

THE CONDUCTOR



Fall 2024

Program Guide

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About the Cover

Knightdale Station Park is located at the corner of First Avenue and Knightdale Station Run and is the largest of our park system. The area includes a stage and amphitheater area, Veterans Memorial Plaza, playground, dog park, splash pad, walking trails, and 4 multi-purpose fields for all to enjoy.

For additional details on the park and other trails and greenways see pages 6-7.

Staff Directory

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Advisory Board Members

Alan Smith Christina Brewer Brandon Jackson

Rita Blackmon Kenya Gomez

Department Information

This brochure contains the programs and events that were scheduled at the time of printing. For the most up-to-date program information, please visit KnightdaleNC.gov.

Locations and Hours

Knightdale Parks, Recreation, & Cultural Programs Department Hours are 8:00AM—5:00PM, Monday—Friday.

Office location: **Harper Park (Main Office)**
207 Main Street
Knightdale, NC 27545

Fee Information

In this guide, you will notice many programs have different fees for Town of Knightdale residents (resident) and non-residents (Non-res). 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 in certain programs. Participants must live inside the corporate limits of the Town of Knightdale at the time of registration to receive the resident rate.

Payments and Refunds Policy

Knightdale Parks, Recreation, & Cultural Programs accepts the following forms of payment for our programs and rentals. Cash, Check, Money Order, Credit Cards including MC, Visa, and Discover. A \$35 Service Fee will be charged for all returned checks.

Athletics — Full payment is due at time of registration in order to guarantee a spot in the program.

Classes and Programs—For Town registered programs, full payment is due at the time of registration.

Facility Rentals—(Outdoor locations) - Full rental payment is due at time of reservation. (Indoor locations) - Full payment due once the reservation has been approved.

Refunds

A full refund will be offered for all programs, classes and/or athletic leagues cancelled by the Town of Knightdale.

Refunds for facility rentals due to inclement weather will be honored if notification is given 48 hours in advance.

Athletics—Requests for refund received prior to the ordering of team uniforms, will be entitled to a full refund. In the event of injury or other hardship, the Department will evaluate on a case by case basis.

Partnership Programming—Partnership programs ran by a separate entity could have different payment options and refund policies.

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 advise of the Rained Out registration process during seasonal parent meetings. The Town of Knightdale will also follow the WCPSS weather guidelines for closures and activities but reserves the right to revise or conduct activities based on the Safety First idea.



Registration Information

The Knightdale Parks, Recreation, & Cultural Programs Department uses both an online and in person registration program. Online registration may be completed through Knightdale.RecDesk.com. In person registration can be completed by visiting the main office located at Harper Park.

Registration deadlines are in effect for all athletics, programs, and facility rentals.

Athletics—Registration deadlines are listed in this program on page 6. Please note, registrations after these dates are not guaranteed team placement.

Facility Rentals—Rentals can be completed online at Knightdale.RecDesk.com or during regular hours Monday-Friday 8:00AM—5:00PM at the Harper Park office.

Partnership Programming—Partnership programs ran by a separate entity could have different registration guidelines.

SPECIAL EVENTS AND COMMUNITY ACTIVITIES

Movie in the Park

Join us for an outdoor movie. Bring your chairs and blankets to enjoy a family friendly showing under the stars at Knightdale Station Park. Bring your own picnic or enjoy one of our food trucks.



Sept 13	Fri	7:30PM-9:00PM	Free	All Ages	KSP
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Live Like Ryan 5K*

Join us for our Live Like Ryan 5k on October 19, 2024. Race starts and finishes at Knightdale Station Park. Runners and walkers are welcome. Each registrant will receive a medal and gift.



REGISTRATION REQUIRED

Oct 12	Sat	8:00AM	\$20	All Ages	KSP
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MADD Walk

“Mothers Against Drunk Driving”
For more info, please visit madd.org



Sept 28	Sat	11:00AM	Free	All Ages	KSP
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Kick or Treat the Trail presented by NRFA

Dress up in your Halloween best and make sure to stop by the soccer field at KSP. Kids will enjoy treats, DJ, food trucks, and more!



Oct 25	Fri	6:00PM-8:00PM	Free	All Ages	KSP
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Fall on First Avenue

Mark your calendars and bring the family to Knightdale Station Park for a fun-filled day of bands, vendors, mums, pumpkins, food trucks, inflatables, hayrides, BBQ, and more!



