

SKILLS BUILDING



Reading Readiness

This class is designed to teach letter recognition and develop phonic awareness skills while singing and playing games! Through a variety of activities, your child will work on letter and sound matching. They will also learn how to write upper and lower case letters.

Cost: \$15/lesson
Date(s): 9/6-9/27
Location: Miller Center
Instructed by: Ericka Becton
Time(s): Sat (10:30-11:30 a.m.)
Ages: 3-5



Public Speaking for Youth

In this public speaking class, you will learn the different functions of a public speaker. You will prepare a speech from a list of topics that will be provided at the beginning of the session and present that speech. You will also learn how to engage the audience and communicate in varying environments.

Cost: \$10/lesson
Date(s): 11/6-12/18
Location: City Park Center
Instructed by: Ericka Becton
Time(s): Th (5:30-6:30 p.m.)
Ages: 10-17



World of Sign

Learn to communicate with your hands using sign language. This class will introduce American Sign language used by the deaf community, including basic vocabulary and communicative competence. Develop gestural skills as a foundation for ASL enhancement.

Cost: \$20/lesson
Date(s): 10/3-10/24
Location: Miller Center
Time(s): F (5:30-6:30 p.m.)



Girl Scouts

In Girl Scouts, girls discover the fun, friendship, and power of girls together! Girl Scouting helps girls develop their full individual potential. Relate to others with increasing understanding, skill, and respect. They will develop values to guide their actions and provide the foundation for sound decision-making. Contribute to the improvement of society through their abilities, leadership skills, and cooperation with others. Begin making a difference and join our troop today!

Cost: FREE
Date(s): 9/2-12/29
Location: Miller Center
Instructed by: Ruby Walker
Time(s): Tu (6-7 p.m.)



H.Y.P.E. (Helping Youth Positively Exceed)

Kids in this program will build self-esteem, social skills, and improve their confidence. They will engage in decision making and experience a variety of activities such as arts, crafts, social activities, guest speakers and field trips all while having fun in a safe environment.

Cost: FREE
Date(s): 10/4, 11/1, 12/6
Location: Miller Center
Instructed by: Staff
Time(s): Sat (11 a.m.-1 p.m.)
Ages: 7-16



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 a lively group of people.

Cost: FREE
Date(s): 9/4-12/18
Location: Miller Center
Time(s): Th (10:30 a.m.-12:30 p.m.)
Ages: 55+



Dog Training Class

Start your canine companion off on the right paw. Lessons include attention, sit, down, stay, walk on a leash, and come when called. Build a trusting relationship and live in harmony with your canine. Dogs must be four months old and up, rabies certification and vaccination record is required at first class.

Cost: \$65/6-weeks
Date(s): 9/9-10/14
Location: City Park Center
Instructed by: Elaine Allman
Time(s): Tu (6:30-7:30 p.m.)

CONTACT US

Staff

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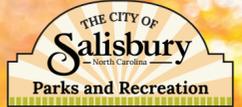
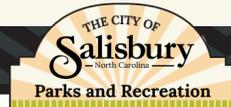
Facilities

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

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

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

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



For fun or for fitness,
get active today!

1 Entertainment

2 Fitness/Health

3 Music and Art

4 Special Events

5 Move and Dance

6 Athletics/Leagues

7 Competitions

8 Skills Building

Autumn

2014 Program Guide

September - December 2014



Brown Bag Lunch Jam

Grab a friend, grab a blanket and grab a spot at the Brown Bag Lunch Jam! For nine consecutive Wednesdays in September and October, a free outdoor concert series will be taking place in Downtown Salisbury. These concerts are a great place for the community to socialize and enjoy the lunch hour during those fantastic Salisbury autumn days!

Cost: FREE
Date(s): 9/3-10/29

Time(s): W (noon-1:30 p.m.)
Location: Gateway Park



Bell Tower Concert Series

Let the acoustic sounds from some of the area's most talented musicians get you moving in this brand new outdoor concert series. The concerts will be held at the historic Bell Tower park area. This is a great event for the whole family! Concerts will be played on the 2nd and 3rd Thursday of September and October.

