To Our Carrollton Family:

On behalf of the Recreation Commission and the Staff of the Carrollton Parks and Recreation Department, I am pleased to present our Fall/Winter brochure for 2019-2020. This past spring, our agency was nationally accredited. We are the second smallest department in the United States to achieve this herculean feat. What an awesome achievement for our town, our volunteers, staff and our commission. Our 2019 goals are simple. We look forward to renovating facilities, enhancing our programs, being fiscally responsible, applying for grants as often as possible, striving to be the top department in Georgia, keeping a strong relationship with our city school system and developing effective relationships with our business and civic community. We have an unbelievable department because the employees have a passion for parks and recreation. If we can ever make your experience better, please do not hesitate to contact us. With your help, we can accomplish these goals listed above. We consider it a privilege to contribute to an improved quality of life for our entire city. Thanks, as always, for the support. We couldn’t do it without you!

Sincerely,

Peter Maierhofer
Director, Carrollton Parks and Recreation Department
770.832.1161 // pmaierhofer@carrollton-ga.gov
Recreation Commission

Mr. Glen McGinnis
Chairman

Mr. Barry Glenn
Vice-Chairman

Mrs. Lori Blackmon

Mrs. Sarah Worley

Mrs. Tanita Teagle

Mrs. Tonya Pittman

Mr. Ricky Walker

PROGRAM DIVISION: 770-834-1127
Donna Ford, Superintendent: dford@carrollton-ga.gov
Danielle Jenkins, Senior Center Manager
Thomas Sutton, Therapeutic Coordinator
Dottee Morton, Special Events Coordinator
Ali Trent, Gymnastics Head Coach
Samantha Hudson, Tumble/Cheer Coordinator
Kaitlyn Gosnell, Gymnastics Coordinator
Lisa Deming, Asst. Senior Center Coordinator
Angela Boling, Food Service Manager

ATHLETICS / AQUATICS DIVISION: 770-832-1161
Julie Ivey, Superintendent: jivey@carrollton-ga.gov
John Layng, Assistant Superintendent
Monica Craig, Aquatics Coordinator
Bradley Mc Lester, CHL Program Coordinator
Caryn Scheufler, Athletic Coordinator
Ora Chism, Athletic Coordinator
Cam Holbrook, Athletic Coordinator
John Pepper, Head Swim Team Coach
Cherie Empson, Assistant Swim Team Coach
Gerald Pittman, Recreation Aide

PARKS AND FACILITIES DIVISION: 770-834-8522
Kent Johnston, Superintendent: kjohnston@carrollton-ga.gov
Tim Loftin, Facility Maintenance Supervisor
Bart Williams, Parks Maintenance Supervisor
Carrie Burnette, Horticultural Supervisor
John Driver, Athletic Fields Supervisor
Martives Boykin
Kevin Cheek
Pam Clifton
Kenyatta Dobbs
Garrett Frazier
Marvin Hutchinson
Genia Lambert
Lacie Johns
Andrew Ledbetter
Anthony Kendrick
Mark Norton
Terry Phillips
Melissa Reeves
Gary Thompson
Jay Yates
Ethan Yearta

ADMINISTRATIVE DIVISION: 770-832-1161
Thera Loolen, Superintendent: tloolen@carrollton-ga.gov
Janice Kerr, Reservation Specialist
Shirley Hewitt, Customer Service
Renee Cash, Customer Service
Online registration is fast, easy, and the most convenient method of registering for Carrollton Parks and Recreation Department programs. To register online, you will need your account information, and a credit card. If you don't have an account you may create one at [www.cprcad.org](http://www.cprcad.org). If you have forgotten your login and/or user information you can call our customer service representatives Monday - Friday, 8:30am to 5:00pm at 770-832-1161, and they can assist you. Access online registration through [www.cprcad.org](http://www.cprcad.org), and click on the “register here” box.

To register by phone call 770-832-1161.
You will need your credit card and the name of the program(s) you will be registering for at our department.
The registration office is open Monday - Friday, 8:30am - 5:00pm

Walk-ins are always welcomed at the administrative office Monday - Friday, 8:30am - 5:00pm
Stallings Community Center
118 South White Street
Carrollton, GA 30117

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**Parent and Spectator’s Code of Conduct**

Parents and Spectators should remember that recreation programs are for the children to learn fundamentals, techniques, sportsmanship, teamwork, and to have fun. Please make sure you are following the department’s Code of Conduct.

- I will remember that recreation programs are played for fun!
- As a spectator and parent, I will remember to be a role model for my team by demonstrating how to treat other players, parents, officials and coaches with respect at all times.
- I will demonstrate good sportsmanship, regardless, of the score by acting in a positive manner towards all players, officials, parents and coaches.
- I will show respect to all referees, officials, umpires and coaches and never act in a manner that would be disrespectful towards them.
- I will be an encouragement to all players on all teams regardless of the score.
- I will place my child’s emotional and physical well being ahead of my own personal desire to win.
- I will not use drugs, tobacco or alcohol at any CPRD practices or games and will remind other parents not to do so.
- I will remember that the game is played for the youth, and not for the adults.
- I will encourage my child to shake hands with the other team at the conclusion of all games.
- I understand that I will be suspended from the department for violation of the Parent and Spectator’s Code of Conduct.
REFUND POLICY
Participants may receive a refund prior to the start of a program minus the $10 withdrawal fee. If requests for withdrawal or cancellations are made after the start of a class, no refunds or credits will be issued. CPRD will not prorate for programs that are already in session. Refunds are made at the discretion of the Division Superintendent. Stop payment of a check or failure to show up for a class, does not constitute withdrawal from the rental or program. All classes have minimum/maximum participation levels. If enrollment is insufficient, the activity will be canceled and all money refunded. Classes canceled due to inclement weather, power outages, or other reasons out of the control of the department, will not be made-up or refunded.

