

ACTIVITIES GUIDE

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



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Opened Aug. 1

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League
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Linear Park
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Welcome!

Parks and Recreation services are constantly evolving to meet the needs of our community. Through partnerships and creative new programming ideas, FCPR continues in its efforts to meet the needs of our citizens, both young and old. This summer the City unveiled its second aquatics facility and plans to break ground on a third facility before year's end. The third aquatics facility will be located adjacent to the College Lakes Recreation Center in North Fayetteville.



In a continued tradition of cooperative partnerships in the community, FCPR proudly announces a new collaborative effort in joining forces with the Greater Fayetteville Parent Teacher Organization. Joint efforts are intended to result in greater accessibility for both parents and students to services provided by both organizations.

Another partnership was celebrated recently when FCPR and the Linear Park Corporation held the ribbon cutting ceremony to unveil the completion of Fayetteville's Linear Park trail. The 2.8 mile Linear Park Trail runs from Festival Park in downtown Fayetteville to the dog park on U.S. 301 with the Cape Fear River providing beautiful scenery for walkers and joggers along much of this nearly 3 mile trail. The completion of this project was the culmination of 10 years of hard work between the Corporation and the City.

This spring the City unveiled a new Baseball and Softball Program for youth ages 13-14. This program was made possible in partnership with Major League Baseball and the Reviving Baseball in Inner Cities program. Participants enjoyed play throughout the City as well as travel to an Atlanta Braves game.

As always, citizen comments and input will continue to benefit improvements in departmental operations and facilities. Your support and thoughts are appreciated and welcomed as we continue to work to serve this great community!

Michael Gibson
Director, Fayetteville-Cumberland Parks and Recreation

Fayetteville City Council*

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



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

Parks & Recreation Advisory Commission*

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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.

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

Westover Aquatic Center Opens

On Saturday, August 1, the City of Fayetteville and Fayetteville-Cumberland Parks and Recreation cut the ribbon to officially open the Westover Aquatic Center. The Ground Breaking was held in early March on the 1.8 million dollar project designed by Gordon Johnson Architecture and constructed by M&E Contracting, Inc.

Although it was hot on this summer morning, citizens began showing up several hours prior to the ribbon cutting, hoping to catch a sneak peak of the completed pool. Fayetteville-Cumberland Parks and Recreation Advisory Commission Chair, Robert Lints, welcomed the large group gathered for the ceremony. Mayor Nat Robertson and City Council Member Chalmers McDougald addressed the crowd. After a short ceremony, members of City Council joined Mayor Robertson and Council Member McDougald in cutting the ribbon to officially open the aquatic center.

This premiere facility is 28,000 square feet (inside the fence) with the pool making up 8,500 of the 28,000 square feet. The wading pool with slide is 4,000 square feet, holds 59,600 gallons of water and ranges from zero to 3.5 feet in depth. Slide patrons must be a minimum of 48 inches tall and not exceed a maximum of 300 pounds. The competition pool is 4,500 square feet (60 feet X 75 feet), holds 173,715 gallons of water and ranges from 4.0 feet to 6.0 feet in depth. The competition pool supports 8 lanes. During public swim, 2 lanes are reserved for swim tests and lap swimmers. The competition pool can be heated and is internally lit to extend the swim season for the FCPR swim league. Both pools are ADA compliant.

Admission is \$1 for children 12 and under, \$2 for ages 13+. For more information, contact Westover Recreation Center at 433-1088.



City Manager Ted Voorhees (above) jumps in the pool at the new Westover Aquatic Center at the Aug. 1 opening



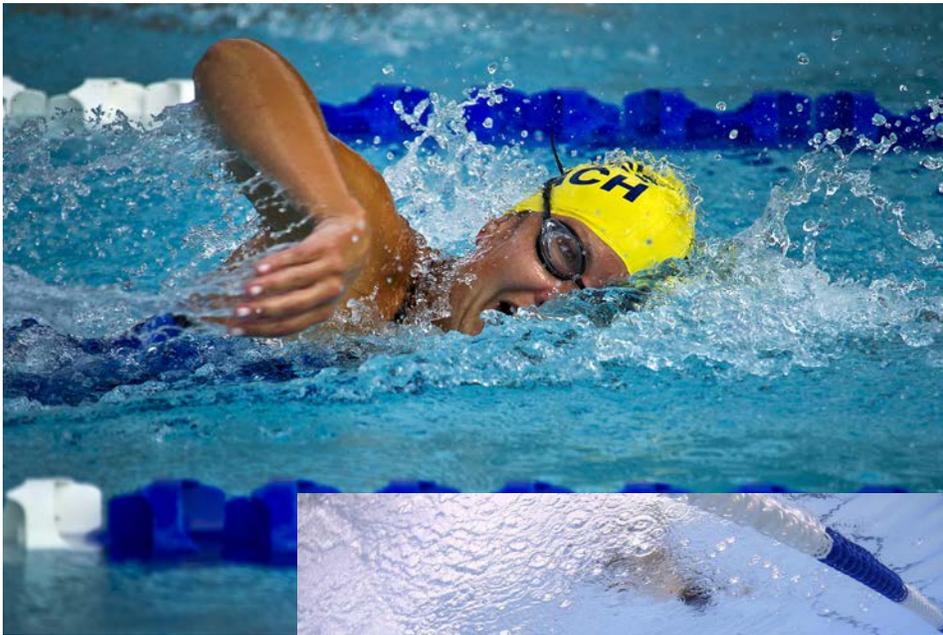
FCPR Swim League

Fayetteville-Cumberland Parks and Recreation is excited to announce the formation of a new Swim League in conjunction with the opening of the Westover Aquatic Center, located at the Westover Recreation Center. The league runs from August through October, and provides an inclusive experience for children ages 7 to 18. Multiple practices and four swim meets throughout the season will offer the participants a wonderful opportunity to build friendships, develop a new life long skill and improve overall physical fitness.

FCPR has partnered with well-known swimming instructor Oscar Roverato and his "FAST" swim team to develop the swim league. Mr. Roverato and his coaching staff are committed to building a new tradition by training and motivating the swimmers to be the best they can be in a positive, safe environment. Certified lifeguards will be on duty during all practices and meets.

Practices will begin in August and will be held on Mondays from 4-8 pm and Tuesday through Sunday from 8-10 am and 7-8 pm. When the school year begins, practices will be nightly from 4-8 pm. The meets will be held on September 19, 26, October 3 and 10. Swimmers will be divided into the following age groups: 8U, 10U, 12U, 14U and 18U. Swimmers will have the option to compete in four different strokes: free, back, breast, and butterfly. The races will be 25 meters in length and the free style will have relays and the distance could be increased.

To register, visit any FCPR recreation center. The fee is only \$20.



Cape Fear River Trail

Between Clark Park and Jordan Soccer Complex

GENERAL INFORMATION

The trail is a 10-foot wide paved path for walkers, joggers, bicyclists and others utilizing non-motorized transportation. It winds for nearly 5.3 miles, one-way, through a beautiful blend of trees, plants and wildlife with spectacular views of the river. The terrain can be flat or slightly hilly. In addition to the wooden bridges, including one covered bridge, there is over 1,000 feet of boardwalk through the marsh and wetlands along the trail.

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 and officially opened in December, 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 Complete

The final section of the Cross Creek Linear Park Trail is complete.

After almost 12 years of dedication and determination, the ribbon was cut on the final section of the Cross Creek Linear Park Trail. The trail now spans 2.8 miles, from Festival Park on Ray Avenue to the Riverside Dog Park near the Cape Fear Botanical Garden.

Cross Creek Linear Park was spearheaded by Mr. Harry Shaw. Mr. Shaw, who grew up walking the banks of Cross Creek, leads the Linear Park Corporation, which oversaw the fundraising efforts for the park.

Hundreds of people braved the sweltering heat on Saturday, July 11 to not only see the ribbon cut on this final section, but to also shake Mr. Shaw's hand and congratulate him on this tremendous accomplishment. Speaker, after speaker stepped to the podium to offer words of praise and thanks to Mr. Shaw. Outgoing state Rep. Rick Glazier surprised Mr. Shaw with the Order of the Long Leaf Pine, the most prestigious civilian honor in the state.

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. The dream of completing this trail has only come to fruition because of the great people who have contributed thousands of dollars to this project. The beautification of the creek and the preservation of the natural beauty of the stream will forever be available to the people of this community.

For more information about Cross Creek Linear Park, log onto CrossCreekLinearPark.com.



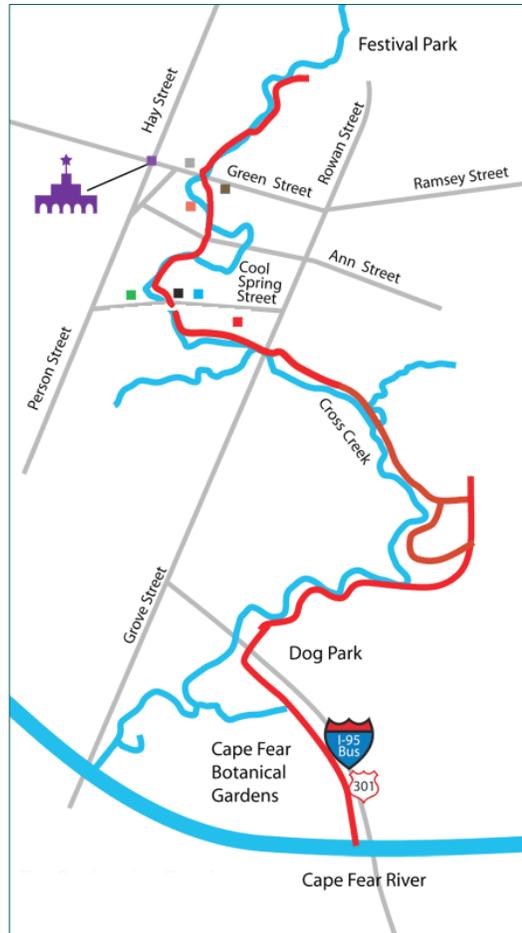
Cross Creek Linear Park

Walk, Run, Ride – And Relive History



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

The park will eventually create a green beltway that connects some of the best points of interest in our community. For more information about Cross Creek Linear Park, log onto 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.

PROGRAMMING OPPORTUNITIES

Adaptive Athletics (page 20)

- Paralympic Sport Club (PSC) – Fayetteville
- Adult Wheelchair Basketball
- PSC Archery
- PSC Boccia
- PSC Goalball
- PSC Kayaking
- PSC Paralympic Experience Day

North Carolina Veterans Park; 300 Bragg Boulevard (page 8)

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 9)

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.

Fayetteville Area Transportation and Local History Museum; 325 Franklin Street (page 10)

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 69)

Tokay Senior Fitness Center;
328 Hamilton Street (page 72)

“Enhancing the Quality of Life of Seniors”

A full list of FCPR facilities can be found by visiting www.fcpr.us



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North Carolina Veterans Park

300 Bragg Boulevard, 433-1457 or 433-1224

Admission Is Free

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

Closed Mon., except open on Federal Holidays when hours will be 10 am-5 pm

Closed Thanksgiving Day, Christmas Day, and Easter Sunday

GENERAL INFORMATION



NORTH CAROLINA VETERANS PARK

Fayetteville ★ North Carolina

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

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



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

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

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

JOIN US AT THE NCVP

Veterans Day Ceremony

Join us at the North Carolina Veterans Park following the Veterans Day Parade for the City of Fayetteville's Veterans Day Ceremony.

All ages; Sat., Nov. 7; Following Veterans Day Parade; Free

Volunteers Needed

The North Carolina Veterans Park 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



www.fcpr.us

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 and given a behind the scenes tour of the Emergency 911 Center, as city operations allow.

Local History Talks

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

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

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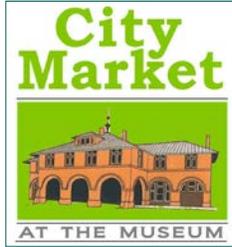


SPECIAL PROGRAMS & EXHIBITS

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

City Market

A Market of local farmers and crafters is hosted on the grounds of the museum every Wed. and Sat. Fresh, locally grown vegetables, fruits, eggs, honey, and other farm products are offered for sale. These seasonal offerings along with plants, flowers, pottery, tea, soap, candles, jewelry, and more can be purchased. The 2015 market season kicked off in April and runs into Dec. but a number of vendors appear year-round. Follow the City Market on Facebook at <http://www.facebook.com/CityMarketAtTheMuseum>. All ages; Wed.; 2-6 pm; Sat.; 9 am-1 pm; Free (market purchases on your own)



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.



4th Fridays at the Market House

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:

Sept.	Lafayette In Fayetteville
Oct.	Cross Creek Cemetery
Nov.	Fayetteville Victorian Christmas
Dec.	No 4th Friday
Jan.	Floods of Fayetteville
Feb.	E.E. Smith

Constitution Day at the Market House

Did you know that Fayetteville was the location where the General Assembly of North Carolina ratified the U.S. Constitution? Join members of the Daughters of the American Revolution and Sons of the American Revolution at the Market House as we remember the historic document and the ratification that took place on that site nearly 225 years ago. Hear the Market House bell toll in honor of the U.S. Constitution.

All ages; Thurs., Sept. 17; 10 am-1 pm; Free

Historic Hauntings and Cemetery Tour

The Dogwood Festival works with the museum to offer tours which will focus on historic events in Fayetteville of a shocking and frightening nature this Oct. Also in Oct., the Dogwood Festival will conduct cemetery tours at 7, 8, and 9 pm. Cross Creek Cemetery No. 1 is Fayetteville's oldest municipal cemetery and is listed on the National Register of Historic Places. Historic facts, early legends, burial customs, and famous stone cutters, come together in this informative and entertaining candle light tour. For more information about times and fees of Historic Hauntings or the Cemetery Tours, contact the Dogwood Festival office 323-1934.

Veterans Day Vintage Car Show

The Fayetteville Area Transportation and Local History Museum and supporting car clubs will sponsor a vintage car show on Sat., Nov. 7. Visitors can explore the museum grounds packed with antique, vintage, and late-model customized cars from noon-3 pm. Car registration begins at 9 am with judging at noon. Awards will be presented in a number of categories.

All ages; Sat., Nov. 7 ; noon-3 pm; Free

Cumberland County History Bus Tours

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

10+; Mon.; Dec. 14 and Feb. 22; 9 am-noon; \$3/person
Dec. 14: Historic Churches

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

Fayetteville-Cumberland Metric Century Bike Ride

Presented by **THE BICYCLE SHOP**

12, 30 or 62-mile Bike Ride through Fayetteville and Cumberland County. Starts at Festival Park. All proceeds go to benefit Special Olympics Cumberland County. Register at FCPR Administrative Office and online at www.active.com. On-site registration begins at 7 am on the day of the ride. Ride safe - wear a helmet! For more information, call 433-1547.

All Ages; Sat., Oct. 3; 8 am

Early Registration; Aug. 1-Sept. 17; \$20 and includes a t-shirt

After Sept. 17; \$20

Christmas in the Park

Located at Arnette Park, enjoy a leisurely stroll on our ½ mile paved walking trail while taking in the sights and sounds of the Christmas season. Don't forget to stop by and visit with Santa! For more information, call 433-1547. For inclement weather, call 306-7325.

