

Thousands of soccer players soon arriving! Significant improvements to the arsenal of facilities at 521 Rec Center include four new full-size synthetic turf soccer fields plus volleyball courts and a disc golf course.



five- and six-year-olds.

Arts and music are also part of the programming for children at the rec center. Lessons in piano, violin and drums are taught by Community School of the Arts professionals. Children may also take drawing or ballet classes.

"If we identify a need, we do our best to make it happen," said Hunter.

As a result, teens can find free, safe and fun entertainment in a non-threatening environment. Community teens can play basketball on the rec center's indoor courts, play with the Wii system in the lounge and play pool and air hockey in the game room.

"I like to play kickball, other catching and kicking games, and soccer," said Sam Cowley, a Ballantyne youngster who goes to the rec center during the day to play sports with the rest of his Morrison YMCA summer camp group. "I also get to go to the rec center whenever I want and play basketball with my friends or go into the game room and play pool, since I live nearby."

521 Recreation Center is not just for kids. Adults can enjoy basketball, fencing, Jazzercise, music lessons and a variety of instructional classes.

A growing area of the rec center's programming is

aimed toward senior citizens. Jazzercise Light is currently offered, and Alive After 55 will begin this fall. The program will incorporate low-impact aerobics, bridge tournaments, and senior trips that include visits to the Biltmore House in Asheville, NC and anywhere else the seniors decide to go.

The price is right at 521 Recreation Center, with programs at little or no cost. "This is not a money-making venture," said Hunter. "Nominal fees go to providing the basic necessities of programming."

Ballantyne Corporate Park

This corporate park is equipped with green spaces and recreational activities for workers, visitors and residents to enjoy. Parks and trails provide sites for the public to exercise, practice putting, fish, bike, walk and picnic with family and friends.

A new Fit-Trail just opened in June and is accessible from Ballantyne Corporate Place. The walking and jogging trail is equipped with 20 stations, each containing an exercise apparatus and a sign illustrating techniques to complete the exercise. Each exercise is designed to improve



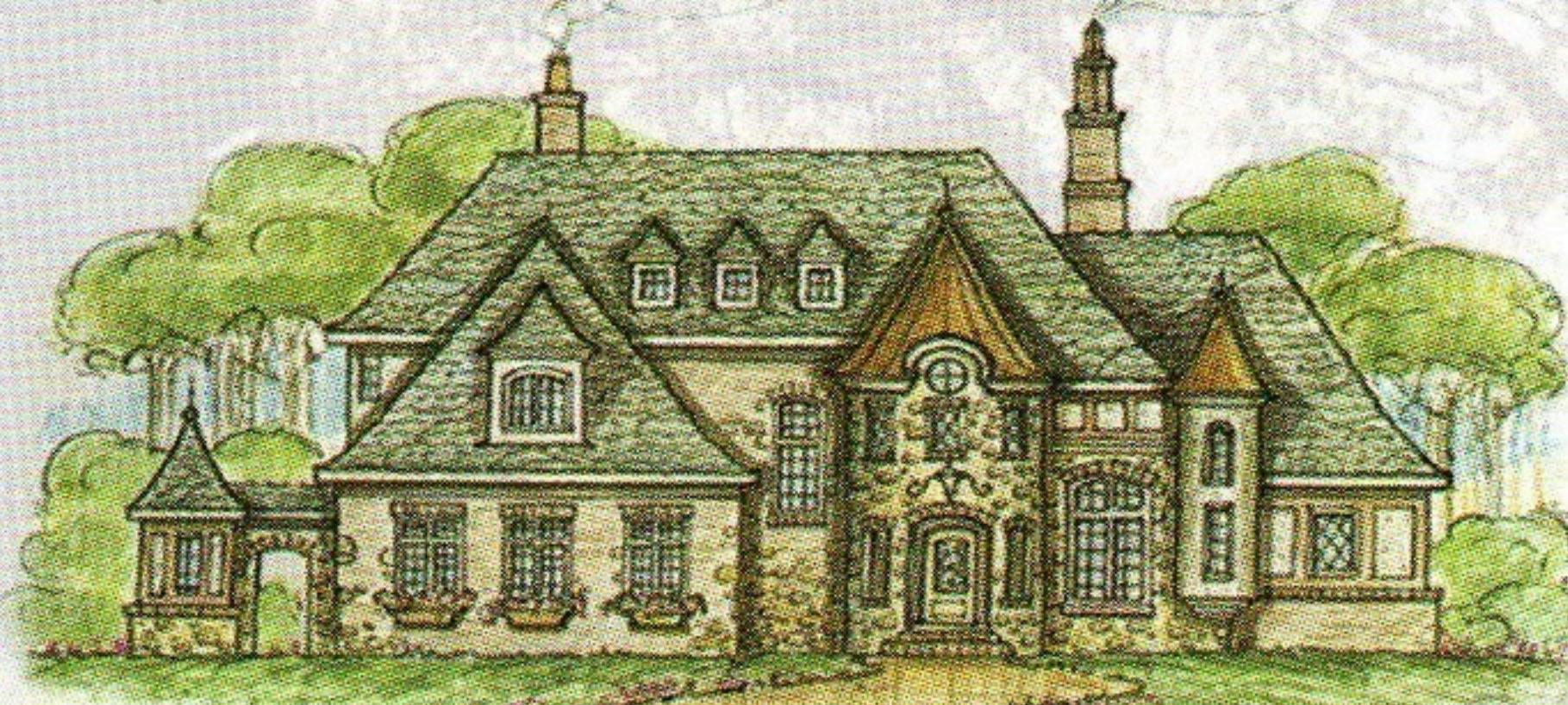
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flexibility, cardiovascular conditioning, muscle strength or muscle endurance. The trail itself, which is 2,000 feet long and 6 feet wide, is made from crushed recycled concrete topped with limestone for softer joint impact. Another helpful aspect of the course is the target heart rate guides interspersed at key exercise stations along the trail.

