Morrisville Parks, Recreation & Cultural Resources







Morrisville |

Parks, Recreation & Cultural Resources



Program Registration Begins April 7 | Resident April 14 | Non-resident

See page 9 for swim lesson registration dates! Fees are subject to change July 1, 2025.

## Morrisville Parks, Recreation & Cultural Resources Department

991 Aviation Pkwy Morrisville, NC 27560 morrisvillenc.gov/parksandrec 919-463-7110

Office Hours Monday-Friday 8 a.m.-5 p.m.

## **Program Registration**

**Registration Dates:** April 7 | Residents April 14 | Non-residents

Refund Policy: A full refund, minus a \$5 administrative fee, will be given if written notice of cancellation is given at least 14 days before the start of a program. A 50% refund will be considered for requests received less than 14 days prior to class starting, only if the spot can be filled from a waitlist. No refund requests will be considered if spot cannot be filled.

## **How to Register**

Register for programs online at **anc.apm.activecommunities. com/mprplaymorr** or in-person at the following locations:

Cedar Fork Community Center 1050 Town Hall Drive #B

Morrisville Aquatics & Fitness Center 1301 Morrisville Parkway

1301 Morrisville Parkway

**Morrisville Senior Center** 4117 Davis Drive

**Parks Admin Office** 991 Aviation Parkway Suite #400

All card transactions require a 3% processing fee.





# Welcome from the Director

community partnerships.

The Town of Morrisville established its Parks and Recreation Department in 1990, initially serving a population of just 1,489. As of 2025, that number has surged to over 30,000, significantly increasing the demand for local recreation opportunities. This rapid growth requires a proactive approach to planning and developing parks, programs, and greenways, supported by bond funding, grants, and

In 1992, the Morrisville Community Park was established, featuring a playground and a soccer field. It underwent significant expansion in 2004, adding baseball fields, a maintenance building and the Hatcher Creek Greenway. Recent enhancements in 2023 included the addition of lighted tennis and pickleball courts, new restrooms, and extended walking trails.

Shiloh Park, developed in 1994, includes a playground, basketball court, and a multi-purpose field that was converted to a cricket field in 1999. Renovations in 2003 included restroom additions and parking lot improvements, while recent upgrades in 2024 brought a renovated playground and enhanced lighting for the renovated basketball court.

The Morrisville Aquatics and Fitness Center, purchased in 1993, completed renovations in 2020, enhancing the facility with a new swimming pool, updated tennis courts, and expanded fitness areas.

Opened in 2003, the Cedar Fork Community Center features a gym, classrooms, and outdoor spaces for a variety of community activities, including sports and cultural events. In 2021, the Morrisville Senior Center was established at McCrimmon Square, providing dedicated educational, fitness, and social programs for residents 55 years and older.

These facilities and programs contribute to the unique identity of Morrisville Parks, Recreation and Cultural Resources.

Behind the scenes, a dedicated team of 30 professionals works year-round to offer residents and neighboring friends a diverse range of recreational activities, events, programs, trips, and more. Their passion for curating enjoyable experiences ensures that Morrisville remains a vibrant place to live, work, and play. As we celebrate 35 years of service and look forward to many more, we are excited to continue fostering a sense of connection and well-being in our community. Join us this summer as we pursue the mission of living well and staying connected!

Mary Faucette, CPRP Director Parks, Recreation and Cultural Resources



#### **Music in the Park**

May - September | 6:30-8:30 p.m. Indian Creek Trailhead Free | All Ages

Grab your blanket and head to the lawn for a great show by a local band. A food truck will be on site with food for purchase. Let the good times roll!



## **SpringFest**

Saturday | May 17 | 10 a.m. - 2 p.m. Indian Creek Trailhead Free | All Ages

Morrisville's annual celebration of all things spring! Enjoy music, artisan vendors, make-and-take crafts, and the Western Wake Farmers Market. Plus, don't miss the 1st Annual Morrisville Chalk Walk, where artists bring the pavement to life with vibrant works of art. This flower powered event is fun for the whole family!

#### Red, White & BOOM!

Thursday | July 3 | 5-9 p.m. Cedar Fork District Park Free | All Ages

Get ready for Morrisville's annual celebration of Independence Day. Enjoy live musical performances, inflatables, and a diverse lineup of food trucks. All capped off with our locally renown dazzling fireworks display.

#### S'Morrisville

Saturday | August 9 | 4-6 p.m. Morrisville Community Park Free | All Ages

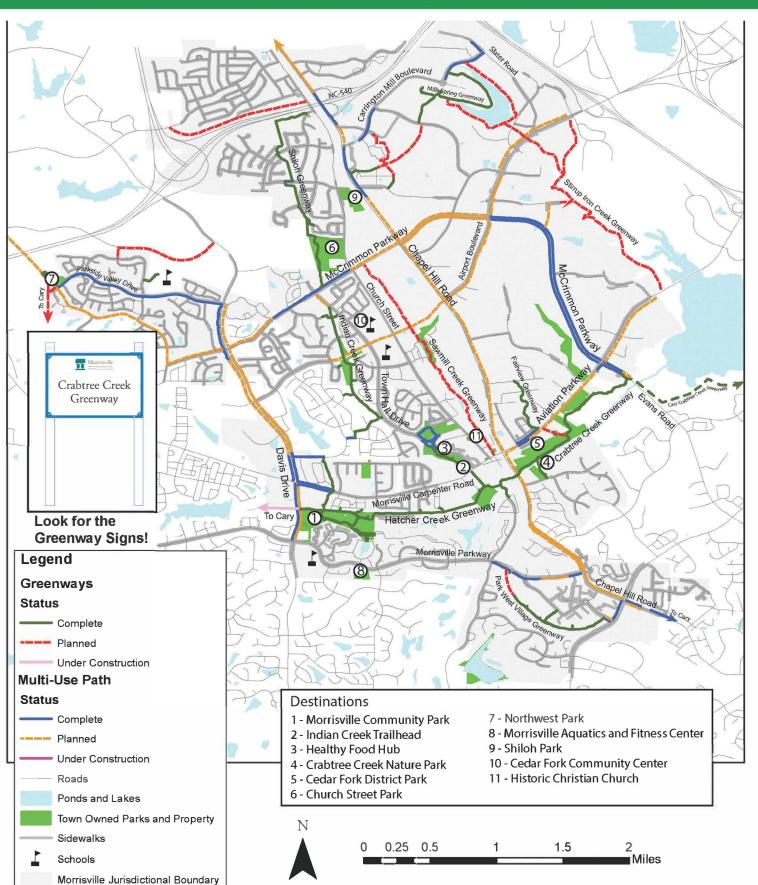
Morrisville residents are invited to celebrate National S'mores Day at "S'Morrisville" each year. That's right – the Town will change its name and become S'Morrisville as we honor and enjoy the delicious snacks made famous at campfires everywhere.

