

# ORANGE COUNTY



## Department of Environment, Agriculture, Parks & Recreation

# PROGRAM GUIDE

May-Aug. 2018



Youth Flag Football League ..... p. 13



321 Blast Off ..... p. 9



Ready, Set, Run ..... p. 11



Fishing Rodeo ..... p. 7



Adult Men's Basketball League ..... p. 13

302 West Tryon Street, Hillsborough, NC, 27278 • 919.245.2660  
Register in-person Monday-Friday, 8:00 a.m.-5:00 p.m.  
Register online at <http://www.orangecountync.gov/deapr/registration.asp>



## RECREATION INFORMATION

### TABLE OF CONTENTS

Recreation Information.....	2-3
Parks & Facilities.....	4-6
Special Events.....	7
Fishing Rodeo	
Movies in the Park	
General Recreation.....	8-10
321 Blast Off	
Art in 3D	
Capoeira	
Chess	
Creative Arts	
Shorty Chef	
Martial Arts	
Piano Lessons	
Preschool Holiday Parties	
STEM Fundamentals	
STEM Challenge	
Tai Chi	
Twirl Mania Baton Twirling	
Yoga and Mindfulness	
Athletics.....	11-13
Adult Co-Rec Kickball League	
Adult Co-Rec Softball League	
Adult Men's Summer Basketball League	
Open Gymnasium	
Ready, Set, Run!	
Start Smart Lacrosse	
Start Smart Soccer	
Youth Fall Flag Football League	
Youth Fall Soccer League	
Youth Summer Basketball League	
Youth Tennis Lessons	
Little River Regional Park.....	14
Blackwood Farm Park.....	15



## DEPARTMENT OF ENVIRONMENT, AGRICULTURE, PARKS & RECREATION

David Stancil, Director

### Recreation Division

302 West Tryon Street, Hillsborough, NC 27278

Administration.....	919.245.2660
Weather Hotline.....	919.245.2669
Fax.....	919.644.3042
Christopher Sousa, Recreation Superintendent.....	919.245.2661
Lee Barnes, Recreation Manager.....	919.245.2668
James Lyon, Recreation Programs Supervisor.....	919.245.2671
Amanda High, Recreation Programs Coordinator.....	919.245.2665
Sid Peterson, Recreation Programs Coordinator.....	919.245.2670
Kyle Talley, Recreation Programs Coordinator.....	919.245.2672
Gwen Stephens, Recreation Programs Assistant.....	919.245.2663

### ORANGE COUNTY RECREATION DIVISION MISSION STATEMENT

DEAPR-Recreation Division exists to provide Orange County residents of all ages, backgrounds, abilities, and interests with a wide variety of affordable recreation programming, open access to recreation facilities, and opportunities for all people to gather, celebrate, and engage in activities that promote healthy lifestyles, teach important life skills, and build a stronger community.

### Director; Natural and Cultural Resources Division; Support Services

306A Revere Road, Hillsborough, NC 27278

Administration.....	919.245.2510
Fax.....	919.644.3351

### Parks Division

Parks Operation Base, 6823 Millhouse Road, Chapel Hill, NC 27516

Administration.....	919.245.2660
Fax.....	919.967.3097

### ORANGE COUNTY PARKS & RECREATION COUNCIL

Each member of the Council shall be a County resident appointed by the Orange County Board of Commissioners. This council consults with and advises the Department of Environment, Agriculture, Parks and Recreation, and the Board of County Commissioners on matters affecting recreation policies, programs, personnel, finances, and the acquisition and disposal of lands and properties related to the total community recreation program, and to its long-range planning for recreation.

Tori Williams Reid, Chair  
Haywood Rhodes, Vice-Chair  
Rachel Cotter  
John Greeson  
Katie Loovis

Gina Reyman  
Rob Robinson  
Bob Smith  
Tim Tippen  
Michael Zelek



@orangecountyncrec



@OCDEAPR

**To REGISTER**

Registrations are processed first-come, first-served.

**Online:** Log on to [www.orangecountync.gov/deapr/registration.asp](http://www.orangecountync.gov/deapr/registration.asp). If you or your family has participated with us before and you do not know your account information, call 919.245.2660 for further assistance.

**In Person:** Visit the Central Recreation Center, 302 West Tryon Street, Hillsborough during regular office hours, Monday through Friday, 8:00 a.m.-5:00 p.m.

**REFUND POLICY**

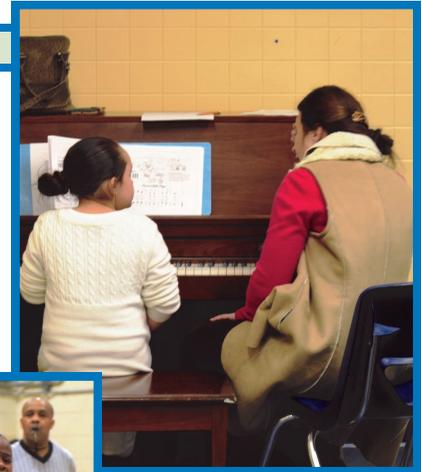
For all programs except summer camps: Fees are 100% refundable when the program is cancelled by the Department. If requested prior to seven days in advance of the reservation date or first program date, a full refund less a \$5 administrative fee will be given. If requested between two and six days of the reservation date or first program date, a 50% refund less \$5 will be given. No refund will be given if requested less than two days before reservation date or first program date. No administrative fee is charged if a household credit is accepted. For summer camp refund policy, see page 12.

**INCLUSION POLICY**

Orange County DEAPR-Recreation is committed to providing inclusive recreation opportunities and encourages individuals with and without disabilities to participate together. In order for individuals with disabilities to participate as fully as possible, reasonable accommodations will be provided. If you or a family member will need accommodations, please add the request on the registration form and/or call our office at 919.245.2660.

**FINANCIAL ASSISTANCE**

Need assistance paying for your child's registration costs? Contact Orange County Department of Social Services for information about scholarship assistance and to learn how to apply. Contact: Department of Social Services, 919.245.2800



**PHOTO POLICY**

Orange County DEAPR reserves the right to photograph and publish photographs of participants for publicity purposes. Photographs may also be shared with the program instructors.

**ORANGE COUNTY SCHOOLS BOARD OF EDUCATION STATEMENT**

As a service to the community, the Orange County Board of Education permits the distribution of these materials relating to non-school related services, activities, and programs, however, it does not endorse and is not responsible for the services, activities and programs advertised or promoted herein.

**YOUTH ATHLETIC LEAGUE PARENT MEETINGS**

Prior to participating in an Orange County Department of Environment, Agriculture, Parks and Recreation youth athletics league, at least one parent or guardian per player must attend a mandatory Parent Meeting. The purpose of this meeting is to review the Department's stated goal of encouraging good sportsmanship and social interaction through active participation. In addition to learning how to support their child(ren)'s athletic endeavors, parents will review the Department's policies regarding behavior and decorum at League-sponsored programs and events. Must be attended once per year.

