

PINEHURST ACTIVITY GUIDE

Fall/Winter 2023



Pinehurst Parks & Recreation

910-295-2817

210 Rattlesnake Trail, Pinehurst, NC 28374

parksandrec@vopnc.org | www.pinehurstrec.org

Staff Directory

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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 Comprehensive Master Plan Update is nearing the finish line! We appreciate all your feedback and input provided during the public engagement process, which helped determine recommendations in the plan. A copy of the proposed Master Plan has been posted on the Village website at vopnc.org and will be presented for Council adoption in September.

If you have any questions about the plan or input process, please reach out to Parks and Recreation staff at 910-295-2817.

Splash Pad Open Through September

The Splash Pad at Rassic Wicker Park remains a popular attraction and will remain open daily through September 24 from 10:00am to 7:30pm. Visit vopnc.org/splashpad for a list of our frequently asked questions. Thank you for another great season!

Staffing Update

We would like to welcome Judith Lawhon as our new Athletics Coordinator! Many of you already know Judith as she has worked for our department in a part-time role for the last few years serving as a facility supervisor, special event staff, summer day camp counselor, and site supervisor. Judith has a degree in Exercise and Sport Science from UNC Pembroke and joined us full-time in August. Welcome to the team, Judith, we look forward to your success in your new role!



Pinehurst Harness Track Winter Training Returns

The Pinehurst Harness Track is the oldest continuously operating equine sports facility in the state and has been a winter training center for Standardbred horses since 1915! The 111-acre facility includes a 1-mile clay training track, ½ 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 15, 2023, and will run through May 1, 2024 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. No vehicles of any kind are allowed on the track surface or the infields at any time.

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SPECIAL EVENTS

Find event updates at facebook.com/vopnc or at vopnc.org/events.

SEPTEMBER

PINEHURST LIVE AFTER 5

We are ready for more dancing at Live After 5 with the band SoulJam! New to Live After 5 is opening act, Janie Monroe, so come early and grab a seat. Music, dancing, and kids' activities will ensure a good time for all ages. Food trucks 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 8 | Village Arboretum

5:15pm-5:50pm: Janie Monroe Music

6:00pm-9:00pm: SoulJam

Thank you to our loyal Live After 5 stage sponsor:



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.

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 Sandhills Farmers Market Facebook page!



EATS, BEATS & BREWS

Everyone's favorite food truck rodeo is back at the Village Arboretum! Eats, Beats, and Brews returns offering a variety of your favorite local vendors while bringing something new into town. Wine and craft beer will be available for purchase, outside alcoholic beverages are not permitted. Live entertainment throughout the evening for all to enjoy and fun activities in store for the children. Make sure to bring your dancing shoes and appetite!

Saturday, September 16 | Village Arboretum

5:00pm-6:00pm: Whiskey Pines

6:00pm-9:00pm: Austin McNeill

FLUTTERBY FESTIVAL

Enjoy live music, fun activities and food while learning about Monarch butterflies, insects and birds! Tour the Pollinator Garden at the Village Arboretum and learn about the plants that attract and support our pollinators. Explore all stages of the butterfly life cycle and then step into the magical Monarch butterfly tent where you will be surrounded by newly emerged Monarch butterflies before their release. Music courtesy of the Carolina Philharmonic, exhibits and information from local organizations, food vendors, kids' activities and information on how to create your own pollinator garden. Organized by the Village Heritage Foundation with support from the Village of Pinehurst.

Saturday, September 23 | Village Arboretum

11:00am-2:00pm

OCTOBER

PINEHURST LIVE AFTER 5

Join us for the last concert of the 2023 Live After 5 Series with the band SnapBack. Live music & kids crafts will ensure a good time for all ages. Food trucks will be on-site with a wide selection in addition to beer and 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 13 | Village Arboretum

5:15pm-5:50pm: Paige King Johnson

6:00pm-9:00pm: SnapBack



HOLLY ARTS & CRAFTS FESTIVAL

The Pinehurst Parks and 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 21 | 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, crafts, a bubble artist and Halloween fun. Following Kinderfest, we'll have traditional Oktoberfest activities from 6:00pm-9:00pm featuring German music. Food and beverages will be available to purchase throughout the day. Picnic baskets are allowed, however, outside alcoholic beverages are not permitted.

