

PINEHURST ACTIVITY GUIDE

Fall/Winter 2024



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.

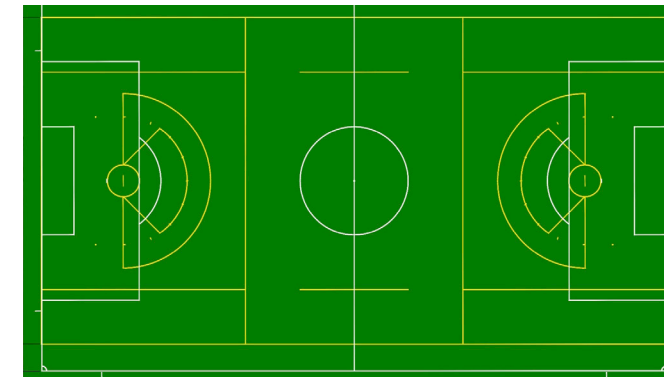
Judith Earns CYSA Certification

Congratulations to Judith Lawhon, Athletic Coordinator, on achieving the prestigious Certified Youth Sports Administrator (CYSA) certification. CYSA's are an elite group of professionals who have successfully completed the Academy for Youth Sports Administrators program and demonstrated that professional development is essential to the delivery of quality sports programs. Congratulations, Judith!



Cannon Park Gets Lit

The athletic fields at Cannon Park (Fields #1 & #2) will see an upgrade to LED sports lighting this fall. Field #1 will get new LED light fixtures, while Field #2 will get new poles and LED light fixtures. These upgrades will provide a safer playing experience and less light pollution and they will be more cost efficient over the long term. The project is currently scheduled to start the second week of November and will take about two weeks to complete.



Rassie Wicker Park Multipurpose Field Renovation

Renovations to the multipurpose field at Rassie Wicker Park will begin this winter to upgrade the playing surface to synthetic turf for a variety of sports such as soccer, lacrosse and rugby. FieldTurf USA is finalizing design for the field with construction expected to begin in early December. The project should be completed in time for our spring sports season which begins in March, if there are no construction or weather-related delays. We look forward to you enjoying the new surface which will provide a safe and enjoyable experience.



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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 BOUNCE! Paige King Johnson is our opening act, 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 13 | Village Arboretum
5:15pm–5:50pm: Paige King Johnson
6:00pm–9:00pm: BOUNCE

Thank you to our loyal Live After 5 stage sponsor:



SANDHILLS FARMERS MARKET

The Sandhills Farmers Market features 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 5. For more information, visit moorefarmfresh.com

Through October 5 | 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

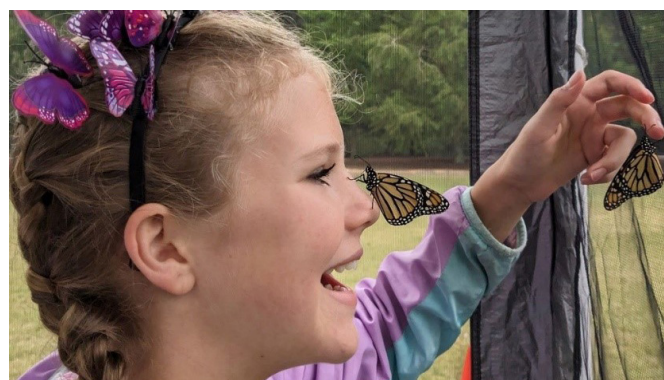
Everyone's favorite food truck rodeo is back at the Village Arboretum! Eats, Beats, and Brews returns offering a variety of your favorite local vendors while bringing something new into town. Wine and craft beer will be available for purchase, outside alcoholic beverages are not permitted. Live entertainment 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 21 | Village Arboretum
5:00pm–6:00pm: Julia Golden
6:00pm–9:00pm: Austin McNeill

FLUTTERBY FESTIVAL

Enjoy live music by the Carolina Philharmonic, fun activities, and food while learning about Monarch butterflies, insects, and birds! Tour the Pollinator Garden and learn about plants that attract and support our pollinators. Explore butterfly lifecycle stages and then step into the magical Monarch butterfly tent where you will be surrounded by newly-emerged Monarch butterflies. Organized by the Village Heritage Foundation with support from the Village of Pinehurst.

Saturday, September 28 | Village Arboretum
11:00am–2:00pm



OCTOBER

PINEHURST LIVE AFTER 5

Join us for the last concert of the 2024 Live After 5 Series with the band too MUCH SyLviA. 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 11 | Village Arboretum
5:15pm–5:50pm: TBA
6:00pm–9:00pm: too MUCH SyLviA



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 19 | 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 from the OOPS 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 26 | 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 23 | 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.

