



Forsyth County Procurement

Kimber Carder, Procurement Agent I

January 31, 2020

ADDENDUM #1

QUOTE NO. 20-09-5213

For: Printing of the Activity Guides for the Forsyth County Parks & Rec Department for the calendar year 2020. This agreement will be for one (1) calendar year 2020 with two (2) options to renew.

This addendum supersedes and supplements all portions of the bidding documents and becomes part of the contract documents for the above-referenced project.

Where any item called for in the specifications or indicated on the drawings is supplemented hereby, the original requirements shall remain in effect.

Where any original item is amended, voided or superseded hereby, the provision of such item not so specifically amended, voided or superseded shall remain in effect.

Questions:

- 1) Do you have a sample of the activity guide to provide? Any files that could be inspected prior to bid?

Answer: The final copy of the Activity Guide from last year has been attached to this addendum.

- 2) What are you currently paying/what has been paid in the past?

Answer: A copy of the tabulation for Quote No. 16-131-5213 has been attached to this addendum. It was awarded to Solutions In Print.

3) On the Activity Guides, do the page counts (24, 28, 32) include the 4-page cover or is that referring to the interior pages?

Answer: The page counts: 24, 28, 32 are inclusive of the front and back covers.

FORSYTH COUNTY
QUOTE NO. 16-131-5213
Printing Activity Guides for Forsyth County Parks & Rec Department

****APPARENT QUOTE RESULTS****

DESCRIPTION	Cost Per Issue	Cost Per Issue	Cost Per Issue	Cost Per Issue	Cost Per Issue
	Solutions InPrint, LLC 9850 Colusa Court Gainesville, GA 30506	Creasey Printing Services 1905 Morning Sun Ln Springfield, IL 62711	Drummond 575 Commerce Park Dr Marietta, GA 30060	Raindance Media Solutions 517 Wolfie Street Brunswick, GA 31520	The Sauers Group Office 1585 Roadhaven Dr Stone Mountain, GA 30083
Issue with 24 Pages	\$ 8,050.000	\$ 7,776.000	\$ 8,984.500	\$ 8,521.27	\$8,016.58
Issue with 28 Pages	\$ 8,925.000	\$ 8,630.000	\$ 10,283.000	\$ 9,143.95	\$8,405.49
Issue with 32 Pages	\$ 10,500.000	\$ 9,994.000	\$ 8,442.000	\$ 10,497.67	\$10,014.52
Mailing List	\$ 288.000	\$ 200.000	\$ 350.000	\$ 250.00	\$200.00
Cost Inkjet Labels	\$ 576.000	\$ 775.000	\$ 735.000	\$ 690.00	\$459.00
Bulk Mailing Rate	\$ 5,088.000	\$ 21,760.000	\$ 14,720.000	\$ 15,040.00	\$5,440.00
Delivery Charges	\$ 180.000	\$ 279.000	\$ -	\$ -	\$290.00

\$ 33,607.000 \$ 49,414.000 \$ 43,514.500 \$ 44,142.89 \$32,825.59

THESE QUOTES WERE REVIEWED ON WEDNESDAY, OCTOBER 26, 2016 IN THE FORSYTH COUNTY PROCUREMENT DEPARTMENT.

Parks & Recreation



2020 Winter-Spring Activity Guide



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GENERAL INFORMATION

Parks and Recreation Mission

The mission of Forsyth County Parks and Recreation is to enhance the quality of life for all citizens of Forsyth County by providing passive and active recreational, educational, and cultural programming services and to provide parks and recreational facilities that are safe, accessible and aesthetically pleasing to the entire community.

Phone Directory

Main Line	(770) 781-2215
Main Fax	(770) 781-2221
Central Park Recreation Center	(678) 455-8540
Fowler Park Recreation Center	(770) 886-4088
Old Atlanta Recreation Center	(770) 205-4646
Shady Grove Campground	(770) 205-6850
Sawnee Mountain Preserve	(770) 781-2217
Park Ranger Tip Line	(678) 965-7167
Inclement Weather Line	(770) 886-2851

Holiday Closings

Martin Luther King Jr. Day	January 20
Memorial Day	May 25

Forsyth County Board of Commissioners

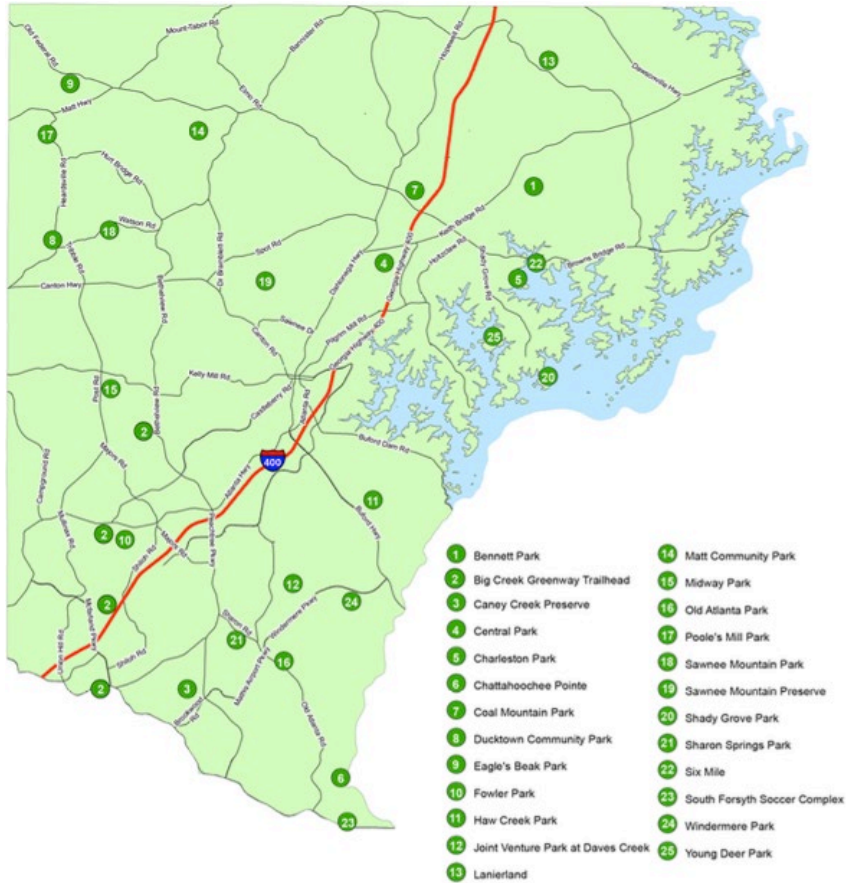
District 1	Molly Cooper, Member
District 2	Dennis T. Brown, Secretary
District 3	Todd Levent, Member
District 4	Cindy Jones Mills, Vice Chairman
District 5	Laura Semanson, Chairman

Parks and Recreation Board

District 1	Matthew McClure, Member
District 2	Joe Brown, Vice Chairman
District 3	Brian Yearwood, Member
District 4	Gary Cooper, Chairman
District 5	Bibiano "Bibi" Lopez, Member

Parks and Recreation Director

Jim Pryor



Activity Registration Information

- Registration is first come, first served
- Full payment is due at the time of registration
- Payment options are cash, personal check, money order or MasterCard/Visa
- Out-of-county residents will be charged an additional fee.
- Some activities have specific registration procedures and dates
- Please notify us of any accommodations needed at the time of registration or at least 10 days in advance of the program start date

ONLINE

parks.forsythco.com

IN PERSON

Central Park Recreation Center
 Fowler Park Recreation Center
 Old Atlanta Park Recreation Center
 Sawnee Mountain Preserve Visitors Center

Refund and Transfer Policies

To request a refund, please visit parks.forsythco.com and click on How do I? A full refund will be issued for cancellations made by the parks and recreation department.

Class: A full refund will be issued for requests received at least two business days prior to the first class date. Subsequently, a 50% refund will be issued for requests received before the second class date. No refunds thereafter. Class transfers follow the same guidelines.

Camp: A full refund will be issued for requests received at least one week prior to the camp start date. Subsequently, a 50% refund will be issued for requests received by noon on the Friday before camp starts. No refunds thereafter. Camp transfers follow the same guidelines.

Adventure Activity: A full refund will be issued for requests received at least two weeks prior to the scheduled activity date. No refunds thereafter. Adventure Activity transfers follow the same guidelines.

Recreation Center Pass: A full refund will be issued for requests received within one week of purchase. No refunds thereafter. Pass changes follow the same guidelines.

Athletic League: No refund will be issued except under special circumstances as approved by the department. For special requests, please email parkweb@forsythco.com or call (770) 781-2215.

Facility Rental: For community buildings, pavilions and recreation center facilities, a full refund will be issued for requests received at least two business days prior to the rental date (unless the rental fee is \$300 or more in which a \$100 non-refundable fee will apply). No refunds thereafter. For all other rental types, please check the rental agreement. Reservation changes follow the same guidelines.

Campsites: Please visit ReserveAmerica.com for cancellation and change policies.

PARKS AND FACILITIES

BENNETT PARK

5930 Burruss Mill Road, Cumming
5 Youth baseball/softball fields
Picnic pavilion
Playground
Multi-purpose turf athletic field

BIG CREEK GREENWAY

9.6 mile trail for walking, running and biking
Access points:
• 5120 Bethelview Road
• 4110 Carolene Way
• 5259 Union Hill Road
• 6265 Cortland Walk (Halcyon)

CANEY CREEK PRESERVE

2755 Caney Road, Cumming
2 Picnic pavilions
Dog park
Nature trail - 1.5 miles
Playground

CENTRAL PARK

2300 Keith Bridge Road, Cumming
8 Tennis courts
5 Youth baseball/softball fields
4 Adult softball fields
3 Picnic pavilions
3 Multi-purpose turf athletic field
Disc golf course
Paved walking trail - 1.1 mile loop
Playground
Recreation Center

CHARLESTON PARK

5850 Charleston Park Road, Cumming
Boat ramps and courtesy dock
Multi-use trail - 6 miles (mountain biking/walking)
Picnic tables

CHATTAHOOCHEE POINTE

5790 Chattahoochee Pointe Drive, Suwanee
2 Picnic pavilions
Canoe launch
Disc golf course
Walking trail - 3.1 miles
Playground

COAL MOUNTAIN PARK

3560 Settingdown Road, Cumming
7 Youth baseball/softball fields
2 Picnic pavilions
2 Playgrounds
2 Tennis/pickleball courts
Community Building
Miracle League Field
Paved walking trail - 1 mile
Multi-purpose turf athletic field

DUCKTOWN COMMUNITY PARK

5895 Heardsville Road, Cumming
Open grass field
Outdoor volleyball
Picnic pavilion
Playground
Walking trail (rubber surface) - .2 mile loop

EAGLES BEAK

8420 Old Federal Road, Ball Ground
Canoe launch
Nature trail - 1 mile
Special event area

FOWLER PARK

4110 Carolene Way, Cumming
12 Tennis courts
5 Picnic pavilions
6 Multi-purpose athletic fields (4 turf)
4 Youth baseball/softball fields
3 Outdoor basketball courts
2 Playgrounds
Big Creek Greenway trailhead
Dog park
Paved walking trail - 1.5 miles
Recreation Center
Skate park
Track and field - .25 mile loop

HAW CREEK PARK

2205 Echols Road, Cumming
Bike skills park
Multi-use trail - 3.2 miles (mountain biking/walking)
Picnic pavilion
Playground

JOINT VENTURE PARK AT DAVES CREEK

3660 Melody Mizer Lane, Cumming
3 Youth baseball/softball fields
3 Picnic pavilions
Multi-purpose turf athletic field

LANIERLAND PARK

6115 Jot-Em-Down Road, Cumming
4 Multi-purpose turf athletic fields
2 Picnic Pavilions
Nature walking trail - 2.6 miles
Playground

MATT COMMUNITY PARK

6555 Wallace Tatum Road, Cumming
4 Multi-purpose turf athletic fields
2 Picnic pavilions
Multi-use trail - 3 miles (mountain biking/walking)
Playground

MIDWAY PARK

5100 Post Road, Cumming
7 Youth baseball/softball fields
2 Multi-purpose turf athletic fields
2 Tennis/pickleball courts
Community Building
Nature trail - .1 miles
Picnic pavilion
Playground
Paved walking trail - 1.3 miles

OLD ATLANTA PARK

810 Nichols Road, Suwanee
2 Pavilions
2 Playgrounds
Nature trail - 1 mile
Recreation Center
Spray pad

POOLE'S MILL PARK

7725 Poole's Mill Road, Ballground
Creek
Pavilion
Picnic tables
Playground

SAWNEE MOUNTAIN PARK

3995 Watson Road, Cumming
8 Youth baseball/softball fields
4 Tennis courts
3 Picnic pavilions
2 Outdoor basketball courts
2 Multi-purpose turf athletic fields
Community Building
Paved walking trail - .9 mile loop
Playground

SAWNEE MOUNTAIN PRESERVE

2500 Bettis-Tribble Gap Road, Cumming
2505 Bettis-Tribble Gap Road, Cumming
4075 Spot Road, Cumming
4 Picnic pavilions
Amphitheater
Climbing tower
Hiking trails - 11 miles
Playground
Visitor Center with exhibits and classroom

SHADY GROVE CAMPGROUND

7800 Allyn Lane Memorial Drive, Cumming
Boat ramp and courtesy dock
Campsites - RV and tent
Restrooms with showers
Playground
Sand beach/lake swimming area
Swing set

SHARON SPRINGS PARK

1950 Sharon Road, Cumming
8 Tennis courts (2 pickleball)
8 Youth baseball/softball fields
3 Picnic pavilions
2 Outdoor basketball courts
2 Multi-purpose turf athletic fields
Community building
Paved walking trail - 1 mile
Playground

SIX MILE CREEK PARK

6020 Browns Bridge Road, Cumming
Boat ramp

SOUTH FORSYTH SOCCER COMPLEX

800 Kemp Road, Suwanee
4 Soccer fields
Picnic pavilion
Practice field

WINDERMERE PARK

3355 Windermere Pkwy, Cumming
Picnic pavilion
Nature trail - .55 mile loop
Playground
Dog park
Open grass field
Paved walking trail - .37 mile loop

YOUNG DEER CREEK PARK

7300 Heard Road, Cumming
Boat ramp and courtesy dock
Picnic pavilion
Sand beach/lake swimming
Swing Set

RECREATION CENTERS

CENTRAL PARK

2300 Keith Bridge Road
Phone: (678) 455-8540

Hours of Operation

Monday - Thursday: 7 a.m. - 9 p.m.
Friday: 7 a.m. - 6 p.m.
Saturday: 8:30 a.m. - 6 p.m.
Sunday: 2 - 6 p.m.

FOWLER PARK

4110 Carolene Way, Cumming
Phone: (770) 886-4088

Hours of Operation

Monday - Thursday: 7 a.m. - 9 p.m.
Friday: 7 a.m. - 7 p.m.
Saturday: 8:30 a.m. - 7 p.m.
Sunday: 2 - 6 p.m.

OLD ATLANTA PARK

810 Nichols Road, Suwanee
Phone: (770) 205-4646

Hours of Operation

Monday - Thursday: 7 a.m. - 9 p.m.
Friday: 7 a.m. - 7 p.m.
Saturday: 8:30 a.m. - 7 p.m.
Sunday: 2 - 6 p.m.



