

Leisure

GUIDE

May - August 2024

**SUMMER
EDITION**



Special EVENTS

2024
Movies in the Park

presented by **JH** The Law Office Of Jeffrey F. HutchinsSM

Harmon Park
152 S Main

Movies start at Dusk

Trolls
Band Together
May 17

Elemental
June 21

Migration
Sept 20

If you require a reasonable accommodation or modification to enjoy this event due to a disability or concern, please contact the department at least two weeks before the scheduled event.

SEAL OF THE TOWN OF KERNERSVILLE, INC.
1956
INCORPORATED 1871

TOWN OF
KERNERSVILLE

**4TH
of
JULY**

CONCERT &
FIREWORKS

FOOD, DRINKS, MUSIC,
FIREWORK SHOW

MUSIC BY
SPECIAL OCCASION BAND

AT KERNERSVILLE, RAIDERS FOOTBALL FIELD,
GATES OPEN AT 5 PM

512 W. MOUNTAIN ST

CAPRA
KERNERSVILLE Parks & Recreation

CONE HEALTH
MedCenter Kernersville
presents

The Honeybee
FESTIVAL
inspired by Brady Mullinax

Saturday
August 17th 2024
Fourth of July Park
10am-5pm

Thanks to our sponsor!

SB **SUTTON BROTHERS**
HVAC | PLUMBING

SCAN HERE

For Links To Or
Programming Registration

www.kvparks.com

Youth

ACTIVITIES

Archery



Exploring Archery (Youth and Adult)

Discover more of the sport of archery with this 4 night instructional class. Each week you will learn new skills to help you improve your knowledge and abilities in Archery. Note, all equipment will be provided and personal equipment will not be permitted.

Dates: Session 1 - June 4th, 11th, 18th, 25th
Session 2 - August 6th, 13th, 20th, 27th

Days: Tuesdays

Time: 6:00PM - 7:00PM

Ages: 7 and older

Location: Kernersville Community Recreation Center

Fee: \$30 for each 4- week session

Registration: Ends 12:00PM the day of the first class,
www.kvparks.com

Youth Lacrosse

Fall Ball is the perfect time to give Lacrosse a try! No experience needed, our coaches will give your child the fundamentals to play and enjoy the game. All new players can borrow protective equipment (helmet, gloves, and pads for boys). All players will need to provide their own stick.

Dates: 9/4 - 10/30

Day: Wednesday

Times: 6:00PM - 7:30PM

Location: Cash/ Bagley Sports Complex

Ages: Elementary School / Middle School

Gender: Boys and Girls

Cost: \$50

Registration: www.kvparks.com

Tumbling

Tiny Tots: (Ages 3-6) - 5:30PM - 6:00PM

Learn the basics of tumbling. Cartwheels, rolls and more!

Beginners: (Ages 7-12) - 6:00PM - 6:45PM

Learn the basics of tumbling such as bridges, roundoffs, and more!

Advanced: (Ages 7-15) - 6:45PM - 7:30PM

Advanced class works on harder skills such as aerials, front and back handsprings (MUST BE ABLE TO DO A FRONT WALK OVER TO REGISTER)

Instructor: Kyrra Davis, Experienced Instructor

Dates: 5/1 - 8/28, No class 5/29, 7/3, 8/14

Times: Wednesdays

Location: Kernersville Community Recreation Center

Fee: \$40/month (Tiny Tots) & \$45/month (Beginner & Advanced)

Storytime in the Park

Join us for storytime in the great outdoors at the park!

Instructor: Stefanie Kellum, Youth Services Librarian

Dates: Saturdays June 1st and July 6th

Times: 10:00 - 11:00am

Location: Fourth of July Park

Ages: 8 & Under

Fee: FREE

For more information, call the Paddison Memorial Branch Library at 336-703-2933. May be cancelled in cases of bad or cold weather. Stay up-to-date on our Facebook page.



