

Fitness Finder



A guide to physical activity
opportunities in Haywood
County



Why be Physically Active?

Health Benefits of Increased Physical Activity

Regular exercise adds years to your life and life to your years. In fact, it's hard to find other health habits with as many positive side effects. The following health benefits come from regular physical activity:

- *Longevity
- *Decreased Risk of Heart Disease
- *Improved Blood Pressure Control
- *Decreased Risk of Osteoporosis
- *Improved Cholesterol Levels
- *Increased Strength & Flexibility
- *Decreased Risk of Diabetes
- *Decreased Risk of Stroke
- *Mental Health Boost
- *Weight Control
- *Improved Quality of Life
- *Protection Against Cancer
- *Decreased Stress & Anxiety Levels

Jane A. Nortrom, MA, et al, Building Your Activity Pyramid

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<http://www.521almostnone.com>

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Archery

Bowed Up Outdoors

1370 Soco Rd.—Maggie Valley
(828) 926-3244; bowedupoutdoors@icloud.com; shopbowedup.com

Basketball

Indoor Courts

Haywood Regional Health & Fitness Center

75 Leroy George Drive—Clyde
(828) 452-8080; www.haymed.org

Waynesville Old Armory Recreation Center

44 Boundary Street—Waynesville
(828) 456-9207; www.townofwaynesville.org/parks-recreation

Waynesville Recreation Center

550 Vance Street—Waynesville
(828) 456-2030; www.townofwaynesville.org/parks-recreation

Outdoor Courts

Lake Junaluska Open Air Gym (Nancy Weldon Gym)

105 Weldon Way—Lake Junaluska
(828) 452-2881; www.lakejunaluska.com

Maggie Valley Community Center

3987 Soco Road—Maggie Valley; www.townofmaggievalley.com
(828) 926-0866

Pigeon Community Multicultural Development Center

450 Pigeon Street—Waynesville
(828) 452-7232

*Not available when summer camps are in session.

Canton Recreation Park

77 Penland Street—Canton; (828) 648-2363; www.cantonnc.com

Waynesville Recreation Park

West Marshall Street—Waynesville
(828) 456-2030; www.townofwaynesville.org/parks-recreation

East Street Park

East Street—Waynesville
(828) 456-2030; www.townofwaynesville.org/parks-recreation

~~Biking~~

Bowed Up Outdoors

Mountain Biking

1370 Soco Rd.—Maggie Valley

(828) 226-3244; bowedupoutdoors@icloud.com; shopbowedup.com

Harmon Den, I-40 to Max Patch, 4 hour round-trip

Rough Creek Watershed Trails - 2 hour round-trip

Basketball

Road Biking

Indoor Courts

~~Balsam Ridge Parkway Loop, 51 miles, 4-6 hours~~

~~Blue Ridge Parkway~~

Haywood Regional Health & Fitness Center

~~Canton-Subburst Campground - NC 215, 30 miles, 2 hours~~

~~75 Leroy George Drive—Clyde~~

~~Fires Creek Loop (Hwy 209) - 18 miles, 2 hours~~

~~(828) 452-8080; www.haymed.org~~

~~Long's Chapel UMC - NC 209 Upper Crabtree Rd-~~

~~Thickety Rd -Clyde-Old Clyde Hwy-Longs Chapel~~

Waynesville Old Armory Recreation Center

~~Loop, 4 hour round-trip~~

~~44 Boundary Street—Waynesville~~

~~(828) 456-9207; www.townofwaynesville.org/parks-recreation~~

~~Upper Crabtree - 20.4 mile loop, 2-3 hours, strenuous &~~

~~dangerous descent~~

~~Water Rock Knob Loop, 38 miles, 3-4 hours~~

Waynesville Recreation Center

~~550 Vance Street—Waynesville~~

~~For more information:~~

~~(828) 456-2030; www.townofwaynesville.org/parks-recreation~~

~~www.haywood-nc.com; (828) 456-3021~~

Rolls Rite Bike Shop

Outdoor Courts

1362 Asheville Road—Waynesville

Lake Junaluska Open Air Gym (Nancy Weldon Gym)

