration location: Main Office, 121 Lamon Street. Call 433-1396 for more information. 18+; \$30/person

**Adult Flag Football**

Registration is from Jan. 1-March 1. Season starts in March. Registration location: Main Office, 121 Lamon Street. Call 433-1396 for more information. 18+; \$400/team

**Adult Tennis Lessons**

Lessons for all ability levels (Men and Women). For location and more information please call 670-1797. 18+; \$7-\$10 group lessons; \$30/hour or \$20/half hour for private lessons

**Free Tennis Programs**

Come enjoy a free tennis program at Mazarick Park Tennis Center for Men and Women. All programs begin in Jan. Call 670-1797 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 670-1797 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 held periodically. Register at Mazarick Park Tennis Center or call 670-1797 for more information. 18+; 11 am-2 pm; \$5

**Adult City Championship Tennis Tournament**

Come out and test your skills against other players at Mazarick Park. Register at your local recreation center or Mazarick Park Tennis Center. Call 670-1797 for more information. 18+; Singles and Doubles; Sept. 23-25; \$20/player or \$30/team

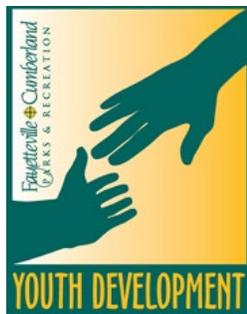
**Adult Tennis Men's Progressive Doubles**

Grab a partner and come test your skills against other teams. Register at Mazarick Park Tennis Center. Pre-registration required. Call 670-1797 for more information. 18+; April-Oct.; Tues. 6 pm; \$5/person

# 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 are FREE\* of charge and include college tours of regional schools, as well as, a day on the college campus. Trips are traditionally scheduled on days when 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 10. Applications must be accompanied by two letters of reference. Only complete application packets are accepted for consideration. Interviews will be held from May 24-26.

### 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

### Future Leaders Spring Break Camp

This isn't your 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.

12-17 yrs; Mon.-Fri.; March 28-April 1; 8 am-5 pm; \$60

### 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!

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[www.FayTV7.com](http://www.FayTV7.com)

**SCHOOL SUCCESS**

**You Too Can Save: Financial Literacy for All**

Teens and parents, if you have been thinking that saving a significant amount of money is out of your reach, this workshop will demonstrate that saving is possible and necessary. Join a panel of local financial experts and learn simple everyday strategies on how to save. Workshop is held at the Westover Recreation Center.

All ages; Tues., Feb. 16; 6-7 pm; Free

**Before You Go Down to the School House: How to Be an Effective Advocate for Your Child**

Even the best students will occasionally need a parent to speak up on their behalf. Regardless of your child's grade, academic ability or personality, you should be the #1 advocate for your child. Be a part of the solution, not the problem and learn tips and strategies for increasing your child's academic success.

Workshop is held at the Cliffdale Recreation Center.

All ages; Wed., Feb. 24; 6-7 pm; Free

**My Transcript is My Story**

Teens and parents, do you know the value of a Grade Point Average (GPA) on the high school transcript? Attend this session to learn how to interpret all information on the transcript. In addition, gain knowledge about the impact that this important document has on college admissions and life beyond high school.

Workshop is held at the Westover Recreation Center.

All ages; Thurs., March 10; 6-7 pm; Free

**A College That Fits Like a Glove**

When choosing a college, students have a lot to consider. Often times more criteria needs to be considered than is realized. This workshop is designed to provide students with strategies to match the college that fits their social, academic and financial needs. Workshop is held at the Cliffdale Recreation Center.

All ages; Wed., March 23; 6-7 pm; Free

**Oh, They're Just Using the Internet! Tips that Every Parent Needs to Know**

In the digital age, what your child does on the Internet TODAY can greatly affect their TOMORROW. Stay informed about the everyday developments regarding internet safety to include online predators, social media and other threats you and your family may face that you may not be aware of. Get the facts from a representative of the State Bureau of Investigations. Workshop is held at the Westover Recreation Center.

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

**My Future = My Plan**

The student, who fails to plan, prepares for failure. This workshop provides middle and high school students with information on how to develop a 10-Year Plan. Teens will learn how to create a written plan that transforms their goals into reality to prepare for college and life beyond high school.

Workshop is held at the College Lakes Recreation Center.

All ages; Tues., April 19; 6-7 pm; Free

**CAREER READINESS SERIES**

**Getting Paid: How to Find a Summer Job**

Do you need to save up for back-to-school clothing, school supplies, a new smart phone and/or college? Attend this session to learn who, what, when and where of how to find and keep a summer job. The tips provided in this session come directly from companies in Cumberland County who hire teens. Workshop is held at Westover Recreation Center.

All ages; Thurs., May 5; 6-7 pm; Free

Fayetteville-Cumberland Parks and 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.



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## **Back-To-School Teen Explosion Conference®**

Getting ready for school before it starts can help ease the TRANSITION without taking away SUMMER FUN! The Back-to-School Teen Explosion Conference® will be held on Sat., July 30 at Cliffdale Recreation Center. 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 students participate in sessions related to school success, college preparation, career readiness, communication skills and workforce development. The Back-to-School Teen Explosion Conference® is the PREMIER end of summer event that encourages teenagers to plan for a successful school year and apply themselves at the highest level upon going back to school.

## **21st Century Community Learning Centers**

Every day, Monday through Friday students receive homework assistance and other services at three of the Fayetteville-Cumberland Parks and Recreation Centers through 21st Century Community Learning Centers (21stCCLC). 21stCCLC is an afterschool program that provides academic enrichment for students in grades 8-12. The centers are housed at Cliffdale and Westover 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 and the female mentoring component is provided by Girls Scouts), 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 and Girls Scouts, provides invaluable services for the community.

## **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 2016 academic year 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. Registration opens May 15. For more information visit [www.back2schoolinc.org](http://www.back2schoolinc.org).

## **YOUTH DEVELOPMENT LEADERSHIP COURSE SERIES**

### **Money Bulbz Financial Empowerment Course**

Don't you wish there was a class when you were in school that taught how to take care of money when you were in school? Don't you want your teen prepared to handle all the financial responsibilities so they can have a better chance at success? Look no further!!! Money Bulbz is a program that will teach your kids the purpose of money, the importance of paying bills on time, how to open a bank account, how to balance a check book, understanding credit and understanding investments. This class will give your teen a basic understanding that will keep them from being blind-sided by financial responsibility when they become an adult. Stoney Point Recreation Center; 11+; Mon., April 11; 6-7:30 pm; \$15  
Pine Forest Recreation Center; 11+; Thurs., April 21; 6-7:30 pm; \$15

*"Education is the key to unlock the golden door of freedom."*

*-George Washington Carver*

## "I am Speaking" Course

Do you want your child to learn how to use their gift of speaking in a positive way? Look no further!!! This speakers camp will focus on how to speak with confidence, clarity and power! It will teach you how to dress for success, speak with confidence and to tell a story in a compelling yet dramatic way. Let professional speaker Mr. Kali A. Payton show your child the way.

Pine Forest Recreation Center; All ages; Thurs., April 14; 6-7:30 pm; \$15  
 E.E. Miller Recreation Center; All ages; Thurs., April 28; 6-7:30 pm; \$15



## CULTURAL ARTS

### FCPR Glee Club

Singing is the most perfect form of expression and FCPR offers community members the opportunity to join our Glee Club! If you are interested in singing, dancing and performing to your favorite songs, the FCPR Glee club is for you! Sessions will be held at Stoney Point Recreation Center. Call 433-1021 for more information.

All ages; 2nd and 4th Sat. of each month; 2:30-4:30 pm; \$25

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

Shining Stars 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.; 6-7 pm; \$30

### 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.*

### Youth Development Teen Camp

Youth Development Teen Camp is the ultimate Summer camp experience for teens ages 12-14 yrs. This Teen Camp will identify and begin to cultivate leadership skills such as listening, public speaking, money management and young entrepreneurship. Participants will have the opportunity to participate in various activities such as College Experience Tours, 7-Habits of a Highly Effective Teen course, cooking connection and much, much more. Spaces are limited. Call FCPR Youth Development department for more information at 910-433-1021.

Camp is held at College Lakes Recreation Center. Registration deadline is June 17.

12-14 yrs; Mon.-Fri.; June 20-24; 8 am-5 pm; \$55

Camp is held at Gray's Creek Recreation Center. Registration deadline is June 24.

12-14 yrs; Mon.-Fri.; June 27-July 1; 8 am-5 pm; \$55

Camp is held at Westover Recreation Center. Registration deadline is June 8.

12-14 yrs; Mon.-Fri.; July 11-15; 8 am-5 pm; \$55

Camp is held at Westover Recreation Center. Registration deadline is June 15.

12-14 yrs; Mon.-Fri.; July 18-22; 8 am-5 pm; \$55

### Fayetteville-Cumberland Music Academy

This academy will provide local students the ability to strengthen their musical skills through group and individualized instruction. Musicians from the Army Ground Forces Band will provide every student with the tools they need to succeed in developing musical and leadership skills. They will provide interactive activities, group sectionals, masterclasses and combined music ensemble rehearsals. Fri. evening will conclude the program with a free side-by-side concert open to the public. Call FCPR Cultural Arts Department for more information at 433-1021.

14-19 yrs; Wed.-Fri.; July 27-29; 8:30 am-2 pm; Free

### Shining Stars Cultural Arts Summer Camp

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 and 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. Bring a water bottle, two snacks and a packed lunch. Camp is held at Stoney Point Recreation Center. Registration deadline is June 17.

6+; Mon.-Fri.; June 20-July 1; 8 am-5 pm; \$125

**CULTURAL ARTS  
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.

Westover Recreation Center; 6+; Mon.-Fri.; June 13-17; 9 am-noon; \$40

Stoney Point Recreation Center; 6+; Mon.-Fri.; July 11-15; 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.

**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 Cliffdale Recreation Center.

6+; Wed.-Fri.; June 29- July 1; 9 am-1 pm; \$40

**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 Kiwanis Recreation Center.

6+; Wed.-Fri.; July 6-8; 9 am-1 pm; \$40

**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 10.

3-5 yrs; Mon.-Thurs.; June 13-16; 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 College Lake Recreation Center. Registration deadline is June 15.

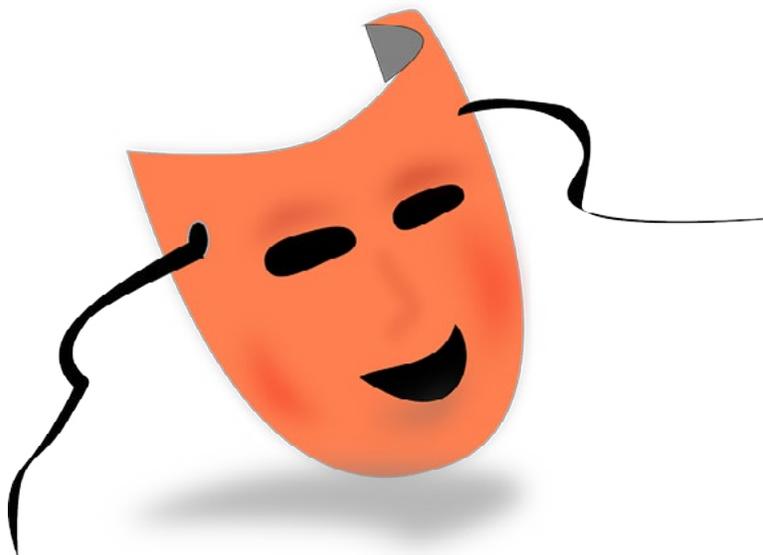
7+; Mon.-Fri.; June 18- 22; 9 am-noon; \$60



**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. (Combo Camp option also available.) Camp is held at Cliffdale Recreation Center. Registration deadline is Aug. 5.

7+; Mon.-Fri.; Aug. 8-12; 9 am-noon; \$60



# SCHOOL RELATED PROGRAMS

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

**Locations:** Cliffdale Recreation Center; College Lakes Recreation Center; Eastover-Central Recreation Center, 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. Staff assists the participants with homework when appropriate. 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; Resident: \$80/month or \$25/week per child; Non-Resident: \$160/month or \$50/week

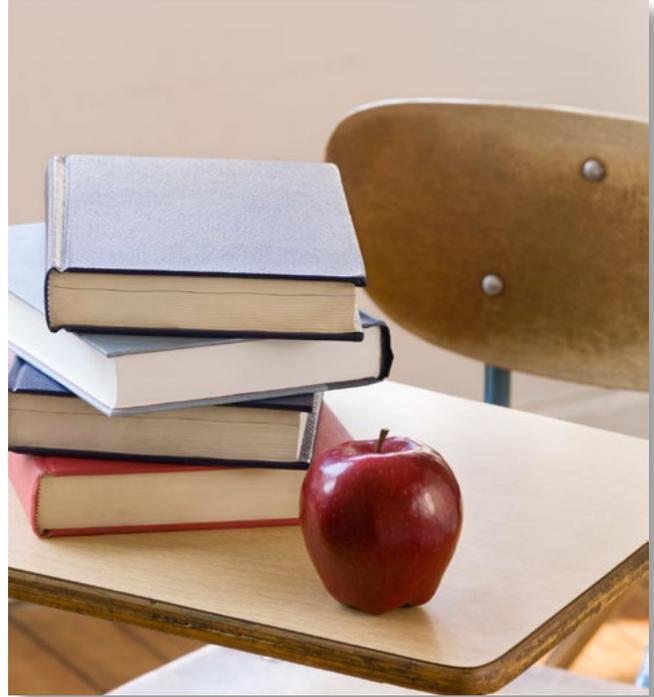
## Workday Camps

**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, 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. Participants must bring a nonperishable lunch. Please register at least one week in advance.

