



The Town of Davidson Parks and Recreation Department is pleased to offer the below Adult programs for Winter 2010/2011. Unless otherwise indicated, all programs meet at the Parks and Recreation office, 416 Armour Street. Registrations may be done online at www.ci.davidson.nc.us, over the phone at 704-892-3349, or in person. Financial assistance is available to residents of Davidson.

Health and Fitness Series

KICK UP YOUR HEELS and your fitness training results with Davidson Parks & Rec this Winter! We've got hot new additions to our fitness and wellness offerings that are sure to hit the spot.

Strengthen and Stretch w/Nolynn

This 30 minute class is geared to seniors wishing to increase muscular strength and flexibility, as well as incorporate meditation. This is a quick and easy way to improve your overall health and balance.



Let's get moving on the path to wellness!

Day/Time: Wednesday, 11:30 a.m. – 12:00 p.m.

Date: December 1-15 (no class December 22 or 29)

Fee: \$15.00

Yoga for Everybody

Intimidated to walk into a yoga studio? Feeling stiff or achy? That's OK – join us for a gentle but invigorating yoga class designed for all body types. We'll link our breath with movement and slowly flow in and out of poses that can help strengthen, tone and de-stress the mind and body.

Day/Time: Friday, 10:30 a.m. - 11:30 a.m.

Date: December 1 - 15

Fee: December \$30.00



New!! Line Dance with Mary

Join Mary for this fun, low impact, aerobic dance class for EVERYONE! Dances are choreographed to funk, country, and Broadway hits!! Fitness

and fun rolled into one!!

Day/Time: Tuesday, 10:30 a.m. – 11:30 a.m.

Date: Jan. 4 - 25 or Feb. 1 – 22 or March 1 - 29

Fee: \$40.00, \$50.00 March

Zumba with Tonya Reber

Come join Tonya for a fun filled hour of exciting, calorie burning easy to follow dance moves like the merengue, salsa, cumbia and mambo as well as other styles including hip-hop and belly dancing. Zumba incorporates motivating latin inspired music with body sculpting, fat burning and total body toning that will help you burn calories while improving flexibility and muscle tone. No prior dance skills are required. Tonya has more than 25 years of dance training, teaching and performing in ballet, tap, jazz, hip-hop and group exercise. She was zumba certified in 2007 and has been teaching zumba throughout the community.

Day/Time: Tuesday, 9:30 a.m. – 10:30 a.m.

Date: December 7-21 or January 4 – 25 or February 1 – 22 or March 1-29

Fee: \$30.00(December),
\$40.00 (January or February), \$50.00 (March)

Day/Time: Thursday, 5:30 p.m. – 6:30 p.m.

Date: December 2 – 16 or January 6 – 27 or February 3 – 24 or March 3-31

Fee: \$30.00(December),
\$40.00 (January or February), \$50.00 (March)



New!! Thai Yoga for Wellness with Kim Bridi

This class begins with a series of flowing, invigorating yoga poses, moves into long and slow holds and is followed by a short meditation. Throughout the class, the instructor, who is trained in Thai Yoga Therapy, will physically assist students with gentle rocking movements, acupressure and other techniques to help students deepen their stretch and leave feeling relaxed and rejuvenated. Please bring a yoga mat and oversized blanket to class!

Day: Wednesday

Time: 9:30 a.m. - 10:30 a.m.

Date: January 5 -26 or February 2-23 or March 2 - 30

Fee: \$40.00, \$50.00 (March)

Martial Arts with Joe Martin

New – Afternoon Session!!

Tai Chi for the Living Room

Requiring only one meter of space, Tai Chi for the Living Room is designed to provide students with all of the benefits of other forms of Tai Chi, but in 1/10 of the time and with 1/10 the frustration! If you've ever quit studying Tai Chi because you couldn't wait years to reap the fruits of your labor, then Tai Chi for the Living Room is for you.



Day/Time: Thursday (afternoon) , 1:30 p.m. – 2:30 p.m.

Date: January 4 – 27 or February 1 - 24

Fee: \$50.00

or

Day/Time: Tuesday & Thursday , 6:30 p.m. - 7:30 p.m.

Date: Dec. 7 – 16 or Jan. 4 – 27 or Feb. 1 – 24

Fee: \$37.50 December, \$75.00

Location: Community School of Davidson Gymnasium

Family/Adult Kung Fu

Think of the advantages of learning dutiful respect, proper discipline and appropriate self-confidence where size is not a limiting factor in performance or achievement. Kung fu has been praised for centuries for its ability to develop people of all ages to gain a better understanding of their potential as their true abilities surface through the time-tested methods of self-awareness and self-defense.

Day/Time: Tuesday & Thursday, 7:30 p.m. - 8:30 p.m.

