

Leisure Times

Summer 2015



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



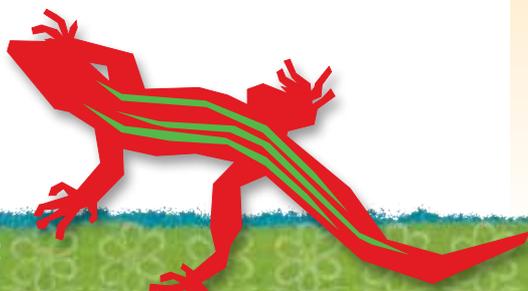
Bob Dowless

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.



Adult Athletics

Concord Parks and Recreation currently offers three adult sports activities, softball, kickball 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.

ADULT SOFTBALL – FALL AND SPRING

Divisions: Men's Open Gold, Men's Blue Division, Women's and Co-ed

Registration: Fall: August 1 – 31

Playing Season: Fall: September – November

Registration: Spring: March 1 – 31

Playing Season: Spring: April – June

Fee: \$375

ADULT FLAG FOOTBALL – FALL

Divisions: Men's 5 on 5 and Co-ed

Registration: August 1 – 31

Playing Season: September – December

Fee: \$375

ADULT BASKETBALL – WINTER

Divisions: Men's Open Gold, Men's Blue Division, Men's Silver (over 40) and Women's

Registration: December 1 – January 3

Playing Season: January – March

Fee: \$375

ADULT CO-ED KICKBALL – SPRING

Registration: March 1 – 31

Playing Season: April – June

Fee: \$375

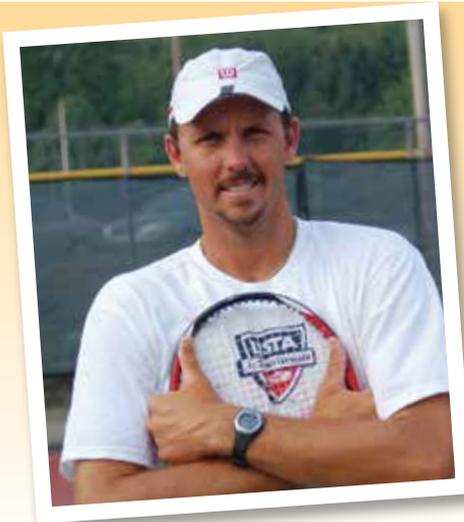
ADULT WOODEN BAT SOFTBALL – SUMMER

Divisions: Men's Open Gold and Co-ed

Registration: June 1 – 30

Playing Season: July – September

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.

Athletics

COUCH TO 5K CHALLENGE

Activity # 6017.415

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 Streetlight 5K on 7/10 (registration fee required).

Days: Tuesday & Thursday

6:30 p.m.

Date: 5/5 – 7/7

Registration Fee: \$15

Location: Dorton Park



ROAD RACES

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



STREETLIGHT 5K

Activity # 6001.215

Day: Friday, 7/10

7:30 p.m.

6:00 p.m. Pre-registration
7:00 p.m. Fun Run begins
7:30 p.m. 5K begins
Fee: \$15 Early Registration until 7/4 on-line
\$20 Race Day

Awards given to overall male and female and to the top three male and female finishers in each age group: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75 and over.

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

GOLF

ROCKY RIVER GOLF CLUB AT CONCORD

All clinics are designed for beginners and experienced golfers. Golf clubs are not required. Register with Rocky River Golf Club: 704-455-1200, ext. 2.

WOMEN'S CLINIC

Day: Mondays, 6:30 – 7:30 p.m.

Date: 6/22, 6/29, 7/6 & 7/13

Fee: \$100 for 4 lessons, includes range balls, wine and cheese.



ADULT CLINICS

Day: Wednesdays, 5:30 – 6:30 p.m.

SESSION I: 6/3, 6/10, 6/17 & 6/24

SESSION II: 7/15, 7/22, 7/29 & 8/5

Fee per session: \$100 includes range balls.

For information on private lessons please call the Pro Shop, 704-455-1200, ext. 2

LAKE FISHER

Begin your outdoor adventure today at Lake Fisher Reservoir. Lake Fisher is 3 miles in length and consists of 534 acres. In addition to providing water to the City of Concord, Lake Fisher gives the community an opportunity to enjoy

the fun of fishing for the family. The lake supports a healthy sport fishery consisting of largemouth bass, crappie, channel catfish and several panfish species. All fishing at Lake Fisher must be from a boat; we provide the boats for a rental fee, boat motors are allowed but not provided. The acceptable motors are electric trolling motors and no larger than 10 horsepower gas motors. Life jackets and oars are available with boat rental. The lake is operated seasonally from 3/4/15 through 11/8/15.

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

**Nov
7**

Mark your calendar for the next race:
5 Alarm 5K

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.)

11-16 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
Spring Season	Baseball	T-Ball Co-Ed	3&4	May 1, 2016	January 1-31	March-June
	Baseball	Coach Pitch Co-Ed	5&6	May 1, 2016	January 1-31	March-June
	Baseball	Coach Pitch Boys	7&8	May 1, 2016	January 1-31	March-June
	Baseball	Boys	9&10, 11&12, 13&14, 15&16	May 1, 2016	January 1-31	March-June
	Softball	Coach Pitch Girls	7&8	January 1, 2016	January 1-31	March-June
	Softball	Girls	9&10, 11&12, 13&14, 15&16	January 1, 2016	January 1-31	March-June
Fall Season	Soccer	Instructional Clinic	3&4	August 1, 2015	June 1-30	August-November
	Soccer	Co-Ed	5&6, 7&8	August 1, 2015	June 1-30	August -November
	Soccer	Co-Ed	9&10, 11&12, 13&14, 15&16	August 1, 2015	June 1-30	August-November
	Softball	Coach Pitch Girls	7&8	August 1, 2015	July 1-31	September-November
	Softball	Girls	9&10, 11&12, 13&14, 15&16	August 1, 2015	July 1-31	September-November
	Baseball	Coach Pitch Baseball	7&8	August 1, 2015	July 1-31	September-November
	Baseball	Baseball	9&10, 11&12, 13&14, 15&16	August 1, 2015	July 1-31	September-November
	Basketball	Instructional Clinic	3&4	August 31, 2015	September 1-30	November-March
	Basketball	Co-Ed League	5&6	August 31, 2015	September 1-30	November-March
	Basketball	Girls	7&8	August 31, 2015	September 1-30	November-March
	Basketball	Boys	7&8	August 31, 2015	September 1-30	November-March
	Basketball	Boys	9&10, 11&12, 13&14, 15&16	August 31, 2015	September 1-30	November-March
	Basketball	Girls	9&10, 11&12, 13&14, 15&16	August 31, 2015	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 Athletic Association:

