

Leisure Times

Fall 2014



Adult Athletics



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...



Bob Dowless

Providing quality programming and services, a safe, aesthetically pleasing greenway and park system is the commitment

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

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

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

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

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

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

ADULT SOFTBALL – FALL AND SPRING

Divisions: Church, Open, Co-ed and Women’s

FALL Registration: August 1 – 31

Playing Season: September – November

SPRING Registration: March 1 – 31

Playing Season: April – June

Fee: \$375

ADULT CO-ED FLAG FOOTBALL – FALL

Registration: August 1 – 31

Playing Season: September – December

Fee: \$375

BASKETBALL – WINTER

Divisions: Church, Men’s Open, and Women’s

Registration: December 1 – 31

Playing Season: January – March

Fee: \$375

ADULT CO-ED KICKBALL – SPRING

Registration: March 1 – 31

Playing Season: April – June

Fee: \$375



NEW ADULT WOODEN BAT SOFTBALL – SUMMER

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 # 6015.214

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 7/11 or the 5 Alarm 5K on 11/1, (registration fee required).

Days: Tuesday & Thursday
8/26 – 10/28

Time: 6:30 p.m.

Registration Fee: \$15

Location: Dorton Park



GOLF

ROCKY RIVER GOLF CLUB AT CONCORD

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

PRIVATE LESSONS AVAILABLE

With our PGA Instructors, by appointment.

ADULT GROUP LESSONS

Ideal for couples or adult beginners

Fee: \$80 per hour includes range balls.

LADIES GOLF CLASSES

Days: Monday, 9/15, 9/22, 9/29 & 10/6

5:30 – 6:30 p.m.

Class covers: Swing Instruction, short game, bunkers, putting and on course experience.

Fee: \$95 includes range balls

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.



5 ALARM 5K

Activity # 6002.314

Saturday, 11/1

9:30 a.m.

8:00 a.m. Pre-registration

9:00 a.m. Fun Run begins

9:30 a.m. 5K begins

Fee: \$15 Early Registration
until 10/24; \$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

Mark your calendar
for the next race:

Bunny Run 5K

4/4/15



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 League

Begins developing fundamentals for each specific sport. Rules are modified to present the optimum playing experience for novice participants. (Practices and games are on week nights or Saturdays)

9&10 Division

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

11&12 and 13-15 Divisions

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

ACTIVITY SCHEDULE:

Activity	Description	Age Group	Age As Of	Registration Dates	Playing Season	
Baseball	T-Ball Co-Ed	3&4	May 1, 2015	January 1-31	March-June	
Baseball	Coach Pitch Co-Ed	5&6	May 1, 2015	January 1-31	March-June	
Baseball	Coach Pitch Boys	7&8	May 1, 2015	January 1-31	March-June	
Baseball	Boys	9&10, 11&12, 13-15	May 1, 2015	January 1-31	March-June	
Softball	Coach Pitch Girls	7&8	January 1, 2015	January 1-31	March-June	
Softball	Girls	9&10, 11&12, 13-15	January 1, 2015	January 1-31	March-June	
Soccer	Instructional Clinic	3&4	August 1, 2014	June 1-30	August-November	
Soccer	Co-Ed	5&6	August 1, 2014	June 1-30	August -November	
Soccer	Co-Ed	7&8, 9&10, 11&12, 13-15	August 1, 2014	June 1-30	August-November	
NEW Fall 2014	Softball	Coach Pitch Girls	7&8	August 1, 2014	July 1-31	September-November
	Softball	Girls	9&10, 11&12, 13-15	August 1, 2014	July 1-31	September-November
	Baseball	Coach Pitch Baseball	7&8	August 1, 2014	July 1-31	September-November
	Baseball	Baseball	9&10, 11&12, 13-15	August 1, 2014	July 1-31	September-November
	Basketball	Instructional Clinic	3&4	August 31, 2014	September 1-30	November-March
	Basketball	Co-Ed League	5&6	August 31, 2014	September 1-30	November-March
	Basketball	Boys & Girls	7&8	August 31, 2014	September 1-30	November-March
	Basketball	Boys	9&10, 11&12, 13-15	August 31, 2014	September 1-30	November-March
	Basketball	Girls	9&10, 11&12, 13-15	August 31, 2014	September 1-30	November-March

