

Town of Morrisville Parks, Recreation & Cultural Resources

Program Guide

FALL 2019

Trick or Treat the Trail

Coming Soon - See Inside
for More Details



Morrisville

Parks, Recreation &
Cultural Resources

Welcome!

Inside is a complete listing of programs and events September - December

MORRISVILLE PARKS, RECREATION AND CULTURAL RESOURCES MISSION STATEMENT

To enrich the Morrisville community by creating quality recreation experiences, celebrating local culture, and enhancing our natural resources.

TABLE OF CONTENTS

- REGISTRATION INFORMATION.....1
- YOUTH PROGRAMS.....2
 - Educational.....2 - 3
 - School Year Programs (Before & After Care, Teacher Workdays)2
 - Dance.....3
 - Recreational.....3
- TEENS.....4
 - Fitness.....4
 - Morrisville Youth Leadership Council.....4
- ADULTS.....6
 - Dance.....6
 - Fitness.....6
 - Educational.....6
- ACTIVE OLDER ADULTS.....7
 - Day Trips.....7
 - Fitness.....7
 - Game Play.....8
 - Luncheons.....8
- ATHLETICS.....9
 - Winter Leagues.....9
 - Volunteer Opportunities.....9
- AQUATICS & FITNESS.....10
 - GET FIT.....10
 - MAFC UPDATE.....11
- COMMUNITY CONNECTION & SPECIAL EVENTS.....12
 - Sponsorship Opportunities.....12
- FACILITIES & PARKS.....13
 - Rental Facility Information.....14
 - Park Updates.....Back Cover
 - Parks & Greenways Map.....Back Cover

VISIT OUR MAIN OFFICE LOCATION

991 Aviation Parkway
Suite 400
Morrisville, NC 27560

 **FOLLOW US ON TWITTER**
@PlayMorrNC

 **LIKE US ON FACEBOOK**
PlayMorrNC

FIND US ONLINE
www.townofmorrisville.org/parks

HOW TO USE THIS GUIDE

Each listing will include the title, a brief description and details including date(s), time(s), fees, location, and instructor(s). Some listings are for a single session class and some are for a class that meets multiple times. Make sure to take note. If you see no location listed, it's because some classes or camps in a section are all at the same location which will be listed as a subheading under the section heading. If there are no fees listed, it may mean the event is free but check online to be sure.

PRESCHOOL ← HEADLINES. This indicates a major grouping of programs.

Kinderdance
Ages 3-5
A developmental dance, movement and fitness program taught on three levels; teaching the basics of ballet, tap acrobatics and creative movement, while blending educational concepts. Ballet and tap shoes recommended.
To register, call Mary (919) 362-0016 or email kinderdance@nc.rr.com
W Jan 6-Jan 27 1:00p-1:30p \$25 CFCC
W Feb 10-Mar 2 1:00p-1:30p \$25 CFCC
W Mar 16-Apr 13 1:00p-1:30p \$25 CFCC
*No class 3/30

CLASS INFORMATION. The information here gives the days the class runs, session dates, times, location & fees.

PROGRAM DESCRIPTIONS. The information here applies to all the classes within the program.

MAILING ADDRESS
100 Town Hall Drive
Morrisville, NC 27560

OFFICE HOURS
Monday-Friday: 8:00am-5:00pm

ADMINISTRATIVE PHONE NUMBERS
Office, 919-463-7110
Weather Information Line, 919-463-6215

Parks & Recreation Director
Jerry Allen

Recreation Superintendent
Matt Leaver, CPRE

Administrative Specialist
Karen Bass

Senior Administrative Assistant
Hannah Wang

Parks and Greenway Planner
Kyle Cooper

Athletics Program Supervisor
Bryan Rhea, CPRP

Athletics Program Specialist
Justin Parsons

CEDAR FORK COMMUNITY CENTER
1050 B Town Hall Drive
Morrisville, NC 27560
Front Desk, 919-463-7100
Fax, 919-465-7256

COMMUNITY CENTER HOURS
Monday-Thursday: 7:00am-8:00pm
Friday: 7:00am-6:00pm
Saturday: 9:00am - 3:00pm
*Check website for specific closing dates

Center Supervisor
Ryan Vinson, CPRP

Recreation Program Specialist
Kelley O'Malley

MORRISVILLE AQUATICS & FITNESS CENTER
1301 Morrisville Parkway
Morrisville, NC 27560
Front Desk, 919-463-6900

AQUATICS & FITNESS CENTER HOURS
Currently closed for renovations

Center Supervisor
Kendal Smith, CPRP

Aquatics Programs Specialist
PJ Nettesheim, CPRP

Fitness Programs Specialist
Vacant

Published by: Communications & Outreach Department
Marketing & Events Specialist
Lynette Anderson

REGISTRATION INFORMATION

ONLINE REGISTRATION

Online registration is available for most of our activities, classes day trips and athletic leagues through ACTIVENet. The new system provides an enhanced user experience!

To register online please visit <https://apm.activecommunities.com/mprplaymorr>

WALK-IN REGISTRATION

Stop by Cedar Fork Community Center or the Parks, Recreation and Cultural Resources Department Administrative Office during business hours.

PAYMENT

Payment is due at the time of registration. Payment cannot be accepted over the phone, and can be made by cash, check or credit card.

