

Leisure Times

Spring 2014



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

A message from the director...

Providing quality programming and services, a safe, aesthetically pleasing



Bob Dowless

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

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

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

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

Mayor & City Council

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

Adult Athletics

Concord Parks and Recreation currently offers two different adult sports activities, softball and basketball. Teams enter the league pre-formed. Seasons consist of 10 regular season games and 1 single elimination tournament game. Contact 704.920.5617 for more information or visit our website at www.concordparksandrec.org.

BASKETBALL – WINTER

Divisions: Church, Men’s Open, and Women’s
Registration: Winter: December 1 – 31
Playing Season: Winter: January – March
 Fee: \$375

ADULT SOFTBALL – SPRING AND FALL

Divisions: Church, Open, Co-ed and Women’s
Registration: Spring: March 1 – 31
 Fall: August 1 – 31
Playing Season: Spring: April – June
 Fall: September – November
 Fee: \$375

ADULT CO-ED FLAG FOOTBALL – FALL

Registration: Fall: September 1 – 30
Playing Season: Fall: October – December
 Fee: \$375

ADULT CO-ED KICKBALL – SPRING ★ NEW

Registration: March 1 – 31
Playing Season: April – June
 Fee: \$375

TENNIS

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

GOLF

ROCKY RIVER GOLF CLUB AT CONCORD

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



ADULT CLINIC

Includes instruction and range balls

Date: Thursday
 4/3, 4/10, 4/17, 4/23
 5:30 – 6:45 p.m.

Fee: \$95

LADIES CLINIC

Includes instruction and range balls for 4 sessions

Date: Monday
 3/17, 3/24, 3/31, 4/7
 5:30 – 6:30 p.m.

Fee: \$95

PRIVATE LESSONS AVAILABLE

With our PGA Instructors, by appointment

Athletics

COUCH TO 5K CHALLENGE

Activity # 6013.414

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

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 Bunny Run 5K on 4/19, (registration fee required).

Date: Tuesday & Thursday
2/11 – 4/15
6:30 p.m.

Registration Fee: \$15

Location: Dorton Park



ROAD RACES

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



BUNNY RUN 5K

Activity # 6000.114

Date: Saturday, 4/19
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 until 4/11
\$20 Race Day

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

Call 704.920.5619 for a registration form or download one from our website. Online registration is available at www.concordparksandrec.org

Mark your calendar for the next race:
Streetlight 5K
7/11

LAKE FISHER

Lake Fisher is a North Carolina watershed, providing water to Concord residents. Because of this classification rules and regulations govern activities on the lake. Please assist us by following these guidelines. The lake will operate 3/5 through 11/9/14. This date is subject to change due to water restrictions, special programs or other factors deemed necessary by City of Concord officials.

Hours of Operation
Monday & Tuesday:
Closed

Wednesday – Saturday:
7:00 a.m. – 3:00 p.m.

Sunday:
1:00 p.m. – 6:00 p.m.

Boat Rental Fees (per person)
Adult:

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

Senior Adult (60 or older):

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

Youth (12-16):

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

FAMILY FISHING DERBY

Date: Saturday, 5/3

Call 704.920.5600 for an application or register online at www.concordparksandrec.org.

Location: Lake Fisher



Youth Athletics



BASEBALL, BASKETBALL, SOFTBALL & SOCCER

3&4 Instructional Clinic

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

5&6, 7&8 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 or Saturdays.)

9&10 Division

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

11&12 and 13-15 Divisions

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

ACTIVITY SCHEDULE:

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

GOALS OF THE PROGRAM:

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

PRACTICE AND GAME SCHEDULE:

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

REMEMBER:

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

REGISTRATION:

You may register at any of the following locations or on our web site at www.concordparksandrec.org.
Between 8:00 – 5:00 p.m. during open registration periods.

Academy Recreation Center
147 Academy Avenue, Concord
704.920.5601

Hartsell Recreation Center
60 Hartsell School Road, Concord
704.920.5602

Logan Multipurpose Center
184 Booker St. SW Concord
704.920.5603

Coaches and sponsors are needed for all sports!!
Please contact Athletics at 704.920.5600 to discuss opportunities.



Youth Athletics

REGISTRATION FORM:

PLEASE PRINT

Player's Name _____
(Last Name) (First Name) (Middle Name)

Address _____
(Street) (City) (Zip)

Home Phone _____ Work Phone _____

Cell Phone _____ Do you want to receive texts? Yes No

Email Address _____

Date of Birth _____ Age _____ Male Female

Please bring copy of birth certificate when registering.

What school does your child attend? _____

Please list any disabilities that need special attention: _____

Registration Fee:

Checks should be made payable to **City of Concord**

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

Please indicate where you prefer to play:

- Concord Parks & Recreation Leagues
- Southwest Cabarrus Athletic Association
- Hartsell Athletic Association
- No preference

*City of Concord Resident indicates that applicant resides within the City Limits of Concord.

All applications subject to verification.

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

Our programs are dependent upon volunteer coaches. Are you as a parent willing to help coach a team

If needed? Yes No Maybe _____

PARENTAL CONSENT INFORMATION:

Must be signed for applicant to participate.

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

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

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

Signature of Parent/Guardian

PRINTED Name of Parent/Guardian

Date

Youth Athletics

ACTIVITY:

Please indicate age group within activity:

Basketball

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

Spring Baseball/Softball

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

Soccer

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

Fall Baseball/Softball

- Boys 7-8 (CP) Girls 7-8 (CP)
- Boys 9-10 Girls 9-10
- Boys 11-12 Girls 11-12
- Boys 13-15 Girl 13-15



Revised 12.3.2014

UNIFORM SIZES :

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

T-Shirts:

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

Shorts:

NA for Baseball

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

SPECIAL REQUESTS:

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

REGISTRATION FEE:

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

Please make all checks payable to: CITY OF CONCORD.

