

Old City Lake Park: 2429 Old City Lake Rd, Lexington
Pickett School: 200 Biesecker Rd, Lexington
Radcliffe Park: 301 W. 9th Ave, Lexington
Reeds School: 791 S NC Hwy 150, Lexington
Robbins Center: 512 S. Hargrave St, Lexington
Silver Valley School: 11161 Old Hwy 64 E, Lexington
Smith Avenue Park: 811 Holt St, Lexington
Southmont School: 398 Owen Rd, Lexington
Turner Street Park: 401 Turner St, Thomasville
Tussey Street Park: 514 Tussey St, Lexington
Veterans Memorial Park: 20 Stadium Dr, Thomasville
Washington Park: 100 Bookington Ave, Lexington
Welcome School: 5701 Old US 52, Lexington

Basketball Courts

Bombay Park: 250 Bombay Rd, Denton
Carver Park: 800 Kahler St, Thomasville
Cecil Street Park: 106 Cecil St, Lexington
Childers Park: 100 Swing Dairy Rd, Lexington
Dalton Myers Park: 401 Mason Way, Thomasville
Doak Park: 301 W Main St, Thomasville
East Third Avenue Park: 315 E 3rd Ave, Lexington
East Davidson Hughes Park: 8500 E. Holly Grove Rd, Thomasville
Finch Park: 15 Paul Beck Rd, Lexington
Fourth Street Park: 412 E 4th St, Lexington
Green Needles Park: 264 Charlotte Dr., Lexington
Holt Street Park: 602 Holt St, Lexington
Jaycee Park: 307 Burler St, Lexington
Kimbrell Park: 620 Concord St, Thomasville

King Row Park: 5 King Row, Thomasville
Lake Thom-A-Lex Park: 700 Yokley Rd, Lexington
Linwood Park: 5129 Linwood-Southmont Rd, Lexington
Optimist Park: 120 Optimist Club Rd, Thomasville
Payne Park: 605 Doak St, Thomasville
Pickett School: 200 Biesecker Rd, Lexington
Radcliffe Park: 301 W 9th Ave, Lexington
Robbins Center: 512 S Hargrave St, Lexington
Smith Avenue Park: 811 Holt St, Lexington
Southmont Park: 170 Owens Rd, Lexington
Turner Street Park: 401 Turner St, Thomasville
Tussey Street Park: 514 Tussey St, Lexington
Washington Park: 100 Bookington Ave, Lexington
Veterans Memorial Park: 20 Stadium Dr, Thomasville

Schools With Tracks

Brown Middle: 1140 Kendall Mill Rd., Thomasville
Central Davidson High: 2747 NC Hwy 47, Lexington
Ledford High: 140 Jesse Green Rd., Thomasville
Ledford Middle: 3954 Hwy 109 N, Thomasville
Lexington High: 26 Perry St., Lexington
North Davidson High: 7227 Old US Hwy 52, Lexington
Northwest Elementary: 400 Northwest Elementary Rd, Lexington
South Davidson High: 14596 NC Hwy 109 S. Denton
Thomasville High: 410 Unity St., Thomasville
West Davidson High: 200 Dragon Dr., Lexington

Walking, Jogging, and Hiking Trails

Boone's Cave Park: 3552 Boone's Cave Rd, Lexington
Davidson County Community College: 297 DCCC Rd at Greensboro Rd, Lexington (nature trail)

Davidson County West Campus: 555 W. Center St Ext, Lexington
Doak Park: 301 W. Main St., Thomasville (1/3 mile)
Downtown Thomasville Routes - range from .6 mile to .87 mile)
Erlanger Park: 605 Park Circle, Lexington
Finch Field: 7003 Ball Park Rd, Thomasville (1/3 mile)
Finch Park: 15 Paul Beck Rd, Lexington (1/4 mile and nature trail)
Grimes Park: 25 Hege Dr., Lexington (1/3 mile and 1/2 mile)
Jaycee Park: 307 Burler St, Lexington (1/4 mile)

