

# The Recreation Connection



*A Publication of the Acworth Parks and Recreation Department*

## Easter Egg Hunt



The Easter Bunny is making his way to Acworth and he will be bringing 20,000 eggs filled with candy and toys!! The Annual Acworth Parks and Recreation Easter Egg Hunt will be held on Saturday, April 16 at the Acworth Sports Complex located at 4000 South Main St, Acworth.

The hunt will be for children

under the age of 12. The children will be divided into four age groups:

1. The 1 - 2 year old group will begin at 10:10 a.m.
  2. The 3 - 5 year old group will begin at 10:20 a.m.
  3. The 6 - 8 year old group will begin at 10:30 a.m.
  4. The 9 - 11 year old group will also begin at 10:30 a.m.
- Within each age group there will be "Prize Eggs" that can be redeemed for great prizes.

Again this year there will be a Special Needs Easter Egg Hunt on the Horizon Field. This hunt will begin at 10:00 a.m. and is for children under the age of 12 with Special Needs.

Bring your camera - there will be no photographer on site this year; however, there will be photo opportunities with the Easter Bunny.

For more information on the Easter Egg Hunt contact Jeff Chase at [jchase@acworth.org](mailto:jchase@acworth.org) or call the Acworth Parks and Recreation Office at 770-917-1234.

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### Mark Your Calendars:

- ◆ 4/16 Easter Egg Hunt
- ◆ 4/16 Park Openings: Proctor and Dallas
- ◆ 4/30 Classic Car Show

## 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](http://www.acworth.org/aprd) or [www.leaguelineup.com/acworthflagfootball](http://www.leaguelineup.com/acworthflagfootball).

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

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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](http://www.acworth.org/aprd)

## Horizon Baseball Leagues

Let's play ball! The Acworth Parks and Recreation Department's Spring Baseball Season has started registration. In addition to the current age groups; 5-12 and 13-20 year olds, the department is adding an adult league for those 21 years and older, with special needs. 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 for the Youth League and begins on Saturday, April 16 and runs through May 21 for the Adult League. 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](http://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](mailto: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 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup>. 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](http://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](mailto: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 March 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](mailto:lham@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](http://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](mailto:jwhite@acworth.org).

## Acworth Football and Cheerleading Registration



Online Registration for the 2011 Acworth Football and Cheerleading Association is now underway! The AFCA provides competitive and instructional football and cheerleading opportunities for children between the ages of five and twelve. Teams are grouped according to age and weight. Football players are placed on teams with other children of

similar skill and experience. Practice begins the first week in August and ends in early to middle November. Once the season starts practice will be held three nights a week with a game on Saturday.

The AFCA wants all children to have the opportunity to play football or to cheer this season. In recognition of the challenging economy, the AFCA is offering a substantial early registration discount. If you register on or before May 31 you can register to participate for \$150 as a City of Acworth resident, \$170 as a non-city resident. This is a savings of \$50! Equipment deposits and concession deposits will apply.

You can register online at [www.acworthwarriors.com](http://www.acworthwarriors.com) or there will be three onsite registration dates to

take advantage of this discount:

- 1) Saturday, March 19 10:00 a.m. to 1:00 p.m. Roberts School
- 2) Saturday, April 16 10:00 a.m. to 1:00 p.m. Halbrooks Field
- 3) Saturday, May 14 10:00 a.m. to 1:00 p.m. Halbrooks Field

For more information call 770-974-1688 or visit [www.acworthwarriors.com](http://www.acworthwarriors.com)

## 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](mailto:jalbright@acworth.org)  
[pjezerinac@acworth.org](mailto:pjezerinac@acworth.org)  
[jwhite@acworth.org](mailto:jwhite@acworth.org)  
[jchase@acworth.org](mailto:jchase@acworth.org)  
[lham@acworth.org](mailto:lham@acworth.org)  
[aross@acworth.org](mailto:aross@acworth.org)  
[lbarlow@acworth.org](mailto:lbarlow@acworth.org)  
[mpatrick@acworth.org](mailto: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>