

**Inside this issue:**

Athletics	2
Classes & Programs	3
Special Events	3
Parks	3
Senior Populations	4
Senior Center	
Message from the Director	4

## Spring Lake Recreation & Parks Department

### SPRING LAKE RECREATION CENTER

The Spring Lake Recreation Center, located at 245 Ruth Street, is a state of the art facility that offers something for all ages including annual family and individual memberships. The Senior Center, open for residents 55 and above is adjacent to the Recreation Center for your convenience.

- A full size basketball court
- A nautilus equipment fitness room
- Three classrooms and banquet room available for rentals (parties, events, etc.)
- A commercial kitchen with all needed equipment

Membership Pricing for Spring Lake Residents (proof of residency is required upon registration):

- Gymnasium only membership \$10 (Spring Lake resident 9-17 FREE)
- Single membership (proof of residency is required) \$30 annually (Senior Citizens 65 up FREE)
- Household membership \$50

-We also provide non-resident rates as well. Give us a call @ (910) 436-0011 for more information

### Hours of operation:

Monday	7:00 am	to	9:00 pm
Tuesday	7:00 am	to	9:00 pm
Wednesday	7:00 am	to	9:00 pm
Thursday	7:00 am	to	9:00 pm
Friday	7:00 am	to	9:00 pm
Saturday	10:00 am	to	6:00 pm
Sunday	CLOSED		



### Special points of interest:

- ◆ Fall & Winter Youth Athletics, fees, registration and more.
- ◆ Programs for all ages
- ◆ Fall Festival/Haunted House
- ◆ Merry Market 2014
- ◆ Seniors in Action! Healthy and active programs to keep Seniors on the go.
- ◆ Visit a park and play
- ◆ Serving you and our community
- ◆ Resident membership benefits

## Spring Lake Residents, enjoy the benefits of living in Spring Lake

Staying healthy and active can be a challenge as our busy lives seem to always be on the go. Our center offers early bird and extended evening hours to help better serve your needs. Our fitness center offers you the oppor-

tunity to stay healthy in a safe and well maintained environment that is state of the art. We also offer a 1/4 mile outdoor walking trail located directly to the side of our facility which allows for an alternative to the tread-

mill. Our membership fees are priced to fit any budget so come and see us and get registered today for your center membership and enjoy the benefits of living in our great Town of Spring Lake!

## Youth Athletics (Fall & Winter)

Fall and Winter marks the busiest time in our athletic division. We offer youth athletic programming in soccer, football, cheerleading, volleyball and in the winter we offer basketball. Ages and fees vary for each sport. Our fall season starts in August and runs through November. Basketball comes in on the heels of fall programs beginning registration in October and the program runs through end of February/March.

We are proud to offer these programs to our community youth and it shows in all we do for our kids. We believe in helping each child reach his/her potential through our programs. Our mission is to provide a wide range of programs that are wholesome, safe, and mildly competitive while teaching athletic fundamentals. Our coaches are background certified and volunteer on average 50-100 hours in a season. If you are interested in becoming a youth coach, stop in to see us for more information. We look forward to serving you and your family this fall and winter.



- Soccer \$15 resident \$30 nonresident**  
**Football \$20 resident \$40 nonresident**  
**Cheerleading \$15 resident \$30 nonresident**  
**Volleyball \$15 resident \$30 nonresident**  
**Basketball \$15 resident \$30 nonresident**



## Registration Process...what do I need?

We have made the registration process as easy as possible. You can go directly online [www.spring-lake.org](http://www.spring-lake.org) at home and print the registration forms and bring them in or just come into our offices where we have forms ready for you. You will also need to bring a copy of your

child's birth certificate for proof of age. We do not keep birth certificates on file. We currently do not accept credit card or online payments but we are working hard to bring that to you soon. We accept cash, checks or money orders. Resident and nonresident

fees are based on township and the county in which you reside. Many Harnett County residents may have a Spring Lake address but they are not residents of the Town of Spring Lake. If you have specific questions, please call us (910) 436-0011.

## Weather Hotline Information

Sometimes the weather isn't cooperative at all....in those instances we have plans put into place to make finding out about your practices or games as easy as sending a text or calling to check. In the event of inclement weather, please use the below information and keep handy where you can access it at any time. Field conditions may also dictate a canceled practice. This number will keep you up to date on any weather or field related issues that may arise.

