

PINEHURST ACTIVITY GUIDE

September 2022 to January 2023



Pinehurst Parks & Recreation

910-295-2817

210 Rattlesnake Trail, Pinehurst, NC 28374

parksandrec@vopnc.org | www.pinehurstrec.org

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Registration Guidelines & Policies

PRE-REGISTRATION IS REQUIRED!

Participation for all programs is on a first-paid, first-served basis. Participants can register online at www.pinehurstrec.org, in person at the Community Center, 210 Rattlesnake Trail, or over the phone by calling 910-295-2817. Payment is due at the time of registration—there are no exceptions!

PROGRAM CANCELLATIONS

We reserve the right to cancel any class, activity, or event because of failure to meet minimum enrollment. To prevent cancellations, please pre-register with the Recreation Department. If there is a cancellation, a credit or refund will be issued. Any program cancelled or postponed due to inclement weather will be announced by email, telephone, or social media. Every effort will be made to notify the participants and refund requests will be processed (minus a \$10.00 administrative fee).

FINANCIAL ASSISTANCE POLICY

No Pinehurst resident youth will be denied participation based on their ability to pay.

Three Easy Ways to Register

ONLINE

www.pinehurstrec.org

IN PERSON

Registrations are accepted at the front desk of the Community Center, 210 Rattlesnake Trail.

BY PHONE

Call 910-295-2817 during business hours and have your credit card ready.

DON'T WAIT TO REGISTER!

Be sure to register early for classes. Classes that don't meet their minimum enrollment are generally cancelled, so your registration could make the difference.

Parks and Recreation Comprehensive Master Plan Update

The Parks and Recreation Department is contracting with McAdams Company to gather input from community stakeholders and update the 2011 Parks and Recreation Comprehensive Master Plan. Information will be released in September regarding opportunities for public engagement workshops, surveys, and other methods to receive feedback. The Engage Pinehurst portal will be updated with additional information once the survey is ready and public meetings have been scheduled. Please check the Village website for more information or call the Recreation Department for additional details.



Splash Pad Open Through September

The Splash Pad at Rassie Wicker Park remains a popular attraction and we wanted to remind you this amenity will remain open through September 30th! This popular feature is open daily from 10:00am to 7:30pm. Visit www.vopnc.org/splashpad for a list of our frequently asked questions. Thank you for another great season!

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Pinehurst Harness Track Winter Training Returns

The Pinehurst Harness Track is the oldest continuously operating equine sports facility in the state. The 111-acre Harness Track has been a winter training center for Standardbred horses since 1915! The facility includes a 1-mile clay training track, 1/2 mile sand/clay training track and a 5/8 mile sand jog track with over 240 stalls in 17 barns.

Training season resumes on October 15th, 2022 and will run through May 1, 2023 with horses on the track from sunrise to 1:00pm Monday through Saturday. Please note that the facility is closed to walkers, joggers, dog walking (must be on leash) and hitting golf balls until after 1:00pm during training season. The speed limit on the property is 10mph and horses always have the right of way. Vehicles are always prohibited from driving across the training tracks. The public is welcome to park along the fence between the Fair Barn and the Track Restaurant to watch the horses in training during the season.

SPECIAL EVENTS

May to September

SEPTEMBER

PINEHURST LIVE AFTER 5

Who's ready for beach music at Live After 5 with The Castaways? Music, dancing, and kids' crafts will ensure a good time for all ages. Pita Perfect, Bac2Mac, The House of Odell & Luella and Polar Ices will be on-site with a wide selection for all to enjoy. Beer, wine, and additional beverages will also be available for purchase. Picnic baskets are allowed; however, outside alcoholic beverages are not permitted.

This is a great FREE event the entire family is sure to enjoy. Don't forget to bring your lawn chairs, blankets, and dancing shoes!

Friday, September 9 | Tufts Memorial Park
5:15pm-5:50pm: Paige King Johnson
6:00pm-9:00pm: Castaways

Thank you to our loyal Live After 5 stage sponsor:



EATS, BEATS, & BREWS

Everyone's favorite food truck rodeo is back! Eats, Beats, & Brews returns with a variety of favorite local vendors. A variety of adult beverages will be available for purchase; outside alcoholic beverages are not permitted. Live entertainment throughout the evening for all to enjoy and fun activities for children. Make sure to bring your dancing shoes and appetite!

Saturday, September 17 | Village Arboretum
5:00pm-6:00pm: Whiskey Pines
6:00pm-9:00pm: The Parks Brothers

FLUTTERBY FESTIVAL

Enjoy live music, fun activities, and food while learning about Monarch butterflies, insects, and birds! Tour the Pollinator Garden and step into the magical Monarch butterfly tent before releasing them to join the great migration. Live music by the Carolina Philharmonic, information from local organizations, food vendors, kids' activities, and more.

Organized by the Village Heritage Foundation with support from the Village of Pinehurst.

This event is FREE to attend but tickets are required. Get your tickets now by scanning the QR code.

Saturday, September 24 | Village Arboretum
11:00am-2:00pm



SANDHILLS FARMERS MARKET

The Sandhills Farmers Market features some of the many wonderful farms, nurseries, bakeries, meat and egg providers, cheesemakers and specialty food producers our area has to offer. Be sure to enjoy the market twice a week through October 1. For more information visit: www.facebook.com/SFGMarket

Through October 1 | Tufts Memorial Park

Saturday Hours: 10:00am-1:00pm

Wednesday Hours: 3:00pm-6:00pm

Location or times may be subject to change, so be sure to check the Facebook page!

OCTOBER

PINEHURST LIVE AFTER 5

Join us for the last concert of the 2022 Live After 5 Series with Bantum Rooster. Live music & kids' crafts will ensure a good time for all ages. Wildfire Pizza, Jaya's Indian Cuisine, and Sunset Slush will be on-site with a wide selection of food for all to enjoy. Beer, wine, and additional beverages will be available for purchase. Picnic baskets are allowed, however, outside alcoholic beverages are not permitted.

This is a great FREE event the entire family is sure to enjoy. Don't forget to bring your lawn chairs, blankets, and dancing shoes!

Friday, October 14 | Tufts Memorial Park

5:15pm-5:50pm: John Norris

6:00pm-9:00pm: Bantum Rooster



HOLLY ARTS & CRAFTS FESTIVAL

The Pinehurst Parks & Recreation Department is proud to sponsor the annual Holly Arts & Crafts Festival presented by the Pinehurst Business Partners. The festival combines the talents of over 100 hand-crafters in a variety of genres - from woodworking to glass, stitched art to lawn ornaments, hand-crafted jewelry to metal sculpture. Downtown shops offer sales and specials. For more information on the event, please visit www.pinehurstbusinesspartners.com.

Saturday, October 15 | Village Center

10:00am-4:00pm

OKTOBERFEST

Oktoberfest returns to Tufts Memorial Park this October. The evening kicks off with Kinderfest from 4:00pm-6:00pm, a fun festival for children and families to enjoy. There will be music, fun crafts, a bubble artist and a Halloween costume show-off. Following Kinderfest, we'll have traditional Oktoberfest activities from 6:00pm-9:00pm featuring German music by The Mountain Top Polka Band. Food and beverages will be available to purchase throughout the day. Picnic baskets are allowed, however, outside alcoholic beverages are not permitted.