105 Weldon Way—Lake Junaluska

(828) 456-2838; lakejunaluska.com

~~(828) 456-2838; www.blueridgebicycleclub.org~~

Maggie Valley Community Center

~~Haywood County Recreation and Parks~~

~~3007 Soco Road—Maggie Valley; www.townofmaggievalley.com~~

~~(828) 226-6789; www.haywoodnc.net~~

~~(828) 226-0866~~

~~(Bike) NC Classes— a program for all ages that introduces safe cycling in the~~

~~community.~~

Pigeon Community Multicultural Development Center

450 Pigeon Street—Waynesville

(828) 452-7232

* Allens Creek Park

~~1725 Allens Creek Road—Waynesville~~

~~(828) 452-6789~~

Canton Recreation Park

~~www.haywoodnc.net~~

77 Penland Street—Canton; (828) 648-2363; www.cantonnc.com

Canoeing/Kayaking

Waynesville Recreation Park

~~Peston Branch East Fork—Waynesville~~

~~(828) 456-2030; www.townofwaynesville.org/parks-recreation~~

~~Pigeon River—Confluence-E&W Forks to US 19/23~~

~~Lake Junaluska—White Oak access to Waterville Lake~~

East Street Park

East Street—Waynesville

(828) 456-2030; www.townofwaynesville.org/parks-recreation

Clogging

Year-Round Clog Dance Teams

Green Valley Cloggers - Steve Wilson (828) 506-4430

Jonathan Creek Cloggers— Kim Campbell (828) 734-0873

Fines Creek Flatfooters (youth)—<https://www.facebook.com/flatfooters?fref=ts>
<http://lgtvnetwork.com/content/arts-heritage-0>

Dixie Darling Cloggers (Old Armory Recreation Center)

44 Boundary St—Waynesville
(828) 456-9207

Dance

Angie's Dance Academy

115 Glance Street—Clyde

(828) 627-DANS (3267)

www.angiesdanceacademy.com

Body Lyrics Belly Dance

1384 Sulphur Springs Rd—Waynesville

(828) 283-0173

www.waynesvillewellness.com

Raqs Beledi Bellydance Studio

84 North Main St—Waynesville

(828) 734-0671

www.waynesvillebellydance.com

MusicWorks Studio of Performing Arts

99 Kingdom Hall Dr—Clyde

(828) 565-0381

www.performwithmusicworks.com

Pisgah Promenaders—Square Dancing

Betty and Lloyd Screven

(828)586-1640

Disc Golf

Bethel Elementary (9 Holes)

4700 Old River Rd—Canton

First hole begins near visitors parking lot sign

During school year, please play after 3:00pm

Haywood Community College (18 holes)

185 Freedlander Dr.—Clyde, 828-627-2821

First hole begins at first parking lot on left

Waynesville Disc Golf Course (18 holes)

Waynesville Recreation Center

550 Vance Street—Waynesville

(828) 456-2030

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<http://www.townofwaynesville.org/parks-recreation>

Fitness/Recreation Centers and CrossFit Gyms

(Some include classes and personal trainers)

Clogging

Year-Round Clog Dance Teams

CrossFit 2311
Green Valley Cloggers - Steve Wilson (828) 506-4430
228 C. Muse Business Park—Waynesville
Jonathan Creek Cloggers- Kim Campbell (828) 734-0873
1377 Fair
Fines Creek Flatfooters (youth)—<https://www.facebook.com/flatfooters?fref=ts>
www.crossfit2311.com
<http://igtvnetwork.com/content/arts-heritage-0>

CrossFit Haywood
Dixie Park Cloggers (Old Armory Recreation Center)
135 Unit 4 Prazles St.—Waynesville
44 Boundary St.—Waynesville
(828) 456-9207
www.crossfithaywood.com

Cross Fit Yona Dance
(Located inside Urban Athletic Training Center)

Angies Dance Academy Canton, NC
1828 Jarrico Street—Clyde
(828) 627-3700
www.angiesdanceacademy.com

Fines Creek Community Center—gym available for group use;
Body Lyrics Belly Dance
1384 Sulphur Springs Rd—Waynesville
(828) 283-0173

Waynesville Regional Health & Fitness Center
75 Leroy George Drive—Clyde
(828) 552-8080

