



Salisbury Parks & Recreation Department



# programs & activities Summer 2013 Catalog



**(704) 216-PLAY**

**salisburync.gov/pkrec**



**Mission Statement:**

To provide quality leisure services through safe, attractive, maintained parks, cemeteries, landscapes and diversified programs that meet the current and future needs of the community... along with our continued commitment of providing excellent customer service.



# TABLE OF CONTENTS

Explore the entire brochure to find a program that is just right for you.

**Special Events .....3**

**Family Programs .....3**

**Summer Camp.....4**

**Specialty Camps.....4-5**

**Youth Programs/Athletics .....5**

**Adult Programs/Athletics.....6-7**

**Fitness .....7**

**Tennis .....7**

## Parks and Field Use Information

Any person or group wishing to rent a park shelter or field must fill out a park usage permit, available at the parks and recreation administration building, 132 N. Main St, 4th floor or call our administrative office at 704-638-5291. Requests are filled on a first-come basis, depending on availability. All reservations must be paid for no later than 2 weeks in advance of the event date. Visit our website at [www.salisburync.gov/pkrec](http://www.salisburync.gov/pkrec) for all shelter and field reservation fees.

### Reservation Information:

Administrative Office.....704.638.5291

## Facility Use Information

Our four (4) recreation facilities and our pool are available for rentals—City Park Recreation Center, Salisbury Civic Center, Hall Gym, Miller Recreation Center and Lincoln Pool. Requests are filled on a first-come basis, depending on availability. All reservations must be made at least 2 weeks in advance of the event date. Rates vary by each facility. Call or visit our website at [www.salisburync.gov/pkrec](http://www.salisburync.gov/pkrec) for facility rental fees.

### Rental Information:

City Park Recreation Center.....704.638.5295  
 Salisbury Civic Center .....704.638.5275  
 Hall Gym.....704.638.5289  
 Lincoln Pool .....704.638.5289  
 Miller Recreation Center.....704.638.5297

## How to Register:

### Telephone:

Please have registration information and credit card number ready to give our staff.

### Email:

Email a completed registration form to [PLAY@salisburync.gov](mailto:PLAY@salisburync.gov).

### Mail:

Mail in registration form and complete payment to: Salisbury Parks & Recreation PO Box 4053 Salisbury, NC 28145-4053

### Walk-In:

Visit us at City Park Recreation Center, Salisbury Civic Center, Hall Gym or Miller Recreation Center.

## Abbreviations:

<b>DAYS—</b>	<b>LOCATIONS—</b>
M.....Monday	CP.....City Park Recreation Center
Tu....Tuesday	CC.....Salisbury Civic Center
W....Wednesday	HG....Hall Gym
Th...Thursday	MC...Miller Recreation Center
F.....Friday	KSP...Kelsey Scott Park
Sa...Saturday	SCP...Salisbury Community Park
Su...Sunday	JOSC..J.O. Sports Complex
	HP.....Hurley Park

## Park & Recreation Facilities

### City of Salisbury

**Administration Building**  
 132 N. Main St. 4th Floor  
 Salisbury, NC 28144  
 704.638.5291

**City Park Center**  
 316 Lake Dr.  
 Salisbury, NC 28144  
 704.638.5295

**Salisbury Civic Center**  
 315 S. MLK Jr. Ave.  
 Salisbury, NC 28144  
 704.638.5275

**Cemetery Division**  
 1134 N. Main St.  
 Salisbury, NC 28144  
 704.638.5250

**Hall Gym**  
 1400B W. Bank St.  
 Salisbury, NC 28144  
 704.638.5289

**Miller Center**  
 1402 W. Bank St.  
 Salisbury, NC 28144  
 704.638.5297

**Maintenance Operations**  
 1015 S. MLK Jr. Ave  
 Salisbury, NC 28144  
 704.638.4481

**Greenway/Hurley Park**  
 1402 N. Main St.  
 Salisbury, NC 28144  
 704.216.8013

**704-216-PLAY**

# SPECIAL EVENTS & FAMILY PROGRAMS

www.salisburync.gov/pkrec

## 7th Annual Touch a Truck

Participants of all ages will have an opportunity for an up close and personal, hands on and educational experience with a wide variety of vehicles and occupations. Don't miss out on this great fun filled event!