**Weather Hot line (910) 703-8926 or**  
**Sign-up for text alert by texting SPLKREC to 84483**



## Programs at the Recreation Center



Yvette's Dance Academy

Classes are held every Tuesdays

3-6 year old Ballet/Tap/Tumbling 5:45—6:45 PM

7-12 year old Hip Hop/Jazz 6:45—7:45 PM

7-12 year old ballet/Tap/Tumbling 7:45—8:45 PM

\$30 monthly

For more info, contact Yvette Booker

(336) 587-1827

yvettesdanceacademy@gmail.com

www.yvettesdanceacademy.com

**ZUMBA** with Ebone Nutt (979) 450-2723

T/TH nights 6-7 PM

T/W/TH 9:30 AM—10:30 AM



**Boot Camp Fitness with Ebone**

Certified Trainer Ebone Nutt hosts a fitness boot camp that is designed to get you back into shape in no time! Held on Saturdays 7:30 AM—8:30 AM at Mendoza Park, call for more information (979) 450-2723



FIT4MOM instructor Hannah Ambrozewski and her team offer a program for moms to keep in shape and form lasting friendships. Known as "Stroller Stride", this unique program is fun, diversified and an easy format anyone either a new mom or a soon to be can follow. Contact her at (910) 709-9422 and get registered today. Classes are held T/TH 9:30-11AM

**FIT4MOM**

## FALL FESTIVAL and Haunted House 2014

Fall nights with a little chill in the air can mean only one thing...Be ready to be spooked silly at our annual Fall Festival and Haunted House!!! This year's event will be held on Saturday, October 25th from 4 PM-8 PM at the Recreation Center. Admission is \$5 per person, kids under 2 are FREE. Unlimited access to the festival games, face painting, hay ride, obstacle course, bounce house, and the infamous Haunted House! Come on out and enjoy a fun filled evening with the family. Volunteers are needed, please call JC (910) 436-0011 ext 1703 for more information!



## Get outside and enjoy our parks



Fall days are shorter, the weather gets cooler and there is no better way to enjoy some quality time with family or just a nice break than at a park. Our department is home to 5 parks and 4 are neighborhood parks that offer play structures and tranquility.

Mendoza Park located at 1770 Little River Road is our largest park boasting 2 baseball fields, a multi use field, shelters, walking trail, batting cage and playground equipment for all ages.

Ruth Street Park located at 245 Ruth Street is directly across the street from our Recreation Center and has tennis courts, basketball courts and swings.

Wilson Avenue and Odell Road Parks both have playground equipment and are fenced in for additional safety.

Our newest park addition is Woodland West located behind the old Mae Rudd School, it has a basketball court, slide and swings but growth is on the way at this park...keep a lookout for improvements!

## SPRING LAKE SENIOR CENTER PROGRAMMING

Our seniors are an active bunch and keep us on our toes! With travel programs and opportunities for fellowship, we keep them active and full of energy. The Spring Lake Senior Center offers a wide variety of daily classes to include crafts, quilting, computer, and exercise classes. The Spring Lake Seniors stay active and maintain lifelong friends through memories made in our programs such as Senior Club, Monthly Birthday Celebrations, 5th Fridays and so much more. The center is open M-F from 8 AM—5 PM, please call (910) 497-7700 for more information on programming or stop by 300 Ruth Street (we are attached to the Recreation Center)

**September 22-27** Senior Games in Raleigh

**October 21st** State Fair Trip

**November 1st** Merry Market

**November 14th** Thanksgiving Luncheon (must be pre-registered)

**December 11th** Christmas Luncheon (must be pre-registered)

**December 29th** New Years Eve Celebration (must be pre-registered)



Spring Lake Senior Ctr. June 20, 2014



## MERRY MARKET 2014



This exciting craft and vendor event is loaded with wonderful gifts and unique items just in time for Christmas. Come out and enjoy a day of local shopping and help support local business. Merry Market will be Saturday, November 1st from 8 AM—2 PM at the Spring Lake Recreation Center. Admission is FREE. Booth space and sponsorship opportunities are still available. \$30 (10X20) space, call Doris Snider (910) 497-7700 or email for application [dsnider@spring-lake.org](mailto:dsnider@spring-lake.org) Sponsorship opportunities are available



Find us on the web  
[www.spring-lake.org](http://www.spring-lake.org)

LIKE US ON



## Message from the Director



*As the newest member of the Spring Lake Recreation and Parks Department I am excited to be a part of such an active community. I recently moved to Spring Lake to fill the Directors position when Ken Metcalf became the Town Manager.*

*I hope that you will take advantage of all the opportunities that we provide, from a walk in the park, to a youth sports game, to the busy senior programs. We have something for everyone.*

*If you happen to be at the Recreation Center, please stop in and say hello. I look forward to meeting you.*

*Gail Elder White, CPRP*

*Gail can be reached by phone at (910) 436-0011 ext. 1702*