

Leisure Times

Summer 2010



Concord
NORTH CAROLINA
PARKS & RECREATION

ROAD RACES

STREETLIGHT 5K

Activity # 6001.210

Friday, 7/16

6:00 p.m. Pre-registration begins

7:00 p.m. Fun Run begins

7:30 p.m. 5K begins

5K will begin and end at the lower parking lot at Les Myers Park and will be run on the McEachern Greenway and the new Downtown Connector Greenway. 1 Mile Fun Run will begin and end at the lower level parking lot and run on the McEachern Greenway.

Fee: \$12 Early Registration
\$15 After 7/9

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. Male and female stroller category available.

UNITED WAY RUN FOR LIFE 5K & 10K

Activity # 6002.310

Saturday, 11/6

7:00 a.m. Pre-registration begins

8:00 a.m. Fun Run begins

8:30 a.m. 5K begins

8:30 a.m. 10K begins

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

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

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

Online registration is available at
www.concordparksandrec.org

Registration for all road races
is also available by phone.
Call 704-920-5619 for more
information.



The City of Concord Parks & Recreation Department 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 SOCCER REGISTRATION

6/14 - 7/16

Monday - Thursday, 8:00 a.m. - 7:00 p.m.; Friday, 8:00 a.m. - 5:00 p.m.

Fee: \$50; \$30 city resident discount

Location: Academy Athletic Office, Hartsell Recreation Center, and Logan Multipurpose Center. *No mail in registrations, please.*

ADULT SOFTBALL ORGANIZATIONAL MEETING

This meeting is for anyone interested in forming a team.

Thursday, 7/15, 6:30 p.m.

Location: Academy Recreation Center

GOLF AT ROCKY RIVER GOLF CLUB

LADIES SUMMER GOLF CLASSES

Activity # 6003.210

Open to ladies who are interested in learning the basic skills associated with golf. PGA certified professionals will assist you in learning the ins and outs of the relaxing game. Golf etiquette and basic skills will be discussed.

Tuesdays, 6/22, 6/29, 7/6, 7/13

5:30 - 7:00 p.m.

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

PLUS \$7 for range balls

MIXED GOLF CLASSES

Activity # 6004.210

For men, ladies, or juniors age 12 - 18.

Mondays, 7/29, 8/5, 8/12, 8/19

5:30 - 7:00 p.m.

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

PLUS \$7 for range balls

LADIES FALL GOLF CLASSES

Activity # 6005.310

Open to ladies who are interested in learning the basic skills associated with golf. PGA certified professionals will assist you in learning the ins and outs of the relaxing game. Golf etiquette and basic skills will be discussed.

Tuesdays, 9/7, 9/14, 9/21, 9/28

5:30 - 7:00 p.m.

Fee: \$50; \$5 city resident discount PLUS \$7 for range balls

PRIVATE AND GROUP GOLF LESSONS

Available by appointment:

Fee: \$35; \$5 city resident discount PLUS \$4 for range balls

Time of lesson: 30 min - 1 hour



GOLF, continued

ROCKY RIVER GOLF CLUB AT CONCORD 2010 JUNIOR GOLF CAMP

SCHEDULE

Registration forms available thru Rocky River Golf Club. For more information, please call 704-455-1200 or Ryan Jones at 704-920-5619.

Floyd Gragg, PGA Instructor
704-455-1200, ext. 6; Email: floyd.gragg@jqh.com

ROCKY RIVER GOLF CLUB BEGINNERS JUNIOR GOLF CAMP

6/21 – 6/24; 9:00 a.m. – Noon; Lunch at Noon
Fee: \$169 (includes: instruction, range balls, gift, & lunch)

ROCKY RIVER GOLF CLUB ADVANCED JUNIOR GOLF CAMP

7/5 – 7/8; 9:00 a.m. – Noon; Lunch at Noon
Fee: \$169 (includes: instruction, range balls, gift, & lunch)

ROCKY RIVER GOLF CLUB BEGINNERS JUNIOR GOLF CAMP

7/19 – 7/22; 9:00 a.m. – Noon; Lunch at Noon
Fee: \$169 (includes: instruction, range balls, gift, & lunch)

ROCKY RIVER GOLF CLUB ADVANCED JUNIOR GOLF CAMP

8/2 – 8/5; 9:00 a.m. – Noon; Lunch at Noon
Fee: \$169 (includes: instruction, range balls, gift, & lunch)

MAYOR'S JUNIOR GOLF TOURNAMENT

Open to all junior residents of Cabarrus County ages 9 – 17.
Limited to the first 100 entries.

Wednesday, 8/11
No Entry Fee. Entry forms available thru Rocky River Golf Club.



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, fair play, sportsmanship and discipline.

Please contact Tennis Coordinator, Chad Oxendine at 704-806-0909 for all your tennis needs.
www.amptennis.com.

The City of Concord is a member of the USTA.

MATCH MAKER ADULT TENNIS LESSONS

For adults interested in learning the basics of tennis, join us for these free tennis lessons.

Saturday, 6/5 & Saturday, 6/12
10:00 a.m. - 12:00 p.m.

Fee: Free
Location: Les Myers Park Tennis Complex

FENCING CAMP

Activity # 6010.210

In cooperation with Charlotte Fencing Academy, the City of Concord is offering a Fencing camp. Charlotte Fencing Academy embraces a philosophy centered on the three core values of honor, integrity, and courage. Each coach is accredited and experienced. Each student will learn the basic art of fencing and will have the opportunity to enjoy this sport for the rest of their lives. Equipment provided. Ages 7 and up. Min. 10; max. 16 participants.

Monday - Friday, 8/13

1:00 - 4:00 p.m.

Fee: \$190; \$5 city resident discount

Location: Amenity Recreation Center (Subject to change)

Call Ryan Jones at 704-920-5619 for more information.

LAKE FISHER 2010 SEASON

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

Hours of Operation:

Mon. & Tues. closed

Wed. - Sat. 7:00 a.m. - 3:00 p.m.

Sun. 1:00 p.m. - 6:00 p.m.

Boat Rental Fees (per person):

Adults 1/2 day: \$10; \$6 city resident

Adults Full day: \$14; \$9 city resident

Senior Citizen 1/2 day: (60 or older)

\$7; \$5 city resident

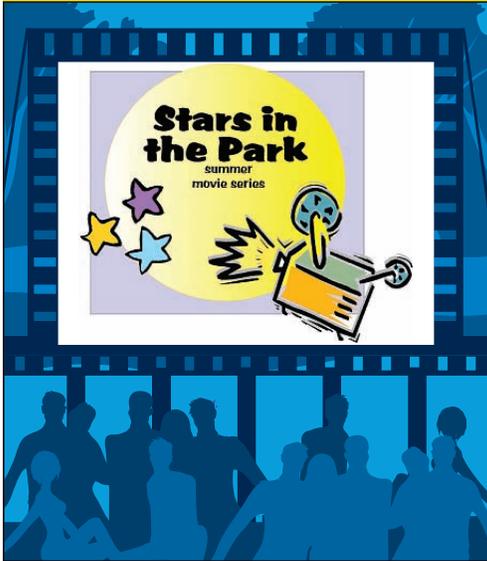
Youth 1/2 day (ages 12 - 16):

\$5; \$3 city resident

Youth full day (ages 12 - 16):

\$7; \$5 city resident

SPECIAL EVENTS



STARS IN THE PARK SUMMER MOVIE SERIES – NEW LOCATION

Join us for movies and more at Dorton Park on the fourth Friday of the summer months, June, July, and August.