GOALS OF THE PROGRAM:

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

PRACTICE AND GAME SCHEDULE:

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

REMEMBER:

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

REGISTRATION:

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

Academy Recreation Center
147 Academy Avenue, Concord
704.920.5601

Hartsell Recreation Center
60 Hartsell School Road, Concord
704.920.5602

Logan Multipurpose Center
184 Booker St. SW Concord
704.920.5603



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

Youth Athletics

REGISTRATION FORM:

PLEASE PRINT

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

Address _____
(Street) (City) (Zip)

Home Phone _____ Work Phone _____

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

Email Address _____

Date of Birth _____ Age _____ Male Female

Please bring copy of birth certificate when registering.

What school does your child attend? _____

Please list any disabilities that need special attention: _____

Registration Fee:

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

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

Please indicate where you prefer to play:

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

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

All applications subject to verification.

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

Our programs are dependent upon volunteer coaches. Are you as a parent willing to help coach a team if needed? Yes No Maybe _____

PARENTAL CONSENT INFORMATION:

Must be signed for applicant to participate.

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

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

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

Signature of Parent/Guardian

PRINTED Name of Parent/Guardian

Date

Youth Athletics

ACTIVITY:

Please indicate age group within activity:

Revised 12.3.2014

Basketball

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

Spring Baseball/Softball

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

Soccer

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

Fall Baseball/Softball

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

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.

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

Day: Saturday, 9:00 – 10:00 a.m.

September: 6, 13, 20, 27

October: 4, 11, 18, 25

November: 1, 8, 15, 22

December: 6, 13, 20, 27

Activity # 6072.314

Activity # 6073.314

Activity # 6074.314

Activity # 6075.314

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

Location: Les Myers Park Tennis Courts 1-6



GOLF

YOUTH GOLF CLASSES

Days: Wednesday, 9/17, 9/24, 10/1 & 10/8

5:30 – 6:30 p.m.

Class covers: Swing Instruction, short game, bunkers, putting and skills contest.

Fee: \$95 includes range balls – including between class practice assignments.

Register with Rocky River Golf Club: 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 through 11/9 and will re-open for the 2015 season on 3/4/15.



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

Coaches and sponsors are needed for all sports!!

Please contact Athletics at 704.920.5600 to discuss opportunities.

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

CARRIGAN FALL HARVEST PUMPKIN TOUR



Activity # 1000.314
 Ages 5-12. Enjoy the crisp Fall air with your little ones on our trip to Carrigan Farms in Mooresville. We'll visit

the petting zoo and the pumpkin patch, picking out a pumpkin to take home. Parent/guardian must also register with each child.

Day: Monday, 10/27
 pre-register by 10/20
8:15 a.m. – 2:00 p.m.

Fee: \$12 per participant (bring your lunch). Parent/guardian must register with child. Fee includes transportation and tour with pumpkin.

Bus departs from **Academy Recreation Center**



BINGO BASH

Activity # 1034.414
 Ages 18 & up. Come play B-I-N-G-O, eat snacks, have some fun and socialize with friends. Prizes will be given out. Snacks provided. No fee.

Days: Wednesday, 11/5, 11/12, 11/19 & 11/26
 pre-register by 11/3, 11/10, 11/17, 11/24
12:30 – 2:00 p.m.

SNOWMAN POPCORN CRAFT

Activity # 1035.414
 Ages 5-13. Let's all get together for Christmas and make crafty snowmen. Snacks provided. No fee.

Day: Thursday, 12/18
 pre-register by 12/15
4:00 – 5:30 p.m.

CHRISTMAS TREE CONES

Activity # 1205.314
 Ages 5-12. Get in the Christmas spirit with a delicious edible Christmas Tree cone treat. No fee.

Day: Monday, 12/22
 pre-register by 12/17
3:00 – 4:30 p.m.



RECREATION CENTERS HOURS OF OPERATION

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

Recreation Centers

HARTSELL RECREATION CENTER

60 Hartsell School Road, Martha Hagood, Center Supervisor, 704.920.5602
Information for Hartsell Park and James L. Dorton Park



APPLE PICKIN' TOUR AT CARRIGAN FARMS

Activity # 1000.214

All ages. Come join us as we take part in "Apple Madness" at Carrigan Farms. Fee includes hayride tour to the apple orchard where we fill a bag with apples to take home, visit the animal petting station and get a drink of delicious fresh apple cider.

