

# Winter/Spring 2015 Program Guide

January - April

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THE CITY OF  
**Salisbury**  
North Carolina  
Parks and Recreation

## FITNESS



### 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:** \$10/month  
**Date(s):** 1/7-4/29  
**Location:** City Park Center  
**Time(s):** W (6-7 p.m.)  
**Instructed By:** Dennis Wilson



### 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 when you're done. Wear comfy clothing and bring your mat or blanket.

**Cost:** \$5/class, \$50/season  
**Date(s):** 1/15-4/30  
**Location:** City Park Center  
**Time(s):** Th (5:30-6:30 p.m.)  
**Instructed By:** Christine Zimmer



### 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 this is the class for you! Your instructor will motivate you!

**Cost:** \$20/session  
**Date(s):** 1/6-1/29  
**Location:** Civic Center  
**Time(s):** Tu,Th (5:30-6:30 p.m.)  
**Instructed By:** Dennis Wilson



### Pickleball Fridays

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. Pickleball is a sport in which two or four players use solid paddles to hit a perforated polymer ball (similar to a wiffle ball) over a net.

**Cost:** FREE  
**Date(s):** 2/6-3/27  
**Location:** Hall Gym  
**Time(s):** F (10 a.m.-12 p.m.)  
**Instructed By:** Staff



### Fitness Boxing

This fitness class uses 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/session  
**Date(s):** 2/3-2/26  
**Location:** Civic Center  
**Time(s):** Tu,Th (6:30-7:30 p.m.)  
**Instructed By:** Dennis Wilson



### Stability Ball BLAST

This fitness class is designed to define, tone and strengthen your entire body with the use of a stability ball. Go BALListic and have fun with this total body conditioning class.

**Cost:** \$10/session  
**Date(s):** 1/6-4/28  
**Location:** City Park Center  
**Time(s):** Tu (Mornings: 10-11 a.m., Evenings: 5:15-6 p.m.)  
**Instructed By:** Linda Beaty



### Friendly Curvy Yoga

Designed with the plus size body in mind, each sequence is tailored to work with your body's curves and not against them. This class promotes AAA bodies: Awareness, Acceptance and Affection through use of Asanas (poses). Curvy yoga offers a body positive space for people of all shapes and sizes.

**Cost:** \$5/class, \$50/season  
**Date(s):** 1/13-4/28  
**Location:** City Park Center - Room A  
**Time(s):** Tu (6-6:50 p.m.)  
**Instructed By:** Christine Zimmer



### Zumba Fitness® (Co-ed)

It's Resolution time so come join the fitness party! This aerobic, dance-fitness class incorporates Latin and international music and dance movements. This unique balance of cardio and muscle-toning benefits can burn 500-1,000 calories in a one hour class. Wear tennis shoes, comfortable clothing and bring a water bottle.

**Cost:** \$4/class, \$75/season  
\$1/class for ages 6-13 with adult  
**Date(s):** 1/5-4/29  
**Location:** Civic Center  
**Time(s):** M,W (5:30-6:30 p.m.)  
**Instructed By:** Tracy McKenzie  
**No classes:** 1/19, 3/11, 3/18, 3/30



### Group Personal Training

Come join this group to train your body and get fit. Each session will include cardio, body sculpting, core work, resistance training and improved balance. Grab a friend and get motivated and bring a towel to wipe your sweat! Let's get fit!

**Cost:** \$5/class  
**Date(s):** 1/26-4/29  
**Location:** City Park Center  
**Time(s):** M,W (6:30-7:30 p.m.)  
**Instructed By:** Clarissa Best



### Zumba Fitness® (Ladies Only)

It's Resolution time so come join the fitness party! The class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion. The certified instructor creates dance movements that are easy to follow so anyone can participate. Wear tennis shoes, comfortable clothing and bring a water bottle.

