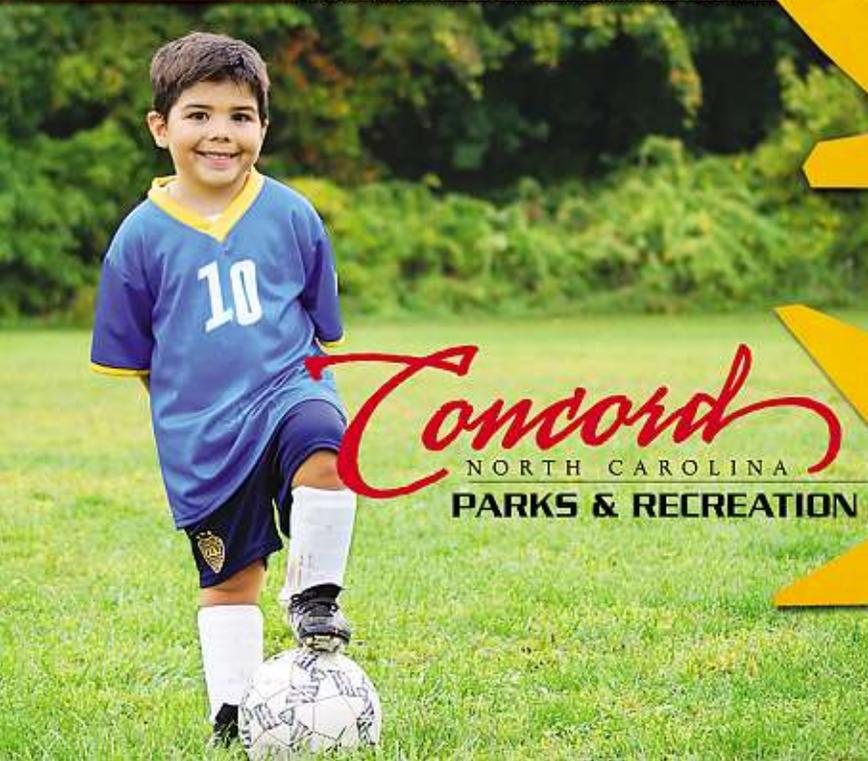


Leisure

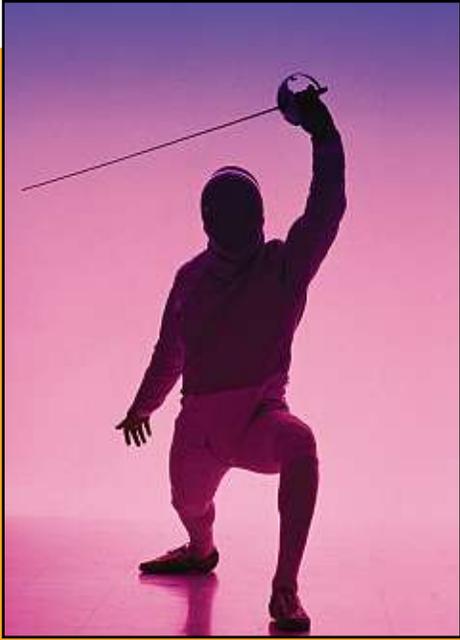
Times

Fall/Winter 2010



Concord
NORTH CAROLINA
PARKS & RECREATION





FENCING

Charlotte Fencing Academy offers a fencing camp that embraces a philosophy centered on the three core values of honor, integrity, and courage. Each student will learn the basic art of fencing and will have the opportunity to enjoy this sport for the rest of their lives. Equipment provided. Ages 7 and up. Min. 10; max. 16 participants. Instructed by accredited and experienced CFA staff.

Wednesdays, 11/3 - 12/15

Beginners: Activity # 6013.310
4:00 - 5:00 p.m.

Intermediate: Activity # 6014.310
5:00 - 6:00 p.m.

Fee: \$75; \$5 city resident discount
Location: Academy Recreation Center (Subject to change)
Call Ryan Jones at 704-920-5619 for more information.

Coaches and sponsors are needed for all sports!!

Please contact us at 704-920-5618 to discuss opportunities.

Concord

NORTH CAROLINA
PARKS & RECREATION

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.

Athletics

Please visit our website at www.concordparksandrec.org to view and print a registration form. Register at Academy, Hartsell and Logan recreation centers. For additional information call 704-920-5600.

YOUTH BASKETBALL REGISTRATION

Open to boys & girls ages 4 - 15. (Age as of October 15 determines division)

9/1 - 9/30

Monday - Thursday, 8:00 a.m. - 7:00 p.m.

Friday, 8:00 a.m. - 5:00 p.m.

Fee: \$50; \$30 city resident

Location: Academy, Hartsell and Logan Recreation Center

YOUTH BASEBALL AND SOFTBALL REGISTRATION

Open to boys and girls ages 4 - 15.

1/1 - 1/31

Monday - Thursday, 8:00 a.m. - 7:00 p.m.

Friday, 8:00 a.m. - 5:00 p.m.

Fee: \$50; \$30 city resident

Location: Academy, Hartsell and Logan Recreation Center

QUICKSTART TENNIS

Please see page 3 for information on this youth program.

Youth

Adult

ADULT BASKETBALL ORGANIZATIONAL MEETING

For Men's Open League, Church League, Women's League and Over 40.

Tuesday, 11/16, 6:30 p.m.

Location: Academy Recreation Center Athletic Office

ADULT BASKETBALL REGISTRATION

December

Season begins in early January

Fee: \$375 per team

Location: Academy Recreation Center Athletic Office

ADULT SOFTBALL PRE-REGISTRATION

March

Monday - Friday, 8:00 a.m. - 5:00 p.m.

Fee: \$375 per team

Location: Academy Recreation Center Athletic Office

COUCH TO 5K CHALLENGE

City of Concord Parks & Recreation and REFLEX International are taking the wellness program to the next level with the COUCH TO 5K CHALLENGE.

This group training and exercise program does not require any running experience. It is designed to encourage, motivate and challenge the individual to compete with his/her peers. The final goal is to run the United Way Run for Your Life 5K on 11/6 (registration fee required). Program led by certified instructor.

Tuesdays and Thursdays, ongoing
7:00 p.m.

Fee: FREE!

Location: Dorton Park

REFLEX International provides events and competitions designed around health and fitness. Whether you are on your own or part of large group, REFLEX can help you and those around you grow and succeed.



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 at 704-806-0909 for all your tennis needs. www.amptennis.com. *The City of Concord is a member of the USTA.*

QUICKSTART TENNIS

QuickStart 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. It is divided into two different levels—ages 5-8 and ages 9 & 10.