Saturday, October 28 | Tufts Memorial Park

4:00pm-6:00pm: Kinderfest

6:00pm-9:00pm: Oktoberfest

NOVEMBER

TURKEY TROT

Set Up Events is back in the Arboretum with The FirstHealth Pinehurst Turkey Trot, presented by the Village of Pinehurst. 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 www.setupevents.com.

Saturday, November 18 | 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, shopping downtown, 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 1 | Tufts Memorial Park/Village Center

5:00pm-7:30pm

Events at the Pinehurst Harness Track

200 Beulah Hill Road South | 910-420-1628

Cool Down Dressage	September 2-3	All Day	Kay Whitlock	910-692-8467
Eastern Zone Regional Polocrosse	September 23-24	All Day	Sarah Desai	336-254-1477
Pinehurst Fall Dressage	September 30-October 1	All Day	Cassidy Oeltjen	910-201-3290
Standardbred Training Season	October 15-May 1	6:00am-1:00pm	Scotty Freeman	910-420-1628
Dressage Schooling Shows	January-March TBD	All Day	Cassidy Oeltjen	910-201-3290

Events at the Fair Barn

200 Beulah Hill Road South | 910-295-0166

VILLAGE HERITAGE FOUNDATION FUNDRAISER

Presented by: Village Heritage Foundation

Come be a part of keeping our community beautiful by supporting the Village Heritage Foundation. They exist to promote the preservation, restoration, enhancement and maintenance of the special character of the historic Village of Pinehurst.

For more information, visit villageheritagefoundation.org.

Date: September 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, an auction, food and drinks for a great cause! For more information, call 910-687-0287 or visit www.carolinaphil.org.

Date: October 3

PURSE BINGO FUNDRAISER

Presented by: Changing Destinies Ministry

Play Bingo to win name brand purses and bags. For more information, call 910-757-0401 or visit www.facebook.com/pursebingofundraisertamc.

Date: November 4

HARVEST THE PROMISE FUNDRAISER

Presented by: Family Promise of Moore County

This annual fundraiser provides support for Family Promise of Moore County. For more information, call 910-944-7149 or visit www.familypromise.org.

Date: October 12

CHEF'S FEAST FUNDRAISER

Presented by: Food Bank of Central & Eastern NC

Chef's Feast will showcase an array of signature dishes presented by talented local chefs. For more information, call 910-692-5959 or visit foodbankcenc.org.

Date: November 9

DREAMS 4 ALL FUNDRAISER

Presented by: Dreams 4 All Foundation

For more information, contact the Dreams 4 All Foundation team at 910-246-2233 or visit sweetdreamsnc.com/foundation.

Date: October 20

BACKPACK PALS CHRISTMAS SPECTACULAR

Presented by: Food Bank of Central & Eastern NC

There is no event admission fee, but a love offering will be taken to benefit Backpack Pals. For more information, call 910-692-5959 or visit foodbankcenc.org.

Date: November 30

CHANGING DESTINIES CELEBRATION GALA

Presented by: Changing Destinies Ministry

This event is a fundraiser featuring a silent and live auction, dancing, dinner, speakers, guest hostesses, raffles, and fellowship! For more information, visit changingdestiniesministry.org.

Date: November 3

CHRISTMAS EVE SERVICES

Presented by: Pinehurst United Methodist Church

All three services are free & open to the public. For more information, call 910-215-4559 or visit pinehurstumc.org.

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



Chelsea Renay Photography

Rehearsal Dinners • Wedding Ceremonies & Receptions
910.295.2817 • villagearboretum.org

ADULT ATHLETICS

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.



