

The Recreation Connection



Recipient of the 2008 Georgia Recreation Parks Association Publication of the Year Award

A Publication of the Acworth Parks and Recreation Department

Adult Flag Football Comes to Acworth

Come out and enjoy a fun filled season of spring football. The Acworth Parks and Recreation Department is offering both Co-ed and Men's Open Flag Football. Whether you just want to get out and have a good time playing one of America's favorite games or you want to lead a team to the championship, the Acworth Parks and Recreation Department has the right flag football league for you.

Game play is 7-on-7 with a maximum of 17 on a roster for both the Co-ed and Men's Open. In the co-ed



division 3 females must be on the field at all times. If you can't find a team to play with, put your name on the Free Agent List and let a team call you up!

League play begins in March; all games will be held at Logan Farm Park in

Acworth on Tuesday or Thursday evenings. The team registration fee is \$350.00 and all participants must be at least 18 years of age. Register online between January 31 and February 27 at www.acworth.org/aprd or register in person at the department's main office located at 4762 Logan Road in Acworth.

For more information please contact Frank White at 770-917-1234 or email jwhite@acworth.org.



Volume 2, Issue 2
February Edition

Mark Your Calendars:

- ◆ 2/06 First Friday Event
- ◆ 2/07 Daddy/Daughter Dance
- ◆ 2/13 Red Cross Blood Drive
- ◆ 2/17 Senior Citizen Luncheon
- ◆ 2/19 Arbor Day Recognition
- ◆ 3/06 First Friday Event
- ◆ 3/17 Senior Citizen Luncheon

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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

Next Drive

Location: Cauble Park
Date: February 13, 2009
Time: 12 p.m. to 5 p.m.



pride in yourself and in your community. The City of Acworth Parks & Recreation 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.



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The new 'Horizon Baseball League'

IT'S BACK! Registration has begun for the third season of the Horizon Baseball League. The mission of the Horizon Baseball League is to provide children and young 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.

Games are non-competitive and can include as many as 12-16 players on a team. Teams are set up according to abilities rather than age. Each player on the roster gets on base before the op-

posing team gets to bat. Registration is free but donations are accepted for league expenses. Volunteer to coach or assist as a buddy.

Baseball season will begin with opening ceremony to be held on Friday, April 17. Festivities will begin at 6:00 pm followed by a ribbon cutting ceremony and the first game of the season. All other games will be played starting Saturday, April 18.

Register on line for the Horizon Baseball League at www.acworth.org/aprd or www.acworthspecialneeds.com. You may visit the Acworth Parks and Recrea-

tion Department office located at 4762 Logan Road in Acworth to register in person. For more information please visit the above websites or call Lauren Ham at 770-917-1234.



Daddy Daughter Dance

The Acworth Parks and Recreation Department will be hosting the annual Daddy Daughter Dance on Saturday, February 7, from 7:00 – 9:00 p.m., at the North Cobb High School Cafeteria.

This year the theme is the Red Carpet. Come prepared to be treated like a star for the evening. The dance 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 ages 5 to 12 with their Dad or adult male escort.

The fee is \$20.00 per couple for city residents or \$25.00 for non-city residents. Additional daughters are \$10 for City of Acworth residents and \$15 for non-city residents each.

Refreshments will be served. Score Photo will be set up for optional pictures that can be purchase. Registration begins January 5, 2009.

Visit www.acworth.org/aprd to register or contact Jodi Mills for more information.



Preschool Sports Camp

The spring edition of the Acworth Parks and Recreation Department Preschool Sports Camp is back. This is a non-competitive program to help three and four year olds develop basic skills for sports programs in the future.

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 developmental sessions through nine organized instructional sessions. Parents come enjoy the spring weather



day morning from 9 a.m. to 9:45 a.m. beginning April 16 and ending June 11. Every session will be held at Logan Farm

with your child as we discover their potential to be the next big homerun hitter, goal scorer, and/or basketball superstar. Sessions are every Thurs-

Park. 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 you can also 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 call Frank White at (770)917-1234.



