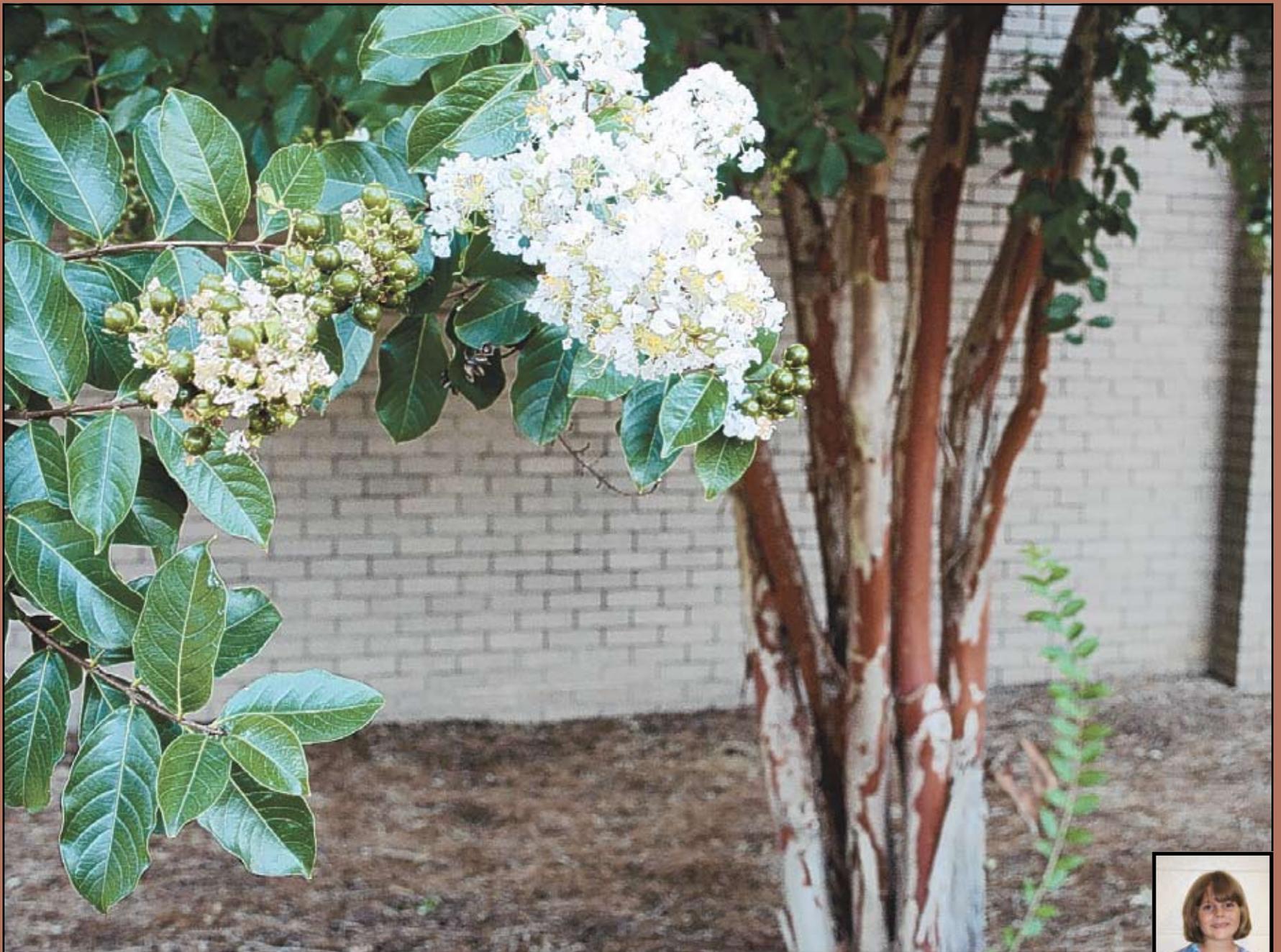


# The Park Bench

A publication of the City of Aiken, SC - Parks, Recreation & Tourism • *September - December 2010*



Gracey Sims, Age: 6  
"A Bloom at H. Odell Weeks"

# Cover Art Contest

Thanks to all the summer campers at Parks, Recreation and Tourism for participating in the photography contest featuring 'Scenes at the Parks'. The photograph on the cover was taken by Gracey Sims. Left are four additional finalist's submissions. The photographers are Alyssa Weed, Blake Ginn, DaJouh Martin, Jamel Wilson and Jordan Bentley. We are grateful to all the children for sharing their talent. Each picture was a winning photograph, but only one could be chosen for the cover of this edition. For the next edition, partnership will continue with the area elementary schools and will provide more winning artwork from our communities' youth. We hope you enjoy this edition!



Alyssa Weed, Age: 6 - "Swings at Virginia Acres Park"



Blake Ginn, Age: 5 - "Playtime at Virginia Acres Park"



DaJouh Martin, Age: 9 - "Pinecone at Smith-Hazel"



Jamel Wilson, Age: 12 - "Five Finger Fauna at Smith-Hazel"



Jordan Bentley, Age: 12 - "Pine Bark at Smith-Hazel"

## Mission: To enhance the quality of life for OUR community. Vision: Experience Aiken.

**Registration:** Registration may be done at the Weeks Center, Weeks Tennis Center, Citizens Park, or the Smith-Hazel Recreation Center (depending on the activity) and some online registration available at [www.cityofaikensc.gov](http://www.cityofaikensc.gov).

**Payment:** Payment is due at the time of registration. No spaces will be held and telephone registration is not permitted. You may pay by cash, check or money order. A service fee will be applied to all checks that are returned for non-payment. Make checks payable to: City of Aiken.

**Cancellation Policy:** Classes and programs are subject to cancellation due to insufficient registration, building closings, holidays, weather, or other reasons deemed necessary by the Department.

**Make-Up Classes:** Classes or programs cancelled by the instructor or the Parks, Recreation and Tourism Department will be made up at a later date. In the event that a missed class cannot be made up, a prorated refund will be given. Classes missed by the participants will not be made up or prorated.

**Refund Policy:** Requests for refunds must be made in writing at least FIVE business days prior to the start of programs held at the Weeks and Smith-Hazel Centers. Refunds for athletic leagues will vary and are noted on registration forms. After the deadline, no refunds will be granted except in cases of medical emergencies. Refunds may take up to 30 working days. No refunds will be granted for pre-purchased tickets or passes, camp deposits, fitness room memberships, or personal training sessions.

**Non-Resident Fees:** An additional fee is due for registrants living outside the Aiken city limits. This fee may vary depending on the participant's age and activity. Those who purchase a yearly Recreation Membership are exempt from these additional non-resident fees.

**Recreation Memberships:** Recreation Memberships may be purchased from the Department. These memberships entitle participants to equipment usage and in-city program costs only! Memberships cannot be used for rentals. Memberships may be purchased at the Weeks Center, Weeks Tennis Center, Citizens Park, or the Smith-Hazel Recreation Center. Individual Memberships and Family Memberships are available.