Parking is made easy by the Sandhills Trolley Company with FREE shuttles from the Cannon Park Community Center straight into downtown.

Friday, December 6 | Tufts Memorial Park/Village Center
5:00pm–7:30pm

Event	Date	Time	Contact	Phone Number
American Polocrosse	September 27-29	All Day	Sarah Desai	336-254-1477
Fall Dressage	September 27-29	All Day	Cassidy Oeltjen	618-201-3290
United Way Incredible Inflatables	October 5	3:00pm-10:00pm	United Way	910-692-2413
Dressage Fall Championship	October 11-13	All Day	Cassidy Oeltjen	618-201-3290
Standardbred Training Season	October 15- May 1	6:00am-1:00pm	Steve Titus	910-295-5255
VGA's Race of the Pines	November 9	10:00am-2:00pm	Veteran Golfers Assoc.	910-420-2402



TRADITION & EXCELLENCE IN A VENUE LIKE NO OTHER
910.295.0166 • thefairbarn.org

CAROLINA PHILHARMONIC 15TH ANNIVERSARY

Presented by: The Carolina Philharmonic

Come enjoy wonderful music, an auction, food, and drinks during this annual fundraiser for the Carolina Philharmonic. For more information, call 910-687-0287 or visit carolinaphil.org.

Date: September 13

AN EVENING WITH PETER LAMB & THE WOLVES

Presented by: Vision 4 Moore

A night of romance, candlelight, and rhythm with Peter Lamb and the Wolves, a renowned jazz band. Proceeds benefit The Linden Lodge Foundation. For more information, visit vision4moore.com/events.

Date: September 15

VILLAGE HERITAGE FOUNDATION FUNDRAISER

Presented by: Village Heritage Foundation

Help keep our community beautiful by supporting the Village Heritage Foundation. For more information, visit villageheritagefoundation.org.

Date: September 17

QUILTING IN THE PINES

Presented by: The Sandhills Quilters Guild

Enjoy this annual quilt show with vendors, a boutique, raffle baskets, a silent auction, and food trucks. For more information, visit sandhillsquilters.org or contact sandhillsquilters.org.

Date: September 27-28 | 10:00am-5:00pm

HARVEST THE PROMISE FUNDRAISER

Presented by: Family Promise of Moore County

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

Date: October 10

MOORE HUMANE SOCIETY FUNDRAISER

Presented by: Moore Humane Society

Support the Moore Humane Society. For more information, call 910-947-2631 or moorehumane@gmail.com.

Date: November 1

PURSE BINGO FUNDRAISER

Presented by: The Academy of Moore County PTO

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

Date: November 2

PICNIC IN THE PINES FUNDRAISER

Presented by: Food Bank of Central & Eastern NC

Wine, dine, and jive the night away to support the local food bank. For more information, call 910-692-5959 or visit foodbankcenc.org.

Date: November 7

CHANGING DESTINIES FUNDRAISER

Presented by: Changing Destinies Ministry

Fundraiser with auctions, dancing, dinner, speakers, and raffles. For more information, visit changingdestiniesministry.org.

Date: November 8

PINEHURST POP-UP HOLIDAY MARKET

Presented by: The Village of Pinehurst - Fair Barn

Join this annual event featuring over 35 vendors with free admission, parking, food trucks on-site. For more information, call 910-295-0166.

Date: November 30

CHRISTMAS EVE SERVICES

Presented by: Pinehurst United Methodist Church

All 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

BLINGO BINGO

Presented by: The CARE Group

For more information, call 910-692-5954 or email admin@moorebuddiesmentoring.com.

Date: January 23, 2025

YOUTH ATHLETICS

YOUTH: TENNIS LESSONS

Instructor Steve Musgrove and The Lawn & Tennis Club of North Carolina are working with the Parks & Recreation Department to create a sustainable, year-round youth tennis program. Sessions are four or six weeks long and are held at The Lawn & Tennis Club of North Carolina. Lessons are offered year-round and camps in the summer, so stay tuned for future dates.

