

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



Recreation  
**PLAYBOOK**

ATHLETICS • FITNESS • LEISURE ACTIVITIES • SPECIAL EVENTS

May-August  
**SUMMER 2020**

## ADMINISTRATION

City Hall 217 S. Main St. (704) 216-PLAY  
play@salisburync.gov  
Director: Nick Aceves (704) 638-5299  
Program Manager: Sam Wilborn (704) 638-2139  
Event Coordinator: Vivian Koontz (704) 638-5294  
Rec. Specialist: Scott Ludwick (704) 638-2110  
Hurley Park Mngr: Danèlle Cutting (704) 638-4459  
Hurley Park Asst: Sarina Dellinger (704) 638-5296



## CITY PARK RECREATION CENTER

316 Lake Dr. (704) 638-5295  
Coordinator: Teri Shaw (704) 638-2114  
City Park Recreation Center is a multi-purpose facility offering space for meetings, programs, a computer lab and a Teen Room. For more information, call (704) 638-5295.



## HALL GYM

1400B W. Bank St. (704) 638-5289  
Coordinator: Steve Clark (704) 638-5286  
Hall Gym is a full size gym that houses the majority of our athletic programs including basketball, volleyball, and indoor soccer. There is also meeting/rental space. For more information, call (704) 638-5289.



## MILLER RECREATION TEEN CENTER

1402 W. Bank St. (704) 638-5297  
Coordinator: Delando Clowney (704) 216-2722  
Miller Center is our Teen Center. This facility offers a space for teens to be social as well as learn select skills in preparation for college and adulthood. For more information, call (704) 638-5297.



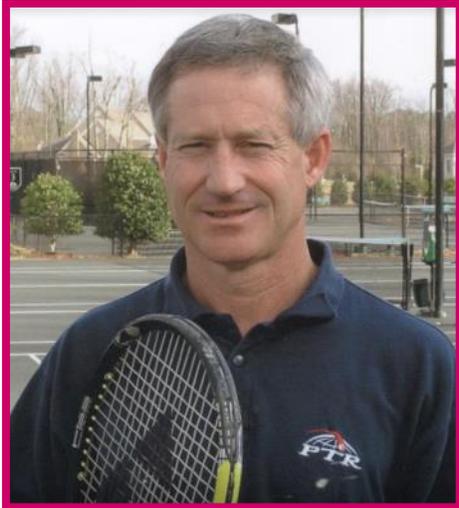
## SALISBURY CIVIC CENTER

315 S. Martin Luther King Jr. Ave. (704) 638-5275  
Coordinator: Megan Simpson (704) 216-2711  
Civic Center is a multi-purpose facility offering a variety of rental spaces as well as programs and special events. There are racquetball courts as well. For more information, call (704) 638-5275.



## MEET JACK THOMPSON

For the past 40 years Jack Thompson has been involved in virtually every aspect of the tennis industry. This has included club consulting, speaking engagements at clubs and symposia, 28 years experience as a Director of Tennis at clubs in NC and VA, 4 years as head men's and women's tennis coach at Catawba College, 11 years as co-director of the Tim Wilkinson Tennis Academy (Charlotte, NC) and 5 years as head boys and girls tennis coach at the Charlotte Latin School in Charlotte, NC. Many of his local students have included SHS state team and individual champions. Jack is also the author of 3 tennis books and numerous scholarly articles on tennis. In 2001 he was inducted as a PTR (Professional Tennis Registry) International Master Professional—one of only 38 among the PTR's membership of over 16,000 certified tennis teaching professionals in 128 countries worldwide. In 2015 Jack was selected as the PTR's Pro of the Year by the PTR executive board. As a player he won over 65 tournaments in singles, doubles and mixed doubles and has been ranked among the top 5 in various age divisions in NC and VA.



## TENNIS IN A WEEKEND

**Instructor:** Jack Thompson

This 2 day clinic is structured for beginning adults and those wanting to pick the game up again after a prolonged lay off. This instruction will give you a complete overview of the mechanics of all the strokes, strategy and tactics for singles play.

