

High Point Parks & Recreation



Leisure Guide

Play. Learn. Enjoy.

January - March 2017

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On the cover

View of snow covered Oak Hollow Golf Course
3400 N. Centennial Street
336-883-3260

Mission Statement

The City of High Point strives to provide passive and active recreation services, parks and facilities that enrich the lives of all residents and promote opportunities for healthy lifestyles.

Brought to you by:

High Point City Council

Mayor Bill Bencini

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

Jeffrey Golden, *Ward 1* • Chris Williams, *Ward 2* •

Alyce Hill, *Ward 3* • Jay W. Wagner, *Ward 4* •

James C. Davis, *Ward 5* • Jason Ewing, *Ward 6*

High Point Parks & Recreation Commission

Marshall Newsome, *Chair*

James C. Davis, *City Council Liaison*

Gloria Halstead • Darrell McLean • Todd Nifong

Gary Ollis • Brian Petty • Ed Price • Bryon Stricklin

High Point Parks & Recreation Staff

Lee Tillery, *Parks & Recreation Director*

Tracy Pegram, *Assistant Parks & Recreation Director*

Eugene Coleman, *Parks Maintenance Division Manager*

Randy Little, *Recreation Division Manager*

Chad Merritt, *Special Facilities Division Manager*

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

Call 336-883-3469.



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**High Point Parks &
Recreation, NC**



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@City_of_High_Point

**Need more information, access to maps and registration forms?
Please visit our website www.highpointnc.gov/pr or call 336-883-3469.**



We're Hiring ... Soon!

Seasonal Employment with High Point Parks & Recreation

High Point Parks & Recreation hires seasonal employees to help our citizens and visitors enjoy the best possible experiences at our parks, recreation centers, golf courses, and pools during the summer months.

Possible opportunities for Summer 2017 include

- Lifeguards, Pool Managers and Assistant Pool Managers
- Summer Camp Counselors
- Park Attendants
- Grill Room employees
- Park Maintenance
- Cashiers
- Naturalist at PEC
- College Internships

If you are interested, please visit www.highpointnc.gov/pr or call 336-883-3469.



Summer Camp

High Point Parks & Recreation offers high quality, affordable summer camps for rising 1st graders-6th graders. Teen camps for rising 7th-9th graders are also available at Allen Jay Recreation Center and Deep River Recreation Center. Do not miss the chance to reserve your child's spot for a summer of fun, learning, and friendship in a safe environment!

Registration begins February 13, 2017 for past summer camp participants & current after school participants. Open registration begins February 27, 2017.

\$80 per week includes full-time care (7:30am-6pm, Monday through Friday), field trips, activities and a t-shirt!

Discounts are available for families with more than 1 child enrolled: \$80 per week for first child enrolled; \$70 per week for additional siblings. (Children must attend same weeks of camps.) Please call for details.



Locations:

- Allen Jay Recreation Center, 1073 East Springfield Road, High Point, 336-883-3509
- Deep River Recreation Center, 1529 Skeet Club Road, High Point, 336-883-3407
- Oakview Recreation Center, 503 James Road, High Point, 336-883-3508

Camp Ann

A summer day camp experience for kids (ages 6+) and adults with disabilities is offered for \$35 per week for High Point residents; \$50 per week for non-residents. Arts & crafts, field trips, swimming and outdoor recreation with lunch and snack provided. Space is limited. To learn more please call the High Point Parks & Recreation Special Populations office at 336-883-3481 or 336-883-3477.

Piedmont Environmental Center Summer Day Camps

Kids with sincere interest in nature and the environment will love Piedmont Environmental Center's Summer Nature Adventure Camps! PEC offers several weeklong camps for 7-12 year-olds, as well as Junior Day Camps (like Bug Camp, Fish Camp, Herp Camp and more) for 6-8 year-olds. Please visit www.highpointnc.gov/pr or call 336-883-8531 for more information.



Saturday, April 8, 2017

10 am — 1 pm

High Point City Lake Park
602 W. Main Street, Jamestown, NC
336-883-3498

First Hunt begins at 11 am

Ages 3 and under

Second Hunt begins at 11:45 am

Ages 4—7 years

Third Hunt begins 12:30 pm

Ages 8—10 years

FREE RIDES from 10 am—1pm
Train, Carousel,
Mini Golf, Inflatables

Friday, April 14, 2017

10:30 am — 1 pm

Washington Terrace Park
101 Gordon Street, High Point, NC
336-883-3599

First Hunt begins at 11 am

Ages 3 and under

Second Hunt begins at 11:30 am

Ages 4—5 years

Third Hunt begins 12:00 pm

Ages 6—8 years

Fourth Hunt begins at 12:30 pm

Ages 8-10 years

FREE AMUSEMENTS



Fun and festivities open to all.
Face Painting, Bike Drawing,
Food and beverages for sale.

Event will be held rain or
shine. Don't forget to bring
your Easter basket!



High Point Parks & Recreation is pleased to offer a variety of rental opportunities at our major facilities and recreation centers. When planning meetings, reunions, employee and family events, wedding receptions, birthday parties, baby showers, or any type of function, please think of our parks, picnic shelters, and recreation centers. We can accommodate small groups to large gatherings, indoors and outdoors. Call 336-883-3469 or visit our website at www.highpointnc.gov/pr to find out more about our affordable rates, helpful staff, and attractive venues. We now offer online registration; visit our website to learn more.

Shelters at various parks throughout High Point may be rented for a fee. Reservations must be made in advance. Outdoor restrooms at all parks and shelters are closed each winter from November-April.

Rates are based on 4-hour periods. * = shelter has electricity.

Community/Neighborhood Parks - (weekdays) 336-883-3469			
Shelter Name	Size	Person Capacity	Fee
Allen Jay Park #1	20' x 20'	40	\$35.00
Allen Jay Park #2	20' x 30'	40	\$35.00
Armstrong Park #1	23' x 23'	25	\$35.00
Armstrong Park #2	23' x 23'	25	\$35.00
Cedrow Park	40' x 20'	50	\$35.00
Deep River Park	48' x 23'	80	\$35.00
Macedonia Park	20' x 30'	20	\$35.00
High Point City Lake Park - 336-883-3498			
1*	30' x 44'	100+	\$50.00
2*	65' x 51'	250+	\$65.00
3*	65' x 51'	250+	\$65.00
2 & 3*	65' x 102'	550+	\$115.00
4*	24' x 36'	60+	\$45.00
5*	20' x 36'	60+	\$45.00
6*	40' x 84'	200+	\$65.00
7*	40' x 84'	200+	\$65.00
8*	40' x 60'	125+	\$50.00
9*	30' x 44'	100+	\$50.00
10*	20' x 28'	40+	\$45.00
Festival Park/North Overlook/Sailboat Point (North Marina) at Oak Hollow Park - 336-883-3494			
1	25' x 50'	80	\$40.00
2	25' x 50'	80	\$40.00
1*	25' x 50'	80	\$40.00
2*	25' x 50'	80	\$40.00
1*	25' x 50'	80	\$40.00
2*	25' x 50'	80	\$40.00
Washington Terrace Park & Community Center - 336-883-8599			
1	16' x 16'	20	\$35.00
2	16' x 16'	20	\$35.00
3*	25' x 17'	30	\$40.00
4*	36' x 65'	135	\$55.00
5	25' x 25'	40	\$35.00
6	25' x 25'	40	\$35.00

Allen Jay Recreation Center, 1073 E. Springfield Road - 336-883-3509		
Deep River Recreation Center, 1529 Skeet Club Road - 336-883-3407		
Room	Size	Person Capacity
Gymnasium	84' x 50'	342
Small Activity Room	22' x 23'	25
Large Activity Room	46' x 35'	100
High Point City Lake Park, 602 W. Main Street, Jamestown - 336-883-3498		
Gymnasium	67' x 98'	200 seating, 350 non-seating
Morehead Recreation Center, 101 Price Street - 336-883-3506		
Gymnasium	84' x 50'	342
Large Activity Room	48' x 40'	111
Small Activity Room	36' x 29'	50
Oak Hollow Marina, 3431 N. Centennial Street - 336-883-3494		
Meeting Room	25' x 17'	25 seating, 40 non-seating
Oakview Recreation Center, 503 James Road - 336-883-3508		
Gymnasium	84' x 50'	200 (bleacher)
Large Activity Room	48' x 40'	111
Small Activity Room	36' x 24'	50 speaker, 25 banquet
Piedmont Environmental Center, 1220 Penny Road - 336-883-8531		
Auditorium	24' x 36'	60 seating, 75 non-seating
Roy B. Culler, Jr. Senior Center, 600 N. Hamilton Street - 336-883-3584		
Multipurpose Room	42' x 60'	200
Tile Area	42' x 22'	50
Carpet Area	42' x 38'	150
Southside Recreation Center, 401 Taylor Avenue - 336-883-3504		
Gymnasium	84' x 54'	479, 300 (bleacher)
Activity Room	392 sq ft	28
Washington Terrace Park & Community Center, 101 Gordon Street - 336-883-8599		
Community Center Building	45' x 38'	80
Meeting Room	20' x 20'	20

Allen Jay Recreation Center • 336-883-3509
1073 E. Springfield Road



Teacher Workday Program K-5th grade January 25, March 31, April 10, April 11, April 12, April 13, 7:30am-6pm, \$15 per person/per day. An exciting atmosphere is provided through organized activities including group games, arts and crafts, outdoor play and so much more! Participants need to bring a lunch and two snacks.