Instructor - Chad Oxendine.

Saturdays

8:30 - 9:30 a.m. - 5-8 yr. olds

9:30 - 10:30 a.m. - 9 & 10 yr. olds

Session I: Activity # 6011.310

9/11, 9/18, 9/25, 10/2 - 5 & 8 yr. olds

Session II: Activity # 6021.310

9/11, 9/18, 9/25, 10/2 - 9 & 10 yr. olds

Session III: Activity # 6012.310

10/16, 10/23, 10/30, 11/6 - 5 & 8 yr. olds

Session IV: Activity # 6022.310

10/16, 10/23, 10/30, 11/6 - 9 & 10 yr. olds

Program resumes in March, 2011

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

Per lesson: \$13; \$5 city resident discount

Location: Les Myers Park tennis courts



Running

UNITED WAY RUN FOR LIFE 5K & 10K

Activity # 6002.310

Saturday, 11/6

7:00 a.m. Pre-registration begins

8:00 a.m. Fun Run begins

8:30 a.m. 5K begins

8:30 a.m. 10K begins

5K and 10K will begin and end at the lower level parking lot at Les Myers Park. 5K will run down the McEachern Greenway and turn around on the Downtown Connector Greenway. 10K will continue on the Downtown Connector Greenway with both races finishing at Les Myers Park.

Fee: **10K:** \$20 Early Registration
\$25 After 10/29

5K: \$12 Early Registration
\$15 After 10/29

Online registration is available at www.concordparksandrec.org

Registration for all road races is also available by phone.

Call 704-920-5619 for more information.



CROSS COUNTRY FOR YOUTH

Activity # 6015.310

A unique fitness program that introduces youth in grades 4 - 8, to cross county running and character building concepts that develop the whole person. Character development concepts include: integrity, respect and perseverance.

Tuesdays & Thursdays

9/14 - 12/16

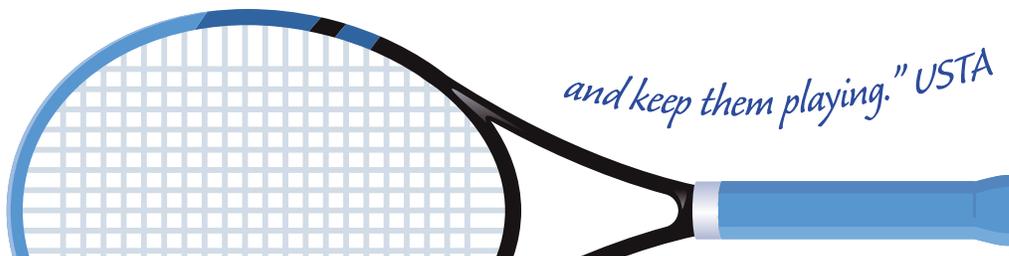
4:30 - 6:00 p.m.

Program resumes in the spring.

Fee: \$65; \$5 city resident discount

Location: Academy Recreation Center

For more information and on-line registration, please visit www.crosscountryforyouth.org or call Ryan Jones at 704-920-5619.



Recreation Centers & Facilities

The Concord Parks & Recreation Department has three recreation centers: Academy, Hartsell, Logan. Each provides a variety of recreational opportunities to the public. The centers offer billiards, foosball, bumper pool, air hockey, shuffleboard and table tennis. Weight rooms, available to men and women, are equipped with machines, free weights and cardiovascular equipment. The centers also offer free-play in the gymnasiums, including basketball and volleyball. Content / scheduled dates may be subject to change.

Meeting rooms are available to the public. Fee based on usage.



CARRIGAN FALL HARVEST PUMPKIN TOUR

Activity # 9007.310

Enjoy the crisp Fall air with your little ones on our trip to Carrigan Farms in Mooresville.

We'll hop aboard the Parks & Recreation bus that will transport us to their Farm for the Fall Harvest Tour.

After we arrive, we'll take a hayride tour of the pumpkin patch, where everyone will have the chance to pick a pumpkin to take home.

We'll visit the petting zoo and sip some refreshing apple cider before we eat our picnic lunch on the Farm. Especially for ages 3 - 11 and their parent or guardian.

Friday, 10/29

Fee: \$10 per participant (bring your own picnic lunch)

*Parents/guardians must also register

Depart: 9:00 a.m. from the Academy Recreation Center

Return: 2:30 p.m.

Fee includes transportation and tour with pumpkin.

All participants must pre-register by 10/15.

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

LIGHT & LIVELY WALKING CLASS

This self-directed walking workout will help build endurance, speed and increase your metabolism to burn fat and improve your overall health. For age 18 and older. No fee.

Mondays, Wednesdays & Fridays
10/4 - 12/29
9:00 - 10:00 a.m.

THE MAGIC OF ELECTRICITY

Activity # 1015.310
Learn about electricity, circuits and magnetism with hands-on activities. We'll make a flashlight. Ages 9-13. No fee.

Instructor: Heather Jones, Cabarrus County 4-H Extension Agent

Monday, 11/1
Pre-register by 10/27
9:30 - 11:30 a.m.

FUN WITH FOOD!!

Activity # 1016.310
Experiment with M&M's, make ice cream in a bag and test the properties of cornstarch. Ages 7-12. No fee. Instructor: Heather Jones, Cabarrus County 4-H Extension Agent

Thursday, 11/11
Pre-register by 11/5
9:30 - 11:30 a.m.

ONE DAY BASKETBALL CLINIC

Activity # 1017.310
Learn the fundamental skills for players of all levels and positions. No fee. Instructor: Coach Andy Poplin
Saturday, 11/6
Pre-register by 11/3
Boys & girls, ages 7 - 10
12:30 - 2:00 p.m.
Boys & girls, ages 11 - 15
2:00 - 3:30 p.m.



WE ROCK WEDNESDAYS

Boys and girls, ages 7 - 15,
Come play games and have some fun with your friends. Includes air hockey, pool, basketball, board games, etc. No fee. Staff supervised. Please pre-register.
Wednesdays
11/3 (pre-register by 11/1)
11/10 (pre-register by 11/8)
11/17 (pre-register by 11/15)
7:00 - 8:00 p.m.

ART ADVENTURE

Activity # 1018.310
We'll give you the supplies (paint, crayons, colored pencils and markers) and you create your favorite Christmas masterpiece! Ages 5 - 12. No fee.
Saturday, 12/11
Pre-register by 12/3
3:00 - 5:00 p.m.

CO-ED YOUTH & TEEN POOL TOURNAMENT

Let's see who is the best pool shark around. For boys and girls ages 9-16. No fee. Staff supervised.
Friday, 1/14
4:00 - 5:00 p.m.