Day: Saturday, 9/13

pre-register by 9/5

12:00 noon – 3:30 p.m.

Fee: \$12 per participant. Parent/guardian must register with children. Fee includes transportation, tour with apples and snack.

Bus departs from the 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: Tuwana McNeely

Days: Tuesday & Thursday

7:30 – 8:00 p.m.

Session I: Activity # 1047.214

9/12 – 9/25

Session II: Activity # 1048.314

9/30 – 10/23

Session III: Activity # 1049.314

10/28 – 11/20

Session IV: Activity # 1050.314

12/2 – 12/18

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

CHRISTMAS CRAFTY

Activity # 1005.414

Ages 5-12. Bring a friend and get creative making a Christmas craft. No fee.

Instructor: Deetra Ragan

Day: Monday, 12/22

pre-register by 12/19

6:00 – 7:00 p.m.

Fee: \$8; \$3 city resident discount

HARTSELL KARATE CLUB

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

Instructor: James Reid

Days: Monday, Wednesday & Friday
6:30 – 8:00 p.m.

Session I: Activity # 1030.214
9/3 – 9/29

Session II: Activity # 1031.314
10/1 – 10/27

Session III: Activity # 1032.314
11/3 – 11/26

Session IV: Activity # 1033.314
12/1 – 12/22

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

NEW KIDS ZUMBA

Ages 4-13. This fun and healthy program is designed using the Zumba concept.

Instructor: Tuwana McNeely

Days: Tuesday & Thursday

Continual

7:00 – 7:30 p.m.

Fee: \$3 per class



WALKING CLASS

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

MORNING class: Continual

Days: Monday, Wednesday & Friday
9:15 – 10:20 a.m.

EVENING class: Continual

Days: Monday, Tuesday & Wednesday
4:00 – 5:00 p.m.



Recreation Centers

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 3-15, get creative with crayons. Draw or color your own picture. No fee.

Staff supervised.

Days: Monday, 9/8 – 12/15
4:00 p.m.

STORY TIME

Ages 5-10. Enjoy a good book read to you from our collection. Light refreshments served.

Days: Every other Tuesday
9/2 – 12/9
3:30 p.m.

ADULT POOL TOURNAMENT

Adults 18 & up. Play the game of Billiard. 1st and 2nd place receive trophies. Fee: \$2

Day: Tuesday, 10/7
3:00 p.m.



ARTS & CRAFT DAYS

Ages 5-16, come and create a holiday craft for Halloween, Thanksgiving and Christmas. Refreshments served. No fee. Staff supervised.

Days: Wednesday, 10/8, 11/12, 12/10
5:30 – 6:30 p.m.



CHRISTMAS CARD MAKING

Ages 3-15. Come be creative and make a Christmas card for your family and friends. Refreshments served. No fee. Staff supervised.

Day: Friday, 12/19
3:30 p.m.

WALKING PROGRAM

Men and women ages 18 & up are invited to join us for light walking exercise that will burn fat, get you in shape and conditioned. No fee. Staff supervised.

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



SOUTHWEST KARATE

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



HALLOWEEN HAPPENINGS

HALLOWEEN HOWLER

Families, join us for games, candy and more for this night of fun in the gym.

Saturday, 10/25
6:00 – 9:00 p.m.

Academy Recreation Center

TREAT NIGHT

Join us for Halloween fun in the gym! Games, candy and prizes for the entire family.

Saturday, 10/25
6:00 – 8:00 p.m.

Logan Multipurpose Center

PUMPKIN PROWL

Ages 2-5 can enjoy Halloween themed games, activities and arts & crafts.

Wednesday, 10/29
4:00 – 7:00 p.m.

Hartsell Recreation Center



Youth Activities

Yoga instructor Dawn Grant will teach your child fun and exciting animated postures through music and games. Classes meet one day a week for 45 minutes per 4 week session at the Academy Recreation Center.

YOGA BEARS

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



Day: Tuesday

9:15 – 9:45 a.m.

Session I: 9/16 – 10/7

Session II: 10/14 – 11/11

NO class 10/28

Session III: 11/18 – 12/16

NO class 11/25

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

Activity # 9119.214

Activity # 9120.314

Activity # 9121.314

BENDY KIDS

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

Day: Tuesday

4:00 – 4:30 p.m.