Adult ACTIVITIES

Barre

Increase strength, flexibility and balance to achieve a full body workout. Focusing on hips, glutes, core and arms. Similar to ballet and pilates, with low impact.

Instructor: Melaina Staker, Certified Instructor
Dates: 5/1 - 8/28
Times: Wednesdays, 9:30 - 10:30AM
Location: Kernersville Community Recreation Center
Fee: \$8/ per class or \$30/month
Ages: 16 and up
Registration: www.kvparks.com

Zumba

Zumba is a class designed to meet new people while working out! This fitness class will teach different styles of dancing and at the same time you will have fun! This workout will be a mix of low and high intensity moves for an interval style, calorie-burning dance fitness party.

Instructor: Tiffany Barnes, Certified Zumba Instructor
Dates: 5/2 - 8/29, No Class July 4th
Times: Thursdays, 6:30 - 7:30PM
Location: Kernersville Community Recreation Center
Fee: \$6/class or \$18/month
Ages: 18 and up
Registration: www.kvparks.com

Vinyasa Flow

Class links connection between breath and movement. Begin with seated stretches and move into standing sequences to a slow cool down.

Instructor: Mina Stahr, Certified Instructor
Dates: 5/1 - 6/26
Times: Wednesdays, 5:30- 6:30PM
Location: Kernersville Community Recreation Center
Fee: \$10/ per class or \$30 / month
Ages: 18 & up
Registration: www.kvparks.com

Clink Paint Pop Up

Join us for a fun filled 2 hour paint pop up hosted by a professional artist. No experience is needed, and all of the paint supplies / materials will be provided. Your 16x20 canvas masterpiece will be yours to take home and cherish!

Instructor: Clink Paint, Professional Painters
Dates: 5/21, 6/18, 7/16, and 8/20
Times: Tuesdays, 6:00-8:00PM
Location: Harmon Park & Kernersville Community Recreation Center
Fee: \$35/ per person or \$60 / discounted for two

Xtreme Hip Hop Step

Beginner friendly step class is the perfect way to get your heart pumping, improve cardiovascular health and tone those muscles, all while having a great time!

Instructor: Catina Redd, Certified Instructor
Dates: 5/6 - 8/26, No class May 27th
Times: Mondays, 6:00-7:00PM
Location: Kernersville Community Recreation Center
Fee: \$10/ per class or \$8/ if you bring your own board
Ages: 18 & up
Registration: www.kvparks.com

Blessed Beats

Experience a transformative dance infused fitness class that embraces belonging and acceptance for everyone. All fitness levels welcome. Set to positive music, and choreography.

Instructor: Cindy Teague, Fitness Certified Instructor
Dates: 5/6 - 8/26, No class May 27th, July 29th
Times: Mondays, 6:00-7:00PM
Location: Kernersville Community Recreation Center
Fee: \$5/ per class or \$15/ month
Ages: 18 & up

Line Dancing

Line dancing incorporates a variety of different exercise elements: Cardiovascular, strength training, and endurance. Amazing for stress relief and anxiety. No partner needed.

Instructor: Lonnie Maie, over 10yrs. experience with dance
Dates: 5/28 - 8/27,
Times: Tuesdays, 6:00 - 7:00PM
Location: Kernersville Community Recreation Center
Fee: \$10/per class
Ages: 18 and up
Registration: www.kvparks.com

Adult ATHLETICS

Lacrosse



Adult Men & Experienced High School Hybrid League

Dates: September 29 - November 3

Days: Sundays

Times: 3:00PM - 6:00 PM

Location: Ivey M. Redmon Sports Complex

Fee: \$45/ Person

Registration: www.kvparks.com, 336-996-3062

Archery

Exploring Archery (Youth and Adult)

Discover more of the sport of archery with this 4 night instructional class. Each week you will learn new skills to help you improve your knowledge and abilities in Archery. Note, all equipment will be provided and personal equipment will not be permitted.