Grades K-8; Jan. 19, Feb. 15 and March 28-April 1; 7:30 am-6 pm; Resident: \$11/day; Non-Resident: \$22/day

\*E.E. Miller Recreation Center will be offering L.E.A.P., Work Day/Intercession Camp for students who attend school on a year-round schedule; Jan. 19, Feb. 15, March 14-April 1 (no camp March 25) and June 11-12.



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A graphic containing social media icons for Facebook, Twitter, and YouTube, along with the text 'Follow us on Facebook, Twitter and YouTube' and three website URLs.

# Cumberland County District PTA Council

The Cumberland County District PTA Council is a 501(c)(3) non-profit which was created during the spring of 2010 to provide information, inspiration and instruction for its member units in Cumberland County, North Carolina. The Cumberland County District PTA Council is comprised of an executive board with six elected officers, four appointed principals, and the Cumberland County Superintendent or his representative.

CCDPTA is dedicated to the PTA mission of helping every child succeed by building strong PTAs. Parent Teacher Associations (PTAs) are a powerful voice for all children, a relevant resource for families and communities, and strong advocates for the education and well-being of children. In partnership with each local PTA, parents, teachers, students and community members, the council will speak as a unified voice for programs that contribute to the success of every child in Cumberland County.

## Mission and Values

The overall purpose of PTA is to make every child's potential a reality by engaging and empowering families and communities to advocate for all children.

## PTA Values

**Collaboration:** We work in partnership with a wide array of individuals and organizations to accomplish our agreed-upon goals.

**Commitment:** We are dedicated to promoting children's health, well-being, and educational success through strong parent, family, and community involvement.

**Accountability:** We acknowledge our obligations. We deliver on our promises.

**Respect:** We value our colleagues and ourselves. We expect the same high quality of effort and thought from ourselves as we do from others.

**Inclusivity:** We invite the stranger and welcome the newcomer. We value and seek input from as wide a spectrum of viewpoints and experiences as possible.

**Integrity:** We act consistently with our beliefs. When we err, we acknowledge the mistake and seek to make amends.

If you are interested in volunteering, serving on the board, partnering or sponsoring please contact CCDPTA President, Porcha McMillan at [ccdpta2@gmail.com](mailto:ccdpta2@gmail.com) or visit our website at [www.ccdptac.k12.nc.us](http://www.ccdptac.k12.nc.us).



## Advocacy

PTA is the oldest and largest child advocacy association in America. We have moved from being known for raising funds through bake sales and book fairs to becoming a platform parents can use to become more engaged and informed. PTA allows our parents and all stakeholders to become more aware of what is going on in their children's classrooms and their communities. Some programs that were accomplished by PTA are: Universal Kindergarten, National School Lunch Program and a Juvenile Justice System.

The beginning of the 2015-2016 school year Cumberland County Schools raised the problematic issue of student tardiness in our public schools. CCS data showed that some students are repeatedly missing large blocks of instructional time due to tardiness. Therefore, CCS has launched a new campaign called "Every Minute Counts". The goal is to help students, parents and all stakeholders understand that being tardy or leaving early can have a negative impact on students learning. Believe it or not, repeated tardiness can make a difference between a student passing a subject or having to remediate.

CCDPTA's mission is to help ensure every child succeeds, and as the council we strive to provide a unified voice for programs that will contribute to the success of every child in Cumberland County. Therefore, we are asking for you to help us raise awareness by joining in the effort to make Every Minute Count!



**UPCOMING EVENTS**

**SEPTA FREE “Fall Back Into School Rhythm” Dance and Resource Fair**

The Cumberland County Special Education PTA (SEPTA) and the Dorothy Gilmore Therapeutic Recreation Center have partnered together to host a night of dancing (wheelchair assessable) with DJ, drinks, snacks and fun for the families of children with special needs. While the kids are busy having fun, parents can stroll around to learn more about what Cumberland County and surrounding areas have to offer the special needs community. There will be raffles throughout the night. SEPTA is excited about this amazing opportunity and look forward to seeing you there. Whether you are a seasoned parent or not, please join us. Meet other parents with similar challenges and learn about local resources. Teachers, EC staff, grandparents, interns and anyone simply wanting to learn more information are always welcome and encouraged to attend. March 24; 6:30-9:30 pm; Dorothy Gilmore Therapeutic Center

**Cumberland County District PTA Council Monthly Board Meetings**

Cumberland County District PTA Council Monthly Board Meetings are open to the public. They are held at Central Services, 2465 Gillespie St, Fayetteville, NC on the from 1st Tues. of the month; March 1, April 5, May 3, June 7; 3:45-5 pm

**GRANTS**

**CCDPTA and FCPR: Action for Active Youth Mini-Grant**

Cumberland County District PTA Council is excited to announce our recent partnership with Fayetteville-Cumberland Parks and Recreation. In efforts to fight childhood obesity and sedentary lifestyles of youth in Cumberland County, we are offering the Action for Active Youth Mini-Grant. CCDPTA- Action for Active Youth is a model program that provides vouchers to assist with fees for students to participate in Athletic or Cultural Arts Programs at one of the 16 Recreation Centers within Cumberland County. Recipients are able to receive grant funds until Nov. 2016

**Student Eligibility Requirements:**

- Must attend a Cumberland County school
- Must attend a school with a local PTA unit in good standing
- Must be referred by CCS School Physical Education Instructor or
- Must be referred from CCS Exception Children's Services Department

**CCDPTA S.P.I.C.E. (Strengthening Parent Involvement In Children’s Education) GRANTS**

CCDPTA is excited to announce that we are awarding local PTA units for their efforts to increase parental involvement at their schools.

The SPICE Grant program is a partnership between the Cumberland Community Foundation (CCF) and Cumberland County District PTA Council (CCDPTA). Research has shown that when parents are actively involved and engaged in their children’s school life and academics, children tend to perform better in school. CCF and CCDPTA jointly recognize the significant impact of parent involvement; therefore we have joined together to promote the National PTA Standards for Family-School Partnerships.

**PTA NATIONAL STANDARDS FOR FAMILY-SCHOOL PARTNERSHIPS**

**Standard 1: Welcoming All Families Into the School Community**

Families are active participants in the life of the school, and feel welcomed, valued, and connected to each other, to school staff, and to what students are learning and doing in class.

**Standard 2: Communicating Effectively**

Families and school staff engage in regular, two-way, meaningful communication about student learning.

**Standard 3: Supporting Student Success**

Families and school staff continuously collaborate to support students’ learning and healthy development both at home and at school, and have regular opportunities to strengthen their knowledge and skills to do so effectively.

**Standard 4: Speaking Up For Every Child**

Families are empowered to be advocates for their own and other children, to ensure that students are treated fairly and have access to learning opportunities that will support their success.

**Standard 5: Sharing Power**

Families and school staff are equal partners in decisions that affect children and families and together inform, influence, and create policies, practices, and programs.

**Standard 6: Collaborating With Community**

Families and school staff collaborate with community members to connect students, families, and staff to expanded learning opportunities, community services, and civic participation.

# 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 4. Grade K-12 yrs; Mon.-Fri.; June 13-Aug. 19; 7:30 am-6 pm; **Resident:** \$55/week\*\*, **Non-Resident:** \$110/week\*\*

\*E.E. Miller Recreation Center will offer Summer Camp June 6-July 8.

\*\*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 4.

Grade K-12 yrs; Mon.-Fri.; June 13-Aug. 19; 7:30 am-6 pm; **Resident:** \$25/week\*, **Non-Resident:** \$50/week\*

\*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. Lunch, transportation and activity fees are included. There will be at least a 1:20 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 22:** Marbles/IMAX; Raleigh, NC; \$38

**July 6:** Frankie's Fun Park; Raleigh, NC; \$44

**July 20:** Jungle Rapids; Wilmington, NC; \$43

**Aug. 3:** Launching Pad; Raleigh, NC; \$45

**Aug. 17:** White Lake Water Park; Elizabethtown, NC; \$30

## 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 opens April 1. No camp on July 4. 6-17 yrs; Mon.-Fri.; June 13-Aug. 19; 7:30 am-6 pm; **Resident:** \$55/week; **Non-Resident:** \$110/week

## SPADES Summer Adventures (Gilmore TRC)

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. Registration opens April 1. No camp on July 4. 18+; Mon.-Fri.; June 13-Aug. 19; 7:30 am-6 pm; **Resident:** \$55/week; **Non-Resident:** \$110/week

## Outdoor Adventure Summer Camp (Clark Park)

Summer Camp at Clark Park includes archery, hiking, fishing, animal tracking, outdoor living skills, 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 13-17;

**Session II:** July 18-22; 8:30 am-noon

10-12 yrs; Mon.-Fri.; **Session I:** June 27-July 1;

**Session II:** Aug. 1-5; 8:30 am-noon

**Resident:** \$50/session; **Non-Resident:** \$100/session

## 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. This camp is partially funded by the Cumberland Community Foundation, Inc. Summertime Kids Grant. Registration begins April 1.

5-7 yrs; Tues.-Thurs.; July 5-7; 9 am-noon;

**Resident:** \$30; **Non-Resident:** \$60

## 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. This camp is partially funded by the Cumberland Community Foundation, Inc. Summertime Kids Grant. Space is limited.

Registration begins April 1.

9-13 yrs; Mon.-Fri.; **Session I:** June 20-24;

**Session II:** July 11-15; 9 am-noon;

**Resident:** \$40 + rock climbing fee;

**Non-Resident:** \$80 + 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. This camp is partially funded by the Cumberland Community Foundation, Inc. Summertime Kids Grant. Space is limited.

Registration begins April 1.

5-8 yrs; Tues.-Thurs.; **Session I:** July 5-7;

**Session II:** July 26-28; 9 am-noon;

**Resident:** \$30/session; **Non-Resident:** \$60/session

## 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. This camp is partially funded by the Cumberland Community Foundation, Inc. Summertime Kids Grant. Registration begins April 1.

5-8 yrs; Tues.-Thurs.; Aug. 9-11; 9 am-noon;

**Resident:** \$30; **Non-Resident:** \$60

## 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 10. Applications must be accompanied by two letters of reference. Only complete application packets are accepted for consideration. Interviews will be held from May 24-26.



# AQUATICS AND PUBLIC POOLS

## GENERAL INFORMATION

FCPR pools will open the swim season on Memorial Day, Mon., May 30, 8:30 am-6 pm. With the exception of Memorial Day (Mon., May 30), July 4th and Labor Day (Mon., Sept. 5), the pool will be open Tues.-Sun., 8:30 am-noon and 1-6 pm. Cost for public swim is \$1 for residents ages 12 and under, \$2 for non-residents 12 and under; \$2 for residents ages 13+; \$4 for non-residents ages 13+.

### Chalmers Pool

1520 Slater Avenue  
433-1137

The facility features an 8 lane pool with a depth range of 4 feet to 6 feet and a wading pool with a zero entry and a maximum depth of 3.5 feet depth with a water playground area.

### Westover Aquatic Center

266 Bonanza Drive  
433-1383

The facility features an 8 lane competition pool with a depth range of 4 feet to 6 feet and a wading pool with a zero entry and a maximum depth of 3.5 feet depth which includes a 12 foot high water slide.



For information on the Swimming League, please see page 26.

For information on Swim Camp, please see page 27.

## Swim Lessons

Pre-School 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 stroke and important safety skills.

### Session Dates

**Session 1:** June 14-24

**Session 2:** June 28-July 8

**Session 3:** July 12-22

**Session 4:** July 26-Aug. 5

**Session 5:** Aug. 9-19

### 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

**Resident Fees:** \$30

**Non-Resident Fees:** \$60

## Junior Lifeguard Program

This program provides a foundation of aquatic and leadership knowledge, attitude and skills for future successful competition 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 one of FCPR's 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 contact either the Smith Recreation Center at 433-1571 or the Westover Recreation Center at 433-1088.

**Session 1:** March 28-April 1

**Session 2:** June 6-11

11-14 yrs; Mon.-Fri.; 5-9 pm; Sat.; 8 am-4 pm; Free

**Session 3:** July 11-16

11-14 yrs; Mon.-Fri.; 1-5 pm; Sat.; 8 am-4 pm; Free

# 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 pm-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,  
all-in-one weight machine  
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  
Mon.-Fri. 8 am-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

Massey Hill  
Recreation Center  
1612 Camden Road  
433-1569  
1 treadmill; 1 elliptical,  
1 stationary bike,  
all-in-one weight machine  
Mon.-Fri. 1-7 pm  
Sat. 11 am-5 pm

Myers  
Recreation Center  
1018 Rochester Street  
433-1570  
1 treadmill; 1 elliptical  
2 stationary bikes  
Mon.-Fri. 1-9 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

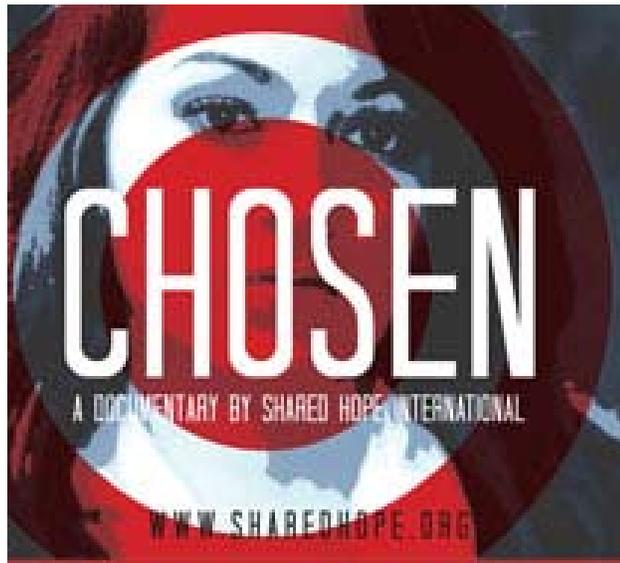
Smith  
Recreation Center  
1520 Slater Avenue  
433-1571  
3 treadmills; 2 ellipticals  
2 stationary bikes  
weight machines  
Mon., Wed., Fri. 9 am-9 pm  
Tues. & Thurs. 10 am-9 pm  
Sat. 9 am-5 pm  
Sun. 2-5 pm

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.