RECREATION CENTER MEMBERSHIPS

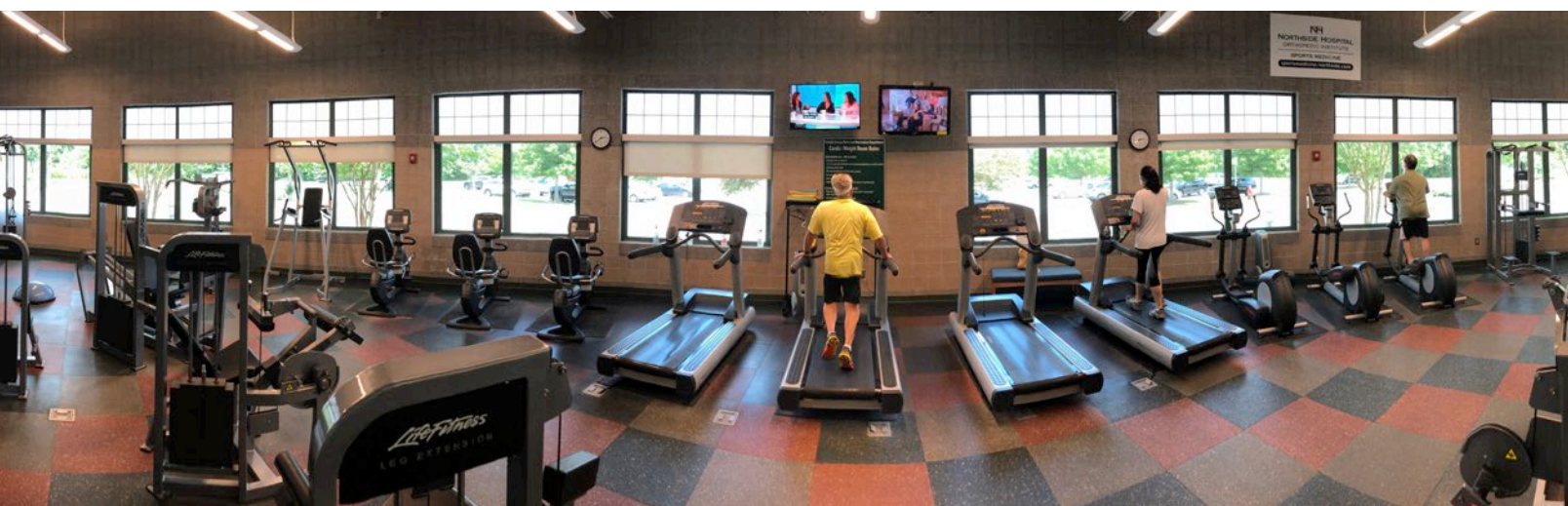
	Length	Age	Resident Fee	Non Resident Fee
Basic Membership				
Includes open gym activities (basketball, pickleball, badminton) and walking track	1 year	13 to 54	\$10.00	\$120.00
	1 year	55+	Free	\$120.00
Cardio-Weight Membership				
Includes Basic Pass and cardio-weight rooms	1 year	14 to 54	\$120.00	\$240.00
	1 year	55+	\$60.00	\$240.00
	6 months	14+	\$75.00	\$150.00
	3 months	14+	\$50.00	\$100.00
	1 month	14+	\$25.00	\$50.00
FitClass Membership				
Includes Basic Pass and fitness classes: · View class schedule online at parks.forsythco.com · Over 90 classes each week · All levels · Barre, Cardio, Pilates, Yoga, Weight, Zumba and more!	1 year	14 to 54	\$195.00	\$390.00
	1 year	55+	\$120.00	\$390.00
	6 months	14+	\$115.00	\$230.00
	3 months	14+	\$70.00	\$140.00
	1 month	14+	\$35.00	\$70.00
FitPlus Membership				
Includes Basic Pass, cardio-weight rooms and fitness classes	1 year	14 to 54	\$260.00	\$520.00
	1 year	55+	\$175.00	\$520.00
	6 months	14+	\$150.00	\$300.00
	3 months	14+	\$85.00	\$170.00
	1 month	14+	\$45.00	\$90.00

Registration Information:

- Memberships are not transferrable
- Refund requests or upgrades must be made within 7 days of purchase
- Proof of county residency is required
- Must be 18 to register
- Badge replacement fee \$ 5.00

General Information:

- Memberships can be used at all three recreation centers
- Child care is not available
- Ages 6 - 12 must be accompanied by an adult member on the walking track - limit of 4 children per adult
- Ages 12 and under must be accompanied by an adult member in the basketball gym - limit of 4 children per adult
- Ages 14 - 15 must be accompanied by an adult member in the cardio/weight room
- Members ages 18+ may bring guests for \$ 5.00 per visit. Limit 4 guests per member each visit.



FITNESS PROGRAMS

FITNESS CLASSES

Don't want to commit to a membership?
Drop-in to any of our fitness classes for \$5.00 (cash only) per class.
Available at all 3 recreation centers.
Visit parks.forsythco.com for the weekly schedule.
We offer over 90 classes each week!

GET FIT FORSYTH CHALLENGE

Join us for this one-month fitness challenge! The program will provide participants with a one-month FitPlus membership to the recreation center, weekly challenges and encouragement. Prizes will be awarded to the male and female with the highest participation points! Each participant will get a Get Fit Forsyth t-shirt.
Registration Dates: Dec 1-Jan 24; Program Dates: Jan 27-Feb 28
Ages: 16 & up; Fee: \$ 25.00

PERSONAL AND GROUP TRAINING

Do you need help getting started on a fitness routine or a boost from your normal routine? Let our nationally certified personal trainers help you set and meet your fitness goals! Whether it's losing weight, toning up, building muscle or increasing stamina; our personal trainers will help you succeed and live healthier! Training is available at all three recreation centers.

Personal training (one-on-one) 30 minutes: \$25.00 60 minutes: \$50.00 **Group Training (small group of 2-3)** 30 minutes: \$15.00/pp 60 minutes: \$30.00/pp

INDOOR PICKLEBALL

Available at Central Park Recreation Center and Fowler Park Recreation Center.
Free for pass holders; \$5.00 (cash only) drop-in fee for non-pass holders.
Participants must supply their own racquet and balls. For days and hours, please call Central at (678) 455-8540 or Fowler at (770) 886-4088.

INDOOR BADMINTON

Available at Old Atlanta Park Recreation Center. Free for pass holders; \$5.00 (cash only) drop-in fee for non-pass holders. Participants must supply their own racquet and birdie. For days and hours, please call (770) 205-4646.

ADULT BADMINTON CLASS

This program provides badminton coaching for beginner to intermediate levels. Training will incorporate rules, equipment, basic skills and game strategies.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
16/up	Tu	1/7-3/10	10:00-11:00am	Old Atlanta Park	T. Szeto	\$120.00
16/up	W	1/8-3/11	9:00-10:00am	Old Atlanta Park	T. Szeto	\$120.00
16/up	Th	1/9-3/12	9:00-10:00am	Old Atlanta Park	T. Szeto	\$120.00
16/up	Tu	3/17-5/26	10:00-11:00am	Old Atlanta Park	T. Szeto	\$120.00
16/up	W	3/18-5/27	9:00-10:00am	Old Atlanta Park	T. Szeto	\$120.00
16/up	Th	3/19-5/28	9:00-10:00am	Old Atlanta Park	T. Szeto	\$120.00

FROM COUCH TO 5K

This program is designed to gradually ease your body into running a 5K by breaking the distance into alternating portions of walking and jogging. As final goal participants will run the Fiesta 5k on April 25. An additional race fee will be collected at class.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
14/up	Tu, Th	3/3-4/23	6:15-7:15pm	Fowler Park	D. Scott	4/7, 4/9	\$80.00

YOGA FOR ATHLETIC RECOVERY TRAINING

Whether your level is intense or recreational, your sport is running, golf, tennis, or pickleball, all athletes know that the body needs to recover. Consider making yoga an integral part of your training program. Using yoga on recovery days aides in injury prevention from repetition and overuse, brings attention to imbalances in body alignment, allows for reduction of inflammation, and fosters mental clarity and focus.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
16/up	Tu	1/7-1/28	7:30-8:30pm	Fowler Park	M. Castellano	\$60.00

SPECIAL EVENTS

NO EMPTY BOWLS

Saturday, March 14
11am to 3pm
Central Park Recreation Center
Fee: \$15.00 per adult; \$10.00 per child under 13 (Cash or check only)

Let's fill our bowls and fight community hunger! Participants will pick out a handmade pottery bowl and fill it with lunch provided by local restaurants! Soups, deserts and drinks are provided. All proceeds from this event will go towards a local food pantry and backpacks outreach program.

MUSIC APPRECIATION FAMILY FUN NIGHT

Saturday, April 18
2 to 4:30 pm
Old Atlanta Park Recreation Center
Fee: \$5.00 per family

Join Bach to Rock for some family fun; explore different instruments and make amazing music! Please pre-register online or in person to reserve your spot.

COMMUNITY YARD SALE

Saturday, April 25
9 am to 1 pm
Central Park

Time to clean-up around the house? Sell your extra items at the Central Park Community Yard Sale. \$10 for 2 parking spaces. We reserve the right to disallow items deemed inappropriate. No alcohol, weapons, or independent consultants. Admission for shoppers is free. For more information: (678) 455-8540

SAWNEE MOUNTAIN PRESERVE SPRING FESTIVAL

Saturday, April 25
10 am to 4 pm
Sawnee Mountain Preserve Visitor Center

Celebrate Earth Day! Take part in free environmental education activities and games, tower rock climbing, tree climbing, zip-lining, guided hikes, guest speakers, workshops and more.

EVENT RENTALS

COMMUNITY BUILDINGS

Rentals include event room, kitchen and tables/chairs
Location options: Coal Mountain Park, Midway Park, Sawnee Mountain Park, Sharon Springs Park

Check availability, fees and capacity or make a Reserve online at parks.forsythco.com



PICNIC PAVILIONS

Picnic pavilions are located at various parks throughout the county. Pavilions seat anywhere from 12 to 200 people. Many pavilions are located near other park amenities such as playgrounds, trails and open spaces. Check availability, fees and capacity or make a Reserve online at parks.forsythco.com



COMMUNITY ROOMS

Event rooms are available at the county's three recreation centers and seat anywhere from 35 to 200 people. Fees vary. For more information, please call:

Central Park Recreation Center (678) 455-8540
Fowler Park Recreation Center (770) 886-4088
Old Atlanta Park Recreation Center (770) 205-4646



BIG CREEK GREENWAY

WHAT IS A GREENWAY?

A greenway is a linear park. It is about conservation, recreation, environmental education and alternative transportation. The Big Creek Greenway in Forsyth County is a 12-foot wide concrete and boardwalk path meandering through the deciduous woods along the Big Creek. The greenway offers an ideal setting for walking, jogging, biking and inline skating.

HOW LONG IS THE BIG CREEK GREENWAY?

The Forsyth County Big Creek Greenway spans from Ronald Reagan Blvd to Kelly Mill Road for approximately 11 miles.

TRAIL ACCESS POINTS

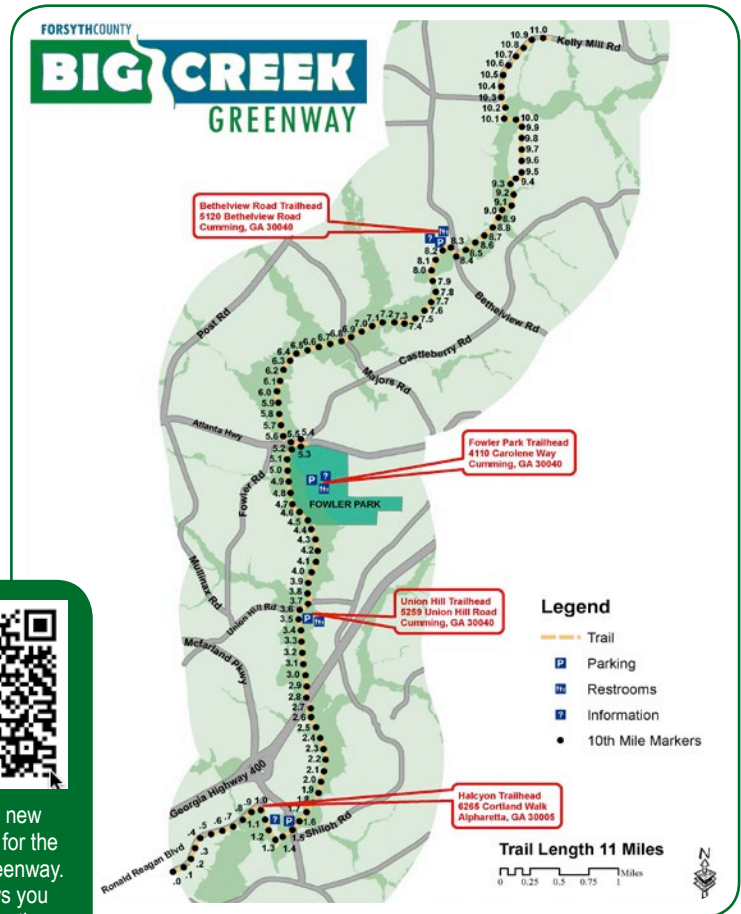
- 5120 Bethelview Road
- 4110 Carolene Way
- 5259 Union Hill Road
- 6265 Cortland Walk (Halcyon)

HOURS

March through October, 6 a.m. to 9:30 p.m.
November through February, 6 a.m. to 7:00 p.m.

RULES

- No littering
- No smoking
- No alcohol or drugs
- No off-road vehicles or golf carts
- No horseback riding
- No camping off of greenway
- All pets on a leash
- 10-mph speed limit
- Per Georgia law, no person under the age of 16 years shall operate or be a passenger on a bicycle on a highway, bicycle path, or sidewalk under the jurisdiction or control of this state or any local political subdivision thereof without wearing a bicycle helmet



Check out the new web map app for the Big Creek Greenway. The app allows you to see your location, amenities available and mileage.

SPECIALTY PROGRAMS

KINDERDANCE - KIDS YOGA

Our yoga-inspired kids program allows children to enjoy happy music, playful poses, movements, flexibility, strength, breathing techniques, as well as calming exercises aimed to relax but inspire. For more information, please email director@kinderdancefulton.com

AGES	DAYS	DATES	TIME	LOCATION	NO CLASS	FEE
3-5	Tu	2/4-2/25	11:00-11:30am	Old Atlanta Park		\$45.00
3-5	Tu	3/3-3/24	11:00-11:30am	Old Atlanta Park		\$45.00
3-5	Tu	3/31-4/28	11:00-11:30am	Old Atlanta Park	4/7	\$45.00
6-8	Tu	2/4-2/25	11:30am-12:00pm	Old Atlanta Park		\$45.00
6-8	Tu	3/3-3/24	11:30am-12:00pm	Old Atlanta Park		\$45.00
6-8	Tu	3/31-4/28	11:30am-12:00pm	Old Atlanta Park	4/7	\$45.00

ZUMBINI®

ZUMBINI is a music and movement program for children and their caregivers. We use the inherent music in babies for development of various skills and learning. Created by Zumba® and BabyFirst, the Zumbini® program combines music, dance and educational tools for 45 minutes of can't-stop, won't-stop bonding, learning, and fun! We not only nurture their love of movement, so it becomes a way of life, but give you the chance to nurture your inner child! One caregiver per child.

