

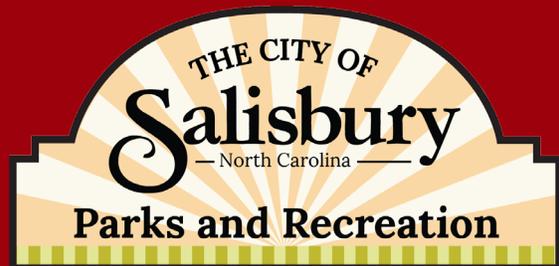


2015 Program Guide | September - December

# AUTUMN

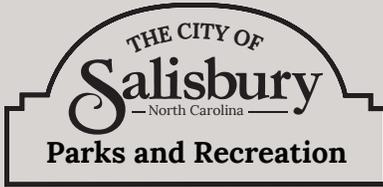
Halloween FunFest 2014  
Costume Contest

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## For Fun or Fitness

Visit [www.salisburync.gov/PLAY](http://www.salisburync.gov/PLAY),  
or call us at (704) 216-PLAY.



**Administrative Office**

4th Floor  
132 North Main Street  
Salisbury, NC 28144

For locations of our community centers, pool, parks, and trails, see the map on the back cover.

**Registration**

Call (704) 216-PLAY or register online at [www.salisburync.gov/PLAY](http://www.salisburync.gov/PLAY).

**Parks and Recreation Staff**

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**Athletics/Leagues**

**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 - 10/23/15  
Time(s): 5:30 p.m.  
Day(s): Mon, Wed, Fri  
Location: Hall Gym  
Age Range: 4-8  
Instructor: Staff

**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 29th. Practice begins in September. Games will be played in September and October. Volunteer coaches are needed.

Cost: \$25/person  
Date(s): 9/8 - 10/24/15  
Time(s): 5:30 p.m. weekdays, 10 a.m. weekends  
Day(s): Tues, Thur, Sat  
Location: Hall Gym  
Age Range: 4th to 8th graders  
Instructor: Staff

**Boy's Youth Basketball League**

This is a youth basketball league for boys ages 7-15 that focuses on building character, teamwork and fundamental basketball skills. Teams will be assigned by a pre-season placement draft. Registration runs through October 17. Practices will be held in November and games will be played in December and January. Volunteer coaches needed.

Cost: \$30/person  
Date(s): 11/9/15 - 1/16/16  
Location: Hall Gym

Age Range: 7-15  
Instructor: Staff

**Coed Youth Basketball League**

This is a youth basketball league for girls and boys ages 5-6 that focuses on building character, teaching teamwork and fundamental basketball skills. Registration runs through January 9, 2016. Practices will begin the end of January and games will be played in February & March. Volunteer Coaches are needed.

Cost: \$30/person  
Date(s): 1/25 - 3/15/16  
Location: Hall Gym  
Age Range: 5-6  
Instructor: Staff

**Girl's Youth Basketball League**

This is a youth basketball league for girls ages 7-15 that focuses on building character, teaching teamwork and fundamental basketball skills. Teams will be assigned by a pre-season placement draft for ages 9-15. Registration runs through January 9, 2016. Practices will begin the end of January and games will be played in February & March. Volunteer Coaches are needed.

Cost: \$30/person  
Date(s): 1/25 - 3/15/16  
Location: Hall Gym  
Age Range: 9-15  
Instructor: Staff

**Dance and Movement**

**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 as well as basic and advanced martial arts training. Class times are based on age and belt rank. Visitors welcome.

Cost: \$60/month, \$10 registration fee  
Date(s): 9/1 - 12/29/15  
Time(s): Ages 3-5, 6-7 p.m.  
Ages 6-12, 7-8 p.m.  
Ages 12+, 8 - 9 p.m.

Day(s): Tues - Thur  
 Location: Miller Center  
 Instructor: Sensei Larry Dillingham  
 4thDBBS

**SWAG (Stepping With A Groove)**

Youth are welcome to join us as we learn how to express ourselves through dance and stepping. This is a great way to meet new people and make friends. This positive safe environment and fun, fun, fun, grab a friend and sign up today!

