

The Recreation Connection



A Publication of the Acworth Parks and Recreation Department

Acworth Citizen of the Year

On Wednesday, December 1, 2010 Jim Hourigan was named Acworth Citizen of the Year. Mr. Hourigan currently serves as the President of the Acworth Youth Football and Cheerleading Association and the Secretary for the Northwest Georgia Youth Football League. This sea-

son serves as his fifth year as President of Acworth Football



and Cheerleading and his 24th year with the organization in the capacity of coach and board member.

Mr. Hourigan was also honored by the Georgia Recreation and Parks Association in November as the State Volunteer of the Year.

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January Edition

Mark Your Calendars:

- ◆ 1/01 City Offices Closed
- ◆ 1/08 Spring Baseball Registration
- ◆ 1/14 Red Cross Blood Drive
- ◆ 1/15 Spring Baseball Registration
- ◆ 1/17 City Offices Closed
- ◆ 1/29 Daddy Daughter Dance
- ◆ 2/17 Arbor Day Celebration
- ◆ 4/16 Easter Egg Hunt

NWGYFL 2010 Super Bowl

The Northwest Georgia Youth Football League's 2010 season recently came to a close. The Division One NWGYFL Super Bowl was held on Saturday, November 20 at Harrison High School and the Division Two NWGFYL Super Bowl was held on Saturday, Novem-

ber 13 at Halbrooks Field at the Acworth Sports Complex. The Acworth Warriors were well represented at both Super Bowls. Out of the 13 possible league championships, Acworth won 10! There were 14 Acworth Teams competing for Super Bowl titles this year!



Tap/Ballet Classes

The Acworth Parks and Recreation Department is offering a Tap/Ballet Class for children ages 3 to 6 years old beginning January 4, 2010 at the Roberts School Community and Education Center and will continue for twenty weeks. The class is on Tuesdays from 4:30 p.m. to 5:15 p.m.



This class is a combination class divided with twenty minutes of tap and twenty-five minutes of ballet. The technical training is taught through ballet, which in turn helps teach the proper shift-

ing of weight and patterns in movement for tap. Since children naturally respond to music and movement, all of the activities are executed to fun music.

Class will be taught by Heather Pace, a Creative

Movement and Dance (CMD) Instructor, a mobile dance program which operates at locations throughout the Atlanta area.

The cost of this class is \$215 for City of Acworth residents and \$220 for non-residents.

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 call (770) 917-1234.

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Daddy/Daughter Dance

The Acworth Parks and Recreation Department will be hosting the annual Daddy Daughter Dance on Saturday, January 29, from 7:00 p.m. to 9:00 p.m., at Chattahoochee Technical College-North Metro Campus in the Banquet Room.

This year the theme is Masquerade Ball. Fathers and daughters, dressed in colorful ballroom attire, will be presented with masks upon their arrival, adding to the mystery and excitement of the evening. This is a great opportunity for dads and their daughters to spend a special evening together.

There will be a DJ playing music for the "couples" to dance the night away as



well as games for the dads and daughters to enjoy. This event is open to all girls up to age 13 with their dad or adult male escort.

The fee is \$25.00 for city residents or \$35.00 for non-city residents. Additional daughters are \$10 each for City of Acworth residents and \$15 each for non-city residents.

Refreshments will be served and Score Photo will be set up for optional pictures that can be purchased. Register now!

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.

Red Cross Blood Drive

People take pride in many aspects of their lives. Family, work, friends and recreation, all these things bring a great sense of accomplishment to people every day. Have you ever considered the pride that comes from saving another person's life? It's really very simple to do. Just become a blood or platelet donor.

It takes only one hour of your time to help save up to three lives. That means you can take pride in knowing you may have helped a child with sickle cell anemia play with friends, a mother give birth to her child or a grandparent spend more time with loved ones. Take pride in yourself and in your community. The City of Acworth Parks & Recreation

Next Drive

Location: Cauble Park Beach House

Date: January 14, 2010

Time: Noon to 5:00 p.m.



Together, we can save a life

Department is a proud sponsor of American Red Cross blood drives, which are hosted at the Acworth Beach House in Cauble Park, 2293 Beach St.

Most healthy people who are at least 17 years old and weigh 110 pounds or more are eligible to donate every 56 days. For complete eligibility information, review the American Red Cross donor eligibility guidelines located at <http://www.redcross.org/donate/give/>. All current eligible and new donors are strongly urged to schedule an appointment to donate blood, although walk-ins are welcome.

To make a blood donation appointment for an upcoming drive or have any questions call Jeff Chase in the Parks and Recreation Office at (770) 917-1234.

Horizon League Indoor Soccer Clinic

Tired of being cooped up this winter? Come to Game On Sports for the Horizon Indoor Soccer clinic Thursday, January 20 from 6:00 p.m. to 7:00 p.m. This clinic is open to all children with special needs ages five to 21.

Learn the fundamentals of soccer including; passing, shooting, dribbling and much more!! The clinic is free but registration is required.



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.

Therapeutic Recreation Yoga Classes

The Acworth Parks and Recreation Department is offering Yoga Classes for all levels of ability. The class focuses on teaching modified yoga postures and breathing techniques.

This class is open to all special needs participants ages 13 years and older. Classes will be held on Wednesday evenings from 7:00 p.m. to 8:00 p.m. from January 26 to March 3. The cost of this

class is \$25 and the registration deadline is January 21.

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 Citizen Luncheon:

Join us on January 18 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 March 4 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 Chair Yoga

Learn stretching and strengthening exercises, breathing techniques and much more during this class. Classes will be at Roberts School every Monday and Thursday starting January 24 until March 10 from 10:00 a.m. to 10:45 a.m. This program is free to all seniors but registration is required.

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.

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