

Summer 2012

Leisure Times



Concord
NORTH CAROLINA
PARKS & RECREATION

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.

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

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

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

YOUTH ATHLETICS BASEBALL, BASKETBALL, SOCCER

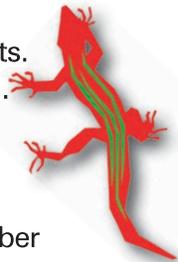
4-5 Instructional Division – Designed to introduce players to organized sports. Rules are simplified, team rosters are reduced, and playing season is compacted to allow maximum exposure to in a limited time frame. (All games and practices in this division are on Tues and Thurs nights.)

6-7-8 Division – 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)

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)

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)

- Registration available at Academy Recreation Center, Logan Recreation Center and Hartsell Recreation Center 8-5 p.m. during open registration periods.
- Registration available on-line 24/7 during open registration periods at www.concordparksandrec.org
- Registration fees: \$30 for city residents, \$50 for non-city residents.
- Contact the Athletic Office at 704-920-5600 for more information.



TIME LINES:

Baseball Open Registration: January; **Playing season:** April - June

Soccer Open Registration: June; **Playing season:** August - November

Basketball Open Registration: September; **Playing Season:** December - March

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



Athletics

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.

Basketball – Summer and Winter

Divisions: Church, Open, Women's and Over 40
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. **The City of Concord is a member of the USTA.** Contact Tennis Coordinator, Chad Oxendine, AMP Tennis, LLC at 704-806-0909 for all your tennis needs. www.amptennis.com.

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
Saturday, 9:00 – 10:00 a.m.

JUNE Session: Activity # 6020.112

6/9, 6/16, 6/23 & 6/30

JULY Session: Activity # 6021.212

7/7, 7/14, 7/21 & 7/28

AUGUST Session: Activity # 6040.212

8/4, 8/11, 8/18 & 8/25

SEPTEMBER Session: Activity # 6041.212

9/8, 9/15, 9/22 & 9/29

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

Location: Les Myers Park Tennis Courts 1-6



Editor's note:

We hope Leisure Times 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.

We urge you to get outside this summer! Why not run in the Streetlight 5K or bring your family to the new Firefly Frolic in downtown Concord on July 13th. Music will be filling the air after the 5K as well as at Union Street Live!, outdoor concerts downtown on the third Thursday, May - September.

Don't feel like running? Then grab Rover (or a friend!) and go for a walk at one of our parks or greenways. The names and addresses are on the back of this publication.

Be sure to stay updated on new programs and events by liking us on Facebook:

www.facebook.com/concordnrcparksandrec

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

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



COUCH TO 5K CHALLENGE

Activity # 6013.212

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 11/3, (registration fee required).

REFLEX International certified instructor.

Tuesday & Thursday

8/28, ongoing, 6:30 p.m.

Registration Fee: \$10

Location: Dorton Park

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.



Athletics

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 # 6001.212
Friday, 7/13
7:00 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
\$20 After 7/6

5 ALARM 5K

Activity # 6002.312
Saturday, 11/3
9:30 a.m.
8:00 a.m. Pre-registration
9:00 a.m. Fun Run begins
9:30 a.m. 5K begins
Fee: \$15 Early Registration
\$20 After 10/26

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

GOLF

ROCKY RIVER GOLF CLUB AT CONCORD

Register with Rocky River Golf Club: 704-455-1200, ext: 2, floyd.gragg@jqh.com or Concord Parks & Recreation, 704-920-5619, concordparksandrec.org.

GROUP LESSONS by PGA

Instructors available by appointment. (up to 6 students).
Fee: \$60 per hour (group cost)



MAYOR'S JUNIOR GOLF TOURNAMENT

Open to all junior golfers age 9-17, who are residents of Cabarrus County. Limited to the first 100 entries.
Wednesday, 8/22
Fee: None
Entry forms available at Rocky River Golf Club.

GET GOLF READY CLASSES

Activity # 6008.112
Saturday, 6/16, 6/23, 6/30, 7/7 & 7/14
1:00 – 2:00 p.m.
New Golfer Group class includes instructors, range balls, & on course activity. Class covers preparations to play, basic rules, swing fundamentals. Min. 5 students.
Fee: \$99.00 (5 classes inclusive);
\$5 city resident discount

JUNIOR GOLF CAMP FOR BEGINNERS

Saturday, 9:00 – 11:00 a.m.
Session I: Activity # 6009.112
6/9, 6/16, 6/23 & 6/30
Session II: Activity # 6010.212
7/21, 7/28, 8/4 & 8/11
Fee: \$100.00 includes instruction, range balls, player gift.
Optional play: 9 holes on temporary greens \$8.00

JUNIOR GOLF CAMP FOR ADVANCED PLAYERS

Sunday, 3:00 – 5:00 p.m.
Session I: Activity # 6021.112
6/10, 6/17, 6/24 & 7/1
Session II: Activity # 6022.212
7/22, 7/29, 8/5 & 8/12
Fee: \$100.00 includes instruction, range balls, player gift.
Optional play: 9 holes on temporary greens \$8.00

LADIES SUMMER GOLF CLASS

Activity # 6023.112
Tuesday, 6/19, 6/26, 7/3 & 7/10
5:30 – 7:00 p.m.
Includes video analysis, equipment evaluation, swing instruction, short game, and on- course experience.
Fee: \$80.00; \$5 city resident discount (includes range balls)

LADIES FALL GOLF CLASS

Activity # 6033.212
Tuesday, 9/4, 9/11, 9/18 & 9/25
5:30 – 7:00 p.m.
Includes: Video analysis, equipment evaluation, swing instruction, short game, and on- course experience.
Fee: \$80.00; \$5 city resident discount (includes range balls)



**Coaches and sponsors are needed for all sports!!
Please contact Athletics at 704-920-5600 to discuss opportunities.**

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.

"SMOKE ON THE MOUNTAIN" BARN DINNER THEATER

Activity # 7004.212

Travel with us to the Barn Dinner Theater in Greensboro, NC. We will see "Smoke On The Mountain" musical where we will go back to 1938, a simpler time, and become part of Mt. Pleasant Church congregation. Pastor Oglethorpe is determined to move his flock into the "modern world", by inviting the Singing Sanders Family to join him. The musical talent is surpassed only by the side splitting hilarity of these characters. You will truly love this show. DON'T MISS IT!!! After the show we will head back home.

Date: Tuesday, 8/21

Fee: \$55 (includes lunch and transportation)

Bus Departs: 11:00 a.m.; Returns: 6:00 – 6:30 p.m.