Cost: \$25/month  
 Date(s): 9/2 - 12/29/15  
 Time(s): 6 - 8 p.m.  
 Day(s): Wed  
 Location: Miller Center  
 Instructor: DeMycal Harris

**Advanced Groove Line Dancing**

This class is both cardio and high energy to give each participant a workout while learning dances that are more advanced each week. Lessons include: Tail Feather, Wobble, Biker Shuffle, Homey Twist, Blurred Lines, With Your Boots On, Booty Scoot, Jody's Thang, Rock This Party and Jamaica Funk! Wear comfy clothes, shoes & enjoy the workout!

Cost: \$12/session  
 Session 1: 9/8 - 9/29/15  
 Session 2: 10/6 - 11/3/15  
 Session 3: 11/10 - 12/1/15  
 Session 4: 12/8 - 12/29/15  
 (No class 10/27)  
 Time(s): 6:40 - 7:40 p.m.  
 Day(s): Tues  
 Location: Civic Center - MPR  
 Instructor: Linda Beaty

**Cardinal Squares  
 Modern Square Dancing Lessons**

It is never too late to learn some new moves. Come learn how to square dance no prior skills required. Great for singles, couples and it's a wonderful stress reliever with easy cardiovascular physical activity!

Cost: \$5/lesson  
 Date(s): 9/12 - 12/31/15  
 (no class 11/26, 12/26)  
 Time(s): 7 - 9 p.m.  
 Day(s): Thur  
 Location: City Park

Instructor: Cardinal Square members

**Smooth n' Groove Line Dancing**

This is a popular high energy cardio class dedicated to learning new and classic line dances each week at a normal pace. A sampling of lessons include: Tail Feather, Wobble, Biker Shuffle, The Marvin Gaye Walk, Homey Twist, Blurred Lines, With Your Boots On, Amazing Love, Booty Scoot, Jody's Thang, Rock This Party, Jamaica Funk, County Line Dancing and more! Put some dancing shoes on, have fun and learn some new moves!

Cost: \$12/session  
 Session 1: 9/14 - 9/28/15  
 Session 2: 10/5 - 11/2/15  
 Session 3: 11/9 - 11/30/15  
 Session 4: 12/7 - 12/28/15  
 (No class 10/26)  
 Time(s): 6:40 - 7:40 p.m.  
 Day(s): Mon  
 Location: Civic Center - MPR  
 Instructor: 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 motions, jumps, kicks, stunting basics and teamwork. Dance routines, dance techniques and choreography also included. Registration and first class will be Monday, September 14, please attend per scheduled age and time.

Cost: \$7/class  
 Date(s): 9/14/15 - 1/25/16  
 (no class 12/21, 12/28, 1/18)  
 Time(s): Ages 4 - 6, 6 - 6:45 p.m.  
 Ages 7 - 9, 6:45 - 7:30 p.m.  
 Ages 10 and up, 7:30 - 8:30 p.m.  
 Day(s): Mon  
 Location: City Park Center  
 Instructor: Amanda Boyles

**You'Nique Stars**

If you're looking for high energy dance, come join the You'Nique Stars Dance team. This program is for children ages 5 and up. For more information contact Jamella Martin

at 704-701-2000 or email teams@gmail.com.

Cost: \$40/month  
 Date(s): 9/14 - 12/28/15  
 Time(s): 6 - 8 p.m.  
 Day(s): Mon  
 Location: Miller Center  
 Instructor: Jamella Martin

**Triple Threat Dance**

Let's Dance! Join our trained instructor for a combo dance class of jazz, tap, ballet and more. Learn the fundamentals and terminology of different genres of dance using precise rhythmical patterns and more. Dress in comfortable clothing. A dance recital will conclude the weeks of dance training. No prior dance experience needed! Last day to register is 9/29.

Cost: \$45/month  
 Date(s): 10/6 - 12/29/15  
 Time(s): Ages 3 - 5, 5:30 - 6:20 p.m.  
 Ages 6 - 8, 6:30 - 7:20 p.m.  
 Ages 9 - 12, 7:30 - 8:20 p.m.  
 Day(s): Tues  
 Location: City Park Center  
 Instructor: Krystal Stukes

**Cardinal Squares  
 Modern Square Dancing**

Keep warm this fall by moving and grooving while having fun and fellowship. Grab a friend and come square dancing each Tuesday at City Park. Great for singles, couples and it's a wonderful stress reliever with easy cardiovascular physical activity!