- 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

Revised 5.4.2015

- 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 13-14 Girls 13-14
- Boys 15-16 Girls 15-16

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 13-14 Girls 13-14
- Boys 15-16 Girls 15-16

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 13-14
- Co-Ed 15-16

Fall Baseball/Softball

- Boys 7-8 (CP) Girls 7-8 (CP)
- Boys 9-10 Girls 9-10
- Boys 11-12 Girls 11-12
- Boys 13-14 Girls 13-14
- Boys 15-16 Girls 15-16

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:

May: 2, 9, 16, 23

June: 6, 13, 20, 27

July: 11, 18, 25 & 8/1

August: 8, 15, 22, 29

Activity # 6080.115

Activity # 6081.115

Activity # 6082.215

Activity # 6083.215

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

All clinics are designed for beginners and experienced golfers. Golf clubs are not required. Register with Rocky River Golf Club: 704-455-1200, ext. 2.

JUNIOR CAMP

Date: Every Saturday, weather permitting
1:00 – 2:00 p.m.

Fee: \$20 per lesson, includes range balls

JUNIOR CAMPS

Each four day session includes range balls, camp gift and prizes.

8:30 – 11:00 a.m.

SESSION I: 6/22 – 6/25

SESSION II: 7/13 – 7/16

SESSION III: 8/3 – 8/6

Fee per session: \$150; \$125 City of Concord resident fee



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 Dawn Grant in a fun and invigorating fitness program. Wear Aqua Shoes.

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

SESSION I:

6/1 – 6/24 Activity # 6111.215

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

SESSION II:

7/6 – 8/5 Activity # 6112.215

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

BOTH SESSIONS

Activity # 6110.215

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

GUARDSTART TRAINING

Activity # 2132.215

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.

Days: Monday – Friday, 7/6 – 7/10
9:30 – 11:30 a.m.

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

SWIM LESSONS

Registration will open 3/23. 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

INDIVIDUAL LESSONS

Scheduled on an individual basis, lessons last 30 minutes. For more information or to schedule a lesson contact the pool manager after 6/13 at 704.785.8105.

Fee per class: \$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.

Days: Monday – Thursday

6/1 – 8/13;

No classes 6/29 – 7/2

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 1 ADVANCE: Students with minimal water experience and comfortable with putting their face in the water. Can float on their front and back with support. Student must be able to display alternation 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.

PRE SWIM TEAM: Students must have completed Level 6, upper level class focusing on stroke development for swim team. The class will cover entry, turns, breathing and endurance. The instructor will use a coaching format for the 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, 5/23 – 5/25 and will be open weekends only until 6/13. The pool is open daily from 6/13 – 8/15.

HOURS FOR PUBLIC SWIM

Mon – Thurs: 1:00 – 5:00 p.m.
Friday: 9:00 – 11:00 a.m.
(ADULT SWIM ONLY)

Friday: 12:00 – 6:00 p.m.
Saturday: 12:00 – 6:00 p.m.
Sunday: 1:00 – 5:00 p.m.

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

SEASON PASS

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

ADULT LESSONS

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

SESSION I:

6/2 – 6/25 Activity # 2067.215

SESSION II:

7/7 – 7/30 Activity # 2068.215

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



Aquatics/Swim Lessons

SESSION 1

Level	Dates	Time	Day	Activity #
PreSchool	6/1 - 6/11	5:45 PM	Mon - Thurs	2009.215
1	6/1 - 6/11	5:45 PM	Mon - Thurs	2011.215
2	6/1 - 6/11	5:45 PM	Mon - Thurs	2003.215
3	6/1 - 6/11	5:45 PM	Mon - Thurs	2004.215
4	6/1 - 6/11	5:45 PM	Mon - Thurs	2005.215
5 & 6	6/1 - 6/11	5:45 PM	Mon - Thurs	2006.215
Aerobics I	6/1 - 6/24	7:00 PM	Mon & Wed	6111.215
Adult Lesson	6/2 - 6/25	7:00 PM	Tue & Thurs	2067.215

SESSION 2

Level	Dates	Time	Day	Activity #
Parent/Child	6/15 - 6/18	10:45 AM	Mon - Thurs	2013.215
Parent/Child	6/15 - 6/18	5:45 PM	Mon - Thurs	2016.215
PreSchool	6/15 - 6/25	9:15 AM	Mon - Thurs	2008.215
PreSchool	6/15 - 6/25	11:30 AM	Mon - Thurs	2014.215
1	6/15 - 6/25	9:15 AM	Mon - Thurs	2209.215
1	6/15 - 6/25	10:00 AM	Mon - Thurs	2211.215
1	6/15 - 6/25	5:45 PM	Mon - Thurs	2217.215
1 Advance	6/15 - 6/25	10:00 AM	Mon - Thurs	2018.215
2	6/15 - 6/25	9:00 AM	Mon - Thurs	2023.215
2	6/15 - 6/25	10:00 AM	Mon - Thurs	2024.215
2	6/15 - 6/25	11:00 AM	Mon - Thurs	2028.215
2	6/15 - 6/25	11:00 AM	Mon - Thurs	2029.215
2	6/16 - 6/26	5:45 PM	Mon - Thurs	2033.215
2	6/15 - 6/25	5:45 PM	Mon - Thurs	2034.215
3	6/15 - 6/25	9:00 AM	Mon - Thurs	2019.215
3	6/15 - 6/25	10:00 AM	Mon - Thurs	2025.215
3	6/15 - 6/25	11:00 AM	Mon - Thurs	2030.215
3	6/15 - 6/25	5:45 PM	Mon - Thurs	2035.215
4	6/15 - 6/25	10:00 AM	Mon - Thurs	2026.215
4	6/15 - 6/25	11:00 AM	Mon - Thurs	2032.215
4	6/15 - 6/25	5:45 PM	Mon - Thurs	2036.215
4 & 5	6/15 - 6/25	9:00 AM	Mon - Thurs	2020.215
5 & 6	6/15 - 6/25	10:00 AM	Mon - Thurs	2027.215
5 & 6	6/15 - 6/25	5:45 PM	Mon - Thurs	2037.215
5 & 6	6/15 - 6/25	9:00 AM	Mon - Thurs	2022.215
6	6/15 - 6/25	11:00 AM	Mon - Thurs	2021.215
Pre Swim Team	6/15 - 6/25	8:15 AM	Mon - Thurs	2002.215