**Monthly Classes:** All monthly classes must be registered and paid for by the first class date of the month. Registration taken later in the month will not be prorated.

**Channel 4:** Please visit Channel 4, the City's Local Government Access Channel, provided by our cable service provider (Atlantic Broadband) for updates on our activities as well as additional City of Aiken information.

**Website:** Log onto [www.cityofaikensc.gov](http://www.cityofaikensc.gov) for all City of Aiken information and activities.

**Facebook:** Please visit PRT's Facebook page for updates on our activities as well as information on upcoming programs - 'City of Aiken Parks, Recreation and Tourism'.

**Entry into the Weeks Center:** The new entry system requires ALL building users to check in at the front desk. How will this affect you? You will fall into one of two categories: City Resident - register with the front desk staff to receive your FREE Recreation Membership. You will be given an entry card that you will use to swipe in to gain entry into the facilities. Non-Resident of the City of Aiken - one of the following will apply to you, please check with front desk staff for additional requirements: • Senior Non-Residents - adults age 50 and over, FREE annual entry pass • Student Non-Residents - valid student ID required, annual entry pass for \$10 • Non-Residents may also purchase a Recreation Membership at the cost of \$75 for an individual or \$125 for family, which includes entry pass and waives all Non-Resident Fees for one year. (See staff for details) • Non-Residents who do not take any of the above options will be required to pay a daily entry fee of \$1.00. Non-Residents without a Recreation Membership who are interested in utilizing the Fitness Room may pay a daily fee of \$5. A state issued ID and/or valid proof of residency is required for all passes and memberships, and is required for entering new customers into the system. Youth under the age of 18 will require a parent/guardian to register for their membership. Customers who wish to use the facility for restroom or water fountain usage only should enter through the doors located at the back of the facility on the left side closest to the playground. These doors remain open from 7:00 am to 12:00 midnight and do not require a pass to enter, but allow access to restrooms and water fountain only. For additional questions or concerns, please see the front desk staff at the Weeks Center or call 642-7631.





## Message from the PRT Director

Welcome to this edition of the Park Bench. I want to take this opportunity to bring you up to date on what has been done in recent months in regards to safety in our parks.

At the Weeks Center you are now required to have a user card to enter the building if you are a regular user. Swiping your card allows you easier registration for programs. We are now aware of who and how often people are using the building. These cards can be easily attached to your key ring and they are free to City residents and are offered at a very low cost to all others. The new location of the Weeks Center front desk provides a secure check-in location for guests and staff a work area alike. We have hired two Community Resource Officers who are assigned to PRT. These officers work at our centers, parks and at special events to help provide another level of security. We upgraded our cameras at the Weeks Center and will be doing the same at Smith-Hazel this winter. In the current budget we have funds to install "call boxes" around the tracks at the Weeks Center and at Smith-Hazel. Staff continues to work closely with Public Safety to amend some of our current rules to provide safer outdoor parks and playgrounds. We realize some of these changes will be an inconvenience at times. We only hope that the inconvenience is worth the extra safety and level of comfort you have in Aiken's park system.

See you on the Park Bench!

H. Glenn Parker



**Rain Out Hotline**  
**643-4661**  
or  
**RainedOut.com.**

Sign up to get instant text messages on outdoor program and event status, enter in:  
City of Aiken.

### HOURS FOR SMITH-HAZEL CENTER:

#### Building:

Monday - Friday: 8:00 a.m. - 9:00 p.m.  
Saturdays: 9:00 a.m. - 5:00 p.m.  
Sundays: 1:00 - 5:00 p.m.

#### Gym\*:

Monday - Friday: 9:00 a.m. - 8:45 p.m.  
Saturdays: 9:00 a.m. - 4:45 p.m.  
Sundays: 1:00 - 4:45 p.m.  
Call 642-7634 for more information.

\*Gym may be closed at anytime due to rentals or in-house activities.

### HOURS FOR THE WEEKS CENTER:

#### Building:

Monday - Friday: 8:00 a.m. - 9:00 p.m.  
Saturdays: 9:00 a.m. - 5:00 p.m.  
Sundays: 1:00 - 5:00 p.m.

#### Gym\*:

Monday - Friday: 9:00 a.m. - 8:45 p.m.  
Saturdays: 9:00 a.m. - 4:45 p.m.  
Sundays: 1:00 - 4:45 p.m.

#### Fitness Room:

Monday - Friday: 8:15 a.m. - 8:45 p.m.  
Saturdays: 9:15 a.m. - 4:45 p.m.  
Sundays: 1:15 - 4:45 p.m.  
Call 642-7631 for more information.

\* Gym may be closed at anytime due to reservations.

### HOURS FOR CITIZENS PARK:

Monday - Thursday: 8:00 a.m. - 8:30 p.m.  
Fridays: 8:00 a.m. - 5:00 p.m.  
Closed Saturdays and Sundays (except for tournament play - hours vary)  
Call 642-7761 for more information.



The City of Aiken Parks, Recreation & Tourism  
Department is a proud member of the:



*South Carolina Recreation and Parks Association*  
*National Recreation and Parks Association*

# Festivals & Special Events

## TRICK-OR-TREAT ON NEWBERRY STREET

Come enjoy the frights and fun at our "Downtown Halloween Festival." Activities include carnival games, a costume contest for all ages, best dressed, and "trunk-or-treating."

**Age:** 10 and under (accompanied by an adult)

**Cost:** Free

**Saturday, October 30, 5:00 – 7:00 p.m.**

**Newberry Street Festival Center**

Call 642-7631 for more information.



## TRACK TURKEYS

Walkers from the community are invited to walk the track and turn in the miles from **November 1 - 17**. For those with the most miles walked, a turkey or gift card will be awarded. Forms can be picked up from Smith-Hazel Recreation Center.

**Registration begins: October 25**

**Age:** All Seniors

**Cost:** Fees apply

**November 1 - 17**

**Smith-Hazel Recreation Center Track**

Call 642-7634 for more information.

## TURKEY SHOOTOUT

Have fun at this basketball shoot-out where you can win turkey prizes and gift cards. Come on out and "strut" your stuff.

**Registration: October 20 – November 2**

**Age:** 5 - 14 (children under 6 must be accompanied by an adult)

**Cost:** Fees apply

**Wednesday, November 3, 3:00 p.m.**

**Smith-Hazel Recreation Center**

Call 642-7634 for more information.



## COMMUNITY BASKETBALL GAMES

Come out and cheer on your community (game consists of ladies and men's teams). Trophies will be given to the winning team.

**Age:** 14 and under for **Boys**; and 16 and over for the

**Ladies and Men Adult Team**

**Cost:** Fees apply

**Thursday, November 11, 6:00 p.m.**

**Smith-Hazel Recreation Center, Gym**

Call 642-7634 for more information.

## TURKEY WALK

A turkey walk will be held to help promote a healthier community. Prizes will be given in adult, youth and senior divisions.