AGES	DAYS	DATES	TIME	LOCATION	NO CLASS	FEE
1mo-4yr	Sa	1/25-5/16	10:00-10:45am	Old Atlanta Park	2/15, 4/4	\$45.00

BABYSITTER BOOT CAMP

Babysitter Boot Camp teaches Infant, and Child Safety, Basic Life Saving Skills including adult/child/infant CPR, signs of choking, how to activate and phone you (EMS), Emergency Response Number (911), age appropriate toys and games, how to market your babysitting skills plus much more! Bring a snack.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
10-15	Sa	1/25	10:00am-1:00pm	Central Park	C. Neeley	\$45.00
10-15	Sa	3/21	10:00am-1:00pm	Central Park	C. Neeley	\$45.00
10-15	Sa	5/16	10:00am-1:00pm	Central Park	C. Neeley	\$45.00
10-15	Su	1/26	2:00-5:00pm	Fowler Park	C. Neeley	\$45.00
10-15	Su	3/22	2:00-5:00pm	Fowler Park	C. Neeley	\$45.00
10-15	Su	5/10	2:00-5:00pm	Fowler Park	C. Neeley	\$45.00

FIRST AID, CPR & AED

First Aid: Course teaches rescuers to effectively recognize and treat adult emergencies in the critical first minutes until emergency medical services personnel arrive; course also provides a complete health and safety training solution for first aid. Includes a certification card that is valid for two years.

CPR & AED: Course teaches rescuers to effectively recognize and treat adult/child/infant emergencies in the critical first minutes until emergency services personnel arrive. The course also provides a complete health and safety training solution for choking, adult/child/infant CPR, and AED. Includes a reference manual and a certification card that is valid for two years. *If you are taking the combined course please bring water bottle, lunch and snacks.

CLASS	AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
CPR/AED	12/up	Sa	2/22	9:30am-12:00pm	Central Park	C. Neeley	\$59.00
First Aid	12/up	Sa	2/22	12:00-2:00pm	Central Park	C. Neeley	\$59.00
CPR/AED/First Aid*	12/up	Sa	2/22	9:30am-2:00pm	Central Park	C. Neeley	\$90.00

COMPUTER PROGRAMMING FOR KIDS

Participants will learn and understand, through unplugged activities, the fundamentals of computer science by performing simple and complex computational thinking and problem-solving activities. In addition, the children will learn about internet safety and create their own custom games. Subscribers need laptops or tablets with latest browsers (Chrome 33.x and higher, Safari 7.0.x and higher, Internet Explorer 11 and higher, Microsoft Edge, Firefox 25.x and higher).

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
6-8	Sa	1/25-3/7	2-3pm	Fowler Park	L. Drissi	2/15	\$145.00
6-8	Sa	3/21-5/2	2-3pm	Fowler Park	L. Drissi	4/4	\$145.00

HTML5 COMPUTER PROGRAMING

Beginner I - In this session, you will build your first web page! Bring your own technology.

Beginner II - In this session, you will build a website with links and images! Students will learn common HTML Tags used to structure HTML pages, skeleton of websites, how to incorporate hyperlinks, display graphics images/videos and how to format and change styles. Bring your own technology. Must pass the Beginner I course or take the review test on March 7, 2020 at 1:00 pm. A \$20 test fee is charged by instructor. For more information, please email dreamerszone16@gmail.com

LEVEL	AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
Beginner I	12-15	Sa	1/11-3/7	1:00-3:00pm	Old Atlanta Park	Dreamers Zone		\$250.00
Beginner II	12-15	Sa	3/14-5/16	1:00-3:00pm	Old Atlanta Park	Dreamers Zone	4/4	\$250.00

INTRO TO IMPROV

Improvisation is a fun way of traveling on the journey to self-actualization and feeling comfortable in one's own skin. Join us for a 12-week class that will go through exercises each class and at the end of the session, if the class is ready, they will perform a short 45 minute Whose Line Is It Anyway style show for friends and family. For more information, please contact Mike Gorgone at mikeg.improv@gmail.com

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
18/up	M	1/27-4/27	6-9pm	Old Atlanta Park	M. Gorgone	2/17, 4/6	\$60.00

WOMEN'S SELF-DEFENSE

These are FREE workshops presented by Forsyth County Sheriff's Office. Registration is required at www.eventbrite.com (events will be posted 10 days in advance). Officers will teach simple, yet effective, self-defense tactics including palm heel strikes, elbow strikes, kicks and defense against choke holds. Due to mature content this program is for adults and mature teenagers (12+ with a parent). Case studies will be presented involving women who have been abducted, assaulted and murdered.

AGES	DAYS	TIME	DATES	LOCATION
12 +	Tu	6:30-8:30pm	Jan 14	Old Atlanta Park Recreation Center
12 +	W	6:30-8:30pm	Feb 12	Fowler Park Recreation Center
12 +	Th	6:30-8:30pm	Mar 12	Central Park Recreation Center
12 +	Tu	6:30-8:30pm	Apr 14	Old Atlanta Park Recreation Center
12 +	W	6:30-8:30pm	May 13	Fowler Park Recreation Center



YOUTH INSTRUCTIONAL SPORTS PROGRAMS

LITTLE CHAMP SPORTS

Developed by experts in Kinesiology and sports instruction, Little Champs promotes balance, strength, coordination, left/right skills and gross motor skills while building self-confidence and a team attitude. Children will also be introduced to general skills in t-ball, soccer and more.

AGES	DAYS	DATES	TIME	LOCATION	NO CLASS	FEE
3-4	F	1/10-2/28	10:00-10:45am	Central Park	2/14	\$120.00
3-4	Sa	1/11-2/29	11:30am-12:15pm	Central Park		\$120.00
3-4	F	3/6-5/1	10:00-10:45am	Central Park	3/13, 4/10	\$120.00
3-4	Sa	3/7-5/2	11:30am-12:15pm	Central Park	4/11	\$120.00

PLAYBALL 404

Playball is not just another ball program, we use the medium of sports, not only to improve gross motor development, increase concentration skills, build low muscle tone, teach children to be competent in hand-eye/foot-eye coordination and improve balance; but sport is also used to teach basic, yet essential life skills. Your children will learn persistence, courage, cooperation, respect, positive relationships, self-worth, communication, responsibility, and countless other attributes. We address the needs of the whole child – dealing with the emotional, social, cognitive and physical. Our program teaches the fundamental skills for soccer, basketball, tennis, baseball, hockey, and much more.

AGES	DAYS	DATES	TIME	LOCATION	NO CLASS	FEE
2	Th	1/16-3/19	9:30-10:00am	Fowler Park		\$128.00
2	Th	3/26-5/21	9:30-10:00am	Fowler Park		\$128.00
2-4	M	1/13-3/16	3:30-4:00pm	Fowler Park	1/20	\$128.00
2-4	M	3/23-5/18	3:30-4:00pm	Fowler Park		\$128.00
3	Th	1/16-3/19	10:00-10:30am	Fowler Park		\$128.00
3	Th	3/26-5/21	10:00-10:30am	Fowler Park		\$128.00
4-5	Th	1/16-3/19	10:30-11:00am	Fowler Park		\$128.00
4-5	Th	3/26-5/21	10:30-11:00am	Fowler Park		\$128.00
5-7	M	3/23-5/18	4:00-4:45pm	Fowler Park		\$128.00

YOUTH BASKETBALL ACADEMY

The basketball academy is an 8-session program designed to teach participants the fundamentals of basketball such as: shooting, dribbling, passing, catching, jumping and running. Wear athletic clothing and footwear (no black soled shoes please). Bring a water bottle.

AGES	DAYS	DATES	TIME	LOCATION	NO CLASS	FEE
5-6	Su	3/1-5/3	2:00-2:55pm	Old Atlanta Park	4/5, 4/12	\$63.00
5-6	Su	3/1-5/3	3:00-3:55pm	Old Atlanta Park	4/5, 4/12	\$63.00
7-8	Su	3/1-5/3	2:00-3:55pm	Fowler Park	4/5, 4/12	\$125.00
7-8	Su	3/1-5/3	4:00-5:55pm	Fowler Park	4/5, 4/12	\$125.00
7-8	Su	3/1-5/3	2:00-3:55pm	Old Atlanta Park	4/5, 4/12	\$125.00
9-10	Su	3/1-5/3	2:00-3:55pm	Fowler Park	4/5, 4/12	\$125.00
9-10	Su	3/1-5/3	4:00-5:55pm	Fowler Park	4/5, 4/12	\$125.00
9-10	Su	3/1-5/3	4:00-5:55pm	Old Atlanta Park	4/5, 4/12	\$125.00
11-12	Su	3/1-5/3	4:00-5:55pm	Old Atlanta Park	4/5, 4/12	\$125.00
13-14	Su	3/1-5/3	2:00-3:55pm	Old Atlanta Park	4/5, 4/12	\$125.00

PRO SHOT SHOOTING SKILLS

Pro Shot's foundation program giving players immediate access to the 6 foundational techniques consistently utilized by the world's best shooters. Helping players understand and begin to incorporate the 6 foundational techniques we highlight in an acronym - FOREST. The FOREST will be explained and demonstrated utilizing video of the world's best shooters over the past 40 years. Players will then have an opportunity to begin using Pro Shot drills to incorporate these techniques into their own shot.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
9/up	Sa	3/7	9:00am-12:00pm	Old Atlanta Park	B. Formella	\$30.00
9/up	Sa	5/9	9:00am-12:00pm	Old Atlanta Park	B. Formella	\$30.00

NFHS BOYS BASKETBALL OFFENSIVE SKILL SESSIONS

Offensive skill sessions will include drills on shooting, dribbling, offensive moves and 3 on 3 play.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
10-14	M, W	3/23-5/6	7-8:30pm	NFHS Raider Arena	NFHS Coaches	\$130.00

INSTRUCTIONAL YOUTH TRACK & FIELD

This program is designed to introduce and train youth in various track and field events. A goal is for the participant to participate in the Optimist Club of Forsyth-Cumming Spring Track and Field Meet at Forsyth Central in the Spring. Please wear appropriate athletic clothing, footwear and bring water. Each program participant will receive a youth track program T-shirt.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
7-11	Tu, Th	3/10-4/23	5:00-6:00pm	Fowler Park	D. Scott	4/7, 4/9	\$65.00

VCMS CO-ED SPEED & AGILITY CAMP

This camp will include speed, agility, power and balance development utilizing weight sleds, hand weights, weight belts, resistance cords, running parachutes and more. Ideal for all athletes and all sports. The lead instructor is the VCMS Head Football Coach.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
8-15	M-Th	4/20-4/23	4:30-6:00pm	VCMS Football Field	M. Taylor	\$65.00
8-15	Tu-Th	5/26-5/28	4:00-5:30pm	VCMS Football Field	M. Taylor	\$50.00

NFHS YOUTH VOLLEYBALL CAMPS

Ages 7 to 11 - Designed for 2nd to 5th graders. Campers will be instructed on the fundamentals of volleyball in a fun environment featuring drills, play controlled games and many team building exercises. A water bottle and knee pads are recommended.

Ages 10 to 14 - This camp is designed for 6th to 8th graders (younger players allowed if they have significant experience). Campers will receive basic, intermediate or advanced instruction based on their individual needs. A water bottle and knee pads are recommended.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
7-11	W-Fr	4/22-4/24	4:30-7pm	NFHS Raider Arena	NFHS Coaches	\$100.00
10-14	W-Fr	4/29-5/1	5-7:30pm	NFHS Raider Arena	NFHS Coaches	\$100.00

ATHLETIC LEAGUES

YOUTH ATHLETIC LEAGUE REGISTRATION CALENDAR

Forsyth County Parks & Recreation partners with athletic associations to facilitate sports programs for the community. Please visit the websites below for more information.

*Registration months listed are approximate.

League	Registration Begins*	Who accepts registration?
Basketball	October	Forsyth County Parks and Recreation - parks.forsythco.com
Football & Cheerleading	March	Georgia Football Association - www.georgiafootballassociation.com/home Lanier Lions - https://www.lanierlions.com/ Midway Park Wolverines - www.midwaywolverines.com Sharon Springs Youth Football - www.sharonspringsfootball.com
Fall Baseball & Softball	July	Forsyth County Parks and Recreation - parks.forsythco.com
Lacrosse	Spring - November Fall - July	Forsyth County Youth Lacrosse Association - www.fcyla.com Central Forsyth Youth Lacrosse - www.cfylax.com Denmark Danes Lacrosse - TBA Longhorn Youth Lacrosse - www.longhornyouthlax.com North Forsyth Youth Lacrosse - www.nofolax.net South Forsyth War Eagles Lacrosse - http://sfwareagleslax.com West Forsyth Youth Lacrosse - www.wfylax.com
Soccer	Spring - November Fall - May	United Futbol Academy - www.unitedfa.org YMCA - www.ymcaatlanta.org
Spring Baseball & Softball	December	Bennett Park - www.bpraiders.com Central Park - www.centralparkathleticassociation.com Coal Mountain Park - www.coalmountainbaseball.com Midway Park/Fowler Park - www.midwayathleticclub.com Sharon Springs Park/Joint Venture Park - www.ssaa-kids.com Sawnee Mountain Park - www.leaguelineup.com/sawneemountainpark

YOUTH SPRING BASEBALL AND SOFTBALL

This league is managed by individual park booster clubs. For information about online registration, please visit the websites listed. Park booster clubs may not hold onsite registration if limits have been met online. Onsite registration dates if needed will be Saturday, January 11 and 18, 10 am to 1 pm & Sunday, January 12 and 19, 2:30 pm to 4 pm

Bennett Park

Online registration: www.bennettparkbaseball.com
Onsite registration: Chestatee Elementary

Coal Mountain Park

Online registration: www.coalmountainbaseball.com
Onsite registration: Coal Mtn. Community Building

Central Park

Online registration: www.centralparkathleticassociation.com
Onsite registration Location: Central Park Recreation Center

Midway Park

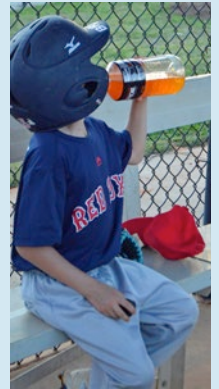
Online registration: www.midwayathleticclub.com
Onsite registration: Fowler Park Recreation Center

Sawnee Mountain Park

Online registration: www.sawneemountainpark.org
Onsite registration: Sawnee Mtn. Community Building

Sharon Springs Park

Online registration: www.ssaa-kids.com
Onsite registration: Sharon Springs Athletic Association Building



ADULT ATHLETIC LEAGUES

All adult leagues and registration take place at Central Park. Registration is open until leagues reach capacity or listed deadline. All organizational meetings will take place at Central Park Recreation Center. For more information, contact Jamie Martin, jmartin@forsythco.com; (770)781-2215

League	Team Fee	Divisions	Organizational Meeting	Registration Dates	Coaches Meeting	Play Begins
Spring Softball	\$500	Men's Church Equalizer & No Homerun Men's Open Equalizer & No Homerun Coed Equalizer & No Homerun Women's Open	Tuesday, Jan 14 7:00pm	Jan 15-Feb 7	Tuesday, Feb 25 7:00pm	Monday, Mar 2
Spring Basketball	\$400	Men's Open Competitive TU or TH Men's Open Recreational TU or TH	Tuesday, Feb 4 7:00pm	Feb 5-21	Tuesday, Mar 3 7:00pm	Monday, Mar 9
Summer Softball	\$500	Men's Open Equalizer & No Homerun Coed Equalizer & No Homerun	Tuesday, Apr 28 7:00pm	Apr 29-May 8	Tuesday, Jun 2 7:00pm	Monday, Jun 8
Summer Flag Football	\$350	Men's Open Coed	Tuesday, Apr 28 7:30pm	Apr 29-May 8	Tuesday, Jun 2 7:30pm	Tuesday, Jun 9
Summer Basketball	\$400	Men's Open M/W Men's Open TU/TH	Tuesday, May 12 7:00pm	May 13-Jun 5	Tuesday, Jun 23 7:00pm	Monday, Jul 6

