

Playgrounds

Davidson County School playgrounds may be used after school hours

Lexington:

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

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

Lexington Parks and Recreation:

512 Hargrave St, Lexington

Myers Park: 101 S Talbert Blvd, Lexington

Old City Lake Park:

2429 Old City Lake Rd, Lexington

Smith Street Park: 505 Smith Ave, Lexington

Washington Park:

100 Bookington Ave, Lexington

Thomasville:

Memorial Park: 20 Stadium Dr, Thomasville

Basketball Courts

Denton:

Bombay Park: 250 Bombay Rd, Denton

Lexington:

Cecil Street Park: 106 Cecil St, Lexington

Childers Park: 100 Swing Dairy Rd, Lexington

East Third Avenue Park: 315 E 3rd Ave, Lexington

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

Radcliffe Park: 301 W 9th Ave, Lexington

Smith Avenue Park: 811 Holt St, Lexington

Southmont Park: 170 Owens Rd, Lexington

Tussey Street Park: 514 Tussey St, Lexington

Washington Park:

100 Bookington Ave, Lexington

Thomasville:

Carver Park: 800 Kahler St, Thomasville

Dalton Myers Park:

401 Mason Way, Thomasville

Doak Park: 301 W Main St, Thomasville

King Row Park: 5 King Row, Thomasville

Turner Street Park: 401 Turner St, Thomasville

Veterans Memorial Park:

20 Stadium Dr, Thomasville

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/

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



DAVIDSON COUNTY
HEALTH DEPARTMENT
Protecting, Caring, Serving Our County

Davidson County Health Department

915 Greensboro Street

Lexington, NC 27292

336-242-2300

Revised February 2020



Physical Activity Guide

Discover activities that you enjoy
and get moving!



Clubs and Fitness Centers

Lexington:

City Fitness: 30 E. 1st St., Lexington
Ph: (336) 448-4444
www.cityfitnessnc.com/

Lexington Senior Center: (residents 55+)
555-B West Center Street Ext., Lexington
Phone: (336) 242-2290
<https://www.co.davidson.nc.us>

Snap Fitness:

4423 S, NC-150 Suite D & E, Lexington
Ph: (336) 853-7627
<https://www.snapfitness.com>

J. Smith Young YMCA:

119 W 3rd Ave., Lexington
Ph: (336) 249-2177
<https://lexingtonymca.com/>

Thomasville:

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

Planet Fitness:

835 Julian Avenue, Thomasville
Ph: (336) 853-7627
<https://www.planetfitness.com/gyms/thomasville-nc>

Thomasville Senior Center: (residents 55+)

211 W. Colonial Drive, Thomasville
Phone: (336) 474-2754
<https://www.co.davidson.nc.us>

Tom A. Finch YMCA:

1010 Mendenhall St, Thomasville
Ph: (336) 475-6125
<http://myynow.org/>

Tennis Courts

Denton:

Bombay Park: 250 Bombay Rd, Denton

Lexington:

Bingham Tennis Center:
512 S. Hargrave St, Lexington

Grimes: 25 Hege Dr., Lexington

Pickett School: 200 Biesecker Rd, Lexington

Thomasville:

Central Recreation Center:
205 E Main St, Thomasville

Outdoor Swimming Pools

Denton:

Denton Swim Club: 405 Klopman Mill Rd, Denton
Ph. (336) 859-3600

Splash Pad: 250 Bombay Road, Denton

Lexington:

Brookside Swim Club: 210 Queens Rd. Lexington

Lexington Swim Club: 3 City Club Circle, Lexington
Ph. (336) 224-5267

Reeds Community Swim Club:
5698 Old Highway 64, Lexington
Ph. (336) 787-5010

Southside Swim Club: 317 Rogers Rd, Lexington
Ph. (336) 357-7526

Washington Park Pool:

100 Bookington Ave, Lexington

Welcome Swim Club: 151 Industrial Dr, Lexington

Thomasville:

Memorial Park Pool:
20 Stadium Dr., Thomasville

Schools With Tracks

Denton:

South Davidson High:
14596 NC Hwy 109 S. Denton

Lexington:

Central Davidson High:
2747 NC Hwy 47, Lexington

Lexington High: 26 Perry St., Lexington

Northwest Elementary:

400 Northwest Elementary Rd, Lexington

North Davidson High:

7227 Old US Hwy 52, Lexington

West Davidson High: 200 Dragon Dr., Lexington

Thomasville:

Brown Middle: 1140 Kendall Mill Rd., Thomasville

Ledford High: 140 Jesse Green Rd., Thomasville

Ledford Middle: 3954 Hwy 109 N, Thomasville

Thomasville High: 410 Unity St., Thomasville

Walking, Jogging, and Hiking Trails

Lexington:

Boone's Cave Park:
3552 Boone's Cave Rd, Lexington

Davidson County Community College:

297 DCCC Rd at Greensboro Rd, Lexington

Davidson County West Campus:

555 W. Center St Ext, Lexington

Erlanger Park: 605 Park Circle, Lexington

Finch Park: 15 Paul Beck Rd, Lexington
(1/4 mile & nature trail) - 1.5 mile bike trail)

Grimes Park: 25 Hege Dr., Lexington
(1/3 and 1/2 mile)

Jaycee Park: 307 Burler St, Lexington (1/4 mile)

Lake Thom-A-Lex: 700 Yokley Road, Lexington

Myers Park: Talbert & Fairview Dr. Lexington
(1/3 mile)

Old Charles England School:

310 Smith Ave, Lexington (1/8 mile)

Pickett School: 200 Biesecker Rd., Lexington
(1/4 mile)

Southmont Fire Department: 11030 NC Hwy 8,
Lexington

Washington Park:

100 Bookington Ave, Lexington (1/4 mile)

Thomasville:

Doak Park: 301 W. Main St., Thomasville
(1/3 mile)

Downtown Thomasville Routes - (.6 – .87 miles)

Finch Field: 7003 Ball Park Rd, Thomasville
(1/3 mile)

Tom A. Finch YMCA: 1010 Mendenhall St,
Thomasville