<b>Fee:</b>	Free		
<b>Day/Date:</b>	<b>Season (Primary Sport):</b>	<b>Time:</b>	<b>Location:</b>
Saturday, May 19	Summer (Basketball)	1:30 p.m.-2:15 p.m.	Central Recreation Center
Saturday, Jun. 23	Summer (Basketball)	1:30 p.m.-2:15 p.m.	Central Recreation Center
Saturday, Aug. 25	Fall (Soccer & Flag Football)	11:15 a.m.-12:00 p.m.	Central Recreation Center
Tuesday, Aug. 30	Fall (Soccer & Flag Football)	6:15 p.m.-7:00 p.m.	Soccer.com Center
Tuesday, Aug. 30	Fall (Soccer & Flag Football)	7:15 p.m.-8:00 p.m.	Soccer.com Center
Monday, Sept. 10	Fall (Soccer & Flag Football)	6:15 p.m.-7:00 p.m.	Central Recreation Center
<b>Instructor:</b>	Recreation Division Staff		

## PARKS & FACILITIES

For facility reservations at all sites, please visit <http://www.orangecountync.gov/deapr/registration>, call 919.245.2660, or visit the Central Recreation Center during office hours to schedule facility use at least one week in advance. The listed facilities are sites owned and/or operated by Orange County. They are open to the public for activities scheduled by Orange County and as scheduled by other agencies for special programs offered to the community. Some facilities may be reserved for private use.

Amenity	Location(s)	Resident Rate	Non-Resident Rate	Additional Fees <i>(Vending fees below may apply)</i>
Activity Rooms	CRC; ECCC	\$25.00/hour	\$37.50/hour	
Baseball/Softball Fields	CGCP; ECCP; FP	\$25.00/hour	\$37.50/hour	Lights \$25.00/hour
Basketball Courts (Outdoor)	CGCP; ECCP; FP	\$5.00/hour	\$7.50/hour	Lights \$5.00/hour
Farmer's Market Pavilion	FMP	\$10.00/day	\$15.00/day	\$20.00 Restroom Key Deposit
Gymnasium	CRC	\$35.00/hour	\$52.50/hour	
Multi-Purpose Fields	CGP; CRC; ECCP	\$25.00/hour	\$37.50/hour	
Soccer Fields	SCC	\$25.00-\$35.00/hour	\$52.50/hour	Lights \$25.00/hour
Shelters	CGCP; ECCP; FP; BFP	\$20.00/day	\$30.00/day	\$20.00 Restroom Key Deposit
Vending Fees		Special Event	Tournament	
Product/Merchandise Sales		\$15.00/booth	\$100.00/day/field	

### CENTRAL RECREATION CENTER (CRC)

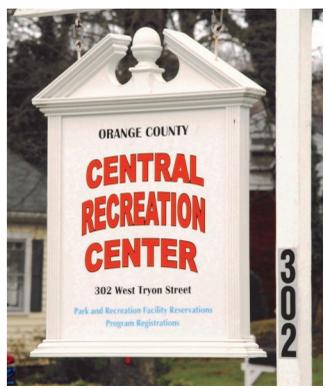
302 West Tryon Street | Hillsborough, NC 27278

*Reservations available year-round except County holidays*

*Hours:*

*8:00 a.m.-10:00 p.m.*

Administrative Offices, Program Registrations & Facility Reservations, Activity Areas, Gymnasium, Multi-Purpose Field, Picnic Area, Playground



### SOCCER.COM CENTER (SCC)

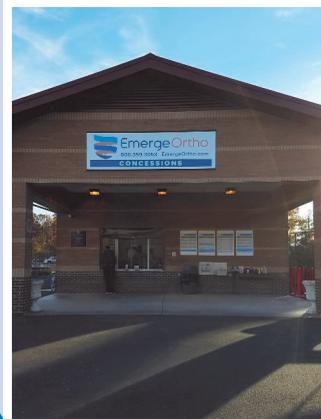
4701 West Ten Road | Efland, NC 27243

*Reservations available late-Mar.-Oct. 31*

*Hours:*

*8:00 a.m.-10:00 p.m. (fields closed Mondays & Fridays)*

Lighted Soccer Fields, Concession Stand, Picnic Shelter



**EFLAND-CHEEKS COMMUNITY CENTER (ECCC)**

117 Richmond Road | Mebane, NC 27243

*Reservations available Saturday & Sunday*

*Hours:*

*8:00 a.m.-10:00 p.m.*

Activity Room, Catering Kitchen, Small Stage



**CEDAR GROVE COMMUNITY CENTER (CGCC)**

5800 Highway 86 North | Cedar Grove, NC 27231

*Reservations available Saturday & Sunday*

*Hours:*

*8:00 a.m.-10:00 p.m.*

Activity Room, Catering Kitchen, Gymnasium



**CEDAR GROVE COMMUNITY PARK (CGCP)**

5800 Highway 86 North | Cedar Grove, NC 27231

*Reservations available Mar. 1-Oct. 31 (fields closed Mondays)*

*Park Hours:*

*Nov.-Feb.: Sunrise-8:00 p.m.*

*Mar.-Oct.: Sunrise-10:00 p.m.*

Lighted Ball Fields, Outdoor Lighted Basketball Courts, Multi-purpose Field, Picnic Shelter, Restrooms, Playground, Lighted Walking Track



**EFLAND-CHEEKS COMMUNITY PARK (ECCP)**

117 Richmond Road | Mebane, NC 27243

*Reservations available Mar. 1-Oct. 31 (fields closed Mondays)*

*Park Hours:*

*Nov.-Feb.: Sunrise-8:00 p.m.*

*Mar.-Oct.: Sunrise-10:00 p.m.*

Outdoor Lighted Basketball Courts, Picnic Shelters, Lighted Ball Field, Lighted Walking Track, Picnic Tables, Playground



**FARMERS' MARKET PAVILION (FMP)/  
RIVER PARK (RP)**

140 East Margaret Lane | Hillsborough, NC 27278

*Reservations available Mar. 1-Oct. 31*

*Park Hours:*

*Nov.-Feb.: Sunrise-8:00 p.m.*

*Mar.-Oct.: Sunrise-10:00 p.m.*

Event Space, Open Field, Trails, Picnic Shelter



**FAIRVIEW PARK (FP)**

195 Torain Street | Hillsborough, NC 27278

*Reservations available Mar. 1-Oct. 31 (fields closed Mondays)*

*Park Hours:*

*Nov.-Feb.: Sunrise-8:00 p.m.*

*Mar.-Oct.: Sunrise-10:00 p.m.*

Lighted Ball Field, Outdoor Lighted Basketball Courts, Lighted Tennis Courts, Horseshoe Pits, Lighted 1/4 mile Walking Track, Natural Surface Trail, Picnic Shelter, Playground



