

ZEBULON

Parks & Recreation Department

January - April 2019



www.townofzebulon.org

(919) 823-0432

Special Events



Zebulon Parks & Recreation Easter Egg Hunt

Saturday, April 13 @ 10 AM
Zebulon Municipal Complex
1003 N. Arendell Ave.

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

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

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.

Celebrating the Arts



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 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.



Spring Youth Soccer

**NEW
PROGRAM!**

Registration will be held from January 1—January 25

League ages determined as of January 1, 2019

**NEW
PROGRAM!**

League Registration Fees: \$45 Residents \$65 Non Residents



Leagues Offered

4-5 Coed (U6)

6-7 Coed (U8)

8-9 Coed (U10)



Preschool

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****





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)

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 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

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

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

\$25 Resident \$30 Non-Resident

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

BASKETBALL CLINIC



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

Time: 1pm—4pm

\$50 Residents \$60 Non residents



Lets Get Fit

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)

*Believe in
Yourself.*

Active Adults

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