**Fayetteville-Cumberland Parks and Recreation, in partnership with the Child Advocacy Center and The Fayetteville Alumnae Chapter of Delta Sigma Theta Sorority, Incorporated presents :**

## **Chosen**

A gripping new documentary from Shared Hope International. This documentary opens the hearts and eyes to the tragic dangers of sex trafficking. This educational presentation will educate youth to not just the dangers but also how to recognize the danger signs. The documentary tells the shocking truth of two ‘All American’ teenage girls tricked into trafficking. Eighteen-year-old Brianna, an honor-roll student and thirteen-year-old Lacy share their stories of how they were manipulated, exploited and chosen. In the United States, at least 100,000 children are exploited in the commercial sex industry each year.

**College Lakes Recreation Center; April 5; 6-9 pm**

**Spivey Recreation Center; April 12; 6-9 pm**

**E.E. Miller Recreation Center; April 21; 6-9 pm**

**Kiwanis Recreation Center; April 28; 6-9 pm**



**FAYETTEVILLE ALUMNAE CHAPTER**

# 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

### Champions in Motion (Cheer)

This class teaches the basic requirements for middle school cheerleading tryouts. Operated by Champions In Motion. Classes are paid monthly. For more information call 910-769-3408, or [www.championsinmotion.org](http://www.championsinmotion.org) 4-14 yrs; Mon.; 5:45-8:45 pm; \$28/month (if the month has 5 weeks, it will be \$35)

### Champions in Motion (Karate)

This class not only teaches self-defense but self-discipline as well. Operated by Champions In Motion, it also promotes physical exercise and coordination. Classes are paid monthly. For more information call 910-769-3408, or [www.championsinmotion.org](http://www.championsinmotion.org) 4-14 yrs; Wed. and Fri.; 6:15-8:30 pm; \$28/month (if the month has 5 weeks, it will be \$35)

### 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

### Creative Hands (Manos Creativa)

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.

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. 5-12 yrs; Tues.; 6-7 pm; \$30/month

### Facing the Giants!

This program will go over the tough issues such as drugs, violence, gangs, bullying and self-perception. We will host a seminar each month for youths. Grades 6-12; 2nd Wed.; 6-7:30 pm; 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

### Girls Scouts

Girls Scouting builds girls of courage, confidence and character, learn different skills. These girls will make the world a better place. For additional information, please contact 800-284-4475 x2222.

**Daisies:** Grades K-1; 1st and 2nd Fri.; 6-7 pm; Free  
**Brownies:** Grades 2-3; 3rd Fri.; 7:30-8:45 pm; Free  
**Juniors:** Grades 4-5; 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

### Let's Play Chess

Chess Mates would like to invite anyone who would like to learn, improve or just play a game of chess. Chess develops logical thinking, promotes imagination, increases problem solving thinking. Chess is a game for all ages. 4+; Sat.; 3-5 pm; Free

## 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.  
6-14 yrs; Tues.; 6-7 pm; \$30/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 Geek Squad

Partnering with the library we are able to provide a technology class for our seniors. They will go over typical issues that affect seniors. Grouped in with this class they will also be providing a genealogy course to show different ways you can trace your ancestry.  
55+; 2nd Thurs.; 11:30 am-12:30 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

## 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

## 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

## 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.; 3-5 pm; Sat.; 10 am-noon; Free

## Youth Open Wrestling

Youth can come in and work on their techniques with a qualified coach. Youth 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; Fri.; 3-5 pm; Free

## Yvette's Dance Academy

Yvette's Dance Academy is a structured dance studio program based out of the recreation centers. The mission of YDA is to offer high quality dance instruction at an affordable price. YDA offers recreation and competitive level dance classes and dance teams. All dancers have the option to participate in two dance recitals a year and tryout for either a recreational dance team or competitive dance team (1 year dance experience required). Placement classes are required in order to take Intermediate and Advanced Classes.

4-6 yrs; Tues.; 5:30-6:30 pm; Beginning Hip Hop/Jazz; \$30/month

3-6 yrs; Tues.; 6:30-7:30 pm; Ballet/Tap/Tumbling; \$30/month

7+; Tues.; 7:30-8:30 pm; Beginning Hip Hop/Jazz; \$30/month

7+; Tues.; 6-6:45 pm; Advanced Tumbling; \$20/month

7+; Tues.; 6:45-7:30 pm; Intermediate Tumbling; \$20/month

## 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. This group occasionally has glow parties.

18+; Tues. and Wed.; 7:30-8:30 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

**SPECIAL EVENTS**

**Zone 3 Eggs-travaganza**

Come on out for an egg-tastic time with your friends at Cliffdale, EE Miller, Lake Rim and Westover Recreation Centers! There will be games, food vendors, a bounce house, balloon animals, crafts, music and more! Don't forget to bring your basket for the egg hunt. This event will be hosted at Cliffdale Recreation Center and is absolutely free! All ages; Sat., March 19; 10 am-2 pm; Free  
Egg hunt times are as follows: 4-under yrs 11am; 5-9 yrs 11:45 am; 10-12 yrs 12:30 pm

**Father/Daughter Dance**

Our Father/Daughter dance is a special event that shapes the special bond of a father and daughter relationship. This is also a time for a daughter to celebrate Father's Day. This will be a fun time to enjoy quality time and dancing. There will be refreshments and a DJ. Young ladies may also be accompanied by an older brother, uncle, grandfather or any father figure that is important or has influenced their life. Attire will be Sun. best.  
All ages; Fri., June 17; 6-8 pm; \$15/couple; each additional daughter will be \$5



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[www.FayTV7.com](http://www.FayTV7.com)



# 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 treadmills, elliptical machines and stationary bikes to increase cardiovascular fitness. A simple questionnaire must be completed on the first visit and renewed annually. 18+; 13-17 must be accompanied by parent; Mon.-Fri.; 1-9 pm; Sat.; 9 am-5 pm; Sun.; 2-5 pm

### Pilates

Want a challenging total body workout? Try Pilates, a low-impact class focusing on core conditioning. Flatten abs, strengthen muscle, increase flexibility as well as improve balance and coordination! Develop a strong center to benefit both everyday functionality and the athletic competitor. All levels and abilities welcome to join the fun! 13+; Mon. and Wed.; 6:30-7:30 pm; \$30/month or \$5/class 55+; \$15/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+; Wed.; 6-7 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 parent. 17-under yrs; Mon.-Fri.; 4-5 pm; Sat.; 9 am-4 pm; Free

### Adult Open Gym

Gym hours may vary depending on center activities. Valid picture identification is required. 30+; Tues.; 7-8:45 pm; Sun.; 2-4:30 pm; 18+; Thurs.; 7-8:45 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  
[www.fcpr.us](http://www.fcpr.us)

### 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

### Natural Hair Care Enthusiasts

Are you natural? Are you interested in transitioning to natural hair? There are series of natural hair classes, beginning soon, that will educate and enlighten concepts with growing your hair naturally. The interest in natural hair has grown tremendously over the last few years. Many find it intimidating and confusing to be part of going natural, when they do not understand what going natural consist of. Women want to embrace their beauty naturally. This class will teach the proper techniques, maintenance and the nutrients needed to achieve a healthy natural transition. You will learn all the tips and tricks to enhance your natural beauty. 18+; Wed.; 6:30-8:30 pm; \$85/month

### 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 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

### Creative Cooking

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; Sat.; Dates TBA; 9 am-noon; \$20/month or \$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

## Kindermusik

Are you looking to expand your child's mind with music and movement? Does your child love to sing, dance and play instruments? Kindermusik classes are music classes designed for all ages that focus on the whole child's growth and development including language, cognitive, motor, social and emotional musical skills.  
7-under yrs; Mon.; 6-7 pm; Wed.; 1-2 pm; \$50/month

## Craft Saturdays

Spring is upon us! Join us for a few Sat. out of the month to help create your own masterpiece. Whether you are here just to help your child learn different projects or teach yourself, this is the place to be.  
All ages; Sat.; Times TBA; \$40/month or \$10/class

## 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.  
6+; Mon., Wed. and Fri.; 6-7 pm; \$40/month or \$10/class

## 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.  
7-17 yrs; Tues.; 7-8 pm.; Wed.; 6-7 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 information or to volunteer, stop by or call the recreation center.  
18+

## Brownies and Girl Scouts

Brownies and Girls provide young ladies with an accepting and nurturing environment where girls build character and skills for success in the real world.  
Grades 2 and 3: Troops #3382; 1st and 3rd Fri.  
Grades K and 2: Troop #1861; 1st, 3rd and 5th Tues.

## Home School-EC Class

This class will teach the basics the basics of budgeting, cooking and even some sewing repairs. All supplies are provided.  
8-13 yrs; Wed.; Sept. 9-Oct. 14; Oct. 21-Nov. 25;  
10:30-11:30 am; \$25/six weeks

## Home School-Sewing

Does your child like to design their own clothes? Draw pictures of it? Let them come and learn the basics of services or design their own project.  
7-18 yrs; Wed.; Dec. 2-Jan. 7; Jan. 14-Feb. 18; 10:30-11:30 am;  
\$20/six weeks

## Home School-Art Class

Are you looking for an elective to your home school curriculum? Let your child come and see how to express their style and at the same time they will be learning the history of art. You will be doing metal art, chalk drawing, collages and so much more. Groups will be separated by ages so that there will be age appropriated art for each group.  
5-13 yrs; Wed.; March 4-May 27; 10:30-11:30 am; \$20/month

## SPECIAL EVENTS

### Egg Hunt and Spring Carnival

Join us for our annual Easter Egg Hunt. There will be eggs filled with goodies, bounce houses, the Easter bunny and more. There will be different times for different age groups. This event will take place 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., March 19; noon-3 pm; Egg hunt times: 2-5 yrs, 1 pm; 6-8 yrs, 1:30 pm; 9-12 yrs, 2 pm; Free

### Basketball Camp

Boys and girls come out and be a part of this exciting opportunity featuring skills, drills and motivational encouragement. Register no later than March 19 and receive a camp t-shirt. Only 30 slots available.  
7-17 yrs; March 28-April 1; 9 am-noon; \$50

### Spring Yard Sale

Have some items that are in good condition that you would love to give away? Bring your items that are in good condition to College Lakes Recreation Center for our spring yard sale. All proceeds from the sale will go to you. All you have to do is register for a table. Pre-registration is required.  
18+; Sat., April 2; 8 am-noon; \$10/table

### Bingo Night

Join us for some games of Bingo. It is a great opportunity for your child to come and socialize with their peers and a great way for the parents to get some time alone and have some fun! A slice of pizza and a drink will be provided. Please call to pre-register  
5-12 yrs; Fri., May 20; 6-8 pm; \$2

### Summer Conditioning Clinics (FREE)

Join approved coaches from around the community as they lead local talent through activities and exercises to enhance you 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

### 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 each 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 mats, stability balls and hand weights. All skill levels are welcomed.

All Ages; Tues. and Thurs.; 4-5 pm; \$30/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

### Spanish Classes

Learn basic Spanish during this 4 week course. After this course you'll be able to discuss basic pronunciation, numbers, dates and conversation for meeting new people.

18+; Mon. and Wed.; 6-7 pm; \$25/month

### Sunday Open Gym

Youth open gym will be held on the 1st and 2nd Sun. of the month. Adult open gym will be held on the 3rd and 5th Sun. Volleyball open gym will be held on the 4th Sun. of each month.

All Ages; Sun.; 2-5 pm; Free

## SPECIAL EVENTS

### Easter Bunny Pics for Pets

Have a furry four-legged family member? Bring your pet to get their picture taken with the Easter Bunny! The cost will be a donation item that will be presented to the Fayetteville Animal Protection Society better known as FAPS. You can find their wish-list items on their website <http://www.faps.pet.org/> or by calling their facility at 910-864-9040. Don't miss out on this great photo opportunity while giving back!

All ages, pets welcomed; Sat., March 19; 1-3 pm; Donation item for FAPS

### 3 Point Contest

Put your skills to the test and challenge others in our 3 point contest. Make as many 3's as you can within a minute to win the trophy! Entry fee is 4 canned goods to be donated to the Second Harvest Food Bank.

All ages; Sat., March 26; 10:30 am; 4 canned goods/person

### Flashlight Egg-travaganza!

Join us for our second annual Flashlight Egg-travaganza! Bring your flashlight and join others in this night time hunt for eggs! Please pre-register by Mon., March 21 to have an egg-ceptional time.

All ages; Thurs., March 24; 6:30 pm; Free

### Senior Appreciation Dinner

Join us for a special appreciation dinner the last Tues. in April. Enjoy a delicious dinner, good company and following the meal feel free to hang around for our Unique S.C.E.N.T. program. Space is limited so call ahead to reserve your spot.