Saturday, October 22 | Tufts Memorial Park

4:00pm-6:00pm: Kinderfest

6:00pm-9:00pm: Oktoberfest

Thank you to our exclusive Oktoberfest sponsor:



NOVEMBER

TURKEY TROT

The FirstHealth Pinehurst Turkey Trot is back at the Village Arboretum. Runners will have the chance to trek through the streets and residential neighborhoods of our beautiful Village. More information about the event can be found at setupevents.com. This event is organized by Set Up Events with support from the Village of Pinehurst.

Saturday, November 19 | Village Arboretum

DECEMBER

CHRISTMAS TREE LIGHTING

Once a year, the Village of Pinehurst comes alive with holiday spirit at the annual Christmas Tree Lighting. Bring your family and friends to Tufts Memorial Park for music, holiday cheer, and of course, the chance to see Santa! Enjoy festive fun from 5:00pm-7:30pm and the official lighting of the tree is scheduled for 6:30pm. Vendors will be onsite with food & beverages available for purchase. This is a free event for your entire family to enjoy.

Friday, December 2 | Tufts Memorial Park

5:00pm-7:30pm

Cool Down Dressage	September 3-4	All Day	Kay Whitlock	910-692-8467
Eastern Zone Regional Polocrosse	September 24-25	All Day	Sarah Desai	336-254-1477
Pinehurst Fall Dressage	October 8-9	All Day	Cassie Oeltjen	618-201-3290
Standardbred Training Season	Oct. 15-May 1	6:00am-1:00pm	Scotty Freeman	910-420-1628
Dressage Schooling Shows	January-March TBD	All Day	Cassidy Oeltjen	618-201-3290



QUILTING IN THE PINES

Presented by: Sandhills Quilters Guild

For more information visit sandhillsquilters.org or contact quiltshow@sandhillsquilters.org.

Date: September 22-24

DRUG FREE MOORE COUNTY FUNDRAISER

Presented by: Drug Free Moore County

Drug Free Moore County, Inc. is working toward the ideal of a drug-free society through education, intervention and prevention. This fun event is an awareness fundraiser with local vendors. More information: 910-947-1902.

Date: September 25

DANCE FIT FOR A CURE

Presented by: Forte Fitness & Carolina Property Sales

Food and spirits from 6:00pm-7:00pm and Dance*Fit from 7:00pm-9:00pm. Must register online in advance: fortefitnessgym.com. 100% of ticket & cocktail sales will be donated to Beacon Bragg.

Date: September 30

HARVEST THE PROMISE FUNDRAISER

Presented by: Family Promise of Moore County

Annual fundraiser for Family Promise of Moore County. More information: 910-944-7149 or www.fpofmc.org.

Date: October 13

GIVEN TUFTS LOW COUNTRY BOIL

Presented by: Givens Memorial Library & Tufts Archives Foundation

Support the Givens Memorial Library and Tufts Archives while enjoying a wonderful Low Country Boil and great fellowship! More information: 910-295-6022 or giventufts.org

Date: October 16

DREAMS 4 ALL FUNDRAISER

Presented by: Dreams 4 All Foundation

Contact the Dreams 4 All Foundation at 910-246-2233 or go to sweedreamsnc.com/foundation.

Date: October 20



Call 910-295-0166 to rent the Fair Barn for your event!

CAROLINA PHILHARMONIC FALL GALA

Presented by: The Carolina Philharmonic

Come enjoy wonderful music, auction, food & beverage for a great cause! More information: 910-687-0287 or www.carolinaphil.org.

Date: October 28

MOORE TRIVIA

Presented by: The Boys & Girls Club of the Sandhills & the Moore County Chamber of Commerce

Come out for a fun night of food, fellowship & trivia. More information: sandhillsbgc.org or moorecountychamber.com.

Date: November 4

PURSE BINGO FUNDRAISER

Presented by: The Academy of Moore PTO

Play Bingo to win one of several name-brand purses and bags. More information: 910-757-0401 or facebook.com/pursebingofundraisertamc.

Date: November 5

BACKPACK PALS CHRISTMAS SPECTACULAR

Presented by: Food Bank of Central & Eastern NC

No event admission fee, but love offerings that benefit Backpack Pals of Moore County. More information: 252-290-0560 or foodbankcenc.org.

Date: December 1

CHRISTMAS EVE SERVICES

Presented by: Pinehurst United Methodist Church

All services are free and open to the public. More information: 910-215-4559 or pinehurstumc.org.

Date: December 24 | 3:00pm, 5:00pm, 7:00pm

ADULT ATHLETICS

YOU MAKE THE CALL

We are always looking for someone who wants to stay in the game by becoming a sports official. No experience is necessary, and training will be provided. Sports currently offered: flag football, baseball, softball, basketball, kickball, volleyball, and wiffleball.

If interested, contact Dave White at dwhite@vopnc.org.



ADULT: OPEN GYM PROGRAMS

Participants must have an Open Gym Membership to participate in open gym programs: basketball, pickleball, volleyball, and walking/jogging. To register for an Open Gym Membership, contact the Parks and Recreation Department or visit pinehurstrec.org. Membership periods are January–June and/or July–December.

Cost:

Individual \$15 Residents; \$30 Non-Residents

Family \$30 Residents; \$60 Non-Residents

Schedules may change due to other activities and leagues, so check with the department for an updated schedule for each open gym activity.



ADULT: INLINE HOCKEY

The inline hockey rink will be open Wednesday and Sunday evenings, 8:00pm–10:00pm for adults ages 18 and over. Registration is required and can be completed at www.pinehurstrec.org.

For more information and a current schedule, contact Dave White at dwhite@vopnc.org.

Three Easy Ways to Register

ONLINE

www.pinehurstrec.org

IN PERSON

Registrations are accepted at the front desk of the Community Center, 210 Rattlesnake Trail.

BY PHONE

Call 910-295-2817 during business hours and have your credit card ready.

Interested in teaching?

Join the Parks and Recreation Team! Do you have knowledge and skill in a particular area that you would enjoy sharing with others? If so, we'd like to hear your creative and exciting ideas. Contact us at 910-295-2817.

YOUTH ATHLETICS

YOUTH: INLINE HOCKEY CLINICS

FREE inline hockey clinics for boys and girls ages 5-18, designed for beginners and advanced beginners to work on specific skills to improve their game. Participants should bring a helmet, skates, and stick. We encourage all participants to wear a mouth guard and additional hockey equipment such as gloves, knee pads, shin guards, elbow pads, etc. For more information, email dwhite@vopnc.org.

Location: Hockey Rink at Rassie Wicker Park

Session 1: September 9-30

Session 2: October 7-28

Time: 6:00pm-7:00pm



YOUTH: SANDHILLS OPTIMIST BASEBALL

The Pinehurst Parks & Recreation Department co-sponsors this league with the Sandhills Optimist Club for youth ages 7-12.

Contact Sandhills Optimist directly for registration deadlines and additional information: www.sandhillsoptimistclub.com.

YOUTH: AC SANDHILLS SOCCER

AC Sandhills is an athletic club for ages 3 and up for a variety of sports such as soccer, girls' lacrosse, travel volleyball and a youth triathlon club.