The outdoor movies have been edited for family viewing. Games and activities and inflatable amusements will begin on the soccer field at 7:30 p.m. The movie will begin at 8:45 p.m. or dusk. Bring your food. Concessions will be available. Don't forget your chairs or blankets to sit on.

FREE to family and friends.

Friday, 6/25 - Where the Wild Things Are

Friday, 7/23 - Cloudy with a Chance of Meatballs

Friday, 8/27 - UP

Be sure to test your skills on our inflatable screen and Wii games before the movie starts.

RECREATION CENTERS AND FACILITIES

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

Content/Scheduled dates may be subject to change.

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

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

NEEDLER'S GROUP

If you enjoy crochet, knitting, needle-point, cross-stitch and crewel, come join us! Bring your own supplies and we'll share and learn needlework skills together. For ages 18 and up. No fee. Instructor: Carol Ross.

Wednesdays
5/26, 6/2, 6/9,
8/18, 9/1, 9/15, 9/29,
10/13, 10/29
2:00 - 4:00 p.m.

WE ROCK WEDNESDAYS

Boys and girls, ages 7 – 15, Wednesday evenings are just for you! We'll have board games, such as Monopoly, Connect 4, Mancala, Twister and many more, set up for you and your friends to enjoy. No fee. Staff supervised.

Wednesdays
6/2, 6/9, 6/16, 6/23, 6/30
6:30 - 7:30 p.m.

LEGO LEARN

Develop creative, social and expressive skills with legos. Enjoy socializing with other children your age. For ages 3 - 8. No fee. Staff supervised.

Wednesdays, 8/18 - 9/29
11:00 a.m. - 12:30 p.m.

WHO'S NEXT?

Think you're good at basketball? Join the competition and show us. Teams will play for 15 minutes or until one reaches 15 points. This is a great opportunity to work off those extra pounds while having fun. Ages 10 and up, round up your basketball buds and come play.

No fee. Staff supervised.

Wednesdays
7/7, 7/14, 7/21, 7/28
6:30 – 8:00 p.m.

BACK TO SCHOOL LOCK IN

Actually, the doors are closed, not locked, but the time is yours to have fun in the gym! We'll play games, give prizes, play music and have snacks to munch on. Come one, come all, let's have a ball!

No fee. Staff supervised.

Thursday, 8/19
Grades K – 5: 11:00 a.m. – 1 p.m.
Grades 6 – 12: 2:00 – 4:00 p.m.



RECREATION CENTERS HOURS OF OPERATION

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

RECREATION CENTERS

HARTSELL RECREATION CENTER

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

Information for Hartsell Park and James L. Dorton Park.

ZUMBA BASIC LEVEL 1 & 2

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

Instructor: Alma Alfonso

Thursdays, 6:00 - 7:00 p.m.

Session I: Activity # 1000.210

7/15 - 8/19

Session II: Activity # 1001.210

8/2 - 10/7

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

ZUMBA TONING

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

Instructor: Alma Alfonso

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

Session I: Activity # 1002.210

7/15 - 8/19

Session II: Activity # 1003.210

8/2 - 10/7

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

HARTSELL KARATE CLUB

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

Instructor: James Reid

Mondays & Wednesdays

6:30 - 8:00 p.m.

Session I: Activity # 1004.210

6/7 - 6/30

Session II: Activity # 1005.210

7/7 - 7/28

Session III: Activity # 1006.210

8/2 - 8/25

Session IV: Activity # 1007.310

9/8 - 9/29

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

BINGO WITH BILL

We had so much fun last June that we are expanding our bingo to two months of fun! Ages 6 - 13, you are invited to play bingo, win prizes and meet new friends! No fee.

Staff supervised.

Thursdays, 6/3 - 7/29

5:00 - 6:00 p.m.



WALKING CLASS

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

Morning Class:

Monday, Wednesday, & Friday

Continual, 9:15 - 10:15 a.m.

Evening Class:

Monday, Tuesday, & Wednesday

Continual, 5:00 - 6:00 p.m.

HARD TARGET

Learn how to not become a victim of crime with instruction from Concord Police officer Doug Wilhelm. This self defense class is directed to teens, adults and seniors. No Fee.

Tuesdays, 8/3, 8/10, 8/17, 8/24, 8/31

6:00 - 7:00 p.m.

END OF SUMMER SOCIAL

Just for school aged children! Join us for games, activities, refreshments and socialize with your friends before school starts back. No fee.

Staff supervised.

Friday, 8/20

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

facebook

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Check out the Concord Parks & Recreation on Facebook



UNION STREET LIVE

Third Thursday of
May - September

6:00 - 9:00 p.m.

Downtown Concord

June 17th - Mark Roberts & Breeze

July 15th - The Shakers

August 19th - Big Sam

September 16th - Band of Oz

For more information please

contact CDDC at 704-920-2787.

LOGAN COMMUNITY FESTIVAL

Saturday, 6/5

11:00 a.m. - 7:00 p.m.

Marvin Caldwell Park

362 Georgia Avenue

Fun for all in Caldwell Park.

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

Come join the fun!



A message from the director...



BOB DOWLESS

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

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

The Concord Parks & Recreation Department takes great pride in the community support we receive and want you to know that we are continually working to earn your support.

We welcome your comments, questions or concerns. You can reach our office at 704-920-5600 or email us at

recreation@ci.concord.nc.us.

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

RECREATION CENTERS

LOGAN MULTI-PURPOSE CENTER

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

Information for Caldwell Park and W. W. Flowe Park

DOUBLE DUTCH ROPE

Learn how to jump with double ropes, stepping skills, and other jumping. For ages 6-18. No fee. Staff supervised.
Mondays, continual
4:30 - 5:30 p.m.

SOUTHWEST CABARRUS KARATE

Individuals learn how to defend themselves, get in good shape and gain confidence. Instruction for 4-10 year olds and 11 years and up. No fee.
Registration 6/1 - 7/1
Tuesdays & Thursdays
6:00 - 7:00 p.m. - 4 - 10 year olds
7:00 - 8:00 p.m. - 11 years and up
Contact Tony Moody at 704-701-1346 for additional information.

ADULT POOL TOURNAMENT

Activity # 1010.210
You must be 18 and up to play in this tournament. The game is 8-ball. Rules will be given at registration. Winner will receive a trophy.
Friday, 6/18
5:00 - 6:00 p.m.
Fee: \$5

BEAT THE CLOCK SHOOTOUT

Youth between the ages of 7 and 8 have 30 seconds to shoot on a 8 1/2 foot goal. There will be designated point markings to determine how many points are made. The same will be on a 10 foot goal for the teens. No fee. Staff supervised.
Friday, 7/16
4:00 - 5:00 p.m.