**Cost:** \$4/class, \$43/season  
\$1/class for ages 6-13 with adult  
**Date(s):** 1/3-4/25  
**Location:** Civic Center  
**Time(s):** Sat (9:30-10 a.m.)  
**Instructed By:** Tracy McKenzie

# EVENTS



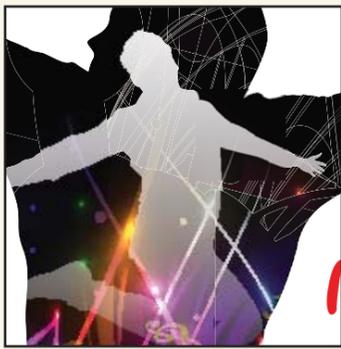
— January —  
**17**  
 — February —  
**21**  
 — Saturday —

**Family Movie Night**  
 Its cold outside and your family needs something fun to do! Come on in and enjoy a great movie night with your whole family, for FREE! Bring a chair or blanket. Concessions will be available for purchase.  
**Cost:** FREE  
**Time:** begins 6 p.m.  
**Location:** Hall Gym  
**Movies:** 1/17 *The Croods*, 2/21 *Epic*



— January —  
**31**  
 — Saturday —

**19th Father-Daughter Dance**  
 Enjoy an enchanted evening! Includes dancing, food, games, entertainment and door prizes. Ticket sales begin 1/2, advanced purchase ONLY.  
**Cost:** \$8/Father, \$6/Daughter  
**Location:** Civic Center  
**Time(s):** 6-9 p.m. (Keepsake photos begin at 5:30)  
**Age(s):** 4-13



— February —  
**27**  
 — Friday —

**Social Dance Night**  
 Here's a chance to put all that practice from our dance classes into action! Smooth 'n Groove Line Dancing and Detroit Urban Ballroom Dancing along with other dances will be a part of this fun evening. Light snacks and refreshments provided.  
**Cost:** \$3/class members, \$5 others  
**Location:** Civic Center  
**Time(s):** 6-9 p.m.



— February —  
**17**  
 — Saturday —

**Fur Fun 5k Run/Walk for the PAWs**  
 This isn't your everyday 5k fun run/walk! Bring Fido or run alone to support Salisbury's first dog park. Pre-registered participants are guaranteed a race bag and treat. All proceeds go to the dog park.  
**Cost:** \$20 entry fee  
**Time:** begins 11 a.m.  
**Location:** Civic Center



— March —  
**18-20**  
 — Wed-Fri —

**Rowan Salisbury Student Art EXPO**  
 In partnership with the Carolina Artists. Students of every grade level are invited to enter and display their art! Entry details will be available in January at the Civic Center. Judging 3/18, Reception 3/20 5-8 p.m.  
**Cost:** FREE  
**Location:** Civic Center  
**Time(s):** W (12-8 p.m.), Th (9 a.m.-8 p.m.), F (9 a.m.-4 p.m.)



— March —  
**28**  
 — Saturday —

**Egg Hunt and Community Fun Day**  
 Hippy-Hoppity, the Easter Bunny is on his way! Come out for an afternoon filled with games, treats and an egg hunt. This FREE event is great fun for the whole family.  
**Cost:** FREE  
**Time:** 11 a.m.-1 p.m.  
 Egg Hunt begins 12:30 p.m.  
**Location:** Kelsey Scott Park



— April —  
**18**  
 — Saturday —

**9th Annual Touch-A-Truck**  
 Get up close for a hands on educational experience! Participants of all ages will have the opportunity to explore a wide variety of vehicles and occupations. Rain date 5/2.  
**Cost:** FREE  
**Location:** Downtown Salisbury (Salisbury Post lot)  
**Time(s):** 10 a.m.-1 p.m.  
 Enter a vehicle: (704) 216-2708



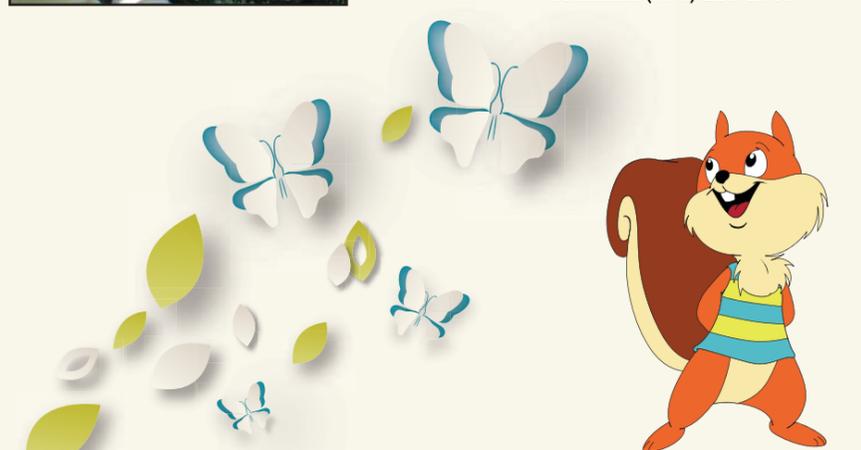
— April —  
**22**  
 — Wednesday —

**Earth Day on the Greenway Exploratory**  
 Interactive environmental education stations will be all along the Greenway to the importance of nature. Learn from the area's top experts. Rain date 4/29.  
**Cost:** FREE  
**Time:** begins 9 a.m.  
**Location:** Salisbury Greenway - Prescott section  
 Volunteer: (704) 216-2708