Registration and more information can be found at www.acsandhills.com.

YOUTH: TENNIS LESSONS

Instructor Steve Musgrove and The Lawn & Tennis Club of North Carolina are working with the Pinehurst Parks & Recreation Department to create a sustainable, year-round tennis program for youth tennis players in the community. Sessions are four weeks long and will be held at The Lawn & Tennis Club of North Carolina.

Session Dates Tuesdays: Ages 5-12

Sept 6-27 | Oct 11-Nov 1 | Nov 29-Dec 20

Session Dates Wednesdays: Ages 12-17

Sept 7-28 | Oct 12-Nov 2 | Nov 30-Dec 21

Session Dates Thursdays: Ages 5-12

Sept 8-29 | Oct 13-Nov 3 | Dec 1-22

Times: Ages 5-8 4:00pm-5:00pm

Ages 9-12 5:00pm-6:00pm

Ages 12-17 4:00pm-6:00pm

Cost: Ages 5-12: \$35, Ages 12-17: \$85

YOUTH: BASKETBALL LEAGUE

This program is for girls and boys ages 5-15 to have FUN while learning the basic fundamentals of basketball. Age will be determined as of 1/1/23. Interested in coaching? Indicate so while registering. Visit pinehurstrec.org for more information on dates and times.

Registration Deadline: November 14 or until the league is full, whichever comes first.

First Practice: December 3

Cost: \$30 Residents, \$60 Non-Residents

YOUTH & FAMILY OPEN GYM PROGRAMS

Participants must have an Open Gym Membership to participate in open gym programs: basketball, volleyball, and open play. To register for an Open Gym Membership, contact the Parks & Recreation Department or visit pinehurstrec.org. Membership periods are January–June and July–December.

Cost:

Individual* \$15 Residents; \$30 Non-Residents

Family \$30 Residents; \$60 Non-Residents

***Youth 12 and under must have a family Open Gym membership and be supervised by a guardian at all times.**

Schedules may change due to other activities and leagues, so check with the department for an updated schedule for each open gym activity.

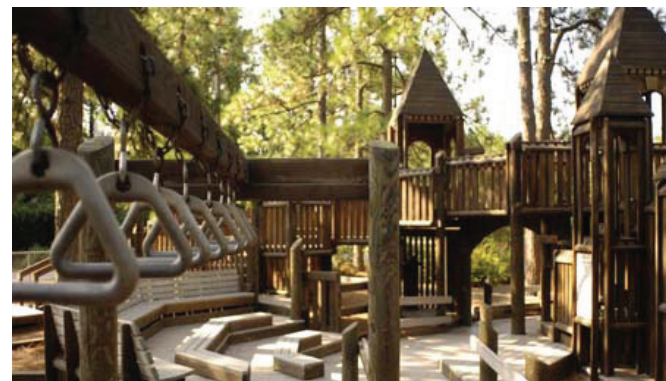
PARKS, TRAILS, & FACILITIES

Our parks offer a wide range of activities including soccer/baseball fields, picnic shelters, an in-line hockey rink, a disc golf course, a splash pad, and miles of greenway trails. In addition, many of our facilities are available to rent for parties, weddings, and special events. Visit vopnc.org/facilities for more information.



THE CANNON PARK COMMUNITY CENTER

The Community Center, located at 210 Rattlesnake Trail, houses various programs, camps, classes, and athletic leagues and is also home to Parks & Recreation staff offices. Find more information at vopnc.org/communitycenter.



CANNON PARK

Cannon Park is a 15-acre facility with 4 restrooms, 2 baseball/softball fields, a covered picnic shelter, walking trails, and a small practice soccer field, and is home to Camelot Playground.



WICKER PARK

Wicker Park is a 103-acre facility with 2 shuffleboard and 2 bocceball courts, 2 tennis courts, a soccer field, an in-line hockey rink, a playground, a Splash Pad, paved walking trails, brick sidewalks, an expanded trail system and concession stand/restroom facility.



THE ARBORETUM

Wicker Park is also home to the 33-acre Arboretum developed by the Village Heritage Foundation. The Arboretum's Gardens and Timmel Pavilion may be reserved for weddings, receptions and other events.



THE DISC GOLF COURSE

The Village of Pinehurst Disc Golf Course is an 18-hole course located at 861 Chicken Plant Road. Parking is available at West Pinehurst Community Park.



THE PINEHURST HARNESS TRACK

The Pinehurst Harness Track is a 111-acre equestrian facility and winter training center for Standardbred horses. The facility hosts several shows and events throughout the year.

View upcoming events at the Pinehurst Track on page 6



THE FAIR BARN

The ever-popular Fair Barn, located on the grounds of the Harness Track, was built in 1917 and is the oldest surviving early twentieth-century fair exhibition hall in North Carolina. This renovated barn serves as a multi-purpose community gathering place for receptions, private parties, rehearsal dinners and weddings.

View upcoming events at the Fair Barn on page 7

Interested in teaching?

Join the Parks and Recreation Team! Do you have knowledge and skill in a particular area that you would enjoy sharing with others? If so, we'd like to hear your creative and exciting ideas. Contact us at 910-295-2817.



THE PINEHURST GREENWAY SYSTEM

The Pinehurst Greenway System currently has 7.6 miles of trail. If you would like information on the location of future phases, please call the department for more information.