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 period is six months from the date of purchase.

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.

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.

New Athletic Coordinator

Judith Lawhon has worked for the department in a variety of part-time positions since 2020 and has recently been promoted to Athletic Coordinator.

If you have any questions regarding athletics, feel free to email Judith at jlawhon@vopnc.org. Congratulations, Judith! We're glad to have you!

YOUTH ATHLETICS

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 held at The Lawn & Tennis Club of North Carolina.

Session Dates:

Ages 5-12 Tuesdays:

9/12-10/3 | 10/17-11/7 | 11/28-12/19

Ages 12-17 Wednesdays:

9/13-10/4 | 10/18-11/8 | 11/29-12/20

Ages 5-12 Thursdays:

9/14-10/5 | 10/19-11/9 | 11/30-12/20

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: INLINE HOCKEY CLINICS

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

Location: Hockey Rink at Rassic Wicker Park

Dates: TBD

Ages: 5-18

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 13 or until the league is full, whichever comes first.

First Practice: December 2

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 period is six months from the date of purchase.

Cost: 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.

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.

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, travel volleyball and a youth triathlon club.

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

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

CONTACT

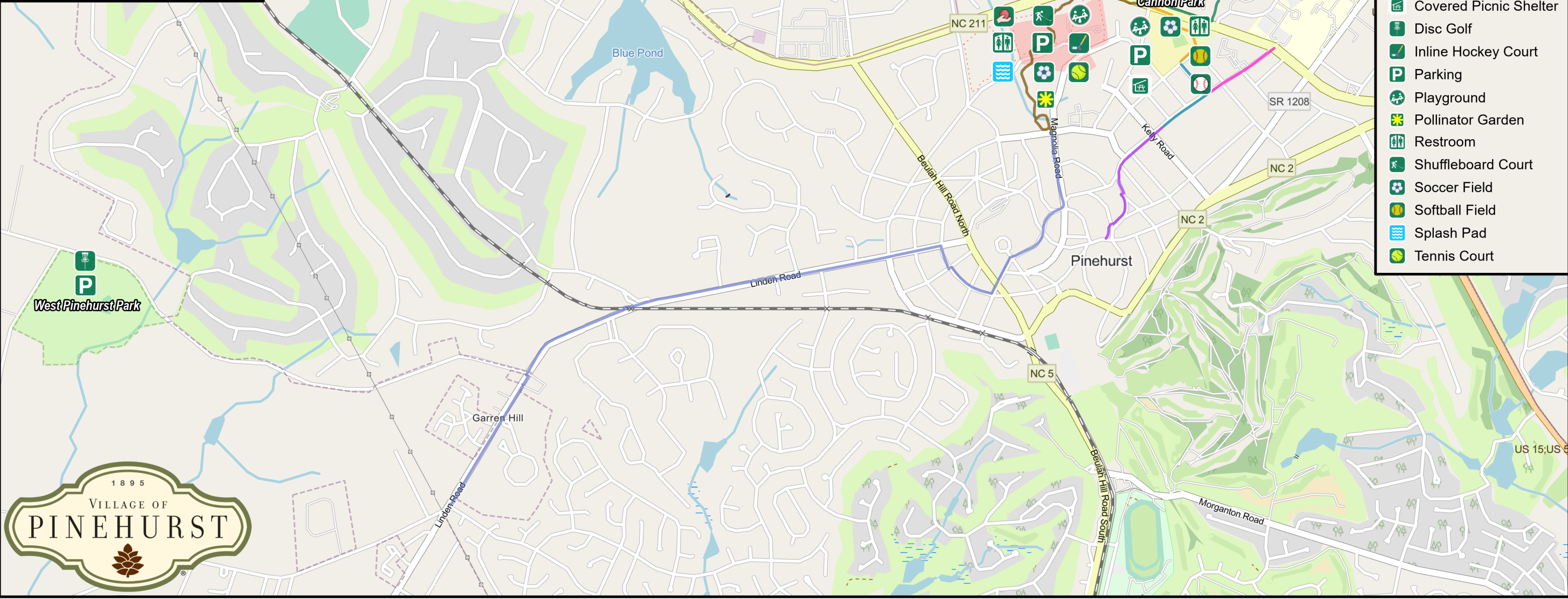
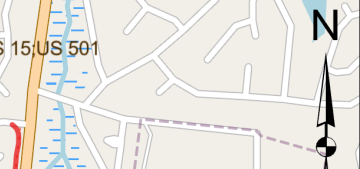
Village of Pinehurst Parks and Recreation
 210 Rattlesnake Trail
 Pinehurst, NC 28374
 910-295-2817