## PARKS & FACILITIES

### BLACKWOOD FARM PARK (BFP)

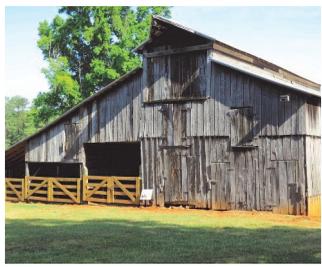
4215 NC 86 South | Hillsborough, NC 27278

*Friday, Saturday, and Sunday*

*Park Hours:*

*May-August: 8:00 a.m.-8:00 p.m.*

Picnic Shelter (first-come, first-served), Hiking Trails, Fishing, Open Fields, Historic Farmhouse, Restroom Facilities



### HOLLOW ROCK NATURE PARK (HR)

692 Erwin Road | Durham, NC 27707

*Open Daily*

*Hours:*

*Sunrise-Sunset*

Natural Surface Trails, Open Meadow



## FACILITIES & AMENITIES

Trying to find the right location for your activity? The chart below identifies parks and facilities by amenity.

	Gymnasium(s)	Activity Room(s)	Restroom(s)	Playground(s)	Walking Trail(s) (paved)	Walking Trail(s) (unpaved)	Biking Trail(s)	Picnic Shelter(s)	Grill(s)	Horseshoe Pit(s)	Athletic Field(s) (Lit)	Athletic Field(s) (Unlit)	Baseball/Softball Field(s) (Lit)	Baseball/Softball Field(s) (Unlit)	Basketball Court(s) (Outdoor/Lit)	Basketball Court(s) (Lit)	Fishing	
Blackwood Farm Park			Y			Y		1										Y
Cedar Grove Community Center	Y	Y	Y															
Cedar Grove Community Park			Y	2	Y	Y		1	2	2		1	2	1	2			Y
Central Recreation Center	Y	Y	Y	1					1			1						
Efland-Cheeks Community Center		Y	Y															
Efland-Cheeks Community Park			Y	2	Y	Y		2	2		1		1		2			
Farmer's Market Pavilion			Y			Y		1										
Fairview Park			Y	1	Y			1	3	2			1		2	3		
Hollow Rock			Y			Y												
Little River Regional Park			Y	1	Y	Y	Y	2	7									Y
River Park			Y		Y													Y
Soccer.com Center			Y	Y				1			5							

## PARKS & RECREATION LOCATOR MAP

Want to find the park closest to your home? Looking for a specific amenity but not sure which park has it? Need driving directions to a specific park? Try the interactive parks locator map. The tool includes parks and recreation facilities for the towns of Carrboro, Chapel Hill, Hillsborough, Mebane (Orange County portion) and Orange County.

<http://server2.co.orange.nc.us/parklocator/>

# FISHING RODEO

Saturday, June 2 • 9:30 a.m.-11:00 a.m.

Blackwood Farm Park • 4215 NC 86 South, Hillsborough

Ages 3-15-years-old

Site opens at 8:30 a.m. • Registration at 9:00 a.m. • Free lunch at 11:00 a.m.

FREE

Bring your own pole or borrow one of ours (limited availability).

Bait worms provided. Live bait ONLY.

Prizes awarded:

1st Fish Caught • Most Creative Fishing Hat • Smallest Fish by Weight • Largest Fish by Weight

Rain date: Sunday, June 3 • 2:00 p.m.-4:00 p.m.

Weather hotline: 919.245.2669

Co-Sponsored By:

Orange County Department of Environment, Agriculture, Parks and Recreation

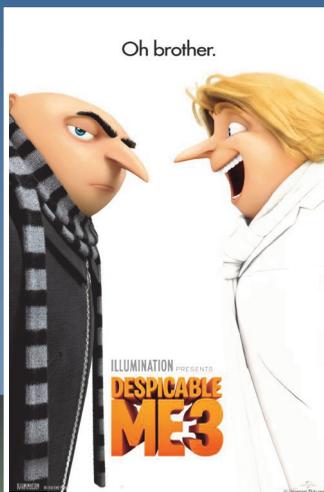
Carrboro Recreation and Parks Department

Orange County Cooperative Extension



New Location!!  
Blackwood Farm Park

## Movies in the Park



Friday, May 25 • 8:45 p.m.  
Rain date: Saturday, May 26



Friday, Aug. 31 • 7:45 p.m.  
Rain date: Saturday, Sept. 1



Friday, Sept. 28 • 7:15 p.m.  
Rain date: Saturday, Sept. 29



### River Park

Downtown Hillsborough  
behind the Courthouse

Movie admission is free.  
Concession items  
available for purchase.  
Bring your blankets and  
lawn chairs.

## GENERAL RECREATION

### PRESCHOOL HOLIDAY PARTY: STARS 'N' STRIPES

These one and a half hour workshops are great for little ones to explore the holidays, develop social skills, and play with others. For Stars 'n' Stripes, bring your child to celebrate the USA. Children will have fun making patriotic crafts, cookies, reading books and much more. Each program is themed around a special day and will feature crafts, coloring, stories, and more. Register for one or all.

**Ages:** 3-5-years-old  
**Day:** Monday  
**Date:** May 21  
**Register by:** May 14  
**Program #:** 821103-2018D  
**Time:** 5:30 p.m.-7:00 p.m.  
**Min./Max.:** 4/10  
**Fee:** \$10 per session  
**Location:** Central Recreation Center  
**Instructor:** Recreation Division Staff

### LITTLE FALL GARDENERS

From seed to harvest, Little Fall Gardeners will learn all about vegetables that grow best during the fall season. We'll plant our own garden, tend to it weekly, and watch it grow. At the conclusion of the program, we'll even sample the vegetables that we grow.

**Ages:** 4-6-years-old  
**Day:** Thursday  
**Dates:** Sept. 13-Oct. 18  
**Register by:** Sept. 6  
**Program #:** 841105-2018A  
**Time:** 6:00 p.m.-7:00 p.m.  
**Min./Max.:** 4/12  
**Fee:** \$47  
**Location:** Central Recreation Center  
**Instructor:** Recreation Division Staff

### CREATIVE ARTS

The focus of this program is materials and how to manipulate them. Some of the materials include but are not limited to: pen and ink, pencil, watercolors, acrylic or tempera paints, paper mâché, collage/decoupage assemblage (sculpture from recycled materials), fabric works, cartooning, performance/video, pinhole photography, and text. The goal of the program is to let the kids get creative with how they use each material and to have fun!