Cost: FREE
Date(s): 9/11, 9/18, 10/9, 10/16

Time(s): Th (5-7 p.m.)
Location: Bell Tower Park

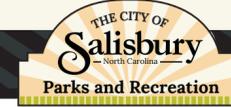


Second Saturday Screenings

Coming this autumn to a facility near you - Second Saturday Screenings! We will be showing two of your favorite movies back to back in our new, indoor movies series. Bring a chair or a blanket. Concessions will be available. Movie selections: 9/13 - Remember the Titans and The Blind Side, 10/11 - The Incredibles and Tangled, 11/8 - The Hunger Games and Catching Fire, 12/13 - How The Grinch Stole Christmas and The Polar Express.

Cost: FREE
Date(s): 9/13, 10/11, 11/8, 12/13

Time(s): Sat (starts at 3 p.m.)
Location: Hall Gym



FITNESS/HEALTH



Sporty Tots

This fabulous parent-child interactive program introduces a new sport each week, instructed by Salisbury Parks and Recreation staff. FUN-damental skills will be focused on each week to improve motor skill coordination. There will also be emphasis on social interaction which is crucial for small children's development.

Cost: \$3/lesson
Date(s): 9/13-10/18
Location: Hall Gym
Instructed by: Staff
Time(s): Sat (9-10 a.m.)
Ages: 3-5



Senior Fitness

This class is designed for all Seniors looking to maintain an active and fit lifestyle. Senior Fitness focuses on good cardio that is easy on the body. There will also be chair fitness, which is accessible for many ranges of motion. This is a fun time, grab a friend and join in!

Cost: \$2/lesson
Date(s): 9/17-12/31
Location: City Park Center
Instructed by: Staff
Time(s): W (10-10:45 a.m.)
Ages: 55+



30 Minute Core and Abs

This fitness class will vary the exercises and intensity each week so that you build functional core strength, endurance and power. You will also get carved abs! Each workout will consist of only three moves to sculpt muscle and burn fat. Make the time to get fit today!

Cost: \$20/session
Date(s): 9/9-9/30
Location: Salisbury Civic Center
Instructed by: Dennis Wilson
Time(s): Tu (5:30-6 p.m.)



Body Carve

This is a rapid intensity, upper and lower body training regimen that will enable your body to become a lean carved cardio machine. Instructional workouts used timed repetition intervals, various light resistant equipment and include healthy diet instructions and recipes.



Cost: \$3/lesson, \$10/month
Date(s): 9/18-12/22
Location: Salisbury Civic Center
Instructed by: Staff
Time(s): M (6-7 p.m.)



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 you reach your fitness goals with success. If you struggle with motivation then this is the class for you.

Cost: \$20/session
Date(s): 10/7-10/30
Location: Salisbury Civic Center
Instructed by: Dennis Wilson
Time(s): Tu,Th (5:30-6:30 p.m.)
Ages: 18+



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 improving balance. Grab a friend and get motivated! Grab a towel to wipe off your hard-earned sweat! Let's get fit together!

Cost: \$5/class
Date(s): 9/15-12/31
Location: City Park Center
Instructed by: Clarissa Best
Time(s): M,W (6:30-7:30 p.m.)



Shadow Boxing Fitness

Shadow Boxing is boxing without a physical opponent. This fitness class places emphasis on the mind and movement of the body. Workouts will rely on flow, speed and thinking on your feet while visualizing the way things need to be done.

Cost: \$20/session
Date(s): 9/11-10/2
Location: Salisbury Civic Center
Instructed by: Dennis Wilson
Time(s): Th (5:30-6:30 p.m.)



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 at the end of class. As classes progress, you will deepen your understanding of body position and breathing while releasing tension and increasing your body's flexibility. Wear comfy clothing and bring your mat or blanket.



Cost: \$5/lesson, \$50/season
Date(s): 9/4-12/18
Location: City Park Center
Instructed by: Christine Zimmer
Time(s): Th (5:30-6:30 p.m.)



Yoga in the Park

We're bringing yoga out of the studio and into the park! This beautiful outdoor class emphasizes body position, alignment and breathing while releasing tension and increasing flexibility. As the class progresses, distractions will disappear and the fresh air, blue sky and fall leaves will help you become aware of your body and breath. You will walk away feeling in harmony with nature and the city around you. Wear comfy clothing and bring your mat or blanket.