Learn to be a DJ for Youth ages 9-17 Thursdays February 2-March 9, 6:15-7:15pm, Free. Students in this program will get hands-on experience with new technology as they learn how to DJ. Students will also learn about different types of music as they acquire skills such as beat matching, blending, transitions, effects manipulation and set construction. In partnership with the High Point Library, this 6 week class will teach participants how to operate turntables, Macbook air, music mixing software and an iPad. If possible, students should bring their own headphones to class.

Co-Ed Senior Kosmic Dodgeball League ages 50+ Thursdays, February 2-March 30, 12-2pm, \$15 per person, No lights, no mercy. Two co-ed teams of five will enter, but only one team will be triumphant. Do you and your team think you have what it takes to claim the title of the best senior Dodgeball team in all of High Point? Who will claim the title of 2017 Senior Dodgeball League Champs?

Martial Arts, Jiu-Jitsu Class -Tuesdays and Thursdays, through March 30, age 4-13, 6:15pm-7:15pm. \$6 per class or \$50 per month. Age 13+, 7:15-8:15pm \$8 per class or \$60 per month. We will be teaching the Japanese art of Jiu-Jitsu. Learn a variety of techniques, including (but not limited to) strikes, kicks, take downs, ground work and self defense techniques. Students will become well-rounded martial artists and should be able to defend themselves in almost any situation they encounter.

Tots and Toddlers Club ages 2-5 Tuesdays, March 21-April 25, 10-11:15am, \$5 per week. Parents and toddlers can enjoy learning games, arts and crafts, social time and healthy snacks. This program focuses on promoting physical and motor skills, active play, creativity, and socialization.

Lego Master Builder's Club grade K-5 Saturdays April 8-May 13, 10:30am-12:30pm, \$2 per person/per visit. Lego Master Builders (K-5) will be challenged to get creative, building a creation based on weekly themes. Only imagination is required to join the club.

After School Program - K-5th Grade Monday-Friday through June 9, 2017, 2:30-6pm. \$125 per month + activity fees. A variety of activities including gym games, arts & crafts, outside play, cooking, homework assistance and other activities. Transportation is provided. Additional activities will be scheduled throughout the school year for an additional fee. Parents are responsible for daily snacks.

Deep River Recreation Center • 336-883-3407
1529 Skeet Club Road



Teacher Workday Program - K-5th grade January 3, January 25, March 31, April 10, April 11, April 12, April 13, 7:30am-6pm, \$15 per person/per day. An exciting atmosphere is provided through organized activities including group games, arts and crafts, outdoor play and much more! Participants need to bring lunch and two snacks.

Technology Geek Squad 101 age 13+ Saturday, January 28, 2-3pm, \$5 per person. This brief course will help you or your teen become better acquainted with the latest tech applications, smart phones, WiFi usage, tablets, laptops, and learning parental control applications.

Envision: A Vision Board Workshop age 16+ Saturday, March 4, 1-4pm, \$15 per person. Get tips and develop steps on how to reach your personal goals, while envisioning them on your very own vision board.

Tiny Shooters Basketball ages 3-5 Mondays, March 13-April 3, 5:45-6:30pm, Registration - January 1-March 7, \$15 per person. Get your prime time player in the game! This program will help your child develop basic basketball skills through drills and small games.

Tiny Sluggers Baseball ages 3-5 Thursdays, March 16-April 6, 5:30-6:15pm, Registration - January 1-March 12, \$15 per person. Learn the basics of baseball in a fun, non-competitive environment that will teach your little all-star to run, throw, catch, and hit. Please wear comfortable clothes and bring your own glove.

Spring Outdoor Rummage Sale all ages Saturday, April 1, 7am-12pm Free admission, \$10 for one vending space, \$15 for two. Clean out your closets, attics, and basements and make some extra cash, or enjoy shopping for undiscovered treasures! If you are interested in selling, reserve your spot for \$10 (1 parking Space) or \$15 for 2 by March 25, 2017. Open to the public for shopping.

Princess Tea Party ages 3-10 Saturday, May 6, 10:30am-12pm, Deadline to register: 4/15, \$10 per person. Bring your little one dressed as her favorite fairy tale princess for a magical time full of surprises! We will have dancing, games, snacks and a craft for them to enjoy while getting their makeup done. Photo opportunities will be available with our special guest, the Fairy Tale Princess.

Tyke Time ages 2-4 Wednesdays, January 4-March 22, 12-2pm, Free. Youngsters taking this class develop their social skills, increase hand-eye and eye-foot coordination, and improve strength and agility while interacting with others through gym games, sports, and movement. Your child should wear comfortable clothes appropriate for physical activity. A parent or caregiver must be present in class and is encouraged to participate in all course activities.

Stepping Out of Line - ages 18+ Thursdays, 12:45-1:45pm. \$4 per person/per class. Burn calories, increase flexibility; give your mind and memory a workout with line dancing. Wear comfortable clothing and shoes.

Zumba - ages 18+ 7-8pm (Mondays & Wednesdays); 9:30-10:30am (Tuesdays & Saturdays) \$5 per person/per class; Packages - \$20 for 5 classes; \$30 for 10 classes, \$50 for 20 classes. Skip the workout and join the party! Dance away pounds and have fun while learning new moves. Don't forget to bring a friend.

Morehead Recreation Center • 336-883-3506
101 Price Street



Strike-A-Pose ages 5-12 Thursdays, January 26-March 2, 6:30-7:15pm, \$15 per person. This program provides an introduction to the world of modeling. Participants will learn basic walking techniques and how to look graceful, while building confidence and self-esteem.

Financial Stability: Establishing Credit ages 18+ Saturday, January 28, 11am-12pm, \$2 per person. Establishing credit and maintaining good credit are so important. Learn about credit score, lenders, the importance of periodical score checking, and much more.

Daddy Daughter Sweetheart Dance ages 4-12 Saturday, February 11, 5-7pm, \$15 per couple and \$5 per each additional daughter. This will be a moment fathers will treasure for the rest of their lives and a very special night for daughters, as they dance to popular music with their father and friends. This semi-formal event will include an evening of dancing, refreshments, drinks, and a photo of the couple. Daughter may be accompanied by an uncle, grandfather, brother or a male guardian.

Stop, Drop, and Roll ages 5-8 Saturday, March 18, 12-1pm, \$2 per person. Want to know what it would be like to become a firefighter? Bring your kids out to meet with local firefighters and see what equipment they use, along with a tour of the big red truck!

Creative Expressions ages 1-5 Saturdays, February 18-March 25, 11am-12pm, \$7 per person. Parents will complete arts and crafts projects with their toddlers. Participants will work as a pair to complete a new arts and crafts activity each week.

Open Gym at Morehead age 5-12 Mondays through March 27, 3:30-5:30pm. Free. This open gym time provides youth the opportunity to play in a supervised, free play situation.

Open Gym at Morehead ages 13-18 Wednesdays through March 29, 5-7pm. Free. Lace up your shoes, grab your basketball and bring it to determine who is the best neighborhood baller. If you are 18 and still in high school, you must provide a valid photo ID to participate.

Glutes and Guts ages 18+ Tuesdays, January 3-March 28, 6:30-7:30pm, \$5 per person. This class is designed to strengthen and tone the abdominal, thighs and lower back muscles using a blend of sculpting exercises that will have you feeling brand new.

Hip-Hop Cardio ages 18+ Thursdays through March 30, 2017 6:30-7:30pm, \$5 per person/class. This is a dance-based cardio class designed to get you moving to various old school and new music. This class will sweat out your stress and any kind of negative energy. You'll use dance to strengthen your body while having lots of fun and burning calories! This class is ideal for people looking to tone muscles, achieve weight loss, and/or increase stamina.

Zumba at Morehead ages 18+, Mondays, 6:30-7:30pm, \$5 per person/per class. Are you ready to party yourself into shape? That is exactly what the Zumba program is all about. This is an exhilarating, effective, easy to follow, Latin inspired, calorie burning fitness class that is moving millions of people towards health.

AHOY (Add Health to our Years) Exercise Program ages 55+ Tuesdays & Thursdays, 11am-12pm. Limber up those stiff joints. This group also travels bi-monthly to shop, eat and have fun.

Senior Walkers Club ages 55+ Tuesdays & Thursdays, 9:30-11am. Enjoy walking in our gym prior to the exercise class that follows.

High Point Youth Council - 8th-12th Grade
336-883-3407

Youth Council Meetings are held the 2nd Monday of each month from 6-7pm. \$15 per person to join. Provides a unique opportunity to build leadership skills and administrative skills, enhance personal skills and enjoy social and recreation outings as part of an active, exciting organization. Membership is open to students from High Point and the surrounding areas who want to make a difference in the community. To become a member, attend a meeting, and complete 5 hours of community service within 60 days of joining. For more information and to get meeting locations, contact Nicole Hale at 336-883-3407.