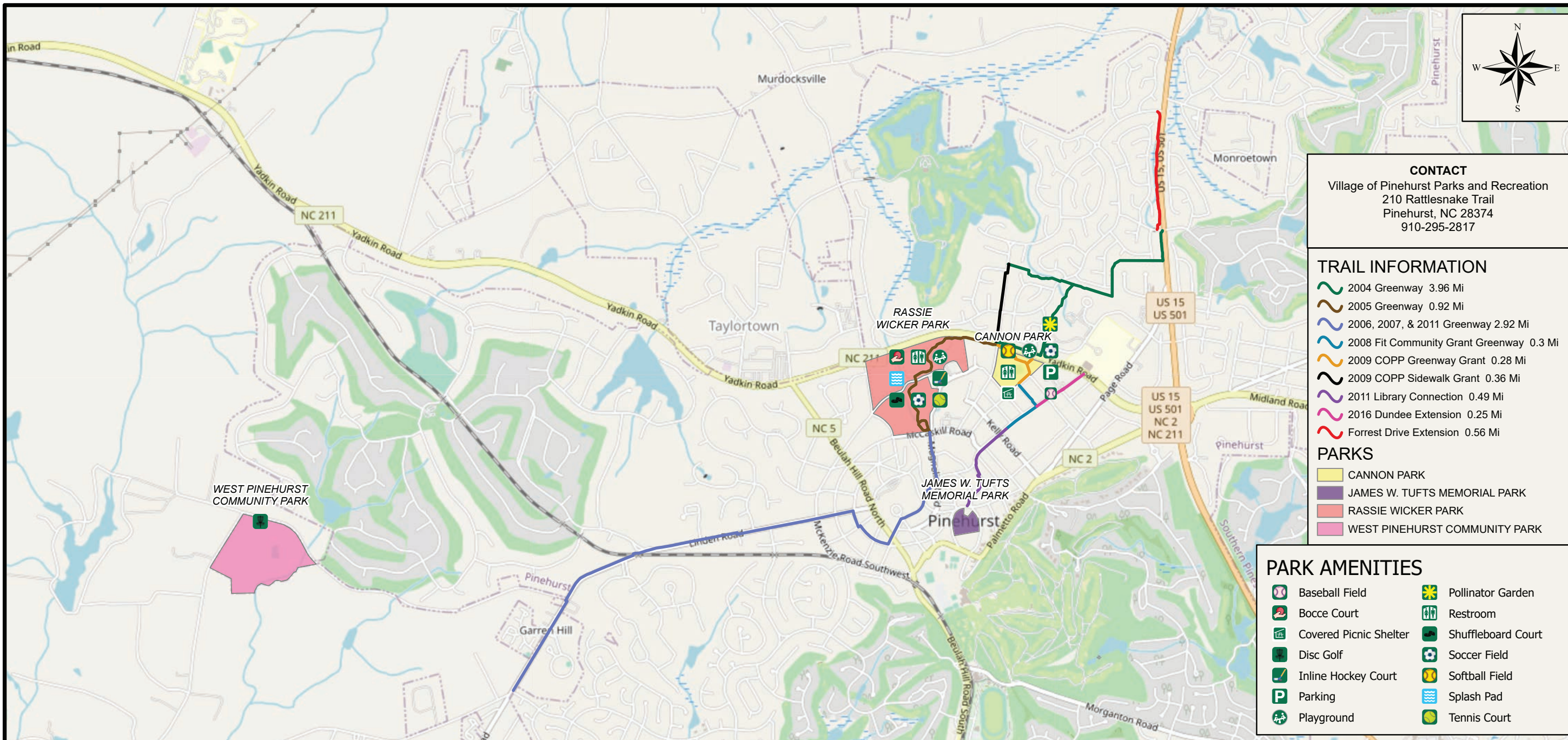
Please note that trails are for pedestrian and bicycling access only. Motorized vehicles, such as golf carts, are prohibited on the trails. Violators are subject to fines and penalties as set forth in the Village of Pinehurst Municipal Code.

See the Greenway Map on pages 14-15



TUFTS MEMORIAL PARK

Tufts Memorial Park is located in the heart of the Village center and features a beautiful open green space with benches and picnic tables around the perimeter of the park. Tufts Park is home of the popular Pinehurst Live after 5 Concert Series, weekly farmers market, and other special events throughout the year.

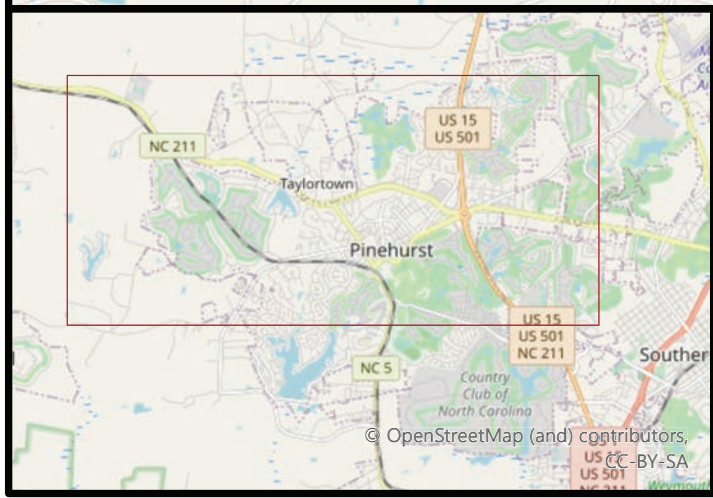


CONTACT
 Village of Pinehurst Parks and Recreation
 210 Rattlesnake Trail
 Pinehurst, NC 28374
 910-295-2817

- TRAIL INFORMATION**
- 2004 Greenway 3.96 Mi
 - 2005 Greenway 0.92 Mi
 - 2006, 2007, & 2011 Greenway 2.92 Mi
 - 2008 Fit Community Grant Greenway 0.3 Mi
 - 2009 COPP Greenway Grant 0.28 Mi
 - 2009 COPP Sidewalk Grant 0.36 Mi
 - 2011 Library Connection 0.49 Mi
 - 2016 Dundee Extension 0.25 Mi
 - Forrest Drive Extension 0.56 Mi

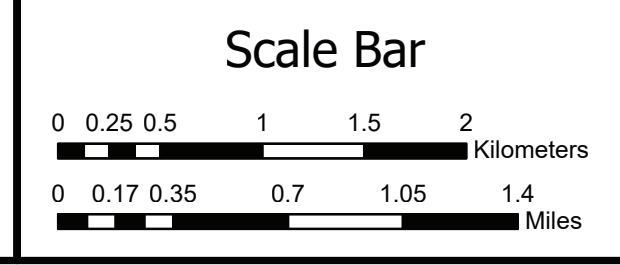
- PARKS**
- CANNON PARK
 - JAMES W. TUFTS MEMORIAL PARK
 - RASSIE WICKER PARK
 - WEST PINEHURST COMMUNITY PARK

- PARK AMENITIES**
- | | |
|------------------------|--------------------|
| Baseball Field | Pollinator Garden |
| Bocce Court | Restroom |
| Covered Picnic Shelter | Shuffleboard Court |
| Disc Golf | Soccer Field |
| Inline Hockey Court | Softball Field |
| Parking | Splash Pad |
| Playground | Tennis Court |



Village of Pinehurst Parks & Recreation Greenway Trail Map

Village of Pinehurst Disclaimer:
 It is understood that the data contained herein is subject to constant change and that its accuracy cannot be guaranteed. The maps have been created from information provided by various government and private sources at various levels of accuracy. The data is provided to you "as is" with no warranty, representation or guaranty as to the content, sequence, accuracy, timeliness or completeness of any of the information provided herein. It is the responsibility of the user of the data to be aware of the data's limitations and to utilize the data in an appropriate manner. Any resale of this data is strictly prohibited in accordance with North Carolina General Statutes 132-10.



Coordinate System NAD 1983 StatePlane North Carolina FIPS 3200 (US Feet)

ADULT PROGRAMS

CALLIGRAPHY BASICS

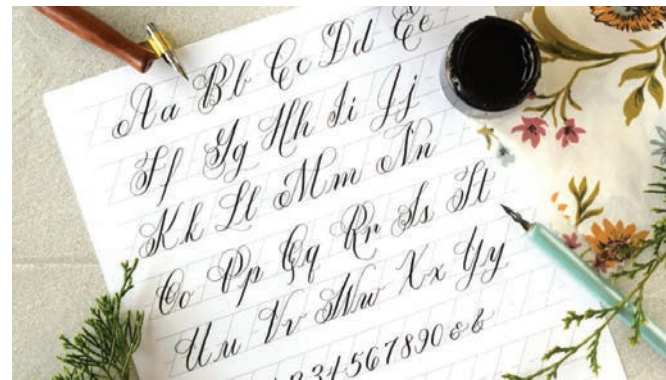
Join instructor Mary Hill, a member of the NC Triangle Calligraphy Guild, with a solid background in many forms of lettering. Students will be exposed to the tools of the trade and learn creative calligraphy writing techniques. In this class, you will discover how to use your handwriting to embellish almost any project. All levels are welcome.