Rags Belled Bellydance Studio
84 North Main St.—Waynesville
(828) 734-0671

Maggie Mountain Fitness and Massage
2761 Soco Rd.—Maggie Valley

Music Works Studio of Performing Arts
90 King of the Hill Dr.—Clyde
(828) 565-0381
www.performwithmusicworks.com

Strick Fitness
Pegah Heywood's Square Dancing
2074 Highway 1085 Screven
(828) 586-1640

The Fitness Connection- A Personal Training Studio
60 S. Main St—Waynesville
(828) 734-0073
fitnessconnectionnc.com

Disc Golf

Bethel Elementary (9 Holes)
4700 Old River Rd—Canton
Urban Athletic Training Center
68 Newledge Highway, Canton parking lot sign
(828) 648-2661
During school year, please play after 3:00pm
theurbanathletic.com; hello@theurbanathletic.com

Haywood Community College (18 holes)
Waynesville Old Armory Recreation Center
1003 Reedlander Dr.—Clyde (828) 627-2821
44 Boundary Street—Waynesville
First hole 0698 at first parking lot on left
(828) 456-9207
<http://www.townofwaynesville.org/parks-recreation>

Waynesville Disc Golf Course (18 holes)
Waynesville Recreation Center
550 Vance Street—Waynesville
(828) 456-2030
<http://www.townofwaynesville.org/parks-recreation>

Golf

Fitness/Recreation Centers and CrossFit Gyms

(Some include classes and personal trainers)

Iron Tree Golf Course, 9 holes

636 Iron Tree Drive—Clyde

CrossFit 2311

226-C Muse Business Park—Waynesville

(828) 713-7753

Lake Junaluska Golf Course, 18 holes, par 68

756 Golf Course Road—Waynesville

CrossFit Haywood

150 Unit 4, Frazier St.—Waynesville

(828) 507-6456

Lawrence Ridge Country Club, 18 holes, par 72

49 Cupp Ln—Waynesville

CrossFit Vona

68 New Clyde Highway, Canton, NC

Maggie Valley Club, 18 holes, par 72

1819 Country Club Dr.—Maggie Valley

(800) 438-3861

Fines Creek Community Center—gym available for group use;

<http://lgtynetwork.com/>

Junaluska Driving Range

663 Crabtree Rd. (Hwy 209)—Lake Junaluska

(828) 454-0660

Haywood Regional Health & Fitness Center

75 Leroy George Drive—Clyde

Springdale Country Club

200 Gorwatch Rd—Canton

Maggie Mountain Fitness and Massage

1761 Woodcock Lane, Maggie Valley

(828) 564-3639

www.maggiemountainfitness.com

The Waynesville Inn Golf Resort and Spa

176 Country Club Dr—Waynesville

Private Lessons Available, call the shop at number below or e-mail

(828) 734-4985

www.waynesvilleinn.com

Strick Fitness

60 S. Main St—Waynesville

(828) 734-0073

The Fitness Connection—A Personal Training Studio

60 S. Main St—Waynesville

(828) 734-0073

fitnessconnectionnc.com

Gymnastics

Angie's Dance Academy

Urban Athletic Training Center

68 New Clyde Highway, Canton

(828) 646-2851

(828) 646-2851, hello@theurbanathletic.com

www.angiesdanceacademy.com

Waynesville Old Armory Recreation Center

Musicworks Studio of the Performing Arts

99 Kingdom Hall Dr.—Clyde

(828) 565-0831

<http://www.townofwaynesville.org/parks-recreation>

www.performwithmusicworks.com

Hiking

Following is a list of trails that are partly or completely found in Haywood County. This is a list, not a trail guide. For details about trails listed, and to get trail maps, please visit Haywood County Chamber of Commerce, contact a local outfitters store, bookstore or the resources at the end of this list.