Oakview Recreation Center • 336-883-3508
503 James Road



Teacher Workday Program K-5th grade January 25, March 31, April 10, April 11, April 12, April 13, 7:30am-6pm, \$15 per person. An exciting atmosphere is provided through organized activities including group games, arts and crafts, outdoor play and so much more! Participants need to bring a lunch and two snacks.

Cupid's Shuffle Grade K-5th Saturday, February 18, 6-8pm, \$12 per family. Dance the night away with the ones you love. A family-friendly event to show off your best moves. We will provide the music and refreshments.

Community Garden ages 16+ \$15 per plot. Community gardens provide the opportunity for people to lead healthier lives by engaging in an active project to produce healthy food options. Plots will be available for lease beginning February 20. For more information about community garden plots, please call the recreation center.

Little Kickers Soccer ages 5-7 March 7-May 6, Registration begins January 2. Tuesdays and Thursdays 6:15-7pm and Saturdays 9:30am, 10:30am, or 11:30am, \$35. Bring your future soccer star out for this fun-filled, non-competitive instructional league. Players will learn the basics of soccer, improve their own skills, all while making friends and having fun! Volunteer coaches needed.

Intro to Soccer ages 3-4 May 9-June 29, Registration begins January 2. Tuesdays and Thursdays 6:30-7:30pm and Saturdays 9:30-11:30am, \$35 In this indoor league, skill are the main focus. Ball handling, control, and teamwork are the goals in a non-competitive and fun environment. Volunteer coaches are needed for this league.

Breakfast with the Bunny ages 2+ Saturday, April 1, 9:30-11:30am, \$5 per person. Join the Easter Bunny for breakfast and a morning of fun games and activities! The Easter Bunny will be available for photos as well.

Yard Sale Saturday, May 13, 7am-12pm, \$10 per space, \$5 per additional table. Do you need to clear some space in your garage or attic? Are you looking for baby, household, or other unique items? Our yard sale is the place! We are currently accepting applications for vendors. Space is limited and pre-registration is required.

AHOY (Add Health to our Years) Senior Exercise Tuesdays & Thursdays, 9-10am. Improve circulation, increase flexibility and boost overall health in this exercise class just for those 55 and older.

Pre-Ballet - ages 3-5 Tuesdays, February 21-March 28 with recital on April 3. and April 11-May 23 (no class May 16) recital on May 30. 6:30-7pm. \$35 per person. Dancers will be inspired to leap, skip, and twirl while learning beginner ballet skills. The last class we will have a mini recital to show off our dances learned.

Ballet - ages 6-8 Tuesdays, February 21-March 28 with recital on April 3. and April 11-May 23 (no class May 16) recital on May 30. 7-7:45pm. \$35 per person/per session. The beginner ballet class will teach body alignment, ballet terminology, and technique through floor exercises and choreography.

Jazz - ages 3-6 & 7-12 Mondays, February 20-March 27 with recital on April 3 and April 10-May 22 (no class May 15) with recital on May 30. 6:30-7pm (ages 3-6), 7-7:45pm (ages 7-12). \$35 per person. Learn fundamental steps and basic vocabulary through exercises and simple combinations. Students need jazz shoes and comfortable clothing they can move easily in. No class on March 31.

Dog Obedience Class - ages 16+ Tuesdays, February 7-March 14, 7-8pm, \$35 per dog. Qualified instructors will teach owners and dogs basic commands and socialization skills. Dog must be at least 8-weeks old. Owners must bring their pet's shot record, a 6' non-retractable leash, a choke collar and treats.

Champions in Motion Karate Thursdays, February 2-June 1, 6-6:45pm - beginners, 6:45-7:30pm - yellow and green belt, 7:30-8:15pm - blue belt and above. Deadline to register - 2/16. \$8 registration fee, \$7 per class. A comprehensive martial arts class that promotes safety, self-awareness, physical fitness, and self-confidence. Testing is available at the end of the session to advance to the next level at an additional fee.

Total Body Conditioning ages 14+ Mondays & Wednesdays through March 29, 6:30-7:30pm, \$5 per class. An invigorating workout focused on cardiovascular conditioning as well as strengthening and muscle toning. A variety of techniques ensure a full body workout. Students need to bring a mat.

Southside Recreation Center • 336-883-3504
401 Taylor Avenue



A.L.O.T. Girls Club ages 10-17 January 10-March 14 on the 2nd Tuesday of each month, 4-6pm. Free. America's Leaders of Tomorrow Girls Club will work with area girls who need positive messages and guidance in their lives. The program will include fun field trips, service projects, speakers, and arts and craft projects.

March Madness All-Star Night ages 10-15 Friday March 24, 5-8pm \$3 per person. March Madness is here! Showcase your basketball skills and win the gold. Enjoy an evening filled with basketball competition, music, and snacks.

AHOY (Add Health To Our Years) Senior Exercise Tuesdays and Thursdays, January 3-March 30, 11am-12pm, ages 55+ . Free. Senior AHOY (Adding Health To Our Years) is fitness program for adults 55 and up that promotes a healthier lifestyle through fitness, education, and exercise. Some activities include chair exercises, dance, boxing, basketball, line-dance, weight lifting, and walking. The program will also feature speakers on an array of healthier living topics.

Senior Walker's Club - ages 55+ Tuesdays and Thursdays, January 3-March 30, 9:30am-11am. Free. Come out and walk indoors with friends during the winter months. Get in shape while staying warm!

MIXXEDFIT Classes - ages 13+ Wednesdays through March 29, \$5 per person/per class. In MIXXEDFIT class we dance to our favorite songs on the radio like those played at a nightclub. Then we spice things up by adding boot camp-inspired exercises to make your workout more effective and challenging. If you are plateauing in your traditional dance fitness class, this might be the answer!

Southside Fitness Room - ages 21+ Monday thru Saturday, January 2-March 29, 2017 10am-2pm. \$2 per person. Don't keep paying those high outrageous gym fees! The entry fee will allow you to use our boxing equipment, Nautilus weight machines, bench press, curl bars, and Core and Abdominal bench.

Fitness Fridays for Moms ages 18+ Fridays, January 6-March 31, 10am-12pm. Free. Stay at home moms, get out of the house and get fit at your own pace! We offer a variety of fitness activities that will help get your blood pumping and calories burning. Drop in during these times to walk and run laps in our gym, lift weights in our fitness room, box on the heavy bag, and do strength band exercises. Child care is not provided; children are allowed to ride in strollers or may walk with their parents in the gym.

Sit and Be Fit ages 50+ Mondays, January 9-March 27, 6-7pm, \$2 per person per week. Get fit while you sit! This is a unique and imaginative way to exercise because you can sit right there in your chair while exercising and burning calories.

Washington Terrace Park & Community Center ***336-883-8599 • 101 Gordon Street***



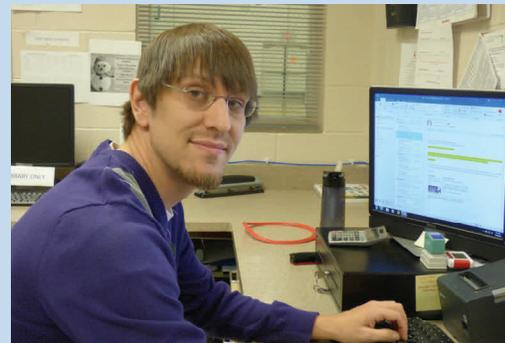
Martin Luther King Jr. Day Dove Release Monday, January 16, 10:30am-12pm. Free. This uplifting family event honors Dr. Martin Luther King, Jr. on his 88th birthday. The program features a speaker, dance groups, dove release and light refreshments.

Easter Egg Hunt ages 2-10 Friday, April 14, 10:30am-1:30pm. Free. Amusement rides free for all children before and after each hunt time. The egg hunts are designed for ages 2-10, but the fun and festivities are open to all youth. Egg hunts begin at 11am for ages 3 & under, 11:30am for ages 4-5, 12pm for ages 6-8, and 12:30pm for ages 9-10. We will also be drawing for prizes. Each hunt will be held rain or shine. Please bring a basket.

MIXXEDFIT ages 16+ Mondays, January 2-March 27, 6:30-7:30pm, \$5 per person per class. This fitness program is a mix of explosive dancing and boot camp toning. Our choreography, set to today's hits and yesterday's favorites, is repetitive and easy to follow, so people of all ages and fitness levels can participate!

Welcome New Employees

Eric Schleich, Assistant Recreation Center Director
Morehead Recreation Center,
101 Price Street, High Point
Eric Schleich, a native of Cary, is a graduate of East Carolina University with a BS degree in Recreation and Park Management. He has previously worked with the YMCA of Cary, the Town of Cary Parks, Recreation, and Natural Resources Department, and Holly Springs Athletics. In his free time Eric enjoys spending time with his daughter, watching sports and movies, and playing basketball.



Adam Sproles, Assistant Recreation Center Director
Deep River Recreation Center,
1529 Skeet Club Road, High Point
Adam Sproles is a native of Aberdeen and graduated from Pfeiffer University with a BA in Sports

Management. He and his wife Kelly met at Pfeiffer, and have a three year-old daughter. Adam has worked with the Boys & Girls Clubs of Greater High Point, YMCA of Central Carolina, and most recently, spent over two years with Mecklenburg County Parks and Recreation. Adam also enjoys watching sports, playing with his daughter, and helping out at his church.