Session I: 9/16 – 10/7

Session II: 10/14 – 11/11

NO class 10/28

Session III: 11/18 – 12/16

NO class 11/25

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

Activity # 9022.214

Activity # 9023.314

Activity # 9024.314

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

DRAWING I

Ages 6-10. This class teaches basic to intermediate drawing skills, art techniques and vocabulary. Students are introduced to a new subject matter at each class and learn a variety of art concepts including still life, perspective, portraiture, realism/abstraction, color theory, composition skills, line and patterning. Min. 4/Max. 8 participants.

Day: Tuesday, 4:30 – 6:00 p.m.

September Session: 9/9 – 9/30

October Session: 10/7 – 10/28

November Session: 11/4 – 11/25

December Session: 12/2 – 12/23

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

PLUS \$15 materials fee per session payable to instructor

Activity # 5124.214

Activity # 5125.314

Activity # 5126.314

Activity # 5127.314

DRAWING II

Ages 11-17. Learn intermediate to advanced drawing skills, art techniques and vocabulary. Students are introduced to further subject matter at each class, progressing in a variety of art concepts as introduced in Drawing I. Must have had Drawing I as a prerequisite or instructor's approval. Min. 4/Max. 8 participants.

Day: Wednesday, 4:30 – 6:00 p.m.

September Session: 9/10 – 10/1

October Session: 10/8 – 10/29

Day: Wednesday, 4:00 – 6:00 p.m.

November Session: 11/5 – 11/19*

December Session: 12/3 – 12/17*

*Extended classes due to the upcoming holiday

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

PLUS \$15 materials fee per session payable to instructor

Activity # 5128.214

Activity # 5129.314

Activity # 5130.314

Activity # 5131.314



AFTERSCHOOL ART CLUB

Ages 6-10. Join us for creative art-making activities on Monday afternoons! We will explore different classical, modern and contemporary artists and create various 2D and 3D projects each week. Each week is independent of the next. Projects will range from origami, collage, clay, painting, weaving, to name a few. Min. 4/Max. 8 participants.

Day: Monday, 4:30 – 6:00 p.m.

September Session: 9/8 – 9/29

October Session: 10/6 – 10/27

November Session: 11/3 – 11/24

December Session: 12/1 – 12/22

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

PLUS \$20 materials fee per session payable to instructor

Activity # 5120.214

Activity # 5121.314

Activity # 5122.314

Activity # 5123.314



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.

PERSONAL TRAINING

Activity # 4031.414

Master Personal trainer Michelle Colombero will design a 1 hour fitness program that will help you get motivated and feel great! Your session will include strength training for your upper and lower body, a cardiovascular component, nutritional consultation and flexibility exercises.

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

Location: Academy Recreation Center

PILATES

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



Day: Wednesday, 7:00 – 8:00 p.m.

Session I: 9/24 – 10/29

Activity # 4050.314

Session II: 11/5 – 12/17

Activity # 4051.314

NO Class 11/26

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

Location: Academy Recreation Center

SATURDAY YOGA

Enjoy the asanas (postures), breathing and stretching that will help you feel flexible and relaxed. Closing with Savasana and Meditation. Wear comfortable clothes. Max. 20 participants.

Day: Saturday, 9:00 – 10:00 a.m.

Session I: 9/20 – 10/25

Activity # 4065.214

Session II: 11/1 – 12/13

Activity # 4066.314

NO Class 11/29

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

Location: Academy Recreation Center

Dawn Grant

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

CHAIR YOGA

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

Day: Tuesday, 10:30 – 11:30 a.m.

Session I: 9/16 – 10/21

Activity # 4031.314

Session II: 10/28 – 12/9

Activity # 4032.314

NO Class 11/25

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

Location: Academy Recreation Center

GENTLE YOGA

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

Day: Tuesday, 12:00 noon – 1:30 p.m.

Session I: 9/16 – 10/21

Activity # 4034.314

Session II: 10/28 – 12/9

Activity # 4035.314

NO Class 11/25

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

Location: Academy Recreation Center

NEW

Day: Thursday, 12:00 noon – 1:30 p.m.