Great Smoky Mountains National Park Area

(865) 436-1297 (Backcountry Information)

Asbury Trail

Balsam Mountain Trail *

Baxter Creek Trail

Big Creek Trail

Big Fork Ridge Trail

Boogerman Trail via Caldwell Fork Trail

Caldwell Fork Trail

Camel Gap Trail *

Cataloochee Divide Trail

Chestnut Branch Trail *

Flat Creek Trail

Gunter Fork Trail

Hemphill Bald Trail

Little Cataloochee Trail

Low Gap Trail (#1) *

Long Bunk Trail

Mt. Cammerer Fire Tower Trail

Mt. Sterling Ridge Trail via Baxter Creek Trail

Mt. Sterling Fire Tower via Mt. Sterling Ridge Trail

Palmer Creek Trail

Polls Gap Trail

Pretty Hollow Trail

Rough Fork Trail

Swallow Fork Trail

Walnut Bottoms via Big Creek Trail

*Trails that directly connect with the Appalachian Trail

Additional resources:

www.carolinamtnclub.com

www.appalachiantrail.org

Horseback Riding

Guided Trail Rides

Cataloochee Riding Stables

119 Ranch Dr—Maggie Valley
(828) 926-1401; 1-800-868-1401
<http://www.cataloocheeranch.com/>

Queen's Farm & Riding Stables

2180 Dellwood Rd—Maggie Valley
(828) 926-0718

Panther Creek Outfitters

1114 Water Wheel Cove—Clyde
(828) 627-1913
www.panthercreekoutfitters.com

Horse Camps

Cataloochee Valley (Great Smoky Mountains National Park)
1-865-436-1280
Reservations only; make reservations at www.recreation.gov

Harmon Den- Appalachian Ranger District
(828) 689-9694
I-40 Exit 7, Reservations only; make reservations at www.recreation.gov

Horse Camps and Lessons

Mountain Dell Equestrian Center
1977 Hyatt Creek—Waynesville
(828) 452-9330
mtndell@gmail.com

Horseshoes**

Canton Recreation Park

Penland St—Canton
(828) 646-3411
www.cantonnc.com

Rivers Edge Park

Thickety Rd—Clyde
www.clydenc.us

Lake Junaluska Assembly

Memory Lane—Lake Junaluska
(828) 452-2881
www.lakejunaluska.com

Waynesville Recreation Center

Vance Street—Waynesville
(828) 456-2030; <http://www.townofwaynesville.org/parks-recreation>

Maggie Valley Town Hall

3987 Soco Road—Maggie Valley
(828) 926-0866
www.townofmaggievalley.com

**Bring your own horseshoes.

Martial Arts

Basulto Academy of Defense and Gracie/Jiu-Jitsu

218 Branner Ave—Waynesville
(828) 230-5056
www.wncbjj.com

Kids Kung Fu (located at Waynesville Wellness)*

1384 Sulphur Springs Rd.—Waynesville
(828) 399-9981

*Call the instructor, Kyle Boudreau, if you are coming.

SafeKids USA/Blue Dragon—TaeKwonDo

93 Jones Cove Rd—Clyde
(828) 627-3949
www.bluedragontkd.net

Waynesville Old Armory Recreation Center

44 Boundary St—Waynesville
(828) 456-9207
<http://www.townofwaynesville.org/parks-recreation>

Waynesville Wellness

1384 Sulphur Springs Rd.—Waynesville
(828) 283-0268
www.waynesvillewellness.com

Parks

*Indicates no playground

Allens Creek Park (Haywood Co. Recreation and Parks)
1725 Allens Creek Road—Waynesville; www.haywoodnc.net

Canton Recreation Park
Penland Street · Canton; www.cantonnc.com

Clyde: Clyde Park*, Rivers Edge Park*, Lynn's Park*
Spencer St—Clyde; www.clydenc.us

Fines Creek Fire Department (Playground)
244 Fines Creek Rd—Fines Creek

Maggie Valley Town Hall Playground and Picnic Area
3987 Soco Rd
(828) 926-0866; www.townofmaggievalley.com

McCracken Park—Maggie Valley*
Located at the intersection of Soco Road & east Moody Farm Road entrance
(near the traffic light); www.townofmaggievalley.com

Todd and Ruth Henry Memorial Park*
4192 Soco Rd—Maggie Valley; www.townofmaggievalley.com
Located behind the Maggie Valley United Methodist Church at 4192 Soco
Road

