

THE CONDUCTOR



KNIGHTDALE
*parks, recreation
& cultural programs*



2026 SPRING PROGRAM GUIDE

MARCH 1 – MAY 31

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PARKS & FACILITIES

Park and facility hours vary, please visit KnightdaleNC.gov for up to date information on hours.

Environmental Park

950 Steeple Square Court

Features: Picnic shelters, accessible gravel walking trail, boardwalk, benches, cornhole boards, fishing pond.

Harper Park

207 Main Street

Features: Four pickleball and tennis courts, picnic shelters, inclusive playground.

Knightdale Community Park

101 Bryan Chalk Lane

Features: Four baseball/softball fields, concession stand, playground.

Knightdale Community Pool

202 Milburnie Road

Features: Outdoor pool, cabana, basketball court, clubhouse.

Knightdale Recreation Center

102 Lawson Ridge Road

Features: Two multi-purpose rooms, kitchen, gyms.

Knightdale Station Park

810 N. First Avenue

Features: Inclusive playground, multi-purpose paved trails, dog park, multi-purpose fields, splash pad, picnic shelters, pavilions, amphitheater, disc golf course, Veterans Memorial.

Mingo Creek Park

100 Parkside Commons Drive

Features: Two half-court basketball courts, playground, dog park, multi-purpose trails.

Panther Rock Park

840 Hardin Hill Lane

Features: Rock formations, mulched walking trail, benches, picnic table.

POLICIES

Fee Information

In this guide, you will find that programs have different fees for Town of Knightdale Residents and Non-Residents, written as: \$Residents/\$Non-Residents. Municipal tax revenue is paid to the Town of Knightdale by residents living inside the corporate limits of the Town. Those living outside the corporate limits do not pay Town taxes and therefore are charged a higher rate for participation. Participants must live inside the corporate limits of the Town of Knightdale at the time of registration to receive the Resident rate.

Program Registration & Facility Reservation

Program registrations and facility reservations including indoor facilities, picnic shelters, fields, the cabana, and pavilions may be completed online at Knightdale.RecDesk.com or in person at the Harper Park office.

Athletic program registration deadlines are listed in this program guide. Registration deadlines for all other Town registered programs can be found online at Knightdale.RecDesk.com.

Programs run by partner organizations each have their own registration guidelines, please contact those individual organizations for more information.

Facility rental reservation deadlines are one month in advance for indoor facilities and pavilions, and one week in advance for picnic shelters, the cabana, and field rentals. No facility reservation may be made more than three months in advance.

Inclement Weather & Rained Out Notifications

Knightdale Parks, Recreation, & Cultural Programs utilizes the Rained Out weather notification system to notify parents and participants of delays or cancellations due to inclement weather. The athletics department will go over the Rained Out registration process during seasonal parent meetings. The Wake County Public School System's weather guidelines for closures and activities will also be followed. The Town of Knightdale reserves the right to revise or conduct activities to ensure everyone's safety.

For live weather information for Knightdale Station Park, Knightdale Community Park, and the Knightdale Elementary School Athletic Park please visit KnightdaleNC.gov and navigate to Departments > Parks Recreation & Cultural Programs > Facility Weather Information.

Payment Policy

Knightdale Parks, Recreation, & Cultural Programs accepts cash, check, money order, credit cards including MC, Visa, and Discover as forms of payment. A \$35 service fee will be charged for all returned checks.

For Town registered programs full payment is due at time of registration.

Programs run by partner organizations each have their own payment policies, please contact those individual organizations for more information.

For picnic shelter and cabana rentals, full payment is due at the time of reservation. For indoor facilities, pavilions, and field rentals, full payment is due once the reservation has been approved.

Refund Policy

A full refund will be offered for all programs cancelled by the Town of Knightdale.

For athletic programs refund requests received prior to the ordering of team uniforms will be honored with a full refund. For all other Town registered programs refund requests received at least seven days prior to the program start date will be honored with a full refund. In the event of injury or other hardship, the department will evaluate a refund on a case by case basis.

