



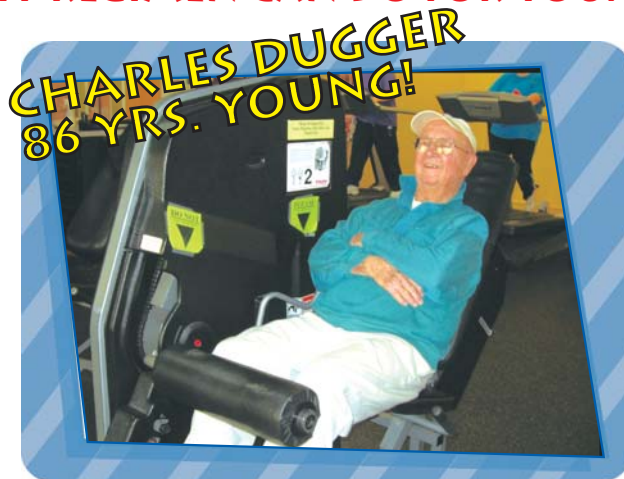
## NANCY DIXON, VOLUNTEER PILATES INSTRUCTOR

What is the value of a volunteer? That is an excellent question! At Mount Airy Parks and Recreation, we are blessed to have so many wonderful and giving people who teach, mentor, coach, clean, encourage and CHANGE PEOPLE'S LIVES FOREVER. What a powerful force in this busy world where some would argue that self preservation is evident and community service is lacking. Hhhmmmmm, maybe not so much so in Mount Airy, North Carolina where people moving into the area reference down home charm and a true sense of community!

Nancy Dixon, pictured here, is a volunteer teacher for Pilates Classes and also serves on the Recreation Commission. When asked why she enjoys volunteering, she replies, "I feel, that if I want to live in a community like this, then I

## WHAT 26 YEARS OF A HEALTHY REGIMEN CAN DO FOR YOU!

Charles Dugger started working out at 60 years of age! Now, at 86 years young, he says "I would have never believed that I could feel this good at 86!" He and wife, Shirley, are regulars at Reeves Community Center. Charles, having served many years on the previous RCC Board of Directors, says that working out at Reeves allows him to "feel better and support the recreation efforts of the community at the same time!"



**What's your secret Charles, one might ask?**  
"I quit smoking at 37, I don't drink, I try to eat

**"CLEAN LIVING PAYS OFF!"**

right – not 100%, of course and, as I tell my children...clean living pays off!"

**What advice would you give someone incorporating exercise into their weekly routine for the first time?**

I used to get up in the morning and ask myself "What is the best thing I could do for myself today?" If I was honest, the answer was "Get to the gym!" I also think it is important to be active in the community...whether it is singing in the choir, teaching a Sunday school class, coaching or volunteering for scouts. We need outside activities to stimulate ourselves.

**How important is a friendly atmosphere to you?**

## HOLIDAY HOURS

New Years Eve .....	8AM-5PM
New Years Day.....	8AM-5PM
Good Friday .....	8AM-5PM
Easter Sunday.....	Closed
Memorial Day Monday.....	8AM-5PM
July 4 <sup>th</sup> .....	8AM-5PM
Labor Day Monday.....	8AM-5PM
Thanksgiving Day.....	Closed
Thanksgiving Friday.....	8AM-5PM
Christmas Eve.....	Closed
Christmas Day .....	Closed

## HOURS OF OPERATION

Monday .....	5:30AM-9PM
Tuesday .....	5:30AM-9PM
Wednesday .....	5:30AM-9PM
Thursday.....	5:30AM-9PM
Friday .....	5:30AM-9PM
Saturday.....	8AM-5PM
Sunday.....	1PM-5PM

## MEET OUR STAFF

Director .....	Catrina Alexander
Assistant Director .....	Darren Lewis
Program Supervisor.....	Terry Pruett
Program Supervisor.....	Fonda Mooney
Aquatics Supervisor.....	Cathy Cloukey
Head Lifeguard.....	Michelle Tilley
Wellness Coordinator .....	Bradley Key
Revenue Collection Asst .....	Shannon Phipps
Administrative Asst.....	Judy Dearborn
Administrative Asst.....	Sarah Scott
Maintenance .....	Steve Shaw
Parks .....	Gary Felts
Parks .....	Terry Tilley

## REFUND POLICY

0-7 Days .....	90%	After 30 days, <b>NO REFUND</b>
8-14 Days.....	75%	There will be a \$25.00 charge for all insuffi-
15-30 Days.....	50%	cient funds.

