

MEET ME DOWNTOWN!

Unique Shops, Antique Stores
Museums and Galleries
Festivals and More!

Explore Historic Downtown Salisbury!

Lord Salisbury Celebrates Autumn!

Friday, October 12, 5-9 p.m.
October Tour Night Out!

Saturday & Sunday, October 13 & 14
37th Annual October Tour of Homes

Saturday, October 20, 2-11 p.m.
14th Annual Blues and Jazz Festival

Lord Salisbury Celebrates Winter Holiday Homecoming!

Friday, November 23, 5-9 p.m.
Holiday Night Out!

Saturday, November 24, 10 a.m.-12 p.m.
Santa and Grinch at the Bell Tower

Friday-Sunday, November 30-December 2
The Arc of Rowan Festival of Trees

Saturday, December 8, 10 a.m.-1 p.m.
Santa & Grinch Fire Truck Rides

Saturday, December 15, 10 a.m.-2 p.m.
Camp Christmas Child Care

Monday, December 31, 11:30 p.m.-12:30 a.m.
New Year's Eve at the Bell Tower

Presented by Downtown Salisbury, Inc.
www.VisitSalisburyNC.com
(704-638-3100)



Salisbury Parks &
Recreation Department

Fall 2012

September, October, November and December



For more information please call:

(704) 216-PLAY

or visit our website at:

www.salisburync.gov

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.



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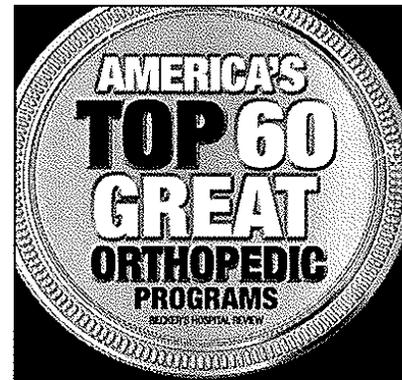
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PHONE NUMBERS



<u>Administration (Shelters/Fields)</u> 132 N. Main Street	(704) 638-5291
<u>City Park Center</u> 315 Lake Drive	(704) 638-5295
<u>Civic Center</u> 315 S. Martin Luther King Jr. Avenue	(704) 638-5275
<u>Hall Gym</u> 1400B W. Bank Street	(704) 638-5289
<u>Miller Center</u> 1402 W. Bank Street	(704) 638-5297
<u>Maintenance Operations</u> 1015 S. Martin Luther King Jr. Avenue and Ryan Street	(704) 638-4481

**Please register no later than one week
in advance for all classes!**



National Leader In Orthopedic Excellence

Rowan Regional Medical Center has been named one of **America's top 60 great hospitals in America for orthopedics**. The rankings were based on excellence in orthopedics, quality of patient care, local and national recognition and a high volume of orthopedic cases. Only four hospitals in the Carolinas received this recognition from Becker's Hospital Review.

The group cited Rowan's specialized 17-bed orthopedic unit and three dedicated operating rooms designated for orthopedic joint replacement. Rowan Regional was also recognized as a Blue Cross Blue Shield of North Carolina Blue Distinction Center for Knee and Hip Replacement for the second consecutive year.*

Comprehensive services provided at Rowan include everything from sports medicine to spine surgery.

Rowan REGIONAL MEDICAL CENTER

www.rowan.org/ortho Find a physician www.rowan.org/doctor • 1-800-335-4921

*Note: Designation as Blue Distinction Centers™ means these facilities' overall experience and aggregate data meet objective criteria established in collaboration with expert clinicians' and leading professional organizations' recommendations. Individual outcomes may vary.

ADULT ATHLETICS

Volleyball Open Gym



Volleyball open gym is designed for ones who love the game and want to play pick up games on the weekend. Coeds are invited in hopes to develop a league in the spring. Help us spread the word.

Saturdays, 9/8-10/27

10:30-12:30 p.m.

\$2.00 city \$4.00 non-res.

Hall Gym

Men's Basketball League

This competitive, quality league offers men an opportunity to showcase their skills, sportsmanship and passion for the games. Registration by 9/1. Coaches meeting, 9/5.

Wednesdays & Sundays, 9/12-10/17

\$250.00 per team (\$20 official fee per team, per game)

Hall Gym



2012 "Hump Day" Players Championship Series

Come join this series tour and a round of disc golf one Wednesday per month. Players championship is determine by points accrued by participation and placements. Closest to the pin prizes and random prizes and ace pool is always up for grabs!

Wednesdays, 9/19, 10/17 and 11/10 (Saturday Finale). View schedule and site details on Rowan County Disc Golf Club Facebook page or call 704-638-2139 for more information.

\$5.00 tournament entry

\$2.00 optional ace pool

Kelsey Scott Park and other courses.