SESSION 3

Level	Dates	Time	Day	Activity #
Parent/Child	7/6 - 7/9	10:45 AM	Mon - Thurs	2043.215
PreSchool	7/6 - 7/16	9:15 AM	Mon - Thurs	2038.215
PreSchool	7/6 - 7/16	10:00 AM	Mon - Thurs	2040.215
PreSchool	7/6 - 7/16	11:30 AM	Mon - Thurs	2044.215
PreSchool	7/6 - 7/16	5:45 PM	Mon - Thurs	2046.215
1	7/6 - 7/16	9:15 AM	Mon - Thurs	2039.215
1	7/6 - 7/16	10:00 AM	Mon - Thurs	2041.215
1	7/6 - 7/16	11:30 AM	Mon - Thurs	2045.215
1	7/6 - 7/16	5:45 PM	Mon - Thurs	2047.215
1 Advance	7/6 - 7/16	10:00 AM	Mon - Thurs	2053.215
2	7/6 - 7/16	9:00 AM	Mon - Thurs	2048.215
2	7/6 - 7/16	10:00 AM	Mon - Thurs	2054.215
2	7/6 - 7/16	11:00 AM	Mon - Thurs	2058.215
2	7/6 - 7/16	11:00 AM	Mon - Thurs	2059.215
2	7/6 - 7/16	5:45 PM	Mon - Thurs	2063.215
2	7/6 - 7/16	5:45 PM	Mon - Thurs	2064.215
3	7/6 - 7/16	9:00 AM	Mon - Thurs	2049.215
3	7/6 - 7/16	10:00 AM	Mon - Thurs	2055.215
3	7/6 - 7/16	11:00 AM	Mon - Thurs	2060.215
3	7/6 - 7/16	5:45 PM	Mon - Thurs	2065.215
4	7/6 - 7/16	11:00 AM	Mon - Thurs	2061.215
4	7/6 - 7/16	9:00 AM	Mon - Thurs	2050.215
4	7/6 - 7/16	10:00 AM	Mon - Thurs	2056.215
4	7/6 - 7/16	5:45 PM	Mon - Thurs	2066.215
4 & 5	7/6 - 7/16	11:00 AM	Mon - Thurs	2062.215
5 & 6	7/6 - 7/16	10:00 AM	Mon - Thurs	2267.215
5 & 6	7/6 - 7/16	5:45 PM	Mon - Thurs	2167.215
6	7/6 - 7/16	9:00 AM	Mon - Thurs	2051.215
Pre Swim Team	7/6 - 7/30	8:15 AM	Mon - Thurs	2001.215
Guard-Start	7/6 - 7/10	9:30 AM	Mon - Fri	2132.215
Aerobics II	7/6 - 8/6	7:00 PM	Mon & Wed	6112.115
Adult Lesson	7/7 - 7/30	7:00 PM	Tue & Thurs	2068.215



SESSION 4

Level	Dates	Time	Day	Activity #
Parent/Child	7/20 - 7/23	10:45 AM	Mon - Thurs	2074.215
Parent/Child	7/20 - 7/23	5:45 PM	Mon - Thurs	2077.215
PreSchool	7/20 - 7/30	9:15 AM	Mon - Thurs	2069.215
1	7/20 - 7/30	9:15 AM	Mon - Thurs	2070.215
1	7/20 - 7/30	10:00 AM	Mon - Thurs	2071.215
1	7/20 - 7/30	11:30 AM	Mon - Thurs	2076.215
1	7/20 - 7/30	5:45 PM	Mon - Thurs	2078.215
1 Advance	7/20 - 7/30	10:00 AM	Mon - Thurs	2072.215
2	7/20 - 7/30	9:00 AM	Mon - Thurs	2079.215
2	7/20 - 7/30	10:00 AM	Mon - Thurs	2084.215
2	7/20 - 7/30	10:00 AM	Mon - Thurs	2085.215
2	7/20 - 7/30	11:00 AM	Mon - Thurs	2089.215
2	7/20 - 7/30	11:00 AM	Mon - Thurs	2090.215
2	7/20 - 7/30	5:45 PM	Mon - Thurs	2094.215
3	7/20 - 7/30	9:00 AM	Mon - Thurs	2080.215
3	7/20 - 7/30	10:00 AM	Mon - Thurs	2086.215
3	7/20 - 7/30	11:00 AM	Mon - Thurs	2091.215
3	7/20 - 7/30	5:45 PM	Mon - Thurs	2096.215
4	7/20 - 7/30	9:00 AM	Mon - Thurs	2081.215
4	7/20 - 7/30	10:00 AM	Mon - Thurs	2087.215
4	7/20 - 7/30	11:00 AM	Mon - Thurs	2093.215
4	7/20 - 7/30	5:45 PM	Mon - Thurs	2097.215
5	7/20 - 7/30	11:00 AM	Mon - Thurs	2092.215
5 & 6	7/20 - 7/30	9:00 AM	Mon - Thurs	2082.215
5 & 6	7/20 - 7/30	5:45 PM	Mon - Thurs	2098.215
Pre Swim Team	7/20 - 7/30	8:15 AM	Mon - Thurs	2000.215