High Point Parks & Recreation also welcomed a new Park Ranger, Thomas Roehm, in December.

Before coming to our department, Thomas was employed at Recreation Equipment Inc. (REI) in Charlotte, NC as a Sales Specialist and backpacking instructor. He has also worked as a Venture Programming Instructor for UNC-Charlotte and as a Rock Climbing Guide for the U.S. National Whitewater Center.



Thomas holds a Bachelor of Arts from UNC-Charlotte in Sociology, with a Minor in Criminal Justice. Thomas graduated from Basic Law Enforcement Training at Guilford Technical Community College on December 15, 2016, and will be sworn in and begin field training with the City of High Point in January 2017. We look forward to having Thomas serve and protect our community as a High Point Park Ranger!

Health and Fitness Focus

If your New Year's resolution was to get in shape, or if you want to continue your fitness focused lifestyle, remember the City of High Point Parks & Recreation has many options to help you! Visit one of our many facilities where we host a variety of activities to help you achieve your health and fitness goals.

AHOY (Adding Health To Our Years) is fitness program for adults 55 and up that promotes a healthier lifestyle through fitness, education, and exercise. Some activities include chair exercises, dance, basketball, line-dance, weight lifting, boxing, and walking. The program will also feature speakers on an array of healthier living topics. (Morehead Recreation Center, Oakview Recreation Center, and Southside Recreation Center)

Fit and Fifty Make 2017 your year of optimal health and wellness! Fitness is an important part of healthy aging. Fitness instructor Kathy Jacobs leads this weekly class beginning with health tips, followed by 45 minutes of aerobics, strength training, and stretching. (Roy B. Culler Jr. Senior Center)

Fitness Fridays for Moms is an opportunity to enjoy a variety of fitness activities that will help get your blood pumping and calories burning. Parents are encouraged to bring their kids with them to enjoy the fun. (Southside Recreation Center)

Glutes and Guts is designed to strengthen and tone the abdominal, guts, thighs and lower back muscles using a blend of sculpting exercises that will have you feeling brand new. (Morehead Recreation Center)

Hip Hop Cardio is a dance-based class designed to get you moving to various old school and new music. You will use dance to strengthen your body while having lots of fun and burning calories! This class is ideal for people looking to tone muscles, achieve weight loss, and/or increase stamina. (Morehead Recreation Center)

MIXXEDFIT is a mix of explosive dancing and boot camp toning. Our choreography, set to today's hits and yesterday's favorites, is repetitive and easy to follow, so people of all ages and fitness levels can participate! (Southside Recreation Center and Washington Terrace Park and Community Center)

Senior Walkers Club Come out and walk indoors with friends during the winter months. Get in shape while staying warm! (Morehead Recreation Center and Southside Recreation Center)

Sit and Be Fit is a unique and imaginative way to exercise because you can sit right there in your chair while exercising and burning calories. (Southside Recreation Center)

Stepping out of Line. Give your mind and memory a workout with line dancing. Wear comfortable clothing and shoes. (Deep River Recreation Center)

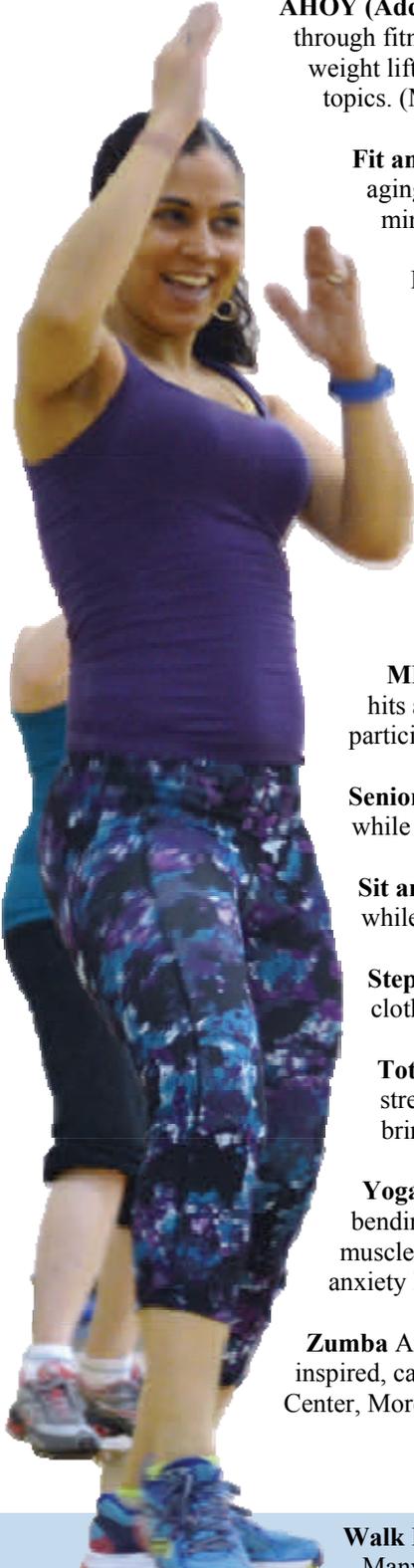
Total Body Conditioning is an invigorating workout focused on cardiovascular conditioning as well as strengthening and muscle toning. A variety of techniques ensure a full body workout. Students need to bring a mat. (Oakview Recreation Center)

Yoga 50+ Helps with breathing and posture, along with meditation to integrate your mind. Stretching, bending and balancing help to align the head, neck and spine, and stimulate the circulatory system to keep muscles and joints strong and flexible. Helps reduce the risk of heart disease by lowering blood pressure and anxiety levels, induces relaxation, and is useful in pain management. (Roy B. Culler Jr. Senior Center)

Zumba Are you ready to party yourself into shape? This is an exhilarating, effective, easy to follow, Latin inspired, calorie burning fitness class that is moving millions of people towards health. (Deep River Recreation Center, Morehead Recreation Center and Special Populations)

Walk It Out... Indoors!

Many of our locations have indoor gymnasium space for open gym play. As always, you can visit our indoor tennis facility at Oak Hollow Tennis, the track at the High Point Athletic Complex and trails at the Piedmont Environmental Center, Armstrong Park, and Burnett Park. Also available is the fitness room at Southside Recreation Center, available Monday thru Saturday, January 2-March 29, 2017 10am-2pm. \$2 per person. For more information please call 336-883-3469 or visit www.highpointnc.gov/pr.



Holiday Happenings

Dr. Martin Luther King, Jr. Day

Dove Release

Monday January 16, 2017

Washington Terrace Park & Community Center
101 Gordon Street, High Point NC

This free, uplifting family event honors Dr. Martin Luther King, Jr. on his 88th birthday.

The program features a speaker, dance groups, dove release and light refreshments.

For more information call 336.883.8599 or visit www.highpointnc.gov/pr



Martin Luther King Jr. Day Dove Release Monday, January 16, 10:30am-12pm. Free. Held at Washington Terrace Park and Community Center.

Special Populations' Valentine's Dance Tuesday, February 7, 6-8pm. Morehead Recreation Center, 101 Price Street. For people with disabilities, their families and friends. Snacks will be provided with music by a DJ. Please call 336-883-3477 or 336-883-3481 for more details.

Parks & Recreation
www.highpointnc.gov/pr

DADDY ♥ Daughter Sweetheart Dance

Saturday, February 11, 2017 from 5-7pm ages 4-12
\$15.00 per couple and \$5 per additional daughter
Morehead Recreation Center
101 Price Street High Point, NC
336-883-3506

This will be a moment fathers will treasure for the rest of their lives and a very special night for daughters, as they dance to popular music with their father and friends. This semi-formal event will include an evening of dancing, refreshments, drinks, and a photo of the couple. Daughter may also be accompanied by an uncle, grandfather, brother or a male guardian.



Daddy Daughter Sweetheart Dance ages 4-12 Saturday, February 11, 5-7pm, \$15 per couple and \$5 per each additional daughter. Held at Morehead Recreation Center.

Valentine's Floating Reception Tuesday, February 14, 10am-1:30pm. This is a great chance to meet someone new, reconnect with someone from the past and view pictures of Valentine's from previous years. Everyone is asked to bring pictures of your Valentine, which will be displayed around the front desk for everyone to enjoy. All pictures should be

brought in by Wednesday, February 8 and picked up no later than February 20. Refreshments will be served in the lobby. Reception to be held at the Roy B. Culler Jr. Senior Center.

Cupid's Shuffle grade K-5th Saturday, February 18, 6-8pm, \$12 per family. Dance the night away with the ones you love. A family-friendly event to show off your best moves. We will provide the music and refreshments. Hosted at Oakview Recreation Center.

St. Patrick's Day with Root Beer Floats Friday, March 17, 1:30-2:30pm, \$2 per person. Enjoy a root beer float and choose your toppings while listening to Irish music and reminiscing about the good old days. Remember, wear your green to avoid the pinch! Hosted at the Roy B. Culler Jr. Senior Center.

Glow Easter Egg Hunt ages 9-13 Friday, March 31, 7-9pm. Registration begins 2/15. High Point Athletic Complex North Fields. Join us for some after-dark, egg collecting fun! 2,000 "glow eggs" to collect plus music, food, glow vendor, and more. Hunt begins at 8pm.