55+; Tues., April 5; 5 pm; Free

### School Art Showcase

Students, show us your creative side! Students K-12 have the opportunity to showcase some of their best artwork as we welcome in summer. Schools, classes or individual students can submit their artwork by Fri., May 13. During the last week of May all art will be displayed for public viewing at the Eastover-Central Recreation Center. Please call the center for more information on registering your art. Grades K-12; Mon., May 23-Sun., May 29; Free

### Sweating for a Cause: Zumbathon

Come join us for the chance to give back to your community while burning some calories and having one big party! This event will feature several certified Zumba instructors who will ensure you have a great time while sweating for a cause. Zumba is a form of dance fitness that fuses hypnotic Latin rhythms and easy-to-follow moves. Come join the party and support our chosen cause.

All ages; Sat., May 28; 10 am-noon; minimum donation of \$5 if pre-registered and minimum \$8 donation at the door

### Volleyball Clinic

Learn basic fundamentals to improve your volleyball skills. Experienced coaches and players will provide instruction on serving, hitting and bumping through various drills. 10-17 yrs; Sat., July 16; 10 am-noon; Free

### Little Kickers Soccer

If your little one is interested in playing soccer, then this program is for you. Registration is June 1-Aug. 1. Season will start in Sept. League age is the age attained by a player prior to Dec. 1 of the current playing year.

3-4 yrs; \$20

### 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.

Follow us on Facebook,  
Twitter and YouTube

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

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

[www.FayTV7.com](http://www.FayTV7.com)



# 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.

**Youth Open Gym:** 13-17 yrs; Sat.; 9-11 am; 1st, 3rd, 5th Sun. of each month; 2-5 pm; Free and a picture ID

**Adult Open Gym:** 18+; Sat.; 11 am-2 pm; 2nd and 4th Sun. of each month; 2-5 pm; \$2 and a picture ID

### Open Fitness Room

Work up a sweat in our fitness room! There are no memberships required, but a waiver form must be on file at the center to participate.

18+; 13-17 yrs with a parent/guardian; Mon-Fri.; 1-9 pm; Sat.; 9 am-5 pm; Sun.; 2-5 pm; Free

### Senior Walking Club

The Senior Walking Club is perfect for seniors trying to get a little exercise in a friendly, enclosed environment in our gymnasium. Whether it's rainy or sunny outside, you will always have a chance to get your walk on!

55+; Mon.-Fri.; 4:45-5:45 pm; Free

### Senior's Board & Card Games

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

55+; Fri.; 1-5 pm; 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

### 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

### 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; \$30/month

### Girl Scouts

Girl Scouts provide young ladies with an accepting and nurturing environment where girls can build character skills for success. This Girl Scout group is a great way for girls who are just starting school to make new friends and try new things.

Troop #4072: Grades K-1; 2nd and 4th Thurs.; 6-7:30 pm

### Tumbling

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

4-6 yrs; Wed.; 5:45-6:30 pm; \$25/month

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

### Tap/Ballet/Jazz Dance

Dance is coming back! Students will learn proper technique, footwork, leaps and turns, plus dance routines to child friendly music. Classes open to dancers of all levels of experience.

6-10 yrs; Mon.; 1 class: \$20/month, 2 classes: \$35/month, all classes: \$50/month

**Tap:** 5:30-6 pm

**Ballet:** 6-6:30 pm

**Jazz:** 6:30-7 pm

### Yoga

This class is designed for people who are new to yoga or want a gentler practice. The class moves at a slower pace to integrate body, breath and mind using proper alignment while building strength and flexibility. Emphasis will be placed on deep breathing techniques and movement exercises that can be modified to accommodate any fitness level. Students will progress at their own pace. Bring a water bottle, a yoga mat and a cotton throw or thick towel. Please arrive 15 minutes early.

13+; Wed.; 6:30-7:30 pm; Sat.; 9-10 am; \$40/month or \$7/class

### **Kid Connection**

Bring your toddlers to the center for an informal afternoon playgroup with children their age. Help develop social skills early and enjoy socializing with other parents! Toys are provided or feel free to bring your own. Please call the recreation center for more information.  
5-under yrs; Tues.; 1-3 pm; Free

### **Kids-N-Art Workshops**

Calling all crafty kids! These workshops are designed to not only enhance artistic development while creating fabulous works of art, but are meant to also strengthen self-esteem and provide a chance for positive self-expression in a small, enriching environment. Participants must register one week prior to the selected date.  
5-14 yrs; Thurs.; March 17, April 21, May 5, June 16, June 30;  
6:30-8 pm; \$5/class

### **SPECIAL EVENTS**

#### **Creative Cooks**

The Creative Cooks 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.  
8-12 yrs; March 18; 6-7:30 pm; \$5/person

#### **Breakfast with the Easter Bunny**

Bring out the children to our 3rd Annual Breakfast with the Easter Bunny. Pre-pay by Fri., March 18.  
Sat., March 26; 8-9:30 am; \$5/person

**Follow us on Facebook, Twitter and YouTube**

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[www.twitter.com/parksrecreation](http://www.twitter.com/parksrecreation)  
[www.FayTV7.com](http://www.FayTV7.com)



### **Enormous Egg Hunt**

Bring out the children our 10th Annual Enormous Egg Hunt. 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 18.  
Sat., March 26; 3-5 yrs, 10 am; 6-8 yrs, 11 am; 9-12 yrs; noon; Free

### **Bike Rodeo**

Come out and join us for a day of bike riding out on our walking track. Participants will have the opportunity to learn about bicycle safety and different bicycle stations will be set for kids of all skill levels. Come ready to ride with your bike and a helmet!  
5-12 yrs; Sat., May 28; 10 am-noon; Free

### **Senior Dinner Night**

Seniors come and join us at Gray's Creek Recreation Center as we host Senior Dinner Night, just for you. Participants will be fed a delicious main course meal followed by a tasty desert, all served by our Gray's Creek waiting staff. So please mark your calendars and tell your friends. Registration is required by Aug. 19.  
55+; Fri., Aug. 26; 6:30 pm; \$5

### **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 18:** Soccer and Basketball
  - June 25:** Football and Cheerleading
  - July 16:** Volleyball
  - July 30:** 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/family; 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

### Coaches Needed

Baseball, Softball, Football, Soccer, Volleyball, Cheerleading and Basketball coaches are needed at Kiwanis Recreation Center for the 2016 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.; 6-7 pm; \$35/month or \$5/class

### Fitness Fusion Belly Dance

Come and burn off some calories with a blend of oriental, Bollywood, Flamenco, Gypsy, tribal dance forms and aerobics. No experience is needed.

13+; Tues.; 9-10 am; \$30/month

### Little Hitters

Get your preschool aged child involved in this beginner baseball 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. 1-April 1; 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. Registration is from Jan. 1-April 1. 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

### 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.

Fri.; Beginners 6-6:45 pm; Yellow, Orange and Green Belts 6:45-7:45 pm; Blue Belts and above 7:45-8:45 pm; \$30/month

### Kung Fu

Learn a Chinese art of self-defense that emphasizes exercise and spiritual growth, as well as self-defense.

8+; Mon. and Wed.; 5-6 pm; \$60/month

## Tai Chi

Learn an ancient Chinese form of exercise that uses slow and very controlled movements.

8+; Mon. and Wed.; 7-9 pm; \$80/month

## Baby Break Dancing Class

Baby Break 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

## 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. Please RSVP to 336-587-1827 or [yvettesdanceacademy@gmail.com](mailto:yvettesdanceacademy@gmail.com).

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

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

7-12 yrs; Sat.; 11:45 am-12:45 pm; Hip Hop/Jazz; \$30/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 required to be a member. Fri.; 4-7 yrs; 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; Wed. and 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 323-4191 ext. 28.

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

## Fayetteville-Cumberland Advisory Council for People with Disabilities

Come join the meetings that promote and advocate for improving the quality of life for people with disabilities by promoting the removal of the architectural, attitudinal and communication barriers.

18+; 3rd Wed. of each month; 6-9 pm

## Parkinson's Disease Support Group

Come out and find out more about the disease as well as getting support with caring for and dealing with disease.

18+; 3rd Sat. of each month; 9 am-noon

## 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. and 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 County Knitter's Guild**

Working on all that has to do with both knitting and crocheting.  
 18+; 3rd Sat. of each month; 1-4 pm

**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 yrs. 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 19, will concentrate on hitting skills and fundamentals. The second Sat., March 26, will concentrate on defensive and fielding skills.  
 7-14 yrs; Sat.; 10 am-noon; \$25



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# Lake Rim Recreation Center

1455 Hoke Loop Road, 433-1175

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

## CENTER PROGRAMS

### Open Gym Basketball and Volleyball

Open Gym is available for youth ages 5-17 yrs old, except during scheduled recreation programs and practices. Participants must have current Open Play form on file. Children ages 12 and under, must be accompanied by an adult. Open Gym Volleyball has the same rules that apply to Open Play Basketball. Open Gym Basketball time varies upon gym availability on Sat.

5-17 yrs; 2-5 pm; Free

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

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

### 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!

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+; Tues.; 1-5 pm; Thurs.; 1-4 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 [younlimited07@yahoo.com](mailto:younlimited07@yahoo.com) for more information.

All ages; 4th Sun. of each month; 2-4 pm; Free

### 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 is free to join the group, however, some classes may include a supplies fee. Please contact the recreation center for additional details. Interested participants may also email [lakerimHSG@gmail.com](mailto:lakerimHSG@gmail.com) for additional information.

All Ages; Wed. and 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

### 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

### Ballet/Tap Combo Class

For this age group, we also offer a combination class that includes both Ballet and Tap. It is an excellent introduction to dance! Each week we concentrate on gross motor skills, such as rhythm, balance, and coordination as well as group skills. Children learn the basics of Ballet and Tap while dancing to fun, age-appropriate music.

3-6 yrs; Tues.; 6-6:45 pm, \$30/month

### Christian Hip Hop

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

### 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.; June-July; 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

Try this fun and energetic workout that includes a little bit of everything. Work It 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 am-11:30 pm; \$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.; 7-8 pm; \$35/month or \$10/class

## TeamWerk Fitness Free Fit Group

Join this free fit group for friends, fitness and fun. Cardio, strength training, low/high impact and high energy surrounded by music and motivation. Participants are asked to bring a workout mat, water bottle and light to medium weights. 13+; Mon., Wed. and Fri.; 1-2 pm; Wed.; 6-7 pm; \$10/class

## 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

## 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 and study skills. Cost includes initial skills assessment, personal learning plan, tutoring supplemental materials and bi-weekly progress reports. Grades K-8; Wed. and Thurs.; 4:30-5:30 pm; \$85/4 weeks or \$25/week

## SPECIAL EVENTS

### Movie Night

Take the 2nd Fri. for yourself and register your child to be a part of Movie Night. Your Child can come in their favorite pajama pants and watch a G or PG Rated movie. Along with watching the movie your child can enjoy popcorn and a drink. Pre-register by the 1st Fri. and receive more details. 5-9 yrs; 1st Fri. of each month; \$5



# Massey Hill Recreation Center

1612 Camden Road, 433-1569

Mon.-Fri. 1-7 pm, Sat. 11 am-5 pm

## CENTER PROGRAMS

### Open Gym

Come work on your basketball skills while improving your health with others your age at Massey Hill Classical School's Gym. Participants must sign in daily before entering the gym. Program times are subject to change, due to seasonal and scheduled programs.

17-under yrs; Tues., Wed. and Thurs.; 5:30-8 pm; Free

### 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

### American Sign Language

Want to learn how to sign? Learn from an American Signed Language certified instructor. You will learn the difference between signed English, hand shape, placement of the hands, facial expressions and much more. Session will be 6 weeks.

8+; Wed.; 6:30-7:30 pm; \$40/session

### Grade A. Dancing Barbies

If you're a young lady who enjoys dancing, then we're looking for you! Join this exciting group and show off your skills.

5-17 yrs; Tues. and Fri.; 5-7 pm; Free

### Massey Hill Community Watch

Learn about your community and share your concerns with others who care about the Massey Hill area.

All ages; 2nd Tues. of each month; 7 pm; Free

### P.A.L. Street Hockey

Want to play hockey but don't know how to skate? Join our Police Athletic League (P.A.L.) Street Hockey Program and learn the sport from veteran hockey players and your local police officers. No equipment needed. NO SKATES, JUST TENNIS SHOES!

5+; Thurs.; 6-8:30 pm; Free

### CFTTC Table Tennis

The Massey Hill Recreation Center 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 Thurs.; 6:30-9:30 pm; Free

### Table Tennis

Come learn proper strokes and technique from a USATT Certified Umpire and Coach. This class will demonstrate and develop the correct forehand, backhand, and legal serves required for table tennis.

8+; Thurs.; 4-5 pm; \$5/session

### Chromebooks

FCPR has partnered with Cumberland County Schools to provide computer capability to students who currently attend Cumberland County schools and the general public. Individuals who wish to utilize the Chromebooks must have a completed "Chromebook Activity" registration form on file. Chromebooks can only be used within the facility for a limited time period.

All ages; Free

### Little Hitters

T-Ball for the little ones! 3 and 4 year olds will learn to play with others, follow instructions and understand the basics to enjoy the game of T-ball. Age cutoff date is May 1. Birth certificate required.

3-4 yrs; TBD; \$20

### Coupon Clippers

If you enjoy couponing and are interested in sharing or exchanging coupons with others, then this is the place for you.

All ages; 1st Thurs. of the month; 6-7 pm; Free

## SPECIAL EVENTS

### Bingo Night

Calling all BINGO enthusiasts! Come play BINGO with us for a chance to win prizes and build lasting friendships within our community!

8+; Fri., March 19; 10 am-2 pm; Free

### Mommy's Brunch

Enjoy a morning of pancakes and make a project while you're here! Bring the family to celebrate mom and beautify your yard by painting flower pots and arranging flowers.

Please register by May 18.

