

SEPTEMBER - DECEMBER 2023

MORRISVILLE PARKS, RECREATION
& CULTURAL RESOURCES

FALL & WINTER

PROGRAM GUIDE

SCAN TO VISIT OUR WEBSITE



Morrisville
Parks, Recreation &
Cultural Resources

Welcome



Morrisville

Parks, Recreation &
Cultural Resources

Morrisville Parks, Recreation and Cultural Resources Staff

991 Aviation Pkwy
Morrisville, NC 27560

919 463 7110

www.townofmorrisville.org/parks

Office Hours
Monday-Friday
10 a.m.-4 p.m.

Director
Mary Faucette

Superintendent
Matt Leaver

Cultural Resources Specialist
Leslie Haney

Athletics Program Supervisor
Bryan Rhea

Athletics Program Specialist
Matthew Morris

Community Services Supervisor
Jerry Allen

Recreation Program Specialist
Seniors
Chawanna Scott

Cedar Fork Community Center
Supervisor
Quentin Jones

Recreation Program Specialist
Youth
Keychonia Williams

Morrisville Aquatics & Fitness
Center Supervisor
Kendal Smith

Aquatics Manager
PJ Nettesheim

Marketing & Membership
Coordinator
Katie Gruninger

Sr. Aquatics Specialists
Kasey Martin
Lindsey Oldt

Fitness Program Specialist
Sarah Smith

The Morrisville Parks, Recreation and Cultural Resources Department (PRCR) strives to serve the Morrisville community with cultural events, quality recreation programs, and well-maintained parks, greenways, and open spaces. We want you to experience all the benefits that we have to offer.

Fall is the perfect time to get outdoors and enjoy Morrisville's parks and greenways. Take a morning walk, jog, or bike ride while observing the changing colors of the leaves, the birds singing, and all of nature's views. Bring your camera to capture birds, deer, turkeys, and more along our four greenways (Shiloh Greenway 1.7 miles, Indian Creek Greenway and Trailhead 1.8 miles, Hatcher Creek Greenway 1.4 miles, and Crabtree Creek Greenway 1.4 miles). We also invite you to step inside one of our three indoor facilities, Cedar Fork Community Center, the Morrisville Aquatics & Fitness Center, and the Morrisville Senior Center.

Perhaps sports are more to your liking. There are team sports options for youth and adults alike. Be sure and check out all that our athletic staff has in store for you on page 10.

Are you over 55 and searching out day trips, group exercise, wellness education and more? Please be sure to read what the Morrisville Senior Center has planned on page 13.

A community is where a group of people live and have characteristics in common. PRCR brings us together as a community through cultural events. Mark your calendar and do not miss the Town's destination events on September 23, the International Festival and on October 28 for Diwali.

Make it your goal to play often and live connected, and remember, these are the times best shared, bring a friend and invite someone to intersect in your PRCR fall adventures.

Mary Faucette, CPRP Director
Parks, Recreation, and Cultural Resources



CAPRA is a national accreditation body for parks and recreation agencies. This accreditation is a valuable measure of an agency's overall quality of operation, management and service to the community. It serves as the foundation for a comprehensive management system of operational best practices. Achieving CAPRA accreditation is the best way to demonstrate that an agency and its staff provide their community with the highest level of service.

Originally accredited in 2014, the Town of Morrisville's Parks, Recreation and Cultural Resources is one of 14 accredited agencies in North Carolina and one of 193 nationwide.

Skip the line, register online!

Registering for your favorite activities, classes and events is easy with the assistance of ACTIVENet, PRCR's online registration platform.

Get ACTIVE today and create your account. New users will click the "create an account" tab on the ACTIVENet site. After clicking the tab, the system will prompt you to set up a user profile for every member of your household. The ACTIVENet system is available anytime.

To register online please visit the following site:
<https://apm.activecommunities.com/mprplaymorr>



EVENTS

AND CULTURAL RESOURCES

Music in the Park

Friday, Sept. 8 | 6:30 - 8:30 p.m.
Heathy Food Hub | 280 Town Hall Drive
Free | All ages welcome

Start your weekend by attending a free outdoor concert, featuring the local band, Jive. Be sure to bring a chair or blanket to sit on. There will be a food truck for food purchases.



International Festival

Saturday, Sept. 23 | 12-6 p.m.
Town Hall Drive
Free | All ages welcome

Join us in celebrating the diversity of Morrisville at the International Festival! This festival includes a day of food, music, dance, art, and fun from cultures around the world.



Movie in the Park - Coco

Friday, Oct. 6 | 8 p.m.
Morrisville Community Park | 1520 Morrisville Parkway
Free | All ages welcome

Our Movie in the Park series is family-friendly and begins at dark. Come early to get a good spot on the lawn of the multi-purpose field. The Fall movie will be Coco!



Diwali

Saturday, Oct. 28 | 4-8 p.m.
Morrisville Community Park | 1520 Morrisville Parkway
Free | All ages welcome

Diwali, known as the "festival of lights" is India's biggest and most important festival of the year. Everyone is welcome to participate in this annual event.



Tree Lighting

Friday, Dec. 1 | 6:00 p.m.
Indian Creek Trail Head | 101 Town Hall Drive
Free | All ages welcome

Count down with us as we light the tree and the town buildings along Town Hall Drive. Santa will make an appearance too! This year, we have more to celebrate as we are adding new decorations to the tree!



Menorah Lighting

Thursday, Dec. 14 | 5:30 p.m.
Indian Creek Trail Head | 101 Town Hall Drive
Free | All ages welcome

This year, Hanukkah begins on Dec. 7. The Town Menorah will be lit every night of Hanukkah but we will have a special ceremony with a live flame lighting with Rabbi Cotler on the final night of Hanukkah.



Trick-or-Treat the Trail

Saturday, Oct. 21 | Time TBD
Morrisville Community Park | 1520 Morrisville Parkway
Free | All ages welcome



PARKS & GREENWAYS

SPACES FOR CONNECTING PEOPLE AND PLACES

Cedar Fork District Park

228 Aviation Parkway
Hours: Sunrise to sunset

Cedar Fork District Park is a 37-acre park that provides an unlimited spectrum of recreation, special event, and athletic opportunities. The park consists of eight multi-purpose fields for soccer, football, and lacrosse. There are also restrooms and shelters with picnic tables.



Rentals	Deposit	Fee Hourly	Availability
Athletic Fields (8)	\$100	\$50 R \$65 NR	*Subject to PRCR athletic schedule



Crabtree Nature Park

151 Keybridge Drive
Hours: Sunrise to sunset

Crabtree Nature Park is a 37-acre wooded and wetland park site. The park features a large multi-purpose field with a parking lot attached. Additionally, there is a greenway connector that ties into the Crabtree Creek Greenway for pedestrian and bicycle access.