SESSION 5

Level	Dates	Time	Day	Activity #
Parent/Child	8/3 - 8/6	10:45 AM	Mon - Thurs	2104.215
PreSchool	8/3 - 8/13	9:15 AM	Mon - Thurs	2099.215
PreSchool	8/3 - 8/13	10:00 AM	Mon - Thurs	2101.215
PreSchool	8/3 - 8/13	5:45 PM	Mon - Thurs	2107.215
1	8/3 - 8/13	9:15 AM	Mon - Thurs	2100.215
1	8/3 - 8/13	10:00 AM	Mon - Thurs	2102.215
1	8/3 - 8/13	11:30 AM	Mon - Thurs	2106.215
1	8/3 - 8/13	5:45 PM	Mon - Thurs	2108.215
1 Advance	8/3 - 8/13	9:15 AM	Mon - Thurs	2151.215
2	8/3 - 8/13	9:00 AM	Mon - Thurs	2189.215
2	8/3 - 8/13	9:00 AM	Mon - Thurs	2109.215
2	8/3 - 8/13	10:00 AM	Mon - Thurs	2114.215
2	8/3 - 8/13	10:00 AM	Mon - Thurs	2115.215
2	8/3 - 8/13	11:00 AM	Mon - Thurs	2119.215
2	8/3 - 8/13	11:00 AM	Mon - Thurs	2120.215
2	8/3 - 8/13	5:45 PM	Mon - Thurs	2124.215
2	8/3 - 8/13	5:45 PM	Mon - Thurs	2125.215
3	8/3 - 8/13	9:00 AM	Mon - Thurs	2110.215
3	8/3 - 8/13	10:00 AM	Mon - Thurs	2116.215
3	8/3 - 8/13	11:00 AM	Mon - Thurs	2121.215
3	8/3 - 8/13	11:00 AM	Mon - Thurs	2122.215
3	8/3 - 8/13	5:45 PM	Mon - Thurs	2126.215
4	8/3 - 8/13	9:00 AM	Mon - Thurs	2111.215
4	8/3 - 8/13	10:00 AM	Mon - Thurs	2117.215
4	8/3 - 8/13	11:00 AM	Mon - Thurs	2123.215
4	8/3 - 8/13	5:45 PM	Mon - Thurs	2127.215
5 & 6	8/3 - 8/13	9:00 AM	Mon - Thurs	2128.215
5 & 6	8/3 - 8/13	10:00 AM	Mon - Thurs	2118.215
6	8/3 - 8/13	11:00 AM	Mon - Thurs	2140.215
Pre Swim Team	8/3 - 8/13	8:15 AM	Mon - Thurs	2007.215

Recreation Centers

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

ACADEMY RECREATION CENTER

147 Academy Avenue NW
Frances Bost, Center Supervisor
704.920.5601

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

TRIP TO CONCORD AIRPORT

Activity # 1002.115

Ages 5-12. Let's take a tour of the Concord Airport and on the way back we'll stop at Dorton Park for a picnic. Parent/guardian must also register with each child. No fee. Bus will depart from Academy Recreation Center so be on time! And don't forget to bring your bag lunch!

Day: Tuesday, 6/16

Pre-register by Friday, 6/12

Bus departs 9:30 a.m.;
returns 2:00 p.m.

FATHER'S DAY CARD AND CRAFT ACTIVITY

Activity # 1001.115

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

Day: Wednesday, 6/17

Pre-register by 6/15

2:00 – 4:00 p.m.

FRIDAY FAMILY FUN DAY

Come and enjoy the gym with family and friends playing basketball, air hockey, pool, foosball and other games. No fee. Staff supervised.

Day: Friday, 7/17

6:15 – 7:30 p.m.

HARTSELL RECREATION CENTER

60 Hartsell School Road
Martha Hagood, Center Supervisor
704.920.5602

Information for Hartsell Park and James L. Dorton Park

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 – 10:15 a.m.

EVENING class: Continual

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



BILL'S END OF SCHOOL COOKOUT

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

Day: Wednesday, 6/10

5:00 – 8:00 p.m.

BINGO WITH BILL

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

Dates: Thursdays, 7/2,
7/9, 7/16, 7/23 &
7/30
4:00 – 4:30 p.m.

Must pre-register at Center the Tuesday before bingo



MOVIE DAY Activity # 1003.215
Ages 7-13. Come over to watch a movie and socialize with your friends. No fee.

Day: Friday, 8/14

Pre-register by 8/7

6:00 – 7:30 p.m.



BALLET

Ages 3 & up. Students will learn ballet principles and movements. Please see YOUTH ACTIVITIES on page 12 for a full description and class details.

HARTSELL KARATE CLUB

Ages 3 & up. Students will learn karate basics. Please see YOUTH ACTIVITIES on page 12 for a full description and class details.



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

KIDS ZUMBA

Ages 4-13. Get moving in this fun-filled class. Please see YOUTH ACTIVITIES on page 12 for a full description and class details.



ZUMBA GOLD

This specialized fitness class addresses the specific needs of older adults. For day and time, see ZUMBA



information under Adult Fitness Classes, page 15.

GROWING PAINS

Ages 12-17. Attend this mentoring base project and talk about today's issues in the world, community, school and personal life. No fee.

Day: Tuesday, continual
6:00 – 7:30 p.m.

LOGAN MULTI-PURPOSE CENTER

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

COLORING DAY

Ages 4-13. Get creative with crayons. No fee.

Day: Monday, continual
12:00 – 1:00 p.m.



BASKETBALL FUNDAMENTALS

Ages 6-15. Learn the basics: dribbling, passing and shooting. No fee.

Instructed by Todd Miller

Days: Monday, Wednesday & Friday
6/15 – 8/14
3:30 – 5:00 p.m.

STORY TIME

Ages 3-9. Enjoy a book read to you from our collection. No fee.

Day: Thursday, 7/2 – 8/6
12:00 – 1:00 p.m.

FATHER'S DAY CARD MAKING

Ages 5-13. Make your dad a Father's Day card. No fee.

Days: Friday, 6/19
2:00 – 3:00 p.m.



YOUTH BINGO DAYS

Ages 5-13. Try your luck at playing Bingo for prizes.

No fee.

Days: Tuesday & Thursday
8/11 – 8/13
1:00 – 2:00 p.m.

JUMP ROPE DAYS!

Girls ages 6-13. For girls who like jumping rope for fun and would like to learn different rhymes and games. No fee.

Day: Wednesday, 6/3 – 6/24
4:00 – 5:00 p.m.

WALKING PROGRAM

Men and women, this walking exercise will burn fat and help you get in shape.

Day: Monday – Friday, continual
9:00 – 10:00 a.m.