REFUNDS & CANCELLATIONS

ALL REQUESTS FOR REFUNDS MUST BE IN WRITING. A full refund is given if the Parks, Recreation & Cultural Resources Department cancels a program, facility rental or athletics league. Refunds are not given for individual class or game cancellations due to weather or circumstances beyond the control of the Department. Make-up sessions/games are scheduled whenever possible. A full refund minus a \$5.00 administrative fee will be considered if written notice of registration cancellation is received at least 14 days prior to the program starting. If Refund Request is received less than 14 days prior to the program starting, a 50% refund will be considered only if the enrollment can be filled from a waiting list. For youth athletics registrations, a full refund minus a \$5.00 administrative fee will be considered if written request is received prior to the following: Spring leagues – March 1; Fall leagues – August 1; Winter leagues – November 1. For youth athletics refund requests received after these dates, a 50% refund will be considered only if the enrollment can be filled from a waiting list. No refunds are considered after completion of programs, facility rentals or athletic leagues. Facility rental(s) is/are subject to a full refund if the Parks, Recreation & Cultural Resources Department cancels a facility rental. Rental fees are refunded at 50% if renter gives written notice of cancellation at least 14 days prior to reservation date; there will be no refunds given for rental cancellations within 14 days of reservation date. No refunds are considered after the completion of a facility rental. Medical hardship cases will be handled at the discretion of the Director of Parks, Recreation & Cultural Resources. Medical documentation may be required during review of the refund request. Aquatics & Fitness Center 1 year (paid in advance) membership fees require proof of medical documentation stating inability to participate or take part in physical activity or relocation of no less than 15 miles radius from MAFC. Approved refunds should be pro-rated based on months remaining in membership minus a \$5.00 administrative fee. No refund requests for Monthly (paid in advance) memberships or Punch Passes will be accepted, for any reasons. *Bank drafts are done on the 15th of every month beginning with the second 15th after initial enrollment and payment. Bank draft memberships shall be for a minimum of 4 months and can be canceled at any time after the first 4 months with a written request at least 14 days prior to requested date. Cedar Fork Community Center programs such as Early Arrivals, After School and Preschool are eligible for a full refund minus a \$5.00 administrative fee if written notice of cancellation is given at least 14 days before the start of the program. After programs have started, or less than 14 days before programs begin, a pro-rated refund will be considered on a case by case basis and will be based on the elapsed program time and the balance of paid time remaining (14 days advance notice is required). Teacher Workday Camps are eligible for a full refund minus a \$5.00 administrative fee if written notice of cancellation is given at least 14 days before the start of the program. For all camp programs, the balance, minus the \$25 non-refundable weekly deposit and a \$5.00 administrative fee may be refunded if the refund request is granted. Selected programs and rentals may contain exceptions to the refund policy. For further details, please refer to the particular program's registration form or facility rental information.

For a full description of the refund policy, please visit our website www.townofmorrisville.org

SCHOOL YEAR PROGRAMS 2019-2020

Before School

Grades K - 8
Our Before School Program provides Cedar Fork Elementary students with a safe and exciting environment before the school day officially begins. Participants will do a variety of recreational activities, such as gym games, crafts, group games, playground time, and much more. We will start your child's day off right with fun and energizing activities. The program begins at 7:00 am and releases participants at the school bell. Kindergarteners will be walked to their classes. This program is available to Cedar Fork Elementary School students.

Registration Information

The first two payments are due at the time of registration. Registration is available at Cedar Fork Community Center and online. Payments will be due the first Friday of every month. If registering after August 26, 2019, then fees are prorated.

Residents: May 20, 2019 7:00 am at Cedar Fork Community Center and online
Non Residents: June 3, 2019 7:00 am at Cedar Fork Community Center and online

M - F Aug 26 - Jun 12, 2020 7:00a - 8:45a

Fees: (R)\$930 (NR)\$1330

After School

Grades K - 5
The After School Program is a safe place for Cedar Fork Elementary School students to laugh and play after school. Participants will do a variety of recreational activities, such as gym games, arts & crafts, themed activities, sports, group games, playground time, cooking activities and much more! There will be time and a quiet place for participants to do homework Monday – Thursday, if they choose. Participants are encouraged to bring a snack to eat, as time and space will be allotted daily. All pre-scheduled Early Release Days are included in price. This does not include Early Releases due to inclement weather.

Registration Information

The first two payments are due at the time of registration. Registration is available at Cedar Fork Community Center and online. Payments will be due the first Friday of every month. If registering after August 26, 2019, then fees are prorated.

M - F Aug 26 - Jun 12, 2020 3:45p - 6:00p

Fees: (R)\$1500 (NR)\$2000

Schools Out Day

Grades K - 8
Join us for a day of fun and excitement when school is out! All participants are required to bring a lunch, two snacks and plenty of drinks each day. Parents must walk participants into the Community Center upon their arrival. Cedar Fork Community Center does not offer Schools Out Day Camps on every day that WCPSS is closed. Please refer to the list of dates to see when camp is available.

Sep 29	Feb 17 - 18	All sessions 7:30a-6:00p
Oct 9, 31	Mar 9	
Nov 1, 27	Apr 6 - 9	
Dec 20, 27	May 1	
Dec 30 - 31		
Jan 2 - 3 & 29		

Fees: (R)\$36 (NR)\$52 per date
Apr 6 - 9: (R)\$108 (NR)\$150
Dec 30 - Jan 3: (R)108 (NR)\$150

* The fee listed is for one session (day). Fees are per session and will increase by \$5 one week prior to each School's Out Day Camp and online registration will close.

Registration Information

Registrations will still be accepted at CFCC (as space allows) up to 48 hours before each School's Out Day Camp.

Academic Adventures in Kindergarten Readiness 2019-2020

Ages 4 & 5; Must be 4 by August 31, 2019
Academic Adventures will expose your 4-5 year old child to various educational concepts that will focus on a specific topic while incorporating other fundamental skills such as socialization, fine and gross motor skills, and conceptual learning as a great preparation for Kindergarten. Science Experience will include hands on experiments, exploration and discovery. Ready for Reading will introduce your child to letter sounds, sight words and literary resources. Math matters will focus on numbers, patterns and mathematical manipulation. All participants must be potty trained (no diapers or pull-ups). Please pack a healthy snack for your child to enjoy each afternoon.

Tu Th	Sep 3 - Nov 7, 2019	1:00p-3:00p
Tu Th	Nov 26 - Feb 6, 2020	1:00p-3:00p
Tu Th	Feb 25 - May 7, 2020	1:00p-3:00p

Fees:(R) \$130 (NR) \$195 *per session

***Academic Adventures will be closed Spring Break Apr 6-13**

Early Release Days

Grades K - 5
Need care for those 6 early releases that throw a wrench into your schedule? Cedar Fork After School has space available! Your child will come directly over to the Community Center from Cedar Fork Elementary School at the time of the bell (1:15 pm) and can stay and play all afternoon! We will spend the afternoon doing crafts, having playground time, playing gym games and watching movies! All participants must be picked up at Cedar Fork Community Center by 6:00 pm. Please pack your child a snack to enjoy mid-afternoon. All participants must attend Cedar Fork Elementary School. The fee listed is for one session (per early release day). Dates and fees are subject to change based on WCPSS 2019-2020 school calendar review.