Men's Fall Flag Football League

This semi contact 8 on 8 league offers men an opportunity to showcase their skills in a friendly yet competitive league. Bring your buddies, games face and flags and get ready to compete in a competitive league.

Register 10/1-11/2. Games played Sundays and Wednesdays, 11/1-12/12.

Coaches meeting 11/6 and season begins 11/11.

Sundays, 11/11-12/12

\$250.00 per team

Hall Gym

Parks and Recreation

Advisory Board Members

Amy Smith, Chair

Bobby Rusher

Gene Krueger, Vice Chair

Mary Arey

Troy Russell

Johnnie Leach

Jayne Helms

Susan W. Kluttz-Council

Jeff Jones

Liaison

Please register no later than one week in advance for all classes!

SPECIAL EVENTS



Halloween Funfest in Downtown Salisbury

Food, games , hayrides and family fun! Trick or treat downtown and a costume contest too!

Saturday, 10/27

3:00-6:00 p.m.

First Bank parking lot

\$5.00 for unlimited games and rides band or 50 cents per ticket

6th Annual Autumn Craft Show

Annual craft show displaying a variety of handmade arts and crafts. Come be a part of the craft selling activities. Show is indoors and outdoors, rain or shine.

\$30.00 booth rental (free admission to

public)

Saturday, 11/3

9:00 a.m.-3:00 p.m.

Civic Center



North Carolina Cyclocross Series Race

This racing spectacular is for all ages, skill levels and a great family event. Races are 30, 45, 50 minutes long w/men's, women's, divisions and a FREE kids race.

Juniors and adult divisions are \$15-\$20. Visit www.nccyclocross.com for details.

Sunday, 11/4

all day

Salisbury Community Park

Tree Lighting Ceremony at City Park Lake

Join us in singing holiday carols along with hot chocolate and cookies.

Friday, 12/7

6:00-6:30 p.m.



Brunch with Santa at City Park Center

Come have a pancake breakfast and visit with Santa. Photos with Santa also included. All ages welcome.

Saturday, 12/15

10:00 a.m.-12 noon

\$6.00 person/\$20.00 family of four.

City Park Center

Call 704-638-5295 by 12/12 to register.

Holiday Blood Drive

Instructor: American Red Cross

This holiday season, remember those in need. Give the gift of life.

Thursday, 12/20

7:30 a.m.-3:30 p.m.

no charge

Civic Center



**Want to keep a good class going?
Register early to avoid disappointment!
Nothing cancels a good program quicker than
everyone waiting until the last minute to
register!**





YOUTH PROGRAMS

Discovery Classes (girls ages 7-18)

Instructor : Marilyn Lopes

Classes to enhance personality, encourage self worth, education success, cultural diversity and acceptance.

Mondays, year round

6:00-7:30 p.m.

\$10.00 registration fee (one time only)

City Park Center

Birthday Party with (Minnie, Mickey, Dora and Diego)

Instructor: April Butler

Monday-Friday (3 hr. max)

Call for details.

Miller Center

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.

Miller Center

Tuesdays and Thursdays

5:30-6:30 p.m.



Girl Scouts

Instructor: Ruby Walker

Parents, bring your daughter to Miller Center for our girl scout program. This program helps girls grow into positive, productive young women and citizens.

Tuesdays, beginning 9/4

6:00-7:30 p.m.

Miller Center

Cheer/Dance (ages 4-17)

Instructor: Krystal Pettiway-Stukes

This one hour class focuses on skill building for cheerleaders. Jumps, motions, cheer and dance execution and stunting skills are the primary focus. Dancers are taught high energy, disciplines routines using pom poms and props.

Tuesdays, 9/4-12/20

4:45 & 5:45 p.m.

\$40.00 city \$80.00 non-res.

Miller Center



Baton, Jazz, High-Step March

Instructor: Krystal Pettiway-Stukes

This class is for the aspiring majorette and dancer for show band auxiliary.

Thursdays, 9/6-12/20

ages 4-6: 5:30-6:30 p.m.

ages 7 & up: 6:30-7:30 p.m.

\$40.00 city \$80.00 non.res.

Miller Center

Cheer It On!

Instructor: Kelli Baker

Come out and enjoy a new cheerleading program for youth ages 4 and up. Girls will learn cheers, fun dances and core cheerleading skill sets needed to prepare for try outs for the school cheerleading squad. Students are divided by ages groups. Classes are 30 minutes long.

Mondays, 9/10-11/2

5:30-7:00 p.m.

\$5.00 per class

City Park Center

TENNIS

Junior Tennis Championship

Instructor: Jack Thompson, PTR M-Pro

Junior championship for boys and girls 10-18 singles with first round losers consolation played out to finals. Tournament will also include 12, 14, 16, 18 doubles for boys and girls.