ADULT POOL TOURNAMENT

Adults 18 & older. Play the game for trophies.

Day: Tuesday, 6/2
3:00 – 5:00 p.m.

Fee: \$2

SOUTHWEST KARATE ACADEMY

Age 4 and up. Youth will 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



3 on 3 YOUTH BASKETBALL TOURNAMENT

Ages 9-16. Play 3 on 3 with 20 minutes on the clock. No fee.

Day: Wednesdays, 6/17 & 6/24
1:00 – 3:00 p.m.



Youth Activities

HARTSELL KARATE CLUB

Ages 3 & up. Youth learn to kick, block, punch and strike.

Instructor: James Reid

Days: Monday & Wednesday

6:30 – 8:00 p.m.

SESSION I: 6/1 – 6/26

Activity # 1039.115

SESSION II: 7/6 – 7/31

Activity # 1040.215

SESSION III: 8/4 – 8/27

Activity # 1041.215

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

Location: Hartsell Recreation Center

BALLET

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

Tuwanna McNeely

Days: Tuesday

7:00 – 8:00 p.m.

SESSION I: 6/2 – 6/23

Activity # 1055.115

SESSION II: 7/7 – 7/28

Activity # 1056.215

SESSION III: 8/5 – 8/26

Activity # 1057.215

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

Location: Hartsell Recreation Center



NEW! KIDS ZUMBA

Ages 4-13. Get moving with this fun-filled class using the Zumba concept.

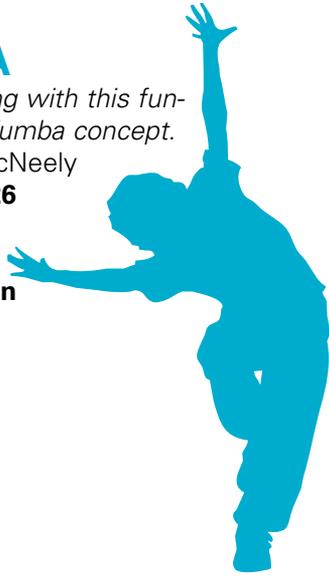
Instructor: Tuwanna McNeely

Days: Wednesday, 6/3 – 8/26

6:00 – 6:30 p.m.

Fee: \$3 per class

Location: Hartsell Recreation Center



OUTDOOR EXPLORERS

Ages 6-12. What's in that creek? How old is that tree? What kind of animal track is that? If these are questions your child has asked then they are an Outdoor Explorer! Join the adventures of

the Outdoor Explorers while traveling

the terrain of the parks seeking answers and discovering the wild wonders of the natural world. Wear play clothes and bring a change of socks and shoes. Min. 6/Max. 25 participants.

Time: 9:00 a.m. – 12:00 noon

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

Day: Tuesday, 6/23

Activity # 9035.215

Location: McGee Park

Day: Tuesday, 7/14

Activity # 9036.215

Location: Dorton Park

Day: Tuesday, 8/11

Activity # 9037.215

Location: McGee Park

Park addresses are listed on page 19.



TEENS & TWEENS ART PARTY!!

Ages 9-19. (No experience required!) Create an acrylic masterpiece through step by step instruction. Please have your young artist dress in clothing suited for painting or send an apron/smock. Non-alcoholic beverages and snacks are welcome! Min. 4/Max. 10 participants.

Instructor: Melynda Enslow

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

Day: Saturday, 12:00 noon – 3:00 p.m.

Location: Fire Station # 7, 250 International Dr. NW

FAUVISM GARDEN

Activity # 5123.115

Date: 6/13, Pre-register by 6/5

OCEAN SUNRISE

Activity # 5131.215

Date: 7/11, Pre-register by 7/3

STARRY NIGHT by Vincent Van Gogh Activity # 5117.215

Date: 8/8, Pre-register by 7/31

Youth Activities

CHILLY-WILLY WEDNESDAYS

Ages 6-12. Wear play clothes and bring a bottle of water for fun in the parks! Chilly-Willy popsicle treats! Min. 4; Max. 20 participants. Program locations listed below. Park addresses are listed on page 19.

Time: 10:00 a.m. – 12:00 noon

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



BRIGHT AS THE SKY TIE DYE

You bring a white t-shirt, towel, pillowcase or pair of socks to brighten and we'll provide the color. And, who can resist the water balloon launcher?? We will be bursting with color!!

Day: 6/24

Activity # 9011.115

Location: Beverly Hills Park

Day: 7/15

Activity # 9012.215

Location: Dorton Park

WATERMELON WEDNESDAY

Are you ready for the sweetest, tastiest, stickiest Chilly-Willy Wednesday of the summer! What can't you do with a watermelon?? We'll eat it, carve it, juice it, race it, bust it, launch it, and the list goes on!

Day: 7/22

Activity # 9015.215

Location: McGee Park

SUPER SOAKING SUMMER DAY

Double the bubbles, double the fun!! Join the wet and very wild games, including the ultimate slip and slide and water blob! Bring goggles for eye protection and a change of clothes.

Day: 7/8

Activity # 9013.215

Location: Dorton Park

Day: 8/5

Activity # 9014.215

Location: Dorton Park

EXTREME TEAMS

Partner with your buddies to compete for the park kingdom. Using our building and team strengths we will protect our forts from one another in an ultimate game of tag. Against a battlefield of obstacles (falling water balloons, paper walls, and more) the team with the most captured flags wins!!

Day: 8/12

Activity # 9016.215

Location: Dorton Park



3F PROGRAM (Family Friendly Fun)

3F is designed for families seeking fun together outdoors. This series focuses on outdoor adventures, creative thinking and always entertains! Each program will meet at the designated park. Min. 6; Max. 30 participants.

Time: 4:30 – 6:00 p.m.

Pre-registration required

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

GEOCACHING

Do you and your family enjoy a good treasure hunt? With technology on our side we can find all the treasures hidden in our parks. We will chart a course on a multi-cache, challenged by clues and findings along the way. Smart phones and personal GPS units are welcome.

Day: Thursday, 7/9

Activity # 9028.215

Location: McGee Park

Day: Thursday, 8/6

Activity # 9029.215

Location: Dorton Park

PLANET EXPLORATION

This is a scavenger hunt where each family team will receive a toolkit for collecting items and findings as they pretend to explore outer space, viewing life for the first time. Family teams will converge to share their travel findings and experiences in a fun-filled approach.

