

Town of
KERNERSVILLE
PARKS & RECREATION

SEPTEMBER-DECEMBER 2018

Leisure

GUIDE



For Information Only. This is not a program of the Winston-Salem/Forsyth County Schools. It is not endorsed or supported by the school system.

Special EVENTS

Movies in the Park

Disney · PIXAR
FINDING DORY

Harmon Park
Friday, September 21st

We've got Family Night ready! Bring your blankets, lawn chairs and we'll have the food and movie! Come and join us as we watch Finding Dory!

"The friendly but forgetful blue tang fish, Dory, begins a search for her long-lost parents, and everyone learns a few things about the real meaning of family along the way." -IMDB

Special thanks to our sponsors,
NOVANT HEALTH
VESTAL
BUICK · GMC
Hwy 66 South · Kernersville
NorthState

Town of **KERNERSVILLE**
Parks & Recreation

KERNERSVILLE
PARKS & RECREATION

KERNERSVILLE
CHAMBER OF COMMERCE

DISCOVER YourVILLE
IN Kernersville!
kernersville.com

24TH ANNUAL
Downtown
TRICK OR TREAT

Wednesday, October 31 2018
6 pm - 8 pm

For costumed children 13 years old and younger!

KERNERSVILLE
CHRISTMAS TREE LIGHTING
CEREMONY

Saturday, December 1st
Harmon Park
7:00pm Festivities Begin

WWW.KVPARKS.COM

KERNERSVILLE
PARKS & RECREATION

2018 KERNERSVILLE

**Father Daughter
Dance**

"One Enchanted Evening"

DATE: Saturday February 9, 2019
Tickets Go On Sale January 3rd, 2019

WWW.KVPARKS.COM

TICKETS MUST BE PURCHASED IN ADVANCE.
NO SALES AT DOOR



phillipmartin.info

PUMPKIN RUN 2018

FOR MORE INFO OR TO REGISTER:
www.kvparks.com or 336-996-3062



CONE HEALTH
MedCenter Kernersville



hawthorne
RESIDENTIAL PARTNERS

ABBOTTS CREEK
APARTMENT HOMES

Saturday, October 20
5K & 1M RUN / WALK
Fourth of July Park

Health VENDORS

MUSIC

KIDS' ACTIVITIES

Costume Contest For
Adult, Children, & Dogs

PRIZES & PUMPKINS!



Check-In: 7:30 am, 5K starts: 8:30am, 1-mile starts: 8:45am

Youth ACTIVITIES

Champions In Motion Karate

Ages 4 & Up

In this 15- week class you will gain safety awareness education, advance in rank and belt, improve self-confidence, increase concentration and learn physical and verbal self-defense skills.

Instructor: CIM, Scott Combs

Dates: Mondays, 9/10-1/28 & Thursdays, 9/13-1/31

Times: Depending on belt rank, classes are between 5:45-8:30 pm

Location: KCRC

Registration: On-site registration, Mon., 9/10 & Thurs. 9/13

Fee: \$10 to register and \$8 per class, paid weekly

Visit www.cimnc.org for full details

**No class 11/12, 11/22, 12/24, 12/27, 12/31, 1/21*

Drama Kids Acting Academy

Ages 11-17

DKI is an excellent way to explore and expand their acting and auditioning skills through character interpretation and advanced acting techniques!

Instructor: Caitlin Wood, Degree in Theatre Education

Dates: Tuesdays, 9/4-5/14

Time: 6:00-7:00 pm

Location: Kernersville Community House, 405 Salisbury St.

Registration: www.dramakids.com/nc1 or 336-754-4385

Fee: \$60/month

Mentor Tennis - Group Lessons

Come out to Fourth of July Park this fall and improve your tennis with Coach Rod Pearson! Mentor Tennis, Ltd. is conducting group tennis lessons every Saturday morning for 8 weeks. These classes are for beginner and intermediate players! Class size is limited, so please register ASAP!

Instructor: Coach Rod Pearson,

USPTA & USNTA Cert. & Triad area instructor for 20 years

Dates: Saturdays, 9/8-11/3

Times: 9:30-10:30 am - Adults

10:30-11:30 am- Young Juniors (6-8 years)

11:30-12:30 pm- Juniors (9-12+ years)

Location: FOJP Tennis Courts

Fee: *\$85/8 weeks

Registration: Deadline is 8/29/18. Please e-mail mentorent@gmail.com or call 336-459-0647.