**Age:** 5 and up

**Cost:** Fees apply

**Monday, November 22, 4:00 p.m.**

**Smith-Hazel Recreation Center Track**

Call 642-7634 for more information.

## ANNUAL DOWNTOWN TREE LIGHTING CEREMONY

Join us as we celebrate the Holidays with a special ceremony led by Mayor Fred Cavanaugh. There will be music and refreshments. We will sing carols, light candles, and count-down the lighting of the tree. Kids in attendance will be given the opportunity to tell what they are thankful for. There will be a special appearance by Santa and Mrs. Claus.

**Age:** All (children must be accompanied by an adult)

**Cost:** Free

**Friday, December 3, 6:30 p.m.**

**Center of Laurens Street and Richland Avenue**

Call 642-7631 for more information.



## 40TH ANNUAL CHRISTMAS CRAFT SHOW

You're sure to find whatever your heart desires at our annual craft show. Vendors from all over the Southeast will display their handmade treasures.

**Age:** All (children must be accompanied by an adult)

**Cost:** Free

**Friday, December 3, 9:00 a.m. - 5:00 p.m.;**

**Saturday, December 4, 9:00 a.m. - 5:00 p.m.**

**Weeks Center**

Call 642-7631 for more information.

## CHRISTMAS TREE LIGHTING

Celebrate "Joy to the World" as we approach the holiday season. Join us to decorate the community tree, sing holiday songs, and enjoy refreshments with door prizes and special visitors.

**Age:** All (children under 6 must be accompanied by an adult)

**Cost:** Free

**Tuesday, December 7, 6:30 – 7:30 p.m.**

**Smith-Hazel Recreation Center**

Call 642-7634 for more information.



**BREAKFAST WITH SANTA**

Santa is very busy, but he's taking time out to visit Aiken. He's stopping by to have breakfast with the children and to listen to their holiday wishes. After breakfast, the children can make a holiday craft to take home.

**Pre-registration is required.**

**Registration ends: December 5**

**Age:** 12 and under

**(accompanied by an adult)**

**Cost:** Fees apply

**Saturday, December 11, 8:30 a.m.**

**Weeks Center, Rooms 1 & 2**

Call 642-7631 for more information.

**CHRISTMAS IN HOPELANDS**

Lights, lights and more lights! Hopelands Gardens will once again be beautifully illuminated with over 100,000 holiday lights for all to enjoy. Refreshments will be offered. All visitors should ride the shuttle from the Goodwill parking lot on Whiskey Road.

**Age:** All (children must be accompanied by an adult)

**Cost:** Free; donations are appreciated.

**Dates:** December 11 - 26 (see below)

Call 642-7631 for more information.

**Dec. 11:** 5:30 p.m. - 9:30 p.m.

**Dec. 20:** 6:00 p.m. - 9:30 p.m.

**Dec. 12:** 5:30 p.m. - 9:30 p.m.

**Dec. 21:** 6:00 p.m. - 9:30 p.m.

**Dec. 16:** 6:00 p.m. - 9:30 p.m.

**Dec. 22:** 6:00 p.m. - 9:30 p.m.

**Dec. 17:** 6:00 p.m. - 9:30 p.m.

**Dec. 23:** 6:00 p.m. - 9:30 p.m.

**Dec. 18:** 5:30 p.m. - 9:30 p.m.

**Dec. 26:** 5:30 p.m. - 9:30 p.m.

**Dec. 19:** 5:30 p.m. - 9:30 p.m.

**NEW  
SCHEDULE  
FOR 2010**

**Youth & Adult Enrichment Programs****JUNIOR CHEF'S CLUB**

Junior Chef's will learn basic kitchen safety, menu planning, food preparation, cooking, and clean-up. Table setting and dining etiquette will be demonstrated and practiced at all times. Each class will create their very own cookbook! Class meets once a week for 4 weeks.

**Registration begins: August 23 – September 10**

**\*Age:** 7-17 (refer to age schedule below)

**Cost:** Fees apply

**September 14 – October 7, 4:30 – 5:30 p.m. (\*Classes for ages 7-12 meets on Tuesdays; Classes for ages 13-17 meets on Thursdays)**

**Smith-Hazel Recreation Center, Kitchen**

Call 642-7634 for more information.

**NEW**

**A GOOD EMPLOYEE IS HARD TO FIND!**

In today's job market, it is wise to make yourself more marketable. Learn skills that will help you increase your job opportunities to land that dream job of yours! **Registration begins: Tuesday, September 7**

**Age:** 16 and up

**Cost:** Fees apply

**Thursday, September 16, 6:00 – 7:30 p.m.**

**Smith-Hazel Recreation Center**

Call 642-7634 for more information.

**NEW**

**PICKLEBALL AT THE WEEKS CENTER**

What is Pickleball you ask? Pickleball is a combination of tennis, badminton and ping pong, and it's one of the fastest growing sports in America. It may be a silly name, but it's a serious sport. It's fast paced and easy to learn, great exercise and lots of fun. Good for all ages! Come see what the excitement is about! **FREE instruction!** Learn from current players of the game. We have all the equipment you need. Just bring yourself.

**Age:** All

**Cost:** Free

**Saturday, September 18**

**Drop-In: 10:00 a.m. – 4:00 p.m.**

**Weeks Center, Gym 1**

Call 642-7631 for more information.

**NEW**

**CERAMICS**

The Ceramics Center offers participants the opportunity to create, paint, glaze and fire a variety of objects including dishes, vases, seasonal decorations and more. Fees include one class per week and students may choose from one of the options listed below. **Class may last up to 3 hours depending on your skill level and what stage you are working on with your pieces.**

**Age:** 14 and up

**Cost:** Fees apply

**Monday, 9:00 a.m. and 6:00 p.m.**

**Tuesday, 6:00 p.m. / Wednesday, 9:00 a.m.**

**Weeks Ceramics Center**

Call 642-7631 for more information.

**BIRTHDAY PARTIES AT THE CERAMICS CENTER**

Rent the Ceramics Center for your child's next Birthday Party! The ceramics instructor will help the kids paint a pre-chosen ceramic piece. There are a variety of choices for kids of all ages.

**Age:** All

**Cost:** Varies

**Weeks Ceramics Center**

Call 642-7631 for more information.

**AFTER-SCHOOL PROGRAM**

Provides activities such as homework help, games, field trips, awards for academic achievement and a light snack daily.

**Registration Begins: September 1**

**Age:** 5 - 13

**Cost:** Fees apply

**Monday - Friday: Until December 17, 2:00 – 5:00 p.m.**

**Smith-Hazel Recreation Center, Activity Room**

Call 642-7634 for more information.

**PUPPY CLASS (AKC S.T.A.R. PUPPY PROGRAM)**

This class is a six-week course of instruction for puppies ten weeks to twenty weeks of age. The puppy class is designed to provide owners with information on how to handle a new puppy. Puppies will learn a variety of skills and commands, and will take the S.T.A.R. Puppy Test at the end of the course. Puppies must have record of 2 sets of shots.