### SESSION 1:

**Date:** 5/16-5/17    **Day:** Sa    **Time:** 4:00-7:00 pm    **Fee:** \$175  
    **Day:** Su    **Time:** 4:00-8:00 pm

### SESSION 2:

**Date:** 6/27-6/28    **Day:** Sa    **Time:** 4:00-7:00 pm    **Fee:** \$175  
    **Day:** Su    **Time:** 4:00-8:00 pm

## FUNDAMENTALS, TACTICS & STRATEGIES FOR SENIOR DOUBLES

**Instructor:** Jack Thompson and Dr. David Staniford

This instruction is perfect for league players or those seniors who simply want to improve their doubles play.

**Date:** 6/6    **Time:** 9:00 am-noon or 5:00-7:00 pm  
**Day:** Sa    **Location:** CP Tennis Courts    **Fee:** \$135/person

## CITY PARK TENNIS ACADEMY

**Instructor:** Jack Thompson

An academy specifically designed to address the needs of advanced intermediate and advanced junior tournament players. Perfect for middle school and high school team members, USTA and aspiring collegiate players. As a part of this program, students will have the opportunity to compete against other North Carolina academies and in various UTR events NOTE: Director/instructor approval required for enrollment. For questions or to enroll, please call (980) 234-2341 or email at coachjackthompson@gmail.com.

**Date:** begins 6/8    **Time:** 4:30-7:00 pm    **Fee:** \$30/drop in,  
**Day:** Tu, W, Th    **Location:** CP Tennis Courts    \$75/week, \$265/month

## ROTARY TENNIS TOURNAMENT

This tournament is for Junior and Adult divisions, singles and doubles. For details on fees and registration, contact Jack Thompson at (980) 234-2341 or email coachjackthompson@gmail.com.

**Date:** 6/12-6/14    **Day:** F-Su    **Location:** CP Tennis Courts

## SALISBURY INDIVIDUAL TENNIS TOURNAMENT

This tournament is for Junior and Adult divisions, singles and doubles. For details on fees and registration, contact Jack Thompson at (980) 234-2341 or email coachjackthompson@gmail.com.

**Date:** 7/24-7/26    **Day:** F-Su    **Location:** CP Tennis Courts

## SUCCESSFUL DOUBLES

**Instructor:** Peter Collins

Pete has presented "Successful Doubles" worldwide at various clubs and symposia to rave reviews. Pete was the Director of Tennis at the Augusta Country Club for 35 years where his ladies and men's teams won an unprecedented 54 times.

**Date:** 8/22    **Time:** 9:00 am-noon or 2:00-5:00 pm  
**Day:** Sa    **Location:** CP Tennis Courts    **Fee:** \$165/person

## PRIVATE TENNIS LESSONS

**Instructor:** Jack Thompson

Private/Semi-Private Lessons. Contact Jack Thompson at (980) 234-2341 or email coachjackthompson@gmail.com.

**Private 30 minutes**    \$30    **Private 1 hour**    \$50

**2 people 1 hour**    \$30/person

**3 people 1 hour**    \$26/person

**4 people 1 hour**    \$22/person



The Rowan-Salisbury School System uses Peachjar for flyer distribution. Peachjar sends approved flyers directly to parent emails and posts the flyers online.



## BASEBALL CAMP

**Instructor:** Head Coach Mike Herndon & SHS Baseball Team

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

**Date:** 6/1-6/4      **Time:** 9:00 am-noon      **Fee:** \$30  
**Day:** M-Th      **Location:** Hall Gym      **Age:** 8-14

## COOKING & NUTRITION CAMP

**Instructor:** Teri Shaw & Megan Simpson

This hands on camp will give campers the opportunity to build confidence in the kitchen. Campers will be introduced to kitchen safety, healthy eating options and alternatives. Campers will participate in fitness exercises by guest speakers and interactive hands on activities. Cooking will be supervised. Lunch will be provided! Registration deadline is 5/26. Multi-child discount is available, contact Teri Shaw at tshaw@salisburync.gov.