OLD MAN 8 BALL POOL PLAY

Any adult who likes to play a fun game of billiards can come out and show what they've got on the pool table. The rules are 8 ball. Equipment will be provided. No fee. Staff supervised.
Monday - Friday
6/1 - 8/6
10:00 a.m. - 4:00 p.m.

MOVIE & POPCORN NIGHT

Come watch the latest movies and enjoy some hot popcorn. No fee.
Wednesdays, continual
4:00 - 5:00 p.m.

STUDY BUDDIES

We'll study Moorish, Law European and Black history; discuss and research with archeological findings. No fee. For ages 12 and older. Carrol Murraybey, Instructor.
5/3 - 8/4
Mondays & Wednesdays
6:30 - 7:30 p.m.
Saturdays, 3:00 - 4:00 p.m.



VIBE COMMUNITY TENNIS TUESDAY

In cooperation with the Concord Tennis Association and the United States Tennis Association, the City of Concord Parks and Recreation Department are offering FREE tennis lessons to any interested participants at the Logan Multi-Purpose Center. This program uses the USTA sponsored QuickStart Tennis Program, which utilizes special racquets, nets and tennis balls to better develop young players.

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

Tuesdays, continual
3:30 - 5:00 p.m.

SWIMMING LESSONS

Group lessons are offered for ages 18 months and up. Lessons are divided from Parent/Child through Level 6. More specific information regarding levels are on our website at www.concordparksandrec.org or by calling Ryan Jones at 704-920-5619. We use the American Red Cross Learn to Swim Program. Group lessons will be offered Monday - Thursday morning and evening with each session lasting 2 weeks except parent/child which are one week. Sessions begin 6/7 and end 8/19. No classes the week of 7/5 - 7/9.
 Fee: \$40; \$5 city resident discount (different fee for parent/child lessons)

Parent/Child lessons are for children 18 months through 2 years of age. Parents will be in the water with their children. Classes meet for 30 minutes Monday - Thursday for one week.
 Fee: \$20; \$5 city resident discount

Individual lessons are also offered and will be scheduled on an individual basis. They will last 30 minutes. For more information or to schedule a lesson contact the pool manager after 5/29 at 704-920-5604.
 Fee: \$20 per person per lesson; \$5 city resident discount

Adult lessons will be on Tuesday and Thursdays from 7:00 - 7:45 p.m. for two sessions, 6/8 - 7/1 and 7/13 - 8/5.
 Fee: \$40; \$5 city resident discount



CLASS INFORMATION

Parent/Child, Pre-school and Level 1 classes meet for 30 minutes. Level 2-6 meet for 45 minutes. There is typically a playtime the last 5 minutes of class. All classes are progressive. Students must perform the skills of one level before moving to the next level. Students are not expected to pass a level in only one session. Please check with the instructor before registering your child for the next level.

Pre-school: 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.

Level 5 & 6: Upper level classes cater to the experienced swimmer. Breaststroke, sidestroke, and butterfly will be learned and endurance will be increased. This is a great preparation for GuardStart or a Lifeguard class.

Adult Classes: If you have never learned to swim or you would like to improve your strokes and endurance this class is for you. Classes will be in the evening in an "adult only" setting. Adult classes meet on Tuesdays and Thursdays for four weeks.

GUARDSTART TRAINING

Activity # 2132.210
 This junior lifeguard class is designed to prepare 11-14 year olds to take the American Red Cross Lifeguard certification program. The 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. This class is limited to 10 students.
 Dates: Monday - Friday, 7/12 - 7/16
 9:30 - 11:30 a.m.
 7/16, 1:00 - 3:00 p.m.
 Fee: \$40; \$5 city resident discount

ADULT WATER AEROBICS

The cool way to stay fit during the summer in a fun and invigorating fitness program.

Instructor: Lee Campbell
 Mondays & Wednesdays
 7:00 - 7:45 p.m.

Session I: Activity # 6108.210
 6/7 - 6/30
 Fee: \$28; \$5 city resident discount
Session II: Activity # 6109.210
 7/12 - 8/11
 Fee: \$34; \$5 city resident discount
Both Sessions: Activity # 6110.210
 Fee: \$50; \$5 city resident discount

PUBLIC SWIM

Swimming open to the general public. Patrons must purchase a Privilege Pass I.D. in order to swim. The Aquatics Center will open for Memorial Day weekend, Saturday, May 29 - Monday, May 31 and will open daily on Friday June 4 - Saturday August 21. The pool will be closed Tuesday June 1 - Thursday, June 3.

Hours for public swimming:
 Mon. - Thurs.: 1:00 - 5:00 p.m.
 Friday: 11:00 - 6:00 p.m.
 Adult Swim 10:00 - 11:00 a.m.
 Sat.: 12:00 - 6:00 p.m.
 Sun.: 1:00 - 5:00 p.m.
 Fees: \$10 Individual Privilege Pass;
 \$5 city resident discount
 \$30 Family Privilege Pass;
 \$15 city resident discount
 Daily Swim Fee:
 \$1.50 Youth; \$2.50 Adults

SWIM LESSONS

SESSION 1

Level: PreSchool
6/7 - 6/17 5:45 Mon - Thurs
Activity # 2009.210
Level: 1
6/7 - 6/17 5:45 Mon - Thurs
Activity # 2011.210
Level : 2
6/7 - 6/17 5:45 Mon - Thurs
Activity # 2003.210
Level : 3
6/7 - 6/17 5:45 Mon - Thurs
Activity # 2004.210
Level : 4
6/7 - 6/17 5:45 Mon - Thurs
Activity # 2005.210
Level: 5&6
6/7 - 6/17 5:45 Mon - Thurs
Activity # 2006.210
Level: Adult Lesson
6/8 - 7/1 7:00 Tue & Thur
Activity # 2067.210

SESSION 2

Level: Parent/Child
6/21 - 6/24 10:45 AM Mon - Thurs
Activity # 2013.210
Level: Parent/Child
6/21 - 6/24 5:45 PM Mon - Thurs
Activity # 2016.210
Level: PreSchool
6/21 - 7/1 9:15 AM Mon - Thurs
Activity # 2008.210
Level: PreSchool
6/21 - 7/1 10:00 AM Mon - Thurs
Activity # 2010.210
Level: PreSchool
6/21 - 7/1 11:30 AM Mon - Thurs
Activity # 2014.210
Level: 1
6/21 - 7/1 9:15 AM Mon - Thurs
Activity # 2209.210
Level: 1
6/21 - 7/1 10:00 AM Mon - Thurs
Activity # 2211.210
Level: 1
6/21 - 7/1 5:45 PM Mon - Thurs
Activity # 2217.210
Level: 2
6/21 - 7/1 9:00 AM Mon - Thurs
Activity # 2018.210
Level: 2
6/21 - 7/1 10:00 AM Mon - Thurs
Activity # 2023.210
Level: 2
6/21 - 7/1 10:00 AM Mon - Thurs
Activity # 2024.210
Level: 2
6/21 - 7/1 11:00 AM Mon - Thurs
Activity # 2028.210
Level: 2
6/21 - 7/1 11:00 AM Mon - Thurs
Activity # 2029.210
Level: 2
6/21 - 7/1 5:45 PM Mon - Thurs
Activity # 2033.210
Level: 2
6/21 - 7/1 5:45 PM Mon - Thurs
Activity # 2034.210

