

# Leisure Times

SUMMER 2013



City of Concord Parks & Recreation exists to provide recreation services, parks and facilities that enrich the lives of all residents and promote the opportunity for a healthy lifestyle.

**A message from the director...**

Providing quality programming and services, a safe, aesthetically pleasing



**Bob Dowless**

greenway and park system is the commitment we make every day to the families and residents of Concord. We take great pride in providing services that enhance quality of life and we strive to make our community a great place to live.

I hope you have the opportunity to get outdoors and walk the greenway, visit one of our parks, experience one of our special events, visit one of our community centers, and participate in a recreational class or program.

Concord Parks & Recreation takes great pride in the community support we receive and want you to know that we are continually working to earn your support. We welcome your comments, questions or concerns. You can reach our office at 704.920.5600 or email us at [recreation@concordnc.gov](mailto:recreation@concordnc.gov).

*There is no better time to invest in a healthy future than today.*

**Mayor & City Council**

- Mayor, J. Scott Padgett
- David W. Phillips . . . . . District 1
- Jim Ramseur . . . . . District 2
- Ella Mae Small . . . . . District 3
- Alfred M. Brown, Jr. . . . . District 4
- W. Lamar Barrier . . . . . District 5
- Hector H. Henry, II . . . . . District 6
- John A. Sweat, Jr. . . . . District 7

# Adult Athletics

Concord Parks and Recreation currently offers two different adult sports activities, softball and basketball. Teams enter the league pre-formed. Seasons consist of 10 regular season games and 1 single elimination tournament game. Contact 920-5617 for more information or visit our website at [www.concordparksandrec.org](http://www.concordparksandrec.org).

**BASKETBALL – SUMMER AND WINTER**

**Divisions:** Church, Open, and Women’s  
**Registration:** Summer: May  
 Winter: December  
**Playing Season:** Summer: June - July  
 Winter: January - March

Fee: \$375

**ADULT SOFTBALL – SPRING AND FALL**

**Divisions:** Church, Open, Co-ed and Women’s  
**Registration:** Spring: March  
 Fall: August  
**Playing Season:** Spring: April - June  
 Fall: September - November

Fee: \$375

**TENNIS**

Known as “the sport of a lifetime,” tennis directly impacts a person’s health and quality of life. Tennis is a family-friendly sport, which not only provides a great aerobic workout, but also teaches values such as teamwork, sportsmanship, fair play, and discipline. Contact Tennis Coordinator, Chad Oxendine, AMP Tennis, LLC at 704.806.0909 for all your tennis needs. [www.amptennis.com](http://www.amptennis.com).



**GOLF  
 ROCKY RIVER GOLF CLUB AT CONCORD**

Register with Rocky River Golf Club: 704.455.1200, ext: 2

**GROUP LESSONS**

By appointment with PGA Instructors  
 Fee: \$60 per hour plus range balls (up to 6 students)

**LADIES GOLF CLASSES**

**Date: Monday**  
**6/17, 6/24, 7/1, 7/8**  
**5:30 – 6:45 p.m.**

Fee per session: \$95 includes instruction, range balls, equipment evaluation, short game, & on course experience.

# Athletics

## COUCH TO 5K CHALLENGE

Activity # 6013.213

City of Concord Parks & Recreation and REFLEX International are taking the wellness program to the next level with the COUCH TO 5K CHALLENGE. REFLEX International provides events and competitions designed around health and fitness, whether you are on your own or part of a group.

This group training and exercise program is designed to encourage, motivate and challenge the individual to compete with his/her peers. No running experience is necessary. The final goal is to run the 5 Alarm 5K on 11/2, (registration fee required). REFLEX International certified instructor.

**Date: Tuesday & Thursday, 8/27 – 10/29**  
**6:30 p.m.**

Registration Fee: \$15

**Location: Dorton Park**



## ROAD RACES

Races will begin and end on Means Avenue (beside the Historic Courthouse) in downtown Concord, run on the McEachern Greenway and the Downtown Connector Greenway.



## STREETLIGHT 5K

Activity # 6001.213

**Date: Friday, 7/12**

**7:30 p.m.**

6:00 p.m. Pre-registration

7:00 p.m. Fun Run begins

7:30 p.m. 5K begins

Fee: \$15 Early Registration  
until 7/5

\$20 Race Day

Awards given to overall male and female and to the top three male and female finishers in each age group: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75 and over.

Call 704.920.5619 for a registration form or download one from our website. Online registration is available at [www.concordparksandrec.org](http://www.concordparksandrec.org)

Mark your calendar  
for this race:  
**5 Alarm 5K**  
**11/2**

## LAKE FISHER

Lake Fisher is a North Carolina watershed, providing water to Concord residents. Because of this classification rules and regulations govern activities on the lake. Please assist us by following these guidelines. The lake will operate 3/6 through 11/10. This date is subject to change due to water restrictions, special programs or other factors deemed necessary by City of Concord officials.

### Hours of Operation

**Monday & Tuesday:**

Closed

**Wednesday – Saturday:**

7:00 a.m. – 3:00 p.m.

**Sunday:**

1:00 p.m. – 6:00 p.m.

### Boat Rental Fees (per person)

**Adult:**

\$10; \$5 City of Concord resident fee

**Senior Adult (60 or older):**

\$8; \$5 City of Concord resident fee

**Youth (12-16):**

\$8; \$5 City of Concord resident fee



# Youth Athletics

## BASEBALL, BASKETBALL, SOFTBALL & SOCCER

### 3&4 Instructional Clinic

Designed to introduce players to organized sports. Rules are simplified, team rosters are reduced, and playing season is compacted to allow maximum exposure in a limited time frame. (All games and practices in this division are on Tues and Thurs nights.)

### 5&6, 7&8 League

Begins developing fundamentals for each specific sport. Rules are modified to present the optimum playing experience for novice participants. (Practices and games are on week nights or Saturdays)

### 9&10 Division

Builds on basic fundamentals of given sport. Rules are slightly modified to present optimum playing experience for participants with limited exposure. (Practices and games are on week nights or Saturdays)



### 11&12 and 13-15 Divisions

Designed to promote teamwork, sportsmanship and advance fundamental development. No rule modifications. (Practices and games are on week nights or Saturdays)

## ACTIVITY SCHEDULE:

Activity	Description	Age Group	Age As of	Registration Dates	Playing Season
Basketball	Instructional Clinic	3&4	August 31, 2013	September 1-30	November-March
Basketball	Co-Ed League	5&6	August 31, 2013	September 1-30	November-March
Basketball	Boys & Girls	7&8	August 31, 2013	September 1-30	November-March
Basketball	Boys	9&10, 11&12, 13-15	August 31, 2013	September 1-30	November-March
Basketball	Girls	9&10, 11&12, 13-15	August 31, 2013	September 1-30	November-March
Baseball	T-Ball Co-Ed	3&4	May 1, 2014	January 1-31	March-June
Baseball	Coach Pitch Co-Ed	5&6	May 1, 2014	January 1-31	March -June
Baseball	Coach Pitch Boys	7&8	May 1, 2014	January 1-31	March-June
Baseball	Boys	9&10, 11&12, 13-15	May 1, 2014	January 1-31	March-June
Softball	Coach Pitch Girls	7&8	January 1, 2014	January 1-31	March-June
Softball	Girls	9&10, 11&12, 13-15	January 1, 2014	January 1-31	March-June
Soccer	Instructional Clinic	3&4	August 1, 2013	June 1-30	August-November
Soccer	Co-Ed	5&6	August 1, 2013	June 1-30	August -November
Soccer	Co-Ed	7&8, 9&10, 11&12, 13-15	August 1, 2013	June 1-30	August-November

### GOALS OF THE PROGRAM:

- To build the child's self esteem
- To teach the skills of the game
- To build good relations among peers (also between parents & children)
- To create a fun atmosphere

### REMEMBER:

- Fun is first!
- Your child has the opportunity to play in each game
- Instruction before competition
- No league or individual standings
- No trophies for "Winners Only"
- Trophies and awards not provided

### PRACTICE AND

### GAME SCHEDULE:

Practice times established by the coaches according to their schedule and availability of facilities.