For further information, please call: **704.920.5617** or **704.920.5618**.
Or email: **recreation@concordnc.gov**

For Office Use Only:

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

NOTES:

Youth Athletics

TENNIS

10 & UNDER TENNIS

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

Instructor: Chad Oxendine, AMP Tennis, LLC

Day: Saturday, 9:00 – 10:00 a.m.

SESSIONS:

January: 4, 11, 18, 25

Activity # 6064.414

February: 1, 8, 15, 22

Activity # 6065.414

March: 1, 8, 15, 22

Activity # 6036.414

April: 3/29, 4/5, 4/12, 4/26

Activity # 6067.114

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

Location: Les Myers Park Tennis Courts 1-6



Contact tennis coordinator, Chad Oxendine, AMP Tennis, LLC at 704.806.0909 for all your tennis needs. www.amptennis.com



YOUTH GOLF

ROCKY RIVER GOLF CLUB AT CONCORD

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

SPRING JUNIOR CLINICS

Ages 6-16. Includes instruction and range balls for 4 sessions. Junior clubs available.

Date: Wednesdays, 4/16, 4/23, 4/30, 5/7

5:30 – 6:30 p.m.

Fee per session: \$95

SUMMER PLAYGROUND

8 week day camps for ages 6-10 & 11-13.

Dates: 6/23 – 8/15

7:30 a.m. – 6:00 p.m.

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

\$100 payment due with registration; balance due by 6/6. No refunds after 6/6.

Registration:

RETURNING campers

Walk-in: 1/15 – 1/19, 8:00 a.m. – 5:00 p.m.

Online: 1/15 begins at 8:00 a.m. – **1/19** ends

midnight

NEW campers

Walk-in/Online: Begins 2/5, 8:00 a.m. – 5:00 p.m. registration open until filled



Coaches and sponsors are needed for all sports!!

Please contact Athletics at 704.920.5600 to discuss opportunities.

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.

Date: Monday & Wednesday
7:00 – 7:45 p.m.

Session I: Activity # 6111.114
6/2 – 6/25

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

Session II: Activity # 6112.114
7/7 – 8/6

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

Both Sessions: Activity # 6110.214
Fee: \$50; \$5 city resident discount

GUARDSTART TRAINING

Activity # 2132.214

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

Date: Monday – Friday
7/7 – 7/11
9:30 – 11:30 a.m.

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

SWIM LESSONS

Registration will open 3/24. We use the American Red Cross Learn to Swim program.

PARENT/CHILD LESSONS

Ages 18 months - 2 years. Classes meet for 30 minutes Monday – Thursday for one week. Parents will be in the water with their children. Fee: \$20; \$5 city resident discount

GROUP LESSONS

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

Date: Monday – Thursday
6/2 – 8/14;

No classes 6/30 – 7/3

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

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

PRE-SCHOOL: These classes are for 3 and 4 year olds with little or no experience in the water. If your child has experience in the water he/she may register for the appropriate Level 1 or 2 class.

LEVEL 1: Students with minimal water experience will be asked to put their face in the water and begin to experience floating on their front and back with support. They will also learn alternating arm action.

LEVEL 2: Students will begin floating on their own and by the completion of the level will be able to swim 5 yards on their front and back.

LEVEL 3: Front crawl, back crawl and elementary backstroke will be introduced and practiced. Students will also learn how to tread in deep water.

LEVEL 4: Deep water swimming at longer distances is practiced. To pass this level the student must be able to swim 25 yards crawl stroke using rotary breathing as well as 25 yards of backstroke.

LEVELS 5 & 6: Upper level classes cater to the experienced swimmer. Breaststroke, sidestroke and butterfly will be learned and endurance will be increased.

This is great preparation for GuardStart or a Lifeguard Class.

PUBLIC SWIM AT MCINNIS AQUATIC CENTER

Swimming is open to the general public. Patrons must purchase a Privilege Pass ID or Season Pass in order to swim. The Aquatic Center will open for Memorial Day weekend, 5/24 – 5/28 and will be open weekends only until 6/14. The pool is open daily from 6/14 – 8/16.

HOURS FOR PUBLIC SWIM

Mon – Thurs: 1:00 – 5:00 p.m.

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

Friday: 12:00 – 6:00 p.m.

Saturday: 12:00 – 6:00 p.m.

Sunday: 1:00 – 5:00 p.m.

Fee: \$10 Individual Privilege Pass (first visit only); \$5 city resident discount
\$30 Family Privilege Pass (first visit only); \$15 city resident discount
Daily Swim fee (each): \$1.50 Youth; \$2.50 Adults

SEASON PASS

\$55.00 Individual Season Pass; \$10 city resident discount
\$100 Family Season Pass; \$25 city resident discount

INDIVIDUAL LESSONS

Scheduled on an individual basis, lessons last 30 minutes. For more information or to schedule a lesson contact the pool manager after 6/14 at 704.785.8105.

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

ADULT LESSONS

Date: Tuesday & Thursday
7:00 – 7:45 p.m.

Session I: Activity # 2067.214
6/3 – 6/26

Session II: Activity # 2068.214
7/8 – 7/31

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



Aquatics/Swim Lessons



SESSION 1

Level	Dates	Time	Day	Activity #
PreSchool	6/2 - 6/12	5:45 PM	Mon - Thurs	2009.214
1	6/2 - 6/12	5:45 PM	Mon - Thurs	2011.214
2	6/2 - 6/12	5:45 PM	Mon - Thurs	2003.214
3	6/2 - 6/12	5:45 PM	Mon - Thurs	2004.214
4	6/2 - 6/12	5:45 PM	Mon - Thurs	2005.214
5 & 6	6/2 - 6/12	5:45 PM	Mon - Thurs	2006.214
Aerobics	6/2 - 6/25	7:00 PM	Mon & Wed	6111.114
Adult Lesson	6/3 - 6/26	7:00 PM	Tue & Thur	2067.214

