# STAYING BUSY - November 2025-

### Town of Swansboro Parks & Recreation

All activities take place at the Recreation Center (830 Main St Ext) in Swansboro, unless otherwise noted. The Recreation Center's hours are as follows: Mon-Fri, 9 AM-7 PM, Sat, 8 AM-12 PM, closed Sunday. Call (910) 326-2600 for more info. Be sure to visit our website at **swansboro.recdesk.com** to register for programs/events.

#### **Adult Programs**

#### **Onslow County Senior Services Nutrition Site:**

Contact Onslow County Senior Services for more information. **Mon-Fri, 9 AM-12 PM** 

#### **Fitness Programs**

#### Tai Chi

#### November 6th - December 18th

Join Swansboro Parks & Recreation for Tai Chi with instructor Sifu Dr. Harold McMillion for a 6-week series, every Thursday starting at 2:00PM at the Swansboro Recreation Center. Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion.

#### POUND Fitness Class 9 AM – 10 AM

Come get fit with RipStix! Join us at the Swansboro Recreation Center for our 5-week Pound fitness class with OFFICIAL POUND Instructor Karen Daly. Pound is a fun, total body workout that fuses the best strength training, Pilates, and cardio moves through drumming exercise. Register for the entire series for \$25 or drop-in for \$6 per individual session. pause, ensuring that your body is in constant motion.

## 2025 Open Pickleball League January 2025 – December 2025

The 2025 Pickleball Open Play Membership will start January 1, 2025 and run until the end of the year, December 31, 2025.

#### Dinksgiving Pickleball Tournament November 22<sup>nd</sup> 9 AM

Celebrate the season with some friendly competition at our Dinksgiving Tournament! Entry is \$20 per person, which includes tournament play, raffles, food, and fun. This is a mixed doubles tournament. You can sign up with a partner or register solo and be paired with someone. Substitutes are welcome in case of no-shows. Prizes will be awarded to 1st and 2nd place winners. The tournament will follow a double elimination format, with each match being single elimination. Register today and join us for a day of pickleball, food, and fun!

#### **Events**

#### Swansboro Christmas Flotilla November 28th 5 PM – 8 PM

Experience the magic of the holiday season at the Swansboro Christmas Flotilla. Watch beautifully lit boats glide along the waterfront in a dazzling display of holiday cheer, bring the little

ones to meet Santa Claus and create cherished memories, and enjoy tasty treats, hot cider, and cocoa as you soak in the festive atmosphere. If you have a boat and a love for the holidays, join this cherished Swansboro tradition by decorating your vessel and being part of the magical Christmas Flotilla.

#### **Programs**

#### Sprout Scouts-Gobble Trot November 21st 10 AM & 11:30 AM

Welcome to our Sprout Scouts program, designed specifically for our littlest ones ages 1 to 2 at the Swansboro Parks and Recreation Department! Our program aims to provide a stimulating and engaging environment where toddlers can explore, create, and play in a safe and nurturing setting.

#### Tiny Trekkers-Harvest Pals November 7th 10 AM

Welcome to our Tiny Trekkers program, designed specifically for our little ones ages 3-6 at the Swansboro Parks and Recreation Department! Our program aims to provide a stimulating and engaging environment where children can explore, create, and play in a safe and nurturing setting.

### Sip & String: Fall Garland Night November 5th 6 PM

Get into the cozy spirit of fall with an evening of creativity, wine, and fun! For \$20 per person, you'll get all the supplies you need to make your very own beautiful autumn garland. Personalize it with colors, textures, and embellishments that suit your style. Sip on your favorite wine, relax with friends, and enjoy a laid-back, crafty night out.

#### **Theatre Trip-Spamalot**

Join us for a trip to the Theater! Swansboro Parks and Recreation will be providing transportation and tickets to Spamalot at New Bern Civic Theatre for \$45/person! Monty Python's Spamalot is a Tony Award-winning musical comedy "lovingly ripped off" from the classic film Monty Python and the Holy Grail. The show retells the legend of King Arthur and his Knights of the Round Table in a silly, irreverent style, featuring memorable songs, a chorus line of knights, cows, killer rabbits, and a quest for the Holy Grail.

\*Be on the lookout for additional programs\*
Register for programs at:
swansboro.recdesk.com
Like us on Facebook; Town of Swansboro

Follow us on Instagram: @swansboro recre8