## REGISTRATION:

You may register at any of the following locations or on our web site at [www.concordparksandrec.org](http://www.concordparksandrec.org).

Between 8:00 – 5:00 p.m. during open registration periods.

**Academy Recreation Center**  
147 Academy Avenue, Concord  
704-920-5601

**Hartsell Recreation Center**  
60 Hartsell School Road, Concord  
704-920-5602

**Logan Multipurpose Center**  
184 Booker St. SW Concord  
704-920-5603

## Coaches and sponsors are needed for all sports!!

Please contact Athletics at 704.920.5600 to discuss opportunities.



# Youth Athletics

## REGISTRATION FORM:

PLEASE PRINT

Player's Name \_\_\_\_\_  
(Last Name) (First Name) (Middle Name)

Address \_\_\_\_\_  
(Street) (City) (Zip)

Telephone #'s \_\_\_\_\_

Email Address \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Male  Female

*Please bring copy of birth certificate when registering.*

What school does your child attend? \_\_\_\_\_

Please list any disabilities that need special attention: \_\_\_\_\_

**Registration Fee:** Checks should be made payable to **City of Concord**

- City of Concord Resident (\$30.00 Registration Fee)
- Instructional Clinics (3-4) \$30.00
- Non City Resident (\$50.00 Registration Fee)

"City of Concord Resident" indicates that applicant resides within the City Limits of Concord.  
All applications subject to verification.

**Sorry, no refunds can be made after first game is played.**

Our programs are dependent upon volunteer coaches. Are you as a parent willing to help coach a team  
If needed? Yes  No  Maybe  \_\_\_\_\_

## PARENTAL CONSENT INFORMATION:

**Must be signed for applicant to participate.**

We, I the parent(s) or guardian have given permission for \_\_\_\_\_ to participate in the Youth Athletic Program sponsored by the CITY OF CONCORD PARKS AND RECREATION DEPARTMENT.

As parent or guardian of above participant, I hereby give consent for any emergency treatment as approved by his/her coach or other adult escort, in case of illness or injury while participating in this athletic program. I understand that this is to prevent undue delay and assure prompt treatment and that only a licensed physician will be engaged for such an emergency. Parents will be notified in case of serious illness or injury as quickly as they can be reached, but this will make immediate treatment possible.

Concord Parks and Recreation Department, its staff, facilities and instructors will not be held responsible for any injury or loss that might occur in the course of this program. Photos may be taken of my child for departmental use. I verify that I have read and fully understand the above information.

\_\_\_\_\_  
Signature of Parent/Guardian PRINTED Name of Parent/Guardian Date

# Youth Athletics

## ACTIVITY:

Please indicate age group within activity:

### Basketball

- Instructional Clinic CoEd 3-4
- Co-Ed 5-6
- Boys 7-8                       Girls 7-8
- Boys 9-10                     Girls 9-10
- Boys 11-12                  Girls 11-12
- Boys 13-15                 Girls 13-15

### Baseball/Softball

- Instructional T-Ball Co-Ed 3-4
- Coach Pitch Co-Ed 5-6
- Boys 7-8 (CP)               Girls 7-8 (CP)
- Boys 9-10                     Girls 9-10
- Boys 11-12                  Girls 11-12
- Boys 13-15                 Girl 13-15

### Soccer

- Instructional Clinic Co-Ed 3-4
- Co-Ed 5-6
- Co-Ed 7-8
- Co-Ed 9-10
- Co-Ed 11-12
- Co-Ed 13-15

### Where would you prefer to play?

- Please indicate your choice:
- Concord Parks & Recreation Leagues
  - Southwest Cabarrus Athletic Association
  - Hartsell Athletic Association
  - No Preference

Revised 12.14.2011

## UNIFORM SIZES :

Please check size of one t-shirt and one pair of shorts.

### T-Shirts:

- Youth X- Small     Youth Small     Youth Medium     Youth Large  
 Adult Small     Adult Medium     Adult Large     Adult XL     Adult XXL

### Shorts:

NA for Baseball

- Youth X-Small     Youth Small     Youth Medium     Youth Large  
 Adult Small     Adult Medium     Adult Large     Adult XL     Adult XXL

## SPECIAL REQUESTS:

---



---



---

Please note that all requests can not be honored, but we will attempt to honor your requests if feasible.  
 The rosters will be locked after the draft is complete. No switching teams after the draft is complete.

## REGISTRATION FEE:

Registration fee: \$30.00 for City of Concord Residents; \$50.00 registration fee for all other participants.

Please make all checks payable to: CITY OF CONCORD.

For further information, please call: **704-920-5617** or **704-920-5618**.

Or email: **recreation@concordnc.gov**

For Office Use Only:

Receipt # \_\_\_\_\_ Cash/Check # \_\_\_\_\_ Amount \$ \_\_\_\_\_ Date \_\_\_\_\_

NOTES:

# Youth Athletics

## TENNIS

### 10 & UNDER TENNIS

10 & Under Tennis (formally known as Quick Start Tennis) is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. Group lessons for ages 5-10.

Instructor: Chad Oxendine, AMP Tennis, LLC

**Day: Saturday, 9:00 – 10:00 a.m.**

#### Sessions:

**June: 6/8, 6/15, 6/22, 6/29**

Activity # 6049.113

**July: 7/6, 7/13, 7/20, 7/27**

Activity # 6049.213

**August: 8/3, 8/10, 8/17, 8/24**

Activity # 6050.213

Fee per group session: \$25; \$5 city resident discount

**Location: Les Myers Park Tennis Courts 1-6**



Contact tennis coordinator, Chad Oxendine, AMP Tennis, LLC at 704.806.0909 for all your tennis needs. [www.amptennis.com](http://www.amptennis.com)

## YOUTH GOLF

### ROCKY RIVER GOLF CLUB AT CONCORD

Register with Rocky River Golf Club: 704.455.1200, ext: 2

Clubs available at no cost for all junior programs!

**Time: 9:00 – 11:00 a.m.**

#### Sessions:

**June 17, 18, 19, 20**

**Junior Golf Camp** for Ages 8-13

Fee: \$100 includes instruction, range balls, player gift, & prizes for skill contests. NO lunch served.

**June 24, 25, 26, 27**

**Junior Golf Camp** for Ages 14-17

Fee: \$100 includes instruction, range balls, player gift, & prizes for skill contests. NO lunch served.

**July 8, 9, 10, 11**

**Junior Golf Camp** for Ages 8-13

Fee: \$100 includes instruction, range balls, player gift, & prizes for skill contests. NO lunch served.

**July 22, 23, 24, 25**

**Junior Golf Camp** for Ages 14-17

Fee: \$100 includes instruction, range balls, player gift, & prizes for skill contests. NO lunch served.

**Time: 1:00 – 3:00 p.m.**

#### Sessions:

**Starting June 15**

**Junior Golf Classes** each Saturday for Ages 8-17.

Fee: \$25 includes instruction, and range balls.

**August 14**

**Mayor's Junior Golf Tournament**

Open to all Cabarrus County junior golfers age 9-17.

Limited to first 100 entries – NO ENTRY FEE.

Entry forms available at Rocky River Golf Club.

**Coaches and sponsors are needed for all sports!!**

Please contact Athletics at 704.920.5600 to discuss opportunities.

# Recreation Centers

Concord Parks & Recreation has three recreation centers, Academy, Hartsell and Logan that provide a variety of recreational opportunities to the public. Each center offers billiards, foosball, air hockey and free-play in the gymnasium. Weight rooms, available to men and women, are equipped with machines, free weights and cardiovascular equipment. Content/schedule dates may be subject to change. Meeting rooms are available to the public. Fee based on usage.

## ACADEMY RECREATION CENTER

147 Academy Avenue NW  
Frances Bost, Center Supervisor  
704.920.5601

Information for Beverly Hills Park, Academy Park, Les Myers Park, J. W. "Mickey" McGee Park, Harold B. McEachern Greenway and The Village Greenway

## TRIP TO CONCORD AIRPORT

Activity # 1002.413

Ages 5-12. Let's tour the airport and see all kinds of airplanes. Bring your bag lunch because on the way back we'll stop at Dorton Park for a picnic. Parent/guardian must also register with each child. No fee. We will depart from Academy Recreation Center

**Date: Wednesday, 6/12**

pre-register by Friday, 6/7

**9:30 a.m. – 3:00 p.m.**

## BACK TO SCHOOL SOCIAL

Children entering grades K-12. Come one, come all; let's have a ball! Let's celebrate back to school at a new location this year, Caldwell Park. Play games, win prizes, munch on hot dogs, slurp soda and receive school supplies. No fee.

