

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

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 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 purchased. Registration begins January 5, 2009.

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



Volume 2, Issue 1

January Edition

Mark Your Calendars:

- ◆ 1/01 City Offices Closed
- ◆ 1/03 Spring Baseball Registration
- ◆ 1/10 Spring Baseball Registration
- ◆ 1/19 City Offices Closed for MLK Day
- ◆ 1/20 Senior Citizen Luncheon
- ◆ 1/22 State of the City Address
- ◆ 2/07 Daddy Daughter Dance
- ◆ 2/13 Red Cross Blood Drive

Boot Camp in the Park

Are you looking for a way to shed those unwanted holiday pounds or looking for encouragement to keep your New Year's Resolution? Acworth Parks and Recreation has the answer, Boot Camp in the Park.

Boot Camp in The Park is a six-week program of fitness instruction and team motivation designed for ALL fitness levels! Exercises include: calisthenics, short distance running/walking, body weight resistance training, weight training, jump roping, crunches, obstacle courses, hill running/walking, hiking, agility and power drills, sports drills, medicine ball work, stair



climbing, partner drills, and much more. This class will help you reach a higher level of fitness that you may not be able to achieve on your own. In addition, you will be a part of a supportive community group that shares the same goals. You will have a stronger mind, leaner and healthier body

with daily motivational support and accountability to take your workout to the next level!

Classes start in January. One six week session begins January 5 and is from 9:45am - 10:45am on Monday, Wednesday and Fridays. Two six week sessions begin January 6 from 9:45am - 10:45am on Tuesdays & Thursdays or 5:30pm - 6:30pm Tuesdays & Thursdays.

Visit www.acworth.org/aprd to register or contact Jeff Chase for more information.



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Adult Flag Football

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 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 Ac-

worth 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.



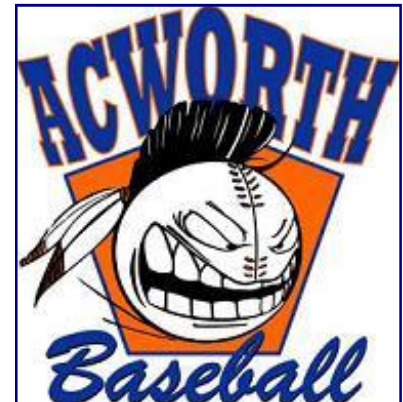
Spring Baseball Registration

The Acworth Baseball Association will be holding registration for the 2009 spring baseball season at the Acworth Beach House Saturday, January 10 and 17, from 10:00 a.m. to 12:00 p.m. Online registration has begun and is open until January 17.

There are divisions beginning at 4 years old up to sixteen years. From recrea-

tional to competitive play, the Acworth Baseball association has a place to play for all skill levels.

For more information and the cost for each age division please visit www.acworthbaseball.org or call 770-917-1234.



Rock U.

Who doesn't want to be a rock star? The City of Acworth Parks and Recreation Department is proud to announce the start of a new program for 2009- ROCK U.

Rock University is an after school program for students that have a desire to play in a rock band. Rock U staff will provide a turnkey instructional program for 90 minutes a week for 10 weeks. The program culminates with a live all-student concert at a local venue.

Students will learn how to be an effective member of a rock ensemble from professional musicians. This innovative program emphasizes teamwork, confidence

and focus outside of an athletic event. Students will learn how to dissect a song, practice their part, rehearse extensively with their band and participate in a rock performance, along with weekly group instruction on their instrument.

Rock University is a mobile program and will be held in the Beach House at Caudle Park. Rock U enhances private music instruction, as the students will have the opportunity to apply what they have learned in their lesson to a live band rehearsal and full-blown performance at NorthStar Church.

This program gives kids in second through eleventh grades the chance to

gain their 15 minutes of fame- as a full-fledged rock star!

This 10-week class begins the second Thursday in January and continues each Thursday into March. The cost for all 10 weeks is \$295 for city residents and \$300 for non-residents.

For more information or to register online visit www.acworth.org/aprd.