All Ages; Fri., Dec. 4-Sun., Dec. 20; 6-9 pm

Prices: \$10 per family vehicle; \$30 per commercial vehicle; \$75 per motorcoach/bus; Photo with Santa: \$5

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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-3 pm, Sun. 2-5 pm;

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

GENERAL INFORMATION

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

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

PARK PROGRAMS AND OUTDOOR RECREATION OPPORTUNITIES

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

Educational Group Field Trips

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

Outreach Programs

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

Preschool Programming - Growing up Wild Field Trips

Growing up Wild is an early childhood education program that builds on children's sense of wonder about nature and invites them to explore wildlife and the world around them. Through a wide range of activities and experiences, these programs provide an early foundation for developing positive impressions about nature and lifelong social and academic skills. These programs meet Head Start Domains and NAEYC Accreditation Criteria. Call Clark Park for reservations and topics.
\$1/student

Scout Outdoor Activities Badge Programs

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



Environmental Mobile Unit (EMU)

Clark Park utilizes a twenty-four foot mobile educational trailer that enables rangers to provide outreach programs for schools, community groups and events within Cumberland County. The EMU houses wildlife pelts, skulls, and reptile and amphibian models, along with other exhibits. Some restrictions apply. Call Clark Park for information and reservations. \$25/visit; Free for Cumberland County Public Schools, Fort Bragg Schools and affiliates

Animal Feedings

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

Saturday Nature Hour

A variety of natural history topics will be explored through talks, activities, and hikes. Call for a schedule and to register for programs. All ages; Sat.; Sept.-Oct.; 10-11 am; Free

Growing Up Wild Early Childhood Nature Exploration

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

Sept. 1: Spider Web Wonders; Learn about spiders and their webs and take a spider walk.

Oct. 6: Looking at Leaves; Discover the different shapes and colors of leaves you can find along the trails at Clark Park.

Nov. 3: Terrific Turkeys; Have you ever wondered what turkeys eat? Learn this and other interesting facts as we explore these birds.

Dec. 1: Bird Beak Buffet; Discover the special functions of bird beaks through this hands-on activity and learn about what winter birds might be in your neighborhood.

Jan. 5: Lunch for a Bear; Children will identify the kinds of food that bears eat and learn about where they live.

Feb. 2: Tracks; Explore what animal trails might be in the woods. Compare and make tracks of your own. 3-7 yrs with an adult; 1st Tues. of each month; 1-2 pm; \$1 (cash only)

Naturalist Thursdays

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

Sept. 10: Owls; **Oct. 8:** Fall Leaves; **Nov. 12:** Deer;

Dec. 10: Christmas Plants; **Jan. 14:** Birds; **Feb. 11:** Groundhogs

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

Nature Story Time

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

Sept. 15: Deer; **Oct. 20:** Bats; **Nov. 17:** Turkeys; **Dec. 15:** Reindeer; **Jan. 19:** Bears; **Feb. 16:** Groundhog
6-under yrs with an adult; 3rd Tues. of each month; 1-2 pm; Free

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OUTDOOR RECREATION

Night Hike

Bring your headlamps and flashlights to explore the woods after dark. After discussing the creatures that come out at night, prepare for a hike around the park trails. You can spot spiders using the reflection of their eyes, search for owls and identify moths along the way.
6+; Tues., Sept. 8; 7:30-8:30; Free

Archery Clinic

The archery class is designed to introduce the sport of archery to beginners. Participants will use state of the art compound bows as they learn the basics of archery. Safety, proper stance and follow through will be taught. You will be hitting the bull's eye in no time! Adults welcome too. Register early because space is limited.
8+; Fri., Sept. 11; 4:30-6:30 pm; \$5

Hiking Day Trips

Take advantage of the cooler temps and fewer bugs of fall and winter. A different state park or other natural area will be explored each month. Call the park office for a schedule. Hikes are dependent on the weather. Return times may vary depending on location. Expect a 1-2 hour drive and at least a couple miles hiking. Transportation will be provided. Bring water, snacks, and lunch. Register early because space is limited.

10+; Sat.; Oct. 17, Nov. 14, Dec. 12, Jan. 9, Feb. 6 and March 5; 9 am-5 pm; \$5/person per hike

Bike Tour

Travel down the Cape Fear River Trail on a leisurely bike ride. We will make frequent stops to discuss our surroundings and warm up from the cool air with some pedaling. Bikes will not be provided. Bring plenty of water. Call to register. Meet at Clark Park.
All ages; Fri., Dec. 4; 1-3 pm; Free

Fire Construction

Learn how to start a fire in survival situations. We will practice the breakdown of what it takes to get a good warm fire started with matches and lighters, move onto flint and steel, and attempt some more primitive methods. Come out to try your hand at an essential survival technique. Call to register.

12+; Fri., Jan. 15; 3:30-4:30 pm; Free

Camping

Camping can be an added part of your adventure by staying overnight at Clark Park. A semi-primitive campground is available for rent that includes a fire-ring and outdoor restrooms with a cold shower. There is no electricity. Campground is available March-Oct. At least a one business day advanced reservation with payment is necessary. Campground capacity limited to 50 people.

Rates: Family: \$10/day; Groups up to 25 individuals: \$25/day (\$1 each additional person over 25)

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

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

Reservations are required; Free

SPECIAL EVENTS

Campfire Program

Gather around the campfire for an evening of marshmallow roasting, storytelling, skits, songs and games. Fun for the whole family! Dress for the outdoors. Bring water and a flashlight. We will meet at the Nature Center and take a short walk to the campground. Promptness is essential. You must call to register by Oct. 1; space is limited.

All ages; Fri., Oct. 2; 6-7:30 pm; \$3/person (cash only)

Ghosts of the Sandhills Campfire Program

North Carolina has a long and mysterious history. Learn about local lore and legends as you listen to stories of this region's haunted past around the campfire. May not be suitable for young children. Dress for the outdoors. Bring water and a flashlight. We will meet at the Nature Center and take a short walk to the campground. Promptness is essential. You must call to register by Oct. 29; space is limited.

5+; Fri., Oct. 30; 6-8 pm; \$2

25-Year Anniversary Party

Help us celebrate the Nature Center's 25th year. There will be animals, music, fun and games and more!

All ages; Sat., Nov. 7; 11 am -2 pm; Free



Lake Rim Park

2214 Tar Kiln Drive, 433-1018

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

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

GENERAL INFORMATION

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

PARK PROGRAMS

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 calendar with updated program information or follow us on Facebook at www.facebook.com/fcprnature.

Educational Group Field Trips and Outreach Programs

Refer to Clark Park Nature Center on page 14.

Scout Outdoor Activities Badge Programs

Refer to Clark Park Nature Center on page 14.

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.

Sept. 8: Seeds; **Oct. 13:** Nocturnal Animals; **Nov. 10:** Turkeys; **Dec. 8:** Bear; **Jan. 12:** Fish; **Feb. 9:** Worms
3-6 yrs with an adult; 2nd Tues. of each month; 10-11 am; Free



Dinosaurs in the Dirt

After a brief introduction to dinosaurs, children will venture to the volleyball court to dig for "dinosaur bones" and play in our "giant sand box." Shovels, buckets, and, of course, dinosaurs will be provided for children to play with. Groups can set-up an appointment for a private program. Call to register by Sept. 15; space is limited.
5-under yrs with an adult; Wed., Sept. 16; 9-11 am; Free

Fun with Fungi

Toadstools, morels, fairy rings, puff balls, truffles, mold and lichens. Learn about the fascinating world of mushrooms and other fungi and their importance to the forest. View preserved specimens before heading down the trail to see which ones are growing in the park. Call to register.
All ages; Fri., Sept. 18; 3-4:30 pm; Free

Naturalist Thursdays

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

Sept. 24: Owls; **Oct. 22:** Fall Leaves; **Nov. 24:** Deer; **Dec. 22:** Christmas Plants; **Jan. 28:** Birds; **Feb. 25:** Groundhogs
All ages; 4th Thurs. of each month, *4th Tues. in Nov. and Dec. due to holidays; 3:30-4:30 pm; 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., Sept. 30; 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!
6-under yrs; Fri., Oct. 2; 10-11 am; 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., Oct. 7; 3-4:30 pm; Free

Autumn Hike

Enjoy the cooler days and fall colors on this guided hike around the Border trail. Learn about fall foliage, area history, and how nature prepares for the winter months. Call to register.

All ages; Thurs., Nov. 12; 3-4 pm; Free

Meteor Shower Viewing

Learn about asteroids, meteorites and comets then head outside to view the Geminids, one of the most impressive meteor showers of the year. Bring a lawn chair or a blanket and dress for the weather. This program occurs after park operating hours. If the gate is closed please wait and staff will let you in. Call to register.

All ages; Sat., Dec. 12; 8-10 pm; Free

Winter Hike

It may be chilly outside but don't let that keep you from getting out and going for a walk. Bundle up and go on an interpretive hike to explore the park this winter. Bring binoculars to view birds and learn about a variety of evergreen plants that bring color to the forest even in winter. Call to register.

All ages; Wed., Jan. 13 and Feb. 10; 3:30-4:30 pm; Free

Stars and Constellations

Winter nights are the premier time to view the night sky. Learn about our constellations and other celestial objects and the folklore behind them. Bring telescopes and binoculars if you have them. This program occurs after park operating hours. If the gate is closed please wait and staff will let you in. Dress for the weather. Call to register.

All ages; Fri., Jan. 29; 6-8 pm; Free

The Man in the Moon

Learn the origin, history and legends of our satellite, the Moon. We will observe the surface of the moon with binoculars and telescopes. Feel free to bring your own equipment if you have it. This program occurs after park operating hours. If the gate is closed please wait and staff will let you in.

Dress for the weather. Call to register.

All ages; Mon., Feb. 22; 6-8 pm; Free



OUTDOOR PROGRAMS

Archery Clinic

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

8+; Sun; Sept. 20 and Oct. 18; 9 am-noon; \$5

Archery Challenge Course

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

8+; Tues., Nov. 3; 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+ with a participating adult; \$15, \$5 w/own boat

Kayak Trip

Explore Mill Creek, a coastal salt marsh in Brunswick Co. All equipment and transportation 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? Trip is offered at a discounted price for those providing their own boat and transportation. Space is limited, register by Sept. 21.

12+ with a participating adult; Sat., Oct. 3; 9 am-6:30 pm; \$50 or \$20 w/own boat

SPECIAL EVENTS

Wildlife Expo

The expo features hands-on exhibits that encourage kids to learn about their natural environments while teaching them about the important roles that hunting and fishing play in North Carolina's fish and wildlife conservation. Activities include fishing, kayaking, and archery. Live animals on display include reptiles, amphibians, and birds of prey. Event is held at the NC Wildlife Commission's John E. Pechmann Fishing Education Center next door to Lake Rim Park. Registration is on site during the event.

All ages; Sat., Sept. 26; 9 am-2 pm; Free

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www.FayTV7.com



Mazarick Park

1400 Belvedere Avenue, 433-1575

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

GENERAL INFORMATION

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

MAZARICK PARK PROGRAMS

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

Educational Group Field Trips and Outreach Programs

Refer to Clark Park Nature Center on page 14.

Scout Outdoor Activities Badge Programs

Refer to Clark Park Nature Center on page 14.

Fishing Tackle Loaner Program

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

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

Naturalist Thursdays

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

Sept. 17: Owls; **Oct. 15:** Fall Leaves; **Nov. 19:** Deer;

Dec. 17: Christmas Plants; **Jan. 21:** Birds;

Feb. 18: Groundhogs

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.

Sept. 22: Turtles; **Oct. 27:** Bats; **Nov. 24:** Turkeys; **Dec. 22:** Nature Crafts; **Jan. 26:** Worms; **Feb. 23:** Beavers
3-6 yrs with an adult; 4th Tues. of each month; 10-11 am; Free

www.fcpr.us

The Fallen Log

Come find out what kind of animals live in fallen logs and how they are important to the ecosystem. We will explore the many different types of insects living in a downed tree and compare them to rotten trees that are standing as well as living trees. Meet at the Mazarick building. Call to register.

5-11 yrs; Tues., Nov. 17; 3:30-4:30 pm; Free

Native American Culture

Pottery and stone tools are just a few of the clues left behind by North Carolina's earliest inhabitants. Learn about the fascinating lives of Native Americans in our state before European contact. Explore how they made tools, prepared food, made clothes, and other aspects of their lives. Meet at the Mazarick building. Call to register.

All ages; Wed., Nov. 25; 3-4 pm; Free

Snakes

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; Fri., Dec. 18; 3-4 pm; Free

Dinosaurs

Dinosaurs have captured the imagination of both children and adults for decades. Learn about these spectacular ancient creatures, their world, and which dinosaurs once lived in North Carolina. Other prehistoric animals from NC will be covered also. Find out about new discoveries, old favorites, and revelations about how these animals lived and what ultimately happened to them. Meet at the Mazarick building. Call to register.

All ages; Tues., Jan. 19; 3-4 pm; Free

Bear Necessities

Come learn amazing facts about our native NC bear, the black bear. Diet, temperament, and hibernation will be discussed followed by a comparison to other types of bears. Meet at the Mazarick building. Call to register.

3+; Fri., Feb. 12; 3:30-4:30; Free

Spiders

Join a park ranger as you learn about arachnids, spiders and their relatives. You'll find out where they live, what they eat, and how to identify common spiders living in this area. Meet at the Mazarick building. Call to register.

All ages; Mon., Feb. 15; 3-4 pm; Free

ATHLETICS

YOUTH TEAM SPORTS

Basketball

Registration is Oct. 1-Dec. 1 for ages 5-17. 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 Jan. 9. Birth certificate, 3 proofs of residence and fee are required at the time of registration. League age is the age attained by a player prior to April 1 of the current playing year. See registration sites below.
5-17 yrs; \$20; \$25 for late registration



Baseball

Registration is Jan. 1-March 1. Season starts April 9. Birth certificate, 3 proofs of residence and fee are required at the time of registration. League age is the age attained by a player prior to May 1 of the current playing year. See registration sites below.
5-17 yrs; \$20; \$25 for late registration

Softball – Girls Fast Pitch

Registration is Jan. 1-March 1. Season starts April 9. Birth certificate, 3 proofs of residence and fee are required at the time of registration. League age is the age attained by a player prior to Jan. 1 of the current playing year. See registration sites below.
7-17 yrs; \$20; \$25 for late registration



Indoor Soccer

Registration is Jan. 1-March 1. Season starts April 9. Birth certificate, 3 proofs of residence and fee are required at the time of registration. League age is the age attained by a player prior to May 1 of the current playing year. See registration sites below.
5-12 yrs; \$20; \$25 for late registration



Lacrosse

Registration is Jan. 1-March 1. Season starts in April. Birth certificate, 3 proofs of residence and fee are required at the time of registration. Players will be grouped together by grade level. See registration sites below.
5-17 yrs; \$20; \$25 for late registration



Rugby

Registration is Dec. 1-Feb. 1. Season starts in March. Birth certificate, 3 proofs of residence and fee are required at the time of registration. League age is the age attained by a player prior to May 1 of the current playing year. See registration sites on page 21.
9-17 yrs; \$20; \$25 for late registration

ADAPTIVE ATHLETICS

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.

5yrs - Grade 12; \$20

Basketball: Registration is Oct. 1- Dec. 1

Baseball: Registration is Jan. 1- March 1

Bowling for Fun - Adaptive

Therapeutic bowling league is for all ability levels and meets at Lafayette Lanes on Raeford Rd. Participants must be accompanied by a parent or guardian or be authorized to be in the facility independently. Registration is required. Season begins on Sept. 14 and runs through May 23.
6+; Mon.; 4-5 pm; \$20 registration fee; \$4/week

Therapeutic Bocce Club

Join us for pickup games of Bocce! This program is for participants with disabilities. A registration form needs to be completed and on file in order to participate. Staff and/or supervision must be provided for participant if needed. Program is held at Massey Hill Recreation Center. Call 433-1376 for more information or to register.
6+; Thurs.; Sept. 10-Oct. 15; 4-5 pm; Free

Paralympic Sport Club (PSC) – Fayetteville

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



Adult Wheelchair Basketball

The Fayetteville Flyers remain one of the top teams with in the Carolina Wheelchair Basketball Conference and National Wheelchair Basketball Association. The team is always looking for more players. The season begins in Aug. and ends in April. Team practices and home games are held at Massey Hill Classical High School. Call 433-1376 for more information. <http://fayettevilleflyers.net/>
16+; Mon. and Thurs.; 7-9 pm;

PSC Archery

Archery program offers the opportunity to learn, practice, and enjoy camaraderie with the other participants. Pre-registration is required. Program is held at Massey Hill Recreation Center. Call 433-1376 for more information or to register.