**Date:** 6/1-6/5      **Time:** 9:00 am-1:00 pm      **Age:** 7-9  
**Date:** 6/8-6/12      **Time:** 9:00 am-1:00 pm      **Age:** 10-14  
**Day:** M - F      **Location:** Civic Center      **Fee:** \$60

## JUNIOR TENNIS CAMP

**Instructor:** Jack Thompson

This entry level camp will focus on basic skills, games, lead up skills and strokes required to play "quick start" tennis (i.e. shorter court dimensions).

**Date:** 6/8-6/12      **Time:** 9:00 am-11:45 am      **Fee:** \$240  
**Day:** M-F      **Location:** CP Tennis Courts      **Age:** 5-8

## FAST-PITCH SOFTBALL CAMP

**Instructor:** Extreme Performance

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

**Date:** 6/15-6/18      **Time:** 9:00 am-noon      **Fee:** \$30  
**Day:** M-Th      **Location:** Salis. Comm. Park      **Age:** 8-14

## PITCH ALMOST PERFECT VOICE CAMP

**Instructor:** Tameka Brown

We all love to sing...at some time! This amazing camp will offer campers the opportunity to develop, use or find their singing voice. They will participate in voice exercises, learn songs and have a vocally great time! No prior training required. Lunch will be provided. Registration deadline is 6/8. Campers will showcase what they learn by performing at the end of the week. Multi-child discount available, contact Teri Shaw at tshaw@salisburync.gov.

**Date:** 6/15-6/19      **Time:** 9:00 am-1:00 pm      **Fee:** \$55  
**Day:** M-F      **Location:** City Park      **Age:** 7-14

## TIMEOUT LITTLE SHOOTERS BASKETBALL CAMP

**Instructor:** Jim Baker

It is the aim of the Timeout Basketball "Little Shooters" Beginner Camp to provide qualified training in basketball for boys and girls. Emphasis will be placed on having fun as well as teaching basic fundamentals. Two weeks available—register for both and get a discount. Register at www.e-timeout.com.

**Date:** 6/22-6/25      **Time:** 9:00 am-noon      **Age:** 5-8  
**Date:** 7/6-7/9      **Time:** 9:00 am-noon      **Age:** 5-8  
**Day:** M - W      **Location:** Hall Gym      **Fee:** \$49/1 week, \$75/both

## TIMEOUT FUTURE STARS BASKETBALL CAMP

**Instructor:** Jim Baker

It is the aim of the Timeout Basketball "Future Stars" Individual Camp to provide qualified training in basketball for boys and girls. Emphasis will be placed on fundamental skills, strategy, conditioning, techniques, individual and team offense and defense. Two weeks available—register for both and get a discount. Register at www.e-timeout.com.

**Date:** 6/22-6/25      **Time:** 9:00 am-3:00 pm      **Age:** 7-14  
**Date:** 7/6-7/9      **Time:** 9:00 am-3:00 pm      **Age:** 7-14  
**Day:** M - W      **Location:** Hall Gym      **Fee:** \$89/1 week, \$150/both

## BEGINNERS TENNIS CAMP

**Instructor:** Jack Thompson

This 5 day tennis camp will teach the fundamentals of stroke production and the appropriate tactics and strategies for beginning and advanced beginning junior players.

**Date:** 6/29-7/3      **Time:** 9:00 am-11:45 am      **Fee:** \$270  
**Day:** M-F      **Location:** CP Tennis Courts      **Age:** 6-18

## SIMPLE STITCH SEWING CAMP

**Instructor:** Vivian Koontz & Teri Shaw

Let's sew! This camp allows campers to explore with simple sewing projects. Learn how to cut, pin, measure and use a sewing machine and sew by hand. All activities will be supervised. No previous sewing skill required. Fun Fieldtrips and lunch will be provided! Registration deadline is 6/29. Multi-child discount is available—call Teri Shaw at tshaw@salisburync.gov.