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 and Easter.		

Recreation Centers

HARTSELL RECREATION CENTER

60 Hartsell School Road
Martha Hagood, Center Supervisor
704-920-5602

Information for Hartsell Park and James L. Dorton Park.

WALKING CLASS

Join this walking program that is serious fat burning, muscle conditioning and stretching all in one. No fee. Will not meet on holidays.

Morning Class:

Monday, Wednesday, & Friday
Continual, 9:15 - 10:15 a.m.

Evening Class:

Monday, Tuesday, & Wednesday
Continual, 5:00 - 6:00 p.m.

ZUMBA BASIC LEVEL 1 & 2

Zumba basic level 1 creates a dynamic, exciting and effective fitness system in a format that combines fast and slow rhythms to tone and sculpt the body. Zumba basic level 2 takes the Zumba Fitness-Party a step further.

Instructor: Alma Alfonso
Wednesdays, 6:00 - 7:00 p.m.

Session I: Activity # 1019.310
10/20 - 12/1 (no class 11/25)

Session II: Activity # 1028.410
12/15 - 1/26 (no class 12/23)

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

ZUMBA TONING

This Latin-Inspired dance n' tone program takes the original Zumba Dance-Fitness class to the next level. Created to emphasize muscle work along with rhythms. Also features combination rhythms within the same songs for example, Latin Disco, Reggaeton-Cumbia, Conga-Hip-hop, Merengue Hip-hop, Reggaeton-Belly dance, Techno and Salsa.

Instructor: Alma Alfonso
Wednesdays, 7:00 - 8:00 p.m.

Session I: Activity # 1021.310
10/20 - 12/1 (no class 11/25)

Session II: Activity # 1042.410
12/15 - 1/26 (no class 12/23)

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

HARTSELL KARATE CLUB

The Hartsell Karate Club will teach you how to kick, block, punch, and strike. Ages 3 and up.

Instructor: James Reid
Mondays & Wednesdays
6:30 - 8:00 p.m.

Session I: Activity # 1023.310
10/4 - 10/27

Session II: Activity # 1024.310
11/1 - 11/29 (no class 11/24)

Session III: Activity # 1025.310
12/6 - 12/29

Session IV: Activity # 1035.410
1/3 - 1/26

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

“GINGERBREAD” HOUSE CRAFT

Get in the Christmas spirit as we decorate pint sized graham cracker houses with candy. For ages 6-12.

Sign up fast! Only room for 10!
No fee. Staff supervised.

Monday, 12/20
6:00 - 7:00 p.m.

PUMPKIN PROWL

Little ghosts and goblins, ages 4 - 12, can enjoy Halloween themed games, activities and arts & crafts (and maybe a scare or two!) at this family carnival. No fee.

Thursday, 10/28
4:00 - 6:00 p.m.



Youth



SPOOKY DOGS AND SCAREDY CATS

Activity # 9008.310
You're not afraid of that little black kitten, are you? Why does that huge dog scare me? It's almost Halloween and school is out for the day. Let's have some holiday fun at Kitty City and learn how to handle dogs and cats in a way that will make them your best friends. We'll also create some Halloween animal related crafts. For children in grades 2 through 6. Bring lunch; drinks and snacks provided. Min. 5; max. 12.

Friday, 10/29
Pre-register by 10/22.
9:00 a.m. - 2:00 p.m.

Fee: \$30; \$5 city resident discount
Location: Kitty City,
30 Union Street South



WINNING CANDIDATE

Activity # 9009.310
Is a dog or a cat the best candidate for your household? Which breed wins your vote... or your heart? We'll take a look on the laptops at different qualifiers and you cast your vote for the best candidate. For children in grades 3 through 6. Bring lunch; drinks and snacks provided. Min. 5; max. 12.

Tuesday, 11/2
Pre-register by 10/26.
9:00 a.m. - 2:00 p.m.

Fee: \$30; \$5 city resident discount
Location: Kitty City,
30 Union Street South

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



BOB DOWLESS

Providing quality programming and services, a safe, aesthetically pleasing 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.

The Concord Parks & Recreation Department 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@ci.concord.nc.us.

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

Recreation Centers

LOGAN MULTI-PURPOSE CENTER

151 Rone Avenue, SW
Rodney Smith, Center Supervisor
704-920-5603

**Information for Caldwell Park
and W. W. Flowe Park**

*PLEASE EXCUSE OUR MESS!!
Logan Multi-Purpose Center will be under construction beginning Labor Day through New Years. The interior is being upgraded to provide you a better facility and customer-friendly service.*

Contact Center Supervisor Rodney Smith, 704-920-5603, for updated information concerning availability.

DOUBLE DUTCH ROPE

Learn how to jump with double ropes, stepping skills, and other jumping. For ages 6-18. No fee. Staff supervised.

Mondays, continual
4:30 - 5:30 p.m.

MARTIN LUTHER KING CELEBRATION

Join us for a Martin Luther King Holiday Celebration.

Monday, 1/17
For more information, call
704-920-5603.

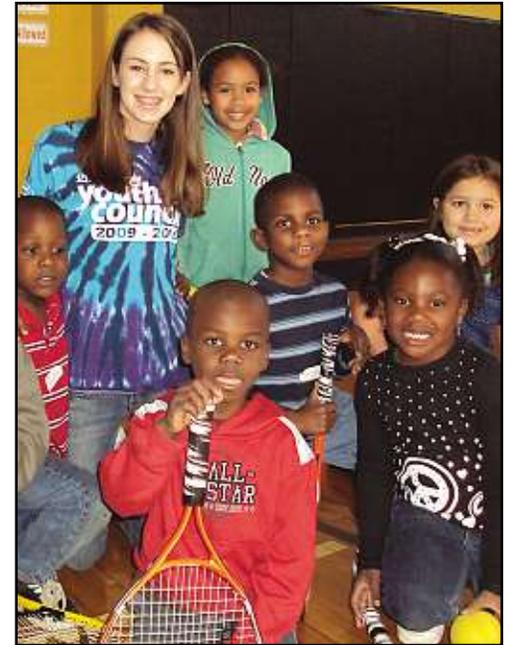
SOUTHWEST KARATE ACADEMY

Individuals learn how to defend themselves, get in good shape and gain confidence. Instruction for 4-10 year olds and 11 years and up. No fee.

Registration 9/28

Tuesdays & Thursdays
6:00 - 7:00 p.m. - 4 - 10 year olds
7:00 - 8:00 p.m. - 11 years and up

Contact Tony Moody at 704-701-1346 for additional information.