GREEN RIVER PLANTATION RUTHERFORDTON, NC

Activity # 7005.212

Let's travel to Rutherfordton, North Carolina to tour the Green River Plantation. This beautiful four-story antebellum mansion has 42 magnificent rooms and was built in the early 1800's. The mansion stands in all its glory on 356 acres of lushly fertile and enchanting countryside on the banks of the Green River. The home was built by Joseph McDowell Carson and his wife Rebekah. We will tour the house and grounds before we have a wonderful buffet meal in the beautiful dining area. After lunch we will take a little more time to tour the gardens. After our tours we will return home with wonderful memories of a time long ago! Before we get home, we will stop at Tony's Ice Cream Parlor in Gastonia, NC for some wonderful ice cream.

Date: Thursday, 9/20

Fee: \$38 (includes tour, lunch and transportation)

Bus Departs: 8:00 a.m.; Returns: 5:00 – 5:30 p.m.



facebook

Follow Us on Facebook

Check out the City of Concord Parks & Recreation on Facebook

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 opened 3/7 and will operate 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 resident discount
Senior Adult (60 or older): \$8; \$5 city resident discount
Youth (12 -16): \$8; \$5 city resident discount

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.

Monday & Wednesday
7:00 - 7:45 p.m.

Session I: Activity # 6108.112
6/4 - 6/27

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

Session II: Activity # 6109.212
7/9 - 8/1

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

Both sessions: Activity # 6110.212

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

GUARDSTART TRAINING

Activity # 2132.212

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.

Monday - Friday, 7/9 - 7/13
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 - 5/28 and will be open daily from 6/1 - 8/18. The pool will be closed 5/29 - 5/31.

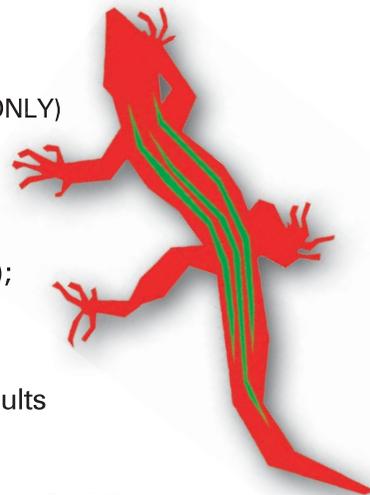
HOURS FOR PUBLIC SWIM:

Mon. - Thurs.: 1:00 - 5:00 p.m.
Friday: 10:00 - 11:00 a.m. (SENIOR SWIM ONLY)
Friday: 1:00 - 6:00 p.m.
Saturday: 12:00 - 6:00 p.m.
Sunday: 1:00 - 5:00 p.m.

Fees: \$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 visit): \$1.50 Youth; \$2.50 adults



SWIM LESSONS

Registration will open 3/26. We use the American Red Cross Learn to Swim program.

GROUP LESSONS

For ages 3 and up, lessons are offered Monday - Thursday morning and evening for two weeks per session, with the exception of Session I.

Lessons are divided from PreSchool through Level 6.

Sessions begin 6/4 and end 8/17. No classes the week of 7/2 - 7/6.

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

More specific information regarding levels are located on our website at www.concordparksandrec.org or by calling Dawn Simpson at 704-920-5617.

PARENT/CHILD LESSONS

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

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

INDIVIDUAL LESSONS

Scheduled on an individual basis, lessons last 30 minutes between 12:00 - 12:30 p.m. and 5:00 - 5:30 p.m.

Fee per class: \$20;

\$5 city resident discount

For more information or to schedule a lesson contact the pool manager after 6/6 at 704-920-5604.

ADULT LESSONS

Tuesday & Thursday
7:00 - 7:45 p.m.

Session I: 6/5 - 6/28

Session II: 7/10 - 8/2

Fee per session: \$40;

\$5 city resident discount



Aquatics/Swim Lessons

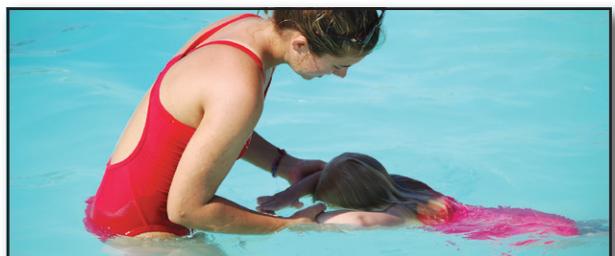
Session 1				
Level	Dates	Time	Day	Activity #
PreSchool	6/4 - 6/14	5:45	Mon - Thurs	2009.212
1	6/4 - 6/14	5:45	Mon - Thurs	2011.212
2	6/4 - 6/14	5:45	Mon - Thurs	2003.212
3	6/4 - 6/14	5:45	Mon - Thurs	2004.212
4	6/4 - 6/14	5:45	Mon - Thurs	2005.212
5&6	6/4 - 6/14	5:45	Mon - Thurs	2006.212
Aerobics	6/4 - 6/27	7:00	Mon & Wed	
Adult Lesson	6/5 - 6/28	7:00	Tue & Thur	2067.212

Session 2				
Level	Dates	Time	Day	Activity #
Parent/Child	6/18 - 6/21	10:45 AM	Mon - Thurs	2013.212
Parent/Child	6/18 - 6/21	5:45 PM	Mon - Thurs	2016.212
PreSchool	6/18 - 6/28	9:15 AM	Mon - Thurs	2008.212
PreSchool	6/18 - 6/28	10:00 AM	Mon - Thurs	2010.212
PreSchool	6/18 - 6/28	11:30 AM	Mon - Thurs	2014.212
1	6/18 - 6/28	9:15 AM	Mon - Thurs	2209.212
1	6/18 - 6/28	10:00 AM	Mon - Thurs	2211.212
1	6/18 - 6/28	5:45 PM	Mon - Thurs	2217.212
2	6/18 - 6/28	9:00 AM	Mon - Thurs	2018.212
2	6/18 - 6/28	10:00 AM	Mon - Thurs	2023.212
2	6/18 - 6/28	10:00 AM	Mon - Thurs	2024.212
2	6/18 - 6/28	11:00 AM	Mon - Thurs	2028.212
2	6/18 - 6/28	11:00 AM	Mon - Thurs	2029.212
2	6/18 - 6/28	5:45 PM	Mon - Thurs	2033.212
2	6/18 - 6/28	5:45 PM	Mon - Thurs	2034.212
3	6/18 - 6/28	9:00 AM	Mon - Thurs	2019.212
3	6/18 - 6/28	10:00 AM	Mon - Thurs	2025.212
3	6/18 - 6/28	11:00 AM	Mon - Thurs	2030.212
3	6/18 - 6/28	11:00 AM	Mon - Thurs	2031.212
3	6/18 - 6/28	5:45 PM	Mon - Thurs	2035.212
4	6/18 - 6/28	9:00 AM	Mon - Thurs	2020.212
4	6/18 - 6/28	10:00 AM	Mon - Thurs	2026.212
4	6/18 - 6/28	11:00 AM	Mon - Thurs	2032.212
4	6/18 - 6/28	5:45 PM	Mon - Thurs	2036.212
5	6/18 - 6/28	9:00 AM	Mon - Thurs	2021.212
5&6	6/18 - 6/28	10:00 AM	Mon - Thurs	2027.212
5&6	6/18 - 6/28	5:45 PM	Mon - Thurs	2037.212
5&6	6/18 - 6/28	9:00 AM	Mon - Thurs	2022.212