Programs run by partner organizations may each have their own refund policies, please contact those individual organizations for more information.

Facility reservations cancelled at least two weeks prior to the rental are entitled to a full refund. Facility reservations cancelled less than two weeks before the rental are entitled to a refund, minus the deposit. Picnic shelter, cabana, and field rentals are subject to a full refund if inclement weather prohibits use.

Recreation Center rentals are not subject to a refund due to inclement weather, unless it results in the closing of the facility.

Non-Discrimination Policy

Facilities and services are available to all without regard to race, color, religion, sex, age, national origin, or disability. In accordance with the Americans with Disabilities Act (ADA), our staff are committed to providing reasonable modifications to our programs for participants with disabilities or medical conditions. To request a program modification, please go to Knightdale.RecDesk.com > Forms and complete the Request for Program Modification Form.

GREENWAYS & TRAILS

GREENWAYS

Get outside and enjoy the beauty of Knightdale's Greenway Trails! The Town of Knightdale offers over six miles of Greenways and Trails that cover Knightdale Station Park, Knightdale Community Park, Environmental Park, Mingo Creek Park, and Harper Park. Discover your path today!



ADOPT-A-TRAIL

The Knightdale Parks, Recreation & Cultural Programs Adopt-A-Trail program provides volunteer opportunities for interested individuals, businesses, and groups to participate in trail cleanup to keep our parks and trails beautiful and safe for all to enjoy.

Fill out an application at Knightdale.RecDesk.com underneath the Memberships tab, or for more information contact Knightdale Parks & Recreation at (919)-217-2251.

ART EXHIBITION

The Town of Knightdale presents monthly art exhibitions at Town Hall. The public is invited to view the works of accomplished area and regional artists on display during Town Hall regular public hours and on the Knightdale Parks and Recreation's Facebook page.

Artists working in any medium are invited to submit an application for exhibition. Applications may be submitted at any time at KnightdaleNC.gov. This opportunity is open to any artist or curator seeking to organize a display. Commercial gallery artists are not eligible, although artists represented by a commercial gallery are eligible to apply as an individual. Written proposals for themed exhibitions may be submitted along with artists' images.

Works in all disciplines will be considered; however, due to limitations of the exhibition space, artwork that can be hung on the walls must have an attached hanging wire on the back. Artists are responsible for delivery, installation and removal of artwork for exhibitions. Sales will be handled by the artist.

You will be notified after your work has been reviewed. Town of Knightdale specifically reserves the right to prohibit or call for the removal of any or all of an exhibition at any time. For more information, contact Knightdale Parks and Recreation at 919-217-2251.

SPECIAL EVENTS

POT OF GOLD 5K

Lace up for the Pot of Gold 5K! All proceeds support the Northside Compassion Box, part of the Knightdale-based Northside Compassion Project, a non-profit working to combat food and shelter insecurity across Wake County. For more information and to register, visit RunSignUp.com. This event is planned by Northside Community Church with the Town providing operational support. For more information please contact Northside Community Church at: info@northsidecommunity.com.

Location: Knightdale Station Park

Date	Day	Time	Fee
Mar 14	Sat	9-10a	\$35

FARMERS MARKET @ OAK CITY

Join us and Oak City Brewing on second Sundays through October for a vibrant market experience filled with fresh local goods, live music, and great community vibes. Browse locally grown produce and handmade consumable goods in a relaxed outdoor setting. This event is planned by Oak City Brewing Company with operational support provided by the Town. Contact Oak City for more information at info@oakcitybrewingcompany.com.

Location: Knightdale Station Park

Date	Day	Time	Fee
Apr 12	Sun	11a-2p	Free
May 10	Sun	11a-2p	Free

HARPER HOUR

Harper Hour is a fun-filled afternoon at Harper Park! Bring your friends and family to enjoy delicious food from local food trucks, friendly competition with multiple yard games, live music to keep you grooving, and refreshing drinks from Oak City Brewing.