YOUTH TENNIS PROGRAMS



HOT SHOTS

Have fun learning tennis fundamentals! Participate in fun games and drills to increase general athleticism and improve gross motor skills. Bring a racquet.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
5-7	Th	2/20-3/19	5:15-6:00pm	Central Park	M. Baeza		\$60.00
5-7	Th	4/16-5/14	5:15-6:00pm	Central Park	M. Baeza		\$60.00
5-7	Sa	2/22-3/21	9:15-10:00am	Central Park	M. Baeza		\$60.00
5-7	Sa	4/18-5/16	9:15-10:00am	Central Park	M. Baeza		\$60.00
5-7	Th	1/9-1/30	4:30-5:15pm	Fowler Park	Tennis Academy of the South		\$48.00
5-7	Sa	1/11-2/1	4:30-5:15pm	Fowler Park	Tennis Academy of the South		\$48.00
5-7	Th	2/6-2/27	4:30-5:15pm	Fowler Park	Tennis Academy of the South		\$48.00
5-7	Sa	2/8-2/29	4:30-5:15pm	Fowler Park	Tennis Academy of the South	2/15	\$36.00
5-7	Tu	3/3-3/31	4:30-5:15pm	Fowler Park	Tennis Academy of the South		\$60.00
5-7	Th	3/5-4/2	4:30-5:15pm	Fowler Park	Tennis Academy of the South	3/12	\$48.00
5-7	Sa	3/7-3/28	9:15-10:00am	Fowler Park	Tennis Academy of the South		\$48.00
5-7	Tu	4/14-4/28	4:30-5:15pm	Fowler Park	Tennis Academy of the South		\$36.00
5-7	Th	4/16-4/30	4:30-5:15pm	Fowler Park	Tennis Academy of the South		\$36.00
5-7	Sa	4/18-5/2	9:15-10:00am	Fowler Park	Tennis Academy of the South		\$36.00
5-7	Tu	5/5-5/26	4:30-5:15pm	Fowler Park	Tennis Academy of the South		\$48.00
5-7	Th	5/7-5/28	4:30-5:15pm	Fowler Park	Tennis Academy of the South		\$48.00
5-7	Sa	5/9-5/30	9:15-10:00am	Fowler Park	Tennis Academy of the South		\$48.00
5-7	W	2/19-3/18	4:15-5:00pm	Sharon Springs Park	M. Baeza		\$60.00
5-7	W	4/15-5/13	4:15-5:00pm	Sharon Springs Park	M. Baeza		\$60.00

JUNIOR REC

Through fun, skill-building games beginners through advanced beginners will learn and develop fundamental tennis strokes. Students are encouraged to repeat this class until they feel confident with the fundamental strokes. Bring a racquet to class.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
7-10	Th	2/20-3/19	6:00-7:00pm	Central Park	M. Baeza		\$60.00
7-10	Th	4/16-5/14	6:00-7:00pm	Central Park	M. Baeza		\$60.00
7-10	Sa	2/22-3/21	10:00-11:00am	Central Park	M. Baeza		\$60.00
7-10	Sa	4/18-5/16	10:00-11:00am	Central Park	M. Baeza		\$60.00
8-10	Th	1/9-1/30	5:15-6:15pm	Fowler Park	Tennis Academy of the South		\$48.00
8-10	Sa	1/11-2/1	10:00-11:00am	Fowler Park	Tennis Academy of the South		\$48.00
8-10	Th	2/6-2/27	5:15-6:15pm	Fowler Park	Tennis Academy of the South		\$48.00
8-10	Sa	2/8-2/29	10:00-11:00am	Fowler Park	Tennis Academy of the South	2/15	\$36.00
8-10	Tu	3/3-3/31	5:15-6:15pm	Fowler Park	Tennis Academy of the South		\$60.00
8-10	Th	3/5-4/2	5:15-6:15pm	Fowler Park	Tennis Academy of the South	3/12	\$48.00
8-10	Sa	3/7-3/28	10:00-11:00am	Fowler Park	Tennis Academy of the South		\$48.00
8-10	Tu	4/14-4/28	5:15-6:15pm	Fowler Park	Tennis Academy of the South		\$36.00
8-10	Th	4/16-4/30	5:15-6:15pm	Fowler Park	Tennis Academy of the South		\$36.00
8-10	Sa	4/18-5/2	10:00-11:00am	Fowler Park	Tennis Academy of the South		\$36.00
8-10	Tu	5/5-5/26	5:15-6:15pm	Fowler Park	Tennis Academy of the South		\$60.00
8-10	Th	5/7-5/28	5:15-6:15pm	Fowler Park	Tennis Academy of the South		\$48.00
8-10	Sa	5/9-5/30	10:00-11:00am	Fowler Park	Tennis Academy of the South		\$48.00
8-10	M	2/17-3/16	4:00-5:00pm	Sharon Springs Park	M. Baeza		\$60.00
8-10	M	4/13-5/11	4:00-5:00pm	Sharon Springs Park	M. Baeza		\$60.00
11-15	Th	1/9-1/30	6:15-7:15pm	Fowler Park	Tennis Academy of the South		\$48.00
11-15	Sa	1/11-2/1	11:00am-12:00pm	Fowler Park	Tennis Academy of the South		\$48.00
11-15	Th	2/6-2/27	6:15-7:15pm	Fowler Park	Tennis Academy of the South		\$48.00
11-15	Sa	2/8-2/29	11:00am-12:00pm	Fowler Park	Tennis Academy of the South	2/15	\$36.00
11-15	Tu	3/3-3/31	6:15-7:15pm	Fowler Park	Tennis Academy of the South		\$60.00
11-15	Th	3/5-4/2	6:15-7:15pm	Fowler Park	Tennis Academy of the South	3/12	\$48.00
11-15	Sa	3/7-3/28	11:00am-12:00pm	Fowler Park	Tennis Academy of the South		\$48.00
11-15	Tu	4/14-4/28	6:15-7:15pm	Fowler Park	Tennis Academy of the South		\$36.00
11-15	Th	4/16-4/30	6:15-7:15pm	Fowler Park	Tennis Academy of the South		\$36.00
11-15	Sa	4/18-5/2	11:00am-12:00pm	Fowler Park	Tennis Academy of the South		\$36.00
11-15	Tu	5/5-5/26	6:15-7:15pm	Fowler Park	Tennis Academy of the South		\$48.00
11-15	Th	5/7-5/28	6:15-7:15pm	Fowler Park	Tennis Academy of the South		\$48.00
11-15	Sa	5/9-5/30	11:00am-12:00pm	Fowler Park	Tennis Academy of the South		\$48.00
11-15	M	2/17-3/16	6:00-7:00pm	Sharon Springs Park	M. Baeza		\$60.00
11-15	M	4/13-5/11	6:00-7:00pm	Sharon Springs Park	M. Baeza		\$60.00

JUNIOR DRILLS

This program is the next step for aspiring tennis players who are preparing for match play, competition or team tennis. Class will consist of drills, stroke development, foot work, getting the ball in to play and also introduce match play strategy. Bring racquet to class.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
10-15	M	2/17-3/16	5:00-6:00pm	Sharon Springs Park	M. Baeza	\$70.00
10-15	W	2/19-3/18	5:00-6:00pm	Sharon Springs Park	M. Baeza	\$70.00
10-15	M	4/13-5/11	5:00-6:00pm	Sharon Springs Park	M. Baeza	\$70.00
10-15	W	4/15-5/13	5:00-6:00pm	Sharon Springs Park	M. Baeza	\$70.00

ADULT TENNIS PROGRAMS

ADULT TENNIS 101

This program is for players new to tennis or returning to the sport after some time and will focus on basic strokes and fundamentals. Class will teach forehand, backhand, serve, volley, and scoring. Students will continue to build on skills and techniques each session. Students are encouraged to repeat this class until they feel confident with the fundamental strokes. Bring a racquet to class.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
16/up	Th	2/20-3/19	7:00-8:00pm	Central Park	M. Baeza	\$60.00
16/up	Th	4/16-5/14	7:00-8:00pm	Central Park	M. Baeza	\$60.00
16/up	Sa	2/22-3/21	11:00am-12:00pm	Central Park	M. Baeza	\$60.00
16/up	Sa	4/18-5/16	11:00am-12:00pm	Central Park	M. Baeza	\$60.00
16/up	W	2/12-3/11	11:00am-12:00pm	Fowler Park	J. Blanco	\$60.00
16/up	Th	2/13-3/12	6:30-7:30pm	Fowler Park	J. Blanco	\$60.00
16/up	W	4/1-4/29	11:00am-12:00pm	Fowler Park	J. Blanco	\$60.00
16/up	Th	4/2-4/30	6:30-7:30pm	Fowler Park	J. Blanco	\$60.00
16/up	M	2/17-3/16	7:00-8:00pm	Sharon Springs Park	M. Baeza	\$60.00
16/up	W	2/19-3/18	9:30-10:30am	Sharon Springs Park	M. Baeza	\$60.00
16/up	W	2/19-3/18	6:00-7:00pm	Sharon Springs Park	M. Baeza	\$60.00
16/up	M	4/13-5/11	7:00-8:00pm	Sharon Springs Park	M. Baeza	\$60.00
16/up	W	4/15-5/13	9:30-10:30am	Sharon Springs Park	M. Baeza	\$60.00
16/up	W	4/15-5/13	6:00-7:00pm	Sharon Springs Park	M. Baeza	\$60.00

ADULT TENNIS 201

The next step for aspiring players, continue to develop stroke mechanics and getting the ball into play. Participants will also learn match play strategy.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
16/up	Th	2/20-3/19	8:00-9:00pm	Central Park	M. Baeza	\$60.00
16/up	Th	4/16-5/14	8:00-9:00pm	Central Park	M. Baeza	\$60.00
16/up	W	2/12-3/11	12:00-1:00pm	Fowler Park	J. Blanco	\$60.00
16/up	Th	2/13-3/12	7:30-8:30pm	Fowler Park	J. Blanco	\$60.00
16/up	W	4/1-4/29	12:00-1:00pm	Fowler Park	J. Blanco	\$60.00
16/up	Th	4/2-4/30	7:30-8:30pm	Fowler Park	J. Blanco	\$60.00
16/up	M	2/17-3/16	8:00-9:00pm	Sharon Springs Park	M. Baeza	\$60.00
16/up	W	2/19-3/18	10:30-11:30am	Sharon Springs Park	M. Baeza	\$60.00
16/up	M	4/13-5/11	8:00-9:00pm	Sharon Springs Park	M. Baeza	\$60.00
16/up	W	4/15-5/13	10:30-11:30am	Sharon Springs Park	M. Baeza	\$60.00

ADULT TENNIS DRILLS

Participants will work on stroke development, singles and doubles strategy and tennis conditioning to improve your game.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
16/up	M	2/17-3/16	7:00-8:30pm	Fowler Park	J. Blanco	\$75.00
16/up	M	4/6-5/4	7:00-8:30pm	Fowler Park	J. Blanco	\$75.00

ADULT MATCH PRACTICE

This class is designed for the student who can serve without much double faulting, can keep score and ready to practice strategy involved in the game of doubles as well as singles. Forty-five minutes will be devoted to stroke development and the last 45 minutes to supervised match play.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
16/up	W	2/19-3/18	7:00-8:30pm	Sharon Springs Park	M. Baeza	\$75.00
16/up	W	4/15-5/13	7:00-8:30pm	Sharon Springs Park	M. Baeza	\$75.00

ALTA/USTA LEAGUE PLAY

Teams can register to use courts at Central Park, Fowler Park, Sharon Springs Park and Sawnee Mountain Park for league play.

Fees: \$ 200 per season/team \$ 100 per season/team for 55+ leagues
The fee includes home matches, make-up matches and playoff matches.
Practice time is additional cost - \$ 10/2 hours per court.

To reserve space, call: Central Park (678) 455-8540
Fowler Park (770) 886-4088
Sawnee Mountain Park (770) 886-4088
Sharon Springs Park (770) 205-4646



General Program Information - All ages and skill levels will explore a variety of gymnastics' elements to develop physically as well as socially in a safe and fun atmosphere. Through practicing skills and drills from session to session each child is given the ability to move into more complex variations and routines as their skill levels improve. Children must be age appropriate by the first class. There will be a parent observation day on the last day of each session for classes that require parents to wait outside the classroom. Dress code, unless noted, is tucked in shirt with shorts/pants. For more information, please contact the instructor Stephanie Scoggins at forsythflyers@yahoo.com.

TODDLER AND ME

Children will engage in social interaction with others while still under the direct supervision of a parent or caregiver (one per child). Children will tumble, jump, balance and swing in an open format class while parents are educated in safe activities and body movements. The program is designed to enhance gross/fine motor skills and social skills such as sharing and self-control. Siblings who are not registered for the class will not be allowed on the class floor.

AGES	DAYS	DATES	TIME	LOCATION	NO CLASS	FEE
1.5-3	Th	1/09-2/13	10:15-10:45am	Central Park		\$60.00
1.5-3	Mo	1/13-2/10	10:15-10:45am	Central Park	1/20	\$40.00
1.5-3	Mo	2/24-3/30	10:15-10:45am	Central Park		\$60.00
1.5-3	Th	2/27-4/02	10:15-10:45am	Central Park		\$60.00
1.5-3	Mo	4/13-5/11	10:15-10:45am	Central Park		\$50.00
1.5-3	Th	4/16-5/14	10:15-10:45am	Central Park		\$50.00
1.5-3	Tu	1/7-2/11	10:15-10:45am	Fowler Park		\$60.00
1.5-3	Tu	1/7-2/11	4:20-4:50pm	Fowler Park		\$60.00
1.5-3	Fr	1/10-2/7	10:15-10:45am	Fowler Park		\$50.00
1.5-3	Fr	1/10-2/7	4:30-5:00pm	Fowler Park		\$60.00
1.5-3	Fr	2/21-4/2	10:15-10:45am	Fowler Park	3/13	\$60.00
1.5-3	Fr	2/21-4/2	4:30-5:00pm	Fowler Park	3/13	\$60.00
1.5-3	Tu	2/25-3/31	10:15-10:45am	Fowler Park		\$60.00
1.5-3	Tu	2/25-3/31	4:20-4:50pm	Fowler Park		\$60.00
1.5-3	Tu	4/14-5/12	10:15-10:45am	Fowler Park		\$50.00
1.5-3	Tu	4/14-5/12	4:20-4:50pm	Fowler Park		\$50.00
1.5-3	Fr	4/17-5/8	10:15-10:45am	Fowler Park		\$50.00
1.5-3	Fr	4/17-5/8	4:30-5:00pm	Fowler Park		\$50.00

JUNIOR GYMNASTICS

Children will tumble, jump, balance and swing in a fun and safe atmosphere. This is a structured and success-oriented class where students are groups by age and skill level to give them the best opportunity to succeed from session to session. As skill mastery occurs new and different skills are explored. Parents are asked to wait outside the classroom during class. There will be a parent observation day on the last day of each session for classes that require parents to wait outside the classroom. Dress code, unless noted, is tucked in shirt with shorts/pants.