Session 3				
Level	Dates	Time	Day	Activity #
Parent/Child	7/9 - 7/12	10:45 AM	Mon - Thurs	2043.212
PreSchool	7/9 - 7/19	9:15 AM	Mon - Thurs	2038.212
PreSchool	7/9 - 7/19	10:00 AM	Mon - Thurs	2040.212
PreSchool	7/9 - 7/19	10:45 AM	Mon - Thurs	2042.212
PreSchool	7/9 - 7/19	11:30 AM	Mon - Thurs	2044.212
PreSchool	7/9 - 7/19	5:45 PM	Mon - Thurs	2046.212
1	7/9 - 7/19	9:15 AM	Mon - Thurs	2039.212
1	7/9 - 7/19	10:00 AM	Mon - Thurs	2041.212
1	7/9 - 7/19	11:30 AM	Mon - Thurs	2045.212
1	7/9 - 7/19	5:45 PM	Mon - Thurs	2047.212
2	7/9 - 7/19	9:00 AM	Mon - Thurs	2048.212
2	7/9 - 7/19	10:00 AM	Mon - Thurs	2053.212
2	7/9 - 7/19	10:00 AM	Mon - Thurs	2054.212
2	7/9 - 7/19	11:00 AM	Mon - Thurs	2058.212
2	7/9 - 7/19	11:00 AM	Mon - Thurs	2059.212
2	7/9 - 7/19	5:45 PM	Mon - Thurs	2063.212
2	7/9 - 7/19	5:45 PM	Mon - Thurs	2064.212
3	7/9 - 7/19	9:00 AM	Mon - Thurs	2049.212
3	7/9 - 7/19	10:00 AM	Mon - Thurs	2055.212
3	7/9 - 7/19	11:00 AM	Mon - Thurs	2060.212
3	7/9 - 7/19	11:00 AM	Mon - Thurs	2061.212
3	7/9 - 7/19	5:45 PM	Mon - Thurs	2065.212
4	7/9 - 7/19	9:00 AM	Mon - Thurs	2050.212
4	7/9 - 7/19	10:00 AM	Mon - Thurs	2056.212
4	7/9 - 7/19	11:00 AM	Mon - Thurs	2062.212
4	7/9 - 7/19	5:45 PM	Mon - Thurs	2066.212
5&6	7/9 - 7/19	9:00 AM	Mon - Thurs	2051.212
5&6	7/9 - 7/19	10:00 AM	Mon - Thurs	2057.212
5&6	7/9 - 7/19	5:45 PM	Mon - Thurs	2067.212
GuardStart	7/9 - 7/13	9:30 AM	Mon - Fri	2132.212
Aerobics	7/9 - 8/1	7:00 PM	Mon & Wed	
Adult Lesson	7/10 - 8/2	7:00 PM	Tue & Thur	2068.212

Session 4				
Level	Dates	Time	Day	Activity #
Parent/Child	7/23 - 7/26	10:45 AM	Mon - Thurs	2074.212
Parent/Child	7/23 - 7/26	5:45 PM	Mon - Thurs	2077.212
PreSchool	7/23 - 8/2	9:15 AM	Mon - Thurs	2069.212
1	7/23 - 8/2	9:15 AM	Mon - Thurs	2070.212
1	7/23 - 8/2	10:00 AM	Mon - Thurs	2071.212
1	7/23 - 8/2	10:00 AM	Mon - Thurs	2072.212
1	7/23 - 8/2	11:30 AM	Mon - Thurs	2076.212
1	7/23 - 8/2	5:45 PM	Mon - Thurs	2078.212
2	7/23 - 8/2	9:00 AM	Mon - Thurs	2079.212
2	7/23 - 8/2	10:00 AM	Mon - Thurs	2084.212
2	7/23 - 8/2	10:00 AM	Mon - Thurs	2085.212
2	7/23 - 8/2	11:00 AM	Mon - Thurs	2089.212
2	7/23 - 8/2	11:00 AM	Mon - Thurs	2090.212
2	7/23 - 8/2	5:45 PM	Mon - Thurs	2094.212
3	7/23 - 8/2	9:00 AM	Mon - Thurs	2080.212
3	7/23 - 8/2	10:00 AM	Mon - Thurs	2086.212
3	7/23 - 8/2	11:00 AM	Mon - Thurs	2091.212
3	7/23 - 8/2	11:00 AM	Mon - Thurs	2092.212
3	7/23 - 8/2	5:45 PM	Mon - Thurs	2096.212
4	7/23 - 8/2	9:00 AM	Mon - Thurs	2081.212
4	7/23 - 8/2	10:00 AM	Mon - Thurs	2087.212
4	7/23 - 8/2	11:00 AM	Mon - Thurs	2093.212
4	7/23 - 8/2	5:45 PM	Mon - Thurs	2097.212
5&6	7/23 - 8/2	9:00 AM	Mon - Thurs	2082.212
5&6	7/23 - 8/2	5:45 PM	Mon - Thurs	2098.212
LG Training	7/23 - 8/2	9:00 AM	Mon - Fri	

