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SUMMER

PROGRAM GUIDE

May-August 2017



"Together Enriching Active Movement"

ATHLETICS

PROGRAMS

KNOCKERBALL OPEN PLAY:

JUNE 26-JULY 31, 2017 | MONDAYS
BROCK RECREATION CENTER | 5:30pm, 6pm, 6:30pm, 7pm
FEE: \$3 PER GAME | AGE: 15+

Ready to become a "Knockerballer"? It's a game that some have described as the sensation of actually defying gravity. With two or more Knockerballs your usual experience becomes one filled with non-stop laughter, dynamic knocks and rolls that will leave you screaming for more! We promise you fun-filled entertainment... and the only pain resulting from laughing so hard and having the time of your life!



PROGRAMS

PICKLEBALL OPEN PLAY:

MAY-AUGUST, 2017 | TUESDAY, THURSDAY
BROCK RECREATION CENTER | 9:30-11:00AM
FEE: FREE | AGE: ANY



Come join us for Pickleball open play at the Brock. This fast growing recreational sport is described as a combination of ping-pong, tennis and badminton. It's contagious, it's fun and it's a great workout. No play July 4!

RAISING A LITTLE HEALTH-WALKING:

MAY-AUGUST, 2017 | MONDAY-FRIDAY
BROCK RECREATION CENTER | 8:30-9:30AM
FEE: FREE | AGE: ANY



Lace up your walking shoes and head to the Brock gym...to walk, get fit, and be active! No matter your pace, come out and "Raise a Little Health" with us! Get your steps in and help promote the Healthy Davie Challenge! Closed: May 29, July 4

SPECIAL OLYMPICS DAVIE COUNTY:

Call **Katie Brewer** at **336-753-6745** for more information on how you can get involved with youth and adults with disabilities. Volunteers are needed for coaching, fundraising, and special events. Make great friendships and change lives! We welcome financial supporters.

HARD CORE ABS:

MAY 2-JUNE 13, 2017 | TUESDAY, THURSDAY
BROCK RECREATION CENTER | 6:30-7:15PM
FEE: \$40/SESSION | AGE: 16+

Say goodbye to back fat, belly bulge and muffin tops! Hard Core Abs is a 45 minute cardio-infused workout designed to trim and tone the entire core. Please bring a Yoga/Pilates mat and water to class. No class 5/25. Instructed by Kelly Stellato.

MID EASTERN MARTIAL ARTS PROGRAM:

MAY-DECEMBER, 2017 | TUESDAY, THURSDAY
BROCK RECREATION CENTER
FEE: \$35 PER MONTH
TIMES/AGES: 3:30-4:25PM (AGES 5-10), 4:30-5:25PM (AGES 11-16), 6:00-6:55PM (FAMILY)



Here's a great opportunity to participate in a martial arts program led by the Mid Eastern Karate Association. In addition to learning the skills and knowledge of Motobu Ha Seishin Kai - Japanese Karate, our program develops self-confidence-control-discipline-defense, concentration, courage, respect and responsibility in a safe and enjoyable learning environment. More than any other sport, martial arts and its inherent values counteract the "win at all costs" mentality so common in sports today. No class 7/4, 8/3, 11/23, 12/26. Instructed by Travis Hinson.

SUMMER SIZZLER:

JUNE 20-AUGUST 24, 2017 | TUESDAY, THURSDAY
BROCK RECREATION CENTER | 6:15-7:15PM
FEE: \$30/PER SESSION | AGE: 16+



SESSION 1: JUNE 20-JULY 20 | SESSION 2: JULY 25-AUGUST 24

We'll heat things up with a combination of athletic conditioning, resistance training and floor exercises to bring a whole body workout to your major muscle groups. Don't let your body fizzle....sizzle it instead! No class 7/4, 8/3. Instructed by Kelly Stellato.

TENNIS LESSONS (ADULT):

JUNE 19-29, 2017
MONDAYS/WEDNESDAYS-BEGINNER
TUESDAYS/THURSDAYS-INTERMEDIATE
NORTH DAVIE MIDDLE SCHOOL TENNIS COURTS | 6:00PM-7:30PM
FEE: \$45 PER PERSON | AGE: 18+

Have you ever dreamed of playing like a pro? Well, now is your chance to take advantage of the adult tennis lessons offered! Before you know it, you will be well on your way to pro status! Please bring a tennis racquet, water, and wear tennis shoes. Register in advance! Instructed by Rob Stevens.