Session I: 9/18 – 10/30

Activity # 4036.314

NO class 10/23

Session II: 11/7 – 12/18

Activity # 4039.314

NO Class 11/6, 11/27, 12/4

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

Location: Academy Recreation Center

HARMONY YOGA

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

Day: Tuesday, 6:00 – 7:30 p.m.

Session I: 9/16 – 10/21

Activity # 4037.314

Session II: 10/28 – 12/9

Activity # 4038.314

NO Class 11/25

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

Location: Academy Recreation Center

Adult Fitness Classes

Vickie Fisher

A certified group fitness instructor, Vickie has instructed with Parks & Recreation over 12 years.



FITNASTICS

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

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

Session I: 9/9 – 10/16 Activity # 4060.214

Session II: 10/21–12/2 Activity # 4061.314

NO Class 11/27

Session III: 12/4 –1/20 Activity # 4062.314

NO Class 12/23, 12/25

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

Location: Hartsell Recreation Center



FIT & FABULOUS

Activity # 4056.214

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, 9/3 – 12/17

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

Location: Academy Recreation Center

Joy Dry

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

CARDIO & STRENGTH INTERVALS

This cardio & strength interval class alternates between periods of cardio and strength training to sculpt every major muscle group. Cardio is easy to follow and incorporates one or more of the following: hi/low on the floor, step bench, cardio skills. Weights are provided. Class ends with cool down, stretching and ab/core work. Great for all levels.

Day: Monday, 5:30 – 6:30 p.m.

Session I: 8/18 – 9/29 Activity # 4052.214

NO class 9/1

Session II: 10/6 – 11/10 Activity # 4053.314

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

Location: Academy Recreation Center

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 I: 8/20 – 10/1 Activity # 4054.214

NO class 9/3

Session II: 10/8 – 11/12 Activity # 4055.314

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

Location: Academy Recreation Center

ZUMBA

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

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

MONDAY & WEDNESDAY

6:30 – 7:30 p.m.

Instructor: Michelle Briggs

Location: Logan Multipurpose Center

TUESDAY

7:00 – 8:00 p.m.

Instructor: Ursula Barrie

Location: Logan Multipurpose Center

TUESDAY & THURSDAY

8:00 – 9:00 p.m.

Instructor: Tuwana McNeely.

Location: Hartsell Recreation Center

SATURDAY

10:00 – 11:00 a.m.

Instructor: Ursula Barrier

Location: Logan Multipurpose Center



Adult Art

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



Watercolor, watercolor pencil and colored pencil classes are instructed by Linda Long, member of National Society of Decorative Painters (NSDP) and Tarheel Decorative Painters. Please contact Linda at 704.938.1420 for information about the medium as well as a materials list prior to the class. All classes are located at **Academy Recreation Center.**

COLORED PENCILS

Learn the basic techniques of colored pencil drawing.
Min. 6/Max.15 participants.

Time: 9:00 a.m. – 2:00 p.m.

Session I: Wednesday, 9/24 Activity # 5004.314
Pre-register by 9/17

Session II: Wednesday, 11/19 Activity # 5005.314
Pre-register by 11/12

Fee: \$25; \$5 city resident discount
PLUS \$12 materials fee paid to instructor

WATERCOLOR PENCILS

 Activity # 5006.314

Learn the basic techniques of watercolor pencils.
Min. 6/Max.15 participants.

Day: Wednesday, 10/29

Pre-register by 10/22

Fee: \$25; \$5 city resident discount
PLUS \$12 materials fee paid to instructor

WATERCOLOR

 Activity # 5000.314

Learn the basic techniques of watercolor painting.
Min. 6/Max.15 participants.

Day: Wednesday, 12/17

Pre-register by 12/10

Fee: \$25; \$5 city resident discount
PLUS \$12 materials fee paid to instructor



QUILTING

Enjoy creating a lifetime keepsake.
Open to beginner and intermediate quilters.
For a materials list call 704.920.5603.

DAY Class

Instructor: Carolyn Sweet

Day: Tuesday, 9:00 a.m. – 12:00 p.m.

Session I: 10/7 – 12/2 Activity # 5018.314
NO class 11/25

Session II: 12/9 – 2/3 Activity # 5019.314
NO class 12/23

Location: Logan Multi-Purpose Center

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

EVENING Class

This class is self-instructed

Day: Thursday, 7:00 – 9:00 p.m.