Rentals	Deposit	Fee Hourly	Availability
Athletic Field (1)	\$100	\$50 R \$65 NR	*Subject to PRCR athletic schedule

Church Street Park

5800 Cricket Pitch Way
Hours: Sunrise to sunset

Church Street Park is one of Morrisville's larger offerings, with an international league level cricket pitch, picnic shelters, and tennis courts. The park also connects to Shiloh Greenway allowing for easy pedestrian access from multiple neighborhoods.



Rentals	Deposit	Fee Hourly	Availability
Park Shelters (2)	\$100	\$105 R \$136 NR \$210 R \$273 NR	1/2 Day Full Day
Cricket Field (1)	\$100	\$62 R \$81 NR	*Subject to PRCR athletic schedule

Laugh, learn & play here!



Indian Creek Trailhead

101 Town Hall Drive
Hours: Sunrise to sunset

Indian Creek Park is located at the Indian Creek trail head across the street from Town Hall. The park features playground equipment, restrooms, and picnic shelters with tables.



Rentals	Deposit	Fee Hourly	Availability
Park Shelters (2)	\$100	\$90 R \$117 NR \$180R \$234 NR	1/2 Day Full Day

Morrisville Community Park

1520 Morrisville Parkway
Hours: Sunrise to sunset

Morrisville Community Park connects with Hatcher Creek Greenway and serves visitors with both active and passive recreational opportunities. The park includes multi-purpose fields, an outdoor fitness area, playground, picnic shelters, and much more.



Rentals	Deposit	Fee Hourly	Availability
Park Shelter (1)	\$100	\$105 R \$136 NR \$210 R \$273 NR	1/2 Day Full Day
Athletic Fields (3)	\$100	\$50 R \$65 NR	*Subject to PRCR athletic schedule

Northwest Park

998 Parkside Valley Drive
Hours: Sunrise to sunset

Northwest Park includes several features for use by the community. The playground includes a play unit designed for ages 2-5 , a larger unit for ages 5-12. Additionally, the park has a walking track and picnic shelter.



Rentals	Deposit	Fee Hourly	Availability
Picnic Shelter (1)	\$100	\$105 R \$136 NR \$210 R \$273 NR	1/2 Day Full Day



Shiloh Park & Luther Green Center

922 Church Street
Hours: Sunrise to sunset

Shiloh Park houses the Luther Green Center, as well as many other recreational spaces. The park features multi-purpose play areas, a playground, a batting cage, and more.



Rentals	Deposit	Fee Hourly	Availability
Shelter (1)	\$100	\$105 R \$136 NR \$210 R \$273 NR	1/2 Day Full Day
Athletic Fields	\$100	\$50 R \$65 NR	*Subject to PRCR athletic schedule

*Rentals are not available at this location from March through October.

Athletic Field Additional Rental Fees

The Town of Morrisville PRCR Department oversees multiple athletic fields, including baseball/softball fields, multipurpose fields, and open spaces. To reserve an athletic field, please contact our Athletic Supervisor, Bryan Rhea.

Athletic Supervisor: Bryan Rhea
Email: brhea@townofmorrisville.org

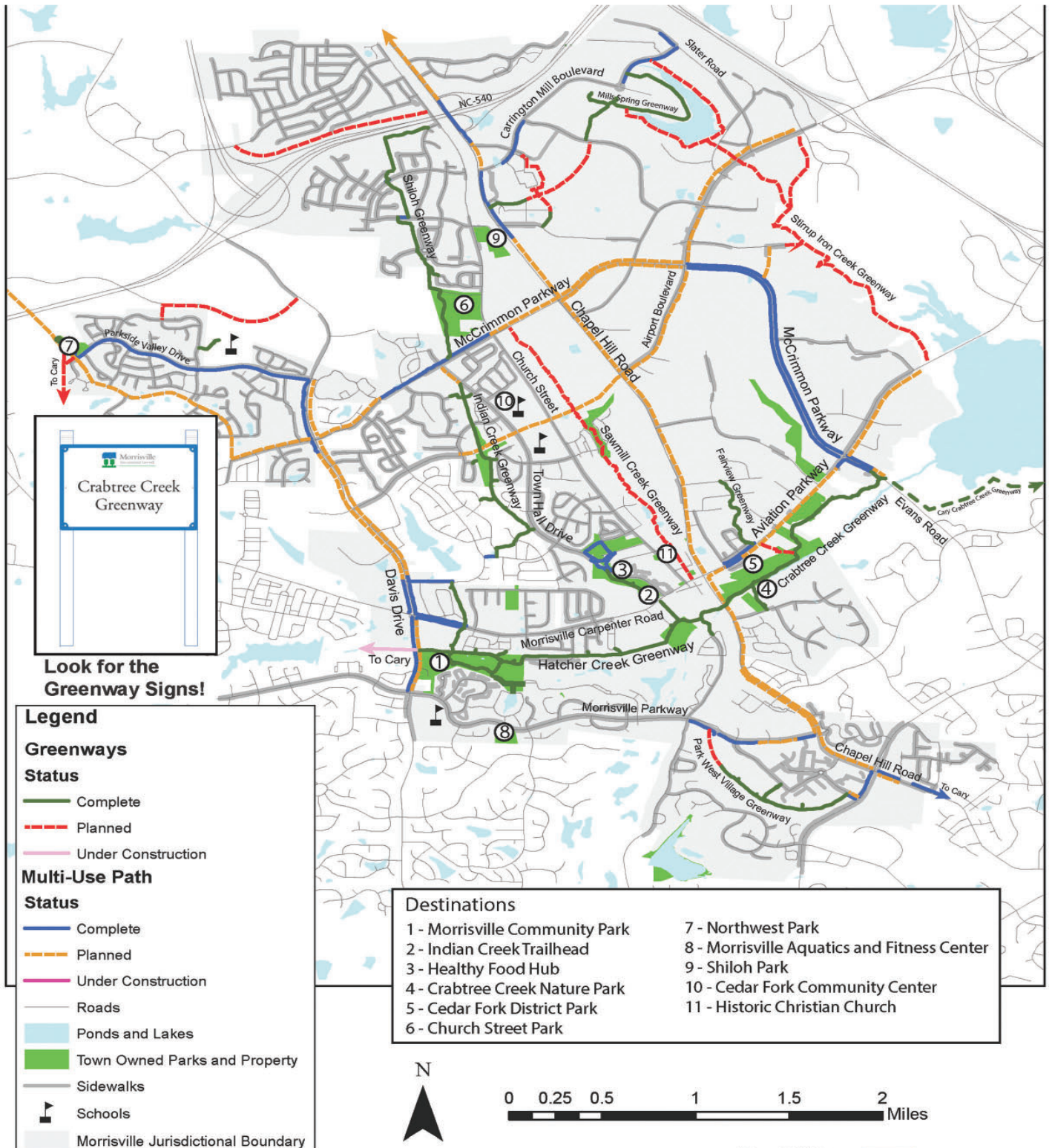
Rental Fees	Fee Hourly
Field Lights	\$30 \$45 - Church Street
Field Prep	\$45 - flat fee



PLEASE NOTE:

During the months of November - February, shelter rentals are available 9 a.m. - sunset. Call 919-463-7100 for more information about reservations. Be aware that rental prices are subject to change.

