

# The Park Bench

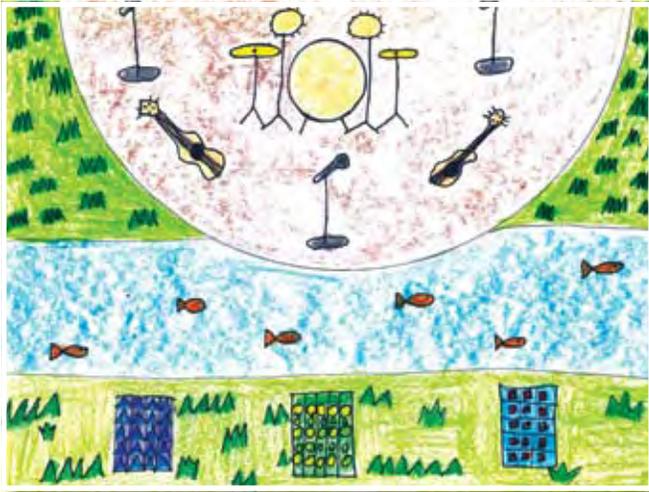
A publication of the City of Aiken, SC - Parks, Recreation & Tourism • *May - August 2011*



**Chloe Kaplan**, Age: 11, 6th Grade - "Move to Groovy Music"

Have fun listening to calming and dancing music in the most beautiful garden! It will be an unforgettable experience!

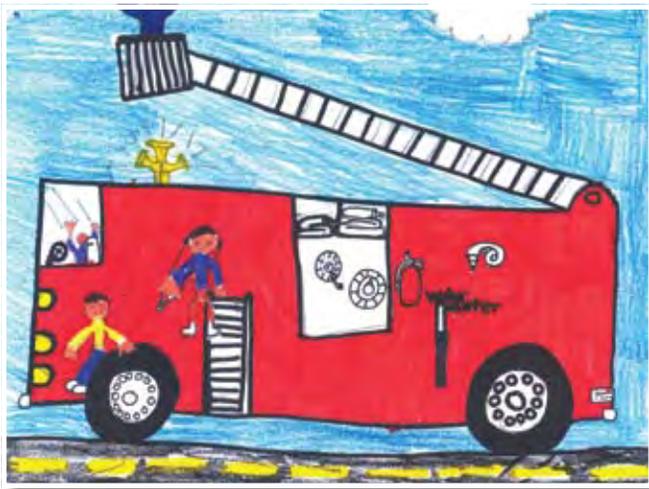
# Cover Art Contest



**Michael Anaclerio,**  
Age 12, Grade 6  
“Concert in the Garden”  
The picture is an abstract eye opening phenomenon. The viewers will love this garden concert.



**Kat Moore,**  
Age 11, Grade 5  
“Singing in Hopelands”  
I drew a picture of a lot of flowers singing. As a topic, I chose the “Spring Concert” in Hopelands. What says spring more than flowers? Nothing! I used a variety of colors. I used sharpies that are multi-colored for the grass and petals.



**Michael Nelson,**  
Age 10, Grade 4  
“Touch a Truck”  
Kids always like to do new things.



**Maura Clavero,**  
Age 10, Grade 4  
“Mother and Daughter Fun Day!”  
My picture is about moms and their daughters having lunch together in the park. They have so much fun.

## Important Information

**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. All refunds must be requested in writing and are given based on the following: A

full refund can be given if requested two weeks prior to the first practice. A full refund can be given if a participant has a medical issue (doctors note required) and has not participated in any games. A 50% refund can be given if requested two weeks prior to the first game, no refunds after this. Refunds may take up to 30 working days.

**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 at [www.facebook.com/ExperienceAiken](http://www.facebook.com/ExperienceAiken) 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 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.

## A Message from the Parks, Recreation and Tourism Director

Welcome to the Park Bench.

City Council recently approved the formation of a Senior Commission for the City of Aiken. This new Commission, which will meet monthly, already has a lot on their agenda for the upcoming months. With PRT providing staff support this Commission will be looking to develop a Strategic Plan to advance the well-being of senior adults in Aiken; identify the needs of the aging of the community and create a citizen awareness program for these needs; explore improved standards of services to the aging and explore new services for the aging both in private and public sectors. These are just a handful of the items the Senior Commission will be involved with this year. This group will be meeting on the 4th Tuesday of each month at 8:00 am.