FREE THROW CONTEST

Participants have to quickly move from one spot to another in 30 seconds to score as many points as possible. No fee. Staff supervised.

Friday, 1/7
4:30 - 5:30 p.m.

VIBE COMMUNITY TENNIS TUESDAY

Concord Tennis Association, United States Tennis Association and City of Concord Parks and Recreation, have coordinated together to offer FREE tennis lessons to interested children at the Caldwell Park. This program uses the USTA sponsored QuickStart Tennis program, which utilizes special racquets, nets and tennis balls to introduce young players to the sport of tennis.

This program is instructed by a USTA certified tennis instructor, volunteers from Concord High School men's and women's tennis teams and the City of Concord Youth Council. Look for this program to pop up soon in our other recreation centers.

Tuesdays, 9/21- 11/16
3:30 - 4:00 p.m.- 4 - 7 year olds
4:00 - 5:00 p.m.- 5 - 11 year olds

Special Interest

Park Watch Program



Have you noticed the safety green t-shirts walkers and runners are sporting in some of the City parks? They are the result of a Park Watch program Park Ranger Pat Merritt has implemented for City of Concord parks.

The Park Watch Program is similar to a typical Neighborhood Watch Program, with the idea of volunteers keeping their eyes open for suspicious activity in the parks and greenway trail. If any suspicious activity is seen, the volunteers are instructed to call 911. They are also instructed to stay uninvolved and to not confront anyone before calling 911.

Ranger Merritt, along with Parks & Recreation, sought volunteers to attend orientation meetings in the parks. So far, the Park Watch Program has been implemented at James Dorton Park, Mickey McGee Park, Les Myers Park, and McEachern Greenway. Based on this pilot program, the department is now evaluating how to refine and expand to other locations throughout the City.

A volunteer description was distributed by Park Ranger Pat Merritt at the orientation meeting along with a Park Watch t-shirt for the volunteer. Participants are encouraged but not required to wear the t-shirt while walking in the park.

GLENN DRUMM Park Watch volunteer

Mr. Drumm, 70 years young, recently attended the Park Watch Program's inaugural meeting at McGee Park.

"I love the greenway", said Mr. Drumm with a twinkle in his eye.

"I started walking the greenway when the connector loop opened. I began with a four mile walk and every two weeks I added a half mile to my distance."

Mr. Drumm is up to walking nine miles a day on the greenway through Les Myers Park and Mickey McGee Park.

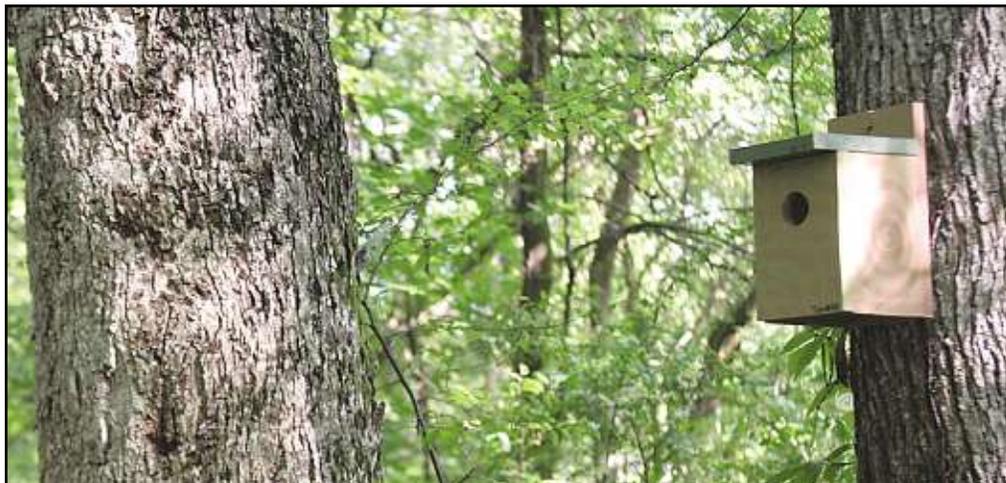
"I've lost five pounds since I began walking the greenway."

Birdhouses on the Greenway



The next time you walk the McEachern Greenway and the Downtown Connector Loop, look up. Six birdhouses made and painted by Girl Scout Troop 2083 as one of their badge projects have been erected onto trees in two clusters; one the greenway and the other on the Downtown Connector.

Look closely because you might miss them! They are painted in colors to blend in with their surroundings. They all are identified with the troop number.



Special Interest



LAKE FISHER 2010 SEASON

Lake Fisher is a North Carolina watershed, providing water to Concord residents. Because of this classification rules and regulations govern activities here. Please assist us by following these guidelines. The lake is scheduled to operate boat rentals through Saturday, November 13, 2010. This date is subject to change due to water restrictions, special programs or other factors deemed necessary by the City of Concord officials.

Hours of Operation:

Mon. & Tues. closed
Wed. - Sat. 7:00 a.m. - 3:00 p.m.
Sun. 1:00 p.m. - 6:00 p.m.

Boat Rental Fees (per person):

Adult: \$10; \$5 city resident
Senior Citizen (60 or older):
\$8; \$5 city resident
Youth (12 - 16):
\$8; \$5 city resident

Pin Splitters is a bowling league designed for individuals with developmental disabilities. Gain skills in league play, competition, socialize with friends and be active!

Activity # 8000.410

League Information

Dates:

Saturdays, 1/22 - 3/12
1:00 - 3:00 p.m.

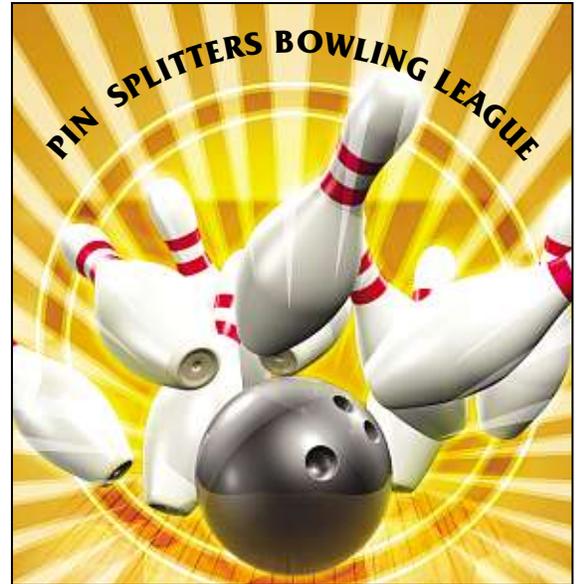
Location: Foxfire Lanes

Pre-register by January 10, 2011

Registration Fee:

\$15; \$5 city resident discount

Weekly Fee: \$8.40, payable to Foxfire Lanes. Includes 3 games and shoes



Call 704-920-5600 for a registration form or download a form from our website at www.concordparksandrec.org

RAIN BARREL MAKING 101

Activity # 8020.310

Want to learn how to save water, save money AND help protect local water quality by building your own rain barrel? We'll supply the reclaimed drums, you purchase the materials from our materials list, and we'll help with the construction.