Parham Park*
1861 Moody Farm Rd—Maggie Valley; www.townofmaggievalley.com
Located at the intersection of Soco Road & west Moody Farm Road entrance
at 1861 Moody Farm Road

Waynesville Recreation Park; www.townofmaggievalley.com
Waynesville Kiwanis Community Playground (Inclusive Playground)
West Marshall St—Waynesville

Pickleball

Waynesville Old Armory Recreation Center
44 Boundary St—Indoor
(828) 456-9207; <http://www.townofwaynesville.org/parks-recreation>

Raquetball

Haywood Regional Health and Fitness Center
75 Leroy George Dr—Clyde; www.haymed.org

Waynesville Recreation Center
550 Vance St—Waynesville; <http://www.townofwaynesville.org/parks-recreation>

Softball/Baseball Facilities

(other than county schools and church properties)

American Legion Field

171 Legion Dr—Waynesville

Canton Recreation Park

Penland Street—Canton

www.cantonnc.com

Canton International Sports Complex

Beaverdam Road off I-40

www.cantonnc.com

Dutch Fisher Park

Westwood Circle—Hazelwood

<http://www.townofwaynesville.org/parks-recreation>

Elks Field

510 Dellwood Rd—Waynesville

Vance Street Park

Vance Street—Waynesville

<http://www.townofwaynesville.org/parks-recreation>

Waynesville Recreation Park

Marshal Street—Waynesville

<http://www.townofwaynesville.org/parks-recreation>

Soccer/Multi-Purpose Fields

Allens Creek Park

1724 Allens Creek Rd—Waynesville

Hazelwood Elementary School

1111 Plott Creek Rd—Waynesville

Vance Street Park

Vance St—Waynesville

Shuffleboard

Lake Junaluska Assembly (Pass Required-Outdoor)

Memory Lane—Lake Junaluska; www.lakejunaluska.com

Waynesville Old Armory Recreation Center

44 Boundary Street—Indoor

(828) 456-9207

<http://www.townofwaynesville.org/parks-recreation>

Skateboarding

Waynesville Skate Park

(Vance St. at North End of Waynesville Recreation Park, Dawn to Dusk); PADS AND HELMETS REQUIRED

(828)456-2030; <http://www.townofwaynesville.org/parks-recreation>

Skiing/Snowboarding

Blue Ridge Parkway Area– MP 409-459 in Haywood County

Cross country ski at your own risk

Cataloochee Ski Area

1080 Ski Lodge Road—Maggie Valley (Off US Rte 19/Soco Rd;
Only use Google Maps for directions)

(828)926-0285

www.cataloochee.com

Max Patch Bald

Exit 7 off I-40

15 miles up; then follow signs

Cross country ski at your own risk

Swimming Pools

Outdoor

Canton Recreation Park

77 Penland Street—Canton (State Rte. 215, South of Canton Middle School)
(828) 646-3411; www.cantonnc.com

Lake Junaluska Assembly

Off US 19 (Dellwood Rd), Take Lakeshore Dr. to Memory Lane ·
Lake Junaluska
(828) 452-2881, www.lakejunaluska.com

Indoor

Haywood Regional Health & Fitness Center

75 Leroy George Drive—Clyde (Off Hospital Dr)
(828) 452-8080, www.haymed.org

Waynesville Recreation Center

550 Vance Street (Off of Howell Mill Rd) · Waynesville
(828) 456-2030

Soccer Program

AYSO Region 572

Haywood County
Ages 4-18; Spring & Fall; Winter program starting in January 2015; division available
for youth with disabilities
Information Hotline: (828) 565-1196
www.ayso572.org

North Carolina Youth Soccer Association

Carolina Mountain Soccer Club
(828) 400-3661
www.cmsoccerclub.org

Special Olympics/Senior Olympics

Haywood County Recreation & Parks— Senior Olympics

(828) 452-6789; www.haywoodnc.net

Special Olympics

<http://sonc.net/haywood/>
Local program coordinator— Tim Petrea, 828-456-2020,
tpetrea@waynesvillenc.gov

Swim Team Program

Smoky Mountain Aquatic Club (SMAC)
Year-round swim team ages 6-18
(704) 737-2333; www.smacswimming.com
Head Coach Charlie McCanless