Speaking of Commissions, the Arts Commission is developing plans for an Arts Festival in 2012. This newly created festival will be held during Masters Week each year and early discussion calls for the festival to feature local artists and crafts. The new event, called... "Horses and

Courses" will incorporate the equine and golf communities' into one event. Look for more details in the spring of 2012.

Lastly, I want to take this opportunity to thank former City Manager Roger LeDuc for his dedication to the residents of Aiken and more personally for his support of PRT. Roger hired me as the Director in January 2001. Roger was always an avid supporter of our staff, programs, events, the development of new facilities and the growth of PRT's responsibilities. Roger allowed us to take on challenges that a more traditional recreation department would not be allowed to undertake. Through Roger's leadership, PRT now oversees the URS Center, the Weeks Tennis Center, the Arts Commission, the aforementioned Senior Commission, Aiken Visitors Center, we have expanded Citizens Park and we manage the tourism responsibilities for the City of Aiken. Thanks Roger for your vote of confidence in PRT and we hope you are enjoying your retirement!!

See you on the Park Bench!

*H. Glenn Parker*



**Did You Know?** Hopelands Gardens, the Rye Patch Reception Center and the Guest Cottage at the Rye Patch can be rented for weddings, receptions, meetings, photo sessions, bridal shows, baby showers and parties. For more information contact 803-642-7650 or Hopelands\_Rye\_Patch@CityofAikenSC.gov.



**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:**  
**400 Kershaw St.**

**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:**  
**1700 Whiskey Rd.**

**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:**  
**1060 Banks Mill Rd.**

**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.

**HOURS FOR AIKEN THOROUGHBRED RACING HALL OF FAME AND MUSEUM**

The Aiken Thoroughbred Racing Hall of Fame and Museum is located in Hopelands Gardens at 135 Dupree Place (off Whiskey Road) and celebrates Aiken's contributions to equestrian sports. The Racing Hall of Fame Summer hours (June - August) are Saturday from 10:00 a.m. - 5:00 p.m. and Sunday from 2:00 - 5:00 p.m., weather permitting. For more information, call 642-7631, e-mail halloffame@cityofaikensc.gov or visit the Hall of Fame website at [www.aikenracinghalloffame.com](http://www.aikenracinghalloffame.com).

**AIKEN VISITORS CENTER AND TRAIN MUSEUM:**  
**406 Park Ave. SE**

**Wednesday - Friday:**

10:00 a.m. - 5:00 p.m.

Saturdays: 9:00 a.m. - 2:00 p.m.

Call 293-7846 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

## HOPELANDS SUMMER CONCERT SERIES

Hopelands will be alive with music again this summer, every Monday from May - August, on the Roland H. Windham Performing Arts Stage. Performances vary and will include instrumental, dance and vocal concerts. Please bring a lawn chair or blanket to sit on. Food is welcome but alcohol is prohibited. In case of inclement weather, please call 643-4661; tune in to Channel 4; or go to [www.facebook.com/ExperienceAiken](http://www.facebook.com/ExperienceAiken).

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

**Cost:** Free

**Mondays, May - August, 7:00 - 8:00 p.m.**

**Hopelands Gardens**

Call 642-7631 for more information or in regards to the concert schedule below.

### CONCERT SCHEDULE

Date:	Performers:
May 2 .....	Aiken Concert Band
May 9 .....	Mike Frost Trio
May 16 .....	Anybody's Guess
May 23 .....	Suzuki Strings
May 30 .....	Aiken Civic Ballet
June 6 .....	Maureen Simpson/ Aiken Choral Society
June 13 .....	4 Cats in the Doghouse
June 20 .....	Aiken Brass
June 27 .....	Ft. Gordon's Crooked River Dixieland Band - <i>Shuttle Available</i>
July 4 .....	Brass to the Future
July 11 .....	Marine Corp Concert Band - <i>Shuttle Available</i>
July 18 .....	Doug and The Henrys
July 25 .....	ABATSU African Drummers & Dancers
August 1 .....	The Skelligs
August 8 .....	Ft. Gordon Jazz Ensemble - <i>Shuttle Available</i>
August 15 .....	Aiken Big Band
August 22 .....	Savannah River Stringband
August 29 .....	Aiken Concert

\* Free shuttle service available from the Goodwill parking lot on Whiskey Road to Hopelands Gardens and back will run on June 27, July 4 and August 8.