**Ages:** 6-9-years-old  
**Day:** Thursday  
**Dates:** Oct. 4-Nov. 8  
**Register by:** Sept. 27  
**Program #:** 842103-2018A  
**Time:** 4:30 p.m.-5:30 p.m.  
**Min./Max.:** 6/15  
**Fee:** \$38  
**Location:** Central Recreation Center  
**Instructor:** Laura Casey

### PIANO LESSONS

Classes are taught in a group environment with individual keyboards and headsets. Class instruction includes music theory, one-on-one practice with the instructor, and individual practice time. All experience and skill levels welcome. Beginner music books will be provided for in-class work; beginner students will need to purchase their own book to practice outside of class time.

**Ages:** 7-15-years-old  
**Day:** Monday  
**Dates:** Sept. 10-Oct. 15  
**Register by:** Sept. 3  
**Program #:** 842107-2018A  
**Time:** 5:30 p.m.-7:00 p.m.  
**Min./Max.:** 5/15  
**Fee:** \$50  
**Location:** Central Recreation Center  
**Instructor:** Elena Marinina

### INDIVIDUAL PIANO LESSONS

Expand your piano experience by scheduling an individual lesson with our instructor. Get more one-on-one time than available in a group setting to refine technique, improve agility, or perfect a piece.

**Ages:** 7-years-old to Adult  
**Day:** Monday  
**Dates:** Sept. 10  
Sept. 17  
Sept. 24  
Oct. 1  
Oct. 8  
Oct. 15  
**Register by:** Sept. 3  
Sept. 10  
Sept. 17  
Sept. 24  
Oct. 1  
Oct. 8  
**Time:** 7:00 p.m.-7:30 p.m.  
**Min./Max.:** 1/1  
**Fee:** \$42/half-hour session  
**Location:** Central Recreation Center  
**Instructor:** Elena Marinina

### ART IN 3D

Come have fun with 3-dimensional art in the Fall. Students will be offered two clay classes, two paper sculpting classes, one class to work with wire, and one to be determined. Artists will learn and refine technique while exploring the limits of their imaginations.

**Ages:** 10-15-years-old  
**Day:** Thursday  
**Dates:** Oct. 4-Nov. 8  
**Register by:** Sept. 27  
**Program #:** 842108-2018A  
**Time:** 5:35 p.m.-6:35 p.m.  
**Min./Max.:** 6/15  
**Fee:** \$38  
**Location:** Central Recreation Center  
**Instructor:** Laura Casey

**STEM FUNDAMENTALS WITH LEGO® MATERIALS**

Power on your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as Snowmobiles, Towers, Catapults, and Battletracks! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. There is no prerequisite for this course.

**Ages:** 7-9-years-old  
**Day:** Monday  
**Dates:** Sept. 10-Oct. 22  
**Time:** 6:00 p.m.-7:30 p.m.  
**Min./Max.:** 10/16  
**Fee:** \$60  
**Location:** Central Recreation Center  
**Instructor:** Play-Well TEKnologies

**Register by:** Sept. 3  
**Program #:** 842117-2018A

**321 BLAST OFF**

In 321 Blast Off, kids will build and launch their own rocket. Along the way, participants will learn about space and science, including rocket components and their function for flight. On the last day, campers will launch their rocket.

**Ages:** 9-12-years-old  
**Day:** Wednesday  
**Dates:** Sept. 12-Oct. 17  
**Time:** 6:00 p.m.-7:00 p.m.  
**Min./Max.:** 6/10  
**Fee:** \$47  
**Location:** Central Recreation Center  
**Instructor:** Recreation Division Staff

**Register by:** Sept. 5  
**Program #:** 842114-2018A

**SHORTY CHEF: HEALTHY BREAKFAST**

Shorty Chef is six-week program where children learn to make healthy snacks, easy meals, and simple desserts. This session, kids will make recipes focused on healthy breakfast dishes. Kids will learn basic culinary skills such as measuring and mixing techniques, how to use various cooking tools, how to follow recipes and much more. Throughout the class kids will make a recipe booklet with all of their creations. \*Some ingredients may contain peanuts, tree nuts, dairy, gluten or eggs.

**Ages:** 5-8-years-old  
**Day:** Thursday  
**Dates:** Sept. 13-Oct. 18  
**Time:** 6:00 p.m.-7:15 p.m.  
**Min./Max.:** 8/12  
**Fee:** \$47  
**Location:** Central Recreation Center  
**Instructor:** Recreation Division Staff

**Register by:** Sept. 6  
**Program #:** 842112-2018A

**TWIRL MANIA BEGINNER BATON TWIRLING**

Baton twirling is a sport involving the manipulation of a metal rod with the hand and body to a co-coordinated routine. The discipline requires the simultaneous blending of basic twirls into fundamental twirling combinations all set to music, utilizing time and space to display both technical merit and artistic expression in creating a total package for the viewer's eye. In Beginner Baton Twirling we will learn the basic fundamentals of balance in relation to the baton and body movement. We will focus on learning the primary twirls and mastering the techniques. \*Once your child is registered you will be emailed detailed instructions on how to measure and purchase your child's baton. Batons will need to be purchased prior to the first day of class.

**Ages:** 7-10-years-old  
**Day:** Friday  
**Dates:** Sept. 7-Oct. 19  
**Time:** 6:00 p.m.-7:00 p.m.  
**Min./Max.:** 4/10  
**Fee:** \$47  
**Location:** Central Recreation Center  
**Instructor:** Recreation Division Staff

**Register by:** Aug. 31  
**Program #:** 842111-2018A

*No class Sept. 28*

**CHESS LESSONS**

Chess is a game that once you learn how to play, you will enjoy forever. While learning the game, students develop skills in critical thinking, focus, sportsmanship, and self-esteem. This course is suitable for the novice chess player. As long as you know how the pieces move and the basic rules of play, this is the class for you! During each class, we may spend time working on micro drills to improve tactics and visualization as well as studying training games where each move, from start to finish, is examined and explained. The last portion of each class may be spent trying to put the lessons learned from the example game into practice in our own games against our fellow students. Optional self-study materials will be provided. Instructor Ed Larson is an active tournament player currently rated 1700-1800 (USCF) range.

**Ages:** 7-12-years-old  
**Day:** Tuesday  
**Dates:** Sept. 11-Oct. 16  
**Time:** 6:00 p.m.-7:00 p.m.  
**Min./Max.:** 4/12  
**Fee:** \$42  
**Location:** Central Recreation Center  
**Instructor:** Ed Larson

**Register by:** Sept. 5  
**Program #:** 842122-2018A



## GENERAL RECREATION

### MARTIAL ARTS

A mixed martial arts style called PaSaRyu "Way of Honor" combines karate, kung-fu, and taekwondo into an artistic and effective self-defense technique. This was developed by Master Kang Rhee. Here you will apply traditional and advanced techniques, become fit and confident with integrity, while defining your own sense of honor. As a PaSaRyu martial artist you will gain self-respect and be ambitious while exercising self-discipline and humility. Come make friends, have fun, learn, and if you want to earn a black belt, speak to the instructor about getting certified through a worldwide organization.