**Late registrations will be \$15 per class*

Play the fastest growing sport in America:

LACROSSE



Fall Ball is the perfect time to give lacrosse a try! No experience needed, our coaches will give you the fundamentals to play and enjoy the game. All new players can borrow protective equipment from KPRD (helmet, gloves, and pads for boys, goggles for girls). All players will need to provide their own stick. Fee includes uniform to keep after the season concludes.

BOYS and GIRLS

Elementary

Middle School

Fee: \$75

Location: Cash-Bagley Sports Complex

Session: Sundays, Sept 16 – Nov 4 (8 weeks)

Time: 4:30 – 6:30pm

**REGISTRATION
HAPPENING NOW!**

Visit Town of Kernersville Parks and Recreation
kvparks.com/youth-athletics/youth-lacrosse

Crews Control 1 Day Clinic

Ages K-8th grade

Players will learn passing, ball handling, rebounding, court spacing, team offense and defensive skills. Kids will have FUN and gain self-confidence, allowing them to create their own winning formulas, on and off the court.

Instructor: Charles Crews, Director of Crews Control Skills & Development

Dates: Saturday, 10/13, 11/10, 12/15

Time: 11:00am-1:00pm

Location: KCRC

Fee: *\$25/clinic

**\$5 sibling discount if player is registered 1 week in advance of each clinic!*

Dance Combo Classes

Ages 4 & up

This high energy dance class will teach you rhythm, musicality, and coordination! Class size is limited, be sure to register in advance to ensure a spot.

Instructor: Jennifer Antonosanti-BA University of Central Florida, Former Professional Cheerleader for the Carolina Panthers, and former Walt Disney World Dancer

Dates: Mondays, 9/24 - 12/17*

Time: Kinder Dance (Ballet, Tap, Hip-Hop) 4:00-5:00 pm
Dance Combo/Hip Hop 5:00-6:00 pm

Location: KCRC

Registration: Register for classes at www.kvparks.com or call us at 336-996-3062

Fee: \$35 per month or \$10/class

**No class on 11/12*



Saturday,
December 1
11:00AM-6:00PM



Christmas
Around Downtown
Kernersville

Downtown Shopping

PICK UP A PASSPORT AT THE DEPOT
AND SHOP AROUND DOWNTOWN.



Kernersville Museum & Ice Skating Rink

GRAB A PHOTO AND VISIT WITH SANTA!

LACE UP YOUR SKATES AND
ENJOY THE NEW OUTDOOR RINK!
KERNERSVILLEMUSEUM.ORG

Kernersville Tree Lighting

7:00 - 8:30PM

JOIN US FOR HOT COCOA,
CHRISTMAS CAROLS, SANTA
& FRIENDS AND MUCH MORE!



Merry Christmas!



KERNERSVILLE
MUSEUM

Town of
KERNERSVILLE
PARKS & RECREATION



DISCOVER *Your*VILLE
IN *Kernersville!*
Kernersville.com

Adult ACTIVITIES

T'ai Chi for Arthritis & Fall Prevention **Ages 18 & Up**

Recommended by the CDC, these classes incorporate T'ai Chi principles and some Qigong to improve health & wellness. Join us and note improvement in balance, confidence, and muscular strength through slow, gentle motion.

Instructor: Linda Starkey, Certified in TCAFP & ARC

Dates: Tuesdays & Thursdays, 9/11-12/20

Times: 8:30-9:30am

Fee: FREE

Location: KCRC

Registration: Please call Linda at 336-996-7610 or e-mail squirrelwhirley@gmail.com

CIM Karate **Ages 4 & Up**

In this 15- week class you will gain safety awareness education, advance in rank and belt, improve self-confidence, increase concentration and learn physical and verbal self-defense skills.

Instructor: CIM, Scott Combs

Dates: Monday, 9/10-1/28 & Thursday, 9/13-1/31

Times: Depending on belt rank, classes are between 5:45-8:30 pm

Location: KCRC

Registration: On-site, Monday 9/10 & Thursday, 9/13

Fee: \$10 to register and \$8 per class, paid weekly

Visit www.cimnc.org for full details.

**No Class 11/12, 11/22, 12/24, 12/27, 12/31, 1/21*

Beginners Acrylic Painting **Ages 14 & Up**

Enjoy a morning of creating a beautiful painting with step-by-step instruction and demonstration. Learn about color values and composition of a successful painting. *MATERIALS ARE INCLUDED, bring an apron & an open mind!*

Instructor: Barbara Fager, Associate Degree Graphic Design & Illustration

Dates: 9/11- Value Study

10/4- Floral

11/8- Landscape

12/6- Gift of the Season

Times: 10:00am-1:00 pm

Location: KCRC, 125 E. Bodenhamer St.