**Kids enjoy a ride at the Out of School Bash.**

## PRE-MOTHER'S DAY COVERED DISH LUNCHEON

Celebrate Mother's Day with each member bringing a covered dish. There will be door prizes and more.

**Age:** All

**Cost:** Fees apply

**Thursday, May 5, 11:00 a.m. - 1:00 p.m.**

**Smith-Hazel Recreation Center**

Call 642-7634 for more information.

## SLAM-JAM SKATE CONTEST

Ramps, rails, and pipes will be transformed from ordinary objects to items used to show off skills and creativity during this fun skate contest. Winners will receive great prizes such as wheels, bearings, t-shirts, skateboards, and more!

**Now accepting registrations.**

**Registration deadline: May 6**

**Age:** All

**Cost:** Fees apply

**May 7, 10:00 a.m. - 1:00 p.m.**

**Aiken Skate Park (behind the H. O.**

**Weeks Activity Center)**

Call 642-7631 for more information.

## OUT OF SCHOOL BASH

Middle and High School students have the opportunity to celebrate their last day of school. The celebration will include music, games, and inflatables.

**Age:** Middle and High School Students  
**Cost:** Free (students must present ID's when entering)

**Thursday, June 2, 12:00 - 2:00 p.m.**

**Price Avenue Shelter**

Call 642-7631 for more information.

## DADDY, WANNA' DANCE?

Celebrate Father's Day with the best man in your life at the 7<sup>th</sup> Annual Father/Daughter dance. Grandfathers, Uncles, etc. may attend if Daddy cannot. There will be fun music and refreshments! Photography will also be available.

**Age:** 4 - 14 and a "Daddy date"

**Cost:** Fees apply

**Friday, June 17, 6:30 - 8:30 p.m.**

**Location: Aiken Electric Cooperative Community Room**

Call 642-7631 for more information.



**Daddy, Wanna Dance?**

## PRE-4th OF JULY COMMUNITY BASKETBALL GAME

Come out and cheer on your community. New and experienced basketball players are welcome.

**Age:** All

**Cost:** Fees apply

**Thursday, June 30, 6:00 - 9:00 p.m.**

**Smith-Hazel Recreation Center, Gym**

Call 642-7634 for more information.



**Touch-A-Truck Day.**

## TOUCH-A-TRUCK DAY

Come out and see what it's like to be in the big trucks! Children (and parents) can climb, sit and play on a bulldozer, police car, ambulance and various other vehicles.

**Age:** All

**Cost:** Free

**Saturday, July 16, 9:00 - 11:00 a.m.**

**Weeks Center, Parking Lot**

Call 642-7631 for more information.

# YOUTH & ADULT ENRICHMENT

## AFTER SCHOOL PROGRAM

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

**Registration: Ongoing**

**Cost:** Fees apply

**Age:** 5-13

**Monday-Friday, May 2 - 27,**

**2:00 - 5:00 p.m.**

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

Call 642-7634 for more information.

## PAWS FOR READING

This program is designed to boost children's confidence by providing furry friends to listen as they read aloud.

Children will be allowed between 20-30 minutes of individual time per session.

**Age:** Children grades 1-3

**Cost:** Free

**Second Wednesday, of the month,**

**3:30 - 4:30 p.m.**

**Smith-Hazel Recreation Center**

Call 642-7634 for more information.

## STORYTIME IN THE GARDENS

Join us this spring 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 for sitting. Drinks and snacks are welcomed.

**Age:** 8 and under

(accompanied by an adult)

**Cost:** Free

**Tuesdays, May, 4:00 p.m.**

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

**(In case of inclement weather, please call  
643-4661; tune in to Channel 4; or go to  
[www.facebook.com/ExperienceAiken](http://www.facebook.com/ExperienceAiken))**

Call 642-7631 for more information.

## STORYTIME AT SMITH-HAZEL

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

**First Wednesday of each month,  
3:00 - 4:00 p.m.**

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

Call 642-7634 for more information.

