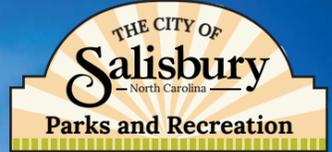


For fitness or for fun,
get active today!



1 Skill Building

2 Summer Camps

3 Registration Info

4 Move and Dance

5 Parks/Trails Map

6 Chipper's Corner

7 Athletics/Leagues

8 Fitness and Health

9 Aquatics

10 Contact Info

Summer

2014 Program Guide

May - August 2014

SKILL BUILDING



Brother to Brother

This mentoring program helps males (teens and adults) beat the struggle of everyday life and make positive decisions and obtain strong leadership skills. This community-based mentoring approach gives boys a variety of male role models who show up consistently, tell the truth about their struggles as men, ask the boys what kind of man they want to be, praise them for their gifts, support them when they are down, and encourage them to become the man they want to be.

Cost: FREE
Date(s): 5/1-8/28
Location: Miller Center
Instructed by: Staff
Time(s): Th (7-8:30 p.m.)



Women in Progress

Our organization focuses on the entire woman. Our main objective is to help all women recognize and understand their own self worth through physical, spiritual, emotional and mental support. "Getting RIGHT NOW help for our RIGHT NOW situations."

Cost: FREE
Date(s): 5/5-8/25
Location: City Park Center
Instructed by: Paula Tripp
Time(s): 4th M/month (7-8:15 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. Develop values to guide their actions and provide the foundation for sound decision-making. They can 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): 5/1-8/28
Location: Miller Center
Instructed by: Ruby Walker
Time(s): Tu (6-7:30 p.m.)



Little Bakers Cupcake/Cake Class

This program is designed for young ones with a baker's mentality! Get your hands dirty and your taste buds going as you create delicious treats. You will learn how to bake as well as decorate a variety of yummy goodness! Fee includes all materials.

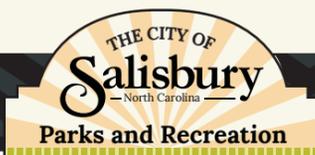
Cost: \$20/session
Date(s): Session 1: 7/21-7/23
Session 2: 8/11-8/13
Location: Miller Center
Instructed by: Erica Becton
Time(s): M-W (6-7:45 p.m.)
Ages: 5-14



Checkmate

This wood woodshop class is designed to balance a child's need for structure with a child's need for freedom to be creative. Each day will begin with a brief instruction on safety, tools, wood, joinery, hardware, woodworking terminology, etc. The remainder of the class will be spent building a checker/chess board to present to a mentor that you look up to. Space is limited to the first 12 registrants. Fee includes all materials.

Cost: \$20
Date(s): 8/4-8/7
Location: City Park Center
Instructed by: Russell Smyre
Time(s): M-Th (11 a.m.-1 p.m.)
Ages: 9-14



MAY
9-10
FRI-SAT



Spring Family Camp Out

Put down the remote control and the iPad, grab your hiking shoes and sleeping bag and step into nature! The Salisbury Parks and Recreation Department's Spring Family Campout is almost here. Pitch your tent, sit by the fire, fish in the lake or just gaze at the stars. There will be campfire food, outdoor games, nature sessions for all ages and a movie on the big screen. This is rustic like you've never experienced before. Registration deadline April 30.

Time(s): 3 p.m.-10 a.m. **Cost:** \$20/tent (4 people), \$5/extra person
Tent rentals available **Location:** Salisbury Community Park

SUMMER CAMPS



Summer Camp

Are you looking for child care while you work? Summer camp provides care you can be confident in! Children will build self-confidence and develop their social skills as they challenge themselves with activities and make new friends. Campers' time is maximized with physical activity, swimming, learning new skills and going on trips. Breakfast and lunch provided by the Rowan-Salisbury School System Summer Feeding Program. Each week features a new adventure!

Cost: \$70/week
Call about multi-child rates.
Date(s): 6/16-8/22
Location: Miller Center
Instructed by: Staff
Time(s): M-F (7:30 a.m.-5:30 p.m.)
Ages: 5-12
Junior Counselors (ages 13-18) apply for positions before camp starts.



Mini Funk Factory Band Camp

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

Cost: \$125
Date(s): 7/21-7/31
Location: City Park Center
Instructed by: Anthony Johnson and Livingstone Marching Band
Time(s): M-Th (8 a.m.-noon)
Ages: 4th-8th grade



Dance Camp

Learn a great combination of ballet, jazz and tap. This camp will teach each dancer the fundamentals of ballet and tap and prepares them for future training. Students will learn tap dance using precise rhythmical patterns of foot movement and audible foot tapping. Participants will also learn ballet terminology. A recital will be conducted at the conclusion of this camp. Participants should dress in comfortable clothes and bring a snack.

Cost: \$40
Date(s): 7/7-7/10
Location: City Park Center
Instructed by: Chelsea Rehak
Time(s): M-Th (9 a.m.-noon)
Ages: 5-12



Hip-Hop Dance Camp

Lets Dance! This half-day camp will teach the basics in hip-hop dance world. Participants will learn new moves, styles of dance and dance terms. A recital will be conducted at the conclusion of the camp

Cost: \$40
Date(s): 7/14-7/18
Location: City Park Center
Instructed by: Chelsea Rehak
Time(s): M-Th (9 a.m.-noon)
Ages: 8-16



Dillingham Martial Arts Camp

Four solid days of martial arts from world class instructor and Sensei Larry Dillingham! Get a taste of what true Japanese Okinawan Karate is about. Benefits include building positive character development, self-discipline. Lunch will be provided each day.

Cost: \$40
Date(s): 8/11-8/15
Location: Hall Gym
Instructed by: Sensei Larry Dillingham 4th DBBS
Time(s): M-F (9 a.m.-1 p.m.)



Wrestling Camp

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

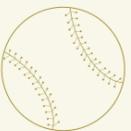
Cost: \$40
Date(s): 8/4-8/7
Location: Hall Gym
Instructed by: Rowan County Wrestling Association
Time(s): M-Th (6-8 p.m.)
Ages: 5-14



Boys and Girls Soccer Camp

The ultimate objective of soccer camp is to create a fun, safe, yet challenging environment that inspires all the players to want to become better soccer players and teammates. Campers will participate in skill development sessions with emphasis being based upon individual ball control and skill development. Campers should bring a snack and a water bottle each day.