SESSION 2

Level	Dates	Time	Day	Activity #
Parent/Child	6/16 - 6/19	10:45 AM	Mon - Thurs	2013.214
Parent/Child	6/16 - 6/19	5:45 PM	Mon - Thurs	2016.214
PreSchool	6/16 - 6/26	9:15 AM	Mon - Thurs	2008.214
PreSchool	6/16 - 6/26	11:30 AM	Mon - Thurs	2014.214
1	6/16 - 6/26	9:15 AM	Mon - Thurs	2209.214
1	6/16 - 6/26	10:00 AM	Mon - Thurs	2211.214
1	6/16 - 6/26	5:45 PM	Mon - Thurs	2217.214
2	6/16 - 6/26	9:00 AM	Mon - Thurs	2018.214
2	6/16 - 6/26	10:00 AM	Mon - Thurs	2023.214
2	6/16 - 6/26	10:00 AM	Mon - Thurs	2024.214
2	6/16 - 6/26	11:00 AM	Mon - Thurs	2028.214
2	6/16 - 6/26	11:00 AM	Mon - Thurs	2029.214
2	6/16 - 6/26	5:45 PM	Mon - Thurs	2033.214
2	6/16 - 6/26	5:45 PM	Mon - Thurs	2034.214
3	6/16 - 6/26	9:00 AM	Mon - Thurs	2019.214
3	6/16 - 6/26	10:00 AM	Mon - Thurs	2025.214
3	6/16 - 6/26	11:00 AM	Mon - Thurs	2030.214
3	6/16 - 6/26	5:45 PM	Mon - Thurs	2035.214
4	6/16 - 6/26	10:00 AM	Mon - Thurs	2026.214
4	6/16 - 6/26	11:00 AM	Mon - Thurs	2032.214
4	6/16 - 6/26	5:45 PM	Mon - Thurs	2036.214
4 & 5	6/16 - 6/26	9:00 AM	Mon - Thurs	2020.214
5 & 6	6/16 - 6/26	10:00 AM	Mon - Thurs	2027.214
5 & 6	6/16 - 6/26	5:45 PM	Mon - Thurs	2037.214
5 & 6	6/16 - 6/26	9:00 AM	Mon - Thurs	2022.214
6	6/16 - 6/26	11:00 AM	Mon - Thurs	2021.214

SESSION 3

Level	Dates	Time	Day	Activity #
Parent/Child	7/7 - 7/10	10:45 AM	Mon - Thurs	2043.214
PreSchool	7/7 - 7/17	9:15 AM	Mon - Thurs	2038.214
PreSchool	7/7 - 7/17	10:00 AM	Mon - Thurs	2040.214
PreSchool	7/7 - 7/17	11:30 AM	Mon - Thurs	2044.214
PreSchool	7/7 - 7/17	5:45 PM	Mon - Thurs	2046.214
1	7/7 - 7/17	9:15 AM	Mon - Thurs	2039.214
1	7/7 - 7/17	10:00 AM	Mon - Thurs	2041.214
1	7/7 - 7/17	11:30 AM	Mon - Thurs	2045.214
1	7/7 - 7/17	5:45 PM	Mon - Thurs	2047.214
2	7/7 - 7/17	9:00 AM	Mon - Thurs	2048.214
2	7/7 - 7/17	10:00 AM	Mon - Thurs	2053.214
2	7/7 - 7/17	10:00 AM	Mon - Thurs	2054.214
2	7/7 - 7/17	11:00 AM	Mon - Thurs	2058.214
2	7/7 - 7/17	11:00 AM	Mon - Thurs	2059.214
2	7/7 - 7/17	5:45 PM	Mon - Thurs	2063.214
2	7/7 - 7/17	5:45 PM	Mon - Thurs	2064.214
3	7/7 - 7/17	9:00 AM	Mon - Thurs	2049.214
3	7/7 - 7/17	10:00 AM	Mon - Thurs	2055.214
3	7/7 - 7/17	11:00 AM	Mon - Thurs	2060.214
3	7/7 - 7/17	5:45 PM	Mon - Thurs	2065.214
4	7/7 - 7/17	11:00 AM	Mon - Thurs	2061.214
4	7/7 - 7/17	9:00 AM	Mon - Thurs	2050.214
4	7/7 - 7/17	10:00 AM	Mon - Thurs	2056.214
4	7/7 - 7/17	5:45 PM	Mon - Thurs	2066.214
4 & 5	7/7 - 7/17	11:00 AM	Mon - Thurs	2062.214
5 & 6	7/7 - 7/17	10:00 AM	Mon - Thurs	2267.214
5 & 6	7/7 - 7/17	5:45 PM	Mon - Thurs	2167.214
6	7/7 - 7/17	9:00 AM	Mon - Thurs	2051.214
Guard-Start	7/7 - 7/11	9:30 AM	Mon - Fri	2132.214
Aerobics	7/7 - 8/6	7:00 PM	Mon & Wed	6112.114
Adult Lesson	7/8 - 7/31	7:00 PM	Tue & Thur	2068.214

SESSION 4

Level	Dates	Time	Day	Activity #
Parent/Child	7/21 - 7/24	10:45 AM	Mon - Thurs	2074.214
Parent/Child	7/21 - 7/24	5:45 PM	Mon - Thurs	2077.214
PreSchool	7/21 - 7/31	9:15 AM	Mon - Thurs	2069.214
1	7/21 - 7/31	9:15 AM	Mon - Thurs	2070.214
1	7/21 - 7/31	10:00 AM	Mon - Thurs	2071.214
1	7/21 - 7/31	10:00 AM	Mon - Thurs	2072.214
1	7/21 - 7/31	11:30 AM	Mon - Thurs	2076.214
1	7/21 - 7/31	5:45 PM	Mon - Thurs	2078.214
2	7/21 - 7/31	9:00 AM	Mon - Thurs	2079.214
2	7/21 - 7/31	10:00 AM	Mon - Thurs	2084.214
2	7/21 - 7/31	10:00 AM	Mon - Thurs	2085.214
2	7/21 - 7/31	11:00 AM	Mon - Thurs	2089.214
2	7/21 - 7/31	11:00 AM	Mon - Thurs	2090.214
2	7/21 - 7/31	5:45 PM	Mon - Thurs	2094.214
3	7/21 - 7/31	9:00 AM	Mon - Thurs	2080.214
3	7/21 - 7/31	10:00 AM	Mon - Thurs	2086.214
3	7/21 - 7/31	11:00 AM	Mon - Thurs	2091.214
3	7/21 - 7/31	5:45 PM	Mon - Thurs	2096.214
4	7/21 - 7/31	9:00 AM	Mon - Thurs	2081.214
4	7/21 - 7/31	10:00 AM	Mon - Thurs	2087.214
4	7/21 - 7/31	11:00 AM	Mon - Thurs	2093.214
4	7/21 - 7/31	5:45 PM	Mon - Thurs	2097.214
5	7/21 - 7/31	11:00 AM	Mon - Thurs	2092.214
5 & 6	7/21 - 7/31	9:00 AM	Mon - Thurs	2082.214
5 & 6	7/21 - 7/31	5:45 PM	Mon - Thurs	2098.214