**Date:** 7/6-7/10      **Time:** 9:00 am-3:00 pm      **Fee:** \$65  
**Day:** M-F      **Location:** City Park      **Age:** 9-14

## VOLLEYBALL CAMP

**Instructor:** Anna Messisco Connell—WRHS

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

**Date:** 7/13-7/16      **Time:** 9:00 am-noon      **Fee:** \$30  
**Day:** M-Th      **Location:** Hall Gym      **Age:** 8-14

## ART, MUSIC & MOVEMENT CAMP

Come enjoy a week of creativity! This camp offers campers the opportunity to explore different art mediums, explore dance genres, and the melody of the violin and rhythm sticks. No prior experience necessary! Register today, space is limited. Registration deadline is 7/8. Lunch will be provided.

**Date:** 7/13-7/17      **Time:** 9:00 am-1:00 pm      **Fee:** \$25  
**Day:** M-F      **Location:** City Park      **Age:** 6-12

## AFRICAN DANCE CAMP

**Instructor:** Ife Presswood

Come join a trained African Dance teacher for a week of fun. Campers will explore African culture through dance, drumming and crafts. Fieldtrips and a showcase of what was learned at the end of the week. Lunch will be provided. Registration deadline is 7/13. Multi-child discount available—contact Teri Shaw at tshaw@salisburync.gov.

**Date:** 7/20-7/24      **Time:** 9:00 am-3:00 pm      **Fee:** \$65  
**Day:** M-F      **Location:** City Park      **Age:** 7-14

## WRESTLING CAMP

**Instructor:** RoCo Wrestling

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

**Date:** 7/27-7/29      **Time:** 9:00 am-noon      **Fee:** \$30  
**Day:** M-W      **Location:** Hall Gym      **Age:** 5-14

## INTERMEDIATE TENNIS CAMP

**Instructor:** Jack Thompson

This 5 day tennis camp is specifically designed for intermediate junior players. We will introduce the use of spin, depth control, secondary shots and the strategy and tactics required for more advanced full court play.

**Date:** 8/3-8/7      **Time:** 9:00 am-11:45 am      **Fee:** \$270  
**Day:** M-F      **Location:** CP Tennis Courts      **Age:** 10-18



### FRED M. EVANS POOL & SPLASH PAD

Monday	Closed	May 23-August 2
Tuesday	3-6 pm	
Wednesday	12-8 pm	Extended Season: August 8-9, 15-16, 22-23, 29-30, September 5-7
Thursday	3-6 pm	
Friday	12-8 pm	RATES: \$1 (17 & under) \$2 (18 & older)
Saturday	12:30-6 pm	
Sunday	1-5 pm	

110 Old Concord Rd. (704) 754-8303 \*Public swim times will vary for extended seasons.

#### YOUTH BEGINNER SWIM LESSONS (AGES 4-6)

Instructor: Fred M. Evans Pool Lifeguards

These lessons will focus on getting new swimmers adjusted to the water. Children will be introduced to blowing bubbles, water submerging, kicks, arm strokes, and floating.

##### SESSION 1:

Date: 6/2-6/11 Day: T, Th Time: 6:00-6:45 pm Fee: \$12

##### SESSION 2:

Date: 6/16-6/25 Day: T, Th Time: 6:00-6:45 pm Fee: \$12

##### SESSION 3:

Date: 7/7-7/16 Day: T, Th Time: 6:00-6:45 pm Fee: \$12

##### SESSION 4:

Date: 7/21-7/30 Day: T, Th Time: 6:00-6:45 pm Fee: \$12

#### YOUTH BEGINNER SWIM LESSONS (AGES 7+)

Instructor: Fred M. Evans Pool Lifeguards

These lessons will focus on getting new swimmers adjusted to the water. Children will be introduced to blowing bubbles, water submerging, kicks, arm strokes, and floating.