## 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., and 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.



## CERAMICS CENTER SUMMER CLASSES

Take this 3-month course and enjoy creating, painting, glazing, and firing a variety of objects. Fees include one class per week (a.m. or p.m.). Classes last up to 3 hours.

**Age:** 18 and up

**Cost:** Fees apply

**Mondays, June - August, 9:00 a.m. or  
6:00 p.m.**

**Weeks Ceramics Center**

Call 642-7631 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.

## 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: May 11 - June 22 (no class  
6/15) and August 3 - September 7,**

**5:30 - 6:30 p.m.**

**Weeks Center, Room 1 & 2**

Call 642-7631 for more information.



*Enjoy a story at Storytime in the Gardens.*





*Enjoy the Skate Park located at the Weeks Center.*

### **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: May 11 - June 22 (no class 6/15) and August 3 - September 7, 7:00 - 8:00 p.m.**

**Weeks Center, Rooms 1 & 2**

Call 642-7631 for more information.

### **YOUTH ARCHERY LEAGUE**

This program is for beginners and experienced archers. Participants will learn archery history, safety, technique, equipment, mental concentration, and self-improvement. Students shoot at bull's-eye targets placed before an arrow resistant net in the gymnasium. Equipment used is state-of-the-art and designed to fit every student. League can accommodate up to 25 participants. **Enroll now; registration is open for 2012 session until filled.**

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

**Cost:** Fees apply

**12 Sessions: Wednesday, January 4 - March 21, 2012, 6:30 - 8:00 p.m.**

**Weeks Center, Gym 2**

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

### **REVOLUTIONS BATON TWIRLING ACADEMY: BABY BASICS**

This class will teach the basics of baton twirling and dance/bodywork. In the Fall, the focus is on skills and a parade routine. In the Spring, focus is on continued skills and a recital/performance routine. Students will receive a new baton.

**Registration Date: Monday, August 22, 5:30 - 6:30 pm.** Class can accommodate up to 12 participants. **Enroll now!**

**Age:** 4-6 (must be 4 by Sept. 1, 2011)

**Cost:** Fees apply

**Mondays, September 12, 2011 -**

**May 14, 2012, 4:00 - 4:30 p.m.**

**Weeks Center, Room 6 & 7**

Call 642-7631 for more information.

### **REVOLUTIONS BATON TWIRLING ACADEMY: FUNDAMENTALS**

This class will teach the basics of baton twirling and dance/bodywork. In the Fall, focus is on skills and a parade routine. In the Spring, focus is on continued skills and a recital/performance routine. Students will receive a new baton. **Registration Date:**

**Monday, August 22, 5:30 - 6:30 pm.**

Class can accommodate up to 12 participants. **Enroll now!**

**Age:** 7-12

**Cost:** Fees apply

**Mondays, September 12, 2011 -**

**May 14, 2012**

**4:30 - 5:15 p.m.**

**Weeks Center, Room 6 & 7**

Call 642-7631 for more information.

### **SKATE PARK HOURS OF OPERATION**

Skate Park Summer Hours

(June 6 - August 12)\*

**Monday-Fridays:** 9:30 - 11:30 a.m. & 5:30 - 8:30 p.m.

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

**Sundays:** 1:00 - 5:00 p.m.

**Cost:** Fees apply

For more information, call 642-7631.

\* 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 or extreme heat.

### **SUMMER ADVENTURES DAY CAMP - WEEKS CENTER**

Activities include sports, swimming, games, arts and crafts, theme days, and special guests. Campers must bring a snack, bag lunch, and drink daily.

**Registration is open until sessions are full.** A 50% deposit (per child, per session) is required at the time of registration.

Registration is available online at [www.cityofaikensc.gov](http://www.cityofaikensc.gov), or at the Weeks Center.

**Age:** 5 - 12 (children must be these ages at the START of the camp session)

**Cost:** Fees apply

**June 6 - August 12, 8:00 a.m. - 3:00 p.m.**

**Extended camp is available from 3:00 - 5:30 p.m. for an additional cost.**

**Weeks Center, Room 3**

Call 642-7631 for more information.