All Ages; Sat., May 21; 10 am; \$2

### Daddy's Dodgeball

Want to show the old man up or relive your glory days in P.E. class? Then come to the recreation center for an afternoon of friendly but competitive dodgeball. Bring your dad, a team or just bring yourself. Either way you'll have a blast.

All Ages; Sat., June 18; 10 am-2 pm; Free

### 3 on 3 Basketball

Put your skills to the test and see if you have what it takes to be called the best 3-man team in Fayetteville. Get your team together or come by yourself and be placed on a team and play others in a tournament style competition for the title.

14+; July 16; 10 am-2 pm; Free

### Sweet Treat 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 desert. No supplies needed, but space is limited so sign up early. Please call the center to pre-register by Aug. 17 or for more information.

6-16 yrs; Aug. 20; 6 pm; \$10

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# 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 to teens for basketball except during 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; Sat.; 1-4 pm; Free

### Open Gym-Family Night

The gym is open to families for basketball except during 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; Fri.; 4-6 pm; Free

### Adult Open Gym

The gym is open to adults for basketball except during recreation sponsored athletic programs. Participants should bring a picture ID and a completed open play form. 18+; Sun.; 2-5 pm; \$2

### Senior Line Dance

This class is great for the older adult. Come and learn line dance steps and enjoy great music. 55+; Tues. and Thurs.; 1-2 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

### Zumba Gold

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant. 18+; Mon.; 9-10 am; \$2.50/class or \$10/month

### Stretch and Breathe

Stretching strengthens your muscles, ups your flexibility, and promotes recovery. This class is great for seniors or anyone looking for a low impact class. Mat needed. 18+; Mon.; 10:15-11 am; \$5/class or \$20/month

### 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

Get hip and discover the world of Bellydance! This fun upbeat dance class gives you a solid foundation with all the basics to include basic veil and playing finger cymbals. No experience required; appropriate for all shapes and sizes. 16+; Tues.; 7-8 pm; \$40/month or \$13/class

### Intermediate/Advanced Middle Eastern Bellydance

Continuing dancers, this class is designed to keep you dancing with advanced technique, drills, combos, props and cymbals. All classes include information of cultural, historical and social relevance and a performing troupe is drawn from this class.

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

### Soul Line Dance

In this class you will learn line dance steps that go with R&B music it is fun and great exercise. 18+; Thurs.; Advance 7-8 pm; Beginners 8-9 pm; \$5/class or \$20/month

### 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 or \$50 punch card for 10 classes.

## 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! This class is great for moms and daughters. Performances held throughout the year at various community events. Adults welcome.

6+; Wed. and Fri.; 6-9 pm; Sat.; 10 am-1 pm; \$25/month

## Modeling for Runway

Join REJOICE! Performing Arts Academy for modeling for 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.

4+; Thurs.; 5-6:30 pm; \$65/month or \$20/session

## Acting for Film

Join REJOICE! Film Audition, Monologue, Scene Read, Entertainment Business and MORE! Recreational learners are welcomed for an introduction into the entertainment industry for the serious student!

All ages; Tues.; 8-9 pm; \$65/month or \$20/session

## 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. All classes will be done though Skype; you can do it from home or come to the center and you must provide your own lap top. All payments will be taken at E.E. Miller Recreation Center. Time slots available on first come, first serve basis.

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. All classes will be done though Skype; you can do it from home or come to the center and you must provide your own lap top. All payments will be taken at E.E. Miller Recreation Center. 30 min. time slots available on first come, first serve basis.

7+; Thurs.; 5-9 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. Purchase of instructional book will also be required. Keyboard located at E.E. Miller for use. All classes will be done though Skype; you can do it from home or come to the center and you must provide your own lap top. All payments will be taken at E.E. Miller Recreation Center. 30 min. time slots available on first come, first serve basis.

7+; Thurs.; 5-9 pm; \$65/month

## Intersession Camps

Camps based around the year-round school schedule that feature games, crafts, sports and more. This program is designed for children who are currently enrolled in kindergarten through age 12. Campers should bring a nonperishable lunch and two snacks to camp each day. Weeks offered are as follows: March 14-18; March 20-25; March 28-April 1.

Grades K-6; Mon.-Fri.; 7:30 am-6 pm; \$55/week (unless otherwise noted)

## Workday Camps

These camps are offered on teacher workdays (from the year-round school calendar). Program is designed for children who are currently enrolled in kindergarten through age 12. Campers should bring a non-perishable lunch and two snacks to camp each day. Workday Camps are offered on the following days: May 30, July 11 and July 12.

Grades K-6; 7:30 am-6 pm; \$11/day

## Summer Camp

Camps based around the year-round school summer schedule that feature games, crafts, sports field trips and more. This program is designed for children who have currently been to kindergarten through age 12. Campers should bring a nonperishable lunch and two snacks to camp each day. Weeks offered are as follows: June 6-June 10; June 13-17; June 20-24; June 27-July 1; July 5-8

Grades K-6; Mon.-Fri.; 7:30 am-6 pm; Resident: \$55/week  
Non-Resident: \$110/week (unless otherwise noted)

## 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 Fri. beginning Sept. 19 and concluding in the end of May. Call the NC Coastal Pines Girls Scouts at 800-284-4475 or visit their website at [www.nccoastalpines.org](http://www.nccoastalpines.org) for more information.

Grades K-1; Fri.; 6-7:15 pm

Grades 2-3; Fri.; 7:30-8:45 pm



**SPECIAL EVENTS****Indoor Yard sale Bazaar**

This indoor yard sale will take place in our gym and all table purchases will go to the E.E. Miller L.E.A.P program (Learning, Enrichment and Play). The Yard sale is hosted by our "Seniors on the move" club. Their fall yard sale had 30 vendors and had 250 people come out to support it. If you would like to be a seller please contact the E.E. Miller Recreation Center.  
March 12; \$10/table

**Zone 3 Eggs-travaganza**

Come on out for an egg-tastic time with your friends at Cliffdale, EE Miller, Lake Rim 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 Cliffdale Recreation Center and is absolutely free!  
All ages; Sat., March 19; 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

**Kids Science Night**

Parents drop your kids off, for a two hour science event full of fun and excitement. We will discuss the scientific method during our fun experiments such as sharpie science, elephant toothpaste, milk vs. dish soap and much more. Curiosity can be a kid's best friend. Science energizes that curiosity and provides children with valuable ideas, out of the box thinking and can also lead to a future career. Spots limited!  
7-12 yrs; April 15; 6:30-8:30 pm; \$2

**Kids Art Night**

Parents drop your kids off, for a two hour Art event. We will be painting a sunset over water. Our event will discuss water color techniques, creativity, and mixing different materials to create a work of art. When kids are introduced to art it helps boost their inventiveness and improve visual learning, and motor skills. Spots Limited!  
7-12 yrs; June 3; 6:30-8:30 pm; \$2

**Team Building for Tweens**

Calling all tweens! Come out for a morning of team building activities that will help you improve your communications skills, trust and problem solving skills. This morning will be about fun with a purpose; the purpose being, to help lead preteens into becoming great leaders that can work well in teams and with people that might not see life challenges the way they see it. Our activities will involve survivor bracelets, balloon changes, obstacle challenge, team flags, anger management skills and much more. Spots limited! Register by March 30 for the event on Sat., April 2 and May 4 for event on Sat., May 7. Please bring a lunch and wear comfortable clothing and sneakers!  
9-12 yrs; Sat.; April 2 and May 7; 10 am-2 pm; Free



# 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

### 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

As 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

### "Fine Tunes" Piano Lessons

Individual piano instruction is provided to develop and enhance your piano skills. All levels are welcome. Sessions are once a week for 45 minutes.

5+; Mon. and Fri.; 9 am-1 pm; Sat.; 9 am-5 pm; \$45/month

### Drum Lessons

Individual drum lessons for students of all levels, register now and you'll be playing tunes in no time. Sessions are once a week for 45 minutes.

5+; Mon. and Fri.; 9 am-1 pm; Sat.; 9 am-5 pm; \$45/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 events, and encourage community involvement and sponsorship of activities while promoting social interaction and community development.

All ages; 1st and 3rd Thurs. of each month; 6-7:30 pm; Free

### 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

### "Take Precaution" 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. Grades 6-8; Mon., Tues. and Thurs.; 6-7:30 pm; Free

### YDA Dance Academy

Studio dance lessons at an affordable price. All dancers have the option to participate in two dance recitals each year and tryout for a recreational dance team or a competitive dance team.

**Placement Class:** 9+; Wed.; 6-7 pm; \$30/month

**Adult Class:** 18+; Wed.; 7-8 pm; \$5/class

**Intermediate Ballet/Lyrical:** 9+; 8-9 pm; \$30/month

## Adult Computer Class

Learn all you want to know about computers. Our patient instructor will work with you to increase your computer skills. Internet access, Microsoft Word, PowerPoint and more are available.

18+; Mon.; 5:30-7 pm; Free

## Computer Lab

Individuals that are looking for a safe quiet place to study or work on the computer can find that at Myers Recreation Center's computer lab. It has updated desktop computers with internet access and is free to the public. Computers are available during operational hours.

All ages (12-under yrs must be accompanied by an adult); Free

## Chromebooks

FCPR has partnered with Cumberland County Schools to provide computer capability to students who currently attend Cumberland County Schools, and the general public. Individuals who wish to utilize the Chromebooks must have a completed "Chromebook Activity" registration form on file. Chromebooks can only be used within the facility for a limited time period.

All Ages; Free

## Senior Pickle Ball

Seniors interested in staying active, you have to try Pickle ball! There's an energetic group of seniors at Myers, who will teach beginners and challenge others in this fun competitive mixture of Ping Pong, Tennis and Badminton.

55+; Mon., Wed. and Fri.; 9:30 am-noon; Free

## Puzzle Time

There's always time to put together a puzzle! Parents waiting on site during your child's practice, don't sit idle, there's always room at the puzzle table. Pass the time away by joining others to complete this month's puzzle. Puzzle table is located in the fitness room.

All Ages; Free

## Kids in the Kitchen

Are your kids interested in helping in the kitchen? Register them for the next "Kids in the Kitchen" class. Kids will learn kitchen safety and healthy eating habits, while preparing quick, easy meals they can prepare on their own. Space is limited, pre-registration required.

7-12 yrs; March 21, April 18 and May 16; 3:30-6 pm; \$5/child per session

## SPECIAL EVENTS

### "Successful Stars" Female Enrichment Seminar

This program will provide positive enrichment, guidance toward higher education, and developing stronger minds and sound self-esteem. Young ladies will receive all this and more when they attend this life changing event.

9-17 yrs; March 19; 9 am-1 pm; Free

### Elks Annual Easter Egg Hunt

This free Easter Egg Hunt is sponsored by the "Improved Benevolent Protected Order of Elks" of the world. Refreshments and games will be available and baskets will be given to the child who finds the most eggs in each age group.

2-12 yrs; March 26; 1-3 pm; Free

### 2016 Toddler Olympics

Olympic events just for toddlers! If you have a tiny energetic future athlete, this event is what you're looking for. Register your toddler for the 2016 Toddler Olympics. Children ages 3 and 4 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 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



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

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[www.FayTV7.com](http://www.FayTV7.com)



# Pine Forest Recreation Center

6901 Ramsey Street, 433-1196

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

All ages; Tues. and Thurs.; 6-7:30 pm; \$7/class or \$40/month

### 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. Sessions 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

### Pilates

Want a challenging total body workout? Try Pilates, a low-impact class focusing on core conditioning. Flatten abs, strengthen muscle, increase flexibility as well as improve balance and coordination! Develop a strong center to benefit both everyday functionality and the athletic competitor. All levels and abilities welcome to join the fun!

13+; Tues. and Thurs.; 5:30-6:30 pm; \$30/month, \$15/month for seniors (55+), \$5/class

### 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 hands on. Your child will learn to prepare a meal that they can prepare at home.

6-10 yrs; 2nd Tues.; 6:30-7:30 pm; \$8

### Kindermusik

Music classes that focus on the whole child's growth and development including cognitive, motor, social, emotional and musical skills.

7-under yrs; Tues.; 1-2 pm; \$50/month

### 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

### Teens 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 hands on. Your child will learn to prepare a meal that they can prepare at home.

11-14 yrs; 4th Tues.; 6:30-7:30 pm; \$8

### 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

## 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 21 to have an egg-ceptional time.

All ages; Thurs., March 23; 6:30 pm; Free

### Mother & Daughter Pancake Breakfast

Come and join the Pine Forest Recreation Center as we host our first Mother and Daughter breakfast. Breakfast will include pancakes, eggs and bacon. Please pre-register by Mon., May 2.

All ages; Sat., May 7; 9:30 am; \$5/person

# 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+; 13-17 yrs must be accompanied by parent; Mon.-Fri.;

10 am-9 pm; Sat; 9 am-5 pm; Sun.; 2-5 pm

55+; Mon., Wed. and Fri.; 9-10 am; Free

### 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! Classes are ongoing.

18+; Tues.; 6 pm; \$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. 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

### 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

### “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. Workshop is ongoing. For more information send an email to [allintgetherdevelopmentagency@yahoo.com](mailto:allintgetherdevelopmentagency@yahoo.com) or contact the center.

Girls 10-17 yrs; Wed.; 6-8 pm

### 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. and 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

All ages; Tues. and Fri.; 6-8 pm; \$25/person; Family/Group

Rates: \$10/person

## SPECIAL EVENTS

### Easter Egg Hunt

Come out and join in the fun at our annual Easter Egg Hunt!!!

12-under yrs; Fri., March 26; 11 am-2 pm; 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 2016.