Mandy Smith-Thompson, Environmental Educator, will start us off with a short discussion on water conservation before we begin construction. No fee. Call 704-920-5615 for a materials list.

Thursday, 9/30

Pre-register by 9/23

6:00 - 7:30 p.m.

Location: Academy Recreation Center



facebook

Follow Us on Facebook

Check out the Concord Parks & Recreation on Facebook

Waist Management



Ever wonder how much exercise it would take to work off that favorite snack food you eat every afternoon while you are sitting at your desk? CalorieKing.com is a great place to find out.

Check out the food database at www.calorieking.com. You select an item and it gives you the # of minutes of walking, running, swimming or cycling needed to burn off the item. Their calculations are based on a 35 year old female who is 5'7" and weighs 144lbs. You can join, for a fee, to have the calculations based on your measurements or you can use these as estimates.

So that Snickers candy bar that you just ate? Well, the 280 calories would require 78 minutes of walking, 32 minutes of jogging, 23 minutes of swimming or 43 minutes of cycling to burn off.

Have an apple instead. It comes in at 53 calories = 15 minutes of walking, 6 minutes of jogging, 4 minutes of swimming or 8 minutes of cycling.

8 HEALTHY OFFICE SNACKS

- 1) **Whole wheat crackers and peanut butter.** 10 multigrain wheat crackers and 1 tablespoon of peanut butter.
- 2) **Fruit-** grab an apple, banana, pear, grapes as you dash out the door.
- 3) **Popcorn** topped with 2 tablespoons of parmesan cheese.
- 4) **Nuts** are heart-healthy fats. One ounce = 24 almonds.
- 5) **Instant oatmeal** and add your own toppings, such as raisins, for sweetness. Oatmeal helps lower cholesterol and reduces the risk of heart disease.
- 6) **Mini pitas and hummus**, a soluble fiber. Add an ounce of low-sodium deli ham or turkey for protein.
- 7) **Snack bars**, such as LaraBar and KIND, that are all natural.
- 8) **Veggies** with ranch dressing or salsa. Raw veggies fill you up because of their high water and fiber content.

Michelle Wells, MPA, CPRP
Program Director
NC Recreation Park Association

Michelles Wellness Weekly is supported by the Blue Cross and Blue Shield of North Carolina Foundation whose mission is to improve the health and well-being of North Carolinians.

SLOW COOKER PORK CHOPS

Ingredients

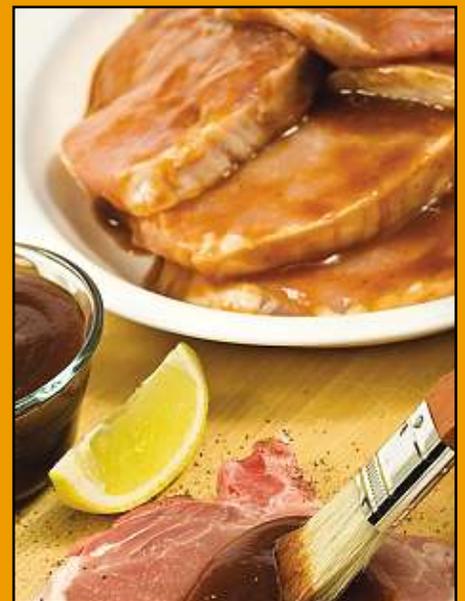
- 6 boneless pork loin chops, 1" thick
- 1 tsp. dried thyme, crushed
- 2 7-oz packages of mixed dried fruit
- 1 med. red and/or yellow sweet pepper, seeded and sliced
- 1 cup bottled barbeque sauce

Directions

Trim fat from pork chops. Place chops in a 3-1/2 or 4-quart slow cooker. Sprinkle with thyme. Add fruit and sweet pepper to slow cooker. Pour barbeque sauce over all in cooker.

Cover and cook on low-heat setting for 4 to 4-1/2 hours or on high-heat setting for 2 to 2-1/2 hours.

Transfer chops to a serving platter. Skim fat from sauce. Spoon some of the sauce over chops. Makes 6 servings.



Trips

Enjoy traveling and leave the driving to us! All trips depart from "The Village" located across from First Assembly on 280 Concord Parkway South in Concord 28027. Please park in the parking lot north of Big Lots, across from Arby's. Plan to arrive 30 minutes before departure for trips. Pre-registration is required.



MIKE'S FALL MYSTERY TRIP

Activity # 7000.310

Today you will discover the joy of _____ at _____. We will have plenty of time to complete this task and you will reap the rewards. After our time _____, we will go to lunch where I'm sure you will have plenty to eat as they are known for filling you up. After lunch, we travel a little further and stop at _____ in _____, _____. You will be able to see how _____ are made. After the tour we head back home, but not before we make one more stop. And I know you don't want to miss this one. This is probably one of the nicest _____ in the state. You will be able to see this place up close and personal. Afterwards we will head back home with a lot of memories and _____! You probably should bring some extra money, you may need it!

Date: Tuesday, 10/5

Fee: \$25 (plus lunch and purchases)

Depart: 7:30 a.m. *No breakfast stop!!!*

Return: 5:30 - 6:00 p.m.

SHATLEY SPRINGS

Activity # 7001.310

Travel with us to Shatley Springs Country Inn Restaurant for a fun time of eating and fellowship. First stop will be in Wilkesboro for the Wilkes Heritage Museum. This museum tells the stories of our American history and those of moonshiners and NASCAR. You will see a real moonshine still like the one Junior Johnson ran. There are displays of Junior Johnson and Benny Parsons in the museum. When we finish our tour we will head to Shatley Springs for lunch. After lunch we'll ride along the mountain roads as we head to one of the apple houses. The fall color should be at its peak.

Date: Tuesday, 10/19

Fee: \$22 plus cost of meal and purchases

Depart: 7:00 a.m.

Return: 5:00 - 5:30 p.m.