September Session: September 7-October 12

Class Time: Wednesdays, 10:00am-12:00pm

Cost: \$50 Residents, \$100 Non-Residents

Arts and Crafts Room | Minimum 10, Maximum TBD



CARD-MAKING CLASS

Join Susan Rodgers as she teaches the art of making your own greeting cards. Cards will be holiday-themed based on the month. All supplies are provided.

Session Dates: Wednesdays, 9/28, 10/26, 11/30

Time: 2:00pm-5:00pm

Cost: \$40 Residents, \$80 Non-Residents

Program Room | Minimum 4, Maximum 10

PINEHURST EN PLEIN AIR

Explore the village from a new perspective in this hands-on drawing class centered around the history and architecture of Pinehurst. Partnering with Tufts Archives, participants will engage in a brief history lesson of select VOP scenes, and then sketch those scenes. We will focus on lighting, perspective, and shading, among other elements, with the opportunity to explore pencil, pen and ink, watercolor, and charcoal. Participants will leave with the tools necessary to create en plein air and a portfolio of beloved hand-drawn Village of Pinehurst images to treasure forever. *Sketchbook will be provided; all other materials will be the responsibility of participant. Classes will resume in October, so stay tuned!*



INTRODUCTION TO WATERCOLOR

This class, taught by local artist Christi Geist, will introduce you to the beautiful world of watercolor, the most popular painting medium today. Students will build their foundation of learning how to understand and use watercolor paints, working their way to completing their own project.

September Session: September 21-October 26

November Session: November 2-December 14 (no class 11/23)

January Session: January 4-February 8

Class Time: Wednesdays, 1:00pm-3:00pm

Cost: \$50 Residents, \$100 Non-Residents

Arts and Crafts Room | Minimum 10, Maximum TBD

PAINTING SOCIAL CLUB

In between our regular painting sessions, artists have the opportunity to join this drop-in social club. Participants are welcome to bring their lunch and any piece to work on while socializing with other artists in the community. No formal instruction will be provided during this time.

Sessions: Thursdays | 1:00pm-4:00pm

Cost: \$7 drop-in fee per day | **Arts & Crafts Room**

CREPE PAPER FLORAL BOUQUETS WORKSHOP

Explore creative paper flowers of all kinds with Mary Hill. Discover techniques such as hand painting and creative designs for any special event or celebration. This would be the perfect class to complete something for the holidays! *All materials are provided. Participants should bring a bag lunch.*

Sessions: November 14 or February 7 | 10:00am-2:00pm

Cost: \$50 Residents, \$100 Non-Residents, per class

Arts & Crafts Room | Minimum 6, Maximum TBD

GOLF CONDITIONING

Calling all golfers! Feeling sore after a round of golf? Want to improve your game? Join Valerie Downing, a Titleist Performance Institute certified instructor, in this class focused on golf flexibility, strength, balance and stabilization training. The movements learned in class will help increase club head speed, hip mobility, weight transfer, muscle memory, and much more!

September Session: September 20-October 25

November Session: November 8-December 13

January Session: January 3-February 7

Time: Tuesdays, 2:00pm - 3:00pm

Cost: \$40 Residents, \$80 Non-Residents

Wellness Room | Minimum 6, Maximum TBD

ARCHERY

Join Rene Monderen, Level 3 USA Archery certified instructor, for an hour of archery fun every week! Participants will learn the correct way to shoot a bow and arrow through practice shooting and exciting games. Any level of shooter is welcome and all equipment is provided. We shoot with recurve bows, but participants may bring their own bow with instructor approval. No compound bows. Max draw weight 40 lbs. **Age Group: 19+**

October Session: October 15-November 19

January Session: January 21-February 25

Time: Saturdays, 1:30pm-2:30pm

Cost: \$95 Residents, \$190 Non-Residents

West Pinehurst Park | Minimum 4, Maximum 6

FOLLOW ME TO FITNESS

Join instructor Jonathan Welker in weekly Follow Me to Fitness classes and create a healthy lifestyle by making better choices. If your goal is to lose weight, build muscle, or become healthier overall, these classes are for you! Classes are held on Wednesdays and Sundays.

Contact Jonathan at 910-639-1749 to register or follow him on Facebook at Jonathan Welker-Follow Me to Fitness.

CARD CLUB MEMBERSHIP

If you enjoy playing card games, this club is for you! Participants must have a membership to participate in any of the card games. Come one day a week, or all three.

Session: October 3-December 16 (Monday, Wednesday, Friday)

Time: 1:00pm-3:00pm | **Program Room**

Cost: \$15 Residents, \$30 Non-Residents



LINE DANCING WITH REBECCA LAPPING

Join instructor Rebecca Lapping for a one-of-a-kind line dance experience! Rebecca has over 10 years experience teaching line dance and offers three levels of classes. Through a wide variety of music, participants will learn must-know dances!

Cost: \$40 Residents, \$80 Non-Residents, (\$7 drop-in when available)

Wellness Room | Minimum 6, Maximum TBD

Beginner

Learn easy line dances and enjoy great music. You will slide, shuffle and boogie to favorite dances old and new.

September Session September 12 - October 17

Day/Time: Mondays, 11:30am-12:30pm

Improver to Intermediate

Have the basics down? Want to build on those skills and your confidence on the dance floor? Learn some of the newest dances, move to the old favorites, and even request a new dance for the group to learn!

September Session: September 12-October 17

Day/Time: Mondays, 3:30pm-4:30pm

STEP AEROBICS

Join us for a quick, fun, high-energy, low-impact, cardio workout set to your favorite up-tempo music! All levels are welcome. Instructor Liz Chamberlin is an ACE-certified Step Aerobics instructor with 20 years' experience leading group fitness classes.

September Session: September 27-November 3

November Session: November 15-January 12 (no class 11/22, 12/20, 12/27)

Days: Tuesdays, Thursdays, or both days

Time: 9:00am-10:00am

Cost: One Day- \$40 Residents, \$80 Non-Residents
Both Days- \$70 Residents, \$140 Non-Residents

Wellness Room | Minimum 8, Maximum TBD



Yoga Classes

CHAIR YOGA

In this class, participants are primarily seated and use a chair for balance in the yoga poses. This class is ideal for those with chronic conditions, balance issues, or lower body challenges that affect the ability to get up and down. Class will be taught by Darlind Davis.

Fridays Only:

September Session: September 30–November 4

November Session: November 18–January 13
(no class 11/25, 12/23, 12/30)

January Session: January 27–March 3

Time: Fridays, 9:00am–10:00am

Cost: \$40 Residents, \$80 Non-Residents

Wellness Room | Minimum 6, Maximum TBD

Mondays & Fridays:

September Session: September 26–November 4

November Session: November 14–January 13
(no class 11/21, 11/25, 12/23, 12/26, 12/30, 1/2)

January Session: January 23–March 3

Time: Mondays & Fridays, 9:00am–10:00am

Cost: \$70 Residents, \$140 Non-Residents

Wellness Room | Minimum 6, Maximum TBD

Mondays Only:

September Session: September 26–October 31

November Session: November 14–January 9
(no class 11/21, 12/26, 1/2)

January Session: January 23–February 27

Time: Mondays, 9:00am–10:00am

Cost: \$40 Residents, \$80 Non-Residents

Wellness Room | Minimum 6, Maximum TBD

SLOW FLOW YOGA

Join Pamela Durkin E-RYT 200, RPYT for a Slow Gentle Flow. We will move mindfully, with the breath, to create a practice that will leave you feeling more grounded, calmer and relaxed. All levels are welcome, even beginners! Modifications will be offered. Please bring your yoga mat, and any props you like to use.