Cost: FREE  
 Date(s): 1/6 - 4/28/16 (no class 11/3)  
 Time(s): 7 - 9 p.m.  
 Day(s): Tues  
 Location: City Park  
 Instructor: Paul Walker - Caller

**Events****Music at the Mural**

Bring in the cool fall nights with "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, Go Burrito, United Beverages, FastMed Urgent Care and The Lettered Lily.

Cost: FREE

Date(s): 8/29, 9/26, 10/31/15

Time(s): starts at 7 p.m.

Day(s): Sat

Location: West Fisher Street

**Brown Bag Lunch Jam**

Grab a Friend, Grab a Blanket and Grab a Spot at Brown Bag Lunch Jam! For five consecutive Wednesday's in September, a free outdoor concert series will be taking place in Downtown Salisbury. These concerts are a great place for the community to socialize and enjoy the lunch hour during those fantastic Salisbury Fall days!

Cost: FREE

Date(s): 9/2, 9/9, 9/16, 9/23, 9/30

Time(s): 12 - 1:30 p.m.

Day(s): Wed

Location: Eastern Gateway Park

**9th Annual Autumn Craft Show**

Get an early jump on Holiday shopping! Our annual Craft Show features 50 local and area craft exhibitors from the mountains to the coast, held both indoors and outdoors, rain or shine. There is something for everyone – guaranteed!

Indoor vendor setup: Friday 10/16 from 12:00-6:00 p.m. and all others 10/17 beginning at 7:00a.m.

Cost: \$35/indoor vendors, \$25/Outdoor vendors

Date(s): 10/17/15

Time(s): 10 a.m. - 4 p.m.

Day(s): Sat

Location: Civic Center

**Halloween Fun Fest**

Our annual Halloween Fun Fest in Downtown Salisbury will bring ghoulish fun to residents and visitors of Salisbury and beyond. The Salisbury Post parking lot will transform into a Halloween carnival featuring music, costume contests, Halloween crafts, bounce house, face painting, candy and more.

Cost: 50 cents/ticket, \$5/unlimited

Date(s): 10/31/15

Time(s): 3 - 6 p.m.

Day(s): Sat

Location: Downtown Salisbury (Salisbury Post parking lot)

**Tree Lighting Ceremony and Candy Cane Hunt**

Kick off the holiday season with our annual Tree Lighting and Candy Cane Hunt. Enjoy carols, cookies and hot chocolate! Bring your flashlight to participate in our Candy Cane Hunt around the playground. Holiday fun for the whole family!

Cost: FREE

Date(s): 12/4/15

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

Day(s): Fri

Location: City Park Lake

**Brunch with Santa**

We know Santa likes cookies with milk for a midnight snack, but what does he eat for brunch? PANCAKES! You and your family are invited to come make a holiday memory sharing brunch with Santa. Enjoy great food, crafts, games, photos and more! All ages are welcome. Pre-registration is required.

Cost: \$6/person, \$20/family of four

Date(s): 12/5/15

Time(s): 10 a.m. - noon

Day(s): Sat

Location: Civic Center

**Holiday Christmas Lights Trip**

It's the holiday season so let's get your family and friends together and take a trip to see the Christmas lights

at Charlotte Motor Speedway and/or Tanglewood Park. Sit back and let us do the driving and enjoy the trip. Vans will leave the Civic Center at 5:30 p.m.

Cost: \$10/person

Day(s): Tues

Time(s): starts at 5:30 p.m.

Location: Civic Center

**Charlotte Motor Speedway**

Date(s): 12/8/15

**Tanglewood Festival of Lights**

Date(s): 12/15/15

**Kwanzaa Celebration**

Honor African-American culture and tradition during our Kwanzaa Celebration - a time for celebration of the good...the good life and of existence itself...the good of family, community and culture...the good of the awesome and the ordinary... in other words, a celebration of the good in all its manifestations on the Earth. This gathering will offer family fun, entertainment, refreshments, door prizes and an African market.

Cost: FREE

Date(s): 12/26/15

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

Day(s): Sat

Location: City Park Center

**New Year's Eve at the Bell Tower**

Say goodbye to 2015 and ring in the New Year with class and style. Celebrate the beginning of 2016 as a community at Salisbury's historic Bell Tower. Festivities include live music, video feed of Time Square, hot chocolate and other goodies and the ringing of the bell at midnight.