18+; Tues.; Sept. 8, Oct. 13; 10 am-noon; Free

PSC Bocchia

Bocchia 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.; Sept. 15, Oct. 20, Nov. 17; 4-5:30 pm; 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.; Sept. 10, Oct. 15, Nov. 12, Dec. 10, Feb. 11; 10 am-noon; 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., Sept. 25; 9-11 am; Free

PSC Paralympic Experience Day

Come and join us as we introduce and practice the basics of goalball, sitting volleyball, and wheelchair basketball. Pre-registration is required. Program is held at Kiwanis Recreation Center. Call 433-1376 for more information or to register.

12+; Thurs., Jan. 14; 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.

Follow us on Facebook, Twitter and YouTube

www.facebook.com/fcpr.us

www.twitter.com/parksrecreation

www.FayTV7.com



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. These programs are governed by strict registration zone enforcement and residency requirements, player drafts, no pre-formed teams, and a minimum play rule for each player.

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

These guidelines apply to both unless otherwise denoted.

1. Participants must be residents of Cumberland County.
2. Residents of Hoke County, Harnett County, Sampson County, Robeson County, Bladen County or any other county are not eligible to register. Hope Mills residents will be eligible to register at Stoney Point and Spring Lake residents will be eligible to register at College Lakes if their town does not offer the same program as FCPR. Fort Bragg residents will be eligible to register at Westover if their military recreation does not offer the same program as FCPR.
3. The registration period will be held for 2 months for each sport.

4. Three (3) proofs of residence will be required at the time of initial registration. It is recommended that one of the proofs of residence be a school document. Proofs of residence will be required the first time a child is registered, every 2 years as the child ages, and when there is a change of address. Copies of the proofs of residence will be kept in the recreation center. See below for acceptable proofs of residence.
 - School records
 - Drivers license
 - Voters registration
 - Welfare/childcare records
 - Federal records
 - State records
 - Municipal records
 - Support payment records
 - Homeowner or tenant records
 - Utility bills (gas, electric, water/sewer, phone, heating, waste disposal)
 - Financial (loan, credit, investments) records
 - Insurance documents
 - Medical records
 - Military records
 - Internet, cable, satellite records
 - Vehicle records
 - Employment records
5. Proof of age will be required at the time of initial registration. Acceptable documents are: birth certificate/military ID / passport. A photocopy will be kept on file for future reference.
6. *Player will not be placed on a team until their picture is captured in Rectrac.*
7. Each player must have a registration form on file. Staff is to make sure the form is filled out completely no blank areas. The parent or legal guardian of the player must complete/sign the registration form. If staff receives a registration form from a non-parent/legal guardian, staff will call the parent/legal guardian to verify that the information on the form is correct. Failure to do so will invalidate the registration.
8. (TRADITIONAL) Zones enforced: participant's physical address determines which zone they will play in.
9. (TRADITIONAL) Recreation centers will be divided into 7 registration zones.
10. (TRADITIONAL) If a participant is found to be out of zone improperly, they will be removed from that roster but permitted to play on a team in their home zone.
11. (TRADITIONAL) Drafting options for zones with multiple centers:
 - a. **Option 1:** all centers within the same zone are allowed to conduct a zone draft that includes all players registered within their zone.
 - b. **Option 2:** each center will be allowed to form their own teams if they have the minimum # of players.
- c. If a center does not have enough players to form their own teams, their players will be placed into a draft with the other centers in their zone or placed on teams at another center in their zone. Unique circumstances will be addressed in writing through the lead athletic coordinator and athletic director.
12. A late registration period will be held up until the date of the player draft. \$5 late fee will be charged.
13. After the player draft, late registration (on a space available basis) will last **until the close of business on the day prior to the first game**. \$5 late fee will be charged.
14. Play-up requests must be received prior to the draft or at the time of registration.
15. (TRADITIONAL) New legal players will be assigned to a team using the FCPR draft.
16. (TRADITIONAL) Returning legal players who register prior to the draft will be placed on their previous team roster.
17. (TRADITIONAL) New or returning legal players that register after the draft will be placed on a team according to program needs, if a roster spot is available.
18. (TRADITIONAL) A player draft will be held if there are enough players for more than 1 team.
19. (TRADITIONAL) Players register at a center in their zone of eligibility. If a zone is full after conducting their player draft, additional late registrations can be transferred to a neighboring zone under the following conditions:
 - a. Only full time center staff can transfer players.
 - b. Full time center staff must verify that the home zone is full via email correspondence.
 - c. Staff must print the email verification and staple to the registration form/receipt that is kept on file.
 - d. Lead athletic coordinator is to be made aware at time of transfer.
 - e. In the "comments" section on the Rectrac receipt, staff must denote that the players home zone was full.
20. (TRADITIONAL) Once a player has been assigned to a team, their eligibility remains with that team and recreation center for the duration of that age group. Exceptions:
 - a. Change in residence.
 - b. Legal transfer (refer to # 19).
 - c. Extreme circumstances.
 - d. Play-up approved.
21. Summer basketball, summer volleyball, lacrosse, rugby, indoor soccer, cheer, fall baseball, fall softball, AND 6U sports are allowed pre-formed teams. Otherwise, players in these programs will be assigned to teams by center staff.

22. Summer basketball, summer volleyball, lacrosse, rugby, indoor soccer, fall baseball, fall softball: Zones not enforced- participants in these programs can play at any recreation center.

SPORTS COMPARISONS

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

YOUTH SPORTS

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 Nov. 7, 14, 21, Dec. 5, 12, 19.
6-12 yrs; \$20; \$25 for late registration

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.
6-12 yrs; \$20; \$25 for late registration

Junior Golf Lessons

Hook a kid on golf! Learn to play golf the right way. Program includes three lessons; each lesson is two hours. Participants must provide their own clubs. Register at any recreation center. Lessons held at Cypress Lakes Golf Course.
6-16 yrs; Sat.; Sept. 5, 12, 19; 11 am-1 pm; \$40



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.
4-17 yrs; \$7-\$10 group lessons; \$30/hour or \$20/half hour for private lessons

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

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. 18-20 at Mazarick Park; \$20/singles; \$30/doubles

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: Oct. 1-Dec. 1; Baseball/Softball: Jan. 1-March 1.
14-18 yrs; Free



ADULT SPORTS

Adult Basketball

Registration is Oct. 1-Dec. 1. Season starts Jan. 9.
 Registration location: Main Office, 121 Lamon Street.
 Call 433-1396 for information.
 18+; \$500/1 night per week leagues; \$600/2 night per week leagues



Womens Intramural Basketball

Registration is from Oct. 1- Dec. 1. Season starts Jan. 10.
 Registration location: Main Office, 121 Lamon Street. Call 433-1396 for more information.
 18+; \$40/person

Adult Softball

Registration is from Jan. 1-March 1. Season starts March 15.
 Registration location: Main Office, 121 Lamon Street. Call 433-1396 for more information.
 18+; \$400/1 night per week leagues; \$500/2 night per week leagues; \$75 Optional Double Elimination Tournament

Adult Flag Football

Registration is from Jan. 1-March 1. Season starts March 19.
 Registration location: Main Office, 121 Lamon Street. Call 433-1396 for more information. Accepting the first 7 teams per league that register prior to March 2.
 18+; \$400/team

Senior Adult Intramural Softball

It will soon be time to get into the swing of things; dust off the cleats and bring out the balls, bats and gloves. Call 433-1398 for more information. Games will be played at Lamon Street Park. Registration is Jan. 1-March 1. Season is scheduled to start mid-March.
 45+; \$25/person



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

INCLEMENT WEATHER

In case of inclement weather, cancellations will be announced using the following media:
 1. Text messaging (to sign up for alerts, text "fcprd" to 84483)
 2. Facebook ([facebook.com/fcpr.us](https://www.facebook.com/fcpr.us))
 3. Twitter(twitter.com/parksrecreation)
 4. Inclement weather hotline: 910-306-7325

Follow us on Facebook, Twitter and YouTube

www.facebook.com/fcpr.us
www.twitter.com/parksrecreation
www.FayTV7.com



FCPR and Major League Baseball Partner in Reviving Baseball in Inner Cities (RBI)

Fayetteville-Cumberland Parks and Recreation (FCPR) has joined Major League Baseball's RBI program to encourage young people, ages 13 and 14, to rekindle the interest in America's favorite past time. The new season began in June and was operated by Fayetteville-Cumberland Parks and Recreation under the guidance of RBI.



Michael Gibson, FCPR Director, is excited about the opportunity: "The RBI program offers Fayetteville-Cumberland Parks and Recreation a wonderful avenue for this age group to continue to hone and showcase their skills. Many young athletes lose interest in sports at the middle school level. Our hope is that RBI will generate more interest and participation that will in-turn benefit our youth as they transition to higher level programs."

Reviving Baseball in Inner Cities (RBI) is a Major League Baseball youth initiative designed to provide baseball and softball playing opportunities for young people, ages 5 to 18, from underserved and urban communities. The program also encourages academic excellence and achievement and teaches the value of teamwork and other important life lessons to its participants. The RBI program annually provides more than 225,000 boys and girls the opportunity to play baseball and softball in over 200 programs in more than 200 cities worldwide. Collectively, MLB and all 30 clubs have designated more than \$30 million worth of resources to the RBI program and all 30 clubs support RBI leagues. For more information, please visit www.MLB.com/RBI.

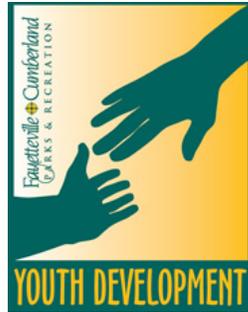


RBI participants at the Atlanta Braves vs Arizona Diamondbacks on Sat., Aug. 15.

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.

Job Shadowing

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

13+; Free

Junior Official Program

This 3 part program will focus on the following:

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

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

14-18 yrs; Free

Junior Scorekeeper Program

This 3 part program will focus on the following:

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

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

14-18 yrs; Free

21st Century Community Learning Centers

Every day, Mon. through Fri., students receive homework assistance and other services at three of the Fayetteville-Cumberland Parks and Recreation Centers through 21st Century Community Learning Centers (21stCCLC). 21st CCLC is an afterschool program that provides academic enrichment for students in grades 8-12. The centers are housed at Cliffdale, Westover and Smith recreation centers and have programming every day after school until 6 pm. The 21st Century Community Learning Centers Program is a part of the Office of College Access Programs at Fayetteville State University, which provides a variety of services aimed at encouraging and assisting youth who are traditionally under-represented in post-secondary education with preparation for, entry into, and completion of a post-secondary education. On any given day after school, visitors to one of these recreation centers will see students receiving homework help, playing interactive learning games, working on computers, going over test-taking strategies, participating in personal development workshops, and more. Students are able to receive personalized, one-on-one help when they need it, and have a safe, productive place to spend the after school hours. Sometimes they even go on field trips, visiting colleges or participating in cultural enrichment activities. 21stCCLC also includes male and female mentoring programs (the male mentoring component is provided by Great Oak Youth Development Center), parent involvement activities, community service opportunities, a STEM summer camp, and health and wellness activities.

21stCCLC aims to provide students with the necessary tools to succeed academically in high school, and then apply for and attend college. None of this could happen without the partnership between the program and Fayetteville-Cumberland Parks and Recreation. Additionally, we would like to thank the tutors and volunteers that have supported 21stCCLC. This partnership, along with the contribution of

Great Oak Youth Development Center, provides invaluable services for the community, and while it is only in its second year, hopefully these offerings will be expanded in the future.

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

Fall 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!

Easing the Transition to High school: What to Expect in Your First Year

The transition from middle to high school can be overwhelming for students and parents. This workshop will give families an understanding of high school expectations related to scheduling classes, meeting academic standards, and dealing with a changing social life. Workshop is held at College Lakes Recreation Center.

14+; Thurs., Sept. 17; 6-7 pm; Free

Easing the Transition into Senior Year: What to Know Before You Go

Senior year is a pivotal point in every student’s life. In this workshop, parents and students will gain a deeper understanding of how to prepare for college during their senior year and stay on top of the college application process. Workshop is held at Westover Recreation Center.

16+; Tues., Sept. 22; 6-7 pm; Free

Managing Your Time Wisely

High school can be a very stressful time for teenagers and parents. Participants will learn how to increase their organization, planning and goal setting skills to decrease stress and properly balance social, academic, and extracurricular activities. Workshop is held at Smith Recreation Center.

All ages; Thurs., Oct. 15; 6-7 pm; Free

Effective Studying Techniques

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

All ages; Tues., Oct. 20; 6-7 pm; Free

Finding the Right College for You

It’s never too early or too late to research the right college. Through this session, learn the pros and cons of universities vs. community colleges, urban vs. rural locations, private vs. public and beyond! Workshop is held at Cliffdale Recreation Center.

16+; Thurs., Nov. 12; 6-7 pm; Free

Internet Safety for Teens and Parents

As the internet becomes a central part to daily life, managing your child’s social media and online accounts are equally important. In this workshop, students and parents will learn about internet privacy, setting rules and restrictions, and projecting a positive self-image. Workshop is held at Westover Recreation Center.

All ages; Tues., Nov. 17; 6-7 pm; Free

Why Extracurricular Activities Matter

In today’s world, colleges not only expect applicants with good grades but also students that demonstrate responsibility and leadership skills. Being involved in sports, school clubs and volunteering can directly increase your chances of being accepted to the college of your choice. Through this workshop, students and parents will learn the many benefits of being involved in extracurricular activities. Workshop is held at Westover Recreation Center.

All ages; Tues., Dec. 1; 6-7 pm; Free

How to Pay for College: Financial Aid 101

For college-bound parents and students, understanding the financial aid process is often difficult, frustrating and, most of all, confusing. In this workshop, parents gain an understanding of financial aid basics, including FAFSA (Federal Application for Student Aid), scholarships and loans. Workshop is held at Kiwanis Recreation Center.

All ages; Thurs., Jan. 21; 6-7 pm; Free

Healthy Families on a Budget

Eating healthy is possible without breaking the bank! This workshop will go over tips for planning, purchasing, and preparing foods that are affordable and nutritious. Workshop is held at Westover Recreation Center.

All ages; Tues., Jan. 27; 6-7 pm; Free

Intro to STEM: Applying Science, Technology, Engineering, and Math to Your Future Career

The Possibilities for a career in STEM are endless! As one of the fastest growing industries in the country, employers are constantly looking for new talent and experience. Learn how your academic experience in STEM can lead to a fulfilling and lucrative career. Workshop is held at Westover Recreation Center.

All ages; Tues., Feb. 15; 6-7 pm; Free

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

CULTURAL ARTS

FCPR Glee Club

Singing is the most perfect form of expression and FCPR now 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! Call 433-1021 for location and information. Sessions will be held at Stoney Point Recreation Center and will begin in Oct.