**Date: Thursday, 8/15**

**12 noon – 3:00 p.m.**

**Location: Caldwell Park**

**362 Georgia Street SW**



## BASKETBALL SHOOTOUT

Activity # 1019.113

Ages 8-17. Prove you are the best shooter in your age group. 3 point shooting contest and free throw contest. Snacks provided. No fee.

**Date: Friday, 6/14**

pre-register by Monday, 6/10

**6:00 – 8:00 p.m.**

## FATHER'S DAY CRAFT

Ages 3-12. Let's make a handy-man craft for dad just in time for Father's Day. No fee.

**Date: Friday, 6/14**

**3:00 – 4:30 p.m.**

## HARTSELL RECREATION CENTER

60 Hartsell School Road  
Martha Hagood, Center Supervisor  
704.920.5602

Information for Hartsell Park and James L. Dorton Park

## BINGO WITH BILL

Ages 6-12. Come to the center and play bingo with Bill. Bring your friends or meet new ones while you share the fun of winning prizes. No fee.

**Date: Thursdays, 7/11, 7/18, & 7/25**

**5:00 – 5:30 p.m.**

## BILL'S END OF SCHOOL COOKOUT

Ages 6-17. Oh, yea! It's the end of the school year and it's time to celebrate. What better way than to enjoy Bill's grilled hot dogs and hamburgers. Food and fun! No fee.

**Date: Friday, 6/7**

**5:00 – 8:00 p.m.**

**Location: Hartsell Recreation Center**



## BALLET

Ages 3 and up. Students will learn ballet principles, body position, carriage and posture through movement using a variety of music.

Instructor: Tuwanna McNeely

**Days: Tuesday & Thursday**

**7:30 – 8:00 p.m.**

**Session I:** Activity # 1035.113

**6/4 – 6/27**

**Session II:** Activity # 1036.213

**7/9 – 8/1**

**Session III:** Activity # 1037.213

**8/6 – 8/29**

Fee per session: \$25; \$5 city resident discount

## HARTSELL KARATE CLUB

Ages 3 and up. Learn to kick, block, punch and strike.

Instructor: James Reid

**Days: Monday, Wednesday & Friday**

**6:30 – 8:00 p.m.**

**Session I:** Activity # 1038.113

**6/3 – 6/28**

**Session II:** Activity # 1039.213

**7/8 – 8/2**

**Session III:** Activity # 1040.213

**8/5 – 8/30**

Fee per session: \$25; \$5 city resident discount

## WALKING CLASS

Self-instructed class offers fat burning, muscle conditioning and stretching. Class will not meet on holidays or election day. No fee.

**Morning class:** Continual

**Days: Monday, Wednesday & Friday**

**9:15 – 10:20 a.m.**

**Evening class:** Continual

**Days: Monday, Tuesday & Wednesday**

**4:00 – 5:00 p.m.**

# Recreation Centers

## ZUMBA

*This dynamic fitness format combines fast and slow rhythms to tone and sculpt the body.*

Instructor: Tuwana McNeely

**Days: Tuesday and Thursday**

Continual

**8:00 – 9:00 p.m.**

Fee: \$3 per class



## LOGAN MULTI-PURPOSE CENTER

184 Booker Street SW  
Rodney Smith, Center Supervisor  
704.920.5603  
Information for Caldwell Park and  
W. W. Flowe Park

## CRAYONS AND MARKERS DAY

*Ages 3-16. Come be creative with crayons and markers whether it's drawing a picture or coloring. Refreshments provided. No fee. Staff supervised.*

**Date: Monday**

**6/10, 6/24, 7/8, 7/22, 8/5, 8/19**

**3:30 – 4:30 p.m.**

## ADULT POOL TOURNAMENT

*Adults 17 & up. Play the game of 8 Ball. Trophy goes to the winner.*

**Date: Monday, 6/10**

**3:00 p.m.**

Fee: \$2

## 3 ON 3 BASKETBALL YOUTH LEAGUE

*Ages 9-14. Play 3 on 3 with a 20 minute running clock. Trophy goes to the winner.*

**Date: Wednesday, 6/12, 6/19, 6/26**

**11:00 a.m.**

## FATHER'S DAY CARD MAKING

*Ages 3-16. Come out and make a special Father's Day card. No fee. Light refreshments. Staff supervised.*

**Date: Friday, 6/14**

**2:00 p.m.**

## MOVIE & SNACK DAY FOR KIDS

*Bring your friends to watch kid-friendly movies and enjoy the snacks. No fee.*

**Date: Friday, 6/28, 7/26, 8/23**

**3:00 p.m.**

## KEEP IT MOVING

*Basic exercise for adults, such as, stretching, push ups, sit ups, weight lifting and dummy punching. No fee. Staff supervised.*

**Date: Monday, Wednesday & Friday**

**6/3 – 8/30**

**9:00 – 10:00 a.m.**

## WALKING PROGRAM

*Men and women are invited to join us for light walking exercise that will burn fat, get you in shape and condition. No fee. Staff supervised.*

**Date: Tuesday & Thursday**

**6/4 – 8/29**

**9:00 – 10:00 a.m.**

## SOUTHWEST KARATE ACADEMY

*Age 4 and up learn how to defend themselves, gain confidence and get in shape. No fee. Contact Tony Moody at 704.701.1346 for additional information.*

**Days: Tuesday & Thursday, Continual**

**5:30 p.m. – Ages 4 & 5**

**6:00 p.m. – Ages 6-10**

**7:00 p.m. – Ages 11 and up**

## YOUTH POOL TOURNAMENT

*Ages 9-14. Youth get a chance to play 8 ball billiards. A trophy will be given.*

**Date: Wednesday, 7/10**

**12 noon**

## TABLE TENNIS TOURNAMENT

*Youth ages 9-14 challenge one another in a game of table tennis. No fee.*

**Date: Tuesday, 8/6**

**12 noon**

## YOUTH BINGO DAYS

*Ages 4-16. Come out and try your luck at playing Bingo. Prizes will be given away.*

**Date: Tuesday – Thursday**

**8/20 – 8/22**

**2:00 p.m.**

## ZUMBA

*This dynamic, exciting and effective fitness system is a format that combines fast and slow rhythms to tone and sculpt the body.*

Instructor: Michelle Briggs

**Days: Monday & Wednesday**

Continual

**6:30 – 7:30 p.m.**

Fee: \$3 per class



## LEXINGTON FLEA MARKET TRIP

Activity # 1119.413  
*Depart Logan Multi-Purpose Center for the flea market with a stop for lunch afterwards.*

**Date: Tuesday, 6/4**

**9:00 a.m. – 1:30 p.m.**

Fee: \$10; \$5 city resident discount



## RECREATION CENTERS HOURS OF OPERATION

**Monday-Friday: 8:00 a.m. – 8:00 p.m.**

**Saturday: 12:00 noon – 5:00 p.m.**

**Sunday: CLOSED**

**Holidays: 12:00 noon – 6:00 p.m.**

**Closed: Thanksgiving & Christmas**

# Aquatics

## ADULT WATER AEROBICS

The cool way to stay fit during the summer. Join instructor Lee Campbell in a fun and invigorating fitness program. Wear Aqua Shoes.

**Days: Monday & Wednesday**

**7:00 – 7:45 p.m.**

**Session I:** Activity # 6111.113

**6/3 – 6/26**

Fee: \$28; \$5 city resident discount

**Session II:** Activity # 6112.213

**7/8 – 8/7**

Fee: \$34; \$5 city resident discount

**Both Sessions:** Activity # 6113.213

Fee: \$50; \$5 city resident discount

## GUARDSTART TRAINING

Activity # 2132.213

Ages 11-14. This junior lifeguard class is designed to prepare 11-14 year olds to take the American Red Cross Lifeguard certification program. This program helps participants build the foundation of knowledge, attitudes and skills needed to become responsible lifeguards. Lessons are grouped into five main areas: prevention, fitness, response, leadership and professionalism. Level 5 or higher swimming ability is required.