SESSION 5

Level	Dates	Time	Day	Activity #
Parent/Child	8/4 - 8/7	10:45 AM	Mon - Thurs	2104.214
PreSchool	8/4 - 8/14	9:15 AM	Mon - Thurs	2099.214
PreSchool	8/4 - 8/14	10:00 AM	Mon - Thurs	2101.214
PreSchool	8/4 - 8/14	5:45 PM	Mon - Thurs	2107.214
1	8/4 - 8/14	9:15 AM	Mon - Thurs	2100.214
1	8/4 - 8/14	9:15 AM	Mon - Thurs	2151.214
1	8/4 - 8/14	10:00 AM	Mon - Thurs	2102.214
1	8/4 - 8/14	11:30 AM	Mon - Thurs	2106.214
1	8/4 - 8/14	5:45 PM	Mon - Thurs	2108.214
2	8/4 - 8/14	9:00 AM	Mon - Thurs	2189.214
2	8/4 - 8/14	9:00 AM	Mon - Thurs	2109.214
2	8/4 - 8/14	10:00 AM	Mon - Thurs	2114.214
2	8/4 - 8/14	10:00 AM	Mon - Thurs	2115.214
2	8/4 - 8/14	11:00 AM	Mon - Thurs	2119.214
2	8/4 - 8/14	11:00 AM	Mon - Thurs	2120.214
2	8/4 - 8/14	5:45 PM	Mon - Thurs	2124.214
2	8/4 - 8/14	5:45 PM	Mon - Thurs	2125.214
3	8/4 - 8/14	9:00 AM	Mon - Thurs	2110.214
3	8/4 - 8/14	10:00 AM	Mon - Thurs	2116.214
3	8/4 - 8/14	11:00 AM	Mon - Thurs	2121.214
3	8/4 - 8/14	11:00 AM	Mon - Thurs	2122.214
3	8/4 - 8/14	5:45 PM	Mon - Thurs	2126.214
4	8/4 - 8/14	9:00 AM	Mon - Thurs	2111.214
4	8/4 - 8/14	10:00 AM	Mon - Thurs	2117.214
4	8/4 - 8/14	11:00 AM	Mon - Thurs	2123.214
4	8/4 - 8/14	5:45 PM	Mon - Thurs	2127.214
5 & 6	8/4 - 8/14	9:00 AM	Mon - Thurs	2128.214
5 & 6	8/4 - 8/14	10:00 AM	Mon - Thurs	2118.214
6	8/4 - 8/14	11:00 AM	Mon - Thurs	2140.214

Youth Activities



Yoga instructor Dawn Grant will teach your child fun and exciting animated postures through music and games. Classes meet one day a week for 30 minutes per 4 week session at the Academy Recreation Center.

YOGA BEARS

For 3-5 year olds. Have your child feeling happier and confident while encouraging their creative spirit in this 30 minute class. Min. 4/Max. 8 participants. Adult supervision is required.

Date: Tuesday, 9:15 – 9:45 a.m.

Session I: Activity # 9115.414
1/7 – 1/28

Session II: Activity # 9116.414
2/4 – 3/4; NO class 2/18

Session III: Activity # 9117.414
3/18 – 4/15; NO class 4/8

Session IV: Activity # 9118.114
4/29 – 5/20

Fee per session: \$15; \$5 city resident discount

BENDY KIDS

For elementary school age children who want physical fitness in a noncompetitive setting. This 30 minute energetic class will teach them to relax and focus while learning about their minds and bodies. All while having fun! Min. 4/Max. 8 participants.

Date: Tuesday, 4:00 – 4:30 p.m.

Session I: Activity # 9015.414
1/7 – 1/28

Session II: Activity # 9016.414
2/4 – 3/4; NO class 2/18

Session III: Activity # 9017.414
3/18 – 4/8; NO class 11/26

Session IV: Activity # 9018.114
4/29 – 5/20

Fee per session: \$15; \$5 city resident discount

Art classes are instructed by Kelly Slusarick, who has twenty-plus years experience teaching children of all ages. All classes meet at the Academy Recreation Center.

DRAWING I

Ages 6-9. Learn Basic to Intermediate 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, line and patterning.

Min. 4/Max. 8 participants.

Day: Monday, 4:30 – 6:00 p.m.

Session I: Activity # 5090.414
1/6 – 1/27

Session II: Activity # 5091.414
2/3 – 2/24

Session III: Activity # 5092.414
3/3 – 3/24

Session IV: Activity # 5093.114
4/7 – 4/28

Session V: Activity # 5094.114
5/5 – 5/26

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

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

DRAWING I

Ages 6-9. Learn Basic to Intermediate 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, line and patterning.

Min. 4/Max. 8 participants.

Day: Tuesday, 4:30 – 6:00 p.m.