Ledford High School: 140 Jesse Green Rd., Thomasville (nature trail)
Myers Park: Talbert Blvd and Fairview Dr., Lexington (1/3 mile)
North Davidson High School: 7227 Old US Highway 52, Lexington
Old Charles England School: 310 Smith Ave, Lexington (1/8 mile)
Pickett School: 200 Biesecker Rd., Lexington (1/4 mile)
South Lexington School: 1000 Cotton Grove Rd, Lexington (1/3 mile)
Southmont Fire Department: 11030 NC Hwy 8, Lexington
Thomasville Medical Center: 207 Old Lexington Rd, Thomasville (1/3 mile)
Thomasville Middle School: 400 Unity St, Thomasville

Tom A. Finch YMCA: 1010 Mendenhall St, Thomasville
Uptown Lexington Routes
Washington Park: 100 Bookington Ave, Lexington (1/4 mile)

For changes to this guide, please contact Jen Hames with the Davidson County Health Department, 915 Greensboro St, Lexington, NC 27292 (336) 242-2300



Physical Activity Guide for Residents



Departments of Recreation
 (Call for information on activities and events)

Davidson County: 555-D West Center Street Ext., Lexington
 Ph: (336) 242-2285
www.co.davidson.nc.us/ParksAndRecreation/
 Coordinates Special Olympics

Lexington City: 512 S Hargrave St, Lexington
 Ph: (336) 248-3960 www.lexingtonnc.gov

Thomasville City: 1 E Main St, Thomasville
 Ph: (336) 475-4280 www.thomasville-nc.gov

Clubs and Fitness Centers

Anytime Fitness: 1122 Randolph St.
Thomasville
Ph: (336) 472-8463

Accelerated Fitness: 280 N Talbert Blvd,
Lexington
Ph: (336) 236-6088

Chair City Crossfit: 1708 Liberty Dr.
Thomasville
Ph: (336) 250-8160

City Fitness: 30 E. 1st St., Lexington
Phone: (336) 448-4444

Crossfit Hog Town: 122 N. Church St,
Lexington
Ph: (336) 300-8218

Goal Line Sports: 4095 Old Salisbury Rd,
Lexington
Ph: (336) 843-4031

Hepler Strength and Conditioning: 1064
National Highway, Thomasville
Ph: (336) 893-0736

Lexington Senior Center: (residents 55+)
555-B West Center Street Ext., Lexington
Phone: (336) 242-2290

Snap Fitness: 4705 S NC Hwy 150, Lexington
Ph: (336) 853-7627

Thomasville Senior Center: (residents 55+)
211 W. Colonial Drive, Thomasville
Phone: (336) 474-2754

Triangle Fitness: 1033 Randolph St,
Thomasville
Ph: (336) 474-6905

Triangle Fitness Express: 180 Hinkle Ln,
Welcome
Ph: (336) 731-7700

J. Smith Young YMCA: 119 W 3rd Ave.,
Lexington
Ph: (336) 249-2177

Tom A. Finch YMCA: 1010 Mendenhall St,
Thomasville
Ph: (336) 475-6125

Warrior Athletic: 11141 Old Hwy 52, Suite 2B,
Winston-Salem
Ph: (336) 829-0723

Martial Arts

Bill Daniels Karate School: 5912 Old US 52, Welcome
Ph: (336) 416-5069

Boyles Karate Dojo: 3 Thomas St, #J, Thomasville
Ph: (336) 472-6234

Carolina Family Karate-Do: 6329-D Unity Street,
Thomasville
Phone: (336) 870-0675

Denton School of Martial Arts: 141 S. Main Street,
Denton
Phone: 336-859-9000

Eagle's Karate Dojo: 110 Vanmar Dr., Lexington
Ph: (336) 224-2738

Impact Martial Arts Academy: 28 W 4th St, Lexington
Ph: (336) 596-2248

Lexington Martial Arts: 30 W 1st St, Lexington
Ph: (336) 243-2222

School of Fighting Arts: 27 W Main St, Thomasville
Ph: (336) 474-0607

Section 8 Mixed Martial Arts Academy: 135 Young Dr,
Lexington
Ph: (336) 251-4715

Thomasville Martial Arts: 201-D School Dr., Thomasville
Ph: (336) 259-1950

Dance and Gymnastics

Bobbi's School of Dance: 13 Trade St, Thomasville
Ph: (336) 475-3126

Brenner Dance Center: 6240 Old US Highway 52,
Lexington
Ph: (336) 731-4201

Central Carolina Gymnastics: 431 Greensboro St Ext,
Lexington,
Ph: (336) 248-2555

