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## Jamboree Auditions

What's your talent? If you sing, dance, stomp, cheer, act, tell jokes, perform magic or acrobatics, this is the competition for you or your group! Pick an audition date and give us a call!

**February 24, 2018 12-4PM**

Jack Amyette Rec Center, 1825 South Dr.

**March 10, 2018, 12-4PM**

Jack Amyette Rec Center, 1825 South Dr.

**April 7, 2018, 12-4PM**

Jack Amyette Rec Center. 1825 South Dr.

## Kidz Dayz Out Ages 6-12

A program that provides an active and safe environment for your students. We ask that you provide your student with a lunch and two snacks for these programs. **7:30AM-6PM**

**Day Program: \$10R/\$15NR**

JCRC - 100 Recreation Lane

• **March 30**

• **April 2, 3, 4, 5 & 6 (Spring Break)**

**Trip Program: \$15R/\$22.50NR**

JARC - 1825 South Drive

• **April 5 (Tryon Palace)**

## Boys Night Out

A guest speaker providing valuable life lessons, fun games, and free food highlight this event for young men. Pre-registration is required.

**Friday, February 23**

Jack Amyette Rec Center (1825 South Dr)

**6-9PM**

**Ages 11-18**

**Free**

## Daddy Daughter Date Night

Fathers and daughters are invited to an elegant night out together for dinner and dancing. All father figures welcome. Pre-registration required.

**Friday, March 9**

Jack Amyette Rec Center (1825 South Drive)

**6:30-9PM**

**Ages 6-11**

**\$5R/\$7.50NR per couple, \$2.50 for each additional participant**

**Limited to the first 50 people registered**

**Summer Camp registration starting in March. More information coming soon.**

## Stepping Stones Special Events

Parent and child participate in fun themed events that include music, story time, games, crafts and a snack.

**Kerr Street Recreation Center (36 Kerr St)**

**Theme for the day is "Cupid's Cuties"**

**Friday, February 9**

**10-11AM**

**Age 3-5**

**Free**

**Must pre-register**



## Girls Night Out

A safe environment to empower young ladies and meet new friends! Pre-registration required.

**Friday, February 16**

**Theme: Love Yourself**

**Jacksonville Youth Center (804 New Bridge St)**

**6-9PM**

**Age 11-18**

**Free**



## Youth Spring Baseball/Softball Registration

Come register to play in our Youth Baseball/Softball League. First time registration requires a birth certificate and proof of address.

• **Registration will be Feb 5 - Feb 23**

• **5-18 age prior to May 1, 2018 for baseball**

• **7-18 age prior to January 1, 2018 for softball**

• **Fee: \$30R/\$55NR**

• **\$5 Late registration fee after February 23**

## Youth Spring Volleyball

Come to register to play in our Youth Spring Volleyball League. First time registration requires a birth certificate and proof of address.

**February 5 - February 23**

**Jacksonville Commons Admin Building**

**\$30R/\$55NR (\$5 late fee after Feb 23)**

**Age 9-16 (age prior to Nov 1, 2018)**

## 14th Annual African American Read In

Celebrating African American Heritage with works by African American Authors and Songwriters.

**Sunday, February 11**

**City Council Chambers Jacksonville City Hall**

**(815 New Bridge Street)**

**Starting at 2PM**

**Sign up for Recreation & Parks**

**Programs, Activities & Events at**

**JacksonvilleNC.gov/Recreation or call 910 938-5312**

**Office hours 8AM-5PM (M-F)**



**For the latest info, events and updates.**

## Pickleball

Learn the game of pickleball and play socially or competitively. Equipment available at the center. Call for more information.

**Mondays - Fridays**

**Jacksonville Commons Rec Center**

**8-11AM**

**Free for Residents/\$35 yearly fee for Non-residents**

**Must be registered with our Adult Program**

## Essential Oils 101

Join our essential oils class and learn about the amazing benefits they have. Get more information on how they can assist in bringing your health and wellness to a balance.

**Saturday, March 3**

**Jacksonville Adult Center**

**10AM-12PM**

**Free**

**Pre-registration is required**



## Small Group Personal Training

Reach your fitness goals and improve your health with a personal trainer. Be part of a small team all working to accomplish the same goal. Cycle 2 registration period is from 2/19/18 to 3/9/18.

**Groups consist of 2-4 people**

**8 weeks/16 sessions**

**\$150 per person**

**All sessions held at the Jacksonville Adult Center**

**Three session times to choose from:**

- **Mondays/Wednesdays 10:30-11:30AM**
- **Mondays/Wednesdays 4-5PM**
- **Tuesdays/Fridays 5:30-6:30PM**

## Adventure Rush

A program that offers outdoor adventure based activities to ages 16+. Registration required.

**\$25 for each adventure**

- **Biking (Sat, March 17)**
- **Kayaking (Sat, April 28)**
- **Paddle Boarding (Sat, May 19)**

**\*\*Join us for a free outdoor adventure seminar on Saturday, February 17 @ Kerr St Rec Center from 12-1PM**

## Adult Ongoing Activities

- **Board Games**
- **Mahjong**
- **Exercise Classes**
- **Pickleball**
- **Line Dancing**
- **Table Tennis**
- **Dominoes**

**For more information please contact the Senior Center at 910 938-5318**

## The Essential Workout

Low impact, upbeat and fun total body workout focusing on core strength and balance, as well as upper and lower body strength endurance (toning).

- **Mon, Wed, Fri @ 7:30-8:30AM**

## Total Body Exercise

Medium impact, focusing on full body strength and cardio as well as core strengthening and posture training.

- **Mon, Wed, Fri @ 8:45-9:45AM**

## Low Impact Cardio & Body Toning

An energetic, choreographed dance class targeted to increase cardiorespiratory endurance and strength training utilizing weights and resistance bands.

- **Tue, Thu @ 7:30-8:30AM**

## Strength Training

This higher intensity class is designed to improve cardio conditioning, alternating with strength/balance and core training segments

- **Tue, Thu @ 8:45-9:45AM**

**Located at the Jacksonville Adult Center**

**Must be registered with our adult program**

**\$20 for 16 classes**

## Kickball-Coed League

Organizational meeting for league. Interested players and coached are encouraged to attend.

**Wednesday, February 7**

**Jacksonville Commons Rec Center**

**6PM**

**\$150 per team**



## Vinyasa Flex & Flow with Frankie

Vinyasa is not your typical meditation yoga. Vinyasa flex and flow focuses on increasing flexibility, muscle tone, and core strength thru proper breathing techniques and poses. Bring your favorite yoga mat!

**Mondays**

**Jacksonville Commons Rec Center**

**6-7PM**

**Class is free during February**

**\$5 per class starting in March (Monthly rates available)**

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