

January - April 2023



Leisure

GUIDE

Special EVENTS

Presented by
LeDo PIZZA.

♥ Father Daughter ♥ Dance ♥

Forever My Valentine

Saturday, February 11th
6pm-8pm

Ticket Sales begin
Tuesday, January 10th
10am Online Only

Town of **KERNERSVILLE**
Parks & Recreation

CAPRA ACCREDITED

the summit
CHURCH | KERNERSVILLE

**JUNE 12TH -
AUGUST 11TH**
No Camp July 3rd - 7th

Registration starts Monday, March 13th

Early bird rate is 5% off the regular rate and is available March 13th - April 10th

www.kvparks.com

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

MOTHER AND SON CHALLENGE

presented by
LeDo PIZZA.

April 28th 2023

**Details
coming soon**

Town of **KERNERSVILLE**
Parks & Recreation

CAPRA ACCREDITED

Adaptive Cycling Clinic

Fourth of July Park
702 W. Mountain St

Saturday, April 29th 2023 • 1pm

Join us for a cycling ride through Fourth of July Park, welcoming all levels, friends and family!

Free, but registration is encouraged

Contact Us For More Information
Emily Crisco • ecrisco@toknc.com • 336-564-2241
www.kvparks.com

SOLUTIONS FOR Independence

Town of **KERNERSVILLE**
Parks & Recreation

Guilford County

Adult ACTIVITIES

Power Yoga

Intermediate yoga class intended to challenge students endurance and balance, while growing flexibility and strength.

Instructor: Ashley K Price, 200 hour registered yoga teacher primary personal trainer

Dates: 1/9 - 4/24 , No class 1/16

Times: Mondays, 7:15 - 8:15PM

Location: Kernersville Community Recreation Center

Fee: \$5/class or \$20/month

Ages: 18 and up

Registration: www.kvparks.com

Clink Paint



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

Dates: February 8, March 15 & April 19

Times: Wednesdays, 6:00-8:00PM

Location: Kernersville Community Recreation Center

Fee: \$35/ per person or \$60 / two

Ages: Grade school and up

Registration: www.kvparks.com

NEW Refit INSTRUCTOR

REFIT believes fitness should change more than your body and that your workout should be fun! This experience combines powerful moves and positive music for a cardio-based workout that is challenging and effective.

Instructor: Cindy Teague, Certified REFIT Instructor

Dates: 1/5 - 4/27

Times: Thursdays, 6:00-7:00PM

Location: Kernersville Community Recreation Center

Fee: \$20/month or \$5/per class

Ages: All ages welcome

Registration: www.kvparks.com

NEW Zumba INSTRUCTOR

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: 1/9 - 4/24

Times: Mondays, 6:00-7:00PM

Location: Kernersville Community Recreation Center

Fee: \$5/class or \$35/month

Ages: 18 and up

Registration: www.kvparks.com

Barre



Fun fitness class based around ballet moves, yoga, and strength training incorporating light cardio classes to improve balance, posture, strength, and stamina.

Instructor: Ashley Price, 200 hour registered yoga teacher, primary personal trainer

Dates: 1/5 - 4/27

Times: Thursdays, 6:15-7:15PM

Location: Kernersville Community Recreation Center

Fee: \$5/class or \$20/month

Ages: 18 and up

Registration: www.kvparks.com

For more information about modifications and inclusion support for people with disabilities or concerns, call 336-996-3062 or email ecrisco@toknc.com

Youth ACTIVITIES

Storytime in the Park

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

Instructor: Stefanie Kellum, Youth Services Librarian
Dates: Saturdays March 4th & April 1st, 2023
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. Check the FCPL4KIDS Facebook page for updates.

Archery

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!

Dates: 2/6, 2/13, 2/20, 2/27
Days: Mondays
Time: 7:30PM - 8:30PM
Ages: 7 and older
Location: Kernersville Community Recreation Center
Fee: \$35/Person for all 4 weeks
Registration Deadline: 2/6 at 4:00pm
Registration: www.kvparks.com, 336-996-3062



No experience needed, our coaches will give you the fundamentals to play and enjoy the game. All new players (boys) can borrow protective equipment (helmet, shoulder pads, elbow pads and gloves) with a deposit. All players will need to provide their own stick. Fee includes a uniform to keep after the season concludes. Additional USA Lacrosse membership is required by all players.

Dates: Mid-February - May

Age Groups:

- **Boys:** Grades - K-7
- **Girls:** Grades - K-7

Practice: Mondays, Wednesdays

Games: Saturdays

Additional Information & Registration:

www.kvparks.com, 336-996-3062

Drama Kids Acting Academy

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

Elementary

Instructor: Nicole Serrin,
Dates: Mondays, 1/9 - 5/15
Time: 4:30-5:30 pm
Ages: 5-11

Middle / Highschool

Dates: Tuesdays, 1/10 - 5/16
Time: 6:00-7:00 pm
Ages: 11-17
Location: Kernersville Community Recreation Center
Registration: www.dramakidsnc1@gmail.com or 336-754-4385
Fee: \$60/month

Mentor Tennis



Come out to Fourth of July Park this Spring and improve your tennis! These classes are for Beginners AND Intermediate tennis players. Class sizes are limited, so please SEND your registration ASAP!

