ZEBULON
Parks & Recreation Department
January - April 2019

www.townofzebulon.org
(919) 823-0432
Pictures with the Easter Bunny
Free 4 X 6 photo by Kent Massey when you bring a canned food item to be donated!
Friday, April 12 5:30pm—6:30pm
Zebulon Community Center

Celebration of Arts
Youth Art Exhibit
April 22—April 26, 2018
Check out the artistic talent of local youth as it is displayed at the Zebulon Community Center.

Youth Art Celebration
Friday, April 26
6:30-8:00 PM
A special evening to celebrate the talent displayed at the Youth Art Exhibit.
Contest winners will be revealed.

Zebulon Parks & Recreation
Easter Egg Hunt
Saturday, April 13 @ 10 AM
Zebulon Municipal Complex
1003 N. Arendell Ave.

FREE Family Movie Night
At the Zebulon Community Center / Friday Night at 7:00 pm
Join us on the 2nd Friday of each month at 7:00pm as the Zebulon Parks & Recreation Department presents a FREE movie with popcorn for all ages at the Zebulon Community Center. A parent/guardian must be present for all children.
Please call 919-823-0432 to see what is playing!!
January 11  February 8  March 8  April 12

5K Road Race, Farm Fresh Market, Steel Magnolias Plant Sale, Concert
Watch for updates on: www.townofzebulon.org
www.zebulonchamber.org
## Youth Baseball, Softball, and Tee-Ball Leagues

### Leagues Offered
- **4 Year Old T-Ball (Coed)**
- **5-6 Year Old Advanced T-ball (Coed)**
- **7-8 Year Old Boys Coach Pitch Baseball**
- **9-10 Year Old Boys Baseball**
- **11-12 Year Old Boys Baseball**
- **13-15 Year Old Boys Baseball**
- **8U Year Old Girls Coach Pitch Softball**
- **10U Year Old Girls Fast Pitch Softball**
- **12U Year Old Girls Fast Pitch Softball**
- **15U Year Old Girls Fast Pitch Softball**

*** All softball ages determined as of 01/01/2019 ***

*** All baseball ages determined as of 05/01/2019 ***

### Registration
Registration will be held
January 1 — January 25

#### TEE BALL
- $35 Residents for Tee Ball
- $55 Non-Residents for Tee Ball

#### BASEBALL/SOFTBALL
- $45 Residents
- $65 Non-Residents

For additional information contact Athletic Coordinator Josh Hardin at 919-823-1815.

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## Spring Youth Soccer

Registration will be held from January 1—January 25
League ages determined as of January 1, 2019

League Registration Fees: $45 Residents $65 Non Residents

**Leagues Offered**
- 4-5 Coed (U6)
- 6-7 Coed (U8)
- 8-9 Coed (U10)
Superhero Day @ Whitley Park

Ages 3-9    Free!
Saturday, March 30    10-11 AM

Calling all Superheroes to save Whitley Park. Make sure to wear your favorite superhero suit! We will play superhero games, make masks, and show off your superhero leaps, jumps, speed, and strength on the Superhero Obstacle Course!!!

Flip, Flop, and Drop @ Zebulon Community Center (3-5 Years)

Participants will learn basics of gymnastics in a fun and exciting environment. Explore your flexibility and balance through skills, techniques, forms, and positions. Instructed by Terry Keith.

4 child minimum. 10 child maximum. 6 classes each session.

Session 1    Tuesday    Jan 22—Feb 26 (Deadline Jan 16)    1:15-2:00 PM
Session 2    Tuesday    Mar 5—Apr 9 (Deadline Feb 27)    1:15-2:00 PM

$25 Resident    $30 Non Resident

Preschool Dance (Age 3-5)

Join Dance Instructor Inga Beck for this one of a kind, introduction to dance class for your preschoolers. Classes will meet on Wednesday mornings from 9:00am—9:45am at the Zebulon Community Center.

Two 6 week sessions

Session #1    January 23—February 27 (Deadline January 16)
Session #2    March 6—April 10 (Deadline February 27)

$25 Residents    $30 Non-Residents

Art Adventures (Age 4-5)

Join Program Coordinator Amy Hayden for this one of a kind art adventure with a different theme each month. Each class will meet from 10:00am—10:45am. Cost is $3.00 per class.

Heart-Rageous Valentine’s—Monday, February 11 (Deadline Feb 6)
Leapin Leprechaun’s—Monday, March 11 (Deadline Mar 6)
Egg-Tastic Easter—Monday, April 8 (Deadline Apr 3)

**A parent must attend and assist with their child**
**Spring Golf (Age 7-12)**

Learn the basics of golf with Zebulon Athletic Coordinator Josh Hardin. This 4 session program is appropriate for the beginning golfer as well as the child that is just looking to polish their game!!

Zebulon Country Club
Tuesday’s May 7, 14, 21, 28 (Deadline May 1)
4:00pm—5:00pm

**Spring Tennis Lessons @ Whitley Park**

Learn the basic skills and techniques of tennis this Spring with experienced instructor Allen White.

Saturday’s—April 27, May 4, 11, 18 (Deadline April 18)
Ages 7-12 Time: 9:00am—10:00am

**Karate**

Hanshi, Charles Mann, 9th degree Black Belt, has been the instructor for traditional Okinawan Karate for the ZPRD for the past 30 years. This traditional style of karate teaches participants of all ages the techniques of Kobudo/Weapon and tournament style fighting. Parents and their child/children can take this class together.