Session I: Activity # 5095.414
1/7 – 1/28

Session II: Activity # 5096.414
2/4 – 2/25

Session III: Activity # 5097.414
3/4 – 3/25

Session IV: Activity # 5098.114
4/8 – 4/29

Session V: Activity # 5099.114
5/6 – 5/27

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

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

DRAWING II

Ages 10-16 or prerequisite of Drawing I. Learn Intermediate to Advanced drawing skills, art techniques and vocabulary. Students are introduced to further subject matter at each class, progressing in a variety of art concepts as introduced in Drawing I. Must have had Drawing I as a prerequisite or instructor's approval. Min. 4/Max. 8 participants.

Date: Wednesday, 4:30 – 6:00 p.m.

Session I: Activity # 5100.414
1/15 – 2/5

Session II: Activity # 5101.414
2/12 – 3/5

Session III: Activity # 5102.414
3/12 – 4/9

Session IV: Activity # 5103.114
4/16 – 5/7

Session V: Activity # 5104.114
5/14 – 6/4

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

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

Youth Activities



HABITAT HEROES CLUB

Ages 6-12. School's out! Let's get outside (weather permitting) and check out habitats of rabbits, deer, fish, frogs and birds, to name a few. Habitat Heroes are boys and girls who enjoy animals, nature and just being outside. Each program focuses on a different animal's habitat and its preservation importance in a fun, creative way. Come prepared for the weather and bring a change of clothes. Min. 6/Max. 20 participants.

Instructor: Taylor Morris, Recreation Program Specialist

Time: 9:00 a.m. – 12:00 noon

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

Date: Tuesday, 1/21 Activity # 9026.414

Pre-register by 1/17

Location: Academy Recreation Center

Date: Monday, 2/17 Activity # 9027.414

Pre-register by 2/14

Location: Academy Recreation Center

Date: Friday, 3/28 Activity # 9019.114

Pre-register by 3/25

Location: Academy Recreation Center

Date: Wednesday, 4/23 Activity # 9020.114

Pre-register by 4/17

Location: McGee Park

Date: Tuesday, 5/6 Activity # 9021.114

Pre-register by 5/2

Location: Dorton Park

SEUSSFEST

Date: Saturday, 3/1

11:00 a.m. – 12:00 noon

A Dr. Seuss Birthday Celebration – join us for a Dr. Seuss reading by Concord Public Library staff and afterwards, Seuss themed games and crafts organized by Concord Youth Council.

Location: Concord Public Library, 27 Union St N

For more information, please call 704-920-2058.

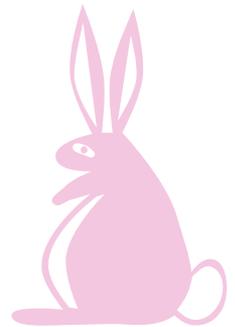
BUNNY RUN FESTIVAL

Date: Saturday, 4/19

10:00 a.m. – 1:00 p.m.

Celebrate Spring in downtown Concord. Festival held during and after the Bunny Run 5K includes inflatables, arts & crafts, face painting and interactive DJ with games and prizes.

Location: Downtown Concord



Egg Hunts

Egg hunts begin at the times listed. Bring your basket to carry home your eggs!

CALDWELL PARK

362 Georgia St. SW

For ages 2-10.

Thursday, 4/17

4:00 p.m.

HARTSELL PARK

65 Sunderland Road

For ages 3-5.

Thursday, 4/17

2:00 p.m.

WEBB FIELD

165 Academy Avenue NW

For ages 3-5.

Thursday, 4/17

11:00 a.m.

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

CARD MAKING

Ages 4-12. Let's get together and show our loved ones how much you care and make a card. No fee.

VALENTINE'S CARD

Thursday, 2/13

4:00 – 5:30 p.m.

MOTHER'S DAY CARD

Friday, 5/9

Pre-register by 5/5

4:00 – 5:30 p.m.

STRAWBERRY PICKING AT CARRIGAN FARMS

Activity # 1000.114

For all ages. Enjoy the spring time air at Carrigan Farms and let's pick some fresh strawberries.

Date: Tuesday, 5/6

Pre-register by 4/28

9:00 a.m. – 1:00 p.m.

Fee: \$7 per participant (bring your own blanket and picnic lunch).

Parent/guardian must register with child.

Fee includes transportation. Bus departs **Academy Recreation Center**



HARTSELL RECREATION CENTER

60 Hartsell School Road
Martha Hagood, Center Supervisor
704.920.5602

Information for Hartsell Park and James L. Dorton Park

CRAFTY MONDAY

Ages 6-16. Come and see what staff have for you to make this month.

Bring a friend. No fee.

Instructor: Deetra Ragan

Date: Monday

1/13, 2/10, 3/10, 4/14, 5/12

6:00 – 7:00 p.m.

WALKING CLASS

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

MORNING class: Continual

Days: Monday, Wednesday & Friday

9:15 – 10:20 a.m.

EVENING class: Continual

Days: Monday, Tuesday &

Wednesday

4:00 – 5:00 p.m.



RECREATION CENTERS 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

Recreation Centers

BALLET

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

Instructor: Tuwana McNeely

Days: Tuesday & Thursday

7:30 – 8:00 p.m.

Session I: Activity # 1039.414

1/7 – 1/30

Session II: Activity # 1040.414

2/11 – 3/6

Session III: Activity # 1041.114

3/18 – 4/10

Session IV: Activity # 1042.114

4/22 – 5/15

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

HARTSELL KARATE CLUB

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

Instructor: James Reid

Days: Monday, Wednesday & Friday

6:30 – 8:00 p.m.

Session I: Activity # 1022.414

1/6 – 1/31

Session II: Activity # 1023.414

2/3 – 2/28

Session III: Activity # 1024.414

3/3 – 3/28

Session IV: Activity # 1025.114

3/31 – 4/25

Session V: Activity # 1026.114

4/28 – 5/23

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



LOGAN MULTI-PURPOSE CENTER

184 Booker Street SW
Rodney Smith, Center Supervisor
704.920.5603

Information for Caldwell Park and W. W. Flowe Park

CRAYONS AND MARKERS DAY

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

Date: Monday

Continual

4:30 – 5:30 p.m.

ADULT POOL TOURNAMENT

Adults 18 & up. Play the game of 8 Ball. Trophy goes to the winner.