10/2 - 11/20 Activity # 5023.314

**Location: Fire Station #7,
250 International Drive NW**

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



Trips

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



SHATLEY SPRINGS

Activity # 7004.314

It is time once again to travel north-west for our annual visit to Shatley Springs Country Inn Restaurant. We will fill our bellies and wander down the mountain, revisiting another favorite stop at the Ashe County Cheese Plant & Cheese Store. Take advantage of the famous cheese curds and more goodies. As if we hadn't enough food for the day, we will stop at Deal Orchards on the way home to collect on delicious apples and treats for our friends, family and selves!

Bus Departs: 7:45 a.m.; Returns: 6:00 – 6:30 p.m.

Day: Thursday, 10/23

Fee: \$22 plus cost of meal



FALL MYSTERY TRIP

Activity # 7002.314

You don't know and we won't tell, just where we'll leave our dusty trail. Heading North, South, East or West, just sit on back and we'll handle the rest. Lunches are on your own and wear your walking shoes. Walking and exploration will be at an individual pace.

Bus Departs: 7:45 a.m.; Returns: 6:00 – 6:30 p.m.

Day: Thursday, 11/6

Fee: \$23 plus cost of meal

SEAGROVE POTTERY

Activity # 7007.314

Join the excitement of the 7th annual Celebration of Seagrove Pottery. The town and the country's many potters are preparing for the big event. We will explore the potteries and take a glimpse of the weekend's festivities. Time and weather permitting, we may make a mystery stop on the way home! Lunches are on your own and wear your walking shoes.

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

Day: Friday, 11/21

Fee: \$13 plus cost of meal



CHRISTMAS TOUR AT BILTMORE & GROVE PARK

Activity # 7006.314

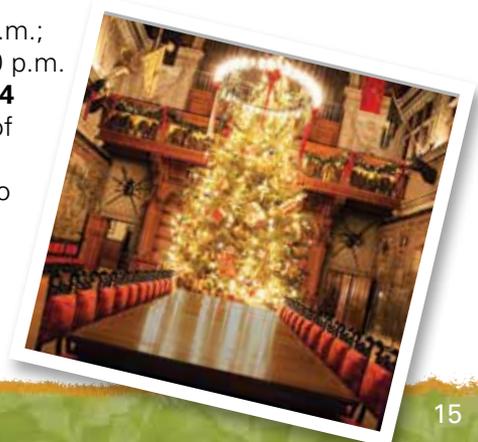
'Tis the season for celebration and decoration! We will begin our visit of western North Carolina with a grand tour of the Biltmore House and its luxurious holiday decorations. Once we have seen all of the House's great offerings we will meander down to Antler Hill Village for lunch and a brief time for shopping. Our excursion will continue to the Omni Grove Park Inn for a chance to view the many Gingerbread House creations from around the country. You are welcome to observe the works of art or simply enjoy a relaxing seat by the fire. We will stop for a quick dinner on the way home.

Bus Departs: 7:30 a.m.; Returns: 8:30 – 9:00 p.m.

Day: Thursday, 12/4

Fee: \$58 plus cost of lunch and dinner.

Eat breakfast prior to departure.



Special Interest



**Saturday
October 18**

11:00 a.m. – 2:00 p.m.

Les Myers Park
338 Lawndale Ave. SE

Dogs, beg your owners to bring you to Myers Park for a day planned just for dogs! You can play off-leash in the Doggie Fun Zone and enter all kinds of contests: talent, obedience, costume and, new this year "mug to mug" for dogs and owners who look alike!

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

Hot dogs and refreshments will be offered by Concord Youth Council.



Contest Schedule

- 11:30 "Obey for Praise"**
Obedience Contest
- 12:00 "Tricks for Treats"**
Talent Contest
- 12:30 "Mug to Mug"**
Dog owner Look-a-Like Contest
- 1:15 "Strut Your Mutt"**
Costume Contest

PRESENTED BY:

- Foster Animal Hospital, PA
- Cabarrus Animal Hospital, PA
- South Ridge Veterinarian Hospital
- Subaru Concord
- Animal Care Clinic
- Swiftdogz, Inc
- McDonald's General Store
- Animal Hospital of Kannapolis



Special Interest



BOOT CAMP IN THE PARK

Break out of the gym! This outdoor fitness class will focus on levels of exercise incorporating cardio drills, resistance & strength training and core workouts. Boot camp is a great way to challenge your body and enjoy the outdoors.

