

STAYING BUSY

- March 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-6 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

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.

Tai Chi

March 6th – April 10th

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.

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. 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 9 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.

Luck of the Paddle Pickleball Tournament

March 15th

Join us on March 15th at Swansboro Municipal Park for the Luck of the Paddle Pickleball Tournament! The entry fee is just \$20 and includes access to exciting raffles, snacks, and prizes for the 1st and 2nd place winners. The tournament will feature a double-elimination format with games played to 15 points, winning by 1. The tournament will be divided into three age groups: 18-49; 50-64; 65+

Partners will be randomly selected in the week leading up to the tournament. Substitutes may also register in case of no-shows on the day of the event. Additional prizes will be

awarded for the best St. Patrick's Day-themed outfits, so come dressed to impress!

Programs

Sprout Scouts- Spring Fling

March 21st 10 AM – 11 AM

Welcome to our Sprout Scouts program, designed specifically for our littlest ones ages 1-2. 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-Hunt for the Pot O'Gold

March 14th 10 AM – 11 AM

Welcome to our Tiny Trekkers program, designed specifically for our little ones ages 3-5! Our program offers a variety of age-appropriate crafts, activities, and games! From sensory play to art projects, there's always something fun and educational for our Trekkers to enjoy.

Welcome Rock Workshop

March 11th 6 PM – 7:30 PM

Join us for the Welcome Rock Workshop with Boulder Designs! Pick from one of two beautiful designs—a Welcome Swan or Welcome Lighthouse—and create your own custom Welcome Rock for your garden bed or front lawn! Rock Size: 16" wide x 10" tall x 3" thick. Cost is \$45 a person. A huge thank you to Boulder Designs for partnering with us to make this a fun and creative night for the community!

Fellowship Night

March 17th 6:30 PM – 7:30 PM

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 programs

Register for programs at: swansboro.recdesk.com

Like us on Facebook: [Town of Swansboro](https://www.facebook.com/TownofSwansboro)

Follow us on Instagram: [@swansboro_recre8](https://www.instagram.com/swansboro_recre8)