Day: Thursday, 7/23

Activity # 9030.215

Location: McGee Park

Day: Thursday, 8/13

Activity # 9031.215

Location: Dorton Park



Adult Art

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

Day: Tuesday, 9:00 a.m. – 12:00 p.m.

SESSION I: 6/9 – 7/28 Activity # 5020.115

SESSION II: 8/4 – 9/22 Activity # 5020.215

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

Location: Logan Multi-Purpose Center

EVENING Class

This class is self-instructed

Day: Thursday, 7:00 – 9:00 p.m.

SESSION I: 6/4 – 7/30; Activity # 5024.115

NO Class 7/9

SESSION II: 8/6 – 9/24 Activity # 5024.215

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

Location: Fire Station #7

250 International Drive NW

ADULT ART PARTY!!

Ages 18 and up. **NO EXPERIENCE REQUIRED.** Each participant will create an original acrylic painting on canvas to display in their own home. Wear clothing that can get dirty or bring an apron/smock to wear. Bring non-alcoholic beverages and snacks of choice and the instructor will provide the rest! Min. 4/Max. 10 participants.

Instructor: Melynda Enslow

FEE per class: \$40; \$5 city resident discount

Day: Saturday, 5:00 – 8:00 p.m.

Location: Fire Station, # 7

250 International Dr. NW

FAUVISM GARDEN Activity # 5113.115

Date: 6/13, Pre-register by 6/5

OCEAN SUNRISE Activity # 5121.215

Date: 7/11, Pre-register by 7/3

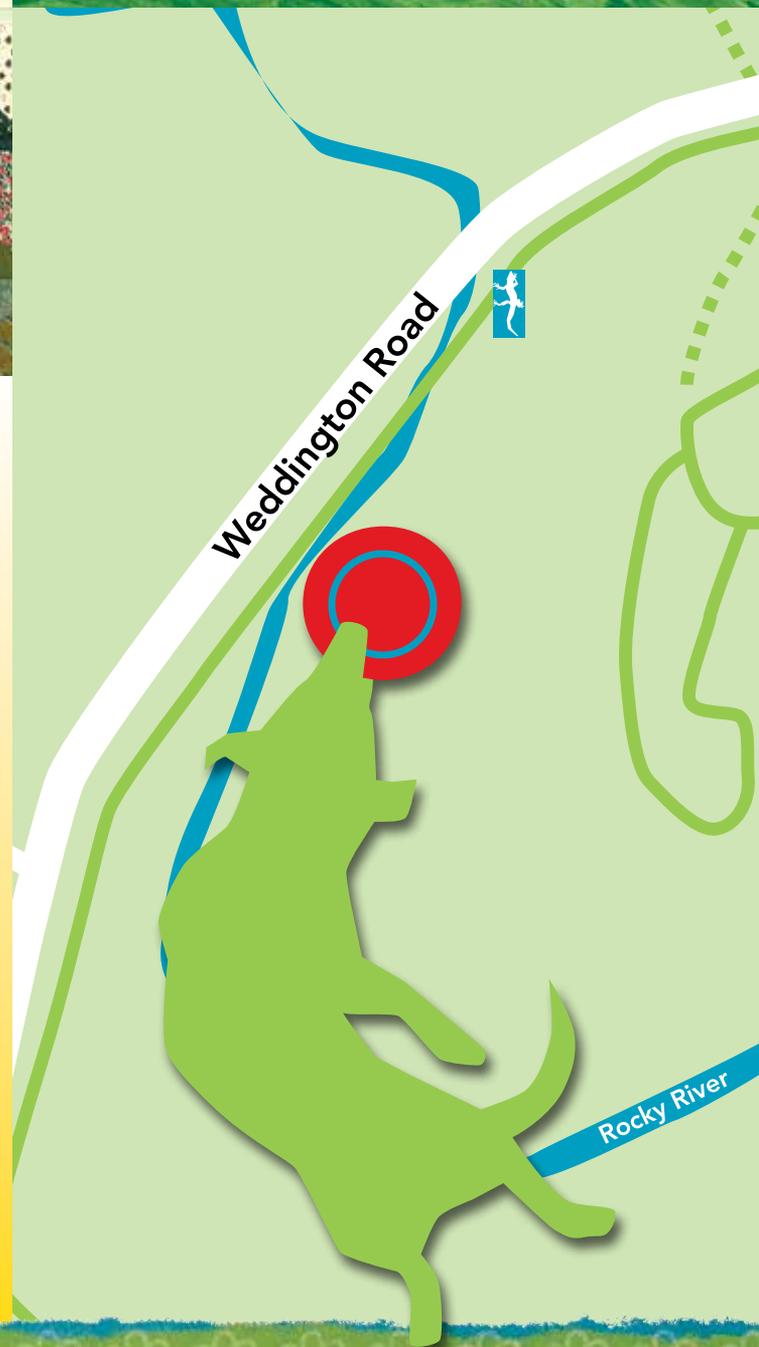
STARRY NIGHT by Vincent Van

Gogh

Activity # 5116.215

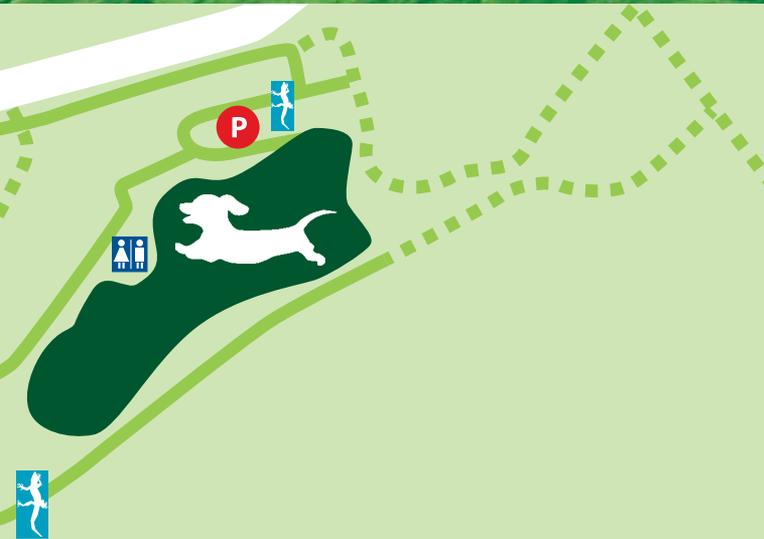
Date: 8/8, Pre-register by 7/31

COMING



Soon!