Date: Monday, 3/10

3:30 p.m.

Fee: \$2

MAKE A HEART DAY

Ages 3-16. Come out and make that special person a Valentine's Day card. No fee.

Date: Friday, 2/14

4:00 – 5:00 p.m.

BEAT THE CLOCK SHOOT OUT

Ages 9-16. Come out to see how many points you can make with a 45 second running clock. No fee. Staff supervised.

Date: Monday, 2/17

1:00 – 2:00 p.m.

SOUTHWEST KARATE ACADEMY

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

Days: Tuesday & Thursday

Continual

5:30 p.m. – Ages 4 & 5

6:00 p.m. – Ages 6-10

7:00 p.m. – Ages 11 and up

MOTHER'S DAY CARD MAKING

Ages 3-16. Come be creative and make a Mother's Day card. Refreshments served. No fee. Staff supervised.

Date: Friday, 5/9

4:00 – 5:00 p.m.

YOUTH POOL TOURNAMENT

Ages 9-16. Youth get a chance to play 8 ball billiards. A trophy will be given. No fee.

Date: Friday, 3/28

1:00 – 2:00 p.m.



KEEP IT MOVING

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

Date: Monday, Wednesday & Friday

Continual

9:00 – 10:00 a.m.

WALKING PROGRAM

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

Date: Tuesday & Thursday

Continual

9:00 – 10:00 a.m.

FOOSBALL TOURNAMENT

Ages 7-16. Come out to see who is the best foosball player around. No fee.

Date: Tuesday, 4/22

1:00 – 2:00 p.m.

YOUTH BINGO DAYS

Ages 4-16. Come out and try your luck at playing bingo. Prizes will be given away. No fee.

Days: Wednesday, Thursday & Friday

4/23, 4/24, 4/25

2:00 – 3:00 p.m.

Adult Art

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



Watercolor, watercolor pencil, fabric painting and colored pencil classes are 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. All classes are located at **Academy Recreation Center.**

COLORED PENCILS

Learn the basic techniques of colored pencil drawing.

Min. 6/Max. 15 participants.

Time: 9:00 a.m. – 2:00 p.m.

Session I:

Wednesday, 3/26

Pre-register by 3/19

Activity # 5003.114

Session II:

Wednesday, 5/28

Pre-register by 5/21

Activity # 5004.114

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

PLUS \$12 materials fee paid to instructor

WATERCOLOR PENCILS

Activity # 5005.114

Learn the basic techniques of watercolor pencils.

Min. 6/Max. 15 participants.

Date: Wednesday, 4/30

Pre-register by 4/23

9:00 a.m. – 2:00 p.m.

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

PLUS \$12 materials fee paid to instructor



WATERCOLOR

Activity # 5000.414

Learn the basic techniques of watercolor painting.

Min. 6/Max. 15 participants.

Date: Wednesday, 1/29

Pre-register by 1/22

9:00 a.m. – 2:00 p.m.

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

PLUS \$12 materials fee paid to instructor

FABRIC PAINTING

Activity # 5001.414

Learn the basics for fabric painting. Min. 6/Max 15 participants.

Date: Wednesday, 2/26

Pre-register by 2/19

9:00 a.m. – 2:00 p.m.

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

PLUS \$12 materials fee paid to instructor



QUILTING

Enjoy creating a lifetime keepsake.

Open to beginner and intermediate quilters. For a materials list call

704.920.5603.



DAY Class

Instructor: Carolyn Sweet

Date: Tuesday, 9:00 a.m. – 12:00 p.m.

Session I: 2/11 – 4/1

Activity # 5006.414

Session II: 4/15 – 6/3

Activity # 5007.114

Location: Logan Multi-Purpose Center

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

EVENING Class

This class is self-instructed

Date: Thursday, 7:00 – 9:00 p.m.

Session III: 12/19 – 2/13

Activity # 5019.313

NO Class 12/26

Session I: 2/20 – 4/10

Activity # 5019.414

Session II: 4/17 – 6/5

Activity # 5020.114

Location: Fire Station #7,

250 International Drive NW

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

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.



A MYSTERY HUNT

Activity # 7003.414

Based on the events of Mr. Penumbra's 24 Hour Bookstore by Robin Sloan, we will discover new places and new people on our hunt for the great event! Using the technology of today, we will

uncover the hidden messages of treasures of years past. We will use methods of geocaching, letterboxing and other navigational tools to unravel the mystery before us. Rediscovering a downtown and all of its concealed values, we will have the opportunity to bring home treasures of our own. Wear comfortable shoes.

Bus Departs: 9:30 a.m.; Returns: 4:00 – 4:30 p.m.

Date: Tuesday, 3/11

Fee: \$13 plus cost of meal



THE HISTORIC SOUTH

Activity # 7004.114

Join us as we go back in time crossing over the South Carolina border. We will begin our visit at the Museum of York County exploring the depths of the Carolina Piedmont over 600 years ago, as well as running across a few of Africa's greatest beasts. After our adventure in the wild we will appear in the 1760's in today's Historic Brattonsville. We will traverse through time as we view bits of this original 630 acre tract.

Bus Departs: 8:45 a.m.; Returning: 5:00 – 5:30 p.m.

Date: Thursday, 3/27

Fee: \$26 plus cost of meal



THE CAROLINAS' LITTLE BIT OF EVERYTHING

Activity # 7005.114

Peering into the early 1900's we will have a chance to tour the lives set in Greenwood, South Carolina at the Greenwood Museum and Railroad Center. The Museum, twice named the South Carolina tourist attraction of the year and the Railroad Historical Center are landmarks in time and place. After our visit of Greenwood we will travel to the beautiful downtown of Edgefield. In Edgefield we will seek out the local historic potters, general stores and the town of 10 Governors. Eat breakfast prior to departure.

Bus Departs: 7:15 a.m.; Returning: 7:00 – 7:30 p.m.