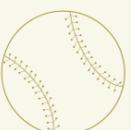
Cost: \$40
Date(s): 8/4-8/7
Location: Hall Gym
Instructed by: Staff
Time(s): M-Th (9 a.m.-noon)
Ages: 7-14



Baseball Camp

Do you love baseball? Are you ready to bring your skills to the next level? This baseball camp will provide instruction on pitching, hitting, fielding and base running. Campers will participate in skill development sessions and live game instruction. Camp staff will include local high school coaches, players and local college players. Participants need to bring their own baseball gear and water.

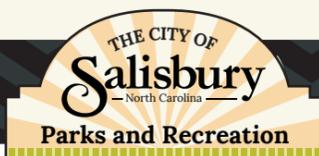
Cost: \$40
Date(s): 6/23-6/26
Location: Salisbury High School Baseball Field
Instructed by: Salisbury High School Baseball Team
Time(s): M-Th (9 a.m.-noon)
Ages: 8-14



Girls Fast-Pitch Softball Camp

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 players. Participants will need to bring all their softball gear and water.

Cost: \$40
Date(s): 6/23-6/26
Location: West Rowan High School
Instructed by: Elizabeth Clarke
Time(s): M-Th (6 a.m.-8 p.m.)
Ages: 8-14





Girls Tennis Camp

Get yourself prepared for high school tennis. This specific girl's only camp will emphasize drills, conditioning, strategies along with singles and doubles play. You will gain experience and the performance needed to help you compete.

Cost: \$50
Date(s): 7/14-7/18
Location: Civic Center
Instructed by: Rob Stephens
Time(s): M-F (8-10:30 a.m.)
Ages: 14-18



LOVE Tennis Camp

Want to make that top six tennis team? This camp will stress key techniques, footwork, drill implementation, match play along with coaching strategies which will help you gain confidence and increase performance on the court.

Cost: \$50
Date(s): 6/23-6/27
Location: Civic Center
Instructed by: Rob Stephens
Time(s): M-F (9-11:30 a.m.)
Ages: 10-14



Speed and Agility Camp

This 2-day camp will focus on leg and core strength, explosive movement, quick feet, balance and coordination. You don't want to miss out on this athletic training opportunity! Campers need to bring a water bottle, tennis shoes and a bag to keep personal belongings in each day.

Cost: \$25
Date(s): 7/28-7/29
Location: Hall Gym
Instructed by: Corey Ready
Time(s): M-Tu (9 a.m.-noon)
Ages: 7-15



Boys and Girls All-Star Basketball Camp

All campers will receive group and individual instruction focusing on the basic fundamentals of basketball. Camp includes lessons on dribbling, passing, shooting, teamwork and the basic rules of the game. Children will be divided into groups, first by age then by ability. Camp instruction will be given by Paul Blaire Coaching Staff, local college and high school players. Campers should bring snack and a water bottle each day.

Cost: \$30
Date(s): 6/16-6/18
Location: Hall Gym
Instructed by: Paul Blaire
Time(s): M-W (9 a.m.-noon)
Ages: 7-14



Boot Camp Challenge

Prep yourself for that fall season sport. This is a one week evening-time boot camp with a twist of fun and excitement. We'll challenge your body's performance through drills, core exercise and endurance activities fit for a champion. This is not your traditional kids play date. Wear summer attire, tennis shoes and bring water for hydration.

Cost: \$25
Date(s): 7/7-7/11
Location: City Park Center
Instructed by: Dennis Wilson
Time(s): M-F (5:30-8 p.m.)
Ages: 8-14



Boys Future Stars Football Skills Camp

The purpose of this camp is to provide basic fundamental instruction for all offensive and defensive positions relating to the game of football. Our goal is that each camper gains a better understanding of the football positions that they are interested in through various skills and drills. Campers need to bring a water bottle, tennis shoes and a bag to keep personal belongings in each day.

Cost: \$30
Date(s): 6/23-6/25
Location: Hall Gym
Instructed by: Former Catawba College Standout Corey Ready
Time(s): M-W (9 a.m.-noon)
Ages: 7-14



Youth Volleyball Camp

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 participation allows. Camp instruction will be given by the Salisbury High Coaching Staff, players and former players. Campers should bring a snack and a water bottle each day.

Cost: \$40
Date(s): 7/7-7/10
Location: Hall Gym
Instructed by: Mallory Hodge (SHS Volleyball Coach)
Time(s): M-Th (9 a.m.-noon)
Ages: 7-14

Check out our new website!

Learning about events, registering for classes and signing up for leagues is now easier than ever! Visit our new Salisbury Parks and Recreation website at www.salisburync.gov/Play.

You can register online AND pay online!

Our website allows you to create a free and secure online account for an individual, family or group. You can register for activities and/or events. You can reserve picnic shelters, rent meeting rooms and schedule birthdays.

Log in anytime to view reports of your transactions, activities and schedules with Salisbury Parks and Recreation.

This website helps us to better serve citizens and reflects our commitment to financial accountability and sustainability with paperless registration.

Have questions?

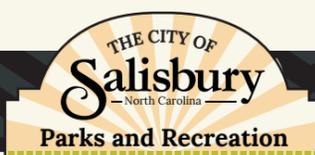
Call a representative at (704) 216-2708 from 9:00 a.m.-4:30 p.m. M-F.



Compatible with any device!



www.salisburync.gov/Play





MOVE AND DANCE



8th Annual Mother Son Luau

Get your tickets early for this fun Luau that will feature handsome little men and their mothers “rockin and hip-hoppin” the dance floor all night. There will be great entertainment, dancing, snacks, games and door prizes. Photos begin at 5:30 p.m. for your memory keepsake. Tickets limited to the first 325. Ticket sales begin 3/31. Tickets must be purchased in advance.

Cost: \$8/mother, \$6/son
Location: Civic Center
Date(s): 5/3
Time(s): 6-9 p.m.
Ages: Boys 4-13



8th Annual Middle School Prom

Calling all sixth-, seventh- and eighth-graders: This one is for you! Salisbury Parks and Recreation will hold its eighth annual Middle School Prom. All middle school students in Rowan County are welcome. Come in a group or bring a date and dance the night away. Refreshments will be served and photo packages will be available for purchase. Tickets are limited and must be purchased in advance.