High Point Parks & Recreation
www.highpointnc.gov/pr

Breakfast with the Bunny (age 2 & up)

Hop on over and join the Easter Bunny for a morning of fun and games! The Easter Bunny will have delicious breakfast goodies for you to enjoy and then we will participate in other fun activities. The Easter Bunny will also be available for photos.

Location: Oakview Recreation Center
Saturday | April 1 | 9:30 a.m. – 11:30 a.m.
Fee: \$5/child

Breakfast with the Bunny ages 2+ Saturday, April 1, 9:30 -11:30am, \$5 per person. Held at the Oakview Recreation Center

Easter Egg Hunt ages 2-10

- Saturday April 8, 10am-1pm. Free. Hunt for 3 years and under begins at 11am. 4-7 year olds begins at 11:45am and 8-10 years old begin at 12:30pm. Held at High Point City Lake Park.
- Friday April 14, 10:30am-1:30pm. Free. Egg hunt begin at 11am for ages 3 and under, 11:30am for ages 4-5, 12pm for ages 6-8, and 12:30pm for ages 9-10. Held at Washington Terrace Park and Community Building. Both egg hunts will be held rain or shine. Please bring a basket.

**Programs are for persons ages 50+ unless otherwise noted.
See page 14 for trips offered by the Culler Senior Center**



Healthy Eating Prepared by Chef Tony Tuesday, January 10, 2:30-3:30pm and January 17, 5:30-6:30pm. Free. Healthy food that tastes good has become an important priority for everyone. Chef Tony of Brookdale Senior Living in High Point will prepare a delicious meal while sharing health tips and recipes. Everyone attending can taste the freshly prepared dish. There are two sessions scheduled. January 10, 2:30 pm is designed for the independent Senior. January 17, 5:30 pm is designed for younger seniors and/or adult children taking care of mom or dad. If you are a caregiver you can bring mom or dad and assisted activities will be provided while you enjoy Chef Tony's presentation. This program is free but pre-registration is required.

Valentine's Floating Reception Tuesday, February 14, 10am-1:30pm This is a great chance to meet someone new, reconnect with someone from the past and view pictures of Valentine's from previous years. Everyone is asked to bring past pictures of your Valentine, which will be displayed around the front desk for everyone to enjoy. All pictures should be brought in by Wednesday, February 8 and picked up no later than February 20. Refreshments will be served in the lobby area.

5K Fun Walk Thursday, March 16, 10-11am. Bring a friend and walk at your own pace in our Senior Games sanctioned 5K Fun Walk. This is a recreational event with no timing, which qualifies you for the NC State Games. All walkers receive an award.

St. Patrick's Day with Root Beer Floats Friday, March 17, 1:30-2:30pm, \$2 per person. Enjoy a root beer float and choose your toppings while listening to Irish music and reminiscing about the good old days. Remember, wear your green to avoid the pinch!

Pickleball Tournament for First Timers Friday, March 24, 10am-4pm. This tournament is for Pickleball players who have never played in a tournament and are wanting the "tournament experience." Players should be 3.0 skill level or below. Doubles and mixed doubles divisions are offered. Tournament will be held at Armstrong Park, 305 East Parkway Avenue.

2017 Senior Games & SilverArts Registration Monday-Friday Now through February 28 - Early Bird Registration - \$9 per person. Beginning March 1 - \$10 per person, 9am-4pm. The Games are a year round health promotion program. The small registration fee allows participants to play in more than 65 athletic events such as bowling, shuffleboard, table tennis, Pickleball, swimming, track & field and golf to mention a few. There are 35 art categories such as quilting, painting, woodworking and more. In addition, there are performing

arts for dancers, musicians, singers and comedians, and literary arts for all writers. The registration fee includes a t-shirt, breakfast, and a swag bag.

Art Class - Mixed Media This is a 6-week class for beginners to advanced students. You will need to purchase and bring your own supplies. Tuesdays, January 3-February 7, February 14-March 21, March 28-May 2, 12-3pm, \$35 per person. Wednesdays, January 4-February 8, February 15-March 22, March 29-May 3, 10am-1pm or 1:30pm-4:30pm, \$35 per person

Computer Classes Mondays, January 23 - February 13 and February 20 - March 13, \$10 per person (ages 65 and older); \$12 per person (ages 64 and under) for a 4-week session. **Basics** - 10-11am; **Intermediate** - 11am-12pm; **Excel** - 12-1pm. Contact us for a description of each class.

Monthly Matters Thursday, January 19, 11am-12pm; Friday, February 10, 3-4pm; Tuesday, March 7, 7-8pm. Monthly Matters is a time to meet with Senior Center staff and senior advisory committee members to provide input on current programs or future events that matter to you. Register to share your ideas! Refreshments are provided.

Yoga Mondays and Thursdays, 11:30am-12:30pm. January 5-30, February 2-27, March 2-30, \$38 per person/per month. Helps with breathing and posture, along with meditation to integrate your mind. Stretching, bending and balancing help to align the head, neck and spine, and stimulate the circulatory system to keep muscles and joints strong and flexible. Helps reduce the risk of heart disease by lowering blood pressure and anxiety levels, induces relaxation, and is useful in pain management.

Tai Chi for Arthritis Mondays and Thursdays, January 5-March 2, 1-2pm, \$30. Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well being. This program is from The Arthritis Foundation, developed by Dr. Paul Lam. You will use gentle Sun-style routines that are safe, easy to learn and suitable for every fitness level. Many seniors who have taken the class have already seen an improvement in their health.

Tech and Tea Tuesday Tuesdays, 6-7pm. A social opportunity to learn together and plan activities. A variety of herbal teas and topics are provided. iPads and computers are accessible at the Center or you can bring your own Smart Phone or tech device. After each event, participants can plan to go out for dinner or drinks and/or plan other activities of interest. Contact us for more information.

Sip and Swipe Café Tuesdays, January 3-March 28, 2-4pm. A simple, intuitive learning app from Generations Online. The program offers step-by-step instructions. You will need little or no online experience to learn how to use an iPad to get online, set up email, download apps, or search the Internet. A volunteer coach guides you at your own pace of learning. Stop by our "New" Tech Bar to learn the basics of swiping on a tablet device, talk with our voice activated speaker that connects you to the Internet, or perhaps have some coffee.

Fit & Fifty Thursdays, January 5-March 30, 5:30-6:30pm, \$10 per month. Make 2017 your year of optimal health and wellness! Fitness is an important part of healthy aging. Fitness instructor Kathy Jacobs leads this weekly class beginning with health tips, followed by 45 minutes of aerobics, strength training, and stretching.

Culler Senior Center Monthly/Weekly Events

For class descriptions or more information call the Senior Center at 336-883-3584

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30 Boot Camp* 9-5 Billiards 9-4 Craft Shop 9-5 Senior Resources** 9:30-11 Blood Pressure Screenings 10-11:15 AHOY Exercise 12:45-5 Hand & Foot Canasta 1-4 Bowling (\$1/per game) 2-3:30 Creative Coloring	9-5 Billiards 9-4:45 Computer Lab 9-4 Craft Shop 9-5 Senior Resources** 9:30-11:45 Ceramics (\$1) 9:45 Senior Class Chorus 11-1:30 - Ping Pong 11:30-1:30 Happytones Chorus 1:45-3:15 Line Dance/Advanced 2-4 Wii Bowling at The Stratford (1st Tue) 3:30-5 Sophisticated Ladies (2nd Tuesday) 3:45-8:30 Samba Card Game 5-7:30 Pickleball/Beginners 6-8:30 Cornhole	8:30-9:30 Boot Camp* 9-5 Billiards 9-4:45 Computer Lab 9-4 Craft Shop 9-5 Senior Resources** 10-12 AARP (4th Wed) 10-11:15 AHOY Exercise 12-3 Chair Volleyball 1-3:30 Bingo (\$1) 1-4 American Style Mah Jongg	9-5 Billiards 9-4:45 Computer Lab 9-4 Craft Shop 9-5 Senior Resources** 9:15-12 Bridge (Social) 9:30-12 Knitting/Crochet 10-12 Book Cub (3rd Thursday) 3:45-8:30 Triple Play Canasta	8:30-9:30 Boot Camp* 9-5 Billiards 9-4:45 Computer Lab 9-4 Craft Shop 9-5 Senior Resources** 10-11:15 AHOY Exercise 10-3 Birthday Party (Last Friday/Month) 10:30-2 Ladies Brunch Group (2nd Friday) 11-1:30 Ping Pong 12-3 Chair Volleyball 1-5 Pinochle 1-5 Putt-Putt Golf (\$1) 1-4 Legal Aid (by appointment only) 2-3:30 Creative Coloring
<p>*Boot Camp, \$10 per person/2 months. A doctor's note is required to participate. **Senior Resources, for more information on the services offered call 336-884-6981.</p>				



Senior Games



Technology Classes



Pickleball

Roy B. Culler, Jr. Senior Center Trips
336-883-3584

Registration fee does not include shopping, admission fees, or food expenses unless otherwise noted. Trips are for ages 50+

Greensboro Science Center Trip Tuesday, January 24, 10:30am-5pm \$12 per person. Registration begins - 12/5/16. Enjoy this interactive, self-guided experience as we tour the aquarium, museum, and zoo. Registration fee includes entrance fee and transportation. Cost of lunch at Applebee's is on your own.

