



Summer

2015 Program Guide

May-August

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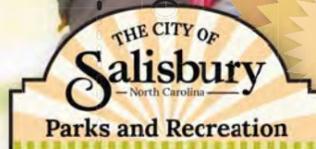
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MOVE AND DANCE



Dillingham Martial Arts

Join the Dillingham Team, our world class martial arts program. This program includes character development, self-discipline, self-respect, self-control and respecting others in addition to basic and advanced martial arts training. Class times are based on age and belt rank. Visitors welcome.

Cost: \$60/mo, \$10 regist. fee **Date(s):** 5/5-8/27
Location: Miller Center **Day(s):** Tu,Th
Ages: 3-5 (6-7 p.m.) 6-12 (7-8 p.m.) 12-Adult/Higher Belt (8-9 p.m.)



Urban Ballroom Dancing

Urban ballroom dancing is a smooth, elegant, graceful dance which combines slow dancing, hand dancing, and cha-cha together. It is danced on the beat of urban music, some jazz, R&B, and soul. Urban ballroom also incorporates other dances, such as salsa, foxtrot, rumba and tango steps. Wear comfortable clothing that is non-restrictive and smooth soled shoes. This class has two separate 8-week sessions.

Cost: \$20/couple per 8-wk session **Date(s):** 5/7-6/25, 7/9-8/27
Location: City Park Center **Time(s):** Th (6-7 p.m.)
Instructor: John Russell/Linda Beaty



Young Champions of America Cheerleading

Young Champions combines pom and cheerleading into one program. Students are taught techniques such as cheer and chants with arm movements, jumps, kicks, stunting basics, and teamwork. Dance routines, dance techniques and choreography are also included. Registration will be held on Monday, June 15, from 6-7:30 p.m. for all age groups.

Cost: \$7/class **Date(s):** 6/22-8/31 **Day(s):** M
Location: City Park Center **Instructor:** Amanda Boyles
Ages: 4-6 (6-6:45 p.m.) 7-9 (6:45-7:30 p.m.) 10+ (7:30-8:30 p.m.)



Smooth 'n Groove Line Dancing

This popular high energy class is dedicated to learning a variety of new and popular line dances each week. A sampling of lessons include: The New Cupid Shuffle, Tail Feather, Biker Shuffle, Homey Twist, Blurred Lines, Mississippi Slide, Amazing Love, Wifey, Step in the Name of Love and more! Put your dancing shoes on and enjoy some fun.

Cost: \$20/mo **Date(s):** 5/4-8/26
Location: Civic Center **Time(s):** M,W (6:40-7:40 p.m.)
Instructor: Linda Beaty No Class 5/25, 8/19



Westfield Productions and Guitar Music/Theory

It is never too late to learn to play the guitar! This class is available for all ages. Each session will focus on teaching basic musical concepts, such as rhythm, harmony, and melody, reading music and playing basic chord symbols. Lessons are offered in 30-minute one-on-one instruction. Call today to schedule your first lesson (704) 798-1143.

Cost: \$5/30-minute class **Date(s):** 5/4-8/27
Location: Miller Center **Time(s):** M,Th (2-7 p.m.)
Instructor: William Dupree

UPDATE!

- ★ The Weight Room has moved to City Park!
New Hours:
M-Th (12-8 p.m.), F (12-6 p.m.), Sat (9 a.m.-1 p.m.)
- ★ Hall Gym now has Air Conditioning!



AQUATICS



Children's Swim Lessons (Level 1)

This class is designed for children who need to become adjusted to the water. They will learn to do front and back floats, kick and stroke, as well as put their face in the water. Children will learn to swim five yards on their front and back.

Cost: \$12/4-class session
Location: Lincoln Pool
Instructor: Lifeguards

Date(s): 6/16-6/25
Time(s): Tu,Th (6-6:45 p.m.)
Ages: 4-6



Children's Swim Lessons (Level 2)

Children who are comfortable in the water; can submerge for 5-10 seconds and know how to swim five yards on their front and back should take this class. They will continue to work on and develop basic swimming skills such as front and back glides, kicking, arm strokes, and rhythmic breathing.

Cost: \$12/4-class session
Location: Lincoln Pool
Instructor: Lifeguards

Date(s): 7/7-7/16
Time(s): Tu,Th (6-6:45 p.m.)
Ages: 4-6



Children's Swim Lessons (Level 3)

Children who can swim a combined stroke on their front and back and can do kicking with arm stroking for at least eight yards should take this class. Stroke development, back crawl, whip kicks, treading water, and rhythmic breathing will be taught.

Cost: \$12/4-class session
Location: Lincoln Pool
Instructor: Lifeguards

Date(s): 7/21-7/30
Time(s): Tu,Th (6-6:45 p.m.)
Ages: 4-6



Children's Swim Lessons (Level 4)

This class is for children who can swim a coordinated crawl stroke and backstroke for 15 yards and are comfortable in the deep water. They will work on perfecting front/back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke.

Cost: \$12/4-class session
Location: Lincoln Pool
Instructor: Lifeguards

Date(s): 8/4-8/13
Time(s): Tu,Th (6-6:45 p.m.)
Ages: 4-6



Youth Swim Lessons (Level 1)

Water adjustment is the focus of this class. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards front and back. Children must also be able to put their face all the way in the water and must be comfortable with all of these skills prior to moving on to Youth 2.

Cost: \$12/4-class session
Location: Lincoln Pool
Instructor: Lifeguards

Date(s): 6/16-6/25
Time(s): Tu,Th (7-7:45 p.m.)
Ages: 7+



Youth Swim Lessons (Level 2)

A class for children who can submerge for 5-10 seconds and do a front float. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing will be taught.