Level: 3
6/21 - 7/1 9:00 AM Mon - Thurs
Activity # 2019.210
Level: 3
6/21 - 7/1 10:00 AM Mon - Thurs
Activity # 2025.210
Level: 3
6/21 - 7/1 11:00 AM Mon - Thurs
Activity # 2030.210
Level: 3
6/21 - 7/1 11:00 AM Mon - Thurs
Activity # 2031.210
Level: 3
6/21 - 7/1 5:45 PM Mon - Thurs
Activity # 2035.210
Level: 4
6/21 - 7/1 9:00 AM Mon - Thurs
Activity # 2020.210
Level: 4
6/21 - 7/1 10:00 AM Mon - Thurs
Activity # 2026.210
Level: 4
6/21 - 7/1 11:00 AM Mon - Thurs
Activity # 2032.210
Level: 4
6/21 - 7/1 5:45 PM Mon - Thurs
Activity # 2036.210
Level: 5
6/21 - 7/1 9:00 AM Mon - Thurs
Activity # 2021.210
Level: 5&6
6/21 - 7/1 10:00 AM Mon - Thurs
Activity # 2027.210
Level: 5&6
6/21 - 7/1 5:45 PM Mon - Thurs
Activity # 2037.210
Level: 5&6
6/21 - 7/1 9:00 AM Mon - Thurs
Activity # 2022.210

SESSION 3

Level: Parent/Child
7/12 - 7/15 10:45 AM Mon - Thurs
Activity # 2043.210
Level: PreSchool
7/12 - 7/22 9:15 AM Mon - Thurs
Activity # 2038.210
Level: PreSchool
7/12 - 7/22 10:00 AM Mon - Thurs
Activity # 2040.210
Level: PreSchool
7/12 - 7/22 10:45 AM Mon - Thurs
Activity # 2042.210
Level: PreSchool
7/12 - 7/22 11:30 AM Mon - Thurs
Activity # 2044.210
Level: PreSchool
7/12 - 7/22 5:45 PM Mon - Thurs
Activity # 2046.210
Level: 1
7/12 - 7/22 9:15 AM Mon - Thurs
Activity # 2039.210
Level: 1
7/12 - 7/22 10:00 AM Mon - Thurs
Activity # 2041.210
Level: 1
7/12 - 7/22 11:30 AM Mon - Thurs
Activity # 2045.210

Level: 1
7/12 - 7/22 5:45 PM Mon - Thurs
Activity # 2047.210
Level: 2
7/12 - 7/22 9:00 AM Mon - Thurs
Activity # 2048.210
Level: 2
7/12 - 7/22 10:00 AM Mon - Thurs
Activity # 2053.210
Level: 2
7/12 - 7/22 10:00 AM Mon - Thurs
Activity # 2054.210
Level: 2
7/12 - 7/22 11:00 AM Mon - Thurs
Activity # 2058.210
Level: 2
7/12 - 7/22 11:00 AM Mon - Thurs
Activity # 2059.210
Level: 2
7/12 - 7/22 5:45 PM Mon - Thurs
Activity # 2063.210
Level: 2
7/12 - 7/22 5:45 PM Mon - Thurs
Activity # 2064.210
Level: 3
7/12 - 7/22 9:00 AM Mon - Thurs
Activity # 2049.210
Level: 3
7/12 - 7/22 10:00 AM Mon - Thurs
Activity # 2055.210
Level: 3
7/12 - 7/22 11:00 AM Mon - Thurs
Activity # 2060.210
Level: 3
7/12 - 7/22 11:00 AM Mon - Thurs
Activity # 2061.210
Level: 3
7/12 - 7/22 5:45 PM Mon - Thurs
Activity # 2065.210
Level: 4
7/12 - 7/22 9:00 AM Mon - Thurs
Activity # 2050.210
Level: 4
7/12 - 7/22 10:00 AM Mon - Thurs
Activity # 2056.210
Level: 4
7/12 - 7/22 11:00 AM Mon - Thurs
Activity # 2062.210
Level: 4
7/12 - 7/22 5:45 PM Mon - Thurs
Activity # 2066.210
Level: 5&6
7/12 - 7/22 9:00 AM Mon - Thurs
Activity # 2051.210
Level: 5&6
7/12 - 7/22 10:00 AM Mon - Thurs
Activity # 2057.210
Level: 5&6
7/12 - 7/22 5:45 PM Mon - Thurs
Activity # 2267.210
Level: GuardStart
7/12 - 7/16 9:30 AM Mon - Fri
Activity # 2132.210
Level: Adult Lesson
7/13 - 8/5 7:00 PM Tue & Thur
Activity # 2068.210

SWIM LESSONS...CONTINUED

SESSION 4

Level: Parent/Child
7/26 - 7/29 10:45 AM Mon - Thurs
Activity # 2074.210
Level: Parent/Child
7/26 - 7/29 5:45 PM Mon - Thurs
Activity # 2077.210
Level: PreSchool
7/26 - 8/5 9:15 AM Mon - Thurs
Activity # 2069.210
Level: 1
7/26 - 8/5 9:15 AM Mon - Thurs
Activity # 2070.210
Level: 1
7/26 - 8/5 10:00 AM Mon - Thurs
Activity # 2071.210
Level: 1
7/26 - 8/5 10:00 AM Mon - Thurs
Activity # 2072.210
Level: 1
7/26 - 8/5 11:30 AM Mon - Thurs
Activity # 2076.210
Level: 1
7/26 - 8/5 5:45 PM Mon - Thurs
Activity # 2078.210
Level: 2
7/26 - 8/5 9:00 AM Mon - Thurs
Activity # 2079.210
Level: 2
7/26 - 8/5 10:00 AM Mon - Thurs
Activity # 2084.210
Level: 2
7/26 - 8/5 10:00 AM Mon - Thurs
Activity # 2085.210
Level: 2
7/26 - 8/5 11:00 AM Mon - Thurs
Activity # 2089.210
Level: 2
7/26 - 8/5 11:00 AM Mon - Thurs
Activity # 2090.210
Level: 2
7/26 - 8/5 5:45 PM Mon - Thurs
Activity # 2094.210
Level: 3
7/26 - 8/5 9:00 AM Mon - Thurs
Activity # 2080.210
Level: 3
7/26 - 8/5 10:00 AM Mon - Thurs
Activity # 2086.210
Level: 3
7/26 - 8/5 11:00 AM Mon - Thurs
Activity # 2091.210
Level: 3
7/26 - 8/5 11:00 AM Mon - Thurs
Activity # 2092.210
Level: 3
7/26 - 8/5 5:45 PM Mon - Thurs
Activity # 2096.210
Level: 4
7/26 - 8/5 9:00 AM Mon - Thurs
Activity # 2081.210
Level: 4
7/26 - 8/5 10:00 AM Mon - Thurs
Activity # 2087.210
Level: 4
7/26 - 8/5 11:00 AM Mon - Thurs
Activity # 2093.210
Level: 4
7/26 - 8/5 5:45 PM Mon - Thurs
Activity # 2097.210