Session Dates:

Ages 5-12 Tuesdays:

4-Week: Sept. 3–Sept. 24 | Oct. 8–Oct. 29

6-Week: Nov. 5–Dec. 17

Ages 12-17 Wednesdays:

4-Week: Sept. 4–Sept. 25 | Oct. 9–Oct. 30

6-Week: Nov. 6–Dec. 18

Ages 5-12 Thursdays:

4-Week: Sept. 5–Sept. 26 | Oct. 10–Oct. 31

6-Week: Nov. 7–Dec. 19

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

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

Ages 12-17 5:00pm-6:00pm

Cost: 4-Week: \$40, 6-Week: \$60



YOUTH: AC SANDHILLS SOCCER

AC Sandhills is an athletic club for ages 3 and up. Registration and more information can be found at www.acsandhills.com.

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 1/1/24. Interested in coaching? Indicate so while registering. Visit pinehurstrec.org for more information on dates and times.

Registration Deadline: November 11 or until the league is full, whichever comes first.

First Practice: December 2

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

YOUTH: BASKETBALL CLINICS

Presented in partnership with Fitz n Fit Fitness, Coach Najee Fitzgerald will provide a fun skill development clinic for ages 8 to 18 (must still be in high school). The focus will be on growing basketball skills on and off the court, developing good sportsmanship, teamwork, and important life skills while also developing their jump shots.

Clinic Dates:

September 13: Ball Handling + Speed & Agility

September 27: Finishing + Speed & Agility

October 18: Defense + Speed & Agility

October 25: Shooting + Speed & Agility

Times: Ages 8-11: 5:00pm-6:30pm

Ages 12-18: 6:30pm-8:00pm

Cost: \$25

YOUTH: PUNT, PASS, GO

Here's a chance to show off your football skills. Face off against boys and girls in your age group to see who can punt, pass, and kick the furthest and most accurately. Three age divisions: 5-8, 9-12 & 13-16. Winners in each division will receive a trophy.

Compete in three skills:

- Punt: Participants demonstrate their punting skills, where they attempt to kick the football as far as possible for distance while aiming for accuracy.
- Pass: Participants throw the football overhand for distance and accuracy.
- Go: Participants run as fast as they can for 40-yards.

Date: Saturday, November 2 at 10:00am

Location: Cannon Park - Field #1, 90 Woods Rd., Pinehurst

Cost: Free

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 jlawhon@vopnc.org.

Location: Hockey Rink at Rassie Wicker Park

Dates: Sept. 6, 13, 20, 27 & Oct. 4, 11, 18, 25

Time: 6:00pm-7:00pm

Ages: 5-18

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 Judith Lawhon at jlawhon@vopnc.org.

ADULT ATHLETICS

ADULT: OPEN GYM PROGRAMS

An Open Gym Membership is required 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. 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.

Have a question?

For questions about athletics, please contact Athletic Coordinator Judith Lawhon at jlawhon@vopnc.org.

YOUTH: SANDHILLS OPTIMIST BASEBALL

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

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

YOUTH & FAMILY OPEN GYM PROGRAMS

An Open Gym Membership is required to participate in open gym programs: basketball, volleyball, and open play. To register for an Open Gym Membership, contact the Parks & Recreation Department. 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.

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 Judith Lawhon at jlawhon@vopnc.org.












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 Judith Lawhon at jlawhon@vopnc.org.

