

2025 | January - May

# Leisure GUIDE



Town of  
**KERNERSVILLE**  
PARKS & RECREATION

Online Registration  
[kvparks.com](http://kvparks.com)  
336-996-3062

# Special Events

## Father Daughter Dance

Join Us In

# HOLLYWOOD

Saturday, February 8th

6:00pm-8:00pm

Ticket Sales begin Wednesday, January 8th  
10am Online Only

Town of  
**KERNERSVILLE**  
PARKS & RECREATION

## MOTHER AND SON DATE NIGHT

May 9<sup>th</sup> 2025

Details Coming  
Soon



Town of  
**KERNERSVILLE**  
PARKS & RECREATION

# SCAN HERE

For Links To Or  
Programming Registration



 [www.kvparks.com](http://www.kvparks.com)

The Shepherd's Center  
of KERNERSVILLE

## SILVER CONNECTIONS MIX & MINGLE

Friday, February 21st  
2:00pm - 4:00pm

*Join us for a delightful afternoon of music,  
dancing & more! This event is designed to bring  
joy & connection to our senior community.  
For adults age 50 & over*

Kernersville Recreation & Event Center  
1020 Shields Rd. Kernersville, NC 27284

Town of  
**KERNERSVILLE**  
PARKS & RECREATION



# Adaptive Recreation

## Challenger Basketball

This program is designed for youth and adults with disabilities to participate in a sports environment structured for their individual success. Through weekly practices and multiple games during the course of the season, participants will develop skills, build relationships with teammates, and increase confidence.

**Dates:** January 13th - March 3rd

**Times:** Mondays, 4:30 - 6:00pm

**Location:** KREC - 1020 Shields Road, Kernersville

**Ages:** 8 - 35

**Cost:** \$15/ season

**Registration:** Pre-registration required.

[www.kvparks.com](http://www.kvparks.com) , 336-564-2241



## Challenger Cheer

This program is designed for youth and adults with disabilities who love to dance and cheer! Throughout the season, participants will focus on skill development, leadership skills, and creating friendships among their teammates.

**Instructor:** KPRD Staff and Volunteer

**Dates:** January 13th - March 3rd

**Times:** Mondays, 5:00 - 5:45pm

**Location:** KREC - 1020 Shield Road, Kernersville

**Ages:** 8 - 35

**Cost:** \$15 / season

**Registration:** Pre-registration required.

[www.kvparks.com](http://www.kvparks.com), 336-564-2241



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

# Youth Activities & Sports

## Youth Volleyball - Monday's

Perfect for learning the basics of passing, serving, and hitting while making new friends and getting comfortable on the court. Always encouraging positive confidence. For beginners and those looking to improve their skills.

**Instructor:** Ashley Estes

**Dates:** January 6th - May 19th (Monthly clinics)

**Time:** 7:00 - 8:00 pm

**Location:** KREC - 1020 Shields Road, Kernersville

**Fee:** \$40/month

**Registration:** [www.kvparks.com](http://www.kvparks.com)

## Drama Kids Acting Academy - Mondays & Tuesdays

Drama Kids includes; improvisations, scripts, speed training, character development and performances throughout the year!

**Elementary - Age:** 5-11

**Instructor:** Samone Dickey

**Dates:** Mondays, January 6th - April 7th

**Time:** 4:30-5:30 pm

**Fee:** \$69/month

**Middle / Highschool - Ages:** 11-17

**Instructor:** Nicole Serrin

**Dates:** Tuesdays, January 7th - April 29th

**Time:** 6:00-7:00 pm

**Location:** KREC - 1020 Shields Road, Kernersville

**Registration:** [www.dramakidsnc1@gmail.com](mailto:www.dramakidsnc1@gmail.com) or 336-754-4385

**Fee:** \$74/month

## Youth Lacrosse

No experience needed, our coaches will give your child the fundamentals to play and enjoy the game.

