

WINTER/SPRING



"Together Enriching Active Movement"

PROGRAM GUIDE
JANUARY-APRIL 2017

ATHLETICS

ATHLETICS

ADULT BASKETBALL CHURCH LEAGUE

FEBRUARY-MARCH, 2017 | MONDAY-SATURDAY
BROCK RECREATION CENTER | TIME VARIES
FEE: \$225/AGE: 18+

REGISTRATION: DECEMBER 12, 2016-JANUARY 20, 2017

Come take part in our Basketball Church League! It's fun, it's fast . . . it's basketball! Take on the challenge! League will tentatively run mid Feb.-March, 2017.



GIRL'S YOUTH VOLLEYBALL LEAGUE

MARCH-JUNE, 2017 | MONDAY-SATURDAY
BROCK RECREATION CENTER/SCHOOL GYMS | TIME VARIES
FEE: \$55/GRADE: 2-12

REGISTRATION: JANUARY 30-MARCH 10, 2017

Serve it, spike it, or set it . . . Girl's Youth Spring Volleyball is here for grades 2-12! Come be a part of our team and play the game! Teams will be put together based on the number of participants that register. The league will run from March-June, 2017.



ADULT SOFTBALL CHURCH LEAGUE

APRIL-MAY, 2017 | MONDAY-SATURDAY
RICH PARK | TIME VARIES
FEE: \$225 PER TEAM/AGE: 18+
REGISTRATION: FEBRUARY 6-MARCH 17, 2017

The swing of the bat, the pitch, the glove, the passion . . . the GAME! This is softball and it has arrived. Come out and register and take part in a team atmosphere. We hope you will challenge yourself, and join us this Spring! We will see you on the field! Season will tentatively run from April-May, 2017.



KNOCKERBALL OPEN PLAY

MARCH 1-APRIL 26, 2017 | WEDNESDAYS
BROCK RECREATION CENTER | 5:30pm, 6pm, 6:30pm, 7pm
FEE: \$3 PER GAME/AGE: 15+

Ready to become a "Knockerballer"? It's a game that some have described as the sensation of actually defying gravity. With two or more Knockerballs your usual experience becomes one filled with non-stop laughter, dynamic knocks and rolls that will leave you screaming for more! We promise you fun-filled entertainment... and the only pain resulting from laughing so hard and having the time of your life! Open play will run every Wednesday from March 1-April 26th, 2017.



TWINS RECREATION SOCCER LEAGUE

MARCH-MAY, 2017 | MONDAY-SATURDAY
CENTRAL DAVIE ACADEMY | 5-7PM
FEE: \$80 FOR 5U-6U - \$105 FOR 7U AND UP/AGE: 5-11

***FIRST DEADLINE FEBRUARY 5, 2017 (\$10 LATE FEE BEGINS ON FEB. 6)**

***FINAL DEADLINE FEBRUARY 19, 2017**

There's a new football in town! Join Twin City Soccer's new Recreation Program for ages 5-11 in downtown Mocksville. With a small commitment and a convenient location, your child is bound to have a blast on the fields with us this spring! Our 5U/6U program is one night per week, and our 7U-12U program includes one weekday practice with a Saturday game. For



more info and to register visit: www.twincitysoccer.com OR call 336.998.4277

PROGRAMS

PICKLEBALL OPEN PLAY

JANUARY-APRIL, 2017 | TUESDAY, THURSDAY
BROCK RECREATION CENTER | 9:30-11:00AM
FEE: FREE/AGE: ANY



Come join us for Pickleball open play at the Brock. This fast growing recreational sport is described as a combination of ping-pong, tennis and badminton. It's contagious, it's fun and it's a great workout.

FITNESS FUSION-INSTRUCTOR: KELLY STELLATO

JANUARY-APRIL, 2017 | TUESDAY, THURSDAY
BROCK RECREATION CENTER | 5:30-6:15PM
FEE: \$40-6 WEEK SESSION (12 CLASSES)/AGE: 16+
SESSION 1: JANUARY 24-MARCH 2, 2017
SESSION 2: MARCH 14-APRIL 20, 2017

Intervals in a whole new way! We'll mix it up with cardio bursts, yoga poses, and Pilates movements, all designed to increase strength, endurance, and flexibility. Please bring a yoga/Pilates mat and water to class.