Cost: \$12/4-class session
Location: Lincoln Pool
Instructor: Lifeguards

Date(s): 7/7-7/16
Time(s): Tu,Th (7-7:45 p.m.)
Ages: 7+



Youth Swim Lessons (Level 3)

Children who can swim a combined stroke for five yards (kicking while moving their arms) on their front and back should take this class. Children will learn back crawl, whip kick, rhythmic breathing, how to tread water and will improve their stroke.

Cost: \$12/4-class session
Location: Lincoln Pool
Instructor: Lifeguards

Date(s): 7/21-7/30
Time(s): Tu,Th (7-7:45 p.m.)
Ages: 7+



Youth Swim Lessons (Level 4)

Children who are comfortable in the water and can swim a coordinated crawl stroke and backstroke for 15 yards should take this class. Children will work on perfecting front and back crawl and treading water. Elementary back stroke and breaststroke as well as butterfly arms will be introduced.

Cost: \$12/4-class session
Location: Lincoln Pool
Instructor: Lifeguards

Date(s): 8/4-8/13
Time(s): Tu,Th (7-7:45 p.m.)
Ages: 7+



Adult Beginner Swim Lessons (Level 1)

This is an aquatic orientation class. Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing.

Cost: \$8/2-class session
Location: Lincoln Pool
Instructor: Lifeguards

Date(s): 6/20, 6/27
Time(s): Sat (11 a.m.-12:30 p.m.)
Ages: 18+



Adult Beginner Swim Lessons (Level 2)

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke will be demonstrated.

Cost: \$8/2-class session
Location: Lincoln Pool
Instructor: Lifeguards

Date(s): 7/11, 7/18
Time(s): Sat (11 a.m.-12:30 p.m.)
Ages: 18+



Adult Beginner Swim Lessons (Level 3)

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke.

Cost: \$8/2-class session
Location: Lincoln Pool
Instructor: Lifeguards

Date(s): 7/25, 8/1
Time(s): Sat (11 a.m.-12:30 p.m.)
Ages: 18+



Adult Beginner Swim Lessons (Level 4)

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques will be stressed. Skills will be taught to prepare students for Adult Stroke Correction.

Cost: \$8/2-class session
Location: Lincoln Pool
Instructor: Lifeguards

Date(s): 8/8, 8/15
Time(s): Sat (11 a.m.-12:30 p.m.)
Ages: 18+



Aqua Aerobics

This water aerobics class is a fun, low-impact, low to medium-intensity program designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance. Exercises are performed in waist to chest deep water.

Cost: \$3/class, \$24/season pass (online only)
Location: Lincoln Pool
Instructor: Dennis Wilson

Date(s): 6/7-8/9
Time(s): Sun (5-6 p.m.)
Ages: 15+



Lincoln Pool Public Swim Hours

Dates

Pre-Season: 5/23-5/25, 6/30-6/31
In Season: 6/9-8/23
Extended Season: 8/25-9/7

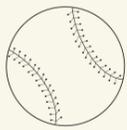
Times

Monday: Closed
Tuesday: 3-6 p.m.
Wednesday: 12-8 p.m.
Thursday: 3-6 p.m.
Friday: 12-8 p.m.
Saturday: 12:30-6 p.m.
Sunday: 1-5 p.m.

Prices

Per Day Swim: \$1/youth, \$2/adult
One Month Pass: \$20/youth, \$30/adult
Season Pass: \$50/youth, \$75/adult
Youth = ages 17 and under
Adult = ages 18+

ATHLETICS/LEAGUES



Adult Coed Softball League

This USSSA sanctioned softball league is for men and women ages 16 & up. Come out and enjoy playing softball and have fun with others. League fee will include sanction fee. Teams will play doubleheaders on Sundays in a 12 game season with a double elimination tournament at the end. There will be a coaches meeting on Thursday, July 9 at 6 p.m. at Hall Gym.

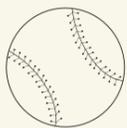
Cost: \$425/team (includes USSSA fee) **Date(s):** 7/26-9/27
Location: Sports Complex **Time(s):** Sun (4-7 p.m.)
Instructor: Steve Clark **Ages:** 16+



City Park Tennis Programming

For information regarding City Park Tennis Programming, please contact Bobby Cristman - PTRP, Salisbury Parks and Recreation Tennis Pro, directly at rcristman@carolina.rr.com or call him directly at (704) 754-2052. Group or single lessons for all ages.

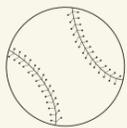
Instructor: Bobby Christman **Date(s):** May-August
Location: City Park Tennis Courts



Major League Baseball Pitch, Hit and Run

MLB Pitch, Hit and Run is a FREE, exiting skills event for boys and girls ages 7-14 in the community. Participants will have the opportunity to compete in pitching, hitting and running with a chance to advance to the team championship at a MLB pro stadium.

Cost: FREE **Date(s):** 5/9
Location: Sports Complex **Time(s):** Sat (10 a.m.)
Instructor: Staff **Ages:** 7-14



Men's Church Softball League

Get the men at your church together and come out for this USSSA sanctioned softball league for men 16 & up. League fee includes sanction fee. Teams will play twice a week in a 14 game season with a double elimination tournament at the end. There will be a coaches meeting on Thursday, July 23 at 6 p.m. at Hall Gym.

Cost: \$475/team (includes USSSA fee) **Date(s):** 8/11-10/22
Location: Sports Complex **Time(s):** Tu,Th (6:30-9:30 p.m.)
Instructor: Staff **Ages:** 16+



Salisbury 49'ers Police Athletic Football League and Cheerleading Program (PAL)

Football League and Cheerleading program is designed for ages 5-14 for our area youth to develop and grow their character, leadership, mental and physical fitness capabilities. Practices start in July with games starting in August. Volunteer coaches and team moms needed.