Day	Time	Date	Weeks	Res/Non	Location
Sa	10:00-1:00	4/20	1	No Fee	Downtown

## 7th Annual Middle School Prom

Join us for the 7th annual Middle School Prom at the Civic Center. The prom is open to students from all Rowan County Middle Schools. **TICKETS ARE LIMITED AND MUST BE PURCHASED IN ADVANCE!**

Day	Time	Date	Weeks	Res/Non	Location
Sa	6:00-10:00	5/18	1	\$10	CC

## Movies in the Park

Bring the entire family out for an evening of FREE FABULOUS FUN!! Spread out on the lawn and enjoy the summer night air and the stars above you as you enjoy a great family movie in the park. Concessions will be available. Bring a blanket or chair. Please see back cover for movie titles.

Day	Time	Date	Weeks	Res/Non	Location
F	8:45	5/31,6/14 7/12,8/2	4	No Fee	CP

## 1st Annual Miller Center Adult Prom

Did you miss out on your High School Prom? Would you like to have that night back again or relive that night with your significant other? Here is your opportunity. Don't miss out on this beautiful night with the one you love!

Day	Time	Date	Weeks	Res/Non	Location
Sa	7:00-12:00	6/15	1	\$30/\$60	MC

## 16th Annual Greenway 5k & Half Mile Fun Run

This annual 5k race takes place on a certified 3.1 mile course that follows a portion of the Salisbury Greenway. Pre-registered participants are guaranteed a dry-fit-tee. 12 age divisions and all proceeds benefit the Greenway. Register at [www.sportoften.com](http://www.sportoften.com) by 7/18 or on race day (\$5 extra). \$10 fun run for ages 12 & under.

Day	Time	Date	Weeks	Res/Non	Location
Sa	8:00	7/20	1	\$20	Knox

## Carolina Artists Multimedia EXPO

Instructor: Mary Roakes & Clyde

In partnership with the Carolina Artists, we invite you to embark on a picturesque journey into an exposition filled with elegance and tranquil artwork. There will be awards and sale opportunities during the Expo. Entry info available in July. \$20/members w/ 3 entries. \$30/Non-members w/ 3 entries and includes membership to Carolina Artists. \$5/each additional.

Day	Time	Date	Weeks	Res/Non	Location
Th	10:00-8:00	8/22	1	See desc.	CC
F	10:00-5:00	8/23	1	See desc.	CC

## Birthday Party with Minnie, Mickey, Dora, Diego or Hello Kitty

Instructor: Shara Dearmon

Birthday party with characters? You bring all the fixings for the party and we will provide the facility and requested character. Youth parties only for ages 8 & under. Limited availability—requires 2 week advanced notice—3 hour maximum. Call Miller Center for prices and details.

### INSTRUCTORS WANTED!!

We need instructors for the Fall season, September-December. If you are interested in teaching a class through Salisbury Parks & Recreation, please call 704-216-PLAY today!

## Miller Center Learning Center

Community Learning Center contains 6 computers equipped with Microsoft Office products and Fibrant Internet access. All of our computers connect to a black and white laser printer.

Day	Time	Date	Weeks	Res/Non	Location
M-Sa	10:00-6:00	Ongoing	n/a	No Fee	MC

## Sandy Webb's School of Karate

Instructor: Sandy Webb

Sandy is a 4th degree black belt in the Shito-Ryu style with 35 years of karate experience. In Sandy Webb's School of Karate, students will learn self-discipline, respect and self-respect. One hour classes divided by skill level.

Day	Time	Date	Weeks	Res/Non	Location
M,W,F	6:00-8:00	Ongoing	n/a	\$65	CP

## Birthday Party at Hall Gym

Hall Gym for a birthday party? You bring all the fixings for the party and we will provide the facility and can set up for any indoor sport requested. Youth parties only for ages 12 and under. Limited to availability—2 week notice.

Day	Time	Date	Weeks	Res/Non	Location
M-Sa	Varies	Ongoing	n/a	Call	HG

## Community Outreach

Come out to City Park to meet and greet the staff along with finding out what new programs we are offering. Make sure to bring some of your creative ideas that you would like to see happening at City Park.