Saturday & Sunday, 10/6-10/7

\$25.00 singles/\$12.00 per player for doubles

City Park tennis courts



Private, Semi-Private and Small Group Instruction

Instructor: Jack Thompson, PTR M-Pro

Private, semi-private and small group instruction is available for both juniors and adults from PTR M-Pro Jack Thompson. For availability and less fess contact Jack at 980 234 2341 or by email at coachjackthompson@gmail.com.

Tennis in a Weekend for Adult Players

Instructor: Jack Thompson, PTR M-Pro

A program specifically designed for the beginning adult player or someone who ahs not played for a long period of time. This clinic focuses on the mechanics of stroke production for forehand drive, backhand drive, serve and volley.

Saturday and Sunday, 10/14-10/15

Saturday, 9:00 a.m.-12:00 p.m.

Sunday, 1:00-3:00 p.m. \$65.00

City Park tennis courts

Quick Start Tennis

Instructor: Jack Thompson, PTR M-Pro

Quick Start is the USTA's program for teaching the game of tennis to juniors ages 5-10 years. Small court dimensions and low compression balls aid the student in mastering the skills necessary for match play.

Session I: Mondays & Wednesdays, 10/8-11/1 (ages 5-7) 3:30-4:15 p.m.

Tuesdays & Thursdays, 10/9-11/1 (ages 8-10)

\$65.00 session

Session II: 11/5-11/29

City Park tennis courts



"First Strike" Junior Tennis Camp

Instructor: Jack Thompson, PTR M-Pro

A no nonsense 12 hour training program for junior players ages 10-18. This camp is the perfect blend of instruction and match play for players of advanced beginning to highly advanced skill level.

Friday, Saturday, Sunday 11/24-11/25 9:00 a.m.-3:00 p.m. \$130.00 session

Instructor Dr. David Staniford PTR Pro (former coach at Marquette University)

9:00 a.m.- 12:00 p.m.-instruction 1:30-3:30 p.m.-match play

Sunday will be match play only 1:30-3:30 p.m.

"First Strike" Fall Tennis Camp for Adults

Instructor: Jack Thompson, PTR M-Pro

A 12 hour camp for adult players wishing to improve their stroke, mechanics and understanding of the high percentage tactics for singles and doubles play.

Friday, Saturday and Sunday, 11/22-11/25 9:00 a.m.-3:00 p.m. \$130.00 session

Instructor Dr. David Staniford PTR Pro (former coach at Marquette University)

9:00 a.m.- 12:00 p.m.-instruction 1:30-3:30 p.m.-match play

Sunday will be match play only 1:30-3:30 p.m.

FITNESS/WELLNESS
YOUTH, ADULT AND FAMILY

Youth Connection Aerobics

Instructor: Connie Johnson

Youth will exercise to music that they typically listen too while having fun learning aerobics.

Mondays, Wed., Fri., beginning Sept. 5
\$5.00 per class

3:45-5:15 p.m.
Miller Center



Beach Body Transformation

Instructor: Justin Davis

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

Wednesdays, 9/5-12/26

\$3.00 per class (2 sessions for \$5.00)

7:00-8:00 p.m.
Miller Center

Praise Aerobics for Adults

Instructor: Connie Johnson

This praise aerobics program is for adults to enjoy aerobic exercise through inspirational gospel music. All are welcome to attend.

Dates: Mondays, Wed., Fridays, beginning 9/10

\$5.00 per class

5:45-7:00 p.m.
Miller Center

TENNIS

Senior Tennis Fall/Winter Cup

If you're age 55 & up, come play tennis with our devoted group three times a week. The Fall Cup will be presented to the top 2 players that accrue points by participation and match set wins throughout the season. Call Reid Leonard at 704-633-1495 for details.

Monday, Wed., Friday, Sept. to Dec.
no charge

8:30-11:30 a.m.
City Park tennis courts



Salisbury Tennis Academy

Instructor: Jack Thompson, PTR M-Pro

Develop a complete game with STA. Learn to play from all areas of the court (baseline/mid-court/net), how to defend and how and when to attack. Learn percentage tactics for singles/doubles, building points, defeating others game styles and set goals.

Monday-Friday year round

4:30-7:00 p.m.

\$60.00 wk/\$190 mo. for 2 days

\$75.00 wk/\$250 mo. 3 days

\$90.00 wk/\$310 mo. for 4 days

\$100.00 wk/\$350 mo. 5 days

City Park tennis courts



Adult Tennis Championship

Instructor: Jack Thompson, PTR M-Pro

Adult championship for men and women singles, open, 45 and over and doubles open, 45 and over.