AGES	DAYS	DATES	TIME	LOCATION	NO CLASS	FEE
3-5	Th	1/9-2/13	11:00-11:40am	Central Park		\$72.00
3-5	Mo	1/13-2/10	11:00-11:40am	Central Park	1/20	\$48.00
3-5	Mo	2/24-3/30	11:00-11:40am	Central Park		\$72.00
3-5	Th	2/27-4/2	11:00-11:40am	Central Park		\$72.00
3-5	Mo	4/13-5/11	11:00-11:40am	Central Park		\$60.00
3-5	Th	4/16-5/14	11:00-11:40am	Central Park		\$72.00
3-5	Tu	1/7-2/11	11:00-11:40am	Fowler Park		\$72.00
3-5	Th	1/9-2/13	5:10-5:50pm	Fowler Park		\$72.00
3-5	Fr	1/10-2/7	11:00-11:40am	Fowler Park		\$60.00
3-5	Fr	1/10-2/7	5:20-6:00pm	Fowler Park		\$60.00
3-5	Mo	1/13-2/10	5:10-5:50pm	Fowler Park	1/20	\$48.00
3-5	Fr	2/21-4/3	11:00-11:40am	Fowler Park	3/13	\$72.00
3-5	Fr	2/21-4/3	5:20-6:00pm	Fowler Park	3/13	\$72.00
3-5	Mo	2/24-3/31	5:10-5:50pm	Fowler Park		\$72.00
3-5	Tu	2/25-3/31	11:00-11:40am	Fowler Park		\$72.00
3-5	Th	2/27-4/2	5:10-5:50pm	Fowler Park		\$72.00
3-5	Mo	4/13-5/11	5:10-5:50pm	Fowler Park		\$60.00
3-5	Tu	4/14-5/12	11:00-11:40am	Fowler Park		\$60.00
3-5	Th	4/16-5/14	5:10-5:50pm	Fowler Park		\$60.00
3-5	Fr	4/17-5/8	11:00-11:40am	Fowler Park		\$48.00
3-5	Fr	4/17-5/8	5:20-6:00pm	Fowler Park		\$48.00
3-5	We	1/8-2/12	5:10-5:50pm	Old Atlanta Park		\$72.00
3-5	We	2/26-4/1	5:10-5:50pm	Old Atlanta Park		\$72.00
3-5	We	4/15-5/13	5:10-5:50pm	Old Atlanta Park		\$60.00

GYMNASTICS

GYMNASTICS K+

Gymnastics K+ classes are for children who are already in school and must be 5 years old on or before September 1, 2019. Children will participate in a variety of gymnastics activities in a structured and success-oriented class. Students will tumble, jump, balance and swing in a fun and safe atmosphere. Students are grouped by age and skill level to give them the best opportunity to succeed from session to session. As skill mastery occurs new and different skills are explored. Parents are asked to wait outside the classroom during the class.

AGES	DAYS	DATES	TIME	LOCATION	NO CLASS	FEE
5+	Tu	1/7-2/11	5:00-5:55pm	Fowler Park		\$72.00
5+	Th	1/9-2/10	6:00-6:55pm	Fowler Park		\$72.00
5+	Fr	1/10-2/7	5:20-6:15pm	Fowler Park		\$60.00
5+	Mo	1/13-2/10	4:00-4:55pm	Fowler Park	1/20	\$48.00
5+	Mo	1/13-2/10	6:00-6:55pm	Fowler Park	1/20	\$48.00
5+	Fr	2/21-4/3	5:20-6:15pm	Fowler Park	3/13	\$72.00
5+	Mo	2/24-3/30	4:00-4:55pm	Fowler Park		\$72.00
5+	Mo	2/24-3/30	6:00-6:55pm	Fowler Park		\$72.00
5+	Tu	2/25-3/31	5:00-5:55pm	Fowler Park		\$72.00
5+	Th	2/27-4/2	6:00-6:55pm	Fowler Park		\$72.00
5+	Mo	4/13-5/11	4:00-4:55pm	Fowler Park		\$60.00
5+	Mo	4/13-5/11	6:00-6:55pm	Fowler Park		\$60.00
5+	Tu	4/14-5/12	5:00-5:55pm	Fowler Park		\$60.00
5+	Th	4/16-5/14	6:00-6:55pm	Fowler Park		\$60.00
5+	Fr	4/17-5/8	5:20-6:15pm	Fowler Park		\$72.00
5+	We	1/8-2/12	6:00-6:55pm	Old Atlanta Park		\$72.00
5+	We	1/8-2/12	7:00-7:55pm	Old Atlanta Park		\$72.00
5+	We	2/26-4/1	6:00-6:55pm	Old Atlanta Park		\$72.00
5+	We	2/26-4/1	7:00-7:55pm	Old Atlanta Park		\$72.00
5+	We	4/15-5/13	6:00-6:55pm	Old Atlanta Park		\$60.00
5+	We	4/15-5/13	7:00-7:55pm	Old Atlanta Park		\$60.00

TUMBLING

Tumbling classes are for children who are already in school and must be 5 years old on or before September 1, 2019. This class will emphasize teaching, practicing and perfecting tumbling skills including rolls, cartwheels, walkovers and handsprings. As children progress at their own pace, harder skills are introduced. Children learn combinations of skills to prepare them for tumbling routines. Parents are asked to wait outside the classroom during class.

AGES	DAYS	DATES	TIME	LOCATION	NO CLASS	FEE
5+	Tu	1/7-2/11	6:00-6:45pm	Fowler Park		\$72.00
5+	Th	1/9-2/13	4:10-4:55pm	Fowler Park		\$72.00
5+	Fr	1/10-2/7	4:30-5:15pm	Fowler Park		\$60.00
5+	Fr	2/21-4/3	4:30-5:15pm	Fowler Park	3/13	\$72.00
5+	Tu	2/25-3/31	6:00-6:45pm	Fowler Park		\$72.00
5+	Th	2/27-4/2	4:10-4:55pm	Fowler Park		\$72.00
5+	Tu	4/14-5/12	6:00-6:45pm	Fowler Park		\$60.00
5+	Th	4/16-5/14	4:10-4:55pm	Fowler Park		\$72.00
5+	Fr	4/17-5/8	4:30-5:15pm	Fowler Park		\$48.00
5+	We	1/8-2/12	4:15-5:00pm	Old Atlanta Park		\$72.00
5+	We	2/26-4/1	4:15-5:00pm	Old Atlanta Park		\$72.00
5+	We	4/15-5/13	4:15-5:00pm	Old Atlanta Park		\$60.00

ADVANCED/TEAM

Children ages 5+ who have passed skill tests will practice routines and drills so they may develop techniques and skill precision in all gymnastics events. Parents are asked to wait outside the classroom during class. Email forsythflyers@yahoo.com to schedule skill testing. Leotards are required. TEAM is by invitation only; additional fees apply.

AGES	DAYS	DATES	TIME	LOCATION	NO CLASS	FEE
5+	Tu	1/7-2/11	5:00-7:00pm	Fowler Park		\$120.00
5+	Th	1/9-2/13	5:00-7:00pm	Fowler Park		\$120.00
5+	Mo	1/13-2/10	5:00-7:00pm	Fowler Park	1/20	\$80.00
5+	Mo	2/24-3/30	5:00-7:00pm	Fowler Park		\$120.00
5+	Tu	2/25-3/31	5:00-7:00pm	Fowler Park		\$120.00
5+	Th	2/27-4/2	5:00-7:00pm	Fowler Park		\$120.00
5+	Mo	4/13-5/11	5:00-7:00pm	Fowler Park		\$100.00
5+	Tu	4/14-5/12	5:00-7:00pm	Fowler Park		\$100.00
5+	Th	4/16-5/14	5:00-7:00pm	Fowler Park		\$100.00
5+	We	1/8-2/12	5:00-7:00pm	Old Atlanta Park		\$120.00
5+	We	1/8-2/12	6:00-8:00pm	Old Atlanta Park		\$120.00
5+	We	2/26-4/1	5:00-7:00pm	Old Atlanta Park		\$120.00
5+	We	2/26-4/1	6:00-8:00pm	Old Atlanta Park		\$120.00
5+	We	4/15-5/13	5:00-7:00pm	Old Atlanta Park		\$100.00
5+	We	4/15-5/13	6:00-8:00pm	Old Atlanta Park		\$100.00

YOUTH DANCE CLASSES



Register online: creativemovementanddance.com

Program Information: A \$38.00 annual fee is collected at registration. Monthly tuition prices are listed below. Classes are held weekly until Monday, May 18 and Tuesday, May 19. Dress code is available at registration. Recitals will be held in May with no additional fees; CMD will provide the costumes.

No class dates: Dec 23, 24, 25, 30, 31, Jan 20, April 6, 7

For additional information: info@creativemovementanddance.com, Old Atlanta Park (678) 482-2264; Central Park (470) 375-2179

PRE-BALLET

A structured program designed for early development of technical ballet and movement. It precisely meets the needs of pre-school aged children by providing a carefully paced sequence of exercises to develop physical conditioning with poise and grace. Since children naturally respond to music and movement, the activities are presented through music. In the program, children learn self-discipline, listening skills, coordination skills, left and right discrimination and patterns in movement.

AGES	DAYS	TIME	LOCATION	MONTHLY TUITION
3-5	Tu	5-5:45pm	Central Park	\$ 54.00

TAP-BALLET

The class teaches 20 minutes of tap and 25 minutes of ballet. Since ballet is the basis for all dance technique, the combination of Tap and Ballet work hand in hand. The technical training is taught through ballet, which in turn helps teach the proper shifting of weights and patterns in movement for tap. Since children naturally respond to music and movement, all activities are executed to fun music.

AGES	DAYS	TIME	LOCATION	MONTHLY TUITION
3-4	M	4:15-5pm	Old Atlanta Park	\$ 58.00
4-6	Tu	5:45-6:30pm	Central Park	\$ 54.00

TAP-BALLET/HIP-HOP

A combination class that includes traditional tap & ballet with the more modern Hip Hop. The technical training is taught through ballet, which helps teach the proper shifting of weight and patterns of movement for tap. Children at this level are also ready to begin training in the popular Hip Hop style. Hip Hop is known for its fast, athletic movements and body isolations, unlike the fluid movement of ballet. All music and choreography is age-appropriate.

AGES	DAYS	TIME	LOCATION	MONTHLY TUITION
5-6	M	5-6pm	Old Atlanta Park	\$ 58.00
7-9	M	6-7pm	Old Atlanta Park	\$ 58.00

HIP HOP TOTS AND HIP HOP

Students will have fun while learning the moves of the Hip-Hop dance style. Class will improve strength, flexibility, rhythm and balance using safe body mechanics. Class will be taught with fun and age appropriate music.

AGES	DAYS	TIME	LOCATION	MONTHLY TUITION
7-12	Tu	6:30-7:30pm	Central Park	\$ 54.00

BOLLYWOOD DANCE

Class is formatted to teach novice through experienced dancers a choreographed Bollywood dance. Participants will be given all the tools and confidence needed to perform as an individual or a group by the end of the class. Please contact Akansha Gupta (akansha_agarwal123@yahoo.com) with questions.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
5-8	Th	2/6-2/27	5:30-6:30pm	Old Atlanta Park	A. Gupta		\$54.00
5-8	Th	3/5-3/26	5:30-6:30pm	Old Atlanta Park	A. Gupta		\$54.00
5-8	Th	4/2-4/30	5:30-6:30pm	Old Atlanta Park	A. Gupta	4/9	\$54.00
9-14	Th	2/6-2/27	6:30-7:30pm	Old Atlanta Park	A. Gupta		\$54.00
9-14	Th	3/5-3/26	6:30-7:30pm	Old Atlanta Park	A. Gupta		\$54.00
9-14	Th	4/2-4/30	6:30-7:30pm	Old Atlanta Park	A. Gupta	4/9	\$54.00

ADULT DANCE CLASSES

BALLROOM DANCE

Ballroom I/II - Have fun learning the fundamentals of ballroom dance. The instructor will teach the Fox Trot and Waltz while covering lead and follow, patterns and footwork, posture and holding your frame. Students are encouraged to repeat this class until they feel confident with the fundamentals.
Ballroom III/IV - This is for those who have mastered the fundamentals from the level I/II class and want to continue improving their technique with more variety and extended patterns.

CLASS	AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
Ballroom I/II	18/up	Th	1/9-1/30	6:30-7:15pm	Fowler Park	E. Williams		\$40.00
Ballroom I/II	18/up	Th	3/5-3/26	6:30-7:15pm	Fowler Park	E. Williams		\$40.00
Ballroom I/II	18/up	Th	5/7-5/28	6:30-7:15pm	Fowler Park	E. Williams		\$40.00
Ballroom I/II	18/up	W	2/5-2/26	6:30-7:15pm	Old Atlanta Park	E. Williams		\$40.00
Ballroom I/II	18/up	W	4/1-4/29	6:30-7:15pm	Old Atlanta Park	E. Williams	4/8	\$40.00
Ballroom III/IV	18/up	Th	1/9-1/30	7:15-8:00pm	Fowler Park	E. Williams		\$40.00
Ballroom III/IV	18/up	Th	3/5-3/26	7:15-8:00pm	Fowler Park	E. Williams		\$40.00
Ballroom III/IV	18/up	Th	5/7-5/28	7:15-8:00pm	Fowler Park	E. Williams		\$40.00
Ballroom III/IV	18/up	W	2/5-2/26	7:15-8:00pm	Old Atlanta Park	E. Williams		\$40.00
Ballroom III/IV	18/up	W	4/1-4/29	7:15-8:00pm	Old Atlanta Park	E. Williams	4/8	\$40.00

LATIN BALLROOM DANCE – ALL LEVELS

Have fun learning the fundamentals of Latin Ballroom dance. The instructor will teach the most popular styles of Latin Ballroom like the Salsa and Rumba in this class, while covering lead and follow, patterns and footwork, posture and holding your frame. This class is designed for all levels and students are encouraged to repeat this class. Those who master the fundamentals will continue to improve their technique by adding more variety and extended patterns.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
18/up	Th	1/9-1/30	8:00-8:45pm	Fowler Park	E. Williams		\$40.00
18/up	Th	3/5-3/26	8:00-8:45pm	Fowler Park	E. Williams		\$40.00
18/up	Th	5/7-5/28	8:00-8:45pm	Fowler Park	E. Williams		\$40.00
18/up	We	2/5-2/26	8:00-8:45pm	Old Atlanta Park	E. Williams		\$40.00
18/up	We	4/1-4/29	8:00-8:45pm	Old Atlanta Park	E. Williams	4/8	\$40.00

TWO STEP DANCE – ALL LEVELS

The instructor will teach Country Two Step and Nightclub Two Step in this class. Country Two Step is a popular social dance where partners dance to medium-fast tempo country music in a pattern that progresses around the room. Nightclub Two Step is a practical and versatile social dance where partners dance to slow "Love Song" music. This simple, romantic dance fills a gap where no other ballroom dance fits.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
18/up	Th	2/6-2/27	8:00-8:45pm	Fowler Park	E. Williams		\$40.00
18/up	Th	4/2-4/30	8:00-8:45pm	Fowler Park	E. Williams	4/9	\$40.00
18/up	We	1/8-1/29	8:00-8:45pm	Old Atlanta Park	E. Williams		\$40.00
18/up	We	3/4-3/25	8:00-8:45pm	Old Atlanta Park	E. Williams		\$40.00
18/up	We	5/6-5/27	8:00-8:45pm	Old Atlanta Park	E. Williams		\$40.00

SWING DANCE

Swing I/II - Students will have fun learning and practicing the most popular types of Swing Dance. This is an energetic class to get you dancing! Students are encouraged to repeat this class until they feel confident with the fundamentals.

Swing III/IV - This class is for students that have mastered the core fundamentals taught in the level I/II class and want to continue improving their technique.