Day	Time	Date	Weeks	Res/Non	Location
Th	6:00-7:30	6/13	1	No Fee	CP

## Sweet Sounds Guitar Lessons

Instructor: William Dupree

Students will spend two days a week learning about and creating the craft of Music. They will learn how to read and learn guitar playing in a group.

Day	Time	Date	Weeks	Res/Non	Location
M, Th	4:00-7:00	5/1-8/29	12	\$5	MC

## Dillingham School of Martial Arts

Instructor: Larry Dillingham 4th DBSS

Join the Dillingham team! Our world class martial arts program meets at Miller Recreation Center. Benefits include character development, self-discipline, self-respect, self control and respecting others. Visitors welcome! One hour classes divided by age and skill level. \$10 registration fee.

Day	Time	Date	Weeks	Res/Non	Location
M, W	5:00-8:00	Ongoing	n/a	\$50	MC

## LINCOLN POOL

Monday CLOSED  
 Tuesday 3:30-6:00 p.m.  
 Wednesday 12:00-5:00 p.m.  
 Thursday 3:30-6:00 p.m.  
 Friday 12:00-5:00 p.m.  
 Saturday 12:00-5:00 p.m.  
 Sunday 1:00-5:00 p.m.

Daily Rates:  
**\$1** (17 and under) **\$2** (18+)  
 Monthly Rates:  
**\$20** (17 and under) **\$30** (18+)

**GRAND OPENING**

June 9

12:00-5:00 p.m.



**704-216-PLAY**

# SUMMER CAMP SPECIALTY CAMPS

[www.salisburync.gov/pkrec](http://www.salisburync.gov/pkrec)

## Super Summertime Camp

Join us for ten (10) exciting weeks of summer camp for youth ages 5-12. Camp offers educational and recreational activities, arts and crafts, swimming, games, team building and field trips. Breakfast and lunch provided! Offered at City Park and Miller Center.

Day	Time	Date	Weeks	Res/Non	Location
M-F	7:30-5:30	6/10-8/16	10	\$70/\$140	CP & MC

## Junior Counselor Program

This program is for teens ages 13-17 who want to gain knowledge & learn the principles of LEADERSHIP & RESPONSIBILITY. Participants must have a minimum of 2.5 GPA (C+ or better) with report card documentation.

Day	Time	Date	Weeks	Res/Non	Location
M-F	7:30-5:30	6/10-8/16	10	\$35	CP & MC



## Summer Fun Day Camp: Mom's Morning Out (ages 4+)

Instructor: Crystal Love

Don't miss out on ten (10) weeks of activities that will engage your child in stories, crafts and various activities. A different and exciting theme each week. Participants must be registered at least one week prior to the date of the camp.

Day	Time	Date	Weeks	Res/Non	Location
Th	10:00-11:30	6/13-8/15	10	\$15 per class	CP

## Baseball Camp (ages 8-14)

Instructor: Justin Morgan (former Radford Univ. player and asst. at SHS)

Instruction will be given on pitching, hitting, fielding and base running. Campers will participate in skill development sessions and live game instruction. Camp staff will include local college and high school players.

Day	Time	Date	Weeks	Res/Non	Location
M-Th	9:00-12:00	6/17-6/20	1	\$40/\$80	HG

## Softball Camp (ages 8-14)

Instructor: Elizabeth Clarke

This fast-pitch camp will include pitching, hitting, fielding and base running. Campers will participate in skill development sessions and live game instruction. Camp staff will include local high school players.

Day	Time	Date	Weeks	Res/Non	Location
M-Th	9:00-12:00	6/17-6/20	1	\$40/\$80	HG

## Fashion and Modeling Camp (ages 6-16)

Instructor: Marilyn Lopes

Ever dream of walking the runway? This camp will cover various aspects of fashion design, fashion show production, how to walk the runway, arts and crafts, indoor and outdoor activities and more. Mini fashion show production for parents and friends at the end of each week.

Day	Time	Date	Weeks	Res/Non	Location
M-F	10:00-1:00	6/17-6/21 7/15-7/19 8/12-8/16	1 per camp	\$50/\$100	CP

## All-Star Basketball Camp (Boys & Girls ages 7-14)

Instructor: Paul Blaire

The Paul Blaire all-star basketball camp stresses the fundamentals of basketball. Each day, campers will experience various stations, specializing in fundamental skills and the team concept of basketball.