Saturday & Sunday, 9/15-9/16

\$25.00 singles/\$12.00 per player for doubles

City Park tennis courts

Email coachjackthompson@gmail.com or call 980 234 2341.

YOUTH PROGRAMS

Meet the Characters

Instructor: Michelle Fisher

Bring the kids out to City Park Center for some fun activities and a opportunity to meet their favorite characters like Yo Gabba Gabba, Dora & Diego, Mickey and Minnie Mouse, Elmo, Spider Man, Spongebob, Hello Kitty and many others.

Saturday, 10/6

Cost: \$3.00

12:00-2:00 p.m.

City Park Center

Ballet, Tap, Jazz Combo

Instructor: Krystal Pettway-Stukes

This combo class is one hour of ballet, jazz and tap. This class is for children ages 4-6 years old and teaches children the fundamentals of ballet and tap and prepares them for future training.

Mondays and Thursdays, 9/10-12/20

\$40.00 city \$80.00 non-res.

T

Mondays, 5-6 p.m.

Thursdays, 4:30-5:30 p.m.

Miller Center



Mommy and Me Classes (ages 18-36 months)

Instructor: Krystal Pettway-Stukes

Join our energetic, educational and unique mommy and me class. This 45 minute class teaches children coordination and the fundamentals of a dance class.

Mondays and Tuesdays, 9/10-12/20

\$40.00 city \$80.00 non-res.

10-10:45 a.m. Mondays

5-5:45 p.m. Tuesdays

Miller Center



Drug/Alcohol Prevention

Instructor: Katrina Oliver

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

Tuesdays, 9/4-12/18

\$40.00 city \$80.00 non-res.

5:30-6:30 p.m.

Miller Center

G.R.I.P. (Gang, Resolution, Intervention, Program)

This prevention program will focus on positive relationships, conflict resolution, self esteem and personal responsibility.

1st Wednesday of each month beginning 9/5

\$40.00 city \$80.00 non-res.

5:30-7:30 p.m.

Miller Center

Parent's Night Out

Instructor: Shara Streater

Have a night out on the town and leave the kids to us! Snacks, movies, dancing and crafts! Limited space - must be potty trained.

Saturdays, 9/8 and 10/27

\$15.00 per date

7:00-11:00 p.m.

Miller Center



Please register no later than one week in advance for all classes!

YOUTH PROGRAMS

Catching On!

Instructor: Denise Foutz

Advance your child's reading skills. This class is for children grade 1-6 who are at least 6 months behind in reading skills. Sessions will be catered to your child's specific needs: phonics, decoding words, phonemic awareness.

Mondays, Wed., Fridays, beginning 9/10 3:00-7:30 p.m.
\$24 .00 week City Park Center

Open House on Thursday, 9/6 at 5:00 p.m.



Girls on the Run (grades 3-5)

Instructors: Girls on the Run coaches

Girls on the Run is a positive youth development program that combine an interactive curriculum and running to inspire self-respect and healthy lifestyles in pre-teen girls. This program addresses many aspects of girl's development.

Register from 8/27-9/9 at www.gotrrowan.org
Mondays and Wednesdays, 9/17-12/15 5:30-6:45 p.m.
\$110.00 City Park Center

Girls on Track (grades 6-8)

Same guidelines as Girls on the Run, this curriculum allows for more mature processing around certain topics including eating disorders, internet safety, cyber bullying and tobacco and alcohol use. Class offered same dates and times as Girls on the Run. Register from 8/27-9/9 at www.gotrrowan.org

Mondays and Wednesdays, 9/17-12/15 5:30-6:45 p.m.
\$110.00 City Park Center

Boys to Men

Mentoring program that will help males beat the struggles of every day life and make positive decisions and obtain strong, leadership skills.

Last Saturday of each month beginning 9/26 10:00 a.m.-12:00 p.m.
Miller Center

Alphabet Fun Day

Instructor: Shara Streater

Have fun while learning the alphabet. Learn through dancing, singing, story time and coloring. Pre K through 1st grade youth are welcome.

Saturday, 9/29 12:00-1:30 p.m.
\$2.00 Miller Center



Hello Kitty Fun Day

Instructor: Shara Streater

Come hang out with Hello Kitty and spend the day dancing, making crafts and having fun. Space limited, register early.

Friday, 9/28 12:00-2:00 p.m.
\$5.00 Miller Center

Please register no later than one week in advance for all classes!

FITNESS/WELLNESS YOUTH, ADULT AND FAMILY

Fitness-Racquetball-Wallyball



Get your body trim and in shape! Multi-functional Nautilus equipment, bar-weights, treadmills, bike, racquetball and wallyball are available for your every day workout. Improve your overall health and cardiovascular fitness today.