Instructor: Coach Rod Pearson,
USPTA & USNTA Cert. & Triad area instructor
for 23+ years

Dates: Saturdays, 3/11-5/20 (No class on 4/8)

Times: 10:30-11:30 am- Young Juniors (6-8 years)
11:30-12:30 pm- Juniors (9-12+ years)

Location: Fourth of July Park Tennis Courts

Fee: *\$85/8 weeks

Registration: Deadline is 3/2/23 @ 5:00pm. Late registration rate available. Please e-mail mentorent@gmail.com or call 336-459-0647.

For more information about modifications and inclusion support for people with disabilities or concerns, call 336-996-3062 or email ecrisco@toknc.com

Adaptive RECREATION

Challenger Basketball

This league can help players gain self-esteem, independence, and develop friendships all while learning the game of basketball. This program is designed for children and adults with disabilities to participate in a sports environment structured for their individual success. Players will work on skill building which provides an essential opportunity for players to develop stronger emotional and social skills while working as a team. In addition, battles against High Point Parks and Recreation and Greensboro Parks and Recreation Challenger teams will bring the spirit of competition!

Instructor: KPRD Staff and Volunteer

Dates: 1/23 - 3/3

Times: Mondays, 4:30-5:30pm

Location: Kernersville Community Recreation Center

Ages: 8 & Older

Cost: \$15

Registration ends: January 9th

www.kvparks.com , 336-996-3062



Challenger Cheer

What is a team, without a cheer squad? Join us to learn a routine and perform at the Award Ceremony at the end of the season. This program is for all genders who love to dance and CHEER!

Instructor: KPRD Staff and Volunteer

Dates: 1/23 - 3/3

Times: Mondays, 5:00-6:00pm

Location: Kernersville Community Recreation Center

Ages: 8 & Older

Cost: \$15

Registration ends: January 9th

www.kvparks.com, 336-996-3062



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.



Adult ATHLETICS

Coed Soccer



Join us for one of our Sunday afternoon coed leagues.

Dates: Sunday, March 19 - June

Days: Sundays

Times: 3:00-9:00 PM

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

Fee: \$65/ Person

Registration Dates:

- Team - 1/23 - 3/5
- Player - 1/23 - 3/12

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

Archery



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.

Dates: 2/6, 2/13, 2/20, & 2/27

Days: Mondays

Times: 7:30PM - 8:30PM

Location: Kernersville Community Recreation Center

Fee: \$35 / Person for all 4 weeks

Registration Ends: 2/6, 4PM

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

Softball



Join us for one of our weeknight leagues.

Dates: Week of March 20 - June

Days: Women's League - Mondays

Men's League - Mondays, Tuesdays, or Wednesdays

Coed League - Thursdays

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

Location: Ivey M. Redmon Sports Complex

Fee: \$450/Team

Registration Dates : 1/23 - 3/5

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

Women's Lacrosse

Dates: April - June

Days: Tuesdays

Times: 6:00-8:00 pm

Location: Ivey M. Redmon Sports Complex

Fee: \$45/ Person

Registration Dates: 2/27 - 4/10

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



Men's Lacrosse

Dates: 5/14 - 6/25

Days: Sundays

Times: 6:00-8:00 PM

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

Fee: \$45/ Person

Registration Dates: 2/27 - 5/7

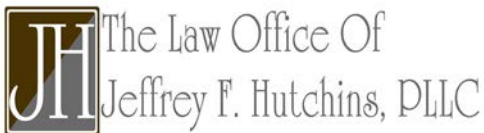
Registration: www.kvparks.com, 336-996-3062

Thank you to our corporate sponsors

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



IT'S BO TIME!™



HWY 66



ASHLEY DAVIS



kernersville parks & facilities

Ivey M. Redmon Sports Complex

788 Beeson Road

Bagley Sports Field Complex

4700 Old Hollow Road

Harmon Park

152 S. Main Street

Civitan Park

309 Nelson Street

Fourth of July Park

702 W. Mountain Street

Founders Park

101 N. Main Street

Old Kernersville Lake

936 Lake Drive

Century Lake Park

309 Century Blvd.

Kernersville Mountain Bike Park

567 Smith Edwards Road

Rotary Park

134 E. Mountain Street

Kernersville Community

Recreation Center

125 E. Bodenhamer Street

Kernersville Community

Pool & Water Park

1113 W. Mountain Street

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



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www.facebook.com/kvparks



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