Day	Time	Date	Weeks	Res/Non	Location
M-W	9:00-12:00	7/1-7/3	1	\$30/\$60	HG

## Volleyball Camp (ages 7-14)

Instructor: Mallory Hodge (head volleyball coach at Salisbury High)

Instruction will be given on passing, hitting and setting. Campers will participate in skill development sessions as well as live game instructions.

Day	Time	Date	Weeks	Res/Non	Location
M-Th	9:00-12:00	7/8-7/11	1	\$40/\$80	HG

## Soccer Camp (ages 6-12)

The ultimate objective of soccer camp is to create a fun, safe, yet challenging environment that inspires all players to want to become better soccer players and teammates. Campers will participate in skill development sessions.

Day	Time	Date	Weeks	Res/Non	Location
M-Th	9:00-12:00	7/15-7/18	1	\$40/\$80	HG

## Dance Camp (ages 7-13)

Instructor: Krystal Pettway-Stukes

Lets Dance! This half-day camp will offer campers the basics in dance. They will learn new moves, styles of dance and dance terms.

Day	Time	Date	Weeks	Res/Non	Location
M-Th	9:00-12:00	7/15-7/18	1	\$40/\$80	MC

## Tennis Camp (ages 10+)

Instructor: Bobby Cristman -PTRP

This is an intermediate to advanced camp for juniors looking for a complete game. Learn to play all areas of the court, drills and skills, match play and conditioning. Bring racquet and water. Call 704-754-2025 to register.

Day	Time	Date	Weeks	Res/Non	Location
M-Th	9:00-11:30	7/15-7/18	1	\$145	CP

## Art, Music and Movement Camp (ages 5-12)

Come enjoy a full week of exploring with music, art and movement. Professional instruction offered by the Waterworks Visual Arts, Salisbury Symphony and trained dance instructors. Scholarships may be available.

Day	Time	Date	Weeks	Res/Non	Location
M-F	9:00-4:00	7/22-7/26	1	\$120	MC

## Mini Funk Factory Band Camp (grades 4th-8th)

Instructor: Livingstone College Marching Band

Come and join the Mini Funk Factory's 3rd Annual band camp. Children grades 4th-8th can learn to play any brass, woodwind or percussion instrument. Music instructors are from the Livingstone College Marching Band. Fee includes both weeks.

Day	Time	Date	Weeks	Res/Non	Location
M-Th	9:00-12:00	7/22-7/25 7/29-8/1	2	\$125	CP

## Football Camp (Boys ages 7-14)

Instructor: Corey Ready (former Catawba standout)

This camp features safe, non-contact football instruction that challenges experienced players and effectively introduces newcomers to the game. Instruction will be given on all aspects of the sport of football.

Day	Time	Date	Weeks	Res/Non	Location
M-W	9:00-12:00	7/29-7/31	1	\$30/\$60	HG

## Speed and Agility Camp (Boys & Girls ages 7-15)

Instructor: Corey Ready (former Catawba standout)

This 2 day camp will focus on leg & core strength, explosive movement, quick feet, balance and coordination. You don't want to miss out on this athletic training opportunity!

Day	Time	Date	Weeks	Res/Non	Location
M-Tu	9:00-12:00	8/5-8/6	1	\$25/\$45	HG

**704-216-PLAY**

# SPECIALTY CAMPS, YOUTH PROGRAMS/ATHLETICS

www.salisburync.gov/pkrec

## Wrestling Camp (Boys ages 6-14)

Instructor: Rowan County Wrestling Association  
Instruction will be given on all aspects of the sport of wrestling. This is a great camp for beginner or experienced wrestlers. Camp staff includes local college and high school wrestlers.

Day	Time	Date	Weeks	Res/Non	Location
M-Th	6:00-8:00	8/5-8/8	1	\$40/\$80	HG

## Elite Girls Basketball Camp (Girls ages 7-17)

Instructor: Paul Blaire  
Elite Camp for Girls is the ultimate camp for player development. This camp is designed for elite athletes to develop leadership, enhance fundamentals, and create a greater understanding of the game.