September Session: September 14–October 19

November Session: November 2–December 14
(no class 11/23)

January Session: January 4–February 9

Time: Wednesdays, 9:30am – 10:30am

Cost: \$40 Residents, \$80 Non-Residents

Wellness Room | Minimum 6, Maximum TBD

YIN YOGA FOR EVERYDAY

Taught by Rachele Hartigan, students will enjoy a class that focuses on seated and reclined poses in a Yin Yoga style - longer holds for progressively deepening postures. Breath work and meditative qualities involved in this class produce an uplifting calmness while connecting with your body's capacity to learn flexibility over time.

September Session: September 30–November 4

November Session: November 18–January 13
(no class 11/25, 12/23, 12/30)

January Session: January 27–March 3

Time: Fridays, 10:15am – 11:15am

Cost: \$40 Residents, \$80 Non-Residents

Wellness Room | Minimum 6, Maximum TBD

BEGINNER'S VINYASA FLOW

An introduction to yoga poses with flowing transitions. Based in mindful movement and slower paced, this class encourages an understanding of body placement and foundational elements to build confidence and stamina. Course will be taught by Rachele Hartigan.

October Session: October 4–November 8

November Session: November 22–January 3
(no class 12/27)

January Session: January 17–February 21

Time: Tuesdays, 5:30pm – 6:30pm

Cost: \$40 Residents, \$80 Non-Residents

Wellness Room | Minimum 6, Maximum TBD

YOGILATES

Taught by Valerie Downing, Yogilates is a fusion of the mind-body practices of yoga and the core strengthening and posture benefits of Pilates. Class will incorporate bands, glides, yoga blocks, and balls. Participants should bring a yoga mat with them; all other equipment will be provided.

September Session: September 22–October 27

November Session: November 10–December 15

January Session: January 5–February 9

Time: Thursdays, 5:30pm – 6:30pm

Cost: \$40 Residents, \$80 Non-Residents

Wellness Room | Minimum 6, Maximum TBD

BARRE

Join instructor Valerie Downing, a certified Barre Above instructor, for an effective total body workout focused on low-impact high-intensity movement to improve strength, mobility and flexibility. The class combines a fusion of movement from ballet, Pilates, yoga and strength training.

September Session: September 22–October 27

November Session: November 10–December 15

January Session: January 5–February 9

Time: Thursdays, 10:30am – 11:30am

Cost: \$40 Residents, \$80 Non-Residents

Wellness Room | Minimum 6, Maximum TBD

BAMBOO FUSION

Taught by Valerie Downing, Bamboo Fusion is a blend of Tai Chi and yoga. Done standing, the fusion connects yoga flows and postures with Tai Chi movement and flow. It will include hand, foot and joint mobility standing and in a chair.

September Session: September 19–October 24

November Session: November 7–December 12

January Session: January 9–February 20 (no class 1/16)

Time: Mondays, 11:15am – 12:15pm

Cost: \$40 Residents, \$80 Non-Residents

Wellness Room | Minimum 6, Maximum TBD

SLAM

SLAM (Sweat Like a Mother) is a fun, but challenging workout for moms of all levels. Meet other moms with weekly playgroups and monthly Moms Night Out events. Whether you've never worked out or you're a marathon runner, SLAM is for you! For more information, email kathryn@sweatlikeamother.com

Unlimited Membership per month: \$55

10-Class passes: \$80, valid for six months

TAI CHI

This course is taught by Lee Holbrook, a Tai Chi Master Instructor with over 54 years of experience in the Asian Arts, 38 focused in Tai Chi. Participants will learn three styles of Tai Chi: Yang, Wu, and Beijing. This effective exercise increases body awareness, coordination, and longevity while strengthening immunity. Every session includes a Qi Gong gentle warm-up starting in sitting position and moving to standing position. All levels.

September Session: September 7–October 12

October Session: October 26–December 7 (no class 11/23)

January Session: January 4–February 8

Class Time: Wednesdays, 10:00am–11:00am

Cost: \$33 Residents, \$66 Non-Residents

Timmel Pavilion | Minimum 8, Maximum TBD



INTERMEDIATE TAI CHI

This class is for participants who have a basic knowledge of Tai Chi and would like to continue learning. Class will focus on the Yang style Tai Chi Form, the Beijing Form, an Ancient Qi Gong form, and the Tiger Mountain Qi Gong form for improving the immune system. Lee Holbrook will instruct this course.

September Session: September 8–October 13

October Session: October 27–December 8 (no class 11/24)

January Session: January 5–February 9

Class Time: Thursdays, 10:00am–11:00pm

Cost: \$33 Residents, \$66 Non-Residents

Timmel Pavilion | Minimum 8, Maximum TBD

FOREST BATHING

Led by Lara Beth Jones, a licensed occupational therapist and certified nature and forest therapy guide, participants experience a variety of sensory mindfulness meditation techniques in relation to the forest environment.

Session: September 13 | 8:30am–10:30am

Cost: \$40 Residents, \$80 Non-Residents

Magnolia Garden | Minimum 5, Maximum 12

WHEELCHAIR SPORTS

WHEEL SERVE NC-SANDHILLS

1st & 3rd Tuesdays of the month | 9:00am-11:00am
Tennis Courts at Rassie Wicker Park

All players with a physical disability are welcome no matter your age or skill level. Clinics are free of charge and all tennis and adaptive equipment will be provided. We just need YOU! For more information, contact Nicole Benbow at nbenbow@vopnc.org. To learn more about Wheel Serve NC, go to wheelservenc.com.

Note: Times will be updated based on weather.



Interested in teaching?

Join the Parks and Recreation Team!
Do you have knowledge and skill in a particular area that you would enjoy sharing with others? If so, we'd like to hear your creative and exciting ideas. Contact us at 910-295-2817.

SENIOR ADULT PROGRAMS 50+

SENIOR'S DAY OUT TRIPS

Bring lunch money on all trips!

Minimum 6, Maximum 14

Sept. 29: Bob Timberlake Gallery & Lexington BBQ

The Bob Timberlake Gallery showcases his original artwork, reproductions and personal memorabilia that have made him a familiar name in homes across the country. After our visit, we will enjoy some famous Lexington BBQ!

Time: 9:00am-5:00pm

Cost: \$13 Residents, \$23 Non-Residents

October 13: Murder for Two at Temple Theatre

Everyone is a suspect in Murder for Two, a hilarious double-act musical murder mystery with a twist! This hilarious whodunit is a witty and winking homage to old-fashioned murder mysteries.

Time: 10:30-5:00pm

Cost: \$38 Residents, \$48 Non-Residents

November TBD: Artworks Vass Stained Glass Class

Come try your hand at stained glass making in this private class led by artist Diane Flanagan. This is sure to be a fun holiday event! All materials are provided.

