

For fitness or for fun,  
get active today!



1 Events

2 Fitness/Fun

3 Athletics/Self/Skills

4 Games/Information

*Winter/Spring*  
2014 Program Guide  
(January-April)

FEB  
08  
SAT



**18th Annual Father Daughter Dance**

Experience an enchanted, priceless evening between father and daughter! Includes food, games and door prizes. Tickets on sale January 6.

For Girls 4-13 Time(s): 6-9 p.m.  
Cost: \$8 per Father/\$6 per Daughter  
Location: Civic Center

MAR  
29  
SAT



**Woof Stock**

SPRD and the Dog PAWS Taskforce will host this dog focused event. Vendors, dog shows and more.

Time(s): 11 a.m.-3 p.m.  
Cost: \$20 for dog show  
Location: Civic Center  
All proceeds benefit our Dog Park

APR  
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SAT



**8th Annual Touch a Truck**

All ages will receive hands on, educational experiences with a wide variety of vehicles.

Time(s): 10 a.m.-1 p.m. Cost: FREE  
Location: Downtown Salisbury  
To enter a vehicle, call (704) 216-2708

APR  
12  
SAT



**Egg Hunt and Community Day**

The Easter Bunny is on his way! Spend an afternoon hunting eggs, playing games and celebrating Spring.

Time(s): 11 a.m.-2 p.m.  
Cost: FREE  
Location: Kelsey Scott Park

APR APR  
10 & 24  
THU THU



**Rock the Park Concert Series**

Enjoy local North Carolina bands rocking out in our park! Concessions available.

Time(s): 7-10 p.m.  
Cost: FREE  
Location: Hurley Park Annex



## Fitness and Health

### Sporty Tots

A program for parents and their tots to interact with others while learning fun fitness activities that will enhance motor function.

Date(s): 2/4-2/27 Cost: \$7 per class  
 Instructed by: Staff Location: Hall Gym  
 Time(s): Tue and Th (10-11:15 a.m.) Age(s): 3 to 5



### Hatha Yoga

Hatha Yoga emphasizes body position, alignment and breathing. Release tension, increase flexibility and learn different positions.

Date(s): 2/6 - 4/29 Cost: \$5 per class  
 Instructed by: Christine Zimmer Location: City Park Center  
 Time(s): Th (5:30 - 6:30 p.m.)

### Yoga in the Park

Breathe in springtime while relaxing body and mind. Wear comfy clothing and bring your mat or blanket. Meets 2 and 4 Sat of the month.

Date(s): 3/8, 3/22, 4/12, 4/26, 5/10, 5/24 Cost: \$5 per class  
 Instructed by: Christine Zimmer Location: Hurley Park  
 Time(s): Sat (9-10:15 a.m.)



### Beach Body Transformation

This workout enhances aerobic capacity and promotes significant calorie burning while also improving muscle fitness.

Date(s): 1/2-4/29 Cost: \$3 per class  
 Instructed by: Justin Davis Location: Miller Center  
 Time(s): Wed and Th (6-7 p.m.)

### Wallyball What?

Similar to volleyball, but you can use the walls! Learn how to play and see why it can be a great fitness addition to you and your family.

Date(s): 1/9-2/27 Cost: \$15/8 week session  
 Instructed by: Staff Location: Civic Center  
 Time(s): Th (6-7 p.m.)

### Ultimate Frisbee Program

Learn this highly energetic sport that combines the endurance of soccer, with the aerial passing skills of football and is played on a field.

Date(s): 3/2-4/27 Cost: \$15/3 month session  
 Instructed by: Anthony Girelli Location: Knox Middle School  
 Time(s): Sun (3-4 p.m.) Age(s): grades 7 to Adult

### ZUMBA Fitness

Join our ZUMBA fitness party! It's Latin inspired, easy, calorie burning dance. Wear tennis shoes, comfortable clothes and bring a water bottle.

Date(s): January-April Weekdays: Mon and Wed (5:30-6:30 p.m.) at the Civic Center  
 Instructed by: Tracey Glenn  
 Cost: \$3 per class / \$1, Age(s): 6-13 Weekends: Sat (9:30-10:30 a.m.) at City Park Center

### ZUMBA in the Park

Take the ZUMBA party outside!  
 Wear tennis shoes, comfortable clothes and bring a water bottle.