Session 5				
Level	Dates	Time	Day	Activity #
Parent/Child	8/6 - 8/9	10:45 AM	Mon - Thurs	2104.212
Parent/Child	8/6 - 8/9	10:45 AM	Mon - Thurs	2140.212
PreSchool	8/6 - 8/16	9:15 AM	Mon - Thurs	2099.212
PreSchool	8/6 - 8/16	10:00 AM	Mon - Thurs	2101.212
PreSchool	8/6 - 8/16	10:45 AM	Mon - Thurs	2103.212
PreSchool	8/6 - 8/16	11:30 AM	Mon - Thurs	2105.212
PreSchool	8/6 - 8/16	5:45 PM	Mon - Thurs	2107.212
1	8/6 - 8/16	9:15 AM	Mon - Thurs	2100.212
1	8/6 - 8/16	10:00 AM	Mon - Thurs	2190.212
1	8/6 - 8/16	10:00 AM	Mon - Thurs	2102.212
1	8/6 - 8/16	11:30 AM	Mon - Thurs	2106.212
1	8/6 - 8/16	5:45 PM	Mon - Thurs	2108.212
1	8/6 - 8/16	9:15 AM	Mon - Thurs	2151.212
1	8/6 - 8/16	9:15 AM	Mon - Thurs	2180.212
2	8/6 - 8/16	9:00 AM	Mon - Thurs	2189.212
2	8/6 - 8/16	9:00 AM	Mon - Thurs	2109.212
2	8/6 - 8/16	10:00 AM	Mon - Thurs	2114.212
2	8/6 - 8/16	10:00 AM	Mon - Thurs	2115.212
2	8/6 - 8/16	11:00 AM	Mon - Thurs	2119.212
2	8/6 - 8/16	11:00 AM	Mon - Thurs	2120.212
2	8/6 - 8/16	5:45 PM	Mon - Thurs	2124.212
2	8/6 - 8/16	5:45 PM	Mon - Thurs	2125.212
3	8/6 - 8/16	9:00 AM	Mon - Thurs	2110.212
3	8/6 - 8/16	10:00 AM	Mon - Thurs	2116.212
3	8/6 - 8/16	11:00 AM	Mon - Thurs	2121.212
3	8/6 - 8/16	11:00 AM	Mon - Thurs	2122.212
3	8/6 - 8/16	5:45 PM	Mon - Thurs	2126.212
4	8/6 - 8/16	9:00 AM	Mon - Thurs	2111.212
4	8/6 - 8/16	10:00 AM	Mon - Thurs	2117.212
4	8/6 - 8/16	11:00 AM	Mon - Thurs	2123.212
4	8/6 - 8/16	5:45 PM	Mon - Thurs	2127.212
5&6	8/6 - 8/16	9:00 AM	Mon - Thurs	2128.212
5&6	8/6 - 8/16	10:00 AM	Mon - Thurs	2118.212



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

CORN HOLE TOSS

Let's see how good you can throw the bean bag in the hole. Ages 18 & up. No fee. Staff supervised. Pre-register by 6/4 & 6/11.
Wednesday, 6/6 & 6/13
11:30 a.m. – 1:00 p.m.

TRIP TO CONCORD AIRPORT

Activity # 1002.412
We'll go behind the scenes on a tour and see all kinds of airplanes up close and personal. For lunch please bring a bag lunch. We'll stop at Dorton Park for a picnic. Ages 5 -12. Parent/guardian must also register with each child. No fee.
Pre-register by Friday, 6/8
Wednesday, 6/13
9:15 a.m. – 2:00 p.m.



FANCY FATHER'S DAY CARD

Come out and make your special father that wonderful father's day card. Ages 4-12. No fee. Staff supervised. Pre-register by 6/12.
Thursday, 6/14
2:30 – 4:30 p.m.

3 ON 3 CO-ED TOURNAMENT

For boys and girls, ages 9-12, 12-14, 15-17, come and take it to the hoop with another group to see who's the best. Trophies will be given. No fee. Staff supervised. Pre-register by 7/15.
Tuesday, 7/17
6:00 – 8:00 p.m.

BACK TO SCHOOL SOCIAL DAY

Come one, come all. Let's have a ball. Let's all have a good time. Prizes and school supplies will be given. No fee. Staff supervised. Pre-register by 8/13.
Thursday 8/16
11:00 a.m. – 1:00 p.m. for K-5th grade
2:00 – 4:00 p.m. for 6th -12th grade

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

Come to the center and play bingo with Bill. Have some fun with friends and see what you can win. For ages: 6-12. No fee.
Thursdays, 7/5, 7/12, 7/19 & 7/26
5:00 – 5:30 p.m.



END OF SCHOOL COOKOUT WITH BILL

Oh Yea! It's the end of the school year and its time to celebrate and what better way than a cookout with Bill at Hartsell Park. Hot dogs, hamburgers, chips and drinks! Food and fun! For ages: 6 - 17. No fee.
Friday, 6/8, 5:00 – 8:00 p.m.
Location: Hartsell Park,
65 Sunderland Road

FRIDAY'S TABLE GAMES

It's all about having fun playing table games at the center. Snacks provided. For ages: 6 - 17. No fee. Staff supervised.
Friday
7/6, 7/13, 7/20, 7/27
8/3, 8/10, 8/17, 8/24, 8/31
5:30 – 6:00 p.m.

NATIONAL NIGHT OUT

The surrounding communities collaborate with one another to enjoy food and activities in the park for a wonderful National Night Out. Be sure to bring a friend. No fee.
Tuesday, 8/7
5:00 – 8:00 p.m.
Location: Hartsell Park,
65 Sunderland Road

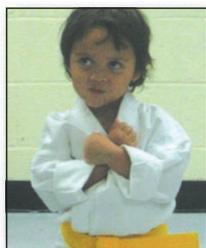
BALLET

Learn the fundamentals of ballet while building positive and healthy bodies. Students will learn ballet principles, stressing body position, carriage and posture through fun movement using a variety of music. Ages 3 and up. Instructor: Tuwanna McNeely
Tuesday & Thursday
7:30 – 8:30 p.m.
Session I: Activity # 1016.112
6/12 – 7/12; NO class 7/3 & 7/5
Session II: Activity # 1017.212
7/17 – 8/9
Session III: Activity # 1018.212
8/14 – 9/6
Session IV: Activity # 1019.212
9/11 – 10/4
Fee per session: \$25; \$5 city resident discount

RECREATION CENTERS HOURS OF OPERATIONS

Monday - Friday	8:00 a.m. - 8 p.m.	Saturday	12:00 noon - 5:00 p.m.
Sunday	CLOSED	Holidays	12:00 noon - 6:00 p.m.
	Closed Thanksgiving & Christmas		

Recreation Centers & Facilities



HARTSELL KARATE CLUB

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

Instructor: James Reid
Monday & Wednesday
6:30 – 8:00 p.m.

Session I: Activity # 1020.112
5/30 – 6/27; NO class 7/2 & 7/4

Session II: Activity # 1021.212
7/9 – 8/1

Session III: Activity # 1022.212
8/6 – 8/29; NO class 9/3

Session IV: Activity # 1024.212
9/5 – 9/26

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

WALKING CLASS

Join this walking program for some serious fat burning, muscle conditioning and stretching. Class will not meet on holidays. No fee. Class is self-instructed.