Level: 5&6
7/26 - 8/5 9:00 AM Mon - Thurs
Activity # 2082.210
Level: 5&6
7/26 - 8/5 5:45 PM Mon - Thurs
Activity # 2098.210

SESSION 5

Level: Parent/Child
8/9 - 8/12 10:45 AM Mon - Thurs
Activity # 2104.210
Level: Parent/Child
8/9 - 8/12 10:45 AM Mon - Thurs
Activity # 2140.210
Level: PreSchool
8/9 - 8/19 9:15 AM Mon - Thurs
Activity # 2099.210
Level: PreSchool
8/9 - 8/19 10:00 AM Mon - Thurs
Activity # 2101.210
Level: PreSchool
8/9 - 8/19 10:45 AM Mon - Thurs
Activity # 2103.210
Level: PreSchool
8/9 - 8/19 11:30 AM Mon - Thurs
Activity # 2105.210
Level: PreSchool
8/9 - 8/19 5:45 PM Mon - Thurs
Activity # 2107.210
Level: 1
8/9 - 8/19 9:15 AM Mon - Thurs
Activity # 2100.210
Level: 1
8/9 - 8/19 10:00 AM Mon - Thurs
Activity # 2102.210
Level: 1
8/9 - 8/19 11:30 AM Mon - Thurs
Activity # 2106.210
Level: 1
8/9 - 8/19 5:45 PM Mon - Thurs
Activity # 2108.210
Level: 1
8/9 - 8/19 9:15 AM Mon - Thurs
Activity # 2151.210
Level: 1
8/9 - 8/19 9:15 AM Mon - Thurs
Activity # 2180.210
Level: 2
8/9 - 8/19 9:00 AM Mon - Thurs
Activity # 2109.210
Level: 2
8/9 - 8/19 9:00 AM Mon - Thurs
Activity # 2109.210
Level: 2
8/9 - 8/19 10:00 AM Mon - Thurs
Activity # 2114.210
Level: 2
8/9 - 8/19 10:00 AM Mon - Thurs
Activity # 2115.210
Level: 2
8/9 - 8/19 11:00 AM Mon - Thurs
Activity # 2119.210
Level: 2
8/9 - 8/19 11:00 AM Mon - Thurs
Activity # 2120.210
Level: 2
8/9 - 8/19 5:45 PM Mon - Thurs
Activity # 2124.210

Level: 2
8/9 - 8/19 5:45 PM Mon - Thurs
Activity # 2125.210
Level: 3
8/9 - 8/19 9:00 AM Mon - Thurs
Activity # 2110.210
Level: 3
8/9 - 8/19 10:00 AM Mon - Thurs
Activity # 2116.210
Level: 3
8/9 - 8/19 11:00 AM Mon - Thurs
Activity # 2121.210
Level: 3
8/9 - 8/19 11:00 AM Mon - Thurs
Activity # 2122.210
Level: 3
8/9 - 8/19 5:45 PM Mon - Thurs
Activity # 2126.210
Level: 4
8/9 - 8/19 9:00 AM Mon - Thurs
Activity # 2111.210
Level: 4
8/9 - 8/19 10:00 AM Mon - Thurs
Activity # 2117.210
Level: 4
8/9 - 8/19 11:00 AM Mon - Thurs
Activity # 2123.210
Level: 4
8/9 - 8/19 5:45 PM Mon - Thurs
Activity # 2127.210
Level: 5&6
8/9 - 8/19 9:00 AM Mon - Thurs
Activity # 2128.210
Level: 5&6
8/9 - 8/19 10:00 AM Mon - Thurs
Activity # 2118.210

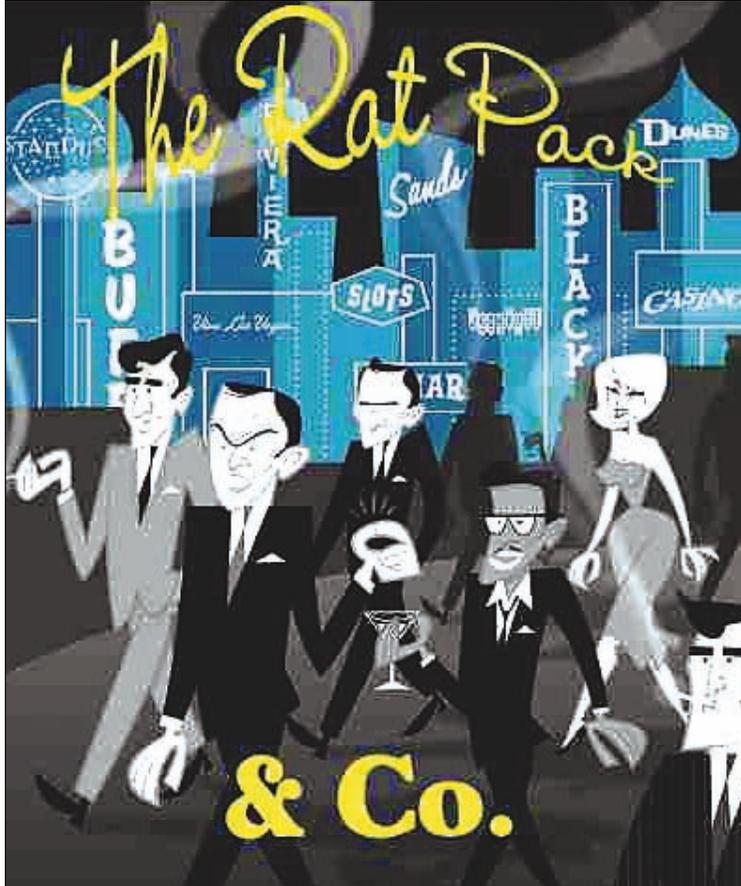


**AQUATIC
CENTER**

Dates & times of programs
and events may be subject
to change.

TRIPS

Enjoy traveling and leave the driving to us! All trips depart from "The Village" located across from First Assembly on Concord Parkway South in Concord. Please park in the parking lot north of Big Lots, across from Arby's. Plan to arrive 15-20 minutes before departure for trips. Pre-registration is required.