Day	Time	Date	Weeks	Res/Non	Location
M-Th	9:00-12:00	8/12-8/15	1	\$40/\$80	HG

## Reach for the Stars Dance Camp (ages 6-10)

Instructors: Mary Ann Reach  
This camp is designed to give your child the opportunity to learn dance with a twist. Learn to move it and shake it through Ballet, Tap, Jazz, Hip Hop and Acro. Contact Mary Ann Reach at the studio at 704-754-4900. Wear comfy clothes, ballet shoes or sneakers. May bring a drink/snack.

Day	Time	Date	Weeks	Res/Non	Location
M-F	9:00-12:00	8/12-8/16	1	\$40/\$60	CC

## Dillingham Martial Arts Camp (ages 5-12)

Instructor: Larry Dillingham—4th DBBS  
Five solid days of martial arts from world class instructor Sensei Larry Dillingham! Get a taste of what true Japanese Okinawan Karate is about. Benefits include building positive character development and self-discipline.

Day	Time	Date	Weeks	Res/Non	Location
M-F	9:00-1:00	6/10-6/14 7/15-7/19 8/12-8/16	1 per camp	\$50/\$100	MC



## Girl Scouts

Scouting helps girls develop their full individual potential, relate to others with increasing understanding, skill and respect. It develops values to guide actions and provide the foundation for sound decision making. Any fee will be discussed during Scout meetings.

Day	Time	Date	Weeks	Res/Non	Location
Tu	6:00-7:00	Ongoing	n/a	See desc.	MC

## Miller Center Step Team

Instructor: Sharon Johnson  
Community youth in middle school are welcome to join us as we learn how to express ourselves through dance and stepping. \$10 for t-shirt.

Day	Time	Date	Weeks	Res/Non	Location
M, W	5:30-6:30	Ongoing	n/a	\$10	MC

## Make a Gift for Mom: Mother's Day Workshop

Instructor: Crystal Love  
Mother's Day is May 12! Bring Mommy's little angels out for one of these Make a Gift for Mom workshops to help her add another treasure to show off! Participants must be accompanied by an adult and registered at least one week in advance.

Day	Time	Date	Weeks	Res/Non	Location
Sa	10:00-11:30	5/4, 5/11	2	\$15 per class	CP

### Register Early!!!!

Avoid Disappointment! Nothing cancels a great program quicker than everyone waiting until the last minute to register.

## Major League Baseball Pitch, Hit & Run (Boys & Girls ages 7-14)

This local baseball competition will allow participants to compete separately in pitching, hitting and running. 4 separate age groups with local winners advancing to the regional competition.

Day	Time	Date	Weeks	Res/Non	Location
Su	2:00	5/5	1	No Fee	SCP

## Boys to Men

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

Day	Time	Date	Weeks	Res/Non	Location
Sa	10:00-12:00	See desc.	n/a	No Fee	MC

## Girl to Women

Mentoring program that helps female teens beat the struggle of every day life and make positive decisions and obtain strong leadership skills. Last Saturday of each month.

Day	Time	Date	Weeks	Res/Non	Location
Sa	10:00-12:00	See desc.	n/a	No Fee	MC

## Fashion and Modeling Classes (Girls ages 6-21)

Instructor: Marilyn Lopes  
Ever dream of walking the runway? These classes will cover various aspects of fashion design, fashion show productions, how to walk the runway and much more. Classes are taught with age appropriate lessons and will be separated by age. 3rd Monday of each month. \$10 registration fee.

Day	Time	Date	Weeks	Res/Non	Location
M	6:00-7:00	See desc.	n/a	\$5 per class	CP

## Make a Gift for Dad: Father's Day Workshop

Instructor: Crystal Love  
Father's Day is June 16!! Bring the Apple of Dad's eye out to one of these Make a Gift for Dad workshops to allow them to create something unique and special! Participants must be accompanied by an adult and register at least 1 week in advance.

Day	Time	Date	Weeks	Res/Non	Location
Sa	10:00-11:30	6/8, 6/15	2	\$15 per class	CP

## A Day of Fun, Fashion & Fabulous (ages 6-14)

Instructor: Marilyn Lopes  
A day girls come and get a mini makeover. Receive basic hair dos, nail painting, create a fashion design of their own, and much more. Light refreshments will be served. Early registration ends 7/19. \$15 at the door.