Morning class:

Monday, Wednesday & Friday
Continual
8:00 – 9:00 a.m.
9:15 – 10:20 a.m.

Evening class:

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

LOGAN MULTI-PURPOSE CENTER

184 Booker Street SW
Rodney Smith, Center Supervisor
704-920-5603

Information for Caldwell Park and W. W. Flowe Park

TRIP TO LEVINE MUSEUM OF THE NEW SOUTH

Activity # 1019.112

Join us as we travel to the Levine Museum in Charlotte and enjoy the guided tour of the history of the South.

Friday, 6/1
1:00 – 5:00 p.m.

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

CRAYONS AND MARKERS DAY

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

Monday, 6/4, 6/18, 7/2, 7/30
3:00 – 4:00 p.m.

KEEP IT MOVING

Kids and adults, join us for this basic and light exercise program. No fee. Staff supervised.

Monday & Wednesday
6/11 – 8/29
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.

Tuesday & Thursday
6/5 – 9/27
9:00 – 10:00 a.m.

3 ON 3 BASKETBALL FOR YOUTH

Youth grouped by ages 9 & 10, 11 & 12 and 13 & 14, will play 3 on 3 with a 20 minute continuously running clock. Winner will receive a trophy. Rules will be announced before the game. No fee. Staff supervised.

Wednesday, 6/13 – 6/27
10:00 a.m. – 1:00 p.m.

YOUTH MOVIE AND SNACK TIME

Come and watch the latest movies, enjoying snacks with your friends. No fee. Staff supervised.

Thursday
6/28, 7/26, 8/30, 9/27
3:00 – 5:00 p.m.

YOUTH TABLE TENNIS TOURNAMENT

Youth ages 9-14 are invited to come and challenge one another. No fee. Staff supervised.

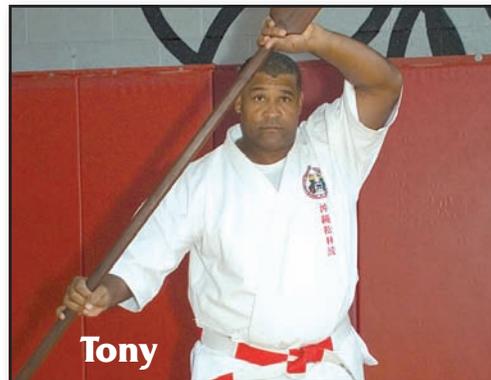
Thursday, 7/12
10:00 a.m. – 1:00 p.m.



YOUTH POOL TOURNAMENT

Youth ages 9-14 are invited to see who's the best pool player around. Awards will be given. No fee. Staff supervised.

Friday, 7/20 & 8/10
10:00 a.m. – 1:00 p.m.



SOUTHWEST KARATE ACADEMY

Youth age 4 and up learn how to defend themselves, gain confidence and get in shape. No fee.

Tuesday & Thursday
5:30 p.m. for 4 year olds
6:00 p.m. for 5 and up

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



ZUMBA

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

Instructor: Alma Alfonso
Monday & Wednesday
Continual
6:30 – 8:00 p.m.

Fee: \$3 per class



Events



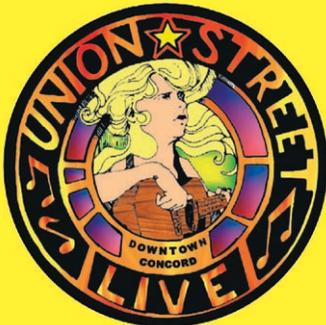
FIREFLY FROLIC

Families are welcome to join us in the streets of downtown Concord where we'll have some hot summer fun playing and listening to an outdoor concert. During and after the Streetlight 5K, children ages 4-12 can compete on obstacle courses and relays or just have fun on the amusements. Free!

Friday, 7/13

6:00 – 9:00 p.m.

Union Street, Downtown Concord



UNION STREET LIVE!

Third Thursday of May - September
6:00 - 9:00 p.m.

Means Avenue, Downtown Concord

6/21 – The Tams

7/19 – The Tim Clark Band

8/16 – The Craig Woolard Band

9/20 – Balsam Range

For more information, please contact CDDC at 704-784-4208.

LOGAN COMMUNITY FESTIVAL

Saturday, 6/2

12:00 noon – 6:00 p.m.

Marvin Caldwell Park,
362 Georgia Ave. SW

Fun for all in Caldwell Park.

Amusement rides for children, music, vendors with crafts and jewelry, food and more food!

Come join the fun!

For more information, please call 704-920-5603.

Arts & Crafts

Due to purchasing of supplies and instructors preparation time, pre-registration is required for all arts & crafts classes.

QUILTING

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

DAY Class:

Tuesday, 9:00 a.m. - 12:00 p.m.

Session I: Activity # 5014.212

7/10 - 8/28

Session II: Activity # 5005.212

9/4 - 10/23

Fee per 8 week session: \$40; \$5 city resident discount

Location: Logan Multi-Purpose Center

EVENING Class:

Thursday, 7:00 - 9:00 p.m.

Session I: Activity # 5006.212

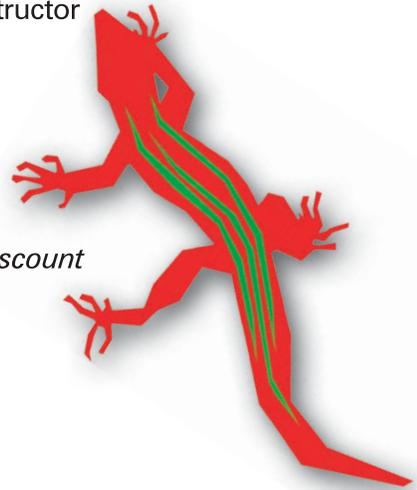
7/12 - 8/30;

Session II: Activity # 5007.212

9/6 - 10/25

Fee per 8 week session: \$30; \$5 city resident discount

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



Colored pencils is instructed by Linda Long, member of National Society of Decorative Painters (NSDP) and Tarheel Decorative Painters. Please contact Linda at 704-938-1420 for information about the medium as well as a materials list prior to the class.

COLORED PENCILS

Activity # 5001.312

Learn the basic techniques of colored pencil drawing. Min. 6; max. 15 participants.

Wednesday, 9/26

Pre-register by 9/16

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

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

PLUS \$12 materials fee paid to instructor

Location: Academy Recreation Center



Youth Programs



CHILLY-WILLY WEDNESDAYS

Wednesday summer programs will meet in the large shelter at Dorton Park. Snacks and Chilly-Willys will be provided. Bring a bag lunch. All will be facilitated by Parks & Recreation Program Specialist Taylor Morris. Please contact Taylor with questions, 704-920-5616 or morrlist@concordnc.org

SOLAR FUN DAY

Activity # 9010.112

It's the Summer Solstice and we are going to celebrate the longest day of light. We'll use the solar energy provided by the glorious sun to cook, play and have an awesome day. Bring a bag lunch. For ages 6-12. Min. 6/max. 20 participants.