CLASS	AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
Swing I/II	18/up	Th	2/6-2/27	6:30-7:15pm	Fowler Park	E. Williams		\$40.00
Swing I/II	18/up	Th	4/2-4/30	6:30-7:15pm	Fowler Park	E. Williams	4/9	\$40.00
Swing I/II	18/up	We	1/8-1/29	6:30-7:15pm	Old Atlanta Park	E. Williams		\$40.00
Swing I/II	18/up	We	3/4-3/25	6:30-7:15pm	Old Atlanta Park	E. Williams		\$40.00
Swing I/II	18/up	We	5/6-5/27	6:30-7:15pm	Old Atlanta Park	E. Williams		\$40.00
Swing III/IV	18/up	Th	2/6-2/27	7:15-8:00pm	Fowler Park	E. Williams		\$40.00
Swing III/IV	18/up	Th	4/2-4/30	7:15-8:00pm	Fowler Park	E. Williams	4/9	\$40.00
Swing III/IV	18/up	We	1/8-1/29	7:15-8:00pm	Old Atlanta Park	E. Williams		\$40.00
Swing III/IV	18/up	We	3/4-3/25	7:15-8:00pm	Old Atlanta Park	E. Williams		\$40.00
Swing III/IV	18/up	We	5/6-5/27	7:15-8:00pm	Old Atlanta Park	E. Williams		\$40.00

SENIOR TAP DANCE

These classes are designed for dancers who are beginners as well those with more experience. Learn new dances and routines while having fun! This class is a great way to meet other dancers and get some exercise. Tap shoes recommended for tap classes.

CLASS	AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
Beginner	50/up	Th	1/9-2/13	12-1pm	Central Park	L. Bowman	\$48.00
Beginner	50/up	Th	2/27-4/2	12-1pm	Central Park	L. Bowman	\$48.00
Beginner	50/up	Th	4/16-5/21	12-1pm	Central Park	L. Bowman	\$48.00
Intermediate	50/up	Th	1/9-2/13	11am-12pm	Central Park	L. Bowman	\$48.00
Intermediate	50/up	Th	2/27-4/2	11am-12pm	Central Park	L. Bowman	\$48.00
Intermediate	50/up	Th	4/16-5/21	11am-12pm	Central Park	L. Bowman	\$48.00

SENIOR LINE DANCE

These classes are designed for dancers who are beginners as well those with more experience. Learn new dances and routines while having fun! This class is a great way to meet other dancers and get some exercise.

CLASS	AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
Beginner	50/up	Th	1/9-2/13	9-10am	Central Park	L. Bowman	\$48.00
Beginner	50/up	Th	2/27-4/2	9-10am	Central Park	L. Bowman	\$48.00
Beginner	50/up	Th	4/16-5/21	9-10am	Central Park	L. Bowman	\$48.00
Intermediate	50/up	Th	1/9-2/13	10-11am	Central Park	L. Bowman	\$48.00
Intermediate	50/up	Th	2/27-4/2	10-11am	Central Park	L. Bowman	\$48.00
Intermediate	50/up	Th	4/16-5/21	10-11am	Central Park	L. Bowman	\$48.00

ART PROGRAMS

ARTS FOR LITTLE ARTISTS

Little artists will learn fundamental drawing skills and concepts. They will draw and paint projects then decorate them using craft materials. Each class will provide lots of creativity and fun. A supply fee is due at the first class to the instructor.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
3-7	We	1/8-1/29	9:30-11:00am	Old Atlanta Park	S. Li		\$60.00
3-7	We	2/5-2/26	9:30-11:00am	Old Atlanta Park	S. Li		\$60.00
3-7	We	3/4-3/25	9:30-11:00am	Old Atlanta Park	S. Li		\$60.00
3-7	We	4/1-5/6	9:30-11:00am	Old Atlanta Park	S. Li	4/8	\$75.00

SATURDAY ART CAMP

At ABC Easel, we are passionate about enriching the lives of children through our unique curriculum that incorporates historical artists, special holidays, cultural events from around the world and an exciting Storybook ART approach for young children. We encourage self-exploration and discovery through books, photos, discussion and new ideas. Our goal is to share an enthusiasm for knowledge while exploring creativity and experimenting with a variety of art forms - making it a complete art enrichment experience. We work on large floor tarps. Provided: art supplies, books to browse, laminated photos and interesting, educational and fun facts. Please bring a snack and a water bottle.

THEME	AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
Jackson Pollock	4-11	Sa	1/25	1:00-4:00pm	Old Atlanta Park	A. Kirby	\$29.00
Norman Rockwell	4-11	Sa	2/22	1:00-4:00pm	Old Atlanta Park	A. Kirby	\$29.00
Van Gogh	4-11	Sa	3/28	1:00-4:00pm	Old Atlanta Park	A. Kirby	\$29.00
John James Audubon	4-11	Sa	4/25	1:00-4:00pm	Old Atlanta Park	A. Kirby	\$29.00
Salvador Dali	4-11	Sa	5/23	1:00-4:00pm	Old Atlanta Park	A. Kirby	\$29.00

YOUNG REMBRANDTS

Learn to draw in this fun and creative Young Rembrandts drawing class! Our unique, proven method and step-by-step curriculum dispel the myth that art is a talent a child has or doesn't have and demonstrates that art can be learned by all children. Young Rembrandts provides a wonderful experience for young artists with engaging and exciting drawings that will challenge their artistic skills. All new lessons each week. No experience necessary. All supplies included.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
6-11	Mo	1/27-3/9	4:15-5:30pm	Fowler Park	Wood/Stone	2/17	\$90.00
6-11	Mo	3/16-4/27	4:15-5:30pm	Fowler Park	Wood/Stone	4/06	\$90.00

MANGA AND CARTOON DRAWING

Manga and Cartoon Drawing class will teach students how to draw using the correct proportions. We will use needle pens and colored pencils to draw your favorite animals, characters, and landscapes. No experience necessary. A supply fee is due to the instructor at the first class.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
7-16	We	1/8-1/29	6:15-7:15pm	Old Atlanta Park	S. Li		\$65.00
7-16	We	2/5-2/26	6:15-7:15pm	Old Atlanta Park	S. Li		\$65.00
7-16	We	3/4-3/25	6:15-7:15pm	Old Atlanta Park	S. Li		\$65.00
7-16	We	4/1-5/6	6:15-7:15pm	Old Atlanta Park	S. Li	4/8	\$80.00

YOUTH CLAY

Explore the art of pottery! Learn slab, pinch pots, combined forms coil, and glazing. A \$10 supply fee is due at first class.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
8/up	Sa	1/11-2/15	10:00-11:30am	Central Park	K. Archambault		\$85.00
8/up	Sa	2/22-3/28	10:00-11:30am	Central Park	K. Archambault		\$85.00
8/up	Sa	4/4-5/16	10:00-11:30am	Central Park	K. Archambault	4/11	\$85.00

TEEN CLAY

Have fun learning the art of slab, pinch pots, combined forms, coil, resist, carving and glazing techniques! There is a \$25 supply fee due at the first class.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
12-18	Tu	1/7-2/11	6:00-8:00pm	Central Park	K. Archambault	\$100.00
12-18	Tu	2/18-3/24	6:00-8:00pm	Central Park	K. Archambault	\$100.00
12-18	Tu	3/31-5/12	6:00-8:00pm	Central Park	K. Archambault	\$100.00

WATERCOLOR PAINTING

The instructor will lead students through traditional and current ways of watercolor to draw landscapes, fruit, and people. No experience necessary.

A supply fee is due to the instructor at the first class.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
15/up	Su	1/12-2/9	3:45-5:45pm	Old Atlanta Park	S. Li	1/19	\$112.00
15/up	Su	2/23-3/29	3:45-5:45pm	Old Atlanta Park	S. Li	3/15	\$140.00
15/up	Su	4/12-5/3	3:45-5:45pm	Old Atlanta Park	S. Li		\$112.00

MIXED MEDIA PAINTING

Work in watercolor, oil and pastel! Techniques covered are wet on wet, dry brush, glazing and blending. Supply list given at registration. Bring a lunch.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
18/up	Th	4/16-5/21	10:00am-2:00pm	Central Park	C. Shriver	\$120.00
18/up	Fr	4/17-5/22	11:00am-3:00pm	Central Park	C. Shriver	\$120.00

MIXED CLAY

All levels are welcome! Hand building teaches slab, coil, pinch pots, extruded forms and glazing techniques. Wheel techniques can also be introduced to interested students. There is no open studio with this class. Supply fee of \$25 is due to the instructor at the first class.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
18/up	Th	1/09-2/27	9:30am-12:00pm	Central Park	M. Griffith	\$120.00
18/up	Th	3/19-5/14	9:30am-12:00pm	Central Park	M. Griffith	\$120.00

ART PROGRAMS

WHEEL CLASSES

Learn how to use a potter's wheel and how to glaze. Open studio schedule is available. All levels welcome. A supply fee of \$25 is due at first class.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
18/up	We	1/8-2/26	6:00-8:30pm	Central Park	T. Dees		\$145.00
18/up	We	3/18-5/13	6:00-8:30pm	Central Park	T. Dees	4/8	\$145.00

HANDBUILDING CLAY

Have fun exploring everything you can do with clay without use of a potter's wheel. Hand building classes teach slab, coil, pinch pots, extruded forms and glazing techniques. All levels welcome. Open Studio schedule given at the first class. Supply fee of \$25 (payable to instructor) is due at first class.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
18/up	Mo	1/6-3/2	6:00-8:30pm	Central Park	M. Griffith		\$145.00
18/up	We	1/8-2/26	9:00-11:30am	Central Park	M. Griffith		\$145.00
18/up	Mo	3/16-5/11	6:00-8:30pm	Central Park	M. Griffith	4/6	\$145.00
18/up	We	3/18-5/13	9:00-11:30am	Central Park	M. Griffith	4/8	\$145.00

WOODCARVING

Discover the world of wood carving! These classes are intended for anyone who has ever asked the question; how do you carve that? I will take students step by step through topics like what knives to use, how to sharpen their knives/tools and what tools are needed. They will master the four basic wood carving cuts, and I will teach how to create small carved faces and ornaments. Great for beginners, as well as experienced carvers. A supply list will be provided at registration.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
18/up	Tu	1/7-2/25	6:30-8:30pm	Central Park	C. Roe		\$80.00
18/up	Sa	1/11-2/29	10:00am-12:00pm	Central Park	C. Roe		\$80.00
18/up	Tu	3/10-5/5	6:30-8:30pm	Central Park	C. Roe	4/7	\$80.00
18/up	Sa	3/14-5/9	10:00am-12:00pm	Central Park	C. Roe	4/11	\$80.00

FREE WOODCARVING DEMOS

Join us for these free demo classes to see if woodcarving is for you!

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
18/up	Tu	12/10	6:00-8:00pm	Central Park	C. Roe	Free
18/up	Sa	12/14	10:00am-12:00pm	Central Park	C. Roe	Free



MARTIAL ARTS

MARTIAL ARTS

This is a comprehensive martial arts program that teaches a variety of styles including Karate, Jujitsu, Aikido, and traditional Korean Taekwondo. Focus is on practical self-defense, discipline and growth of the individual student as well as courtesy, respect, integrity, perseverance and indomitable spirit. Rank promotions are earned through ongoing assessment. Additional fees apply for testing and uniforms. Classes are for white through black belts. Families who register more than one child within the same month will receive a discounted price of \$170.00 per month (2x option only). For more information, please email the instructor, Debbie Smith, 5th Degree Black Belt at debbiectf@bellsouth.net.

AGES: 5 and up
LOCATION: Fowler Park Recreation Center
DAYS: Tuesdays and Thursdays
TIME: 5:45-6:45pm
MONTHLY FEE: 1 day per week - \$55.00; 2 days per week \$95.00
NO CLASS: April 7, 9

TAEKWONDO

Learn an ancient art for modern times by using up-to-date natural body movement techniques that are safe and customized to all physical abilities. Training focuses on self-discipline and physical fitness as well as development of empathy, kindness for others, and integrity of one's heart and soul, while also developing mental toughness that naturally comes with physical training in TaeKwonDo. Rank testing will be assessed on a bi-monthly basis. Additional fees apply for testing and uniforms. Classes are for all ranks starting from white belt to black belts.

AGES: 5 to 12	JUNIORS	ADULTS
LOCATION: Old Atlanta Park Recreation Center		13 and up
DAYS: Tuesdays/Thursdays		Old Atlanta Park Recreation Center
TIME: 5:30-6:15pm		Tuesdays/Thursdays
MONTHLY FEE: \$60.00		6:30-7:30pm
		\$60.00

KUNG FU

This class will teach traditional Kung Fu, modern Wushu and the 18 traditional martial arts armaments. Class will cover self-defense skills in single person forms, two-person drills and sophisticated fist and armament forms. Classes will improve muscle tone, strength, coordination and agility.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
5/up	F	1/3-1/31	5:45-6:30pm	Fowler Park	I. Chun	\$50.00
5/up	F	2/7-2/28	5:45-6:30pm	Fowler Park	I. Chun	\$50.00
5/up	F	3/6-3/27	5:45-6:30pm	Fowler Park	I. Chun	\$50.00
5/up	F	4/3-4/24	5:45-6:30pm	Fowler Park	I. Chun	\$50.00
5/up	F	5/1-5/29	5:45-6:30pm	Fowler Park	I. Chun	\$50.00
5/up	Tu	1/7-1/28	6:30-7:15pm	Old Atlanta Park	I. Chun	\$50.00
5/up	Sa	1/11-2/1	9:10-9:55am	Old Atlanta Park	I. Chun	\$50.00
5/up	Tu	2/4-2/25	6:30-7:15pm	Old Atlanta Park	I. Chun	\$50.00
5/up	Sa	2/8-2/29	9:10-9:55am	Old Atlanta Park	I. Chun	\$50.00
5/up	Tu	3/3-3/24	6:30-7:15pm	Old Atlanta Park	I. Chun	\$50.00
5/up	Sa	3/7-3/28	9:10-9:55am	Old Atlanta Park	I. Chun	\$50.00
5/up	Tu	4/7-4/28	6:30-7:15pm	Old Atlanta Park	I. Chun	\$50.00
5/up	Sa	4/7-4/28	9:10-9:55am	Old Atlanta Park	I. Chun	\$50.00
5/up	Tu	5/5-5/26	6:30-7:15pm	Old Atlanta Park	I. Chun	\$50.00
5/up	Sa	5/9-5/30	9:10-9:55am	Old Atlanta Park	I. Chun	\$50.00

BEGINNER HAPKIDO

Frankie McDonald, 5th Degree Master Instructor, will teach this Korean martial art form that employs kicks, punches, joint locks and other self-defense techniques. This class is designed to teach students discipline, self-control, and increase confidence.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
6-12	W	1/22-2/19	4:30-5:30pm	Central Park	F. MacDonald		\$45.00
6-12	W	2/26-3/25	4:30-5:30pm	Central Park	F. MacDonald		\$45.00
6-12	W	4/1-5/6	4:30-5:30pm	Central Park	F. MacDonald	4/8	\$45.00
6-12	W	5/13-6/10	4:30-5:30pm	Central Park	F. MacDonald		\$45.00

INTERMEDIATE HAPKIDO

Frankie McDonald, 5th Degree Master Instructor, will teach this Korean martial art form that employs kicks, punches, joint locks and other self-defense techniques. This class is designed to teach students discipline, self-control, and increase confidence. Students must be approved for the Intermediate Class.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
6-12	M	1/6-2/10	4:30-5:30pm	Central Park	F. MacDonald		\$45.00
6-12	M	2/17-3/16	4:30-5:30pm	Central Park	F. MacDonald		\$45.00
6-12	M	3/23-4/27	4:30-5:30pm	Central Park	F. MacDonald	4/6	\$45.00
6-12	M	5/4-6/15	4:30-5:30pm	Central Park	F. MacDonald	5/25	\$45.00

JUJITSU

This is a well-balanced format of traditional and practical self-defense that integrates strikes, blocking strikes, kicks, joint locking, throws, nerve strikes, and pressure point strikes. Participants can choose to participate 1 or 2 times per week. Rank is earned through ongoing evaluation. For more information, please email the instructor, Tom Chang at tom_ysc@yahoo.com. No class on January 20.