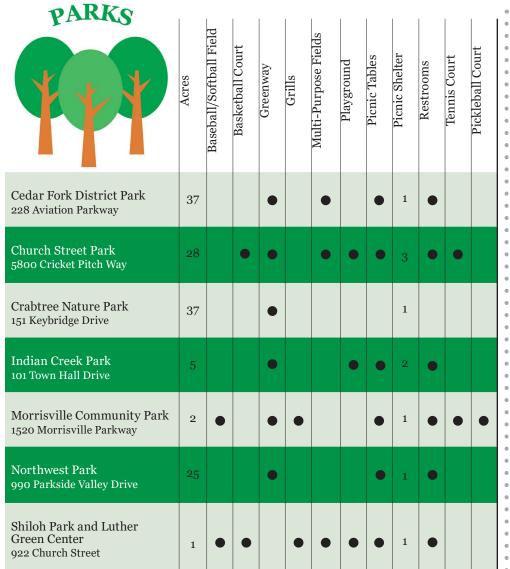
#### **International Festival**

Saturday | September 20 | 4-7 p.m. Cedar Fork Community Center Free | All Ages

Morrisville, one of North Carolina's fastest-growing and most diverse towns, hosts this fall festival celebrating art, culture, dance, food, and music. Enjoy global cuisine from diverse vendors, traditional music and dance performances, and "International Alley," showcasing artisan vendors and cultural groups with a global perspective.

# Town of Morrisville Sidewalks and Greenways Map







## Seasonal Produce and Local Foods

Peak Season April-Nov., Saturdays: 8 a.m. - noon Winter Season Dec.-March, Saturdays: 9:30 a.m. - noon

> Indian Creek Trailhead 101 Town Hall Drive





www.WesternWakeFarmersMarket.org

	GREENWALG	Paved (P)	Parking	Length in Miles
•	Crabtree Creek	P	•	1.4 mi.
•	Indian Creek	P	•	1.8 mi.
•	Hatcher Creek	P	•	1.4 mi.
•	Shiloh	P	•	1.7 mi.
•	Fairview	P		.15 mi.
•	Grace Park	P		.25 mi.
•	Mills Spring	P		1.16 mi.
•	Park West Village	P	•	1 mi.

## Stay Connected!

## Download the Morrisville Central App

Learn about free community events, view an interactive map of Town facilities and parks to learn about court and field occupancy, and get the latest information about the Town straight from the source.

## Park and Greenway Rules

- Parks and trails operate sun up to sun down, except for Town events and programs, use of lighted facilities, and operation hours for set indoor facilities.
- Motorized vehicles are not allowed.
- Smoking, alcoholic beverages and other banned substances are not allowed.
- Dumping or littering is not allowed.
- Dogs must be on a leash.

#### **Greenway Safety Tips**

- Pedestrians always have the right of way.
- Bicyclists should let pedestrians know they are passing on the left.
- Stay to the right when using the greenways.

Morrisville

100 Town Hall Drive

Morrisville, NC 27560



Fall 2025 Leagues	Age Cutoff Date	Assessment Date*	Practices Begin	Games Begin
Baseball	October 31, 2025	August 8-9, 2025	August 16, 2025	September 6, 2025
Softball	October 31, 2025	August 8-9, 2025	August 16, 2025	September 6, 2025
Volleyball	October 31, 2025	August 6-7, 2025	August 16, 2025	September 6, 2025

Before signing up for fall 2025 leagues, check the age cutoff date and sports assessment day for your child. The age cutoff is based on their actual age on the listed date, which determines their age group. Assessment day is when they'll showcase their skills and get placed on a team!

You will be notified about your specific assessment time after registration closes on July 14, 2025.

## **VOLUNTEER TO BE A COACH!**

Email mmorris@morrisvillenc.gov for more information on Little League and volleyball coaching opportunities.

## Baseball

#### Little League T-Ball

Ages 5-6

Start your young slugger off right! T-Ball is here to help little ones get started and learn the fundamentals of catching, fielding, hitting, and throwing. The league is coed and aimed at helping players develop a strong foundation.

Dates	Days/Times*	Location	Fee	Age
Aug. 16- Nov. 1	Mon., Tue. OR Wed./ 6-7 p.m. Sat./ 11 a.m., 12 p.m. OR 1 p.m.	МСР	\$65R   \$85NR	5-6

\*Specific days/times will be based on team(s) assignment after the assessment day.

#### **Little League Coach Pitch**

**Ages 7-9** 

Build a solid foundation for Little League success in the Coach Pitch program. The focus is on teaching fundamentals and the rules of baseball while using a pitching machine.

Dates	Days/Times*	Location	Fee	Age
Aug. 16 - Nov. 1	Wed. Or Thur. & Sat.	MCP	\$65R   \$85NR	7-9

\*Specific days/times will be based on team(s) assignment after the assessment day.

#### Little League Kid Pitch

Ages 8-12

Have fun playing baseball with Morrisville Little League! Competitive leagues are offered for ages 8-12 and place players in leagues based on their age and skill level.

Dates	Days/Times*	Location	Fee	Age
Aug. 16 - Nov. 1	Tue., Thur & Sat.	MCP	\$65R   \$85NR	8-10
Aug. 16 - Nov. 1	Mon, Wed. & Fri.	MCP	\$65R   \$85NR	10-12

\*Specific days/times will be based on team(s) assignment after the assessment day.

## Softball

## Little League Softball

Ages 9-12

Girls of all abilities, ages 9-12 come out and experience the thrill of softball. The season will consist of both practices and games. Games will be played with some travel to local Little League International affiliated organizations.

Dates	Days/Times*	Location	Fee	Age
Aug. 16 - Nov. 1	TBD	MCP	\$65R   \$85NR	9-12

\*Specific days/times will be based on team(s) assignment after the assessment days

Get your custom Little League apparel online! Shop now: https://bit.ly/41Id9CB

## Volleyball

#### Minors

Ages 7-9

Calling all aspiring volleyball stars! Learn fundamentals like passing, rules, setting, and serving, while promoting sportsmanship and fun.