Cost: \$10/person
Date(s): 5/17
Location: Civic Center
Time(s): 6-9 p.m.
Ages: Middle School



Cardinal Squares Modern Square Dancing

Start your summer off by moving and grooving while having fun and fellowship at the same time by square dancing each Tuesday at City Park. Great for singles, couples and it's a wonderful stress reliever with easy cardiovascular physical activity!

Cost: FREE
Date(s): 5/6-8/26
Location: City Park Center
Instructed by: Paul Walker (Caller)
Time(s): Tu (7-9 p.m.)



Dance/Creative Movement For Younger Children

Introduce dance to young children by capturing the imagination and providing enjoyment in movement and basic techniques that can be built on in the future. Young children primarily learn through physical and sensory experiences. This creative movement class encourages problem solving using movement. The art of dance helps young children develop social awareness, cognitive skills, and an early appreciation for active living. Come dance and learn with us!

Cost: \$10.00/lesson
 \$30.00/5-wk session
Date(s): 6/17-8/21
Location: City Park Center
Instructed by: Michelle Nguyen
Time(s): Tu+Th (5:30-6:15 p.m.)
Ages: 3+ **BUNDLE TO SAVE \$**



Miller Center Step Team

Community youth in middle school are welcome to join us as we learn how to express ourselves through dance and stepping. Participants will learn self-esteem, self-respect, and character building techniques as well as teamwork and communication. The step team will also perform at various community events.

Cost: FREE
Date(s): 5/1-8/28
Location: Miller Center
Instructed by: Sharon Johnson
Time(s): Tu+Th (5-7 p.m.)



We Cheer / Youth Out Reach Cheer Club

Introduce young girls to the sport of cheerleading as well as strengthen skills and techniques of young girls that have already participated in the sport. Provide girls with a positive self-image and foster good health practices, etiquette and good self-esteem, in a positive and thriving sports setting. The opportunity to attend and/or perform at area school/college sports games, parades, local showcases, and local competitions. Girls will have various community service projects.

Cost: \$75 registration (uniform+1mo)
 \$10/lesson
 \$30/1-month session
 \$75/3-month session
Date(s): 5/1-8/28
Location: Hall Gym
Instructed by: Shara Dearmon
Time(s): Tu+Th PreK-1st(4-4:45 p.m.)
 2nd-5th(5-6 p.m.) 6th-8th(6-7 p.m.)
Ages: Pre-K to 8th Grade **BUNDLE TO SAVE \$**



Dillingham Martial Arts

Join the Dillingham Team, our world class martial arts program at Miller Center! This program includes character development, self-discipline, self-respect, self-control and respecting others as well as the basics and advanced teachings of martial arts. Class times are based on age and belt rank. Visitors welcome.

Cost: \$10 registration
 \$50/1-month session
Date(s): Year-round
Location: Miller Center
Instructed by: Sensei Larry Dillingham 4th DBBS
Time(s): Tu+Th Ages 3-5 (6-7 p.m.)
 6-12 (7-8 p.m.) 12+ (8-9 p.m.)



Carolina Shag Dance Lessons: Mornings

This class is for beginners who want to learn the popular Carolina Shag. Class will focus on the basic steps, male/female turns, lead outs and other basic footwork. Don't feel left out at your next social party or beach outing! Wear slick-soled shoes. Participants do not have to have a partner to join.

Cost: \$20
Date(s): 5/17-6/21
Location: City Park Center
Instructed by: Paul Moore
Time(s): Sat (9-10:15 a.m.)



Carolina Shag Dance Lessons: Evenings

This class is for beginners who want to learn the popular Carolina Shag. Class will focus on the Basic steps, Male/Female Turns, Lead outs and other Basic footwork. Don't feel left out at your next social party or beach outing! Wear slick-soled shoes. Participants do not have to have a partner to join.

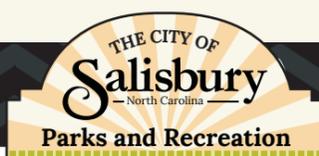
Cost: \$20
Date(s): 5/13-6/17
Location: Civic Center
Instructed by: Paul Moore
Time(s): Tu (5:30-6:45 p.m.)