**Ages:** 4-years-old to Adult  
**Min./Max.:** 4/15  
**Fee:** \$52 for one day/week; \$82 for both Wednesday and Friday in the same month and level  
**Location:** Central Recreation Center  
**Instructor:** Nishith Trivedi

Day:	Level:	Dates:	Time:	Register by:	Program #:
Wednesday	Beginner	Jul. 11-Aug. 15	6:00 p.m.-7:00 p.m.	Jul. 4	832101-2018A
Friday	Beginner	Jul. 13-Aug. 17	6:00 p.m.-7:00 p.m.	Jul. 6	832101-2018B
Wednesday	Intermediate/Advanced	Jul. 11-Aug. 15	7:00 p.m.-8:00 p.m.	Jul. 4	832101-2018C
Friday	Intermediate/Advanced	Jul. 13-Aug. 17	7:00 p.m.-8:00 p.m.	Jul. 6	832101-2018D
Wednesday	Beginner	Aug. 29-Oct. 3	6:00 p.m.-7:00 p.m.	Aug. 22	842101-2018A
Friday	Beginner	Aug. 31-Oct. 5	6:00 p.m.-7:00 p.m.	Aug. 24	842101-2018B
Wednesday	Intermediate/Advanced	Aug. 29-Oct. 3	7:00 p.m.-8:00 p.m.	Aug. 22	842101-2018C
Friday	Intermediate/Advanced	Aug. 31-Oct. 5	7:00 p.m.-8:00 p.m.	Aug. 24	842101-2018D

### YOGA AND MINDFULNESS FOR THE UBER NEWBIE

This series of beginner level classes is designed for those with little to no yoga and mindfulness experience and is being led by a newly certified teacher (200 hour yoga alliance certified) who is interested in making yoga accessible to those who may not think they can "do" yoga including those with chronic medical conditions and of varying physical abilities. These classes will provide an introduction to meditation, pranayama (breath work), and asana (yoga poses) in a slow paced and supportive environment.

**Ages:** 16-years-old to Adult  
**Day:** Tuesday  
**Dates:** Sept. 25-Nov. 27  
*No class Oct. 16 & Nov. 6*  
**Time:** 12:00 p.m.-1:00 p.m.  
**Min./Max.:** 4/8  
**Fee:** \$60  
**Location:** Central Recreation Center  
**Instructor:** Maire Alexander

### CAPOEIRA

Capoeira is a mixed martial art that combines elements of martial arts with dance, acrobatics, and music. Created by African slaves brought over to Brazil over 500 years ago, Capoeira builds physical fitness and coordination, strengthens interactive communication and teamwork, and increases multicultural awareness.

**Ages:** 7-12-years-old  
**Day:** Wednesday  
**Dates:** Jul. 11-Aug. 15  
 Aug. 29-Oct. 3  
**Time:** 5:00 p.m.-6:00 p.m.  
**Min./Max.:** 4/10  
**Fee:** \$47  
**Location:** Central Recreation Center  
**Instructor:** Jason Zwilling

### TAI CHI

Tai Chi is a "soft" martial arts program that involves an exercise system of moving meditation. Major emphasis is on stress relief and freeing the body from unnecessary tension. Beginners and the experienced are welcome.

**Ages:** 18-years-old to Adult  
**Day:** Tuesday  
**Dates:** Sept. 4-Oct. 16  
**Time:** 6:00 p.m.-7:00 p.m.  
**Min./Max.:** 4/15  
**Fee:** \$56  
**Location:** Central Recreation Center  
**Instructor:** Nina Maier



**START SMART PROGRAMS**

The Start Smart Program is a sports development class structured to teach you and your child the basic skills of a sport. Parents and children will be led by trained instructors through six weeks of motor skill development activities. The program prepares children for organized sport in a fun, non-competitive environment using age appropriate equipment. Participants will receive an award, t-shirt, and picture at the conclusion of the program. **Parent participation is mandatory!**

**START SMART LACROSSE**

Start Smart Lacrosse will focus on the fundamentals of shooting, passing, catching, cradling, stick handling, running, and agility.

**Ages:** 5-7-years-old  
**Day:** Monday  
**Dates:** Sept. 10-Oct. 15  
**Time:** 5:45 p.m.-6:45 p.m.  
**Program #:** 641217-2018A  
**Register by:** Sept. 4  
**Min./Max.:** 4/18  
**Fee:** \$48  
**Location:** Central Recreation Center  
**Instructor:** Amiel Elbitar-Hartwell



**START SMART SOCCER**

Start Smart Soccer will focus on the fundamentals of running, dribbling, passing and receiving, shooting, and throw-ins.

**Ages:** 3-5-years-old  
**Day:** Tuesday  
**Dates:** Sept. 11-Oct. 16  
**Time:** 5:15 p.m.-6:00 p.m.  
**Program #:** 641207-2018A  
 Sept. 11-Oct. 16 6:15 p.m.-7:00 p.m. **Program #:** 641207-2018B  
**Register by:** Apr. 10  
**Min./Max.:** 8/30  
**Fee:** \$48  
**Location:** Soccer.com Center  
**Instructor:** Recreation Division Staff



**YOUTH TENNIS LESSONS**

Tennis Lessons will teach and develop fundamentals such as hand positions, volleying, serving, and rules of the game. The skills youth develop will allow for a lifetime of playing the game.

**Ages:** 5-8-years-old  
**Time:** 4:30 p.m.-5:30 p.m.  
**Program #:** 641215-2018A  
 9-12-years-old 5:30 p.m.-6:30 p.m. **Program #:** 641215-2018B  
**Days:** Tuesday and Thursday  
**Dates:** Sept. 11-Oct. 18  
*(inclement weather may extend the season)*  
**Register by:** Sept. 4  
**Min./Max.:** 4/10  
**Fee:** \$48  
**Location:** Fairview Park  
**Instructor:** John Pelphrey

**READY, SET, RUN!**

Ready, Set, Run is a 12-week character building running program that trains kids ages 8-12-years-old to participate in a 5k run. The program equips kids with the physical training and goal setting mentality needed to accomplish their running goals. Classes take place twice per week. Participants will end their program with an organized 5k race.