**Date: Monday – Friday**

**7/8 – 7/12**

**9:30 – 11:30 a.m.**

Fee: \$40; \$5 city resident discount



## PUBLIC SWIM AT MCINNIS AQUATIC CENTER

Swimming is open to the general public. Patrons must purchase a Privilege Pass ID in order to swim. The Aquatic Center will open for Memorial Day weekend, 5/25 – 5/27 and will be open daily from 6/8 – 8/17.

### HOURS FOR PUBLIC SWIM

**Monday – Thursday: 1:00 – 5:00 p.m.**

**Friday: 9:00 – 11:00 a.m. (ADULT SWIM ONLY)**

**Friday: 12:00 – 6:00 p.m.**

**Saturday: 12:00 – 6:00 p.m.**

**Sunday: 1:00 – 5:00 p.m.**

Fee: \$10 Individual Privilege Pass (first visit only); \$5 city resident discount

\$30 Family Privilege Pass (first visit only); \$15 city resident discount

Daily Swim fee (each): \$1.50 Youth; \$2.50 Adults



## SWIM LESSONS

Registration will open 3/25. We use the American Red Cross Learn to Swim program.

## GROUP LESSONS

Ages 3 and up. Lessons are divided from PreSchool through Level 6. More specific information regarding levels are located on our website at [www.concordparksandrec.org](http://www.concordparksandrec.org) or by calling Dawn Simpson at 704.920.5617.

**Date: Monday – Thursday**

**6/3 – 8/15; No classes 7/2 – 7/6**

Morning and evening for two weeks per session (except Session I)

Fee: \$40; \$5 city resident discount

## PARENT/CHILD LESSONS

Ages 18 months - 2 years. Classes meet for 30 minutes Monday – Thursday for one week. Parents will be in the water with their children.

Fee: \$20; \$5 city resident discount

## INDIVIDUAL LESSONS

Scheduled on an individual basis, lessons last 30 minutes. For more information or to schedule a lesson contact the pool manager after 6/8 at 704.785.8105.

**Times: 12:00 – 12:30 p.m.**

**5:00 – 5:30 p.m.**

Fee per class: \$20; \$5 city resident discount

## ADULT LESSONS

**Days: Tuesday & Thursday**

**7:00 – 7:45 p.m.**

**Session I: 6/4 – 6/27**

**Session II: 7/9 – 8/1**

Fee per session: \$40; \$5 city resident discount



# Aquatics/Swim Lessons

**SESSION 1**

Level	Dates	Time	Day	Activity #
PreSchool	6/3 - 6/13	5:45 PM	Mon - Thurs	2009.213
1	6/3 - 6/13	5:45 PM	Mon - Thurs	2011.213
2	6/3 - 6/13	5:45 PM	Mon - Thurs	2003.213
3	6/3 - 6/13	5:45 PM	Mon - Thurs	2004.213
4	6/3 - 6/13	5:45 PM	Mon - Thurs	2005.213
5 & 6	6/3 - 6/13	5:45 PM	Mon - Thurs	2006.213
Aerobics I	6/3 - 6/26	7:00 PM	Mon & Wed	6111.113
Adult Lesson I	6/4 - 6/27	7:00 PM	Tue & Thur	2067.213



**SESSION 2**

Level	Dates	Time	Day	Activity #
Parent/Child	6/17 - 6/20	10:45 AM	Mon - Thurs	2013.213
Parent/Child	6/17 - 6/20	5:45 PM	Mon - Thurs	2016.213
PreSchool	6/17 - 6/27	9:15 AM	Mon - Thurs	2008.213
PreSchool	6/17 - 6/27	10:00 AM	Mon - Thurs	2010.213
PreSchool	6/17 - 6/27	11:30 AM	Mon - Thurs	2014.213
1	6/17 - 6/27	9:15 AM	Mon - Thurs	2209.213
1	6/17 - 6/27	10:00 AM	Mon - Thurs	2211.213
1	6/17 - 6/27	5:45 PM	Mon - Thurs	2217.213
2	6/17 - 6/27	9:00 AM	Mon - Thurs	2018.213
2	6/17 - 6/27	10:00 AM	Mon - Thurs	2023.213
2	6/17 - 6/27	10:00 AM	Mon - Thurs	2024.213
2	6/17 - 6/27	11:00 AM	Mon - Thurs	2028.213
2	6/17 - 6/27	11:00 AM	Mon - Thurs	2029.213
2	6/17 - 6/27	5:45 PM	Mon - Thurs	2033.213
2	6/17 - 6/27	5:45 PM	Mon - Thurs	2034.213
3	6/17 - 6/27	9:00 AM	Mon - Thurs	2019.213
3	6/17 - 6/27	10:00 AM	Mon - Thurs	2025.213
3	6/17 - 6/27	11:00 AM	Mon - Thurs	2030.213
3	6/17 - 6/27	5:45 PM	Mon - Thurs	2035.213
4	6/17 - 6/27	10:00 AM	Mon - Thurs	2026.213
4	6/17 - 6/27	11:00 AM	Mon - Thurs	2032.213
4	6/17 - 6/27	5:45 PM	Mon - Thurs	2036.213
4 & 5	6/17 - 6/27	9:00 AM	Mon - Thurs	2020.213
5 & 6	6/17 - 6/27	10:00 AM	Mon - Thurs	2027.213
5 & 6	6/17 - 6/27	5:45 PM	Mon - Thurs	2037.213
5 & 6	6/17 - 6/27	9:00 AM	Mon - Thurs	2022.213
6	6/17 - 6/27	9:00 AM	Mon - Thurs	2021.213

**SESSION 4**

Level	Dates	Time	Day	Activity #
Parent/Child	7/22 - 7/25	10:45 AM	Mon - Thurs	2074.213
Parent/Child	7/22 - 7/25	5:45 PM	Mon - Thurs	2077.213
PreSchool	7/22 - 8/1	9:15 AM	Mon - Thurs	2069.213
1	7/22 - 8/1	9:15 AM	Mon - Thurs	2070.213
1	7/22 - 8/1	10:00 AM	Mon - Thurs	2071.213
1	7/22 - 8/1	10:00 AM	Mon - Thurs	2072.213
1	7/22 - 8/1	11:30 AM	Mon - Thurs	2076.213
1	7/22 - 8/1	5:45 PM	Mon - Thurs	2078.213
2	7/22 - 8/1	9:00 AM	Mon - Thurs	2079.213
2	7/22 - 8/1	10:00 AM	Mon - Thurs	2084.213
2	7/22 - 8/1	10:00 AM	Mon - Thurs	2085.213
2	7/22 - 8/1	11:00 AM	Mon - Thurs	2089.213
2	7/22 - 8/1	11:00 AM	Mon - Thurs	2090.213
2	7/22 - 8/1	5:45 PM	Mon - Thurs	2094.213
3	7/22 - 8/1	9:00 AM	Mon - Thurs	2080.213
3	7/22 - 8/1	10:00 AM	Mon - Thurs	2086.213
3	7/22 - 8/1	11:00 AM	Mon - Thurs	2091.213
3	7/22 - 8/1	5:45 PM	Mon - Thurs	2096.213
4	7/22 - 8/1	9:00 AM	Mon - Thurs	2081.213
4	7/22 - 8/1	10:00 AM	Mon - Thurs	2087.213
4	7/22 - 8/1	11:00 AM	Mon - Thurs	2093.213
4	7/22 - 8/1	5:45 PM	Mon - Thurs	2097.213
5	7/22 - 8/1	11:00 AM	Mon - Thurs	2092.213
5 & 6	7/22 - 8/1	9:00 AM	Mon - Thurs	2082.213
5 & 6	7/22 - 8/1	5:45 PM	Mon - Thurs	2098.213