**Age:** All

**Cost:** Fees apply

**Wednesdays: September 1 – October 14, 5:30 – 6:30 p.m. (No class 9/15)**

**Tuesdays: November 2 – December 7, 5:30 – 6:30 p.m.**

**Weeks Center, Room 1 & 2**

Call 642-7631 for more information.

## BASIC DOG TRAINING (GOOD MANNERS PROGRAM)

The Basic Dog Training class is for dogs that are five months old or older. This class runs for six weeks. Your dog will learn the basic commands of come, sit, down, stay, wait, stand, etc. Topics will include basic care of dogs and what to expect as the training progresses. Dogs must be registered with the City if residing within the City of Aiken and you must provide a copy of your dog's rabies certificate.

**Age:** All

**Cost:** Fees apply

**Wednesdays: September 1 – October 14, 7:00 – 8:00 p.m. (No class 9/15)**

**Tuesdays: November 2 – December 7, 7:00 – 8:00 p.m.**

**Weeks Center, Room 1 & 2**

Call 642-7631 for more information.

## STORYTIME IN THE GARDENS

Join us this fall as local senior adults read aloud stories from children's books. Each child in attendance receives a free book to take home. Bring a blanket or chair to sit on. Drinks and snacks are welcomed. (If interested in becoming a volunteer reader, please contact 642-7631!)

**Age:** 8 and under (accompanied by an adult)

**Cost:** Free

**Tuesdays, September - October, 4:00 p.m.**

**Hopelands Gardens (behind the Thoroughbred Racing Hall of Fame)**

*(In case of inclement weather, Storytime will be held inside the Weeks Activities Center.)*

Call 642-7631 for more information.



## STORYTIME IN THE PARK

A time for stories, games, prizes, books and refreshments. Stories read by senior adults, volunteers and sorority members. Each child will receive a book to take home. (If interested in becoming a volunteer reader, please contact 642-7634!)

**Age:** 10 and under (4 and under must be accompanied by an adult)

**Cost:** Free

**Third Fridays, September – December, 4:00 p.m.**

**Smith-Hazel Recreation Center, Park** *(In case of inclement weather, Storytime will be held inside the Smith-Hazel Recreation Gym.)*

Call 642-7634 for more information.

## TODDLER TIME

Use the gym space to run, chase and release a lot of energy! This program allows for kids to interact with others of the same age, and gives parents a chance to socialize with one another. Equipment and toys such as balls, scooters, mats, hoola-hoops, parachutes and more will be provided to stimulate free play. Personal toys are welcomed. Children must



be accompanied by an adult. **Sibling policy:** Only enrolled participants ages 5 and under may participate in the activity. Infants in strollers who are not yet walking are welcome to attend. Siblings older than 5 may be present but must stay seated on the bleachers at all times.

**Age:** 5 and under (accompanied by an adult)

**Cost:** Fees apply

**Mondays and Wednesdays, 9:30 - 11:30 a.m.**

**Weeks Center, Gym 2**

Call 642-7631 for more information.

## WRITE THE RIGHT RESUME

Learn about writing a great resume and cover letter to earn you an interview for a job; plus tips on resume objectives and formats. If you have a current resume, please bring it along. **Registration begins: October 1**

**Age:** 16 and up

**Cost:** Fees apply

**Saturday, October 9, 10:00 - 11:30 a.m.**

**Smith-Hazel Recreation Center**

Call 642-7634 for more information.



## KIDS MARATHON

This 2-month running program offers elementary-aged children a chance to be a real marathon runner. Those participating will track their miles on a log sheet. They'll run 1 mile per day up to 5 miles per week, totaling 25 miles over two months. A grand finale "Fun Run" will be held at the Weeks Center Track and will be 1.2 miles completing the 26.2 mile marathon. Kids will receive a t-shirt, race number, and finishers medal just like a real marathoner. **Please pre-register for this event so you can receive your log sheet and other important information!** **Registration ends: September 30**

**Age:** Kindergarten – 5th grade

**Cost:** Fees apply

**Fun Run: Saturday, October 30, 9:00 a.m.**

**Weeks Center Track**

Call 642-7631 for more information.



## THANKSGIVING STORYTIME

Listen to stories about Thanksgiving and Turkeys! Come dressed as a Pilgrim or an Indian. There will be door prizes and each child will be given a free book to take home.

**Age:** 8 and under (accompanied by an adult)

**Cost:** Free

**Tuesday, November 23, 4:00 p.m.**

**Weeks Center, Rooms 1 & 2**

Call 642-7631 for more information.



## STORYTIME WITH MRS. CLAU

Mrs. Claus is making a special trip to Aiken! She'll be reading holiday books to good little boys and girls; and she will even give away a free book to every child in attendance. Refreshments will be served and door prizes will be given away.

**Age:** 8 and under (accompanied by an adult)

**Cost:** Free

**Tuesday, December 14, 4:00 p.m.**

**Weeks Center, Rooms 1 & 2**

Call 642-7631 for more information.

## YOUTH ARCHERY LEAGUE

The Youth Archery League will train to prepare for the State Tournament that will be held in late March. Participants will learn archery history, safety, technique, equipment, mental concentration, and self-improvement. League can accommodate up to 20 participants and requires pre-registration. **Sign ups are open all of 2010.**

**Age:** 5 - 16 (accompanied by an adult)

**Cost:** Fees apply

**12 Sessions: Wednesdays, January 5 – March 23, 6:30 – 8:00 p.m.**

**Weeks Center, Gym 2**

Call 642-7631 or instructor Roger Pizio at 648-7892 for more information.



## SKATE PARK HOURS OF OPERATION

**Monday – Friday, 3:30 – 8:30 p.m.**

**Saturdays (The first Saturday of each month is a free skate day.), 9:00 a.m. - 5:00 p.m.**

**Sundays, 1:00 – 5:00 p.m.**

**Fees Apply for the following:** Daily Pass Membership, 5 Day Pass Membership, Yearly Pass Membership, Individual Membership and Family Membership Available.

Skaters are not allowed to share a daily, 5-day or yearly pass.

Call 642-7631 for more information.

*Session hours will vary throughout the year and are subject to change without notice. Session hours may be changed or cancelled due to inclement weather.*

# Fitness Classes & Information

## GROUP TRAINING BOOTCAMP

Enjoy group exercise with a bootcamp flare. Classes will include cardiovascular training, active warm up, push ups, sit ups, agility activities, team building, stretching, good times and fun! This energetic atmosphere is designed to be challenging yet tailored to specific abilities. Activities will be held in the fitness room, gymnasium, and/or outside weather permitting. No commitment necessary, just drop in and pay as you go. Dates and times added to meet demand.

**Age:** 18 and up

**Cost:** Fees apply

**Weeks Center Fitness Room**

Call 642-7631 for more information.