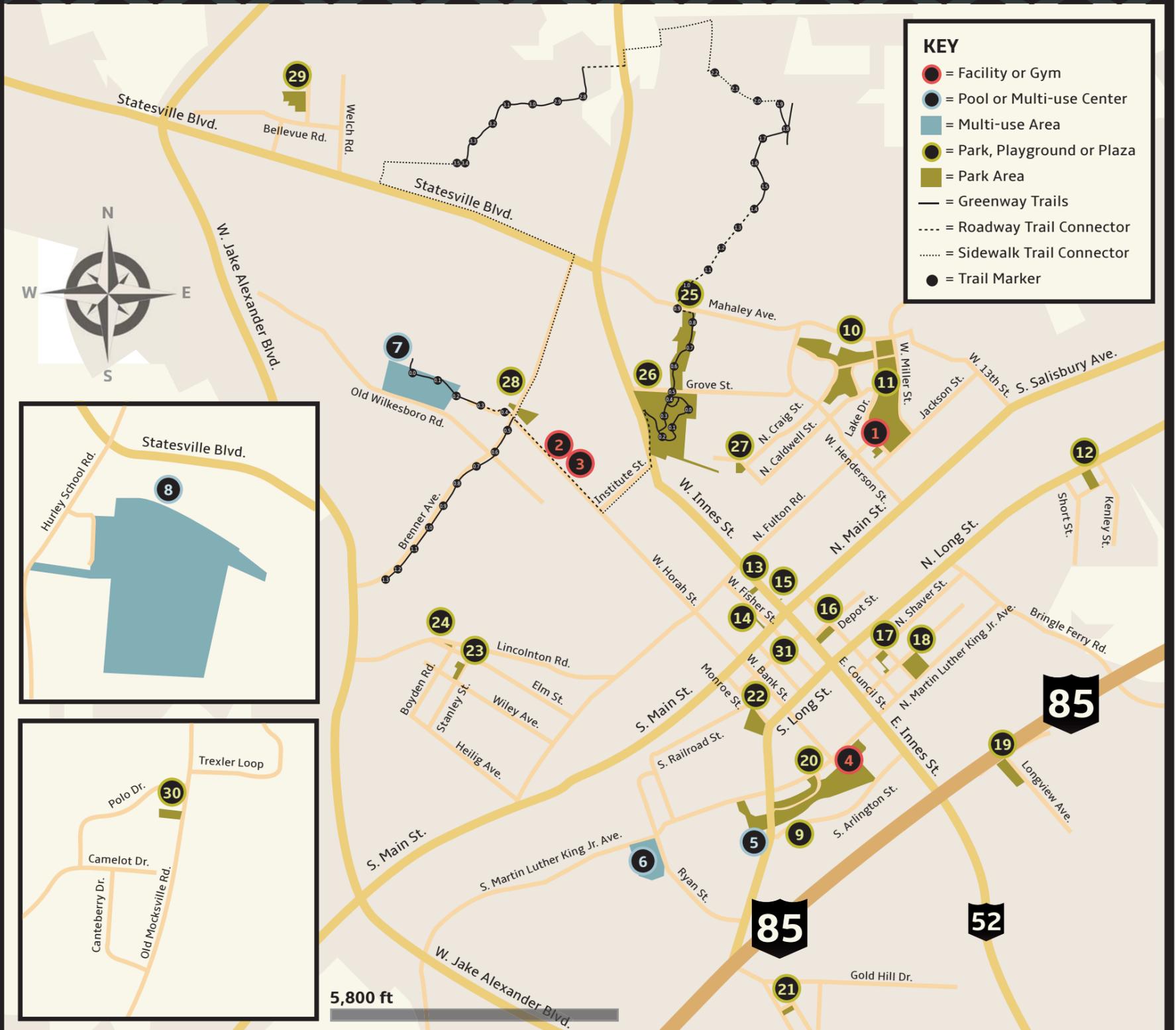


Choreolab

Choreolab is a program that unites dance with the art of choreography. Dancers of all levels can improve their skills and find their own style outside of the traditional dance class structure. Classes can teach your brain to process new movement quickly, find transitional body awareness, and pick up on subtle cues in choreography structure. Dancers will gain a deeper focus on musicality, a deeper connection with their own bodies, and learn to collaborate with others!

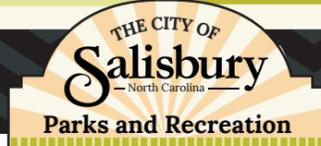
Cost: \$10/lesson
 \$30/5-wk session
Date(s): 6/17-8/21
Location: City Park Center
Instructed by: Michelle Nguyen
Time(s): Tu+Th (6:30-7:30 p.m.)
Ages: 14+ **BUNDLE TO SAVE \$**





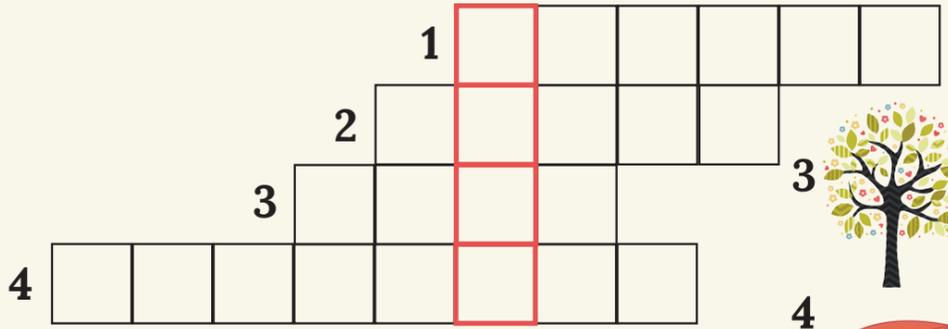
Name	Phone Number	Address	Hours
1) City Park Center	(704) 638-5295	316 Lake Dr.	Mon-Th (noon-7 p.m.) Fri (noon-6 p.m.) Sat (9 a.m.-1 p.m.)
2) Miller Center	(704) 638-5297	1402 W. Bank St.	Mon-Th (noon-7 p.m.) Fri (noon-6 p.m.) Sat (10 a.m.-2 p.m.)
3) Hall Gym	(704) 638-5289	1400B W. Bank St.	Mon-Th (noon-7 p.m.) Fri (noon-6 p.m.) Sat (10 a.m.-2 p.m.)
4) Civic Center	(704) 638-5275	315 S. Martin Luther King Jr. Ave	Mon-Th (4-8 p.m.) Fri (4-6 p.m.) Sat (9 a.m.-1 p.m.)
5) Lincoln Pool	(704) 216-PLAY	110 Old Concord Rd.	T/Th (3-8 p.m) W/F (noon-8 p.m.) Sat(11 a.m.-6 p.m.) Sun (1-6 p.m.)

Name	Address	Name	Address
6) Sports Complex	1113 S. Martin Luther King Jr. Ave	19) Oakland Heights Park	1301 Longview Ave.
7) Kelsey Scott Park	1920 Old Wilkesboro Rd.	20) Town Creek Park	315 S. Martin Luther King Jr. Ave.
8) Salisbury Community Park	935 Hurley School Rd.	21) Morlan Park	525 Carolina Blvd.
9) Fairview Heights Park	525 Harrell St.	22) Lincoln Park	110 Old Concord Rd.
10) Hurley Park	304 Annandale Ave.	23) Centennial Park	608 Wiley Ave.
11) City Park	316 Lake Dr.	24) Elm Street Pocket Park	1005 Lincolnton Rd.
12) Long Street Park	1515 N. Long St.	25) Forest Hills Park	230 Grove St.
13) Belltower Park	107 S. Jackson St.	26) Memorial Park	1310 W. Innes St.
14) Cotton Mill Park	125 S. Church St.	27) Jersey City Park	709 W. Kerr St.
15) Magnolia Park	128 W. Innes St.	28) West End Community Garden	1110 Brenner Ave.
16) Gateway Park	105 Depot St.	29) Foil Tatum Park	223 N. Mccoy Rd.
17) Tar Branch Park	505 E. Liberty St.	30) Boxwood Park	2211 Old Mocksville Rd.
18) Cannon Park	611 Park Ave.	31) Fisher Street Plaza	203 S. Lee St.