**Dates:** Mid-February - May

**Age Groups:**

- Boys Grades- K-2, 3&4, 5&6, 7&8
- Girls Grades- K-5, 6-8

**Practice:** Mondays, Wednesdays

**Games:** Saturdays

**Fees:**

- \$125 Boys K-12, Girls K-5
- \$175 Boys 3&4, 5&6, 7&8, Girls 6-8

**Registration Deadline:** Sunday, February 15

**Registration & Additional Info:**

[www.kvparks.com](http://www.kvparks.com), 336-996-3062



## Tumbling - Thursday's

**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:** February 13th - May 29th

**Location:** KREC - 1020 Shields Road, Kernersville

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

**Registration:** [www.kvparks.com](http://www.kvparks.com)



## Tumbling - Wednesday's

**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!

**Instructor:** Kyrra Davis, Experienced Instructor

**Dates:** January 8th - May 28th

**Location:** KREC - 1020 Shields Road, Kernersville

**Fee:** \$40/month - Tiny Tots  
\$45/month - Beginner

**Registration:** [www.kvparks.com](http://www.kvparks.com)

# Youth Activities & Sports

## Storytime in the Park - First Saturday of Month

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

**Instructor:** Stefanie Kellum, Youth Services Librarian

**Dates:** March 1st & April 5th

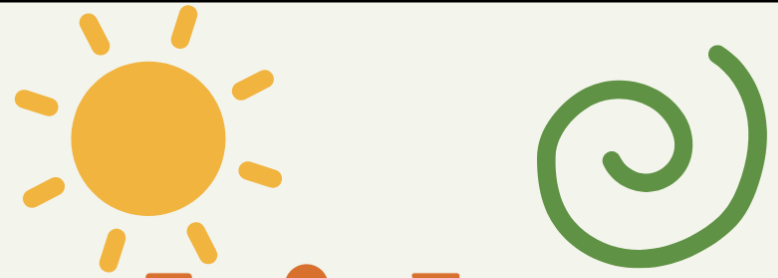
**Times:** 10:00 - 11:00am

**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.



## kids summer camp

Enrichment, local excursion, field trips,  
and many fun activities for  
Ages: 6-12 Years Old

**JUNE 2ND - AUGUST 1ST, 2025**  
**1020 SHIELDS ROAD, KERNERSVILLE**

REGISTRATION STARTS MARCH 17TH  
EARLY BIRD RATE IS 5% OFF THE REGULAR RATE AND  
IS AVAILABLE MARCH 17TH



More information at  
[www.kvparks.com](http://www.kvparks.com)

For more information about modifications and inclusion support for people with disabilities or concerns call 336-564-2241.

# Adult Activities & Sports

## ***Xtreme Hip Hop Step - Mondays***

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:** January, 6th - May 19th

**Times:** 6:00-7:00PM

**Location:** KREC - 1020 Shields Road, Kernersville

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

**Ages:** 18 & up

**Registration:** [www.kvparks.com](http://www.kvparks.com)

## ***Zumba - Mondays***

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:** January 6th - May 19th

**Times:** 6:30 - 7:30PM

**Location:** KREC - 1020 Shields Road, Kernersville

**Fee:** \$6/class or \$18/month

**Ages:** 18 and up

**Registration:** [www.kvparks.com](http://www.kvparks.com)

## ***Barre - Wednesdays***

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

**Instructor:** Melaina Staker, Certified Instructor

**Dates:** January 8th - May 28th

**Times:** 9:30 - 10:30AM

**Location:** KREC - 1020 Shields Road, Kernersville

**Fee:** \$8/class or \$30/month

**Ages:** 16 and up

**Registration:** [www.kvparks.com](http://www.kvparks.com)

## ***Clink Paint Pop-Up - Wednesdays***

Join us for a fun filled 2 hour paint pop up hosted by a professional artisit. 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:** January 15th, February 19th, March 19th & April 16th

**Times:** 6:00-8:00PM

**Location:** Kernersville Community Recreation Center

**Fee:** \$35/ per person or \$60 / discounted for two

**Ages:** Grade school and up

**Registration:** [www.kvparks.com](http://www.kvparks.com)



## ***Fit4baby Prenatal Workout***

Fit4baby is a weekly prenatal class designed for every stage of pregnancy, birth, and beyond. Certified in postnatal fitness, and will help guide you through a safe and effective workout. Moms-to-be will connect with other expecting moms, and also gain valuable community resources for pregnancy and postpartum.

**Instructor:** Christine Magee, Certified Instructor

**Dates:** January 7th - March 25th

**Times:** Tuesdays, 7:00 - 8:00 pm

**Location:** KREC - 1020 Shields Road, Kernersville

**Fee:** \$10/class or \$30/monthly

**Ages:** 18 and up

**Registration:**

<http://piedmont.fit4mom.com/schedule>



# Adult Activities & Sports



## **B-FIT**

A high energy class that combines a mixture of cardio and strength exercises using various equipment. Modifications will be given.