Dates	Days/Times*	Location	Fee**	Age
Aug. 16 - Nov. 1	Fri. & Sat.	CFCC	\$60R  \$78NR	7-9

\*Specific days/times will be based on team(s) assignment after the assessment day.

#### **Majors**

Ages 10-12

Whether you're a seasoned player or just starting out, the league offers a fun and supportive environment for girls of all skill levels to learn and develop their volleyball skills.

Dates	Days/Times*	Location	Fee**	Age
Aug. 16 - Nov. 1	Tue. OR Thur. & Sat.	CFCC	\$60R  \$78NR	10-12

\*Specific days/times will be based on team(s) assignment after the assessment day.

#### **Juniors**

Ages 13-15

Develop your volleyball skills in a supportive and enjoyable environment. The league emphasizes fundamentals, sportsmanship, and competitive play.

Dates	Days/Times*	Location	Fee**	Age
Aug. 16 - Nov. 1	Mon. OR Wed. & Sat.	CFCC	\$60R  \$78NR	13-15

<sup>\*</sup>Specific days/times will be based on team(s) assignment after the assessment day.

## **Athletics To Go Clinics**

## Baseball, Basketball & Softball

Ages 9-12

PRCR's Athletic Division will host a series of open play opportunities for young athletes in the community. Through the Athletics To-Go program enrollment, players are provided with an opportunity to develop and/or improve specific skills, as well as receive game play experience.

Sport	Date	Time	Location	Age
Basketball	May 10 & Jun. 28	10-11 a.m.	Shiloh	9-10
Basketball	May 10 & Jun. 28	11 a.m noon	Shiloh	11-12
Basketball	May 10 & Jun. 28	Noon - 1 p.m.	Shiloh	13-14
Baseball/Softball	Jun. 7, 28 & Jul. 19	1-2 p.m.	MCP	5-8
Baseball/Softball	Jun. 7, 28 & Jul. 19	2:30-3:30 p.m.	MCP	9-12



1301 Morrisville Parkway | 919-463-6900 | morrisvillenc.gov/mafc

Membership Options & Fees	Single-Visit Admittance Fee	Punch Pass (10 visits)	<b>1- Month</b> Paid in Full	Monthly Draft Continuous	<b>1-Year</b> Paid in Full
Senior (55+)	\$5 R   \$7 NR	\$40 R   \$52 NR	\$34 R   \$44 NR	\$32 R   \$42 NR	\$285 R   \$370 NR
Adult (23-54)	\$6 R   \$8 NR	\$50 R   \$65 NR	\$40 R   \$52 NR	\$35 R  \$45 NR	\$330 R   \$429 NR
Youth (12-22)	\$5 R   \$7 NR	\$40 R   \$52 NR	\$34 R   \$44 NR	\$32 R   \$42 NR	\$285 R   \$370 NR
Children (3-11)	\$4 R   \$5 NR	\$30 R   \$39 NR	\$19 R   \$25 NR	\$18 R   \$23 NR	\$180 R   \$234 NR

MAFC honors many insurance-based memberships: Tivity, Silver Sneakers, Healthy Contributions, Silver & Fit, and FitOn. Parent/guardian signature is required if under 18 years old.

## Members, make your reservations ahead of time!

MAFC members have access to the My Parks & Rec app through the email address linked to their membership. Fitness classes, courts and weekend open rec swim spots can be reserved ahead of time with ease.

My Parks & Rec is available on the App Store and Google Play Store.





## **Aquatic Amenities**

## Lap Pool

Depths: 3.5 - 8 feet

The lap pool features six lanes and measures 25 yards. It's designed for swimmers aged 12 and older who can swim laps continuously or participate in water exercises. Users must be comfortable in deep water and may be required to swim 300 yards continuously, demonstrating breath control and rhythmic breathing.

#### **Program Pool**

Depths: 3.5 feet

The program pool is for general recreation and self-guided exercise. For safety, children under 48" must be supervised in the water by a patron 18 years or older.



## **Spray Ground**

**Zero Depth Entry** 

Children age 9 and under enjoy the zero-depth entry, shallow play pool with a "spray ground" feature. Children age 10 and older may use the water feature if accompanying a younger child. The spray ground is open year-round for family-friendly fun!

R=Resident | NR=Non-resident



## **Swim Lessons**

#### **Preschool**

**Ages 3-5** 

Gain vital water safety skills and basic swimming techniques in a fun environment that will boost your child's comfort and confidence in and around water. Children should be capable of participating independently in the class, without the need for parent assistance.

Session	Day	Time	Registration	Fee
Jun. 16 - Jul. 9	M/W	9:30-10 a.m.	6/3R   6/5NR	\$85R   \$110NR
Jun. 16 - Jul. 9	M/W	10:10-10:40 a.m.	6/3R   6/5NR	\$85R   \$110NR
Jun. 16 - Jul. 9	M/W	7:20-7:50 p.m.	6/3R   6/5NR	\$85R   \$110NR
Jul. 14-30	M/W	9:30-10 a.m.	6/24R   6/26NR	\$85R   \$110NR
Jul. 14-30	M/W	10:10-10:40 a.m.	6/24R   6/26NR	\$85R   \$110NR
Jul. 14-30	M/W	7:20-7:50 p.m.	6/24R   6/26NR	\$85R   \$110NR
Aug. 4-20	M/W	9:30-10 a.m.	7/22R   7/24NR	\$85R   \$110NR
Aug. 4-20	M/W	10:10-10:40 a.m.	7/22R   7/24NR	\$85R   \$110NR
Aug. 4-20	M/W	7:20-7:50 p.m.	7/22R   7/24NR	\$85R   \$110NR

No classes June 30 - July 4.

#### Youth

Ages 6-13

**Beginner:** There are no prerequisites for this course. The focus will be on the basics of freestyle, backstroke and breaststroke all while refining an understanding of water safety.