Waynesville Swim Team (Operated by the Smoky Mountain Aquatic Club)
Summer swim team
(704) 737-2333
Head Coach Charlie McCanless

Youth Programs– Shooting Sports

4H
Ball Room Dancing
Shooting Sports Club
(828) 456-3575
<http://haywood.ces.ncsu.edu/categories/4-h-youth-development/>

Tennis

Donnie Pankiw Tennis Center (Waynesville Rec Park)
6 Hard Courts - lighted
West Marshall St.—Waynesville
(828) 456-2030, \$12 per hour per court
<http://www.townofwaynesville.org/parks-recreation>

Lake Junaluska Assembly
5 hard courts (pass required)
Memory Lane—Lake Junaluska
(828)452-2881; www.lakejunaluska.com

Pisgah High School
4 hard courts
1 Black Bear Dr—Canton
(828) 646-3440
**Please do not use courts during school hours.*

Tracks & Trails

** Indicates at least partial gravel or dirt surface*

Bethel

Bethel Elementary School (1/4 mile)

Bethel Middle School (1/4 mile)

Canton

Canton River Trail (1.3 miles)

International Sports Complex (.4 mile) *

Meadowbrook Elementary School (1/5 mile)

North Canton Elementary School (1/5 mile)

Pisgah High School (1/4 mile)

Rough Creek Watershed Trail (10 miles)*

Clyde

Clyde Elementary School (1/4 mile)

Haywood Community College (1.0 mile)

Haywood Regional Health & Fitness Center (indoor 1/10 mile)

Riverbend Elementary School (1/8 mile)

Tuscola High School (1/4 mile)

Cruso

Cruso Community Center (1/4 mile—gravel path around center)

Waynesville

Waynesville Greenway (5.3 miles along Richland Creek)

Fines Creek— walking track at Fines Creek Community Center <http://lgtvnetwork.com/>

Volleyball

Haywood Community College (Sand)

185 Freelander Drive—Clyde; www.haywood.edu

Haywood Regional Health & Fitness Center (Indoor)

75 Leroy George Drive—Clyde; (828) 452-8080

Lake Junaluska Assembly (Sand)

Shackford Hall Road—Lake Junaluska; www.lakejunaluska.com

Waynesville Recreation Center (Sand & Indoor)

550 Vance Street—Waynesville; (828)456-2030; <http://www.townofwaynesville.org/>

Walking

Volks Walking—Outdoor (A walking program that encourages recording mileage in a journal)

Lake Junaluska Assembly (www.lakejunaluska.com)

Trail Map available at Lake Junaluska Administration Office

Maggie Valley (walking areas available near town hall)

Trail Map available at the Microtel Inn & Suites

Waynesville

Trail Map available at Mast General Store, 63 N. Main St.

For Volkswalking information contact: Wayne Oak at 452-5676

Walking—Indoor

Old Armory Recreation Center—Waynesville

(828) 456-9207; <http://www.townofwaynesville.org/parks-recreation>

Yoga

Maggie Valley Wellness
461 Moody Farm Rd—Maggie Valley
www.maggiervalleywellness.com
(828) 545-8918

Waynesville Recreation Center
550 Vance St—Waynesville
<http://www.townofwaynesville.org/parks-recreation>
(828) 456-2030

Maggie Mountain Fitness
2761 Soco Rd—Maggie Valley
www.maggiemountainfitness.com
(828) 564-3639

Haywood Regional Health and Fitness Center
75 Leroy George Dr.—Clyde
www.haymed.org
(828) 452-8080

YOUTH PROGRAMS

Baseball & Girls Softball

Canton Little League

Ages 5-18, spring and fall leagues
(828) 246-8180
www.cantonnc.com

Mountaineer Little League

Ages 4-18, spring and fall leagues
(828) 246-3585
www.mountaineerlittleleague.org

YOUTH PROGRAMS

Basketball

Western NC Youth League Ages 7-18

Bethel Youth Organization
(828) 648-8265

Canton Youth Organization
(828) 235-2881

Clyde Youth Organization
(828) 235-8530

Waynesville Youth Organization
(828) 452-7413

Football Leagues & Cheerleading

www.wncyouthbasketball.com
www.wncyouthfootballandcheer.com
Haywood County Recreation and Parks