## CUONG NHU MARITAL ARTS

Cuong Nhu is a newer style of martial arts that blends the following styles: Shotokan, Aikido, Judo, Tai Chi Chuan, Vovinam, Wing Chun, and boxing. Students begin training with blocks, punches, and kicks of Shotokan and progress through the ranks to learn concepts and techniques from all of the styles of influence. Classes meet 3 times per week and is offered in 3-month sessions. Each session ends with a Regional Test. **Registration ends October 2.**

**Age:** 13 and up

**Cost:** Fees apply

**September 2 - December 30: Mondays, 6:45 - 8:45 p.m.;**

**Thursdays, 7:30 - 9:00 p.m.; Saturdays, 10:00 a.m. - 12 noon**

**Weeks Center, Rooms 6 & 7**

Call 642-7631 for more information



## SOCCER SKILLS

This class teaches young players the skills and rules of soccer. It is a non-competitive environment and children are encouraged to progress gradually. Children must be the appropriate age by the first class date. **This class fills up fast so register early!**

**Age:** 4 - 5 (children must be the appropriate age by the first class date)

**Cost:** Fees apply

**4 year olds: Mondays, 5:30 – 6:15 p.m., September 13 – October 18**

**5 year olds: Wednesdays, 5:30 – 6:15 p.m., September 15 – October 20**

**Weeks Soccer Field**

*(In case of inclement weather, Soccer Skills will be held inside the Weeks Center Gym 2.)*

Call 642-7631 for more information.

## LINE DANCE

Learn country line dances as well as those taught to jazz, big band, and modern music in this moderately paced fitness class.

**Age:** 16 and up

**Cost:** Fees apply

**Monthly: Tuesdays, 10:00 - 11:00 a.m.**

**Weeks Center, Rooms 6 & 7**

Call 642-7631 for more information.

## BEGINNER LINE DANCE

Take this 5-week introductory course and you'll learn all the right moves! In this low paced class you will dance various country and modern line dance. This class will help you to transition into our monthly line dance class.

**Age:** 16 and up

**Cost:** Fees apply

**Tuesdays, September 21 – October 19, 12:15 - 1:15 p.m.**

**Weeks Center, Rooms 6 & 7**

Call 642-7631 for more information.

## FITNESS ROOM EQUIPMENT ORIENTATION

Learn how to safely use and make adjustments on the fitness room equipment based on your fitness needs and level. This is a one-time session offered to fitness room members only. You must pre-register to attend the orientation and be a valid Fitness Room participant.

*Sign up at the Weeks Center Front Desk.*

**Age:** 18 and up

**Cost:** Free

**First Saturday of the month, 9:00 - 10:00 a.m.**

Weeks Fitness Room

Call 642-7631 for more information.



## FITNESS ROOM

Our Fitness Room has expanded! The Weeks Center Fitness Room is equipped with a variety of cardiovascular and strength training equipment, with ample space for stretching and free weight exercise. Fitness tips and health information for members are posted monthly on the fitness room bulletin board, and our trainer-on-duty is available to assist you with your training needs. **Participants must check in at the Weeks Center front desk.**

**Age:** 16 and up (teens age 16 & 17 must be accompanied by an adult)

**Cost:** Fees apply

**Monday - Friday, 8:15 a.m. - 8:45 p.m.**

**Saturday: 9:15 a.m. - 4:45 p.m., Sunday: 1:15 p.m. - 4:45 p.m.**

**Weeks Fitness Room**

Call 642-7631 for more information.

## PERSONAL TRAINING

Let our Certified Personal Trainers enhance your quality of life through exercise and nutrition counseling with a one-on-one personalized training program. Focus is on strength, endurance, balance, and daily function. Sessions include cardiovascular and fitness testing. Take control and find the Zen, be the best you can in 2010! Each session is one hour. Participants must be a Fitness Room valid member.

**Age:** All (additional guidelines apply for those under 18)

**Cost:** Fees apply (Multiple sessions must be paid for, in full, at time of registration.)

**Weeks Fitness Room**

Call 642-7631 for more information.

## FIT 4 EVER

This low impact, moderate paced fitness class is great for a total body workout! Enjoy aerobics, resistance exercises with light weights, and floor exercises all set to fun, upbeat music.

**Age:** 16 and up

**Cost:** Fees apply

**Free for SilverSneakers® Swipe Card Members**

**Monthly: Mondays, Wednesdays, Thursdays, and Fridays, 10:00 - 11:00 a.m.**

**Weeks Center, Rooms 6 & 7**

Call 642-7631 for more information.

## YOGA I, YOGA II, & EVENING YOGA

In this gentle mind/body workout, you will strengthen and tone your body, improve your balance, flexibility, and calm your mind. Traditional yoga poses combined with soothing music will give your day a whole new focus. The first Tuesday of each month will introduce basic poses. The Friday class will offer several more challenging options. Participants may attend any combination of Yoga I, II, & Evening Yoga classes.

**Age:** 16 and up

**Cost:** Fees apply

**Yoga I: Monthly, Tuesdays and Thursdays, 8:45 - 9:45 a.m.**

**Yoga II: Monthly, Fridays, 8:45 - 9:45 a.m.**

**Evening Yoga: Monthly, Mondays and Wednesdays, 5:30 - 6:30 p.m.**

**Weeks Center, Rooms 6 & 7**

Call 642-7631 for more information.



## RECREATION RAMBLERS WALKING CLUB

Join this free club and keep track of the miles you walk throughout the year. You can join anytime! We will celebrate with an end of the year party.

**Age:** 18 and up

**Cost:** Free

**Weeks Center Walking Track**

Call 642-7631 for more information.

## AEROBIC AND NUTRITION CLASS

Getting fit for life with moderate paced aerobic and floor exercise.

**Age:** 15 and up

**Cost:** Fees apply

**Monthly: Tuesday & Thursday, 6:00 - 7:00 p.m.**

**Smith-Hazel Recreation Center, Gym**

Call 642-7634 for more information.

## RACQUETBALL

Grab a partner and enjoy this indoor sport at the Weeks Center!

**Monday - Friday, 8:00 a.m. - 9:00 p.m.**

**Saturdays, 9:00 a.m. - 5:00 p.m. and Sundays, 1:00 - 5:00 p.m.**

**are Walk-In / Free Play Days.**

**Cost:** Fees apply

**Reservations are required and can be made up to 4 days in advance.**

**Participants must check-in at the Weeks Center front desk.**

*(Paid court reservations will still be taken on Saturdays and Sundays and will supersede any walk-in players no matter how little or long walk-in players have been on the court.)*

**“All you can play” Frequent User Pass:**

**Cost:** Fees apply *(Play as much you want without paying court fees every time, and the pass is valid for one year from the date of purchase.)* Non-Residents or Visitors can receive City rates on court fees by purchasing a Recreation membership.

**Weeks Center**

Call 642-7631 for more information.



# Youth & Adult Sports

## ADULT FLAG FOOTBALL

Flag Football league played October and November.