AGES: 6 to 12	JUNIORS	ADULTS
LOCATION: Fowler Park Recreation Center		13 and up
DAYS: Mondays: 5:45-6:45pm and Saturdays: 9-10am		Fowler Park Recreation Center
MONTHLY FEE: 1 day per week - \$50.00; 2 days per week \$90.00		Mondays: 6:45-8:15pm and Saturdays: 10-11:30am
		1 day per week - \$50.00; 2 days per week \$90.00

MARTIAL ARTS

ISSHIN-RYU KARATE

Isshin-Ryu, a traditional form of Okinawan Karate, emphasizes practical teaching and hands-on instruction to teach self-defense. Students will use natural stances and body posture in order to develop powerful punching and kicking techniques. While using Isshin-Ryu to increase their self-defense, physical fitness and mental acuity, students will also develop the lifelong benefits of self-discipline and self-confidence in their everyday life. For more information, please email the instructor, Michael Macaluso at michael.macaluso@att.net.

AGES: 10 and up
LOCATION: Fowler Park Recreation Center
DAYS: Mondays and Thursdays
TIME: 7:15-8:45 pm
MONTHLY FEE: \$ 80.00
NO CLASS: Jan 20, Apr 6,9, May 25

SHINKENDO

Come learn the authentic way of samurai swordsmanship, Shinkendo. This is a non-competitive martial art inspired by over 1200 years of samurai history and its techniques are taken from the practical methods once used by the samurai. Students will learn the five important aspects of swordsmanship: swinging, drawing, solo forms, sparring and test cutting (outside of class only). While learning the principles, students will develop their mind and body, learn an important cultural art and increase their self-esteem. For more information, please email the instructor, Michael Macaluso at michael.macaluso@att.net.

AGES: 10 and up
LOCATION: Fowler Park Recreation Center
DAYS: Wednesdays
TIME: 7:15-8:45 pm
MONTHLY FEE: \$ 50.00
NO CLASS: April 8

Sign up for Isshin-Ryu Karate and Shinkendo in the same month for \$100.00 (\$30 discount).

TAI CHI

Tai Chi is an exercise system that uses slow, smooth body motions and has both physical and mental benefits. The practice of Tai Chi helps to lower blood pressure, relieve stress, strengthen the immune system, as well improve muscle tone, flexibility, balance, and coordination.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
14/up	M	1/6-2/10	10:00-11:00am	Fowler Park	B. Watson	1/20	\$30.00
14/up	Sa	1/4-2/1	11:45am-12:30pm	Fowler Park	I. Chun		\$35.00
14/up	Sa	2/8-2/29	11:45am-12:30pm	Fowler Park	I. Chun		\$35.00
14/up	M	2/24-3/30	10:00-11:00am	Fowler Park	B. Watson	3/23	\$30.00
14/up	Sa	3/7-3/28	11:45am-12:30pm	Fowler Park	I. Chun		\$35.00
14/up	Sa	4/4-4/25	11:45am-12:30pm	Fowler Park	I. Chun		\$35.00
14/up	M	4/13-5/18	10:00-11:00am	Fowler Park	B. Watson		\$35.00
14/up	Sa	5/2-5/30	11:45am-12:30pm	Fowler Park	I. Chun		\$35.00
14/up	Sa	1/11-2/1	10:00-10:45am	Old Atlanta Park	I. Chun		\$35.00
14/up	Sa	2/8-2/29	10:00-10:45am	Old Atlanta Park	I. Chun		\$35.00
14/up	Sa	3/7-3/28	10:00-10:45am	Old Atlanta Park	I. Chun		\$35.00
14/up	Sa	4/4-4/25	10:00-10:45am	Old Atlanta Park	I. Chun		\$35.00
14/up	Sa	5/9-5/30	10:00-10:45am	Old Atlanta Park	I. Chun		\$35.00
50/up	Th	1/9-2/13	10:30-11:30am	Old Atlanta Park	B. Watson	1/23	\$30.00
50/up	Th	2/27-4/2	10:30-11:30am	Old Atlanta Park	B. Watson	3/26	\$30.00
50/up	Th	4/16-5/21	10:30-11:30am	Old Atlanta Park	B. Watson		\$35.00
60/up	W	1/8-2/12	9:45-10:45am	Central Park	B. Scott		\$30.00
60/up	W	2/19-3/25	9:45-10:45am	Central Park	B. Scott		\$30.00
60/up	W	4/1-5/13	9:45-10:45am	Central Park	B. Scott	4/8	\$30.00
60/up	W	5/20-6/24	9:45-10:45am	Central Park	B. Scott		\$30.00

ADVANCED TAI CHI

Tai Chi is an exercise system that uses slow, smooth body movements and has both physical and mental benefits. The practice of Tai Chi helps to lower blood pressure, relieve stress, strengthen the immune system, as well as improve muscle tone, flexibility, balance and coordination.

AGES	DAY	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
14/up	Sa	1/4-2/1	12:30-1:15pm	Fowler Park	I. Chun		\$35.00
14/up	Sa	2/8-2/29	12:30-1:15pm	Fowler Park	I. Chun		\$35.00
14/up	Sa	3/7-3/28	12:30-1:15pm	Fowler Park	I. Chun		\$35.00
14/up	Sa	4/4-4/25	12:30-1:15pm	Fowler Park	I. Chun		\$35.00
14/up	Sa	5/2-5/30	12:30-1:15pm	Fowler Park	I. Chun		\$35.00
50/up	Th	1/9-2/13	11:50am-12:10pm	Old Atlanta Park	B. Watson	1/23	\$20.00
50/up	Th	2/27-4/2	11:50am-12:10pm	Old Atlanta Park	B. Watson	3/26	\$20.00



THERAPEUTIC RECREATION PROGRAMS

TR CAMPS

These camps will provide a fun and structured schedule of indoor activities including games, arts and crafts, music, sports, and theme related activities. Extended care is available for an additional cost, starting with early drop-off at 7:30am and ending with late pick up until 5:30pm. Campers will need to bring a non-perishable sack lunch, 2 snacks, and a water bottle. Each child must have a completed TR Participant Information Form and a Seizure Information Form (if applicable) on file prior to the start of camp. Staff ration will be 1:2 - 1:3 depending on the number of campers. Parents/ guardians must sign in and out every day. An ID will be required for pick-up. Any change in pick-up or carpooling arrangements must be arranged in the morning for that day's afternoon pick up. The charge for late pick up is \$1 per minute late per child. In order to best meet each camper's individual needs, we ask that parents/ guardians inform us of any accommodations needed at the time of registration and/or at least 10 days in advance of the camp. Siblings of registered TR members may also register.

CAMP	AGES	DAYS	DATES	TIME	LOCATION	NO CAMP	FEE
New Year's Day Camp	6-22	M, Th, F, M	12/30-1/2, 1/3, 1/6	9am-4pm	Central Park	12/31, 1/1	\$160.00
MLK Day Camp	6-22	M	1/20	9am-4pm	Central Park		\$50.00
February Day Camp	6-22	F, M, Tu	2/14, 2/17, 2/18	9am-4pm	Central Park		\$120.00
March Day Camp	6-22	F	3/13	9am-4pm	Central Park		\$50.00
Spring Break Day Camp	6-22	M-F	4/6-4/10	9am-4pm	Central Park		\$200.00

SPECIAL NEEDS GROUP FITNESS

This fun fitness class starts with some easy dance moves, followed by exercises with shaker sticks, drumsticks and finally a cool down and stretch, to upbeat music! Our format is enjoyed by participants sitting or standing and various levels of ability. Contact Fit Frenzy Studio for details at 678-736-0523 or gayle@fitfrenzystudio.com.

AGES	DAYS	DATES	TIME	LOCATION	NO CLASS	FEE
6/up	Th	1/9-1/30	5:30-6:15pm	Central Park		\$50.00
6/up	Th	2/6-2/27	5:30-6:15pm	Central Park		\$50.00
6/up	Th	3/5-3/26	5:30-6:15pm	Central Park		\$50.00
6/up	Th	4/2-4/30	5:30-6:15pm	Central Park	4/9	\$50.00
6/up	Th	5/7-5/28	5:30-6:15pm	Central Park		\$50.00

DREAM RUNNERS

This is a beginner running/walking program for families with special needs. Parents, siblings, or family friends 18+ can join their child or young adult in a weekly walk/run. The goal of this is to slowly progress each week in the distance of walk/run. This is a 3-month commitment and will end with a participation in a local 5K on June 6. A parent or adult 18+ must stay with their runner at the weekly group walk/run. This is meant to be a fun time to encourage a healthy lifestyle while enjoying time with others in the community. The program fee includes the registration fee for the local 5K on June 6. For more information call Coach Amy at 205-420-9226.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	NO CLASS	FEE
5/up	Sa	3/7-5/30	10:00-11:00am	Fowler Park Track	A. Taylor	5/23	\$95.00

GET UP AND MOVE

We are offering a fitness walking program for adults with special needs! Each participant will be provided with a pedometer. Steps will be recorded at the end of the session and totaled at the end of the week and at the end of the session. Prizes will be given to those awarded with "Most Steps" and "Most Improved" and "Best Attitude." Participants should wear exercise appropriate clothes and running shoes.

AGES	DAYS	DATES	TIME	LOCATION	FEE
18/up	Tu, Th	1/6-1/30	10:00-11:00am	Fowler Park	\$10.00
18/up	Tu, Th	2/4-2/27	10:00-11:00am	Fowler Park	\$10.00
18/up	Tu, Th	3/2-3/26	10:00-11:00am	Fowler Park	\$10.00
18/up	Tu, Th	4/7-4/30	10:00-11:00am	Fowler Park	\$10.00
18/up	Tu, Th	5/4-5/28	10:00-11:00am	Fowler Park	\$10.00

FLAG FOOTBALL/ TRACK TRAINING CAMP

This weekly training camp will help Special Olympics athletes shake off the holidays and get ready for the spring flag football and track & field season. Staff will introduce participants to a variety of warm-up and flexibility exercise and offer several pre-season conditioning drills and games to increase fitness and preparation for the competitive practice season. This program will be run indoors and outdoors, based on the weather.

AGES	DAYS	DATES	TIME	LOCATION	FEE
8/up	Sa	2/1-2/22	2:00-3:30pm	Central Park	\$10.00

SPECIAL NEEDS CHEERLEADING TEAM

Interested in cheering at the competition level? Come join us in our new competition cheerleading team. This is a 15-week program will consist of weekly practices and participation in several competitions throughout the season. Uniform and competition fees will be additional costs.

AGES	DAY	DATES	TIME	LOCATION	FEE
13-30	Sa	2/1-5/9	11:00am-12:00pm	Central Park	\$75.00

ELEMENTARY MUSIC THERAPY

Come and find your strengths through music! Play different instruments and sing along too! Staff from Triad Music will introduce students to a wide range of musical instruments to find that hidden talent in your child.

AGES	DAYS	DATES	TIME	LOCATION	FEE
6-11	Tu	1/7-1/28	4:00-5:00pm	Midway Park	\$60.00
6-11	Tu	2/4-2/25	4:00-5:00pm	Midway Park	\$60.00
6-11	Tu	3/3-3/24	4:00-5:00pm	Sawnee Mountain Park	\$60.00
6-11	Tu	4/7-4/28	4:00-5:00pm	Sawnee Mountain Park	\$60.00

I WANNA ROCK!

Have you ever thought about being in a rock band? Now is the opportunity! Join our Rock Band, where specially trained staff can help you achieve your rock dreams! No experience required. Learn to play guitar, bass, drums, piano, sing, and music production skills; and finish with a big show! For more information, email the instructor, Brianna Henderson, at triadmusictherapy@gmail.com.

AGES	DAYS	DATES	TIME	LOCATION	INSTRUCTOR	FEE
12+	Tu	1/7-1/28	5:00-6:00pm	Midway Park	B. Henderson	\$60.00
12+	Tu	2/4-2/25	5:00-6:00pm	Midway Park	B. Henderson	\$60.00
12+	Tu	3/3-3/24	5:00-6:00pm	Sawnee Mountain Park	B. Henderson	\$60.00
12+	Tu	4/7-4/28	5:00-6:00pm	Sawnee Mountain Park	B. Henderson	\$60.00

THERAPEUTIC RECREATION PROGRAMS

PARENT'S NIGHT OUT

Drop your kids and go! This monthly program gives parents the chance to catch up on errands, get a workout in, or have a date night. TR staff will provide a variety of activities including table games, open gym time, and a movie. Pizza will be served for dinner along with some additional snacks and drinks. If pizza does not work, bring a meal and staff will assist.

Other age appropriate family and friends are also welcome. Pre-registration and payment is required for all attendees.

AGES	DAYS	DATES	TIME	LOCATIONS	FEE
5/up	Sa	1/25	5:00-9:00pm	Central Park	\$10.00
5/up	Sa	2/8	5:00-9:00pm	Central Park	\$10.00
5/up	Sa	3/21	5:00-9:00pm	Central Park	\$10.00
5/up	Sa	4/18	5:00-9:00pm	Central Park	\$10.00
5/up	Sa	5/16	5:00-9:00pm	Central Park	\$10.00

FRIDAYS AROUND FORSYTH

Fridays Around Forsyth is a monthly program and provides opportunities to participate in special events held in or around Forsyth County. More details regarding meeting locations and/or transportation will be provided after registration. Participants can attend this program with a program buddy or a family member, when tickets are purchased, or program fees paid.

THEME	AGES	DAYS	DATES	TIME	FEE
School Street Playhouse	13/up	F	1/24	7:00-10:30pm	\$30.00
Medieval Times Dinner Show	16/up	F	2/28	6:00-9:00pm	\$45.00
Mini Golf	13/up	F	3/27	6:00-9:00pm	\$15.00
Gwinnett Stripers Game	13/up	F	4/24	5:00-10:00pm	\$18.00
Splash into Summer Pool Party	All ages	F	5/29	7:00-9:00pm	\$5.00

FRIDAY NIGHT BOWLING

The TR Program's monthly bowling program is held on the third Friday of the month at Stars & Strikes. Staff will collect money (cash only) at Stars & Strikes and pay for the participants all at once. Fee includes 2 hours of bowling, shoes, pizza, and drinks.

AGES	DAYS	DATES	TIME	LOCATION	FEE
All Ages	F	1/17	7:00-9:00pm	Stars & Strikes	\$10.00 paid at Stars & Strikes
All Ages	F	2/21	7:00-9:00pm	Stars & Strikes	\$10.00 paid at Stars & Strikes
All Ages	F	3/20	7:00-9:00pm	Stars & Strikes	\$10.00 paid at Stars & Strikes
All Ages	F	4/17	7:00-9:00pm	Stars & Strikes	\$10.00 paid at Stars & Strikes
All Ages	F	5/15	7:00-9:00pm	Stars & Strikes	\$10.00 paid at Stars & Strikes

SATURDAY NIGHT DANCES

Come enjoy a great social night out with your friends at the monthly Saturday Night Dance. Ask the DJ to play your favorite song. There will be a different theme each month. Refreshments provided. This program allows the participant to have a program buddy. Other age appropriate family and friends are also welcome. Pre-registration and payment is required for all attendees.

