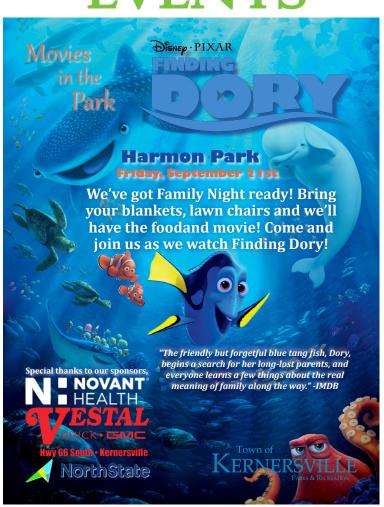
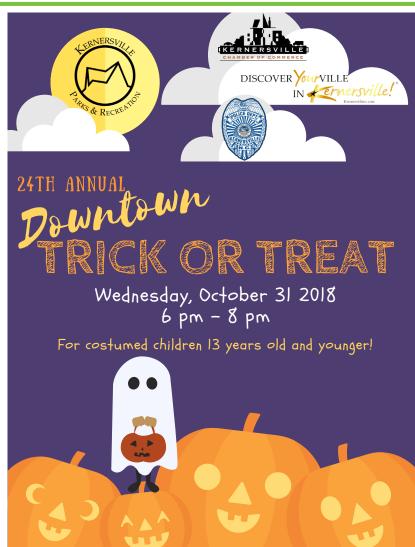


Special EVENTS











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FOR MORE INFO OR TO REGISTER:

www.kvparks.com or 336-996-3062







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

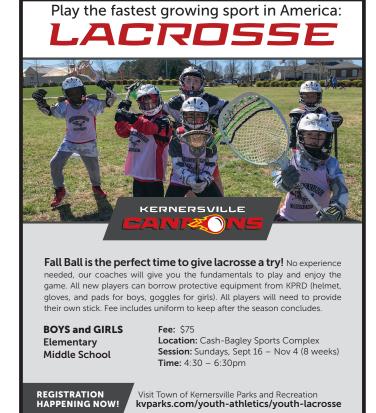
Dates: Saturdays, 9/8-11/3 **Times:** 9:30-10:30 am - Adults

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



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



Kernersville Tree Lighting

7:00 - 8:30PM

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



KERNERSVILLE M U S E U M Town of KERNERSVILLE



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

squirrelywhirley@gmail.com

CIM Karate Ages 4 & Up

In this 15- week class you will gain safety awareness education, advance in ran 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, Certificed 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



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.kvparks.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

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

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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 mulit-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 parnership 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.

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

Kernersville Mountain Bike Park

567 Smith Edwards Rd. A
3-mile intermediate trail with optional
advanced sections.

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



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