Location: Harper Park

Date	Day	Time	Fee
Apr 16	Thu	5:30-7:30p	Free
May 21	Thu	5:30-7:30p	Free

LATIN AMERICAN FESTIVAL

Join us for a vibrant celebration of Latin American culture, hosted in partnership with La Grande NC! Enjoy a day filled with lively music, delicious food, and endless fun for all! This event is planned by La Grande NC with the Town offering operational support. For more information, please contact La Grande NC at nclagrande@gmail.com.

Location: Knightdale Station Park

Date	Day	Time	Fee
Apr 26	Sun	1-6p	Free

MOVIE IN THE PARK

Join us for a magical evening under the stars at Movie in the Park! Bring a chair or blanket, grab your favorite treats from local food trucks, and relax as we screen a family-friendly film at the amphitheater. It's the perfect way to enjoy a night out with the whole family! Movie starts around 8:00pm.

Location: Knightdale Station Park

Date	Day	Time	Fee
May 1	Fri	8-10p	Free

SPECIAL EVENTS

TWO GREEN THUMBS PLANT SALE

Get your green thumbs ready! The Two Green Thumbs Garden Club is hosting a plant sale with a fantastic selection of plants for everyone to enjoy. This event is planned by Two Green Thumbs Garden Club with the Town providing operational support. For more information please contact the Two Green Thumbs Garden Club at: twogreenthumbsgardenclub@gmail.com.

Location: Knightdale Station Park

Date	Day	Time	Fee
May 9	Sat	7a-1p	Free

PICKIN' IN THE PARK

Enjoy an unforgettable event celebrating great food and live music in partnership with Prime Barbecue! Savor expertly crafted barbecue while listening to lively bluegrass tunes in a relaxed, family-friendly atmosphere.

Location: Knightdale Station Park

Date	Day	Time	Fee
May 16	Sat	4-7p	Free

MEMORIAL DAY CEREMONY

Honor the brave men and women who made the ultimate sacrifice at Knightdale's Memorial Day Ceremony. This meaningful event will include a keynote presentation and the unveiling of newly engraved names on the Veterans Memorial.

Location: Knightdale Station Park

Date	Day	Time	Fee
May 25	Mon	11a-12p	Free

SHAKESPEARE IN THE PARK

Enjoy As You Like It at the Knightdale Station Park amphitheater. Filled with witty banter, unforgettable characters, and some of Shakespeare's most beautiful poetry, As You Like It is a celebration of nature, love, and the power of finding yourself in a changing world. This abridged version is the perfect way to experience the magic of Shakespeare under the open sky or on your busy schedule.

This event is planned by Switch Theatre Company with the Town offering operational support. For more information contact Switch Theatre Company at Email: info@switchtheatreco.org or Phone: 919-926-9906.

Location: Knightdale Station Park

Date	Day	Time	Fee
May 30	Sat	6-8p	Free
May 31	Sun	2-4p	Free



YOUTH & TEEN

ATHLETICS

Sport	Ages	Registration Dates	Season	Fee
Spring Baseball	7-15 Boys & 7-8 Girls	Jan 1 - Mar 1	March-May	\$50 / \$70
Spring Softball	9-12 Girls	Jan 1 - Mar 1	March - May	\$50 / \$70
Spring T-Ball	4 Boys & Girls	Jan 1 - Mar 1	March-May	\$25/\$40
Spring Modified T-Ball	5-6 Boys & Girls	Jan 1 - Mar 1	March-May	\$25/\$40
Coach Pitch Baseball	7-8 Boys	Jan 1 - Mar 1	March-May	\$50 / \$70
Coach Pitch Softball	7-8 Girls	Jan 1 - Mar 1	March-May	\$50 / \$70
Volleyball Academy	7-12 Boys & Girls	Feb 1 - Mar 1	April	\$25 / \$50
Summer Basketball	5-15 Boys & Girls	Apr 1 - Apr 30	June - August	\$50 / \$70

ART & CULTURE

BOOK & BOOGIE

Book & Boogie blends the magic of storytelling with the power of dance and creative movement. In this interactive class, children listen to diverse, engaging books and bring the stories to life through movement, music, imagination, and play!