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

Fayetteville-Cumberland Community Band

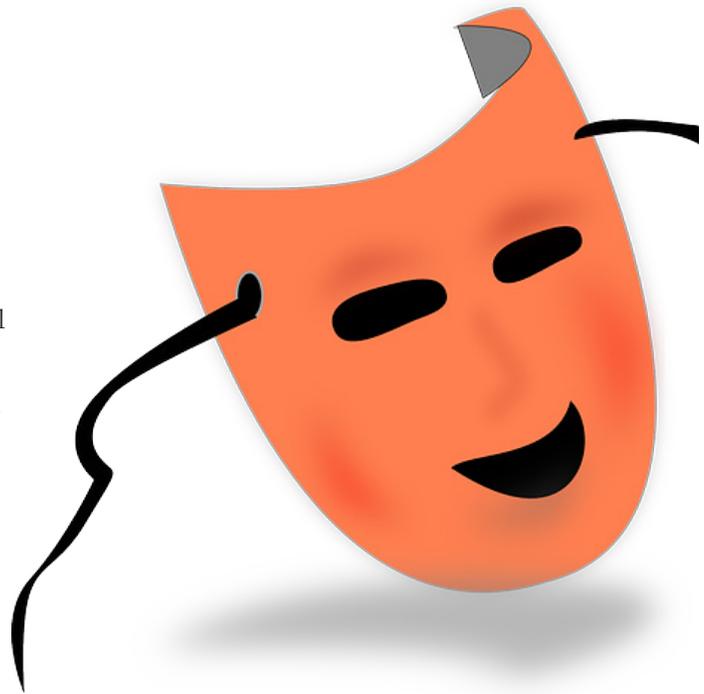
The purpose of the Fayetteville-Cumberland Community Band is to provide a musical service to our community by providing an opportunity for instrumental musicians to come together and enjoy playing a variety of music. This multigenerational band will strive to give community members of all ages the opportunity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

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

Shining Stars Summer Acting Academy presents Lights... Camera...Action...!!!

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

6-14 yrs; Tues.; 6-7 pm; \$30



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and YouTube**

www.facebook.com/fcpr.us

www.twitter.com/parksrecreation

www.FayTV7.com



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. Parents must provide transportation. Recreation centers located next to year round schools follow the year round school schedule. Space is limited.

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

Workday Camps

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

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

Grades K-8; Nov. 2-3, Nov. 25, Dec. 21-23, Dec. 28-31 (No camp on Jan. 1), Jan. 19, Feb. 15; 7:30 am-6 pm; \$11/day

*E.E. Miller Recreation Center will be offering Work Day Camp and L.E.A.P for students who attend school on a year-round schedule, see their section in the guide for specific dates.



Follow us on Facebook, Twitter and YouTube

www.facebook.com/fcpr.us
www.twitter.com/parksrecreation
www.FayTV7.com



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
June-Aug: Mon.-Fri 3-5 pm.
Sept.-May: Mon.-Fri. noon-
5 pm
Special needs facility

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

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

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

Yoga For All

The Guinness Book of World Records has recorded that on June 21, 2015 the largest number of human beings practiced yoga and meditation in the world. Never in the history of our civilization have so many people practiced yoga to celebrate “World Yoga Day” throughout the world. According to various estimates, more than 100 million people practiced yoga and meditation in 192 countries on that day.

Americans have been practicing yoga for more than 150 years. However, in the last 50 years there has been a remarkable increase in the number of individuals who practice yoga regularly. Recent floods of research reports from the leading institutions of medical research has provided a big boost to people who are regularly practicing yoga. According to these medical reports people who practice yoga regularly lead healthy long lives and have less sickness and serious diseases. No wonder that many practicing physicians are prescribing regular yogic exercises and meditation to control and cure serious cases of hypertension, type II diabetes, various types of strokes and heart conditions.

Stress has become a serious epidemic in our country. Rising obesity, type II diabetes, stroke, heart and other problems are directly affected by stress. Popping pills and blaming everyone else is no solution. Mayo Clinic and many other leading institutions of medical research have confirmed with their studies that regular yoga and meditation practices go a long way to reduce stress and many other adverse consequences on our health.

The Society To Educate People (S.T.E.P.) will launch “Yoga for All” this fall. This will be an excellent opportunity for individuals and small groups to learn yoga and meditation at their own pace, time and convenience. Visit a Fayetteville-Cumberland Parks and Recreation facility for an application and additional information about “Yoga for All” programs. If you are interested in learning more about “Yoga for All” please send your questions to www.steppress.org.



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 Advance class where emphasis is placed on performance skills and the dynamic elements of group dances. 13+; Thurs.; Intermediate 6-7 pm; Beginners 7-8 pm; Advanced 8-9 pm; \$30/month

Cheer America

Operated by Young Champions, Cheer America classes the basic requirements for middle school cheerleading tryouts. For more information call 910-769-3408, or www.ycoanc.com
4-14 yrs; Mon.; 5:45-7:30 pm; \$30/month

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

Cliffdale Senior Club

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

Fayetteville State University 21st Century Learning Center

The 21st Century Community Learning Center is an afterschool program designed to improve academic performance and engage students in quality enrichment opportunities to increase success upon graduation from high school. For additional information please contact 910-672-1351.
Grades 8-12; Mon.-Thurs.; 2:30-6 pm; Free

Girl Scouts

Girl 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 or email apittman@nccoastalpines.org

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

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; Mon.; 6-7 pm; \$30

Manos Creativas (Creative Hands)

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

Senior Aerobics

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

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

Senior Chair Aerobics

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

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

Senior Line Dancing

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

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

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

Whitted Taekwondo

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

5+; Tues. and Thurs.; 6:30-8:30 pm; Sat.; 1-3 pm; \$50/month;

special discount rate for additional family members

V'z Modeling Academy

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

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

Young Olympians Self Defense

This class not only teaches self-defense but self-discipline as well. Operated by Young Olympians, it also promotes physical exercise and coordination. For more information call 910-769-3408, or www.ycoanc.com

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

Youth Open Gym

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

17-under yrs; Mon.-Thurs.; 3:30-5 pm; Sat.; 10 am-noon; 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; Advance 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.

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

Follow us on Facebook, Twitter and YouTube

www.facebook.com/fcpr.us

www.twitter.com/parksrecreation

www.FayTV7.com



SPECIAL EVENTS

Dodgeball Tournament

Dodge, duck, dip and dive. Bring yourself or an entire team and dodge your way to victory. Minimum of 6 players and maximum of 10 players. Preregistration is required prior to Sept. 16.

All ages; Fri., Sept. 18; 6-8 pm; \$2/individual

3-Point Contest

Swish! This is all you will hear at our 3 point contest Show off your skills and beat the clock. Basketballs and goal provided, skill not provided. Preregistration is required prior to Sept. 28.

All ages; Fri., Oct. 2; 6-8 pm; \$5

Cliffdale Monster Mash

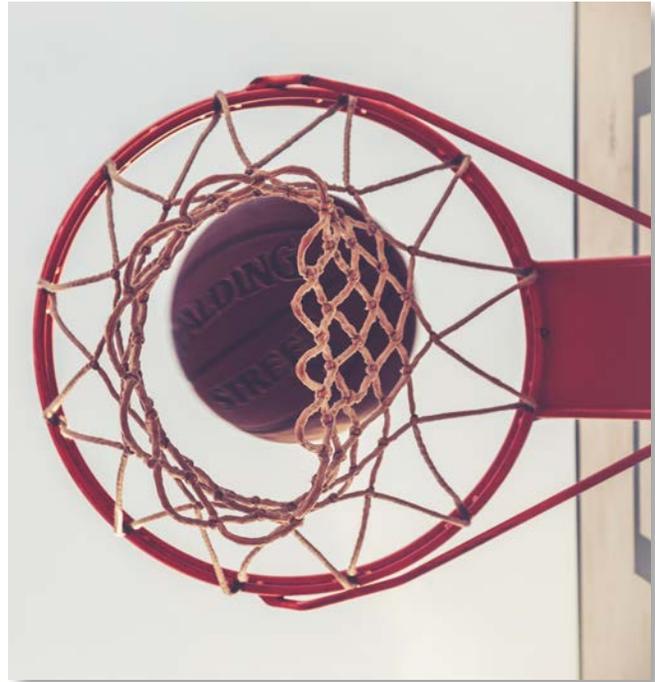
Come celebrate the season in a family friendly way. Cliffdale Recreation will be providing a trunk or treat, costume contest, music, games, activities and much more. Trunk or treat will be limited to children 12-under yrs.

All ages; Sat., Oct. 23; 6-8 pm; Free

Fall Festival

Come on out and bring your families to enjoy Cliffdale and E.E. Miller's fall festival. There will be free games, music, arts and crafts and activities. We will have inflatables, popcorn, and other concessions. Vendors will have items available for purchase. Vendors must preregister for a table at \$10/table. Festival will be hosted at Cliffdale Recreation Center.

All ages; Sat., Nov. 15; 10 am-2 pm; Free



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 yrs must be accompanied by parent; Mon.-Fri.: 1-9 pm; Sat.; 9-5 pm; Sun.; 2-5 pm

AM Zumba Fitness

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

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

Evening Zumba Fitness

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

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

Youth Open Gym

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

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

Adult Open Gym

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

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

Game Room

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

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

Senior Line Dance

Get ready to learn all the latest dance steps and be part of a group that shows off their moves. You will get to go dancing at other center 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; Mon.; 6-7 pm; \$20/month or \$8/class

Development Sports Program

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

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

Group Guitar Instruction

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

Hip Hop Dance

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

7-17 yrs; Tues.; 7-8 pm; Thurs.; 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.

Brownies and Girl Scouts

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

Home School-Economic 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; \$25/6 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; \$20/6 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 art for each group.

5-13 yrs; Wed.; March 4-May 27; 10:30-11:30 am; \$20/month

Bingo Night

Join us for some games of Bingo. Prizes awarded. Please call to pre-register.

18+; Fri., Sept. 25; 6-8 pm; \$1/card

SPECIAL EVENTS

Family Fun Fall Carnival

Bring out your entire family for a fun-filled day. There will be games for the whole entire family to participate, bounces houses, vendors, crafts and a fashion show.

All ages; Sat., Oct. 10; noon-3 pm; Free

Veterans Day Program

Are you looking for a place to help honor your veteran? Bring out the entire family for arts and crafts to celebrate and honor the veterans.

All ages; Sat., Nov. 7; noon-3 pm; Free

Christmas Gift Wrapping

Need a place to finish wrapping those gifts? All of your supplies will be provided.

All ages; Thurs., Dec. 24; noon-3 pm; Free

Martin Luther King Celebration

Come out to help us celebrate Martin Luther King! We will have some information on the reason why we celebrate this day and arts and crafts to go along.

All ages; Fri., Jan. 15; 6-8 pm; Free

Valentine's Day Dance

Boys and girls are invited to have fun celebrating Valentine Day. Everyone is encouraged to wear red. Pictures will be taken by request for \$5.

9-12 yrs; Mon., Feb. 8; 6-8:30 pm; \$5/person

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www.facebook.com/fcpr.us

www.twitter.com/parksrecreation

www.FayTV7.com



Eastover-Central Recreation Center

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

CENTER PROGRAMS

Senior Citizens Fitness Morning

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

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

Quilting Day and Night

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

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

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

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

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

Saturday Art Class

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

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

Tang Soo Do Karate and Self Defense

Tang Soo Do enhances your awareness and well-being. The combat academy of Tang Soo Do offers Kata and Forms, Board Breaking, Fighting and Tournaments. These family oriented classes teach self-defense, men's weight-loss, women's muscle toning and physical fitness along with discipline that will last you a lifetime.

Beginners, intermediate and advanced martial arts students 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

Home School Economics Class

This class will run for a total of six weeks. In those six weeks your child will go over the basics of budgeting, cooking and even some sewing repairs! This class can be used for a math subject. There will be two weeks of finances. All supplies are provided. First session starts Sept. 3 and second session starts Oct. 15.

8-13 yrs; Thurs.; 12:30-1:30 pm; \$25 / session

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 mat, stability ball 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

SPECIAL EVENTS

Cape Fear Regional Basketball Camp

Join us for our second annual Cape Fear Regional Basketball Camp and learn the important fundamentals of the game from our great staff of experienced coaches and players! We will be focusing on shooting, dribbling, defense, rebounding and team play by using drills and exercises. Camp will be held at Cape Fear High School and will feature coaches from there as well.
7-14 yrs; Sat., Dec. 12; 9:30 am-noon; \$5

Dodge This! Dodgeball

Gather your team for a fun filled afternoon of Dodgeball! Bring your team or come solo and get on an open team. Teams will max at 8 persons. Pre-register by Jan. 19.
All Ages; Sat., Jan. 23; 1 pm; \$2/person

Paintball

If you are looking for a unique, fun and exciting way to spend time with your kids, then look no further! All skill levels are invited to partake in the fun. We will provide transportation to a nearby paintball field.
10+; Sat., Nov. 7; 9 am; \$35/person

Family Fall Festival

Bring out your entire family for a fun-filled day of friendly trash talk and community building by playing games and making crafts. Games will include kickball, speedball, 3 legged races, egg toss and scavenger hunt. Please pre-register by Oct. 7.
All Ages; Oct. 10; noon-3 pm; Free

70s Disco Dance

Want to travel back to a time where lava lamps were "Groovy". Come join us for a Far Out night of bellbottoms, platform shoes and afros. Please pre-register by Sept. 16.
30+; Fri., Sept. 18; 7-10 pm; \$10

Red and White Valentine's Dance

Dance the night away at our annual Valentine's Dance. Tickets are only sold in advance at the recreation center and will be available until Feb. 11.
Grades K-2; Fri., Feb. 12; 6-7 pm; \$3
Grades 3-5; Fri., Feb. 12; 7-8:30 pm; \$4

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www.twitter.com/parksrecreation
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. Picture I.D. required

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

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

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

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

Tap/Ballet/Jazz Dance

Dance is coming back! Tap, Ballet and Jazz will be on Mon. beginning Sept. 14. 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. Class will start in Nov.

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! Come explore different mediums of art expression in this series of workshops for artists of all abilities. 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; Fri; Nov. 12, Dec. 11, Jan. 8, Feb. 12; 6:30-8:30 pm; \$5/class

SPECIAL EVENTS

Little Chefs

The Little Chefs program is designed to help develop and teach children proper cooking skills while encouraging positive eating habits and the importance of healthy foods. Children are encouraged to practice food preparation skills, and learn about different cultural foods of the world. Must be pre-registered one week prior to class.
8-12 yrs; Fri., Sept. 25; 6-7:30 pm; \$5/person

11th Annual Fall Festival

Bring out the entire family for a day of fun, food, games, prizes and entertainment. The annual Fall Festival is back, and will be better than ever! If you came last year we hope to see you again, this time with more family and friends. Make sure to pre-register your family so we can plan accordingly.! Free fun events like a coloring contest, and bounce houses will be available. For more information, contact the Gray's Creek Recreation Center.
All Ages; Fri., Oct. 23; 6-8 pm; Free

Winter Carnival

Enjoy Gray's Creeks fourth annual Winter Carnival with your family. There will be cake walk, inflatables, concessions, coloring contest and last but not least "Santa" himself. Make sure you pre-register your family so we may plan accordingly.
All Ages; Fri., Dec. 4; 6-8 pm; Free; Fees for Concessions

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 Jan. 3.
55+; Fri., Jan. 22; 6:30 pm; \$5



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

Open Table Tennis

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

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

Coaches Needed

Baseball, Softball, Football, Soccer, Volleyball, Cheerleading, and Basketball coaches are needed at Kiwanis Recreation Center for the 2015-2016 Sports seasons. For more information or to volunteer, stop by the recreation center anytime.

www.fcpr.us

Dance Fitness

Come and get a great cardio workout while dancing to some groovy music. For beginners and intermediates.