WEATHER POLICY
The safety of program participants is the primary concern when determining if programs should be canceled due to any inclement weather. When Carrollton City Schools close, or release students early due to a severe weather event or threat of severe weather, CPRD programs, activities, and buildings will be canceled until 4pm. Cancellation of evening programs (after 4pm) will be determined by 3pm on each particular day. On weekends, information will be available on daytime classes beginning at 8am and on evening classes beginning at 3pm. We will issue cancellation announcements on the CPRD Facebook page and rec1 notification system.

RENTAL REFUND POLICY
All cancellations will be charged a $25 service fee. Written notice of cancellation must be received at least 14 days prior to the event to receive the full remainder of the rental fee. A notification received less than 14 days before the event shall result in the forfeiture of (1/2) one-half of the total rental fees. A full refund will be issued in the event of a facility failure.

POLICIES
CPRD is not responsible for any injury incurred while participating in any of its activities or facility use. Enrollment age for each class is noted in the description of a class. Participants are not permitted to bring children to an adult class.

DISCRIMINATION
The Carrollton Parks and Recreation Department does not discriminate on the basis of race, color, sex, national origin, or disability in any of its programs, activities, or employment.

WATER CRAFT /BOAT PERMITS
Permits are issued by the Carrollton Parks and Recreation Department. A watercraft permit will expire one year from date of purchase. Must show State Boat Registration & the owner’s driver’s license. Call 770-832-1161 for a permit application.

PERMIT FEES
CARROLLTON CITY RESIDENTS:
Boating (skiing, fishing, etc.) $50
Personal Watercraft (jet skis, jet boats, etc.) $50
Non-fuel powered watercraft (electric trolling motors, kayaks, canoes, john boats, etc.) $15
Pontoon Boat $50
Business & Commercial $50

NON-RESIDENT BOATING PERMIT:
Boating $150
Boating (3-day permit) $10 per day
(3-day permits can only be purchased by persons living outside the Carroll County limits)
Business (personal jet ski, boat, etc.) $65
Length of a pontoon boat is 24’ - other boats must be 21’2” or less.
Altogether Active

Stay active with year-round activities, a fitness center and a variety of classes and programs and services. Become a member or just stop in and enjoy a day of fun.

HOLIDAY HOURS AND CLOSURES:
- Labor Day: 6am-4pm
- November 27, 6am-3pm
- Thanksgiving: Nov 28-29, closed
- December 23, 6am-3pm
- Christmas: Dec 24-26, closed
- New Year’s Eve: 6am-3pm
- New Year’s Day, closed
- Martin Luther King, Jr., closed
MEMBERSHIP OPTIONS

<table>
<thead>
<tr>
<th>YEARLY MEMBERSHIP</th>
<th>COST</th>
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<tbody>
<tr>
<td>SENIOR (60+)</td>
<td>$240</td>
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<tr>
<td>INDIVIDUAL (18-59)</td>
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<tr>
<td>FAMILY (4-)</td>
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<thead>
<tr>
<th>DAILY ADMISSION</th>
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<tr>
<td>INDIVIDUAL-SWIM</td>
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<tr>
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<td>INDIVIDUAL/STUDENT COMBO</td>
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Family passes are for immediate family members living in the same household. Must list all family members at the time of purchase. Over six members is an additional $25 per person.

HOURS // AUGUST 1, 2019 – MAY 22, 2020

<table>
<thead>
<tr>
<th>DAYS</th>
<th>BUILDING HOURS</th>
<th>OPEN BASKETBALL</th>
<th>PICKLE BALL</th>
<th>FITNESS CENTER</th>
<th>LAP SWIM</th>
<th>OPEN SWIM</th>
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<tr>
<td>SUNDAY</td>
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<tr>
<td>MONDAY</td>
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<td>6:00AM – 9:00AM</td>
<td>9:00AM – 12:00PM</td>
<td>6:00AM – 8:00PM</td>
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<tr>
<td>THURSDAY</td>
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HOURS // MAY 23 – JULY 31

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</table>
Catherine Hardy Lavender Center

HOURS // AUGUST 1, 2019 – MAY 22, 2020

<table>
<thead>
<tr>
<th>DAYS</th>
<th>BUILDING HOURS</th>
<th>OPEN BASKETBALL</th>
<th>COMPUTER LAB</th>
<th>FITNESS CENTER</th>
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<tbody>
<tr>
<td>SUNDAY</td>
<td>CLOSED</td>
<td>CLOSED</td>
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</table>
| MONDAY   | 12:00PM – 7:00PM | ADULTS: 12:00PM – 4:00PM  
             |                | CHILDREN: 4:00PM – 7:00PM | 12:00PM – 7:00PM  
             |                |                | 12:00PM – 7:00PM |
| TUESDAY  | 12:00PM – 7:00PM | ADULTS: 12:00PM – 4:00PM  
             |                | CHILDREN: 4:00PM – 7:00PM | 12:00PM – 7:00PM  
             |                |                | 12:00PM – 7:00PM |
| WEDNESDAY| 12:00PM – 7:00PM | ADULTS: 12:00PM – 4:00PM  
             |                | CHILDREN: 4:00PM – 7:00PM | 12:00PM – 7:00PM  
             |                |                | 12:00PM – 7:00PM |
| THURSDAY | 12:00PM – 7:00PM | ADULTS: 12:00PM – 4:00PM  
             |                | CHILDREN: 4:00PM – 7:00PM | 12:00PM – 7:00PM  
             |                |                | 12:00PM – 7:00PM |
| FRIDAY   | 12:00PM – 7:00PM | ADULTS: 12:00PM – 4:00PM  
             |                | CHILDREN: 4:00PM – 7:00PM | 12:00PM – 7:00PM  
             |                |                | 12:00PM – 7:00PM |
| SATURDAY | 2:00PM – 7:00PM | ADULTS: 2:00PM – 4:00PM  
             |                | CHILDREN: 4:30PM – 7:00PM | 2:00PM – 7:00PM  
             |                |                | 2:00PM – 7:00PM |

HOLIDAY HOURS AND CLOSURES:

- Labor Day, closed
- November 27, 12pm-3pm
- Thanksgiving: Nov 28-29, closed
- December 23, 12pm-3pm
- Christmas: Dec 24-26, closed
- New Year's Eve: 12pm-3pm
- New Year's Day: closed
- Martin Luther King, Jr., closed

Services

COMPUTER LAB
The CHL computer lab houses four computers and one central printer. There is also a small library located in the lab. Participants can play computer games and access the internet. Some days tutors are available to assist with the filling out of resumes and the filling out of job applications.