Cost: FREE

Date(s): 12/31/15

Time(s): 8 p.m. - midnight

Day(s): Thur

Location: Bell Tower Park

## Fitness

### Curvy Yoga

Designed with the plus sized body in mind, each sequence is specifically tailored to work with your body curves and not against them. 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 along with developing strength and flexibility in a way that works for your unique body.

Cost: \$6/class, \$90/season

Date(s): 9/1 - 12/29/15

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

Day(s): Tues

Location: Civic Center - Fitness Room 1

Instructor: Christine Zimmer, RYT

### Zumba Fitness® - Coed Class

Keep that body active and looking great with our Fitness F-U-N Party! This Latin inspired, aerobic, dance-fitness class incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system! 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 in a one hour class without even realizing you are doing so, all because this class is so much fun! Wear tennis shoes, comfortable clothing and bring a water bottle.

Cost: \$4/class, \$102/season pass (online only), \$2/class for youth 6-13 with adult

Date(s): 9/2 - 12/30/15

(no class 9/7, 11/11, 11/25, 12/23)

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

Day(s): Mon, Wed

Location: Civic Center - MPR

Instructor: Tracey McKenzie

### Zumba Fitness® - Ladies Only Class

Our certified Instructor creates dance movements that are easy to follow

steps so that anyone can participate. Zumba® will change your mind about exercise, fitness, and health.

Wear tennis shoes, comfortable clothing and bring a water bottle.

Cost: \$4/class, \$48/season pass (online only), \$2/class for youth 6-13 with adult

Date(s): 9/5 - 12/19/15

(no class 11/28, 12/26)

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

Day(s): Sat

Location: City Park Center

Instructor: Tracey McKenzie

### Evening Beginners Running Training Program

This will be a comprehensive instructional approach to provide new runners with all the information needed to begin the process. There will be 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 membership to SRR Club, club t-shirt and entry to club sponsored 5k.

Cost: \$65 payable to SRR Club

Date(s): 9/8 - 10/27/15

Time(s): starts at 6 p.m.

Day(s): Thurs

Location: Novant Health Rowan Medical Center

Instructor: David Freeze – Salisbury

Rowan Runners

### 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 understating of body position and breathing while releasing tension and increase your body's flexibility. Wear comfy clothing and bring your mat or blanket.

Cost: \$6/class, \$80/season

Date(s): 9/3 - 12/31/15

(no class 11/26, 12/24)

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

Day(s): Thur

Location: Civic Center - Fitness Room 1

Instructor: Christine Zimmer, RYT

### 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/session

Session 1: 9/8 - 10/1/15

Session 2: 10/6 - 10/29

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

Day(s): Tues, Thur

Location: Civic Center - MPR

Instructor: Dennis Wilson

### Having A Ball – Exercise

This exercise stability ball class is designed strengthen your upper and lower body and improve upon overall flexibility. Each class will use music and specific ball exercises to maximize the body's potential. Wear athletic shoes and comfy but not loose clothing.

Cost: \$21/session

Date(s): 9/10 - 10/22/15

Time(s): 6:45 - 7:30 p.m.

Day(s): Thur

Location: Civic Center - MPR

Instructor: Linda Beaty

### Core BALListic Exercise

This fitness ball class is designed to define and tone your core while strengthening your entire body. Exercises will focus on the mid-line core with music. Go BALListic and have fun with this total body conditioning class. Wear yoga attire and athletic shoes!

Cost: \$18/session

Date(s): 11/5 - 12/17/15

(no class 11/26)

Time(s): 6:45 - 7:30 p.m.

Day(s): Thur

Location: Civic Center

Instructor: Staff

**Skill Building****Westfield Productions & Guitar Music And 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 - 8/27/15  
Time(s): 2 - 7 p.m.  
Day(s): Mon, Thurs  
Location: Miller Center  
Instructor: William Dupree

**SWAGGA Afterschool Program**

Come join the SWAGGA family for a fun filled afterschool experience. This program will focus on maintaining and building on academic skills learned in school. This program will be filled with fun education activities, building lasting friendships and FUN. Transportation provided for Hurley, Overton, Isenberg, North and Koontz Elementary. No transportation available for middle school students. For registration information contact Evette Fairley at 919-356-5192 or email at eviee66@yahoo.com.