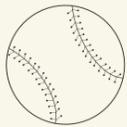
Cost: \$75/person **Date(s):** 7/13-11/7
Location: Hall Gym **Instructor:** Police Athletic League
Time(s): M-Th(5:30-7:30 p.m.), Sat (9 a.m.-2 p.m.) **Ages:** 5-14



Summer Middle School Basketball League

Enjoy this new air conditioned Hall Gym summer basketball league for boys and girls. It's designed to improve basketball skills and foster team play. Players may register as a team of ten with a coach, or sign up individually and be placed on a team. Every team will get a minimum of 6 regular season games with playoff at the end of the season. Registration till 6/13. Coaches meeting will be on 6/16 at 6 p.m. at Hall Gym.

Cost: \$20/person **Date(s):** 6/22-8/15
Location: Hall Gym **Instructor:** Staff
Time(s): M-F (5:30-8:30 p.m.), Sat (10 a.m.-2 p.m.) **Ages:** 13-15



Women's Open Softball League

This USSSA sanctioned league is for women ages 16 and up. League fee includes sanction fee. Teams will play twice a week in a 10 game season with a double elimination tournament at the end. Coaches meeting will be on Tuesday, June 9 at 6 p.m. at Hall Gym.

Cost: \$300/team (includes USSSA fee) **Date(s):** 6/23-8/13
Location: Sports Complex **Time(s):** Tu,Th (6:30-9:30 p.m.)
Instructor: Steve Clark **Ages:** 16+



Youth Volleyball League

Our program focus on skill development and the fundamentals of volleyball. We offer recreational leagues for grades 4th-8th. Our league promotes healthy player development and basic appreciation for the sport. Registration runs through August 29. Practice begins in September. Games will be played in September and October. Volunteer coaches are needed.

Cost: \$25/person **Date(s):** 9/8-10/24
Location: Hall Gym **Time(s):** Tu,Th(5:30 p.m.) Sat(10:30 a.m.)
Instructor: Staff **Ages:** grades 4-8



Boys/Girls Tennis Lessons

These lessons will emphasize serving and returning skills while strengthening level of play in all areas of the court. Lessons are for middle/high school teens who are developing or play on a middle/high school team and want to improve their tennis skills. Class has 4 sessions.

Cost: \$44/4-wk session **Day(s):** W
Location: Civic Center **Instructor:** Rob Stephens
Session 1: 5/6-5/27 **Session 2:** 6/3-6/24
Session 3: 7/1-7/22 **Session 4:** 8/5-8/26
Age(s)/Times: 9-14 (5-6 p.m.), 15-18 (6-7 p.m.)



Coach Pitch Baseball League

This Youth Coach Pitch Baseball League is for boys and girls ages 7-8! Participants will focus on the fundamentals of baseball while having fun with friends and meeting new ones. Registration will run until May 4. There will be a coaches meeting May 2, at 6 p.m. at Hall Gym. Volunteer coaches are needed.

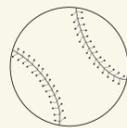
Cost: FREE (\$5 late fee after 5/4) **Date(s):** 5/4-7/27
Location: Kelsey-Scott Park **Time(s):** Tu,Th(5:30 p.m.) Sat(9 a.m.)
Instructor: Elk's Lodge 1774 **Ages:** 7-8



Men's Basketball League

This competitive, quality league offers men an opportunity to showcase their skills, sportsmanship, and passion for the game. Coaches meeting will be held on April 29th at 6 p.m. Hall Gym.

Cost: \$150/team **Date(s):** 5/13-6/21
Location: Hall Gym **Time(s):** W (6-9 p.m.) Sun (4-7 p.m.)
Instructor: Staff **Ages:** 16+



Men's Open Fall Softball League

This USSSA sanctioned softball league is for men 16 & up. League fee includes sanction fee. Teams will play twice a week in a 14 game season with a double elimination tournament at the end. Get your team together and come out and have some fun. There will be a coaches meeting on Thursday, July 23 at 6 p.m. at Hall Gym.

Cost: \$475/team (includes USSSA fee) **Date(s):** 8/10-10/21
Location: Sports Complex **Time(s):** M,W (6:30-9:30 p.m.)
Instructor: Staff **Ages:** 16+



Summer High School Basketball League

Enjoy this new air conditioned Hall Gym summer basketball league for boys and girls. It's designed to improve basketball skills and foster team play. Players may register as a team of ten with a coach, or sign up individually and be placed on a team. Every team will get a minimum of 6 regular season games with playoff at the end of the season. Registration till 6/13. Coaches meeting will be on 6/16 at 6 p.m. at Hall Gym.

Cost: \$20/person **Date(s):** 6/22-8/15
Location: Hall Gym **Instructor:** Staff
Time(s): M-F (5:30-8:30 p.m.), Sat (10 a.m.-2 p.m.) **Ages:** 16-18



Summer Youth Basketball League

Enjoy this new air conditioned Hall Gym summer basketball league for boys and girls. It's designed to improve basketball skills and foster team play. Players may register as a team of ten with a coach, or sign up individually and be placed on a team. Every team will get a minimum of 6 regular season games with playoff at the end of the season. Registration till 6/13. Coaches meeting will be on 6/16 at 6 p.m. at Hall Gym.

Cost: \$20/person **Date(s):** 6/22-8/15
Location: Hall Gym **Instructor:** Staff
Time(s): M-F (5:30-8:30 p.m.) Sat (10 a.m.-2 p.m.) **Ages:** 7-12



Youth Indoor Soccer League

Our Youth Indoor Soccer League for boys and girls ages 4-8 is both fast and fun! We will focus on the fundamentals of soccer while having fun and learning the game. Registration deadline is August 29. Volunteer coaches are needed. Come and feel the difference in the newly air conditioned Hall Gym.