Time: 9:15am-3:00pm

Cost: \$50 Residents, \$60 Non-Residents

December 1: Shopping at Concord Mills Mall

Shop for yourself or for the holidays! Make sure to wear your walking shoes.

Time: 9:00am-5:00pm

Cost: \$13 Residents, \$23 Non-Residents

MOORE FOOD FUN: COOK ONCE, EAT TWICE

In this class, we will cook delicious and healthy food, eat it together and you get to take some home. Be sure to bring a container. Eat better, eat together!

Class is taught by instructor Natasja Essed who has a MSc and PhD degree in Human Nutrition and has been teaching about food, nutrition, and cooking for over 10 years.

Dates: January 10-31

Time: Tuesdays, 11:00am - 12:30pm

Cost: \$50 Residents, \$100 Non-Residents

Kitchen | Minimum 6, Maximum 6

SPECIAL NEEDS PROGRAMS

THE REC-ING CREW SOCIAL CLUB

This is an inclusive program for young adults with special needs. Each month, we will focus on a different group activity and enjoy light refreshments. Club dues must be paid in advance and covers all sessions.

September 7: Ice Cream Social

October 5: Fall Crafts

November 2: Bingo

December 7: The Great Bake Off

January 4: Healthy, But Delicious Cooking

February 1: Valentines' Creation & Pizza Party

Time: 4:00pm-5:30pm

Cost: \$20 Residents, \$40 Non-Residents

Program Room | Minimum 5, Maximum TBD

HALLOWEEN DANCE

Calling all ghosts and goblins! Join us for a haunting good time at our annual Halloween dance co-hosted with the Arc of Moore County. There will be dancing, food, and a costume contest! Tickets must be purchased in advance from the Arc of Moore County, 910-692-8272.

Date: Wednesday, October 26

Time: 5:30pm-8:00pm

Cost: \$10 | **The Fair Barn**

BOOK CLUB

We are excited to partner with the Arc on this wonderful opportunity! The Arc of Moore County sponsors a monthly Book Club for adults with intellectual and developmental disabilities. New books are purchased for members and then the books are explored and come alive through various fun activities and/or field trips. There is no charge to join! For more information, contact The Arc at 910-692-8272 or email arcmooreom@embarqmail.com.

Date: Second Wednesday of each month

Time: 5:00pm-7:00pm

Canon Park Community Center



DAY TRIPPERS

Each month, we'll hit the road to discover all the cool things North Carolina has to offer.

Trips depart from Cannon Park Community Center
Minimum 5, Maximum TBD

September 23: Sea Life Aquarium in Charlotte

Escape into North Carolina's only 180-degree underwater tunnel, come face to fin with sharks and a rescued sea turtle, touch a sea star, and explore over 10 breathtaking exhibits. No flippers required.

Time: 9:00am-4:30pm

Cost: \$40 Residents, \$50 Non-Residents, includes transportation and admission. Bring money for lunch.

November 18: Holiday Ornaments at 9th of September

Enjoy creating something new to display for the holidays with your friends! Be sure to bring money for lunch.

Time: 10:30am-1:30pm

Cost: \$25 Residents, \$30 Non-Residents

DINER'S CLUB

Trips depart from Cannon Park Community Center
Bring money for lunch | Minimum 5, Maximum TBD

October 7: Quest for the Best BBQ & Fall Produce

Hit the road with us as we try the best BBQ the Sandhills has to offer! Along the way we will explore local produce stands to see who has the best fall produce!

Time: 10:30am-3:30pm

Cost: \$15 Residents, \$25 Non-Residents

December 9: Quest for the Best Comfort Foods

Winter is right around the corner! Join us on this quest as we venture out to find the best winter comfort foods!

Time: 10:30am-3:30pm

Cost: \$15 Residents, \$25 Non-Residents

YOUTH PROGRAMS

PINEHURST GAMERS CLUB

Come enjoy the latest Xbox games with friends on the big screen! Participants can sign up for the club or use their open gym membership to participate.

Dates: September 6-December 18

Group Times:

Ages 5-8 Sundays 2:00pm-4:00pm

Ages 9-12 Tuesdays 5:00pm-7:00pm

Ages 13+ Tuesdays 7:00pm-9:00pm

Cost: \$15 Residents, \$30 Non-Residents, or use your Open Gym membership to drop in

Location: Multipurpose Room | **Tournament Date:** TBD

POKEMON CARD CLUB

Meet up with friends to trade cards and play games. Participants will enjoy socializing with other Pokémon fans as they build their card collections. Participants must provide their own cards. **Ages: 6-12**

Class Time: First and Third Saturdays October 1-December 17, 10:00am - 12:00pm

Cost: \$15 Residents, \$30 Non-Residents

Location: Multipurpose Room

Minimum 4, Maximum TBD

TODDLER ARTS: MAKE THIS WITH ME

Join artist Mary Hill in our newest art program designed for toddlers and parents. Each month she will bring something new and exciting for you and your little one to create. Pick one or join us for all three! All materials are provided.

October 1: Foam Letter Blocks

November 5: Wild Creature Feathered Headbands

December 3: Holiday Cupcakes- Stenciling Snowflakes

Class Time: 10:00am-12:00pm

Cost: \$25 Residents, \$50 Non-Residents

Location: Arts & Crafts Room

Minimum 6, Maximum TBD



PE IN THE PINES

Join Hannah Ough for age-appropriate play experiences that incorporate sports and fitness to get you up and moving. **To register, please visit www.peinthepines.com.**

Tots P.E.

This class is for you and your mobile 18-month-2 year old, to create a healthy and positive relationship with physical education. We will work on gross motor skills while participating in games, songs, and story time. **Classes are held on Mondays at Cannon Park at 10:00am.**

Mixed Age P.E.

A combined class for both Tots P.E. and Peewee P.E. offered in the afternoon. This class will introduce skills for physical education while creating an environment to encourage physical activity through play, exercise, games, music and story time.

Classes are for children 18 months-5 years. **Due to high demand this class will now be offered on Tuesdays and Wednesdays at Cannon Park at 4:00pm.**



BALLET

Instructor Katie McIntire brings a wealth of knowledge and years of experience teaching students of all ages and ability levels. She is passionate about her vocation and enjoys watching her students grow and reach new potential in their discipline of choice. Students are sure to leave her class with a new level of personal confidence, skill proficiency, and creative expression.

September-December Sessions

Mondays:

Intermediate Ballet: 4:30pm-6:00pm

Tuesdays:

Beginner Ballet: 4:00pm-5:00pm

Wednesdays:

Preschool Ballet: 3:45pm-4:30pm (3 year olds)
4:30pm-5:15pm (4/5 year olds)

Intermediate Ballet: 5:15pm-6:30pm

Thursdays:

Beginner Ballet: 4:00pm-5:00pm

Please visit www.kmacathleticsarts.com for more information on pricing, age groups, and how to register.



MOORE FOOD FUN: NUTRITION & COOKING CLASSES

Join instructor Natasja Essed on this fun food journey for kids! Natasha has a MSc and PhD degree in Human Nutrition and has been teaching for over 10 years.