##### SESSION 1:

Date: 6/2-6/11 Day: T, Th Time: 7:00-7:45 pm Fee: \$12

##### SESSION 2:

Date: 6/16-6/25 Day: T, Th Time: 7:00-7:45 pm Fee: \$12

##### SESSION 3:

Date: 7/7-7/16 Day: T, Th Time: 7:00-7:45 pm Fee: \$12

##### SESSION 4:

Date: 7/21-7/30 Day: T, Th Time: 7:00-7:45 pm Fee: \$12

#### ADULT BEGINNER SWIM LESSONS (AGES 16+)

Instructor: Fred M. Evans Pool Lifeguards

These lessons will focus on getting new swimmers adjusted to the water. Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing.

##### SESSION 1:

Date: 6/6 & 6/13 Day: Sa Time: 11:00 am-12:30 pm Fee: \$8

##### SESSION 2:

Date: 6/20 & 6/27 Day: Sa Time: 11:00 am-12:30 pm Fee: \$8

##### SESSION 3:

Date: 7/11 & 7/18 Day: Sa Time: 11:00 am-12:30 pm Fee: \$8

##### SESSION 4:

Date: 7/25 & 8/1 Day: Sa Time: 11:00 am-12:30 pm Fee: \$8

#### KANNAPOLIS CANNON BALLERS BASEBALL GAME

Want to see the new ballpark in Downtown Kannapolis and watch the Kannapolis Cannon Ballers play baseball? Come with us and enjoy America's favorite pastime. Price included ride to and from game along with ticket. Food and snacks are on your own.

##### TRIP 1:

Date: 7/7 Time: 10:30 am-3:30 pm Fee: \$10  
Day: Tu Location: depart from Salisbury Civic Center

##### TRIP 2:

Date: 7/29 Time: 10:30 am-3:30 pm Fee: \$10  
Day: W Location: depart from Salisbury Civic Center

#### 23rd 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 to benefit the Greenway. Register at [www.salisburync.gov/play](http://www.salisburync.gov/play) or [www.sportoften.com](http://www.sportoften.com) until 5:00 pm on 7/17. Fun Run registration is \$10 for ages 8 & under.

Date: 7/18 Time: 8:00 am 5k/ 8:45 am Fun Run Fee: \$25 pre reg  
Day: Sa Location: Knox Middle School \$30 day of

#### DAY TRIPPING: TANGER OUTLETS—MEBANE NC

Join us for a day filled with shopping and fun.

##### AGENDA:

- Arrive at Salisbury Civic Center by 9:00 am to check in . Depart by 9:15. Please make sure you are on time.
  - Arrive in Mebane by 10:30 am
  - Shop upon arrival until time to depart at 3:15 pm
  - **FOOD:** Food establishments are onsite as you are responsible for your own food.
  - Arrive back in Salisbury by 4:30 pm
- Make sure you understand the agenda and schedule when registering for this trip. Register today and sit back and let us do the driving as we make our way to Tanger Outlets Mebane, NC. Please note—scheduled times may change.

Date: 7/22 Time: 9:00 am-5:00 pm Fee: \$10  
Day: W Location: depart from Salisbury Civic Center

Receive notification of Salisbury Parks and Recreation events in real-time, at your fingertips? Visit [salisburync.gov/ROCOAlerts](http://salisburync.gov/ROCOAlerts) powered by



## IRON DRAGON TAEKWONDO OF SALISBURY

**Instructor: Ricardo Sanchez**

Our goal is to promote a healthier body and mind. At the Iron Dragon Taekwondo Club of Salisbury, we wish to provide a safe place where one can develop confidence, self-esteem, self-control, as well as improve concentration, focus, and physical health—all while learning the Art of Taekwondo. For more information contact Ricardo Sanchez at (937) 321-2772 or sanchezricardoaf@gmail.com. New students will be offered a one week FREE trial period!