Date: Tuesday, 4/8

Fee: \$18 plus cost of meal



HAIRSPRAY, WOHLFAHRT HAUS DINNER THEATRE

Activity # 7006.114

Cruise with Tracey Turnblad on her BIG adventure with her BIG 'do as we take in the Tony Award-winning Best Musical, Hairspray! The story of a loveable girl and her plus-sized everything world portrays the success of dreams coming true for those who dare to do BIG things. We will enjoy the grand music and awesome performance of traveling and local actors and actresses, and partake in fine dining as we meet the performers. On our way home we'll take a rest/snack break.

Bus Departs: 8:45 a.m.; Returning: 7:00 – 7:30 p.m.

Date: Thursday, 5/15

Fee: \$63 (includes lunch)

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.



Michelle Colombero

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

PERSONAL TRAINING

Activity # 4031.414

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

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

Location: Academy Recreation Center

PILATES

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

Date: Monday & Wednesday

7:00 – 8:00 p.m.

Session I: 2/3 – 3/12 Activity # 4045.414

Session II: 3/17 – 4/28 Activity # 4046.414

NO Class 3/24

Session III: 5/7 – 6/18 Activity # 4047.114

NO Class 5/26

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

Location: Academy Recreation Center

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. Max. 20 participants.

Date: Saturday

9:00 – 10:00 a.m.

Session I: 1/25 – 3/1 Activity # 4059.414

Session II: 3/8 – 4/12 Activity # 4060.414

Session III: 4/26 – 6/7 Activity # 4061.114

NO Class 5/3

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

Location: Academy Recreation Center

Dawn Grant

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

CHAIR YOGA

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

Date: Tuesday

10:30 – 11:30 a.m.

Session I: 1/7 – 2/11 Activity # 4026.414

Session II: 2/25 – 4/15 Activity # 4027.414

NO Class 3/11, 4/8

Session III: 4/29 – 6/3 Activity # 4028.114

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

Location: Academy Recreation Center

GENTLE YOGA

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

Date: Tuesday

12:00 noon – 1:30 p.m.

Session I: 1/7 – 2/11 Activity # 4029.414

Session II: 2/25 – 4/15 Activity # 4030.414

NO Class 3/11, 4/8

Session III: 4/29 – 6/3 Activity # 4031.114

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

Location: Academy Recreation Center

HARMONY YOGA

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

Date: Tuesday

6:00 – 7:30 p.m.

Session I: 1/7 – 2/11 Activity # 4032.414

Session II: 2/25 – 4/15 Activity # 4033.414

NO Class 3/11, 4/8

Session III: 4/29 – 6/3 Activity # 4034.114

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

Location: Academy Recreation Center



Adult Fitness Classes

Vickie Fisher

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



FITNASTICS

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

Date: Tuesday & Thursday
9:00 – 10:00 a.m.

Session I: 2/4 – 3/13 Activity # 4055.414

Session II: 3/18 – 4/24 Activity # 4056.414

Session III: 4/29 – 6/5 Activity # 4057.114

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

Location: Hartsell Recreation Center

ZUMBA

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

Fee: \$3.00 per class* except when instructed at a non-city facility.



Date: MONDAY & WEDNESDAY

Instructor: Michelle Briggs
6:30 – 7:30 p.m.

Location: Logan Multipurpose Center

TUESDAY & THURSDAY

Instructor: Jennifer El-Abbadi
6:00 – 7:00 p.m.

Fee: \$4 per class*

Location: 21 Union Street, Upstairs

TUESDAY & THURSDAY

Instructor: Tuwana McNeely
8:00 – 9:00 p.m.

Location: Hartsell Recreation Center

SATURDAY

Instructor: Ursula Barrier
10:00 – 11:00 a.m.

Location: Logan Multipurpose Center



Joy Dry

AFAA Certified Personal Trainer & Group Fitness Instructor. All classes are in the Fitness Room at Academy Recreation Center.

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

CARDIO COMBO

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

Date: Monday

5:30 – 6:30 p.m.

Session I: 1/6 – 2/10 Activity # 4044.414

Session II: 2/17 – 3/24 Activity # 4048.414

Session III: 3/31 – 5/5 Activity # 4049.114

Session IV: 5/12 – 6/23 Activity # 4050.114

NO Class 5/26

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

Location: Academy Recreation Center

BODY BLITZ

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

Date: Wednesday

5:30 – 6:30 p.m.

Session I: 1/8 – 2/12 Activity # 4047.414

Session II: 2/19 – 3/26 Activity # 4049.414

Session III: 4/2 – 5/7 Activity # 4051.114

Session IV: 5/14 – 6/25 Activity # 4052.114

NO Class 6/11

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

Location: Academy Recreation Center

FIT & FABULOUS

Activity # 4051.414

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. Instructor: Dawn Grant

Date: Wednesday, 1/8 – 5/28, 10:00 – 11:00 a.m.

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

Location: Academy Recreation Center



Special Interest

QIGONG

Ages 18 and up. Qigong, a.k.a. chi gung, is a practice of the body aligning itself with its core energy, qi (chi). Qigong is practiced worldwide as rhythmic breathing, movement and awareness as an exercise based on martial arts, philosophy and ancient Chinese medical practices. Surround yourself with a calm atmosphere and unite your mind, body and energy. Min. 4/Max. 20 participants.

Instructors: Daniel & Cindy Hausman

Day: Wednesday, 6:00 – 7:00 p.m.

Session I: 1/8 – 1/29 Activity # 1143.414

Session II: 2/5 – 2/26 Activity # 1144.414

Session III: 3/5 – 3/26 Activity # 1145.414

Session IV: 4/2 – 4/23 Activity # 1146.114

Session V: 5/7 – 5/28 Activity # 1147.114

Fee: \$15; \$5 city resident discount

Location: CT Sherrill Building, 338 Lawndale Avenue

PIN SPLITTERS

Pin Splitters is a bowling league designed for individuals with developmental disabilities.

Participants will gain skills in league play, competition, socialize with friends and be active!



Activity # 8013.414

Date: Saturday, 1/18 – 3/8; Pre-register by 1/10 5:00 – 7:00 p.m.

