



2004

Cabarrus For Life

Cabarrus Health Alliance
1307 South Cannon Boulevard
Kannapolis, NC 28083

Heart Disease and Stroke Prevention Program
704-920-1311

Cabarrus For Life

***Eating Smart, Moving More
and Quitting for Life!***



**A resource guide for exercise,
nutrition, and tobacco cessation ser-
vices in and around Cabarrus County.**

Created by: Deanna Landis
Heart Disease and Stroke Prevention Program Coordinator

Welcome!

Cabarrus for Life is designed to help you achieve optimal health by providing you with resources in **physical activity, nutrition, and tobacco cessation.**

This easy to use guide has done the investigative work for you and compiled area resources that will help you **eat smart, move more, and quit for life!**

We hope that you find the resources in this guide to be helpful.



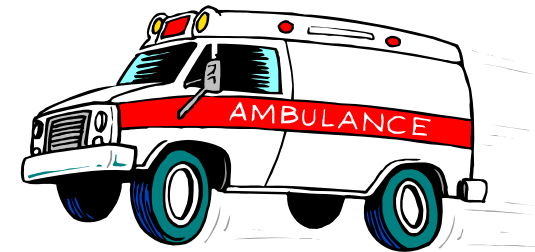
Important note:

As with any physical activity, nutrition, or tobacco cessation program, please consult your physician for recommendations that are right for you.

Stroke is an Emergency!

Know the warning signs of stroke

- Sudden numbness or weakness of the face, arm or leg
- Sudden confusion of trouble speaking
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking or dizziness
- Sudden severe headache



If you experience any stroke warning signs call 9-1-1!
DON'T WAIT!!!

Help reduce your risk of stroke

- Control your blood pressure
- Quit smoking
- Exercise
- Eat healthy foods
- Maintain a healthy weight

To learn more about heart attack and stroke, talk with your doctor or nurse.

Be Heart Smart! Know the signs.

Know the warning signs of heart attack

- Chest pain or discomfort.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath.
- Other signs: These may include breaking out in a cold sweat, nausea or lightheadedness

Heart Attack Warning Signs for Women

- Unusual chest, stomach, back, neck, shoulder or abdominal pain
- Severe nausea or dizziness, without chest pain
- Shortness of breath or difficulty breathing, without chest pain
- Unexplained anxiety, weakness or fatigue
- Heart palpitation, cold sweat, or paleness

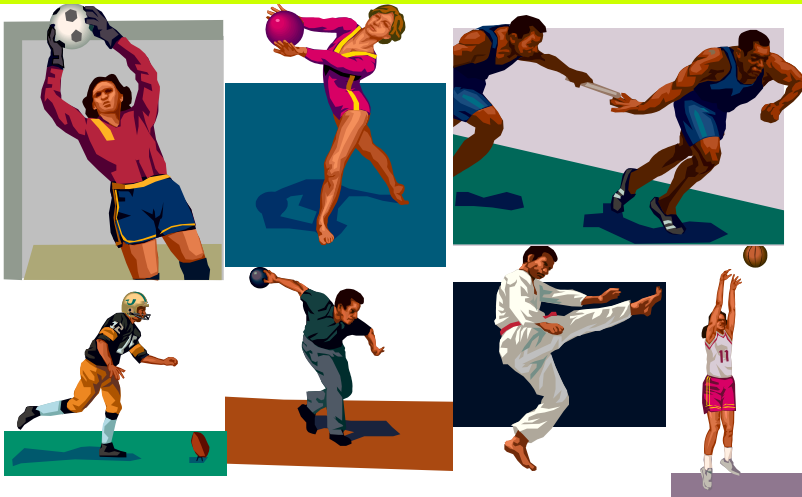
If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait, call for help. Call 9-1-1... Get to a hospital right away.



To learn more about heart attack and stroke, talk with your doctor or nurse.

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Physical Activity



Tobacco Cessation Resources

American Counseling Center 704-892-9771

Hypnotherapy for smoking and weight loss
 Day and Evening Hours
 1990 South Main St.
 Cornelius, NC 28031

Hypnosis Center 704-932-5600

Hypnotherapy for smoking and weight loss
 2001-B North Cannon Blvd.
 Kannapolis, NC 28083

Wienand Hypnosis Therapy 704-463-1198

15750 Mattons Grove Church Rd.
 Misenheimer, NC 28109

Websites

www.ncnot.com

Not-On-Tobacco: Teens- Get help Quitting Smoking

contains information on how to quit, helping someone quit, and a message board. Spanish materials are available.

www.cancer.org

American Cancer Society

Contents include why should I quit, how to quit, dealing with withdrawal, staying quit, support, weight gain and stress.

Tobacco Cessation Resources

5315 Greenbrook Dr.
Charlotte, NC

704-537-5776 or 1-800-892-5654

- Call 1-800-LUNG-USA (1-800-586-4872)
- The website for the NC chapter is <http://www.lungnc.org/> and the national website is <http://www.lungusa.org/>.
- The popular Freedom From Smoking program is available online at www.ffsonline.org. This program is free and is available 24 hours a day, 7 days a week.
- Local Freedom From Smoking clinics are also being offered by trained smoking cessation counselors. For a listing of locations and schedules, call 1-800-586-4872. Note that not all clinics are free of charge.