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

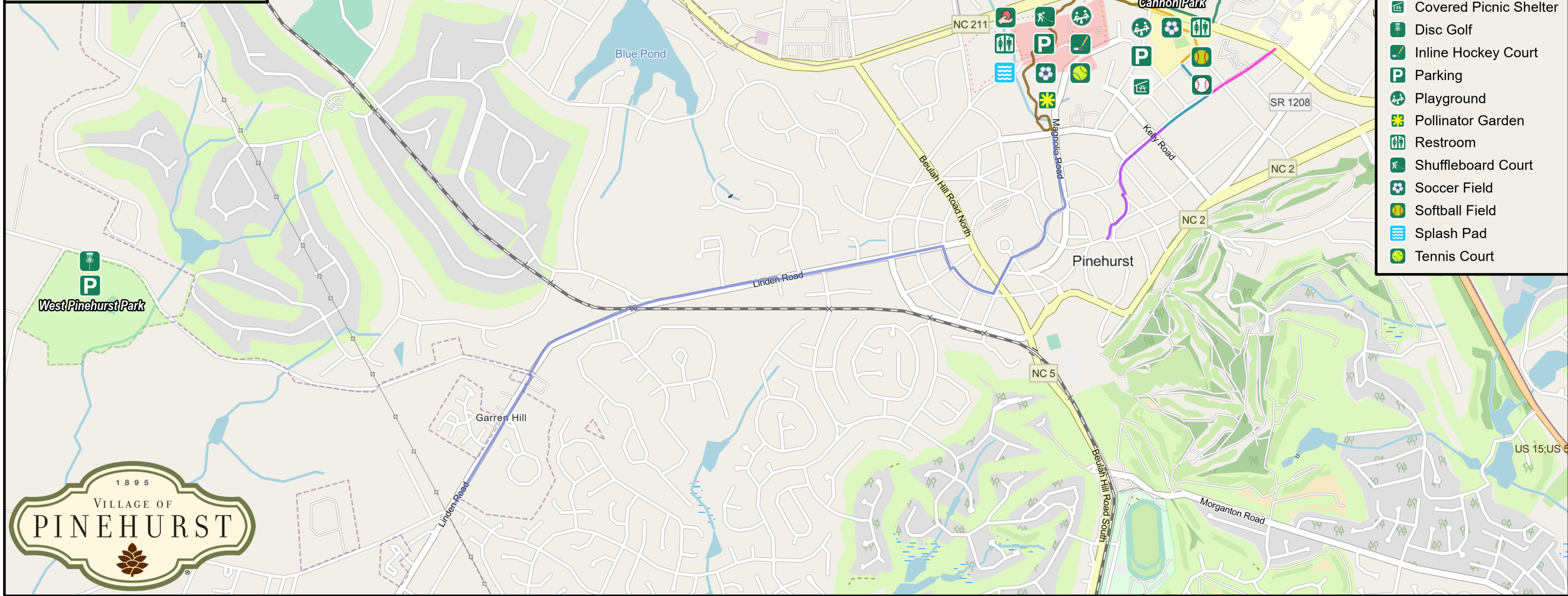
Village of Pinehurst Parks and Recreation
 210 Rattlesnake Trail
 Pinehurst, NC 28374
 910-295-2817

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



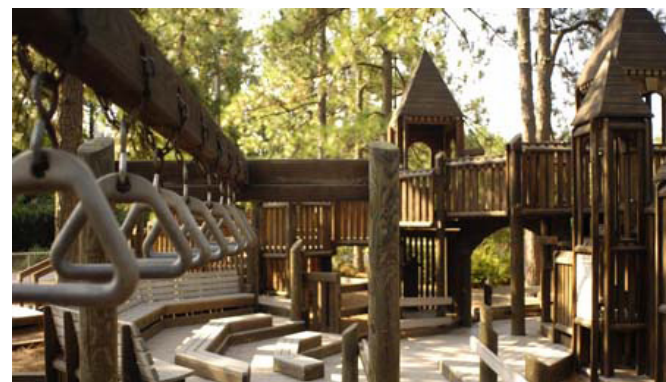
PARKS, TRAILS, & FACILITIES

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 drawing class taught by Cara Mathis and 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.

Materials required: Sketchbook, pencil.

September Session: September 7-October 12

Class Time: Saturdays, 11:00am-1:00pm

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

Given Memorial Library | Minimum 10, Maximum 15



INTRODUCTION TO WATERCOLOR

This class, taught by Christi Geist, will introduce you to the beautiful world of watercolor, the most popular painting medium today. Watercolor may have a reputation for being difficult, but patience and practice can lead to great satisfaction. *No experience is required, but comprehension of basic drawing is helpful.*

September Session: September 24-October 29

November Session: November 12-January 7 (no class 11/26, 12/24, 12/31)

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

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

Arts & Crafts Room | Minimum 10, Maximum TBD

CONTINUING WATERCOLOR

Explore a variety of techniques and approaches to express your ideas with instructor Christi Geist. You'll have the opportunity to learn how to choose subject matters that demonstrate your personal visions and how to express them. You will continue to develop your style while experimenting and practicing with other artists. *Knowledge of basic painting techniques is strongly encouraged for this class.*

September Session: September 25- October 30

November Session: November 13-January 8 (no class 11/27, 12/25, 1/1)

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

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

Arts & Crafts Room | Minimum 10, Maximum TBD

ALL MEDIA 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.

August Session: August 14-September 18

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

Cost: \$69 Residents, \$138 Non-Residents

Arts & Crafts Room | Minimum 9, Maximum TBD

ARCHERY

Join Rene Monderen, Level 3 USA Archery certified instructor, to 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. Compound bows allowed. Max draw weight 45 lbs.