Monday-Thursday, 12:00-8:00 p.m. Friday, 12:00-6:00 p.m.
Saturday 9:00 a.m.-1:00 p.m. Civic Center
\$2 daily/city \$4 daily/non-res. Monthly pass \$18 city \$36 non-res.

Zumba

Instructor: Tracey Glenn

Get fit and join the largest Zumba class in the area! Your body will thank you. Zumba is a Latin inspired, easy to follow, calorie burning, feel it to the core fitness party. Wear tennis shoes, comfortable clothing and bring a water bottle. Youth 6-13 can participate for \$1 (must be accompanied by an adult).

Mondays and Wednesdays, Sept. to December 5:30-6:30 p.m.
\$3 per class Civic Center

Saturday classes begin on 9/8 at City Park Center from 9:30-10:30 a.m.

Evening Beginner's Running Training Program

Instructor: Salisbury Rowan Runners

Program will be a comprehensive instructional approach to provide new runners with 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.

Thursdays, 9/6-10/25 6:00 p.m.
\$60.00 (payable to SRR) Program includes membership to SRR club, t-shirt and entry to club sponsored 5K. Civic Center



Evening Beginners Running Training Program at RRM

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.

Thursdays, 9/4-10/23 6:00 p.m.
\$60.00 payable to SRR—includes membership to SRR club, t-shirt and entry to club sponsored 5K.

Classes held at Rowan Regional Medical Center.

Supervised Group Run/Walk on the Greenway

Instructor: Salisbury Rowan Runners

The Salisbury Parks and Recreation Dept. and the Salisbury Rowan Runners Club invites you to run/walk the Greenway. This program is designed to promote the benefits of running, walking, exercise and healthy lifestyles.

Mondays and Wednesdays, Sept.-Dec. 6:30 p.m.
no charge Meet at the tennis courts at Knox Middle School

FAMILY PROGRAMS
Musikgarten—"The Cycle of Seasons"



Instructor: Brenda Byrd

Participate with your child (ages 2-5) in singing, chanting, moving, dancing, listening and playing simple instruments while developing a strong musical bond with you and child. Through activities that bridge the natural connection between music and movement. Your child's musical aptitude and listening abilities are enhanced and further developed.

Tuesdays, 10/2-12/18 10:00-10:30 a.m.
 \$140.00 City Park Center

Host Your Rental Event at the Salisbury Civic Center

Plan in advance and host your event at the Salisbury Civic Center. We have one large (4,700 sq. ft.) and small (700 sq. ft.) rooms to accommodate receptions, banquets, birthday parties, workshops, meetings and more. Come and "Discover Our Place".

Available year round Call center for details and pricing.



Fall Mom2Mom Resale Event

Get motivated to prepare for Winter! Do you have tons of kids clothes and toys that you no longer need? Are you looking for gently used items for your tot? If so, then the Mom2Mom sale is the event for you.

Saturday, 10/6 8:00 a.m.-12:00 noon
 \$10.00 to reserve a table (sign up by 10/4)
 Admission free to public City Park Center

Corn Hole Tournament

Corn hole fever. This, fun, fast paced tournament is open to all ages. Teams consist of two players. Practice available before the tournament.

Saturday, 10/13 12:30 p.m.
 Cost: \$10.00 team /city \$20.00 team/non-res. Hall Gym

Youth Basketball Officials Clinic

Have you ever wanted to become an official? Come join us and get the training you need to officiate games for youth ages 7-15. Must attend all clinic dates to officiate in Salisbury Parks and Recreation league.

Sundays, 10/28, 11/4, 11/11 and 11/18 5:00 p.m.
 no charge Hall Gym



Tanglewood Christmas Lights Trip

It's the holiday season so lets get your family and friends together and take a trip to Tanglewood to see the holiday lights. Sit back and let us do the driving and enjoy the trip.

Tuesday, 12/11 5:45-9:30 p.m.
 leave at 5:45 p.m. from Hall Gym
 \$10.00 city \$20.00 non-res. (5 or more receive \$3.00 per person discount).

Please register no later than one week in advance for all classes!

YOUTH PROGRAMS
Bullying and Stranger Defense Seminar



Instructor: Sensei Daniel Walker

Allow Sensei Daniel Walker of Walker Martial Arts to teach you to recognize a dangerous situation and what to do if someone tries to bully you or kidnap you. This seminar will give you the tools to protect yourself. All instructor proceeds go towards cancer research. Ages 13 and under.

Saturday, 10/13 1:00-2:00 p.m.
 \$20.00 City Park Center

Spooktacular School's Out Fun Day

Are you looking for a howling good time on your day off from school. City Park is the place to be. Come enjoy a variety of fun games, crafts, time with friends and much more.

Monday, 10/29 7:30 a.m.-5:30 p.m.
 \$20.00 city \$40.00 non-res. City Park Center

Parent Skills and Child Development Workshop

Learn new parenting skills to keep your child active and enrich their ability to learn and be creative doing different activities when you are home.