Various equipment & areas

of the park used to keep your workouts fun & fresh. Meet in the parking lot by the tennis courts. Rain or shine. Medical clearance required for those over 40 years of age. Bring bottle water, mat/towel and a pair of dumbbells. Must be 18 years old.

Instructor: Joy Dry

Days: Monday, Wednesday & Thursday

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

Session I: 9/8 – 9/25 Activity # 8076.214

Session II: 9/29 – 10/16 Activity # 8077.314

Session III: 10/20 – 11/6 Activity # 8078.314

Session IV: 11/10 – 11/27 Activity # 8079.314

Session V: 12/1 – 12/18 Activity # 8080.314

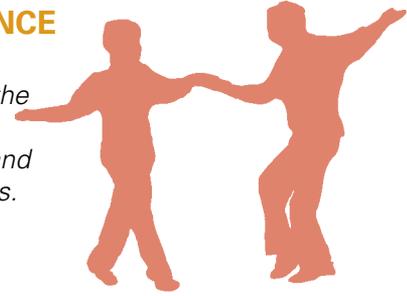
Fee per session: \$40; \$5 city resident discount

Location: Les Myers Park Ball Field

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



SEPTEMBER Session: Thursday, 9/4 – 9/25

BEGINNERS: 6:30 – 7:30 p.m. Activity # 8063.214

INTERMEDIATE: 7:30 – 8:30 p.m. Activity # 8069.214

ADVANCED: 8:30 – 9:30 p.m. Activity # 8072.214

OCTOBER Session: Thursday 10/2 – 10/23

BEGINNERS: 6:30 – 7:30 p.m. Activity # 8064.314

INTERMEDIATE: 7:30 – 8:30 p.m. Activity # 8070.314

ADVANCED: 8:30 – 9:30 p.m. Activity # 8073.314

NOVEMBER Session: Thursday, 11/6 – 12/4

NO class 11/27

BEGINNERS: 6:30 – 7:30 p.m. Activity # 8065.314

INTERMEDIATE: 7:30 – 8:30 p.m. Activity # 8071.314

ADVANCED: 8:30 – 9:30 p.m. Activity # 8074.314

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

Location: Academy Recreation Center



TAKE A CHILD OUTSIDE WEEK NATURE SCAVENGER HUNT

Initiated by the NC Museum of Natural Sciences and groups across the US and Canada, we are inviting you to join us to Take Your Child Outside. Playing outside connects our children to the natural world, helps them focus in school and reduces chance of childhood obesity. So, bring your kids and we'll play....let's go on a scavenger hunt in the park! Instructed by Mandy Smith-Thompson, Environmental Educator, City of Concord.

If you are not able to join us on our planned days, please get outdoor activity ideas, find other participating organizations in our area and pledge to take a child outside at www.takeachildoutside.org.

Day: Tuesday, 9/23

5:00 – 7:00 p.m.

Location: James L. Dorton Park

5790 Poplar Tent Road

Day: Thursday, 9/25

5:00 – 7:00 p.m.

Location: Mickey McGee Park

219 Corban Avenue West



Special Interest



Youth Council holds a special place in my heart. Whether it be holding a drive to collect socks to send to the underprivileged children

organization that I've been a part of my entire high school career. Youth Council has truly transformed me as an individual. It's given me opportunities to make that difference that I had been craving to make and to network with marvelous individuals who would soon become some of my closest friends.

of Haiti, spreading out mulch at Pullen Park in Raleigh at a State Youth Council Conference, or assisting with local festivals held on the prized historic asphalt on Union Street, our small town Youth Council has had a massive impact on all types of communities, even ones several thousand miles away. However, the effect that Youth Council conveys isn't always tangible.



Words cannot possibly express how grateful I am for these blessings and seniors, I'm sure you feel the same way. Youth Council has laid down a foundation of humanitarianism, determination, and countless other virtues in all of you. I can't wait to log on, scroll through, and stay connected with all of you and see your accomplishments of great magnitude. I wish the best for all of you

When I received my letter of acceptance and attended my first Youth Council event, I realized that it was so much more than I had originally thought. Yes, Concord Youth Council is an elite organization, and yes, the executive board does tend to stick by the by-laws, and yes, Youth Council does take up some free time. But it's what we do during that time that makes all the difference.

and look forward to another remarkable year with all of you underclassmen. I am indescribably thankful for the bond that we've all shared provided by none other than Concord Youth Council.