**SESSION 3**

Level	Dates	Time	Day	Activity #
Parent/Child	7/8 - 7/11	10:45 AM	Mon - Thurs	2043.213
PreSchool	7/8 - 7/18	9:15 AM	Mon - Thurs	2038.213
PreSchool	7/8 - 7/18	10:00 AM	Mon - Thurs	2040.213
PreSchool	7/8 - 7/18	10:45 AM	Mon - Thurs	2042.213
PreSchool	7/8 - 7/18	11:30 AM	Mon - Thurs	2044.213
PreSchool	7/8 - 7/18	5:45 PM	Mon - Thurs	2046.213
1	7/8 - 7/18	9:15 AM	Mon - Thurs	2039.213
1	7/8 - 7/18	10:00 AM	Mon - Thurs	2041.213
1	7/8 - 7/18	11:30 AM	Mon - Thurs	2045.213
1	7/8 - 7/18	5:45 PM	Mon - Thurs	2047.213
2	7/8 - 7/18	9:00 AM	Mon - Thurs	2048.213
2	7/8 - 7/18	10:00 AM	Mon - Thurs	2053.213
2	7/8 - 7/18	10:00 AM	Mon - Thurs	2054.213
2	7/8 - 7/18	11:00 AM	Mon - Thurs	2058.213
2	7/8 - 7/18	11:00 AM	Mon - Thurs	2059.213
2	7/8 - 7/18	5:45 PM	Mon - Thurs	2063.213
2	7/8 - 7/18	5:45 PM	Mon - Thurs	2064.213
3	7/8 - 7/18	9:00 AM	Mon - Thurs	2049.213
3	7/8 - 7/18	10:00 AM	Mon - Thurs	2055.213
3	7/8 - 7/18	11:00 AM	Mon - Thurs	2060.213
3	7/8 - 7/18	5:45 PM	Mon - Thurs	2065.213
4	7/8 - 7/18	11:00 AM	Mon - Thurs	2061.213
4	7/8 - 7/18	9:00 AM	Mon - Thurs	2050.213
4	7/8 - 7/18	10:00 AM	Mon - Thurs	2056.213
4	7/8 - 7/18	5:45 PM	Mon - Thurs	2066.213
4 & 5	7/8 - 7/18	11:00 AM	Mon - Thurs	2062.213
5 & 6	7/8 - 7/18	10:00 AM	Mon - Thurs	2057.213
5 & 6	7/8 - 7/18	5:45 PM	Mon - Thurs	2067.213
6	7/8 - 7/18	9:00 AM	Mon - Thurs	2051.213
GuardStart	7/8 - 7/12	9:30 AM	Mon - Fri	2132.213
Aerobics II	7/8 - 8/7	7:00 PM	Mon & Wed	6112.113
Adult Lesson II	7/9 - 8/1	7:00 PM	Tue & Thur	2068.213

**SESSION 5**

Level	Dates	Time	Day	Activity #
Parent/Child	8/5 - 8/8	10:45 AM	Mon - Thurs	2104.213
PreSchool	8/5 - 8/15	9:15 AM	Mon - Thurs	2099.213
PreSchool	8/5 - 8/15	10:00 AM	Mon - Thurs	2101.213
PreSchool	8/5 - 8/15	10:45 AM	Mon - Thurs	2103.213
PreSchool	8/5 - 8/15	5:45 PM	Mon - Thurs	2107.213
1	8/5 - 8/15	9:15 AM	Mon - Thurs	2100.213
1	8/5 - 8/15	9:15 AM	Mon - Thurs	2190.213
1	8/5 - 8/15	10:00 AM	Mon - Thurs	2102.213
1	8/5 - 8/15	11:30 AM	Mon - Thurs	2106.213
1	8/5 - 8/15	5:45 PM	Mon - Thurs	2108.213
1	8/5 - 8/15	9:15 AM	Mon - Thurs	2151.213
2	8/5 - 8/15	9:15 AM	Mon - Thurs	2180.213
2	8/5 - 8/15	9:00 AM	Mon - Thurs	2189.213
2	8/5 - 8/15	9:00 AM	Mon - Thurs	2109.213
2	8/5 - 8/15	10:00 AM	Mon - Thurs	2114.213
2	8/5 - 8/15	10:00 AM	Mon - Thurs	2115.213
2	8/5 - 8/15	11:00 AM	Mon - Thurs	2119.213
2	8/5 - 8/15	11:00 AM	Mon - Thurs	2120.213
2	8/5 - 8/15	5:45 PM	Mon - Thurs	2124.213
2	8/5 - 8/15	5:45 PM	Mon - Thurs	2125.213
3	8/5 - 8/15	9:00 AM	Mon - Thurs	2110.213
3	8/5 - 8/15	10:00 AM	Mon - Thurs	2116.213
3	8/5 - 8/15	11:00 AM	Mon - Thurs	2121.213
3	8/5 - 8/15	11:00 AM	Mon - Thurs	2122.213
3	8/5 - 8/15	5:45 PM	Mon - Thurs	2126.213
4	8/5 - 8/15	9:00 AM	Mon - Thurs	2111.213
4	8/5 - 8/15	10:00 AM	Mon - Thurs	2117.213
4	8/5 - 8/15	11:00 AM	Mon - Thurs	2123.213
4	8/5 - 8/15	5:45 PM	Mon - Thurs	2127.213
5 & 6	8/5 - 8/15	9:00 AM	Mon - Thurs	2128.213
5 & 6	8/5 - 8/15	10:00 AM	Mon - Thurs	2118.213
6	8/5 - 8/15	11:00 AM	Mon - Thurs	2140.213

# Summer Programs

## CHILLY-WILLY WEDNESDAYS

Wednesday summer programs will meet at the designated parks. Snacks and Chilly-Willys will be provided. Wear play clothes and bring bottled water. All programs will be facilitated by Recreation Specialist Taylor Morris. Please contact Taylor with questions, 704-920-5616 or [morrist@concordnc.gov](mailto:morrist@concordnc.gov)

**Time: 10:00 a.m. – 12:00 noon**

Fee for each program: \$10; \$5 city resident discount

## SOLAR FUN DAY

Activity # 9010.113

The sun has nearly reached the longest day of light and we will use this light to power everything. Building and energizing cars, baking in a solar oven and other ways the sun helps us play.

**Date: 6/19 at Dorton Park**



## BRIGHT AS THE SKY TIE DYE

Activity # 9011.113

Everyone should bring a white t-shirt, pillowcase or pair of socks to brighten with color. We will dye a mural utilizing our throwing and launching skills with color-filled water balloons.

**Date: 6/26 at Beverly Hills Park**



## RED, WHITE & BIKE

Activity # 9012.113

Learn the safety of riding your bike and turn that into something fun. We will decorate our bicycles in red, white and blue to celebrate Independence Day. After decorating we will ride the Greenway route sharing our pride of riding and independence.

**Date: 7/3 at McGee Park**

## SUPER SOAKING SUMMER DAY

Activity # 9014.113

Who will reign the slip and slide challenge and water relays? Water balloon tag will keep us cool. Not just another hot summer day, it's time to get wet and play. Bring goggles for eye protection.

**Date: 7/17 at Dorton Park**

## WATERMELON WEDNESDAY

Activity # 9013.113

It's one of the tastiest Chilly-Willy Wednesdays yet and time for the Watermelon Luge, a race of the fastest melon in the City. We will carve, race, eat, launch and eat some more with this delicious melon.

**Date: 7/10 at Hartsell Park**



# Summer Programs

## CRAYON CRAWL

Activity # 9015.213

Coloring is fun for everyone. We'll build and color the City together. We will put our crayons and imaginations on "canvas" and even use the sun to make our own variations of crayon cakes.

**Date: 7/24 at McGee Park**



## MUDDY BUDDY

Activity # 9016.213

It's time to get your hands dirty and see who has the best mud pie and crafting skills. We'll make muddy puddle for the best rain day game ever, and so much mud... I mean "more"!

**Date: 7/31 at Beverly Hills Park**

## MASTER SCAVENGER

Activity # 9017.213

It's hunting season in the park and the best of the best scavenger hunters will find the treasures in the park. We will hunt for our treasures and create new ones from what we find to take home.

**Date: 8/7 at McGee Park**



## TOTAL TOURNAMENT

Activity # 9018.213

We are hosting a morning of outdoor games: corn hole, bocce ball, tug-of-war games and more. Teams and individuals will compete to claim glory of the summer months before returning to school. Claim your victory of the 2013 summer games!