<b>Date: 5/1-8/27</b>	<b>Location: Civic Center</b>	
<b>Day: M, Tu, W</b>	<b>Time: 4:15-5:30 pm</b>	<b>Age: 5-6</b>
<b>Day: M, Tu, W</b>	<b>Time: 5:30-6:45 pm</b>	<b>Age: 7-17</b>
<b>Day: M, Tu, W</b>	<b>Time: 6:45-7:50 pm</b>	<b>Age: 18+</b>
<b>Day: F</b>	<b>Time: 3:30-4:30 pm</b>	<b>Age: All</b>
<b>Fee: \$60/month *college students/families with 3+ receive discount*</b>		

## 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. Outdoor courts also available at City Park Tennis courts.

<b>Date: 5/1-8/31</b>	<b>Time: 9:00 am-noon</b>	<b>Fee: No Fee</b>
<b>Day: M, W, F</b>	<b>Location: Hall Gym</b>	<b>Age: All</b>

## RACQUETBALL AND WALLYBALL

Don't let the summer heat keep you from your health and fitness! The Civic Center has a racquetball and wallyball court available for a great cardiovascular workout! Have fun while staying in shape this summer!

<b>Date: 5/4-8/31</b>	<b>Time: call for availability</b>	<b>Fee: No Fee</b>
<b>Day: M-Th</b>	<b>Location: Civic Center</b>	

## MONDAY BRIDGE

If you enjoy card games and a fun time, grab your players and join the group at the City Park Recreation Center. Space is provided for recreational play.

<b>Date: 5/4-8/31</b>	<b>Time: 1:00-3:00 pm</b>	<b>Fee: No Fee</b>
<b>Day: M</b>	<b>Location: City Park</b>	<b>Age: 18+</b>

## NEWCOMERS CLUB OF SALISBURY AND ROWAN

Are you new to the area, a native, or something in between? The Newcomer can become a group of friends and acquaintances for you. Activities range from bridge card games, dinner parties, gardening, travel, or book clubs. For membership information, call (704) 761-8054 or visit [www.salisburynewcomers.com](http://www.salisburynewcomers.com)

<b>Date: 5/5-8/25</b>	<b>Time: 1:00-3:00 pm</b>	<b>Fee: call</b>
<b>Day: Tu</b>	<b>Location: City Park</b>	<b>Age: 18+</b>

## TABLE TENNIS

Table tennis,, commonly known as "Ping Pong" is considered the world's second largest participation sport, and the number one racquet sport in the United States. Join this group of dedicated table tennis players for evenings filled with friendly competition, laughter and fun.

<b>Date: 5/5-8/27</b>	<b>Time: 6:30-7:45 pm</b>	<b>Fee: No Fee</b>
<b>Day: Tu, Th</b>	<b>Location: City Park</b>	<b>Age: All</b>

## SENIOR LINE DANCE TEAM

Join a lively group of Seniors for an AMAZING time of dance and fun. Group focuses primarily on line dance routines. For more information call 704-638-5286.

<b>Date: 5/5-8/27</b>	<b>Time: 10:00 am-noon</b>	<b>Fee: No Fee</b>
<b>Day: Tu, Th</b>	<b>Location: Hall Gym</b>	<b>Age: 55+</b>

## CHAIR VOLLEYBALL

Come out and enjoy and fun game of volleyball sitting in a chair. Program is designed to give you upper body a good workout. For more information call 704-638-5289.

<b>Date: 5/5-8/27</b>	<b>Time: noon-1:00 pm</b>	<b>Fee: No Fee</b>
<b>Day: Tu, Th</b>	<b>Location: Hall Gym</b>	<b>Age: 18+</b>



## FITNESS LINE DANCING

**Instructor: Linda Beaty**

Dance your way to fitness all while learning new and old line dances. This is a high energy class to make you sweat. Improve stamina and get the cardio we all need. Great fun, laughter and fellowship. Wear comfortable workout clothes.

