

The Recreation Connection



A Publication of the Acworth Parks and Recreation Department

Adult Flag Football Spring Registration

Entering its third year, the Acworth Parks and Recreation Department's Adult Flag Football League has more than doubled in size. Hosting 11 teams and over 120 participants, its largest season yet, the league is excited about opening registration for Spring 2011. Offering statistics, player(s) of the week, records, write-ups and box scores after each game, and the SuperJoe Bowl Championship to end post season play, the Acworth Adult Flag Football League is a joyful experience for those football fans that still love to play the game.



Game play is 7 on 7, though teams may have a roster of up to 17 players. All games are played on Tuesday and Thursday evenings at Amos Durr Field with no cost to spectators.

Start building your team and dynasty today! The team registration fee is only \$350 which covers all your league expenses. Teams are responsible

for providing their own jerseys. If you do not have a team, come out and participate in our Free Agent Sign-Up Day Monday, March 14 at 7:00 p.m. located at Amos Durr Field. Free Agent registration is \$35.00 and teams will be selected.

To view the latest updates, information, or player statistics you can visit www.acworth.org/aprd or www.leaguelineup.com/acworthflagfootball.

For more information please call the Acworth Parks and Recreation Department at (770) 917-1234 or email jwhite@acworth.org.

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February Edition

Mark Your Calendars:

- ◆ 2/17 Arbor Day Celebration
- ◆ 2/07 Karate for Kids Begins
- ◆ 2/08 Tai Chi Begins
- ◆ 4/16 Easter Egg Hunt

Expanding Horizons - Kennedy Space Center



For 16 lucky participants, they will spend 4 days in Cape Canaveral, Florida during the February break, participating in the Kennedy Space Center Student Astronaut Training Experience. The training includes space mission simulations and even a ride on multiple space shuttle simulators. The group will be lodging on the popular Cocoa Beach next to Ron Jon Surf Shop.

For more information on the Expanding Horizons Program please contact Frank White at (770) 917-1234 or email him at jwhite@acworth.org.



Acworth's Expanding Horizons Program sets its sights on the Kennedy Space Center. Funded by a private benefactor Expanding Horizons uses the local schools to identify students which will be taken on one educational field trip one month throughout the school year.

The trip is geared to provide them the immeasurable educational opportunity to visit the nation's marquee NASA site, increase their knowledge and understanding of aeronautics, and develop memories they'll have for a lifetime.

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Acworth Parks & Recreation

4762 Logan Road

Acworth, GA 30101

Phone: 770.917.1234

Fax: 770.966.7891

Website: www.acworth.org/aprd

2nd Annual Martin Luther King, Jr. Day of Service



in a nation wide day of service, beginning with United We Serve.

or call the Acworth Parks and Recreation Office at (770) 917-1234.

Participants spent time picking up litter and restoring life to the Doug Davis Children's Garden by the Robert School Community and Education Center. Though a small turnout this year, the Acworth Achievers plan to make this celebration an annual event to commemorate Reverend Doctor Martin Luther King, Jr. and the legacy he has left the world.



On Monday, January 17 the Acworth Achievers Mentoring and After School Program, along with a handful of volunteers, celebrated Dr. King's day by participating

For more information on this event please contact Frank White at jwhite@acworth.org

Preschool Sports Camp

After months of anticipation, the Acworth Parks and Recreation Department will be having a spring edition of Preschool Sports Camp. This is a non-competitive program to help three and four year olds develop basic skills for sports programs in the future. Parents, come enjoy the spring weather with your child as we discover their potential to be the next big homerun hitter, soccer stud, and/or basketball superstar.



The program gives children a chance to explore a variety of different sports all in one program. Preschool sports camp exposes these eager preschoolers to soccer, T-ball, basketball, and even

speed & agility development through 9 organized instructional sessions.

Sessions are every Thursday morning from 9:00 a.m. to 9:45 a.m. beginning April 14 and ending June 9. Every session will be

held on The Horizon Field at the Acworth Sports Complex. The registration fee for City Residents is \$50.00 and for Non-City Residents is \$65.00.

Register online from the convenience of your home by visiting www.acworth.org/aprd or come by the Acworth Parks and Recreation Department office located at 4762 Logan Road in Acworth.

For more information visit the above website or please contact Frank at (770) 917-1234 or by email at jwhite@acworth.org.

Karate for Kids

Acworth Parks and Recreation is pleased to announce Karate lessons for children ages four to ten. By learning karate, your child will improve concentration skills, develop patience and respect, become more physically fit and learn ancient discipline applied to modern living.

The cost of this class is \$50.00 plus a one time minimal uniform fee.

For more information about Karate for Kids or for any of our adult Tai Chi classes please contact the Acworth Parks and Recreation Department at (770) 917-1234 or register online at www.acworth.org/aprd

Class will be taught by Phil Robinson, Certified Master Instructor and 7th degree black belt. The style of karate taught will be Tang Soo Do, a Korean style dating back to 700 A.D.



Adult Horizon Baseball League

Let's play ball! Calling all adults, 21 years and older, with special needs. Here is a league just for you! For the first time ever, The Acworth Parks and Recreation Department is offering an adult only Special Needs Baseball League. Games are non-competitive and each player on the roster gets on base before the opposing team gets to bat.