Date: Dec. 7 – 16 or Jan. 4 – 27 or Feb. 1 – 24

Fee: \$37.50 December, \$75.00

Age: 8 and up

Location: Community School of Davidson Gymnasium

New!! New Year, New You Coaching

Group with Kim Bridi

Tired of setting the same goals year after year? Need support on that new project? Join this action-oriented life coaching group and gain the accountability, support and structure needed to get results. Participants will select a project or goal to work on throughout the six week class. It's perfect for those who want to get organized, shift to a healthier lifestyle, go back to school or return to the workforce. We'll explore how to change limiting beliefs, establish positive habits, and more, as you work through defining your own vision of success. Class includes a 30 minute individual coaching session!



Day/Time: Wednesday, 10:30 a.m. – 11:30 a.m.

Date: January 5 – February 9

Fee: \$78.00

New!! Kick Out the Old – Bring in the New

This workshop is designed as an interactive session for people who are at home and/or empty nesters. Over a 4 week period of time we will take a look at what did not work for you this past year and then look at the realm of possibilities for you in the New Year and years to follow. Some of the questions we will be looking at are: What limits do you place on yourself? Do you stay within your comfort zone? Are you stopped by something that you tell yourself or others tell you? Are you the victim of others opinions of you? Perhaps you think you can only have a designated amount of money, joy or health. Perhaps it is time to look at what is available and what you deserve. It's time to kick out the old and bring in the new!

Fran writes a weekly column for the DavidsonNews.net "Young at Heart" and has 34 years of transformational work with people like you and me.

Day/Time: Friday, 10:30 a.m. – 11:45 a.m.

Date: January 7 -28 or February 4-25

Fee: \$40.00

Semi-Private Personal Training at Davidson

Snap Fitness

Our certified personal trainers will lead a small group through an intense total body workout. Expect quick results from routines that encompass the three key areas of fitness—cardio, strength and flexibility. Get all the benefits of a certified personal trainer at a fraction of the cost! Indoor/Outdoor weather permitting.



Day: Tuesday and Thursday, 6:00 a.m. – 7:00 a.m.
Tuesday and Thursday, 6:45 a.m. – 7:15 a.m.
Mon., Wed., Fri. 10:00 a.m. - 11:00 a.m.

Date: January 3-28 or February 1-28

Fee: Tues./ Thurs., 1 hr class: Jan. or Feb. \$130.00

Tues./ Thurs., 30 min. class: January or

February \$90.00

Mon., Wed., Fri., January or February \$190.00

New!! Volksmarch - Davidson Club

Come and learn more about Volksmarch Walking Clubs and Volkssport in general. Get in on the ground floor as the foundation is laid to create a Davidson Walking Club, routes, trips and social outlet. Further organizational meetings will be set based on the response received at this initial meeting.

Day: Monday

Time: 10:00 a.m. or 7:00 p.m.

Date: January 24

New!!! Weight Loss Challenge

Join the Lake Norman Nutrition Weight Loss Challenge where people can lose weight, have fun and get rewarded! This community weight loss challenge is a 12 week commitment where participants will be able to break some myths about weight loss. The challenge will start January 13 and will conclude March 31. Weekly meetings held to weigh in and discuss various nutrition topics.

Subjects to be covered:

Protein 101
Meal Plans, Snacking & Water
Metabolism
Carbohydrates; Shopping and Cooking; Cellular Nutrition
Nutrition Labels; Fats; Portion Control
Digestive Health
Dining Out
Fiber
Sugar
Exercise
Heart Health
Maintenance - Long-Term Health

Here is how the program works. Participants weigh in and measure the first week and weigh in each week and take measurements again at the end. The fee is \$45 per participant (\$30 goes towards the winner's pot and \$15 goes towards venue/weekly prizes) and the cash prizes get paid out as follows: 50% to the winner (largest percent of body weight lost), 30% to 2nd place and 20% to 3rd place. There is penalty money (collected from weight gainers, \$1.00 per full pound gained and \$5.00 for missing a class, one missed class is allowed) and this money gets paid to the biggest inch loser who did not win the cash prizes.

Participants get support from others in the challenge and nutrition information for a lifetime is learned !

Day: Thursday
Time: 6:30 p.m. – 7:15 p.m.
Date: January 13– March 31
Fee: \$45.00
Age: 14+
Instructor: Michelle Morton

New!!! Life Coaching Group for Moms

This action-oriented life coaching group, designed for busy moms, will support, inspire and hold you accountable for working towards goal(s) that you select the first week. Whether you want to organize your house, stick to a fitness program, start a business, go back to work or change your thought patterns – you'll gain structure, support and ideas from a trained life coach and moms who understands. Reach your goal, make that change!

Day/Time: Wednesday, 10:30 a.m.—11:30 a.m.
Date: February 23 - March 30
Fee: \$78.00

Adult Trips

New!!! Billy Elliot - The Musical at Ovens Auditorium

BILLY ELLIOT THE MUSICAL is the joyous celebration of one boy's journey to make his dreams come true. Set in a small town, the story follows Billy as he stumbles out of the boxing ring and into a ballet class, discovering a surprising passion that inspires his family and his whole community. A big musical with an even bigger heart, BILLY ELLIOT will enchant the dreamer in all of us.