Town of Morrisville Sidewalks and Greenways Map - 2023



100 Town Hall Drive
Morrisville, NC 27560
919.463.6200



Morrisville
Live connected. Live well.

PARKS



	Acres	Baseball/Softball Field	Baseball Court	Greenway	Grills	Multi-Purpose Fields	Playground	Picnic Tables	Picnic Shelter	Restrooms	Tennis Court	Pickleball Court
Cedar Fork District Park 228 Aviation Parkway	37			●		●		●	1	●		
Church Street Park 5800 Cricket Pitch Way	28			●		●	●	●	2	●	●	
Crabtree Nature Park 151 Keybridge Drive	37			●					1			
Indian Creek Park 101 Town Hall Drive	5			●			●	●	2	●		
Morrisville Community Park 1520 Morrisville Parkway	2	●		●	●			●	1	●	●	●
Northwest Park 990 Parkside Valley Drive	25			●				●	1	●		
Shiloh Park & Luther Green Center 922 Church Street	1	●	●		●	●	●	●	1	●		

GREENWAYS



	Paved (P)	Parking	Length in Miles
Crabtree Creek	P	●	1.4 mi.
Indian Creek	P	●	1.8 mi.
Hatcher Creek	P	●	1.4 mi.
Shiloh	P	●	1.7 mi.

Download the Morrisville Central app to stay connected!

Learn about free community events, view an interactive map of Town facilities and parks to learn about court and field status, and get the latest information about the Town straight from the source. You can also report concerns using the app's interactive tool.



Seasonal Produce and Local Foods

Peak Season April-Nov., Saturdays: 8am-12pm
Winter Season Dec.-March, Saturdays: 9:30am-12pm



We nourish community



Morrisville Healthy Food Hub
280 Town Hall Drive, Morrisville, NC

www.WesternWakeFarmersMarket.org

Park and Greenway Rules

- Parks and trails operate during daylight hours, except for Town events, programs, use of lighted facilities, and operation hours for set indoor facilities.
- Motorized vehicles are not allowed.
- Smoking, alcoholic beverages and other banned substances are not allowed.
- Dumping or littering is not allowed.
- Dogs must be on a leash.

Greenway Safety Tips

- Stay to the right when using the green ways.
- Bicyclists should let pedestrians know they are passing on the left.
- Pedestrians always have the right of way.

Scan the QR
code to submit a
facility or shelter
rental form!



FACILITIES

AND RENTALS

Cedar Fork Community Center

1050 B Town Hall Drive | 919-463-7100

Hours:

M-Th.: 7 a.m. - 8 p.m.

Fri.: 7 a.m. - 6 p.m.

Sat.: 9 a.m. - 3 p.m.

Cedar Fork Community Center offers programs for the whole family! This includes our popular before-and-after-school programs, as well as summer camps, preschool, and a variety of youth and adult programming.



See page 12 for program offerings at this site.

Rentals	Fee Hourly	Capacity (People)	Sq. Feet
Multipurpose Room	\$50R \$65 NR (During Operation Hours)	75	1056
	\$77 R \$100 NR (After Operation Hours)		
Arts & Crafts Room	\$50 R \$65 NR (During Operation Hours)	55	770
	\$77/hr R \$100/hr NR (After Operation Hours)		
Conference Room	\$50 R \$65 NR (During Operation Hours)	25	420
	\$77 R \$100 NR (After Operation Hours)		
Kitchen	\$32 Flat Fee	N/A	N/A

Rental deposit \$100 (during hours), \$200 (after hours).

Healthy Food Hub

280 Town Hall Drive | Western Wake Farmers Market

Hours:

April - November: 8 a.m. - 12 p.m.

December - March: 9:30 a.m. - 12 p.m.

The Healthy Food Hub is the result of a collaborative effort between the Town of Morrisville, the John Rex Endowment, The Western Wake Farmers Market, the Morrisville Community Garden, Active Living by Design and the Community Food Lab. This unique site is the host of several events and programs for the community.



Historic Christian Church

222 Church Street

The Morrisville Historic Christian Church was built between 1872-1873 and originally served as the Morrisville Church of Christ. The Town of Morrisville purchased the church building in 1976 and it now serves as a community center for the Town. The floor plan, flooring, walls, and ceiling finishings are original to when the church was first built in the late 1800s.

Rentals	Fee Hourly	Capacity (People)	Sq. Feet
Church	\$60 R \$75 NR \$100 Deposit/2 hr min	50	1,134



Luther Green Center

Shiloh Park | 922 Church Street

The Luther Green Community center is located at the intersection of Church Street and Barbee Road, adjacent to Shiloh Baptist Church. It is home to Meals on Wheels and can accommodate up to 30 guests. Be sure to take a stroll around the park and read the history of the Shiloh Community.



Rental	Fee Hourly	Capacity	Sq. Feet
Building	\$60 R \$75 NR \$100 Deposit/2 hr min	30	1,118

Morrisville Aquatics & Fitness Center

1301 Morrisville Parkway | 919-463-6900

Hours:

Building: M-F: 6 a.m. - 9 p.m., S/S: 9 a.m. - 5 p.m.

Pool: M-F: 6 a.m. - 8:30 p.m., S/S: 9 a.m.- 4:30 p.m.

The Morrisville Aquatics & Fitness Center invites residents and visitors alike to connect and live well at our enhanced facilities featuring three swimming areas, a spacious group fitness area, a weight room, cardio equipment, two outdoor lighted tennis courts, and two indoor racquetball courts. Enjoy opportunities for fitness, learning, growth, and celebration throughout the entire year.

See page 16 for program offerings at this site.



Membership Options	Single Visit Admittance Fee	Punch Pass (10 visits) (*Valid for 1 year)	1-Month Paid in Full (PIF)	Monthly Draft Continuous	1-Year Paid in Full (PIF)
Senior (55+ years)	\$5 R \$7 NR	\$40 R \$52 NR	\$34 R \$44 NR	\$32 R \$42 NR	\$285 R \$370 NR
Adult (15-54 years)	\$6 R \$8 NR	\$50 R \$65 NR	\$40 R \$52 NR	\$35 R \$45 NR	\$330 R \$429 NR
Youth (15-22 years)	\$4 R \$5 NR	\$30 R \$39 NR	\$34 R \$44 NR	\$32 R \$42 NR	\$285 R \$370 NR
Children (3-14 years)	\$3 R \$4 NR	\$25 R \$32 NR	\$19 R \$25 NR	\$18 R \$23 NR	\$180 R \$234 NR

*We honor many insurance-based memberships: Tivity, Silver Sneakers, Healthy Contributions, Silver & Fit, and PeerFit.

