

2011 Adult Programs

January

Zumba

Cost: \$5/class or \$56/Full 8 week session

or \$40/Half session

Location: Kernersville Community Recreation Ctr.

Registration: Katina Rice, katinarice13@gmail.com or 336-655-6538

Date: Wednesday/Thursday

Jan.5-Feb. 24,

Time: 6-7:00 p.m.

Date: Sat., Jan. 8, 22 &

Feb. 5,19

Time: 10:00-11:00 a.m.

Boomer Badminton/

Basketball/ Open Gym

Cost: \$1 per person

Location: Kernersville Community Recreation Ctr.

Date/Time: Wednesdays,

1:00-4:00 p.m., and

Fridays, 9:00 a.m.-12:00 p.m.

Ages: 55 and over

Foundation for Wellness

Lecture

Come Learn "The Five Secrets to Permanent Weight Loss". You will learn a realistic approach to weight management and overall health. Why fad diets don't work, what kind of exercise is most beneficial and how to increase energy through a simple change in eating habits.

Cost: FREE

Location: Kernersville

Community Recreation Ctr.

Registration: Call 996-3062

Date: Wednesday, Jan. 19th

Time: 7:30 p.m.

"We're How You Play"
Kernersville
Parks & Recreation

Group Guitar Class for

Adults with Special Needs

Cost: \$205

Location: Kernersville Community Recreation Ctr.

Registration: Contact Mittie Douglass at 336-379-8748, ext. 102 OR mdouglass@musicacademync.org

Date: Begins Jan. 25, Tuesdays

Time: 12:15 - 1:00 p.m.

Ages: 15 and up

February

Adult Self Defense

Cost: \$10 to register & \$10 per class

Location: Kernersville Community Recreation Ctr.

Registration: Wed., Jan. 26, 6-7 p.m.

Classes: Wed., Feb. 2 - May 4, 7:15 p.m.

Contact information:
www.ycoanc.com

KPD Bullying & Cyber-

Bullying Workshop for

Parents

Cost: FREE

Location: Kernersville Community Recreation Ctr.

Registration: Call 996-3062

Dates: Thursday, Feb.10

Times: 7:30-8:30 p.m.

Instructor: Kernersville Police Dept.

Swing Dance Lessons

Cost: \$45 per session or \$10 for each class

Location: Kernersville Community Recreation Ctr.

Registration: Call the Kirks @ 688-2605, or e-mail them mkirk21@triad.rr.com

Dates: Thurs., Feb. 17- March 17

Times:

Beginners 7:30-8:30 p.m.

Intermediate 8:30-9:30 p.m.

Quilting

Cost: \$35 plus material cost

Location: Quilts "Sew" Quick

Registration: Call 996-3062

Date/Time: Mon., Feb. 21

6:00 - 8:00 p.m.

March

Drawing

Cost: \$60

Location: Kernersville Community Recreation Ctr.

Registration: call 996-3062

Date: Tues., March 15 - April 19

Time: 7:15- 9:00 p.m.

Ages: 12 yrs. - Adult

Ongoing

Kernersville Walking Club

Cost: FREE

Location: Fourth of July Park Shelter #1 (rain/cold meet at Kernersville Parks & Recreation Gym)

Registration: Call 996-3062

Date/Time: Tuesday /

Thursday

9:00 a.m.-10:00 a.m.

Jazzercise

Cost: Monthly plans available, no contract necessary.

Where: Kernersville Community Recreation Ctr.

Registration: Call Diane Parsons at 993-6070.

Date: M, T, Th

Time: 6:00-7:00 p.m.

Cribbage

Call Brenda Snow at 992-3674 for more info.

Location: Kernersville

]Senior Center,

130 E. Mountain Street.

Date: Wednesdays

Time: 6:00 p.m.-9:00 p.m.

**For More Details On Programs
Please Call 336-996-3062 or
visit or website at www.toknc.com**