Rankin Museum Trip Thursday, January 26, 10am-5pm, \$5 per person, Registration begins - 12/5/16. A visit to the Rankin Museum in Ellerbe, NC focuses on three main areas of interest: National History, American Heritage, and Native American Culture. Entrance fee and transportation cost are included in the registration fee; lunch at Springhouse beforehand is on your own.

Cheesecake Factory Trip Friday, February 17, 10:15am-2pm. Let's ride to The Cheesecake Factory in Greensboro for lunch with friends. Transportation is free; cost of the meal is on your own.

Special Populations • 336-883-3481 or 336-883-3477
136 Northpoint Avenue

Valentine's Dance Tuesday, February 7, 6-8pm. Morehead Recreation Center, 101 Price Street. For people with disabilities, their families and friends. Snacks will be provided with music by a DJ. Please call 336-883-3477 or 336-883-3481 for more details.

Bowling for Visually Impaired Wednesdays, January 4-April 5. \$1.50 per game bowled. 9-11am. **Deadline to register: Monday before each date.** High Point Bowling Center, 309 W. Fairfield Rd. Program for individuals who are blind or visually impaired. Special bowling equipment and limited transportation are available. Program will not be held March 15.

Breakfast Club for the Visually Impaired Mondays, January 9, February 13, and March 13, 10am-12pm, Cost of Meal + Tip. Socialize and enjoy breakfast out. Limited transportation provided. We are always looking for new participants.

Variety Program for Visually Impaired Tuesdays, 6-8pm. **Deadline for enrollment: 12pm Wednesday before each date.** Cost of event varies and is on your own. **January 10** - Game night and subs at Morehead Recreation Center. **January 24** - YWCA speaker at Morehead Recreation Center. **February 7** - Valentine's Dance at Morehead Recreation Center. **February 28** - Dinner at Cracker Barrel **March 14** - Trip to the movies. **March 28** - Trip to Putt-Putt

Recreation Class for the Visually Impaired Fridays, January 6-March 31 4-5pm, Morehead Recreation Center, 101 Price Street. Participate in a variety of recreational opportunities. Activities may include corn hole, shuffleboard, horseshoes, bocce, walking, bowling and more.

Leisure Exploration Class Tuesdays, January 17-March 21. Various times and locations. An opportunity for people with disabilities to explore a variety of leisure activities. The program time, location and any cost will vary depending on activity. Activities may include trips to movies, lunch gatherings, walking trails, kayaking and pontoon

boat rides. You must call 336-883-3477 by 12pm the day before each session to register and find out the activity, time, location and cost.

Lucky Strikes Bowling League Saturdays, January 14-March 25, 12:45-3pm, \$3 per person for 2 games, paid to bowling alley. High Point Bowling Center, 309 W. Fairfield Road. A bowling league for people with disabilities, their friends and family. Ramps are available if needed. All bowlers must register and pay by 12:45pm each week. Bowlers will pay High Point Bowling Center directly for their games.

Super Social Supper Club ages 12+ Wednesdays, January 25, February 22, March 29, 6-7:30pm. Cost of Meal + Tip. For people with disabilities and their families. Bring your money! Meet at the restaurant at 6pm. Plan to be picked up by 7:30pm. You must call 336-883-3481 or 336-883-3477 by 12pm the day of each event if you plan to attend and to find out the location.

Zumba Class - ages 8+ Tuesdays, January 10 & 24, February 14 & 28, March 14 & 28, 10:30-11:30am. \$3 per person/per class. Class will be held at Deep River Recreation Center, 1529 Skeet Club Road.

Open Gym for Special Populations Thursdays through May 25, 10:30am-12pm, ages 16+, Deep River Recreation Center, 1529 Skeet Club Road, 336-883-3407. Families and Group Homes are welcome to utilize the gymnasium with all equipment will be set out for the individuals and their Residential Counselors to use. Please call ahead if you are bringing a group.

The Miracle League of High Point - ages 5-22 April 7-May 20, No games on April 14 and 15. Fridays, 6pm, 7pm; Saturdays, 9:30am, 10:30am, 11:30am, Free. Miracle League Field at High Point Athletic Complex. A baseball program providing athletes with physical and/or intellectual disabilities the chance to play baseball as a team member in an organized league. We have a specially equipped, adaptive baseball field that allows players utilizing wheelchairs and walkers to move around the field without barriers. Please visit hpmiracleleague.org to check the schedule, volunteer, register a player, or sign up to coach. Contact Wendy Brosnan at 336-883-3483 or by email at wendy.brosnan@highpointnc.gov, or contact Brian Coward at 336-883-3481 or email at brian.coward@highpointnc.gov.

Special Olympics Activities: Sports training programs require one or more of the following to advance to state level competition: 8 weeks of practice/training and/or a qualifier and series if scheduled by SONC. Visit our website or contact us for information on the sports offered. Sports are for persons ages 8+.

Special Olympics North Carolina Winter Games Sundays and Mondays, January 8-9, 2017. Local Special Olympics will advance to state level competition in alpine skiing/snowboarding.

Special Olympics Guilford/High Point Aquatics Practice Mondays and Wednesdays, January 30-May 31, 5:45-7pm. Practice at the High Point YWCA, 112 Gatewood Avenue.

Special Olympics Guilford/High Point Bowling Practice Monday, March 20-May 22, 6-7pm. Practice will be held at the High Point Bowling Center, 309 W. Fairfield Road.

Special Olympics Guilford/High Point Cycling Practice Tuesday and Thursday, March 7-June 1, 6-7:30pm. Practice will be held at Southwest Guilford Elementary School parking lot (4364 Barrow Rd, High Point).

Special Olympics Guilford/High Point Softball Practice Tuesday and Thursday, March 7-June 1, 6-7:30pm. Team athletes will practice on Tuesdays; skill athletes will practice on Thursdays. Practice will be held at Cedrow Park (1718 Cedrow Dr, High Point).

Special Olympics Guilford/High Point Local Track and Field Competition Training Thursday, February 16-April 20, 10:30-11:30am. Practice will be held at High Point City Lake Park (602 W. Main St, Jamestown, NC).

Special Olympics Guilford/High Point Local Basketball Skills Competition Thursday and Friday, February 23 & 24, 9am-1:30pm, Morehead Recreation Center, 101 Price Street. A Special Olympics basketball skills competition for local school athletes. Athletes will move between four stations competing in different skill areas. Snacks will be provided for all athletes, teachers and coaches.

Special Olympics Guilford/High Point Local Track and Field Competition Tuesday, April 25, 9am-1:30pm. Participants should bring a bag lunch. Event will be held at the High Point Athletic Complex. Rain date is Thursday, April 27.

Special Olympics Guilford/High Point Committee Meeting Wednesdays, January 25, February 22, March 22, 1-3pm, ages 18+, P&R Administration Office, 136 Northpoint Avenue. A committee of volunteers, coaches and athletes assist in making decisions involving the business of Special Olympics Guilford/High Point. We are always looking for new members. If you are interested in becoming part of this committee, call Brian Coward at 336-883-3481.

Miracle League Receives Donation

Triad native and San Diego Padres baseman Wil Myers made a generous gift to High Point Parks & Recreation's Miracle League program at his annual Wiffleball Challenge in November. The Miracle League, offered by the High Point Parks & Recreation Department, provides children ages 5 – 22 who have intellectual and / or physical disabilities the opportunity to play baseball as a team member in an organized league. The Miracle League field is located at 2917 School Park Road in High Point, but players from across the Triad are welcome to participate.

Two seasons, fall and spring, are offered each year. There is no cost to participate and team hats and shirts are provided. Team sponsors and volunteer assistant coaches are needed. For more information, to register, or to volunteer, please visit www.hpmiracleleague.org or call Wendy Brosnan at 883-3483.



Pictured from left to right: Oscar Minaya, Senior Adviser with the Major League Baseball Players Association, Stephanie Hedgecock with High Point Parks & Recreation, Wil Myers, and Wendy Brosnan with High Point Parks & Recreation.

Oak Hollow Golf Course • 336-883-3260
3400 N. Centennial Street

Blair Park Golf Course • 336-883-3497
1901 S. Main Street



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

2017 Golf Discount Cards Entitles the bearer to a \$5.00 discount off of each 18 hole round with cart played now through 2017 at either of our two courses. Good seven days a week! Applies to senior and ladies day rates as well. Non-transferable. Discount program good through December 31, 2017. Save all year long!

Twilight Golf Rates Begin at 1pm Monday-Friday until March 3 (on 3/6 – 2pm). The time varies with each season. Oak Hollow Golf Course is \$25 with cart and \$16 to walk. Blair Park is \$20 with cart and \$13 to walk.

Winter Golf Rates Our Winter Golf Special begins December 1 and runs through February 28 at both Oak Hollow and Blair Park Golf Courses. The rates include green and cart fee and a \$3.00 voucher for food in our grill rooms.