Oct 5	Sat	11:00AM-2:00PM	Free	All Ages	KSP
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Turkey Leg 5K*

Join us for our annual Turkey Leg 5k. Race starts and finishes at Knightdale Station Park. Runners and walkers are welcome. Each participant will receive a medal and gift.



REGISTRATION REQUIRED at runsignup.com

Nov 23	Sat	8:00AM	\$20	All Ages	KSP
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***Register online at Knightdale.RecDesk.com or in person at
207 Main St. Knightdale, NC 27545**

SPECIAL EVENTS AND COMMUNITY ACTIVITIES

Veterans Day Event

Please join us and the Two Green Thumbs Garden Club on Sunday, November 10th at 2:00PM for a Veterans Day tribute at the Veterans Memorial at Knightdale Station Park

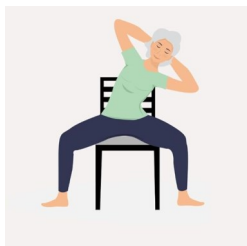


Nov 10	Sun	8:00AM	Free	All Ages	KSP
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SENIOR PROGRAMMING (55+)

Chair Yoga

The Town of Knightdale will be hosting a Chair Yoga session on Monday, September 30th at 10:00AM! A licensed instructor will guide participants through a variety of seated and standing poses with numerous benefits!



Sept 30	Mon	10:00AM	Free	55+	Pool
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Senior Trip to NC State Fair

Join us for a trip to the North Carolina State Fair on Tuesday, October 22! All guests ages 65 and older will get free admission to the fair. Follow us on Facebook at Knightdale Parks and Recreation for more info. **Registration required by October 15th.**



Oct 22	Tues	9:00AM	\$5	55+	KSP
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Scam Class

We will be hosting a Scam Class in October to help our 55+ community to avoid scams, counterfeit items, investment frauds, trademark violations and many more! Follow our Facebook page to get updates!



TBD	TBD	10:00AM	Free	55+	Pool
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Quilting Bees

The Town of Knightdale hosts Quilting Bees on the last Wednesday of every month at the Knightdale Community Pool Clubhouse (202 Milburnie Road Knightdale, NC 27545) from 1:00PM-4:00PM. Come join us to socialize, share ideas, and make new friends with other quilters alike!

Last Wed	1:00-4:00	Free	55+	Pool
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Facility Legend
 KSP = Knightdale Station Park
 KRC = Knightdale Recreation Center
 Pool = Knightdale Pool Clubhouse

YOUTH ATHLETICS ONGOING

Sport	Ages	Registration Dates	Season	Resident Fee	Non-Res Fee
Fall T-Ball	4 Boys & Girls	Jul. 5 - Jul. 31	August - October	\$25.00	\$40.00
Fall Modified T-Ball	5-6 Boys & Girls	Jul. 5 - Jul. 31	August - October	\$25.00	\$40.00
Fall Baseball	7-15 Boys & 7-8 Girls	Jul. 5 - Jul. 31	August - October	\$50.00	\$65.00
Fall Softball	10-12 Girls	Jul. 5 - Jul. 31	August - October	\$50.00	\$65.00

YOUTH ATHLETICS UPCOMING

Sport	Ages	Registration Dates	Season	Resident Fee	Non-Res Fee
Winter Basketball	9-15 Boys & Girls	Sept. 15 - Oct. 15	November - February	\$50.00	\$65.00
Winter Basketball	5-8 Boys & Girls	Nov. 15 - Dec. 15	January - March	\$50.00	\$65.00

Basketball

Knightdale Parks, Recreation, and Cultural Programs offers youth basketball in the Winter and Summer months for ages 5-16.

Registration for ages 9-16 for the 2025 Winter season runs September 15 - October 15.

Registration for ages 5-8 for the 2025 Winter season runs November 15 - December 15.

Baseball

Knightdale Parks, Recreation, and Cultural Programs offers youth baseball in the Fall and Spring, for ages 4-15. Skills evaluations will be held for 7-15 year olds. The 2025 spring session consists of practices, Opening Day in late April, and full-length games starting in May.

The KPRD baseball program is driven to provide a comprehensive learning environment for all baseball skill levels.