Rental	Fee	Duration	Availability
Pool Party Program Pool & Spray Ground	\$250 R \$325 NR \$100 Deposit	90 min	Saturdays & Sundays 10:00 a.m. - 11:30 a.m.

Max capacity: 20 children, with an accompanying adult. Parties cannot be scheduled more than 60 days in advance.

Morrisville Senior Center

4117 Davis Drive | 919-463-7140

Hours:

M-Th: 9 a.m. - 7 p.m. Fri.: 9 a.m. - 6 p.m.

The Morrisville Senior Center is committed to providing programs and activities for people with a little more life experience (55+). This includes programs as varied as fitness classes, game-based programs (bingo, dominoes, Mahjong), educational programs, lunch, dinner, and trips.

See page 13 for program offerings at this site.



Looking for a way to get
around town?

Scan the QR code to learn more
about the Town's free on-demand
public transit! →



ATHLETICS

LEAGUES AND TEAMS FOR ALL AGES



Basketball

Winter Youth Co-ed

Ages: 5-6 years

This league will stress basic fundamentals of the game, including passing, shooting, dribbling, rule exposure, good sportsmanship, fair play and, above all, FUN! This season will consist of both practices and games. Scores will not be kept.



Session	Location	Day/Time	Registration	Fee	Ages
Dec. - Feb.	CFCC Gym	TBD	10/2 - 11/6	\$72R \$103NR	5-6 yrs

Winter Youth Boys

Ages: 7-12 years

Youth boy leagues will teach the fundamentals of the game, including passing, shooting, dribbling, rule exposure, good sportsmanship, fair play, and above all FUN! The season will consist of both practices and games.

Session	Location	Day/Time	Registration	Fee	Ages
Dec. - Feb.	CFCC Gym	TBD	10/2 - 11/6	\$72R \$103NR	7-8 yrs
Dec. - Feb.	CFCC Gym	TBD	10/2 - 11/6	\$72R \$103NR	9-10 yrs
Dec. - Feb.	CFCC Gym	TBD	10/2 - 11/6	\$72R \$103NR	11-12 yrs



Winter Youth Girls

Ages: 7-12 years

Youth girl leagues will teach the fundamentals of the game, including passing, shooting, dribbling, rule exposure, good sportsmanship, fair play, and above all FUN! The season will consist of both practices and games.



Session	Location	Day/Time	Registration	Fee	Ages
Dec. - Feb.	CFCC Gym	TBD	10/2 - 11/6	\$72R \$103NR	7-8 yrs
Dec. - Feb.	CFCC Gym	TBD	10/2 - 11/6	\$72R \$103NR	9-10 yrs
Dec. - Feb.	CFCC Gym	TBD	10/2 - 11/6	\$72R \$103NR	11-12 yrs

Athletics To Go: Basketball Clinic

Ages: 5-12 years

Want to get out and play? Morrisville Parks, Recreation, and Cultural Resources' Athletics Division will host a series of open play opportunities for the community. Our Athletics To-Go Basketball program will provide players with an opportunity to develop specific skills, as well as game play experience.



Session	Location	Day/Time	Registration	Fee	Ages
Sept. 22	CFCC Gym	Fri./6:15 p.m.	9/1 - 9/18	FREE	5-8 yrs
Sept. 22	CFCC Gym	Fri./7:15 p.m.	9/1 - 9/18	FREE	9-12 yrs
Sept. 29	CFCC Gym	Fri./6:15 p.m.	9/1 - 9/18	FREE	5-8 yrs
Sept. 29	CFCC Gym	Fri./7:15 p.m.	9/1 - 9/18	FREE	9-12 yrs



Athletics Program Registration

anc.apm.activecommunities.com/mprplaymorr

Esports

Esports Teacher Workday Meet-Up

Ages: 9-12 years

Gamers ages 9 - 12 years are invited to meet-up for Esports game play during teacher workdays this fall. Registration is required, but participation is FREE! After you register, please bring your game login information with you.



Session	Location	Day/Time	Registration	Fee	Ages
Sept. 25	Wake Tech Esports Arena	Mon. 4-7 p.m.	8/26 - 9/23	FREE	9-12 yrs
Oct. 9	Wake Tech Esports Arena	Mon. 4-7 p.m.	9/9 - 10/7	FREE	9-12 yrs
Nov. 1	Wake Tech Esports Arena	Wed. 4-7 p.m.	10/2 - 10/30	FREE	9-12 yrs

Fortnite Meet-Up

Ages: 9-18 years

PRCR's athletic division is hosting a Fortnite meet-up! It is open to ages 9 - 18 years and is family friendly. Join in for a unique experience playing Fortnite at WTCC's Esports Arena. Be sure and bring your account information with you.



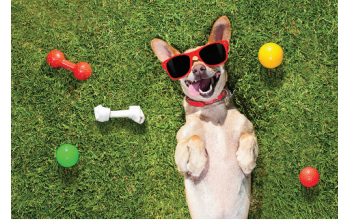
Session	Location	Day/Time	Registration	Fee	Age
Sept. 13	Wake Tech Esports Arena	Wed. 5-8 p.m.	8/1 - 9/11	FREE	9-18 yrs
Sept. 20	Wake Tech Esports Arena	Wed. 5-8 p.m.	8/8 - 9/18	FREE	9-18 yrs
Oct. 18	Wake Tech Esports Arena	Wed. 5-8 p.m.	9/5 - 10/17	FREE	9-18 yrs
Oct. 25	Wake Tech Esports Arena	Wed. 5-8 p.m.	9/12 - 10/24	FREE	9-18 yrs
Oct. 25	Wake Tech Esports Arena	Mon. 5-8 p.m.	10/9 - 11/24	FREE	9-18 yrs

Dog Park

Pop-Up Dog Park Days

Ages: 18+ years

During the month of September, experience PRCR's "Pop-Up" Dog Park. The Pop Up park will occur at MCP on Sundays, 9 a.m. - 1 p.m. Dog toys are welcome, and water is provided. Registration is required, and all participation is FREE!



Session	Location	Day/Time	Registration	Fee	Age
Sept. 10	MCP Field 1 & 2	Sun. 9 a.m. - 1 p.m.	7/3 - 9/22	FREE	18+ yrs
Sept. 17	MCP Field 1 & 2	Sun. 9 a.m. - 1 p.m.	7/3 - 9/22	FREE	18+ yrs
Sept. 24	MCP Field 1 & 2	Sun. 9 a.m. - 1 p.m.	7/3 - 9/22	FREE	18+ yrs

Sport Clinics

Multi-Sport Tots

Ages: 3.5-6 years

Introduce your little superstar to sports in our most popular program! This flag football and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development.