	Day	Time		Fee
Jun. 16 - Jul. 9	M/W	10:50-11:20 a.m.	6/3R   6/5NR	\$85R   \$110NR
Jun. 16 - Jul. 9	M/W	5:20-5:50 p.m.	6/3R   6/5NR	\$85R   \$110NR
Jul. 14-30	M/W	10:50-11:20 a.m.	6/24R   6/26NR	\$85R   \$110NR
Jul. 14-30	M/W	5:20-5:50 p.m.	6/24R   6/26NR	\$85R   \$110NR
Aug. 4-20	M/W	10:50-11:20 a.m.	7/22R   7/24NR	\$85R   \$110NR
Aug. 4-20	M/W	5:20-5:50 p.m.	7/22R   7/24NR	\$85R   \$110NR

No classes June 30 - July 4.

**Intermediate:** Lessons are for swimmers who can safely jump into deep water and tread water for at least 10 seconds. The same skills will be covered as the beginner class with a greater emphasis on endurance and skill refinement.

	Day	Time		
Jun. 16 - Jul. 9	M/W	11:30 a.m noon	6/3R   6/5NR	\$85R   \$110NR
Jun. 16 - Jul. 9	M/W	6:40-7:10 p.m.	6/3R   6/5NR	\$85R   \$110NR
Jul. 14-30	M/W	11:30 a.m noon	6/24R   6/26NR	\$85R   \$110NR
Jul. 14-30	M/W	6:40-7:10 p.m.	6/24R   6/26NR	\$85R   \$110NR
Aug. 4-20	M/W	11:30 a.m noon	7/22R   7/24NR	\$85R   \$110NR
Aug. 4-20	M/W	6:40-7:10 p.m.	7/22R   7/24NR	\$85R   \$110NR

No classes June 30 - July 4.



*Includes exclusive access to the program* pool and spray ground!

#### **Availability:**

Saturdays & Sundays | 10-11:30 a.m.

#### **Rental Rate:**

\$275 Resident | \$357 Non-resident

morrisvillenc.gov/recreation/rentals

#### **Swim Lessons**

#### Youth (Continued)

Ages 6-13

**Advanced:** Lessons are for swimmers comfortable in deep water and able to swim 25 yards of freestyle and backstroke. This class will build upon the foundation of our other youth classes by focusing on endurance and other challenging skills needed for the sport of swimming.

	Day	Time	Registration	Fee
Jun. 16 - Jul. 9	M/W	6-6:30 p.m.	6/3R   6/5NR	\$85R   \$110NR
Jul. 14-30	M/W	6-6:30 p.m.	6/24R   6/26NR	\$85R   \$110NR
Aug. 4-20	M/W	6-6:30 p.m.	7/22R   7/24NR	\$85R   \$110NR

No classes June 30 - July 4.

## Teen/Adult

**Beginner:** There are no prerequisites required for this course. Lessons are for teens and adults with little to no experience in the water. Class will be held in the program pool (3'6" depth).

Sess		Day	Time		Fee
Jun. 16	- Jul. 9	M/W	8-8:30 p.m.	6/3R   6/5NR	\$85R   \$110NR
Jul. 1	4-30	M/W	8-8:30 p.m.	6/24R   6/26NR	\$85R   \$110NR
Aug.	4-20	M/W	8-8:30 p.m.	7/22R   7/24NR	\$85R   \$110NR

No classes June 30 - July 4.

#### **Swim Lessons**

#### Stroke School

Ages 6-13

Stroke School is not a learn-to-swim class. This program will continue to develop and refine already established swim strokes with a focus on fitness swimming, honing skills such as breath control, endurance, starts/turns, and stroke efficiency. Each level has a specific requirement to be successful.

Bronze: Participants must be able to swim 25 yards of backstroke and freestyle in deep water, while demonstrating rhythmic breathing.

Session	Day(s)	Time	Registration	Fee
Jun. 17 - Jul. 10	Tue./Thur.	5:30-6:20 p.m.	6/3R   6/5NR	\$85R   \$110NR
Jul. 15-31	Tue./Thur.	5:30-6:20 p.m.	6/24R   6/26NR	\$85R   \$110NR
Aug. 5-21	Tue./Thur.	5:30-6:20 p.m.	7/22R   7/24NR	\$85R   \$110NR

Silver: Participants must be able to swim 50 yards freestyle and 25 yards backstroke and breaststroke in deep water, while demonstrating rhythmic breathing.

	Day(s)	Time	Registration	Fee
Jun. 17 - Jul. 10	Tue./Thur.	6:30-7:20 p.m.	6/3R   6/5NR	\$85R   \$110NR
Jul. 15-31	Tue./Thur.	6:30-7:20 p.m.	6/24R   6/26NR	\$85R   \$110NR
Aug. 5-21	Tue./Thur.	6:30-7:20 p.m.	7/22R   7/24NR	\$85R   \$110NR

No classes June 30 - July 4.

No classes June 30 - July 4

Gold: Participants must continuously swim 100 yards freestyle, as well as 50 yards backstroke and breaststroke in deep water. A strong understanding of stroke mechanics, proper body positioning, and starts/turns is required.

Session	Day(s)	Time	Registration	Fee
Jun. 17 - Jul. 10	Tue./Thur.	7:30-8:20 p.m.	6/3R   6/5NR	\$85R   \$110NR
Jul. 15-31	Tue./Thur.	7:30-8:20 p.m.	6/24R   6/26NR	\$85R   \$110NR
Aug. 5-21	Tue./Thur.	7:30-8:20 p.m.	7/22R   7/24NR	\$85R   \$110NR

No classes June 30 - July 4.



#### **Fitness Amenities**

#### **Aerobic and Cardio**

Get your aerobic and cardio workout by joining a fitness classes or try out the ellipticals, stationary bikes, and treadmills upstairs on the cardio floor.



#### **Weight Room**

The weight room is fully equipped with popular weight lifting equipment, including assisted pull-up/dip, benches, cable machines, captain's chair, dumbbells, pin-loaded machines and squat racks.



## **Racket Sports**

The MAFC has two outdoor tennis and pickleball courts. Indoors, there are two racquetball courts. Courts must be reserved ahead of

\*For court reservations, visit morrisvillenc.gov/mafc



R=Resident | NR=Non-resident



#### **Fitness Classes**

The MAFC brings fun to group fitness by offering a variety of class formats that are inclusive to all ability levels. Some examples include Interval Training, Silver Sneakers, Spin, Tai Chi, Yoga, Zumba and much more!

To sign-up visit morrisvillenc.gov/mafc

#### Karate

#### **Shotokan Karate for Youth**

Experience the thrill of karate and learn the combative techniques of traditional Japanese martial arts. The classes focus on coordination, developing power, flexibility, and speed.