Location: Knightdale Recreation Center

Age	Date	Day	Time	Fee
3-5	Mar 4-Mar 25	Wed	10-10:45a	\$20/\$40
6-8	Mar 4-Mar 25	Wed	11a-12p	\$20/\$40
3-5	May 6-May 27	Wed	10-10:45a	\$20/\$40
6-8	May 6-May 27	Wed	11a-12p	\$20/\$40

EXPLORE ARTIST BOOKS!

Join artist Julia Einstein to explore four ways to make handmade books in a multi-week series of classes. In four sessions you'll try out the techniques and tools of accordion fold, pop up, 3d picture books, and inventive binding. No experience is required. All materials are provided.

Location: Knightdale Recreation Center

Age	Date	Day	Time	Fee
10-15	Mar 4-Mar 25	Wed	4:30-6p	\$20/\$40

AUDITION PREP FOR YOUTH & TEENS

This audition prep class helps young performers build confidence in their acting and singing skills in a supportive, small-group setting. Together, we will workshop a selected monologue and song, focusing on storytelling, vocal confidence, and technique. Students will gain audition tools while learning how to take direction and perform with confidence.

Location: Knightdale Recreation Center

Age	Date	Day	Time	Fee
8-16	Mar 7-Mar 28	Sat	1-3p	\$20/\$40

YOUTH & TEEN

THEATRE GAMES FOR KIDS

This beginner-friendly theatre class uses fun, active games to introduce kids to the world of acting and performance. Whether your child is outgoing or just starting to come out of their shell, this class is a great way to build confidence, communication skills, and teamwork!

Location: Knightdale Recreation Center

Age	Date	Day	Time	Fee
8-12	Mar 7-Mar 28	Sat	3:30-5p	\$20/\$40
8-12	Apr 11-May 2	Sat	11a-12:30p	\$20/\$40

THEATRE GAMES FOR TEENS

This beginner-friendly theatre class uses fun, active games to introduce teens to the world of acting and performance. Whether your teen is outgoing or just starting to come out of their shell, this class is a great way to build confidence, communication skills, and teamwork!

Location: Knightdale Recreation Center

Age	Date	Day	Time	Fee
13-17	Mar 7-Mar 28	Sat	11a-12:30p	\$20/\$40
13-17	Apr 11-May 2	Sat	1-2:30p	\$20/\$40

MUSICAL THEATRE SPOTLIGHT

Learn and practice singing, choreography, and acting in this fun intro to musical theatre! Instructor Dylan Bailey is a Raleigh-based theatre artist that holds a BFA in Theatre for Youth from East Carolina University. As a teaching artist, he's worked with RLT, Applause! Youth Theatre, NCT, Seed Art Share, TAP, and The ArtsCenter.

Location: Knightdale Recreation Center

Age	Date	Day	Time	Fee
8-13	Apr 15-May 20	Wed	6:30-7:30p	\$25/\$50
8-13	Apr 25-May 30	Sat	9:30-10:30a	\$25/\$50

EXPLORE PRINTING!

The art room at Knightdale Parks and Recreation will transform into a printmaker's studio on Saturday, April 21st. Join artist Julia Einstein to explore ways to use the art of printmaking. You'll try out the techniques to make a folio of prints and mixed media creations. Come ready for fun and bring your creativity! No experience is required. All materials are provided.

Location: Knightdale Recreation Center

Age	Date	Day	Time	Fee
10-15	Apr 18	Sat	10-11:30a	\$5/\$10

EXPLORE NATURE IN ART!

Join artist Julia Einstein to try out ways to make using flowers and plantings as art in a multi-week series of classes. In four sessions you'll try the techniques of pressing plants, botanical illustration, collage and more! Come ready for fun and bring your creativity! No experience is required. All materials are provided.