55+; Thurs.; 10-10:45 am; \$30/month or \$4/class

All others; Thurs.; 10-10:45 am; \$35/month or \$5/class

Bootcamp

Looking for serious workout to take you over the top, then come and get your sweat on.

55+; Thurs.; 11-11:45 am; \$30/month or \$4/class

All others; Thurs.; 11-11:45 am; \$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

Zumba

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

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

Beachbody Class

Interested in becoming healthier, more physically fit, more active, eating and living a healthier lifestyle? We have Dr. Patrice Carter, who is passionate about ending the trend of obesity in our area as well bring additional health and wellness activities to benefit our community. Classes will consist strength training and functional fitness in a fun, drama free group setting.

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

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.

Beginners: Fri.; 6-6:45 pm; Yellow, Orange, and Green belts:

Fri.; 6:45-7:45 pm; Blue belts and above: Fri.; 7:45-8:45 pm;

\$30/month

Kung Fu

Learn a Chinese Art of self-defense that emphasizes exercise, 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 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

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 teams. All dancers have the option to participate in two dance recitals a year and tryout for either a recreational or competitive (one year dance experience required) dance team. Placement classes are required in order to take Intermediate and Advanced classes. For more information contact Yvette Booker at 336-587-1827, yvettesdanceacademy@gmail.com. An Open House for the 2015-2016, including a FREE dance class and information session, for NEW Students will be held on Aug. 29. Please RSVP to 336-587-1827 or yvettesdanceacademy@gmail.com.

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

This class is a beginning level that will introduce dancers to ballet, tap, and basic tumbling skills. Students must learn basic ballet terminology and tap steps.

Beginner Hip Hop: 12+; Sat.; 11 am-noon; \$30/month

This is a beginning level class for teens with little or no dance experience. This class will introduce basic technique and incorporate basic hip hop choreography that will develop rhythm, coordination, and self-expression.

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 become a member.

4-14 yrs; Sat.; noon-4 pm; Tryouts will be held Sept. 25

4-7 yrs.; 5:30-6:45 pm; 8+; 7-9 pm; \$5

Dance Fitness

Come and get a great cardio workout while dancing to some grooving music. Oriental, Bollywood, Flamenco, Gypsy, tribal dance forms and aerobics; no experience is needed.

55+; Thurs.; 10-10:45 am; \$30/month or \$4/class

All others; Thurs.; 10-10:45 am; \$35/month or \$5/class

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 (910)323-4191 ext. 28.

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

Parkinson's Disease Support Group

Come out and find out more about the disease as well getting support with caring for and dealing with the 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 has 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 400-1,000 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.; 7-9 pm; Free

SPECIAL EVENTS

2nd Annual Fall Festival

Bring the entire family out for a day of fun, food and entertainment. Attractions include a car show, local Fire/Rescue will be on display, a coloring contest, arts and craft vendors and much, much more. Free candy, fun events like face painting and bounce houses will be available.
All ages; Sat., Oct. 10; 10 am-2 pm

Bridge Tournament

Aug. 14-16, 2015

Basketball Skills Camp

Come out and get specialized training before the baseball season starts. Fundamentals will be taught on passing, dribbling, shooting, etc.
6-8 yrs; Sat., Dec. 5; 10 am-noon; \$10
9-16 yrs; Sat., Dec. 12; 10 am-1 pm; \$15

Follow us on Facebook, Twitter and YouTube

www.facebook.com/fcpr.us
www.twitter.com/parksrecreation
www.FayTV7.com



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

Sunday Open Gym-Basketball and Volleyball

Open Gym is available for youth ages 5-17 years old, with the exception of recreation scheduled programs and practices. Basketball is for ages 5-17; 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.

5-17 yrs;

Open Gym Volleyball: 5-17 yrs; 1st and 3rd Sun.; 2-5 pm; Free

Open Gym Basketball: 5-17 yrs; 2nd and 4th Sun.; Time Varies; Free

Walking Track

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

All ages; Free

New Life Senior Club

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

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

Senior Card Club

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

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

Y.O.U.

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

All ages; 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 for additional information.

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

Koin-Onia: 'Life Enrichment Fellowship

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

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

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; 6:45-7:45 pm; Tues.; \$40/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+; Wed.; Piyo Live; 8-9 pm; \$7/class

Zumba

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

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

Work It With Natalie

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

13+; Sat.; 10:30 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; Free

Tang Soo Do

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

5+; Tues. and Thurs.; Beginners 6-7 pm;

Adults/Intermediate/Advanced 7-8 pm; \$40/8 classes

Kobudo

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

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

Uechi Ryu Karate Do

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

6-18 yrs; Mon. and Fri.; 5:30-6:30 pm; 14+; Mon. and Fri.; 7:30-8:30 pm;

\$40/month; \$35/person if multiple family members are registered

Tutoring Classes

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

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; 2nd Fri.; 6-8:30 pm; \$5/child

Follow us on Facebook, Twitter and YouTube

www.facebook.com/fcpr.us

www.twitter.com/parksrecreation

www.FayTV7.com



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 along with others your age at the Massey Hill Classical School Gym. Participants must sign in daily before entering the gym. Program times are subject to change, due to seasonal and scheduled programs. Contact center staff to confirm operation hours.

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

Grade A. Dancing Barbies

Young ladies who admire dancing! We're looking for you. Join this exciting group and show off your skills.

17-under yrs; Tues. and Fri.; 5-7 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. All participants must complete a "Physical Activity Readiness Questionnaire. Open during facility operation hours.

18+, 13-17 yrs must be accompanied by an adult; 1-7 pm; Free

Chromebooks

FCPR has partnered with Cumberland County Schools to provide computer capability to students that attend a school located in Cumberland County, and the general public. Individuals who wish to utilize the Chromebook must have completed "Chromebook Activity Registration" form this will allow them to check-out a Chromebook to use within the facility for a limited time period.

All ages; Free

"Perfect Stitch" Sewing Class

This program offers basic sewing techniques as well as getting to know your sewing machine. Instruction is offered on purchasing sewing patterns, fabrics, notions and the construction of a simple garment. The instructor will determine where to start for individual students with knowledge of sewing. Students are required to purchase their sewing kit and instruction manual. This class is for beginner and intermediate students.

13+; Tues. and Thurs.; 10 am-1 pm or 6-8 pm; \$45/6 weeks

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

Tuesday After School Matinee

There's all sorts of things going on during the week. Why not make Tues. your "Movie Day"? Enjoy the latest PG movies every 1st and 3rd Tues. after school.

17-under yrs, 6-under yrs must be accompanied by an adult; 1st and 3rd Tues.; 4-5:30 pm; Free

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



E.E. Miller Recreation Center

1347 Rim Road, 433-1220

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

CENTER PROGRAMS

Open Gym-Teens

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

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

Open Gym-Family Night

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

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

Senior VIP Fitness

The fitness room will be open for all seniors age 55 and over. 55+; Mon.; 1-3 pm; Free

Senior Card Club

Come out to meet other seniors in the area, socialize, and enjoy some card playing. We will be offering various card games to include spades, pinochle, and much more! We will also be playing tournaments.

55+; Wed.; 1 pm; Free

Senior Dominos

Cards not your thing? Well come on out and play dominoes! Have fun, meet new people, and participate in our domino tournaments.

55+; Fri.; 2-4 pm; Free

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

Zumba Gold

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; \$30/month or \$5/class

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.

6+; Sat.; 10 am-1 pm; \$25/month

Ballet

Join REJOICE! Performing Arts Academy for ballet classes. Ballet terminology is taught and executed throughout every class for the correct placement of each move. Class attire is black leotard, black ballet skirt, pink tights and ballet slippers.

3-6 yrs; Mon. or Wed.; 3-4 pm; \$40/month for one class per week or \$55/month for two classes per week

Ballet/Lyrical Choreography

Join REJOICE! Performing Arts Academy for Ballet/Lyrical Choreography. This ballet class is for older students and incorporates more technique and choreography.

7-12 yrs; Mon. or Wed.; 4-6 pm; \$40/month for one class per week or \$55/month for two classes per week

Jazz Dance

Join REJOICE! Performing Arts Academy for Jazz Dance. A fun and energetic jazz dance class that incorporates jazz routines and fun music!
7-12 yrs; Mon. or Wed.; 5-6 pm; \$40/month for one class per week or \$55/month for two classes per week

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.
4-6 yrs; Tues.; 6-7 pm; \$45/month
7+; Tues.; 7-8 pm; \$45/month

Acting for Film

Join REJOICE! Performing Arts Academy for acting for film. This class will incorporate training in interview skills, TV commercials, film auditions and group scenes as though on set.
7+; Tues.; 8-9 pm; \$45/month

Beginning Drums

Join REJOICE! Performing Arts Academy for beginning drums. Learn the fundamentals of drums in this beginner class to include theory, technique, reading music and opportunities to perform. Students should bring their own training pad, snare drum and sticks, see instructor for more information.
7+; Thurs.; 6-7 pm; \$50/month

Violin Classes

Join REJOICE! Performing Arts Academy for violin classes. Learn theory, fundamentals and technique with opportunities for performance. Students must bring their own violin. Purchase of instructional book will also be required.
7+; Thurs.; 7-8 pm; \$50/month

Piano Classes

Join REJOICE! Performing Arts Academy for piano classes. Learn the piano in a small group setting. Theory, fundamentals and technique will be the focus of this class with opportunities for performance. Students must bring their own keyboard. Purchase of instructional book will also be required.
7+; Thurs.; 8-9 pm; \$50/month

Little Hitters T-Ball

Bring out your preschooler for our beginner t-ball league! Registration period runs Jan. 1-March 1, birth certificate required. Games will be played on Sat.
3-4 yrs; \$20

Intercession 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: Sept. 14-18; Sept. 21-26; Sept. 28-Oct. 2; Dec. 14-18; Dec. 28-Dec. 31
Grades K-8; Mon.-Fri.; 7:30 am-5:30 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: Nov. 11; Nov. 25; Dec. 21; Dec. 22; Dec. 23; Jan. 4; Jan. 19; Feb. 15.
Grades K-8; 7:30 am-5:30 pm; \$11/day

Girl Scouts

Are you interested in joining the girl scouts but don't know where to start? Join one of our troops that meet here and build character and skills while having fun! We have troops meeting here on Fridays beginning Sept. 19 and concluding the end of May. Call the North Carolina Coastal Pines Girls Scouts at 800-284-4475 or visit their website at www.nccoastalpines.org for more information.
Grades K-1; Fri.; 6-7:15 pm
Grades 2-3; Fri.; 7:30-8:45 pm

Tutoring Program

A tutoring program designed to assist your child with their learning needs. Please contact the center for more information. Registration will be ongoing.



SPECIAL EVENTS

Zone 3 Fall Festival

Join E.E. Miller and Lake Rim Recreation Centers as we bring both communities together for a joint Fall Festival! There will be tons of fun for the whole family to include a flashlight egg hunt, bounce house, arts and crafts, carnival games, Halloween costume contest and a DJ so you can boogie to your favorite tunes! This event is absolutely free and will take place at Cliffdale Recreation Center. All ages; Sat., Nov. 15; 10 am-2 pm; Free

Holiday Hawaiian Luau

Stop by and experience traditional Hawaiian and Tahitian culture holiday celebrations! Enjoy traditional foods, dance and music while experiencing Christmas the Hawaiian way! All ages; Sat., Sept. 19; 10 am-5 pm; Free

Natural Hair Care Enthusiasts!

Are you natural? Are you interested in transitioning to Natural Hair? A series of Natural Hair classes, beginning soon, 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. You will learn the proper techniques, maintenance and the nutrients needed to achieve a healthy Natural transition and all the tips and tricks to enhance your natural beauty. 18+; Sat.; 2:30-5 pm; \$85/month



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

Youth Open Gym

Come work on your basketball skills while improving your health along with others your age. Free Play Permission forms must be completed by a parent/guardian and remain on file. Schedule is subject to change without notice. Participants should call in advance.

17-under yrs; Mon.-Fri.; 3-5:30 pm; Sat.; 1-5 pm; Sun.; 2-5 pm; Free

Adult Open Play

18+ only (No exceptions); Must complete an FCPR Registration form and submit a valid ID. No personal balls allowed. 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 operating hours. Schedule your time to get a good workout and get your body into shape. All participants must complete a Physical Activity Readiness Questionnaire. Open during facility operation hours.

13+; 13-17 yrs must be accompanied by an adult; 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

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

This program provides individual piano instruction to help develop and enhance piano skills. All levels are welcome. Fee includes one 45 minute session, once a week.

5+; Mon., Wed. and Fri.; 9 am-1 pm; Sat.; 9 am-1 pm; \$40/month

Drum Lessons

Individual drum lessons for students of all levels, register now and you'll be playing tunes in no time. Fee includes one 45 minute session, once a week.

5+; Mon., and Fri.; 9 am-1 pm; Sat.; 9 am-2 pm; \$40/month

Hope Hillside Playground Heritage Association

The purpose of the association is to preserve the legacy of the Hope/Hillside Playground through continued financial support for educational 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

"Super Skippers" Double Dutch Team

Jump Rope and Double Dutch! We're bringing it back! Be a part of this creative and energetic group to not only have fun, but also stay in shape. If you don't know how, it's ok! We're all learning with plans to be the best.

7-17 yrs; Tues. and Thurs.; 5:30-7 pm; Free

"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.

5-17 yrs; Mon.-Wed.; 5:30-7 pm; Free (Fees may be required for uniforms and competitions)

Sewing Class

This class is for individuals who wish to learn how to sew. The class will teach basic sewing techniques and getting to know your sewing machine, instruction on purchasing sewing patterns, fabrics, notions and construction of on simple garments. Instructor will determine where to start for individual students with knowledge of sewing. Students are required to purchase their sewing kit and instruction manual.

13+; Tues. and Thurs.; 10 am-1 pm or 6-8 pm; \$45/6 week class

“Team Toddler” Learn and Play group

Come learn and have fun with other toddlers! This instructional program will make learning fun and exciting, while teaching toddlers to follow instructions and work with others in a group setting. Participants must be potty trained.

3-5 yrs; Tues. and Thurs.; 10 am-noon; \$40/month

Yvette’s Dance Academy

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

Placement Class: 9+; Wed.; 6-7 pm; \$5/class

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

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

Adult Computer Class

Learn all you want to know about computers. Our patient instructor will work with you and increase your computer skills to a new level. Instruction available on how to use the internet, Microsoft Word, PowerPoint and more.

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

Computer Lab

Visit our recently renovated computer lab. It is bright, open and has a quiet, pleasant atmosphere. Desktop computers with internet access are available for use. Available during operating hours.