Saturday, 11/10 12:00-2:00 p.m.
 Miller Center

Safety Check



Instructor: Tyeisha Harding

With so many crimes going unreported to police, safety awareness is bringing you a seminar "Safety Check". The seminar focuses on protection from different types of crime and encourages you to call the police to solve the crime and to protect you.

Saturday, 11/10 12:00 -2:00 p.m.
 Miller Center

Veteran's Day School's Out Fun Day

Let's honor our Veterans by having a great day at City Park Center. Lots of games, crafts, fun and more.

Monday, 11/12 7:30 a.m.-5:30 p.m.
 \$20.00 city \$40.00 non-res. City Park Center

Shopping Days Out

Instructor: Shara Streater

Get your shopping done and leave the children with us for dancing, arts and crafts and much more! Youth to 3rd grade welcome -must be potty trained.

Saturdays, 11/23-12/15 12:00-4:00 p.m.
 \$15.00 Miller Center

Please register no later than one week in advance for all classes!



YOUTH PROGRAMS

Dora & Diego and Mickey and Minnie Day

Instructor: Shara Streater

Come enjoy a day of dancing, arts and crafts and fun with Dora and Diego.

Friday, 12/1

\$5.00

12:00-2:00 p.m.

Miller Center



Holiday Event with Mickey and Minnie Mouse

Instructors: Shara Streater and April Butler

Join us for holiday as Mickey and Minnie help us create holiday crafts and have lots of fun!

Saturday, 12/15

\$8.00 city \$16.00 non-res.

12:00-2:00 p.m.

Miller Center

Teen Time at the Rec

Teens, are you ready for some good times with friends on Saturdays? Bring your friend to Miller Center for some fun. We will play sports, board games and video games. Don't be left out—come out and play!

Saturdays, 9/8-12/29

no charge

10:00 a.m.-2:00 p.m.

Miller Center

YOUTH ATHLETICS



NFL Punt, Pass and Kick Competition

Come test your ability to punt, pass and kick a football. Enter the local competition with a chance to advance and compete at half time of a Carolina Panther football game. A copy of the child's birth certificate is required at the time of registration. Boys and girls ages 6-15.

Sunday, 9/16

no charge

2:00 p.m.

Catawba College Football Field

Youth Flag Football

The league is designed for youth in grade k-3 to learn the fundamentals of football through flag football. This sport promotes the skills of football without as much contact. Registration deadline 9/15. Volunteer coaches needed.

10/2-11/6

\$35.00 city \$50.00 non-res.

Sports Complex (under the lights)

5:30-6:30 p.m.



Youth Indoor Soccer

Indoor soccer is both fast and fun! We focus on the fundamentals while adding the challenging dimension as the gym walls come alive and act as your teammates. Register by 9/15. For boys and girls ages 3-5 and 6-8. Volunteer coaches needed. Registration deadline: 9/15

\$35.00 city \$50.00 non-res.

Season begins: 10/6-10/27

Hall Gym

NBA Babies

Lace up those shoes and join a league designed to teach the fundamentals of basketball. For youth ages 3-5.

Register 9/1-10/6-practices held in October and games played in Nov. and Dec.

\$35.00 city \$50.00 non-resident

3:45-5:15 p.m.

Miller Center

FAMILY PROGRAMS

Dillingham School of Martial Arts

Instructor: Larry Dillingham-4th DBSS

Join the Dillingham team. Our world class martial arts program meets at the City Park Center. Benefits include character development, self-discipline, self respect, self control and respecting others. Visitors welcome!

Tuesdays & Thursdays, year round

5:00-8:00 p.m.

\$10.00 registration fee for new members. Students are divided into classes by ages and skill level. Each class is one (1) hour long.

\$50.00 per month

City Park Center

Basic Computer Skills

Want to learn how to navigate and work computer programs properly? Sign up for our basic computer classes.

Thursdays, 9/6-12/20

5:30-6:00 p.m.

Miller Center

CPR-First Aid Certification

Instructor: Brian Miller

Need CPR and first aid certification. Instruction available upon request.

Call Hall Gym to schedule an appointment.

September-December

Hall Gym

6:00-8:00 p.m. weekdays/10:30 a.m.-12:30p.m. Saturdays

Snapshots by Shannon

Instructor: Shannon Wood Photography

Shannon Wood Photography will be offering family/children's Fall portraits outside in the park from 2:00-6:00 p.m. All photos will be placed on a copy right released CD that can be picked up at City Park on Monday, 9/24.

Saturday, 9/15

\$30.00

2:00-6:00 p.m.