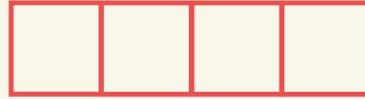


CHIPPER'S CORNER

Chipper the Squirrel

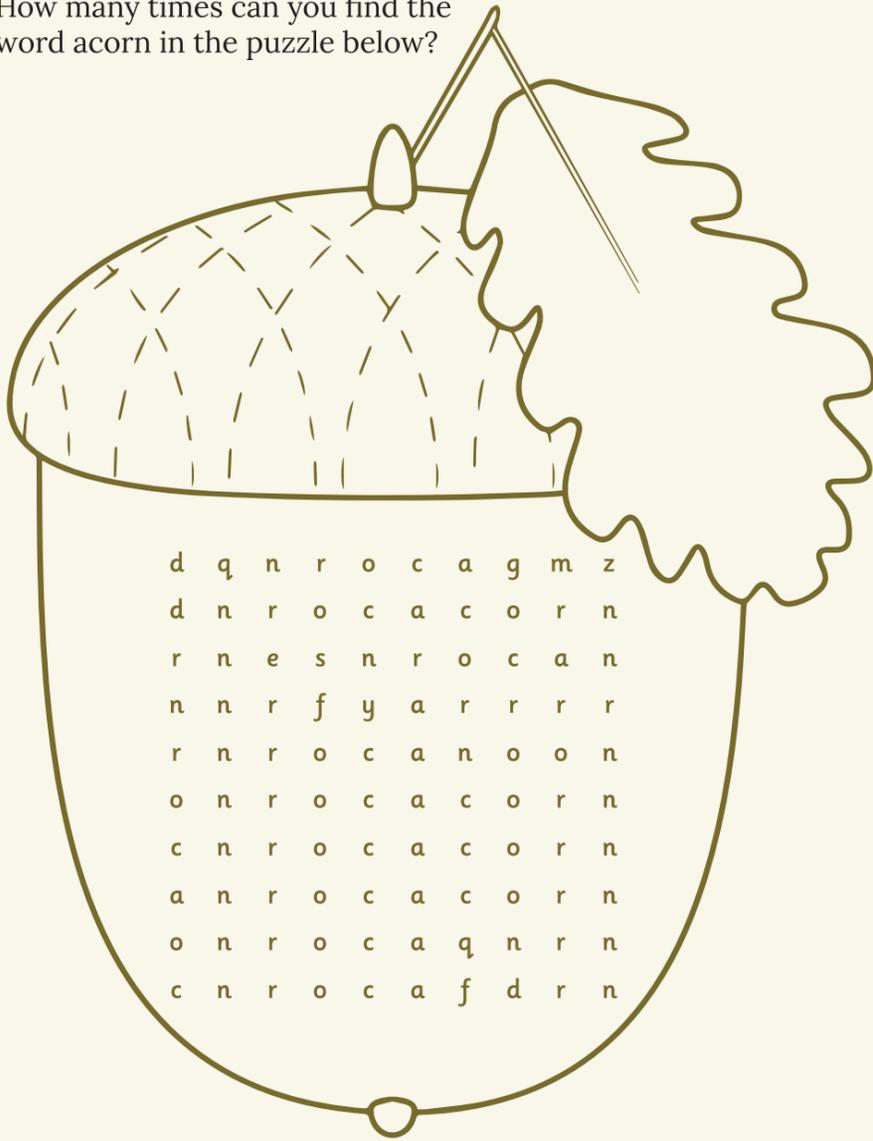


Solution:



Count the Acorns

How many times can you find the word acorn in the puzzle below?



Color Me In

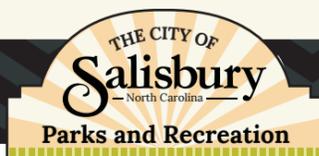


Answers: Acorns=23, 1=flower, 2=heart, 3=tree, 4=umbrella, solution=feel

Young Lungs at Play

You might see new signs around the City of Salisbury parks and facilities. The Salisbury Parks and Recreation department is very proud to be a supporter of the Young Lungs at Play initiative. This initiative is meant to help communities create tobacco-free parks, playgrounds and recreational areas for children. Many communities, including Salisbury, have adopted outdoor tobacco-free policies at parks, zoos, athletic fields, playgrounds, trails and even city sidewalks and streets to help protect both children and the environment.

Help us protect our children's health and future. Keep our parks tobacco-free!



ATHLETICS/LEAGUES



Boys and Girls Summer Youth Basketball Leagues

Join our new summer basketball league. This league is designed to improve on basketball skills, foster team play and most importantly to have fun! Players may register as a team of ten with a coach, or sign up individually and be placed on a team. Every team will get a minimum of 6 regular season games with playoff at the end of the season. Registration will be held from 4/21-6/6. There will be a coaches meeting on 5/8 at 6:00 p.m. at Hall Gym.

Cost: \$20/person
Location: Hall Gym
Date(s): Games begin in June
Ages: 7-12



Youth Basketball Skills Clinic

The free youth basketball skills clinic is designed to excite youth about the game of basketball with age specific drills and fundamentals in a positive learning experience. This clinic will kickoff the summer basketball season!

Cost: FREE
Date(s): 6/7
Location: Hall Gym
Instructed by: Staff
Time(s): Sat Girls (10 a.m.-noon)
 Boys (noon-2 p.m.)
Ages: 7-12



Men's Basketball League

This competitive, quality league offers men an opportunity to showcase their skills, sportsmanship, and passion for the game. Registration deadline August 25 with coaches meeting held on September 2 at 6:00p.m Hall Gym.

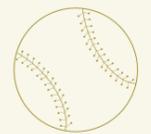
Cost: \$150/team
Date(s): 9/10-10/15
Location: Hall Gym
Instructed by: Staff
Time(s): W (6-9 p.m.) Sun (4-7 p.m.)



Youth Beginners Running Training Program

This Youth Beginners Running Training program will be a comprehensive instructional approach to provide new runners with all the information needed to begin the process. This program will include 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 free entry to the annual Greenway 5k to be held on July 19.

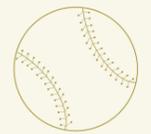
Cost: FREE
Date(s): 5/27-7/15
Location: Hall Gym
Instructed by: Steve Clark
Time(s): Tu (6-7 p.m.)
Ages: 8-12



Major League Baseball Pitch, Hit and Run

MLB Pitch, Hit and Run is a FREE, exiting skills event for boys and girls in the community. Participants will have the opportunity to compete in pitching, hitting and running with a chance to advance to the team championship at a MLB pro stadium.