# 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

### After School Tutoring

Stay ahead of the game and keep your studies in order. Assistance provided in Reading, Math, English and Science. 6-12 yrs; Mon. and Wed.; 4-5:30 pm; \$10/month

### Walking for Fitness

Looking for an inexpensive way to lose weight and strengthen your overall general health? Walk around our spacious grounds 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. All ages; Daily; 9 am-dusk; Free

### Sand Volleyball Court

Combine your love of the beach and volleyball while playing on our outdoor sand volleyball court. You can bump, set and spike your way to a good time. All ages; Daily; 9 am-dusk; Free

### Zumba Classes

Dance your worries away with the Latin inspired music workout craze! Shake your way to a toner, healthier you! 15+; Mon.; 6:30-7:30 pm; Free

### Computer Lab and Classes

Need a space to do some work or check email? Looking for some computer classes to better your skills? Come to our computer lab during the week and sign up for classes. Contact the recreation center for classes, dates, and times. Open lab for 6-12 yrs; Mon. and Wed.; 4-5:30 pm; Free  
Open lab for 15+; Tues. and Thurs.; 6:30-8 pm; Free

### Coaches Needed

Baseball, softball, basketball, football, cheer and soccer coaches are needed at J.S. Spivey Recreation Center for the 2016 sports seasons. Please call or stop by the center for more information. Background check is required. 18+; Free

### Spring Break Sports Clinics

Each day of spring break will feature a different sport. Learn the basics of baseball, softball, soccer and volleyball. Pre-registration is required, call the recreation center for details. 5-14 yrs; 9 am-noon; Free

**Mon., March 28:** Baseball/Softball

**Tues., March 29:** Indoor Soccer

**Wed., March 30:** Volleyball

### Chromebooks

Cumberland County Schools and FCPR have partnered together to provide access to technology for students in the Cumberland County School System as well as the general public. In order to use the Chromebook, you must have a completed Chromebook Activity Registration Form on file. Chromebook checkout is for a limited time and only allowed within the FCPR facility.

All ages; 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 14-Sept. 10; Mon.-Sat.; 10 am-6 pm; 3-6 pm when school is in session; Sun.; 1-6 pm; Free

### Community Garden

Become a part of cleaning up and beautifying the Community Garden located in our area. Volunteers will be needed in the Spring. Contact the recreation center for more details.

### Spivey Garden

Come volunteer on Global Youth Service Day to plant in the garden between the school and recreation center. We will be planting flowers, herbs and vegetables. All green-thumbs are welcome! If interested in volunteering, please contact the recreation center.

All Ages; Sat., April 16; Free

### Women's Self-Defense Classes

Come learn the basics of self-defense from a certified instructor. Classes will take place monthly. Skills include basic self-defense and self-awareness for different real-life situations. Pre-registration required due to limited class size. Contact the recreation center for more details or to register.

14+; Fri., April 15; 6-7:30 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 16.

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 16.

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. Stop in the Recreation Center during our operating hours to record your miles and at the end of the month we will have prizes for the top 3 finishers.

All Ages; Mon.-Sat.; 9 am-8:30 pm; Free

### 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!

**April 29:** Potluck Dinner; **July 8:** 4th of July Celebration  
55+; Fri.; 6:30 pm; \$5

### Zumba

This unique fitness program is sure to have you grooving along to Latin tunes all while getting a top notch workout. You will get hooked on this exciting hour of calorie burning, body energizing high intense program.

13+; Mon.; 7:30 pm; Thurs.; 8-9 pm; \$5/class

### 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 11, June 3; 6:30-8 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 22 and Aug. 26; 6:30-8:30 pm; \$5/child

### Kindermusik

For a child's brain, body, heart and soul. Through music-making, movement, language, literature and play, our music and movement classes nurture young children, empower their parents, and strengthen families!

7-under yrs; Thurs.; 1 pm; \$50/month

### 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 14-17 are encouraged to contact the center for additional details!

14-17 yrs; Free

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

## 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 15. Prizes will be awarded throughout the challenge.

All Ages; 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.

## Little Kickers Soccer

If your little one is interested in playing soccer, then this program is for you. Registration is June 1-Aug. 1. Season will start in Sept. League age is the age attained by a player prior to Dec. 1 of the current playing year.

3-4 yrs; \$20

## Family Bingo Night

Join us for a night of Bingo for the entire family to enjoy. We will play several styles and several games! Call to pre-register by May 10.

All ages; Fri., May 13; 6:30 pm

## Sports Equipment Drive

During the month of July, we will be accepting various kinds of used or new sports equipment for donation. If you have any old cleats, baseball gloves, bats, soccer balls, bat bags, football equipment, etc., please drop it by anytime during the month. This could help someone out who may be in need of gear!

### SPECIAL EVENTS

## "Pot of Gold" Scavenger Hunt

Come out and help us look for the "Pot of Gold". Follow our Scavenger hunt around the recreation center to see what the leprechaun is hiding at the end of the rainbow. Registration deadline is March 10.

5-12 yrs; Sat., March 12; 10-11 am; Free

## Breakfast with the Easter Bunny

Join us for a delicious warm breakfast! 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., March 26; 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., March 26; 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 23; 10 am-noon; Free

## Mother's Day Makeover

Bring a friend, sister, or daughter to enjoy some quality girl time! Bring your favorite nail polish if you wish for manicures and pedicures. We will also have some snacks and crafts. Registration deadline is May 4.

All Ages; Fri., May 6; 6-8 pm; Free

## 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 7; 11 am-1 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! Menu TBA. Pre-register by July 24.

18+; Fri., July 29; 6:30 pm; Free

## Back 2 School Bash

Pencils, erasers and paper, Oh My! Are you ready to start a new year of school? Summer is over so let's go out with a BANG! We will be celebrating the new school year with bounce houses, games, food and more!! Help us collect school supplies for the kids in need in our area. We will also be collecting items for the teachers as well. Please contact the recreation center for a wish list.

All Ages; Sat., Aug. 20; 10 am-1 pm; Free

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Twitter and YouTube

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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 (Summer Hours)

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 18, May 13, Aug. 12, 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

Yvette's Dance Academy is a structured dance studio program based out of the recreation centers. The mission of YDA is to offer high quality dance instruction at an affordable price. YDA offers recreation and competitive level dance classes and dance teams. All dancers have the option to participate in two dance recitals a year and tryout for either a recreational dance team or competitive dance team (1 year dance experience required). Placement classes are required in order to take Intermediate and Advanced Classes. Ballet/Tap/Tumbling: Beginning level dance class that introduces young dancers to ballet, tap, and basic tumbling skills. Students will learn basic ballet terminology and tap steps. Beginning Hip Hop/Jazz: Beginning level dance class that teaches hip hop technique and choreography. Dancers will develop rhythm, coordination and self-expression.

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

7+; Thurs.; Ballet/Tap/Tumbling; 6:30-7:30 pm; \$30/month

7+; Thurs.; Hip Hop/Jazz; 7:30-8:30 pm; \$30/month

### Youth Karate (Tang Soo Do)

Beginner and intermediate classes incorporating fitness, self-discipline, and fun are held in a non-violent atmosphere. The classes are in 4-week sessions. 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 and Cheerleading Coaches are needed at Stoney Point Recreation Center. For more information or to volunteer, stop by the recreation center during operating hours.

**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 advanced. Students will learn cheers, chants and a dance routine.

4-6 yrs; Tues.; 6:15-7 pm; \$30/month

7-9 yrs; Tues.; 7-7:45 pm; \$30/month

10+; Tues.; 7:45-8:30 pm; \$30/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; Sat.; 9-9:45 am; \$30/month

7-9 yrs; Sat.; 9:45-10:45 am; \$30/month

10+; Sat.; 10:45-11:30 am; \$30/month

**Zumba**

Come join the party! No experience required! 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.

All ages; Mon. and Wed.; 8-9 pm; \$35/month or \$5/class

**SPECIAL EVENTS****Zumbathon**

Come join the party! No experience required! 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. All proceeds will be donated to the St. Jude Foundation.

All ages; Fri., March 25; 6-8 pm; \$15/person

**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.; April 15 and June 17; 6-8:30 pm; \$10/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 April 30.

6-12 yrs; Sat., May 7; 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.; July 15 and Aug. 5; 6-9 pm; \$5/child

**Father Daughter Dance**

Come spend the evening with your special little princess! Fathers, or father-figures, and their daughters are invited for a fun filled evening with dancing and picture taking. Make this Father's Day one you'll never forget! Dressy casual attire is recommended.

5-13 yrs; Fri., June 3; 6:30-8:30 pm; \$20/father-daughter couple, \$5 additional daughter

**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 and July 18; 10 am-noon; \$5/participant



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[www.FayTV7.com](http://www.FayTV7.com)



# 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 was 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.; 3-5 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+; Tues.; 10 am-noon; Sun.; 2:30-4:30 pm; \$2/person

### Neighborhood Association Meetings

**Foxfire Concerned Citizens Association:** Last Tues. of each month; 7 pm

**New Ponderosa Neighborhood Association:** Oct. 23; 7 pm

**Summer Hill Community Watch:** TBA; 7 pm

**Devonwood Community Watch 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

### Home School Physical Fitness Time

Local home school families, are you looking for a place to allow your kids to focus on play and physical activities? We have the space and the time and supplies for you. Call ahead for availability.

Grades K-12; Thurs.; 10 am-2 pm; Free

### Pami-Kol

Pilipino "street survival" Martial Arts class 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

### Teddy Bear Preschool Club

The Teddy Bear Club is a program that incorporates crafts projects, games and a daily snack. Children learn how to follow directions and socialize with their peers in a structured setting. Participants must be potty trained. 3-5 yrs; Mon., Wed. and Fri.; 9 am-noon; \$65/month

### Little Kickers

Want to get your pre-school child involved in sports? This is a beginner soccer program for 3 and 4 year olds. Your child will learn the basic rules as well as develop their motor skills and learn about teamwork. Each child will be placed on a team. Teams will practice and play in non-competitive games against other teams. Parents are strongly encouraged to assist and play, taking an active role in their child's development. Registration runs Jan. 2-March 2; proof of age and three proofs of residency required. 3-4 yrs; Practice and game times are TBD; \$20

### Zumba Class

The combination of Latin and international music comes together with rhythmic dance steps to produce an effective fitness workout routine. Start setting goals your New Year's off with visions of being fit and healthy. 18+; Mon., Wed. and Thurs.; 9-10 am; \$45/month for 2-days

### Corn Hole League Toss

Bring your own custom boards and bags and join our Corn Hole league. Program can be played inside or outside, weather permitting. 18+; Mon.; 9-11 am; Fri.; 3-5 pm; \$5

### Aqua Zumba®

This Aqua Zumba class is designed especially for both beginners as well as advanced students! Aqua Zumba is a fun, low impact work-out that achieves great results! Enjoy the water, while staying cool and getting fit for the summer. 16+; Mon., Wed. and Thurs.; 9-10 am; \$45/month or \$5/class

### Yvette's Dance Academy

Yvette's Dance Academy is a structured dance studio program based out of the recreation centers. The mission of YDA is to offer high quality dance instruction at an affordable price. YDA offers recreation and competitive level dance classes and dance teams. All dancers have the option to participate in two dance recitals a year and tryout for either a recreational dance team or competitive dance team (1 year dance experience required). Placement classes are required in order to take Intermediate and Advanced Classes.

**Competition Technique Class:** Class for experienced dancers interested in joining Yvette's Dance Academy competition team that will focus on intermediate and advanced level jazz and lyrical technique. A tryout is required to participate. 8+; Mon.; 6-7:30 pm; \$35/month

**Intermediate/Advanced Hip Hop:** Dancers will build on beginning level jazz and hip hop and begin to incorporate improve movement and student choreography. 7+; Mon.; 7:30-8:30 pm; \$30/month

### SPECIAL EVENTS

#### Car/Bike Show and Cancer Run

Come out and meet local bike and car clubs and enjoy a car show. Participate in the cancer bike run or the 3 on 3 basketball tournament. Bike run will begin at 10 am and will return in time for the car show at noon. The 3 on 3 basketball tournaments will begin at 2 pm. Registration deadline is April 30. Registration fees are as follows: \$10 for bikes, \$20 for cars, \$10 donation for cancer run and \$60 per team for 3 on 3 tournaments. 18+; May 7; 10 am



# 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 37.

### SPADES Adult Day Program

Special Populations Adult Day Enrichment Sessions, or S.P.A.D.E.S., is an adult centered program that enhances life satisfaction through a wide variety of activities like exercise, creative/expressive arts, cooking/baking, life/social skills, nature and horticulture therapy, community outings, speakers, and more. This program runs Sept. through May and requires a current participant registration form and active parental/caregiver communication with Gilmore staff. Spaces are limited; priority is given to returning participants at the beginning of the program each fall. Please attend a SPADES informational meeting or pick up a parent information packet for more details.

18+; Mon.-Fri.; 9:30 am-1:30 pm; \$40/month

### SPADES Ambassadors Volunteer Program

This opportunity is for current or former SPADES participants who would like to take their involvement and learning to the next level as an Ambassador Volunteer. SPADES Ambassadors will have the opportunity to learn and refine their vocational and leadership skills through volunteering with the SPADES program as well as other opportunities at Gilmore TRC. SPADES Ambassadors serve as representatives of Gilmore TRC and must have the willingness and ability to fulfill program requirements as well as adhere to FCPR's Code of Conduct. Limited spots are available; application process includes current or former Gilmore TRC participant status, staff nomination, application/background check and interview.

18+; Free



### Friends of Gilmore

Do you have a passion for working with children and/or adults with special needs? Do you have a class you would like to teach, a special skill you could share, or simply a desire to volunteer your time working with the special needs community? If so, please consider joining "Friends of Gilmore" volunteer program and help someone in need while gaining many rewarding life experiences of your own. Friends of Gilmore volunteers serve as representatives of Gilmore TRC and must have the willingness and ability to fulfill program requirements as well as adhere to FCPR's Code of Conduct. Application process includes referral/recommendation, appropriate skills and experience, application/background check and interview.