City Park

Call 704-638-5295 to reserve your time slot by 9/12. Participants will be eligible to enter a drawing for a chance to win a 10 x 10 canvas of their favorite shot from their session.

Memoir Writing

Instructor: Lanita Kirby

Join this group of advocates for literacy for some highly interactive writing sessions. Untap the potential of writing in your life and put together a publishable memoir. Program is for high school age students to adults.

Thursdays, 9/20, 10/18, 11/15 and 12/13

6:00-9:00 p.m.

Cost: \$20.00 per session

City Park Center

Birthday Parties 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 & under. Limited to availability with 2 week notice needed. Call Hall Gym for details.

Friday, Saturday or Sunday-Sept. to Dec.

2 hour limit



ADULT PROGRAMS

Vegetable Delights Sculpting Series

Instructor: Sherry Culler

Don't have a green thumb? No problem! Bring the rest of your fingers along to create a series of clay vegetable creations. These sweet faced creatures will consist of a Mushroom Lady, Carrot Bunch, Red Hot Pepper and Miss Apple Dumplin.

Thursdays, 9/20, 10/4, 10/18 and 11/1 10:00 a.m.-2:00 p.m.

\$95.00 per class City Park Center

Participants need to bring a 4" or more deep plastic bowl, apron and a lunch/snack. All clay, tools and other materials provided. Creations will be fired and returned to City Park for pick up.



Basic Cooking Class

Instructor: Pam Daniels

Come to City Park Center and learn the basic steps for preparing meals both on the stove and in the oven! Limited spaces are available.

Saturdays, 10/13-11/3 9:00-11:00 a.m.

\$15.00 City Park Center

Total Self Defense Seminar

Instructor: Sensei Daniel Walker

Whether you are male or female everyone should know how to defend themselves from attackers using the same techniques taught by special tactics officers. You will learn the proper ways to disarm attackers that use knives or guns in either robbery or hostage situations.

Youth ages 14+. All proceeds will go to cancer research.

Saturday, 10/20 1:00-3:00 p.m.

\$40.00 City Park Center



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 radio, audio books, documentaries and the internet in your area. Must register by 11/13. Minimum of 9 participants for class.

Tuesday, 11/20 6:30-9:00 p.m.

\$15.00 class City Park Center

Sensational Santa Sculpting

Instructor: Sherry Culler

Ho Ho Ho! The Jolly Ole' Man is coming to town-by way of our imagination. Join us and create your very own clay sculpted Santa to display this holiday season. Creations will be fired and returned to City Park for pick up.

Thursday, 11/15 10:00 a.m.-2:00 p.m.

\$95.00 City Park Center

Participants need to bring a 4" or more deep plastic bowl, apron and a lunch/snack. All clay, tools and other materials provided.



Visit our website at: www.salisburync.gov

YOUTH ATHLETICS

NBA Babies Cheerleading

Instructor: Krystal Stukes

Basic cheerleading fundamentals for youth ages 3-5. Space limited, register early. Register 9/1-10/6. Practices held in October games played in Nov. and Dec.

\$35.00 city \$50.00 non-res Miller Center



Cheerleading

Instructor: Justina Forbes

Youth basketball cheer during the boy's youth games. Girls ages 6-13 will learn basic fundamentals of cheering, dance routine, chants and more.

Register 9/1-10/8-uniform fee not included.

Cost: \$35.00 city \$50.00 non-res. Miller Center

Youth Boy's Basketball

Youth basketball league is for boys ages 7-15 that focuses on building character, teaching teamwork and fundamental basketball skills. Teams will be assigned by a pre-season placement drafts for ages 7-15. Registration begins 9/10-10/26.

Games played Monday-Saturday, varying times

\$35.00 city \$50.00 non-res. Hall Gym

Youth Boy's Basketball Clinic

Boys ages 7-15 come join us for this pre-season basketball clinic featuring Head Coach Andrew Mitchell & North Rowan Cavaliers Boys Basketball team.

Saturday, 11/3 10:00 a.m.-12:00 p.m.

no charge Hall Gym



Basketball Turkey Shoot

Come win a turkey for your Thanksgiving dinner. The turkey shoot tests your skill and accuracy in a basketball free throw competition.

Saturday, 11/17 10:00 a.m.

\$2.00 city \$4.00 non-res. Hall Gym

Youth Coed Basketball League

The program is for girls and boys ages 5-6 that focuses on building character, teaching teamwork and fundamental basketball skills.

Registration begins 11/26-1/12. Practices in Jan. & games played in Feb./March.

\$35.00 city \$50.00 non-res. Hall Gym

Youth Girls Basketball League

This youth basketball league is for girls 7-15 that focuses on building character, teaching teamwork and fundamental basketball skills. Teams assigned by a pre-season placement draft for ages 9-15. Registration begins 11/26-1/12.