An eight-hole putting green is open to the public and is located just off Ballantyne Corporate Place, near the massive bronzed bull figures and in the horseshoe of the Chandler, Hixon and Simmons buildings. The putting green is well manicured and rests in a peaceful setting. A putter caddy holding putters and balls is on-site weekdays from 8 a.m. to 5 p.m. The equipment is free for use and must be returned upon completion of putting. The green is also open to the public during off-hours and weekends, but players must bring their own putters and balls.

Pocket parks present a variety of outdoor activities. Fishing is welcome at Cullman Park and Kid Pond. Walking paths are available at Crawford Pond, Hixon Pond, Cullman Park, Kid Pond and the Ballantyne Walking Trail. Additionally, grills and picnic areas are found at Patrick Park, Horton Park, Hixon Pond and Cullman Park. Easily one of the most recognizable green spaces, Our Park is

home to the three giant bull sculptures that have become favorites of children who like to climb all over the intriguing creatures. Interconnecting all of these parks, recreational sites and exercise opportunities are bike paths and sidewalks.

"My husband and I like to ride our bikes in Ballantyne Corporate Park because it's a quiet and scenic atmosphere. I feel safe there on the paths," said Rachel Pascarella, store manager of It's A Grind Coffee House in Ballantyne Village. "We also like to stop and rest at the bulls and other pocket parks with benches."

While all are welcome to enjoy the microparks, parental supervision, leashing of pets, and procurement of a North Carolina state fishing license are encouraged. Guests should call (704) 248-2000 to reserve and coordinate park use for groups or parties, said Karen Martin, communications coordinator for The Bissell Companies Inc., which manages the Corporate Park.

In addition to the self-guided recreational activities, the corporate park hosts events for tenants and the community. Check out www.go-ballantyne.com for an updated listing of events open to the public.

The new fitness trail in Ballantyne Corporate Park has a soft surface that's easier on the joints...plus several exercise stations.



Golf...The National Sport of Ballantyne

If you're a golfer, then Ballantyne is heavenly. There are more than ten private, public, and semi-private courses within 30 minutes drive of the core of Ballantyne. There's a course for every budget and every golfing taste. Want upscale public daily-fee, aka "country club for a day?" Head for Ballantyne Resort or Charlotte Golf Links. Want to join a country club? Head for Firethorne, Ballantyne Country Club, Raintree, or the TPC at Piper Glen. Want a great deal for a semi-private course? Head for Fort Mill Country Club when it re-opens after a much-needed renovation of its greens. Want to get away from the city? Head for the relative peace and quiet of Stonebridge. And the list above just scratches the surface.

Just about every week in the Ballantyne area, a group is raising money for a worthy cause on a local golf course. The

amount raised usually ranges from \$10,000 to upwards of \$100,000.

If game improvement is on the agenda, then Ballantyne is home to some of the top golf teachers in the United States. Begin at The Dana Rader Golf School at Ballantyne Resort. Many local courses, private and public, also offer excellent instructional programs led by highly qualified PGA and LPGA professionals.

Morrison Family YMCA at Ballantyne

The YMCA is unique in that it approaches recreation from a whole-person standpoint, emphasizing healthy spirit, mind and body, according to Michelle Miller, associate executive director of Morrison YMCA. The Morrison YMCA approaches health and recreation in ways that people find fun. Staff meet people where they are in their recreation desires and needs and make sure they have activities an-