Fee: \$35 per class, *including ALL materials!*

Register by calling 336-996-3062

Heartsaver ♥ CPR/AED for Adult/Child/Infant **Ages 16 & Up**

Learn how to respond to emergencies including cardiac arrest and choking. If you are ever needed to save a friend, family member, or neighbor's life, this class will make sure you are prepared.

Instructor: Ricardo Davis RPSGT, AHA & ECC Certified

Dates: Saturdays, 9/15, 10/20, 11/17, 12/22

Times: 8:30-11:30 am

Location: KCRC

Fee: \$45

**\$10 fee for take-home materials due at class.*

Registration: EMAIL instructor at R.DAVIS@HEARTSAVERSUSA.COM to register!

Heartsaver ♥ First Aid **Ages 16 & Up**

Learn the critical skills needed to manage an emergency until EMS arrives. Topics include first aid basics, medical, injury, environmental emergencies, bleeding, sprains, broken bones, shock and others.

Instructor: Ricardo Davis RPSGT, AHA/ECC Certified

Dates: Saturdays, 9/15 10/20, 11/17, 12/22

Times: 11:30-1:30 pm

Location: KCRC

Fee: \$45

**\$10 fee for take-home materials due at class.*

Registration: EMAIL instructor at R.DAVIS@HEARTSAVERSUSA.COM to register!

30-Day SMART Challenge **Ages 18 & up**

Whether you are looking to drop a dress size, gain muscle, increase energy, or simply be healthier - This is the class for you! Participants meet for 60 minutes each week and receive: Weekly food guide, recipes, weekly workout, support from coach and more!

Instructor: Janet Steward, Certified Health Coach, Master's Degree in Exercise Science

Days: Tuesdays

1st Challenge: 9/11-10/2

2nd Challenge: 10/9-10/30

3rd Challenge: 11/6-11/27

Time: 6:00-7:00 pm

Fee: \$30 (\$20 material fee)

Location: KCRC

Registration: coach@smartbodydynamics.com or call 931-808-2133

Adult ACTIVITIES

Yoga in the Park

All Ages

Students will learn basic yoga breathing techniques and postures to evenly build strength and flexibility while calming the central nervous system. This class is a moderately paced workout and suitable for all experience levels. *Bring your own yoga mat - or rent one from us for \$1 per class.

Instructor: Laramie Reese and Katie Laine, Certified Yoga Instructors from Twisted Sister Yoga Studio

Days: Tuesdays & Saturdays

Dates: *9/1-10/30

Time: 6:00pm- Tuesday, 9:00am- Saturday

Fee: \$10 per class, (yoga mat rentals available for \$1)

Location: Harmon Park

Keep up-to-date with any cancellations online at the Kernersville Parks and Recreation Facebook page.

Kernersville Area Tennis

Questions about below programs:

KernersvilleAreaTennis@gmail.com,

www.kernersville.usta.com or follow us on Facebook.

Try Tennis-Adult Beginners Lesson

\$40 includes racquet and T-shirt

Ladies-Friday, 9:30-11:00, 9/7-10/12

All Adults- Saturday, 3:30-5:00, 9/8-10/13

Free Youth Tennis Lessons

No sign up required, just show up. Equipment provided

Ages 6 and up-Saturdays, 2:00-3:00, 9/8-10/28, Fridays,

11:00am-12:00pm 9/7-10/27 for Home Educators

Youth Tennis Club

Organized Match Play for all Middle & High School Players (Coed). This group is for intermediate level players and up.

Sunday afternoons September 9-October 28 from 4:00-5:30pm



Don't See What You Are Looking For

Check Out Our Website At

www.kvparcs.com

For MORE classes & info in real-time

Zumba® & the Dance Fit Divas All Ages

Dance Fit Divas is a mobile fitness company that inspires women to dance through life with faith, fitness and fun! Our classes feature ZUMBA®, ZUMBA Toning®, and Devoted Fitness®. In addition to fitness experiences that will make you sweat, friendships are made, and everyone has a blast.