**THE RAT PACK & CO.
AT THE WOHLFAHRT HAUS DINNER THEATRE,
WYTHEVILLE, VIRGINIA**

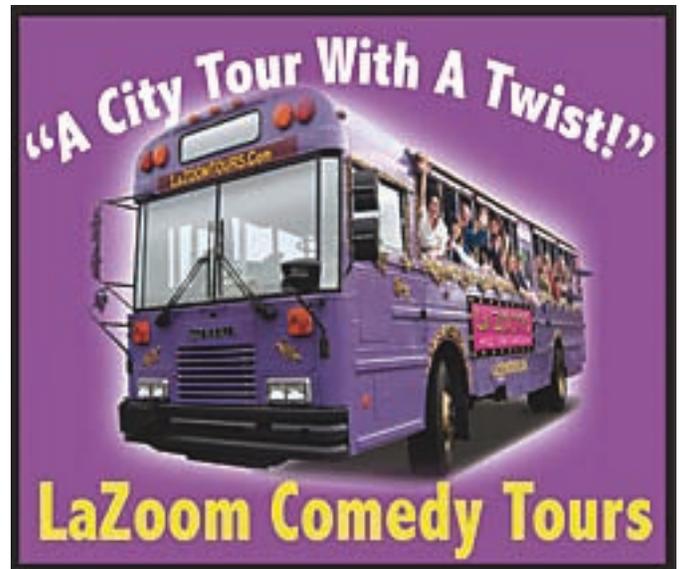
Activity # 7000.210
Wohlfahrt Dinner Theatre is a state-of-the art German-themed dinner theatre nestled in the beautiful Appalachian mountains of southwest Virginia. While seated in comfortable lounge-style chairs, you will be served a four course meal. Then sit back and be entertained by Frank, Dean, Sammie, Joey and Peter as we relive the good ole days of the Vegas strip. Their pals Judy and Marilyn stop by for a few laughs and a song or two as they whisk us back in time. We'll raise our glass as we toast the Kings of Cool. After the show we will return home, stopping for refreshments.

Date: Thursday, 8/26
Fee: \$60 (includes lunch and transportation)
Depart: 9:00 a.m.
Return: 7:00-7:30 p.m.

**LAZOOM COMEDY BUS TOUR AND
WESTERN NC FARMERS MARKET,
ASHEVILLE, NC**

Activity # 7001.210
We're heading to Asheville, NC for the LaZoom Comedy Bus Tour. LaZoom Tours is definitely not your momma's typical tour bus experience. It is Asheville's only rolling comedy tour bus and is one of WNC's most unique "things to do". This side-splitting odyssey through Asheville's favorite neighborhoods and landmarks spells quirky fun for first-time visitors as well as local residents. Our first stop will be for breakfast in Hickory at the Cracker Barrel Restaurant. After the 1½ hour LaZoom tour we will go to lunch at Moose Café near the WNC Farmers Market. After lunch you will have time to shop at the Farmers Market and can load your goodies onto the bus. We will stop on the way home for refreshments.

Date: Thursday, 9/23
Fee: \$40 (breakfast, lunch and purchases not included)
Depart: 6:00 a.m.
Return: 6:00 – 6:30 p.m.



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90 YEARS YOUNG... MARTHA BRAWLEY



If being active is the key to living then Martha Brawley has got it covered. Martha just celebrated her 90th birthday as a member of the Fit & Fabulous exercise class held every Wednesday at the Academy Recreation Center.

Martha has been involved in Parks & Recreation programs since 1980 when she participated in the Happy Swingers square dance group. At that time, 30 or 40 men and women danced weekly to calls by C.D. Lyons, then Parks & Recreation Director.

By 1990, most of the male partners were no longer around so the ladies continued meeting but switched their format to exercise. They changed their name to Fit & Fabulous when Oprah's show about "swingers" made them realize swingers are no longer known as square dancers.

Martha grew up dancing with her mom as her dad played music. Even while raising two daughters, five granddaughters and four great grandchildren, her husband encouraged her to be active.

In addition, Martha is a life member of Cold Water Lutheran Church, where she is in the choir and teaches Sunday school. She loves history, has written about her family and her church's history.

For over 55 years, Martha has been involved with the Extension Homemakers, serving on every committee locally and on the state level. She was acknowledged with the Homemakers Award in 1971. Martha still sews and bakes her famous pound cake almost every week.

"You learn by doing. And the more involved you are, the more you learn and meet people. I am proud that I have had the opportunity to be involved in all that I have", says Martha Brawley, 90 years young.



Fit & Fabulous exercise group

Tips for Heat Exhaustion

When working or playing outside, learn to recognize the signs of heat exhaustion and stay hydrated. Signs and symptoms of heat exhaustion often begin suddenly, sometimes after excessive exercise, heavy perspiration, and inadequate fluid or salt intake.

Signs and symptoms resemble those of shock and may include:

- *feeling faint or dizzy*
- *nausea*
- *heavy sweating*
- *rapid, weak heartbeat*
- *low blood pressure*
- *cool, moist, pale skin*
- *low-grade fever*
- *heat cramps headache*
- *fatigue*
- *dark-colored urine*

If you suspect heat exhaustion:

- Get the person out of the sun and into a shady or air-conditioned location.
- Lay the person down and elevate the legs and feet slightly.
- Loosen or remove the person's clothing.
- Have the person drink cool water or other nonalcoholic beverage without caffeine.
- Cool the person by spraying or sponging him or her with cool water and fanning.
- Monitor the person carefully. Heat exhaustion can quickly become heatstroke.

If you identify someone with a fever greater than 102 F (38.9 C), fainting, confusion or seizures occur, call 911 for emergency medical help.



YOUTH EXERCISE WITH MICHELLE COLOMERO

Kids come in all shapes and sizes. The choices they make now as well as the behaviors they learn will last a life time. We want to help make a difference in your child's overall health by teaching and showing them better lifestyle choices. Classes for 2 different age groups are offered.

YOGA BAGODA

Activity # 9000.310

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

Tuesdays, 9/7 – 10/12

9:00 – 9:45 a.m.

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

Location: Academy Recreation Center



ACTIVE KIDS (and parents, too!)

For ages 7 – 14 and parents of all ages! This class focuses on activities geared towards strength training, increasing our heart rate, building the core and creating flexibility and balance. Doing all this plus having just plain FUN! Come on parents, join us!! Signed waiver by parent or guardian required.

Saturdays

10:00 – 11:00 a.m.

Session I: Activity# 9001.210

5/22 – 6/26

Session II: Activity # 9002.210

7/10 - 8/14

Session III: Activity #9003.210

8/21 – 10/2; no class 8/28

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

OUTDOOR EXPLORERS: MEETING MOTHER NATURE

Activity # 9005.210

Let's get creative! We're going to make a nature journal, so we'll go outside and see what we discover.

Let's get dirty! Wear old clothes and bring a change of shoes 'cause we're going to look for nature in places you never thought about... under rocks, on trees and in a stream! We'll take our findings and put them in our journal. For ages 9-12. Min. 4; max. 10 participants. Bring your lunch. Snacks will be provided.

Instructor: Amanda Smith-Thompson

Tuesday, 6/15

10:00 a.m. – 2:00 p.m.

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

Location: Academy Recreation

Center, Arts & Crafts room.

OUTDOOR EXPLORERS



OUTDOOR EXPLORERS: MOTHER NATURE'S FRIENDS

Activity #9006.210

Let's get dirty! We'll be outdoors following the trail of the peppermint beetle. What is that bug under the rock? What about that creepy-crawly thing in the water? Wear old clothes and bring a change of shoes. **Let's get creative!** We'll get acquainted with different species and their habitats and find out what we can do to help improve their habitats. We'll make a toad house and bird feeder to take home to add to your own backyard habitats! For ages 9-12. Min. 4; max. 10 participants. Bring your lunch. Snacks will be provided.

Instructor: Amanda Smith-Thompson

Tuesday, 8/17

10:00 a.m. – 2:00 p.m.

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

Location: Academy Recreation Center, Arts & Crafts room.

"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."