Cheer Mania Cheer Gym: 188 Hinkle Ln, Welcome
Ph: (336) 731-7102

Dance Alley: 6240 Old US Highway 52, Welcome
Ph: (336) 731-4201

Kid City Cloggers: 103 Grimes Park Dr., Thomasville
Ph: (336) 475-0721

Kristen Carroll Dance Company: 176 W Salisbury St,
Denton
Ph: (336) 859-5845

MLH Studio of Productions: 803 Julian Ave,
Thomasville
Ph: (336) 870-7392

N2Danzn: 120 Lines St., Thomasville
Ph: (336) 906-8071

Sheets Dance Academy: 2 N Main St, Lexington
Ph: (336) 238-5211

Tumble Tots of Lexington: 117 Anna Lewis Dr.,
Lexington

Tennis Courts

Bingham Tennis Center: 512 S. Hargrave St,
Lexington

Bombay Park: 250 Bombay Rd, Denton

Central Recreation Center: 205 E Main St, Thomasville

Country Club Tennis Courts: 200 Country Club Blvd,
Lexington

Old Charles England: 301 Smith Ave, Lexington

Grimes: 25 Hege Dr., Lexington

Pickett School: 200 Biesecker Rd, Lexington

Thomasville High School: 400 Turner St, Thomasville

Outdoor Swimming Pools

Brookside Swim Club: 210 Queens Rd. Lexington

Denton Swim Club: 405 Klopman Mill Rd, Denton

Lexington Aquatic Park: 207 Forest Rose Dr.,
Lexington

Lexington Swim Club: 3 City Club Circle, Lexington

Memorial Park Pool: 20 Stadium Dr., Thomasville

Reeds Community Swim Club: 5698 Old Highway 64,
Lexington

Southside Swim Club: 317 Rogers Rd, Lexington

Washington Park Pool: 100 Bookington Ave, Lexington

Welcome Swim Club: 151 Industrial Dr, Lexington

Golf Courses

Colonial Country Club Inc.: 7047 Colonial Club Dr.
Thomasville

Hit and Run Driving Range: 2659 Old Linwood Rd,
Lexington

Lexington Golf Club: 200 Country Club Blvd.,
Lexington

Meadowlands: 542 Meadowlands Dr, Winston Salem

Olde Homeplace Golf Club: 4295 Wallburg Rd,
Winston Salem

Sapona Ridge: 439 Beaver Creek Rd, Lexington,

Winding Creek Golf Course: 458 Pine Woods
Church Rd, Thomasville

Playgrounds

Brier Creek School: 175 Watford Rd, Thomasville

Carver Park: 800 Kahler St, Thomasville

Cecil Street Park: 106 Cecil St, Lexington

Childers Park: 100 Swing Dairy Rd, Lexington

Churchland School: 7571 S North Carolina Hwy 150,
Lexington

Dalton Myers Park: 401 Mason Way, Thomasville

Davis Townsend School: 975 Heath Church Rd,
Lexington

Doak Park: 301 W. Main St, Thomasville
(wheelchair friendly)

East Third Avenue: 315 E. Third Ave, Lexington

Erlanger Park: Park Circle, Lexington

Fairgrove School: 217 Cedar Lodge Rd, Thomasville

Finch Field: 1220 National Highway, Thomasville

Finch Park: Paul Beck Rd, Lexington

Fourth Street Park: 412 E. 4th St, Lexington

Green Needles Park: 264 Charlotte Dr, Lexington

Grimes Park: 25 Hege Dr, Lexington

Holt Street Park: 602 Holt St, Lexington

Jaycee Park: 307 Burler St, Lexington

King Row Park: 5 King Row, Thomasville

Lake Thom-A-Lex Park: 700 Yokley Rd, Lexington

Midway School: 318 Midway School Rd, Lexington

Myers Park: 101 S. Talbert Blvd, Lexington

Northwest Elementary: 400 Northwest Elementary Rd
Lexington

Old Charles England School: 310 Smith Ave, Lexington