**Summer Adventures Day Camp.**

**CLIMBING  
WALL  
Certified  
Instructor  
Needed!  
Call 642-7631  
for more  
information.**

### **SUMMER FUN DAY CAMP - SMITH-HAZEL**

This camp will meet in two week sessions. Activities include sports, games, arts & crafts, swimming, special guests, and field trips.

**Registration Date: Monday, May 2; beginning at 9:00 a.m.**

Registration is available online at [www.cityofaikensc.gov](http://www.cityofaikensc.gov).

**Age:** 5 - 14

**Cost:** Fees apply

**June 6 - August 12, 8:00 a.m. - 5:00 p.m.**

**Smith-Hazel Recreation Center**

Call 642-7634 for more information.

### **YOUTH ARCHERY CAMP**

Sign up for a week of Archery Camp! Learn archery safety, technique, equipment, mental concentration, and self-improvement. Participants will shoot at a bullseye target placed before an arrow resistant net. Equipment used is state-of-the-art and designed to fit every participant. Camp can accommodate up to 20 participants. **Equipment is provided.**

**Age:** 5 - 17

**Cost:** Fees apply.

**Monday - Friday, 3:00 - 4:30 p.m.**

**Session 1: June 20 - 24**

**Session 2: July 18 - 22**

**Weeks Center, Gym 2**

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

# FITNESS CLASSES & 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.

## BUDDY TRAINING

Save money and train with a friend. All the benefits of personal training with the additional accountability of a partner. Each session is one hour. Participants must be 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.

## INTRODUCTION TO WEIGHTLIFTING

Our certified Personal Trainer will instruct and guide you on the gym equipment in the fitness room. Learn isometric and progressive resistance exercise, with proper form and lifting safety. Includes nutrition for weightlifting and introduction to free weights and machines. Includes focus on core development.

**Age:** 18 and up

**Cost:** Fees apply.

**6-week Session: Tuesdays and Thursdays, May 3 - June 7, 6:00 - 7:00 p.m.**

**Weeks Center 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. 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 Center Fitness Room**

Call 642-7631 for more information.

## AEROBIC & NUTRITION CLASS

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

**Age:** 15 and up

**Cost:** Fees apply and membership available

**Monthly: Tuesday & Thursday,**

**6:00 - 7:00 p.m.**

**Smith-Hazel Recreation Center, Gym**

Call 642-7634 for more information.

## ZUMBA WITH SUSIE!

The Goal is Simple: We want you to work out, love working out, and get hooked. Zumba Fanatics achieve long term healthy benefits while experiencing an absolute blast in one exhilarating hour of caloric burning, heart-racing, muscle pumping, body energizing, awe-inspiring movements that boost your metabolic mindset!

**Instructor:** Susie Huiet

**Age:** 18 and Up

**Cost:** Pre- Registration and Fee required

**Mondays, Begins May 2, 5:30 p.m. - 6:30 p.m.**

**Smith-Hazel Recreation Center- Gym**

Call 642-7634 for more information.



*Our Certified Personal Trainers can help you get fit.*

## GROUP FITNESS CAMP

Enjoy group exercise with a Boot Camp flare. Classes include cardiovascular training, dynamic 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. Group Fitness Camp is a one-hour session.

**Age:** 18 and up

**Cost:** Fees apply

**6-week Session: Mondays and**

**Thursdays, 6:00 - 7:00 p.m.;**

**April 11 - May 23; No class 4/18).**

**Additional dates TBA.**

**Weeks Center Fitness Room**

Call 642-7631 for more information.

## SATURDAY OUTDOOR BOOT CAMP

Enjoy group exercise with a Boot Camp flare. Classes include cardiovascular training, dynamic 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 outdoors weather permitting. Boot Camp is a one-hour session.

**Age:** 18 and up

**Cost:** Fees apply

**6-week Session: Saturdays, 8:00 -**

**9:00 a.m., April 9 - May 14. Additional dates TBA.**

**Weeks Center Outdoors**

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.

## ZUMBA

Zumba is a Latin based dance fitness program that will blow you away. The goal is simple: We want you to want to work out, to love working out, and to get hooked. With long-term benefits while experiencing an absolute blast in less than an hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

**INSTRUCTOR:** Brenda Jackson.

Bring some tennis shoes you can dance in, a towel, and some water!