MON-FRI / 12-7PM | SAT / 2-7PM

Activities

BINGO MANIA
Bingo for all ages. Invite your grandparents, parents, aunts, uncles, relatives and friends. Prizes will be given away and there is no participation fee. Come early to reserve your seat.

SAT, SEPT 7 / 5-7PM
**Events and Activities**

**SPECIAL EVENTS**

**TOUCH A TRUCK**
Carrollton Parks and Recreation Department is partnering with our local Home Depot for a morning of big trucks, tractors, inflatables, food and a kids’ workshop for your children to build things. This big event is free to our community.

**SAT, OCT 5 / 9-12PM | CARROLLTON HOME DEPOT PARKING LOT**

**OKTOBERFEST - FALL FESTIVAL**
Bring the kids for trick-or-treating, popcorn, cotton candy, inflatables, games, balloons, treats, costume contest and a lot of fun.

**SAT, OCT 26 / 11-1PM | DOWNTOWN CARROLLTON**

**DADDY/DAUGHTER DANCES**
Join the tradition! Dancing, hors d’oeuvres and desserts, door prizes and a gift for every child. This is a night to remember for you and your special girl.

**MON, FEB 10 / 6-8PM | CARROLLTON TRAIN DEPOT**

**PRE-K-3RD GRADE**
**COST:** Pre-registration $30 per couple, $10 each additional child
**AT THE DOOR:** additional $5 per couple

**TUE, FEB 11 / 6-8PM | CARROLLTON TRAIN DEPOT**

**4TH-8TH GRADE**
**COST:** Pre-registration $30 per couple, $10 each additional child
**AT THE DOOR:** additional $5 per couple

**MOTHER/SON DANCE**
Dance, eat and enjoy a fun night for you and your special boy! Dancing, hors d’oeuvres, desserts, door prizes and a gift for every child.

**THUR, FEB 13 / 6-8PM | CARROLLTON TRAIN DEPOT**

**COST:** Pre-registration $30 per couple, $10 each additional child
**AT THE DOOR:** additional $5 per couple

**CHRISTMAS HOLIDAY PARTY**
Nowhere to go for the holidays? Come celebrate with us at the Lavender Center. We play games, eat great food, listen to Christmas music and give away great door prizes. All ages are welcome.

**SAT, DEC 14 / 3-7PM / FREE**

For more information: Dottee Morton
770-834-1127 // DMORTON@CARROLLTON-GA.GOV

**BRIDGE**
Duplicate/Competitive Bridge games sanctioned by the American Contract Bridge League. Free lessons/coaching/review on Thursdays from 4-6pm.

For more information, please contact John Barrett, ACBL accredited Game Director, at 404-307-4300.

**MON / 1PM | NEWCOMER GAME**
**MON / 6:30PM | OPEN GAME**
**TUE / 10AM | OPEN GAME**
**TUE / 2PM | NEWCOMER GAME**
**THUR / 6:30PM | OPEN GAME**

**AGES:** 18+
**COST:** $10 per game
**LOCATION:** Stallings Center
RENTAL REFUND POLICY

All cancellations will be charged a $25 Service Fee. Written notice of cancellation must be received at least 14 days prior to the event to receive the full remainder of the rental fee. A notification received less than 14 days before the event shall result in the forfeiture of one-half (1/2) of the total rental fees. A full refund will be issued in the event of a facility failure.

Rentals

Janice Kerr
770-832-1161 // JKERR@CARROLLTON-GA.GOV

Samantha Hudson
770-834-1127 // SHUDSON@CARROLLTON-GA.GOV

Melissa Reeves
770-834-8522 // MREEVES@CARROLLTON-GA.GOV

Monica Craig
770-832-2495 // MCRAIG@CARROLLTON-GA.GOV
Weddings and Large Events

**WPA CENTER**
- Seats 200
- $75 per hour
- $500 (8 hour block)

**PILOT AUDITORIUM**
- Seats 225
- $75 per hour
- $400 (8 hour block)

**LEGENDS WEST**
- $150 w/o Kitchen
- $200 with Kitchen

**ALICE PARK**
- $75 half-day
- $100 per day

**GYMNASIUM RATES**
- $50 per hour, per court (groups with no charge)
- $100 per hour, per court (groups with charge)

**CATHERINE HARDY LAVENDER**
- Rooms 1-3
- $30 per hour per room
- $50 per hour selling products
- *Rooms can be combined into one large room*

All Occasion Rooms

**STALLINGS CENTER**
- **COMMUNITY BOARD ROOM**
  - Seats 40
  - $30 per hour
  - $50 per hour selling products

- **KIWANIS ROOM**
  - Seats 40
  - $30 per hour
  - $50 per hour selling products

- **NEEL REID ROOM**
  - Seats 75
  - $30 per hour
  - $50 per hour selling products

- **CHARLES CARROLL ROOM**
  - Seats 40
  - $30 per hour
  - $50 per hour selling products

- **ATHLETIC ROOM**
  - Seats 60
  - $40 per hour
  - $60 per hour selling products