Date(s): 3/1-4/26 Cost: \$3 per class / \$1, Age(s): 6-13  
 Instructed by: Tracey Glenn Location: City Park Flag Concourse  
 Time(s): Sat (9:30-10:30 a.m.) Rainy Day Location: City Park Center

### Evening Beginners Running Training Program

Eight weeks of classroom and workout sessions to provide new runners with all the information needed to begin running.

Date(s): 3/18-5/6 Cost: \$65 payable to SRR  
 Instructed by: Salisbury Rowan Runners Location: Class at Novant Health Hospital  
 Time(s): Tue (6 p.m.) Includes membership to SRR, t-shirt, and 5k entry.

### Salisbury Tennis Academy

The tennis academy will provide lessons for kids, teenagers and adults from beginners to advanced players. To set up lessons and times, please contact Bobby Cristman at rcristman@carolina.rr.com or (704) 754-2052

Date(s): 1/14-4/30 Time(s): Tues and Th (4:30-5:30 p.m.)  
 Instructed by: Bobby Cristman Location: City Park Tennis Courts

### Battle of the Blacktop

Can you hoop? Think you're the best in Salisbury?  
 Gather your friends and join our 3 on 3 basketball tournament!

Date(s): 4/6 Cost: \$5 per team  
 Instructed by: Staff Location: Kelsey Scott Park  
 Time(s): Sat (games begin at 10 a.m.)

### Cardio Tennis

High energy fitness activity that combines the best features of tennis with cardio exercise.

Date(s): 4/14-5/7 Cost: \$10/4 week session  
 Instructed by: Rob Stephens Location: Civic Center  
 Time(s): Mon and Wed (9:30-10:30 a.m.) Clay Courts



## Fun and Music

### Young Champions of America Dance

Develop creative expression! Popular with both girls and boys. Fun, very energetic classes. Learn pom, hip hop funk and dance techniques.

Date(s): 2/5-6/11 Cost: \$7 per class  
 Instructed by: Young Champions Coaches Location: City Park Center  
 Time(s): Wed, Age(s): 4-6 (6-6:45 p.m.) Age(s): 7-9 (6:45-7:30 p.m.) Age(s): 10+ (7:30-8:15 p.m.)

### Young Champions of America Cheerleading

Combines pom and cheerleading into one program. Includes cheers and chants with jumps, kicks, stunting basics and teamwork, plus dance.

Date(s): 1/5-4/28 Cost: \$7 per class  
 Instructed by: Young Champions Coaches Location: City Park Center  
 Time(s): Mon, Age(s): 4-6 (6-6:45 p.m.) Age(s): 7-9 (6:45-7:30 p.m.) Age(s): 10+ (7:30-8:15 p.m.)

### NBA Cheerleading

Girls ages 6-13 cheer during boys' basketball games. Participants will learn the basic fundamentals of cheering, dance routines and chants.

Date(s): Jan - March Cost: \$35/Uniform not included  
 Instructed by: Staff Location: Miller Center  
 Time(s): Mon (6-6:45 p.m.)

### Miller Center Step Team

Community youth in middle school are welcome to join us as we learn how to express ourselves through dance and stepping. Includes T-shirt.

Date(s): 1/1-4/30 Cost: \$10/resident, \$20/non-resident  
 Instructed by: Sharon Johnson Location: Miller Center  
 Time(s): Tues, Th, and Sat (5-7 p.m.)

### Cardinal Squares Modern Square Dancing

Get your winter exercise, while enjoying fun and fellowship. Great for singles and couples! This class is a wonderful stress reliever with easy cardiovascular physical activity.

Date(s): January-April Cost: FREE  
 Instructed by: Teresa Chunn Location: City Park Center  
 Time(s): Tues (7-9 p.m.)

### Mini Funk Factory Band

Learn how to play and read music along with marching in a real band! The band is for 4th-8th graders who are residents of Salisbury. Open to all who sign up.

Date(s): 1/2-4/29 Cost: FREE  
 Instructed by: Anthony Johnson Location: City Park Center  
 Time(s): Tues and Th (4:30-5:30 p.m.)

### Family Fun Bingo Days

Enjoy playing bingo for prizes and a main giveaway!  
 Concessions available.

Date(s): 2/23 at Civic Center, 3/23 at City Park Center, 4/27 at Miller Center and Hall Gym  
 Instructed by: Staff Cost: \$1 per person  
 Time(s): Sun (4-6 p.m.)

