

STAYING BUSY

- September 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

September 11th – October 16th

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.

Events

Tunnel to Towers 5K

September 13th

The Tunnel to Towers Run & Walk Series was created to honor the heroic life and death of Stephen Siller, a New York City firefighter (FDNY) who lost his life on September 11, 2001, after strapping on his gear and running through the Brooklyn Battery Tunnel to the Twin Towers. We honor all of those who lost their lives on 9/11 and support our first responders and military who make extraordinary sacrifices in the line of duty! This will be the 5th year in Swansboro, and we are excited to bring our community together once again to HONOR our Military & First Responders, REMEMBER 9/11, and raise funds to DO GOOD through the Tunnel to Towers programs.

BarkFest

September 27th 10 AM – 2 PM

This free, dog-friendly event is all about celebrating our four-legged friends with fun activities and treats! Pups can enjoy pup cups, get creative with a tie-dye bandana station, and

explore a variety of dog-related vendors. Watch exciting K9 demonstrations, grab some delicious food, and connect with fellow pet lovers in the community. Whether you're bringing a pup or just love them, BarkFest is the ultimate day out for all ages!

National Night Out

September 19th 6 PM – 8 PM

Step right up and join us for Swansboro's first-ever National Night Out—a carnival-themed, family-friendly evening in partnership with the Swansboro Police and Fire Departments! We're inviting local businesses, nonprofits, and community organizations to be part of the fun by providing free giveaways, information, or activities to families. Think carnival games, small prizes, educational materials, and community connection!

Programs

Sprout Scouts Puppy Pals

September 19th 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 Dino Dig

September 5th 10 AM

Welcome to our Tiny Trekkers program, designed specifically for our little ones ages 3-5 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.

Paw Print String Art

September 23rd 6 PM

Get ready for BarkFest with a fun and creative night of string art at the Swansboro Recreation Center! On Tuesday, September 23rd at 6 PM, you'll create a paw print string art piece with your choice of personalizing it with your dog's name or turning it into a dog leash holder.

Fall Wreath & Wine

September 10th at 6 PM

Join us for a fun and creative evening at our Wreath and Wine event on September 10th at 6 PM at the Swansboro Recreation Center! For just \$30, you'll get to craft your own beautiful fall wreath with all supplies provided. We'll also supply the glasses, so all you need to bring is your favorite bottle of wine. Please note, you must be 21 years or older to participate in the wine drinking.

Wreath, Witches, & Wine

September 30th at 6 PM

Wreaths, Witches & Wine is back and spookier than ever! Join us for a fun night of crafting as we create Halloween-themed wreaths perfect for your front door or festive décor. The cost is \$30 and includes all crafting supplies and a wine glass to keep. Bring your favorite bottle of wine and get ready for a wickedly good time with your fellow ghouls!