Cost: \$5/lesson, \$20/season
(season pass online only)
Date(s): 9/13, 9/27, 10/11, 10/25, 11/8
Location: Hurley Park
Instructed by: Christine Zimmer
Time(s): Sat (9-10:15 a.m.)



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 includes: Casper Slide, The New Cupid Shuffle, Tail Feather, Biker Shuffle, Homey Twist, Blurred Lines, Mississippi Slide, Amazing Love, Wifey, and Step in the Name of Love! Put your dancing shoes on and enjoy a night of moving to the music!

Cost: \$20
Date(s): 10/2-10/30
Location: Salisbury Civic Center
Instructed by: Linda Beatty
Time(s): Th (6:30-7:30 p.m.)

ATHLETICS/LEAGUES



Adult Baseball League

Step back into your glory days and relive some of those great moments with your buddies. Teams will play twice a week in a 10 game season with a double elimination tournament at the end. Get your team together and come out and have some fun! Wooden bats, helmets and catcher's gear required. No metal cleats. Team registration runs through 9/26. Games will be played in October and November.

Cost: \$150/team
Location: Sports Complex
Ages: 18+
Days and Times will be determined after registration is complete. Call (704) 216-PLAY for details.



Adult Dodgeball League

Dodge, Duck, Dip, Dive! This league provides participants an opportunity to play this popular game in a safe and supervised environment. The program uses super soft dodgeballs and safety will be stressed. This high energy fun-filled game delivers friendly competition and excitement while improving your fitness level and endurance. Teams consist of 4-6 players which will play one evening (up to 6 games at 7 minutes) per week. Call (704) 216-PLAY for more details.

Cost: \$30/team
Date(s): 9/8-10/27
Location: Hall Gym
Instructed by: Staff
Time(s): M (6-7:30 p.m.)
Ages: 18+



COMPETITIONS



Family Fun Bingo Days

Come on out on Sunday afternoon and enjoy a fun time of B-I-N-G-O with your family! There will be prizes and a main giveaway! We will be selling concessions. Bingo Days will be at the Civic Center on October 26, City Park on November 23, and Miller Center on December 14.

Cost: \$1/day
Date(s): 10/26, 11/23, 12/14
Location: Varies
Time(s): Sun (4-6 p.m.)



Junior Doubles Tennis Tournament

Experience a fun yet competitive doubles only tournament for high school teens. This tournament will be played on clay courts with boy's doubles, girl's doubles, and mixed doubles categories. Entry includes: players pack and can of tennis balls. If you don't have a partner, we'll do our best to match you up. Entrants must be able to play within the designated tournament times. Fruit, water and Gatorade will be provided at the tournament.

Cost: \$25 doubles entry, \$30 doubles and mixed doubles entry
Date(s): 9/27, 9/28
Location: Salisbury Civic Center Tennis Courts
Instructed by: Rob Stephens
Time(s): Sat (9 a.m.-5 p.m.)
Sun (9 a.m.-2 p.m.)
Ages: 16-18



Glow Night Disc Golf Tournament

Watch your discs fly and glow in the night air for this one round 18-hole, singles glow tournament. We'll have lanterns and glow sticks to help you find your way around the course. Mini glow sticks will be provided. Separate Am, Intermediate and Advanced divisions with cash payouts in each division. Tournament updates and further details will be available on the Rowan County Disc Golf Club Facebook page. Entry includes a \$2 ace pool.

Cost: \$10 Am/Intermediates, \$20 Advanced
Date(s): 10/24
Location: Kelsey Scott Park
Instructed by: Staff
Time(s): Fri (7-9:30 p.m.)



Turkey Hoop Shoot

Are you an ace when it comes to shooting hoops? Bring those basketball skills out to the gym and have some fun. You could win a FREE Thanksgiving turkey! The Turkey Shoot tests your skill and accuracy in a basketball free throw competition.

Cost: FREE
Date(s): 11/22
Location: Hall Gym
Instructed by: Staff
Time(s): Sat (starts at 10 a.m.)