Cost: \$20/person **Date(s):** 9/7-10/23
Location: Hall Gym **Time(s):** M,W,F (5:30 p.m.)
Instructor: Staff **Ages:** 4-8



E V E N T S



9th Annual Mother Son Luau

This Luau event features Handsome Little Men and their Mothers "rockin and hip-hoppin" the dance floor all night. There will be entertainment, dancing, snacks, games and door prizes. Dance is for little fellas ages 4-13. Photos begin at 5:30 p.m. for your memory keepsake. Tickets limited to the first 325. Ticket sales begin 4/6. Tickets must be purchased in advance. Tickets can be purchased at Miller Center, City Park Center and Parks and Recreation Administrative Offices at 132 N. Main St.

Cost: \$8/mother, \$6/son

Date: 5/2

Location: Civic Center

Time(s): Sat (6-9 p.m.)



RAMS Air Show

The Rowan Aero Modelers Society will wow you with two great remote control airplane shows. See some great stunts, learn about r/c flying and meet the club. This is a free event that is great for the whole family!

Cost: FREE

Date(s): 5/2, 8/22

Location: Salisbury Community Park soccer fields

Time(s): Sat (8 a.m.- 2 p.m.)



9th Annual Middle School Prom

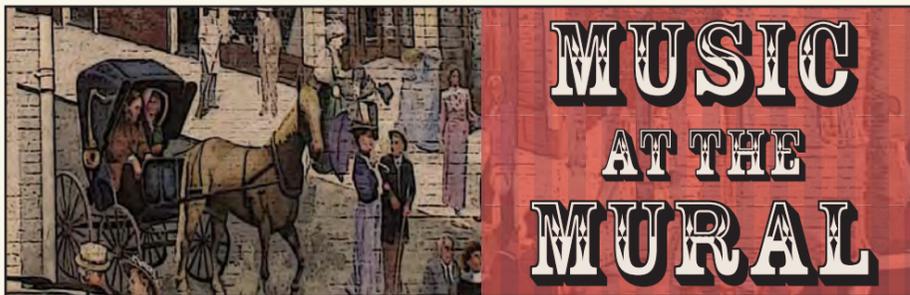
Calling all 6th, 7th and 8th graders: This one is for you! Salisbury Parks and Recreation will hold its 9th annual Middle School Prom on Saturday, May 16, at the Civic Center, 315 S. Martin Luther King Jr. Ave. All middle school students in Rowan County are welcome. Come in a group or bring a date and dance the night away. Refreshments will be served and photo packages will be available for purchase. Tickets can be purchased at Miller Center, City Park Center and Parks and Recreation Administrative Offices at 132 N. Main St. All tickets must be purchased in advance. Ticket sales begin 4/13.

Cost: \$10/person

Date(s): 5/16

Location: Civic Center

Time(s): Sat (6-9 p.m.)



Music at the Mural

Get ready for an incredible summer and autumn of live "Music at the Mural" in Downtown Salisbury! Join us at Salisbury's iconic Mural for hot music and a sizzling good time. Bring your lawn chair so you can kick back and relax while looking at the stars, or watch from the roof of Go Burrito. The Mural will come alive with all types of music during this outdoor concert series in partnership with DSI and Guitars USA.

Cost: FREE

Date(s): 5/30, 6/27, 7/25, 8/29, 9/26, 10/31

Location: W. Fisher St. (behind Wells Fargo)

Time(s): Sat (starting 7 p.m.)



Woofstock

This one is for the dogs! SPRD in partnership with the Dog PAWS Taskforce will host this all about the dogs event. Bring a chair and enjoy an afternoon filled with great live music, pet vendors, dog demonstrations and more. Learn about the dog park and how you can help! All proceeds raised during this event will go directly towards the construction and maintenance of Salisbury's first dog park. Please check our website for additional information: www.salisburync.gov/Play

Cost: FREE

Date(s): 6/14

Location: Civic Center

Time(s): Sun (1-5 p.m.)



Mini Youth Triathlon (Ages 8-14)

Come have a blast racing against the clock to see how quickly you can finish this three event course design at Lincoln Park and Pool. A quick instructional clinic will begin at 8:30 am. There will be separate heat waves by age (max 10 racers per wave). We do encourage parents to volunteer on the course to keep the racers moving and cheer them on. All racers must be able to swim at least 30 meters nonstop. Please bring swimsuit/towel, comfortable running shoes, bicycle and helmet.

Cost: \$10 (includes Sat. swim pass), FREE for Triathlon Camp members

Date(s): 6/20

Location: Lincoln Park/Pool

Time(s): Sat (9-10:30 a.m.)



Salisbury XC Race Series

This is an off-road cross country style 5K race on grass and trails at the beautiful Salisbury Community Park. All ages are welcomed with a free ¼ mile fun run for the kiddos before the 5K. Race series consists of 3 races on Thursday nights. Awards will be given to age group winners and overall winners at each race with series awards being presented at the last race. Sign-up for the entire series to receive a commemorative singlet. Food and cold drinks after each race.

Single Race Cost: \$20 until 6/11, \$24 Race day (Fun Run is FREE ages under 12)

Series Cost: \$50 until 6/11, \$55 until 6/25 **Location:** Salisbury Community Park

Time(s): Th (6:45 p.m. for 1/4 mile, 7 p.m. 5K) **Dates:** 6/25, 7/16, 8/6



18th Annual Greenway 5K & Half-Mile Fun Run

It's the holiday season, so get your family and friends together and take a trip to see the This annual 5k race takes place on a certified 3.1 mile course that follows a portion of the Salisbury Greenway. Take in the beautiful scenery and support your community at the same time. Pre-registered participants are guaranteed a dry-fit tee. 12 age divisions and all proceeds to benefit the Greenway. Register at www.salisburync.gov/PLAY or www.sportoften.com till 12:00 noon on July 17.