Changes will be minimal and finalized by registration.
M - F WCPSS Schedule Days 1:15p - 6:00p

Fees: (R)\$14 (NR)\$21

EDUCATIONAL

Tinkergarten

Ages 18months - 5
Tinkergarten® brings high quality early childhood education to a park near you. Families connect with trained leaders in their local community for play-based kids classes that help develop core life skills like self-regulation, problem solving, persistence, and curiosity, all while having fun! Each class becomes a tight-knit group of children and adults who learn together through well-designed, outdoor play-based activities. We help kids develop a host of important capabilities, including empathy, collaboration, creativity, persistence and problem solving. Our expert-designed classes and activities help kids ages 18 months—5 years develop core life skills while enjoying healthy, fun, engaging experiences in the physical freedom of local green spaces. To register or for more information, go to www.tinkergarten.com.

T Sept 17 - Nov 5 10:00a - 11:00a
W Sept 18 - Nov 20 10:00a - 11:15a
F Sept 20 - Nov 8 10:00a - 11:15a

Class meets at Morrisville Community Park

Fee: \$20 /class per child - 30% sibling discount

Mad Science: Forces of Science

Ages - K- 3rd grade
In this course, students will explore several scientific concepts revolving around the notion of force, including Sir Isaac Newton's law of inertia. With the help of instructors, children will conduct experiments using the concept of gravity. One of the experiments includes a comparison between rubber balls and dough balls to see how scientific forces are able to affect the two objects. To register or for more information, go to <https://register.madscience.org/triangle/afterschool-register.aspx>.

W Oct 2 - Nov 20 6:00p - 7:00p \$116 CFCC

EDUCATIONAL (CONT.)

Logical Thinking

Ages: Pre-K & K / Ages 3 - 6
Children are given a set of logic problems each week, and taught different strategies to solve them including how to interpret data and recognize patterns. This includes in-class exercises and practice worksheets. To register or for more information, go to: www.mindbytes.co or call 856-840-9299.

S Sept 7 - 28, Oct 5 - 26 & Nov 2 - 23
10:15a-11:15a \$80 CFCC

Logical Thinking

Ages 1st & 2nd Grade
Children are given a set of logic problems each week, and taught different strategies to solve them including how to interpret data and recognize patterns. This includes in-class exercises and practice worksheets. To register or for more information, go to: www.mindbytes.co or call 856-840-9299.

S Sept 7 - 28, Oct 5 - 26 & Nov 2 - 23
11:30a-12:30p \$80 CFCC

Little Medical School: Sports Medicine

Grades K - 5
Come explore the exciting world of sports medicine! With your reflex hammer, learn how real doctors do an assessment for sports injuries. Discuss common problems from playing sports, such as sprains and athlete's foot, and how to diagnosis and treat them. See what it is like to be an orthopedic surgeon and perform Tommy John Surgery. Make a model of the hand and see how the tendons and ligaments work. All students will receive a reflex hammer, ace bandage, and other take home items. To register or for more information, go to www.littlemedicalschool.com/raleigh

T Sept 10 - Oct 15 6:00p - 7:00p

Fee: \$100

Little Medical School: Dental School

Grades K - 5th
How many teeth do babies, kids, and adults have? How do dentists perform a root canal or fill cavities? Come learn the answers in Little Dental School. Discuss basic dental anatomy and how good preventative care prevents dental decay. Create your own mouth model and practice how dental hygienists clean teeth. To register or for more information, go to www.littlemedicalschool.com/raleigh

T Oct 29 - Dec 3 6:00p - 7:00p

Fee: \$100

DANCE

Bollywood Babes & Tweens

Ages 4-12
Bollywood is a fusion of dance styles based on traditional Indian dances blended with world elements. Get in early and watch your little one's bloom! Our Bollywood class for kids offers a fun, relaxed introduction to Indian dance, so begin by giving your kids a solid foundation in this up-tempo dance form. Children learn by imagination, creativity and encouragement and this versatile class has tons to offer. New routines are taught every season; children get to perform on multi-cultural stages at the end of every season. Inculcate rhythm, technique and musicality in your child under the personalized attention of internationally reputed tutor Priya Chellani. With 25 years of teaching/performing under her belt, she demonstrates her lifelong love of dance and brings out the best in them.

Each child will discover strengths and cultivate a strong performing arts base, not to mention get the exercise needed to be healthily engaged throughout the year! To register or for more information www.priyachellani.com or e-mail: Indigo.academy@hotmail.com. **Trial class available, cost \$15 payable in cash.** Performances & Costumes Extra. Check options with Instructor upon enrolling.
Th July 18 - Oct 24 6:15p-7:00p (ages 4-7)
7:05-7:55p (ages 8-12)

Fee: \$150 + \$35 registration fee

Th Oct 31 - Dec 12 6:15p-7:00p (ages 4-7)
7:05-7:55p (ages 8-12)

Fee: \$60 + \$12 registration fee

Champions in Motion

Ages 4+
Champions in Motion combines pom and cheerleading into one program. Students are taught cheerleading techniques such as cheers and chants with arm motions, jumps, kicks, stunting basics and teamwork. Students are also taught dance routines and other dance techniques, using poms to visually enhance the choreography. We have incorporated the most modern and current dance techniques into our curriculum and developed teaching methods that work best for children and teens. We provide recreational through competitive cheerleading classes. Promoting good sportsmanship and spirit, students will also have the opportunity to participate in special cheer events. Champions in Motion gives students the skills to be able to successfully tryout for the middle and high school teams in which otherwise they may not be able to afford at high cost cheer gyms. To register or for more information, go to www.championsinmotion.org or come 15 minutes prior to class times.

W Sept 11 - Jan 29

Ages 4 - 6: 6:15p - 7:00p
Ages 7 - 9: 7:00p - 7:45p
Ages 10+: 7:45p - 8:30p
Fee: \$9/week + 1 time

\$11 registration fee

RECREATION

Youth Shotokan Karate

Ages 7-12
This youth karate class emphasizes the development and control of power, smoothness, and balance in punching, kicking, blocking/parrying, and body shifting. Increase flexibility, coordination, and bodily awareness by learning the combative techniques of a traditional Japanese empty-hand martial art. Eight 45-minute classes.