**Lakeshore Center**
- **MEETING ROOM 1**
  - Seats 60
  - $50 per hour

- **LAKESHORE CENTER ROOM 1**
  - Seats 40
  - $30 per hour
  - $50 per hour selling products

**Catherine Hardy Lavender Center**
- **MEETING ROOMS**
  - Seats 40
  - $30 per hour
  - $50 per hour selling products

Pavilions

**FIRE STATION #24**
- $15 per hour

**EAST CARROLLTON PARK**
- $15 per hour

**LEGENDS WEST**
- Weekday $15-25 per hour
- Weekend $150-$200

**LONGVIEW PARK**
- $15 per hour

**LAKESHORE PARK**
- $15 per hour

Athletic Tournament Rentals

**EAST CARROLLTON RECREATION CENTER**
- $300 per day tournaments

**LAKESHORE GYM**
- $175 per day tournaments

**LAKESHORE TENNIS COURTS**
- Tennis Courts are reserved on a first come, first served basis. No reservations on the weekends.

**LAKESHORE PARK COMPLEX**
- Softball/Baseball Tournaments
  - $520 per day tournaments (includes all four diamonds)

**EAST CARROLLTON ATHLETIC COMPLEX**
- Softball/Baseball Tournaments
  - $520 per day tournaments (includes all four diamonds)

**ATHLETIC FIELDS**
- Monday - Saturday:
  - All athletic fields (day, no lights) $10 per hour
  - All athletic fields (night with lights) $20 per hour
- Field lining and dragging, $20 each time
- Sundays: Fields are first come, first-served.
### Rentals // City Parks

<table>
<thead>
<tr>
<th>Location</th>
<th>Rental Fee</th>
<th>Seating</th>
<th>Amenities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alice Park</td>
<td>$100 per day</td>
<td>0</td>
<td>Fountain, Pergola, Power outlets</td>
</tr>
<tr>
<td>Castle Playground</td>
<td>Free</td>
<td>7 picnic tabs</td>
<td>Greenbelt access, Playground, Restrooms</td>
</tr>
<tr>
<td>City Hall Park</td>
<td>Free</td>
<td>0</td>
<td>Power outlets, Water feature</td>
</tr>
<tr>
<td>Courthouse Park</td>
<td>Free</td>
<td>3 picnic tabs</td>
<td>Pavilion, Water feature, Power outlets</td>
</tr>
<tr>
<td>East Carrollton Park</td>
<td>$15 per hour</td>
<td>12 picnic tabs</td>
<td>Concessions, Greenbelt access, Large metal pavilion, Memorial pavilion with benches, Power outlets, Soccer fields</td>
</tr>
<tr>
<td>East Carrollton (Softball Complex)</td>
<td>$520 daily</td>
<td>4 picnic tabs</td>
<td>2 batting cages, 4 baseball/softball fields, Bleachers, Concessions, Greenbelt access</td>
</tr>
<tr>
<td>Fire Station #24</td>
<td>$15 per hour</td>
<td>8 picnic tabs</td>
<td>Fireplace, Greenbelt access, Power outlets</td>
</tr>
<tr>
<td>Grace Park</td>
<td>Free</td>
<td>2 picnic tabs</td>
<td>Greenbelt access, Power outlets, Restrooms</td>
</tr>
<tr>
<td>Hays Mill Park</td>
<td>Free</td>
<td>7 picnic tabs</td>
<td>18 hole disc golf course, Greenbelt access, Power outlets, Restrooms</td>
</tr>
<tr>
<td>Hobbs Park</td>
<td>Free</td>
<td>2 picnic tabs</td>
<td>Pavilion, Water feature</td>
</tr>
<tr>
<td>Kramer Park</td>
<td>Free</td>
<td>2 picnic tabs</td>
<td>Water spicket</td>
</tr>
<tr>
<td>Knox Park</td>
<td>Free</td>
<td>1 picnic tab</td>
<td>Basketball court, Horseshoe pits, Power outlets, Pavilion, Playground structure, Restrooms, Walking Track</td>
</tr>
<tr>
<td>Lake Carroll Park</td>
<td>Free</td>
<td>9 picnic tabs</td>
<td>Docks, Greenbelt access, Pavilion, Restrooms</td>
</tr>
<tr>
<td>Lakeshore Park</td>
<td>$15 per hour</td>
<td>20 picnic tabs</td>
<td>2 batting cages, 6 tennis courts, Walking track, Pavilion, Concession stand with eating area and restrooms, Playground structure, 4 baseball/softball diamonds with bleachers</td>
</tr>
<tr>
<td>Legends West</td>
<td>Weekday: $15-25</td>
<td>10 picnic tabs</td>
<td>Pavilion with stage, Restrooms, Warming/serving Kitchen</td>
</tr>
<tr>
<td>Log Cabin Park</td>
<td>Free</td>
<td>4 picnic tabs</td>
<td>Restrooms</td>
</tr>
<tr>
<td>Longview Park</td>
<td>$15 per hour</td>
<td>7 picnic tabs</td>
<td>2 tennis courts, Walking track, Dog Park area, Pavilion, Playground structure, Restrooms, 6 horseshoe pits</td>
</tr>
<tr>
<td>Memorial Park</td>
<td>Free</td>
<td>1 picnic tab</td>
<td>No Parking Area</td>
</tr>
<tr>
<td>Optimist Park</td>
<td>Free</td>
<td>7 picnic tabs</td>
<td>Basketball court, Walking track, Playground structure</td>
</tr>
<tr>
<td>Oil Park</td>
<td>Free</td>
<td>5 picnic tabs</td>
<td>Gazebo, Pavilion</td>
</tr>
<tr>
<td>Presbyterian Park</td>
<td>Free</td>
<td>5 picnic tabs</td>
<td>Walking Track</td>
</tr>
<tr>
<td>Rome Street Park</td>
<td>Free</td>
<td>2 picnic tabs</td>
<td>Power outlets</td>
</tr>
<tr>
<td>Safari Park</td>
<td>Free</td>
<td>8 picnic tabs</td>
<td>Power outlets, Pavilion, Playground structure that is wheelchair accessible, Restroom</td>
</tr>
<tr>
<td>Shay Hill Park</td>
<td>Free</td>
<td>3 picnic tabs</td>
<td>Pavilion, Playground structure</td>
</tr>
<tr>
<td>Skate Park</td>
<td>Free</td>
<td></td>
<td>Shade structure</td>
</tr>
<tr>
<td>Smith Park</td>
<td>Free</td>
<td>2 picnic tabs</td>
<td>Pavilion, Water feature</td>
</tr>
<tr>
<td>Triangle Park</td>
<td>Free</td>
<td>1 bench</td>
<td>Greenbelt access, No Parking</td>
</tr>
<tr>
<td>Worthy Park</td>
<td>Free</td>
<td>2 picnic tabs</td>
<td>Gazebo with benches, Lighting, Power outlets, Water feature</td>
</tr>
</tbody>
</table>
Pool Parties & Events