American Cancer Society– Charlotte office

500 E. Morehead St, Suite 211
Charlotte, NC 28202
704-367-1659

- For free materials or telephone counseling, call 1-877-YES-QUIT (1-877-937-7848)
- The website address is <http://www.cancer.org>.

American Heart Association

- The website address is <http://www.americanheart.org/>. Type “smoking” in the search box for links to numerous resources and helpful information.
- Call 1-800-AHA-USA1 (1-800-242-8721)

National Cancer Institute:

- For Information call 1-800-4CANCER (1-800-422-6237)
- For trained tobacco cessation counselors call the **Quitline** (toll-free) **1-877-44U-QUIT** (1-877-448-7848)
- Website <http://www.nci.nih.gov/> for general information.
- For an on-line smoking cessation program, use <http://smokefree.gov/>
- Spanish materials and Interpreters available.

Why Exercise?

A moderate exercise program such as walking can *greatly reduce the chances of heart disease, stroke and hypertension.*

Regular exercise has other benefits!



- Gives you more energy
- Controls weight gain
- Slows the aging process and adds years to life
- Strengthens your heart
- Improves circulation
- Helps relieve pain of arthritis
- Tones and strengthens muscles
- Strengthens bones
- Keeps joints, tendons, and ligaments flexible
- Increases the number of calories your body uses
- Helps control your appetite
- Reduces feelings of depression and anxiety
- Helps you sleep better

Archery

Barefoot Archery Inc

704-527-1110

4410 Old Pineville Rd
Charlotte, NC 28217
barearch@bellsouth.net

Indoor archery range, family oriented, Instructional classes for all ages, summer programs and special events for children, membership not required

Hummingbird Custom Bows

704-436-2509

9631 Vineyard Rd
Mt. Pleasant, NC 28124
www.hummingbirdbows.com

Family oriented, Instructional classes and summer programs for all ages.

S&S Graham Archery Inc

704-855-1300

1700 N Main Street
China Grove, NC 28023



Tobacco Cessation Resources

The Lung Center at Carolinas Medical Center

- Call 704-379-576 or (toll free) 888-96LUNGS

Mecklenburg County Health Department

- *Project Assist* offers information on local resources: (704) 336-4660
- *Quit Tobacco for Good* offers free classes (704)336-3317

Nicotine Anonymous

A non-profit 12 step fellowship of men and women offering group support. The Fellowship welcomes all those seeking freedom from nicotine addiction (all forms), including those using cessation programs and nicotine withdrawal aids.

- Mondays 6:00-7:00p.m. at the Incarnation Lutheran Church, Charlotte. For directions call (toll-free) 1-866-879-7168.
- National message line 1-877-879-6422
- Website: <http://www.nicotine-anonymous.org>

Presbyterian Hospital Center for Preventive Cardiology Charlotte, NC 28202

Solutions for Smokers

- 1 individual consultation and 6 group sessions
- Call 704-384-5043 for more information

Quit Now NC!

A joint partnership of the NC Division of Public Health and NC Prevention Partners with the single goal of helping North Carolinians quit tobacco use:

- Call (919)843-4455 or (919)966-9137
- E-mail ncpp@ncpreventionpartners.org
- Get on-line www.quitnownc.org

Quit Now NC! Recommends www.quitnet.org as a very useful website. Although access to parts of the website are free, there is a fee to take advantage of the full range of services offered such as a comprehensive program, chat rooms, etc.

American Lung Association- South Central Area

Quit for Life! Tobacco Cessation Resources



QuitSmart Smoking Cessation Program:

A 4-session smoking cessation program that includes behavior modification techniques with the latest nicotine replacement strategies.

Call for more information or to register for a class:

704-783-1275 or 1-800-575-1275

Ask First: A service of North East Medical Center

New Day Counseling Center **704-793-4754**
1027 Rockland Circle SW
Concord, NC 28027

Cabarrus Soccer Association **704-784-9186**

Athletic Association

P.O. Box 155
Harrisburg, NC 28075
www.cabarrussoccer.org

Harrisburg Youth Soccer Association **704-455-8572**

P.O. Box 186
Harrisburg, NC 28075
<http://eteamz.active.com/hyasports/>

Tri-County Football Club **704-788-4816**

11 Union St. S, Suite 216
Concord, NC 28015
<http://tfcoccer.org>

South Rowan Community Center **704-932-6818**

210 Rosemont Avenue
Kannapolis, NC 28081

Baseball & Softball

**Diamond Dreams
Baseball and Softball Academy** 704-795-2012
120 Church Street N
Concord, NC 28025

Double Play Sports 704-454-5609
12190 University City Blvd, Suite 10
Charlotte, NC 28213



Tobacco Cessation

Nutrition & Weight Loss Resources

Weight Watchers www.weightwatchers.com	800-651-6000
Weinand Hypnosis Therapy 15750 Mattons Grove Church Rd Misenheimer, NC 28109	704-463-1198
YMCA: Cannon Memorial 101 YMCA Drive Kannapolis, NC 28081	704-939-9622
YMCA: Southwest Branch 411 Pitts School Road SW Concord, NC 28027	704-795-9622

Cabarrus County Parks & Recreation 704-920-3356

Baseball & Softball

Concord Parks & Recreation	704-920-5640
Harrisburg Youth Association	704-455-8572
Kannapolis Parks & Recreation	704-938-5133

Baseball/Softball Fields

For field addresses, turn to pages 34-39.