Cost: \$20 until 7/17, \$25 race day

Ages under 12 Cost: \$10 (Fun Run only)

Date(s): 7/18

Location: Knox Middle School

Time(s): Sat (8 a.m. 5K, 8:45 a.m. Fun Race)

MOVIES IN THE PARK

Lights! Camera! Action! The Salisbury Parks and Recreation Department is thrilled to bring back its second Summer Movies in the Park series. There will be six fantastic weeks of high quality movie screenings. Your favorite characters will be larger than life on the gigantic 25 foot inflatable screen accompanied by state-of-the-art sound. Local entertainment is always offered before the movie. A full concession stand is also on site with great treats for a nominal fee. All you need is a lawn chair or a blanket and then have a good time!

Cost: FREE

Location: City Park

Time(s): Pre-movie 8 p.m., Movie 9 p.m.



Date: 5/29 **Movie:** Big Hero 6



Date: 6/12 **Movie:** The Box Trolls



Date: 6/26 **Movie:** Mr. Peabody & Sherman



Date: 7/10 **Movie:** The Book of Life



Date: 7/24 **Movie:** How to Train Your Dragon 2



Date: 8/7 **Movie:** Cinderella

SKILL BUILDING



Boy Scouts

The Boy Scout program is a fun, educational, value-focused experience. Scouting offers male youths a positive environment where they can enjoy safe and wholesome activities. It also focuses on building character, improving physical fitness, teaching practical skills and developing a spirit of community service.

Cost: FREE

Location: Hall Gym

Instructor: Tonya Simpson

Date(s): 5/4-8/31

Time(s): M (6-7 p.m.)

Ages: 6-18



High School Equivalency Program

It is never too late to complete your high school education. Parks and Recreation has partnered with RCCC to offer this program. If you are 18 years or older and did not complete High School then this program is for you. Students can be enrolled on campus and at Miller Center. Minor students must be officially withdrawn from high school 6 months and attend a meeting with the Dean. To register please call (704) 216-3510.

Cost: FREE

Location: Miller Center

Instructor: Rowan Cabarrus Community College

Date(s): 5/4-8/27

Time(s): M,W,Th (6-9 p.m.)



Gemstone Academy

You are never too young to begin developing life skills. This program is for students grades 5-12. You will participate in workshops, group work and hands on activities to build leadership qualities, self-esteem, communication, and more. Be a part of something positive. Meetings held 2nd Saturday of each month. To register contact Alisha Byrd at (704) 762-1445 or gemstones@alishabyrd.com. For more www.alishabyrd.com.

Cost: \$25 annual regist. fee

Location: Miller Center

Ages: grades 5-12

Date(s): 5/9,6/13,6/11,8/8

Time(s): Sat (12-3 p.m.)



I am an Artist Kids Series

Come join the fun of this awesome beginners painting series. Join us for four classes that will leave you feeling like a professional. No prior painting skills needed. Join us on 5/23 for ages 6 to 8, 6/20 for ages 9 to 12, 7/18 for ages 13 and up, and on 7/22 "A fun Cow and Calf painting sponsored by Chick-fil-A" for ages 8 and up. Parents must attend with their children.

Cost: \$15/person

Location: City Park Center

Instructor: Brittany Holt

Date(s): 5/23, 6/20, 7/18, 7/22

Time(s): Sat (10 a.m. - 12 p.m.)

Ages: varies



I am Me Mentoring

I Am Me Mentoring is a long term group and leadership development program. Program curriculum and activities will focus on self-image, character/leadership, health/wellness, finance/stewardship, healthy relationships, and academic success. Program is designed to build life-long relationships and long term results. Meetings will be held every 3rd Saturday.

Cost: \$25 regist. fee + \$10/mo

Location: City Park Center

Instructor: Latesha Smith

Date(s): 5/16, 6/20, 7/18, 8/15

Time(s): Sat (10 a.m.-12 p.m.)

Ages: 7-18



Super Hero Training

This fun imaginative program is for young children. Spend the day training to be the best hero you can be, with super power agility courses, damsel rescue training, and learning to beat the "bad guy" techniques.

Cost: \$15/person

Location: Miller Center

Instructor: Brittany Holt

Date(s): 7/18, 8/15

Time(s): Sat (10 a.m.-12 p.m.)

Ages: 4-6



Women in Progress

Our organization focuses on the entire woman. Our main objective is to help all women recognize and understand their own self worth through physical, spiritual, emotional and mental support. "Getting right now help for our right now situations." Meetings on 4th monday of the month.

Cost: FREE

Location: City Park Center

Instructor: Paula Tripp

Date(s): 6/29, 7/27, 8/24

Time(s): M (7-8:15 p.m.)

(No meeting 5/25)



FITNESS



Be Fit Together

This class is devoted to being motivated and being a motivation. Sign up with a partner (friend, family member, husband, or wife) and start that fitness challenge together. Each exercise will be done with that partner and include resistance bands and body sculpting bars. It is important to remember your goal is better health. This fitness class is for all levels. The focus will be on doing what you can do. Just do your best, together.

Cost: \$20/8-wk session

Location: Civic Center

Instructor: Dennis Wilson

Date(s): 5/7-6/25

Time(s): Th (6-7 p.m.)



Beginners Cycling Class

In partnership with the Salisbury Rowan Runners, learn from long-time cyclists about how to ride safely, comfortably and for the best exercise. Join a group of beginning cyclists for organized classroom sessions and rides as you get started. Fee includes the class, a dri-fit training shirt and entry into the Great Berry Ride at Patterson Farms on 5/30. Helmets are required on all rides. Race for second session TBA.

Cost: \$20/8-wk session

Session 1: 7/14-8/4 (Tu)

Time(s): 6 p.m.