- Blair Park Golf Course will be \$18.00 Monday through Friday and \$22.00 on Saturday, Sunday and holidays for everyone. To make your tee time at Blair Park, dial 336-883-3497 and speak to the golf shop staff.
- Oak Hollow Golf Course will be \$26.00 for non-seniors and \$20.00 for seniors Monday through Friday. The rate will be \$30.00 on Saturday, Sunday and holidays for everyone. To make your tee time at Oak Hollow, dial 336-883-3260 and speak to the golf shop staff.

Oak Hollow Campground • 336-883-3492
3415 N. Centennial Street

Campers will enjoy the wide variety of amenities located within and adjacent to the Campground. Conveniently accessible from all major highways and offers year-round camping. Our office is open 8am-8pm daily.

Camping Fees

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

Oak Hollow Marina • 336-883-3494
3431 N. Centennial Street



Marina Information We offer a variety of fishing tackle and weights made and poured locally, and a wide range of bait from live minnows to red worms, night crawlers and chicken livers. We also carry snacks, drinks, coolers, and ice for any and all fishing needs. Hours are based on daylight hours. Sailpoint (North Marina), North Overlook, and Festival Park open 1 hour after the Oak Hollow Marina.

Meeting Room is available for rental to groups for special occasions or meetings. Wi-Fi and audio visual equipment, including a projector, are available upon request.

Oak Hollow Intro to Kayaking ages 16+ June 17 or July 15, 10am-12pm, \$30 per person or \$20 per person using own kayak. If you are interested in learning to kayak, this introductory class teaches the basics of flat water kayaking, including safety procedures.

Oak Hollow Lake Night Paddles ages 16+ June 23, July 21, August 18, September 15, 7:30-10pm, \$15 for single kayak, \$22 for tandem kayak, \$6 for personal kayak. Enjoy a guided, sunset tour by kayak around beautiful Oak Hollow Lake. Dates were selected to coincide with the phases of the moon at its most optimal phases. Kayaks are available for rent on a first come, first serve basis. Tandem Kayak can include a child under the age of 16; however, that child must be accompanied by an adult 18 or older. Registration opens April 1st for all dates and will close when they reach capacity. After this date interested participants will be put on a waiting list and notified if spots become available.

Oak Hollow Youth Fishing Derby ages 1-15 Saturday, June 3, 8-10am. This free program incorporates hands-on activities that teach youth fishing skills, boating safety, and about lake ecosystems. After training, they can participate in a fishing tournament to hone their newly-learned skills. T-shirts, lunch, and trophies are provided. Prizes are drawn throughout the day and trophies are awarded to those catching either the biggest fish or the most fish in three age groups.

Oak Hollow Annual Crappie Tournament ages 18+ Saturday, April 22, 7am-3pm, \$50 per person plus \$7 launch fee. Compete to win by catching the biggest crappie from beautiful Oak Hollow Lake! Optional \$10 big fish pot. Launch fee waived if registered before April 22. Rain or shine.

Oak Hollow Annual Bass Tournament ages 16+ Saturday, March 18, 7am-3pm, \$50 entry fee + \$7 launch fee, \$10 optional big fish pot. Boaters compete to catch 5 of the biggest largemouth bass to win prize money. 100% payback. Launch fee waived if registered before March 18. Rain or shine.

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

Tennis Lessons

Participants can pay the fee for the entire session or pay the drop in fee for each class attended.
Drop In Fee is \$18 per day, unless otherwise noted.



Elementary School Beginner Tennis Clinic 1st-3rd Grade

Mondays, January 2-March 20, 4-5pm, \$168 per person, \$18 drop in fee. All the basic skills will be covered, enabling each player to move to the next level. Players will learn how to keep score, the rules and etiquette of the game, and how to rally and play points against one another to make learning the game fun and easy.

Elementary School Beginner-Intermediate Tennis Clinic 1st-3rd Grade

Saturdays, January 7-March 25, 9-10am, \$168 per person, \$18 drop in fee. All the basic skills of tennis will be covered, enabling each player to move to the next level. Players will learn how to keep score and will learn how to rally using foam balls and appropriate sized equipment on a smaller court to make learning the game fun and easy.

Beginner Tennis Clinic ages 5-18

Tuesdays, January 3-March 21 or Thursdays, January 5 - March 23, 4:30-5:30pm, \$168 per person, \$18 drop in fee. All the basic skills will be covered enabling each player to move to the next level. Players will learn how to keep score, the rules and etiquette of the game, and how to rally and play points against one another to make learning the game fun and easy.

Intermediate Tennis Clinic ages 5-18 Wednesdays, January 4-March 22, 4:30-5:30pm, \$168 per person, \$18 drop in fee. Players are near the competitive level. Emphasis on point play will be stressed, as well as proper technique and court movement. These players are beginning to understand the importance of more serious tennis focus and play.

Match Play Sundays ages 10-18 Sundays, December 11 -February 26, 1-2:30pm, \$180 per person, \$21 drop in fee. Improve on your tennis skills and make new friends. Challenge your fellow local players and prepare yourself for the upcoming tennis season.

Adult Introductory I-II Tennis Clinic ages 21+ Sundays, December 11 - March 12, 12-1pm or Saturdays, January 7 - March 25, 11am-12pm, \$168.00 per person, \$18 drop in fee. For any adult who has gone through Level 1 and/or has more playing experience. Recap the fundamentals with more emphasis on point development and play for both singles and doubles. This class will get you more prepared to play organized USTA level matches.



Registration is required for all programs.

Family Winter Hike ages 7+ Monday, January 16, 10am-12pm, \$3 per member and \$5 per non-member. Join a Staff Naturalist for a winter day hike with your family on PEC's forest trails and along the lakeshore. Participants will learn about native plants and animals through interpretive and interactive learning trail activities. We will also trace back the history of the PEC forest and High Point City Lake and their importance to the past and present. Bundle up and come out to explore the wonders of the natural world.

Treasure Camp ages 8-12 Monday, January 16, 8:30am-4:30pm, \$35 per person for members, \$45 per person for non-members. Campers will learn how to use maps, compasses and GPS signal receivers while on a quest to find hidden treasures on the trails of Piedmont Environmental Center. Campers need to bring a lunch, two snacks, a refillable water bottle and dress for outdoor adventure and play. Rain or shine. Registration required by January 13, 2017.

Backyard Composting for Beginners ages 13+ Saturday, January 28, 9-11am. Free. Learn how to put food scraps and yard waste to work in your garden during this composting class. Composting is a simple way to recycle organic materials and will provide nutrients to your soil, flowers, and vegetables. We will demonstrate different methods to compost in your backyard, as well as the guidelines to producing healthy compost. This class is offered for teens and adults and is free of charge. Please register no later than January 25, 2017.

Waterfowl, Coffee and Croissant ages 18+ Saturday, February 4, 7:30am-12pm, \$3 per person for members or \$5 per person for non-members. Enjoy morning refreshments and the opportunity to learn about resident and migratory waterfowl that visit the area in winter. In addition to permanent residents, colorful and attractive birds such as Buffleheads, Hooded Mergansers and Green-winged Teals visit NC. Plenty of man-made lakes and ponds provide excellent habitat to spend the winter right here in the Piedmont. We will visit different lakes and ponds in the area with spotting scopes and binoculars to sight these unusual and beautiful birds. We will also discuss their natural history, biology and their importance in our ecosystem. We invite beginners as well as experienced birders to participate. Rain or shine. Registration required by February 3.

Preschool Winter Woodland Walk ages 4-6 Monday, February 13, 10-11am, \$3.00 per child. Adults attend free. Meet a Staff Naturalist at PEC for a hike into the winter wonderland of PEC. Children and their parents will take off on a learning adventure to discover the natural world through fun-filled interactive trail activities. Bundle up and come get close to nature. Please come dressed for the weather and wear walking/hiking shoes. All children must be accompanied by an adult. Rain or shine. Register by February 10.

Morning Bird Count ages 4+ Friday, February 17, 9-10am. Free. Take a morning walk with PEC staff to count our feathered friends in the forest. Learn the common bird species found at the bird feeders as well as any winter residents that have migrated to our Piedmont forest. Our findings will be reported to the Great Backyard Bird Count survey. Following the walk you may take a checklist home to report the birds in your own backyard. Any age is welcome to participate and children must be accompanied by an adult. This program is offered free of charge but registration is required by February 16, 2017. Rain or shine

Tree Identification in Winter: Bark, Buds, Leaf Scars and More ages 7+ Saturday, February 18, 8-10am, \$3 per person or \$5 per family. Do you know that bark, buds, and leaf scars, among other characteristics, offer many clues in identifying trees in winter? Join us for a hike on PEC's forest trails to look closely at distinctive identifying features of trees, and discuss their many uses, biology, and natural history. Adults and families with children 7 years and older are welcome to participate. Please come prepared to walk in the woods. Rain or shine. Registration required by February 17, 2017.

Wildflowers, Ferns and Watercolors ages 18+ Saturday March 25, 9am-2:30pm, \$15 per person for members, \$20 per person for non-members. Join a PEC Staff Naturalist for a morning hike on the lakeshore trail focusing on the identification and understanding the natural history of spring wildflowers and ferns. Following the hike, participants will go into the classroom for an introduction to watercolor painting techniques. With the materials provided, participants will practice rendering wildflowers, ferns and floral scapes. Participants will need to bring a bag lunch and water bottle. Rain or shine. Registration required by March 24, 2017.