Wednesday, 6/20

10:00 a.m. - 1:00 p.m.

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



I SPY TIE DYE

Activity # 9011.112

Bring a t-shirt, a towel, a pillowcase, or socks! Whatever was white will be bright with colorful spots! You can test your spy senses while your materials soak. For ages 6-17. Min. 6/max. 20 participants

Wednesday, 6/27

10:00 a.m. - 1:00 p.m.

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

RED, WHITE and BEACH BLANKET BINGO!

Activity # 9012.212

This is a time to show your true colors, with a beach towel or blanket, of course. Everyone is a winner! If not from covering all four squares, we have all won our independence. Snacks provided and prizes will be awarded to the most talented. For ages 5-12.

Min. 6/max. 30 participants.

Tuesday, 7/11

10:00 - 11:00 a.m.

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

SUPER SOAKING SUMMER DAY

Activity # 9013.212

We challenge you to stay dry on this sweltering summer day. Slip and slide on down to the water wars of summer. If water balloon launching and battles aren't your thing, maybe this year's slip and slide sports challenge is just what you are looking for. For ages 6-12.

Min. 6/max. 30 participants.

Wednesday, 7/18

10:00 a.m. - 1:00 p.m.

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

WATERMELON WEDNESDAY

Activity # 9014.212

What would you do with a watermelon on Wednesday? Carve it, race it, eat it, use it in a food fight, or what? Well, that's what we would do, and much, much more. For ages 6-12. Min. 6/ max. 20 participants.

Wednesday, 8/1

10:00 a.m. - 1:00 p.m.

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

CAMP IN THE HILLS (BEVERLY, THAT IS!)

Activity # 9015.212

When was the last time you went camping? We'll make it fun with games and entertainment for the whole crowd. Take the opportunity to "rough it" in Beverly Hills Park for a night. Bring your tents, camping gear, food and beverages. No portable grills or pets allowed. For families; one paying parent must attend. Min. 8/max. 30 participants.

Staff supervised.

Wednesday, 8/8 - Thursday, 8/9

6:00 p.m. - 8:00 a.m.

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

(www.concordparksandrec.org)

Location: Beverly Hills Park

Outdoor Explorers



OUTDOOR EXPLORERS

Activity # 9016.212

Exploring the outdoors regularly helps us grow up with a healthy respect for the environment, and that's what Outdoor Explorers do! We'll explore the outdoors and learn about the creatures that live there in a fun and playful way! Wear play clothes and bring a change of socks and shoes, because we are gonna get dirty! For ages 9 -11.

Min. 6/max. 25 participants.

Instructor: Mandy Smith-Thompson.

Monday - Friday, 8/13 - 8/17,

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

Fee for the week: \$30;

\$5 city resident discount

Location: McGee Park,

219 Corban Ave.

"This was fun because I got to play in the creek and do things I haven't done before."

"I learned that nature is cool!"

"I am not scared of bugs anymore."



Youth Art

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 theatre instruction, dance, music, art 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 N.W.

DON'T MESS WITH A PRINCESS

This class has everything little girls love...pretend, dance, music, dress up, a tea party, princess stories and crafting princess accessories. Children will spend their time "being princesses" while learning manners, self esteem, social interaction, dance movements and motor control skills. Highlight of this camp will be an evening "Princess Ball", where each princess will be introduced and given her "crown" and flowers to show her successful completion of Princess Camp. For ages 6-9. Min.4; max.8 participants.

Parents: "Don't Mess with a Princess" is for princesses only, so to avoid any anxiety please let your child know in advance you will not be staying. You are, however, required to be a part of the evening "Princess Ball".

Monday, 10:00 - 11:00 a.m.

Session I: Activity # 5040.112

6/11, 6/18, 6/25 & 7/2

Session II: Activity # 5041.212

7/9, 7/16, 7/23 & 7/30

Monday, 10:00 - 11:30 a.m.

Session III: Activity # 5043.212

8/6, 8/13 & 8/20

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

PLUS \$12 materials fee payable to instructor at first class



I'M AN AMERICAN GIRL

Time travel with the American Girls! Girls will love acting out stories, learning dances and music and creating crafts from each special era. At the end of the camp, we'll treat our dolls to a terrific celebration party. Focus is on the dolls Molly, Felicity and Addy. For girls ages 6-12. Min.4; max.8 participants.

Monday, 1:00 - 2:00 p.m.

Session I: Activity # 5044.112

6/11, 6/18, 6/25 & 7/2

Session II: Activity # 5045.212

7/9, 7/16, 7/23 & 7/30

Monday, 1:00 - 2:30 p.m.

Session III: Activity # 5046.212

8/6, 8/13 & 8/20

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

PLUS \$10 materials fee payable to instructor at first class

ART AROUND THE WORLD

This multicultural art experience focuses on a different culture each week, as we learn traditions, sing songs, play games and complete an art activity each week based on different cultures. Classes offered for ages 6-9 and 10-14. Min.4; max.8 participants.

Ages 6-9

Tuesday, 10:00 - 11:00 a.m.

Session I: Activity # 5047.112

6/12, 6/19, 6/26 & 7/3

Session II: Activity # 5048.212

7/10, 7/17, 7/24 & 7/31

Tuesday, 10:00 - 11:30 a.m.

Session III: Activity # 5049.212

8/7, 8/14 & 8/21

Ages 10-14

Tuesday, 1:00 - 2:00 p.m.

Session I: Activity # 5050.112

6/12, 6/19, 6/26 & 7/3

Session II: Activity # 5051.212

7/10, 7/17, 7/24 & 7/31

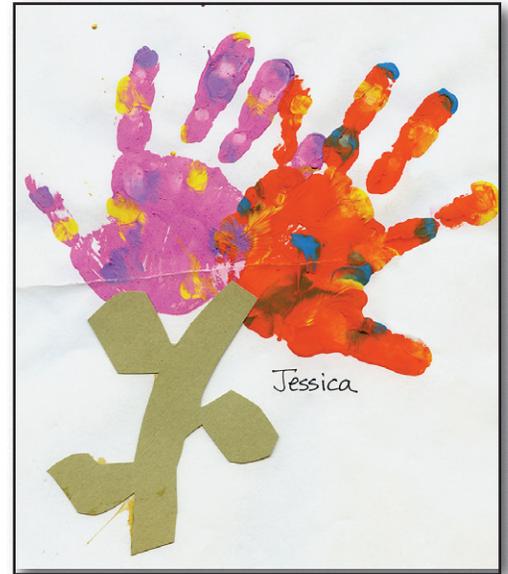
Tuesday, 1:00 - 2:30 p.m.