Instructors: Christopher Gallagher, Anthony Zerbe, Lita Tayo, Kris Babcock.

Tu & Th 6:30p - 7:25p

Session Dates: Sept 3 - 26
Oct 1 - 24
Nov 5 - 21 (6 class session)
Dec 3 - 19 (6 class session)

Fees: (R)\$53 (NR)\$79
Fees: (R)\$40 (NR)\$59 (6 class session)

Youth Tennis by Impact-U

Impact U is designed to provide a workout routine for any player while incorporating the strokes and drills necessary for players of all levels to get to the next level in your game. Emphasis will be focused on strokes, technique, agility, and match play. Adult and junior sessions offered. Programs are located at Church St. Park.

For information and to register for classes contact Femmy Perry, USPTA certified Elite Pro at femtennis@yahoo.com or visit the website at <http://www.impactunow.com/> <http://femtennis.usptapro.com>

Youth Tennis Programs by RDUTennis

Ages 4-13
RDUTennis teaches the fundamentals of tennis in an energizing, safe environment for children and adults. Each lesson plan is based upon the general age range, skill levels, and size of the class. The dedicated RDU Tennis staff is comprised primarily of undergraduate and graduate college students boasting years of experience in teaching tennis. Programs are located at Church St. Park.

For information and to register for classes or camps visit www.rdutennis.net.

8-Week Fall Clinic
Wednesdays: Begins Sept 11
Ages 4 - 6: 4:30p - 5:30p
Ages 7 - 11: 5:30p - 6:30p
Fees:\$80

Saturdays: Begins Sept 14

Grades K - 3: 10:30a - 11:30a
Grades 4 - 8: 11:30a - 12:30p
Fees:\$80



Ninjutsu

Ages 13+
Students will learn the fundamental techniques of Bujinkan Ninjutsu, a Japanese system of martial arts used by the ninja. Classes will cover basic traditional agility drills, strikes, joint locks, and basic weapon forms. For more information and/or to register, please visit: <https://www.facebook.com/ApexBujinkanDojo> or call 919-753-3271.

S 11:00a - 12:00p

Session I: Sept 7 - 28
Session II: Oct 5 - 26
Session III: Nov 2 - 30 (no 11/23)
Session IV: Dec 7 - 28

Fee \$20/month

Teen Night

Ages 13 - 19
Come and join us for a night of fun! One Saturday a month, we will have various different games and/or activities for you to come out and participate in. Activities include: basketball, video games, board games, basketball and volleyball.

S 6:00pm - 9:00pm

Sept 21, Oct 19, Nov 16, Dec 21

Fee FREE

Integrated Martial Arts for Teens

Ages 13+
Students will learn drills to develop mobility, reflexes, and dynamic power while gaining the skills needed for real world self-defense. Basic skills include threat assessment and de-escalation, transitioning from ground to standing, strikes, blocks, and locks! For more information and/or to register, please visit: <https://www.facebook.com/ApexBujinkanDojo> or call 919-753-3271.

M Sept 7 - Dec 28 6:00p-8:00p \$10 CFCC
S Sept 7 - Dec 28 12:00p - 1:00p \$10 CFCC



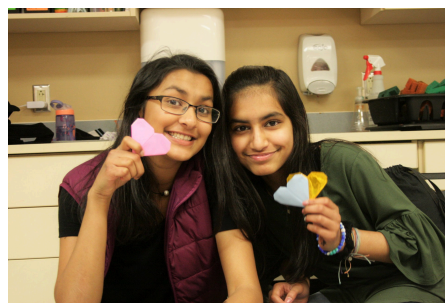
Morrisville Youth Leadership Council

Morrisville Youth Leadership council is a volunteer organization created by teens for teens dedicated to volunteering and helping out in the community.

The MYLC is a non-profit organization led by students that coordinates and performs a variety of volunteer projects. By working together to plan and execute these projects, the students learn valuable leadership, teamwork and social skills. The group will also be working with the Town to help plan and promote recreational activities for local teens. MYLC is open to any local residents in middle school and high school. The registration fee is \$15 and can be paid at any regular MYLC meeting. Meetings are held at Morrisville Town Hall at 6:30pm Meeting information: Second Monday every Month. MYLC does not meet during the summer months.

To join Morrisville Youth Leadership Council, you must be a middle or high school student and have a passion for serving your community!

Want more information? Contact Us! Website: <http://morrisvilleyouth.weebly.com/> Email: morrisville.youth@gmail.com



Morrisville Public Transportation Study

What should public transit in Morrisville look like?

The Town of Morrisville is studying opportunities for local public transit service.

Take our fun, interactive survey at www.townofmorrisville.org/publictransit to share your input!

White Goods Pickup

Thursday, September 19



Schedule by Monday, September 16 at www.townofmorrisville.org/solidwaste

The next White Goods Collection is Thursday, September 19, 2019. Items to be collected include washing machines, dryers, freezers, and refrigerators. Microwaves are not included in this group and should be dropped off at the South Wake Landfill (6130 Old Smithfield Rd in Apex) or at one of the Town's Green Day events in the Spring or Fall.

Complete a collection form online at www.townofmorrisville.org/solidwaste, or call 919-463-7070 to arrange for collection. Requests must be received by Monday September 16, 2019.

Presented by the Morrisville Innovation Foundation, a program of the Morrisville Chamber of Commerce:

EAST MEETS WEST FESTIVAL

morrisvillechamber.org/emw

SEPTEMBER 14 11 AM TO 4 PM
Park West Village, MORRISVILLE



DANCE

Line Dancing

Ages 18+
Line dancing is fun, choreographed dance routines performed to a variety of music, including mainstream pop, country, oldies, and international music. No partner is needed, and it is an enjoyable exercise for both body and mind. Come join the fun!

Beginner 1 Line Dance: This class is for those who have never line danced before or for people who want to do simple line dances. We will learn the basic steps of line dancing, and the level of line dances will be what are considered "absolute beginner."

Beginner 2 Line Dance: This class is for those who have taken the Line Dance 1 class and/or who can successfully dance the steps taught in the Line Dance 1 class. Additional steps will be taught, and the level of the dances will be what are considered "beginner" and "improver."