Session	Location	Day/Time	Fee	Age
Sept. 11- Oct. 16	MCP Multi-purpose field	Mon. 5-5:45 p.m.	\$119	3.5-4.5 yrs
Sept. 11- Oct. 16	MCP Multi-purpose field	Mon. 6-6:45 p.m.	\$119	4.5-6 yrs

Soccer Tots

Ages: 2-5 yrs

These soccer-themed motor skill classes are for youngsters to get into the sport! Younger age groups focus on developing motor skills and confidence; older classes focus on developing core soccer skills and focus, and introduce an element of light competition. Parent participation is required for age 2-3.5 year olds.



Session	Location	Day/Time	Fee	Age
Sept. 16- Oct. 21	MCP Multi-purpose field	Sat. 9-9:45 a.m.	\$119	2-3.5 yrs
Sept. 16- Oct. 21	MCP Multi-purpose field	Sat. 10-10:45 a.m.	\$119	3.5-5 yrs



CEDAR FORK COMMUNITY CENTER

ENGAGING PROGRAMS FOR THE YOUTH

Youth

Before-School Program

Age: 5-12 yrs

Our before-school program provides Cedar Fork Elementary students with a safe and exciting environment before the school day officially begins. The program will start your child's day off right with fun and energizing activities. The program begins at 7 a.m. and releases participants at the school bell. Kindergartners will be walked to their classes.



**Please note that this program is only available to Cedar Fork Elementary School students.*

Session	Day(s)	Time	Registration	Fee Monthly
Aug. 27 - Jun. 13	M-F	7 - 8:45 a.m.	8/5 R 8/7 NR	\$133 R \$175 NR



Where can you register?

In-person:

Cedar Fork Community Center
1050 Townall Drive #B
Morrisville, NC 27560

Online:

anc.apm.activecommunities.com/mprplaymorr

After-School Program

Age: 5-12 yrs

Cedar Fork Community Center provides an after school program that gives participants homework assistance and engaging activities and games in a safe, fun, and recreational environment to keep children active and in physical activities. Monthly participation is available. Participants are encouraged to bring snacks and a bottle of water.



Session	Day(s)	Time	Registration	Fee Monthly
Aug. 27 - Jun. 13	M-F	3:45-6 p.m.	8/5 R 8/7 NR	\$170 R \$221 NR

Summer Camp

Camp Cedar Fork 2024

Age: 5-14 yrs

If you are looking for an engaging summer camp for your child, look no further! Participants at Camp Cedar Fork will enjoy days filled with games, arts and crafts, water activities, brain booster challenges, field trips, pool visits to MAFC, and much more! Groups will be split between ages 5-11 and ages 12-14.



Session	Day(s)	Time	Registration	Fee Weekly
Jun. 17 - Aug. 16	M-F	7:30 a.m. - 6 p.m.	2/19 R 3/4 NR	\$168 R \$218 NR

**A \$50 deposit will be due at the time of registration for each week registered. Deposits will go towards the cost of the program.*

SENIOR CENTER

PROGRAMS FOR THOSE WITH MORE LIFE EXPERIENCE

Education

Tech Help

Ages: 55+ yrs

Have a smartphone, tablet, laptop, or device and have questions? Come to MSC. We will have someone on hand to answer your basic tech questions. To register call 919-463-7140.



Dates	Time	Location	Fee	Age
Sept. 1 & 15	1-2 p.m.	MSC	FREE	55+
Oct. 6 & 30	1-2 p.m.	MSC	FREE	55+
Nov. 3 & 17	1-2 p.m.	MSC	FREE	55+
Dec. 1 & 15	1-2 p.m.	MSC	FREE	55+

Medicare 101

Ages: 55+ yrs

Listen to a presentation on the basics of Medicare and have your questions answered by volunteer SHIIP counselors. You will learn when and how to apply for the different Medicare coverage options and how to determine which option is best for you! To register call 919-463-7140.



Dates	Time	Location	Fee	Age
Sept. 6	11 a.m.	MSC	FREE	55+



MSC is located in McCrimmon Corners Shopping Center off of Davis Drive!

Understanding Long-term Services & Support

Ages: 55+ yrs

This presentation provides a comprehensive understanding of long-term care options for older adults and includes both in-home and facility-based services. Information may be particularly helpful as one is starting to plan for their later years. The program is presented by Lisa Hoskins with The Center for Volunteer Caregiving. To register call 919-463-7140.



Dates	Time	Location	Fee	Age
Oct. 11	11 a.m.	MSC	FREE	55+

Consumer Fraud

Ages: 55+ yrs

Keep your information safe and learn how to protect yourself from scammers. This class is presented by the North Carolina State Employees Credit Union. To register call 919-463-7140.



Dates	Time	Location	Fee	Age
Dec. 6	11 a.m.	MSC	FREE	55+

Fitness

Chair Yoga

Ages: 55+ yrs

Whether you are seeking healing, strengthening, flexibility, and/or increased mobility, chair yoga can be your companion on the journey and support your fitness goals both mentally and physically. This is a year-round offering.

Register at www.tinyurl.com/morrisvilleseniorcenter



Dates	Time	Location	Fee	Age
Mon.	10-11 a.m.	MSC	FREE	55+
Thur.	9:45-10:45 a.m.	MSC	FREE	55+

Senior Yoga

Ages: 55+ yrs

Total body yoga is magic! Standing and mat-based moves help improve your strength, power and focus. You can feel good all over. Open hearts, minds, and all levels are welcomed! This class is a year-round offering.



Register at www.tinyurl.com/morrisvilleseniorcenter

Dates	Time	Location	Fee	Age
Tue.	11 a.m. - 12 p.m.	MSC	FREE	55+
Thur.	11 a.m. - 12 p.m.	MSC	FREE	55+

Line Dancing 1 (Beginner)

Ages: 55+ yrs

This is a class for those who have never line danced before or for people who want to do simple line dances. You will learn the basic steps of line dancing. This is a year-round offering.



Register at www.tinyurl.com/morrisvilleseniorcenter

Dates	Time	Location	Fee	Age
Mon.	1-2 p.m.	MSC	FREE	55+

Line Dancing 2 (Improver)

Ages: 55+ yrs

This class is for those who have taken the Line Dancing 1 class and/or who can successfully dance the steps taught in Line Dancing 1. Line Dancing 2 provides a great opportunity for improving your line dancing skills. This is a year-round offering.



Register at www.tinyurl.com/morrisvilleseniorcenter

Dates	Time	Location	Fee	Age
Mon.	2:15-3:25 p.m.	MSC	FREE	55+

Low Impact Cardio Interval

Ages: 55+ yrs

This class combines basic low impact aerobics moves designed to get your blood flowing with strength training. You will also do a bit of core work at the end of the class. All levels are welcome! This is a year-round offering.



Register at www.tinyurl.com/morrisvilleseniorcenter

Dates	Time	Location	Fee	Age
Mon.	6-6:45 p.m.	MSC	FREE	55+
Wed.	6-6:45 p.m.	MSC	FREE	55+
Fri.	10-11 a.m.	MSC	FREE	55+

Games

Game Time

Ages: 55+ yrs

Enjoy a variety of games and cards while you socialize with friends old and new. Participants are welcome to bring their own games to play, as well! This is a year-round offering.