**Age:** 12 and up

**Cost:** Fees Apply

**Mondays, 7:00 - 8:00 p.m. and**

**Saturdays 3:00 - 4:00 p.m.**

**Weeks Center, Aerobics Rooms 6 & 7**

Call 642-7631 for more information.



**Strengthen your mind and body at one of our Yoga classes.**

## 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.

## 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! We have all the equipment you need. Just bring yourself.

**Age:** All

**Cost:** Fees apply

**Dates/Times:** Varies monthly

*Contact the Weeks Center Front Desk to have your named added to the Pickleball email list and receive monthly updates on dates and times for game play.*

**Weeks Center, Gym 1**

Call 642-7631 for more information.

## PICKLEBALL BEGINNERS CLINIC

Interested in learning to play pickleball? The beginners clinic will introduce you to the sport! Learn the rules and additional pointers on how to play. The clinic will be followed by "open play" to practice your newly learned skills. Paddles and balls will be provided.

**Age:** All

**Cost:** Fees apply

**Sunday, May 15, 1:30 - 3:00 p.m.**

**Weeks Center, Gym 1**

Call 642-7631 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.**

**Cost:** Fees apply.

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

**Saturdays, 9:00 a.m. - 5:00 p.m. and Sundays, 1:00 - 5:00 p.m. are Walk-In / Free Play Days.** 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.



**Recreation Ramblers**



## TEENY WEENIE ATHLETES

In this parent/child class, your little athlete will learn a variety of sport skills, such as Golf, Tee Ball, and Tennis! Parents are expected to participate. **Registration opens May 7. This class fills up fast so register early!**

**Age:** 3 - 5

**Cost:** Fees apply.

**Tuesdays, June 7 - July 12,**

**5:30 - 6:15 p.m.**

**Weeks Center, Gym 1**

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.

## AIKEN SPCA DOG PARK/ CITY OF AIKEN

**Location:** 199 Willow Run Road

**Hours:** Sun up to sun down

**Fees:** Purchase Annual Dog Park Memberships at Aiken SPCA, H.O. Weeks Center and Public Safety.

For more information call 648-6863.



**Sign your kids up for our Fall Youth Soccer League.**

## ATHLETICS - YOUTH & ADULT SPORTS

The City of Aiken depends on volunteer coaches from the community to make our programs successful. If you are willing to volunteer or know of someone, please let us know at the time of registration. We will refund \$25.00 of the participant's registration fee at the end of the season if you will volunteer to head coach a youth team. Register online at [www.cityofaikensc.gov](http://www.cityofaikensc.gov)

### FOUR YEAR OLD SOCCER LEAGUE

A new program being offered to boys and girls who will be 4 years old by September 1, 2011. This program will focus on fundamentals, footwork, and most of all- fun! This program is an exciting introduction into the game of soccer. Participants will receive jersey, shorts and socks. First time players must bring a birth certificate to registration.

**Registration: July 26 - August 11;  
Monday - Thursday, 8:00 a.m. - 8:30 p.m.;  
Friday, 8:00 a.m. - 5:00 p.m.**

**Age:** 4 years (by September 1, 2011)

**Cost:** Fees apply

**League Play Begins: August - October,  
Monday - Thursday; Times: TBA  
Citizens Park**

Call 642-7761 for more information.

### FALL YOUTH SOCCER LEAGUE

Co-ed program offered to boys and girls for fun, participation and basic skill development. Players will be divided by age and/or skill level and teams will compete in league play. Participants are provided jerseys, shorts and socks. First time players must bring a birth certificate to registration.

**Registration: July 26 - August 11;  
Monday - Thursday, 8:00 a.m. - 8:30 p.m.;  
Friday, 8:00 a.m. - 5:00 p.m.**

**Age:** 5 - 18 years (by Sept. 1, 2011)

**Cost:** Fees apply

**League Play Begins: August - October,  
Monday - Thursday, 5:45 or 6:45 p.m.  
Citizens Park**

Call 642-7761 for more information.

### YOUTH CHEERLEADING

An exciting new program being offered to girls introducing cheers, sideline chants, and jumps. Participants will gain experience cheering on the sidelines of the Youth Flag Football games. Participants will receive a uniform and poms. First time participants must bring a birth certificate to registration.