Location: Knightdale Recreation Center

Age	Date	Day	Time	Fee
10-15	May 6-May 27	Wed	4:30-6p	\$5/\$10



YOUTH & TEEN

FITNESS & WELLNESS

CRAZY RUNNING

This program is run in partnership with Crazy Running. Crazy Running focuses on getting kids moving and making exercise fun! Runners will be introduced to simple strength exercises, fundamental running techniques, and play games that provide a kid-friendly cardio workout! This program is appropriate for the beginner runner or a young athlete who has finished lots of races!

Location: KSP Soccer Field 3

Age	Date	Day	Time	Fee
3-4	Apr 14-May 26	Tue	5:45-6:30p	\$35/\$70
5-7	Apr 16-May 28	Thu	6-7p	\$35/\$70
8-13	Apr 14-May 26	Tue	6:45-7:45p	\$35/\$70

SCIENCE & NATURE

MARBLES PLAYDATES

Join Marbles Kids Museum for play-based STEAM programming that sparks curiosity, creativity, and connection. Let your child take the lead as they explore and create. Rotating sessions feature different ways to play. This program is for kids ages 2-5 (siblings welcome).

Location: Knightdale Recreation Center

Age	Date	Day	Time	Fee
2-5	Mar 26	Thu	10a-12p	\$5/\$10
2-5	Apr 23	Thu	10a-12p	\$5/\$10
2-5	May 28	Thu	10a-12p	\$5/\$10

ROBOTHINK: TANKS WORKSHOP

Get ready for a tank-tastic experience in this high-energy, battle-themed workshop. Participants will dive into the exciting world of armored robotics as they design and build a variety of tank-inspired machines using motors, gears, and smart engineering.

Location: Knightdale Recreation Center

Age	Date	Day	Time	Fee
7-13	Apr 4	Sat	2-3:30p	\$15/\$30

ROBOTHINK: AI THINKLAB & ROBOTICS WORKSHOP

AI Thinklab: Robotics introduces students to the fascinating world of robotics, where they can design, build, and animate their own robots using our proprietary hardware and software. The program features projects like a grabbing arm, a secure lockbox, and even a robo-penguin, each incorporating body, hand, and face-tracking technology to bring these machines to life.

Location: Knightdale Recreation Center

Age	Date	Day	Time	Fee
9-14	May 2	Sat	2-3:30p	\$15/\$30

WILD WONDERERS

Wild Wonderers is a nature-based program for preschoolers to spark curiosity about the natural world! A different theme will be explored each date through activities, experiments, stories, and/or crafts. Participants should wear closed-toed shoes and clothes that can get dirty. Adult(s) must accompany child(ren), adult(s) attend free and do not need to register.

Location: Environmental Park

Age	Date	Day	Time	Fee
3-5	May 5	Tue	10-11a	\$5/\$10

YOUTH & TEEN

ROBOTHINK: EXPEDITION MARS

WORKSHOP

Join Marbles Kids Museum for play-based STEAM programming that sparks curiosity, creativity, and connection. Let your child take the lead as they explore and create. Rotating sessions feature different ways to play. This program is for kids ages 2-5 (siblings welcome).

Location: Knightdale Recreation Center

Age	Date	Day	Time	Fee
7-13	June 6	Sat	2-3:30p	\$15/\$30

PARTNER PROGRAMS

CHAMPIONS IN MOTION: CHEERLEADING

Champions in Motion teaches cheerleading techniques such as short chants, arm motions, jumps, kicks, and stunting techniques. Students are also taught a special long team performance routine each semester that is presented at the Cheer Showcase.

For more information and to register, visit ChampionsInMotion.com.

Location: Knightdale Recreation Center

CHAMPIONS IN MOTION: KARATE

Champions in Motion specializes in teaching martial arts to youth ages 4-18. Students will be taught kicks, punches, blocks, stances, katas, sparring combinations, and other martial arts/self-defense techniques and strategies. For more information and to register, visit ChampionsInMotion.com.