Register at www.tinyurl.com/morrisvilleseniorcenter



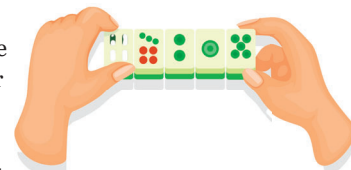
Dates	Time	Location	Fee	Age
Wed.	1-3 p.m.	MSC	FREE	55+

Happy Mahjong

Ages: 55+ yrs

Happy Mahjong is a puzzle game that can bring joy and train your mind. The game is easy to play in groups of two, three or four. A maximum of 16 participants is allowed for this program. This is a year-round offering.

Register at www.tinyurl.com/morrisvilleseniorcenter



Dates	Time	Location	Fee	Age
Wed.	1-3 p.m.	MSC	FREE	55+

Dominoes

Ages: 55+ yrs

Join your friends or make new ones playing Dominoes every Friday morning at the Morrisville Senior Center! This is a year-round offering.

Register at www.tinyurl.com/morrisvilleseniorcenter



Dates	Time	Location	Fee	Age
Fri.	10 a.m. - 12 p.m.	MSC	FREE	55+

Bingo

Ages: 55+ yrs

Join in weekly for some fun at the MSC! Bingo cards are \$1 each (cash only please). Pre-registration for this program is required. Participants may bring their own refreshments. This is a year-round offering.

Register at www.tinyurl.com/morrisvilleseniorcenter

Dates	Time	Location	Fee	Age
Tue.	1-3 p.m.	MSC	FREE	55+
Thur.	1-3 p.m.	MSC	FREE	55+



Bridge

Ages: 55+ yrs

If you enjoy playing bridge in a social environment, then this is where you need to be! Participants must be familiar with the game to sign up. Please call Jean Keelean at (919)886-9238 or Sharyn Rohaly at 919-614-0056 to be placed on the bridge list. This is a year-round offering.



Dates	Time	Location	Fee	Age
Mon.*	1-4 p.m.	MSC	FREE	55+

*No meetups on the third Monday of each month.

Health

Blood Pressure Clinics

Ages: 55+ yrs

This clinic offers free blood pressure checks with an opportunity to ask your medication questions and learn strategies for managing your blood pressure during a Q&A session with Casey Baldwin, Pharm. D. To register call the MSC at 919-463-7140.



Dates	Time	Location	Fee	Age
Sept. 22	12-1 p.m.	MSC	FREE	55+
Oct. 27	12-1 p.m.	MSC	FREE	55+
Nov. 17	12-1 p.m.	MSC	FREE	55+
Dec. 15	12-1 p.m.	MSC	FREE	55+

SHIPP Counseling

Ages: 55+ yrs

These individual appointments will help seniors understand their Medicare options with the Senior Health Insurance Information Program. These sessions are by appointment only. To register call the MSC at 919-463-7140.



Dates	Time	Location	Fee	Age
Sept. 18	2-4 p.m.	MSC	FREE	55+
Oct. 16	2-4 p.m.	MSC	FREE	55+
Nov. 20	2-4 p.m.	MSC	FREE	55+
Dec. 18	2-4 p.m.	MSC	FREE	55+

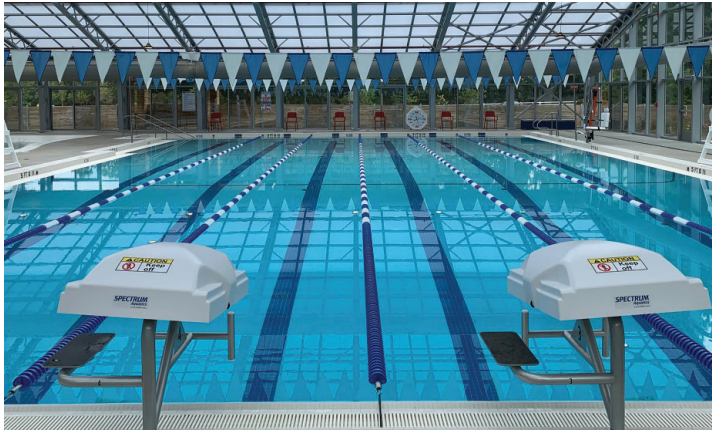
Grief and the Holidays

Ages: 55+ yrs

The holidays can be a difficult time when you have lost a loved one. Please join us to learn techniques and ways to remember your loved one during the holiday season. Also, learn how to help yourself grieve during this time. To register call the MSC at 919-463-7140.



Dates	Time	Location	Fee	Age
Nov. 8	11 a.m.	MSC	FREE	55+



Aquatic Amenities

Lap Pool

Depths: 3.5 feet-8 feet

The lap pool has six lanes for lap-swimming over a 25-yard course and is used exclusively by adults who can swim laps continuously, or adults doing walking/water exercise. Children ages 3-14 may use the lap pool if they can swim 300 yards continuously while demonstrating breath control and rhythmic breathing.

Program Pool

Depths: 3.5 feet

The program pool is for general recreation and self-guided exercise. This pool is ideal for patrons who are not planning to swim laps, but still enjoy the pool.



Spray Ground Pool Area

Zero-depth Entry

Children age 9 and under can enjoy the zero-depth entry, shallow play pool with a "spray ground" feature. Children age 10 and older may use the water feature if accompanying a younger child.



The spray ground is open year-round for family-friendly fun!

For our most up-to-date pool schedule, visit our website at www.townofmorrisville.org/mafc

KNOW BEFORE YOU GO!

- Children ages 7-11 must be supervised by an adult while using the pool.
- Children age 6 and under must always have an attentive adult in the water with them.
- Inflatable flotation devices are not allowed.
- The pool closes during thunder and/or lighting storms.

Swim Lessons

Preschool Lessons

Age: 3-5 years

Beginner: No prerequisites or experience required.

Session	Day(s)	Time	Registration	Fee
Sept. 6-25	Mon./Wed.	4:30 - 5 p.m.	8/15R 8/17NR	\$73R \$95NR
Oct. 2-18	Mon./Wed.	4:30 - 5 p.m.	9/12R 9/14NR	\$73R \$95NR
Oct. 30-Nov. 15	Mon./Wed.	4:30 - 5 p.m.	10/10R 10/12NR	\$73R \$95NR

Beginner/Advanced: Register children who are comfortable going underwater, floating on their backs, and can swim 10 feet.

Session	Day(s)	Time	Registration	Fee
Sept. 6-25	Mon./Wed.	7:10 - 7:40 p.m.	8/15R 8/17NR	\$73R \$95NR
Oct. 2-18	Mon./Wed.	7:10 - 7:40 p.m.	9/12R 9/14NR	\$73R \$95NR
Oct. 30-Nov. 15	Mon./Wed.	7:10 - 7:40 p.m.	10/10R 10/12NR	\$73R \$95NR

Youth Lessons

Age: 6-13 years

Beginner: No prerequisites or experience required.