**Registration: Team rosters and fees due October 5**

**Age:** 18 and up

**Organizational meeting at Citizens Park II: September 2, 6:00 p.m.**

**League Play Begins: October 18**

Citizens Park II

Call 642-7761 for more information.

## ULTIMATE FRISBEE

Ultimate Frisbee league played October and November.

**Registration: Team rosters and fees due October 5**

**Age:** High School and up

**Organizational meeting at Citizens Park II: August 26, 6:00 p.m.**

**League Play Begins: October 18**

Citizens Park II

Call 642-7761 for more information.

## MEN'S BASKETBALL LEAGUE

Men's basketball leagues are offered for all levels of players.

**Registration: Team rosters and fees due November 5**

**Age:** 18 and up

**League Play Begins: November 15**

Citizens Park II

Call 642-7761 for more information.

## YOUTH CHURCH BASKETBALL

Programs for boys and girls to learn the rules, skills and fun of basketball.

**Registration: Team fees due October 11; Team Rosters due October 5**

**Age:** 5 - 18 years (by September 1, 2010)

**Organizational meeting at Citizens Park II:**

**August 26, 6:00 p.m.**

**League Play Begins: November 20**

Call 642-7761 for more information.



## WEEKS TENNIS CENTER

**Tennis Court Hours of Operation:**

Monday - Thursday: 8:00 a.m. - 9:00 p.m.

Friday - Saturday: 8:00 a.m. - 8:00 p.m.

Sunday: 8:00 a.m. - 8:00 p.m.

**Reservations can be made by calling 642-7739 within the hours of operation of our Center.**

*Reservation requests should not be left on WTC voice mail.*

**Weeks Tennis Center Hours of Operation:**

**Monday - Thursday: 9:00 a.m. - 12:00 noon and 3:30 to 9:00 p.m.**

**Friday: 9:00 a.m. - 12:00 noon; and 3:30 to 8:00 p.m.**

**Saturday: 8:00 a.m. - 12:00 noon; and 3:30 - 8:00 p.m.**

**Sunday: 12:45 - 8:00 p.m.**

Call 642-7739 for more information.

## QUICK START TENNIS

Quick Start (also known as Pee Wee) Tennis is a great way to introduce children to sports. Smaller courts, smaller nets, smaller racquets and soft tennis balls create a suitable environment for younger kids.

**Registration: On-going / year - round**

**Age:** 4 - 8

**Cost:** Fees apply

**Weekly: Mondays, 5:00 - 5:45 p.m.**

Call 642-7739 for more information.

## JUNIOR BEGINNER TENNIS CLINICS

Two, one hour group lessons per week for anyone age 8 - 12 interested in learning the skills necessary to play tennis. Through a series of drills and fun games, designed to improve hand-eye coordination and increase small and large motor skills, with progressive instruction geared to fit the participants' readiness level. Our certified teaching professionals will teach everything from the proper way to hold a racket, proper footwork, and the fundamental techniques of hitting ground strokes, volleys, serves, and how to keep score.

**Registration: On-going / year - round**

**Age:** 8 - 12

**Cost:** Fees apply

**Weekly: Mondays and Wednesdays, 4:00 - 5:00 p.m.**

Call 642-7739 for more information.

## JUNIOR ADVANCE TENNIS CLINICS

Take part in two, one and one half hour group lessons per week for anyone age 10 - 18 interested in further developing the skills necessary to play tennis. These lessons are for those who have completed Jr. Beginner Tennis Clinics or a comparable class and have a basic knowledge of the game. The clinics are designed to improve what was learned in the beginner program as well as teach advanced skills, strategy, and shot selection.

**Registration: On - going / year - round.**

**Age:** 10 - 18

**Cost:** Fees apply

**Weekly: Tuesdays and Thursdays, 4:00 - 5:30 p.m.**

Call 642-7739 for more information.

*Days and times are based on the public school system and other factors and will be adjusted periodically as needed.*

## MEN'S AND WOMEN'S USTA LEAGUES

USTA League Tennis is the country's largest recreational tennis league, helping more than 295,000 players nationwide get on the court, have a good time, and step up their game.

The League is organized as competitive team match play. Teams are made up of a minimum of five to eight players depending upon division. Teams and matches are set up according to NTRP ratings, so your teammates and opponents will be at your skill level. USTA Spring & Fall, adult, combo, and mixed doubles leagues.

**Ranked: M (NTRP, 3.0 - 5.0) sd;**

**W (NTRP, 2.5 - 5.0) sd;**

**Registration: On - going / year - round.**

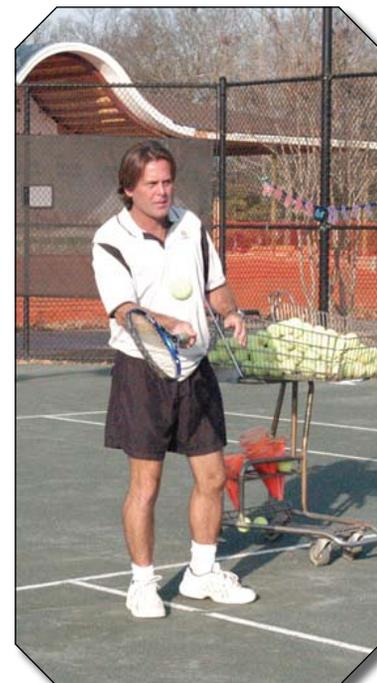
**Age:** 19 and up

**Cost:** Fees apply

**Weekly: Monday - Sunday, Hours: TBA**

**Weeks Tennis Center**

Call 642-7739 for more information.



## CSRA LADIES TENNIS LEAGUES

The CSRA Ladies Tennis League is for women who desire keeping fit and enjoy competition. Instructional clinics continue year-round and twice a year (Fall and Spring). The ladies are formed into teams and compete against teams representing other tennis facilities located throughout the CSRA.

**A Division:** For women who play a strong 3.5 or higher level. Check with pro shop for clinic schedule. League matches are played on Tuesdays during the league seasons.

**Cost:** Fees apply

**B Division:** For women who play a strong 3.0 to good 3.5 level. Check with pro shop for clinic schedule. League matches are played on Thursdays during the league seasons.

**Cost:** Fees apply

**C Division:** For women who play at a 2.5 to 3.0 level. Check with pro shop for clinic schedule. League matches are played on Fridays during the league seasons.

**Cost:** Fees apply

**Registration: On – going / year – round**

**League Play Begins: League seasons begin at the beginning of August for Fall season and January for Spring seasons.**

**Age:** 19 and up

**Weeks Tennis Center**

Call 642-7739 for more information.

## Senior Fun

### SENIOR EXTRAVAGANZA

The Aiken Senior Extravaganza offers seniors, and those interested in issues facing seniors, an opportunity to spend a day in educational seminars and browsing the display fair. The educational seminars will be limited to the first 300 people to register including a t-shirt and catered lunch with Keynote speaker. **The Health Fair and displays will be open to the public and pre-registration is not required.**

**Age:** 50 and over

**Cost:** Free

**Wednesday, September 15, 8:00 a.m. – 2:00 p.m.**

**Weeks Center**

Call 642-7631 for more information.