September Session: 8/24-10/5 (no class 8/31)

October Session: 10/26-12/7 (no class 11/30)

Time: Saturdays, 11:30am-12:30pm

Cost: \$115 Residents, \$230 Non-Residents

West Pinehurst Park | Minimum 4, Maximum 8



GOLF CONDITIONING

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 24-October 29

November Session: November 12-December 17

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

Cost: \$45 Residents, \$90 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: \$70

5-Class Pass: \$70, valid for two months

10-Class Pass: \$120, valid for three months



MOORE FOOD FUN

COOK ONCE, EAT TWICE: GOOD MOOD FOOD

We need food to survive, to give us energy, to help us grow, and to keep us healthy. But can it also affect our mood? Science says it can. Most research ties the health of bacteria in your gut to your mood. Which foods help create a healthy population of microorganisms and which do not? Let's cook up some Good Mood Food!

October 25-November 15

Time: Fridays, 11:00am-1:00pm

Cost: \$65 Residents, \$130 Non-Residents

Kitchen | Minimum 4, Maximum 6

COOK ONCE, EAT TWICE: LET'S FIBER UP!

Fiber is gold for your health, yet only about 5% of American adults get enough fiber in their diets. The goal for this class is to Fiber Up to fuel a healthy lifestyle.

As usual, we will eat together and at the end of class you can take some food home for the next day. Be sure to bring a container. Eat better, eat together!

January 24-February 14

Time: Fridays, 11:00am-1:00pm

Cost: \$65 Residents, \$130 Non-Residents

Kitchen | 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, 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:

September Session: September 13-October 18

November Session: November 1-December 13 (no class 11/29)

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

Cost: \$45 Residents, \$90 Non-Residents

Wellness Room | Minimum 6, Maximum TBD

Mondays & Fridays:

September Session: September 9-October 18

November Session: October 28-December 13 (no class 11/11, 11/29)

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

Cost: \$75 Residents, \$150 Non-Residents

Wellness Room | Minimum 6, Maximum TBD

Mondays Only:

September Session: September 9-October 14

November Session: October 28-December 9 (no class 11/11)

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

Cost: \$45 Residents, \$90 Non-Residents

Wellness Room | Minimum 6, Maximum TBD

SLOW FLOW YOGA

Class details coming soon!

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 27-November 1

November Session: November 15-January 3 (no class 11/29, 12/27)

Cost: \$45 Residents, \$90 Non-Residents

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

Wellness Room | Minimum 6, Maximum TBD



GRACIE COMBATIVES

Gracie Combatives is a beginner program designed for adults to learn the core techniques of Brazilian Jiu-Jitsu in a fun, safe, and cooperative setting. The essential Jiu-Jitsu techniques, both standing and on the ground, are taught in one-hour lessons, broken down into simplified drills for easy learning. This program prioritizes safety by eliminating competitive sparring and welcomes individuals of all levels—no prior experience is required. Led by Gracie-certified instructor Joe Dulmage, this supportive environment ensures an informative and enjoyable experience for everyone, regardless of age, gender, or athletic ability.

Dates: September 21-October 12

Class Time: Saturdays, 9:15am-10:15am

Cost: \$75 Residents, \$150 Non-Residents

Wellness Room | Minimum 8, Maximum 20

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 18-October 23

November Session: November 6-December 18 (no class 11/27)

January Session: January 8-February 12

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

Cost: \$38 Residents, \$76 Non-Residents

Location Dependent on Weather | 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 19-October 24

November Session: November 7-December 19 (no class 11/28)

January Session: January 9-February 13

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

Cost: \$38 Residents, \$76 Non-Residents

Location Dependent on Weather | Minimum 8, Maximum TBD



BIRDWATCHING FOR BEGINNERS

Enjoy Pinehurst's natural spaces and see how North Carolina's native bird species interact with our parks and greenway trails. We'll venture to a different parks and greenway location each week. Class cost covers binoculars and birdwatching field guides.

September 12-October 17 | Thursdays, 8:00am-9:00am

Cost: \$45 Residents, \$90 Non-Residents

Depart from Cannon Park Community Center

BEGINNER'S ADULT AMERICAN MAHJONG

Come and learn the cerebral game of American Mahjong, a game of both skill and luck that originated in China and was brought to the U.S. in the 1920s. There are many health benefits to playing mahjong: it's social, good for brain function, improves hand-eye coordination, decreases possibility of depression (by providing social benefits of making new friends), benefits short-term memory, increases concentration and pattern recognition. Sessions will be taught by local instructor Michelle Nice, aka the "Mahj Lady."