— April —  
**24-25**  
 — Fri-Sat —

**Spring Family Campout**  
 Pitch a tent, sit by the fire, fish in the lake or just gaze at the stars! Includes campfire food, outdoor games, nature sessions and a movie on the big screen!  
**Cost:** \$20/tent (up to 4 people), \$5 additional people, \$10 tent rental available  
**Location:** Salisbury Community Park  
**Time(s):** 3 p.m.-10 a.m.



## ATHLETICS



### Adult Kickball (Co-Ed)

Relive those childhood memories of being king/queen of the kickball field! Teams play twice a week in an 8 game regular season with a single elimination tournament at the end. Officials are provided, league standings are kept, season and playoff champions are crowned. Coaches meeting: 3/10 at 6 p.m., in Hall Gym.

**Cost:** \$150/team  
**Location:** Sports Complex (1113 S. MLK Jr. Ave.)  
**Time(s):** Tu, Th (6:30-8:30 p.m.)  
**Instructed By:** Staff  
**Age(s):** 18+



### Basketball Youth League (Co-Ed)

This is a youth basketball league for girls and boys that focuses on building character, teaching teamwork and fundamental basketball skills. Registration runs 11/24/14-1/12/15. Practices will begin the end of January and games will be played February and March. Volunteer coaches are needed.

**Cost:** \$30  
**Location:** Hall Gym  
**Time(s):** M-Sat  
**Instructed By:** Staff  
**Age(s):** 5-6



### Evening Beginners Running Training Program

This program will be a comprehensive instructional approach for new runners. 8 weeks of classroom and workout sessions to get ready for a 5k race. Individual coaching available, includes SSR Club membership, club t-shirt and entry to club sponsored 5k.

**Cost:** \$65 payable to SRR Club  
**Date(s):** 3/10-4/28  
**Location:** Novant Health Rowan Medical Center  
**Time(s):** Tu (begins 6 p.m.)  
**Instructed By:** David Freeze (Salisbury Rowan Runners)



### Basketball Youth League (Girls)

This is a youth basketball league for girls that focuses on building character, teaching teamwork and basketball skills. Teams assigned by a pre-season placement draft for ages 9-15. Registration runs 11/24/14 - 1/12/15. Practices begin end of January and games will be February and March. Volunteer coaches needed.

**Cost:** \$30  
**Location:** Hall Gym  
**Time(s):** M-Sat  
**Instructed By:** Staff  
**Age(s):** 7-15



### Men's Pre-Season Softball Tournament

This is an annual men's double elimination softball tournament. Prepare your team before the start of the league at the Jaycee Optimist Sports Complex. Tournament Drawing: 3/12 at 6 p.m., Hall Gym.

**Cost:** \$100/team  
**Date(s):** begins 3/16  
**Location:** Sports Complex (1113 S. MLK Jr. Ave.)  
**Time(s):** M,W (6:30-9:30 p.m.)  
**Instructed By:** Staff  
**Age(s):** 16+



### Coach Pitch Baseball League

This league is for girls and boys and will focus on the fundamentals of baseball while having fun with friends and meeting new ones. Registration will run March 2-31. There will be a coaches meeting 4/7, at 6 p.m. at Hall Gym. Volunteer coaches needed.

**Cost:** FREE, late fee \$5 after 3/31  
**Date(s):** 4/14-6/27  
**Location:** Kelsey Scott Park  
**Time(s):** Tu,Th (5:30 p.m.)  
 Sat (9 a.m.)  
**Instructed By:** Elk's Lodge 1774  
**Age(s):** 7-8



### Salisbury 49'ers PAL Cheerleading Program

This cheerleading program is designed for our area youth to develop their character, leadership, mental and physical fitness. Team moms needed. Registration runs until 3/15. Practices and Saturday games with the PAL Football League.