**Instructor:** Bonnie Longhitano, Certified Instructor

**Dates:** January 7th - May 28th

**Times:** Tuesdays and Wednesdays,  
5:30 - 6:15PM

**Location:** KREC - 1020 Shields Road,  
Kernersville

**Fee:** \$10/class or \$32/ month, if registering for multiple a discount will be **applied**.

**Ages:** 16 and up

**Registration:** [www.kvparks.com](http://www.kvparks.com)

## **Vinyasa Yoga -**

### **Wednesdays & Thursdays**

This energizing, dynamic class links the connection between breath and movement. Variations and modifications are always offered as you learn to discover what feels best for your body.

**Instructor:** Mina Stahr

**Dates:** January, 8th - May 28th

**Times:** 5:30 - 6:30pm

**Location:** KREC - 1020 Shields Road, Kernersville

**Fee:** \$10/class or \$30/month, if registering for both nights a discount will be applied.

**Ages:** 18 & up

**Registration:** [www.kvparks.com](http://www.kvparks.com)

## **Softball - Mondays,**

### **Wednesdays & Thursdays**

Join us for one of our weeknight men's, women's or coed leagues.

**Dates:** Week of March 17 - June

**Days:** Women's League - Mondays

Men's League - Mondays or Wednesdays

Coed League - Thursdays

**Times:** 6:30, 7:30, 8:30 & 9:30PM

**Location:** Ivey M. Redmon Sports Complex

**Fee:** \$450/Team

**Registration Deadline:** Sunday, March 2nd

**Registration & Additional Info:**

[www.kvparks.com](http://www.kvparks.com), 336-996-3062

## **Lacrosse -**

### **High School Boys Lacrosse**

The high school program will be a mix of instruction with organized scrimmages. We start with drills, small-sided play, and evaluation scrimmage for the first 2-3 sessions, then assign players to a team that will participate in a round robin competition among the other teams in the program. It culminates in a single-elimination playoff tournament during the final session.

**Dates:** TBD

**Days:** Mondays & Thursdays (Tuesdays may be used for make-up dates)

**Times:** 6:00-8:00 pm

**Location:** Ivey M. Redmon Sports Complex

**Fee:** \$100

**Age:** 8th thru rising seniors

**Registration & Additional Info:**

[www.kvparks.com](http://www.kvparks.com), 336-996-3062

### **Adult Men's Lacrosse**

**Dates:** May- June

**Days:** Sundays

**Times:** 6:00-8:00 pm

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

**Fee:** \$45/ Person

**Registration & Additional Info:**

[www.kvparks.com](http://www.kvparks.com), 336-996-3062

### **Women's (Adult and High School)**

**Dates:** April - June

**Days:** Wednesdays

**Times:** 6:00-8:00 pm

**Location:** Ivey M. Redmon Sports Complex

**Fee:** \$45/ Person

**Registration & Additional Info:**

[www.kvparks.com](http://www.kvparks.com), 336-996-3062



## **Intense Interval**

### **Training with Candi**

This fun, effective and intense 45 minute interval class will consist of cardio, resistance and weight training variations to help start your week with no muscle left behind.

**Instructor:** Candi Wallace, Certified Instructor

**Dates:** January 6th - May 28th

**Times:** Mondays, 8:00 - 8:45AM

**Location:** KREC - 1020 Shields Road, Kernersville

**Fee:** \$10/class or \$32 /month

**Ages:** 18 and up

**Registration:** [www.kvparks.com](http://www.kvparks.com)

# Adult Activities & Sports



## ***Stoller Strides with Fit4Mom Piedmont***

Stoller Strides is a 60-minute total body workout with strength, cardio, and core training, all while engaging the little ones in a stroller with fun songs and activities! This class is good for all stages of motherhood, and is designed to meet you where you are in your fitness journey.

**Instructor:** Christine Magee, Certified Instructor  
**Dates:** January 8th - March 28th  
**Times:** Wednesdays and Fridays, 9:30 - 10:30AM  
**Location:** KREC - 1020 Shields Road, Kernersville  
**Fee:** \$10/class or \$60/month  
**Ages:** 0-4 for babies / kids in strollers  
**Registration:** <http://piedmont.fit4mom.com/schedule>

## ***Adult Volleyball - Open Play***

**Dates:** January 7th - May 27th  
**Days:** Tuesdays  
**Time:** 5:30 - 9:00 pm  
**Ages:** 18 and older  
**Location:** KREC - 1020 Shields Road, Kernersville  
**Fee:** \$5/night  
**Registration:** For registration and full details visit: [www.kvparks.com](http://www.kvparks.com), or scan QR code below.



