

STAYING BUSY

- April 2024-

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.

Events

Touch-A-Truck

April 20, 10 AM – 2 PM

The Swansboro Parks and Recreation Department will host its 10th Annual Touch a Truck event on April 20, 2024 from 10 a.m.-2 p.m. at Swansboro Municipal Park (830 Main St Ext.) Touch a Truck, provides a unique opportunity for those young and young at heart to explore, climb, touch, learn what the trucks do, how they work, and how they benefit our community. This is your chance to climb in, take a seat behind the steering wheel and imagine being the driver of a fire engine, ambulance, bobcat, and many, many more! Bring out the entire family for a day of fun and hands on vehicle exploration. Safe Kids Carteret-FREE car seat safety checks.

Bring your vehicle to the event:

Do you or your company have a unique vehicle that you would like to share with the community at the Touch a Truck event? If so, contact the Swansboro Parks and Recreation Department for more information.

Adult Programs

Onslow County Senior Services Nutrition Site:

Contact Onslow County Senior Services for more information.

Mon-Fri, 9 AM-12 PM

Onslow County Senior Games Opening Ceremony

April 13- 9 AM

Join us at Southwest High School for the 2024 Opening Ceremony!

Fitness Programs

POUND Fitness Class

March 30 – April 27, 9-10am

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. The use of RipStix, lightly weighted drumsticks, challenges the body's stability and balance resulting in constant core activation. This program is appropriate for all fitness levels, ages 13+, men and women. This class is for all different experience levels and movement modifications are taught throughout the class. Register for the entire series for \$25 or drop-in for \$6 per individual session.

Tai Chi

March 7 – April 11, 2:00pm-3:00pm

Join Swansboro Parks & Recreation for Tai Chi with instructor Sifu Dr. Harold McMillion for a 6-week series, every Thursday starting March 7 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. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body. Ages 18+.

Programs

Open Play Pickleball Annual Registration 2023

The 2024 Pickleball Open Play Membership will start January 1, 2024, and run until the end of the year, December 31, 2024. This is a casual and co-ed season perfect for any age or ability. The league will meet Monday through Saturday mornings from 8 am to 12 pm (spring/summer hours) and 10 am - 1 pm (fall/winter hours). \$35 for resident and \$40 for non-resident for the entire season, or drop-in fee of \$5 for any one session.

Tennis and Pickleball Lessons

March 16-May 11

The Town of Swansboro is parting with Tennisbloc this Spring. We're excited to announce that our Winter tennis programs are OPEN FOR ENROLLMENT! Come join this exciting, healthy and positive experience for juniors and adults, beginner through intermediate. Our programs bring the perfect balance of fun & technique development with an emphasis on building positive tennis community right in the heart of Swansboro. Register Online: <https://www.tennisbloc.com/services/tennis-programs/upcoming-programs.jsp?location=swansboro-nc-municipal-park>

Questions? Email us at info@tennisbloc.com

Music Therapy

April 20, 10:30am-11:30am

Swansboro Parks and Recreation and Down Syndrome Network of Onslow and Carteret County are partnering to offer inclusive musical therapy sessions geared towards youth and young adults they are all FREE to attend! Sessions will be held at the Swansboro Recreation Center at 10:30 AM

Fellowship Night

April 15, 6:30pm-7:30pm

This program welcomes adults of all abilities to come together for a fun evening with a rotating theme or activity scheduled every month. This program is geared towards adults with disabilities and will be held once a month as an after dinner/evening group. We extend this invitation to anyone who is in their senior year of high school and above. For more information, call 910-326-2600 or come by the Swansboro Recreation Center, 830 Main St. Ext.

Be on the lookout for additional April programs

Register for programs at: swansboro.recdesk.com

Like us on Facebook: Town of Swansboro

Follow us on Instagram: @swansboro_recre8