**Cost:** \$50  
**Date(s):** 3/30-6/13  
**Location:** Hall Gym  
**Practices:** M-Th (5:30-7:30 p.m.)  
**Games:** Sat (9 a.m.-2 p.m.)  
**Instructed By:** Police Athletic League (PAL)  
**Age(s):** 5-14



### Men's Basketball League

This competitive, quality league offers men an opportunity to showcase their skills, sportsmanship and passion for the game. Teams will play a 10 game regular season with single-elimination playoff. There will be a coaches meeting on Wednesday, 3/25 at 6 p.m. at Hall Gym.

**Cost:** \$150/team, \$20 fee per team  
**Date(s):** 4/8-5/23  
**Location:** Hall Gym  
**Time(s):** W, Sun (6-9 p.m.)  
**Instructed By:** Staff



### Tennis Programming

For information regarding this program, please contact Bobby Christman - PTRP, Salisbury Parks and Recreation Tennis Pro, directly at rchristman@carolina.rr.com or call directly at (704) 754-2052. Group or single lessons for all ages.

**Location:** City Park Center Tennis Courts  
**Instructed By:** Bobby Christman



### Men's Open Spring Softball League

This USSSA sanctioned softball league is for men 16+. League and sanction fees are to be paid separately. Teams will play twice a week in a 14 game season with double elimination tournament. Get your team together and have some fun. There will be a coaches meeting Thursday, 3/12 at 6 p.m. at Hall Gym.

**Cost:** \$450/team, \$25 USSSA fee  
**Date(s):** 4/13-6/17  
**Location:** Sports Complex (1113 S. MLK Jr. Ave.)  
**Time(s):** M,W (6:30-9:30 p.m.)  
**Instructed By:** Staff  
**Age(s):** 16+



### Young Champions of America Cheerleading

Young Champions combines pom and cheerleading into one program. Students are taught cheer and chants with arm motions, jumps, kicks, stunting basics and teamwork, as well as dance steps and choreography. Registration: 2/2, 15 minutes before class time.

**Cost:** \$7/class  
**Date(s):** 2/9-6/8  
**Location:** City Park Center  
**Time(s):** M (Ages 4-6: 6-6:45 p.m., Ages 7-9: 6:45-7:30 p.m., Ages 10+: 7:30-8:30 p.m.)  
**Instructed By:** Amanda Boyles  
**No Classes:** 5/25



### Men's Softball Umpires Clinic

This clinic is for umpires that would like to call slow-pitch softball in the Salisbury Parks and Recreation Softball leagues. Interested umpires will learn league rules and on-field mechanics. Our leagues run March through October.

**Cost:** FREE  
**Date(s):** 2/22, 3/1, 3/8  
**Location:** Hall Gym/Sports Complex (1113 S. MLK Jr. Ave.)  
**Time(s):** Sun (begins 5 p.m.)  
**Instructed By:** Staff

## AFTER SCHOOL



### Salisbury 49'ers PAL Flag Football League

This program is designed for our area youth to develop character, leadership, mental and physical fitness. Registration runs until 3/15. Volunteer coaches are needed.

**Cost:** \$20  
**Date(s):** 3/30-6/13  
**Location:** Hall GPractices:  
**Practices:** M-Th (5:30-7:30 p.m.)  
**Games:** Sat (9 a.m.-2 p.m.)  
**Instructed By:** Police Athletic League (PAL)  
**Age(s):** 5-14



### After School Program

Looking for after school 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. Call for more details (704) 638-5298. We pick up from North Rowan, Hurley and Isenburg Elementary.

**Cost:** \$20/week for one child, \$35/wk for two children  
**Date(s):** School Year  
**Location:** Miller Center  
**Time(s):** M-F (2:30-5:30 p.m.)  
**Age(s):** 5-12



### Salisbury 49'ers PAL Football League

This football league is designed for our area youth to develop their character, leadership, mental and physical fitness. Volunteer coaches needed. Registration runs until 3/15. PAL Cheerleaders will practices with the league and cheer at the games.

**Cost:** \$50  
**Date(s):** 3/30-6/13  
**Location:** Hall Gym  
**Practices:** M-Th (5:30-7:30 p.m.)  
**Games:** Sat (9 a.m.-2 p.m.)  
**Instructed By:** Police Athletic League (PAL)  
**Age(s):** 5-14



### Schools Out! Fun Day Camps

Fun for kids when school is out! Campers will enjoy arts and crafts, games, field trips and fun times with their friends. Structured activities from 9 a.m. to 4 p.m. Parents must provide breakfast, lunch and a snack.  
**Winter Adventure:** 1/20-1/21  
**Fantastic February:** 2/16  
**Marvelous March:** 3/26-27

**Cost:** \$15/day  
**Location:** Miller Center  
**Time(s):** 7:30 a.m.-5:30 p.m.  
**Age(s):** Pre-K (age 4) - 12



### Tee Ball Baseball League (Youth)

Youth Tee Ball is for boys and girls! Participants will focus on the fundamentals of baseball while having fun with friends and meeting new ones. Registration will run March 2-31. There will be a coaches meeting on 4/7, at 6 p.m. at Hall Gym. Volunteer coaches are needed.