HARD CORE ABS-INSTRUCTOR: KELLY STELLATO

JANUARY-APRIL, 2017 | TUESDAY, THURSDAY
BROCK RECREATION CENTER | 6:30-7:15PM
FEE: \$40-6 WEEK SESSION (12 CLASSES)/AGE: 16+
SESSION 1: JANUARY 24-MARCH 2, 2017
SESSION 2: MARCH 14-APRIL 20, 2017

Say goodbye to back fat, belly bulge and muffin tops! Hard Core Abs is a 45 minute cardio-infused workout designed to trim and tone the entire core. Please bring a yoga/Pilates mat and water to class.



PROGRAMS

RAISING A LITTLE HEALTH-WALKING GROUP

**JANUARY-APRIL, 2017 | MONDAY-FRIDAY
BROCK RECREATION CENTER | 8:30-9:30AM
FEE: FREE/AGE: ANY**

Lace up your walking shoes and head to the Brock gym...to walk, get fit, and be active! No matter your pace, come out and "Raise a Little Health" with us! Closed: Jan. 2, 16, Apr. 14



SPECIAL OLYMPICS DAVIE COUNTY

Call **Katie Brewer** at **336-753-6745** for more information on how you can get involved with youth and adults with disabilities. Volunteers are needed for coaching, fundraising, and special events. Make great friendships and change lives! We welcome financial supporters. Winter/Spring 2017 include the following: Aquatics, Traditional Cheerleading, Unified Cheerleading, and Bowling.

CORNHOLE LEAGUE 55+

**JANUARY 13-FEBRUARY 3, 2017 | FRIDAYS
BROCK RECREATION CENTER | 10AM
FEE: *FREE/AGE: 55+**

****PRE-REGISTER BY CALLING 336-753-6230, NO LATER THAN JAN. 6TH**

Show off your cornhole skills and have some fun. Players will be assigned partners the first week and teams will play each week. The final week will be a playoff to crown the champion. Open to adults 55 or better and exceptions under the general participation policy.

TAI CHI FOR ARTHRITIS-INSTRUCTOR: KELLY STELLATO

**MARCH 14-APRIL 20, 2017 | TUESDAY, THURSDAY
BROCK RECREATION CENTER | 11:30AM
FEE: \$40-6 WEEK SESSION (12 CLASSES)/AGE: 18+**

Tai chi is an enjoyable exercise that can help relieve your pain and improve your health and ability to do things. Tai Chi for Arthritis incorporates exercises that improve muscular strength, flexibility and fitness. It focuses on weight transference, which improves balance and prevents falls. It is easy to learn-almost anyone can do it-and safe. All high risk movements have been removed and replaced with ones that are more effective for health. Please wear comfortable, supportive shoes to class.



MID EASTERN MARTIAL ARTS PROGRAM INSTRUCTOR: TRAVIS HINSON

**JANUARY 10-APRIL 27, 2017 | TUESDAY, THURSDAY
BROCK RECREATION CENTER
TIMES | ELEMENTARY STUDENT-3:30-4:25PM, MIDDLE, HIGH, & ADULTS
4:30-5:25PM | FEE: *\$35 PER MONTH/AGE: 5+**

***(Session 1/Jan. 10-31, Session 2/Feb. 2-28, Session 3/Mar. 2-30, Session 4/Apr. 4-27)**



Join one of the finest martial arts programs through Mid Eastern Karate Association. Program is designed to develop skills and increase knowledge of Motobu Ha Seishin Kai-Japanese Karate while learning self-confidence-control-discipline-defense, concentration, courage, respect and

responsibility in a safe and enjoyable learning environment.

EVENTS

DADDY/DAUGHTER DANCE 2017 - 50'S SOCK HOP

**SATURDAY, MARCH 11, 2017 | 6-9PM | THEME: 50'S SOCK HOP
BROCK RECREATION CENTER | MOCKSVILLE, NC
FEE: \$40 COUPLE/\$10 ADDITIONAL CHILD/AGE: 3-12
TICKET SALES: JANUARY 10-FEBRUARY 22, 2017**

Shake, Rattle & Roll... your way down to the Brock Recreation Center for the annual Daddy/Daughter Dance 50's style! We hope all you hipsters, chicks, cool cats,

greasers, squares, and beatniks can "Make the Scene"! So cruise on down so you don't miss a **BEAT!** As always this will be a fun filled night with music, dancing, and great food. Come dressed in your favorite 50's style and twist the night away while creating some ever lasting memories. Dress in semiformal attire or your favorite 50's style dress. *(Only 400 advanced ticket sales will be sold) **Be there or be square!**



EASTER EGGSTRAVAGANZA

**SATURDAY, APRIL 8, 2017 | 11AM-2PM
RICH PARK-MANDO FIELD/SHELTER #2 | MOCKSVILLE, NC
FEE: FREE/AGE: 0-10**

A traditional Easter egg hunt will take place for ages 0-10, with the first egg hunt beginning at 11:30AM. Also, the Easter Bunny will make an appearance, make sure you bring your camera. We will have entertainment and other activities to enjoy. Food vendors will be selling treats for all to partake in (there is a fee for food items). Please bring a basket or bag to collect your eggs. *Event is rain or shine, hop on down and join the fun!