NFL Punt, Pass and Kick

This football competition is an initiative of the National Football League, for both boys and girls in the community. Participants will be given the opportunity to show others how they punt, pass and kick. Local winners will advance to the sectionals.

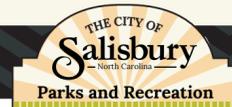
Cost: FREE
Date(s): 9/21
Location: Catawba College (Shuford Stadium)
Instructed by: Staff
Time(s): Sun (starts at 2 p.m.)
Ages: 6-15



North Carolina Cyclo-Cross Series Race

Come take part in the North Carolina Cyclo-Cross Series races. This racing spectacular is for all ages and skill levels. It is a great family event! Races are 30, 45 or 60 minutes long with men's, women's and junior's division plus a FREE kid's race. This is a US Cycling Federation sanctioned event with 1 day license available at the race. Visit www.nccyclocross.com for more details.

Cost: \$15 Juniors, \$20 Adults, FREE kids under 10
Date(s): 11/9
Location: Salisbury Community Park
Instructed by: Kerry Shields
Time(s): Sun (starts at 10 a.m.)



ATHLETICS/LEAGUES



Evening Beginner's Running Training Program

This Beginner's Running program will be a comprehensive instructional approach to provide new runners with all the information needed to get started. There will be 8 weeks of classroom and workout sessions to get you ready for a 5k race. Individual coaching will be available so you can go at your own pace. Program includes membership to the SRR Club, club t-shirt and entry to the club-sponsored 5k race.

Cost: \$65 payable to SRR Club
Date(s): 9/4-10/23
Location: Novant Health Rowan Medical Center
Instructed by: David Freeze, Salisbury Rowan Runners
Time(s): Th (starts at 6 p.m.)



Youth Volleyball League

Our program focuses on skill development and the fundamentals of volleyball. Our league promotes healthy player development and basic appreciation for the sport. Registration runs August 8th - 29th. Practice begins in September. Games will be played in September and October. Volunteer coaches are needed.

Cost: \$25
Date(s): 9/9-10/18
Location: Hall Gym
Instructed by: Staff
Time(s): Tu,Th,Sat
Ages: 4th-8th grade
 Days and Times will be determined after registration is complete. Call (704) 216-PLAY for details.



Coed Adult Volleyball League

This Adult Coed Volleyball League is a fun activity to get involved! Games will be played on Sunday afternoons. This is a great way to spend some time with friends and have some fun. Help spread the word. There will be an interest meeting on 9/2 at Hall Gym at 6:00 p.m.

Cost: \$75/team
Date(s): 9/14-11/2
Location: Hall Gym
Instructed by: Staff
Time(s): Sun (3-6 p.m.)
Ages: 18+



Coed Adult Basketball League

This basketball league is a fun way to show your competitive spirit. Games will be played on Sunday and Wednesday afternoons. This basketball league consists of 8 regular season games and a single elimination tournament. Help spread the word! Registration deadline is August 29th and there will be a coaches meeting on September 3 at Hall Gym at 6 p.m.

Cost: \$150/team
Date(s): 9/14-11/2
Location: Hall Gym
Instructed by: Staff
Time(s): W, Sun (6:30-8:30 p.m.)
Ages: 18+



Youth Basketball Officials Clinic

Have you ever wanted to become a basketball official? Come join us and get the training you need to officiate games for youth ages 7-15. You must attend all clinic dates to officiate in Salisbury Parks and Recreation leagues. For more information please call Hall Gym at (704) 638-2589.

Cost: FREE
Date(s): 10/26, 11/2, 11/9, 11/16
Location: Hall Gym
Instructed by: Staff
Time(s): Sun (starts at 5 p.m.)
Ages: 18+



NBA Babies Basketball

Lace up your shoes and join a league designed to teach the fundamentals of basketball in a team atmosphere. This coed program will help build character, self-esteem, friendship and teamwork. Practices will be held in September and games will be played in September and October. Register by 9/12. Volunteer coaches are needed.