PARKING | WALKING PATH & TRAIL ACCESS















Cannon Park	210 Rattlesnake Trail
Wicker Park	10 Rassic Wicker Drive
The Arboretum	395 Magnolia Road
West Pinehurst Park	861 Chicken Plant Road
VOP Greenway Trail System	75 Forrest Drive

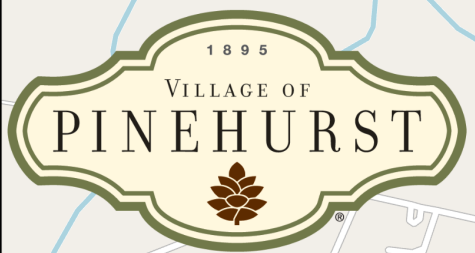
Village of Pinehurst Parks & Recreation

Greenway Trail Map



PARK AMENITIES

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



PARKS, TRAILS, & FACILITIES

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



CANNON PARK COMMUNITY CENTER 210 RATTLESNAKE TRAIL

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



CANNON PARK | 90 WOODS RD. Picnic Shelter: 210 Rattlesnake Trail

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. It's also home to Camelot Playground.



THE FAIR BARN | 200 BEULAH HILL RD. S.

The Fair Barn, located on the grounds of the Pinehurst 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



PINEHURST GREENWAY TRAIL SYSTEM 75 FORREST DRIVE

The Pinehurst Greenway System currently has 7.6 miles of trail. *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 10-11



PINEHURST HARNESS TRACK 200 BEULAH HILL RD. S.

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

View upcoming events at the Harness Track on page 6



RASSIE WICKER PARK | 10 RASSIE WICKER DR.

Wicker Park is a 103-acre facility with 2 shuffleboard, 2 bocceball, and 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.

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.



TUFTS MEMORIAL PARK | 1 VILLAGE GREEN RD.

Tufts Memorial Park features a beautiful open green space with benches and picnic tables and is home to weekly farmers markets and special events throughout the year.



VILLAGE ARBORETUM | 395 MAGNOLIA RD. Timmel Pavilion: 105 Rassie Wicker Drive

The 33-acre Arboretum was developed by the Village Heritage Foundation. The Gardens and Pavilion may be reserved for weddings, receptions and other events.



WEST PINEHURST PARK | DISC GOLF COURSE 861 CHICKEN PLANT RD.

The Disc Golf Course is an 18-hole course located at West Pinehurst Community Park.

ADULT PROGRAMS



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.

September Session: September 18-October 23

Class Time: Mondays, 5:00pm-7:00pm

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

Given Memorial Library | Minimum 10, Maximum 15



WATERCOLOR PAINTING

Join a group of painters who share a love of watercolors. All levels welcome as artist Christi Geist provides guidance for projects of your choice, individual instruction, follow the leader, or encourage your imagination. Bring your supplies and let loose!

October Session: October 11-November 15

November Session: November 29-January 10
(no class 12/27)

January Session: January 24-February 28

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

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

Program Room | Minimum 9, Maximum TBD



PAINTING CLASSES

Taught by artist Stephanie Gerace, this class is for artists of any level. We will cover topics such as materials needed and techniques used for acrylic and/or oil painting, and concepts such as color theory and color mixing, methods of composition, and problem-solving. Students must bring their own materials and will have a different list of materials depending on the type of paint they use. Students will be guided through an entire painting process and receive individual instruction along with demonstrations and critiques.