CHILDREN EXPERIENCING NATURE

"Within the space of a few decades, the way children understand and experience nature has changed radically. Today, kids are aware of the global threats to the environment—but their physical contact, their intimacy with nature, is fading," says author Richard Louv in his book, *Last Child in the Woods: Saving our children from nature deficit disorder*. In my experience, I've found that Louv's observation is true.

Direct contact with and understanding of nature is pertinent in the development of environmental responsibility and good stewardship in our children. A personal and professional goal of mine is to get kids outside, and to provide an avenue for unstructured, outdoor play. Programs like **Outdoor Explorers: Meeting Mother Nature** are designed to give kids the chance to dangle their toes in a stream, dig in the dirt and look for bugs under rocks. My hope is that this program and others like it will foster the development of that intimate relationship between our children and the natural world, and keep it from becoming a thing of the past.

Article by Amanda Smith-Thompson
City of Concord Environmental Educator

FITNESS

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

GET FIT PUNCH CARD

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

FITNASTICS

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

Instructor: Vickie Fisher
Tuesdays & Thursdays
9:15 - 10:15 a.m.

Session I: Activity # 4031.210
6/1 - 7/15

Session II: Activity # 4032.210
7/20 - 8/26

Session III: Activity # 4033.310
8/31 - 10/07

Fee: \$28; \$5 city resident discount
Location: Hartsell Recreation Center

FIT AND FABULOUS

Activity # 4034.210
Stay Fit and Fabulous with this great group of senior adults. Enjoy walking, range of motion and strength exercises, and fellowship. Monthly luncheons, local trips, and surprises are included.

Wednesdays
9/8 - 12/29

10:00 - 11:00 a.m.

Fee: \$10; \$5 city resident discount
Location: Academy Recreation Center
Fit and Fabulous Outings

June: Lunch at Evelyn Smith's (covered dish)

July: Shopping at Hamrick's in Gaffney, SC

August: Homemade Ice Cream & Desserts at Myers Park

September: Hotdogs & walking at McGee Park

EXERCISE: THE BASICS

Activity # 4029.310
Incorporate traditional aerobics and step aerobics with strength training and stretching to create a balanced workout. Bring your own mat, hand weights, and water bottle.

Instructor: Lee Campbell
Tuesdays & Thursdays, 9/7 - 9/30
5:30 - 6:30

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

PERSONAL TRAINING

Activity # 4030.210
Exercise is a great way to lower your cholesterol, stimulate your heart and regulate your blood pressure. Michelle Colombero can design a 1 hour program that will help you get motivated and feel great! She'll work with you on your upper and lower body to build strength and create a cardiovascular component for a healthy, balanced way of life. Finally, she will furnish you with exercises for strength and flexibility. A medical clearance from your physician is required if you are over 40 years of age.

Instructor: Michelle Colombero
Fee: \$40 per 1 hour session;
\$5 city resident discount
Contact Parks & Recreation at 704-920-5600 to schedule with Michelle.



ARTS & CRAFTS

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

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:
Tuesdays
10:00 a.m. - 12:00 p.m.
Session I: Activity # 5000.210
6/1 - 7/20

Session II: Activity # 5001.210
8/3 - 9/21

Location: Logan Multi-Purpose Center
Evening Class:

Thursdays
7:00 - 9:00 p.m.
Session I: Activity # 5003.210
6/3 - 7/22

Session II: Activity # 5004.210
8/5 - 9/23

Fee: \$30; \$5 city resident discount
PLUS materials
Location: Fire Station #7
250 International Drive NW



WATERCOLOR

Activity # 5005.310
Learn the basics of watercolor painting. Depending on time, create one or two pieces. Min. 6; max. 15 participants. For materials list call instructor Linda Long 704-938-1420.

Wednesday, 9/29
Pre-registration by 9/22
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

SPECIAL INTEREST

CAROLINA SHAG DANCE CLASS

Learn the fundamentals of the dance that originated in the Carolinas. Open to singles and couples. Min. 10 participants. Instructor: Patty Blackmon
Fee: \$35; \$5 city resident discount
Location: Fire Station # 8
1485 Old Charlotte Rd.

June Session

Mondays, 6/7, 6/14, 6/21, 6/28

Beginners: Activity # 8000.210

7:00 - 8:00 p.m.

Intermediate: Activity # 8001.210

8:00 - 9:00 p.m.

July Session

Mondays, 7/5, 7/12, 7/19, 7/26

Beginners: Activity # 8002.210

7:00 - 8:00 p.m.

Intermediate: Activity # 8003.210

8:00 - 9:00 p.m.

JUST DANCE

Activity # 8004.210

Lose weight while dancing to upbeat music in this dance/fitness class. Bring water bottle and towel. Instructor: Kim Cooper.

Tuesdays, 6/15 - 9/28

6:30 - 7:30 p.m.

Fee: \$5 per class

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

BOOT CAMP IN THE PARK

Activity #8013.210

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

Instructor: Joy Dry

Tuesdays, 6/1 - 7/27 (eight weeks);
will not meet 7/6

7:00 - 8:00 p.m.

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

Location: Frank Dusch Amphitheater,
Les Myers Park

FITNESS CONTINUED

Adult Fitness Classes instructed by Michelle Colombero

All classes are located at Academy Recreation Center, 147 Academy Avenue, unless noted otherwise. Mats and equipment are provided. Bring a water bottle!

Minimum 5; maximum 18 participants per class unless noted otherwise.

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.

Tuesdays & Thursdays

10:00-11:00 a.m.

Session I: Activity # 4007.210

6/15 - 7/29; no class 7/1, 7/6

Session II: Activity # 4008.210

8/3 - 9/16; no class 8/31, 9/2

Session III: Activity # 4009.310

9/21 - 10/28

Tuesdays & Thursdays

6:00 - 7:00 p.m.

Session I: Activity # 4010.210

6/15 - 7/29; no class 7/1, 7/6

Session II: Activity # 4011.210

8/3 - 9/16; no class 8/31, 9/2

Session III: Activity # 4012.310

9/21 - 10/28

Mondays & Wednesdays

7:00 - 8:00 p.m.

Session I: Activity # 4013.210

6/14 - 7/28; no class 6/30, 7/5

Session II: Activity # 4014.210

8/2 - 9/15; no class 8/30, 9/1, 9/6

Session III: Activity # 4015.310

9/20 - 10/27

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

YOGA

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

Tuesdays & Thursdays

7:15 - 8:15 p.m.

Session I: Activity # 4016.210

6/15 - 7/29; no class 7/1, 7/6

Session II: Activity # 4017.210

8/3 - 9/16; no class 8/31, 9/2

Session III: Activity # 4018.310

9/21 - 10/28

Mondays & Wednesdays

5:45 - 6:45 p.m.

Session I: Activity # 4019.210

6/14 - 7/28; no class 6/30, 7/5

Session II: Activity # 4020.210

8/2 - 9/15; no class 8/30, 9/1, 9/6

Session III: Activity # 4021.310

9/20 - 10/27

Wednesdays & Fridays

11:15 a.m. - 12:15 p.m.