LAKESHORE POOL
Hold your next special event at Lakeshore Pool.

SAT & SUN / 5:30-7:00PM, 7:30-9:00PM

<table>
<thead>
<tr>
<th>LAKESHORE POOL RENTAL PRICES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-20 SWIMMERS</td>
</tr>
<tr>
<td>21-40 SWIMMERS</td>
</tr>
<tr>
<td>41-74 SWIMMERS</td>
</tr>
<tr>
<td>75-99 SWIMMERS</td>
</tr>
<tr>
<td>100-125 SWIMMERS</td>
</tr>
</tbody>
</table>

To make reservations and payment, please contact Janice Kerr at 770-832-1161 or jkerr@carrollton-ga.gov.

Gymnastics

GYMNASTICS BIRTHDAY PARTIES
Children up to 12 years old can celebrate their next birthday party at the East Carrollton Gymnastics Center. All parties include ONE HOUR enjoying the gymnastics gym including indoor trampoline, foam pit, tumbling track and balance beams. Each party also includes 30 minutes in our spacious hospitality room. Tables, chairs, sink and refrigerator with freezer are included in the fees, and there will be two instructors to help you celebrate.

EAST CARROLLTON GYMNASTICS GYM

AGES: 12 and under

COST: $150 / 20 or fewer guests (children)
$175 / 21-30 guests (children)

For more information, please contact Samantha Hudson at 770-834-1127 or shudson@carrollton-ga.gov.

GreenBelt Races and Events

ESTABLISHED ROUTES:
Route 1: $460 Lakeshore Park / Log Cabin / Lakeshore (Peachtree Qualifier)
Route 2: $460 Lakeshore Park / Hobbs Farm Park / Lakeshore Park
Route 3: $260 Hobbs Farm Park Loop
Other routes can be approved.

The Carrollton GreenBelt does not close for any of the events.

FEE BREAKDOWN:
CARROLLTON PARKS AND RECREATION DEPARTMENT: $60, ADMINISTRATIVE & MAINTENANCE FEE.
POLICE DEPARTMENT: $50 PER HOUR, PER POLICE OFFICER. ONE OFFICER PER ROAD CROSSING. TWO HOURS MINIMUM.
FIRE DEPARTMENT: $50 PER HOUR, PER EMT. TWO EMTS. TWO HOURS MINIMUM.
Peachtree Road Race registration: $15 for route 2.

If you would like to schedule a 5k or any other event on the Carrollton GreenBelt, please contact the Parks and Facilities Division of the Carrollton Parks and Recreation Department at 770-834-8522 or visit CarrolltonGreenBelt.com/book.
Aquatics

Monica Craig
770-832-2495 // MCRAIG@CARROLLTON-GA.GOV

John Pepper
770-832-1134 // JPEPPER@CARROLLTON-GA.GOV

Cherie Empson
770-832-1134 // JEMPSON@CARROLLTON-GA.GOV
Aquatics  //  Swim Lessons

PROGRESSION FOR SWIM AMERICA

**Preschool 3-5:** Must be between ages 3 and 5. Must be 3 by the start of the class. It is a class that will teach children about the safety of the water.

**Station One:** Must be 6 years of age or older. Non-Swimmer. A child who has not had any water experience.

**Station Two:** Must be 6 years of age or older. Ability to place head under water. The child is not afraid of the water and needs to know how to add proper kicks to the front and back float.

**Station Three:** Must be 6 years of age or older. Front and back float. The child is not afraid of the water and needs to know how to add proper kick to the front and back float. Begin teaching proper arm stroke in freestyle. We will also teach how to jump in the water and get back to the side safely.

**Station Four:** Must be 6 years of age or older. Front float and kick; back float and kick. The child needs to learn how to add the proper arm stroke to the front and back float.

**Station Five:** Must be 6 years of age or older. Crawl arm stroke, no breathing.

**Semi-Private Swim Class:** Must be 6 years of age or older. This class is for children who need extra attention in the water. Classes have one instructor with a maximum of two swimmers in the class. The class will be 40 minutes and will allow the instructor to work on individual strokes with each child. Spots fill up quickly, so be sure to sign up as soon as possible.

---

**SWIM LESSONS (PRESCHOOL)**

This class will teach children about safety in the water and basic skills in swimming.

**TUE, THU / 4-4:30PM, 5:15-5:45PM**

Sept 3-26, Oct 1-31, Nov 5-14, Jan 7-30, Feb 4-27

AGES: 3-5
COST: $50

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**SWIM LESSONS (STATIONS 1-3)**

Participants must be 6 years of age or older. The child is not afraid of the water.