Cost: \$20
Location: Hall Gym/Miller Center
Instructed by: Staff
Ages: 3-5
 Days and Times will be determined after registration is complete. Call (704) 216-PLAY for details.



Coed Youth Basketball League

This youth basketball league focuses on building character, teaching teamwork and setting fundamental basketball skills. Registration runs November 24 through January 12. Practices will begin the end of January and games will be played in February and March. Volunteer coaches are needed.

Cost: \$30
Location: Hall Gym
Instructed by: Staff
Ages: 5-6
 Days and Times will be determined after registration is complete. Call (704) 216-PLAY for details.



Girl's Youth Basketball League

This youth basketball league focuses on building character, teaching teamwork and setting fundamental basketball skills. Teams will be assigned by a pre-season placement draft for ages 7-15. Registration runs November 24 through January 12. Practices will begin the end of January and games will be played in February and March. Volunteer coaches are needed.

Cost: \$30
Location: Hall Gym
Instructed by: Staff
Ages: 7-15
 Days and Times will be determined after registration is complete. Call (704) 216-PLAY for details.



Boy's Youth Basketball League

This youth basketball league focuses on building character, teaching teamwork and setting fundamental basketball skills. Teams will be assigned by a pre-season placement draft for ages 7-15. Registration runs September 22 through October 18. Practices will be held in November and games will be played in December and January.

Cost: \$30
Location: Hall Gym
Instructed by: Staff
Ages: 7-15
 Days and Times will be determined after registration is complete. Call (704) 216-PLAY for details.

FITNESS/HEALTH



Zumba® Fitness Coed

Ditch the workout! Join the party! This Latin inspired, aerobic, dance-fitness class incorporates Latin and international music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion. Our certified Instructor creates dance movements with easy to follow steps so that anyone can participate. Zumba® will change your mind about exercise, fitness and health. Wear tennis shoes, comfortable clothing and bring a water bottle.



Cost: \$3/lesson, \$75/season (season pass online only)
 \$1/lesson for ages 6-13 with adult
Date(s): 9/3-12/22
 NO CLASS 11/5, 11/26
Location: Salisbury Civic Center
Instructed by: Tracey McKenzie
Time(s): M,W (5:30-6:30 p.m.)



Zumba® Fitness Ladies Only

Ditch the workout! Join the party! This Latin inspired, aerobic, dance-fitness class incorporates Latin and international music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion. Our certified Instructor creates dance movements with easy to follow steps so that anyone can participate. Zumba® will change your mind about exercise, fitness and health. Wear tennis shoes, comfortable clothing and bring a water bottle.



Cost: \$3/lesson, \$36/season (season pass online only)
 \$1/lesson for ages 6-13 with adult
Date(s): 9/6-12/20
Location: City Park Center
Instructed by: Tracey McKenzie
Time(s): Sat (9:30-10:30 a.m.)



"Serves You Right" Tennis Lessons (Boys/Girls)

These lessons are for high school students who are already playing with a tennis team. Get the most out of your game by learning all areas of the court including offensive and defensive strategies. These lessons will help students understand opponent game styles, which is crucial to on court play.

Cost: \$48/session
Location: Civic Center Tennis Court
Instructed by: Rob Stephens, PTRI
Session 1: Sun, 9/14-10/5
 Girls (4-5 p.m.) Boys (5-6 p.m.)
Session 2: Sun, 10/12-11/2
 Girls (4-5 p.m.) Boys (5-6 p.m.)
Session 3: Sun, 11/9-11/30
 Girls (3-4 p.m.) Boys (4-5 p.m.)



Juniors On Court Tennis Lessons

These tennis lessons emphasize a range of fundamental skills including serving, stroke variation, returns, and ball positioning. The lessons will also strengthen level of play in all areas of the court. Lessons are for elementary students who are beginners and for middle school teens who play occasionally or who play with a middle school team and want to improve their game.