**Date: 8/14 at Hartsell Park**



## OUTDOOR EXPLORERS

Ages 6-12. Exploring the outdoors helps us grow up with a healthy respect for the environment, and that's what Outdoor Explorers do! We'll explore the outdoors in a fun and playful way and learn about the creatures that live there! Wear play clothes and bring a change of socks and shoes, because we are gonna get dirty!

Min. 6/max. 25 participants

Instructor: Mandy Smith-Thompson,  
Environmental Educator.

**Times: 9:00 a.m. - 12:00 noon**

**Date: Tuesday, 6/25**

Activity #9019.213

**Location: Dorton Park**

**Date: Tuesday, 7/9**

Activity #9020.213

**Location: Caldwell Park**

**Date: Tuesday, 7/23**

Activity #9021.213

**Location: Hartsell Park**

**Date: Tuesday, 8/6**

Activity #9022.213

**Location: McGee Park**

Fee for each program: \$10; \$5 city resident discount



# Summer Programs

## THROW DOWN THURSDAYS

### GEOCACHING

If you enjoy treasure hunting, scavenger hunting or even just hiking you should really try geocaching. A world-wide phenomena, geocaching and those who participate can be found traveling anywhere. There are treasures, "caches", in our own parks and neighborhoods and all it takes are coordinates and a GPS to find them. This family activity is worth learning about, but we will not only learn about it, we'll go on a hunt ourselves.

**Date: Thursday, 6/20** Activity # 9015.113  
**5:00 – 7:00 p.m.**

**Location: McGee Park**

**Date: Thursday, 7/11** Activity # 9016.113  
**10:00 a.m. – 12:00 noon**

**Location: Dorton Park**

**Date: Thursday, 8/1** Activity # 9017.213  
**5:00 – 7:00 p.m.**

**Location: W.W. Flowe Park**

**Date: Thursday, 8/15** Activity # 9018.213  
**10:00 – 11:00 a.m.**

**Location: Les Myers Park**

Fee: \$10 per family (up to 5 members) per date

**TIE DYE AS COLORS FLY** Activity # 9019.113

Ages 6-12. Everyone should bring a white t-shirt, pillowcase or pair of socks to brighten with color. We will dye a mural utilizing our throwing and launching skills with color-filled water balloons.

**Date: Thursday, 7/18**

**4:30 – 6:30 p.m.**

**Location: McGee Park**

Fee: \$10; \$5 city resident discount

### WATER BALLOON WASH OUT

Activity # 9120.213

Ages 6-12. We will launch, sling and dodge water balloons. The launching competition will test your skills. The water grenade gauntlet will test your agility and hopes to staying dry. And the final balloon battle royale will be certain to drench you and your friends. Bring goggles for eye protection.

**Date: Thursday, 8/8**

**4:30 – 6:30 p.m.**

**Location: W.W. Flowe Park**

Fee: \$10; \$5 city resident discount

## SUMMER PLAYGROUND

We are gearing up for another summer of day camps. The program is for 8 weeks.

**Summer Playground**  
**Summer GoneAlot**

**Dates: 6/17 – 8/9**  
**7:30 am. – 6:00 p.m.**

**Fee: \$350 City of Concord resident;**  
**\$450 non-city resident fee**

Please visit our website at  
[www.concordparksandrec.org](http://www.concordparksandrec.org) for more information.

**ages 6-10**  
**ages 11-13**

## Let The World Know Our Parks ROCK!

Scan this code to download the ParksNReviews.com mobile app. Then use it to review, rate and share your park photos and experiences on Facebook and Twitter.

Each time you do, our rank in the app grows, helping the whole world know our parks are the BEST!



Scan this code to download the app.

# Adult & Youth Art

Art classes are instructed by Kelly Slusarick, who has twenty-plus years experience teaching children of all ages. She incorporates her loves into art, theatre instruction, dance, music and drama to inspire your child in adventure, courage and curiosity. All classes meet in the Community Room at Fire Station #7. 250 International Drive NW

## ADULT ART PARTY

Ages 18 and up. No experience needed. Come and spend a fun and relaxing session and leave with a piece of original artwork based on a well-known piece to take home with you! Min. 4/max. 10 participants.

Abstract/Cubists Artists – Matisse, Kandinsky, Klee  
**Date: Mondays, 6:00 – 9:00 p.m.** Activity # 5100.1113  
**June 10, 17 & July 8, 22, 29**

Post Impressionist's Study – Van Gogh, Gauguin, Seurat  
**Date: Tuesdays, 6:00 – 9:00 p.m.** Activity # 5101.113  
**June 11, 18 & July 9, 16, 23**

Floral Representational – O'Keefe, Monet, Van Gogh  
**Date: Wednesdays, 6:00 – 9:00 p.m.** Activity # 5102.113  
**June 12, 19 & July 10, 17, 24**

Fee: \$45; \$5 city resident discount



## DRAWING BOOTCAMP

Learn basic to advanced drawing skills, art techniques and vocabulary. Students are introduced to a new subject matter at each class and learn a variety of art concepts including: still life, perspective, portraiture, realism/abstraction, color theory, composition skills, line and patterning. Max. 8 participants.

**Date: Monday – Thursday**  
**June 10 – 13**

**Ages 6 – 10** Activity # 5192.113  
**10:00 a.m. – 12:00 noon**

**Ages 11 – 15** Activity # 5193.113  
**1:30 – 3:00 p.m.**

Fee: \$30; \$5 city resident discount  
PLUS \$15 materials fee paid to instructor at first class

## PAINTING INTENSIVE WORKSHOP

Through this workshop students will learn the basics for creating and completing an acrylic painting which will be a copy of one of "The Masters." We will explore some basic drawing as well as color theory, mixing and blending of shades and how to transfer what one sees to canvas.

**Days: Monday – Thursday**

**Ages 6 – 10, 10:00 a.m. – 12:00 noon**  
**Session I:** Activity # 5194.113  
**July 8 – 11**

**Session II:** Activity # 5195.113  
**July 15 – 18**

**Ages 11 – 15, 1:00 – 3:00 p.m.**  
**Session I:** Activity # 5196.113  
**July 8 – 11**

**Session II:** Activity # 5197.113  
**July 15 – 18**

Fee: \$30; \$5 city resident discount  
PLUS \$15 materials fee paid to instructor at first class



## QUILTING

Enjoy creating a lifetime keepsake. Open to beginner and intermediate quilters. For a materials list call 704.920.5603.

**DAY Class** Activity # 5005.213

Instructor: Carolyn Sweet

**Date: Tuesday, 8/6 – 9/24**

**9:00 a.m. – 12:00 p.m.**

**Location: Logan Multi-Purpose Center**

Fee: \$40; \$5 city resident discount

**EVENING Class** Activity # 5008.113

*This class is self instructed*

**Date: Thursday, 6/20 – 8/15** (no class 7/4)

**7:00 – 9:00 p.m.**

**Location: Fire Station #7**

250 International Drive N.W.

Fee: \$30; \$5 city resident discount

# Adult Fitness Classes

A variety of fitness classes are offered. Many of our instructors hold nationally recognized certifications and all have significant training and experience. Minimum of eight participants per class.



**GET FIT PUNCH CARD** *The Get Fit Punch Card is no longer available*



**Michelle Colombero**  
Michelle has taught for 13 years. She is certified in: Phase III Mat Pilates, Phase II Yoga, Older Adults, Mind Body Personal Training, Weight Management Consultant and Phase II Master Personal Trainer.

**PERSONAL TRAINING** Activity #4031.213  
Master Personal trainer Michelle Colombero will design a 1 hour fitness program that will help you get motivated and feel great! Your session will include strength training for your upper and lower body, a cardiovascular component, nutritional consultation and flexibility exercises. A medical clearance from your physician is required for those over 40 years of age.

Fee: \$40 per 1 hour session; \$5 city resident discount.

**Location: Academy Recreation Center**

**PILATES**  
Improve your core strength, flexibility and balance while building strength without bulk. The workout incorporates bands, weights and fitness balls as well as combining yoga techniques. Max. 20 participants. Instructor: Michelle Colombero

**Days: Monday & Wednesday**  
7:00 – 8:00 p.m.

**Session I: 6/10 – 7/22** (NO class 7/3) Activity # 4040.113

**Session II: 7/29 – 9/11** Activity # 4041.213

Fee per 6 week session: \$35; \$5 city resident discount.