THEME	AGES	DAYS	DATES	TIME	LOCATIONS	FEE
Wigs	13/up	Sa	1/18	6:30-8:30pm	Central Park	\$2.00
Valentine's	13/up	Sa	2/15	6:30-8:30pm	Central Park	\$2.00
80s Workout	13/up	Sa	3/14	6:30-8:30pm	Central Park	\$2.00
Spring Fling	13/up	Sa	4/11	6:30-8:30pm	Central Park	\$2.00
Hollywood Celebration	13/up	Sa	5/2	6:30-8:30pm	Central Park	\$2.00

GIRLS NIGHT OUT

Girls Night Out is a program designed specifically for girls 13 years old and older.

THEME	AGES	DAYS	DATES	TIME	LOCATIONS	FEE
March to the Mall	13/up	F	1/11	5:30-9:00pm	Central Park	\$15.00
Build-a-Bear	13/up	Sa	2/7	5:30-9:00pm	Location TBD	\$35.00
Chick Flick Night - Movies 400	13/up	Sa	3/28	5:30-9:00pm	Location TBD	\$10.00
Easter Egg Hunt - Community Service Project	13/up	F, Sa	4/10-4/11	5:30-9:30pm	Central Park	Free
Craft Night	13/up	Sa	5/9	5:30-9:30pm	Central Park	\$15.00

SPECIAL NEEDS EGG HUNT

Forsyth County Parks and Recreation Therapeutic Recreation program will be hosting our second annual Easter egg hunt. This will be a great opportunity for families to meet and connect. We will have an Easter bunny present for pictures with families, family oriented games and face painting. The egg hunt will be broken down by age groups. For ages 3 and up.

Saturday April 11, 2020

1-3 pm

Central Park

\$5.00/pp



SAWNEE MOUNTAIN PRESERVE VISITORS CENTER

4075 Spot Road, Cumming, GA 30040

Enjoy nature and history through interpretive exhibits, natural play, hiking, climbing and other fun adventures! Sawnee Mountain Preserve offers 11 miles of wooded trails for walkers, runners and hikers to explore the mountain. Trail options range from easy to difficult. **Please note: Dogs are not permitted at the preserve.**

Trail Hours

November to February - 6 a.m. to 7 p.m.
March to October - 6 a.m. to 9:30 p.m.

Trail Access Points

4075 Spot Road
2500 Bettis-Tribble Gap Road
2505 Bettis-Tribble Gap Road

SATURDAYS AT SAWNEE

Family Fun - Crafts and Workshops:
Saturdays starting at 11:00am - FREE!



ENVIRONMENTAL EDUCATION

NATURE HIKE

Ages: All Program length: 2 hours Price: \$10/pp with a \$60 minimum

Let our experienced naturalist guide your group on an amazing nature hike through Sawnee Mountain's beautiful trail system. Participants will explore the remarkable complexity of the Sawnee Mountain ecosystem while learning more about the plants and animals that call our forest home. Great for private schools, scouts, and other groups.

SCHOOL FIELD TRIPS

Grades: K, 1, 2, 4, 5 Program length: 2 hours Price: \$7/per student (\$8.50 out of county) \$84 minimum

Connect your students to local history, geography, and the environment through an enriching outdoor experience. Programs are hands-on learning opportunities that align with the Georgia Standards of Excellence. Join us for a fun day outside and watch your students apply classroom concepts and use scientific tools in the field.

THE BEAR WENT OVER THE MOUNTAIN

Grades: 3 Program length: 2 ½ hours Price: \$10/per student (\$12 out of county) \$120 minimum

Our Black Bear-themed program is designed to focus on the GSE for 3rd grade and was created from input by school teachers, community leaders and environmental educators. Students will have opportunities to use wildlife biology tools and methods, collect data from a bear cub during our den simulation, hike through bear habitat identifying its components, examine and identify real fossil specimens, and act like a bear foraging for food.

LITTLE EXPLORERS PRESCHOOL

Join us at Sawnee Mountain for a 12-week science course designed specifically for pre-k children. Participants will explore the amazing, diverse environment of Sawnee Mountain in a safe and stimulating setting. Through nature awareness games, hands-on field science, nature hikes, guided wandering, nature-inspired art, story-telling, and experiments, participants learn to observe, appreciate, and ask questions about ecosystems.

AGE	DAYS	DATES	TIME	LOCATION	NO CLASS	FEE
3-5	Tu	2/18-5/12	1:30-3:00pm	Sawnee Mountain Preserve Visitor Center	4/7	\$120.00
3-5	Th	2/20-5/14	1:30-3:00pm	Sawnee Mountain Preserve Visitor Center	4/9	\$120.00

HOMESCHOOL SCIENCE

Join us at Sawnee Mountain Preserve for a 12-week science course designed specifically for homeschool families. Students will learn elementary science skills through the exploration of our beautiful trail system, direct observation of forest ecosystems, live experiments, and individual attention from our trained naturalists. Each lesson will be combined with age-appropriate exciting experiences that are fun and enhance student awareness about the environment. Activities are taught across disciplines linking natural and social sciences, technology, engineering, mathematics, arts, and humanities to help learners understand and address environmental issues.

AGE	DAYS	DATES	TIME	LOCATION	NO CLASS	FEE
5/up	W	2/19-5/13	1:00-2:30pm	Sawnee Mountain Preserve Visitor Center	4/8	\$120.00

OUTDOOR ADVENTURE EDUCATION

EDUCATIONAL CLINICS

Do you want to learn more about various outdoor pursuits? We offer instructional clinics to individuals and groups. Clinics are offered for rock climbing topics such as basic rock climbing, belaying, rappelling, anchor building and knots and hitches. We also offer kayaking roll clinics. To learn more about these opportunities, please call (770) 781-2217.

PADDLE SPORTS FACILITATOR TRAINING

Join our professional instructors to improve your paddle sport(s) facilitation. Throughout this training, participants will learn how to safely facilitate, sequence, and manage a paddle program for stand-up paddle boarding, canoeing, and flat-water kayaking. Instruction topics will include safety, group management, teaching proper skill and technique for each sport, and facilitation procedures. All equipment will be provided.

AGE	DAYS	DATE	TIME	LOCATION	FEE
18/up	Sa	5/16	9:00am-5:00pm	Shady Grove Campground	\$100.00

BASIC DRT FACILITATOR TRAINING

Join senior tree climbing instructor Lou Roland in this two-day training focused on basic DRT (double rope technique) tree climbing safety, equipment, skills, and facilitation. Participants will be expected to demonstrate basic DRT tree climbing ability. The training will teach beyond the basics of tree climbing safety and techniques, tree selection, rigging and set up, multi-pitching, vertical rescues, and facilitation techniques. The last 3 hours of the training will include a practice facilitation where participants will facilitate a group of climbers. Upon completion, this training entitles participants to teach basic recreational tree climbing experiences for general, non-trained climbers. All equipment is provided. The Basic Tree Climbing Course or equivalent tree climbing experience (minimum of 6 months) is required to take this course.

AGES	DAYS	DATES	TIME	LOCATION	FEE
18/up	Sa/Su	3/21-3/22	9:00am-5:00pm	Sawnee Mountain Preserve Visitor Center	\$200.00

OUTDOOR ADVENTURE RECREATION

TREE CLIMBING & ZIP LINING PROGRAMS

Enjoy a fun day of tree climbing and zip lining that is great for the whole family! At our giant oak tree, participants will learn to climb ropes high into the branches. Professional instructors will provide safe instruction for basic tree climbing technique and non-stop zip lining. All equipment provided. Participants under 9 must be accompanied by a paying adult.

AGE	DAYS	DATES	TIME	LOCATION	FEE
6/up	Sa	3/14	1:00-4:00pm	Sawnee Mountain Preserve Visitor Center	\$45.00
6/up	Sa	3/28	1:00-4:00pm	Sawnee Mountain Preserve Visitor Center	\$45.00
6/up	Sa	5/2	10:00am-1:00pm	Sawnee Mountain Preserve Visitor Center	\$45.00
6/up	Sa	5/16	10:00am-1:00pm	Sawnee Mountain Preserve Visitor Center	\$45.00

ROCK CLIMBING & CLIMBING TOWER

Enjoy a fun day of rock climbing and zip lining at Sawnee Mountain Preserve's climbing tower! Our professional instructors will teach basic safety and rock climbing techniques. Great for the whole family, so don't miss out on this fun-filled day! Zip lining is included, and all equipment provided. Participants under 9 must be accompanied by a paying adult.

AGE	DAYS	DATES	TIME	LOCATION	FEE
6/up	Sa	4/4	1:00-4:00pm	Sawnee Mountain Preserve Visitor Center	\$45.00
6/up	Sa	5/9	10:00am-1:00pm	Sawnee Mountain Preserve Visitor Center	\$45.00
6/up	Sa	5/23	10:00am-1:00pm	Sawnee Mountain Preserve Visitor Center	\$45.00

OVERNIGHT ROCK CLIMBING TRIP

On this camping and climbing trip, professional instructors will teach participants basic climbing safety and technique at Pigeon Mountain near Fayetteville, GA. On day one, participants will be introduced to bouldering and learn how to safely and efficiently solve climbing problems at one of the best bouldering areas in the southeast, Rocktown! On day two, participants will learn how to safely and effectively climb on top rope at Lost Wall. All climbing equipment and some camping equipment may be provided. A gear list will be provided after registration. Participants are required to attend a pre-trip meeting at Sawnee Mountain Preserve. Meals will be provided. Participants under 16 must be accompanied by a participating adult.

AGES	DAYS	DATES	MEET/RETURN TIME	MEETING LOCATION	FEE
9/up	Sa/Su	3/28-3/29	9:00am/5:00pm	Sawnee Mountain Preserve Visitor Center	\$300.00

STAND UP PADDLE BOARD

Learn how to stand-up paddle board! Experienced instructors will teach participants about safety, equipment, proper clothing, getting on the board, proper stance and positioning, paddle strokes, turning, and falling and recovery techniques. No experience necessary; all equipment is provided. Participants under 12 must be accompanied by a paying adult.

AGE	DAYS	DATE	TIME	LOCATION	FEE
9/up	Sa	4/18	1:00-4:00pm	Shady Grove Campground	\$30.00
9/up	Sa	5/9	1:00-4:00pm	Shady Grove Campground	\$30.00
9/up	Sa	5/23	1:00-4:00pm	Shady Grove Campground	\$30.00

LEARN TO PLAY DISC GOLF

Learn to play disc golf at the beautiful Chattahoochee Pointe Park disc golf course! Our instructors will teach you basic throwing techniques, rules of the sport, and how to choose the proper disc for different throwing situations. Discs will be provided. Please bring lunch and water. Participants under the age of 12 must be accompanied by a paying adult.

AGE	DAYS	DATE	TIME	LOCATION	FEE
9/up	Sa	4/4	10:00am-2:00pm	Chattahoochee Pointe	\$15.00
9/up	Sa	5/2	10:00am-2:00pm	Chattahoochee Pointe	\$15.00

ADVENTURE CAMPS

Ages 6-8 - Find your inner adventurer and explorer during this fun packed week! Professional instructors will provide campers with a safe and enriching week of adventure, learning, and fun. Activities will include environmental and adventure-based games and crafts, hiking, rock climbing, tree climbing, zip-lining, fort building and exploring.

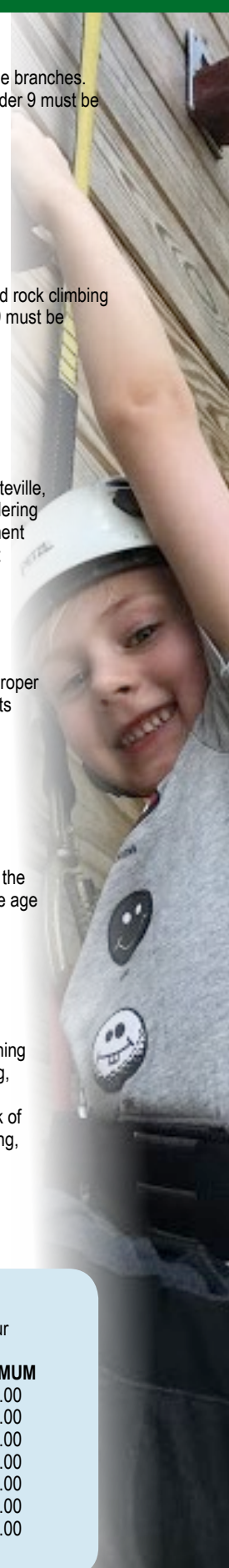
Ages 9-15 - Campers will never forget this adventure packed week! Professional instructors will provide campers with a safe, fun and enriching week of outdoor adventure. Adventures may include games, tour kayaking, stand up paddle boarding, hiking, swimming, rock climbing, tree climbing, canoeing, zip-lining, or disc golf!

AGES	DAYS	DATES	TIME	LOCATION	FEE
6-8	M-F	4/6-4/10	9:00am-4:00pm	Sawnee Mountain Preserve Visitor Center	\$155.00
9-15	M-F	4/6-4/10	8:30am-4:00pm	Sawnee Mountain Preserve Visitor Center	\$250.00

SCHEDULE YOUR OWN ADVENTURE

These outdoor recreation experiences are great for groups, families, clubs, teams, scouts, and birthday parties! Call (770)781-2217 to schedule your adventure!

PROGRAM OPTIONS	AGES	LOCATIONS	FEE PER PERSON	MINIMUM
Beach and Paddle	6/up	Shady Grove Campground	\$30.00	\$180.00
River Canoeing	6/up	Location TBD	\$30.00	\$180.00
Guided River Trip - Paddle & Fish	9/up	Location TBD	\$30.00	\$180.00
River Stand Up Paddleboard	9/up	Location TBD	\$30.00	\$180.00
Tree or Tree Climbing Adventure	6/up	Sawnee Mountain Preserve Visitor Center	\$30.00	\$180.00
Indian Seats Rock Climbing Adventure	9/up	Sawnee Mountain Preserve Visitor Center	\$30.00	\$180.00
Overnight Rock Climbing Trip	9/up	Location TBD	\$300.00	\$600.00





Forsyth County Parks & Recreation
P.O. Box 2417
Cumming, Georgia 30028
parks.forsythco.com

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SAWNEE MOUNTAIN PRESERVE SPRING FESTIVAL

Celebrating Earth Day



SATURDAY, APRIL 25 • 10 AM TO 4 PM

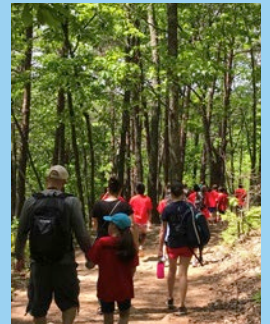
Sawnee Mountain Preserve Visitor Center

- Environmental education activities and games
- Tower rock climbing
- Tree climbing
- Zip-lining
- Guided hikes
- Guest speakers
- Workshops and more

Interested in becoming a vendor or sponsor?

Email: jmdaugherty@forsythco.com

Call: (770) 781-2217



3) On the Activity Guides, do the page counts (24, 28, 32) include the 4-page cover or is that referring to the interior pages?

Answer: The page counts: 24, 28, 32 are inclusive of the front and back covers.