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(704) 216-PLAY

Programs and Activities Fall 2013

Salisbury
North Carolina
Parks and Recreation

Athletics and Fitness

ZUMBA® Instructor: Tracey Glenn

A Latin inspired, easy to follow, calorie burning, feel it to the core fitness party. Wear tennis shoes, comfortable clothing and bring water. Ages 6-13 can participate for \$1 with adult.

Day	Time	Dates	Weeks	Fee	Location
M/W	5:30 - 6:30 p.m.	Ongoing	Ongoing	\$3/class	Civic Ctr.
Sat	9:30 - 10:30 p.m.				City Park Ctr.

Beach Body Transformation Instructor: Justin Davis

Enhances aerobic capacity, promotes significant calorie burning and improves muscle fitness.

Day	Time	Dates	Weeks	Fee	Location
T/Th	6:00 - 7:00 p.m.	Ongoing	Ongoing	\$3/class	Miller Ctr.

Dillingham Martial Arts: Youth and Adult Instructor: Larry Dillingham

Our world class martial arts program provides benefits like character development, self-discipline, self respect, self control and respecting others. Visitors welcome!

Day	Time	Dates	Weeks	Fee	Location
M/W	5:00 - 8:00 p.m. (1 hr.)	Ongoing	Ongoing	\$50/month	Miller Ctr.
F	5:00 - 7:00 p.m. (1 hr.)	Begins 9/20	Ongoing	\$40/month	Miller Ctr.

Table Tennis

Day	Time	Dates	Weeks	Fee	Location
T/Th	6:30 - 8:00 p.m.	Ongoing	Ongoing	No Fee	City Park Ctr.

Hatha Yoga Instructor: Christine Zimmer

Hatha Yoga emphasizes body position, alignment and breath. While peacefully breathing, stretch through different postures. Increase flexibility and release tension from your body.

Day	Time	Dates	Weeks	Fee	Location
T/Th	5:30 - 6:30 p.m.	Ongoing	Ongoing	\$5/class	City Park

Yoga in the Parks Instructor: Christine Zimmer

Begin your morning with yoga! Breathe in the fresh air, relax your body, and experience tranquility! Wear comfy clothes and bring a mat or light blankets.

Sept 7, 21 - Hurley Park, **October 5, 19** - Forest Hills Park and **November 2, 16** - Foil Tatum Park.

Day	Time	Dates	Fee	Location
Sat	9:00 - 10:15 a.m.	9/7, 9/21, 10/5, 10/19, 11/2, 11/16	\$5/class	Parks vary

Evening Beginners Running Training Program

Comprehensive instructional approach for new runners. 8 weeks of classroom and workout sessions. Individual coaching available. Program includes membership to SRR club, t-shirt, and entry to club sponsored 5k. Call Hall Gym for details.

Day	Time	Dates	Weeks	Fee	Location
Tue	6:00 p.m.	9/10-10/29	8	\$60	Novant Health RMC

Adult Coed Volleyball League

Age 18 and up.

Day	Time	Dates	Fee	Location
Sun	3:00 - 6:00 p.m.	10/6-11-23	\$100/team	Hall Gym

Adult Coed Kickball League

Relive childhood memories of being king of the kickball field! Officials are provided, league standings are kept, season and playoff champions are crowned. Register by 9/21. Coaches' meeting 9/18.

Day	Time	Dates	Fee	Location
T/Th	6:00 - 8:30 p.m.	Sept-Oct	\$150/team	Hall Gym

NBA Babies Cheerleading

Learn basic fundamentals of cheerleading, chants and cheers! Babies Cheerleading: Ages 3-5. Register—September 1-30 *Practice and game times vary*

Practice	Games	Season	Fee	Location
M-F	Games	Oct-Nov	\$20	Miller Ctr.

NBA Cheerleading

Jr. Bobcat cheerleaders cheer during the boys games. Learn the basic fundamentals of cheering, dance routines, and chants. Great for girls planning to try out for school squads! Age 6-13. Register— September 1-30 *Practice and game times vary*

Practice	Games	Season	Fee	Location
M-F	Saturday	Oct-Nov	\$25	Miller Ctr.

NBA Babies Basketball

Learn the fundamentals of basketball in a team atmosphere. This program will help build character, self esteem, friendship and teamwork. Register September 1-30

Practice and game times vary

Practice	Time	Season	Fee	Location
M-F	Saturday	Oct-Nov	\$20	Miller Ctr.

Youth Boys' Basketball

Age 7-15. Build character, learn teamwork and fundamental basketball skills. Team will be assigned by a pre-season placement draft. Registration begins Sept.23-Oct 19 at Hall Gym. Season run November through January. *Practice and game times vary*

Practice	Games	Season	Fee	Location
M-F	Saturday	Jan-March	\$30	Hall Gym

Youth Coed Basketball League

For girls and boys ages 5-6, focuses on building character, teaching teamwork and fundamental basketball skills. Register between 11/25-1/11. *Practice and game times vary*

Practice	Games	Season	Fee	Location
M-F	Saturday	Jan-March	\$30	Hall Gym

Youth Girls Basketball League

For girls ages 7-15, focusing on building character, teaching teamwork and fundamental basketball skills. Teams will be assigned by a pre-season placement draft for ages 9-15. Register between 11/25-1/11 at Hall Gym. *Practice and game times vary*

Practice	Games	Season	Fee	Location
M-F	Sat.	Jan-March	\$30	Hall Gym