Acworth Achievers

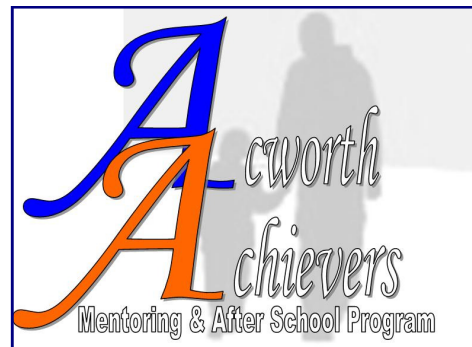
The Acworth Parks and Recreation Department will start its youth mentoring and after school program entitled Acworth Achievers for ages 12 – 17, February 9 at Robert School Community and Education Center and meet every Monday and Thursday from 3:00pm to 5:30pm. The program will provide participants educational assistance through tutoring, engaging recreational activities, and adult guidance and encouragement through mentorship. The goal of Acworth Achievers is to aid the participants in developing positive and more advantageous habits for their future. The Acworth Parks and Recreation De-

partment needs your help! You can get involved by volunteering for the following:

Mentor – Help the community's youth grow and develop by making a connection with a young adult. Mentors asked to interact with their mentee a minimum of 6 hours per month.

General – Take a couple hours on Monday or Thursday afternoon to engage in recreational activities with youth. From helping with homework to playing basketball, there is always something to do!

Tutor – Spend 30 – 45 minutes on a Tuesday or Thursday helping a student better understand their toughest subject.



For more information please visit www.acworth.org/apr or call Frank White at 770-917-1234.



RecToid of the Month—Stay Safe While Staying in Shape!

Exercise is an integral part of living a healthy and enjoyable life. Regular exercise boosts energy levels, increases cardiovascular endurance, reduces chance of injury, and strengthens muscles and bones.

The most important thing about regular exercise is staying safe while doing so. Below are some tips that will help keep you safe while walking or jogging in parks, subdivisions, trails, and sidewalks:

- Always let someone know your plans and when you will return.

- Have your cell phone handy to let someone know if you are delayed or to call 911.
- If you sense that an area may be unsafe for you, leave.
- Vary your route and patterns when walking/jogging
- When possible don't walk or jog alone.
- Carry personal identification, medication and instructions for use with you.
- The day is your friend, it's better to avoid dusk and darkness.

- Avoid wearing headphones, be aware of your surroundings.

- Leave valuables at home.

- Use marked, authorized, well lit trails and sidewalks only.

- Do not talk to strangers.

- Carry a whistle and blow it repeatedly if you are in danger.

- Dogs can act as a deterrent to someone who wishes to do you harm.



Easter Egg Hunt

The Easter Bunny is making his way to Acworth! He's bringing over 10,000 eggs with him filled with candy and prizes. The Annual Acworth Parks and Recreation Easter Egg Hunt will be held on Saturday, April 4, at 10:00 a.m., at Cauble Park.

The hunt will be for children below the age of 14. The children will be divided into three age groups. Within each age



group there will be several prize eggs that can be redeemed at the Main Stage. Following the hunt there will be picture opportunities with the Easter Bunny, as well as other activities for the kids. Be there sharp, the event begins at 10:00 a.m. and ends at 10:04!

For more information on the Easter Egg Hunt contact Jodi Mills at jmills@acworth.org or call 770-917-1234.



Senior Citizen Luncheon

The City of Acworth Parks and Recreation Department hosts a Senior Luncheon on the third Tuesday of every month. This month's senior luncheon will be held on February 17.

Lunch is served at noon, but come early and join us for board games, cards, bingo, and other special activities. This month there will be a Sweet Heart Dance that begins at 11:00 a.m. The luncheon is

held at Roberts School Community and Education Center in Acworth. Lunch is FREE to anyone 55 and over. Following lunch there will be several rounds of bingo with prizes for the winners.

For questions about the luncheon please contact Lauren Ham at (770) 917-1234 or visit www.acworth.org/aprd.



Acworth Parks and Recreation Welcomes Lauren Ham

The Acworth Parks and Recreation Department is pleased to announce Lauren Ham as, Special Populations Coordinator. Lauren will be working with people with disabilities and Acworth's Senior Citizens. Plans for senior programming include a variety of classes, social events and day trips. In addition to the Horizon Baseball League, Lauren will be expanding special needs programs

by offering a variety of sports and other activities.

Originally from Wisconsin, Lauren is a Certified Therapeutic Recreation Specialist. Lauren has experience working with seniors and individuals with and without disabilities since 2003. In her free time she enjoys traveling and playing soccer. Currently, Lauren and her

husband reside in Marietta, Georgia.

Lauren can be reached at 770-917-1234 or at lham@acworth.org



Lauren Ham

Family Fun Day

The Acworth Parks and Recreation Department will be hosting a Family Fun Day at Logan Farm Park on Saturday, April 25 from 11:00 a.m. – 2:00 p.m. This is a free event.

This is a great opportunity for families to come out and enjoy some time together

at one of our parks. There will be a variety of activities for the whole family set up throughout the entire park.

For more information, please contact jmills@acworth.org or visit www.acworth.org/aprd.



Staff Directory

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