CHRISTMAS IN THE MOUNTAINS

AT THE WOHLFAHRT HAUS DINNER THEATER

Activity # 7002.310

Wohlfahrt Dinner Theatre is a state-of-the-art German-themed dinner theatre nestled in the beautiful Appalachian mountains of southwest Virginia. It promises audiences the most unique theatre and dining experience around. You will be served a four course meal; then sit back and relax for this spectacular production that features your favorite Christmas songs. Dazzling costumes and fantastic choreography help spread the Christmas cheer.

Date: Friday, 11/19

Fee: \$60 (includes lunch and transportation)

Depart: 8:30 a.m.; Return: 8:00 - 7:30 p.m.

TANGLEWOOD FESTIVAL OF LIGHTS

Activity # 7005.310

We will stop for an early supper before entering Tanglewood Park for the Festival of Lights, one of the largest and most spectacular light shows in the south-east. From storybook scenes to holiday themes, over one hundred displays with nearly a million lights fill the park with the splendor and joy of the holiday season. While in the park we will stop at The Barn for shopping, hot chocolate and s'mores. This is a great trip for adults and children.

Date: Thursday, 12/2

Fee: \$13 (meal not included)

Depart: 3:00; Return: 9:30 p.m.

"LADY OF THE LAKE"

Christmas Dinner Cruise/Christmas Light Tour

Activity # 7004.310

We'll cruise around majestic Lake Norman aboard a 90' Luxury Yacht from Queen's Landing and enjoy a dinner buffet of prime rib, chicken, salmon and mouth watering desserts. As we dine we will be able to see all the beautiful homes decorated for Christmas.

Date: Thursday, 12/16

Fee: \$49 (includes admission, dinner and tour)

Depart: 5:30 p.m.; Return: 10:30 - 11:00 p.m.

Special Interest

DOG OBEDIENCE

Swiftdogz Canine Services will conduct a fun and interactive training course with you and your dog! Learn basic obedience cues and begin to solve common behavioral problems. Become more educated with the proper ways to socialize your dog proactively!

Four-one hour classes will go over basic behavior problems, basic obedience commands and structured socialization. Instructor Lindsay Lou Ritter utilizes positive reinforcement techniques as well as other innovative techniques to gain consistent, reliable results with your dog. She is a Certified Canine Good Citizen Evaluator through the AKC.

Handlers must be 18 years old to participate. Current vaccinations are required prior to enrollement. Contact Jenni Lough Watson at swiftdogz@hotmail.com for instructions prior to enrollment.

Fridays, 7:00 - 8:00 p.m.

Session I: Activity # 8110.310 10/1, 10/8, 10/15, 10/22
Session II: Activity # 8111.310 11/5, 11/12, 11/19, 11/26
Session III: Activity # 8112.410 1/7, 1/14, 1/21, 1/28

Fee per session: \$100; \$10 city resident discount

Location: CT Sherrill Bldg., Les Myers Park



WHO LOOKS LIKE THEIR DOG CONTEST?

Take a photo of you and your dog and upload it to our website www.concordparksandrec.org between now and midnight, 10/10. Final judging and awards presentation will be held at Dogs' Day Out Festival at Les Myers Park in Concord on Saturday, 10/23.

You can submit in one of two owner age categories:

- Ages 12 & under
- Ages 13 & above

THE RULES:

- One entry per person
- Complete all requested entry information. If we are unable to contact you, entry could be eliminated from judging.
- Photographs will be posted on www.concordparksandrec.org (at our discretion).
- All entries must be "G" rated and appropriate for family viewing.
- Open to all ages in two seperate categories.
- Selected finalists and their dog must be present at the final judging at Dogs' Day Out Festival on Saturday, 10/23 at Les Myers Park in Concord. If you are a finalist, you will be notified by 10/15.
- City of Concord Parks & Recreation has permission to use your submitted photo for publicity purposes without further compensation.

PRIZES:

1st, 2nd and 3rd place winners in each category will receive a prize. All finalists will receive a complementary gift.

Festival



DOGS' DAY OUT

Saturday, 10/23

11:00 a.m. - 2:00 p.m.

Les Myers Park

338 Lawndale Ave. SW

Hey, dogs! Bring your owner to Les Myers Park and enjoy the festivities planned for you.

Play off-leash in the Doggie Fun Zone on the ball field for as long as you like! Then enter the talent, obedience and costume contests where your owner can vie to win goodies for you!

Your owner can visit with sponsoring veterinarians to ask questions and get current medical information. Also visit the vendors selling pet products and non-profits distributing information about their rescue efforts.

Concord Youth Council will sell hot dogs and refreshments.

Contest schedule:

11:45 Obedience Contest

12:15 Talent Contest

1:15 Costume Contest

Presented by Foster Animal Hospital, PA



Cabarrus Animal Hospital PA
South Ridge Veterinarian Hospital
Animal Care Clinic
Swiftdogz, Inc.
Concord Parkway Animal Hospital

Arts & Crafts

MAYOR AND 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

Due to purchasing of supplies and instructors preparation time, pre-registration is required for all arts & crafts classes. To receive a full refund you must cancel your registration at least one week prior to your scheduled class.

Watercolor, watercolor pencils and colored pencil classes are instructed by Linda Long, member of National Society of Decorative Painters (NSDP) and Tarheel Decorative Painters. For information about each medium as well as a materials list, contact Linda at 704-938-1420.

All classes are held in the Arts & Crafts room at the Academy Recreation Center.



WATERCOLOR

Learn the basic techniques of watercolor painting and create a masterpiece.

Min. 6; max. 15 participants.

Session I: Activity # 5005.310

Wednesday, 9/29

Pre-register by 9/22

9:00 a.m. - 2:00 p.m.

Session II: Activity # 5006.310

Wednesday, 12/15

Pre-register by 12/8

9:00 a.m. - 2:00 p.m.

Fee per session:

\$25; \$5 city resident discount

PLUS \$12 materials fee paid to instructor

COLORED PENCIL DRAWING

Learn the basics techniques of colored pencil drawing and create a masterpiece. Min. 6; max. 15 participants.

Session I: Activity # 5007.310

Wednesday, 11/17

Pre-register by 11/10

9:00 a.m. - 2:00 p.m.

Session II: Activity # 5008.410

Wednesday, 1/26

Pre-register by 1/19

9:00 a.m. - 2:00 p.m.

Fee per session:

\$25; \$5 city resident discount

PLUS \$12 materials fee paid to instructor.

WATERCOLOR PENCILS

Activity # 5009.310

Learn watercolor pencil techniques and create a masterpiece. Min. 6; max. 15 participants.

Wednesday, 10/27

Pre-register by 10/20

9:00 a.m. - 2:00 p.m.

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

PLUS \$12 materials fee paid to instructor



BROKEN CHINA MOSAICS

Learn the basics of Broken China Mosaics. Our project will be a picture frame. Min. 6; max. 8.