September Session: September 20-October 25

November Session: November 8-January 3
(no class 11/22, 12/20, 12/27)

January Session: January 17-February 21

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

Cost: \$64 Residents, \$128 Non-Residents

Arts & Crafts Room | Minimum 9, 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+

September Session: 9/9-10/21 (no class 9/30)

Time: Saturdays, 1:00pm-2:00pm

November Session: 11/4-12/16 (no class 11/25)

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

Cost: \$100 Residents, \$200 Non-Residents

West Pinehurst Park | Minimum 4, Maximum 8

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 5-October 10

October Session: October 24-November 28

January Session: January 2-February 6

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

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: \$65

10-Class passes: \$90, valid for five months



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 through a wide variety of music, participants will learn must-know dances!

September Session September 20 - October 25

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

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

Wellness Room | Minimum 6, Maximum TBD

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.

October Session: October 3-November 7

November Session: November 21-January 2 (no class 12/26)

January Session: January 16-February 20

Time: Tuesdays | 9:00am-10:00am

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

Wellness Room | Minimum 8, Maximum TBD

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, view his website at followmetofitness.net, or follow him on Facebook at Jonathan Welker-Follow Me to Fitness.



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:

October Session: October 13-November 17

December Session: December 1-January 26
(no class 12/22, 12/29, 1/19)

February Session: February 9-March 15

Time: Fridays, 9:00am-10:00am

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

Wellness Room | Minimum 6, Maximum TBD

Mondays & Fridays:

October Session: October 9-November 17

November Session: November 27-January 26
(no class 12/22, 12/25, 12/29, 1/1, 1/15, 1/19)

February Session: February 5-March 15

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

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

Wellness Room | Minimum 6, Maximum TBD

Mondays Only:

October Session: October 9-November 13

November Session: November 27-January 22
(no class 12/25, 1/1, 1/15)

February Session: February 5-March 11

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 6-October 11

October Session: October 25-December 13
(no class 11/1 or 11/22)

January Session: January 10- February 14

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 15-October 20
(no class 10/13)

November Session: November 3-December 8
(no class 11/24)

September & November Sessions Cost: \$35 Residents, \$70 Non-Residents (Please note price reflects only five weeks of classes for these sessions)

January Session: January 5-February 9

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

Time: Fridays, 10:15am - 11:15am

Wellness Room | Minimum 6, Maximum TBD



TAI CHI

This course is taught by Lee Holbrook, a Tai Chi Master Instructor with over 56 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 6-October 11

October Session: October 25-December 6 (no class 11/22)

January Session: January 3-February 7

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 7-October 12

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

January Session: January 4-February 8

Class Time: Thursdays, 10:00am-11:00am

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

Timmel Pavilion | Minimum 8, Maximum TBD

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: Winter times will be updated to 11:00am-1:00pm, based on weather.



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.

SENIOR ADULT PROGRAMS 50+

SENIOR'S DAY OUT TRIPS

Trips depart from the Cannon Park Community Center. **Bring lunch money on all trips!**
Minimum 6, Maximum 14

September 28: Streets at Southpoint Shopping

Time for a fall refresh! Put on your walking shoes and get ready for a fun-filled day of shopping.

Time: 9:00am-5:00pm

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

October 12: Tour of Moore

Join us for a road trip of Moore County! We'll visit local farms for fresh fall produce, have some of the best BBQ around, and end the day with a private tea tasting at the community center provided by The Timeless Teacup.

Time: 9:00am-4:00pm

Cost: \$28 Residents, \$38 Non-Residents

November 16: Nasher Museum of Art

Come explore the Nasher Museum of Art at Duke University, known for its groundbreaking collection of contemporary art.

