

# **STAYING BUSY**

## **- May 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](http://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**

**May 8<sup>th</sup> – June 12<sup>th</sup>**

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.

#### **Events**

##### **PirateFest**

**May 10<sup>th</sup> 10 AM – 4 PM**

Join us for PirateFest in downtown Swansboro on May 10th from 10 AM to 4 PM, hosted in partnership with Swansboro Parks & Recreation and Onslow County Parks & Recreation. Enjoy a day filled with pirates, mermaids, face painting, delicious food, and endless fun.

##### **Splash Pad Reopening Celebration**

**May 17<sup>th</sup> 10 AM – 12 PM**

Join us for the grand reopening of the Splash Pad at Swansboro Municipal Park. Come check out the exciting new splash features while enjoying a refreshing Kona Ice. The first 100 people will receive a free small Kona Ice. We'll also have games and activities for everyone to enjoy.

#### **Programs**

##### **Sprout Scouts-Critter Crawlers**

**May 23<sup>rd</sup> 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- Boro Buccaneers**

**May 9<sup>th</sup> 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.

##### **Mother's Day Craft Night**

**May 6<sup>th</sup> 6 PM**

Join us at Swansboro Recreation Center for a special Mother's Day Craft event. For \$30 per mother and child (\$10 for each additional child), you'll each create a beautiful flower pot and plant a flower to take home. Enjoy light refreshments and capture the moment with our themed backdrop. Celebrate Mother's Day with a fun and creative experience.

**\*Be on the lookout for additional programs\***

**Register for programs at: [swansboro.recdesk.com](http://swansboro.recdesk.com)**

**Like us on Facebook: Town of Swansboro**

**Follow us on Instagram: [@swansboro\\_recre8](https://www.instagram.com/swansboro_recre8)**