Hector & H. Henry Greenway



Visit www.concordparkandrec.org for more information and dog park updates!



Active Living

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.*

Day: Monday & Wednesday, 6:30 – 7:30 p.m.

Instructor: Michelle Briggs

Location: Logan Multipurpose Center

Day: Tuesday, 7:00 – 8:00 p.m.

Instructor: Ursula Barrier

Location: Logan Multipurpose Center

Day: Tuesday & Thursday

Instructor: Jennifer El-Abaddi

Thru 6/18, 6:00 – 7:00 p.m.

Location: Les Myers Park

Jennifer's classes move to a new location and time:

6/23 – 8/13, 6:30 – 7:30 p.m.

Location: Academy Recreation Center

Day: Tuesday & Thursday, 8:00 – 9:00 p.m.

Instructor: Tuwana McNeely

Location: Hartsell Recreation Center

Day: Saturday, 10:00 – 11:00 a.m.

Instructor: Ursula Barrier

Location: Logan Multipurpose Center



ZUMBA GOLD

Specifically designed for the active older adult and those just starting a fitness routine.

Day: Tuesday & Thursday, 11:00 – 11:30 a.m.

Instructor: Tuwana McNeely

Location: Hartsell Recreation Center

FIT & FABULOUS

Activity #4063.115

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

Day: Wednesday, 10:00 – 11:00 a.m.

6/3 – 8/26

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

Location: Fire Station # 8, 1485 Old Charlotte Rd



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 14 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. **All classes instructed by Michelle are located at Academy Recreation Center.**

PERSONAL TRAINING

Activity # 4031.415

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.

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

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.

Days: Wednesday, 7:00 – 8:00 p.m.

SESSION I: 5/13 – 6/17

SESSION II: 6/24 – 8/5; NO Class 7/1

SESSION III: 8/12 – 9/16

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

Activity # 4060.115

Activity # 4059.215

Activity # 4060.215



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.

Day: Saturday, 9:00 – 10:00 a.m.

SESSION I: 5/9 – 6/20; NO Class 5/23 Activity # 4065.115

SESSION II: 6/27 – 8/8; NO Class 7/4 Activity # 4066.215

SESSION III: 8/15 – 9/26; NO Class 9/5 Activity # 4067.215

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

Joy Dry

AFAA Certified Personal Trainer & Group Fitness Instructor.

All classes are held in the Fitness Room at Academy Recreation Center except Boot Camp in the Park.

TOTAL BODY SCULPT

(Formerly Total Body Strength Training) A strength training class targeting major muscle groups for a total body workout using various equipment and body weights. Cool down, stretch and ab/core exercises conclude each class. Weights provided. Great for all levels.

Day: Wednesday, 5:30 – 6:30 p.m.

SESSION IV: 5/20 – 6/24

SESSION I: 7/1 – 8/5

SESSION II: 8/12 – 9/16

Fee per 6 week session: \$25; \$5 city resident discount

Activity # 4058.115

Activity # 4064.215

Activity # 4065.215



BOOT CAMP MONDAY

Indoor group workout using a combination of strength, cardio, muscle endurance, flexibility, core and functional movements. Each class will vary so you will never get the same workout twice. Great for all levels as you can move at your pace. Weights provided.

Day: Monday, 5:30 – 6:30 p.m.

SESSION I: 6/15 – 7/20

SESSION II: 7/27 – 8/31

Fee per 6 week session: \$25; \$5 city resident discount

Activity # 8091.115

Activity # 8092.215

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. Please see SPECIAL INTEREST on page 18 for a full description and class details.



CLASSICAL STRETCH

This 30 minute class will increase mobility, help release tension and keep joints healthy and pain-free through dynamic strengthening and stretching exercises. Great for all ages!! Max. 20 participants

Days: Monday & Wednesday, 12:15 – 12:45 p.m.

SESSION I: 5/27 – 7/6; NO Class 7/1 Activity # 4061.115

SESSION II: 7/8 – 8/17 Activity # 4061.215

SESSION III: 8/19 – 10/5; NO Class 9/7 Activity # 4062.215

Fee per 6 week session: \$30; \$5 city resident discount

Adult Fitness Classes

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. **All classes instructed by Dawn are located at Academy Recreation center unless otherwise noted.**

CHAIR YOGA

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

Day: Tuesday, 10:30 – 11:30 a.m.

SESSION I: 7/7 – 8/11 Activity # 4037.215

SESSION II: 8/25 – 9/29 Activity # 4038.215

NEW DAY!

Day: Thursday, 10:30 – 11:30 a.m.

SESSION I: 7/9 – 8/13 Activity # 4039.215

SESSION II: 8/27 – 10/1 Activity # 4040.215

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

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.

Day: Tuesday, 12:00 noon – 1:30 p.m.

SESSION I: 7/7 – 8/11 Activity # 4041.215

SESSION II: 8/25 – 9/29 Activity # 4042.215

Day: Thursday, 12:00 noon – 1:30 p.m.

SESSION I: 7/9 – 8/13 Activity # 4043.215

SESSION II: 8/27 – 10/1 Activity # 4044.215

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

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.

Day: Tuesday, 6:00 – 7:30 p.m.

SESSION I: 7/7 – 8/11 Activity # 4049.215

SESSION II: 8/25 – 9/29 Activity # 4050.215

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

YOGA IN THE PARK

Ages 13 and up. Through subtle yoga movements we will bring the body and mind into harmony with nature. Wear comfortable clothes and bring a yoga mat, water and beach towel. Arrive 15 minutes before class to register.

Day: Thursday, 6:30 – 7:30 p.m.

6/18 – 9/17; NO Class if it is raining

Fee: \$3 per class

Location: McGee Park



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.