### BINGO FOR SENIORS

Join in for an exciting game of Bingo! 9 games are played. Prizes are gift cards to local stores.

**Cost:** Fees apply

**Monthly: Tuesdays, 9:00 - 10:00 a.m.**

**Weeks Center, Room 4**

Call 642-7631 for more information.

### CARD CLUBS

*Pinochle* - **Cost:** Free, **Tuesdays, 10:30 a.m. - 2:30 p.m., Weeks Center, Room 4**

*Canasta* - **Cost:** Free, **Tuesdays and Fridays, 11:30 a.m. - 3:30 p.m., Weeks Center, Room 4**

*Bridge* - **Cost:** Fees apply, **Fridays, 11:30a.m. - 3:00 p.m., Weeks Center, Room 2**

### MAHJONG

2 game sets are provided. Participants may bring their own game sets. Snacks are welcomed.

**Cost:** Free

**Monthly: Thursdays, 1:00 - 4:00 p.m.**

**Weeks Center, Room 2**

Call 642-7631 for more information.

### RUMMIKUB

2 game sets are provided. Participants may bring their own game sets. Snacks are welcomed.

**Cost:** Free

**Monthly: Thursdays, 9:00 a.m. - 12:00 p.m.**

**Weeks Center, Room 2**

Call 642-7631 for more information.

### SMITH-HAZEL SENIOR CITIZENS CLUB

Get away from home, and join the senior fun! Play games, attend parties, special events, and make arts and crafts.

**Cost:** Free

**Monthly: Tuesdays / Thursdays, 10:00 a.m. – 12:00 noon**

**Smith-Hazel Recreation Center**

Call 642-7634 for more information.

### SENIORS ON THE GO! MONTHLY DAY TRIPS

To find out more information about our trips and events, call the Weeks Center to have your name and **email address** put on our list to receive an **electronic copy** of our "Seniors On the Go!" quarterly newsletter, as well as monthly updates.

Call 642-7631 for more information.

## Greenwood, SC Tour (Arts in Emerald City)

Arrive at the *Arts and Visitors Center at the Federal Building* to pick up the tour guide. Visit the *Greenwood Community Theater* for a backstage tour. View the newly renovated project called, "*The Museum*". Walk to the *Meridian*, a new and exciting expansion of the *Emerald Triangle Cultural District*. Dine at a local favorite called *T.W. Boones*. After lunch tour the *Park Seed Company* and the *Ninety Six National Historic Site*. **Registration ends September 15**

**Cost:** Fees apply

**Wednesday, September 22**

**Depart the Weeks Center at 7:30 a.m. / Return approximately 5:30 p.m.**  
Call 642-7631 for more information.

## SC State Fair (Columbia, SC)

Walk through the SC state fairgrounds and enjoy the many exhibits. Includes free rides on the Ferris Wheel! **Registration Opens September 20 and ends October 13**

**Cost:** Fees apply (lunch not included)

**Wednesday, October 20; Depart the Weeks Center at 9:15 a.m. / Return approximately 2:00 p.m.**

Call 642-7631 for more information.

## Gordon Dinner Theatre: "Dear Santa"

Enjoy dinner and a show! "It is the time of year to peek into the magical and timeless world of the North Pole, bustling workshops, cheerful elves and the jolly old leader himself, Santa Claus. Santa's efficient, yet frenzied Chief of Staff, the ditzzy housekeeper with a secret crush, the high-pressure sleigh salesman and the workshop foreman who does not quite command the English language all combine to keep the place running like clockwork, with a few exception of a few mishaps. Soon, a request from one child's letter throws everything off course and the answer lies in rediscovering the Christmas spirit."

**Registration: Opens October 19 and ends November 12**

**Cost:** Fees apply (dinner included)

**Friday, November 19; Depart the Weeks Center at 5:30 p.m. / Return approximately 11:30 p.m.**

Call 642-7631 for more information.

## Concord Mills

Need to make those last minute gift selections for the holidays? Then shop 'till you drop for everything at the Concord Mills Shopping Center.

**Registration: Opens November 8 and Ends December 1**

**Cost:** Fees apply (lunch NOT included)

**Wednesday, December 8; Depart the Weeks Center at 7:30 a.m. / Return approximately 5:00 p.m.**

Call 642-7631 for more information.

## SilverSNEAKERS®

### MUSCULAR STRENGTH AND RANGE OF MOVEMENT

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Handheld weights, elastic tubing with handles and a ball is offered for resistance; a chair is used for seated and/or standing support.

**Cost:** Fees apply

\*Free for participating Medicare health plan members. Find out if you are eligible to participate for free through your Medicare health plan! Go to [www.silversneakers.com](http://www.silversneakers.com). You must register at the Weeks Center to receive your SilverSneakers® swipe card.

**Monthly: Monday, Wednesday, 9:00 - 9:45 a.m. and Tuesday, Thursday, and Friday, 11:15 a.m. - 12:00 noon**

Weeks Center, Rooms 6 & 7

Call 642-7631 for more information.



## SilverSNEAKERS® YOGASTRETCH

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**Cost:** Fees apply

\*Free for participating Medicare health plan members. Find out if you are eligible to participate for free through your Medicare health plan! Go to [www.silversneakers.com](http://www.silversneakers.com). You must register at the Weeks Center to receive your SilverSneakers® swipe card.

**Monthly: Mondays and Wednesdays, 11:15 a.m. - 12:00 noon**

**Weeks Center, Room 6 & 7**

Call 642-7631 for more information.



**AIKEN COUNTY FARMERS MARKET**  
**OPEN: 7:00 a.m. until the Farmer(s) sell out or 4:30 p.m., Monday – Saturday**

## Special Events at the Farmers Market

### Until November:

The Master Gardeners from the Clemson Ext. are at the Market to answer gardening questions, 8:00 a.m. to noon; First Saturday of the month. This service is FREE.

### End of Summer – September 11 (coincides with Aiken's Makin'):

Summer is over, but summer vegetables, such as peas, squash and tomatoes are still available at the Market. Fall vegetables and fruits, such as sweet potatoes, pumpkins and apples are beginning to arrive.

### Fall Festival - October 2:

South Carolina Mountain Apples (from small family orchards), locally grown farm fresh produce, dairy products, meats, plants, herbs, Aiken High FFA mums and quality crafts are offered for sale.

### Old Time Homecoming - November 6:

This is a day of sharing memories, sharing recipes and old fashioned good times. The farmers dress in vintage clothing. Locally grown farm fresh products and quality crafts from local artisans are offered for sale.