Day	Time	Date	Weeks	Res/Non	Location
Sa	10:00-2:00	7/20	1	\$10	CP

## 2nd Annual Prince and Princess Pageant

All contestants will have a chance to showcase their talents in 4 categories: Sunday Best, Fun Fashion, Personal Introduction & Photogenic. This pageant is limited to the first 10 participants in each age division. Register now!

Day	Time	Date	Weeks	Res/Non	Location
Su	4:00	9/8	1	\$40/\$80	MC

## NFL Punt, Pass & Kick (Boys & Girls ages 8-15)

This is a football competition where participants will be given the opportunity to show others how they punt, pass and kick. Local winners will advance to the sectionals.

Day	Time	Date	Weeks	Res/Non	Location
Su	2:00	9/15	1	No Fee	Catawba

704-216-PLAY

# ADULT PROGRAMS, ADULT ATHLETICS

www.salisburync.gov/pkrec

## Miller Center Senior Society Organization

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. Contact the Miller Center for details.

Day	Time	Date	Weeks	Res/Non	Location
Th	10:30	Ongoing	n/a	No Fee	MC

## Women in Progress

Instructor: Paula Tripp

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." 2nd Tuesday and 4th Monday of each month.

Day	Time	Date	Weeks	Res/Non	Location
See desc.	7:00-8:15	Ongoing	n/a	No Fee	CP

## Walkie Talkies

Have the gift of gab? Want a little exercise? Well, Walkie Talkies gives you the best of both worlds! Enjoy the company of your fellow walkers while talking about your day, your life, or whatever you want to talk about. Perfect way to make friends! Walkers are encouraged to wear tennis shoes, have a water bottle and dress appropriately for the weather.

Day	Time	Date	Weeks	Res/Non	Location
F	9:30-10:30	Ongoing	n/a	No Fee	CP

## Cardinal Squares Modern Square Dancing

Get your Summer exercise, have fun and fellowship at the same time by square dancing at City Park. Great for singles and couples and a wonderful stress reliever with easy cardiovascular physical activity. Call Norman or Effie for details at 704-633-9555.

Day	Time	Date	Weeks	Res/Non	Location
Tu	7:30-9:30	Ongoing	n/a	No Fee	CP

## "Bridge-nomics" with Salisbury-Rowan Newcomers

Whether you are new to the Salisbury area or not, come join our Newcomers group for fun and fellowship while learning the tricks and trade of the enticing card game called "Bridge". For information about bridge play, contact Kim Hoyt 704-209-6562. Information regarding Newcomers Membership (\$20/yr) contact Maxine Dvoracek 704-637-0627.

Day	Time	Date	Weeks	Res/Non	Location
Tu	1:00-3:30	Ongoing	n/a	No Fee	CC

## Card Making with Amy

Instructor: Amy Brown

In a world of texts and emails, there is nothing that shows someone you really care like a handwritten card. If the card is handmade, it's even more of a treasure. You will make 6-8 cards per class. All craft levels are welcome! Class is second Tuesday of each month.

Day	Time	Date	Weeks	Res/Non	Location
Tu	6:30-8:00	See desc.	n/a	\$10 per class	CP

## Summer Blood Drive

Instructor: American Red Cross

The need for donating blood is year-round and Summer time is no exception! Come give the gift of Life! Call the American Red Cross to set up a time for you to donate: 704-633-3854.

Day	Time	Date	Weeks	Res/Non	Location
W	7:30-3:30	7/24	1	No Fee	CC

## ART To Go—Watercolor Styles

Instructor: Carolina Artists

This one hour class will teach you the fundamentals and intricate skills of watercolor style painting. You will create a painting and be able to take your masterpiece home.

Day	Time	Date	Weeks	Res/Non	Location
Th	2:00-3:00	8/22	1	\$2/\$4	CC

## ART To Go—Acrylics Amore

Instructor: Carolina Artists

This one hour class will teach you the beauty behind acrylic painting and how you can learn the techniques to create your own masterpiece. Participants will be able to take their work of art home.

Day	Time	Date	Weeks	Res/Non	Location
Th	3:00-4:00	8/22	1	\$2/\$4	CC

## ART to Go—Collage Effect

Instructor: Carolina Artists

This one hour class will take you inside the intriguing techniques of collage art/painting so that you can create your own ideas and assemble your own picturesque masterpiece to take home.