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

SESSION I: 5/28 – 7/14; Activity # 4055.115
NO class 6/30-7/2

SESSION II: 7/16 – 8/25 Activity # 4056.215

SESSION III: 8/27 – 10/6 Activity # 4057.215

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

Location: Hartsell Recreation Center

Vickie Fisher

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



Special Interest



See page 3 for details.

STREETLIGHT 5K FROLIC

Families are invited to join us downtown during the Streetlight 5K. Spend the evening cheering on your friends and family running in the 5K while your children enjoy the activities, amusements and arts & crafts! A live band will perform during the event.

Day: Friday, 7/10

Time: 6:00 – 9:00 p.m.

Location: Union Street



CAROLINA SHAG DANCE CLASS

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

Instructor: Patty Blackmon



JUNE Session: Thursday, 6/4 – 6/25

BEGINNERS: 6:30 – 7:30 p.m. Activity # 8077.115

INTERMEDIATE: 7:30 – 8:30 p.m. Activity # 8078.115

ADVANCED: 8:30 – 9:30 p.m. Activity # 8079.115

AUGUST Session: Thursday, 8/6 – 8/27

BEGINNERS: 6:30 – 7:30 p.m. Activity # 8080.215

INTERMEDIATE: 7:30 – 8:30 p.m. Activity # 8081.215

ADVANCED: 8:30 – 9:30 p.m. Activity # 8082.215

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

Location: Academy Recreation Center



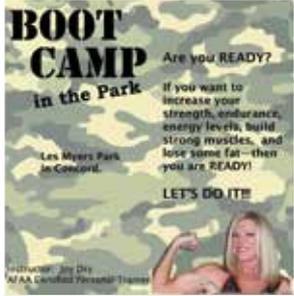
UNION STREET LIVE!

Always held the third Thursday on Means Avenue in downtown Concord, this concert series is coordinated by Concord Downtown Development Corporation. For more information, please contact them at 704-784-4208.

6/18: Too Much Sylvia

7/16: Ken Knox & Company

8/20: Jim Quick & Coastline



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

Days: Monday, Wednesday & Thursday

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

SESSION I: 6/8 – 6/25 Activity # 8093.115

SESSION II: 6/29 – 7/16 Activity # 8094.215

SESSION III: 7/20 – 8/6 Activity # 8095.215

SESSION IV: 8/10 – 8/27 Activity # 8096.215

SESSION V: 8/31 – 9/17 Activity # 8097.215

NO Class 9/7

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

Location: Les Myers Park Ball Field

CPR (NON CERTIFIED)

Classes offered are not for certification, but are intended to educate the public in the lifesaving skill of CPR. You will learn the fundamentals of adult and infant CPR and the use of an automatic electronic defibrillator. Min. 5; max. 20 participants. No fee.

Instructor: City of Concord Life & Fire Safety staff

Day: Friday, 6:00 – 8:00 p.m.

SESSION I: 6/5 Activity # 6086.115

Location: Fire Station #9

SESSION II: 7/24 Activity # 6067.215

Location: Fire Station #9

SESSION III: 8/21 Activity # 6088.215

Location: Fire Station #8

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.

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

PRSRT STD
U.S. Postage
PAID
PPCO

Concord
NORTH CAROLINA
PARKS & RECREATION
147 Academy Avenue, NW
Concord, NC 28036



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.*



Farmers Market

Day: Thursdays

3:00 – 6:00 pm

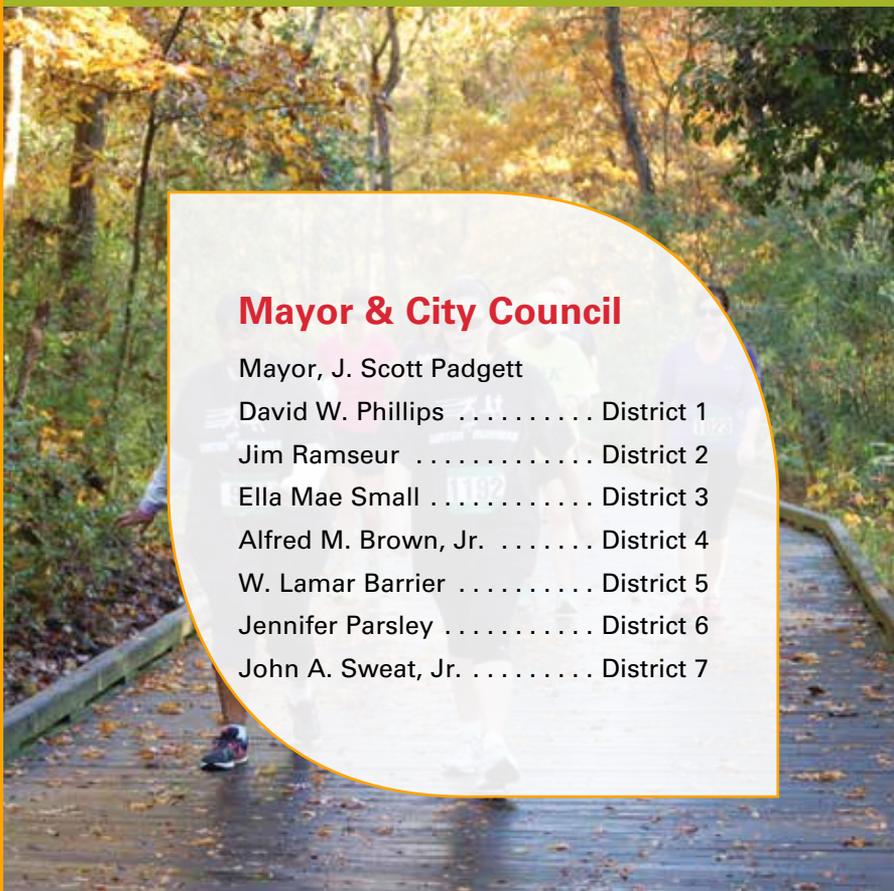
Location: Les Myers Park

Lower parking lot
338 Lawndale Ave, SE



Whether you're seeking excitement, entertainment, exploration or simply peace of mind; we have the outdoor programs you've been looking for.

Check out the **Summer Programs** and **Special Interest** pages in this issue for more details. Still want more information? Call at 704.920.5600 or visit our website at www.concordparksandrec.org.



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

Jennifer Parsley District 6

John A. Sweat, Jr. District 7