This is a walk-in, FREE class held at CFCC & registration is NOT required.

Sept 9 - Dec 30 Free

Day/Time	1:00p	2:00p
Mondays	Beginner 1 Line Dance	Beginner 2 Line Dance

FITNESS

Tai Chi

Ages 13+
Tai Chi is an exercise system of slow controlled movements of the body, arms, hands, legs, and feet in co-ordination with mind and breathing, generating inward and outward calm and peace. It is a non-impact form of exercise that provides relief from stress and the discomforts of arthritis along with improved functioning of the immune, circulatory and sympathetic nervous systems.

This class is led by volunteer practitioners of the art of Tai Chi. Class is free of charge but enrollment is required. Come join them at the Cedar Fork Community Center.
M W On-going 9:00a FREE CFCC

Chair Yoga

Ages 18+
Stretch, breathe, and relax! Stretching your body and mind in an awareness based but gentle yoga practice using postures, breath, and meditation. Seniors may find the practice beneficial in helping to maintain and improve balance, strength, and tone of muscles as well as increasing range of movement and flexibility of joint.
M Sept 9 - Dec 30 10:00a-11:00a FREE CFCC

Integrated Martial Arts

Ages 18+
Students will learn drills to develop mobility, reflexes, and dynamic power while gaining the skills needed for real world self defense. Basic skills include: threat assessment and de-escalation, transitioning from ground to standing, strikes, blocks, and locks! For more information and/or to register, please visit: <https://www.facebook.com/ApexBujinkanDojo> or call 919-753-3271.

M Sept 7 - Dec 28 6:00p - 8:00p \$10 CFCC
S Sept 7 - Dec 28 12:00p - 1:00p \$10 CFCC

Ninjutsu

Ages 18+
Students will learn the fundamental techniques of Bujinkan Ninjutsu, a Japanese system of martial arts used by the ninja. Classes will cover basic traditional agility drills, strikes, joint locks, and basic weapon forms. For more information and/or to register, please visit: <https://www.facebook.com/ApexBujinkanDojo> or call 919-753-3271.

Saturdays 11:00a - 12:00p

Session I: Sept 7 - 28 Session II: Oct 5 - 26
Session III: Nov 2 - 30 (no 11/23)
Session IV: Dec 7 - 28

Fee: \$20/month

Adult Shotokan Karate

Ages 13+
This karate class emphasizes the development and control of power, smoothness, and balance in punching, kicking, blocking/parrying, and body shifting. Increase flexibility, coordination, and bodily awareness by learning the combative techniques of a traditional Japanese empty-hand martial art. Eight 60-minute classes.

Instructor: Elmar Schmeisser, Kyoshi, 7th Dan

Tu & Th 7:30p - 8:25p

Session Dates: Sept 3 - 26
Oct 1 - 24
Nov 5 - 21 (6 class session)
Dec 3 - 19 (6 class session)

Fees: (R)\$53 (NR)\$79
Fees: (R)\$40 (NR)\$59 (6 class session)

Adult Tennis Programs by RDUTennis

Ages 13+
RDUTennis teaches the fundamentals of tennis in an energizing, safe environment for children and adults. Each lesson plan is based upon the general age range, skill levels, and size of the class. The dedicated RDU Tennis staff is comprised primarily of undergraduate and graduate college students boasting years of experience in teaching tennis.

For information and to register for classes or camps visit www.rdutennis.net.

8-Week Fall Clinic

Wednesdays: Begins Sept 11

Adult Beginners: 6:30p - 7:30p
Fees: \$80 per person

Saturdays: Begins Sept 14

Adult Intermediate: 9:30a - 10:30a
Fees: \$80 per person

Adult Tennis by Impact-U

Ages 18+
Impact U is designed to provide a workout routine for any player while incorporating the strokes and drills necessary for players of all levels to get to the next level in your game. Emphasis will be focused on strokes, technique, agility, and match play.

Adult and junior sessions offered. Programs are located at Church St. Park.

For information and to register for classes contact Femmy Perry, USPTA certified Elite Pro at femtennis@yahoo.com or visit the website at <http://www.impactunow.com/> <http://femtennis.usptapro.com>

Tennis Leagues & Programs by Western Wake Tennis Assoc.

Youth and Adults
The WWTA continually works with the USTA, local tennis organizations and clubs, and local government municipalities to respond to the needs of the tennis community and environment. Programs are located at Church St. Park and throughout Western Wake Co.

For information and registration visit <https://westernwaketennis.com>

EDUCATIONAL

English as a Second Language Languages (ESL)

Ages 18+
This is a **FREE** program with a maximum of 20 participants per class. Participants will sign-in in the classroom upon arrival and no more than 15 minutes before each class. This is volunteer-led program designed for beginner and intermediate students of the English language. It is designed for drop-in participation.

M & W On-going 9:30a -11:30a FREE CFCC
Tu & Th On-going 6:15p -7:45p FREE CFCC

DAY TRIPS

Registration Guidelines for Senior Trips

Ü* ä dæä } Ä | Ä/Ä* æ ÄE ** -Ä FÄCFJÈ
Ü* ä dæä } • Äæ ÄÄÄ { } | Äc ÄÄ/ÖÖÖÄ: Ä
[] | Ä ÄÄÄÄÄ } Ä: ÄÄ • ÄÄ } äÄÄÄ: } Ä Ä
ÖÖÖÖÈ

T æ ^ Ä - Ä@ÄÄ } Ä: ÄÄÄ • ÄÄÄ äÄ } Ä
• ÄÄ äÄ } ÄÄ ÄÄÄ * Ä: ÄÄÄ } ä periods of time.
To help potential participants gauge the level of activity a trip requires, we use an activity rating scale.

1. Light ä [^] Ä Ä äÄ } ÄÄ ÄÄ äÄ } Ä
| ÄÄ ÄÄÄ äÄÄ ÄÄÄÄÄ Ä ÄÄÄ | ÄextendedÄ
] ÄÄ ÄÄ ÄÄ ÄÄÄ äÄÄ | ÄÄÄ ÄÄÄÄÄ Ä ÄÄÄ
• ÄÄÄ Ä
2. T [ÄÄÄÄÄ [^] Ä Ä äÄ } ÄÄ ÄÄ äÄ } ÄÄ
T äÄÄÄ ÄÄÄÄÄ Ä ÄÄÄÄ | Ä [ÄÄÄÄÄÄÄ ÄÄ ÄÄÄ
ÄÄ ÄÄÄ äÄÄÄÄ | ÄÄÄÄ ÄÄÄÄÄ Ä ÄÄÄÄÄÄÄÄÄ
• ÄÄÄÄ Ä
3. ŠäÄÄÄÄ [^] Ä Ä Ä äÄ } ÄÄ ÄÄ äÄ } Ä
required. May require ability to use many stairs or navigate difficult terrain.