Call instructor Kim Hoyt for materials, 704-209-6562.

Session I: Activity # 5010.310

Saturday, 10/9

Pre-register by 10/2

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

Session II: Activity # 5011.310

Saturday, 11/13

Pre-register by 11/6

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

Session III: Activity # 5012.310

Saturday, 12/11

Pre-register by 12/4

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

Session IV: Activity # 5013.410

Saturday, 1/8

Pre-register by 1/1

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

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

PLUS \$15 materials fee paid to instructor

QUILTING

Enjoy creating a lifetime keepsake. Open to beginner and intermediate quilters. For a materials list call instructor Peggy Fox, 704-933-2530.

Fee per 8 week session:

\$30; \$5 city resident discount

PLUS materials

Day Class:

Tuesdays

10:00 a.m. - 12:00 p.m.

Session I: Activity # 5000.310

10/5 - 11/23

Session II: Activity # 5001.310

12/7 - 1/25

Location: Academy Recreation Center

Evening Class:

Thursdays

7:00 - 9:00 p.m.

Session I: Activity # 5002.310

10/7 - 11/18

Session II: Activity # 5003.310

12/9 - 1/27 (no class 12/23)

Location: Fire Station #7
250 International Drive NW

Fitness

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

Activity # 4000.010
The Get Fit Punch Card provides convenience, flexibility and options! Holders of the Card may participate in 10 single fitness classes offered by Concord Parks & Recreation Department as long as space is available. The Card is good for one year from the date of purchase and must be purchased before attending the first class. Present the Card at class. Fee: \$40; \$5 city resident discount



FITNASTICS

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

Instructor: Vickie Fisher
Tuesdays & Thursdays
9:00 a.m. - 10:00 a.m.

Session I: Activity # 4031.310
10/12 - 11/18

Session II: Activity # 4032.310
11/23 - 1/6
(no class 11/25 & 12/23)

Session III: Activity # 4033.410
1/11 - 2/17

Fee: \$35; \$5 city resident discount
Location: Hartsell Recreation Center

EXERCISE: THE BASICS

Incorporate traditional aerobics and step aerobics with strength training and stretching to create a balanced workout. Bring your own mat, hand weights, and water bottle.

Instructor: Lee Campbell
Tuesdays & Thursdays
5:30 - 6:30 p.m.

Session I: Activity # 4045.310
10/12 - 11/4

Session II: Activity # 4046.310
11/16 - 12/9; no class 11/25

Session III: Activity # 4047.410
1/4 - 1/27

Fee: \$23; \$5 city resident discount
Location: Fire Station #8
1485 Old Charlotte Rd

Youth Exercise

YOUTH EXERCISE WITH MICHELLE COLOMBERO

Kids come in all shapes and sizes. The choices they make now as well as the behaviors they learn will last a life time. We want to help make a difference in your child's overall health by teaching and showing them better lifestyle choices.



YOGA BAGODA

Just for 3 - 5 year olds! Bring your tyke for some fun learning creative, expressive poses that will have them feeling happier and confident while encouraging their creative spirit. This age appropriate 45 minute yoga class is perfect for building a healthy and fit lifestyle foundation and it is so much fun! Adult supervision required.

Tuesdays, 9:00 - 9:45 a.m.
Session I: Activity # 9004.310
10/19 - 11/23

Session II: Activity # 9005.310
11/30 - 1/11 (no class 12/28)

Session III: Activity # 9006.410
1/18 - 2/22

Fee per session:
\$20; \$5 city resident discount
Location: Academy Recreation Center

FIT AND FABULOUS



FIT AND FABULOUS

Activity # 4034.310
Stay Fit and Fabulous with this great group of senior adults. Enjoy walking, range of motion and strength exercises, and fellowship. Monthly luncheons, local trips, and surprises are included.

Wednesdays
9/8 - 12/29
10:00 - 11:00 a.m.

Fee: \$10; \$5 city resident discount
Location: Academy Recreation Center
Gymnasium

Fit and Fabulous Outings

October:

Mystery Lunch and Tour

November:

*Marvin's Fresh
Farmhouse Restaurant*

December:

*Christmas Lunch
Party at Old Stone
Vino Restaurant*



Special Interest

CAROLINA SHAG DANCE CLASS

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

October Session

Wednesdays,
10/6, 10/13, 10/20, 10/27

Beginners: Activity # 8000.310
7:00 - 8:00 p.m.

Intermediate: Activity # 8001.310
8:00 - 9:00 p.m.

November Session

Wednesdays
11/3, 11/10, 11/17, 11/24

Beginners: Activity # 8002.310
7:00 - 8:00 p.m.

Intermediate: Activity # 8003.310
8:00 - 9:00 p.m.

Location: Fire Station # 8
1485 Old Charlotte Rd.

January Session

Mondays,
1/10, 1/17, 1/24, 1/31

Beginners: Activity # 8016.410
7:00 - 8:00 p.m.

Intermediate: Activity # 8017.410
8:00 - 9:00 p.m.

Location: Fire Station # 7
250 International Drive N.W.

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

BOOT CAMP IN THE PARK

Activity #8015.310

This outdoor extreme fitness class will focus on all levels of exercise incorporating cardio drills, resistance training with your body weight, core workouts and utilizing the Life Trail Fitness Stations on the greenway. We'll meet at the amphitheater and go from there, rain or shine. Medical clearance from your physician is required for those over 40 years of age. Bring bottled water and towel. Must be 18 years old. Min. 5 participants.

Instructor: Joy Dry

Tuesdays & Thursdays
10/5 - 10/28

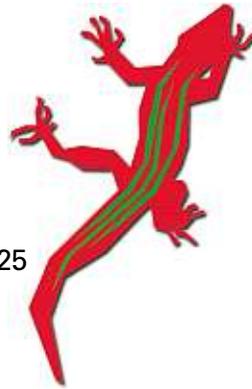
6:00 - 7:00 p.m.

Fee: \$35; \$5 city resident discount

Location: Frank Dusch Amphitheater,
Les Myers Park

Fitness

*Get Fit Classes instructed by Michelle Colombero are located at Academy Recreation Center unless noted otherwise. Mats and equipment are provided. Bring a water bottle!
Minimum 5; maximum 18 participants per class.*



PILATES

Improve your core strength, flexibility and balance while building strength without bulk. The workout incorporates bands, weights, fitness balls combining yoga techniques.

Tuesdays & Thursdays
10:00-11:00 a.m.