- | | |
|-------------------------------|----------------------------------|
| A.L. Brown High School | Mt. Pleasant Middle School |
| Baker's Creek Park | Mt Pleasant McAllister Fields |
| Bethel Elementary School | North Cabarrus Park |
| Caldwell Park | Northwest Cabarrus High School |
| Central Cabarrus High School | Northwest Cabarrus Middle School |
| Concord High School | Rocky River Elementary School |
| Concord Middle School | Walter M. Safrit Park |
| Corriher Ball Field | Webb Field |
| Forest Park Elementary School | W.W. Flowe Park |
| Frank Liske Park | |
| Gibson Field | |
| Harrisburg Elementary School | |
| Harris Road Middle School | |
| Hartsell Park | |
| J.N. Fries Middle School | |
| Jay M. Robinson High School | |
| Kannapolis Middle School | |
| Les Myers Park | |
| Linn Ball Field | |
| McAllister Softball Field | |
| Mt. Pleasant High School | |

Basketball

Cabarrus County Parks & Recreation 704-920-3350

Basketball leagues

Concord Parks & Recreation 704-920-5640

Adult basketball league and cross court basketball games

Harrisburg Youth Association 704-455-8572

Basketball Courts

For court addresses, turn to pages 34-39.

Academy Park
 A.L. Brown High School
 A.T. Allen Elementary School
 Bethel Elementary School
 Beverly Hills Elementary School
 Caldwell Park
 Central Cabarrus High School
 Forest Park Elementary School
 Fred L. Wilson Elementary School
 Harrisburg Elementary School
 Les Myers Park
 Mt. Pleasant Elementary School
 North Cabarrus Park
 R. Brown McAllister Elementary School
 Rocky River Elementary School
 Royal Oaks Elementary School
 Shady Brook Elementary School
 W. Irvin Elementary School

Winecoff Elementary School
 Wolf Meadow Elementary School

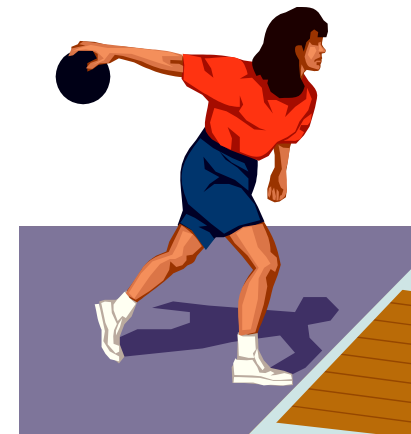
Nutrition & Weight Loss Resources

Nutrition & Weight Loss Resources

Curves 613 S Cannon Blvd Kannapolis, NC 28081	704-938-7777
Divine Health Center 521 N Cannon Blvd Kannapolis, NC 28081	704-938-5435
First Care Medical Clinic 1426 East Main St. Albemarle, NC 28001	704-982-0950
Genesis Herb Garden 231-A Branchview Drive NE Concord, NC 28025	704-782-1650
Herbalife	704-784-8515
Herbalife Distributor www.herbal-nutrition.net/losewtfeelgrt	704-720-0740
Herbalife Distributor 7897 Karriker Road Kannapolis, NC 28081	704-933-3065

Bowling

AMF Bowling Center 5900 N Tryon St. Charlotte, NC 28213	704-596-4736
Foxfire Lanes 225 Security St. Kannapolis, NC 28083 http://foxfirelanes.com	704-932-0146
Frye's Lake Lanes 2800 Poplar Tent Rd Concord, NC 28027	704-782-5952
Jillian's- Concord Mills 8361 Concord Mills Blvd Concord, NC 28075	704-979-1700



Cheerleading & Gymnastics



Cabarrus County Gymnastics **704-784-3111**
 1029 Central Drive NW
 Concord, NC 28027
www.ccgymnastics.com

Cheer Plus **704-782-7986**
 1029-A Central Drive NW
 Concord, NC 28027

Nutrition & Weight Loss Resources

Carolina Digestive Health Associates 704-547-8818
 4315-202 Physicians Blvd
 Harrisburg, NC 28075

Carolina Weight Loss Surgery **704-786-5700**
 103 Country Club Drive
 Concord, NC 28025

Cooperative Extension Service **704-920-3310**
 715 Cabarrus Avenue, West
 Concord, NC 28027

LA Weight Loss **704-262-3775**
 3395 Cloverleaf Parkway
 Kannapolis, NC 2808

NEMC– Health & Fitness Institute **704-783-1275**
 920 North Church Street **or 1-800-575-1275**
 Concord, NC 28025

Nutrition Program for the Elderly **704-436-9112**
 100 St. Johns Church Road
 Concord, NC 28025

Peak Fitness **704-795-6000**
 2335 Lake Concord Rd
 Concord, NC 28025

Sports Center **704-782-3000**
 233 Country Club Dr NE
 Concord, NC 28025

The Weight Management Program **704-783-2030**
 120 Lake Concord Rd NE
 Concord, NC 28025

Nutrition Tips for a Healthier You

- Limit your use of solid fats, such as butter and hard margarines. Use vegetable oils as a substitute
- Choose fat-free or low-fat types of milk products, and lean meats and poultry. Eat cooked dry beans, peas and fish more often.
- Use the Nutrition Facts Label to help choose foods lower in total fat- especially saturated fat- as well as in cholesterol and sodium.