Session	Day(s)	Time	Fee
May 6-29	Tue./Thur.	6:30-7:20 p.m.	\$71R   \$106NR
Jun. 3-26	Tue./Thur.	6:30-7:20 p.m.	\$71R   \$106NR
Jul. 8-31	Tue./Thur.	6:30-7:20 p.m.	\$71R   \$106NR
Aug. 5-28	Tue./Thur.	6:30-7:20 p.m.	\$71R   \$106NR
Sept. 2-25	Tue./Thur.	6:30-7:20 p.m.	\$71R   \$106NR

#### **Shotokan Karate for Teens and Adults**

Ages 13+

Calling all teens and adults! Unleash your power with the dynamic karate program. Develop and control balance, blocking, body shifting, kicking, power and smoothness. Increase bodily awareness, coordination, and flexibility with traditional Japanese martial arts techniques.

Session	Day(s)	Time	Fee
May 6-29	Tue./Thur.	7:30-8:20 p.m.	\$71R   \$106NR
Jun. 3-26	Tue./Thur.	7:30-8:20 p.m.	\$71R   \$106NR
Jul. 8-31	Tue./Thur.	7:30-8:20 p.m.	\$71R   \$106NR
Aug. 5-29	Tue./Thur.	7:30-8:20 p.m.	\$71R   \$106NR
Sept. 2-25	Tue./Thur.	7:30-8:20 p.m.	\$71R   \$106NR

## **Strength Training**

## **Small Group Strength Training**

Ages 18+

Build endurance and strength in a supportive, high-energy class. Tailored for all fitness levels, participants will use bodyweight exercises, free weights and resistant bands to target major muscle groups and improve tone.

Session	Day(s)	Time	Fee
May 6-29	Tue./Thur.	5-5:50 p.m.	\$64R   \$96NR
May 6-29	Tue./Thur.	6-6:50 p.m.	\$64R   \$96NR
Aug. 5-28	Tue./Thur.	5-5:50 p.m.	\$64R   \$96NR
Aug. 5-28	Tue./Thur.	6-6:50 p.m.	\$64R   \$96NR

## **Pickleball**

#### **Intro to Pickleball for Adults**

**Ages 18+** 

Adults will learn pickleball basics in this one-time class, including forehand/backhand strokes, serving, and volleying. With hands-on coaching and expert guidance, participants will gain confidence and improve their skills to play with ease.

Session	Day(s)	Time	Fee
May 11	Sun.	9-10:50 a.m.	\$16R   \$24NR
May 15	Thur.	9-10:50 a.m.	\$16R   \$24NR
Jun. 5	Thur.	9-10:50 a.m.	\$16R   \$24NR
Jun. 8	Sun.	9-10:50 a.m.	\$16R   \$24NR
Jul. 13	Sun.	9-10:50 a.m.	\$16R   \$24NR
Aug. 10	Sun.	9-10:50 a.m.	\$16R   \$24NR
Aug. 14	Thur.	9-10:50 a.m.	\$16R   \$24NR
Sept. 14	Sun.	9-10:50 a.m.	\$16R   \$24NR
Sept. 18	Thur.	9-10:50 a.m.	\$16R   \$24NR

#### Intro to Pickleball for Youth

Ages 12-17

Youth will learn pickleball basics in this one-time class, including forehand/backhand strokes, serving, and volleying. With hands-on coaching and expert guidance, participants will gain confidence and improve their skills to play with ease.

Session	Day(s)	Time	Fee
Jun. 24	Tue.	9-10:50 a.m.	\$16R   \$24NR
Jul. 15	Tue.	9-10:50 a.m.	\$16R   \$24NR
Aug. 5	Tue.	9-10:50 a.m.	\$16R   \$24NR

#### **Pickleball Fundamental for Adults**

Ages 18+

Ideal for adults with basic pickleball experience, this class focuses on court positioning, improving technique, and strategy. Practice dinks, groundstrokes, serves, and volleys, to build confidence, enhance skills, and develop game awareness.

Session	Day(s)	Time	Fee
May 18	Sun.	9-10:50 a.m.	\$16R   \$24NR
May 22	Thur.	9-10:50 a.m.	\$16R   \$24NR
Jun. 12	Thur.	9-10:50 a.m.	\$16R   \$24NR
Jun. 15	Sun.	9-10:50 a.m.	\$16R   \$24NR
July. 20	Sun.	9-10:50 a.m.	\$16R   \$24NR
Aug. 17	Sun.	9-10:50 a.m.	\$16R   \$24NR
Aug. 21	Thur.	9-10:50 a.m.	\$16R   \$24NR
Sept. 21	Sun.	9-10:50 a.m.	\$16R   \$24NR
Sept. 25	Thur.	9-10:50 a.m.	\$16R   \$24NR

#### **Pickleball Fundamentals for Youth**

Ages 12-17

Ideal for youth with basic pickleball experience, this class focuses on court positioning, improving technique, and strategy. Practice dinks, groundstrokes, serves, and volleys, to build confidence, enhance skills, and develop game awareness.

Session	Day(s)	Time	Fee
Jun. 26	Thur.	9-10:50 a.m.	\$16R   \$24NR
Jul. 17	Thur.	9-10:50 a.m.	\$16R   \$24NR
Aug. 7	Thur.	9-10:50 a.m.	\$16R   \$24NR

## **Racket Sports**

## **RDU Tennis Clinics and Camps**

Ages 1+

RDU Tennis teaches the fundamentals of tennis in an energizing and safe environment for children and adults. Each lesson plan is based on the general age range, skill level, and size of class. Programs are located at the Morrisville Aquatics & Fitness Center's tennis courts.

Register at www.rdutennis.com

#### Western Wake Tennis Association (WWTA)

Ages youth and adults

The WWTA continually works with the USTA, clubs, local government, and local tennis organizations to respond to the needs of the tennis community. Program sites in Morrisville include Church Street Park, MAFC and MCP.

Register at www.westernwaketennis.com



1050 Town Hall Drive #B | 919-463-7100 | morrisvillenc.gov/cfcd

## **Before/After School**

#### **Before School**

Ages 5-11

Cedar Fork Elementary students can enjoy an engaging, fun, and safe environment before the school day begins. Participants will have the opportunity to take part in a variety of activities, including gym games, crafts, and playground time, designed to promote social interaction, creativity, and physical activity.