18+; Youth must be accompanied by an adult; Free

Chromebooks

FCPR has partnered with Cumberland County Schools to provide computer capability to students that attend a school located in Cumberland County, and the general public. Individuals who wish to utilize the Chromebook must have a completed Chromebook Activity Registration Form that will allow them to check-out a Chromebook to use 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

Follow us on Facebook, Twitter and YouTube

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www.twitter.com/parksrecreation
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 saving 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. Session begins the first Sat. of each month.
5+; Sat.; 9 am-noon; \$55/month

Kathy Pate's Step, Core & More

Come and join us in a basic to intermediate step class with low and high impact moves. We also have a mix of floor aerobics, toning, strength training, and ABS. All equipment provided. First class is free.
13+; Mon., Wed. and Fri.; 5:30-6:30 pm; \$25/month, \$15/month for seniors (55+) and students or \$35/family

Zumba Toning Class

Do you want to work out and forget that you're working out? Zumba's the way to go! Zumba is a fusion of Latin and International dance combine with fitness. No dance experience needed. You can burn up to 900 calories per class. The first class is FREE. All children up to 15 yrs are FREE.
16+; Sat.; 9:30-10:30 am; \$25/month or \$7/class

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.
6-13 yrs; 2nd and 4th Tues.; 6:30-7:30 pm; \$15/month

Home School Home-Ec Class

Your child will learn basic budgeting, cooking and sewing.
7-13 yrs; Mon.; noon-1 pm; Sept. 7- Oct. 12; Oct. 19- Nov. 23; \$25/6 week class

Home School Sewing Class

Your child will learn basic sewing on a machine and complete a project during class.
8-13 yrs; Mon.; noon-1 pm; Dec. 7- Jan. 11; Jan. 18- March 11; \$20/6 week class

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

Pumpkin Carving Creations

Get in the fall spirit and come carve out your favorite pumpkin and watch "It's the Great Pumpkin Charlie Brown". Families must bring their own pumpkin. Tools are provided. Please pre-register by Mon., Oct. 12.
All ages; Fri., Oct. 16; 6-8 pm; Free

11th Annual Martial Arts Competition

Don't miss this gathering of the best marital artist from around the county. This will be one of the biggest karate events of the year for the tri-state area, the Triangle and the City of Fayetteville. Event competitor fee for first event \$45, \$10 event fee for each additional event, \$100 Grand Champion Prize.
All ages; Sat., Oct. 24; 11 am; Spectator: \$8; 4-12 yrs: \$3; 3 under yrs: Free

Cards & Cookies

Love is in the air at Pine Forest Recreation Center. Come and craft a valentine for the special person in your life and enjoy a decorated cookie or make one to take with you. Please pre-register by Mon., Feb. 8.
All ages; Thurs., Feb. 11; 6-8 pm; Free

Smith Recreation Center

1520 Slater Avenue, 433-1571

Mon.-Fri. 10 am-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

CENTER PROGRAMS

Smith Fitness Center

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

18+; 13-17 yrs must be accompanied by parent; Mon.-Fri.; 10 am-9 pm; Sat.; 9 am-5 pm; Sun.; 2-5 pm

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 hour vary depending on center activities. High School students should be prepared to present picture identification. Gym shoes and clothes must be worn.

17-under yrs; Mon.-Fri.; 6-9 pm; Free

Playground, Picnic Area & Outdoor Basketball Facility

Come enjoy the outdoor facilities. Facilities include a dual playground area for ages 2+, large picnic area with grills. Areas can be reserved.

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

Women Adult Open Play

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

18+; Mon. and Wed.; 10 am-noon; \$2/person

Senior Fitness Time

Whether you want to stay fit or get in shape come and join our super seniors.

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

Follow us on Facebook, Twitter and YouTube

www.facebook.com/fcpr.us

www.twitter.com/parksrecreation

www.FayTV7.com



AARP Association Meetings

55+; Meets 2nd Mon. of each month; 10 am-noon

Alpha Kappa Alpha

Meets 2nd Sat. of each month; 10 am-noon

Men's Progressive Club

Meets 3rd Thurs. of each month; 7:30-8:30 pm

Loyal Seniors

Meet 1st Thurs. of each month; 10 am-1 pm

Area A Senior Club

Meet 2nd Tues. of each month; 11 am-1 pm

District 2 Senior Club

Meet 1st Fri. of each month; 11 am-1 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 will be ongoing. For more information send an email to alltogetherdevelopmentagency@yahoo.com or call the center for further contact information.

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.; 6:30-9 pm; Free

Table Games

Adult table games (card games, dominoes, checkers, chess, etc.)

18+; Tues. Wed. and Thurs.; 1-6 pm; Free

SRC Movie Club for Children/Parents Night Out

Starting Sept. 11, bring your kids for popcorn and their favorite movie! G and PG rated movies; Participants must pre-register.

4-10 yrs; 2nd and 4th Fri. each month; 6-8 pm; \$3/admission

Evening 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. 18+; Tues.; 6-7 pm; \$5/class

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.

All ages; Tues. and Fri.; 6-8 pm; \$25/month

SPECIAL EVENTS

Teen Summit Workshop

Teens are invited to attend this interactive and informative summit to ignite conversation and assess the needs of our community teenagers! Advance registration is required as spaces are limited. For more information, please call the center.

Thurs., Oct. 22; 10 am-2 pm

Fall Festival

Dress up as your favorite character for treats and a movie 12-under yrs; Fri., Oct. 23; 6-7:30 pm; Free

Giving Thanks

Community Thanksgiving Dinner Celebration
Come and enjoy a Thanksgiving meal with the SRC Staff and Community. Please call the center for more details.
Thurs., Nov. 19; 6-7:30 pm; Donations accepted

Winter Festival

Bring your children out to share story time, ornament making, cookies, games, movie and hot chocolate to celebrate the holiday season. Pictures with Santa can be purchased for a fee. Must call ahead to register.
Sat., Dec. 12; 11 am-12:30 pm

Martin L. King Jr. Celebration

Black History program co-sponsor by At Like A Lady will conduct a special celebration honoring Martin L. King Jr. Come and enjoy a special time with the kids and community. Please call the center for more details.
Sat., Jan. 16; 2-5 pm

Sweet Valentine's Dance

Co-sponsored by At Like A Lady and Swing Dance Club honoring the month Feb. Come and enjoy a special time with the community and dance the night away. Please call the center for more details.
Sat., Feb. 13; 7-10 pm



J.S. Spivey Recreation Center

500 Fisher Street, 433-1572

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

CENTER PROGRAMS

Adult Game Nights

Looking for a social outing where you can sharpen up your Dominos, Spades and Bid Whist skills. Bring your partner along with you and try to become the player or team of the month.

Rules for the games will be announced before play begins. 18+; Wed.; 6-8:30 pm; \$2/month

After School Tutoring

Stay ahead of the game and keep your studies in order. Assistance is provided in Reading, Math, English and Science.

6-12 yrs; Mon. and Wed.; 4-5:30 pm; \$10/month

Walking for Fitness

Looking for an inexpensive way to lose weight and strength your overall general health, then start walking around our spacious grounds. Come on out and walk your way to a healthier y-o-u.

All ages; daily; 6 am-dusk; Free

Outdoor Basketball

Enjoy the fresh air and practice your shot on the outdoor basketball court. This area has lights for night play.

Daily; 9 am-dusk; Free

Little Chefs – Cooking Class

Children learn how to prepare simple meals and snacks that are nutritious and healthy. Instructions will be on meal selection, food preparation, cooking and use of utensils.

9-13 yrs; Tues.; 6-7 pm; \$10/month

Youth Free Play/ Open Gym

Youth can socialize as they play small games, bumper pool, billiards, chess, checkers, video games and basketball.

6-17 yrs; Sun.; 2-5 pm; Free

Zumba

Need to lose pounds or tone your body in order to get fit for the fall and winter activities, or simply desire to become healthier and increase your stamina?

15+; Mon; 6-7:30 pm; Free

Coaches Needed

Baseball, Softball, Basketball, Football, Cheer and Soccer coaches are needed at J.S. Spivey recreation center for the 2015-2016 sports seasons. Please call for more information or stop by the center.

Afterschool School Quick Start Tennis

Have fun and learn how to play tennis from a certified USTA instructor. Children will be taught tennis using the "Quick Start Tennis". Rackets and balls will be provided.

4-10 yrs; Tues. and Thurs.; 3:30-5 pm; Free

Sand Volleyball Court

Combine your love of the beach and volleyball while playing on the outdoor sand volleyball court. Bump, set and spike your way to a good time.

Daily; 9 am-dusk; Free

Computer Lab

Spivey now offers computer classes and open lab. Contact the center for classes, days and times. Limited availability.

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



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 ends Sat., Nov. 28.

17-under yrs; Sat.; 9:45 am-2 pm; Free

Adult Open Gym

Participants must complete a waiver to participate. Participants will be required to present identification. Adult Open Gym ends Sat., Nov. 28.

18+; Sat.; 2:30-4:45 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 Walking Club

Join the Stedman Walking Club. Enjoy an evening stroll or run as a family, gather up some friends, or come out and make some new ones. The Walking club is a fun way to socialize with residents of the community while getting the necessary exercise.

All Ages; Mon.-Sat.; 1-8:30 pm; Free

Children's Book Exchange

Looking for some different books to read with your child? Has your child outgrown the books they have? Or are you looking to clean off your child's bookshelf? 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., Nov. 7; 11 am-1 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!

Sept. 25: Italian Classics; Feb. 5: Senior Soups
55+; Fri.; 6:30 pm; \$5

White Elephant Bingo

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

55+; Fri.; Oct. 2 and Feb. 19; 6:30 pm; Free

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 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.; 1-2 pm; Sat.; 9:30-10:30 am; Free

Cool Kids Cook!

Aspiring young cooks will love this class! Young chefs will join us in preparing a variety of foods. Participants will then enjoy their family-style meal. Pre-registration is required.

5-12 yrs; Fri.; Oct. 16, Jan. 8; 6-8 pm; \$10/child

Cheer & Tumble Class

Cheerleading promotes coordination, fitness and confidence. Learn all you need to know to prepare for middle school and high school cheerleading. This class will concentrate on cheer, motion technique, dance, jumps, tumbling and stunts.

4-12 yrs; Mon.; 6-7 pm; \$20/month

Tae Kwon Do

Self-defense offers 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.; 9-10 am; Sat.; 10:30-11:30 am; Free

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

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.; Nov. 13, Feb. 12; 6:30-8:30 pm; \$5/child

Boys to Men & Girls to Women

Boys to Men & Girls to Women is a series of programs offered to local youth which will focus on providing 'out of the box' life skills! Life Skills not typically taught anywhere else such as: How to change a flat Tire, event and party planning, yard maintenance equipment use and safety... emergency/disaster Preparedness...self-defenseand Much More! These programs will meet monthly and will offer hands on opportunities for personal development . 13+; TBD; Free

Youth Volunteer Opportunities

Attention Middle or High School Students....are you looking for volunteer hours for school? Are you interested in building your resume? The Stedman Recreation Center has volunteer hours for you. We are always looking for volunteers for special events and/or programs around the center. All between the ages of 14-18 are encouraged to contact the center for additional details ! 14-18 yrs; Free

Make Your Class Valentines

This is a great opportunity for your kids to make their class valentines! Use our valentines, bring your own, or even create some with our supplies. You must pre-register by Jan. 20. 5-12 yrs; Sat., Jan. 30; 10 am-noon; \$5

Be a Health Nut! Nutrition & Fitness 101

It's never too early to get started working on a healthier you! This seminar will include age appropriate diet and exercise tips/techniques to help you make smarter choices. Smarter choices result in a happier and healthier YOU! Pre-registration is required by Oct. 3. 8-18 yrs; Sat., Oct. 10; 2-3 pm; Free

Kids-2-Carolina

Kids2Carolina is a non-profit organization based in Chapel Hill, NC that is giving kids in our area the chance to attend a HOME FOOTBALL GAME for FREE! Not only will they see a game but will also get to see what a real College University's campus is like. This is for kids from Grades 3-8. Transportation is provided. Space is very limited, so sign up NOW! Pre-registration is required. Contact the recreation center for details. Grades 3-8; Dates TBA; Free



SPECIAL EVENTS

Tie Die Creations

Let's get messy and create some groovy tie die items! Participants will be provided instruction on tie dye and have the opportunity tie die a shirt and small back pack. This could get messy, so come get dressed for the occasion. Pre-registration is required by Sept. 5. 5-10 yrs; Sat., Sept. 12; 10 am-noon; \$10

Stedman Recreation Center Coat Drive

With Winter just around the corner, lets help those in need. We are asking for new or gently used coats. We will accept donations from Sept. 1- Oct. 31. All items can be dropped off at the Stedman Recreation Center and will be donated to local charities or families.

18th Annual Farmers Day

Come to Stedman for a fun filled day of games and contest for all ages! Lots of good singing, special guest speakers, food, inflatables, vendors and much more! All proceeds from Farmers Day are placed in a scholarship fund to help local students further education in the field of Agriculture. All ages; Sat., Sept. 19; 9:30 am-5 pm; Free

11th Annual Fall Festival

Bring your children out for a night full of fun filled activities. There will be carnival games, face painting, inflatables, costume contest, and the monster egg hunt for those who wish to venture out with their flashlights. For those with a sweet tooth we will be having a Cake Walk! Concessions will be available for purchase . All ages; Fri., Oct. 23; 6-8:30 pm; Free

Stedman Veteran Appreciation Dinner

We are happy to give back to our wonderful men and women of our armed services! If you are a Veteran join us for a FREE spaghetti dinner here at the Stedman Recreation Center! Register quickly because space is limited! Registration ends Nov. 7. 55+; Fri., Nov. 20; 6:30-8:30 pm; Free

Holiday Helpers

Calling all of Santa's Helpers! We will begin by creating our very own make and take Christmas Ornaments. We will then take a break for milk and cookies and then we will begin decorating the Recreation Center Christmas Tree. When we are done, what a Winter Wonderland the center will be! Pre-registration is required by Nov. 14. 5-14 yrs; Sat., Nov. 21; 1-4 pm; \$5

Cape Fear Regional Basketball Camp

Join us for our third annual Cape Fear Regional Basketball Camp and learn the important fundamentals of the game from our great staff of experienced coaches and players! We will be focusing on shooting, dribbling, defense, rebounding and team play by using drills and exercises. Camp will be held at Cape Fear High School and will feature a variety of experts. Pre-registration is required by Dec. 5. 7-14 yrs; Sat., Dec. 12; 9:30 am-noon; \$5



Cookie Decorating

Join us for this wonderful holiday sweet treat! We will be decorating and baking a variety of different cookies. It's the perfect way to get in the holiday spirit. Milk and drinks will be provided! Pre-registration is required by Dec 12. 5-13 yrs; Sat., Dec. 19; 10 am-noon; \$5/person

Jewelry Making for Teens

Join us for an evening of Jewelry Making. You may choose to make something for yourself, your friends or as a Valentine's Day gift. Light refreshments will be served. Pre-register by Jan. 10. 13-17 yrs; Sat., Jan. 16; 10 am-noon; \$5



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www.facebook.com/fcpr.us
www.twitter.com/parksrecreation
www.FayTV7.com



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 (Fall Hours – Until Dec. 1)

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.; 10 am-noon; Free
 13-17 yrs; Sat.; 1-4 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 equal one mile.

All ages; Mon.-Sun.; 2:30 pm-dusk; Free

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; Tues. and Thurs.; 4-5 pm; Free

Youth Karate (Tang Soo Do)

Beginner and intermediate classes incorporating fitness, self-discipline, and fun are held in a non-violent atmosphere.

5-17 yrs; Mon. and Wed.; Beginner 6-7 pm; Intermediate 7-8 pm; \$40/month



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

Little Hitters T-Ball Program

Let's play ball! Bring your toddler out for our Little Hitters T-ball program! Games will be played on Saturdays. Please register from Jan. 1-March 1. Birth Certificate required for registration.

3-4 yrs; \$20

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.; Oct. 16, Feb. 19; 6-8 pm; \$10/child

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.; Nov. 6 and Jan. 15; 6-8:30 pm; \$10/child

Senior Elite Program

Got free time? Interested in volunteering with our youth? We welcome seniors who can spare some of their time for our classes and special events such as Kidz Cooking Corner, Baking Buddy, tutoring, etc. Please contact center for more details.