**TUE, THU / 4:35-5:05PM, 5:50-6:20PM**

Sept 3-26, Oct 1-31, Nov 5-14, Jan 7-30, Feb 4-27

AGES: 6-17
COST: $70

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**SWIM LESSONS (STATIONS 4-6)**

The child is not afraid of the water. Front Float and Kick; Back Float and Kick. The child will be taught how to add the proper arm stroke to the front and back float with proper breathing.

**MON-THU / 11:00-11:30AM, 11:45-12:15PM, 12:30-1:00PM, 7:00-7:30PM**

May 28-Jun 7, Jun 10-20, Jun 24-28, Jul 8-18, Jul 22-25 (No class May 28, July 2-6)

AGES: 6-17
COST: $50 ($25 Jun 24-28 & Jul 22-25)

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**SWIM LESSONS (SEMI-PRIVATE)**

This is for children who need extra attention in the water. This class will have one instructor with a maximum of two swimmers in the class.

**TUE, THU / 6:25-7:05PM, 7:10-7:50PM**

Sept 3-26, Oct 1-31, Nov 5-14, Jan 7-30, Feb 4-27

AGES: 6-17
COST: $70

---

**DON’T FORGET:**

BRING YOUR TOWEL AND GOGGLES
Aquatics // Classes

MORNING WATER AEROBICS
This class is for people that enjoy a great early morning workout. Some equipment is required but NOT provided. Water aerobics may be cancelled due to inclement weather or holidays and will not be made up.

MON, WED, FRI / 9-10AM
Aug 5-30, Sept 4-30, Oct 2-30, Nov 4-29, Dec 2-30, Jan 3-31, Feb 3-28

AGES: 18+
COST: $30 per month
INSTRUCTOR: Detric Ridley
REGISTRATION DEADLINE: 1st day of the month

EVENING WATER AEROBICS
Get some great exercise in the late afternoon with Evening Water Aerobics. Some equipment is required, but NOT provided. Please be aware that water aerobics may be cancelled due to inclement weather or holidays and will not be made up.

TUE, THUR / 6:30-7:30PM
Aug 1-29, Sept 3-26, Oct 1-31, Nov 5-26, Dec 3-31, Jan 2-30, Feb 4-27

AGES: 18+
COST: $20 per month
INSTRUCTOR: Detric Ridley
REGISTRATION DEADLINE: 1st day of the month

DEEP WATER AEROBICS
You must be able to swim to take Deep Water Aerobics. Some equipment is required but NOT provided. Please be aware that water aerobics may be cancelled due to inclement weather and will not be made up.

TUE, WED, THUR / 6:45-7:30AM, 7:45AM-8:30AM
Aug 1-29, Sept 3-26, Oct 1-31, Nov 5-26, Dec 3-31, Jan 2-30, Feb 4-27

AGES: 18+
COST: $30 per month
INSTRUCTOR: Kristin Whitaker
REGISTRATION DEADLINE: 1st day of the month

NO CLASSES:
SEPT 2, NOV 11, NOV 28-29, DEC 24-25, JAN 1, JAN 20
BLUEFIN SWIM TEAM
A year-round, competitive, traveling swim team offering high-quality coaching and instruction for all ages and abilities. The team’s goal is to allow each member an opportunity to improve swimming skills and achieve success at his or her level of ability.

AGES: 5-18
COST: $55 monthly + admin registration fees

JUNIOR BLUEFIN SWIM SCHOOL
The Junior Bluefin Program introduces swimmers to swimming as a competitive sport without the initial financial investment of team fees. Swimmers gain confidence and experience while improving technique and endurance. More dates listed on the Recreation website. Call for evaluation, 678-390-6604.

MON, TUES, THURS / 3:45 – 4:45PM OR 5 – 6PM OR 6:15 – 7:15PM
Aug 19 – Sept 23

AGES: 5-12
COST: 1 day $109, 2 days $129, 3 days $149
*One Day is only available to those that have attended two previous sessions.

MIDDLE/HIGH SCHOOL CONDITIONING PROGRAM
A 6-week refresher course of all four strokes and light endurance training to help swimmers that don’t participate in a year-round program.

MON, WED, FRI / 6:15-7:30PM
Sept 2-Oct 10

GRADES: 7-12
COST: 1 day $109, 2 days $129, 3 days $159
REGISTRATION DEADLINE: August 31

All classes that are cancelled will be posted on the Bluefin Website and via Remind.
Outdoor Recreation

Melissa Reeves
770-834-8522 // MREEVES@CARROLLTON-GA.GOV
Carrollton GreenBelt

MORE THAN A TRAIL

The Carrollton GreenBelt is the largest greenspace and greenway conservation project ever undertaken in the City of Carrollton’s almost 200-year history. By integrating recreation with transportation, the 18-mile long linear city park provides a viable, safe and motor-free way to reach points of interest throughout the city, all while promoting health, fitness and livability.

CARROLLTON BIKE SHARE

The Carrollton Bike Share program features 11 stations and 55 bicycles. Learn more and register at zagster.com/carrollton

COUNT THE NUMBER OF BRIDGES BETWEEN LOVORN AND MAGNOLIA
FIND AND HIDE A PAINTED ROCK. POST A PIC ON FB @CARROLLTONROCKS
SPOT FIVE DIFFERENT ANIMALS: COWS, EAGLES, TURTLES, FROGS, DEER
VOLUNTEER FOR THE ADOPT-A-TRAIL PROGRAM
HAVE A PICNIC AT LAKESHORE PARK
WALK THE HOBBS LOOP
HANG OUT IN A HAMMOCK
TAKE A SELFIE WITH THE BUFFALO

Recreation

BLUE HERON ADVENTURE CENTER OF GEORGIA

Blue Heron Adventure Center of Georgia is an outfitter based in Whitesburg, GA. We offer the finest equipment for kayaking, canoeing and paddleboarding and are certified by the American Canoe Association. We offer ACA-trained instructors. For additional information on the boating classes below, please call 678-314-1514 or visit whitewatergeorgia.com.