Session 1: 4/30-5/21 (Th)

Location: City Park Center

Instructor: Tim Safrit



Body Sculpt

This class emphasizes full body conditioning with a focus on muscle strength and endurance without the intensity of boot camp. Classes are suitable for all levels; specific to certain areas of the body and uses equipment such as training bars and stability balls.

Cost: \$20/8-wk session

Location: City Park Center

Instructor: Dennis Wilson

Date(s): 5/6-6/24

Time(s): W (6-7 p.m.)



Cardio Body Blast

Cardio Blast provides the spice of variety in this exercise class. Experience HIIT, Stability Balls, Yoga, Kick boxing, Cardio Dance, Squats, Body Movement, and more.

Cost: \$10/mo

Location: Civic Center

Instructor: Linda Beaty

Date(s): 5/5-8/25

Time(s): Tu (7-8 p.m.)



Cardio Dance

Cardio Dance is a high energy fat and calorie burning workout sculpting, toning and strengthening your body while you dance to the beat of high energy music. Examples of dances include: reggae, hip, hop, body moves, walk and dance.

Cost: \$10/mo

Location: Civic Center

Instructor: Linda Beaty

Date(s): 5/5-8/25

Time(s): Tu (6:15-7 p.m.)



Fit 4 Life

This class is devoted to getting healthy which starts with increasing your level of fitness. For this workout, you will be using equipment such as weights, bands, and bars. Fit 4 Life tightens the muscles and takes the body to its ultimate toning potential. If you are suffering with diabetes, high blood pressure, or any other health issues it's time to make a change. Get your health back. Come get Fit 4 Life!

Cost: \$20/8-wk session

Location: Civic Center

Instructor: Dennis Wilson

Date(s): 5/5-6/23

Time(s): Tu (5:15-6 p.m.)



Fitness Boot Camp

Fitness Boot Camp is a high intensity total body fitness class with a twist. This class involves body core shaping, sculpting and fat burning exercises to help reach your fitness goals with success. If you struggle with motivation then you will have no worries. Your instructor will motivate you!

Cost: \$20/8-wk session

Location: Civic Center

Instructor: Dennis Wilson

Date(s): 7/7-8/25

Time(s): Tu (5:15-6 p.m.)



Friendly Curvy Yoga

Designed with the plus sized body in mind, each sequence is specifically tailored to work with your body curves. This class promotes AAA bodies - Awareness, Acceptance and Affection through the use of Asanas (poses), breathing and meditation. Curvy yoga offers a body positive space for people of all shapes and sizes; a safe and welcoming practice to try yoga while developing strength and flexibility.

Cost: \$5/class, \$50/season

Location: Civic Center

Instructor: Christine Zimmer, RYT

Date(s): 5/5-8/25

Time(s): Tu (6-6:50 p.m.)



Hatha Yoga

Experience a variety of postures, breathing techniques and develop de-stressing skills. Each class brings the occasional optional challenge thrown in so that you feel like you've earned that relaxation at the end of class. As each class progresses, deepen your understanding of body position and breathing while releasing tension and increase your body's flexibility. Wear comfy clothing and bring your mat or blanket.

Cost: \$5/class, \$50/season

Location: Civic Center

Instructor: Christine Zimmer, RYT

Date(s): 5/7-8/27

Time(s): Th (5:30-6:30 p.m.)



Obstacle Fitness

This class is designed to challenge participants both individually and as a group to complete various fitness obstacles. Conditioning and balance will be emphasized with a focus on endurance, tone and strength on all areas of the body. Classes are suitable for all fitness levels.

Cost: \$20/8-wk session

Location: City Park Center

Instructor: Dennis Wilson

Date(s): 7/8-8/26

Time(s): W (6-7 p.m.)

Ages: 16+



Pickleball

What is Pickleball? Come to Hall Gym and find out about this new and exciting game that is a mix of table tennis and regular tennis. This is a friendly game for all ages.

Cost: FREE

Location: Hall Gym

Date(s): 5/4-8/31

Time(s): M,F (10 a.m.-12 p.m.)



Yoga in the Park

Relax and enjoy Yoga outside the studio and in the park! This outdoor class emphasizes body position, alignment and breathing while releasing tension and increasing flexibility. As the class goes on, the distractions will disappear and the fresh air, blue sky, colorful flowers and summer green leaves will help you become aware of your body and breathing. Wear comfy clothing and bring your mat or blanket.

Cost: \$5/class, \$30/season pass (online only)

Location: Hurley Park

Date(s): 5/9, 5/23, 6/13, 6/27, 7/11, 7/25, 8/8, 8/22

Time(s): Sat (9-10:15 a.m.)

Instructor: Christine Zimmer, RYT



Shadow Fitness Boxing

Shadow Fitness Boxing is boxing without a physical opponent. This fitness class places emphasis on the mind and movement of the body while using boxing techniques to create a fabulous cardio workout for your mind and body. Workouts rely on flow, speed and thinking using your hands and feet in various combinations. This is a perfect class for de-stressing after work!

Cost: \$20/8-wk session

Location: Civic Center

Instructor: Dennis Wilson

Date(s): 7/9-8/27

Time(s): Th (6-7 p.m.)



Youth Beginner's Running Training Program

This Youth Beginners Running Training program will be a comprehensive instructional approach to provide new runners with all the information needed to begin the process. This program will include 8 weeks of classroom and workout sessions to get you ready for a 5k race. Individual coaching will be available so you can go at your own pace. Program includes free entry to Greenway 5k to be held on July 18.

Cost: FREE

Location: Hall Gym

Instructor: Steve Clark

Date(s): 5/26-7/14

Time(s): Tu (6-7 p.m.)