18+; Free

### FTCC Compensatory Education Program

This program offered by Fayetteville Technical Community College offers an educational opportunity for adults with intellectual disabilities. Classes offered include reading, writing, and math with an emphasis on developing personal life skills, vocational exploration and citizenship skills. Class times vary and are determined by instructor. For more information contact the FTCC Coordinator at (910) 678-0181.

18+; Free

### Coffee Connection

GCF Family Support Services offers a monthly informal meeting where parents can gather, share and network with other parents of children with special needs. Families will have the opportunity to meet and to share experiences/resources with other families in similar situations. All ages; 2nd Tues. of each month; 10-11:30 am; Free

### Coffee Connection (Spanish)

GCF Family Support Services offers a monthly informal meeting where parents can gather, share, and network with other parents of children with special needs. This group will serve to emphasize the needs of our Spanish speaking community.

All ages; 2nd Thurs. of each month; 10-11:30 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 play great music from genres including 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

## 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 get still get to work. This class is intended for professionals and care givers.

18+; Tues. and Thurs.; 6:30-7:30 am; \$50/month

## Therapeutic Tai Chi

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.; 8:30-10:30 am; Free

## Adaptive Ballet for Adults

Participants have the opportunity to explore the wonderful world of Ballet while working on gross motor, balance and coordination skills. This is an introductory course with an opportunity to learn basic ballet positions and movements as well as participate in live performances.

18+; Tues.; 1:30-2:30 pm; Free

## Adaptive Jazz for Adults

Participants have the opportunity to explore the lively music and dance of jazz while working on gross motor, balance and coordination skills. This is an introductory course with an opportunity to learn basic jazz fundamentals and perform live routines.

18+; Wed.; 1:30-2:30 pm; Free

## Adaptive Hip-hop for Adults

It doesn't get more fun than this class! Come out and have fun listening to some great music and learning coordinated routines. This is a great way to have fun while getting a workout and keeping fit.

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

## Do It Yourself-With Items from Your Shelf!

Learn how to turn your common kitchen staples into homemade beauty products! These classes will teach participants methods of making velvet sugar hand scrubs, homemade body lotions and more. All materials are provided. Participants must register one week in advance for each class.

18+; 3rd Thurs. of the month; 3:30-4:30 pm; \$5/class

## Crochet/Knitting Social Hour

This group is for all those who enjoy crocheting and knitting and would like to connect with others with similar interests. Crochet enthusiasts can come together to share ideas, exchange information and meet new friends. This program will be held at Gilmore TRC in partnership with the Fayetteville Senior Center. Participants should come with their own materials.

18+; 1st Thurs. of each month; 2-3 pm; Free

## Preschool Sensory Sessions

Bring your toddler or preschooler out for full body touch and sensory play. Children can experience burying themselves in ball pools, squeezing through tunnels, tumbling onto soft mats and being squeezed between rollers. These types of sensory play activities all assist with the development of motor and proprioceptive skills.

1-4 yrs with a parent; Thurs.; 9-10 am; Free

## Aquapainting

Aquapaintings are simple yet beautiful ways to create life-like images using only water and a paint brush. This creative method of painting is perfect for all ages and ability levels. Come be amazed and inspired by a beautiful painting created by you! Registration deadline is March 7.

13+; Mon., March 14; 3:30-4:30 pm; Free

## Music Makers 101

Kids of all abilities can enjoy an afternoon of trying a variety of musical instruments, listening to music and singing their favorite songs. We will conclude the class by creating a special instrument for participants to take home to keep and enjoy. Sound levels can be adjusted for those with special sensory needs and headphones are welcome. Registration deadline is March 14.

3-7 yrs; Mon., March 21; 4-5:30 pm; Free

## Zentangle Therapeutic Art

Feeling anxious or stressed? Zentangle is a self-help art therapy practice designed to enhance participant's relaxation and focus. Intricate designs are created using simple patterns and easy step by step instructions. Relax, unwind and get your Zentangle on! Registration deadline is March 28.

13+; Mon., April 4; 3:30-4:30 pm; Free

## Baby Doll Circle Time for Toddlers

This special toddler circle time follows curriculum lessons designed to support a toddler's executive skills including attention, self-regulation, impulse control and initiative; and the teaching of language and literacy, numbers, spatial awareness, body parts and body awareness, and cooperation. Baby Doll Circle Time's curriculum is designed to foster bonding between children and secure adult-child relationships; please be prepared to actively participate with your child during each lesson. Call ahead for information on upcoming sessions.

1-3 yrs with a parent; Thurs.; 9-10 am; Free

## Wheelchair Yoga Clinic for Beginners

Did you know that there are many yoga poses that can be performed in a wheelchair? Come join us as we perform basic yoga poses and techniques designed specifically for non-ambulatory participants. Partner or caregiver participation is recommended. Registration deadline is May 4.

18+; Wed., May 11; 3-4 pm; Free

## Calming Creative Movement

Movement stimulates receptors in the inner ear so we feel when we move. The more we move the better our balance, strength and energy becomes. Join us as we explore movement using balls, scarves and soothing music. Movements can be adapted to all ability levels. Registration deadline is May 16.

13+; Mon., May 23; 3:30-4:30 pm; Free

## SuperSibs Support Group

This group provides opportunities for brothers and sisters of children with special health and developmental needs to obtain peer support and education within a recreational setting. It also gives parents the opportunity to spend more one-on-one time with their child with special needs. SuperSibs will kick off with an outing to Triangle Rock Club and subsequent outings will be planned based on group interests. Registration deadline is April 18, parents should plan to drop off and pick up their children from Triangle Rock Club.

8-13 yrs; Sat., May 14; 10 am-noon; \$10

## Healing Indoor Herb Garden

Join us as we explore the therapeutic benefits of horticulture by planting a variety of herbs. Upon the conclusion of this class, each participant will have several herbs to take home and nurture as they grow. Simple and healthy recipes will be provided for participants to utilize their fresh herbs for cooking meals at home. Registration deadline is April 27.

18+; Wed., May 4; 3-4 pm; Free

## Young Athletes

Special Olympics Young Athletes Program is an inclusive early childhood sports and educational play program for children aged 2 to 7 years old, with and without intellectual disabilities. The program includes games, songs and other fun, physical activities. The emphasis is on training and participation through activities and play, rather than competition, our young athletes learn basic sports skills like kicking and throwing a ball, as well as providing children with gross motor skills training, group interaction and socialization opportunities. These basic skills will prepare the Young Athletes for future participation in sports. Sessions lasts 6 weeks, call ahead for information on how to register for upcoming sessions.

2-7 yrs.; Tues. and Thurs.; 3:45-4:45 pm; Free

## Open Adaptive Badminton for Adults

Did you know Badminton is one of the most easily adapted games you can play? Come out and enjoy Open Badminton and get fit, have fun and meet new people! This is non-competitive and open to all adults with disabilities. Registration form must be on file to participate, schedule may vary according to availability.

18+; Fri.; 1:30-3:30 pm; Free

## Please Pass the Peas Cooking Class

These classes present an opportunity for participants to socialize and learn their way around the kitchen while working together to prepare a meal. Classes will also emphasize concepts such as nutrition, meal planning, budgeting and safe food handling. Participants must register one week in advance for each class.

12+; 2nd and 4th Thurs. of each month; 4-5:30 pm; \$5/class

## SPECIAL EVENTS

### Girls & Guys AI's

Girls & Guys AI's (Afternoons In) are here to give participants affordable and increased opportunities to meet new friends and have fun socializing at Gilmore TRC. Participants will enjoy a current movie (PG or PG-13 rating), popcorn and a drink. Registration is required a minimum of one week in advance of each event.

13+; Fri.; March 4 and April 29; 3:30-6 pm; \$5

## Girls & Guys Nights Out

Participants can enjoy a night out with old friends while making some new ones too! Program focus is on community leisure opportunities, socialization and independence. Outings may include local sports events, movies, restaurants, shopping centers, and attractions. Registration fees will vary according to trip. Departures/pickups leave from Gilmore TRC. Pre-registration is required for all trips. 13+; Fri.; March 18, April 8 and May 6; 5-9 pm; Varies

## Gilmore Family Fun Run

Do you want to get healthy, have fun and support a great cause? Then this is the event for you! The Gilmore Family Fun Run is perfect for all ages and abilities and will be geared towards first time less experienced runners. Activities will include a 5k for all ages, coloring activities for children and more. This is a fundraising event to benefit Special Olympics of Cumberland County. All runners should pre-register by March 14; Runners should check in the day of the race by 7:30 am. Event will be held at North Street Park.

All ages; Sun., March 20; 8 am; \$5

## 2016 Gilmore Annual Prom: "The Time of Our Lives"

A prom is a special occasion for all to enjoy. Each spring the TRC staff honors everyone that may not have experienced a prom in high school. Join us for music, dancing and have the time of your life! Semi-formal attire required.

16+; Fri., April 15; 6-9 pm; \$5/ticket

## Kids Zone Community Outings

Meet us out in the community for exciting outings planned for families and children with special needs. Outings are designed to foster socialization and social skills through recreation and play. Outings may include local attractions, sensory movies, museums and more. Pre-Registration is required and fees will vary according to trips. All participants must be accompanied and transported by an adult. More dates will be added based on group interest. 4-12 yrs with a parent; Sat., April 30; 10 am; Fee TBA

## Gilmore Talent Showcase

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 talents at our 4th Annual Gilmore Talent Showcase. Performances may include singing, dancing, playing instruments, reciting poetry, or telling jokes. Any and all talents are welcome. Awards will be given in each category and there is no cost to enter the showcase. Practices will be held weekly on Mondays beginning April 11 until the performance on May 20. Participants must register by April 4; performance requests are subject to staff approval.

All ages; Fri., May 20; 6:30 pm; Free

## Dinner & A Show-Or Get it To Go!

Come out and enjoy the Gilmore Talent Showcase while enjoying a great dinner! Dinner will include spaghetti, garlic bread and salad, and will be served during the talent show. In a hurry or not part of the show? Get yours to go and leave the cooking to us! Dinner tickets are \$5 each and must be purchased no later than May 6 for both dine-in and to go orders. All meals must be picked up by 8 pm the night of the event. This is a fundraising event to benefit Special Olympics of Cumberland County.

All ages; Fri., May 20; 6:30-8 pm; \$5



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# 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://www.facebook.com/SpecialOlympicsCumberlandCounty)

## SOCC Spring/Summer Sports Registration

Registration is Jan. 1-March 1. Athletes are required to have a Special Olympic Athlete Participation Form on file, which includes a physical in order to register. Spring sports offered are Athletics/Track, Bowling, Cheerleading, Equestrian, Powerlifting, Volleyball, and Softball. Sports offered may vary dependent upon the schedule created by Special Olympics North Carolina.  
8+; Free

## SOCC Fall Sports Registration

Registration is July 1-Aug. 19. Athletes are required to have a Special Olympic Athlete Participation Form on file, which includes a physical in order to register. Fall sports offered are Aquatics, Basketball, Bocce, Golf, Soccer, and Tennis. Sports offered may vary dependent upon the schedule created by Special Olympics North Carolina.  
8+; Free

## Spring Games

Our largest of all local competitions, Spring Games features track and field events, soccer and volleyball. Competition is always exciting and volunteers are always needed. This event is hosted by Methodist University and is open to spectators and registered athletes. The Spring Games 2016 registration packet can be accessed on our website [www.sonc.net/cumberland](http://www.sonc.net/cumberland). Registration deadline is April 1.  
8+; April 22; 10 am-1 pm; Free

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# 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

### Food and Fun: Billy Graham Library & Lunch, Charlotte, NC

Registration is March 1-31.  
55+; Wed., April 20; Depart 7 am; \$5 (Lunch on your own)

### Manic Monday at Four Seasons Mall, Greensboro, NC

Registration is March 1-31.  
55+; Mon., April 25; Depart 8 am; \$5 (Lunch on your own)

### Food and Fun: WRAL TV Studio/Garden Tour/Lunch at Crabtree Valley Mall

**Session #1:** Registration is March 1-31.  
55+; Wed., May 11; Depart 8 am; \$5 (Lunch on your own)  
**Session #2:** Registration is June 1-30.  
55+; Wed., Aug. 24; Depart 8 am; \$5 (Lunch on your own)

### Got To Be NC Festival at NC State Fairgrounds, Raleigh, NC

Registration is April 1-30.  
55+; Fri., May 20; Depart 11 am; \$5 (Lunch on your own)

### Manic Monday at Streets of Southpoint, Durham, NC

Registration is April 1-30.  
55+; Mon., May 23; Depart 9 am; \$5 (Lunch on your own)

### Manic Monday at Tanger Outlets Highway 17, Myrtle Beach, SC

Registration is May 2-31.  
55+; Mon., June 27; Depart 9 am; \$10 (Lunch on your own)

### Manic Monday at Smithfield Outlets, Smithfield, NC

Registration is June 1-30.  
55+; Mon., July 25; Depart 10 am; \$5 (Lunch on your own)

### Manic Monday at Cotton Exchange, Wilmington, NC

Registration is July 1-29.  
55+; Mon., Aug. 22; Depart 8 am; \$5 (Lunch on your own)

### Manic Monday at South Park Mall, Durham, NC

Registration is Aug. 1-31.  
55+; Mon., Sept. 26; Depart 9 am; \$5 (Lunch on your own)

FCPR Senior Programs also offers extended trips for 2017. Please contact the Senior Center staff for flyers, pricing information and dates:

- **West Virginia/Kentucky:** Spring
- **Michigan/Mackinaw:** Summer
- **Cape Cod/Martha's Vineyard:** Fall
- **Charleston, South Carolina:** Christmas



**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 scheduling conflicts and city-recognized holidays, there will be no TOFS on: March 24, April 28, Nov. 25, Dec. 24 and Dec. 31.  
 55+; Thurs.; 6:30-9 pm; Free

**Aerobics**

55+; Mon.; 9 am; Tues. and Thurs.; 8:30 am; Free

**Water Exercise/Open Swim**

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

**Dominos – Chicken Foot**

A bi-weekly game is held at the center for those interested in playing or learning.  
 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

**Spades**

Looking for those interested in playing as well as teaching others to play!  
 55+; Thurs.; 2 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;  
 55+; TBD; 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+; 3rd Wed. of each month; 1:30-3 pm; Free

**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; 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.  
 50+; Tues.; April 12, May 10, June 14, Aug. 9; 9 am-2 pm;  
 \$15 AARP Member/\$20 Non-Members

**Seasoned Readers Book Club**

Participants will be responsible for acquiring all reading materials. For further details, please contact Senior Center staff.  
 55+; 4th Wed. of each month; 2-4 pm; Free

**Social Security**

Do you have questions about Social Security? If, so please contact the center to set up a time between the hours of 10 am-noon; for the dates listed.  
 55+; April 4, May 2, June 13, July 11, Aug. 8; 10 am- noon;

## FAYETTEVILLE-CUMBERLAND COUNTY SENIOR CLUBS

Senior Clubs meet monthly – however, times and location may change due to scheduled programs. For more information on any of the following clubs, please contact Senior Center staff.