**Registration: July 26 - August 11;  
Monday - Thursday, 8:00 a.m. - 8:30 p.m.;  
Friday 8:00 a.m. - 5:00 p.m.**

**Age:** 5 - 12 years (by September 1, 2011)

**Cost:** Fees apply

**Program Begins: August - October,  
Monday - Thursday, 5:45 or 6:45 p.m.  
Citizens Park**

Call 642-7761 for more information.

### YOUTH FLAG FOOTBALL

This Flag Football league provides young players a fun and exciting opportunity to engage in a non contact, high energy sport. Players will be divided by age and/or skill level and teams will complete in league play. Participants are provided an NFL flag football style jersey. First time players must bring a birth certificate to registration.

**Registration: July 26 - August 11;  
Monday - Thursday, 8:00 a.m. - 8:30 p.m.;  
Friday, 8:00 a.m. - 5:00 p.m.**

**Age:** 5 - 12 (by September 1, 2011)

**Cost:** Fees apply

**League Play Begins: August - October,  
Monday - Thursday, 5:45 or 6:45 p.m.  
Citizens Park**

Call 642-7761 for more information.

### FALL GIRLS VOLLEYBALL LEAGUE

Girls volleyball league designed for fun, participation and skill development. Players will be divided by age and/or skill level and teams will compete in league play. Participants are provided jerseys. First time players must bring a birth certificate to registration.

**Registration: July 26 - August 11;  
Monday - Thursday, 8:00 a.m. - 8:30 p.m.;  
Friday, 8:00 a.m. - 5:00 p.m.**

**Age:** 5th grade - 8th grade (by August 2011)

**Cost:** Fees apply

**League Play Begins: September,  
Monday - Thursday, 5:45 or 6:45 p.m.  
Citizens Park**

Call 642-7761 for more information.



### ADULT FLAG FOOTBALL

Flag Football league played October and November. All players will have to present a picture I.D. to be eligible to play.

**Age:** 18 and up

**Cost:** Fees apply

**League Play Begins: September,  
5:45 or 6:45 p.m.  
Citizens Park**

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.

### JUNIOR TENNIS CAMPS

All one-week camp sessions are from 9:00 a.m. - 12:00 noon. The classes are filled with instruction, drills, games, and match play.

**Registration: Contact the Weeks Tennis Center for enrollment information.**

**Age:** 6 - 16

**Cost:** Fees apply

**Camp Sessions: June 13 - 17 / June 20-24 / June 27 - July 1, Monday - Friday 9:00 a.m. - noon**

**Weeks Tennis Center**

Call 642-7739 for more information.



**Junior Tennis Camps are offered at the Weeks Tennis Center.**

## LADIES SUMMER LEAGUE

The Weeks Tennis Center is hosting the ladies social league beginning June 10 for six to seven weeks depending on the number of teams.

**Registration:** Contact the Weeks Tennis Center for enrollment information.

**Age:** 19 and up

**Cost:** Fees apply

**League Play:** June 17 - July 29

**Weeks Tennis Center**

Call 642-7739 for more information.

## QUICK START TENNIS SERIES

Quick Start 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:** Series last 6 weeks; call WTC for next registration.

**Age:** 4 - 10

**Cost:** Fees apply

**Weekly:** Mondays and Wednesdays

**4:00 - 5:00 p.m.**

**Weeks Tennis Center**

Call 642-7739 for more information.



**Sign up for a Tennis League.**

## JUNIOR BEGINNER TENNIS CLINICS

Two, one hour group lessons per week for anyone age 10 and up 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:** 10 and up

**Cost:** Fees apply

**Weekly:** Mondays and Wednesdays, 5:00 - 6:00 p.m.

**Weeks Tennis Center**

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.

**Weeks Tennis Center**

Call 642-7739 for more information.

**Note:** For all the tennis clinics, days and times are based on the public school system and other factors and will be adjusted periodically as needed.



## MEN'S & 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 Fall and Spring, adult, combo, and mixed doubles leagues.

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

W (NTRP, 2.5 - 5.0)sd;

W (NTRP, 2.5 - 5.0)sd;

**Combo MX (6.5 - 9.5)d**

**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.

**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.

**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.

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

**Age:** 19 and up

**Cost:** Fees apply

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

**Weeks Tennis Center**

Call 642-7739 for more information.