Ages: 8-12



Zumba Fitness Co-Ed

This Latin inspired, aerobic, dance-fitness class incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system! Zumba® will change your mind about exercise, fitness, and health. You will develop habits that uplift your spirit and bring you happiness. Wear tennis shoes, comfortable clothing and bring a water bottle. Adults must accompany youths.

Cost: \$2/Youth ages 6-13, \$4/Adult, \$104 season (online only)

Date(s): 5/4-8/26 (no class 5/25,8/19)

Location: Civic Center

Time(s): M,W (5:30-6:30 p.m.)

Instructor: Tracey McKenzie



Zumba Fitness Ladies Only

The class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits where you can burn 500-1,000 calories each class without even realizing you are doing so. Wear tennis shoes, comfortable clothing and bring a water bottle. Adults must accompany youths.

Cost: \$2/Youth ages 6-13, \$4/Adult, \$52 season (online only)

Date(s): 5/2-8/29 (no class 7/4,7/11)

Location: City Park Center

Time(s): Sat (9:30-10:30 a.m.)

Instructor: Tracey McKenzie

CAMPS



ACE Tennis Camp (Boys and Girls)

This specialized camp is designed to work on your technical game! Our coach will emphasize game strategy, core serves, footwork drills and test your limits on enthusiastic conditioning to enhance your mental and physical capabilities on court.

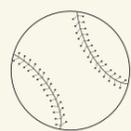
Cost: \$60
Location: Civic Center
Instructor: Rob Stephens
Date(s): 7/27-7/31
Time(s): M-F (5-7 p.m.)
Ages: 14-18



Beginners Theater Camp

Broadway could be your destiny! This camp is designed for Thespians at heart. The camp will give children the opportunity to explore the elements of theatre. Focusing on staging, costumes, voice projection and most of all fun! Registration deadline is 7/6. Lunch will be provided.

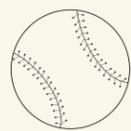
Cost: \$35
Location: City Park Center
Instructor: Staff
Date(s): 7/13-7/17
Time(s): M-F (8:30 a.m.-1 p.m.)
Ages: 9-13



Fast-Pitch Softball Camp

This fast-pitch camp will include pitching, hitting, fielding and base running. Campers will participate in skill development sessions and live game situations. Camp staff will include local high school coaches and players. Participants will need to bring their own softball gear and water. Scholarships available.

Cost: \$30
Time(s): M-Th (9 a.m.-12 p.m.)
Location: Salisbury Community Park
Date(s): 6/22-6/25
Instructor: Jimmy Greene
Ages: 8-14



Salisbury High School Baseball Camp

Do you love baseball? Are you ready to bring your skills to the next level? This baseball camp will give instruction on pitching, hitting, fielding and base running. Campers will participate in skill development sessions and live game instruction. Camp staff will include local high school coaches, players and local college players. Participants need to bring their own baseball gear and water. Scholarships are available.

Cost: \$30
Location: Salisbury High School Baseball Field
Instructor: Salisbury High Baseball Team
Date(s): 6/22-6/25
Time(s): M-Th (9 a.m.-12 p.m.)
Ages: 8-14



Soccer Camp (Boys and Girls)

The ultimate objective of soccer camp is to create a fun, safe, yet challenging environment that inspires all the players to want to become better soccer players and teammates. Campers will participate in skill development sessions with emphasis being based upon individual ball control and skill development. Campers should bring snack and a water bottle each day. Scholarships available.

Cost: \$30
Location: Hall Gym
Instructor: SRPD Staff
Date(s): 8/3-8/6
Time(s): M-Th (9 a.m.-12 p.m.)
Ages: 7-14



Tennis ROCKS Camp

Get yourself prepared for High School tennis. This specific camp will emphasize drills, conditioning, strategies along with singles and doubles play. You will gain experience and the performance needed to help you compete.

Cost: \$50
Location: Civic Center
Instructor: Rob Stephens
Date(s): Boys (7/13-7/17) Girls (7/20-7/24)
Time(s): M-F (8:30 a.m.-11 a.m.)
Ages: 14-18



Transition Camp

This camp is for rising 6th grades and rising 9th grades. Spend the week getting prepared for the transition to the next grade. Meet new friends, get a head start on what to expect for the new year. Limited space available. Register in advance. Lunch is provided.

Cost: \$20
Time(s): M-F (8:30 a.m.-1 p.m.)
Ages/Dates: rising 9th graders (8/3-7), rising 6th graders (8/10-14)
Location: City Park Center
Instructor: Staff



Triple Threat Broadway Babies Camp

This camp is designed to introduce little dancers to the basic dance movements and fundamentals. They will work on spacing, simple tumbling, jazz and lyrical movements. This camp is designed for young children. All children must be potty trained. Lunch provided. To register or for more information email Krystal Stukes at 3threatdance@gmail.com or Teri Shaw at tshaw@salisburync.gov or call (704) 638-2114.

Cost: \$35
Location: Civic Center
Instructor: Krystal Stukes
Date(s): 6/22-6/26, 7/13-7/17
Time(s): M-F (8:30 a.m.-1 p.m.)
Ages: 2.5-4



Beginners Cake Decorating Camp

Come let your creativity run free. This fun camp is designed for preteens. No prior cake decorating skill needed. Come learn how to make your own icing, ice a cake, and create simple easy fun decorations that can be used for many occasions. All materials provided. Registration deadline is 8/10.

Cost: \$40
Location: City Park Center
Instructor: Brittany Holt
Date(s): 8/17-8/21
Time(s): M-F (8:30 a.m.-1 p.m.)
Ages: 9-13



Bougie Style Seamstress Camp

The owner/seamstress of Bougie Styles is going to wow you with sewing and fashion. This camp will focus on basic sewing skills, measuring, cutting, pattern making, and using a sewing machine. You'll learn "No Sew" techniques for quick fashions and how to deconstruct. Space is limited. Each participant will be provided a materials kit! To register email tshaw@salisburync.gov or call (704) 638-2114. Lunch is provided.