High Point City Lake Park • 336-883-3498
602 W. Main Street, Jamestown, NC



Easter Egg Hunt ages 2-10 Saturday April 8, 10am-1pm. Free. Hunts for 3years and under begins at 11am; 4-7 year olds begin at 11:45am and 8-10 years old begin at 12:30pm. Attractions include free train and carousel rides, children's games, costumed characters, playground, inflatables, miniature golf and more. Food and beverages for sale. Event will be held rain or shine. Don't forget to bring your basket!

Teach a Kid to Fish Day ages 5-15 Saturday April 29, 8am-2pm. Free. This program incorporates hands-on activities that teach youth fishing skills, boating safety, and about lake ecosystems. After training the kids can participate in a fishing tournament to hone their newly-learned skills. Tee shirts, free lunch, and trophies are provided by the City of High Point and sponsors. Prizes are drawn throughout the day and trophies are awarded to those catching either the biggest fish or the most fish in three age groups.

**High Point Parks & Recreation
2016 Youth Football**



League Winners
The Broncos
Winners, Mighty Mites and Mite divisions



Runner Up Team
The Falcons
2nd place winners in the Mighty Mites and Mite divisions



Most Dedicated Players
(Left to Right) Corbin Wilson, William Ayres, Zander Murphy,
Brandon Sturdivant, Ja'Quay Montgomery,
Kamron Moore, Daniel Little

Rained Out - No Problem

Now you can receive immediate field closure notification via text; sign up for our new RainedOut group now. Opt-in to our High Point Parks & Recreation Field Closure group by texting the zip code (27262) to the number 84483. This service will allow you to receive notifications about closed fields due to inclement weather and poor field conditions. There is no charge to subscribers who sign up for the RainedOut service. However, standard text and data rates may apply. Subscribers may text STOP to 84483 to cancel their subscription at any time.

**Athletics • 336-883-3480
136 Northpoint Avenue**

Adult Softball League ages 18+ Co-Ed and Men's Divisions, March 20-May 18, \$400 per team. This is a Recreational Softball League with Men's and Coed Divisions. Teams will play 10 regular season games and advance to a single elimination tournament. Coed games will be played on Monday & Wednesday nights at Deep River Recreation Center. Men's games will be played on Tuesday & Thursday nights at Deep River. Registration is open January 1 to March 10. League begins March 20. The team fee is \$400 per team. Tournament Champion receives championship shirts and a team trophy. Tournament Runner Up receives a team trophy.

35 & Older Express Hoops ages 35+ Wednesday and Thursdays, April 5-May 25, 6-9pm, \$260 per team or \$20 per free agent. Also known as "Grown Folks' Hoop Nights," this is a shortened 5v5 basketball league. Teams will play 5 regular season games and advance to a single elimination tournament. Games will be played on Wednesday and Thursday nights at Morehead, Southside, and Deep River Recreation Centers. Registration is open February 1 to March 29. League begins April 5. The team fee is \$260 per team. Individuals may sign-up as Free Agents for \$20. Tournament Champion receives championship shirts and a team trophy. Tournament Runner Up receives a team trophy.

For more information 336-883-3480 or tyler.cole@highpointnc.gov.

**NFL Youth Flag Football: Experience the Difference
Grades Pre K – 8th
Presented in partnership with National Flag Football**



Are you ready for some football? Join the largest youth flag football organization in the country. This is a 5 vs. 5, non-contact, recreational, co-ed format. Teams are limited to 10 players to maximize playing time. This is an exceptional program for first time players who want to learn the fundamentals of football. It is also a wonderful opportunity for players who may want to continue to enhance their skills before taking the next leap into tackle football.

Games are played at the High Point Athletic Complex on Sundays. Practices take place one hour prior to game time each week to ensure a convenient and fun experience for all. Participants will receive a NFL reversible jersey, flag belt and individual participation award.

The season will begin on April 2nd and run through June 11th.

There are no try-outs! Everyone participates! Children are placed on teams according buddy request, school, and grade.

Registration Deadline: February 24, 2017

You must register on-line at: www.NationalFlagFootball.com
For more information call 704-251-4501.

Facilities

Allen Jay Recreation Center 336-883-3509
Gymnasium, meeting rooms, multipurpose room

Blair Park Golf Course 336-883-3497
Golf course, grill room

Deep River Recreation Center 336-883-3407
Gymnasium, meeting room, multipurpose room

High Point City Lake Park 336-883-3498
Gymnasium, shelters, swimming pool, cabanas

Morehead Recreation Center 336-883-3506
Gymnasium, meeting room, multipurpose room

Oak Hollow Campground 336-883-3492
90 paved full service sites, 13 tent platforms,
24 site club section

Oak Hollow Marina 336-883-3494
Meeting room, shelters

Oak Hollow Golf Course 336-883-3260
Golf course, grill room

Oak Hollow Tennis Center 336-883-3493
8 lighted outdoor Har-Tru courts, 2 lighted outdoor
Deco-turf courts, 4 indoor Deco-turf courts

Oakview Recreation Center 336-883-3508
Gymnasium, meeting room, multipurpose room

Piedmont Environmental Center 336-883-8531
Auditorium, kitchenette

Roy B. Culler, Jr. Senior Center 336-883-3584
Meeting rooms, large multipurpose room

Southside Recreation Center 336-883-3504
Gymnasium, meeting room, Splash Pad

Washington Terrace Park 336-883-8599
Community center, shelters, swimming pool

Greenways offer the perfect place to walk

GREENWAY SECTIONS:

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

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



Book your Kosmic Dodgeball Party Today!

\$150

4 hours

Kosmic Dodgeball play
Use of the Large Activity Room

Great for kids' birthday parties!

Allen Jay Recreation Center
1073 E. Springfield Rd, High Point
Call 336-883-3509 for
more information.

Closing, Cancellations & Changes

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

High Point Parks & Recreation Administration Office, 136 Northpoint Avenue, High Point, NC 27262
336-883-3469 Hours: Monday-Friday, 8am-5pm; excluding holidays

Special Events

5K Fun Walk Thursday, March 16, 10-11am. Bring a friend and walk at your own pace in our Senior Games sanctioned 5K Fun Walk. This is a recreational event with no timing, which qualifies you for the NC State Games. All walkers receive an award. Contact the Roy B. Culler Jr. Senior Center for more information.

Oak Hollow Annual Bass Tournament ages 16+ Saturday, March 18, 7am-3pm, \$50 entry fee + \$7 launch fee, \$10 optional big fish pot. Boaters compete to catch 5 of the biggest largemouth bass to win prize money. 100% payback. Launch fee waived if registered before March 18. Rain or shine. Tournament held at Oak Hollow Marina.

Spring Outdoor Rummage Sale all ages Saturday, April 1, 7am-12pm Free admission, \$10 for one vending space, \$15 for two. Clean out your closets, attics, and basements and make some extra cash, or enjoy shopping for undiscovered treasures! If you are interested in selling, reserve your spot for \$10 (1 parking Space) or \$15 for 2 by March 25, 2017. Open to the public for shopping at Deep River Recreation Center

Oak Hollow Annual Crappie Tournament ages 18+ Saturday, April 22, 7am-3pm, \$50 per person plus \$7 launch fee. Compete to win by catching the biggest crappie from beautiful Oak Hollow Lake! Optional \$10 big fish pot. Launch fee waived if registered before April 22. Rain or shine. Tournament held at Oak Hollow Marina.

Princess Tea Party ages 3-10 Saturday, May 6, 10:30am-12pm. Deadline to register: 4/15, \$10 per person. Bring your little one dressed as her favorite fairy tale princess for a magical time full of surprises! We will have dancing, games, snacks and a craft for them to enjoy while getting their makeup done. Photo opportunities will be available with our special guest, the Fairy Tale Princess. Princess Tea Party will be held at Deep River Recreation Center.

Yard Sale Saturday, May 13, 7am-12pm, \$10 per space, \$5 per additional table. Do you need to clear some space in your garage or attic? Are you looking for baby, household, or other unique items? Our yard sale is the place! We are currently accepting applications for vendors. Space is limited and pre-registration is required. Yard sale is held at Oakview Recreation Center.

Save the date! High Point Wheels Car and Bike Show June 24, 2017

Details about the 4th Annual High Point Wheels Car and Bike show are coming soon. Mark your calendars for this family friendly car and bike show.



2016 Best Bike on the Lot and Most Chrome winner

Send us your photos!

We love seeing the photos you take of High Point Parks & Recreation's events, programs, and facilities – and we would love to share them!

Next time you are walking through the woods at Piedmont Environmental Center ... taking in a baseball game at a recreation center ... relaxing at beautiful Oak Hollow Lake ... making memories with your family and friends at High Point City Lake Park - any way you spend your time with us - please take a photo and share with your name and where you were.

Send to HighPointP&Radministration@highpointnc.gov or share your photos on Facebook and Twitter using the hashtag **#myhighpointparksandrec**



Brady and Blake Tucker (Photo by grandmother Penny Taylor Jacobs) at Harvell Park



Photo by Keith Pugh



Photo by Keith Pugh