Session	Day(s)	Time	Registration	Fee
Sept. 6-25	Mon./Wed.	5:10 - 5:40 p.m.	8/15R 8/17NR	\$73R \$95NR
Oct. 2-18	Mon./Wed.	5:10 - 5:40 p.m.	9/12R 9/14NR	\$73R \$95NR
Oct. 30-Nov. 15	Mon./Wed.	5:10 - 5:40 p.m.	10/10R 10/12NR	\$73R \$95NR

Beginner/Intermediate: Register children who can safely jump into deep water and tread water for at least 10 seconds or at a beginner level.

Session	Day(s)	Time	Registration	Fee
Sept. 6-25	Mon./Wed.	6:30-7 p.m.	8/15R 8/17NR	\$73R \$95NR
Oct. 2-18	Mon./Wed.	6:30-7 p.m.	9/12R 9/14NR	\$73R \$95NR
Oct. 30-Nov. 15	Mon./Wed.	6:30-7 p.m.	10/10R 10/12NR	\$73R \$95NR

Beginner/Intermediate: Register children who are able to swim 25-yards of freestyle, backstroke, and comfortable in deep water or an intermediate level.

Session	Day(s)	Time	Registration	Fee
Sept. 6-25	Mon./Wed.	5:50-6:20 p.m.	8/15R 8/17NR	\$73R \$95NR
Oct. 2-18	Mon./Wed.	5:50-6:20 p.m.	9/12R 9/14NR	\$73R \$95NR
Oct. 30-Nov. 15	Mon./Wed.	5:50-6:20 p.m.	10/10R 10/12NR	\$73R \$95NR

SAVE THE DATE!

Swim with Santa

Friday, Dec. 15 | 4:30 - 8 p.m.

Fee: \$10 R | \$13 NR

Register for an evening of swimming in the pool with Mr. and Mrs. Claus. Enjoy snacks, crafts, and photo opportunities!

**One hour time slots will be available.*



FITNESS AND AQUATICS CENTER

FITNESS FOR ALL AGES

Swim Lessons

Stroke School

Age: 6-13 years

Stroke school is not a learn to swim class. It is designed to help those who are looking to refine already established swim strokes and improve fitness and endurance levels. See class prerequisites below for bronze, silver, and gold classes.

Bronze: For swimmers who can swim 25 yards of backstroke and freestyle.

Session	Day(s)	Time	Registration	Fee
Sept. 5-21	Tue./Thur.	5:30-6:20 p.m.	8/15R 8/17NR	\$73R \$95NR
Oct. 3-19	Tue./Thur.	5:30-6:20 p.m.	9/12R 9/14NR	\$73R \$95NR
Nov. 2-20	Tue./Thur.	5:30-6:20 p.m.	10/10R 10/12NR	\$73R \$95NR

Silver: For swimmers who can swim 25 yards of backstroke, free-style, and breaststroke.

Session	Day(s)	Time	Registration	Fee
Sept. 5-21	Tue./Thur.	6:30-7:20 p.m.	8/15R 8/17NR	\$73R \$95NR
Oct. 3-19	Tue./Thur.	6:30-7:20 p.m.	9/12R 9/14NR	\$73R \$95NR
Nov. 2-20	Tue./Thur.	6:30-7:20 p.m.	10/10R 10/12NR	\$73R \$95NR

Gold: For swimmers who can swim 50 yards of backstroke, free-style, and breaststroke.

Session	Day(s)	Time	Registration	Fee
Sept. 5-21	Tue./Thur.	7:30-8:20 p.m.	8/15R 8/17NR	\$73R \$95NR
Oct. 3-19	Tue./Thur.	7:30-8:20 p.m.	9/12R 9/14NR	\$73R \$95NR
Nov. 2-20	Tue./Thur.	7:30-8:20 p.m.	10/10R 10/12NR	\$73R \$95NR



Adult Lessons

Age: 13+ years

Beginner: Register if you are a teen or adult with little to no experience in water. Class will take place in the program pool.

Session	Day(s)	Time	Registration	Fee
Sept. 11-Oct. 2	Mon	7:45-8:30 p.m.	8/15R 8/17NR	\$73R \$95NR
Oct. 9-30	Mon	7:45-8:30 p.m.	9/12R 9/14NR	\$73R \$95NR
Nov. 6-27	Mon	7:45-8:30 p.m.	10/10R 10/12NR	\$73R \$95NR

Beginner/Intermediate: Register if you are a teen or adult who is comfortable in the water and able to swim 10 feet front crawl or at a beginner level.

Session	Day(s)	Time	Registration	Fee
Sept. 6-27	Wed.	7:45-8:30 p.m.	8/15R 8/17NR	\$73R \$95NR
Oct. 4-25	Wed.	7:45-8:30 p.m.	9/12R 9/14NR	\$73R \$95NR
Nov. 1-29*	Wed.	7:45-8:30 p.m.	10/10R 10/12NR	\$73R \$95NR

*No class Nov. 22

Intermediate (lap pool): For teens and adults who are comfortable in the water and able to swim 10 feet front crawl.

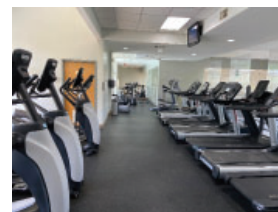
Session	Day(s)	Time	Registration	Fee
Sept. 6-27	Wed.	12:15-1 p.m.	8/15R 8/17NR	\$73R \$95NR
Oct. 4-25	Wed.	12:15-1 p.m.	9/12R 9/14NR	\$73R \$95NR
Nov. 1-29*	Wed.	12:15-1 p.m.	10/10R 10/12NR	\$73R \$95NR

*No class Nov. 22

Fitness Amenities

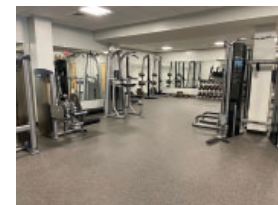
Aerobic and Cardio Areas

The aerobic room and cardio deck are located on the second level of the MAFC. The aerobic room hosts group fitness classes. The cardio deck houses stationary bikes, treadmills, ellipticals, and much more!



Weight Room

The weight room is located on the first level of MAFC. The room is fully equipped with popular weight lifting equipment such as pin-loaded machines, cable machines, squat racks, dumbbells, assisted pull-up/dip, captain's chairs, and benches.



Racket Sports

The MAFC has two outdoor tennis courts that can also function as pickleball courts. Indoors, there are two racquetball courts. Equipment for pickleball, racquetball, and tennis are available for check out at the front desk. Courts must be reserved ahead of time.