KAYAK ROLLING

Don’t fall out of your kayak! Our team members will help you practice your roll in the warm water of Carrollton’s indoor pool. Showers and dressing rooms available. Boats must be disinfected and paddle edges padded.

**WED / 6-8PM**

Sept 4, 11, 18, 25 / Oct 2, 9, 16, 23 / Nov 6, 13, 20, 27

**AGES:** 8+

**COST:** $25

INTRODUCTION TO KAYAKING

Boating safety is the key to fun. Learn how to load and unload your decked kayaks and sit-on-top boats, basic paddle strokes, wet exit and self-rescue.

**TUE & THU / 6-8PM**

Sept 3 & 5, Oct 1 & 3, Nov 5 & 7

**AGES:** 10+

**COST:** $125

INTRODUCTION TO CANOEING

The class covers carrying and loading your boat, basic strokes, assisted rescue and self-rescue.

**TUE & THU / 6-8PM**

Sept 10 & 12, Oct 8 & 10, Nov 12 & 14

**AGES:** 10+

**COST:** $125

INTRODUCTION TO PADDLEBOARDING

Get ready for the beach! The class covers mounting and remounting, standing and balance, basic strokes and exhausted paddler towing.

**TUE & THU / 6-8PM**

Sept 17 & 19, Oct 15 & 17, Nov 19 & 21

**AGES:** 10+

**COST:** $125

OUTDOOR RECREATION

BLUE HERON ADVENTURE CENTER OF GEORGIA

Blue Heron Adventure Center of Georgia is an outfitter based in Whitesburg, GA. We offer the finest equipment for kayaking, canoeing and paddleboarding and are certified by the American Canoe Association. We offer ACA-trained instructors. For additional information on the boating classes below, please call 678-314-1514 or visit whitewatergeorgia.com.

KAYAK ROLLING

Don’t fall out of your kayak! Our team members will help you practice your roll in the warm water of Carrollton’s indoor pool. Showers and dressing rooms available. Boats must be disinfected and paddle edges padded.

**WED / 6-8PM**

Sept 4, 11, 18, 25 / Oct 2, 9, 16, 23 / Nov 6, 13, 20, 27

**AGES:** 8+

**COST:** $25

INTRODUCTION TO KAYAKING

Boating safety is the key to fun. Learn how to load and unload your decked kayaks and sit-on-top boats, basic paddle strokes, wet exit and self-rescue.

**TUE & THU / 6-8PM**

Sept 3 & 5, Oct 1 & 3, Nov 5 & 7

**AGES:** 10+

**COST:** $125

INTRODUCTION TO CANOEING

The class covers carrying and loading your boat, basic strokes, assisted rescue and self-rescue.

**TUE & THU / 6-8PM**

Sept 10 & 12, Oct 8 & 10, Nov 12 & 14

**AGES:** 10+

**COST:** $125

INTRODUCTION TO PADDLEBOARDING

Get ready for the beach! The class covers mounting and remounting, standing and balance, basic strokes and exhausted paddler towing.

**TUE & THU / 6-8PM**

Sept 17 & 19, Oct 15 & 17, Nov 19 & 21

**AGES:** 10+

**COST:** $125

CARROLLTON BIKE SHARE

The Carrollton Bike Share program features 11 stations and 55 bicycles. Learn more and register at zagster.com/carrollton

COUNT THE NUMBER OF BRIDGES BETWEEN LOVORN AND MAGNOLIA
FIND AND HIDE A PAINTED ROCK. POST A PIC ON FB @CARROLLTONROCKS
SPOT FIVE DIFFERENT ANIMALS: COWS, EAGLES, TURTLES, FROGS, DEER
VOLUNTEER FOR THE ADOPT-A-TRAIL PROGRAM
HAVE A PICNIC AT LAKESHORE PARK
WALK THE HOBBS LOOP
HANG OUT IN A HAMMOCK
TAKE A SELFIE WITH THE BUFFALO

TRAIL FUN CHECKLIST
LAURA’S PARK: 480 HAYS MILL ROAD
Immediately North of Hays Mill Overlook
• Bike Repair Station
• Bike Share Station

OLD NEWNAN ROAD: 515 OLD NEWNAN ROAD
Across from the DMV office
• Buffalo Creek Nature Trails

LOG CABIN: 102 NORTH LAKESHORE DRIVE
Off Bankhead Hwy, overseeing Lake Carroll

LAKESHORE PARK: 600 NORTH LAKESHORE DRIVE
Boat docks across from baseball fields & tennis courts
• Boat Dock/Ramp
• Gazebo/Fishing
• Bike Share Station

HOBBS FARM PARK: 500 BELIEVER’S BOULEVARD
At the end of Believer’s Blvd, off Rome St
• Observation Deck
• Gazebo/Fishing
• Kayak Launch Dock
• 16-Post Hammock Nest
• Disc-Golf Course
• Nature Trails
• Bike Repair Station
• Bike Share Station

ALABAMA STREET TRAILHEAD: 1175 ALABAMA STREET
At the Little Tallapoosa River
Fitness

Closures:

Labor Day
November 11
November 27, close at 3pm
Thanksgiving: Nov 28-29
Christmas: Dec 24, 25, 26
New Year’s Day
Martin Luther King, Jr.

Bradley McLester
770-834-3428 // BMCLESTER@CARROLLTON-GA.GOV

Donna Ford
770-834-1127 // DFORD@CARROLLTON-GA.GOV

Dottee Morton
770-834-1127 // DMORTON@CARROLLTON-GA.GOV

Ora Chism
770-832-2495 // OCHISM@CARROLLTON-GA.GOV
Fitness Programs

Catherine Hardy Lavender Center

**HEALTH & WELLNESS CENTER**
The Health and Wellness Center offers some of the best amenities for a fitness center of its size. We have three treadmills, one elliptical machine, two stationary bikes and a multi-function weight machine. All of this fitness equipment is available at no cost and with no membership required – just sign a release form and sign in before you work out.