SPECIALTY CAMPS

YOUTH KNOCKERBALL CAMP:

JULY 10-14, 2017 | MONDAY-FRIDAY
BROCK RECREATION CENTER | 9:00AM-12:00PM
FEE: \$30 PER PERSON | AGE: 7-9TH GRADE

REGISTRATION ENDS: JULY 5

We will be offering a non-stop laughing, dynamic knocks and rolls camp for youth grades 7th-9th. *For teens going into 7-9 grade with a minimum height of 5'4" for safety reasons from manufacture company guidelines.

HIIT KIDS CAMP (HIGH INTENSITY INTERVAL TRAINING):

JUNE 19-23, 2017 | MONDAY-FRIDAY
BROCK RECREATION CENTER | 9:00AM-12:00PM
FEE: \$40 PER PERSON | AGE: 7-12



REGISTRATION ENDS: JUNE 14

Teaching today's youth (ages 7-12) the importance of fitness and athletic development, including elements of nutrition, strength, speed training, and mobility! Making fitness fun again! Instructed by Torque Performance and Fitness!

SPECIALTY CAMPS

WRESTLING CAMP (GRAPPLER I):

JUNE 12-16, 2017 | MONDAY-FRIDAY
BROCK RECREATION CENTER | 9:00AM-12:00PM
FEE: \$30 | AGE: 4-6TH GRADE

REGISTRATION ENDS: JUNE 7

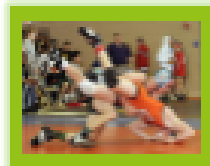
Grappler I is designed for campers entering grades 4th through 6th at all skill levels. Emphasis is placed on fundamental wrestling techniques and philosophy of wrestling in top, bottom and neutral positions. Improving and having fun are main objectives of this camp.

WRESTLING CAMP (GRAPPLER II):

JULY 24-28, 2017 | MONDAY-FRIDAY
BROCK RECREATION CENTER | 9:00AM-12:00PM
FEE: \$30 | AGE: 4-6TH GRADE

REGISTRATION ENDS: JULY 19

Grappler II is designed for campers entering grades 4th through 6th who want to take their skill to an additional level. Technical skills, live-specific action-reaction moves and opponent controls are emphasized, while also having fun.



TENNIS CAMP (BEGINNER LESSON):

JUNE 19-22, 2017 | MONDAY-THURSDAY
*FRIDAY WILL BE A RAIN MAKE-UP DAY
SOUTH DAVIE MIDDLE SCHOOL TENNIS COURTS | 8:15AM-10:45AM
FEE: \$45 PER PERSON | AGE: 7-12

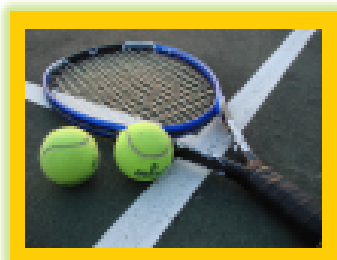
REGISTRATION ENDS: JUNE 14

TENNIS CAMP (HIGH SCHOOL INTERMEDIATE LESSON):

JUNE 26-29, 2017 | MONDAY-THURSDAY
*FRIDAY WILL BE A RAIN MAKE-UP DAY
SOUTH DAVIE MIDDLE SCHOOL TENNIS COURTS | 8:15AM-10:45AM
FEE: \$45 PER PERSON | AGE: 13-18

REGISTRATION ENDS: JUNE 21

It's no secret that tennis is one of the greatest sports out there. It requires concentration, but also it is fun! So... sign up today to elevate your tennis game and to reach your fitness goals. You will learn the basics in our beginner camp, and for the more skilled join us for our intermediate camp. We will see you on the court! Please bring a tennis racket, water, and wear tennis shoes. Instructed by Rob Stephens.



LACROSSE CAMP:

JULY 17-21, 2017 | MONDAY-FRIDAY
BROCK RECREATION CENTER
TIMES: U9, U11: 9:00AM-11:00AM | U13, U15: 1:00PM-3:00PM
FEE: \$40 PER PERSON | AGE: U9 (AGES 8-9), U11 (AGES 10-11), U13 (AGES 12-13), and U15 (AGES 14-15)

REGISTRATION ENDS: JULY 3

This camp is offered for ages U9-U15 at all skill levels. Emphasis is placed on fundamental lacrosse techniques in all positions. Sign up and join us for a great camp dedicated to Lacrosse! Lacrosse stick included with fee, all other equipment provided by DC Lacrosse, registration must be in advance and will not be allowed after the registration date due to equipment order. Instructed by DC Lacrosse.