- Limit your intake of beverages and foods that are high in added sugars. Don't let soft drinks or sweets crowd out other foods you need, such as milk products or other calcium sources.
- To keep your sodium intake moderate, choose and prepare foods with less salt.
- If you are an adult and choose to drink alcoholic beverages, do so sensibly- limit intake to one drink a day for women or two a day for men.

Based on the *Dietary Guidelines for Americans*, 2000.

Cheerleading & Gymnastics

G & J Speedway Gymnastics 6043 Victory Lane SW Concord, NC 28027	704-782-7986
Harrisburg Youth Association P.O. Box 186 Harrisburg, NC 28075	704-455-8572
3-D Flips 118 S Main St China Grove, NC 28023	704-855-3547
Top Notch Gymnastics, Inc 4380 Triple Crown Drive Concord, NC 28027	704-721-0727
Victory Cheerleading Co. 4407 Republic Court NW Concord, NC 28027	704-795-2433
The Studio Gymnastics Center 209 Branchview Drive NE Concord, NC 28025	704-788-9241

Dance Instruction

A Little Bit of Broadway 704-788-2210

842 Union Street S
Concord, NC 28025

Attitude Dance Co 704-938-6210

608 N Little Texas Road
Kannapolis, NC 28083

Carolina Dance & After-School Care 704-786-3262

2353-110 Concord Lake Rd
Concord, NC 28025

Center Stage Dance Co 704-857-6312

150 S Bostian St
China Grove, NC 28023

Concord Parks & Recreation 704-920-5650

Line dancing, clogging, and shag dancing lessons

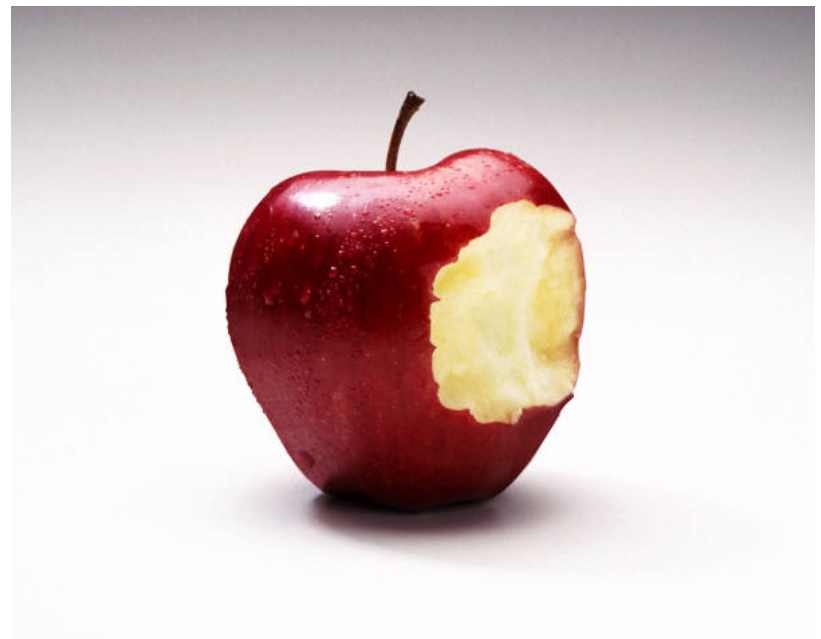
Dance Dreams Studio 704-933-7170

299 Brookdale Street
Kannapolis, NC 28081

Dance Trap 704-436-2621

8345 W Franklin St
Mt Pleasant, NC 28124

Nutrition & Weight Loss Resources



Eating Smart can improve your health!

A well balanced diet can help to prevent many health conditions, such as high blood pressure and high cholesterol.

Good nutrition can also help to control your weight.