Session III: Activity # 5052.212

8/7, 8/14 & 8/21

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

PLUS \$10 materials fee payable to instructor at first class



TINY FINGERS-BIG IDEAS

Developed to encourage children ages 4-6 to explore and express themselves through art activities, this class allows students to experience drawing, painting, clay, printmaking, collage, design and more. Min.3; max.6 participants.

Wednesday, 10:00 - 11:30 a.m.

Session I: Activity # 5053.112

6/13, 6/20, 6/27

Session II: Activity # 5054.212

7/11, 7/18, 7/25

Session III: Activity # 5055.212

8/1, 8/8 & 8/15

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

PLUS \$10 materials fee payable to instructor at first class





A PIRATE'S LIFE FOR ME

Just for boys – creative dramatics, games, activities and a craft each week focusing on “pirating” – walking the gang plank, making a pirates flag, creating a hidden treasure..... For ages 6 - 12. Min.4; max.8 participants.

Wednesday, 1:00 - 2:30 p.m.

Session I: Activity # 5056.112
6/13, 6/20, 6/27

Session II: Activity # 5057.212
7/11, 7/18, 7/25

Session III: Activity # 5058.212
8/1, 8/8 & 8/15

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

PLUS \$10 materials fee payable to instructor at first class

CARTOONING FOR KIDS

While cartooning is fun and engaging, children ages 10-14 will gain mastery in a unique drawing style. Lessons will teach them how to create original cartoon characters, draw action, movement and sounds, draw expressions to convey moods and develop a series of drawings that tell a joke. Min.4; max.8 participants.

Thursday, 10:00 - 11:00 a.m.

Session I: Activity # 5059.112
6/14, 6/21, 6/28 & 7/5

Session II: Activity # 5060.212
7/12, 7/19, 7/26 & 8/2

Thursday, 10:00 - 11:30 a.m.

Session III: Activity # 5061.212
8/9, 8/16 & 8/23

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

PLUS \$8 materials fee payable to instructor at first class

PROJECT FUNWAY

This is a FUN class for budding designers and those who want to learn to be creative with fiber art in clothing! Bring a piece of clothing you want to “re-work” and together we’ll rework, reconstruct and embellish your outfit to show off to classmates, friends and family on the FUNway at the end of each session! Instructor will bring basic supplies needed. For ages 10-14. Min.4; max.8 participants.

Thursday, 1:00 - 2:30 p.m.

Session I: Activity # 5062.112
6/14, 6/21, 6/28 & 7/5

Session II: Activity # 5063.212
7/12, 7/19, 7/26 & 8/2

Thursday, 1:00 - 3:00 p.m.

Session III: Activity # 5064.212
8/9, 8/16 & 8/23

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

PLUS \$15 materials fee payable to instructor at first class

DRAWING I & II

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. Min.4; max.8 participants

Friday, 6/15, 6/22, 6/29 & 7/6

Drawing I: ages 6-9, 10:00 - 11:00 a.m.
Activity # 5065.112

Drawing I: ages 10-14, 1:00 - 2:00 p.m.
Activity # 5066.112

Friday, 7/13, 7/20, 7/27 & 8/3

Drawing I: ages 6-9, 10:00 - 11:00 a.m.
Activity # 5067.212

Drawing II: ages 6-9,
11:00 a.m. - 12:00 noon
Activity # 5068.212

Drawing I: ages 10-14, 12:30 - 1:30 p.m.
Activity # 5069.212

Drawing II: ages 10-14, 1:30 - 2:30 p.m.
Activity # 5070.212

Friday, 8/10, 8/17 & 8/24

Drawing I: ages 6-9, 10:00 - 11:30 a.m.
Activity # 5071.212

Drawing II: ages 6-9,
11:30 a.m. - 1:00 p.m.
Activity # 5072.212

Drawing I: ages 10-14, 1:30 - 3:00 p.m.
Activity # 5073.212

Drawing II: ages 10-14, 3:00 - 4:30 p.m.
Activity # 5074.212

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

PLUS \$10 materials fee payable to instructor at first class



FIT & FABULOUS

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

Wednesday, 10:00 - 11:00 a.m.

SUMMER Session: Activity # 4040.112
6/6 – 8/29; no class 7/4

FALL Session: Activity # 4041.212
9/5 – 12/19

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

Location: Academy Recreation Center

HYPNOTHERAPY FOR WEIGHT LOSS

Activity # 8011.212

This class is for men and women aged 16 years and older who want to lose weight and/or adopt a healthy lifestyle. Eating and drinking are not simply acts of providing fuel to the body. If that were the case, we would only ingest the “just right” amounts of food and drink necessary to sustain life, and no one would be overweight! Most people know that exercise and healthy foods are good for you. Hypnotherapy induces a relaxed state so that positive messages and goals are more easily reinforced in the brain. The person under hypnosis is focused and always in control. Hypnotherapy is a highly effective tool for weight loss and sustained healthy living because it reinforces your control over the cognitive and behavioral habits responsible for healthy eating and exercise habits. Min. 4; max. 20 participants.

Instructor: Melissa Stefanski BS, MA
Certified Hypnotherapist

Tuesday, 9/4, 9/11, 9/18 & 9/25

6:00 - 7:00 p.m.

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

Location: Fire Station #7,
250 International Drive NW

Special Interest

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

Activity # 4000.012
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 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 each class attending.
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 own 2lb. weights, mat and water bottle.
Instructor: Vickie Fisher
Tuesday & Thursday
9:00 - 10:00 a.m.
Session I: Activity # 4024.112
6/12 - 7/19
Session II: Activity # 4025.112
7/24 - 8/30
Session III: Activity # 4026.212
9/4 - 10/11
Fee per 6 week session: \$35;
\$5 city resident discount
Location: Hartsell Recreation Center

EXERCISE: THE BASICS

Activity # 4027.212
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
Tuesday & Thursday
9/4 - 9/27
5:30 - 6:30 p.m.
Fee: \$25; \$5 city resident discount
Location: Fire Station #8
1485 Old Charlotte Rd.