Session I: Activity # 4022.210

6/16 - 7/30; no class 6/30, 7/2

Session II: Activity # 4023.210

8/4 - 9/17; no class 9/1, 9/3

Session III: Activity # 4024.310

9/22 - 10/29

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

STABILITY BALL WORKOUT

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

Saturdays

8:45 - 9:45 a.m.

Session I: Activity # 4023.110

5/22 - 6/26

Session II: Activity # 4025.210

7/10 - 8/14

Session III: Activity # 4026.210

8/21 - 10/2; no class 8/28

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

WEIGHT TRAINING

Join us 2 days a week for 5 weeks as we incorporate 8 to 10 exercises that will get your heart pumping. For adults ages 18-64, this class size is limited to 5 participants so Personal Trainer Michelle Colombero can personalize a program for you. First week of class is held at Academy Recreation Center. The remaining classes are held at Hartsell Recreation Center.

Mondays & Wednesdays
2:00 – 3:00 p.m.

Session I: Activity # 4027.210 7/12 – 8/11

Session II: Activity # 4028.210 9/13 – 10/13

Fee per 5 week session: \$23; \$5 city resident discount



GET FIT WALKING WITH INSTRUCTOR MICHELLE COLOMBERO

Walking is a great way to start the day! Stretch and warm up before your cardiovascular walk under the instruction of Michelle. Two walks to choose from: 2/3 mile walk around Dorton Park or almost 4 miles on the McEachern Greenway and Downtown Greenway Loop.

WALK DORTON PARK

Thursdays
6:30 – 7:30 a.m.

Session I: Activity # 4001.210 6/17 – 7/29; no class 7/1

Session II: Activity # 4002.210 8/5 – 9/9

Session III: Activity # 4003.210 9/16 – 10/21

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

WALK MCEACHERN GREENWAY AND DOWNTOWN GREENWAY LOOP

Wednesdays
6:15 – 7:30 a.m.

Session I: Activity # 4004.210 6/16 – 7/21

Session II: Activity # 4005.210 7/28 – 9/1

6:30 – 7:45 a.m.

Session III: Activity # 4006.210 9/8 – 10/13

Fee per 6 week session: \$15; \$5 city resident discount



BENEFITS OF EXERCISE WITH PARKS & RECREATION:

- 1) Great cardiovascular exercise
- 2) Can reduce the chances of having a heart attack, stroke, diabetes and even some types of cancer
- 3) Stress relief
- 4) Utilize and enjoy our beautiful green spaces!

SPECIAL INTEREST

LINE DANCE

BEGINNER:

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

Mondays
7:00 - 8:00 p.m.

Session I: Activity # 8005.210

7/12 - 8/30 (no class 8/9)

Session II: Activity # 8006.210

9/13 - 10/25

HIGH BEGINNER:

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

Mondays
6:00 - 7:00 p.m.

Session I: Activity # 8007.210

7/12 - 8/30 (no class 8/9)

Session II: Activity # 8008.210

9/13 - 10/25

INTERMEDIATE:

Keep on dancing with this follow-up class. Recent line dance experience, including terminology, is required.

Wednesdays
7:00 - 8:00 p.m.

Session I: Activity # 8009.210

7/14 - 9/1 (no class 8/11)

Session II: Activity # 8010.210

9/8 - 10/27

DANCE & REVIEW:

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

Wednesdays
6:00 - 7:00 p.m.

Session I: Activity # 8011.210

7/14 - 9/1 (no class 8/11)

Session II: Activity # 8012.210

9/8 - 10/27

Register at class. Make checks payable to instructor, Linda Long. One class per week:

\$30 per session;
\$5 city resident discount

Two classes per week:
\$50 per session;

\$5 city resident discount

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



Registration Process

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

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

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

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

Online Registration: For your convenience, some classes and programs are now available through online registration. Please visit our web site at www.concordparksandrec.org to see if online registration is available for your class or program. Online registration payment can be made with

your credit or debit card. A user fee is applied to online charge payments.

Walk-In Registration: Complete the registration form found on the back of the brochure and bring with payment to:

Academy Recreation Center
147 Academy Avenue NW
Concord, NC 28025

City Resident Discount: Many of our activities and programs offer discounts to City of Concord Residents due to contributions to the local tax base. If a discount is offered, it is shown as a City Resident Discount, and if applicable, this amount will be deducted from the program fee as indicated. This discount applies to registration fees and not to supplies, materials, equipment, etc.

Not sure if you are a City Resident? You are a resident if you reside within the City Limits of Concord. If you are still not sure please call 704-920-5600.

Please call 704-920-5600 or email us at recreation@ci.concord.nc.us if you have any questions or concerns.

MAILING ADDRESS:

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

147 Academy Avenue, NW
Tel. 704-920-5600 · Fax 704-792-1971
www.concordparksandrec.org

Please print

Participant's Name _____

Home Phone _____

Business or Cell Phone _____

Address _____

City _____ State _____ Zip _____

Email _____

Activity/Trip _____

Activity/Trip Site _____

Dates: From _____ To _____

Time: _____ (am/pm) on M T W TH F SAT SUN (Please Circle)

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

Other _____

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

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

Registrant's Signature _____

(Parent's signature if registrant is under 18)

Residency (Please check one) City of Concord Resident Non-Resident

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

Date _____ Fee Enclosed _____

Please make check payable to City of Concord

**CITY OF CONCORD
PARKS & FACILITIES**

Administrative Office • 704-920-5600
147 Academy Avenue, NW

Academy Recreation Center • 704-920-5601
147 Academy Avenue, NW

Beverly Hills Park • 704-920-5601
631 Miramar Street, NE

Marvin Caldwell Park • 704-920-5603
362 Georgia Street, SW

James L. Dorton Park • 704-920-5602
5790 Poplar Tent Road

Gibson Field • 704-784-2616
or 704-920-5617
321 Misenheimer Avenue, NW

Hartsell Recreation Center • 704-920-5602
60 Hartsell School Road

Hartsell Field Complex • 704-788-9325
or 704-920-5617
30 Swink Street, NW

Hartsell Park • 704-920-5602
65 Sunderland Road

Lake Fisher Reservoir Boat Rentals
704-920-5618 or 704-938-1327
5090 Lake Fisher Road
(Seasonal) March-October

Logan Recreation Center • 704-920-5603
151 Rone Avenue, SW

McAllister Field • 704-786-0157
or 704-920-5617
160 Crowell Drive, NW

Harold B. McEachern Greenway
704-920-5600
Enter at Les Myers Park or
J. W. McGee, Jr. Park

The Village Greenway
704-920-5601
175 Academy Avenue, NW

J. W. "Mickey" McGee, Jr. Park
704-920-5601
219 Corban Avenue, East

John F. McInnis Aquatic Center
704-920-5604 or 704-920-5600
151 Academy Avenue, NW
(Seasonal, May-August)

Les Myers Park • 704-920-5601
338 Lawndale Avenue

Rocky River Golf Club at Concord
704-455-1200
6500 Speedway Blvd.

W. W. Flowe Park • 704-920-5603
99 Central Heights Drive

Webb Field • 704-786-8406
or 704-920-5617
165 Academy Avenue, NW

PARKS HOURS:

April-October

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

November-March

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