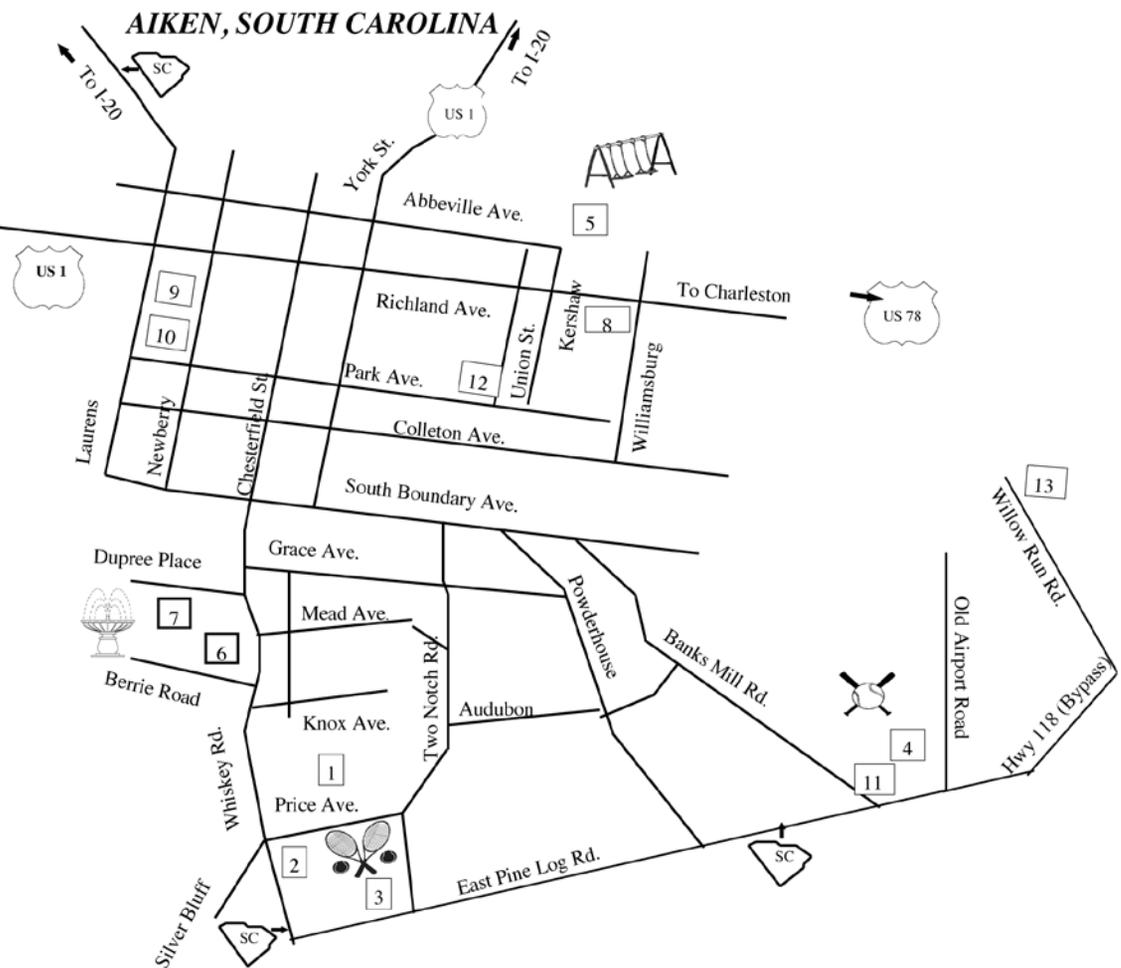
### Holly Days – December 4, 11, 18:

The Market is decorated for the Holidays. Locally made wreaths, garland, decorations and centerpieces, and a large variety of locally grown fall/winter vegetables. Customers may place Holiday orders.

**The below map features some of the larger facilities maintained by the City of Aiken Parks, Recreation & Tourism Department (PRT).**

Map is not to scale.  
All roads are not shown.

- 1 Carolina Bay Nature Reserve
- 2 Virginia Acres Park & Weeks Center
- 3 Weeks Tennis Center
- 4 Citizens Park
- 5 Smith-Hazel Center
- 6 Rye Patch Reception Center
- 7 Hopelands Gardens and Racing Hall of Fame
- 8 Farmers Market
- 9 Newberry Street Festival Center
- 10 Washington Center for the Performing Arts
- 11 PRT Administrative Offices
- 12 Aiken Railroad Depot and Visitor's Center
- 13 Aiken Dog Park



**Following is a listing of all parks, with address, a description of available amenities and a contact phone number for rentals or further information.**

**Aiken Dog Park**  
199 Willow Run Rd.  
803-648-6863

**Aiken Railroad Depot and Visitor's Center**  
406 Park Ave., SE  
803-293-7846

**Aiken Thoroughbred Racing Hall of Fame & Museum (within Hopelands Gardens)**  
135 Dupree Place  
803-642-7650

**Carolina Bay & Climbing Wall**  
Off Price Ave.  
803-642-7631

**Charleston Street Playground**  
292 Charleston St. SE  
Playground and basketball court

**Citizens Park Complex**  
1060 Banks Mill Rd.  
Multi-purpose athletic fields and playground  
803-642-7761

**Crosland Park**  
1676 Aldrich St NE  
Playground and picnic shelter  
803-642-7631

**Eustis Park**  
1001 Edgefield Ave.  
Playground and picnic shelter  
803-642-7631

**Aiken County Farmers Market**  
115 Williamsburg St.  
803-642-7761

**Gyles Park**  
412 Park Ave.  
Playground

**Hammond / Williams Park**  
634 Orangeburg St., NE  
Playground

**Hopelands Gardens**  
135 Dupree Place  
Special Use Facility  
803-642-7650

**Kalmia Hill Park**  
3311 Summit Dr.  
Walking track, playground and picnic shelter, tennis courts

803-642-7631

**Kennedy Colony Park**  
Redd and Tennessee St.  
Playground and basketball court

**Library Park**  
355 York St.  
Tot Lot

**Newberry St. Festival Center**  
Newberry Street (between Richland Ave. and Park Ave.)  
Festival facilities with water and electrical hook-ups, for rental.  
803-643-4779

**Osbon Park**  
346 Columbia Ave  
Walking track and picnic shelter  
803-642-7631

**Perry Memorial Park**  
720 Abbeville Ave  
Picnic Shelter, green space  
803-642-7634

**PRT Administrative Offices**  
1072 Banks Mill Rd.  
803-643-4779

**Rye Patch Reception Center**  
100 Berrie Rd.  
Special Use Facility  
803-642-7650

**Smith-Hazel Community Center**  
400 Kershaw St.  
Playground, outside basketball court, 2 tennis courts (lighted), walking track, and picnic shelter:  
803-642-7634  
Swimming pool: 803-642-7631

**Virginia Acres Park**  
1700 Whiskey Rd.  
*H. Odell Weeks Activities Center*, *Ceramics Facility*, playground, outside basketball courts (lighted), skate park, 2 picnic shelters and outdoor climbing wall: 803-642-7631  
*Weeks Tennis Center*: 803-642-7739

**URS Center for the Performing Arts**  
126 Newberry St., SE  
Theatre, small conference facilities, and reception area  
803-648-1438