Session I: Activity # 4001.310 11/2 – 12/9; no class 11/25

Session II: Activity # 4002.310 12/14 – 1/20

Session III: Activity # 4003.410 1/25 – 3/3

Mondays & Wednesdays
7:00 – 8:00 p.m.

Session I: Activity # 4004.310 11/1 – 12/8; no class 11/24

Session II: Activity # 4005.310 12/13 – 1/19

Session III: Activity # 4006.410 1/24 – 3/2

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

YOGA

Enjoy the asanas (postures), breathing and stretching that will help beginners to intermediate feel flexible and relaxed. Closing will be Savasana and Meditation.

Tuesdays & Thursdays
7:15 – 8:15 p.m.

Session I: Activity # 4007.310 11/2 – 12/9; no class 11/25

Session II: Activity # 4008.310 12/14 – 1/20

Session III: Activity # 4009.410 1/25 – 3/3

Wednesdays & Fridays
11:15 a.m. – 12:15 p.m.

Session I: Activity # 4010.310 11/3-12/10

Session II: Activity # 4011.310 12/15 – 1/28; no class 12/24, 12/31

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



STABILITY BALL WORKOUT

Have fun rolling on the ball while developing strength and balance! Your chest, shoulders, legs, hips and abs will get a work out. Limited to 10 participants.

Saturdays
8:30 – 9:30 a.m.

Session I: Activity # 4013.310 10/9 – 11/13

Session II: Activity # 4014.310 11/27 – 1/15; no class 12/25, 1/1

Session III: Activity # 4015.410 1/22 – 2/26

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

Fitness

PERSONAL TRAINING

Activity # 4030.210

Exercise is a great way to lower your cholesterol, stimulate your heart and regulate your blood pressure. Michelle Colombero can design a 1 hour program that will help you get motivated and feel great!

She'll work with you on your upper and lower body to build strength and create a cardiovascular component for a healthy, balanced way of life. Finally, she will furnish you with exercises for strength and flexibility. A medical clearance from your physician is required if you are over 40 years of age.

Instructor: Michelle Colombero

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

Contact Parks & Recreation at 704-920-5600 to schedule with Michelle.



FLEXIBILITY TRAINING

This class is a great opportunity to create a stretched out feeling. It is designed for the beginner as well as the seasoned athlete. We will work on coordination, flexibility, balance, some strength and end with relaxation techniques. Minimum 5 participants; maximum 18 participants per class.

Mondays

10:00 - 11:00 a.m.

Session I: Activity # 4016.310

10/04 - 11/8

Session II: Activity # 4017.310

11/15 - 12/20

Session III: Activity # 4019.410

12/27 - 1/31

Tuesdays

6:00 - 7:00 p.m.

Session I: Activity # 4020.310

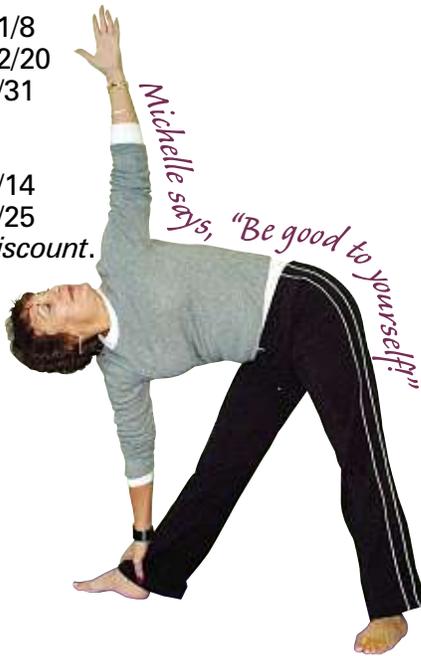
11/2 - 12/14

Session II: Activity # 4022.410

12/21 - 1/25

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

Location: Academy Recreation Center.



**PAT SURRATT
GET FIT PARTICIPANT**

"Yoga is a stress reliever and helps with balance, which is very important to women as they age," says Pat.

Pat has been taking Michelle Colombero's Get Fit classes since the first Pilates class in 2007. She has continued with Michelle's classes because of her instruction technique and caring style.

"Michelle knows how to instruct to avoid injury and this is important because all ages participate in her classes. She understands a participant's limitations and is able to modify the exercise to accommodate them. And she has a good memory if someone does have limitations."

Pat is glad Parks & Recreation realized there was a need in the community for a fitness component that is broad in scope. And Michelle has filled the need!

Special Interest

LINE DANCE

BEGINNER:

Learn some of the most popular line dances: the Electric Slide, the Boot Scootin' Boogie and more.

Mondays

7:00 - 8:00 p.m.

Session I: Activity # 8006.310

11/1 - 12/13

Session II: Activity # 8006.410

1/3 - 2/21

HIGH BEGINNER:

Not ready to move up to Intermediate or has it been a while since you danced? This class is for those with line dance experience including terminology and current dances.

Mondays

6:00 - 7:00 p.m.

Session I: Activity # 8007.310

11/1 - 12/13

Session II: Activity # 8007.410

1/3 - 2/21

DANCE & REVIEW:

Review dances taught in the Beginner and High Beginner Classes and get the opportunity to put what you have learned to practice.

Wednesdays

6:00 - 7:00 p.m.

Session I: Activity # 8008.310

11/3 - 12/15

Session II: Activity # 8008.410

1/5 - 2/23

Register at class. Make checks payable to instructor, Linda Long.

One class per week:

\$30 per session;

\$5 city resident discount

Two classes per week:

\$50 per session;

\$5 city resident discount

Location: C.T. Sherrill Bldg.,
Les Myers Park





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 on the back cover of the brochure. 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

There are three ways you can register for classes or programs with the City of Concord Parks & Recreation Department.

Mail-In Registration: Complete the registration form found below, include payment and mail to:

Concord Parks & Recreation Department
P.O. Box 308
Concord, NC 28026-0308

Online Registration: For your convenience, some classes and programs are now available through online registration. Please visit our web site at 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.

Walk-In Registration: Complete the registration form found on the back of the brochure 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.

Not sure if you are a City Resident? 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@ci.concord.nc.us 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

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 _____

If anyone needs any reasonable accommodations, please contact the ADA Coordinator within 24 hours at 704-920-5111.

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

NOTE: City of Concord Resident indicates that participant resides within the City Limits of Concord.

Date _____ Fee Enclosed _____

Please make check payable to City of Concord

**CITY OF CONCORD
PARKS & FACILITIES**

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
5090 Lake Fisher Road
(Seasonal) March-October

Logan Recreation Center • 704-920-5603
151 Rone Avenue, 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
704-920-5604 or 704-920-5600
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 Speedway 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.