Softball

Knightdale Parks, Recreation, and Cultural Programs offers youth softball in the Fall and Spring. The KPRD softball program is driven to provide a comprehensive learning environment for all softball skill levels.

KPRD Softball offers programming for athletes from 9-12 years old (Girls Ages 4-8 play in our Co-Ed T-Ball and Coach Pitch Baseball Programs). The 2025 spring session consists of practices, Opening Day in late April, and full-length games starting in May.

Volleyball Academy

Instructional Volleyball Academy is hosted by Raleigh Volleyball Club. Academy meets twice weekly in April, from 6:15PM-8:00PM at the Knightdale Recreation Center for ages 7-14.

FITNESS PARTNERSHIPS

Outside the Box Fitness

Join OTB Fitness on Monday, Wednesday, and Friday of each week for a fitness program at Knightdale Station Park! These 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

Jan - Dec	Mon, Wed, Fri	5:00AM-7:15AM	KSP
Jan - Dec	Mon, Wed	5:30PM-6:30PM	KSP



Z-Fitness Line Dancing/Zumba

Ready to learn a few steps all while meeting new friends, staying active, and having a great time? Come have fun and learn new line dances or zumba all while getting a cardio workout! You'll enjoy burning off calories while dancing. For more information, contact Jacque Allen at (919)720-9495 or jacqueallen.zumbafitness@gmail.com.

Spring & Fall	Mondays	10:00AM—10:45AM	KSP
Spring & Fall	Tuesdays	6:30PM—7:30PM	KSP
Spring & Fall	Saturdays	9:00AM—10:00AM	KSP



COMMUNITY PARTNERED PROGRAMS

The Knightdale Parks, Recreation, & Cultural Programs Department is proud to partner with many local organizations and instructors to bring opportunities and programs to our community. Registration and payment for all programs listed below are handled through the partner organization directly.

Flying Feet Run Club

Running is more fun with friends! This children's enrichment program is for all fitness levels. Register Now at flyingfeetllc.com. For more information, contact Sheila Haurert at (919)626-2481 or flyingfeetrclub@gmail.com.



Artfully Creative Education

Artfully Creative Education, is a mobile kids art studio that strives to bring art education to children ages 2-12 in the community. Register at www.artfullycreativeeducation.com. Call or text (772)480-1687 for more information.



Artfully Creative Education
Exploring your creative side

Recreation 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 www.neuseriverfa.org.



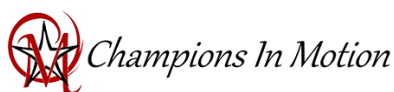
TryTennis

TryTennis is a skill development clinic including instruction from Raleigh Tennis Association, and Try Tennis coaches, players & guest speakers. Join today at www.raleightennis.com



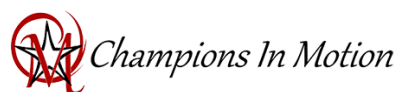
Cheerleading

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. Register today at www.CIMUSA.com.



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. Register today at www.CIMUSA.com.



YMCA Summer Camp

Camp Knightdale Station gives kids the opportunity to explore new activities, make new friends and build memories that last a lifetime. From silly games to projects designed to explore the world around them, Camp Knightdale Station will excite and engage your child all summer long. For more information, contact Matt Strait at (919)266-9622 or Matt.Strait@YMCATriangle.org.



YMCA Track Out Camp

YMCA Track Out Camps are the perfect place for your year-round student to find friendship, think creatively, build confidence, learn new skills, stay active, and have fun during their break from school. For more information, contact Matt McDonough at (919)845-3879 or Matt.McDonough@YMCATriangle.org. (Serves Track 4 Only)



CLINICS

Tennisbloc

Tennisbloc offers Tennis and Pickleball clinics year-round. No matter your skill or experience level, Tennisbloc has a clinic for you! Register at tennisbloc.com



Crazy Running

Get the kids moving and make exercise fun! Runners are introduced to simple strength exercises, fundamental running techniques, and play games that provide a kid-friendly cardio workout. For more information, visit Knightdale.RecDesk.com.



ART

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. 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.

[Download an application](#) or contact Knightdale Parks and Recreation at 919-217-2233.



By Barbara Coe



By Angie Strickland



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[@KdaleParks](https://twitter.com/KdaleParks)

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

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