Location: Civic Center Tennis Court
Instructed by: Rob Stephens, PTRI
Session 1: \$44/4wk, M, 9/15-10/6, Grd3-5(4:30-5:30pm)Grd6-8(5:30-6:30pm)
Session 1: \$44/4wk, Th, 9/18-10/9, Grd3-5(4:30-5:30pm)Grd6-8(5:30-6:30pm)
Session 2: \$33/3wk, M, 10/13-10/27, Grd3-5(4:30-5:30pm)Grd6-8(5:30-6:30pm)
Session 2: \$33/3wk, Th, 10/16-10/30, Grd3-5(4:30-5:30pm)Grd6-8(5:30-6:30pm)
Session 3: \$44/3wk, M, 11/3-11/24, Grades 3-8 (4-5pm)
Session 4: \$44/3wk, M, 12/1-12/22, Grades 3-8 (4-5pm)



City Park Tennis Programming

For information regarding City Park Tennis Programming, please contact Bobby Christman - PTRP, Salisbury Parks and Recreation Tennis Pro, directly at rchristman@carolina.rr.com or call him directly at (704) 754-2052.

MUSIC AND ART



Sweet Sounds Guitar Lessons

Students will spend two days a week learning about and creating music. In this class, the student will learn how to apply basic musical concepts, such as rhythm, harmony, and melody to the guitar. At the end of this class you will be able to read and play basic chord symbols and melodies.

Cost: \$5/lesson
Date(s): 9/4-12/29
Location: Miller Center
Instructed by: William Dupree
Time(s): M,Th (5-8 p.m.)



Creating with Color

What colors combine to make purple or orange? We have the answer for you right here at Miller Center. We will be learning the color wheel by using food coloring and paints together to discover how to make the rainbow.

Cost: \$5
Date(s): 10/22
Location: Miller Center
Instructed by: Staff
Time(s): W (5:30-6:30 p.m.)
Ages: 3-5



Alphabet Art

A ... B ... C ... Make learning fun and exciting using the alphabet. We will use a variety of supplies to create colorful alphabet projects. Young kids can learn a skill that will help them get ready for the upcoming school years.

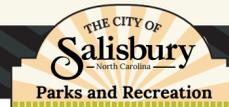
Cost: \$5
Date(s): 10/15
Location: Miller Center
Instructed by: Staff
Time(s): W (5:30-6:30 p.m.)
Ages: 3-5



Bows and Tutus

Parents, bring your little ones out to the Miller Center for a fun-filled day of arts and crafts. We will be creating and decorating tutus and bows! This new program will help our young ladies strengthen social skills while being creative.

Cost: \$10
Date(s): 11/8
Location: Miller Center
Instructed by: Shara Streater
Time(s): Sat (10 a.m.-noon)
Ages: 3-8



E V E N T S

— october —
3-4
— friday/sat —

Fall Family Camp Out

The fresh Autumn air, the stars above and nature all around! Take a break from the TV, Internet and Xbox. Step into some quality family time. There will be food, games, campfires, educational sessions, s'mores, a movie and a fishing tournament. Participants must provide their own tent and sleeping materials. Registration is required. A chili dinner and continental breakfast will be served.
Time(s): 3 p.m. - 10 a.m. Cost: \$20/tent (up to 4), \$5/extra person Location: Salisbury Community Park

— october —
10
— friday —

"Let Me Take a Selfie" Expo

Take a picture of yourself and submit it to our first annual Selfies Expo during October Tour Night Out. Categories include: Salisbury Landmark Selfies, Selfies from Farthest Away (from Salisbury), Alter Ego Selfies, Family Selfies, Holiday Selfies, Best Expression Selfies, Four-Legged Friend Selfies, At Work Selfies, Oldest Selfies, Youngest Selfies, and Most Creative Selfies. Your face must be visible.
Time(s): 5 - 9 p.m. Cost: FREE Location: Downtown Salisbury
Send email with selfies to play@salisburync.gov (subject Selfies Expo) by 10/6 including full name, age and category.