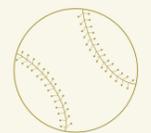
Cost: FREE
Date(s): 5/10
Location: Sports Complex
Instructed by: Staff
Time(s): Sat (starts 10 a.m.)
Ages: 7-14



Women's Open Softball League

This USSSA sanctioned league is a fun challenge. League fee and sanction fee to be paid separately. Teams will play twice a week in a 10 game season with a double elimination tournament at the end. Coaches meeting on Thursday, June 5 at 6pm at Hall Gym.

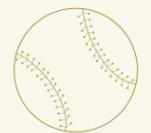
Cost: \$300/team
 \$25 USSSA fee
Date(s): 6/24-8/14
Location: Sports Complex
Instructed by: Steve Clark
Time(s): Tu+Th (6:30-9:30 p.m.)
Ages: 16+



Adult Coed Softball League

This USSSA sanctioned softball league is an exciting challenge. Come out and enjoy playing softball and have fun with others. League and sanction fee to be paid separately. Teams will play doubleheaders on Sundays in a 12 game season with a double elimination tournament at the end. There will be a coaches meeting on Thursday, July 10 at 6pm at Hall Gym.

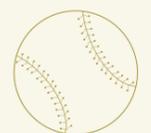
Cost: \$400/team
 \$25 USSSA fee
Date(s): 7/27-9/28
Location: Sports Complex
Instructed by: Steve Clark
Time(s): Sun (4-7 p.m.)
Ages: 16+



Men's Open Fall Softball League

This USSSA sanctioned softball league is a competitive challenge. League and sanction fees to be paid separately. Teams will play twice a week in a 14 game season with a double elimination tournament at the end. Get your team together and come out and have some fun. There will be a coaches meeting on Thursday, July 24 at 6pm at Hall Gym.

Cost: \$450/team
 \$25 USSSA fee
Date(s): 8/11-10/22
Location: Sports Complex
Instructed by: Steve Clark
Time(s): M+W (6:30-9:30 p.m.)
Ages: 16+



Men's Church Softball League

Get the men at your church together and come out for this USSSA sanctioned softball league. League and sanction fees to be paid separately. Teams will play twice a week in a 14 game season with a double elimination tournament at the end. There will be a coaches meeting on Thursday, July 24 at 6pm at Hall Gym.

Cost: \$450/team
 \$25 USSSA fee
Date(s): 8/12-10/23
Location: Sports Complex
Instructed by: Steve Clark
Time(s): Tu+Th (6:30-9:30 p.m.)
Ages: 16+



Salisbury 49'ers Police Athletic Football League and Cheerleading Program

Football League and Cheerleading program is designed for our area youth to develop and grow their character, leadership, mental and physical fitness capabilities. Practices start in July with games starting in August. Volunteer coaches and team moms needed.

Cost: \$75
Date(s): 7/11-11/1
Location: Hall Gym
Instructed by: Police Athletic League
Time(s): M-Th Practice (5:30-7:30 p.m.) Sat Games (9 a.m.-2 p.m.)
Ages: 5-14



Adult Coed Dodgeball Dodgers League

Dodge, Duck, Dip, Dive! Play this popular game in a safe and supervised environment. We use super soft dodgeballs and safety will be stressed. This high energy game delivers friendly competition and excitement while improving your fitness level and endurance. Teams consist of 4-6 players and will play one evening (up to 6 games at 7 minutes) per week. Tournament held at end of the season. Contact Hall Gym for rules, regulations, players contract and other info.

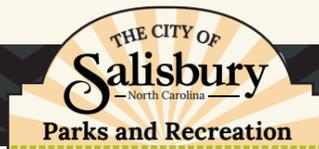
Cost: \$30/team
Date(s): 6/5-7/31
Location: Hall Gym
Time(s): Th (6-7:30 p.m.)
Ages: 18+
Tournament: Sat 8/3 (9 a.m.-1 p.m.)



Adult Mens Dodgeball Dodgers League

Dodge, Duck, Dip, Dive! Play this popular game in a safe and supervised environment. We use super soft dodgeballs and safety will be stressed. This high energy game delivers friendly competition and excitement while improving your fitness level and endurance. Teams consist of 4-6 players and will play one evening (up to 6 games at 7 minutes) per week. Tournament held at end of the season. Contact Hall Gym for rules, regulations, players contract and other info.

Cost: \$30/team
Date(s): 6/3-7/29
Location: Hall Gym
Time(s): Tu (6-7:30 p.m.)
Ages: 18+
Tournament: Sat 8/3 (9 a.m.-1 p.m.)



JULY
19
SAT



17th Greenway 5k and 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. Take in the beautiful scenery and support your community at the same time. Pre-registered participants are guaranteed a dry-fit tee. 12 age divisions and all proceeds to benefit the Greenway. Register at www.sportoften.com till noon on July 18.

Time(s): 8 a.m. for 5k, 8:45 a.m. for Fun Race
Cost: \$20 through 6/17, \$25 race day, \$10 ages 12 and under
Location: Knox Middle School

FITNESS/HEALTH



Adventurous Geocaching

Learn about something new called "Geocaching". It's an outdoor recreational activity, in which the participants use (GPS) or mobile devices to hide and seek containers, called "geocaches" or "caches", anywhere in the world. You will first learn about Geocaching. Then you go "Adventure Bound" to locate a few caches within the Salisbury Park system. If you currently maintain a cache within the City of Salisbury OR are experienced and would like to assist, please call (704) 638-2139.

Cost: \$3 (max class size 15)
Date(s): 6/28
Location: Civic Center
Instructed by: Staff
Time(s): Sat Class (9-10:15 a.m.)
 Adventure (10:15-noon)



Morning Fitness Boot Camp

This is a high intensity total body fitness class with a twist. Fitness Boot Camp involves body core shaping, sculpting and fat burning exercises to help reach your fitness goals with success. If you struggle with motivation then boot camp motivation is not optional. In other words, "Motivated you shall be!"

Cost: \$20/session
Date(s): Session 1: 6/3-6/26
 Session 2: 7/15-8/7
Location: Civic Center
Instructed by: Dennis Wilson
Time(s): Tu+Th (7-8 a.m.)
Ages: 18+



Evening Fitness Boot Camp

This is a high intensity total body fitness class with a twist. Fitness Boot Camp involves body core shaping, sculpting and fat burning exercises to help reach your fitness goals with success. If you struggle with motivation then boot camp motivation is not optional. In other words, "Motivated you shall be!"