Time: 9:00am-3:00pm

Cost: \$18 Residents, \$28 Non-Residents

December 7: Temple Theatre's A Christmas Story

Come enjoy this timeless holiday comedy based on the motion picture. Root for Ralphie Parker's a quest to get a genuine Red Ryder BB gun under the tree for Christmas.

Time: 10:30am-5:30pm

Cost: \$43 Residents, \$53 Non-Residents



MOORE FOOD FUN: COOK ONCE, EAT TWICE

Add a little spice to your life by joining the "Cook Once, Eat Twice" class! We will cook delicious and healthy food and eat it together. At the end, you get to take some home so you don't have to cook the next day. Be sure to bring a container. Eat better, eat together!

October Session: October 20-November 10

February Session: February 2-23

Day/Time: Fridays, 11:00am-12:30pm

Cost: \$55 Residents, \$110 Non-Residents (includes all supplies and food)

Kitchen | Minimum 6, Maximum 6



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.

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.

October 4: BINGO

November 1: 9 Square in the Air

December 6: Christmas Cards Service Project

January 3: Healthy, but Delicious Cooking Round 2

February 7: Valentine's Wreaths

March 6: Pizza and a Movie

Time: 4:00pm-5:30pm

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

Program Room | Minimum 5, Maximum TBD



ONE KICK WONDERS KICKBALL LEAGUE

We are excited to partner again with Jillian's Jitterbug Foundation to bring this one of a kind kickball league to the Sandhills! Each week, participants will play a social round of kickball that is sure to get the blood pumping. Participants can expect a fun filled atmosphere, team spirit, and lots of laughter. Don't miss out on the fun!

Dates: Tuesdays, September 19-October 24

Time: 4:00pm-5:00pm

Cannon Park Turf Field | Minimum 5, Maximum TBD



BOOK CLUB

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

Cannon Park Community Center

DAY TRIPPERS BRAINSTORMING SESSION

Join us for this brainstorming session as we work together to plan our trip calendar. Participants will learn about budgets, driving distance, and questions to ask when seeking out new destinations. We will then take the information we learned to plan our calendar together.

Date: Tuesday, September 12

Time: 4:00pm-5:30pm

Program Room

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 25

Time: 5:30pm-8:00pm

Cost: \$10

The Fair Barn

YOUTH PROGRAMS

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.

September Session: September 9-October 21
(no class 9/30)

Time: 9:00am-10:00am (ages 9-11)
10:15am-11:15am (ages 12-14)
11:30pm-12:30pm (ages 14-18)

November Session: November 4-December 16
(no class 11/25)

Time: 9:30am-10:30am (ages 9-11)
10:45am-11:45am (ages 12-14)
12:15pm-1:15pm (ages 14-18)

Day: Saturdays

Cost: \$100 Residents, \$200 Non-Residents

Location: West Pinehurst Park | Min 4, Max 8



ADVANCED ARCHERY

Pinehurst Archery offers an Advanced Archery program for those with archery experience who are looking to improve their form and accuracy, want 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 welcome to bring your own recurve or compound bow (max 50 lbs.).

September Session: September 8-October 20
(no class 9/29)

November Session: November 3-December 15
(no class 11/24)

Day: Fridays, 4:30pm-6:00pm

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

Location: West Pinehurst Park | Min 4, Max 8



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 7-December 16, 10:00am-12:00pm

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

Location: Multipurpose Room

Minimum 4, Maximum TBD

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 15 years.

September Sessions: Easy Summer Food

Do warm beach days and sand between your toes make you happy? As the summer winds down and you're back in school, you can still enjoy all of what the season has to offer! Come cook up some easy summer recipes to relive those joyful days to the max! All healthy and delicious.

September 6-27 (Evening Class)

Wednesdays, 5:30pm-7:00pm | Ages: 9-12

September 7-28 (Homeschool Class)

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

Cost: \$55 Residents, \$110 Non-Residents

Location: Kitchen | Min 6, Max 10

October Sessions

Cooking Artists: Ages 5-8

The cooking artist class is back! Have you ever eaten Cool-i-flower lambs, Mush and Jelly Paint, or a Kaleidoscope Salad on your plate? In this double fun hands-on cooking class, you will enjoy creating healthy edible masterpieces and have fun eating them!