### Elementary School Dances

Calling all 2nd to 5th graders! Enjoy a night of hanging with your friends and dancing! Each dance has a fun theme!

Date(s): 1/18-Pajama theme at City Park Center, 2/22-80's theme at Miller Center, 3/15-Lights, Camera, Action! theme at Civic Center, 4/26-Neon theme at Hall Gym  
 Time(s): Sat (5-8 p.m.) Cost: \$3 per person

### After School Care

Looking for afterschool care for your loved ones? We offer homework assistance, snack time, arts and crafts and free play. The program is offered Monday through Friday during the school year. Parents must provide snacks for each child.

Cost: \$20/week for one child, \$35/week for two children  
 Time(s): 2:30-5:30 p.m.  
 Location: Miller Center

Call for more details (704) 638-5298. Children attending Overton and Knox can be transported by school bus. We pick up from North Rowan, Hurley and Isenberg Elementary.



## Athletics/Leagues

### Coed Youth Soccer League

A fast and fun league for boys and girls ages 4-13, that focuses on the fundamentals of soccer while making new friends. Registration deadline is 3/29. Volunteer coaches needed.

Date(s): 4/7-5/24 Cost: \$20  
 Instructed by: Staff Location: Hall Gym  
 Time(s): Sat (10 a.m.-2 p.m.)



### Adult Co-Ed 6 on 6 Volleyball League

Adult coed volleyball league for ages 18 and up. Great way to spend some time with friends and have some fun. Interest meeting on 1/27.

Date(s): 2/9-3/30 Cost: \$100 per team  
 Instructed by: Staff Location: Hall Gym  
 Time(s): Sun (3:30-6 p.m.)

### Adult Co-Ed Kickball League

For all adults out there that need to relive those elementary childhood memories of being king of the kickball field, here is your opportunity. Register by 3/10. Coaches meeting will be 3/17.

Date(s): 3/29-5/1 Cost: \$150 per team  
 Instructed by: Staff Location: Sports Complex  
 Time(s): Tues and Th (6-8:30 p.m.)

### Tee Ball Baseball League

Youth tee ball baseball league for boys and girls ages 4-6. We focus on the fundamentals of baseball while having fun with new friends. Register between March 3-31.

Date(s): 4/7-6/28 Cost: FREE  
 Instructed by: Elks Lodge 1774 Location(s): Kelsey Scott and Sports Complex  
 Time(s): Tues and Th (4:30-5:30 p.m.)

### Coach Pitch Baseball League

Youth coach pitch baseball league for boys and girls age 7-8. We focus on the fundamentals of baseball, while making new friends. Register between March 3-31.

Date(s): 4/7-6/28 Cost: FREE  
 Instructed by: Elk's Lodge 1774 Location: Kelsey Scott and Sports Complex  
 Time(s): Tues and Th (5:30 p.m.)

### Baseball Travel Team

Youth baseball team for boys ages 9-10. We focus on the fundamentals of baseball while having fun. Register between March 3-31.

Date(s): 4/7-6/28 Cost: FREE  
 Instructed by: Elks Lodge 1774 Location: Kelsey Scott and Sports Complex  
 Time(s): Tues and Th (5:30 p.m.)



### Men's Pre-Season Softball Tournament

Annual pre-season double elimination softball tournament for men ages 16 and up. Prepare your team before the start of the league. Drawing will be 3/10. Coaches meeting March 10, 6 p.m. at Hall Gym.

Date(s): 3/17-3/20 Cost: FREE  
 Instructed by: Staff Location: Sports Complex  
 Time(s): Mon - Th (6-9 p.m.)

### Men's Open Spring Softball League

This USSSA sanctioned softball league is for men ages 16 and up. Teams will play twice a week in a 14 game season with a double elimination tournament at the end of the tournament.

Date(s): 4/14-6/18 Cost: \$450 per team plus \$25 sanction fee  
 Instructed by: Staff Location: Sports Complex  
 Time(s): Tues and Th (6-9 p.m.)

### Youth Co-Ed Basketball League

This is a youth basketball league for girls and boys 5-6, that focuses on building character, teaching teamwork and fundamental basketball skills. Registration runs through January 11.