— october —
25
— saturday —

Halloween Fun Fest

Our annual Halloween Fun Fest in Downtown Salisbury will bring ghoulish fun to residents and visitors of Salisbury. The Salisbury Post parking lot will transform into a Halloween carnival featuring music, costume contests, Halloween crafts, a bounce house, face painting, candy and more!
Time(s): 3 - 6 p.m. Cost: 50¢/ticket or \$5.00/unlimited Location: Downtown Salisbury

— october —
31
— friday —

West End Community Fun Fest

Join us for our 2nd Annual West End Community Fun Fest! Families can enjoy contests, games, musical chairs, and plenty of candy. Dress in your most fabulous or frightening Halloween costume and be prepared for a terrifyingly good time!
Time(s): 5 - 7 p.m. Cost: FREE Location: Hall Gym/Miller Center

— november —
1
— saturday —

8th Annual Autumn Craft Show

Get an early jump on your holiday shopping! Our annual craft show features 50 craft exhibitors from the North Carolina mountains to the coast. The show is held both indoors and outdoors, rain or shine. There is something for everyone! Registration packets will be available online starting September 1.
Time(s): 10 a.m. - 4 p.m. Cost: FREE Location: Salisbury Civic Center
Vendors: \$35/Indoor, \$25/Outdoor (Indoor setup 10/31 from noon-6 p.m., all others setup 11/1 starting at 7 a.m.)

— december —
5
— friday —

Tree Lighting Ceremony and Candy Cane Hunt

Kick off the winter holiday season with our annual Tree Lighting Ceremony and Candy Cane Hunt. Enjoy caroling, cookies and hot chocolate! Bring your flashlight to participate in our Candy Cane Hunt around the playground. This is an easy way to celebrate the holidays with your whole family!
Time(s): 6 - 7 p.m. Cost: FREE Location: City Park Lake

— december —
6
— saturday —

Brunch with Santa

We know Santa likes cookies with milk for a midnight snack, but what does he eat for brunch? PANCAKES! You and your family are invited to come make a holiday memory by sharing brunch with Santa. Enjoy great food, crafts, games, photos and more! All ages are welcome. Pre-registration is required.
Time(s): 10 a.m. - noon Cost: \$6/person, \$20/family of four Location: Salisbury Civic Center

— december —
9,16
— tuesday —

Holiday Christmas Lights Trip

It's the holiday season, so get your family and friends together and take a trip to see the Christmas lights at Charlotte Motor Speedway and/or Tanglewood Park. Sit back, because we'll do the driving for you! Vans leave the Civic Center at 5:30 p.m.
Charlotte Motor Speedway Date: 12/9 Time(s): 5:30 p.m. Cost: \$10/rider Location: Civic Center
Tanglewood Festival of Lights Date: 12/16 Time(s): 5:30 p.m. Cost: \$10/rider Location: Civic Center

— december —
27
— saturday —

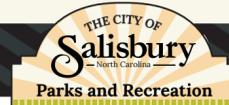
Kwanzaa Celebration

Honor African-American culture and tradition during our Kwanzaa Celebration! This is a time to celebrate the good: the good life and existence itself, the goof of family, community and culture, the good of the awesome and the ordinary. This gathering will offer family fun, entertainment, refreshments, door prizes and an African market!
Date: 12/27 Time(s): 6-8 p.m. Cost: FREE Location: City Park Center

— december —
31
— wednesday —

New Year's Eve at the Bell Tower

Say goodbye to 2014 and ring in the New Year with style! Celebrate the beginning of 2015 as a community at Salisbury's Historic Bell Tower. Festivities will include live music, video feed of New York's Time Square, hot chocolate and the ringing of the bell at midnight!
Time(s): 11 p.m. - midnight Cost: FREE Location: Bell Tower Park



MOVE AND DANCE



Self Defense Training

It is never a bad idea to have a few moves up your sleeve if faced with an attacker. This class will offer instruction from a five-year trained professional, teaching Brazilian Jiu Jitsu style techniques to prepare you to defend yourself from a standing position or from the ground. Learn take down moves, applying submission and guarding positions from being hurt. Come join in on being safe, and we will provide a great workout as a bonus.

Cost: \$30/month
Date(s): 9/10-12/31
Location: City Park Center
Instructed by: Aaron Safrin
Time(s): W (7-8:30 p.m.)
Ages: 16+



Dillingham School of Martial Arts (Youth)

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 respect for others. These one hour classes are divided by age and skill level. Visitors welcome!