PIEDMONT TRIAD RABBIT FANCIERS RABBIT SHOW

**SATURDAY, JANUARY 28TH, 2017 | 9AM-4PM
LOCATION: CENTRAL DAVIE GYM - MOCKSVILLE, NC
FREE ADMISSION/OPEN TO PUBLIC
FOR MORE INFORMATION CALL MIKE GARNER 336-407-8151**

Save the date so you don't miss the Piedmont Triad Rabbit Fanciers Rabbit Show. Come and explore and learn everything you ever wanted to know about rabbits.



NEED MORE INFORMATION?

Find more information about our programs and events go to our "NEW" website: Daviecounty.gov (under the Recreation & Parks tab)

**We are always in need of great volunteers.
If you would like to help let us know by calling 336-753-TEAM!**

EXTRAS



In January 2017 we will be rolling out a new online registration system allowing you to register and pay for programs all from your computer, tablet or smart phone! Once it has been released, you'll need to create an account to use it. But don't worry, with a couple clicks and a few taps of the keyboard, you'll be set up and ready to enjoy the convenience of online registration. The new system has many great benefits and is extremely easy to use! Search for your favorite programs by keyword, age, day, time, location and more! You can even register for multiple programs in one transaction making the registration and payment process faster and more convenient! We'll keep you updated as we move towards the January 2017 release, and if you have any questions please don't hesitate to email us at RecTeam@DavieCountyNC.gov.

Join us by stepping up to the challenge and becoming a part of Healthy Davie... for more information contact: www.daviefoundation.org



Mission Statement: To enrich the quality of life in Davie County by offering quality recreational experiences through a diverse system of programs, events, parks, and cultural resources.

Brock Recreation Center
644 N. Main Street
Mocksville, NC 27028

O: 336-753-TEAM (8326) | F: 336-751-2083

To reach our team by email for any questions contact us at:
RecTeam@daviecountync.gov

This is non-school material that is neither endorsed nor sponsored by Davie County Schools.

Staff Blog: What's coming up NEW in 2017?

Yes that is a loaded question! So let's fire away and give you the short list #1 – In January, we will be moving out of the dark ages and rolling out a new registration system allowing you to search, register and pay for programs from a computer, tablet or smart phone. Go ahead, shout "Hip-Hip Hooray!" #2 – The Davie County High School Re-Purposing Project will be in full swing. That means we will need your input! All Davie County residents will have four (4) opportunities to participate in the design process of your new park: a) Citizen surveys (mail-in, online submittal or through public event engagements), b) Public input meetings (group style setting) c) Park Design Charrettes (putting the park puzzle together) and d) Your Park-Your Vote; residents will be able to vote on the two conceptual park designs that are created using your input and feedback. Imagine and Dream what this park will look like for your Family! Now, go ahead and holler, "Yee-Abba-Dabba Doo!" #3 – In conclusion, it is our duty as Park and Recreation professionals to offer residents quality programming and special events mixed with the right touch of creativity and innovation. This winter activity guide has just the right assortment whether you are looking for a new fitness program, adrenaline activity, athletic league or special event. Above all else, in 2017 we hope that you and your family will Get Involved – Have FUN and Stay Active!

CONTACT INFORMATION:

Paul Moore, CPRP - Recreation & Parks Director
336-753-6051 | pmoore@daviecountync.gov

Amanda Achor - Athletic Program Director
336-753-6742 | adodson@daviecountync.gov

Scott Ludwick - Administrative/Events Coordinator
336-753-6743 | sludwick@daviecountync.gov

Katie Brewer - Special Olympics Coordinator
336-753-6745 | kgbrewer@daviecountync.gov

Athletic Hotline - Updates on schedules, closings, and cancellations 336-753-6744

Weather Hotline - Updates on forecasts, closings, and cancellations 336-753-6746

Brock Operational Hours

January - April, 2017

Monday - Thursday 8:30am-7pm

Friday - 8:30am-6pm

Saturday - Based upon rentals and additional programming.

Observed Holiday Closings

January 2nd, 2017 - New Year's Day

January 16th, 2017 - Martin Luther King, Jr. Birthday

April 14th, 2017 - Good Friday