Session	Day(s)	Time	Fee (Weekly)
Aug. 25 - Jun. 11	MonFri.	7-8:45 a.m.	\$113R   \$147NR

#### **After School**

Ages 5-11

Cedar Fork Elementary School students can enjoy a safe and fun space to laugh and play after school. Participants engage in variety of recreational activities, including arts and crafts, cooking projects, gym games, group games, and much more! Participants will have alloted time to complete homework assignments.

Session	Day(s)	Time	Fee (Weekly)
Aug. 25 - Jun. 11	MonFri.	3-6 p.m.	\$170R   \$221NR

## Preschool Program

## Ready, Set, Go (3 -Year Olds)

Ages 3-4

Three- and four-year-old children thrive in a child-centered, fun, and nurturing environment that fosters confidence and independence. This program introduces a classroom setting where they explore the alphabet, numbers, and engaging themes through interactive play, supporting their cognitive, emotional, and social development. Parents are asked to send a snack and spill-proof drink each day. Children must be potty-trained and able to separate from parent/guardian.

Session	Day	Time	Fee	Age
Sept. 2 - May 21	Tue./Thur.	9 a.m noon	\$1,140R   \$1,480NR	3
Sept. 3 - May 22	Mon./Wed./Fri.	9 a.m noon	\$1,800R   \$2,160NR	4



## **Archery**

#### **Archery Classes**

Age 8+

ArcheryBros offers exciting archery classes for all skill levels, whether you're picking up a bow for the first time or looking to level up your skills! Expert instructors create a fun and supportive environment where you'll improve your technique while having a blast.

Day(s)	Time	Fee (per class)
Thur.	5:30-7:30 p.m.	\$35
Sat.	9 a.m noon	\$35
Mon.	5:30-7:30 p.m.	\$35
Mon.	5:30-7:30 p.m.	\$35
Thur.	5:30-7:30 p.m.	\$35
Sat.	9 a.m noon	\$35
Sat.	9:30-11:30 a.m.	\$35
Sat.	9:30-11:30 a.m.	\$35
	Thur. Sat. Mon. Mon. Thur. Sat. Sat.	Thur. 5:30-7:30 p.m.  Sat. 9 a.m noon  Mon. 5:30-7:30 p.m.  Mon. 5:30-7:30 p.m.  Thur. 5:30-7:30 p.m.  Sat. 9 a.m noon  Sat. 9:30-11:30 a.m.

## Camps

#### **Battle Robots**

Age 7-14

Calling all future champions and robot enthusiasts! Join us at RoboThink for an action-packed camp where you'll build and battle incredible robots using gears, motors, and more. No experience needed—just bring your excitement and creativity! Compete in thrilling challenges, push your skills to the limit, and watch your robot reign supreme. Let's build and battle!

Session	Day	Time	Fee
Jun. 23-27	MonFri.	9 a.m noon	\$214R   \$278NR

## **LEGO®** Engineering Explorers

Age 5-1

Students will build motorized LEGO® models with themes like animals, space, and transportation. Activities boost creativity, fine-motor skills, and self-esteem. Daily games and crafts add to the fun, and campers will take home a custom mini-figure at the end of the week.

Session	Day	Time	Fee
Jul. 7-11	MonFri.	9 a.m noon	\$195R   \$254NR

#### **Amusement Park Tycoon**

Age 7-14

Welcome to RoboThink Land, where your child becomes the rollercoaster engineer! Tasked with building an awe-inspiring amusement park, they'll use axles, gears, motors and more to create thrilling rides including, Ferris wheels and rollercoasters. No experience needed—just bring excitement and creativity for an unforgettable adventure full of fun and memories!

Session	Day	Time	Fee
Jul. 14-18	MonFri.	9 a.m noon	\$214R   \$278NR

#### **Engineering Race Cars**

Age 7-14

Start your engines! RoboThink invites your child to an electrifying camp where they'll build sleek race cars and race them on the track. They'll also explore car mechanics, including, differentials, pistons, and transmissions. No experience needed—just a passion for racing and engineering.

Session	Day	Time	Fee
Aug. 4-8	MonFri.	9 a.m noon	\$214R   \$278NR

#### **Dance**

#### **Bollywood Dance**

Age 2-14

Experience the vibrant energy of Bollywood dance as an instructor guides you through classic and contemporary styles. Learn traditional Indian moves with modern beats, improving coordination, fitness, and rhythm. Embrace the joy and cultural richness of Indian dance while having fun with every step.

Session	Day(s)	Time	Age	Fee
Jul. 10 - Sept.11	Thur.	6-7 p.m.	4-8	\$220
Jul. 10 - Sept. 11	Thur.	7-8 p.m.	9-14	\$220
Jul. 12 - Sept. 13	Sat.	11:15 a.m 12:15 p.m.	2-4 w/caregiver	\$200

#### Social

## **Teen Night**

Age 12-17

Experience CFCC's Teen Night with arts and crafts, e-sports, snacks, and the chance to make new friends. It's the perfect place for teens to socialize and enjoy a night just for teens!

Date	Day	Time	Fee
May 30	Fri.	6:30-10 p.m.	\$28R   \$36NR

#### **Kids Night Out**

Age 5-11

Parents, do you need some well-deserved time for yourself? Treat your kids to an evening packed with fun activities and a snack!

Date	Day	Time	Fee
Sept. 19	Fri.	6-9 p.m.	\$25R   \$33NR

## No School Hang Out

Age 5-11

Need something for your child to do on teacher workdays? Sign up for CFCC's *No School Hang Out*. They will interact with their peers in crafts, field trips, fun activities and games.

Date	Day	Time	Fee
Sept. 23	Tue.	7:30 a.m 6 p.m.	\$64R   \$83NR

#### STEM

## **RoboThink Workshop**

Age 7-14

Learn engineering basics, explore how motors and sensors work, and develop teamwork and problem-solving skills. It's the perfect opportunity to spark creativity and dive into robotics. Don't miss out—build, learn, and have fun with RoboThink!

Date	Day(s)	Time	Fee
May 17	Sat.	10-11:30 a.m.	FREE

## **RoboThink Workshop**

Age 7-14

Parents and kids, join in on a fun, hands-on robotics workshop where kids will build a Cyber Truck using RoboThink's exclusive robotic kits. Kids will learn engineering concepts like motors, sensors, and develop problem-solving and teamwork skills.