### 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

### Cardinal Red Hatters

55+; 4th Tues. of each month; 11 am; Fayetteville Senior Center

### 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; EE 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 staff 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

### Seminar – Property Tax Relief For 2016

A representative from Cumberland County Tax Administrative Office will be at Senior Center to help you apply or answer questions. 55+; Wed., April 20; 10 am; Free

### FCPR Senior Programs Annual Spring Picnic & Fish Fry

Bring a desert to pass. Tickets will be sold Feb. 1-29. 55+; Fri., April 29; 11 am; Seating begins 10:30 am; \$7

### Mother's Day Luncheon

Registration is April 1-30. 55+; Fri., May 6; 11 am; \$7

### Senior Programs Fishing Derby

Event to be held at the Pechmann Education Center, 7489 Old Raeford Road. Trophies to be awarded for the largest catch and most caught. 55+; Wed., May 25; 8-10:30 am; Free

# 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

### Fitness Equipment Orientation

Whether you are new to exercise or just need a refresher, contact center staff to set up a date and time to learn the details about our fitness equipment.

55+; Mon.-Fri.; Free

### Tokay's Trek Across North Carolina on Interstate 40

North Carolina's longest Interstate runs 421 miles through the state, and now is your chance to help us walk through your backyard. Pick up a flyer/entry blank today. For additional information, please contact center staff.

### 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 18; 11:30 am-1 pm
- April, May and June birthdays celebrated Fri., June 17; 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;

\$10/month for one day/week (Tues. or Thurs.) or \$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 each 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 8, May 10, July 12, Sept. 13; 8:30-10 am; Free

**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

\*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 non-residents)	Double resident fees, plus applicable deposit
All Rentals (for profit organizations)	Double non-profit fees, plus 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 \$100 deposit \$25 per hour for field lights, plus \$100 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 non-residents)	Double resident fees, plus applicable deposit
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 hour up to 8 hours max
Large / Multi-purpose Program Room Rental (non-profit organizations)	\$130 (1-4 hours) plus \$200 deposit, \$25 each additional hour up to 8 hours 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 3  
Mazarick 1

Resident, Non-Profit: \$60 (1-4 hours), \$110 over 4 hours  
Non-Resident, Non-Profit: \$120 (1-4 hours), \$220 over 4 hours  
For Profit Organization: Double Non-Profit fees

**Shelter Rentals - Small**

Arnette 1, 2 & 4  
College Lakes  
Mable C. Smith  
Honeycutt  
Lake Rim 1 & 2  
Mazarick 2 & 3  
Seabrook  
Spivey  
Westover

Resident, Non-Profit: \$40 (1-4 hours), \$70 over 4 hours  
Non-Resident, Non-Profit: \$80 (1-4 hours), \$140 over 4 hours  
For Profit Organization: Double Non-Profit fees

**Swimming Pool**

Swimming Lessons
Pool Entry Fee
Pool Rental

Resident: \$30, Non-Resident: \$60

Resident: 12-under yrs; \$1, 13+; \$2  
Non-Resident: 12-under yrs; \$2, 13+; \$4

Resident, Non-Profit: \$175 rental fee (1-2 hours), \$50 for each additional hour, \$200 deposit, plus current rate of pay for lifeguards  
Non-Resident, Non-Profit: \$350 rental fee (1-2 hours), \$100 for each additional hour, \$200 deposit, plus current rate of pay for lifeguards  
For Profit Organization: Double Non-Profit fees

**Tennis**

Court Rental
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Resident, Non-Profit: \$35 (1-4 hours), \$50 over 4 hours, \$150 deposit, plus \$175 if lights are requested  
Non-Resident, Non-Profit: \$70 (1-4 hours), \$100 over 4 hours, \$150 deposit, plus \$350 if lights are requested  
For Profit Organization: Double Non-Profit fees



# COMMENTS AND KUDOS!

## Hannah Soriano (Westover Aquatic Center)

I wanted to let you know about a really positive experience I had with an employee at the Westover Aquatic Center today. It was my first time to the Center, so I didn't know how much admissions were and I didn't know it would be cash only. When I showed up with my two kids (and no cash), and the woman behind the window told me it would be \$4. I imagined 1: putting my two kids back in the car and driving to an ATM or 2: walking over to the Dollar Store with two small kids and using their ATM. Neither seemed like good options. But before I could get upset, the woman, I believe she said her name was Hannah, called the front desk to look for options. In the meantime, I dug through my change to see if I had \$4 in change. She waited patiently while I put together \$2.75, and even offered to give me some of her spare change to make up the difference. This might not seem like much, but to a mom with two small children, it means everything. Hannah was so kind and so patient. I've been in similar situations where people don't seem to understand or care how frustrating it is to stuff two excited kids back in the car and postpone their fun. She didn't make me feel crazy or stupid for not having \$4 in cash. These are rare qualities in people today, and I will definitely be taking my kids back to Westover now that I know there are people like Hannah working there.

*Received from Jenn via e-mail, Aug. 6, 2015*

## Vera Shew (Westover Recreation Center)

I want to take just a few moments of your time to recognize one of your co-workers, Vera Shew. Vera cleans and maintains the Westover Recreation Center with nothing less than the highest quality standard. She splits her shifts when necessary, to make sure the patrons who visit this facility feel a warm and inviting atmosphere. Vera is self-motivated by the accomplishments she reaches on her own. She gives the City of Fayetteville an honest day's work for an honest day's pay. She is truly an asset to the Fayetteville-Cumberland Parks and Recreation Department. I asked her what makes her work the way she does and she replied, "the way I see it for 8 hours a day this is my house and I believe in taking care of what's mine." I invite everyone to come and tour her facility so you can see the pride she has in working for the City of Fayetteville and why she was chosen for the award of having the Cleanest and Best Maintained Recreation Center. Also, while you are at the Westover Recreation Center, take a look at the City's newest and awesome aquatic center. Please join me in congratulating Vera for everything she has done to help make Westover Recreation Center a place for all to enjoy!

*Received from Sandy via e-mail, Aug. 24, 2015*

## Tree Crew

Cheers to the City of Fayetteville and the tree maintenance department for trimming the tree limbs on Morganton Road. Their personnel not only trimmed the trees, they also cleaned up all of the debris that fell. Another outstanding job by our city employees! So proud of you!

*Received from Judy via The Fayetteville Observer, Aug. 25, 2015*

## Malik Logan (Westover Aquatic Center)

Cheer to Malik at Westover Pool. His customer service skills were above superior to my family. We will return because of that.

*Received from Daniel via the Fayetteville Observer, Sept. 18, 2015*

## Transportation and Local History Museum

Just wanted to send a note of thanks for the great efforts you all went through yesterday to make the Village Christian Academy 3rd grade class field trip such a success. From the Mayor and CM Wright spending an abundant amount of time with the kids, to the 911 call center tour, the Police and Fire tours, and the museum tour, all went extremely well and was much appreciated. My wife, who was one of the two teachers with the Village Christian Academy 3rd grade classes yesterday that visited, said the feedback from both the parents and the kids that this was one of the best field trips they had ever been on. So again my thanks for making it so!

*Received from Kevin via e-mail, Oct. 3, 2015*

## Art Williams

Thank you for your help, just need to say Art was of great help to us on Wed. morning and evening. We could not have done our jobs without his help. Kudos to him, he deserves a pat on the back. Thanks again.

*Received from Susan via e-mail, Oct. 8, 2015*

## Custodians/Maintenance (Sandy Thrash)

Sandy and her crew are to be commended for the excellent and efficient job they did cleaning the Nature Center today. They went above and beyond, and saw and addressed things that needed attention that we did not even see ourselves. They also helped to temporarily correct a dangerous situation that presented itself when a steel plate began slipping from one of our skylight units. Please thank your entire crew for us!

*Received from Jennifer via e-mail, Oct. 14, 2015*

**Clark Park**

Cheers to all the people who organized the free event at Clark Park on Nov. 7. This was our first visit to the park. It was both fun and educational for our 5-year-old granddaughter. She learned lots of interesting things about worms from one wonderful woman who took the time to answer all her many questions. My husband and I were both amazed at all the time and effort put into this day, from the music to the games to the displays. It was really a first-class affair.

*Received from Cecile via The Fayetteville Observer, Nov. 17, 2015*

**John Adams**

I wish to take this opportunity on behalf of myself and the museum staff to express our appreciation for services rendered by John Adams in the recovery of an old mill gear which was lodged in the muddy banks of Cross Creek. This is not the first time that John Adams has assisted the museum with a project. It is refreshing working with someone of John's caliber. He possesses a positive can-do approach to getting work done. All too often people are looking for reasons why a job cannot be done. John's work ethic makes him a valuable employee in the city work force. We appreciate his dedication and professionalism.

*Received from Bruce via e-mail Dec. 8, 2015*

**Christmas in the Park**

Great job with the Christmas Lights in Arnette Park!! Looked like a great success even with the wet weather. I took my 94 year old father and 89 year old mother and drove through and they were thrilled. They told their friends that it rivaled Biltmore. Thanks for bringing them an extra measure of joy for the holidays.

*Received from Bob via e-mail, Jan. 6, 2016*

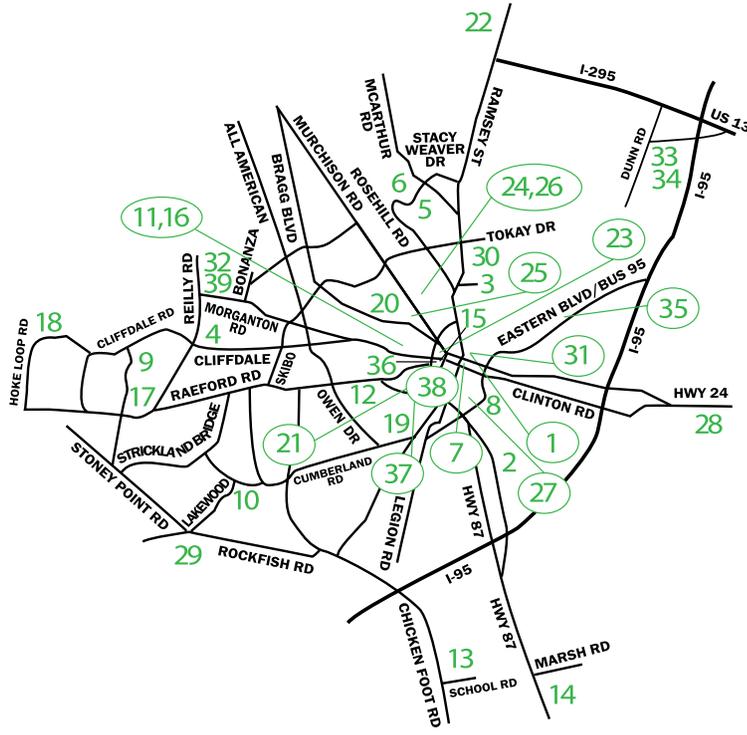
**Parks (Loose Leaf Pickup)**

My sincere thanks to all involved in the collection of a pile of leaves at my residence. I have many times sung the praises of our city environmental and maintenance departments with respect to garbage and yard waste collection. In fact, I have twice e-mailed my Councilman to say "thank you" to those responsible. Now I have another opportunity to say thank you for outstanding service. From the lady who took my phone call yesterday to the person who drove the truck this morning, your dedication is amazing. I have lived in Fayetteville since 1961 and am always proud to say so. Thanks again!

*Received from Peggy via mail, Jan. 13, 2016*



# PARKS AND CENTERS MAP & DIRECTORY



1	Administrative Offices	121 Lamon Street	433-1547
2	Annette 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	North Carolina Veterans Park	300 Bragg Boulevard	433-1457, 433-1224
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 Street	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
36	Freedom Memorial Park	Corner of Hay Street & Bragg Boulevard	
37	Fayetteville Area Transportation & Local History Museum	325 Franklin Street	433-1457, 433-1458, 433-1944
38	Festival Park	335 & 345 Ray Avenue	433-1547
39	Westover Aquatic Center	267 Bonanza Drive	433-1088

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**MARCH**  
**15th**



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