**Cost:** FREE, late fee \$5 after 3/31  
**Date(s):** 4/14-6/27  
**Location:** Kelsey Scott Park  
**Time(s):** Tu,T (5:30 p.m.)  
 Sat (9 a.m.)  
**Instructed By:** Elk's Lodge 1774  
**Age(s):** 4-6



### Spring Break Camp

Spring is here so let's have some fun! Come spend the week with your friends. We will explore the outside and enjoy crafts, games and more. Parents must provide a bag lunch and a snack. Sign up today because space is limited! Must register at least one week in advance.

**Cost:** \$65  
**Date(s):** 3/30-4/2  
**Location:** City Park Center  
**Time(s):** M-F(7:30 a.m.-5:30 p.m.)  
**Age(s):** 5-12



### Youth Soccer League

Our youth soccer league for boys and girls is both fast and fun! We will focus on the fundamentals of soccer while having fun and learning the game. Registration deadline is April 3. There will be a coaches meeting 4/6 at 6 p.m. at Hall Gym. Volunteer coaches are needed.

**Cost:** \$20  
**Date(s):** 4/7-6/13  
**Location:** hall Gym  
**Time(s):** Tu,Th (5:30 p.m.)  
 Sat (10 a.m.)  
**Instructed By:** Staff  
**Age(s):** 4-17

## MUSIC & MOVEMENT



### Cardinal Squares

#### Modern Square Dancing

Keep warm this winter by moving and grooving while having fun and fellowship. Grab a friend and come square dancing! Great for both singles and couples. It's a stress reliever with easy cardiovascular activity.

**Cost:** FREE  
**Date(s):** 1/6-4/28  
**Location:** City Park Center  
**Time(s):** Tu (7-9 p.m.)  
**Instructed By:** Paul Walker - Caller



### Dillingham School of Martial Arts

Join the Dillingham team! Our world class martial arts program meets at the Miller Center. Benefits include character development, self-discipline, self-respect, self-control, and respecting others. These one hour classes are divided by age and skill level. Visitors welcome!

**Cost:** \$50/month, \$10 one-time fee  
**Date(s):** 1/6-4/30  
**Location:** Miller Center  
**Time(s):** Tu, Th (6-8 p.m.)  
**Instructed By:** Larry Dillingham 4th DBSS



### Detroit Urban Ballroom Dancing

Urban ballroom dancing is a smooth, elegant, graceful dance which combines slow dancing, hand dancing and cha-cha-cha all in one dance. It is danced to the beat of urban music, jazz, R&B and soul, and also incorporates salsa, foxtrot, rumba and tango steps. Wear comfy clothing that is non-restrictive and smooth soled shoes.

**Cost:** \$40/8-wk session  
**Date(s):** 1/8-2/26  
**Location:** Civic Center  
**Time(s):** Th (6-7 p.m.)  
**Instructed By:** John Russell/Linda Beaty



### Salisbury Step Team

Middle School 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 is a positive safe environment and fun, fun, fun! Grab a friend and sign up today!

**Cost:** \$10/registration fee  
**Date(s):** 1/5-4/29  
**Location:** Miller Center  
**Time(s):** M,W (5-7 p.m.)  
**Instructed By:** Sharon Johnson  
**Age(s):** 9-13



### Smooth n' Groove Line Dancing

This 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 on your dancing shoes!

**Cost:** \$20/8-wk session  
**Date(s):** 16-2/24  
**Location:** Civic Center  
**Time(s):** Tu (6:30-7:30 p.m.)  
**Instructed By:** Linda Beaty



### Sweet Sounds Guitar Lessons

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 to schedule your first lesson!

**Cost:** \$5/class  
**Date(s):** 1/8-4/30  
**Location:** Miller Center  
**Time(s):** Th (5-8 p.m.)  
**Instructed By:** William Dupree



### Triple Threat Little Dancers Studio Dance Combo

Join our trained instructor for a combo dance class of jazz, tap, ballet and more. Dress in comfortable clothing. A dance recital will conclude the weeks of dance training. No prior dance experience needed!