Cost: \$70
Time(s): M-F (8:30 a.m.-5 p.m.)
Ages/Date(s): 10-14 (7/6-7/10), 15-18 (7/13-7/17)
Location: City Park Center
Instructor: Sabrina Harris



Future Stars Football Skills Camp (Boys)

The purpose of this camp is to provide basic fundamental instruction for all offensive and defensive positions relating to the game of football. Our goal is that each camper gains a better understanding of the football positions that they are interested in through various skills and drills. Campers need to bring a water bottle, tennis shoes, and a bag to keep personal belongings in each day.

Cost: \$25
Location: Hall Gym
Instructor: Former Catawba College Standout Corey Ready
Date(s): 6/29-7/1
Time(s): M-W (9 a.m.-12 p.m.)
Ages: 7-14



LOVE Tennis Camp

Want to make that top six tennis team? This camp will stress key techniques, footwork, drill implementation, match play along with coaching strategies which will help you gain confidence and increase performance on the court.

Cost: \$50
Location: Civic Center
Instructor: Rob Stephens
Date(s): Girls (6/22-6/26) Boys (6/15-6/19)
Time(s): M-F (8:30 a.m.-11 a.m.)
Ages: 9-14



Science and Technology Camp

The iPad controlled ball that does it all! These CORE lessons equip students for STEM challenges. Multi-day experiments foster creative problem-solving and teamwork. Students concept, engineer and build contraptions powered by Sphero and students' programming. Their creations will then be showcased and discussed with the rest of the class. Limited space. Register one week in advance. Lunch is provided.

Cost: \$40
Location: City Park Center
Instructor: Anthony Johnson
Date(s): 7/20-7/24, 8/3-8/7
Time(s): M-F (8:30 a.m.-1 p.m.)
Ages: rising 5th to 8th graders



Spanish Camp

It is always fun to learn something new. Come spend the week learning Spanish phrases. This fun interactive camp will be filled with hands-on one-on-one instruction, small group learning and using learned skills in day to day conversing. Lunch will be provided! Register one week in advance. Limited space available.

Cost: \$35
Time(s): M-F (8:30 a.m.-1 p.m.)
Ages/Date(s): 6-8 (6/29-7/2), 9-12 (7/27-7/31)
Location: City Park Center
Instructor: Cheres Childers-Mckee



Triathlon Camp

This camp coaches and trains campers in all three disciplines of a triathlon - swimming, cycling and running. Coach Freeze teaches kids drills and tips for each event. The camp provides a fun and healthy atmosphere and makes the transition to racing easier. Includes a water bottle, swim cap and free entry to our Kids Mini Triathlon. Campers must bring a bicycle, helmet, towel, swimsuit and running apparel.

Cost: \$40
Location: Civic Center, Lincoln Pool
Instructor: David Freeze
Date(s): 6/15-6/19
Time(s): M-F (8:30a.m.-12p.m.)
Ages: 8-14



Triple Threat Dance, Theater and Charm Camp

Let's dance, act and charm! Join our trained instructors for a summer of combo class of jazz, tap, ballet, basic theatre and more. Learn the fundamentals and terminology of different genres of dance. Dress in comfortable clothing. For registration and more email Krystal Stukes at 3threatdance@gmail.com or Teri Shaw at tshaw@salisburync.gov or call (704) 638-2114. Space is limited. Lunch will be provided.

Cost: \$30 regist. fee+\$50/wk
Location: Civic Center
Instructor: Krystal Sukes
Date(s): 6/15-7/14 (no camp 6/6-6/10)
Time(s): M-F (8 a.m.-5:30 p.m.)
Ages: 5-13

CAMPS



Wrestling Camp

This camp is a great chance for kids to learn from local coaches and high school team members. This camp will focus on proven fundamental techniques, drilling, live wrestling, conditioning and most importantly FUN! It is promised that any campers who attend this camp will be worn out by days end!

Cost: \$30

Location: Hall Gym

Instructor: Rowan County Wrestling

Date(s): 8/3-8/6

Time(s): M-Th (6-8 p.m.)

Ages: 5-14



Youth Volleyball Camp

This camp, intended for all player levels, is designed to teach and enhance one's volleyball skills and overall performance on the court. Participants will be grouped according to age if numbers allow. Camp instruction will be given by the Salisbury High Coaching Staff, players and former players. Campers should bring a snack and a water bottle each day.

Cost: \$30

Location: Hall Gym

Instructor: Mallory Hodge

Date(s): 7/6-7/9

Time(s): M-Th (9 a.m.-12 p.m.)

Ages: 8-14



SWAGGA Summer Enrichment Program

Come join the SWAGGA family for a fun filled summer! This 8-week program will focus on maintaining and building academic skills learned through the school year. It also prepares children for the upcoming school year. This summer, sign up for fun and educational activities, as well as the opportunity to build lasting friendships. To register, call (980) 234-4398 or email estheratkins@gmail.com. Must register by 6/9.

Cost: \$300 1st child, \$225 2nd child, \$185 for 3rd child and up

Location: Miller Center

Instructor: Esther Atkins

Ages: 5-12

Date(s): 6/15-8/14

Time(s): M-F (7:30 a.m.-6 p.m.)

(Program closed 7/1-7/3)

INFORMATION

Volunteer for Program Credit

We are offering parents an opportunity to volunteer and receive a discounted rate on select programs. For more details contact our Administrative Offices: (704) 216-PLAY.

Staff

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Vivian Koontz
Events Coordinator
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Teri Shaw
Recreation Coordinator
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Paul Moore
Recreation Coordinator
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Contact Us

Online: www.salisburync.gov/Play
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Email: play@salisburync.gov
Mail: Parks and Recreation Administration
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