Nutrition & Weight Loss

Dance Instruction

KSD Dancers 704-932-9400

529 N Rose Ave.
Kannapolis, NC 28083

Kinderdance by Shanon 704-454-5890

Let's Dance Studio 704-938-8411

1912-A S Ridge Ave
Kannapolis, NC 28083

Motion Dance Studio 704-782-5333

55 Cabarrus Ave W
Concord, NC 28025

The Next Step Dance Studio 704-786-7837

525- B Pitts School Rd NW
Concord, NC 28027

Pegge Lee School of Dance 704-782-1915

816 Davidson Drive NW
Concord, NC 28025

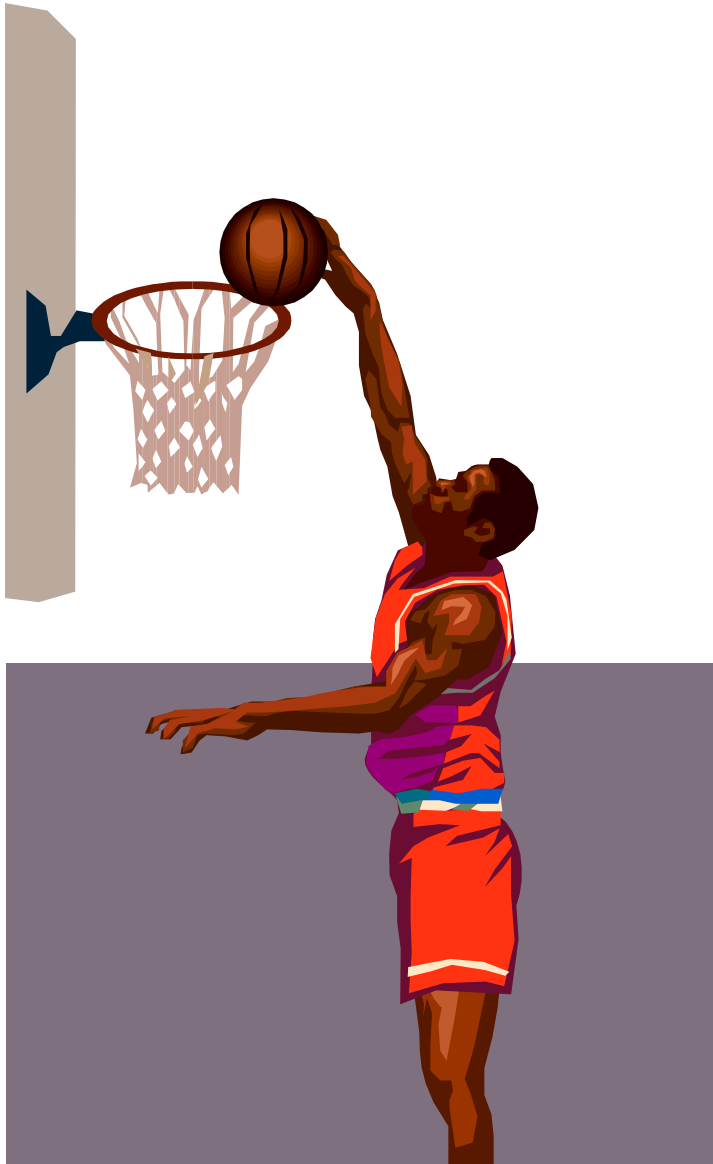
Rebecca's Tutu 704-932-8888

www.rebeccastutu.com

Thorough Bred Dance Productions 704-795-2229

493-A Concord Parkway N
Concord, NC 28027

Fitness Centers & Health Clubs



Youth Organizations

Girl Scouts, Hornets' Nest Council **704-731-6500**

7007 Idlewild Road
Charlotte, NC 28212
<http://www.hngirlscouts.org/>

Membership required, Instructional classes and special events for children and adults. Serving Anson, Cabarrus, Mecklenburg, Montgomery, Stanly, Rowan, York, and Union Counties.

Harrisburg Youth Association **704-455-8572**

P.O. Box 186
Harrisburg, NC 28075
<http://eteamz.active.com/hyasports/>

Youth Football, Baseball, Basketball, Soccer, Softball, Cheerleading, and Summer Camps.

Youth Organizations

Boy Scouts of America - Central North Carolina Council

P.O. Box 250 **704-982-0141**
Albemarle, NC 28002

Membership required, Instructional classes and special events for children and adults. Summer programs for children. Archery, athletic field, baseball/softball field, campgrounds, basketball court, crafts area, fishing lake, lifeguards, nature trails, picnic shelters, and swimming pool

Boys and Girls Club of Cabarrus County

247 Spring St **704-721-2582**
Concord, NC 28025
<http://bgclubcab.org>

Membership required, Instructional classes, summer programs, and special events for children. Basketball court, gymnastics, football field, cheerleading, crafts area, soccer field, dancing instruction, gymnasium, and game room. Athletic field, fishing lake, lifeguards, picnic shelters, playgrounds, swimming pool, and volleyball court at summer camp.

Fitness Centers & Health Clubs

ABC's Private Exercise & Personal Training Agency **704-785-2911**

Carolina Fitness of Concord **704-782-5111**
1030 Central Drive NW
Concord, NC 28027

Cross Training Fitness **704-721-9030**
1096-8 Concord Parkway N
Concord, NC 28027

Curves **704-938-7777**
613 S Cannon Blvd
Kannapolis, NC 28081

Curves for Women **704-788-6800**
50-B6 Concord Commons Pl
Concord, NC 28027

Fitness Today for Ladies Only **704-785-9000**
1445 Concord Parkway N
Concord, NC 28025

Mt Pleasant Fitness Center **704-436-8098**
8315 W Franklin St
Mt Pleasant, NC 28124

Nautilus Fitness Center **704-932-8000**
805 McCombs Ave
Kannapolis, NC 28083

Peak Fitness **704-795-6000**
2335 Concord Lake Road
Concord, NC 28025

Peak Fitness **704-454-7000**

Fitness Centers & Health Clubs

5650 S NC Highway 49
Harrisburg, NC 28075

Pro Fitness 704-455-1832

4939 S NC Hwy 49
Harrisburg, NC 28075

Shape Xpress 704-788-2242

300-103 Copperfield Blvd NE
Concord, NC 28025

Walking & Jogging Groups

Cabarrus County Senior Center 704-920-3484

331 Corban Avenue, SE
Concord, NC 28025

Carolina Mall 704-786-1185

1480-120 US Hwy 29 N
Concord, NC 28025

Concord Mills Mall 704-979-3000

8111 Concord Mills Blvd.
Concord, NC 28027

Concord Parks & Recreation 704-920-5619

The City Street Walk Program and The Concord Runners Club

Find information on other walking clubs and events:

Carolina Walking Clubs

<http://tswva.csi.tzo.com/carolinaclubs.htm>

Rowan Roamers Club

<http://www.rowanroamers.org/mainpage.html>

The Walking Connection

http://www.walkingconnection.com/Walking_Links1.html

Walk a Block Club

<http://www.walkablock.com/MemberList.htm>

Walking & Jogging Trails

Baker's Creek Park	North Cabarrus Park
Frank Liske Park	Village Park
Hartsell Park	Walter M. Safrit Park
James L. Dorton Park	W.W. Flowe Park

Public School Track Facilities:

Beverly Hills Elementary School
 Central Cabarrus High School
 Coltrane-Webb Elementary School
 Concord High School
 Concord Middle School
 Cox Mill Elementary School
 C.C. Griffin Middle School
 Harris Road Middle School
 J.N. Fries Middle School
 Jay M. Robinson High School
 Mt. Pleasant High School
 Mt. Pleasant Middle School
 Northwest Cabarrus High School
 Northwest Cabarrus Middle School
 R. Brown McAllister Elementary School
 Rocky River Elementary School
 Winecoff Elementary School
 Wolf Meadow Elementary School

For addresses, turn to pages 34-39.

Fitness Centers & Health Clubs

Sports Center **704-782-3000**
 233 Country Club Dr NE
 Concord, NC 28025

World Gym **704-785-9675**
 929 Hwy 29 S
 Concord, NC 28025

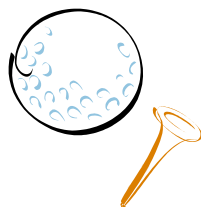
A Woman's Place **704-795-2436**
 96 McGill Avenue
 Concord, NC 28025

YMCA: Cannon Memorial **704-939-9622**
 101 YMCA Drive
 Kannapolis, NC 28081

YMCA: Southwest Branch **704-795-9622**
 411 Pitts School Road SW
 Concord, NC 28027

Golf Courses– Public

Eagle Chase Golf Club 3215 Brantley Rd Marshville, NC 28103	704-385-9000
Foxwood Golf Club 940 Potneck Rd Salisbury, NC 28147	704-637-2528
Green Oaks Golf Course, Inc 4775 Hamby Branch Rd Concord, NC 28025	704-786-4412
Rocky River Golf Club at Concord 6900 Speedway Blvd NW Concord, NC 28027	704-455-1200
The Warrior Golf Club 1150 Lake Wright Rd China Grove, NC 28023	704-856-0871
McCanless Golf Club 3515 Stokes Ferry Road Salisbury, NC 28147	704-637-1235



Tennis Courts

Baker's Creek Park
Beverly Hills Park
Caldwell Park
Frank Liske Park
James L. Dorton Park
Les Myers Park
A.L. Brown High School
Central Cabarrus High School
Concord High School
Mt. Pleasant High School
Mt. Pleasant Middle School
Northwest Cabarrus High School

For court addresses, turn to pages 34-39.

Sports Center 233 Country Club Dr NE Concord, NC 28025	704-782-3000
YMCA: Cannon Memorial 101 YMCA Drive Kannapolis, NC 28081	704-939-9622
YMCA: Southwest Branch 411 Pitts School Road SW Concord, NC 28027	704-795-9622

Swimming Pools

- McGinnis Aquatic Center** **704-920-5604**
151 Academy Avenue NW
Concord, NC 28025

- Mt Pleasant Swim Club** **704-436-9100**
6830 Mt. Olive Road
Mt Pleasant, NC 28124

- Sports Center** **704-782-3000**
233 Country Club Dr NE
Concord, NC 28025

- YMCA: Cannon Memorial** **704-939-9622**
101 YMCA Drive
Kannapolis, NC 28081

- YMCA: Southwest Branch** **704-795-9622**
411 Pitts School Road SW
Concord, NC 28027

- Scuba Diving Instruction:**
- Paradise Island Divers** **704-525-9234**
2317 South Boulevard
Charlotte, NC 28203

Golf Courses– Public

- Paradise Valley Golf Club** **704-548-9283**
110 Barton Creek Drive
Charlotte, NC 28262

- Rolling Hills Golf Club** **704-633-8125**
275 Par Drive
Salisbury, NC 28147

- Warrior Golf Club at Lake Wright** **704-859-6239**
890 Lake Wright Road
China Grove, NC 28023

Golf Courses– Private

- Cabarrus Country Club** **704-786-3104**
3247 Weddington Rd NW
Concord, NC 28027

- Kannapolis Country Club** **704-933-4336**
1196 Fairway Dr
Kannapolis, NC 28081

Also

- Concord Parks & Recreation** **704-920-5640**
Golf Instruction for Ladies and golf Instruction for all abilities

Horseback Riding (Equestrian)

Boones Farm and Stables 704-933-7416
8601 Boones Farm Road
Concord, NC 28027

Cabarrus County Saddle Club, Inc. 704-786-7017
4370 Zion Church Road
Concord, NC 28025