Instructor: Katina Boyd, Experienced Instructor

Dates: Wednesdays, 6:00-7:00 pm and select Saturdays (9/8, 10/13, 11/10, 12/15)

Location: KCRC

Fee: \$20 for a 5-class punch card or \$5/class

Registration: info@dancefitdivas.com, 336-655-6538 or www.meetup.com/kernersville-zumba

**Please visit website for full Saturday schedule details*

**No class on 11/21*

Mentor Tennis - Group Lessons

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Instructor: Coach Rod Pearson,
USPTA & USNTA Cert. & Triad area instructor
for 20 years

Dates: Saturdays, 9/8-11/3

Times: 9:30-10:30 am - Adults

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11:30-12:30 pm- Juniors (9-12+ years)

Location: FOJP Tennis Courts

Fee: *\$85/8 weeks

Registration: Deadline is 8/29/18. Please e-mail mentorent@gmail.com or call 336-459-0647.

**Late registration will be \$15 per class*

Adult Athletics

Ages 18 & Up

Check out our upcoming Winter sports.

Indoor Soccer

Day: Sundays

Dates: December 1- March 3

Times: 3:00-8:00pm

Basketball

Day: Fridays

Dates: January 11- April 12

Times: 6:30, 7:30, 8:30, 9:30pm

For more information on our upcoming sports contact Adam Carpenter at 336-996-3039.

kernersville parks & facilities

Ivey M. Redmon Sports Complex

(IMRSC)

788 Beeson Rd.

5 soccer fields, 2 concession/restroom buildings, and 3 lighted tournament softball fields with covered dugouts, a cross country course and spectator seating.

Harmon Park

152 S. Main St.

1 shelter, grill, Declan's playground, large grassy multi-use area, restrooms, landscaped wedding gazebo and memorial fountain area with benches and walkways.

Century Lake Park

309 Century Blvd.

T-shaped fishing pier, canoe/kayak launch, restroom building, picnic tables with grills and spray fountain enhance this 6-acre lake.

Bagley Sports Field Complex

(BSFC)

4700 Old Hollow Rd.

1 multi-use championship stadium field, 3 play-in fields.

Civitan Park

309 Nelson St.

2 shelters with grills, a sand volleyball court, tennis courts, horse shoe pits, basketball courts, a small softball field, walking trail, restrooms, and playground.

Kernersville Community

Pool & Water Park

1113 W. Mountain St.

A Town of Kernersville and YMCA partnership

conveniently located at the Kernersville Family YMCA. Call the Kernersville Family YMCA (336) 996-2231 for more info.

Kernersville Community Recreation Center

(KCRC)

125 E. Bodenhamer St.

The Recreation Center holds our administrative offices and an open gymnasium area for programs and small event rental.

Kernersville Mountain Bike Park

567 Smith Edwards Rd. A

3-mile intermediate trail with optional advanced sections.

Fourth of July Park

702 W. Mountain St.

3 shelters, grills, tennis courts, basketball courts, concession/restroom building, walking trails, playground village, 2 bocce courts and individual picnic areas. It is also equipped with dog water fountains and cleanup stations. The Vivian F. Bennet Memorial Dog Park and Kernersville Skate Park are also located in this diverse park.

Old Kernersville Lake

936 Lake Dr.

One of our best kept secrets, this is a 5+ acre stocked lake for non-motorized boats, bank fishing, with a small fishing pier and picnic tables.

Rotary Park

134 E. Mountain St.

Located behind the Farmers Market, four picnic sites, open green space, and statues of various Rotary Club community involvement.



Find us on facebook

www.facebook.com/kvparks

how to contact us

Call 336-996-3062 for information and our staff directory.

Send our mail to:

KPRD, P.O. Box 728, Kernersville NC 27285

Fax us: 336-992-0070

Check us out at: www.kvparks.com

All registrations and reservations must be completed prior to the designated deadlines.

Register online at www.kvparks.com for programs, athletics and shelter reservations. We take cash, check, money orders, made out to the Town of Kernersville & accept all major credit cards.

we would like to thank our corporate sponsors

We accept all major credit cards.



**66 Pizzeria • Beroth Tire & Automotive • All Year Cooling & Heating
Bojangles • Captain Tom's • Chick-fil-A of Kernersville
McDonald's on Hwy 66 • Kernersville Chamber of Commerce
• Kernersville Downtown Preservation
Sign Resources • Holiday Inn Express
The Loop Pizza Grill • Kernersville Magazine
Papa Johns • Traid Irrigation**

Contact our Marketing & Community Relations Division at 336-996-6421 to find out more about advertising.