\$35.00 city \$50.00 non-res. Hall Gym

E.E. Morton Holiday Basketball Tournament

Instructor: Tom McDaniel

This is a holiday basketball tournament for boys and girls 9-14. This is a great opportunity for middle school teams to participate in this fund holiday tournament.

Thursday, Friday and Saturday, 12/27-12/29

\$175.00 per team Hall Gym

ADULT PROGRAMS

“Bridge-nomics” with Salisbury-Rowan Newcomers



Come join our Newcomers group for fun and fellowship while learning the tricks and trades of the enticing game called “Bridge”. For bridge information call Kim Hoyt 704 209 6562. For Newcomer’s info call Maxine Dvoracek 704 637-0627.
Tuesdays, September-December 1:00-3:30 p.m.
no charge Civic Center

Miller Center Seniors

Join the lively bunch of seniors as they do everything from arts and crafts to trips. This programs puts meaning to the words of having fun year round.
Thursdays, year round Miller Center

Sweet Sounds Guitar Lessons

Instructor: William Dupree

Students will spend two days a week learning about and creating the craft of music. Learn how to read and learn the art of playing in a group.
Mondays & Thursdays, 9/10-12/29 7:00-8:00 p.m.
\$5.00 per session Miller Center

Teaching Beginner’s Bridge

Instructor: Kerry Morgan

This is a six week beginner’s class that will teach you how to play the fun card game known as “BRIDGE”. Class is free and limited to twenty (20) participants.
Wednesdays, 9/19-10/24 1:00-3:00 p.m.
no charge Civic Center

Introduction to Square Dancing

Instructor: Paul Walker

Learn square dancing from the best square dancers in the area! Lessons will teach you the basics of the dance and much more. Visit: www.cardinalsquares.org for more information.
Tuesdays, year round-6:30-7:45 p.m. City Park Center

Cardinal Squares Modern Squaredancing

Get your Fall and Winter exercise, have fun and fellowship at the same time by square dancing at City Park.
Tuesdays, year round 7:30-9:30 p.m.
Call Norman or Effie for details at 704 -633- 9555. City Park Center

Sleepy Moon Sculpting

Instructor: Sherry Culler



Use your hands and your imagination to create a one of a kind Sleepy Moon Sculpture. Add this little guy to your garden or to a tree to bring whimsy and wonder to your surroundings. All creations will be fired and returned to City Park for pick up. Participants need to bring a 4” or more deep plastic bowl, an apron and a packed lunch or snack. All other materials provided.
Thursday, 9/6 10:00 a.m.-2:00 p.m.
\$95.00 City Park Center

ADULT PROGRAMS

Stained Glass Workshop

Instructor: Pam Daniels

In this creative workshop you will learn how to prepare the glass and how to apply colors to give it a stained appearance! Spaces are limited.
Saturday, 9/8 9:00-11:00 a.m.
\$15.00 City Park Center

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!
Tuesdays, 9/10, 10/9, 11/13 and 12/11 10:00 a.m.-3:00 p.m.
\$13.00 per class City Park Center

Canine Beginner-Basic Home Manners

Instructor: Elaine Allman

This dog training class will teach you and your canine companion how to communicate commands and understand how your dog thinks and how to humanely express your leadership. 6 week session for dogs 5 months and older. Proof of rabies vaccination required. Bring water/bowl, soft treats, six-foot lead /slip collar.
Tuesdays, 9/11-10/16 5:45-6:45 p.m.
\$40.00 city \$80.00 non-res. Civic Center

Canine Good Citizens (Intermediates)

Instructor: Elaine Allman



This class will teach you and your canine the fine tuned skills that will ultimately enhance your companionship. Class is for dogs that have already completed any basic dog obedience class. 6 week session for dogs 8 months and older. Proof of rabies vaccination required. Bring water/bowl, soft treats, six-foot lead/ slip collar.
Tuesdays, 9/11-10/16 7:00-8:00 p.m.
\$40.00 city \$80.00 non-res. Civic Center

Basic Sewing Class

Instructor: Pam Daniels

Come to City Park and learn the beginning stages and basic sewing techniques that will allow you to mend clothing, make gifts and keepsakes.
Saturday, 9/15-10/6 9:00-11:00 a.m.
\$15.00 City Park Center



Spoon Carving 101

Instructor: Steve Martin

Spoon Carving using traditional/greenwood carving techniques and tools. Course will cover selection of blanks, design, tools, sharpening and carving techniques to cover hatchets, adzes, knives, hook knives, draw knives and scrapers, and application of finishing oil. Participants will create a wooden spoon from design to a finish. All materials provided.
Mondays, 9/17-10/22 6:00-9:00 p.m.
Cost: \$260.00 City Park Center

Please register no later than one week in advance for all classes!