Date	Day(s)	Time	Fee
Sept. 6	Sat.	10-11:30 a.m.	FREE

## Kidokinetics Jr. SportsPlay

Age 2-3 (w/parent or guardian)

Kids and grown-ups move, stretch, and play while exploring sports FUNdamentals! This non-competitive program promotes activity, peer interactions, and positivity, featuring a new sport each week for a fun and enriching experience.

Session	Day	Time	Fee
Sept. 16 - Oct. 8	Wed.	10-10:45 a.m.	\$55R   \$71NR

#### **Kidokinetics Preschool SportsPlay**

Age 3-6

Kids learn sports FUNdamentals through baseball, soccer, basketball, and more, developing catching, running, and throwing skills. This noncompetitive program enhances balance, coordination, and social skills while promoting learning.

Date	Day	Time	Fee
Sept. 16 - Oct. 8	Wed.	11-11:45 a.m.	\$55R   \$71NR

## **Lego Engineering Explorers**

Age 5-11

Gear Shifters is a hands-on class where students build with LEGO®, exploring Simple Machines, Archimedes' theories, and Energy while boosting STEM skills and creativity.

Session	Day(s)	Time	Fee
Sept. 16 - Nov. 4	Tues.	5:30-6:30 p.m.	\$189R   \$245NR

#### **Music Classes**

#### **Drop-In Music Lessons**

Ages: 6+

Discover your musical talents with piano or guitar lessons from Rich's Music School, located in the Cedar Fork Community Center! Gain confidence, enhance your skills with their expert guidance, and play your favorite songs.



#### Guitar

Session	Day(s)	Time	Age	Fee (per class)
May 5 - Sept.30	Mon.	4:15 p.m.	9-12	\$27
May 5 - Sept.30	Mon.	5 p.m.	7-9	\$27
May 5 - Sept.30	Mon.	5:45 p.m.	9-12	\$27
May 5 - Sept.30	Mon.	6:30 p.m.	9-12	\$27
May 5 - Sept. 30	Mon.	7:15 p.m.	13-17	\$27

#### **Piano**

Session	Day(s)	Time	Age	Fee (per class)
May 5 - Sept.30	Tue. OR Wed.	4:15 p.m.	8-12	\$27
May 5 - Sept.30	Tue. OR Wed.	5 p.m.	6-7	\$27
May 5 - Sept.30	Tue. OR Wed.	5:45 p.m.	8-12	\$27
May 5 - Sept.30	Tue. OR Wed.	6:30 p.m.	8-12	\$27
May 5 - Sept. 30	Tue. OR Wed.	7:15 p.m.	13-17	\$27

R=Resident | NR=Non-resident | REGISTER ONLINE: ANC.APM.ACTIVECOMMUNITIES.COM/MPRPLAYMORR



# SENIOR CENTER

4117 Davis Drive | 919-463-7140 | morrisvillenc.gov/seniorcenter

#### **Fitness**

## **Weekly Fitness Schedule**

**Ages 55+** 

The Morrisville Senior Center offers a variety of fitness classes weekly. Fitness classes are free to attend but require preregistration. Whether you're looking to start a new routine or just want a fun way to stay social, there's something here for everyone!

Class	Day	Time	Fee
Chair Yoga	Mon. Tue. Thur.	10-11 a.m. 9-10 a.m. 9-10 a.m.	FREE
Line Dancing (Beginner)	Mon. Wed.	1-2 p.m.	FREE
Line Dancing (Improver)	Mon. Wed.	2:15-3:15 p.m.	FREE
Low Impact Cardio Intervals	Mon. Wed. Fri.	6-6:45 p.m. 6-6:45 p.m. 10-10:45 a.m.	FREE
Senior Yoga	Tue. Thur.	10:15-11:15 a.m. 10:15-11:15 a.m.	FREE
Zumba Gold	Wed.	4:30-5:30 p.m.	FREE

#### **Games**

## **Weekly Game Schedule**

Ages 55+

Every week, the Morrisville Senior Center hosts a variety of game sessions featuring popular options like bingo, bridge, and more! Participation is free, but pre-registration is required. All skill levels are welcome-come ioin the fun!



Class	Day	Time	Fee
Bingo*	Tue. Thur.	1-3 p.m. 1-3 p.m.	FREE
Bridge**	Mon.	1-4 p.m.	FREE
Dominoes	Fri.	10 a.m Noon	FREE
Game Time (variety of games)	Wed.	1-3 p.m.	FREE

<sup>\*</sup>Bingo cards are \$1 each (cash only).

#### Art

#### Sip & Paint

**Ages 55+** 

Get ready to unleash your inner artist! Oak Street Health is hosting a Sip & Paint event with mocktails and all the supplies you need to create a painting to be proud of.

Date	Day	Time	Fee
May 16	Fri.	11 a.m 12:30 p.m.	FREE
Sept. 19	Fri.	2-3:30 p.m.	FREE

## **Education & Health**

#### **Blood Pressure Clinics**

Ages 55+

Resources for Seniors presents a free blood pressure check and Q&A with pharmacist Dr. Casey Baldwin. Learn valuable blood pressure management strategies and get your medications questions answered.

Date	Day	Time	Fee
May 23	Fri.	noon - 1 p.m.	FREE
Jul. 25	Fri.	noon - 1 p.m.	FREE
Aug. 22	Fri.	noon - 1 p.m.	FREE
Sept. 26	Fri.	noon - 1 p.m.	FREE

#### Take Charge: Your End-of-Life **Planning Guide**

Ages 55+

Empower yourself with choices for the future. Join this class to explore options for anatomical donation, burial, cremation, and innovative final disposition methods. Learn why relying solely on life insurance may not be wise, discover Medicaid requirements, along with strategies to prevent overspending and family disputes. Presented by Renaissance Funeral Home.

Date	Day	Time	Fee
May 14	Wed.	11 a.m Noon	FREE

## The Role of Dietary Fats in Health

Ages: 55+

Did you know dietary fats play a crucial role in maintaining overall health and well being? Dr. Casey Baldwin will inform you about the different types of dietary fats and how to incorporate them into your diet in this class.

Date	Day	Time	Fee
May 23	Fri.	1-2 p.m.	FREE

#### Stronger Grandparents/Happier **Grandkids**

Ages 55+

Come learn the proper way to pick up your grandkids and enjoy the most out of your time with them and lessen any physical pain. Presented by FYZICAL Therapy & Balance Centers.