Swimming Pools

Beverly Hills Swim Club 704-786-5817
801 McGregor Drive NE
Concord, NC 28025

Bradford Park Pool 704-455-8159
4605 Revere Lane
Harrisburg, NC 28075

Concord Swimming Club 704-782-9413
155 Eastcliff Drive SE
Concord, NC 28025

Happy Lake 704-857-5849
545 Happy Lake Road
China Grove-Landis, NC

Kannapolis Recreation Park 704-932-9734
2225 Fowler Street
Kannapolis, NC 28083

Landis Swimming Pool 704-857-2164
301 W. Rice Street
Landis, NC 28088



Soccer

Concord Parks & Recreation 704-920-5640
Youth Soccer League

FC Carolina Alliance 704-788-4816
5128-A Davidson Highway
Concord, NC 28027
<http://www.tfcsoccer.org/>

Harrisburg Youth Soccer Association 704-455-8572

Soccer / Athletic Fields

For field addresses, turn to pages 34-39.

- | | |
|----------------------------------|------------------------------|
| A.L. Brown High School | Walter M. Safrit Park |
| Beverly Hills Elementary School | Webb Field |
| Concord High School | Winecoff Elementary School |
| Concord Mills School | W.R. Odell Elementary School |
| Frank Liske Park | |
| Fred L. Wilson Elementary School | |
| Gibson Field | |
| Harrisburg Elementary School | |
| Hartsell Field Complex | |
| James L. Dorton Park | |
| J.N. Fries Middle School | |
| Jay M. Robinson High School | |
| Mt. Pleasant High School | |
| Mt. Pleasant Middle School | |
| Northwest Cabarrus High School | |
| Northwest Cabarrus Middle School | |
| Rocky River Elementary School | |

Horseback Riding (Equestrian)

Concord Parks & Recreation 704-425-5728
Beginning horsemanship and riding lessons

Crooked Creek Stables 704-455-1963
8144 Robinson Church Road
Harrisburg, NC 28075

David Mesimer Stables 704-795-6767
8471 Mooresville Road
Concord, NC 28027

Double D Stable 704-436-2699
1905 Dutch Road
Mt Pleasant, NC 28124

Brandywine Stables 704-455-5166
10098 Flowes Store Road
Midland, NC 28107

Ridge Haven Equestrian Center 704-795-4677
2850 Ridge Road
Concord, NC 28025

Martial Arts



Skating Rinks

Frye's Roller Rink
2790 Poplar Tent Road
Concord, NC 28027

704-782-5513

Skateland USA
311 Brookdale Street
Kannapolis, NC 28081

704-938-3013

Skating Pads
Hartsell Park
Les Myers Park

For skating pad addresses, turn to pages 34-35.



Senior Citizen Organizations

Cabarrus County Senior Center **704-920-3484**
331 Corban Avenue, SE
Concord, NC 28025

Aerobic classes, archery, bowling, cardiovascular workouts and equipment, cheerleading, crafts, dancing, fitness trails, game room, horseshoes, educational classes, music therapy, nutrition counseling, weight loss guidance, personal training, strength training, weight machines, stress management, treadmills, and yoga

Cabarrus Senior Games **704-920-3484**
331 Corban Avenue, SE
Concord, NC 28025

Includes track and field events, cycling events, swimming events, 3-on-3 basketball, golf, tennis, racquetball, archery, bowling, badminton and table tennis and more

Concord Parks & Recreation **704-920-5650**
Happy Swingers
Walking, fellowship and chair exercise with other seniors

David Murdock Senior Center **704-786-7017**
101 YMCA Drive
Kannapolis, NC 28082
Fitness, games, lunch program, day trips, dances, cards, music, fitness and fellowship

Martial Arts

Allison American Karate Academy **704-786-1696**
986 Odell School Rd
Concord, NC 28027

844 Union St S
South Union Shopping Center
Concord, NC 28025
Family oriented, instructional classes, summer programs and special events for all ages. Cardiovascular equipment, certified personal trainers, circuit training, stress management, and weight loss guidance.

Concord Parks & Recreation **704-920-5650**
Karate American Freestyle for youth.

Concord Tae Kwon Do America **704-794-6610**
745 Concord Parkway N
Concord, NC 28027
www.concordtkd.com
Membership required. Family oriented, instructional classes for all ages, summer programs and special events for children and adults. Aerobic classes, certified personal trainers, fitness food and drinks, kitchen facilities, locker rooms, and lounge.

At-One-Ment Solutions Unlimited **704-785-2911**

Cabarrus Chiropractic Clinic **704-933-2266**
206 N Cannon Blvd
Kannapolis, NC 28083

Cabarrus County Senior Center **704-920-3484**
331 Corban Avenue, SE
Concord, NC 28025

Cabarrus Health Alliance **704-920-1200**
1307 S. Cannon Blvd
Kannapolis, NC 28083