Dates: September 27-October 20

Class Time: Fridays 10:00am-12:00pm
Sundays 3:00-5:00pm

Cost: \$140 Residents, \$280 Non-Residents

Program Room | Minimum 8, Maximum 20

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.

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 and season.



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 19: Historic Sanford Walking Tour

Come learn about the heart of downtown Sanford! We will explore the history behind many of the buildings and enjoy some local cuisine. Be sure to wear comfortable shoes.

Time: 9:30am-3:30pm

Cost: \$17 Residents, \$32 Non-Residents

October 17: Sullenberger Aviation Museum

The new Sullenberger Aviation Museum at CLT Airport explores the planes, people, and industry of aviation in the Carolinas. Enjoy a reimagined exhibition featuring US Airways Flight 1549, known as the Miracle on the Hudson.

Time: 9:30am-5:00pm

Cost: \$39 Residents, \$54 Non-Residents

November 14: Reynolda House Museum

Join us for a fun filled day at Reynolda's 170-acre historic estate. We will visit the museum, gardens and village.

Time: 9:00am-5:00pm

Cost: \$37 Residents, \$52 Non-Residents

December 12: Shopping at the Streets of Southpoint

Put on those walking shoes and prepare to shop! Enjoy the mall as it's decorated for the holidays and mark some gifts off your holiday shopping list.

Time: 9:00am-5:00pm

Cost: \$17 Residents, \$32 Non-Residents

PINEHURST WALKING CLUB

If you enjoy walking and are looking for a group to join, this is the club for you. Each week we'll meet to spend time outside, appreciating the natural beauty of our town while being active and socializing.

Participants are encouraged to bring a water bottle.

Dates: September 10-October 15

Day/Time: Tuesdays, 9:00am-10:00am

Cost: Free | Minimum 6, Maximum 12

Depart from Cannon Park Community Center

SPECIAL NEEDS PROGRAMS

THE REC-ING CREW SOCIAL CLUB

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.

November 6: Fall Fun with Apples

December 4: Paper Plane Origami

January 8: Indoor Camping Activities

February 5: Valentine's Friendship Bracelets

March 5: Game Day

April 2: Pizza and Movie

Time: 4:00pm-5:30pm

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

Program Room | Minimum 5, Maximum TBD

YOUNG ATHLETES

Special Olympics Young Athletes™ is an inclusive early childhood sports and educational play program for children aged 2 to 7 years old, with and without intellectual disabilities, that includes games, songs and other fun physical activities. With an emphasis on training and participation through activities and play, young athletes learn basic sports skills like kicking and throwing a ball, and playing with others. Young Athletes™ also provides children with gross motor skills training, group interaction and socialization opportunities. *Parents must remain onsite during the program.*

Dates: September 25-November 13

Time: Wednesdays, 9:00am-9:45am

Multipurpose Room | Minimum 3, Maximum TBD

ABILITIES TENNIS

We're proud to partner with Abilities Tennis and The Lawn & Tennis Club of North Carolina to provide free tennis clinics to athletes with intellectual disabilities ages 8+. We welcome all levels of play from beginners to seasoned Special Olympics athletes. Parents/Caregivers are asked to stay for participants under 18.

Clinics are led by tennis instructor Steve Musgrove.

Dates: September 10-November 19 (no clinic 10/1)

Day/Time: Tuesdays, 11:00am-12:00pm

Lawn & Tennis Club | Minimum 3, Maximum TBD

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 | **Bring money for lunch.**

September 27: Buccee's

We are excited to hit the road again! As requested we will visit Buccee's to see what it's all about!

Time: 9:00am-5:00pm

Cost: \$19 Residents, \$34 Non-Residents, includes transportation and admission.

November 22: The Southern Christmas Show

Experience charming shops, festive music, crafts galore, yummy food, holiday decor, Santa, over 400 holiday merchants, and enough fun to last all year.

Time: 9:00am-5:00pm

Cost: \$40 Residents, \$55 Non-Residents.

BOOK CLUB

The Arc of Moore County sponsors a monthly Book Club for adults with intellectual and developmental disabilities. Members will explore provided books through fun activities and field trips. There is no charge to join! For more information, contact The Arc at 910-692-8272 or email arcmooreom@embarqmail.com.

Day/Time: Second Wednesday of each month | 5:00pm

Cannon Park Community Center

ONE KICK WONDERS KICKBALL LEAGUE

We're excited to partner 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 in a fun-filled atmosphere with team spirit and lots of laughter. Don't miss out on the fun!