55+; Free

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

Coaches Needed

Basketball Coaches are needed for the 2015-2016 Winter Season. For more information or to volunteer, stop by the recreation center anytime.

FCPR Glee Club

Singing is the most perfect form of expression and FCPR now 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! Registration deadline is Oct. 1. Call 433-1021 for location and information. All ages; 2nd and 4th Sat.; 2:30-4:30 pm; \$25

N2iT Youth Cheerleading

Come be part of our exciting, one of a kind cheerleading experience where we combine Cheer and Pom Dance into one curriculum. Our techniques include motion drills, jump stations, proper stunting - basic to advance. Students will learn cheers & chants, a dance routine. 4-6 yrs; Tues.; 6:15-7 pm; \$30/month
7-9 yrs; Tues.; 7-8 pm; \$30/month
10+; Tues.; 8-9 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.; 10:45-11:45 am; \$30/month

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.; Oct. 2 and Nov. 20; 6-9 pm; \$5

SPECIAL EVENTS

Back to School Dance

Join us for our Back to School Dance. Mingle with old friends and celebrate new ones! Tickets are only sold in advance and will be available Sept. 3-17. Maximum of 300 participants permitted. Grades 3-5; Fri., Sept. 25; 6:30-8:30 pm; \$5

Christmas Cookies, Cards & Cheer

Holiday cheer is in the air! Participants will enjoy a fun-filled evening creating Christmas Cards, holiday cookies, treats and much more. Don't miss out! Only twenty spaces are available, so make sure to register in advance. Registration deadline is Dec. 5. 8+; Fri., Dec. 11; 6-8 pm; \$10

Valentines Dance

Join us for our annual Valentines Dance. Tickets are only sold in advance and will be available Jan. 28-Feb. 11. Maximum of 300 participants permitted. Grades 3-5; Fri., Feb. 12; 6:30-8:30 pm; \$5



Follow us on Facebook, Twitter and YouTube

www.facebook.com/fcpr.us

www.twitter.com/parksrecreation

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 "Forever Young" 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. New members accepted in Jan. with \$20 yearly membership fees.

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; Beginning Sept. 15; 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+; Sun.; 2:30-4:30 pm; \$2/person

Hold'em High Card Club

Do you like to play Spades, Bid Whiz and Pinochle? We have the spot for you. Invite your friends for small group games or table challenges.

55+; Thurs.; 11 am-2 pm; Free

Neighborhood Association Meetings

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



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

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

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 Hitters

Want to get your pre-school child involved in sports? This is a beginner T-Ball 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. 1-March 1; proof of age; three proofs of residency required. 3-4 yrs; practice and game times are TBD; \$20

(B.A.R.T) Be A Responsible Teen

This is an 11-week open communication session that is geared towards teenagers that provides them the opportunity to open up and discuss topics of interest such as assertive communication, substance abuse, peer pressure, healthy relationships and understanding self worth. Parental consent form must be completed. 2015 Fall session begins Sept. 8. Spring session begins March 1. 14-18 yrs; Tues.; 5-7 pm; Free

Zumba Class

The combination of Latin and international music comes together with rhythmic dance steps to produce an effective fitness workout routine. Start setting goals your New Year's off with visions of being fit and healthy.

18+; Mon., Wed. and Thurs.; 9-10 am; \$45/month

SPECIAL EVENTS

Forever Young Bazaar

Looking for a way to get rid of old unwanted items? Or make some money from barely used household items? Purchase a table to sell your goods or shop around to find new treasures. For table reservation, contact Ruthie Toby 864-4206 by April 2.

All ages; Sat., April 9; 10 am-3 pm; \$10/table



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www.FayTV7.com



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

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 September 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. Limited spots available; application process includes current or former Gilmore TRC participant status, staff nomination, application/background check and interview. 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.
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. Application process includes referral/recommendation, appropriate skills and experience, application/background check and interview. 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.
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

SEPTA Meetings

Cumberland County Schools SEPTA (Special Education PTA) will conduct monthly meetings for parents, educators and all others interested in learning more about advocacy, resources and education of children with special needs. Meetings are held the first Thurs. of each month.
All ages; Thurs.; 3:30-5 pm; 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. Meetings are held the second Thurs. of each month. All ages; Thurs.; 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 call it "Line Dancing" for a reason. 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 coordinating routines. This is a great way to have fun while getting a workout and keeping fit.

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

Introduction into Gluten-Free Cooking

Gilmore Therapeutic Recreation Center has partnered with Cape Fear Valley Health and Aramark registered dieticians to develop a menu and instruction to get you started cooking gluten-free! This class will benefit participants who are interested in learning more about eating gluten-free, and those who are already living a gluten-free lifestyle. Come learn how delicious and easy eating gluten-free can be!

Registration deadline is Sept. 9.

18+; Thurs., Sept. 17; 11 am-noon or noon-1 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. No registration required so come out and play! Session lasts 4 weeks and begins Oct. 1.

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

Preschool Outdoor Art Expressions

Art is a great way to assist your preschooler with language development, fine motor skills and self-expression. Enjoy the beautiful fall weather with your child while creating their own outdoor art project!

Oct. 13: Thumb Print Bug Jars (Registration deadline Oct. 6)

Oct. 20: Ant Antics (Registration deadline Oct. 13)

Oct. 27: Magnificent Murals (Registration deadline Oct. 20)

3-5 yrs. with a parent; Tues.; 9-10 am; \$5/class



Kids Adaptive Ballet

Children of all abilities will learn basic ballet positions and movements with opportunities for live performances. Class is offered in a six week session beginning Oct. 5. Registration deadline is Sept. 28.

6-12 yrs; Mon.; 4-5 pm; \$20/session

Kids Adaptive Modern Dance

Children of all abilities will learn new ways to explore emotions and personality through movement. This adaptive dance class will provide the opportunity for students to enjoy dance and music through creative movement while promoting balance, coordination, focus and self-confidence. Class is offered in a six week session beginning Oct. 7. Registration deadline is Sept. 30.

6-12 yrs; Wed.; 4-5 pm; \$20/session

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. Session lasts 6 weeks beginning Nov. 5. Registration deadline is Oct. 29.

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

Art-splosure for Adults

These classes will be offered in a two-part series in which the instructor will showcase a different artist and technique and assist participants in creating their own project utilizing these techniques. Participants may register for one or both sessions, and will have the opportunity to showcase their work at the conclusion of each four week session.

Session 1: Oct. 5-26: (Registration deadline is Sept. 28)

Session 2: Nov. 9-30: (Registration deadline is Nov. 2) 18+; Mon.; 9-11 am; \$30/4 week session

Special Olympics 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, which includes games, songs and other fun, physical activities. With an emphasis 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. Session lasts 6 weeks and begins Jan. 5. Registration deadline is Dec. 28.

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

Adopt a Fish

Did you know the simple act of watching a fish can lower blood pressure, decrease depression and stress, and promote feelings of calm and relaxation? Don't have a fish or know how to get started? Join us as we create individual fish bowls that require little care and are inexpensive to maintain. We'll even provide you with your own Beta fish! Registration deadline is Dec. 30.

18+; Fri., Jan. 8; 3-4:30 pm; \$5

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



Superflex Social Skills Club

This social thinking curriculum provides fun and motivating ways to teach teens with social and communication difficulties (undiagnosed or diagnosed, such as High-functioning autism, ADHD or similar). Participants will develop further awareness of their own thinking and social behaviors and ways to help them develop better self-regulation, behavioral strategies, and coping skills. All of this while having fun, socializing, and making new friends! The last club meeting will conclude with a fun community outing for the club members. Session lasts 6 weeks and begins Feb. 3. Pre-registration and application required a minimum of 2 weeks in advance, limited space available so apply early.

13-17 yrs.; Wed.; 3:30-5 pm; \$25/session

Healing Though Horticulture

Bring the outdoors in and be a part of creating Gilmore's indoor garden! Learn about soil, seeds and plants all while digging your fingers in the dirt. Don't forget to come back and visit to see how our indoor garden is growing!

Registration deadline is Jan. 5.

18+; Wed., Jan. 13; 3-4:30 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. Classes are held the second and fourth Thurs. of each month, and participants must register one week in advance for each class.

12+; 2nd and 4th Thurs.; 3:30-5 pm; \$5/class



SPECIAL EVENTS

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.

Oct. 23: (Registration deadline Oct. 16)

Nov. 20: (Registration deadline Nov. 13)

Jan. 22: (Registration deadline Jan. 15)

Feb. 26: (Registration deadline Feb. 19)

13+; Fri.; 5-9 pm; Fee TBA

SEPTA Back to School Parent Resource Fair

Join us at Gilmore Therapeutic Recreation Center as we partner with Cumberland County School's Special Education PTA for a night of fun for parents and families of children with special needs. Enjoy music, snacks and raffles throughout the night while learning more about what Cumberland County and surrounding areas have to offer the special needs community.

All ages; Thurs., Sept. 17; 6-9 pm; Free

2015 Special Olympics Cumberland County Awards Banquet

You are invited to join us as we honor our Special Olympics athletes, coaches, volunteers and community partners. More information regarding banquet location and menu will be included in invitations, be sure to RSVP by requested date. Tickets are free for athletes, coaches, and Class A volunteers.

All ages; Fri., Sept. 25; 6 pm; Cedar Falls Baptist Church

SPADES/Gilmore TRC Beautification Day

Join us as we bring the community together along with our SPADES participants for Gilmore TRC's first Community Beautification Day. Participants, volunteers, and local artists are invited to help us transform Gilmore for the fall with flowers, artwork, and a commemorative stepping stone. Contact a staff member at Gilmore TRC to see how you can become involved.

All ages; Fri., Oct. 2; 9 am; Free

Treats and Treasures Candy-Free Halloween

We will be handing out candy-free Halloween treats all day so that all children may have the opportunity to celebrate and have fun!

12-under yrs; Fri., Oct. 30; 9 am-4 pm

Monster Mash Costume Party

Come out and enjoy the fun, music and dancing at our Halloween Monster Mash! Don't forget to wear your costume; it's going to be a scary good time! Light refreshments will be served. All ages welcome, parents must accompany children 12 and younger. This is a fundraising event to benefit Special Olympics of Cumberland County.

All ages; Fri., Oct. 30; 6-9 pm; \$5/ticket

Special Olympics Family Fun Fest

Join us for a fun family event to benefit Special Olympics Cumberland County. Activities will include a silent auction/50 raffle, bounce houses, music and more!

Concessions will be for sale.

All ages; Sat., Dec. 5; 10 am-2 pm

Sparkling Stars Holiday Dance

Enjoy the magic of the holidays during our annual Christmas Dance. Exchange gifts with your friends and enjoy hors d'oeuvres, music and dancing and get lost in the enchantment of the holidays. All ages welcome, parents must accompany children 12 and younger. This is a fundraising event to benefit Special Olympics of Cumberland County.

All ages; Fri., Dec. 18; 6-9 pm; \$5/ticket

Cupid's Arrow Dance

Cupid, draw back your bow, and let your arrow go! Be our special valentine and join us for our Cupid's Arrow Valentine's Dance. Light refreshments will be served. All ages welcome, parents must accompany children 12 and younger. This is a fundraising event to benefit Special Olympics of Cumberland County.

All ages; Fri., Feb. 12; 6-9 pm; \$5/ticket



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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/Special Olympics Cumberland County](https://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, Cycling, 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



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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

Open to all FCP&R Senior Citizens 55+

Mike's Farm: Gospel Dinner Show & Hayride

Registration is Aug. 3-31.
55+; Sat., Oct. 17; Depart 2 pm; \$39 (Dinner Included)

North Carolina State Fair, Raleigh, NC

Registration is Sept. 1-30.
55+; Wed., Oct. 21; Depart 8 am; \$5 (Lunch on your own)

"The Addams Family" at Temple Theater, Sanford, NC

Registration is Aug. 3-31.
55+; Thurs., Oct. 29; Depart 10:30 am; \$21.81
(Lunch on your own)

Manic Monday at Crabtree Valley Mall, Raleigh, NC

Registration is Sept. 1-30.
55+; Mon., Oct. 26; Depart 9 am; \$5 (Lunch on your own)

"Christmas Wonderland" at Palace Theater, Myrtle Beach, SC

Registration is Aug. 3-31.
55+; Thurs., Nov. 5; Depart 8:30 am; \$31
(Lunch on your own)

Manic Monday at Southern Supreme, Bear Creek, NC

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

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Extended Trips

FCPR Senior Programs also offers extended trips. Please contact the Senior Center for flyers and pricing information:

- **Biltmore Estates:** Dec. 7-9
- **Atlanta & Civil Rights Heritage Tour:** April. 11-13
- **Branson:** May 15-21
- **Lancaster, PA:** June 1-3
- **Outer Banks:** Aug. 14-16
- **Southwest Trains & Canyons:** Aug. 25-Sept. 2
- **Southern Coastal Maine:** Sept. 25-30
- **Pigeon Forge/Gatlinburg, TN:** Nov. 28-30

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: Oct. 15, Nov. 26, 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

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 & Poker is sure to be a hit!
55+; Fri.; 1:30 pm; Free

Silver Links Lab Computer Classes

The Senior Center offers computer Classes as well as open lab times. Please contact the center for classes, days and times. Classes offered include Basic Computers and Internet/Email. Fayetteville-Cumberland Senior Center is also looking for great minds to volunteer their time to instruct computer classes to seniors;
55+; TBD; Free

Jewelry Class

Make your own one of a kind piece. The instructor will walk you through the process. Materials available. Prices vary based on pieces – Contact the center for more information.
55+; Thurs.; 1-3 pm; \$25/month

MONTHLY PROGRAMS

Genealogy Club

Are you interested in retracing your family heritage? If so, come join us each month.
55+; 2nd Wed. of each month, 11 am; Free

Create A Craft

55+; 2nd Thurs. of each month; 10 am-noon; Free

Taster's Delight

Join this "lunch bunch" for food, fun & fellowship at various locations around town. Contact the center to find out where to meet this month.
55+; 3rd Tues. of each month; 11 am; various meeting locations; Contact Senior Center; lunch on your own

Joint Fayetteville/Cumberland County Senior Citizens Advisory Board

A commission representing senior citizens' concerns and issues for the entire County of Cumberland meets monthly. City Council and County Commissioners appoint representatives to the Board. Meetings are open to the general public and anyone is invited to attend.
All ages; 2nd Tues. of each month; 2:30 pm; City Hall – Lafayette Room; Free

Tuesday Night Dance

Come and dance the night away with Reminiscence. Held at the Gilmore Recreation Center; participants are encouraged to bring their favorite finger food. Please note that due to the Thanksgiving and Christmas holidays, the Nov. and Dec. dances will be held one week earlier, on Nov. 17 and Dec. 15.
55+; 4th Tues. of the month; 8-10 pm; \$3/person

Cardinal Red Hatters

Everyone has seen ladies wearing that purple and red with smiles on their faces having a fabulous time. Join the Cardinal Red Hat Chapter and see what all the fun is about. Monthly meetings start at the Senior Center, but all are asked to contact the center for meeting details.
55+; 4th Tues. of each month; 11 am; Free

AARP – Smart Drivers Class

This one day, four hour driving refresher classroom course helps drivers refine existing driving skills and develop safe, defensive driving techniques. Even though it is designed for drivers ages 50 and older, it is open to all motorists.
50+; Tues.; Sept. 22, Nov. 10; 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 programs staff.
55+; 4th Wed. of each month; 2-4 pm; Free

Fayetteville–Cumberland County Senior Clubs

Senior Clubs meet monthly – however, times and location may change due to scheduled programs. Senior Club members may participate in all club activities with a FCPR Club Member Card. For more information on any of the following clubs, please contact the center.