NCSU Hunt Library Tour & Farmer's Market

Ages 55+
Join us for a tour of the world-renowned Hunt Library. The experience encourages reflection, creativity and even awe. With quiet places to study at traditional reading tables, high-tech areas that can be modified to meet users' needs and comfortable group study rooms that facilitate collaboration. The Hunt Library is a next generation learning space that's open for business today. Designers planned the Hunt Library to function as a seamless addition to its natural surroundings. Natural light floods common areas on every floor, and the Skyline Reading Room on the top level offers expansive views of Lake Raleigh and its surrounding forest, a hallowed place on NC State's campus.

Trip Rating: 2
Registration Deadline: Aug 31
Lunch: **On your own at Farmer's Market**

T Sept 10 (R)\$8 (NR)\$10 8:30a - 4:30p

Oliver & Lunch (Temple Theatre)

Ages 55+
Consider yourself at home with Lionel Bart's classic musical based on Charles Dickens' novel, Oliver Twist. The Tony and Olivier Award-winning show is one of the few musicals to win an Academy Award for Best Picture and is widely hailed as a true theatrical masterpiece by actors and audience members alike.

Trip Rating: 1
Registration Deadline: Sept 12
Lunch: Ms. Lacy's Magnolia House

Th Sept 26 (R)\$52 (NR)\$65 10:30a - 4:30p

North Carolina Zoo & Lunch

Ages 55+
More than 1,800 animals call the North Carolina Zoo home. The animals live in habitats representing two regions in Africa and North America, plus a global Desert and a tropical, free-flight Aviary. As the world's largest natural habitat zoo, the animals at the North Carolina Zoo have plenty of room to roam.

Trip Rating: 3
Registration Deadline: Oct 4
Lunch: TBD

M Oct 14 (R)\$44 (NR)\$55 9:00a - 6:00p

Cirque de Noel & Lunch (Meymandi Concert Hall)

Ages 55+
The circus meets the symphony! Stunning aerial feats, mind-boggling contortions, and jaw-dropping juggling acts will take your breath away and with these awe-inspiring acrobatics accompanied by musical holiday favorites, this event is sure to fill you and your family with the wonder of the season. Come early to meet Santa in the lobby!

Trip Rating: 1
Registration Deadline: Nov 15
Lunch: TBD

F Nov 29 (R)\$54 (NR)\$68 11:30a - 5:30p

FITNESS

Arthritis Foundation Tai Chi

Ages 55+
Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. The Arthritis Foundation Tai Chi Program developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. Chairs are available for those wishing to practice from a seated position.

Come join this class for free at the Cedar Fork Center.

Tu & Th 10:00a - 10:50a FREE CFCC

Senior Flex and Balance

Ages 55+
The Arthritis Foundation's evidence-based exercise program for improving joint range of motion, muscle strength, posture, balance, flexibility, and endurance, as well as reducing pain, stiffness, fatigue and stress.

Come join this class for free at the Cedar Fork Center.

Tu & Th On-going 11:00a-11:50a FREE CFCC



Silver Sneakers Membership Silver Sneakers Classes

Ages 55+
This class is not just for Silver Sneakers members, all are welcome. This class is designed to minimize age-related physical deterioration, improve health-related and skill-related physical fitness components to increase functional activities for daily living, and increase a person's sense of well-being in a group exercise setting.

Come join this class for free at the Cedar Fork Center.

M & W

11:15a - 12:15p

1st Class is FREE
We honor most insurance based fitness membership programs.

Punch Pass (10 Daily Visits)
Fees: \$20 (Adult 23-55)
Fees: \$15 (Young Adult 13-22; Senior 55+)

Unlimited Monthly Pass –
Fees: \$15 (Adult 23-55)
Fees: \$10 (Young Adult 13-22; Senior 55+)

YOUR COMMENTS COUNT!

If you have a question or comment about the Town of Morrisville Parks, Recreation & Cultural Resources Department's activities, facilities or services, please call, email or stop by one of our offices and let us know.

GAME PLAY

All Game Days are located at CFCC and registration is not required. Please see individual programs for fee information.

Bingo

Ages 55+
Come and join us on the first, third and fifth Thursday of each month! Enjoy coffee provided by staff and participants are welcome to bring snacks and refreshments! Bingo cards are \$1.00 each (cash only). Pre-registration is not required.

Th	Sept 5, 19	1:00p-3:00p	\$1 per card
Th	Oct 3, 17, 31	1:00p-3:00p	\$1 per card
Th	Nov 7, 21	1:00p-3:00p	\$1 per card
Th	Dec 5, 19	1:00p-3:00p	\$1 per card

Dominopalooza

Ages 55+
Do you enjoy playing Mexican Train dominoes with friends? We will have a tournament to crown the Cedar Fork dominoes champion! This is also a great opportunity to learn how to play. Prizes will be awarded for the tournament! Light snacks and beverages will be provided. Pre-registration is not required.

M	Sept 30	1:00pm-3:00pm	\$1
	Oct 28		
	Nov 25		
	Dec 16		

Senior Fridays

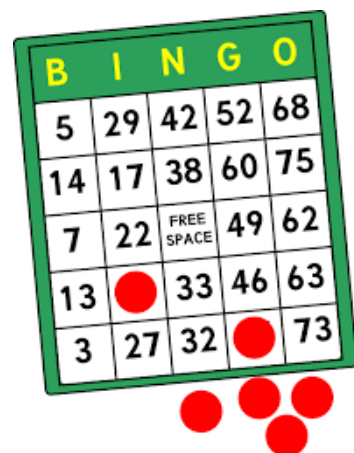
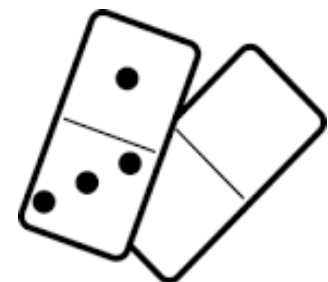
Ages 55+
Each Friday seniors are invited to enjoy dominoes, cards, and other games/activities! Another great opportunity to learn some new games and make some new friends! We will also have information about upcoming events and program. Pre-registration is not required.