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.
Instructor: Michelle Colombero
Monday & Wednesday
7:00 - 8:00 p.m.
Session 1: Activity # 4010.112
5/30 - 7/16; NO class 7/2 & 7/4
Session II: Activity # 4011.212
7/18 - 8/29; NO class 8/15
Session III: Activity # 4012.212
9/5 - 10/17; NO class 9/10
Fee per 6 week session: \$35;
\$5 city resident discount
Location: Academy Recreation Center

STABILITY BALL

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.
Instructor: Michelle Colombero
Saturday
8:30 - 9:30 a.m.
Session I: Activity # 4021.112
6/2 - 7/7
Session II: Activity # 4022.212
7/14 - 8/18
Session III: Activity # 4023.212
9/15 - 10/20
Fee per 6 week session: \$20;
\$5 city resident discount
Location: Academy Recreation Center



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

JUNE Session

Tuesday, 6/5, 6/12, 6/19 & 6/26
Beginners: Activity # 8010.112
7:00 - 8:00 p.m.
Intermediate: Activity # 8011.112
8:00 - 9:00 p.m.
Location: Fire Station #7, 250 International Drive NW

JULY Session

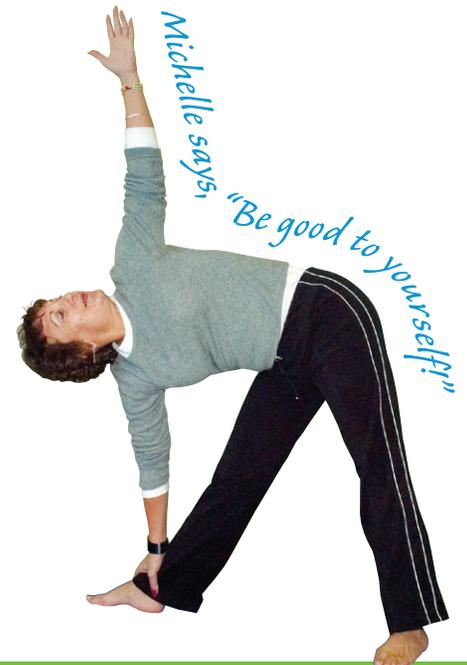
Tuesday, 7/10, 7/17, 7/24 & 7/31
Beginners: Activity # 8012.212
7:00 - 8:00 p.m.
Intermediate: Activity # 8013.212
8:00 - 9:00 p.m.
Location: Fire Station #7, 250 International Drive NW

AUGUST Session

Wednesday, 8/1, 8/8, 8/15 & 8/22
Beginners: Activity # 8014.212
7:00 - 8:00 p.m.
Intermediate: Activity # 8015.212
8:00 - 9:00 p.m.
Location: Fire Station #8, 1485 Old Charlotte Rd.

SEPTEMBER Session

Wednesday, 9/5, 9/12, 9/19 & 9/26
Beginners: Activity # 8014.212
7:00 - 8:00 p.m.
Intermediate: Activity # 8015.212
8:00 - 9:00 p.m.
Location: Fire Station #8, 1485 Old Charlotte Rd.



Adult Fitness Classes

Special Interest



SATURDAY YOGA

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

Instructor: Michelle Colombero
Saturday
10:00 - 11:00 a.m.

Session I: Activity # 4015.112
6/9 - 7/14

Session II: Activity # 4016.212
7/21 - 8/25

Session III: Activity # 4017.212
9/15 - 10/20

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

Location: Academy Recreation Center

CHAIR YOGA

Designed for those with limitations. This class will strengthen and lengthen your body.

Instructor: Dawn Grant
Tuesday
10:30 - 11:30 a.m.

Session I: Activity # 4001.112
6/12 - 7/24; no class 7/3

Session II: Activity # 4002.212
7/31 - 9/4

Session III: Activity # 4003.212
9/11 - 10/16

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

Location: Academy Recreation Center

GENTLE YOGA

Gentle yoga bringing the body into harmony. Wear comfortable clothes and bring a blanket for your comfort.

Instructor: Dawn Grant
Tuesday
12:00 noon - 1:00 p.m.

Session I: Activity # 4004.112
6/12 - 7/24; no class 7/3

Session II: Activity # 4005.212
7/31 - 9/4

Session III: Activity # 4006.212
9/11 - 10/16

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

Location: Academy Recreation Center

HARMONY YOGA

This yoga class brings the body and mind into harmony through subtle movements. Wear comfortable clothes and bring a blanket for comfort.

Instructor: Dawn Grant
Tuesday
6:00 - 7:00 p.m.

Session I: Activity # 4007.112
6/12 - 7/24; no class 7/3

Session II: Activity # 4008.212
7/31 - 9/4

Session III: Activity # 4009.212
9/11 - 10/16

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

Location: Academy Recreation Center

LUNCHTIME YOGA

Basic yoga, postures and correct positioning, breathing. Wear comfortable clothes and bring a blanket for your comfort.

Instructor: Dawn Grant
Wednesday
11:30 a.m. - 12:30 p.m.

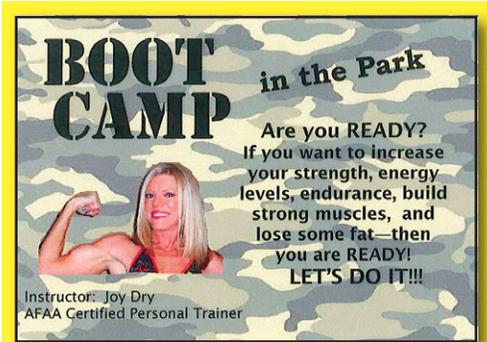
Session I: Activity # 4089.112
6/13 - 7/25; no class 7/4

Session II: Activity # 4090.212
8/1 - 9/5

Session III: Activity # 4091.212
9/12 - 10/17

Fee per 6 week session: \$20;
\$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 amphitheatre 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
Monday, Wednesday & Thursday
5:00 - 6:00 a.m.

(9 classes per session)

Session I: Activity # 8016.112
6/18 - 7/5

Session II: Activity # 8018.212
7/16 - 8/2

Session III: Activity # 8019.212
8/6 - 8/23

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

Location: Les Myers Park
Amphitheatre

BRING ON THE YOGA BUZZ

A. Michelle Colombero, Master Personal Trainer/YOGA Instructor

Want to start feeling better than ever? Check your stress at the door? Quiet your mind?

The benefits of regular YOGA practice have a powerful impact on your health. YOGA will reduce your muscle tension, allowing you to get a handle on what your body needs to be healthy and feel good.

Did you know your breathing has a direct influence on your nervous system? Your body and mind work best with a steady and deep flow of oxygen. Focusing on breathing techniques instructed in YOGA cultivate awareness and attention, directing your energy towards your goals.

You will be amazed how yoga will transform you.



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@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

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

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 PARK & 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 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
704-920-5604 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 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.