Location: Knightdale Recreation Center

NEUSE RIVER FUTBOL ALLIANCE

(NRFA): SOCCER

NRFA's recreational league is a volunteer based, inclusive soccer program for kids of all abilities and experience levels, ages 3 and up. For more information visit NeuseRiverFA.SprocketSports.com.

Location: Knightdale Station Park

SOCCE SHOTS

Soccer Shots offers three core programs to meet the developmental needs of children ages 2-8. It's way more than just learning the game of soccer. We aim to build character, skills and confidence while also having a whole lot of FUN. For more information visit rdu.soccershots.com.

Location: Knightdale Station Park

TENNISBLOC

Skill development clinic including instruction, drills, conditioning, and fun. For beginner to intermediate players ages 8+. TennisBloc also offers half-day camps, ideal for (but not limited to) ages 6-14. For more information contact Info@TennisBloc.com or visit tennisbloc.com.

Location: Harper Park

YMCA SUMMER CAMP

Camp Knightdale Station offers kids a summer filled with adventure, new friendships, and unforgettable memories! With fun games, hands-on projects, and exciting activities that explore the world around them, campers will stay engaged and entertained all season long. For more information, contact Matt.Streit@ymcatriangle.org or visit ymcatriangle.org.

Location: Knightdale Recreation Center

YMCA TRACK OUT CAMP

YMCA Track Out Camps provide year-round students with a fun and engaging break from school! Campers will make new friends, stay active, build confidence, explore creativity, and develop new skills in a supportive and exciting new environment. The Knightdale Recreation Center serves Track 4 only. For more information, contact Matt.Streit@ymcatriangle.org or visit ymcatriangle.org.

Location: Knightdale Recreation Center

FAMILY

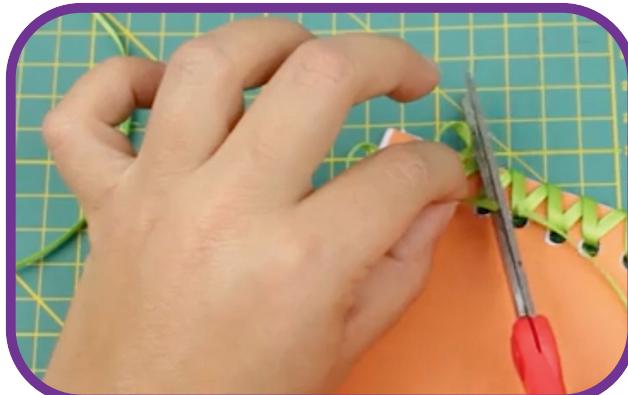
ART & CULTURE

EXPLORE ARTIST BOOKS!

The art room at Knightdale Parks and Recreation will transform into a bookmaking studio on Saturday, March 21st. Join artist Julia Einstein to explore ways to make handmade books from accordion fold, pop up, to 3d picture books, and more! Come ready for fun and bring your creativity! No experience is required. All materials are provided. Adult(s) must accompany child(ren). Both adult(s) and child(ren) must register and pay the program fee.

Location: Knightdale Recreation Center

Age	Date	Day	Time	Fee
6+	Mar 21	Sat	10-11:30a	\$5/\$10



BUNNY BREAKFAST BASH

Hop on over for a morning of fun with everyone's favorite bunny! Families are invited to enjoy a Chick-fil-A breakfast, create kids springtime crafts, and snap photos with our special guest. This cheerful celebration is perfect for making sweet memories and welcoming the season together. Both adult(s) and child(ren) must register and pay the program fee. Activities will be provided for participant(s) ages 3-12, sibling(s) age(s) 2 and under attend free and do not need to register.

Location: Knightdale Recreation Center

Age	Date	Day	Time	Fee
All ages	Mar 21	Sat	10-11:30a	\$10/\$20



EXPLORE THEMES IN ART!