Date	Day	Time	Fee
Jun. 11	Wed.	11 a.m noon	FREE

#### **Oak Street Health Socials**

Oak Street Health presents a Lunch and Learn Series on specialized care for older adults.

Date	Day	Time	Fee
Jun. 11	Wed.	9:30-11 a.m.	FREE
Jul. 11	Fri.	noon - 1:30 p.m.	FREE

#### Medicare 101

Ages 55+

Need to know about Medicare? Come to Medicare 101! Includes a presentation on the basics of Medicare and have your questions answered by volunteer SHIIP counselors. During Medicare 101 you will learn when and how to apply for the different Medicare coverage options and how to determine which option bests meets vour healthcare needs.

Dates	Time	Time	Fee
Jul. 11	Fri.	noon-1:30 p.m.	FREE

## **Keys to Successful Aging**

**Ages 55+** 

Oasis Senior Advisors will guide you through essential considerations, including living arrangements, health management, wealth preservation, safety, and staying socially connected. This presentation will provide insights into navigating transitions, and offer practical planning advice.

Dates	Time	Time	Fee
Aug. 13	Wed.	11 a.m noon	FREE

## **Preparing Your Meds for Emergencies**

Dr. Casey Baldwin, PharmD with Resources for Seniors, will discuss essential tips for protecting your medications during

Date	Day	Time	Fee
Aug. 22	Fri.	1-2 p.m.	FREE

<sup>\*\*</sup> No meetups on the third Monday of each month.

## **Field Trips**

LIGHT WALKING AND **STANDING** 

**INTENSE WALKING AND STANDING** 

## Whirligig Park (Level 3)

Ages 55+

Experience the whimsical charm of Vollis Simpson's recycled sculptures at the Whirligig Park in Wilson, NC. These windpowered creations are sure to delight visitors of all ages.

Date	Day	Time	Fee
May 14	Wed.	10 a.m 4 p.m.	\$9R   \$12NR

## A Day on the Farm (Level 2)

**Ages 55+** 

Savor the diverse offerings of local farmers at the Farmers Market. Enjoy lunch before departing for a ticketed tour of the NC State Dairy Farm, where a delicious ice cream treat is included!

Dates	Day	Time	Fee
Jun. 4	Wed.	10 a.m 4 p.m.	\$23R   \$30NR

## Raleigh Little Theatre: The Color Purple (Level 1)

**Ages 55+** 

Experience the joy and inspiration of *The Color Purple*, a musical adaptation of Alice Walker's Pulitzer Prize-winning novel at the Raleigh Little Theatre. This uplifting story of hope and the healing power of love is a celebration of life, set to a vibrant and moving score.

Dates	Day	Time	Fee
Jun. 22	Sun.	1:30-6:30 p.m.	\$35R   \$46NR



## Theatre Raleigh: Waitress (Level 1)

Theatre Raleigh's production of Waitress isn't just about pies; it's a heartwarming story of Jenna's journey to self-discovery. Her experience reminds us all of the importance of chasing dreams, the power of friendship, and the transformative effects of love and self-belief

Dates	Day	Time	Fee
Aug. 24	Sun.	12:45-6 p.m.	\$50R   \$65NR

## Mordecai History Trip (Level 3)

Ages 55+

Step back in time at Mordecai Historic Park, where we'll tour Raleigh's oldest house (in its original location). The guided tour will include the classroom, gallery, and St. Mark's Chapel. Participants will purchase lunch at a nearby restaurant.

Dates	Day	Time	Fee	
Sept. 17	Wed.	9 a.m 2 p.m.	\$9R   \$12NR	

## **Socials**

#### **Book Club**

Are you an avid reader or want to become one? Join MSC's monthly book club! Each month will consist of a different book. See the upcoming list of summer reads below!

Dates	Book	Day	Time	Fee
May 16	The Bridge of San Luis Rey	Fri.	12:30-1:30 p.m.	FREE
Jun. 20	The Personal Librarian	Fri.	12:30-1:30 p.m.	FREE
Jul. 18	TBD*	Fri.	12:30-1:30 p.m.	FREE
Aug. 15	TBD*	Fri.	12:30-1:30 p.m.	FREE
Sept. 19	TBD*	Fri.	12:30-1:30 p.m.	FREE

<sup>\*</sup>Books for July, August and September will be released at a later date. Check for updates online at morrisvillenc.gov/seniorcenter.

#### **Puzzle Palooza**

**Ages 55+** 

Get ready to piece together fun! Join Puzzle Palooza every fourth Thursday, from 4-6:30 p.m. at the senior center. It's the perfect chance to enjoy a variety of puzzles and meet fellow puzzle enthusiasts.

Dates	Day	Time	Fee
May 24	Thur.	4-6:30 p.m.	FREE
Jun. 26	Thur.	4-6:30 p.m.	FREE
Jul. 31	Thur.	4-6:30 p.m.	FREE
Aug. 28	Thur.	4-6:30 p.m.	FREE
Sept. 25	Thur.	4-6:30 p.m.	FREE

#### **National Parks & Rec Month Ice Cream Social**

Ages 55+

Did you know that July is National Parks and Recreation month? Come and celebrate Parks and Recreation with an ice cream social.

Dates	Day	Time	Fee
Jul. 30	Wed.	1-3 p.m.	\$3R   \$4NR

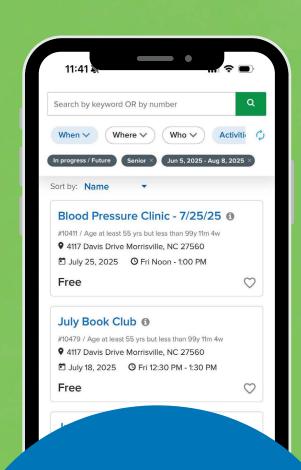
## **National Senior Citizen's Day**

Ages 55+

It is National Senior Citizens Day! The Senior Center is celebrating our seniors with a fun-filled carnival. Enjoy carnival games and a hot dog lunch with all the fixings.

Dates	Day	Time	Fee
Aug. 21	Thur.	noon - 2:30 p.m.	FREE





## **REGISTER FOR PROGRAMS** ONLINE!

Create an ActiveNet account to register for trips, social events, educational workshops and fitness classes online.

**VISIT** 

morrisvillenc.gov/seniorcenter to learn more!







# RESERVATIONS & RENTALS

Reserve a space for your next meeting or event! Available rentals include:

- Athletic Fields
- Indoor Facilities
- Park Shelters







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