## Senior Fun

### SENIOR EXTRAVAGANZA

The 4th Annual 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 375 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.

**Registration begins in August.**

**Age:** 50 and over

**Cost:** Free

**Wednesday, September 21, 8:00 a.m. - 2:00 p.m.**

**Weeks Center**

Call 642-7631 for more information.



**Senior Extravaganza offers Seminars, a Health Fair and much more.**

### SENIOR CITIZENS CLUB

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

**Age:** 50 and over

**Cost:** Free

**Tuesdays and Thursdays: 10:00 a.m. - 12:00 noon**

**Smith-Hazel Recreation Center**

Call 642-7634 for more information.

## BINGO FOR SENIORS

Join in for an exciting game of Bingo! 11 games are played. Prizes are \$5 gift cards.

**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 2**

**Canasta** - **Cost:** Free, **Tuesdays 11:30 a.m.**

- **3:30 p.m., and Fridays, 10:00 a.m. -**

**2:00 p.m. Weeks Center, Room 4**

**Bridge** - **Cost:** \$1 per person, **Fridays,**

**11:30 a.m. - 3:00 p.m.,**

**Age:** 50 and over

**Weeks Center, Room 2**

Call 642-7631 for more information.

## MAHJONG

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

**Age:** 50 and over

**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.

**Age:** 50 and over

**Cost:** Free

**Monthly:** Thursdays,

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

**Weeks Center, Room 2**

Call 642-7631 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.

**Age:** 50 and over

**Dates / Times / Costs:** TBA

**Weeks Center**

Call 642-7631 for more information.

## SMITH-HAZEL POOL 2011 SWIM LESSONS

Red Cross Swimming Lessons are held at the Smith-Hazel Pool during June and July. The American Red Cross certifies all instructors and lifeguards involved in the program. For more information please call 648-3197 or 642-7634. Lessons are held Monday through Thursdays. Fridays will be used for rain out dates. Please make sure your child is on time for lessons. A bathing suit is required! Classes are forty-five minutes long. We will be offering a Children with Disabilities Class at 10:45 a.m. Call Heather at 648-3197 for details.

**Register at Smith-Hazel Recreation Center**

### Morning Classes:

Ages 5 - 17, Session One:

June 6 - June 16, Levels 1-6

Ages 5 - 17, Session Two:

June 20 - June 30, Levels 1-6

Ages 5 - 17, Session Three:

July 5 - July 14, Levels 1-6

Ages 5 - 17, Session Four:

July 18 - July 28, Levels 1-6

Levels 1, 2, 3, 4, 5 and 6 are offered at 8:30 a.m., 9:15 a.m., and 10:00 a.m.

Adults, Toddlers, and Children with Disabilities are offered at 10:45 a.m.

**Register at Smith-Hazel Recreation Center**

### Night Classes:

Ages 5 - 17, Session One:

June 6 - June 16, Levels 1-6

Ages 5 - 17, Session Two:

June 20 - June 30, Levels 1-6

Ages 2 - 4, Session Three:

July 5 - July 14, Toddlers

Ages 18 and up, Session Three:

July 5 - July 14, Adults

Ages 2 - 4, Session Four:

July 18 - July 28, Toddlers

Ages 18 and up, Session Four:

July 18 - July 28, Adults

**Cost:** Fees apply

### Open Swim:

Monday - Friday, 1:00 - 5:45 p.m.

Saturday, 12:00 - 5:00 p.m.

Sunday, 1:30 - 5:00 p.m.

**Age:** All

**Cost:** Fees apply

Pool Operator: Heather Staniszewski.

Email [hstaniszewski@cityofaikensc.gov](mailto:hstaniszewski@cityofaikensc.gov) or call 648-3197 for more information.



**Swim Lessons at Smith-Hazel Pool.**

# AIKEN ICON

*At the Healthy Lifestyle Expo*

*USCAiken Convocation Center*

**May 20, 6:00 - 8:00 p.m.**

**May 21, 2:00 p.m. - Finals Start**

Call 643-6901 for more information.



# City of Aiken Parks, Recreation & Tourism Facilities