Western North Carolina Youth Football (West Division)

Bethel Blue Demons, (828) 734-6739; (828) 734-8612 (cheer)

Canton Bears, (828) 734-0881; (828) 246-8187 (cheer)

Lake Junaluska Warriors, (828) 246-3997

Haywood Mountaineers, (828) 734-5936

Zumba

Waynesville Recreation Center

550 Vance St—Waynesville; (828) 456-2030; <http://www.townofwaynesville.org>

Urban Athletic Training Center

68 New Clyde Hwy—Canton; (828) 646-2661; <http://www.theurbanathletic.com>

Haywood Regional Health and Fitness Center

75 Leroy George Dr—Clyde; (828) 452-8080; <http://www.haymed.org>

Zumba with Susan (Waynesville Wellness)

1384 Sulphur Springs Rd—Waynesville ; (828) 230-8240;
<http://www.waynesvillewellness.com>

Maggie Mountain Fitness and Massage

2761 Soco Rd—Maggie Valley; (828) 564-3639;
<http://www.maggiemountainfitness.com>

Adult Programs

Basketball

Waynesville Parks & Recreation

18 & up Master, Open, Church (828) 456-2030
<http://www.townofwaynesville.org/parks-recreation>

Senior Adult Activities from Haywood County Recreation and Parks

(828) 425-6789; www.haywoodnc.net

Senior Games (April-May) for ages 50+

SilverArts: Includes Performing Arts, Paintings, Photography, Quilting, Heritage Arts, Wood

Working and more...

Sports: Track & Field, Swimming, Cycling, Basketball Shoot, Cornhole, Bocce, Shuffleboard, Golf, Pickleball, Disc Golf and more...

Monthly Day Trips, Monthly Lunch Bunches, Monthly Activity Days (alternating Wednesdays every month; i.e. shuffleboard, bocce, cornhole...), Movie Day (First Tuesday of every month)

Soccer

Indoor/Outdoor Adult Coed Soccer League

Haywood County Recreation & Parks (828) 452-6789; www.haywoodnc.net

Fall (September-October), Indoor (January-March), Summer (June-August)

Softball

Haywood Baptist Association (828) 452-4746

Church Coed Spring League (program is now operated by local churches)

Waynesville Parks & Recreation (828) 456-2030

Spring & Fall—Adult slow pitch

Special Olympics

Haywood Co. Recreation & Parks (828) 452-6789

Tennis

Waynesville Parks & Recreation

Singles & Doubles (828) 456-2030

Volleyball

Waynesville Parks & Recreation

Indoor & Sand Open Play (828) 456-2030

Haywood Regional Health and Fitness Center

(828) 452-8080 <http://www.haymed.org>

*Announcement from **Haywood County Recreation and Parks**: a new adult co-ed program will begin in the spring of 2015. The sport is to be announced. Please call (828) 452-6789 for more details.

This directory is made available by Healthy Haywood.

Mission Statement:

A collaborative effort to promote physical activity and fitness for Haywood County citizens and visitors.

For more information contact:

Canton Recreation Department

(828) 648-2363

<http://www.cantonnc.com/recreation-department>

Haywood County Recreation

& Parks Department

(828) 452-6789

<http://www.haywoodnc.net>

Town of Clyde

(828) 626-2566

<http://www.clydenc.us>

Town of Maggie Valley

(828) 926-0866

<http://www.townofmaggievalley.com>

Waynesville Parks & Recreation Department

Recreation Center (828) 456-2030

Old Armory Rec Center (828) 456-9207

<http://www.townofwaynesville.org/parks-recreation>

Healthy Haywood

A program of the

Haywood County Health &

Human Services Agency

(828) 452-6675, ext. 2272

<http://www.healthyhaywood.org>

*Suggestions for edits may be sent to Megan Hauser (mhauser@haywoodnc.net or 828-452-6675, ext. 2272). All suggestions will be considered for future editions of this guide. This guide was revised in Fall 2014.

*Be sure to look for your favorite [#]activity or facility on social media.

Almost No Sweetened Beverages
(teas, coffee, soda, sports drinks, flavored milk,
etc.)