**Cost:** \$40/month  
**Date(s):** 1/5-4/27  
**Location:** City Park Center  
**Time(s):** M (5:30-6:20 p.m.)  
**Instructed By:** Krystal Stukes  
**Age(s):** 3-5

## SKILLS



### Beginner Bridge Lessons

This is a learning class designed to teach the popular card game known as Bridge. Learning the basic strategies of Bridge will energize your mind as well as enjoying the social aspects that come with playing along with others.

**Cost:** \$5/11-wk session  
 FREE for S/R Newcomers members  
**Date(s):** 1/5-3/16  
**Location:** City Park Center  
**Time(s):** M (1-3 p.m.)  
**Instructed By:** Kerry Morgan



### Gardening 101

What is better than growing your own fruits and veggies? This program will give you the insight you need to get started this Spring. Come learn about planting, harvesting, soil, soil testing, raised bed gardens and more.

**Cost:** FREE  
**Date(s):** 3/19-4/2  
**Location:** Miller Center  
**Time(s):** Th (6-7 p.m.)  
**Instructed By:** North Carolina Cooperative Extension



### Gemstone Academy

You are never too young to begin developing skills and good qualities. Workshops, group work and hands-on activities will build leadership, self-esteem and communication skills! Parent and Registration meeting 12/13/2014 from noon to 2pm at the Miller Center. Register: (704) 762-1445, gemstones@alishabyrd.com

**Cost:** \$25/year  
**Date(s):** 1/10-12/12  
**Location:** Miller Center  
**Time(s):** Sat (12-2 p.m.)  
**Instructed By:** Alisha Byrd  
**Age(s):** Grades 5-12  
**Website:** www.alishabyrd.com



### Girl Scouts

This is a fun, educational program that will help young girls learn to build community relations and give back through community service while having fun! This program will help girls grow into positive, productive young women!

**Cost:** \$15/year  
**Date(s):** 1/6-4/28  
**Location:** Hall Gym  
**Time(s):** Tu (6-7 p.m.)  
**Instructed By:** Ruby Walker  
**Age(s):** Grades K-12



### High School Equivalency Program

It is never too late to complete your high school education. This program is in partnership with RCCC. If you are 18 years or older and didn't complete high school, this program is for you. Information meeting at the Miller Center on 12/15 at 6 p.m. to register. For more information call (704) 216-3510.

**Cost:** FREE  
**Date(s):** begins 1/5  
**Location:** Miller Center  
**Time(s):** M,Tu,Th (6-9 p.m.)  
**Instructed By:** RCCC  
**Age(s):** 18+  
 Minor students must be withdrawn for 6 months and meet with Dean of students.



### 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 with this welcoming, friendly group of people.

**Cost:** FREE  
**Date(s):** 1/8-4/30  
**Location:** Miller Center  
**Time(s):** Th (10:30 a.m.-12:30 p.m.)  
**Instructed By:** Staff  
**Age(s):** 55+



### Women in Progress

This 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. "Get right now help for right now situations!"

**Cost:** FREE  
**Date(s):** 1/26-4/27  
**Location:** City Park Center  
**Time(s):** M (6-8 p.m.)  
**Instructed By:** Paula Tripp

## FACILITIES

**Civic Center**  
 315 S. MLK Jr. Ave.  
 Salisbury, NC 28145  
 (704) 638-5275

**Hall Gym**  
 1400B W. Bank St.  
 Salisbury, NC 28144  
 (704) 638-5289

**Miller Center**  
 1402 W. Bank St.  
 Salisbury, NC 28144  
 (704) 638-5297

**City Park Center**  
 316 Lake Park Drive  
 Salisbury, NC 28144  
 (704) 638-5295

## CONTACT US

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 lbric@salisburync.gov  
 (704) 216-2722

**Steve Clark**  
 Recreation Coordinator  
 sclar@salisburync.gov  
 (704) 216-2709

**Vivian Koontz**  
 Events Coordinator  
 vkoon@salisburync.gov  
 (704) 216-2708

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

**Teri Shaw**  
 Recreation Coordinator  
 tshaw@salisburync.gov  
 (704) 638-2114

**Paul Moore**  
 Recreation Coordinator  
 pmoor@salisburync.gov  
 (704) 638-2139

**Mail:** Parks and Recreation Administration  
 City Office Building, 132 N. Main St., Salisbury NC 28144

**Email:** play@salisburync.gov

**Phone:** (704) 216-PLAY