Day	Time	Date	Weeks	Res/Non	Location
Th	4:00-5:00	8/22	1	\$2/\$4	CC

## Getting Paid to Talk

Instructor: Voice Coaches

This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. We will explore numerous aspects of voice over work for tv, film, audio books, documentaries and the internet in your area. Must register by 8/20. Min. of 9 participants for class.

Day	Time	Date	Weeks	Res/Non	Location
Tu	6:30-9:00	8/27	1	\$15	CP

## 2013 "Hump Day" Players Championship Series

Come join this disc golf series tour every third Wednesday a month. Players championship is determined by points accrued by participation and placements. CTP merchandize prizes, payout prizes and \$2 Ace Pool pot is always up for grabs at each event! View complete schedule and details on Rowan County Disc Golf Club Facebook page or call 704-638-2139 for more information.

Day	Time	Date	Weeks	Res/Non	Location
W	6:00-7:30	Mar.-Nov.	n/a	\$5 entry	varies



## Women's Open Softball League

This USSSA sanctioned softball league is for women ages 16+. League fee and sanction fee to be paid separately. Teams will play twice a week in a 10 game season with a double elimination tournament. Coaches meeting on 5/20 and season starts 6/4. \$25 sanction fee per team.

Day	Time	Date	Weeks	Res/Non	Location
Tu, Th	6:00-9:00	6/4-7/25	5	\$300/team	JOSC

## Adult Co-Ed Softball League

This USSSA sanctioned softball league is for men and women ages 16+. League fee and sanction fee to be paid separately. Teams will play a double header on Sundays in a 12 game season with a double elimination tournament at the end. Coaches meeting on 7/9 at 6:00 p.m. \$25 sanction fee per team.

Day	Time	Date	Weeks	Res/Non	Location
Su	3:00-7:00	7/21-9/22	6	\$400/team	JOSC

704-216-PLAY

# ADULT ATHLETICS, FITNESS, TENNIS

www.salisburync.gov/pkrec

## Men's Open Fall Softball League

This USSSA sanctioned softball league is for men ages 16+. League fee and sanction fee to be paid separately. Teams will play twice a week in a 14 game season with a double elimination tournament at the end. Coaches meeting on 7/22 at 6:00 p.m. \$25 sanction fee per team.

Day	Time	Date	Weeks	Res/Non	Location
M, W	6:00-9:00	8/12-10/16	7	\$450/team	JOSC

## Men's Church Softball League

This USSSA sanctioned softball league is for men ages 16+. League fee and sanction fee to be paid separately. Teams will play twice a week in a 14 game season with a double elimination tournament at the end. Coaches meeting on 7/22 and season starts 8/13. \$25 sanction fee per team.

Day	Time	Date	Weeks	Res/Non	Location
Tu, Th	6:00-9:00	8/13-10/17	7	\$450/team	JOSC

## Men's Basketball League

This competitive, quality league offers men an opportunity to showcase their skills, sportsmanship and passion for the game. Registration deadline is 8/24. Coaches meeting on 9/4.

Day	Time	Date	Weeks	Res/Non	Location
W, Su	Varies	9/11-10/16	5	\$400/team	HG



## ZUMBA

Instructor: Tracey Glenn—Civic Center & City Park  
Sandy Howell—Miller Center

Come join the best ZUMBA classes in Salisbury! ZUMBA is a Latin inspired, easy to follow, calorie burning, feel it to the core fitness party. Please be sure to wear tennis shoes, comfortable clothing and bring a water bottle. Ages 6-13 can join in for just \$1.

Day	Time	Date	Weeks	Res/Non	Location
M, W	5:30-6:30	Ongoing	n/a	\$3 per class	CC
Sa	9:30-10:30	Ongoing	n/a	\$3 per class	CP
Tu, Th, F,	6:00-7:00	Ongoing	n/a	\$3 per class	MC
Sa	8:30-9:30	Ongoing	n/a	\$3 per class	MC

## Fitness-Racquetball-Wallyball

Don't let the summer heat keep you from your health and fitness! We have multi-functional cardio equipment, bar-weights, treadmills, bike, racquetball and wallyball courts available for your everyday workout. Stay Fit 4 Life! Monthly passes available.