Dates: Session 1 - June 4th, 11th, 18th, 25th
Session 2 - August 6th, 13th, 20th, 27th

Days: Tuesdays

Time: 6:00PM - 7:00PM

Ages: 7 and older

Location: Kernersville Community Recreation Center

Fee: \$30 for each session

Registration: Ends 12:00PM the day of the first class,
www.kvparks.com

Soccer

Sunday 7v7 Coed Soccer League

Dates: August - November

Days: Sundays

Times: 3:00-9:00 PM

Location: Ivey M. Redmon Sports Complex or Cash Bagley Sports Complex

Fee: \$65/ Person for the season

Registration: www.kvparks.com, 336-996-3062

Softball

Join us for one of our weeknight NSA softball leagues.

Dates: August - November

Days: Women's League - Mondays

Men's League - Mondays or Wednesdays

Coed League - Thursdays

Times: 6:30PM - 9:30PM

Location: Ivey M. Redmon Sports Complex

Fee: \$450/Team

Registration: www.kvparks.com, 336-996-3062

Basketball



Dates: September 13th - December

Days: Fridays

Times: 6:30PM - 10:30PM

Location: Kernersville Community Recreation Center

Fee: \$450/Team

Registration: www.kvparks.com, 336-996-3062

Adaptive RECREATION

For more information about modifications and inclusion support for people with disabilities or concerns, call 336-564-2241 or email ecrisco@toknc.com

Challenger Soccer



This league gives participants the opportunity to get moving, develop skills, and foster new friendships! We will join High Point Parks and Rec for 3 games. This program is for people with disabilities and will be structured for their individual success.

Dates: Thursday, 6/6 - 7/18

Times: 5:00 - 6:00PM

Location: Ivey M. Redmon Sports Complex

Ages: 8 & Older

Cost: \$15

Registration: www.kvparks.com, 336-996-3062

Challenger Cheer



What is a team, without a cheer squad? Join us to learn routines to perform at games and the end of season ceremony. This program is for people with disabilities, who love to dance and cheer.

Instructor: KPRD Staff and Volunteer

Dates: Monday, 6/10 - 7/18

Times: 5:00 - 6:00PM

Location: Kernersville Community Recreation Center

Ages: 8 & Older

Cost: \$15

Registration: www.kvparks.com, 336-996-3062



Thank you to our corporate sponsors

Contact our Programming & Marketing Coordinator at 336-996-6421 to find out more about advertising.

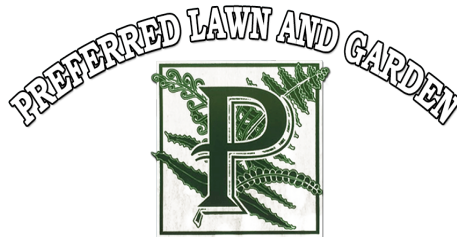


Caitlin Truesdale

IT'S BO TIME!™



HWY 66



kernersville parks & facilities

Harmon Park

152 S. Main Street

Fourth of July Park

702 W. Mountain Street

Ivey M. Redmon Sports Complex

788 Beeson Rd.

Old Kernersville Lake

936 Lake Park

Kernersville Mountain Bike Park

567 Smith Edwards Rd.

Kernersville Community Recreation Center

125 E. Bodenhamer Street

Kernersville Community Pool & Water Park

1113 W. Mountain Street

Bagley Sports Field Complex

4700 Old Hollow Rd.

Civitan Park

309 Nelson Street

Founders Park

101 N. Main Street

Centery Lake Park

309 Century Blvd.

Rotary Park

134 E. Mountain Street



Join Our TEAM



Do you have a skill or talent that you would like to share with others? The Kernersville Parks and Recreation Department is looking for recreation class instructors for a variety of programs, likes and interest. Please reach out to Cady Ray at 336-992-0806.



Find us on facebook
www.facebook.com/kvparks



/kvparks125



/town of kernersville

For more information and our staff directory call 336-996-3062.