*For court reservations, visit www.townofmorrisville.org/mafc

Fitness

Fitness Classes

Age: 15+ years

The MAFC brings fun to group fitness by offering a variety of class formats that are inclusive to all ability levels. Some of our classes include Tai Chi, Water Aerobics, Silver Sneakers, Spin, Interval Training, Bootcamp, Yoga, Pilates, and much more! Classes are offered six days a week, with over 45 class options to choose from. Free outdoor fitness classes are also available to community members.

*For signups and class descriptions, visit www.townofmorrisville.org/mafc

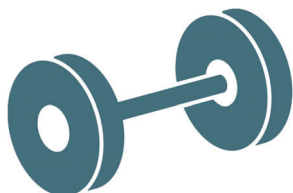


Small Group Strength Training

Age: 18+ years

Small group strength training is a six-week program to help you build your strength and give you a total body workout with traditional weight room exercises. Weight room experience or an equipment orientation is required to attend this class. This class is for experienced strength training individuals.

Session fees: \$37 (R) | \$48 (NR)



Session	Day(s)	Time	Registration Dates
Oct. 9-Nov. 13	Mon.	6:30 - 7:20 p.m.	9/18 R 9/20 NR



Teen Fit

Age: 11-14 years

This course helps orient those ages 11-14 with our facility's fitness equipment while educating them on how to build strength, flexibility, balance and other lifelong fitness skills. Each lesson ends with fun games and competitions that put these skills to the test!

Session fees: \$49 R | \$64 NR

Session	Day(s)	Time	Registration Dates
Oct. 3-26 (Girls)	Tue./Thur.	5 - 5:50 p.m.	9/12 R 9/14 NR
Nov. 7-Dec. 7 (Boys)	Tue./Thur.	5 - 5:50 p.m.	10/17 R 10/19 NR

*No class Nov 21 and 23

Special Events

Age: Range Varies

Fall Family Fitness (September - October)

Enjoy fitness classes and events geared towards child/parent play.

Healthy Holidays (November - December)

Participate in classes and events that help you stay on track of your fitness and health goals during the holiday season.

*For signups and more information visit www.townofmorrisville.org/mafc



Karate

Youth Karate

Age: 7-12 years

This youth karate class emphasizes the development and control of power, smoothness, and balance in punching, kicking, blocking/parrying, and body shifting. Instructors: Christopher Gallagher Shodan, 1st; Elmar Schmeisser, Kyoshi, 7th Dan



Session fees: \$63 (R) | \$82 (NR)

Session	Day(s)	Time	Registration Dates
Aug. 29 - Sept. 21	Tue./Thur.	6:30 - 7:20 p.m.	8/8 R 8/10 NR
Sept. 26 - Oct. 19	Tue./Thur.	6:30 - 7:20 p.m.	9/5 R 9/7 NR
Oct. 24 - Nov. 21	Tue./Thur.	6:30 - 7:20 p.m.	10/3 R 10/5 NR
Nov. 28 - Dec. 14*	Tue./Thur.	6:30 - 7:20 p.m.	11/7 R 11/9 NR

*Reduced pricing: \$47(R), \$62(NR) due to shorter session time.



Teen/Adult Karate

Age: 13+ years

This adult karate class emphasizes the development and control of power, smoothness, and balance in punching, kicking, blocking/parrying, and body shifting. Instructors: Christopher Gallagher Shodan, 1st; Elmar Schmeisser, Kyoshi, 7th Dan.

Session fees: \$63 (R) | \$82 (NR)

Session	Day(s)	Time	Registration Dates
Aug. 29 - Sept. 21	Tue./Thur.	7:30 - 8:20 p.m.	8/8 R 8/10 NR
Sept. 26 - Oct. 19	Tue./Thur.	7:30 - 8:20 p.m.	9/5 R 9/7 NR
Oct. 24 - Nov. 21	Tue./Thur.	7:30 - 8:20 p.m.	10/3 R 10/5 NR
Nov. 28 - Dec. 14*	Tue./Thur.	7:30 - 8:20 p.m.	11/7 R 11/9 NR

*Reduced pricing: \$47(R), \$62(NR) due to shorter session time.

Personal Training and Physical Therapy

Next Level Physio

Age: 9+ years

Tired of not reaching your strength and body fat goals? Next Level Physio provides MAFC patrons with physical therapy and personal training opportunities. Next Level specializes in helping runners, youth, and athletic adults get to reach their next level with a whole-body physiotherapy approach.

Inquire at NLphysio.com

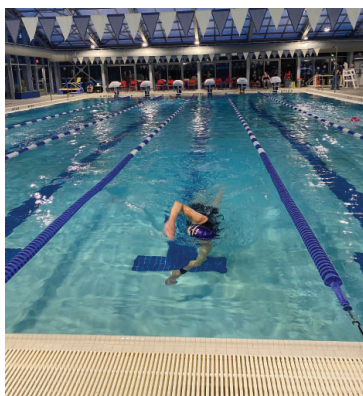


Integrated Therapy

Age: All ages

The MAFC partners with Integrated Therapy to provide patrons with aquatics physical therapy. The therapists accompany each patient in the water during all treatment sessions. Swimming is not required as most of the exercises will be preformed while standing in the water using flotation devices.

Inquire at aqua-pt.com



Racket Sports

Free Beginner Pickleball Clinics

Age: 14+ years

The Cary Pickleball Ambassadors will be hosting a free pickleball clinic once a month for beginners and those wanting a broad introduction to the game.

To signup, visit www.townofmorrisville.org/mafc

Date	Time	Registration Dates
Sept. 10	9 - 11 a.m.	9/3
Oct. 8	9 - 11 a.m.	10/1
Nov. 12	11 a.m. - 1 p.m.	11/5
Dec. 10	11 a.m. - 1 p.m.	12/3

RDU Tennis Clinics and Camps

Age: 4+ years

RDU teaches the fundamentals of tennis in an energizing and safe environment for children and adults. Each lesson plan is based on the general age range, skill levels, and size of class. Programs are located at the Morrisville Aquatics & Fitness Center's tennis courts.

Registration: www.rdutennis.com



Impact-U Tennis Programs

Age: 6+ years

The Impact-U Tennis program provides a workout routine for any player while incorporating the strokes and drills necessary for players of all levels to get to the next level in your game. The program is at Church Street Park tennis courts.

Registration: impactunow.com

Western Wake Tennis Association

Age: Youth and Adults

WWTA continually works with the USTA, local tennis organizations and clubs and local government to respond to the needs of the tennis community. Program sites are Church Street Park, MAFC, MCP, and other local tennis parks.

Registration: www.westernwaketennis.com





Have you visited Morrisville Community Park since the expansion?

In May 2023, MCP expanded to include three pickleball courts, three tennis courts, a restroom shelter building, new walking trails, and a boardwalk for pedestrian access.



Stay Connected!



@PlayMorrNC



@PlayMorrNC



www.townofmorrisville.org/parks