Date(s): Jan-March Cost: \$35  
 Instructed by: Staff Location: Hall Gym  
 Time(s): Practice begins 1/27

### Youth Girls Basketball League

This is a youth basketball league for girls ages 7-15 that focuses on building fundamental basketball skills. Registration runs through January 11. Pre-season clinic is Feb. 2, Sat 10 a.m. - noon in Hall Gym.

Date(s): Jan-March Cost: \$35  
 Instructed by: Staff Location: Hall Gym  
 Time(s): Practice week begins 1/27



### Men's Basketball League

A competitive, quality league offers men an opportunity to showcase their skills, sportmanship and passion for the game.

Date(s): 4/2-5/7 Cost: \$150 per team and official fees.  
 Instructed by: Staff Location: Hall Gym  
 Time(s): Wed (6-10 p.m.)

### Police Athletic League - Youth Football

This league is designed for our boys ages 5-14 in our area to develop and grow their character, leadership, mental and physical fitness capabilities. Practices begin 3/10. Volunteer coaches needed.

Date(s): Register 3/3-3/8 Cost: \$50  
 Instructed by: Young Champions Coaches Location: Behind Hall Gym

## Self-Improvement

### D.R.E.A.M. Girls

This club promotes self worth, self esteem, and empowerment in young girls ages 9-12 through hands on activities, conversations, community service and mentoring.

Date(s): 1/25-4/26 Cost: \$10  
 Instructed by: Alexus Jennings Location: Miller Center  
 Time(s): Sat (10 a.m.-noon)

### 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.

Date(s): Begins 1/7 Cost: FREE  
 Instructed by: Paula Tripp Location: City Park Center  
 Time(s): 2nd Tuesday and 4th Monday of each month (7-9 p.m.)



### Boys to Men

Mentoring program that helps male teens beat the struggle of everyday life, make positive decisions and obtain strong leadership skills.

Date(s): 1/25-4/27 Cost: FREE  
 Instructed by: Staff Location: Miller Center  
 Time(s): Sat (10 a.m. - noon)

### Drug and Alcohol Prevention

Help teens and adults develop critical thinking skills and decision making skills to prevent drug use and abuse.

Date(s): 1/11, 2/15, 3/8, 4/12 Cost: FREE  
 Instructed by: Katrina Oliver Location: Civic Center  
 Time(s): Sat, (10 a.m.-noon)

### Gang Resolution Intervention Program

Communication involvement prevention program focusing on position relationships, conflict resolution, self esteem and personal responsibility. G.R.I.P. has helped kids get out of gangs and get on track.

Date(s): 1/2-4/24 Cost: FREE  
 Instructed by: Staff Location: Miller Center  
 Time(s): Wed (5:30-7:30 p.m.)

## Skill Building

### Build Your Own Website

Your business deserves every opportunity to succeed. Learn new and exciting ways that are available for you to operate your own technology, online communications and website.

Date(s): 1/7-2/25 Cost: \$50  
 Instructed by: Connie Johnson Location: Civic Center  
 Time(s): Tues and Th (6-7 p.m.)



### Beads and Accessories Design

Explore your creative side and design your very own jewelry. You'll learn to make necklaces, bracelets and anklets.

Date(s): 1/23-4/24 Cost: \$10, includes all supplies  
 Instructed by: April Butler Location: City Park Center  
 Time(s): Th (6-7:30 p.m.)

### Beginner Bridge Lessons

It's time to get out of the house to energize your mind and enjoy the social aspects of learning how to play this popular card game.

Date(s): 1/6-2/24 Cost: \$5/7 week session  
 Instructed by: Kerry Morgan Location: Civic Center  
 Time(s): Mon (noon-2:30 p.m.)

### Catching On! Reading Remediation

Advance your child's reading skills. This class is for children in first through sixth grade who are considered to be at least six months behind in reading skills. Sessions will be catered to your child's specific needs.