Cost: \$30/week, sibling discount available  
Date(s): 8/24 - 12/18/15  
Time(s): pick up at 6 p.m.  
Day(s): Mon - Fri  
Location: Miller Center  
Age Range: grades K - 7th  
Instructor: Esther Atkins

**Girl Scouts**

Parents, bring your daughters to join Girl Scouts! This is a fun, educational program that will help young girls learn and develop while having fun! This program helps girls grow into positive, productive young women and citizens. For more information

contact Ruby Walker 704-433-4982.

Cost: FREE  
Date(s): 9/1 - 12/22/15  
Time(s): 6:30 - 7:30 p.m.  
Day(s): Tues  
Location: Hall Gym  
Instructor: Ruby Walker

**Miller Center Senior Society**

Join this lively bunch of seniors as they do everything from arts and crafts to trips out of town! This program puts meaning to the words of having fun all year round! Spend your morning learning new things!

Cost: FREE  
Date(s): 9/3 - 12/31/15  
Time(s): 10:30 a.m. - 12: 30 p.m.  
Day(s): Thurs  
Location: Miller Center  
Age Range: 55+

**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 game for all ages.

Cost: FREE  
Date(s): 9/4 - 12/28/15  
Time(s): 10 a.m. - noon.  
Day(s): Mon, Fri  
Location: Hall Gym  
Instructor: Staff

**High School Equivalency Program**

It is never too late to complete you 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. To register or for more information call (704) 216-3510. Students can be enrolled on campus and at the Miller Center. Minor students are accepted, must be officially withdrawn from high school 6 months and attend a meeting with the Dean of the school.

Cost: FREE  
Date(s): 9/9 - 12/17/15  
Time(s): 6 - 9 p.m.  
Day(s): Mon, Wed, Thurs  
Location: Miller Center

Instructor: RCCC

**Gemstone Academy**

You are never too young to begin developing like skills and good quality. This program is for students in grades 5-12. You will participate in workshops, group work and hands on activities to build leadership qualities, self-esteem, communication and so much more. Monthly meetings are the 2nd Saturday of each month. To register, contact Alisha Byrd, (704) 762-1445, or email gemstones@alishabyrd.com. For more information please visit Alisha's website www.alishabyrd.com.

Cost: \$25/Annual Fee  
Date(s): 9/12, 10/10, 11/14, 12/12  
Time(s): noon - 2 p.m.  
Day(s): Sat  
Location: Miller Center  
Instructor: Alisha Byrd

**Boys Scouts**

The Boy Scout program is a fun, educational and focused experience. Offering male youth (ages 6-18) a positive environment where they can enjoy safe and wholesome activities. Scouting focuses on building character, improving physical fitness, teaching practical skills and practicing community service.

Cost: FREE  
Date(s): 9/14 - 12/21/15  
Time(s): 6 - 7 p.m.  
Day(s): Mon  
Location: Hall Gym  
Instructor: Tonya Simpson - Scout Leader

**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."

Cost: FREE  
Date(s): 9/18, 10/26, 1/23, 12/28  
Time(s): 7 - 8:15 p.m.  
Day(s): 4th Mon of each month

Location: City Park Center  
Instructor: Paula Tripp

### Beginners Bougie Sewing Class

Owner and operator of Bougie Styles is offering a beginners sewing class. This class will focus on pattern reading, fabric cutting, measurements, learning the ins and outs of the sewing machine. Each class will end with a completed project. Weekly projects: Week 1, throw pillow, Week 2: wallet, Week 3: shawl, Week 4: maxi dress. Register one week in advance limited spaces.

Cost: \$40/class, \$130/4 classes  
sewing machines available for \$20 rental  
Date(s): 10/8, 10/15, 10/22, 10/29/15  
Time(s): 6 - 8 p.m.  
Day(s): Thur  
Location: City Park Center  
Instructor: Sabrina Harris

### Tournaments/Competitions

#### NFL Punt, Pass and Kick

This local football competition, an initiative of the National Football League, for both boys and girls ages 6-15 in the community. Participants will be given the opportunity to show others how they punt, pass and kick. Local winners will advance to the sectionals.