Based on the international smash-hit film, BILLY ELLIOT is brought to life by a phenomenal cast of 45 and the Tony® Award-winning creative team -- director Stephen Daldry, choreographer Peter Darling and writer Lee Hall -- along with music legend Elton John, who has written what the *New York Post* calls "HIS BEST SCORE YET!"

Day/Time: Thursday, 12:30 p.m. – 6:00 p.m.
(matinee show at 2:00 p.m.)

Date: January 13
Fee: \$75.00 - Fee includes show ticket and transportation

Adult Activities

Boomers Java Group (50+ Coffee Club)

Join in the fun as folks gather for social interaction, games, activities and just good old conversation. If you are new to the Davidson area this is a great opportunity to make new friends and acquaintances. Coffee, fruit and snacks are offered.

Day: Wednesdays
Time: 9:00 a.m. to 12:00 p.m.
Date: Ongoing
Fee: \$1.00 contribution to defray the costs of the coffee, fruit and snacks

Location: Davidson Parks and Recreation Game Room

Davidson Senior Scholars

The Davidson Senior Scholars was formed to provide programs that stimulate continual intellectual and cultural growth. The general format of the meetings is that of lecture followed by question and answer. The speakers are experts in their fields and may include Davidson college professors, local physicians, and business professionals. Programs are free. Monthly meetings take place from 1:00 p.m. – 2:30 p.m. the 2nd and 4th Wednesday of each month at the Parks and Recreation office. Check www.ci.davidson.nc.us for an updated listing of our speakers.

50+ Open Game Day

We have everything from billiards to cards to the new game RummiKub.
Day: Friday
Time: 10:00 a.m.

Adult Art Classes

New!!! Gingerbread Houses for Adults with Denise Connolly

Nothing makes a more impressive centerpiece during the holidays than a homemade gingerbread house. Using cardboard construction, a variety of edible building materials, and your own imagination, you will be able to create your very own house on Gingerbread Lane. All materials included.

Day: Saturday

Time: 10:00 a.m. – 12:00 p.m.

Date: December 11

Fee: \$35.00

Location: The Sanctuary, 108 S. Main Street

Ikebana Flower Arranging with Carol Cook

Learn the art of Ikebana, Japanese Flower Arranging.

Day: Monday

Time: 10:00 a.m. - 12:00 p.m.

Date: January 3 -24, February 7 – 28

Fee: \$50.00

New!!! Oil Painting for Beginners to Advanced with Mary Crow

Oil spill? Not so fun. Oil painting? TONS of fun! Come learn the basics and learn how to paint like the pros! Material list supplied upon registration.

Day: Tuesday

Time: 1:00 p.m. – 3:00 p.m.

Date: January 6-13

Fee: \$100.00

Watercolor with Jim Kerr

The goal of this course is to provide students with a roadmap to successful watercolor painting which will include: landscapes, seascapes, still life and portraits. Learn various techniques and applications.

Day: Thursday

Time: 9:00 a.m. - 12:00 p.m.

Date: January 6 – 27 or February 3 – 24, or March 3 - 31

Fee: \$80.00, \$100.00 (March)

New!!! Painting Outside the Box with Sanctuary of Davidson owner, Kristen Feighery

Kristen offers this mixed media, decoupage and painting class in response to the many questions she receives about her work including, 'How do you DO that??' In this class, Kristen will take one of her most popular pieces, Folk Art Decoupage Birds on Wood, and break it down step by step, teaching students her own folk art technique. All materials included!

Day: Thursday

Time: 6:00 p.m. – 9:00 p.m.

Date: January 13 -20

Fee: \$95.00

New!!! Acrylic Painting with Lino Azevedo

Learn to use acrylics, one of the most versatile, easy to use painting mediums available. Students of all levels will work on individual projects of their choosing, learning techniques to get the results they want.

Day: Friday

Time: 12:00 p.m. – 3:00 p.m.

Date: January 7 – 28

Fee: \$75.00

New!!! Adult Beginning Piano w/Valerie Kasmir

Ever dreamed of playing the piano.....? It is never too late. Make your dream a reality. Have fun learning how to play the piano at Lessons On The Lake.

The adult beginner will learn how to play familiar songs and learn basic music theory in this program!

Day: Thursday

Time: 10:00 a.m. - 11:15 a.m.

Date: January 6– February 24

Fee: \$195.00 (8 weeks- includes piano lesson book)

Location: Lessons on the Lake, Davidson

New!!! Photography for Adults

Explore the basic workings of the digital or film camera point and shoot or SLR and learn how to take the photographs you envision. Demystify f-stops, shutter speeds and exposure and learn the basics of composition, lens choices and film types/sensitivity. Learn camera basics including exposure, lighting control, composition, flash, and how to be imaginative and creative with your imaging for a different viewpoint. We will be taking photographs outdoors weather permitting; bring comfortable shoes and your own digital or film camera point and shoot or SLR.

Day: Monday

Time: 9:30 a.m. – 11:30 a.m.

Date: January 31 – February 28 (no class Feb. 21)

Fee: \$115.00

Age: 16+

**Registration is easy.
Register online at
www.d-Recs.org or
call our office at
704 892-3349.**