Day/Time: Tuesdays, September 3-24 | 4:00pm-5:00pm

Cannon Park Turf Field | 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! Cost is \$10 and tickets must be purchased in advance from the Arc of Moore County: 910-692-8272.

Day/Time: Wednesday, October 23 | 5:30pm-8:00pm

The Fair Barn

YOUTH PROGRAMS

ARCHERY

Join Rene Monderen, Level 3 certified instructor, for archery fun! 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. Compound bows allowed. Max draw weight 45 lbs.

September Session: August 24-October 5 (no class 8/31)

May Session: October 26-December 7 (no class 11/30)

Day: Saturdays

Time: 9:00am-10:00am (ages 9-11)

10:15am-11:15am (ages 12-17)

Cost: \$115 Residents, \$230 Non-Residents

Location: West Pinehurst Park | Min 4, Max 8



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.

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 Sessions:

Fridays: August 23-October 4 (no class 8/30)

Mondays: August 26- October 7 (no class 9/2)

Time: 4:00pm-5:30pm

October Sessions:

Fridays: October 25-December 6 (no class 11/29)

Mondays: October 21-December 2 (no class 11/25)

Time: 3:30pm-5:00pm

Cost: \$195 Residents, \$390 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, September 7-November 16, 10:00am-12:00pm

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

Location: Multipurpose Room

Minimum 4, Maximum TBD



MOORE FOOD FUN

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.

Location: Cannon Park Community Center Kitchen

September Sessions: Loco for Local

Do you ever think about where your food comes from? How does it grow? And who is the farmer that grew your food? In this class we will cook and eat food we can get from our own county and/or state. While eating together, we'll learn why choosing local food has so many fantastic benefits.

September 10-October 1

Tuesdays, 5:30pm-7:00pm | Ages: 9-12 | Min 6, Max 8

September 11-October 2

Wednesdays, 5:30pm-7:00pm | Ages: 9-12 | Min 6, Max 8

September 12-October 3 (Homeschool Class)

Thursdays, 12:30pm-2:00pm | Ages: 9-12 | Min 6, Max 8

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

October Sessions

Cooking Artists: Ages 5-8

Calling all Cooking Artists for a "Let's Do Lunch" session. The recipes you'll make are simple and great to take to school in your lunchbox. Enjoy this fun, hands-on cooking class creating healthy lunch masterpieces!

Class 1: October 22 - November 12

Tuesdays, 5:00pm-6:00pm | Min 4, Max 6

Class 2: October 23 - November 13

Wednesdays, 5:00pm-6:00pm | Min 4, Max 6

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

Teen Cuisine Pasta Workshop: Ages 13-17

Have you ever made your own pasta? We'll make pasta and a delicious pasta sauce. Cooking from scratch to the max!

Date/Time: Friday, October 18, 5:30pm-7:30pm

Cost: \$30 Residents, \$60 Non-Residents | Min 6, Max 8

November/December Sessions: Good Mood Food

We need food to survive, to give us energy, to help us grow, and to keep us healthy. But can food also affect our mood? Science says it can. Curious about these Good Mood Foods? Let's find out what they are and cook with them!

November 19-December 17 (No class 11/26)

Tuesdays, 5:30pm-7:00pm | Ages: 9-12 | Min 6, Max 8

November 20-December 18 (No class 11/27)

Wednesdays, 5:30pm-7:00pm | Ages: 9-12 | Min 6, Max 8

November 21-December 19 (Homeschool Class) (No class 11/28)

Thursdays, 12:30pm-2:00pm | Ages: 9-12 | Min 6, Max 8

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

Teen Cuisine Fancy French Food Workshop: Ages 13-17

Tonight, we'll cook a 3-course French dinner with a starter, entrée, and dessert - all delicious and healthy. We'll set the table nice, light some candles, have music playing, and pretend we're in a fancy French restaurant.

Date/Time: Friday, December 13, 5:30pm-7:30pm

Cost: \$30 Residents, \$60 Non-Residents | Min 6, Max 8

January/February Sessions

Cooking Artists: Ages 5-8

Calling all Cooking Artists for a "Breakfast Blast" session! What's for breakfast? Whatever you can make yourself! Whether chopping, pouring, or flipping, this hands-on class lets kids play with their food and get excited about a healthy breakfast. Come meet some new and/or old "Breakfast Buddies" and have Moore Food Fun!

Class 1: January 21-February 11

Tuesdays, 5:00pm-6:00pm | Min 4, Max 6

Class 2: January 22-February 12

Wednesdays, 5:00pm-6:00pm | Min 4, Max 6

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

Teen Cuisine Favorite Food Workshop: Ages 13-17

What do you like making best? Come share your healthy recipe with the rest of the group and show us how to make it. We can make two recipes, depending on the time and complexity. Recipes should take 45 minutes max.