Cost: FREE  
Date(s): 9/20/15  
Time(s): starts at 2 p.m.  
Day(s): Sun  
Location: Catawba College (Shuford Stadium)  
Age Range: 6 -15  
Instructor: Staff

#### Bougie Styles Christmas in Paris 2015 Pageant

Bougie Styles is looking for babies' age 3 months to children age 8 to walk the Bougie Runway. This is an all-Natural Pageant for girls and boys. (No Make-up) Winners of the pageant will be featured in the Parade on the Boogie Styles float. All registration will be followed up by email confirmation and details. Provide a valid email and mailing address upon registration. Register

at [www.salisburync.gov/play](http://www.salisburync.gov/play). For details email: [info@bougiestyles.com](mailto:info@bougiestyles.com). Register 8/17 to 9/7/15.

Cost: \$50 per pageant contestant, Pageant tickets available online at [www.salisburync.gov/play](http://www.salisburync.gov/play) for \$5, children 2 and under are free  
Date(s): 9/26/15  
Day(s): Saturday  
Location: City Park Center  
Instructor: Sabrina Harris

#### Glow Disc Golf Tournament Series

Light up those disc and let them fly! This series will be held at various locations. Lanterns and glow sticks will help light your way around the course. Mini glow sticks for discs will be provided. Separate amateur and advanced divisions with cash payouts in each division and tournament. Series updates and further details will be available on the Rowan County Disc Golf Club Facebook page. Entry includes a \$2 ace pool.

Cost: \$10/Am's, \$15/Advanced Am's, \$15 Advanced  
Time(s): 7 - 9:30 p.m.  
Day(s): Friday  
**Kelsey Scott Park DGC**  
Date(s): 10/9/15  
**Ellis Park DCG**  
Date(s): 10/23/15

#### North Carolina Cyclo-Cross Series Race

Come take part in these fun races! This racing spectacular is for all ages and skill levels and is a family event. Races are 30, 45 or 60 minutes long with men's, women's and junior's divisions and a FREE kids race. This is a US Cycling Federation sanctioned event with 1 day license available at the race. Visit [www.nccyclocross.com](http://www.nccyclocross.com) for details. We will also have live entertainment and great food!

Cost: \$20/Adult, \$15/Junior, FREE/Kids under 12  
Date(s): 11/8/15  
Time(s): begins at 10 a.m.  
Day(s): Sun  
Location: Salisbury Community Park  
Instructor: Kerry Shields

#### Turkey Hoop Shoot - Sponsored by Food Lion

Are you an ace when it comes to shooting hoops? Bring those basketball skills out to the gym and have some fun. You could win a FREE Thanksgiving turkey! The Turkey Shoot tests your skill and accuracy in a basketball free throw competition.

Cost: FREE  
Date(s): 11/21/15  
Time(s): begins at 10 a.m.  
Day(s): Sat  
Location: Hall Gym  
Instructor: Staff

All four of our facilities have FREE wi-fi available, City Park and Miller Centers also have computer labs.

#### City Park Center Hours

Monday – 12:00-8:00 pm  
Tuesday – 12:00-8:00 pm  
Wednesday – 12:00-8:00 pm  
Thursday – 12:00-8:00 pm  
Friday – 12:00-6:00 pm  
Saturday – 9:00 am-1:00 pm

#### Civic Center Hours

Monday – 4:00-8:00 pm  
Tuesday – 4:00-8:00 pm  
Wednesday – 4:00-8:00 pm  
Thursday – 4:00-8:00 pm  
Friday - Closed  
Saturday – 9:00 am-1:00 pm

#### Hall Gym Hours

Monday – 12:00-8:00 pm  
Tuesday – 12:00-8:00 pm  
Wednesday -12:00-8:00 pm  
Thursday – 12:00-8:00 pm  
Friday – 12:00 6:00 pm  
Saturday – 9:00 am-1:00 pm

#### Miller Center Hours

Monday – 12:00-8:00 pm  
Tuesday – 12:00-8:00 pm  
Wednesday – 12:00 8:00 pm  
Thursday – 12:00-8:00 pm  
Friday – 12:00-6:00 pm  
Saturday – 10:00 am-2:00 pm

All facilities CLOSED on Sundays.