The art room at Knightdale Parks and Recreation will transform into an art museum each month! Join artist Julia Einstein to explore a range of subjects, from sculpture, landscapes, to the natural world. The best part: You will be helping to create a wonderful new mural for this space! Come ready for fun and bring your creativity! No experience is required. All materials are provided. Adult(s) must accompany child(ren). Both adult(s) and child(ren) must register and pay the program fee.

Location: Knightdale Recreation Center

Age	Date	Day	Time	Fee
6+	Mar 28	Sat	10-11:30a	\$5/\$10
6+	Apr 11	Sat	10-11:30a	\$5/\$10
6+	May 9	Sat	10-11:30a	\$5/\$10



ADULT

ART & CULTURE

EXPLORE ARTIST BOOKS!

Join artist Julia Einstein to explore four ways to make handmade books in a multi-week series of classes. In four sessions you'll try out the techniques and tools of accordion fold, pop up, 3d picture books, and inventive binding. Come ready for fun and bring your creativity! No experience is required. All materials are provided.

Location: Knightdale Recreation Center

Age	Date	Day	Time	Fee
16+	Mar 4-Mar 25	Wed	6:30-8pm	\$20/\$40

EXPLORE PRINTING!

Join artist Julia Einstein to explore four ways to use the art of printmaking in a multi-week series of classes. In four sessions you'll try out the techniques to make a folio of prints, notecards, poster designs, and mixed media creations. Come ready for fun and bring your creativity! No experience is required. All materials are provided.

Location: Knightdale Recreation Center

Age	Date	Day	Time	Fee
16+	Apr 8-Apr 29	Wed	6:30-8pm	\$20/\$40

EXPLORE NATURE IN ART!

Join artist Julia Einstein to try out of ways to make using flowers and plantings as art in a multi-week series of classes. In four sessions you'll try the techniques pressing plants, botanical illustration, collage and more! Come ready for fun and bring your creativity! No experience is required. All materials are provided.

Location: Knightdale Recreation Center

Age	Date	Day	Time	Fee
16+	May 6-May 27	Wed	6:30-8pm	\$20/\$40

EDUCATION

ESL PARA PRINCIPIANTES - ESL FOR BEGINNERS

Join us for a twice-weekly English as a Second Language (ESL) class designed for Spanish-speaking participants. This course focuses on grammar, conversation skills, and practical language use to help build confidence in English. Deadline to register is March 4, 2026.

Únase a nosotros en nuestras clases de inglés como segundo idioma (ESL) que se imparten dos veces por semana y están diseñadas para hispanohablantes. Este curso se centra en la gramática, las habilidades de conversación y el uso práctico del idioma para ayudarle a ganar confianza en inglés. La fecha límite para inscribirse es el 3 de marzo de 2026.

Location: Knightdale Recreation Center

Age	Date	Day	Time	Fee
18+	Mar 3-May 14	Tue/Thu	6:30-8:30p	\$15/\$30



ADULT

FITNESS & WELLNESS ROLLER SKATING FUNDAMENTALS

Learn the fundamentals of roller skating in this beginner-friendly class. Participants will build confidence, improve balance and control, and develop essential skills such as stopping, falling safely, and using proper safety equipment.

Location: Knightdale Station Park - Wilder Plaza Pavilion

Age	Date	Day	Time	Fee
18+	May 8-June 12	Fri	7-8p	\$10/\$20

PARTNER PROGRAMS OUTSIDE THE BOX FITNESS

Join OTB Fitness on Monday, Wednesday, and Friday of each week for a high energy workout! Sessions are challenging, dynamic, and led by all-star certified personal trainers. For more information, contact Clay Glandt at ClaytonGlandt@otbfitness.com.

Location: Knightdale Station Park

Z-FITNESS: LINE DANCING & ZUMBA

Offering Zumba, Aqua Zumba, and Line Dancing classes year-round, these sessions are a fun way to get your cardio in while dancing off the calories. For more info, contact Jacque Allen at (919) 720-9495 or JacqueAllen.ZumbaFitness@gmail.com.