Concord Youth Council President
Anna Hathcock
2014 Awards Banquet

Youth Council breeds leaders with a passion for changing the world and a love for working as a team for the greater good of humanity. I can't say that about any other club or



UNION STREET LIVE

Day: Thursday, 9/18

The Tams

6:00 – 9:00 p.m.

Concerts are held on Means Avenue in beautiful historic downtown Concord. Bring your chair for an evening of musical entertainment by The Tams! Contact Concord Downtown Development Corporation at 704-784-4208 for more information.

Location: Downtown Concord



ANNUAL CHRISTMAS TREE LIGHTING AND FIREWORKS

Kick off the holidays in historic downtown Concord's Bicentennial Plaza. Enjoy children's activities, trolley and carriage rides down beautiful Union Street, entertainment, and of course, Santa! You won't want to miss the lighting of the Christmas tree and fireworks at 7:30 p.m.

Day: Friday, 11/21

5:30 – 7:30 p.m.

Location: Downtown Concord
Bicentennial Plaza*



REGISTRATION PROCESS

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

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

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

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

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

MAILING ADDRESS:

Concord Parks & Recreation
P. O. Box 308
Concord, NC 28026-0308
147 Academy Avenue, NW
Tel. 704.920.5600 | Fax 704.792.1971
www.concordparksandrec.org

Administrative Office • 704.920.5600
147 Academy Avenue, NW

Academy Recreation Center • 704.920.5601
147 Academy Avenue, NW

Beverly Hills Park • 704.920.5601
631 Miramar Street, NE

Marvin Caldwell Park • 704.920.5603
362 Georgia Street, SW

James L. Dorton Park • 704.920.5602
5790 Poplar Tent Road

Gibson Field
704.784.2616 or 704.920.5617
321 Misenheimer Avenue, NW

Hartsell Recreation Center • 704.920.5602
60 Hartsell School Road

Hartsell Field Complex
704.788.9325 or 704.920.5617
30 Swink Street, NW

Hartsell Park • 704.920.5602
65 Sunderland Road

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

Logan Multi-Purpose Center • 704.920.5603
184 Booker St., SW

McAllister Field
704.786.0157 or 704.920.5617
160 Crowell Drive, NW

Harold B. McEachern Greenway
704.920.5600

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

The Village Greenway • 704.920.5601
175 Academy Avenue, NW

J. W. "Mickey" McGee, Jr. Park
704.920.5601
219 Corban Avenue, East

John F. McInnis Aquatic Center
704.785.8105
151 Academy Avenue, NW
(Seasonal, May-August)

Les Myers Park • 704.920.5601
338 Lawndale Avenue

Rocky River Golf Club at Concord
704.455.1200
6500 Bruton Smith Blvd.

W. W. Flowe Park • 704.920.5603
99 Central Heights Drive

Webb Field
704.786.8406 or 704.920.5617
165 Academy Avenue, NW

PARKS HOURS:

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

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

Registration Form (PLEASE PRINT)

Participant's Name _____

Home Phone _____

Work Phone _____

Cell Phone _____

Do you want to receive texts? Yes No

Address _____

City _____ State _____ Zip _____

Email _____

Activity/Trip _____

Activity/Trip Site _____

Dates: From _____ To _____

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

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

Registrant's Signature _____

(Parent's signature if registrant is under 18)

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

Date _____ Fee Enclosed _____

Please make check payable to City of Concord



Adult Kickball Tournament

2014 3rd Annual United Way Adult Kickball Tournament



November 8th & 9th

Double Elimination

Registration Begins:	September 1, 2014
Registration Ends:	October 31, 2014
Registration Fee:	\$110.00 per Team
Location:	WW Flowe Field

Co-Ed Division

Tournament Coaches Meeting:
November 3th at 6:30 p.m. at Academy Recreation Center

For more information contact: Sheila Lowry
704-920-5618 • www.concordparksandrec.org

Tournament Rules, Information and Registration Form
available online:

www.concordparksandrec.org



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



We now offer text messaging to you so that you may stay current on programs and athletic changes. Read more about this option on page 18.

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.