EVENTS



SATURDAY, JULY 1, 2017 | 6-10PM
RICH PARK/MANDO FIELD &
DAVIE FAMILY YMCA (Athletic Complex)

FREE EVENT

**Family Fun, Food, Music, Kids Activities,
and Fireworks Extravaganza!**

FEATURING:

TRIAL BY FIRE: TRIBUTE TO JOURNEY



Come out and spend a night with us in Mocksville, NC!
Enjoy great food, family activities, and listen to the live band!
Last but not least, enjoy the fireworks show under the stars!
Free onsite parking until full! Alternate parking available.
(check website for parking/traffic details)
Rain date: July 2 (Fireworks only)

NEED MORE INFORMATION?

facebook

Davie County Recreation and Parks @DCRPTeam

Find more information about our programs and events visit our website: Daviecountync.gov (under the Recreation & Parks tab)

EXTRAS

ACTIVE NETWORK ONLINE REGISTRATION

It's Simple, It's Easy.....register and pay for programs all from your computer, tablet or smart phone! Create your account today at: <https://apm.activecommunities.com/dcroteam>

PHOTOGRAPH POLICY

Periodically photographs, videos and live social media feeds are taken of people participating in Davie County Recreation and Parks programs and events. All persons registered, participating or using County of Davie Recreation and Parks property thereby agree that any photograph, video, likeness taken by Davie County Recreation and Parks or its agents may be used for promotional purposes including, but not limited to posting on the County of Davie website, social media, videos, brochures, fliers and other publications without additional, prior notice, permission, compensation or notice.



Thank you to all who participated in the Daddy/Daughter Dance 2017. We had a great time and enjoyed making everlasting memories with each of you!



A big thanks to our 2017 Daddy/Daughter Dance Sponsors!

STAFF BLOG: INVEST IN YOUR COMMUNITY



Park and Recreation agencies across this great country dedicate vast amounts of time and energy to provide quality of life programming and special events to you, the citizens. Have you ever asked, "How do they do it all?" The answer is quite simple. Normal every day citizens who invest their time, professional skills and resources make a huge impact on the success of any Park and Recreation department. How so?

Volunteers: Many of Davie County Recreation and Parks events and programs could not happen without resident support. **Coaches:** Volunteer coaches are an essential part of our county wide athletic program. We actively seek out and are recruiting coaches who have a passion for teaching and empowering our youth. **Instructors:** Residents who have specialized skills and talents to share, teach, and train often develop great programs of different types and varieties. **Sponsors/Benefactors:** Successful park and recreation programs and events often come from sponsors and in-kind benefactors whose generosity to support activities, help create lifelong impacts and cherished memories.

Davie County Recreation and Parks thrives on a TEAM effort. "Together Enriching Active Movement". Collectively, those volunteers, coaches, instructors, sponsors and department staff who invest their time, energy and resources make all the difference in Davie County! If you are interested in making an investment into your community, reach out to us by calling: 336-753-TEAM



CONTACT INFORMATION:

Paul Moore, CPRP - Recreation & Parks Director
336-753-6051 | pmoore@daviecountync.gov

Amanda Achor - Athletic Program Director
336-753-6742 | aachor@daviecountync.gov

Scott Ludwick - Administrative/Events Coordinator
336-753-6743 | sludwick@daviecountync.gov

Katie Brewer - Special Olympics Coordinator
336-753-6745 | kgbrewer@daviecountync.gov

Renee Galliher - Recreation Specialist
336-753-6741 | jgalliher@daviecountync.gov

Athletic Hotline - Updates on schedules, closings, and cancellations 336-753-6744

Weather Hotline - Updates on forecasts, closings, and cancellations 336-753-6746

Brock Operational Hours

May - August, 2017 | Monday - Friday 8:30am-6pm
Saturday - Based upon rentals and additional programming.



Observed Holiday Closings

May 29th, 2017 - Memorial Day
July 4, 2017 - Independence Day

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Mission Statement: To enrich the quality of life in Davie County by offering exceptional recreational experiences through a diverse system of programs, events, parks, and cultural resources.

Brock Recreation Center
644 N. Main Street
Mocksville, NC 27028

O: 336-753-TEAM (8326) | F: 336-751-2083

To reach our team by email for any questions contact us at: RecTeam@daviecountync.gov

This is non-school material that is neither endorsed nor sponsored by Davie County Schools.