F Sept 6 - Dec 20 9:30am-12:00pm FREE CFCC

Game Night

Ages 55+
Every Wednesday night from 6:00 - 8:00 pm we have game night! Dominoes is the favorite game, but feel free to bring your game and teach us all a new game. Light refreshments will be provided (coffee, tea, and water). Program is FREE and pre-registration is not required.

W Sept 4 - Dec 18 6:00p-8:00p FREE CFCC



LUNCHEONS

Senior Christmas Luncheon & Party

Ages 55+
Help us ring in the holiday season at our Christmas Luncheon! We will be listening to music of the holiday season, enjoying a catered lunch, and sharing our "white elephant" gift exchange. If you would like to participate in the white elephant gift exchange, please bring a wrapped gift (\$5-\$10). No gag gifts. Gifts can be gift cards, small gifts, lottery tickets, etc.

M Dec 9 1:00p-3:00p (R)\$3 (NR)\$5 CFCC

National Senior Citizens Day

Ages 55+
We would like to recognize the seniors in our community and welcome them to join us for a day of fun. A hot dog lunch with all the trimmings will be provided! This will be after Senior Friday. We hope to see you for a celebration of your day! **Pre-registration is required.**

F Sep 6 1:00p-3:00p FREE CFCC

ARTS

Christmas Ornaments

Ages 55+
Come and join us as we make and decorate homemade Christmas Ornaments! Great for your tree or gifts for friends and family! Each class will make different ornaments.

T Dec 10 1:00p-3:00p (R)\$1 (NR)\$2 CFCC

T Dec 17 1:00p-3:00p (R)\$1 (NR)\$2 CFCC



WINTER LEAGUES

Youth Winter Basketball

Developmental
Gnats Ages 5-6
Termites Ages 7-8

Competitive
Small Fry Ages 9-10
Mites Age 11-12

Join our winter basketball season for boys and girls ages 5 thru 12. Registration begins October 1, 2019 for residents and October 15, 2019 for non-residents. All levels will emphasize fundamentals of the game, including: passing, shooting, dribbling, rules, good sportsmanship, fair play and above all FUN. The season will consist of both practices and games. Practices will start the week following the Thanksgiving Holiday. Games are scheduled to begin in late December in some leagues and the week of January 1, 2020 (based on league). Games and practices will continue until early March. League rules and registration forms will be posted on our website: www.townofmorrisville.org Participants cannot exceed the age of their specific league as of January 1, 2020*.

Location & Days: Varies based on league/team assignments

Fees: (R)\$69 ; (NR)\$99

Time: After 5:30p on Weekdays; Between 8a-3p on Weekends



VOLUNTEER OPPORUNITIES

Youth Coaches

The Town of Morrisville is continually seeking positive role models to serve as youth coaches.

If you are sports minded and want to enhance the lives of the youth in our community please call Bryan Rhea, Athletic Programs Supervisor at 463-7117.

No previous experience required plus Basketball specific training and coaches certification will be provided. Training will take place in early November ahead of the beginning of practices. All Head Coaches and Assistant coaches will need to complete an application as well as a background check.

Volunteers will serve between 2 and 3 hours per week which will cover planning, practice and games



NCRPA/ SWAC Participation

Ages 9 - 12
The Morrisville Parks Recreation and Cultural Resources Department Athletic Division is excited to enter SWAC (Statewide Athletic Committee) Play!

The SWAC allows players from affiliated NCRPA organizations to participate in regional and statewide post-season tournament play. This season we will begin the process of joining our regional affiliates in hopes of building to advance into State level tournaments.

Players participating in SWAC play must not turn 13 prior to the aging date for tournament participation. All tournament participants must supply a birth certificate upon request as confirmation of age.

Resident Registration:
October 1, 2019
Non-Resident Registration: October 15, 2019 (or as space allows)

Registrations can be completed online or at any of our facilities. Registrations are accepted on a first-come, first-serve basis.

Please note:
Youth athletic programs have age cut-off dates that are used to determine a participants playing age.

Age cut off: January 1, 2020

Wondering about inclement weather closings?
Call our weather hotline at:
(919) 463-6215 or
sign-up for our
Notify Me system!
www.townofmorrisville.org/notifyme

*All athletic league cancellations due to inclement weather will be posted no later than 4:00pm weekdays and 7:00am on weekends.



GET FIT

Fitness Classes

All Ages
 MAFC may be closed for renovations but our Fitness Classes are still moving and inspiring. Classes are held at Cedar Fork Community Center, MOR at Silverton Pool, and in the Parks. The first class is always FREE, then see what else we have to offer. Tai Chi, Flex & Balance, Water Aerobics, Bootcamp, Interval Training, Yoga, Zumba, Silver Sneakers, and more.

For a monthly schedule, class descriptions, and location; visit the Morrisville Aquatic & Fitness Center online at our town's website: <http://www.townofmorrisville.org>

Punch Pass (10 Daily Visits)
 \$20 (Adult 23 - 55)
 \$15 (Young Adult 13 - 22; Senior 55+)

Unlimited Monthly Pass
 \$15 (Adult 23 - 55)
 \$10 (Young Adult 13 - 22; Senior 55+)



Water Aerobics

Ages 15+
 Get the same kind of calorie-burning aerobic workout you'd normally get on land, in the water! This fast-paced, low impact class will elevate your heart rate and improve muscle tone while using the natural resistance of water. All levels of fitness are encouraged to try this class to kick-start your fitness or do some cross training.

**Water Aerobics is held at
 1401 Evans Rd Cary, NC 27513**

Visit the Morrisville Aquatic & Fitness Center online at our town's website: <http://www.townofmorrisville.org> for days and time.