Date/Time: Friday, February 28, 5:30pm-7:30pm

Cost: \$30 Residents, \$60 Non-Residents | Min 6, Max 8

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.elevoballetacademy.com for more information on pricing, age groups, and how to register.

PRE-WRITING LETTER PLAY & MOVEMENT

Let's learn mark-making and pre-writing skills through play with peers! Children will learn through sensory exploration, fine and gross motor movements and play all while developing their grasp, strengthening wrist and arm muscles, increasing bilateral hand use and crossing midline. Each 60-minute small group class will progress through a series of marks, shapes and motor skills. Taught by Pediatric Occupational Therapist Elizabeth Polley.

Ages 2-5 are welcome with parent present.

Day: Fridays

Time: 9:30am-10:30am

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

Location: Program Room | Min 6, Max 8



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 "Home for the Holidays." 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.

THE GRACIE BULLYPROOF PROGRAM

The Gracie Bullyproof program teaches children aged 5 to 12 non-violent self-defense and verbal assertiveness to overcome bullies. Divided into Little Champs (ages 5-7) and Jr. Grapplers (ages 7-12), the program focuses on awareness, confidence, and responsibility. Kids learn to apply defensive strategies without resorting to violence. Joe Dulmage, a Gracie Certified instructor, leads classes that progress from playful introductions to advanced training, using positive reinforcement and character development to create a supportive learning environment.

Dates: September 16-October 9

Day/Time:

Little Champs: Mondays, 5:15pm-6:15pm

Jr. Grapplers: Wednesdays, 5:15pm-6:15pm

Cost: \$75 Residents, \$150 Non-Residents

Location: Gracie Jiu Jitsu, 50 Rattlesnake Trail, Pinehurst
Max 15 participants



PE IN THE PINES

Join Hannah Ough for age-appropriate play experiences that incorporate sports and fitness. **Classes will resume in October. To register, visit peinthepines.com.**

Mixed Age P.E.

A combined class for children 18 months-5 years offered in the afternoon. We'll introduce skills for physical education while creating an environment to encourage physical activity through play, exercise, games, music and story time.

Social Butterfly Classes

This class is intended to nourish and develop social opportunities for both parent/caregiver and child. We want to help build your community because we all need a village. These gatherings are held at the Cannon Park Community Center and are for parents/caregivers with infants to 18 months of age.

YOUTH BEGINNER'S AMERICAN MAHJONG

Come learn the cerebral game of American Mahjong, a game of both skill and luck that originated in China and was brought to the U.S. in the 1920s. Playing American Mahjong can help children develop cognitive skills like concentration, planning, intelligence, and strategy making. It can be considered an educational tool for children. It could also help maintain brain health, improve memory skill, relieve stress, and provide social benefits by making new friends. Sessions will be taught by local instructor Michelle Nice, aka the "Mahj Lady."

Dates: September 23-October 18

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

Cost: \$115 Residents, \$230 Non-Residents

Materials Needed: 2024 National Mahjong League Card
Program Room | Min 4, Max 16

YOUNG ADVENTURERS PROGRAM

Children and families are invited to join us for this exciting opportunity to explore the natural spaces in Pinehurst! This program offers kids a chance to spend time outside, appreciating all of the natural beauty our town has to offer while being active and getting to socialize with each other.

Ages: 5-9, must be accompanied by an adult

Dates: September 14-October 19

Day: Saturdays

Time: 10:00am-12:00pm

Cost: Free, bring a snack and water bottle

Location: Depart from Cannon Park Community Center
Min 3, Max 7 kids



HOMESCHOOL MUSIC CLASS WITH EVERGREEN STUDIOS

Discover music in an engaging and hands-on creative format! Through lively discussions, listening examples, creative projects, singing, and playing instruments, students will develop a richer understanding of music, its significance in human society, and its historical context. Explore the evolution of music from prehistoric times to the present day and learn how it has shaped and reflected our culture. No music experience necessary. All materials will be provided.

October Session: October 2-October 30

November Session: November 6- December 11

January Session: January 15-February 12

Ages: 8+

Day: Wednesdays

Time: 10:00am-11:00am

Cost per session: \$115 Residents, \$230 Non-Residents

Location: Program Room | Min 6, Max 8



Pinehurst Parks & Recreation

910-295-2817

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