Area 'A'

2nd Tues. of each month; 10 am; Smith Recreation Center

Aging in Action

2nd Thurs. of each month; 10:30 am; Second Baptist Church

Beaver Dam Harvesters

1st Tues. of each month; 10 am; Beaver Dam Fire Department

Church of the Open Door Owls

1st Fri. of each month; 6 pm; Church of the Open Door

Cliffdale Senior Club

Last Thurs. of each month; 11 am; Cliffdale Recreation Center

Cumberland

1st Wed. of each month; 10 am; Cumberland Methodist Church

Cumberland County Association of Indian People

(CCAIP)

3rd Mon. of each month; 10:30 am; CCAIP Center

E.E. Miller Senior Club

4th Thurs. of each month; 10 am; 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

Grays Creek Outreach

4th Tues. of each month; 10 am; Gray's Creek Recreation Center

Heartwarmers

2nd Wed. of each month; noon; Vaughn Memorial Presbyterian Church

Loyal Seniors

1st Thurs. of each month; 10 am; Smith Recreation Center

New Life Senior Club

3rd Fri. of each month; 10 am; Lake Rim Recreation Center

Northwood Temple – Senior Eagles

2nd Thurs. of each month; 6 pm; Northwood Temple

Seniors Aging Gracefully

1st Mon. of each month; noon; Smith Chapel Church

Seton

2nd Tues. of each month; 10:30 am; St. Elizabeth Ann Catholic Church Parish Hall

Senior Road Runners

4th Mon. of each month; 10 am; Kiwanis Recreation Center

Stedman

1st Thurs. of each month; 10 am; Stedman Recreation Center

Sunnyside

3rd Thurs. of each month; 10:30 am; East Regional Library

Towers West

2nd Fri. of each month; 10 am; Towers West Apartments

Victory

4th Wed. of each month; 11 am; Contact Senior Center for location

Westover

3rd Wed. of each month; 10 am; Westover Recreation Center

XYZ

2nd Wed. of each month; 10 am; John Wesley United Methodist Church

SPECIAL EVENTS

Legal Aid of North Carolina Presentation

Last wills and testaments, living wills, and power of attorney will be discussed.

55+; Tues., Sept. 29; 10 am; Free

FCPR Senior Programs 40th Annual Christmas Banquet

Registration is Sept. 1-30. Event to be held at Holiday Inn Bordeaux. Price includes fully-catered meal, program, musical entertainment, and door prizes.

55+; Fri., Dec. 11; 11 am; \$15



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, mark your calendar to come out and learn the details about our fitness equipment.

55+; Fri.; 10-11 am; 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.

- July, Aug. and Sept. birthdays celebrated Fri., Sept. 11; 11:30 am-1 pm
- Oct., Nov. and Dec. birthdays celebrated Fri., Dec. 11; 11:30 am-1 pm



Geriatric Health Education Seminars

These 60 minute seminars each focus on a different topic and are presented by Alliance Behavioral Healthcare.

- 55+; Tues.; Sep. 15: Post Traumatic Stress Disorder; 10-11 am; Free
- 55+; Tues.; Oct. 20: Sleep Disorders; 10-11 am; Free
- 55+; Tues.; Nov. 17: Stress Management; 10-11 am; Free

Yoga

Are you looking for a low-impact fitness option?

Newcomers are welcome. Registration is on-going, beginning the second weekday of every month.

55+; Wed.; 9-10 am; Fri.; 9:15-10:15 am; \$30/month or \$5/class

Chair Aerobics Class

This ever-popular class includes line dance, stretching, and chair aerobics. The line dance group, also known as the "Tokay Rockers," performs at community events.

Registration is on-going, beginning the second weekday of every month.

55+; Tues. and Thurs.; Session 1: 7:30-8:30 am; Session 2: 8:45-9:45 am; \$20/session per month

Advanced Step Aerobics

Flexibility and cardiovascular line-dancing are the focus of this fast-paced class. Registration is on-going, beginning the second weekday of every month.

55+; Wed.; 7:30-8:30 am; \$10/month; \$5/month if enrolled in Chair Aerobics

Zumba Gold

Zumba is a dance fitness program that combines Latin and international music to make this weekly fitness opportunity an enjoyable diversion from your normal routine.

Registration is on-going, beginning the second weekday of every month.

55+; Wed.; 10:15-11:15 am; Fri.; 8-9 am; \$10/month for one day/week (Wed. or Fri.) or \$20/month for both days

Advanced Aerobics

This advanced-level class includes floor work, stability-ball exercises, flexibility and cardio exercises. Please be aware that participants **MUST** complete a minimum of four chair aerobics/line dance sessions prior to enrollment and must complete a supervised warm-up prior to beginning each class session. Registration is on-going, beginning the second weekday of every month.

55+; Mon.; 8:45-9:45 am; \$10/month

Senior Adult Tennis Club

Grab your racket and get back into the swing of things! It's never too late to start a sport that is great for all ages!

55+; Tues. and Thurs.; 9:30-11 am; Free

Tri T Table Tennis

55+; Tues.; 2 pm; Free

WELLNESS CLINICS

Blood Pressure and Immunizations

Walgreens-Skibo Road provides blood pressure screenings each month. TDAP, Influenza, Shingles, Pneumonia, Meningitis, and Hepatitis B vaccines are also available. Please contact the pharmacy in advance to ensure availability, payment/insurance information, and whether a prescription is necessary.

55+; 1st Tues. of the month; 8-10 am; Free

Highland House provides blood pressure screenings.

55+; 3rd Tues. of the month; 8:30-10 am; Free

Ear Wax Screenings

55+; Tues.; Sept. 8, Nov. 10, Jan. 12; 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



Follow us on Facebook, Twitter and YouTube

www.facebook.com/fcpr.us

www.twitter.com/parksrecreation

www.FayTV7.com



FEES AND CHARGES

Fayetteville-Cumberland Parks & Recreation

* Rates subject to change to reflect current fee schedule

*An expedited rental fee of \$100 will be charged for any facility rental contract executed within 48 hours of the event

Park Rentals

Description	Current Fee
All Rentals (for profit organizations)	Double non-profit fees plus any applicable deposit
Ball Field Rental	\$175 drag & mark per day, plus \$250 deposit
	\$35 (no drag & mark 1-4 hours), \$50 (no drag & mark over 4 hours), plus \$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 profit organization)	Double non-profit fees plus applicable deposit
Custodial Setup/Breakdown/Clean-Up (non-profit organizations)	\$25 per hour
Gym (non-profit organizations)	\$200 (1-4 hours), \$50 each additional hour, plus \$200 deposit
Gym Flooring (non-profit organizations)	\$300 (1-4 hours), \$50 each additional hour
Kitchen Rental (non-profit organizations)	\$50 (1-4 hours) plus \$200 deposit, \$25 each additional hr up to 8 hrs max
Large / Multi-purpose Program Room Rental (non-profit organizations)	\$130 (1-4 hours) plus \$200 deposit, \$25 each additional hour up to 8 hour max
Small - Medium Program Room Rental (non-profit organizations)	\$65 (1-4 hours) plus \$200 deposit, \$25 each additional hour up to 8 hours max
Sunday or Legal Holiday use (non-profit organizations)	\$100 (1-4 hours max allowed, plus rental fee, plus \$200 deposit)

Shelter Rentals - Large

Arnette 1 & 3
Mazarick 1

\$60 (1-4 hours), \$110 over 4 hours

Shelter Rentals - Small

Arnette 2
College Lakes
Mable C. Smith
Honeycutt
Lake Rim 1 & 2
Mazarick 2 & 3
Seabrook
Spivey
Westover

\$40 (1-4 hours), \$70 over 4 hours

Swimming Pool

Swimming Lessons	\$30
Pool Entry Fee	12-under yrs; \$1, 13+; \$2
Pool Rental	\$175 rental fee (1-2 hours), \$50 for each additional hour, plus \$200 deposit, plus current rate of pay for lifeguards

Tennis

Court Rental	\$35 (1-4 hours), \$50 over 4 hours, \$150 deposit plus \$175 if lights are requested
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COMMENTS AND KUDOS!

Sandy Thrash

I just wanted to send you a high compliment on your choice of rugs in the Kiwanis, Smith and College Lakes facilities. I noticed them on my visits. They give a “grand” entrance to the centers. I love the look that it gives the lobby. Great choice!
Received from Barbara via e-mail, Feb. 10, 2015

Athletics (Jeremy Mincey)

Thank you very much for the added attention provided to our Special Needs Youngsters. The Buddy Program is being run very well by Jeremy Mincey. Great participation by athletes and buddies. Organization and games themselves very well run and lots of buddies now involved as compared to a year or two ago. My thanks to Parks and Rec/Gilmore and Mr. Mincey.
Received from Leslie via e-mail from Leslie, Feb. 20, 2015

Stoney Point Recreation Center (Travis Tuckey)

I think this is by far the best set of coaches that I have seen. Not just 12U kids, but watching other games too. Especially number 99, coach for 9-10 girls softball. I believe they are the Pirates. I read somewhere that baseball enrollment was on a decline. Not sure if that is true. Anyways, you have the right people out there to sustain kids from not wanting to play due to poor/bad coaching. It is so much more pleasant for everyone. There are always going to be a couple crazy parents in the stands. At least that unbelievable behavior is not the norm. I think coaches attitudes help set the overall environment. The ump's and staff also play a part in that overall experience. They are getting it done right as well. I just wanted to say thanks for a job well done. The program is obviously improved. This does not happen on accident but with a conscious management effort.
Receive from Shad via e-mail, May 23, 2015

Kiwanis Recreation Center (Kristen Daniels)

Cheers to Kristen Daniels, assistant manager of Kiwanis Recreation Center. I had an issue with my son's sports registration, and I was told it would be processed in four to six weeks. The timeframe passed, but the issue still was not resolved. It took one phone call to Kristen and five minutes, and the issue was resolved. You rock, Kristen!
Received from Christine via the Fayetteville Observer, June 8, 2015

Athletics (Selena Washington and Michael Seals)

I wanted to give special thanks to Selena and Michael for all of your work coordinating this league.
Received from Jay via e-mail, June 26, 2015

Gilmore Therapeutic Recreation Center (Kim Shewchuk)

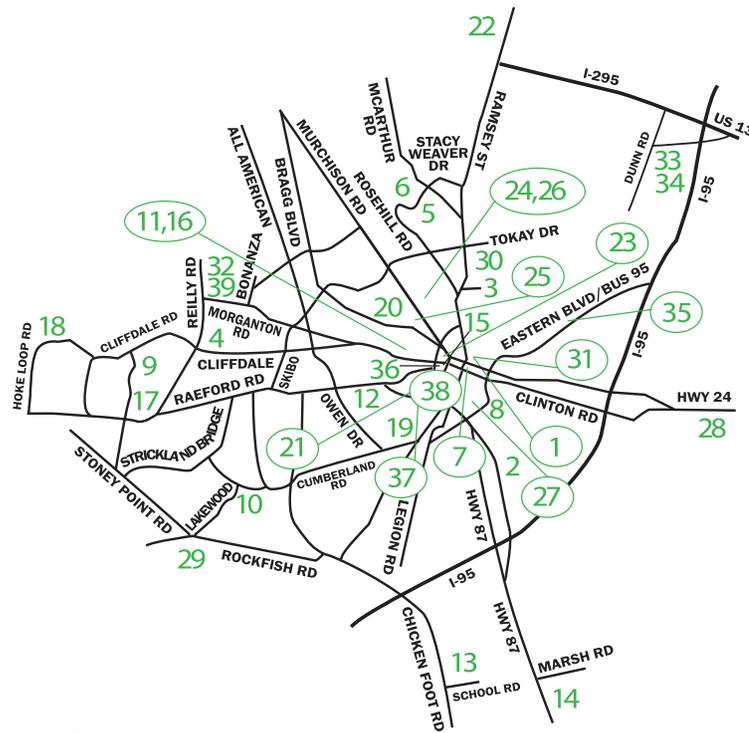
We appreciate your help for Jesús. The Summer Camp was a great experience for my son and for me too! Thank you for your patience, comprehension, tolerance and love... Please, give our thanks to all staff. Thank you so much! And we hope see you the next year again.
Received from Carmen via e-mail, Aug. 10, 2015

Athletics/Miami Marlins

Thank you for the Miami Marlins Hats! Our Fayetteville, North Carolina 14-U RBI baseball team had an exceptional season. We just finished the season 10-1 and looked real sharp in doing so. The trip to Atlanta for a Major League baseball game was icing on the cake and a real memory making trip for the boys! Thanks again for your help!
Received from Tommy via e-mail, Aug. 16, 2015



PARKS AND CENTERS MAP & DIRECTORY



1	Administrative Offices	121 Lamon Street	433-1547
2	Arnette Park	2165 Wilmington Highway	433-1547
3	Clark Park & Nature Center	631 Sherman Drive	433-1579
4	Cliffdale Recreation Center	6404 Cliffdale Road	433-1127
5	College Lakes Park	4846 Tranquil Drive	433-1564
6	College Lakes Recreation Center	4945 Rosehill Road	433-1564
7	Cross Creek Park	Green Street - Ann Street	433-1547
8	Mable C. Smith Park	1367 Shadbush Lane	433-1547
9	E.E. Miller Recreation Center	1347 Rim Road	433-1220
10	E. Melvin Honeycutt School-Park	4665 Lakewood Road	433-1547
11	Honeycutt Park	352 Devers Street	433-1568
12	Gilmore Therapeutic Recreation Center	1600 Purdue Drive	433-1000
13	Gray's Creek Recreation Center	2964 School Road	433-1015
14	Hall Park	6060 Marsh Road	433-1547
15	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	433-1457, 433-1458, 433-1944
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

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.

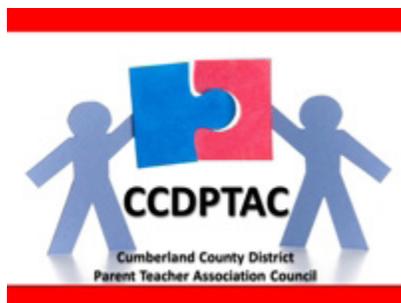
Accountability: We acknowledge our obligations. We deliver on our promises.

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 or visit our website at www.ccdptac.k12.nc.us.



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 accessible) 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.

Sept. 17; 6-9 pm; Dorothy Gilmore Therapeutic Center

1st Annual Block Party

Join Cumberland County District PTA Council for their 1st Annual Block Party. This is a free community event, open to all and a great opportunity for everyone to have fun, dance, sing, eat and fellowship with PTA leaders, school officials, community leaders, business partners and families from across the county.

Sept. 19; 11 am-2 pm; Reid Ross Classical Middle/High School

Reading Rocks at Festival Park

Cumberland County Schools Reading Rocks Walk-a-thon will be celebrating 12 years on Oct. 17. Join CCDPTA at 9 am in our efforts to support literacy.

Oct. 17; 9 am; Gates open at 8 am

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 1st Tues. of the month from 3:45-5 pm. The dates are as follow:

Tues., Sept 1, 2015

Tues., Oct. 6, 2015

Tues., Nov. 3, 2015

Christmas *in the* Park

Enjoy a leisurely stroll on our
½-mile paved walking trail while
taking in the sights and sounds
of the Christmas season.
And don't forget to stop by
and visit with Santa!



Friday, Dec. 4 - Sunday, Dec. 20

Arnette Park • 6 - 9 pm • All Ages
For more information call 433-1547
For inclement weather call 306-7325

ADMISSION:
\$10 per Family vehicle
\$30 per Commercial vehicle
\$75 per Motorcoach/Bus

Photo with Santa: \$5