The mission of the Horizon Baseball League is to provide children and adults with developmental and physical disabilities the opportunities to develop lasting relationships among peers, coaches and parents, and show that they are an important part of the community through participating in a full season of baseball. If you are interested in this league but do not

wish to play, you may volunteer your time as a coach or as a buddy.

Baseball season begins on Thursday, April 14 and runs through May 19. The cost for the league is \$15 which covers league expenses. If you are unable to afford the cost of the league, opportunities for financial aid are available. The registration deadline is Friday, April 1.

To register, visit www.acworth.org/aprd or come to the Acworth Parks and Recreation office at 4762 Logan Rd Acworth, Ga 30101. For more information or questions concerning financial aid, contact Lauren Ham at lham@acworth.org or call (770) 917-1234.



Horizon Baseball League

The Acworth Parks and Recreation Department's Spring Horizon Baseball Season has started registration. The league is divided up into two age groups; 5-12 year olds and 13-21 year olds. Games are non-competitive and each player on the roster gets on base before the opposing team gets to bat.

Baseball season begins on Saturday, April 16 and runs through May 21. The cost for the league is \$15 which covers league expenses. If you are unable to afford the cost of the league, opportunities for financial aid are available. The registration deadline is Friday, April 1.



To register, visit www.acworth.org/aprd or come to the Acworth Parks and Recreation office at 4762 Logan Rd Acworth, Ga 30101. For more information or questions concerning financial aid, contact Lauren Ham at lham@acworth.org or call (770) 917-1234.

Horizon Soccer Camp



Get ready to play some soccer on the Horizon Field! This league accommodates all disabilities. The bulk of the class focuses on skill-building activities and scrimmage games (adapted variations for younger age groups).

Camp dates are: Saturday March 5th, 12th and 19th. The 5-12 year olds will play from 12:00 - 1:00 p.m. and 13-21 years old will play from 1:00 - 2:00 p.m.

Registration is limited. The cost for this camp is \$10. All participants will get a shirt. Financial Aid is available

To register, visit www.acworth.org/aprd or come to the Acworth Parks and Recreation office at 4762 Logan Rd Acworth, Ga 30101. For more information contact Lauren Ham at lham@acworth.org or call (770) 917-1234.

Sensory Art Classes

The Acworth Parks and Recreation Department is offering Sensory Based Art Activities for Children with Autism, Asperger Syndrome and other Pervasive Developmental Disorders. These expressive activities are used as a way for children to explore, create, discover and express their feelings and emotions.

Class will be held Thursday's from 6:30 p.m. – 7:30 p.m. at Roberts School on March 3rd, 10th, 17th and 24th. The registration deadline for this

class is February, 24th.

To register, visit www.acworth.org/aprd or come to the Acworth Parks and Recreation office at 4762 Logan Rd Acworth, Ga 30101. For more information or questions please contact Lauren Ham at lham@acworth.org or call (770) 917-1234.



Senior Moment - Upcoming Senior Activities

The Acworth Parks and Recreation Department is excited to announce the newest programs for Seniors Adults. Check out "Senior Moment" each month for upcoming activities and events.



Senior Lunch

Join us on February 15 for the City of Acworth Parks and Recreation Departments Senior Luncheon. Come join us for lunch, bingo and other special activities. The luncheon is held at Roberts School Community and Education Center in Acworth. Lunch is served at noon. After lunch we will have several rounds

of bingo with prizes. This program is free to all seniors!

Chi Kung/ Tai Chi

Chi Kung, also spelled Qi gong, is pronounced "chee kong" and dates back to 2600 B.C. Chi Kung is an internal Chinese meditative practice which uses slow graceful movements and controlled breathing techniques to promote and enhance a practitioner's overall health. The benefits of practicing Chi Kung include increased energy, stress release, toned muscles, improved balance and a stronger immune system.

This is an easy to learn/low impact class geared specifically for Seniors. New classes start February 8 and are held on Tuesdays from 10:00 a.m. to 10:45 a.m. at Roberts School Community and Education Center. The cost of this eight week class is \$50 for City of Acworth residents and \$55 for non-residents.

Senior Cardio Combo

Elevate your metabolism and heart rate by moving rhythmically to music. Participants will use free weights and resistance bands to exercise safely. Class will be held on Monday's and Thursday's at Roberts School starting on March 7- April 28 from 10:00 a.m. -10:45 a.m. This program is free to all seniors but space is limited.

For questions about the Senior Luncheon and all other Senior Activities please contact Lauren Ham at (770) 917-1234 or by email at lham@acworth.org.

Staff Directory

James Albright, Director
 Peter Jezerinac, Operations Manager
 Frank White, Recreation Coordinator
 Jeff Chase, Recreation Coordinator
 Lauren Ham, Special Populations Coordinator
 Aaron Ross, Parks Superintendent
 Lisa Barlow, Office Manager
 Michelle Patrick, Administrative Assistant

jalbright@acworth.org
pjezerinac@acworth.org
jwhite@acworth.org
jchase@acworth.org
lham@acworth.org
aross@acworth.org
lbarlow@acworth.org
mpatrick@acworth.org

All staff members can be reached by phone at 770-917-1234.

Visit us on the web at
<http://www.acworth.org/aprd>