Location: Knightdale Station Park



RALEIGH TENNIS ASSOCIATION

Instructional tennis programs for adult and junior beginner to intermediate players ages 5+. For more information contact Perry@RaleighTennis.com or visit RaleighTennis.com.

Location: Harper Park

TENNISBLOC

TennisBloc offers pickleball and tennis clinics year-round. No matter your skill or experience level, TennisBloc has a clinic for you! For more information contact Info@TennisBloc.com or visit tennisbloc.com.

Location: Harper Park



ADULT 55+

ART & CULTURE

EXPLORE ARTIST BOOKS!

Join artist Julia Einstein to explore four ways to make handmade books in a multi-week series of classes. In four sessions you'll try out the techniques and tools of accordion fold, pop up, 3d picture books, and inventive binding. Come ready for fun and bring your creativity! No experience is required. All materials are provided.

Location: Knightdale Recreation Center

Date	Day	Time	Fee
Mar 4-Mar 25	Wed	10-11:30a	\$20/\$40



EXPLORE PRINTING!

Join artist Julia Einstein to explore four ways to use the art of printmaking in a multi-week series of classes. In four sessions you'll try out the techniques to make a folio of prints, notecards, poster designs, and mixed media creations. Come ready for fun and bring your creativity! No experience is required. All materials are provided.

Location: Knightdale Recreation Center

Date	Day	Time	Fee
Apr 9-Apr 30	Thu	6:30-8p	\$20/\$40



SUNCATCHER PAINTING

Brighten up your spring with color and creativity in this beginner-friendly suncatcher painting class. Enjoy socializing with others painting beautiful, light-catching designs on glass in a relaxed atmosphere. No experience necessary and all materials supplied!

Location: Knightdale Recreation Center

Date	Day	Time	Fee
Mar 17	Tue	10-11:30a	\$5/\$10



ADULT 55+

INTRO TO QUILTING

Discover the joy of quilting in this beginner-friendly class! Learn basic techniques like fabric selection, cutting, piecing, and simple quilting - all at a relaxed pace. No prior experience needed, just curiosity and a willingness to create. This is a series of interconnected sessions, all materials provided.

Location: Knightdale Recreation Center

Date	Day	Time	Fee
Apr 30-May 21	Thu	10-11:30a	Free

EXPLORE NATURE IN ART!

Join artist Julia Einstein to try out of ways to make using flowers and plantings as art in a multi-week series of classes. In four sessions you'll try the techniques pressing plants, botanical illustration, collage and more! Come ready for fun and bring your creativity! No experience is required. All materials are provided.

Location: Knightdale Recreation Center

Date	Day	Time	Fee
May 6-May 27	Wed	10-11:30a	\$20/\$40

QUILTING BEES

Town of Knightdale hosts Quilting Bees on the last Wednesday of every month. Come join us for a fun afternoon of socializing, sharing ideas, and making new friends with other quilters alike!

Location: Knightdale Recreation Center

Day	Time	Fee
Wed	1-4pm	Free

DAY TRIPS

CAESAR'S CASINO - DANVILLE, VA

Join us for a fun-filled day at the casino! Enjoy the excitement of gaming, delicious food, and good company on this day trip. Transportation is provided, and it's the perfect chance to relax, socialize, and try your luck in a safe, welcoming environment!

Departs from: Knightdale Station Park

Date	Day	Time	Fee
May 21	Thu	8:00a	\$15/\$30

FITNESS & WELLNESS

CHAIR YOGA

Looking for a gentle way to improve flexibility, strength, and balance? Join us for our six-week Chair Yoga sessions, a supportive and accessible class designed for all fitness levels-no need to get down on the floor!

Location: Knightdale Recreation Center

Date	Day	Time	Fee
Apr 21-May 26	Tue	10-11a	\$30/\$60 total





KNIGHTDALE

start something

This brochure contains the programs and events that were scheduled at the time of printing.

For the most up-to-date information, please visit **KnightdaleNC.gov**.

Please note, programs and events are subject to cancellation or change at any time.



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