2009 Event Calendar

Annual Events

Date	Event	Time	Location
1/1	City Offices Closed - New Years Day		
1/10	Spring Baseball Registration	10:00 a.m. to 12:00 p.m.	Acworth Beach House
1/17	Spring Baseball Registration	10:00 a.m. to 12:00 p.m.	Acworth Beach House
1/19	City Offices Closed - Martin Luther King Jr. Day		
1/22	State of the City Address	11:30 a.m. to 2:00 p.m.	NorthStar Church
2/7	Daddy-Daughter Dance	7:00 p.m. to 9:00 p.m.	North Cobb High School
2/13	American Red Cross Blood Drive	12:00 p.m. to 5:00 p.m.	Acworth Beach House
2/19	Arbor Day Celebration	7:00 p.m.	City Hall
4/4	Easter Egg Hunt	10:00 a.m.	Cauble Park
4/18	Opening of Dallas and Proctor Landing Parks		
4/25	Family Fun Day	11:00 a.m. to 2:00 p.m.	Logan Farm Park
5/2	Lay Responder CPR/First Aid	8:00 a.m. to 5:00 p.m.	Roberts School
5/7	National Day of Prayer	12:00 p.m.	City Hall
5/23	Opening of Acworth and South Shore Beach		
5/25	City Offices Closed - Memorial Day		
5/28	Summer Camp Meet the Staff Night	6:00 p.m. to 8:00 p.m.	Acworth Beach House
5/30	Classic Car Show	4:00 p.m. to 10:00 p.m.	Downtown
6/1-7/31	Camp Acworth		Cauble Park
6/5-6/7	Dixie Highway Yard Sale		Main Street
6/10-6/12	Softball Camp	9:00 a.m. to 12:00 p.m.	Acworth Sports Complex
6/13	Flag Day Ceremony	11:00 a.m.	Cauble Park
7/4	Concerts and Fireworks	4:00 p.m. to 10:00 p.m.	Cauble Park
7/13-7/15	Baseball Camp Week 1	9:00 a.m. to 12:00 p.m.	Acworth Sports Complex
7/15-7/17	Little Kids Football Camp	6:30 p.m. to 8:30 p.m.	Acworth Sports Complex
7/18	Little Kids Cheerleading Camp	9:00 a.m. to 12:00 p.m.	Acworth Sports Complex
7/20-7/24	Big Kids Football Camp	6:30 p.m. to 8:30 p.m.	Acworth Sports Complex
7/29-7/31	Baseball Camp Week 2	9:00 a.m. to 12:00 p.m.	Acworth Sports Complex
8/9	Women's Triathlon	7:30 a.m.	Dallas Landing Park
8/29	Classic Car Show	4:00 p.m. to 10:00 p.m.	Downtown
9/5-9/6	Love the Lake Festival/ Summer Concert	6:00 p.m.	Cauble Park
9/7	City Offices Closed- Labor Day		
9/7	Acworth and South Shore Beach Close for Season		
9/19	Dallas and Proctor Beach Close for Season		
9/19	Lake Cleanup	10:00 a.m.	Lake Acworth/Allatoona
10/3	Lay Responder CPR/First Aid	8:00 a.m. to 5:00 p.m.	Roberts School
10/17	Taste of Acworth	9:00 a.m. to 6:00 p.m.	Downtown
10/31	Halloween Carnival	5:00 p.m. to 9:00 p.m.	Logan Farm Park
11/11	Veterans Ceremony	2:00 p.m.	Cauble Park
11/14-11/15	Merchant Holiday Open House		Downtown
11/26-11/27	City Offices Closed- Thanksgiving		
12/4	Santa's Arrival	6:30 p.m.	Downtown
12/24-12/25	City Office Closed - Christmas Holidays		

Dates subject to change, visit www.acworth.org/aprd for current calendar of events

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 January 20.

Lunch is served at noon, but come early and join us for board games, cards, bingo, and other special activities. The luncheon is held at Roberts School Com-

munity 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 Frank White at (770) 917-1234 or visit www.acworth.org/aprd.



James Albright Honored

The City of Acworth Parks and Recreation Director, James Albright, was named the 2008 Acworth Citizen of the Year.

The announcement came at the Citizens of the Year Awards Luncheon on Wednesday, December 3 by the Northwest Cobb Area Council of the Cobb Chamber of Commerce at the Marietta Country Club in Kennesaw. Acworth Mayor, Tommy Allegood, was

on hand to present the award to a surprised Albright. "The leadership of the city, the mayor and council, affords me to do lot of things in my job that most people in similar positions probably don't get to get out into the community and do," said Albright after accepting the award.

Allegood described Albright as a "go to, get it done, team player." He added, "He is the best team player because he is a

man who reminds us all that when you spell team, there is no 'I' in that word," Allegood said. "He's always smiling, upbeat, and the word 'no' is not in his vocabulary.



James Albright



Red Cross Blood Drive

On Friday, February 13, the Parks and Recreation Department is hosting a Blood Drive from 12:00p.m. to 5:00p.m. at the Acworth Beach House located in Cauble Park. The Acworth Beach House is located at 2293 Beach Street.

Currently blood supplies in the State of Georgia are critically low, which means Georgia is having to import blood from



other states and dip into the Red Cross's national inventory. The donation you make is critical to replenishing the blood stores in our area and your donation can save up to three lives.

For more information or to schedule an appointment call Jeff Chase in the Parks and Recreation Office at 770-917-1234 or email at jchase@acworth.org.



Staff Directory

James Albright, Director
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All staff members can be reached by phone at 770-917-1234.

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