## ***Line Dancing - Thursdays***

Join our energetic line dancing class workout party, where we combine the joy of dance with the benefits of a full body workout! Beginners / Experienced are welcome as routines are easy to follow!

**Instructor:** Lonnie Marie  
**Dates:** January 9th - May 29th  
**Times:** 6:00 - 7:00 pm  
**Location:** KREC - 1020 Shields Road, Kernersville  
**Fee:** \$10/class  
**Ages:** 18 and up  
**Registration:** [www.kvparks.com](http://www.kvparks.com)

## ***Adult Soccer - Sundays***

Join us for one of our Sunday afternoon coed leagues.

**Dates:** March 9th - June  
**Times:** 5:00 - 9:30PM  
**Location:** Ivey M. Redmon Sports Complex or Cash Bagley Sports Complex  
**Fee:** \$65/ Person for the season  
**Registration Deadline:** Sunday, February 23  
**Registration:** [www.kvparks.com](http://www.kvparks.com), 336-996-3062





# Thank you to our corporate sponsors

## **Sixty Six Grill and Taphouse**

930 NC-66, Kernersville

## **Brother Cluckers**

1547 Union Cross Road., Kernersville

## **Holiday Inn Express & Suites**

899 Stafford Centre Drive, Kernersville

## **The Loop Restaurant**

1030 South Main Street., Kernersville

## **The Kernersville Chamber of Commerce**

136 E. Mountain Street., Kernersville

## **Chick-Fil-A**

1110 South Main Street., Kernersville

1331 Glenn Center Drive, Kernersville

## **All Year Cooling & Heating**

251 Gretas Way., Kernersville

## **Mock-Beroth Tire & Automotive**

731 E. Mountain Street., Kernersville

## **Captain Toms Seafood Bar & Grill**

1265 NC -66, Kernersville

## **Kernersville Magazine**

<http://kernersvillemagazine.com>

## **Sign Resources**

673 Gralin Street, Suite B, Kernersville

## **Preferred Lawn & Garden**

1327 N. Main Street, Kernersville

## **McDonald's on Hwy 66**

1400 Heartland Drive, Kernersville

## **Discover Yourville In Kernersville**

Downtown Kernersville

## **Idol Farms Kernersville**

<http://idolfarms.com>

## **Farm Bureau - Caitlin Truesdale**

110 Cedar Knoll Drive, Kernersville

## **Triad Irrigation and Landscape Supply, LLC**

1581 Brookford Industrial Drive.,  
Kernersville

## **Bojangles on Hwy 66**

915 NC-66, Kernersville

## **Papa Johns**

811 Old Winston Road, Ste C., Kernersville

We accept all major credit cards.



# Kernersville Parks and Facilities Directory

## Harmon Park

152 S. Main Street

## Civitan Park

309 Nelson Street

## Ivey M. Redmon Sports Complex

788 Beeson Rd.

## Old Kernersville Lake

936 Lake Park

## Bagley Sports Field Complex

4700 Old Hollow Rd.

## Kernersville Mountain Bike Park

567 Smith Edwards Rd.

## Fourth of July Park

702 W. Mountain Street

## Founders Park

101 N. Main Street

## Rotary Park

134 E. Mountain Street

## Centery Lake Park

309 Century Blvd.

## Harmon Park

152 S. Main Street



Find us on facebook  
[www.facebook.com/kvparks](http://www.facebook.com/kvparks)



/kvparks125



/town of kernersville

## NEW LOCATION:

**KERNERSVILLE  
RECREATION & EVENT  
CENTER**

**1020 SHIELDS ROAD**

## Staff Directory

### Recreation Main Line

336-996-3062

### Director of Parks and Recreation

336-992-0804

### Recreation Superintendent

336-992-0806

### Programming and Marketing Coordinator

336-996-6421

### Athletic Coordinator

336-564-1608

### Adaptive and Inclusion Coordinator

336-564-2241

### Recreation Facility Manager

336-336-3039