Public School Facilities

School	Baseball/Softball Field	Football/Soccer Field	Outdoor Basketball
Kannapolis Middle School 525 East C Street, Kannapolis			
Long Preschool Center 310 Kerr Street, Concord			
Mt. Pleasant Elementary School 8555 North Drive, Mt. Pleasant			
Mt. Pleasant High School 700 Walker Road, Mt. Pleasant			
Mt. Pleasant Middle School 8325 Highway 49, Mt. Pleasant			
Northwest Cabarrus High School 5130 Northwest Cabarrus Drive, Concord			
Northwest Cabarrus Middle School 5140 Northwest Cabarrus Drive, Concord			
R. Brown McAllister Elementary School 541 Sunnyside Drive, Concord			
Rocky River Elementary School 5454 Rocky River Road, Concord			
Royal Oaks Elementary School 608 Dakota Street, Kannapolis			
Shady Brook Elementary School 903 Rogers Lake Road, Kannapolis			
W.M. Irvin Elementary School 1400 Gold Rush Drive, Concord			
W.R Odell Elementary School 1885 Odell School Road, Concord			
Weddington Hills Elementary School 4401 Weddington Road, Concord			
Winecoff Elementary School 375 Winecoff School Road, Concord			
Wolf Meadow Elementary School 150 Wolf Meadow Drive, Concord			



Public School Facilities

School	Baseball/Softball Field	Football/Soccer Field	Outdoor Basketball Co
A.L. Brown High School 415 E. 1st Street, Kannapolis			
A.T. Allen Elementary School 3801 Highway 601 South, Concord			
Bethel Elementary School 2240 Highway 24-27, Midland			
Beverly Hills Elementary School 87 Palaside Dr., Concord			
Central Cabarrus High School 505 Highway 49, South, Concord			
Coltrane-Webb Elementary School 61 Spring Street, Concord			
Concord High School 481 Burrage Road, Concord			
Concord Middle School 1500 Gold Rush Drive, Concord			
Forest Park Elementary School 1333 Forest Park Drive, Kannapolis			
Fred L. Wilson Elementary School 1404 Pine Street, Kannapolis			
Cox Mill Elementary School 1450 Cox Mill Road, Concord			
C.C. Griffin Middle School 7650 Griffin's Gate Drive, Concord			
Harris Road Middle School 1251 Patriot Plantation Blvd, Concord			
Harrisburg Elementary School 3900 Stallings Road, Harrisburg			
J.N. Fries Middle School 133 Stonecrest Circle, Concord			
Jackson Park Elementary School 1400 Jackson Street, Kannapolis			
Jay M. Robinson High School 4500 Pitts School Road, Concord			

Parks

Gibson Field 321 Misenheimer Avenue, NW Concord, NC 28027	704-784-2616
Hartsell Field Complex 30 Swink Street, NW Concord, NC 28027	704-788-9325
Hartsell Park 65 Sunderland Road Concord, NC 28027	704-920-5602
Harrisburg Athletic Complex Sims Parkway Harrisburg, NC 28075	
James L. Dorton Park 5790 Poplar Tent Road Concord, NC 28027	704-920-5602
Lake Fisher Reservoir 5090 Lake Fisher Road Kannapolis, NC 28083	704-920-5600 704-938-1327

<i>Park</i>	<i>Baseball/ Softball Field</i>	<i>Athletic Field</i>	<i>Basketball Courts</i>	<i>Picnic Area</i>
Academy Park 147 Academy Avenue, Concord				
Baker's Creek Park 1275 West A St, Kannapolis				
Beverly Hills Park 631 Miramar Street, Concord				
Caldwell Park 362 Georgia Street, Concord				
Corriher Ball Field 1011 S Main Street, Landis				
Frank Liske Park 4001 Stough Road, Concord				
Gibson Field 321 Misenheimer Ave, Concord				
Hartsell Complex 30 Swink Street, Concord				
Hartsell Park 65 Sunderland Road, Concord				
James L. Dorton Park 5790 Poplar Tent Rd, Concord				
Les Myers Park 338 Lawndale Ave., Concord				
Linn Ball Field 416 N Meriah Street, Landis				
McAllister Softball Field 160 Crowell Drive, Concord				
North Cabarrus Park 760 Orphanage Road, Concord				
Village Park North Loop Road, Kannapolis				
Walter M. Safrit Park Bethpage Road, Kannapolis				
Webb Field 165 Academy Avenue, Concord				
W.W. Flowe Park 99 Central Heights Drive, Concord				

Parks

Walter M. Safrit Park **704-920-4343**
Bethpage Road
Kannapolis, NC 28081

Webb Field **704-786-8406**
165 Academy Avenue, NW
Concord, NC 28025

W.W. Flowe Park **704-920-5603**
99 Central Heights Drive
Concord, NC 28025

Recreation Centers

Academy Recreation Center **704-920-5601**

147 Academy Avenue
Concord, NC 28025

A 16,000 sq. ft. building with a full-size gym, weight room, meeting room, arts & crafts area.

Hartsell Recreation Center **704-920-5602**

60 Hartsell School Road
Concord, NC 28027

A 12,000 sq. ft. building with a full-size gym and weight room.

John F. McInnis Aquatic Center **704-920-5604**

151 Academy Avenue
Concord, NC 28025

Seasonal– Open June, July and August

Logan Multi-Purpose Center **704-920-5603**

151 Rone Avenue
Concord, NC 28025

A 16,000 sq. ft. building with a full-size gym, weight room, meeting rooms, 2 lounge and TV rooms, and arts & crafts area.

Mt Pleasant Recreation Commission **704-436-6614**

8595 Park Drive
Mt Pleasant, NC 28124

Greenways