Cost: \$20/session
Date(s): Session 1: 6/2-6/28
 Session 2: 7/14-8/6
Location: Civic Center
Instructed by: Dennis Wilson
Time(s): M+W (5:30-6:30 p.m.)
Ages: 18+



Cardio Tennis

This high energy fitness class combines the best features of tennis with cardio exercise, delivering the ultimate, full body, calorie burning aerobic workout. Fun for any play level looking for an exciting way to burn calories outside of the gym!

Cost: \$10/4-wk session
Date(s): 5/16-6/23
 Rain Dates (6/25, 6/30)
Location: Civic Center Clay Courts
Instructed by: Rob Stephens
Time(s): M+W (9-10 a.m.)
 No class 5/26.



Boys and Girls Tennis Lessons (Grades 3-8)

These lessons will emphasize serving and returning skills while strengthening level of play in all areas of the court. Lessons are for elementary students who are beginners and middle school teens who play on occasion or with a middle school team and want to improve their tennis skills.

Cost: \$44/4-wk session
Date(s): 5/5-8/25
Location: Civic Center
Instructed by: Rob Stephens
Time(s): M
 Grades 3-5 (4:30-5:30 p.m.)
 Grades 6-8 (5:30-6:30 p.m.)
 No class 5/26.



Boys and Girls Tennis Lessons (Grades 9-12)

These lessons are for high schoolers who are already playing with a tennis team. Get the most out of your game learning all areas of the court including offensive and defensive strategies and understanding opponent game styles.

Cost: \$48/4-wk session
Date(s): 5/4-8/17
Location: Civic Center
Instructed by: Rob Stephens
Time(s): Sun (4:30-6 p.m.)



Hatha Yoga

Experience a variety 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 each class progresses, deepen your understating of body position and breathing while releasing tension and increase your body's flexibility. Wear comfy clothing and bring your mat or blanket.

Cost: \$5/lesson
 \$75/season
Date(s): 5/8-8/28
Location: City Park Center
Instructed by: Christine Zimmer
Time(s): Th (5:30-6:30 p.m.)

BUNDLE TO SAVE \$

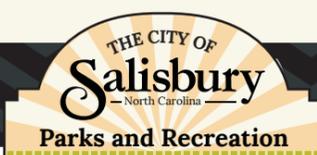


Yoga in the Park

We're bringing Yoga out of the studio and into the park! This outdoor class emphasizes body position, alignment and breathing while releasing tension and increasing flexibility. As the class goes on, the distractions will disappear and the fresh air, blue sky and lush, green trees will help you become aware of your body and breath so you'll walk away feeling in harmony with the city around you. Wear comfy clothing and bring your mat or blanket.

Cost: \$5/lesson
 \$35/season
Date(s): 5/10, 5/24, 6/14, 6/28,
 7/12, 7/26, 8/9, 8/23
Location: Hurley Park
Instructed by: Christine Zimmer
Time(s): Sat (9-10:15 a.m.)

BUNDLE TO SAVE \$





Kids Mini Triathlon

Kids will have a blast racing against the clock to finish this three event course design at Lincoln Park and Pool. A mandatory instructional clinic will begin at 8:30 am. Kids will be divided into heat waves by age (max 10 kids per wave). Parents are encouraged to volunteer on the course to keep the kids moving and cheer them on. (All kids must be able to swim at least 30 meters nonstop). Please bring swimsuit/towel, comfortable running shoes, bicycle and helmet.

Cost: \$10 (includes Sat swim pass)
Date(s): 7/12
Location: Lincoln Park and Pool
Instructed by: Staff
Time(s): Sat (8:30-10 a.m.)
Ages: 7-12



Ultimate Frisbee

This highly energetic and cardiovascular endurance sport combines the athletic endurance of soccer with aerial passing skills of football and played on a field with end-zones. The Ultimate Frisbee recreational league will focus on rules, passing techniques, strategies and most importantly: Fun and Spirit of the Game! Cleats are not required but recommended.

Cost: \$5/month
 \$20/season
Date(s): 5/4-8/31
Location: Knox Middle School
Instructed by: Anthony Girelli
Time(s): Sun (3-4 p.m.)
Ages: 14+



Zumba Fitness® Mornings

Ditch the workout! Join the party! This Latin inspired, aerobic, dance-fitness class incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system! The class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion. Zumba® will change your mind about exercise, fitness, and health. Wear tennis shoes, comfortable clothing and bring a water bottle.

Cost: \$3/lesson (Adult)
 \$1/lesson (Ages 6-13 with an adult)
Date(s): 5/5-8/30
Location: City Park Center
Instructed by: Tracy McKenzie
Time(s): Sat (9:30-10:30 a.m.)



Zumba Fitness® Evenings

Ditch the workout! Join the party! This Latin inspired, aerobic, dance-fitness class incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system! The class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion. Zumba® will change your mind about exercise, fitness, and health. Wear tennis shoes, comfortable clothing and bring a water bottle.

Cost: \$3/lesson (Adult)
 \$1/lesson (Ages 6-13 with an adult)
Date(s): 5/5-8/27
Location: Civic Center
Instructed by: Tracy McKenzie
Time(s): M+W (5:30-6:30 p.m.)

AQUATICS



Power Hour Aqua Fitness

Aquatic exercise can help you improve flexibility, range of motion, general mobility and reduce stiffness. This enables you to enhance activities of daily living. Power Hour Aqua fitness is a low-impact, high-intensity program designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance. Exercises are performed in waist to chest deep water.

Cost: \$3/lesson
 \$24/8-wk session
Date(s): 6/15-8/3
Location: Lincoln Pool
Instructed by: Dennis Wilson
Time(s): Sun (1-2 p.m.)
Ages: 15+



Children 1: Swim Lessons

This class is designed for children who need to become adjusted to the water. They will learn to do front and back floats, kick and stroke as well as put their face in the water. Children will learn to swim five yards on their front and back.