Cost: \$50/month, \$10 registration fee for new members
Date(s): 9/2-12/30
Location: Miller Center
Instructed by: Larry Dillingham
4th DBSS
Time(s): T,Th
Ages: 3-5 (6-7 p.m.), 6-12 (7-8 p.m.), 12-18 (8-9 p.m.)



Dillingham School of Martial Arts (Adults)

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 respect for others. These one hour classes are divided by age and skill level. Visitors welcome!

Cost: \$50/month, \$10 registration fee for new members
Date(s): 9/5-12/19
Location: Miller Center
Instructed by: Larry Dillingham
4th DBSS
Time(s): F (5-7 p.m.)
Ages: 18+



NBA Babies Cheerleading

Join us for another fun year with the NBA Babies Cheerleaders! Participants will learn basic fundamentals to cheerleading, chants, and cheer! Spaces are limited so register by 9/12! Games will begin in November.

Cost: \$20
Location: Hall Gym/Miller Center
Instructed by: Shara Dearmon
Ages: 3-5
Days and Times will be determined after registration is complete.
Call (704) 216-PLAY for details.



NBA Juniors Cheerleading

NBA Juniors Cheerleaders will cheer during the Youth Boys basketball games. Participants will learn basic fundamentals of cheerleading, dance routines, chants and more! This is a great program for girls who plan to try out for school squads! Register by 10/18.

Cost: \$30
Location: Hall Gym/Miller Center
Instructed by: Shara Dearmon
Ages: 6-13
Days and Times will be determined after registration is complete.
Call (704) 216-PLAY for details.



Young Champions of America Cheerleading

Young Champions combines pom and cheerleading into one program. Students are taught techniques such as cheer and chants with arm motions, jumps, kicks, stunting basics and teamwork. Dance routines, dance techniques and choreography are also included. Registration will be held on Monday, September 15, 15 minutes before class time.

Cost: \$7/class
Date(s): 9/15-1/26
Location: City Park Center
Instructed by: Amanda Boyles
Times: M
Ages: 4-6 (6-6:45 p.m.) 7-9 (6:45-7:30 p.m.) 10+ (7:30-8:15 p.m.)



We Cheer/Youth Outreach Cheer Club

YOCC is a community outreach cheer-focused program that introduces young girls to the sport of cheerleading and also strengthens the techniques of girls who have already participated. The program provides girls with a positive self-image and fosters good health and etiquette in a sports setting. Girls have the opportunity to attend local games and participate in community service projects. Exceptions for younger girls are made at the coach's discretion.

BUNDLE TO SAVE \$
Cost: \$30/month, \$75/3-month \$10 drop-in, \$75 registration fee
Date(s): 9/2-12/2
Location: Hall Gym
Instructed by: Shara Dearmon, April Moore
Time(s): T,Th (5-7 p.m.)
Age(s): PreK - 8th Grade



Miller Center Salisbury Step Team

Community youth in middle school are welcome to join us as we learn how to express ourselves through dance and stepping. Make friends, learn something new and become part of a group that enhances the community through its positive message.

Cost: FREE
Date(s): 9/8-12/29
Location: Miller Center
Instructed by: Sharon Jackson
Time(s): M,W (5-8 p.m.)
Ages: 5-17



Studio Combo Dance Instruction

Let's dance! Join our trained instructor for a combo dance class of jazz, tap, ballet and more. Learn the fundamentals and terminology of different genres of dance using precise rhythmic patterns. Dress in comfortable clothing. A dance recital will conclude the weeks of dance training.

Cost: \$40/month
Date(s): 9/8-12/29
Location: City Park Center
Instructed by: Krystal Stukes
Time(s): M
Ages 3-5 (5:30-6:20 p.m.)
Ages 6-8 (6:30-7:20 p.m.)
Ages 9-12 (7:30 - 8:20 p.m.)



Majorette Dance Fitness

Come get your move on to the sound of the drum line. This fun class will teach you to move like a majorette. Have fun while getting fit to the music!

BUNDLE TO SAVE \$
Cost: \$5/lesson, \$18/month
Date(s): 9/11-12/18
Location: City Park Center
Instructed by: Krystal Stukes
Time(s): Th (6:30-7:30 p.m.)
Ages: 16+