**Ages:** 8-12-years-old  
**Days:** Monday & Wednesday  
**Dates:** Aug. 27-Nov. 17  
**Register by:** Aug. 20  
**Program #:** 641219-2018A  
**Time:** 6:00 p.m.-7:00 p.m.  
**Min./Max.:** 8/24  
**Fee:** \$63  
**Location:** Efland-Cheeks Community Park  
**Instructor:** Recreation Division Staff

**OPEN GYMNASIUM**

The Central Recreation Center gymnasium is open for open gym walking and basketball. Participants may purchase a daily pass, 6-month pass, or annual pass. Open gym calendars are available at the Central Recreation Center and online. Please note: Open Gym schedules change monthly and are subject to change daily. Please visit our website at [http://www.orangecountync.gov/deapr/open\\_gym.php](http://www.orangecountync.gov/deapr/open_gym.php) for daily updates. It is recommended that participants bring their own equipment. Open gym participants under the age of 13 must be accompanied by a guardian.

	Monday	Tuesday	Wednesday	Thursday	Friday
Walking	8:00 a.m.-9:30 a.m.	8:00 a.m.-9:30 a.m.	8:00 a.m.-9:30 a.m.	8:00 a.m.-9:30 a.m.	8:00 a.m.-9:30 a.m.
Basketball	9:30 a.m.-12:00 p.m. 1:30 p.m.-3:30 p.m.	9:30 a.m.-12:00 p.m. 1:30 p.m.-3:30 p.m.	9:30 a.m.-3:30 p.m.	9:30 a.m.-12:00 p.m. 1:30 p.m.-3:30 p.m.	9:30 a.m.-3:30 p.m.
Gym Pass Fees:	\$25 Annual Pass; \$15 Six-month Pass; \$3 Daily Pass				

**YOUTH SUMMER BASKETBALL LEAGUE**

The Orange County Youth Basketball League is a developmental and recreational program for youth ages 5-15-years-old. All divisions are co-rec. Volunteer coaches will work with the children to improve individual skills in dribbling, passing, and shooting, while instilling values in teamwork and sportsmanship. Players ages 7 and above will be placed on teams through a mandatory skills assessment process. Practice date and time is scheduled based on coach and facility availability – players may not request specific practice dates and/or times. For divisions Pee Wee and above, pre-season will consist of two practices per week. After games begin, the regular season will consist of one practice per week and one to two games per week. The season will conclude with a single-elimination tournament.

Division:	Ages*:	Min./Max.:	Program #:
Mighty-Mite	5-6-years-old	16/64	631101-2018A
Pee Wee	7-8-years-old	40/80	631101-2018B
Mite	9-10-years-old	40/80	631101-2018C
Midget	11-12-years-old	40/80	631101-2018E
Junior	13-15-years-old	40/60	631101-2018F

\* Age as of June 1, 2018

**Days:** Monday-Saturday (Mighty-Mites one day per week, all other divisions one practice and one game per week)

**Dates:** Jun. 9-Aug. 25

**Time:** Weeknights, 5:30 p.m.-9:30 p.m.; Saturdays, 8:00 a.m.-9:00 p.m. (1 hour per day; time varies by team and age division)

**Register by:** May 11

**Fee:** \$53

**Location:** Central Recreation Center

**Instructor:** Volunteer Coaches

**Skills Assessments (select one at time of registration):**

All held at the Central Recreation Center.

Pee Wee

Saturday, May 19—1:00 p.m., 1:45 p.m.

Thursday, May 24—6:00 p.m.

Mite

Saturday, May 19—2:30 p.m., 3:15 p.m.

Friday, May 25—6:00 p.m.

Midget

Saturday, May 19—4:00 p.m., 4:45 p.m.

Thursday, May 24—7:00 p.m.

Junior

Saturday, May 19—5:30 p.m.

Friday, May 25—7:00 p.m.



**YOUTH FALL SOCCER LEAGUE**

The Orange County Youth Soccer League is a developmental league for boys and girls ages 4-15-years-old. Emphasis is placed on skill-building in both sport fundamentals and sport values. Teams for players in divisions Under 8 and above will be formed using a skills assessment and draft process. Practices will begin late August with a pre-season schedule of two practices a week. The regular season will consist of one practice and one game per week. Opening day will be held on a Saturday, but all other activity is Tuesday and Thursday evenings unless other dates are needed for weather make-ups. The season for players Under 8 and above will conclude with a single-elimination tournament.

Division:	Ages*:	Min./Max.:	Program #:
Under 6	4-5-years-old	32/80	641107-2018A
Under 8	6-7-years-old	32/120	641107-2018B
Under 10	8-9-years-old	40/120	641107-2018C
Under 12	10-11-years-old	44/120	641107-2018D
Under 16	12-15-years-old	36/56	641107-2018E

\* Age as of Jan. 1, 2019

**Days:** Tuesday & Thursday

Note: The first day of games will be held on a Saturday. Additional Mondays, Wednesdays, Fridays, and/or Saturday mornings may be used if enrollment exceeds expectations or in the case of inclement weather

**Dates:** Aug. 21-Nov. 1

**Time:** 5:45 p.m.-9:15 p.m. (1 hour per night; time varies by team and age division)

**Register by:** Jul. 31

**Fee:** \$53

**Location:** Soccer.com Center

**Instructor:** Volunteer Coaches

**Skills Assessments (select one at time of registration):**

All held at the Central Recreation Center field.

Under 8

Saturday, Aug. 4—9:00 a.m., 9:45 a.m.

Monday, Aug. 6—5:45 p.m.

Wednesday, Aug. 8—5:45 p.m.

Under 10

Saturday, Aug. 4—10:30 a.m., 11:15 a.m.

Monday, Aug. 6—6:30 p.m.

Tuesday, Aug. 7—5:45 p.m.

Under 12

Saturday, Aug. 4—12:00 p.m.,

12:45 p.m.

Tuesday, Aug. 7—6:30 p.m.

Wednesday, Aug. 8—6:30 p.m.

Under 16

Saturday, Aug. 4—1:30 p.m.

Thursday, Aug. 9—5:45 p.m.



**YOUTH FALL FLAG FOOTBALL**

This youth flag football program offers youth ages 5- to 12-years-old the opportunity to learn football fundamentals in a fun and fast-paced but non-contact environment. Emphasis is placed on skill development in sport fundamentals, teamwork, and sportsmanship. Players ages 7 and above will be placed on teams through a mandatory skills assessment process. Practice date and time is scheduled based on coach and facility availability – players may not request specific practice dates and/or times. Pre-season will consist of two practices per week (weeknight and Saturday). After games begin, the regular season will consist of one weeknight practice per week and Saturday games. The season will conclude with a single-elimination tournament that may be held on both a Saturday and a Sunday.