Cost: \$12/lesson
Date(s): 6/17-6/26
Location: Lincoln Pool
Instructed by: Lifeguards
Time(s): Tu+Th (6-6:45 p.m.)
Ages: 4-6



Children 2: Swim Lessons

Children who are comfortable in the water; can submerge for 5-10 seconds and know how to swim five yards on their front and back should take this class. They will continue to work on and develop basic swimming skills, such as front and back glides, kicking, arm strokes and rhythmic breathing.

Cost: \$12/lesson
Date(s): 7/8-7/17
Location: Lincoln Pool
Instructed by: Lifeguards
Time(s): Tu+Th (6-6:45 p.m.)
Ages: 4-6



Children 3: Swim Lessons

Children who can swim a combined stroke on their front and back and can do kicking with arm stroking for at least eight yards should take this class. Stroke development, back crawl, whip kicks, treading water and rhythmic breathing will be taught.

Cost: \$12/lesson
Date(s): 7/22-7/31
Location: Lincoln Pool
Instructed by: Lifeguards
Time(s): Tu+Th (6-6:45 p.m.)
Ages: 4-6



Children 4: Swim Lessons

This class is for children who can swim a coordinated crawl stroke and backstroke for 15 yards and are comfortable in the deep water. They will work on perfecting front/back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke.

Cost: \$12/lesson
Date(s): 8/5-8/14
Location: Lincoln Pool
Instructed by: Lifeguards
Time(s): Tu+Th (6-6:45 p.m.)
Ages: 4-6



Youth 1: Swim Lessons

Water adjustment is the focus of this class. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards front and back. Children must also be able to put their face all the way in the water and must be comfortable with all of these skills prior to moving on to Youth 2.

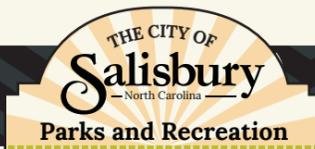
Cost: \$12/lesson
Date(s): 6/17-6/26
Location: Lincoln Pool
Instructed by: Lifeguards
Time(s): Tu+Th (7-7:45 p.m.)
Ages: 6+



Youth 2: Swim Lessons

A class for children who can submerge for 5-10 seconds and do a front float. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing will be taught.

Cost: \$12/lesson
Date(s): 7/8-7/17
Location: Lincoln Pool
Instructed by: Lifeguards
Time(s): Tu+Th (7-7:45 p.m.)
Ages: 6+





Youth 3: Swim Lessons

Children who can swim a combined stroke for five yards (kicking while moving their arms) on their front and back should take this class. Children will learn back crawl, whip kick, rhythmic breathing, how to tread water and will improve their stroke.

Cost: \$12/lesson
 Date(s): 7/22-7/31
 Location: Lincoln Pool
 Instructed by: Lifeguards
 Time(s): Tu+Th (7-7:45 p.m.)
 Ages: 6+



Youth 4: Swim Lessons

Children who are comfortable in the water and can swim a coordinated crawl stroke and backstroke for 15 yards should take this class. Children will work on perfecting front and back crawl and treading water. Elementary back stroke and breaststroke as well as butterfly arms will be introduced.

Cost: \$12/lesson
 Date(s): 8/5-8/14
 Location: Lincoln Pool
 Instructed by: Lifeguards
 Time(s): Tu+Th (7-7:45 p.m.)
 Ages: 6+



Adult Beginner 1: Swim Lessons

This is an aquatic orientation class. Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing.

Cost: \$8/lesson
 Date(s): 6/21,6/28
 Location: Lincoln Pool
 Instructed by: Lifeguards
 Time(s): Sat (11 a.m.-12:30 p.m.)
 Ages: 18+



Adult Beginner 2: Swim Lessons

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke will be demonstrated.

Cost: \$8/lesson
 Date(s): 7/12,7/19
 Location: Lincoln Pool
 Instructed by: Lifeguards
 Time(s): Sat (11 a.m.-12:30 p.m.)
 Ages: 18+



Adult Beginner 3: Swim Lessons

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke.

Cost: \$8/lesson
 Date(s): 7/26,8/2
 Location: Lincoln Pool
 Instructed by: Lifeguards
 Time(s): Sat (11 a.m.-12:30 p.m.)
 Ages: 18+



Adult Beginner 4: Swim Lessons

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques will be stressed. Skills will be taught to prepare students for Adult Stroke Correction.

Cost: \$8/lesson
 Date(s): 8/9,8/16
 Location: Lincoln Pool
 Instructed by: Lifeguards
 Time(s): Sat (11 a.m.-12:30 p.m.)
 Ages: 18+

<p>Lincoln Pool This facility is the City of Salisbury's only public swimming pool. Includes a splash pad and locker rooms. Open from 6/8-9/7.</p>	<p>Youth Rates (Ages 0-17) One Day Swim: \$1.00 One Month Pass: \$20.00 Season Pass: \$50.00</p>	<p>Adult Rates (Ages 18+) One Day Swim: \$2.00 One Month Pass: \$30.00 Season Pass: \$75.00</p>	<p>Hours Mon: Closed Tu+Th: 3-8 p.m. Wed+Fri: noon-8 p.m. Sat: 11 a.m.-6 p.m. Sun: 1-6 p.m.</p>
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CONTACT

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Contact Us

Online: www.salisburync.gov/Play
 Phone: (704) 216-PLAY
 Email: play@salisburync.gov

Mail:
 Parks and Recreation Administration
 City Office Building
 132 N. Main Street (4th Floor)
 Salisbury, North Carolina 28144

Facilities

City Park Center
 316 Lake Drive Salisbury, NC 28144
 (704) 638-5295
 Hours: Mon-Th (noon-7 p.m.)
 Fri (noon-6 p.m.)
 Sat (9 a.m.-1 p.m.)

Miller Center
 1402 Bank St. Salisbury, NC 28144
 (704) 638-5297
 Hours: Mon-Th (noon-7 p.m.)
 Fri (noon-6 p.m.)
 Sat (10 a.m.-2 p.m.)

Hall Gym
 1400B W. Bank St. Salisbury, NC 28144
 (704) 638-5289
 Hours: Mon-Th (noon-7 p.m.)
 Fri (noon-6 p.m.)
 Sat (10 a.m.-2 p.m.)

Civic Center
 315 S. MLK Jr. Ave. Salisbury, NC 28145
 (704) 638-5275
 Hours: Mon-Th (4-8 p.m.)
 Fri (4-6 p.m.) Sat (9 a.m.-1 p.m.)
 Hours dependant on events and rentals.