Cost: \$50 Residents, \$100 Non-Residents (includes all supplies and food)

Location: Kitchen | Min/Max: 6/10

September Sessions: Fall Flavors

Fall is around the corner! Who is ready for comfy and cozy flavors? Come cook up some yummy and healthy treats.

September 14-October 5 (evening class)

Wednesdays, 5:30pm-7:00pm | Ages 8-12

September 13-October 4 (homeschool class)

Tuesdays, 12:30pm-2:00pm | Ages: 9-12

September 15-October 6 (homeschool class)

Thursdays, 12:30pm-2:00pm | Ages: 13-17

October Sessions: Food Wonders of the Ancient World

Do you love to explore food? From the Ming Dynasty's black rice to the Aztecs avocados, we will be making recipes using food from ancient cultures! Let's find out how ancient civilizations relied on these foods and what they can do for your body today.

October 26- November 16 (evening class)

Wednesdays, 5:30pm-7:00pm | Ages: 8-12

October 25- November 15 (homeschool class)

Tuesdays, 12:30pm-2:00pm | Ages: 9-12

October 27-November 17 (homeschool class)

Thursdays, 12:30pm-2:00pm | Ages: 13-17

January Session: Cooking Artists!

Calling all cooking artists! Have you ever eaten a Lava Apple, a Snail Bread or a Potato Ghost? In this hands-on cooking class, you will enjoy creating healthy edible masterpieces and have fun eating them!

January 11-February 1

Wednesdays, 5:00pm-6:00pm | Ages: 5-8

February Session: Buried Food Treasure

Let's dig up a food treasure! I'm talking roots and tubers like white and sweet potatoes, carrots, turnips, beets, radishes, and cassava. We will explore the 3 W's: Where does it come from? What does it do for my body? What can I make with it?

February 15-March 8

Wednesdays, 5:30pm-7:00pm | Ages: 9-13



ARCHERY

Join Rene Monderen, Level 3 certified instructor, for an hour of archery fun every week! Participants will learn the correct way to shoot a bow and arrow through practice shooting and exciting games. Any level of shooter is welcome, from beginner to advanced!

All equipment is provided. We shoot with recurve bows, but participants may bring their own bow with instructor approval. No compound bows. Max draw weight 40 lbs.

October Session: October 15-November 19

January Session: January 21-February 25

Time: Saturdays, 9:30am-10:30am (ages 9-11)

10:45am-11:45am (ages 12-14)

12:15pm-1:15pm (ages 14-18)

Cost: \$95 Residents, \$190 Non-Residents

Location: West Pinehurst Park | Min 4, Max 8

Location: West Pinehurst Park | Min 4, Max 8

ADVANCED ARCHERY

Pinehurst Archery is offering an Advanced Archery program that is intended for those who have archery experience, but are looking to improve their form and accuracy, wants better focus, and generally progress their skill level as archers. Class participants will also learn about equipment setup and tuning. You will be able to follow the JOAD program, including pin-shoots. Introduction to Archery or equivalent is required before admittance to this course. Students will be expected to know the basics of bow shooting and form, and are absolutely expected to know safety rules. Equipment will be provided, but you are more than welcome to bring your own recurve or compound bow (max 50 lbs.).

September Session: September 5-October 10

October Session: October 17-November 21

Time: Saturdays, 4:00pm-5:30pm

Cost: \$190 Residents, \$380 Non-Residents

Location: West Pinehurst Park | Min 4, Max 6

ARCHERY ONE DAY WORKSHOP

Interested in archery, but not sure about signing up for a full session? Sign-up for a one-day workshop that will introduce you to the basics of archery. All supplies are provided.

Date: January 14

Time: 10:00am-12:00pm, ages 9-14

12:30pm-2:30pm, ages 15+

Cost: \$40 Residents, \$80 Non-Residents

Location: West Pinehurst Park | Min 4, Max 6

KIDS' YOGA & MINDFULNESS

An introduction to yoga and mindfulness through physical movement and themed play. Learn poses, breath work, and self care - with fun and laughter along the way. Taught by instructor Rachelle Hartigan.

September Session: September 26-October 31

November Session: November 14-December 19

January Session: January 9-February 20 (no class 1/16)

Day/Time: Mondays, 4:30pm-5:30pm

Cost: \$40 Residents, \$80 Non-Residents

Location: Community Center | Min 6, Max 10



CHRISTMAS CARD CONTEST

Calling all young artists to design the cover of the Parks & Recreation Department's Christmas card! This year's theme will be "Here Comes Santa Claus." Entries will be accepted until November 10. All entries must be submitted in black ink, fit on a 4" x 5" card, relate to the theme, be an originally drawn design, and have the student's name, grade, phone number and school written on the back of the entry. Prizes are awarded to the Overall Winner as well as the Outstanding Entries for each grade level. Grades K-8.

For more information, email Nicole Benbow at nbenbow@vopnc.org.

WORK DAY OUTINGS

Schools out for the day so send the kids to us for a fun filled day of play! Space is limited.

October 10: NC Zoo Trip

November 4: Frankie's Fun Park

January 27: Defy Gravity Apex

Ages: 6-12

Time: 7:30am-5:30pm

Cost: \$50 Residents, \$100 Non-Residents

Location: Program Room | Min 6, Max 13



COMIC BOOKS 101

Students will learn how to use your creative drawings to develop them into your own mini graphic novel, comic book or 'Zine'. Course is taught by local artist Mary Hill and all materials are provided. *Participants should bring a bag lunch.* **Ages: 9-12**

Date: September 24 | 10:00am-2:00pm

Cost: \$40 Residents, \$80 Non-Residents

Location: Arts & Crafts Room | Min 6, Max TBD

THE EXQUISITE CORPSE WORKSHOP

This term is derived from an old French art game, which we will discuss and explore as you make a book using drawings of your favorite characters that morph and change as you turn the pages. Workshop is taught by local artist Mary Hill and all materials are provided. *Participants should bring a bag lunch.* **Ages: 11-15**

Date: October 8 | 10:00am-2:00pm

Cost: \$40 Residents, \$80 Non-Residents

Location: Arts & Crafts Room | Min 6, Max TBD

WINTER BREAK CAMP

MOORE FOOD FUN: TROPICAL FOOD ADVENTURE

Join Ms Tasha on this hands-on Tropical Food Adventure! Along the way we will explore the origin of our ingredients, how to prepare and cook them, as well as their nutritional value. Our destination: the creation of colorful tropical dishes using our ingredients and their flavorful counterparts the spices. No previous cooking experience is necessary.

Dates: December 19-21

Ages: 9-13

Time: Monday-Wednesday, 9:00am-12:00pm

Cost: \$70 Residents, \$140 Non-Residents

Location: Kitchen | Min 6, Max 18



 *Three Easy Ways to Register*

ONLINE

www.pinehurstrec.org

IN PERSON

Registrations are accepted at the front desk of the Community Center, 210 Rattlesnake Trail.

BY PHONE

Call 910-295-2817 during business hours and have your credit card ready.



Pinehurst Parks & Recreation

910-295-2817

210 Rattlesnake Trail, Pinehurst, NC 28374
parksandrec@vopnc.org | www.pinehurstrec.org