Registration fee: \$15; \$5 city resident discount

Weekly fee: \$9, payable to Foxfire Lanes. Includes 3 games and shoes.

Location: Foxfire Lanes, 225 Security St., Kannapolis

HYPNOTHERAPY FOR WEIGHT LOSS

Activity # 8011.414

Relaxation **E**ncourages **S**uccessful **T**hinking!

This four week course is for men and women ages 18 and up. 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 will help you relax and learn how to reinforce positive stress so that you benefit from improved overall well-being, better sleep, greater concentration, and better everything! Min. 4; Max. 20 participants.

Instructor: Melissa Stefanski BS MA, Certified Hypnotherapist

Date: Tuesday, 1/7, 1/14, 1/21, 1/28 6:00 – 7:00 p.m.

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

Location: Fire Station #7, 250 International Dr.

CAROLINA SHAG DANCE CLASS

Learn the fundamentals of the dance that originated in the Carolinas.

Open to singles and couples.

Min. 10 participants.

MUST pre-register.

Instructor: Patty Blackmon



JANUARY Session: Thursday, 1/9 – 1/30

BEGINNERS: 7:00 – 8:00 p.m. Activity # 8036.414

INTERMEDIATE: 8:00 – 9:00 p.m. Activity # 8042.414

FEBRUARY Session: Thursday, 2/6 – 2/27

BEGINNERS: 7:00 – 8:00 p.m. Activity # 8037.414

INTERMEDIATE: 8:00 – 9:00 p.m. Activity # 8043.414

MARCH Session: Thursday, 3/6 – 3/27

BEGINNERS: 7:00 – 8:00 p.m. Activity # 8038.414

INTERMEDIATE: 8:00 – 9:00 p.m. Activity # 8044.414

APRIL Session: Thursday, 4/3 – 4/24

BEGINNERS: 7:00 – 8:00 p.m. Activity # 8039.114

INTERMEDIATE: 8:00 – 9:00 p.m. Activity # 8045.114

MAY Session: Thursday, 5/1 – 5/22

BEGINNERS: 7:00 – 8:00 p.m. Activity # 8040.114

INTERMEDIATE: 8:00 – 9:00 p.m. Activity # 8046.114

Fee per session: \$35, \$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. 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

Date: Monday, Wednesday & Thursday

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

Session I: 1/6 – 1/23 Activity # 8057.414

Session II: 1/27 – 2/13 Activity # 8058.414

Session III: 2/17 – 3/6 Activity # 8059.414

Session IV: 3/10 – 3/27 Activity # 8060.414

Session V: 3/31 – 4/17 Activity # 8061.114

Session VI: 4/21 – 5/8 Activity # 8062.114

Session VII: 5/12 – 5/29 Activity # 8063.114

NO Class 5/26

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

Location: Les Myers Park Ball Field

REGISTRATION PROCESS

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

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

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

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

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

Administrative Office • 704.920.5600

147 Academy Avenue, NW

Academy Recreation Center • 704.920.5601

147 Academy Avenue, NW

Beverly Hills Park • 704.920.5601

631 Miramar Street, NE

Marvin Caldwell Park • 704.920.5603

362 Georgia Street, SW

James L. Dorton Park • 704.920.5602

5790 Poplar Tent Road

Gibson Field

704.784.2616 or 704.920.5617
321 Misenheimer Avenue, NW

Hartsell Recreation Center • 704.920.5602

60 Hartsell School Road

Hartsell Field Complex

704.788.9325 or 704.920.5617
30 Swink Street, NW

Hartsell Park • 704.920.5602

65 Sunderland Road

Lake Fisher Reservoir Boat Rentals

704.920.5618 or 704.938.1327
5099 Lake Fisher Road
(Seasonal) March-October

Logan Multi-Purpose Center • 704.920.5603

184 Booker St., SW

McAllister Field

704.786.0157 or 704.920.5617
160 Crowell Drive, NW

Harold B. McEachern Greenway

704.920.5600

Enter at Les Myers Park or
J. W. McGee, Jr. Park

The Village Greenway • 704.920.5601

175 Academy Avenue, NW

J. W. "Mickey" McGee, Jr. Park

704.920.5601

219 Corban Avenue, East

John F. McInnis Aquatic Center

704.785.8105

151 Academy Avenue, NW
(Seasonal, May-August)

Les Myers Park • 704.920.5601

338 Lawndale Avenue

Rocky River Golf Club at Concord

704.455.1200

6500 Bruton Smith Blvd.

W. W. Flowe Park • 704.920.5603

99 Central Heights Drive

Webb Field

704.786.8406 or 704.920.5617
165 Academy Avenue, NW

PARKS HOURS:

April - October

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

November - March

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

Registration Form (PLEASE PRINT)

Participant's Name _____

Home Phone _____

Work Phone _____

Cell Phone _____

Do you want to receive texts? Yes No

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)

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

Registrant's Signature _____

(Parent's signature if registrant is under 18)

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

Date _____ Fee Enclosed _____

Please make check payable to City of Concord

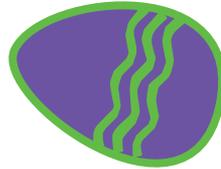
Online Easter Egg Hunt

Visit our website
www.concordparksandrec.org

Monday, April 14, 1:00 p.m.

through

Thursday April 17, 1:00 p.m.



Look for the hidden Easter Egg

The Easter Egg could be hidden anywhere, on any page, or hidden in photos. When you find the egg, click on it and fill out the form to be entered to win our Easter Basket filled with goodies!

We will draw one name from the entries and announce the winner on our Facebook page by 3:00 p.m. on Thursday, April 17.

*Open to residents of Cabarrus County. One entry per person.
Easter basket will need to be picked up at the Parks and Recreation office.
We cannot ship it.*

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

We now offer text messaging to you so that you may stay current on programs and athletic changes.



Stay updated on new programs and events by liking us on Facebook: www.facebook.com/concordncparksandrec

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



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