<b>Date: 5/5-8/31</b>	<b>Time: 6:00-7:00 pm</b>	<b>Fee: \$4/class</b>
<b>Day: M</b>	<b>Location: City Park</b>	<b>Age: 16+</b>

## KD YOGA

**Instructor: Keisha Daniels**

This class welcomes novice yogi all to come and explore with a variety of yoga styles. Focusing on the art of breath, inhales and exhales, creating a steady internal rhythm joined with postures, improving balance and flexibility.

<b>Date: 5/6-8/27</b>	<b>Time: 7:00-8:00 pm</b>	<b>Fee: \$5/class</b>
<b>Day: W</b>	<b>Location: City Park</b>	<b>Age: 15+</b>

## WESTFIELD PRODUCTIONS AND GUITAR MUSIC & THEORY

**Instructor: William Dupree**

If you have ever wanted to play the guitar, this class is for you. 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

<b>Date: 5/7-8/27</b>	<b>Time: varies</b>	<b>Fee: \$5/session</b>
<b>Day: Th</b>	<b>Location: Hall Gym</b>	<b>Age: All</b>

## SISTER CIRCLE

**Instructor: Grace Gbunblee**

Sister Circle Mentorship program is an open dialogue mentorship program between adolescent females and mentors. This program teaches self-love, self-empowerment, and self-sufficiency and helps young ladies be the best version of themselves. 2nd & 4th Saturday of each month.

<b>Date: 5/16-8/22</b>	<b>Time: 2:00-4:00 pm</b>	<b>Fee: No Fee</b>
<b>Day: Sa</b>	<b>Location: Miller Teen Center</b>	<b>Grade: 6-12</b>

## LET'S RIDE, ROWAN!

**Instructor: The Pedal Factory & Salisbury Rowan Runners**

Ditch the training wheels and ride for real! Participants will learn the basics of balancing on a bike and how to progress to peddling. Seasoned riders will enjoy a bike rodeo course and a lesson on "rules of the road." Bring your bike and helmet. Limited available for those in need. Registration is required.

<b>Date: 6/27</b>	<b>Location: Knox Middle School</b>	
<b>Date: 8/22</b>	<b>Location: Civic Center</b>	
<b>Date: 9/26</b>	<b>Location: JF Hurley YMCA</b>	
<b>Day: Sa</b>	<b>Time: 10:00 am-noon</b>	<b>Age: 3+ Fee: No Fee</b>



**NICK ACEVES**  
Director

"In recreation we play games, we provide programs, but community minded is who we are."



**SAM WILBORN**  
Program Manager

"I failed over and over and over again in my life, and that is why I succeed."

~Michael Jordan



**SCOTT LUDWICK**  
Recreation Specialist

"In high school my art work piece was presented to UNCG for an art show and won an award for mixed media."



**VIVIAN KOONTZ**  
Event Coordinator

"Always be on the lookout for the presence of wonder."

~E.B. White



**TERI SHAW**  
Recreation Coordinator  
City Park

"My mission in life is not merely to survive, but to thrive and to do so with some passion, some compassion, some humor and some style."

-Maya Angelou



**MEGAN SIMPSON**  
Recreation Coordinator  
Civic Center

"I enjoy traveling, DIY projects and planning fun events/occasions for family & friends. Remember to always live life to the fullest in even the smallest of ways, you'll never get a single second back."



**STEVE CLARK**  
Recreation Coordinator  
Hall Gym

"I started working for the city and got married within 5 weeks apart and have will have been with city for 23 years in June and married for 23 years in July."



**DELANDO CLOWNEY**  
Recreation Coordinator  
Miller Recreation Teen Center

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

~Ralph Waldo Emerson~



**DANÈLLE CUTTING**  
Public Garden Manager

"We can do anything we want as long as we stick to it long enough."

~Hellen Keller



**SARINA DELLIGER**  
Assistant Public  
Garden Manager

"The creation of a thousand forests is in one acorn."

~Ralph Waldo Emerson

# NOTICE

Due to COVID-19, all Salisbury Parks and Recreation Summer camps, programs, and events are subject to postponement or cancellation. Thank you for your understanding.