<b>Division:</b>	<b>Ages:</b>	<b>Min./Max.:</b>	<b>Program #:</b>
Mighty-Mite	5-6-years-old	24/40	641109-2018A
Pee Wee	7-8-years-old	24/40	641109-2018B
Mite	9-10-years-old	24/40	641109-2018C
Midget	11-12-years-old	24/40	641109-2018D

**\* Age as of Aug. 1, 2018**

**Days:** Monday-Saturday (one practice and one game per week)

**Dates:** Sept. 5-Nov. 17

**Time:** Weeknights, 5:30 p.m.-9:30 p.m.; Saturdays, 8:00 a.m.-9:00 p.m. (1 hour per day; time varies by team and age division)

**Register by:** Aug. 13

**Fee:** \$53

**Location:** Central Recreation Center Sports Field and Efland-Cheeks Community Park

**Instructor:** Volunteer Coaches

**Skills Assessments (select one at time of registration):**

All held at the Central Recreation Center.

Pee Wee

Saturday, Aug. 18—9:00 a.m.

Monday, Aug. 20—5:45 p.m.

Mite

Saturday, Aug. 18—9:45 a.m.

Tuesday, Aug. 21—5:45 p.m.

Midget

Saturday, Aug. 18—10:15 a.m.

Monday, Aug. 20—6:30 p.m.



**ADULT CO-REC SOFTBALL LEAGUE**

Adult Co-Rec Softball will feature one game per week at Cedar Grove Park. The regular season will be a round-robin format followed by a single-elimination post season tournament. The tournament will be played on Saturday and/or Sunday. Prizes are awarded to the top regular season and tournament finishers.

**Ages:** 16-years-old to Adult

**Day:** Sunday

**Dates:** Aug. 5-Oct. 14  
**Register by:** Jul. 29  
**Program #:** 642105-2018A

**Time:** 3:15 p.m.-8:15 p.m.

**Min./Max.:** 4 teams/8 teams

**Fee:** \$575

**Location:** Cedar Grove Community Park

**ADULT MEN'S BASKETBALL LEAGUE**

Spend one evening per week enjoying a little friendly competition. This adult men's basketball league will include at least 9 regular season games and a post-season tournament. Prizes will be awarded to the top regular season and tournament finishers. Former college players are permitted with age restrictions. Rosters may have up to 13 players.

**Ages:** 16-years-old to Adult

**Day:** Sunday

**Dates:** Jun. 10-Aug. 26  
**Register by:** Jun. 1  
**Program #:** 632101-2018A

**Time:** 1:00 p.m.-10:00 p.m.

**Min./Max.:** 4 teams/16 teams

**Fee:** \$415

**Location:** Central Recreation Center

**ADULT CO-REC KICKBALL LEAGUE**

Looking to make new friends while playing a leisurely schoolyard game? Join us on Sunday afternoons to play in a fun kickball league. This league is designed to create a friendly, competitive environment for men and women while providing an opportunity to socialize, be active, and develop positive relations with the local community.

**Ages:** 16-years-old to Adult

**Day:** Sunday

**Dates:** Aug. 5-Oct. 14  
**Register by:** Jul. 29  
**Program #:** 642115-2018A

**Time:** 11:00 a.m.-3:00 p.m.

**Min./Max.:** 4 teams/8 teams

**Fee:** \$130

**Location:** Cedar Grove Community Park

Registration for all Adult Leagues is as a team. To register, the team captain must complete a team registration form and each player must complete an individual player waiver. Interested individuals may contact Orange County DEAPR-Recreation at 919.245.2660 or ktalley@orangecountync.gov to be added to a free agent list made available to team captains.

## LITTLE RIVER REGIONAL PARK

### LITTLE RIVER REGIONAL PARK: A DURHAM COUNTY/ORANGE COUNTY PARTNERSHIP

301 Little River Park Way | Rougemont, NC 27527

Park Office: 919.732.5505

Picnic Shelters, 7 miles of Hiking Trails, 7 miles of Single Track Biking Trails, Playground, 1/4 mile Paved "Loop" Trail, Picnic Areas, 391 acres of Natural Area.

Amenity	Resident Rate	Additional Fees
Shelters	Large Shelter seats 100; Small Shelter seats 40	\$20.00/day

Free programs made possible by donations from the Little River Trail Runs and TrailHeads running club. Race registration at [www.trailheads.org](http://www.trailheads.org).

### ENVIRONMENTAL EDUCATION AT LITTLE RIVER

Little River Regional Park offers a variety of nature programs for all ages. Regularly scheduled programs and special events are listed below. For more information, call the park office: 919.732.5505.

#### CITIZEN SCIENCE: POLINATOR WEEK

We'll celebrate pollinator week with some special activities and displays. Learn how to create a pollinator friendly space and about the pollinators common to our area.

**Ages:** All Ages  
**Day:** Monday-Sunday  
**Date:** Jun. 18-24  
**Fee:** Free; no registration required  
**Location:** Park Office

#### CITIZEN SCIENCE: MOTH WEEK

Observe, learn about and document the moths of Little River as we celebrate these amazing and often beautiful insects. We'll have several methods for attracting moths set up outside the office and tips on identification.

**Ages:** All Ages  
**Day:** Saturday-Sunday  
**Date:** Jun. 21-29  
**Fee:** Free; no registration required  
**Location:** Park Office

#### GREAT AMERICAN CAMPOUT BOOT CAMP

Get ready to camp this fall! We'll take you through the basics needed for a spending a night outdoors as well as sharing some tips and tricks for more enjoyable adventures. Each session will focus on a specific topic like shelters, food, safety, etc. Call the park office to register: 919.732.5505.

**Ages:** Teen-Adult  
**Day:** Saturday  
**Dates:** Jun. 23  
 Jul. 21  
 Aug. 25  
**Time:** 10:00 a.m.-12:00 p.m.  
**Location:** Park Office

#### TINY TREKKERS

Tiny Trekkers is a series of programs designed for young children ages 3-5-years-old accompanied by an adult. Trekkers learn about nature through stories, activities, crafts and games. Pre-registration is appreciated, just call the park office at 919.732.5505.

**Ages:** 3-5-years-old  
**Day:** Monday  
**Time:** 10:00 a.m.-11:00 a.m.  
**Fee:** Free  
**Instructor:** Little River Regional Park Staff

#### Flowers

Trekkers learn about plants and how they grow. We'll dig in the dirt, spread some seeds and plant some flowers. Please dress to get messy.

**Date:** Jun. 11  
**Location:** Park Office

#### Butterflies

Trekkers learn about the transformation from caterpillar to butterfly as we explore the butterfly garden. We'll have a story, some games and make some transformations of our own.

**Date:** Jul. 2  
**Location:** Park Office

#### Bees

The garden will be buzzing this month with Trekkers and bumblebees. Discover what the noise is about with bee stories, crafts and activities.