Date(s): School Year Cost: \$24 per week  
 Instructed by: Denise Foutz Location: City Park Center  
 Time(s): Mon, Wed and Fri, 30 minute sessions

# Chipper's Corner

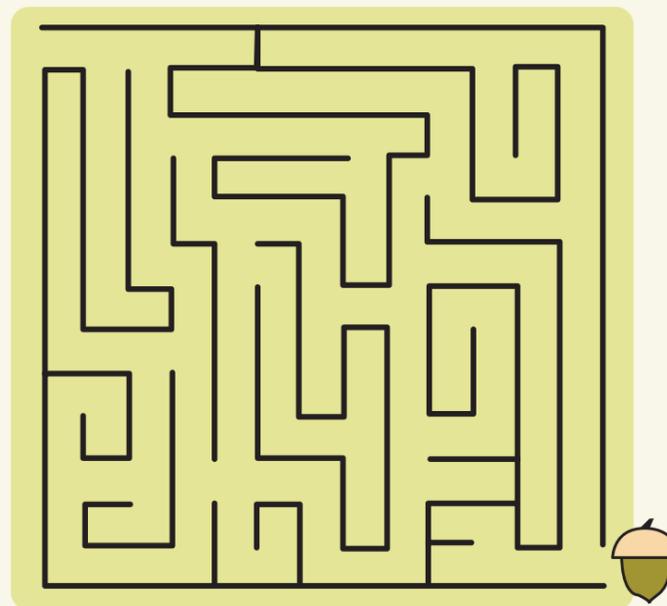
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C	I	S	U	M	K	H	Z	D	F	L	J	S	N	F	N	H	O	E	Z
V	T	Z	D	A	U	S	E	I	G	B	R	T	E	M	W	H	K	R	Y
A	Y	Y	E	X	W	Z	T	Y	N	R	I	E	E	I	V	N	I	Q	Y
O	Z	L	Z	X	L	N	K	W	E	L	N	E	E	N	V	T	N	R	K
Q	V	P	W	K	O	A	K	P	Z	L	M	F	V	H	N	O	G	C	S
Q	V	Z	U	L	S	C	P	A	T	A	L	E	G	M	C	I	M	I	F
O	U	G	D	F	J	I	Y	L	K	B	P	I	B	P	G	S	S	L	R
C	T	K	R	Y	H	M	O	U	A	T	I	F	J	N	R	G	W	X	U
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### Find the Words:

- PLAY
- PARKS AND REC
- DANCE
- YOGA
- KARATE
- BASKETBALL
- CHIPPER
- MOVIES
- MUSIC
- MINI FUNK FACTORY
- ZUMBA
- RUNNING
- TENNIS
- KICKBALL
- COOKING
- FUN
- CHEERLEADING
- FOOTBALL
- SALISBURY
- FRISBEE



Help Chipper the Squirrel find his acorn!



## GENERAL

## INFORMATION

### Staff

Lakai Brice  
Recreation Programmer  
(704) 216-2722 lblic@salisburync.gov

Stephen Brown  
Maintenance Manager  
(704) 638-4481 sbrow@salisburync.gov

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Vivian Koontz  
Events Coordinator  
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Paul Moore  
Recreation Coordinator  
(704) 638-2139 pmoor@salisburync.gov

### Contact Us

Online  
[www.salisburync.gov/Play](http://www.salisburync.gov/Play)

Phone  
(704) 638-5291

Email  
[play@salisburync.gov](mailto:play@salisburync.gov)

Mail  
Salisbury Parks and Recreation Administration  
City Office Building  
132 N. Main Street (4th Floor)  
Salisbury, North Carolina 28144

### Registration

Call, visit one of our four facilities or go to [www.salisburync.gov/RegisterToPlay!](http://www.salisburync.gov/RegisterToPlay!)

### Locations

**City Park Center**  
316 Lake Drive Salisbury, NC 28144  
(704) 638-5295  
Hours: Mon-Th (10 a.m.-7 p.m.) Fri (10 a.m.-6 p.m.)  
Sat (9 a.m.-1 p.m.)

**Civic Center**  
315 S. Martin Luther King Jr. Ave. Salisbury, NC 28145  
(704) 638-5275  
Hours: Mon-Th (noon-8 p.m.) Fri (noon-6 p.m.)  
Sat (9 a.m.-1 p.m.)

**Miller Center**  
1402 Bank St. Salisbury, NC 28144  
(704) 638-2708  
Hours: Mon-Th (10 a.m.-7 p.m.) Fri (10 a.m.-6 p.m.)  
Sat (10 a.m.-2 p.m.)

**Hall Gym**  
1400B W. Bank St. Salisbury, NC 28144  
(704) 638-5289  
Hours: Mon-Th (10 a.m.-7 p.m.) Fri (10 a.m.-6 p.m.)  
Sat (10 a.m.-2 p.m.)

**Park Locations**  
All Parks are listed online at [www.salisburync.gov/Play](http://www.salisburync.gov/Play)