**Location: Academy Recreation Center**

**SATURDAY**  
Enjoy the asanas (postures), breathing and stretching that will help you feel flexible and relaxed. Closing with Savasana and Meditation. Wear comfortable clothes. Max. 20 participants.

Instructor: Michelle Colombero

**Day: Saturday**  
10:00 – 11:00 a.m.

**Session I: 6/8 – 7/13** Activity # 4042.113

**Session II: 7/20 – 8/24** Activity # 4043.213

Fee per 6 week session: \$20; \$5 city resident discount

**Location: Academy Recreation Center**

**Dawn Grant**  
Dawn has been teaching group fitness since 2010. She holds National Aquatic Certification and certifications in Sports Conditioning and Kick Up Your Cardio Combos training in Subtle Yoga, Vinyasa Yoga and Immersion, Prenatal Yoga and many other specialized trainings.

**CHAIR YOGA**  
*Designed for those with limitations. We will work on stretching and strengthening of the body for more flexibility and pain management.*

Instructor: Dawn Grant

**Day: Tuesday**  
10:30 – 11:30 a.m.

**Session I: 6/4 – 7/9** Activity # 4023.113

**Session II: 7/23 – 8/27** Activity # 4024.213

Fee per 6 week session: \$20; \$5 city resident discount

**Location: Academy Recreation Center**

**GENTLE YOGA**  
*Basic Gentle Yoga to center the body and the mind with an emphasis on meditation. Wear comfortable clothes and bring a blanket for comfort.*

Instructor: Dawn Grant

**Day: Tuesday**  
12:00 noon – 1:30 p.m.

**Session I: 6/4 – 7/9** Activity # 4125.113

**Session II: 7/23 – 8/27** Activity # 4126.213

Fee per 6 week session: \$28; \$5 city resident discount

**Location: Academy Recreation Center**

**HARMONY YOGA**  
*This yoga class brings the body and mind into harmony through subtle movements with an emphasis on meditation. Wear comfortable clothes and bring a blanket for comfort.*

Instructor: Dawn Grant

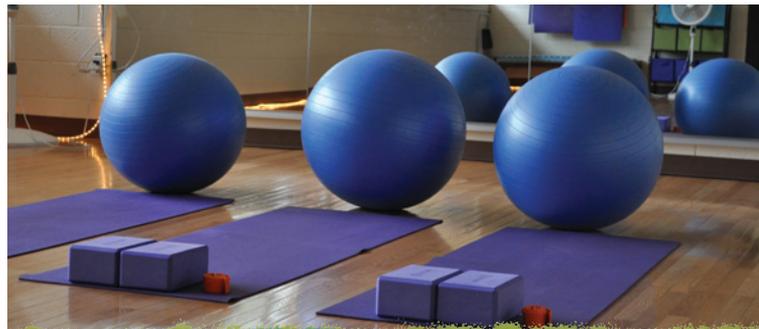
**Day: Tuesday**  
6:00 – 7:30 p.m.

**Session I: 6/4 – 7/9** Activity # 4027.113

**Session II: 7/23 – 8/27** Activity # 4028.213

Fee per 6 week session: \$28; \$5 city resident discount

**Location: Academy Recreation Center**



# Adult Fitness Classes

## Vickie Fisher

A certified group fitness instructor, Vickie has taught through Parks & Recreation for over 12 years.

## FITNASTICS

This low impact class incorporates resistance training with strength exercises using bands and weights. Bands furnished by the instructor. Bring your own 2 lb. weights, mat and water bottle. Instructor: Vickie Fisher

**Days: Tuesday & Thursday**  
9:00 – 10:00 a.m.

**Session I:** Activity # 4051.113  
5/28 – 6/27

**Session II:** Activity # 4052.213  
7/9 – 8/8

**Session III:** Activity # 4053.213  
8/13 – 9/19

Fee per 6 week session: \$35; \$5 city resident discount.

**Location: Hartsell Recreation Center**



## Jennifer El-Abbadi

Licensed with Zumba® Fitness Since 2009, Jennifer maintains 4 licenses; Zumba® Basic Steps 1 & 2, Zumba Toning, & ZumbaAtomic – Zumba for children. Zumba® Fitness classes are designed for anyone at any fitness level, giving you a full body workout.

## ZUMBA

Join us for this popular fitness dance program that combines fast and slow rhythms that will tone and sculpt your body.

Instructor: Jennifer El-Abbadi

**Days: Tuesday & Thursday**  
Continual  
6:00 – 7:00 p.m.

Fee: \$3 per class

**Location: Academy Recreation Center**



*Instruction by Joy Dry, AFAA Certified Personal Trainer & Group Fitness Instructor. All classes are in the Fitness Room at Academy Recreation Center.*

Fee per 6 week session: \$20;  
\$5 city resident discount

## CARDIO COMBO

A combination of cardio exercises using the step and hi/lo exercises on the floor. Weights will be used in interval format or at the end of class followed by abs and stretching. Weights provided. Great class for all levels.

**Date: Monday, 5:30 – 6:30 p.m.**

**Session I: 6/24 – 7/29** Activity # 4044.113

**Session II: 8/12 – 9/23** Activity # 4045.213  
(NO class 9/2)

## BODY BLITZ

Weight & strength training to work your whole body. Every muscle group will be targeted using weights, your body weight and various other equipment. Weights provided.

**Date: Wednesday, 5:30 – 6:30 p.m.**

**Session I: 6/19 – 7/24** Activity # 4046.113

**Session II: 7/31 – 9/11** Activity # 4047.213  
(NO class 8/7)

## STEP CARDIO

Step aerobics combined with band work to tone muscles. Bands may be used in interval format or at the end of class followed by abs and stretching. Moderate to complex choreography is incorporated. All levels welcome.

**Date: Thursday, 5:30 – 6:30 p.m.**

**Session I: 5/2 – 6/6** Activity # 4048.113

**Session II: 6/20 – 7/25** Activity # 4049.113

**Session II: 8/1 – 9/12** Activity # 4050.213  
(NO class 8/8)



# Special Interest



## UNION STREET LIVE

**Date:** 5/16 The Tams  
6/20 Tim Clark  
7/18 Too Much Sylvia  
8/15 Craig Woolard  
9/19 Atlantic Groove Band

**May – September**  
6:00 – 9:00 p.m.

Contact Concord Downtown Development Corporation at 704.784.4208 for more information.

**Location:** Downtown Concord

## SPRING INTO ARTS

**Date:** Saturday, 5/4  
10:00 a.m. – 5:00 p.m.

Come enjoy performing and visual artists in the streets of beautiful historic Concord. Offerings include a children's hands-on activity area, art vendors, music and food. Contact Concord Downtown Development Corporation at 704.784.4208 for more information.

**Location:** Downtown Concord



## CAROLINA SHAG DANCE CLASS

Learn the fundamentals of the dance that originated in the Carolinas. Open to singles and couples. Min. 10 participants. **MUST pre-register.** Instructor: Patty Blackmon

**JUNE Session: Thursday, 6/6 – 6/27**

**BEGINNERS: 7:00 – 8:00 p.m.**

**INTERMEDIATE: 8:00 – 9:00 p.m.**

Activity # 8026.113

Activity # 8027.113

**JULY Session: Thursday 7/11 – 8/1**

**BEGINNERS: 7:00 – 8:00 p.m.**

**INTERMEDIATE: 8:00 – 9:00 p.m.**

Activity # 8028.213

Activity # 8029.213

**AUGUST Session: Thursday, 8/8 – 8/29**

**BEGINNERS: 7:00 – 8:00 p.m.**

**INTERMEDIATE: 8:00 – 9:00 p.m.**

Activity # 8030.213

Activity # 8031.213

Fee per session: \$35, \$5 city resident discount

**Location:** Academy Recreation Center

## FIT & FABULOUS

Activity # 4041.113

Stay fit and fabulous with this great group of senior adults. Enjoy walking, range of motion, strength exercises and fellowship. Monthly luncheons, local trips and an occasional surprise are included. Summer session limited to 20 registrants; fall session limited to 40 registrants. Instructor: Dawn Grant

**Date:** Wednesday, 6/5 – 8/28

10:00 – 11:00 a.m.