Tues & Thurs 7:00 PM Beginners
Tues & Thurs 8:00 PM Intermediate/Advanced

$40 Resident/ month $50 Non-Resident/ month
or
$7.00 per class

**School’s Out Art + Science = FUN**

Learn about the Winter and Spring seasons through a mash up of arts and crafts, science exploration, and games. Class meets from 9am-12pm.

Monday, February 18 (Deadline Feb 8)
Friday, March 29 (Deadline Mar 15)

Ages: K—12 years old
Cost: $25 Resident $35 Non Resident
(Per Program)

**Spring Break Basketball Camp (Age 7-13)**

Join Coach Mike Murray for a fun and informative basketball clinic. Learn and focus on the fundamentals of team basketball and individual skills.

Date: April 15—18 (9am—12pm daily)
Cost: $50 residents $60 Non Residents
Zebulon Community Center
Registration Deadline: Friday, April 5

**Kids in the Kitchen**

Chef Victor is at it again. Join him as he creates both kitchen and grilling recipes that your kids can remaster at home.

Ages: 8-12
Dates: April 15—18
Registration Deadline: Friday, April 5

**Gymnastics (Age 6-10)**

Learn the ins and outs of tumbling fun at the Zebulon Community Center. Kids will learn basic gymnastics techniques and skills. Participants will be introduced to the balance beam as well as the bar. Wear comfortable clothes.

10 participant maximum
Session 1 Monday Jan 28—Mar 4 (Deadline Jan 16)
Session 2 Monday Mar 11—Apr 15 (Deadline Feb 27)
4:30pm-5:30pm
$25 Residents $30 Non-Residents (Per Session)
Adult Fitness Room Membership

Get unlimited access to the fitness rooms at the Zebulon Community Center during normal operating hours.

Resident: $10 per month  Non-Resident: $15 per month

Yoga
This world teaches us that quick and easy is the key to our happiness. Yoga teaches us that life is a process and we shouldn’t be hurried. Join us as we learn to use mindful breath and movement to attain a longer lasting personal wellness.

Monday, Wednesday & Friday  9:00am-10:00am

Dance FITT
This program uses the rhythms and flavors of music to help you reach your goals. We combine dance and strength training into one. Dance FITT incorporates low to high level intensity that are good for all fitness levels.

Tuesday & Thursday  6:30pm-7:30pm

Barre/Pilates
Come work on your core muscle groups including the abdomen, lower back, hips, and buttocks!!

Tuesday & Thursday  9:00am-10:00am

Line Dancing
Crank up the music and let’s go line dancing!! Get a great workout while dancing to your favorite country, dance, and rock-n-roll hits.

Monday (Journonya)  6:30pm-7:30pm
Wednesday (Inga)  10:00am-11:00am

Cardio Dance
Join fitness instructor Journonya Harris-Rayner for this exciting cardio workout. Dance to fun, upbeat tunes from yesterday and today. You’ll have so much fun you won’t realize you’re working out. All skill levels welcome!!

Monday & Friday  10:00am-11:00am
Wednesday  6:30pm—7:30pm

Fit & Fun Aerobics
Class for adults who want to improve their strength and flexibility. A mix of low impact and chair yoga make this a class that is appropriate for all abilities.

Tuesday & Thursday  10:00am—11:00am

Program Options

Purchase fitness options that fit your wants and needs:

Pay by the class—$5 each class

Purchase the Get Fit Pass for Fitness Classes
(Get a total of any 7 fitness classes)
Never expires
$25 Resident
$30 Non-Resident

PURCHASE OUR ALL ACCESS PASS
Unlimited access to Fitness Room and Fitness Classes for a month

$35/month Resident ($5 Savings)
$45/month Non Resident ($5 Savings)
CHAIR YOGA FOR SENIORS

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.

Tuesday’s beginning January 8
Zebulon Community Center
9:00am—9:45am

FREE

Cards

Join your friends at the Community Center every Tuesday and Friday for a couple of games of cards. We provide everything you need, including a nice, hot cup of coffee!!

Tuesday & Friday 10am-2pm FREE!!

Super Salads

Share a healthy lunch with friends at the Community Center. We will provide a house salad and all the fixings

Register by: March 8 Program date: March 15
12:00pm Cost: $3 per person

BINGO Wednesday’s at the Community Center (1:00-2:30pm)

How lucky are you feeling? Come play fun games of Bingo with your friends. These games will be FREE of charge. Prizes will be awarded.

Play dates: February 13, March 13, and April 17.

Sylvan Bird Sanctuary Day Trip—April 4

Sylvan Heights Bird Park is designed to give visitors an unforgettable up-close experience with over 2,000 waterfowl, parrots, toucans, flamingos, and other exotic birds from around the world. Open to the public since October 2006, the 18-acre facility features spacious, walk-through aviaries displaying birds from South America, North America, Europe, Africa, Asia and Australia.

Cost: $25 per person (Includes Admission Ticket and Transportation-Bring your own picnic lunch. Cooler provided)

Registration Deadline: March 27

Color Pot Class

This class will teach you how to plant an arrangement of bright, colorful flowers with an emphasis on Spring. You supply your own 12” - 16” pot and we supply the rest.

$10 Per Person

Saturday, April 27 @ 10am (Zebulon Community Center)

Deadline to Register is Monday, April 22
ZEBULON
FARM FRESH MARKET

Every Saturday
Zebulon Municipal Complex
Fresh Fruit and Produce
9:00am - 2:00pm
OPENING DAY - APRIL 27
LOCALLY GROWN

www.townofzebulon.org