Fees: Punch Pass (10 visits) - \$50
 Individual Class - \$7

Visit www.moratsilverton.com to pay for classes

Insurance based memberships through MAFC staff



**“COMMIT
 TO BE
 FIT.”**

**MAFC Renovation Update -
 The Excitement Builds**



- Pool Locker Room in progress will provide a new space and better functionality
- OpenAire pool structure expected to begin September will provide year-round enjoyment
- Plumbing & Electrical continues inside building
- Expanded parking is expected & improved weight room with a larger workout area
- Anticipated Reopening by Early 2020

**Hatcher Creek Greenway -
 NC54 Underpass**



- Work continues to improve the railroad bridge over Crabtree Creek at NC54
- The underpass connection at NC54 will provide a continuous greenway segment from Morrisville Community Park to Evans Road
- Estimated completion Summer 2020

Other Town Project Details/Updates can be found online at <https://www.townofmorrisville.org/residents/current-projects>

SPECIAL EVENTS

**Trick or Treat the Trail
October 26 4p - 7p | FREE
Morrisville Community Park**

Come trick-or-treat on the safe and family friendly 1/4 mile paved Hatcher Creek Trail at Morrisville Community Park (1520 Morrisville Parkway). Collect goodies from costumed characters and grab a bite to eat from local food trucks. Don't forget to wear your costumes! This event is free, but be sure to bring money for food trucks! In partnership with the Town of Morrisville Police and Fire Departments we will also present Trunk or Treat, giving local businesses and community organizations the opportunity to sponsor and decorate a police car or fire truck. Participants with the best trunk will win the "Tricked Out Trunk" award! The trail will start at the pavilion and finish at the baseball fields. The event is intended for children through age 12. Please do not bring your pets to this event! Skates and bikes are also not allowed.



**Annual Tree Lighting
December 6 7p - 8p | FREE
Indian Creek Trail and Greenway**

Join us as we kick off the holiday season with our Town of Morrisville Tree Lighting event! This free annual event will be held at Indian Creek Trailhead (101 Town Hall Drive). It will be an evening of musical entertainment, crafts for the children, trackless train rides, a visit from Santa and refreshments. You and your family are welcome to be a part of this time-honored tradition.



Cedar Fork Community Center
\$100 deposit during operating hours
\$200 deposit after operating hours
**CFCC has 2-hour rental minimum

Classrooms	<u>R</u>	<u>NR</u>
During Hours	\$39/hr	\$59/hr
After Hours	\$67/hr	\$97/hr
Kitchen Usage	\$22	\$22
Gymnasium		
1 Court During Hours	\$30/hr	\$44/hr
1 Court After Hours	\$57/hr	\$85/hr
Both Courts During Hours	\$57/hr	\$85/hr
Both Courts After Hours	\$85/hr	\$126/hr
Gym Floor Covering		
During Hours ONLY	\$225	\$225
Volleyball Standards		
Setup	\$45	\$45

Morrisville Aquatics & Fitness Center
CLOSED FOR RENOVATIONS

Multipurpose Room	<u>R</u>	<u>NR</u>
During Hours	\$36/hr	\$54/hr

Athletic Field Rentals
\$100 deposit per field Field Prep: \$42 Light fee: \$27 per hour (except Church Street)

Church Street Park Field	<u>R</u>	<u>NR</u>
5800 Cricket Pitchway	\$55/hr	\$75/hr
	Light fee: \$40/hr	\$40/hr
Shiloh Park		
922 Church St.	\$43/hr	\$54/hr
Morrisville Community Park Fields		
1520 Morrisville Parkway	\$43/hr	\$54/hr
Cedar Fork District Park Fields		
228 Aviation Parkway	\$43/hr	\$54/hr
Fields 1-8*		

*Fee pertains to each individual field without lights. There are currently no lights available.

**Church Street Park Shelters,
Nathaniel Mayo Shelter &
Morrisville Community Park Shelter**
Please see website for addresses

\$100 deposit

	<u>R</u>	<u>NR</u>
9:00am - 2:00pm	\$79	\$105
3:00pm - Sunset	\$79	\$105
All Day	\$158	\$210

Indian Creek Trailhead Shelters
101 Town Hall Dr.

\$100 deposit

	<u>R</u>	<u>NR</u>
9:00am - 2:00pm	\$64	\$89
3:00pm - Sunset	\$64	\$89
All Day	\$128	\$178

Historic Christian Church
CLOSED FOR PARKING LOT CONSTRUCTION

\$200 deposit

	<u>R</u>	<u>NR</u>
8:00am - 9:00pm	\$43/hr	\$64/hr

*Minimum 2-hour rental required

Northwest Park
998 Parkside Valley Drive

\$100 deposit

	<u>R</u>	<u>NR</u>
9:00am - 2:00pm	\$79	\$105
3:00pm - Sunset	\$79	\$105
All Day	\$158	\$210

Luther Green Community Center at Shiloh Park
NO RENTALS MARCH - OCTOBER

\$100 deposit

	<u>R</u>	<u>NR</u>
8:00am - 9:00pm	\$43/hr	\$64/hr

*Minimum 2-hour rental required

Rental rates are subject to change without notice. Please contact (919) 463-7110 for up-to-date information. Shelter rental hours are 9:00a-Sunset. During the months of November-February only 1 rental is scheduled per day.

Morrisville Park System	Baseball/Softball Fields	Basketball Courts	Multi-purpose Field	Greenspace	Playgrounds	Tennis Courts	Grills	Picnic Shelters	Picnic Tables	Restrooms	Trails/Walking Paths
Cedar Fork District Park			X					X	X	X	
Church Street Park			X	X	X	X		X	X	X	X
Crabtree Creek Nature Park			X								
Indian Creek Park				X	X			X	X	X	X
Morrisville Community Park	X		X	X	X		X	X	X	X	X
Northwest Park				X	X			X	X	X	X
Ruritan Park				X							
Sarah Woody Jenkins Park									X		
Shiloh Park	X	X	X	X	X		X	X	X	X	

PARK UPDATES



Did You Know?

Morrisville Has a Parks & Recreation Master Plan

The Parks & Recreation Master Plan serves as a guide for department operations & capital investments for future recreation facilities. The most recent plan was adopted in 2018.

Learn more about key focus areas for the future of Morrisville recreation and parks by clicking link below:

[2018 Parks & Recreation Comprehensive Master Plan](#)