**Date:** Aug. 6  
**Location:** Large Shelter



**BLACKWOOD FARM PARK**

4215 NC 86 South | Hillsborough, NC 27278

Picnic Shelter (first-come, first-served), Hiking Trails, Fishing, Open Fields, Historic Farmhouse, Restroom Facilities



**Kids To Parks Day**

**Join us!**

**BLACKWOOD FARM PARK**

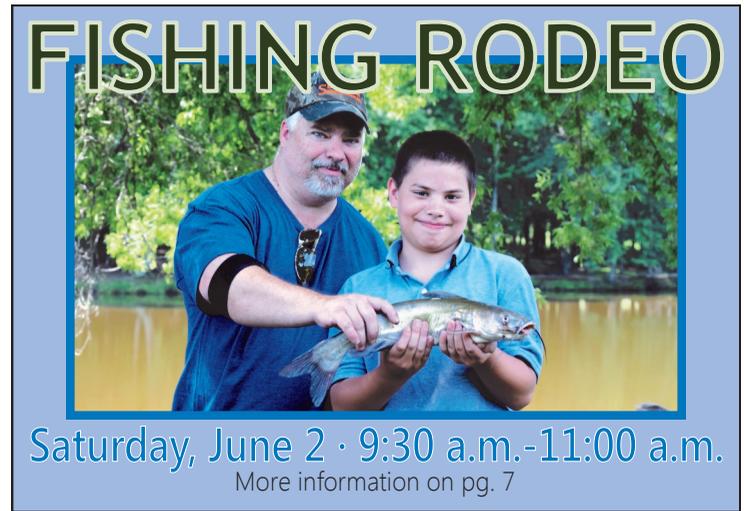
**Saturday May 19th**

**11:00 am to 3:00 pm**

ANTIMAL AMBASSADORS    NATURE SCAVENGER HUNTS

PARK DISCOVERY MISSION    EXPLORE THE PARK!

**PIEDMONT WILDLIFE CENTER**  
CONNECTING PEOPLE AND NATURE



**FISHING RODEO**

**Saturday, June 2 · 9:30 a.m.-11:00 a.m.**

More information on pg. 7

*Programs offered by Piedmont Wildlife Center.  
Fees and registration information are available at <http://www.piedmontwildlifecenter.org>.*

**YOUTH SUMMER CAMPS**

<b>Ages:</b>	7-12-years-old
<b>Days:</b>	Monday-Friday (except July 4 week)
<b>Dates:</b>	<b>Theme:</b>
Monday, May 28	Wild for a Day Camp
June 11- June 15	Foxwalker Camp
June 18- June 22	Nature Explorers Camp
June 25- June 29	Aquatic Explorers Camp
July 2, 3, 5, 6	Woodland Games 4-Day Camp
July 16- July 20	Wildlife Science Camp
July 23- July 27	Web of Life Camp
July 30- Aug 3	Way of the Cougar Camp
Aug 6- Aug 10	Wild Worlds Camp
Aug 13- Aug 17	Woodland Games Camp
<b>Time:</b>	9:00 a.m.-3:00 p.m. (Extended Care available from 8:00 a.m. to 5:00 p.m.)
<b>Location:</b>	Blackwood Farm Park
<b>Instructor:</b>	Piedmont Wildlife Center



More information about Youth Camps available at: [https://www.piedmontwildlifecenter.org/camp\\_categories/children-camps/](https://www.piedmontwildlifecenter.org/camp_categories/children-camps/).

**HERPETOLOGY**

Herpetology is the study of reptiles and amphibians. Join us as we seek out and learn to identify turtles, frogs, snakes, lizards, and salamanders, both on land and near water.

<b>Ages:</b>	15-years-old to Adult
<b>Day/Date:</b>	Saturday, May 5
<b>Time:</b>	12:30 p.m.-3:00 p.m.



## SAVE THE DATE:

### MAY

- 11 Nature of Orange Photography Contest Deadline
- 11 Youth Summer Basketball League Registration Deadline
- 25 Movie in the Park: *Despicable Me 3*

### JUNE

- 2 Fishing Rodeo

### JULY

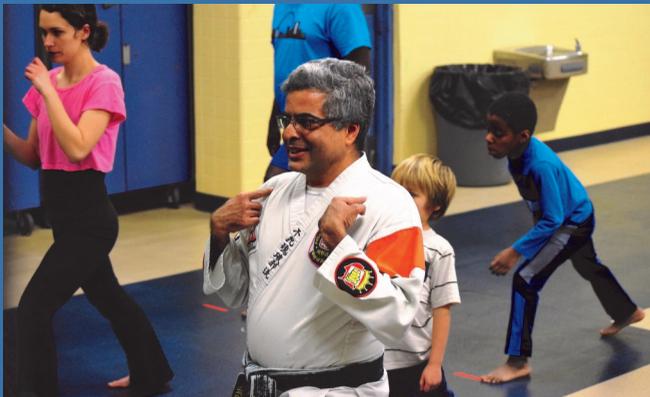
- 31 Youth Fall Soccer League Registration Deadline

### AUGUST

- 13 Youth Flag Football Registration Deadline
- 31 Movie in the Park: *Wonder*

### SEPTEMBER

- 28 Movie in the Park: *Paddington 2*



### MEET THE INSTRUCTOR: NISHITH TRIVEDI

Mr. Nishith Trivedi began his martial arts training at the age of 8. He possesses a 4<sup>th</sup> degree black belt in PaSaRyu, a mixed martial arts that combines Karate, Kung-Fu, and Taekwondo, and black belts in several other styles including ATA (American Taekwondo Association), Aikido, and Jujitsu.

Mr. Trivedi has over 15 years of teaching experience under the leadership of Kang Rhee, Dave Pryga, and Darren Yancy. He has also trained with Rob Crowell, Anthony Slayton, and Gastavo Guillermoni.

Mr. Trivedi's program focuses on two very important things: physical technique and life skills one needs to be a true martial artist. He believes that the most valuable lesson in all martial arts is that essential qualities like self-respect, self-discipline, and being ambitious while remaining humble are equally important as self-defense and breaking boards.

### THANK YOU: SPECIAL EVENT VOLUNTEERS

Thank you to all of the volunteer groups who have assisted with our 2017-18 special events, including Egg Hunt and Halloween Spooktacular. These large-scale community events would not be possible without their support:

Beyond Expectations—15.5 hours

Chapel Hill/Carrboro YMCA Leaders Club—50.52 hours

Orange High School Beta Club—6 hours

Orange High School Guardian Angels—59.5 hours

Volunteers for Youth—18.9 hours

UNC Intramurals—24.41 hours

UNC Ski & Snowboard Team—8 hours



Orange County Recreation is currently seeking volunteer coaches for our upcoming Youth Summer Basketball League (pg. 10), Youth Fall Soccer League (pg. 10), and Youth Flag Football League (pg. 11). If you are interested in contributing to your community while teaching a love of sport, athletic fundamentals, and positive character, please contact Kyle Talley at [ktalley@orangecountync.gov](mailto:ktalley@orangecountync.gov). All volunteer coaches must complete a volunteer application and submit to a criminal background check.