Day	Time	Date	Weeks	Res/Non	Location
M-Th	12:00-8:00	Ongoing	n/a	\$2/\$4 daily	CC
F	12:00-6:00	Ongoing	n/a	\$2/\$4 daily	CC
Sa	9:00-1:00	Ongoing	n/a	\$2/\$4 daily	CC

## Over 40 Aerobics

Are you over 40 and looking for a place to get some exercise? Come and enjoy the benefits of low impact aerobics via videotape. Get your heart pumping and your blood flowing!

Day	Time	Date	Weeks	Res/Non	Location
M, Th	10:00-11:00	Ongoing	n/a	No Fee	CP

## Breathe. Stretch. Relax

Instructor: Sacha Roberts

Escape from the hectic realities of daily life and unwind with Sacha! This class will be filled with gentle yoga moves, stretching and meditation. Yoga mat or towel required.

Day	Time	Date	Weeks	Res/Non	Location
W	10:30-11:30	Ongoing	n/a	\$5 per class	CP

## Supervised Group Run/Walk on the Greenway

Instructor: Salisbury Rowan Runners

The Salisbury Parks and Recreation Department and the Salisbury Rowan Runners Club invite you to run/walk the Salisbury Greenway. This program is designed to promote the benefits of running, walking, exercise and healthy lifestyles. Run/walk with others and learn more about the Greenway.

Day	Time	Date	Weeks	Res/Non	Location
M, W	6:30	Ongoing	n/a	No Fee	Knox

## Yoga (ages 18+)

Instructor: Christine Zimmer

Yoga will put an emphasis on your body position, alignment and breaths. Get ready to stretch through different postures, becoming stronger, more flexible and releasing the TENSION from your body. Great class for after work. Bring yoga mat or light blanket, water and comfy clothes.

Day	Time	Date	Weeks	Res/Non	Location
M	6:45-7:45	Ongoing	n/a	\$3 per class	CC

## Boot Camp Aerobics

Instructor: Justin Davis

A typical boot camp-style workout enhances aerobic capacity and promotes significant calorie burning while also improving muscle fitness.

Day	Time	Date	Weeks	Res/Non	Location
Tu, Th	6:00-7:00	5/2-8/29	17	\$3/\$6 class	MC

## Evening Beginners Running Training Program

Instructor: Salisbury Rowan Runners

This program will be a comprehensive instructional approach to provide new runners will all the information needed to begin the process. Eight (8) weeks of classroom and workout sessions. Individual coaching available so you can go at your own pace. Fee payable to SRR. Program includes membership to SRR club, t-shirt and entry to club sponsored 5k. **Classes held at Rowan Regional Medical Center.**

Day	Time	Date	Weeks	Res/Non	Location
Th	6:00	9/5-10/24	8	\$60	RRMC

## TENNIS

For information regarding our Tennis Programs and Camps, please contact Bobby Cristman—PTRP, Salisbury Parks & Recreation Department Tennis Pro directly at [rcristman@carolina.rr.com](mailto:rcristman@carolina.rr.com) or 704-754-2052.

Tennis Academy • Camps • Adult Ladies Clinic

## THE SALISBURY GREENWAY

Brenner Ave .8 mi.  
Prescott/Overton .8 mi.  
Grants Creek .75 mi.  
Memorial Park .4 mi.  
Forest Hills .4 mi.  
Kelsey Scott Park .3 mi.  
Crescent .75mi.



704-216-PLAY



# MOVIES in the PARK

FRIDAY FAMILY FUN  
CITY PARK LAWN

corner of W. Miller and Jackson

8:45 P.M. (approx.)

**FREE**

Pre-movie activities begin  
at 8:00 p.m.

Bring a blanket or chair  
Concessions available

SPONSORED BY:



EVERYONE CAN ENJOY



704-638-5295  
www.salisburync.gov



Need a doctor to care  
for you and your family?  
*We're here for you.*

For quality care close to home, trust Novant Medical Group, the physician network of Rowan Regional Medical Center. Our doctors provide expert care, with a friendly, personalized approach to medicine. Both primary care and specialized services are available to meet all your healthcare needs close to home.

To learn more about our specialties and find the doctor that's best for you, call **1-800-335-4921** or visit [www.rowan.org/doctor](http://www.rowan.org/doctor).

**Rowan** REGIONAL MEDICAL CENTER

[www.rowan.org](http://www.rowan.org)     1-800-335-4921