Day/Time: October 18-November 8, Wednesdays, 5:00pm-6:00pm

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

Location: Kitchen | Min 6, Max 10

Cool Teen Cuisine: Ages 13-17

Hey Teen Chef! Do you like to cook and become food smart? Then join this class and tell your friends to do the same. Experience how fun it is to cook (and eat!) fresh and delicious food. From breakfast to dinner, all recipes are easy and good for you too. In this session we will discuss topics such as *Food Advertising/Marketing* and *How to Fight Food Waste*. More topics to cover in the next session so keep an eye out!

Dates/Time: October 19-November 9, Thursdays, 5:30pm-7:00pm

Cost: \$55 Residents, \$110 Non-Residents

Location: Kitchen | Min 6, Max 10



December Sessions: How Sweet it is...Naturally!

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

December 6-January 10 (no class 12/20, 12/27)

Wednesdays, 5:30pm-7:00pm | Ages: 9-12

December 7-January 11 (no class 12/21, 12/28)

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

Cost: \$55 Residents, \$110 Non-Residents

Location: Kitchen | Min 6, Max 10

January/February Sessions

Cooking Artists: Ages 5-8

The cooking artist class is back! Have you ever eaten Cool-i-flower lambs, Mush and Jelly Paint, or a Kaleidoscope Salad on your plate? In this double fun hands-on cooking class, you will enjoy creating healthy edible masterpieces and have fun eating them!

Dates/Time: January 31-February 21, Wednesdays, 5:00pm-6:00pm

Cost: \$55 Residents, \$110 Non-Residents

Location: Kitchen | Min 6, Max 10

Cool Teen Cuisine: Ages 13-17

Hey Teen Chef! Do you like to cook and become food smart? Then join this class and tell your friends to do the same. Experience how fun it is to cook (and eat!) fresh and delicious food. From breakfast to dinner, all recipes are easy and good for you too. In this session we will discuss topics such as *Food Advertising/Marketing* and *How to Fight Food Waste*. More topics to cover in the next session so keep an eye out!

Dates/Time: February 1-22, Thursdays, 5:30pm-7:00pm

Cost: \$55 Residents, \$110 Non-Residents

Location: Kitchen | Min 6, Max 10

YOUTH PROGRAMS



BALLET

We are excited to partner with ELEVE Ballet Academy to offer ballet classes at the community center! Seasoned instructor Katie McIntire and her staff bring a wealth of knowledge and years of experience teaching students of all ages and ability levels. ELEVE is passionate about making ballet accessible, affordable, and fun for the community. Students are sure to leave class with a new level of personal confidence, skill proficiency, and creative expression.

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



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 "Elf in Pinehurst." Entries will be accepted until November 9. 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.

Interested in teaching?

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WORK DAY OUTINGS

School's out for the day, so send the kids to us for a fun-filled day of sports and play! Space is limited.

October 9: Wiffleball

November 7: Basketball

January 26: E-Sports

Time: 7:30am-5:30pm

Cost: \$50 Residents, \$100 Non-Residents (includes lunch and activity)

Location: Program Room | Min 6, Max 12



READY, SET, PERFORM!

This is an opportunity for students from 5th-8th grade to have the exciting chance to learn about acting and performance skills. New to acting? No problem! This is a class for everyone who wants to learn something new or help build upon your acting techniques. This class is taught by Michael Jones, a retired NC theatre arts teacher with over 20 years of experience. Michael is an accomplished singer and actor who still performs. Some of his credits include Disney's Beauty and the Beast, Footloose, Oklahoma, Annie, and many more! Space is limited, don't miss out!

More details coming soon!



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www.pinehurstrec.org

IN PERSON

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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