Fee: \$10; \$5 city resident discount

**Location:** Academy Recreation Center

## BOOT CAMP IN THE PARK



This outdoor extreme fitness class will focus on levels of exercise incorporating cardio drills, resistance training with your body weight and core workouts. Meet in the amphitheater for the first class, rain or shine. Medical clearance required for those over 40 years of age. Bring bottled water, mat or towel and a pair of hand weights. Must be 18 years of age.

Min. 5 participants. Instructor: Joy Dry

**Days:** Monday, Wednesday & Thursday

5:00 – 6:00 a.m. (9 classes per session)

**Session I: 5/27 – 6/20** (no class 6/10, 6/12 & 6/13) Activity # 8053.113

**Session II: 6/24 – 7/11** (no class 7/4) Activity # 8054.113

**Session III: 7/15 – 8/1** Activity # 8055.213

**Session IV: 8/12 – 8/29** Activity # 8056.213

Fee per session: \$40; \$5 city resident discount

**Location:** Les Myers Park Ball Field

## Registration Process

Registration is on a first-come, first-served basis. Fees are due and payable upon registration. A registration form for our classes is included below. A signed registration form is required for participation in all programs. Please note: Summer Playground, Athletic Programs and Special Events require different registration forms. Please call for the appropriate form or download from our web site at [www.concordparksandrec.org](http://www.concordparksandrec.org).

There are three ways you can register for classes or programs:

- 1 Mail:** Complete this registration form, include payment and mail to:  
Concord Parks & Recreation Department  
P.O. Box 308, Concord, NC 28026-0308
- 2 Online:** For your convenience, some classes and programs are now available through online registration. Please visit our web site at [www.concordparksandrec.org](http://www.concordparksandrec.org) to see if online registration is available for your class or program. Online registration payment can be made with your credit or debit card. A user fee is applied to online charge payments.

**3 Walk-in:** Complete this registration form and bring with payment to:  
Academy Recreation Center  
147 Academy Avenue NW,  
Concord, NC 28025

**City Resident Discount:** Many of our activities and programs offer discounts to City of Concord Residents due to contributions to the local tax base. If a discount is offered, it is shown as a City Resident Discount, and if applicable, this amount will be deducted from the program fee as indicated. This discount applies to registration fees and not to supplies, materials, equipment, etc. You are a resident if you reside within the City Limits of Concord. If you are still not sure please call 704.920.5600. Please call 704.920.5600 or email us at [recreation@concordnc.gov](mailto:recreation@concordnc.gov) if you have any questions or concerns.

### MAILING ADDRESS:

Concord Parks & Recreation  
P. O. Box 308  
Concord, NC 28026-0308  
147 Academy Avenue, NW  
Tel. 704.920.5600 | Fax 704.792.1971  
[www.concordparksandrec.org](http://www.concordparksandrec.org)



## Registration Form (PLEASE PRINT)

Participant's Name \_\_\_\_\_

Home Phone \_\_\_\_\_

Business or Cell Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Activity/Trip \_\_\_\_\_

Activity/Trip Site \_\_\_\_\_

Dates: From \_\_\_\_\_ To \_\_\_\_\_

Time: \_\_\_\_\_ (am/pm) on M T W TH F SAT SUN (PLEASE CIRCLE)

Where did you get your copy of the Leisure Times? School  Newspaper  Mail

Other \_\_\_\_\_

I agree to release and hold harmless the City of Concord and its staff from any and all claims for personal injury, property loss or any other loss that may arise out of or during participation in this program. I understand that pre-registration in my class is on a first-come, first-served basis, and that the Concord Parks & Recreation Department, its staff, facilities, and instructors will not be held responsible for any injury or loss that might occur in the course of the program. The department reserves the right to cancel or modify programs due to enrollment, weather or other situations that are deemed necessary. Refunds may be made in cases in which changes in class day, time or site prevent participation. I understand that photographs may be taken during the program for departmental use. Registration fee is enclosed (if applicable).

Registrant's Signature \_\_\_\_\_  
(Parent's signature if registrant is under 18)

Residency (PLEASE CHECK ONE) City of Concord Resident  Non-Resident

Date \_\_\_\_\_ Fee Enclosed \_\_\_\_\_

**Please make check payable to City of Concord**

**Administrative Office** • 704.920.5600  
147 Academy Avenue, NW

**Academy Recreation Center** • 704.920.5601  
147 Academy Avenue, NW

**Beverly Hills Park** • 704.920.5601  
631 Miramar Street, NE

**Marvin Caldwell Park** • 704.920.5603  
362 Georgia Street, SW

**James L. Dorton Park** • 704.920.5602  
5790 Poplar Tent Road

**Gibson Field**  
704.784.2616 or 704.920.5617  
321 Misenheimer Avenue, NW

**Hartsell Recreation Center** • 704.920.5602  
60 Hartsell School Road

**Hartsell Field Complex**  
704.788.9325 or 704.920.5617  
30 Swink Street, NW

**Hartsell Park** • 704.920.5602  
65 Sunderland Road

**Lake Fisher Reservoir Boat Rentals**  
704.920.5618 or 704.938.1327  
5099 Lake Fisher Road  
(Seasonal) March-October

**Logan Multi-Purpose Center** • 704.920.5603  
184 Booker St., SW

**McAllister Field**  
704.786.0157 or 704.920.5617  
160 Crowell Drive, NW

**Harold B. McEachern Greenway**  
704.920.5600  
Enter at Les Myers Park or  
J. W. McGee, Jr. Park

**The Village Greenway** • 704.920.5601  
175 Academy Avenue, NW

**J. W. "Mickey" McGee, Jr. Park**  
704.920.5601  
219 Corban Avenue, East

**John F. McInnis Aquatic Center**  
704.785.8105  
151 Academy Avenue, NW  
(Seasonal, May-August)

**Les Myers Park** • 704.920.5601  
338 Lawndale Avenue

**Rocky River Golf Club at Concord**  
704.455.1200  
6500 Bruton Smith Blvd.

**W. W. Flowe Park** • 704.920.5603  
99 Central Heights Drive

**Webb Field**  
704.786.8406 or 704.920.5617  
165 Academy Avenue, NW

### PARKS HOURS:

**April - October**  
Open daily from 8:00 a.m. until 9:00 p.m.  
Lighted field and court facilities  
close at 11:00 p.m.

**November - March**  
Open daily from 8:00 a.m. until 7:00 p.m.  
Lighted field and court facilities  
close at 10:00 p.m.

We hope LeisureTimes gives you an insight into what Concord Parks & Recreation offers this summer. The thrust of each publication is to be a convenient reference to assist you in making selections for a healthy life style.

After a long cold winter and spring, it is time to get outside and enjoy our parks and greenways. You will find the names and addresses on page 19 of this publication.

If your children are looking for summer fun and adventure, we have expanded our Chilly-Willy Wednesdays and added Throw Down Thursdays into the offerings. Also, check out Kelly's art classes for children and adults.



Stay updated on new programs and events by liking us on Facebook:  
[www.facebook.com/concordncparksandrec](http://www.facebook.com/concordncparksandrec)

Feel free to contact us or visit our website if you have any questions concerning our facilities. You can find our contact information in this issue or on our website [www.concordparksandrec.org](http://www.concordparksandrec.org).



We look forward to seeing you in our programs, parks and on our greenways.



147 Academy Avenue, NW  
Concord, NC 28036

PRSRT STD  
U.S. Postage  
**PAID**  
PPCO

## Join us for two great events:



**Friday, July 12**  
**On Union Street**  
**in downtown Concord**

### Streetlight 5K

**7:00 p.m. Fun Run Begins**

**7:30 p.m. 5K Begins** and ends on Means Avenue, running on McEachern Greenway and the Downtown Connector Greenway.

### Streetlight 5K Frolic

**6:00 – 9:00 p.m.**

Families are invited to join us in the streets where you can spend the evening listening to the music of Watts Left while your children play on the inflatable amusements.