**MON-FRI / 12-7PM | SAT / 2-7PM**

**AGES: 18+**

**WALK-TO-RUN**
Get up, get moving and join our walk-to-run program! You’ll be ready to run a 5k in just eight weeks. Group meets at Legends West Park.

**WED, FRI / 6-7PM**
Aug 1 - Sept 19

**AGES: 8+**

East Carrollton Recreation Center

**INDOOR WALKING**
Inclement weather is no reason to miss your workout. Each Monday, Wednesday and Friday morning, enjoy indoor walking at the East Carrollton Recreation Center Gym. Ten laps is a mile. The gym is open 10-11:30 am and is free of charge.

**M UN, WED, FRI / 10:00-11:30AM**
Sept 3 - Mar 28

**AGES: All Ages**

**CARDIO-STRENGTH AEROBICS**
Cardio-Strength Aerobics combines a cardio workout with core exercises. The class meets at the East Carrollton Recreation Cheer Zone. Anne Armstrong is the instructor.

**MON, WED, FRI / 8:45 - 9:45AM**
Sept 4 - Mar 30

**AGES: 18+**

**COST: $25 per month**

**YOUTH TENNIS LESSONS (INDOOR)**
This class is designed to introduce children to tennis in a fun way. Tennis can teach lifelong skills they can take with them off the court and help build their confidence.

**SEPTEMBER, OCTOBER, NOVEMBER**

**MONDAYS**

**AGES: 5-8: 4:15-5PM / 9-12: 5-5:45PM**

**COST: $30**

Bonner Recreation Center

**BONNER FITNESS CENTER**
Improve your health at your own pace while you enjoy our treadmills, weight machines, steppers, health riders, exercise bikes, recumbent bikes, butterfly machine and hand weights. No contracts are required and registration is monthly.

**MON-THUR / 6-12PM | FRI / 8-11AM**
Sept 3 - Feb 28

**AGES: 18+**

**COST: $25 per month, $20 per month for ages 65+**

**AI KIDO**
Aikido is a self-defense martial art that teaches to blend with an attack, rather than clash with it. It helps develop a strong, relaxed body as well as a calm, clear mind.

**WED, FRI / 6:30-8PM**
Sept 3 - Feb 28

**AGES: 14+**

**COST: $50 per month**

**REGISTRATION DEADLINE: 1st day of the month**

**INSTRUCTOR: Garn Sherman, wgaikikai.com**

Lakeshore Recreation Center

**PICKLEBALL**

**MON, WED, FRI / 9AM-12PM**
Aug 2 - Feb 28

**AGES: 18+**

**COST: $5 (drop-in), Individual (yearly) $30, Family (max 4 people) $50 / $25 per person additional, Seniors 60+ $20**
Athletics

John Layng
770-832-1161 // JLAYNG@CARROLLTON-GA.GOV

Monica Craig
770-832-2495 // MCRAIG@CARROLLTON-GA.GOV

Ora Chism
770-832-2495 // OCHISM@CARROLLTON-GA.GOV

Cam Holbrook
770-832-1161 // CHOLBROOK@CARROLLTON-GA.GOV

Caryn Scheufler
770-832-1161 // CSCHEUFLER@CARROLLTON-GA.GOV
Baseball

3U-14U BASEBALL
Participants will learn the essential skills of baseball: throwing, catching, base running, hitting and fielding in a practice environment with their respective teams. Each team will play a twelve-game regular season schedule. Teams are coached by volunteers, and each participant will receive a game jersey and hat.

MON-SAT / TBA | EAST CARROLLTON RECREATION COMPLEX
Feb 1-May 15

AGES: 3-14, prior to May 1, 2020
(different age control date for 3-4 year old program)
COST: TBA
REGISTRATION DEADLINE: January 31

Volleyball

GIRLS VOLLEYBALL
Focus is on the basic fundamentals of volleyball. CPRD is the three time defending State Champions and finished as runner-up prior to that. A game jersey is included in the registration fee.

MON, TUE, THUR / 6-8PM | EAST CARROLLTON GYM
Aug 26-Oct. 24

AGES: 9-14, prior to Sept. 1
COST: $50
REGISTRATION DEADLINE: August 23

ADULT VOLLEYBALL
An organizational meeting will be held Monday, August 5, at 6pm at Lakeshore Recreation Center. Fees are determined by the number of teams and games scheduled.

TUE, THU / 7:30PM | EAST CARROLLTON GYM
Sept 3-Oct 31

AGES: 16+
COST: TBA
REGISTRATION DEADLINE: Aug 26

Track

YOUTH SPRING TRACK
Learn the fundamentals of running, jumping and throwing during our track and field program. A parent/athlete meeting will be held on Monday, January 27, 2020, at 6 pm at the Lakeshore Gymnasium. Information about practices and track meets will be distributed. Track meets will be Saturday mornings. A birth certificate is required for first time track participant.

MON-THU / 5-7PM | LAKESHORE TRACK & UWG TRACK
Feb 10-May 4

AGES: 5-14
COST: $50
REGISTRATION DEADLINE: February 21
Basketball

Learn the fundamentals of basketball. Teams will have volunteer coaches and each participant will be given a game jersey.

**6U COED**

Each participant is placed on a team. The season begins with several practice sessions then each team will play a five-game schedule. The games introduce the participants to a competitive environment where time and score are kept.

**SAT / TBA | EAST CARROLLTON GYM**

- **AGES:** 5-6, born to September 1, 2020
- **COST:** $50
- **REGISTRATION DEADLINE:** November 15

**BOYS BASKETBALL**

Learn dribbling, passing, shooting, offense/defense and work together as a team in a competitive eight-game season.

**MON-SAT / TBA | EAST CARROLLTON GYM**

- **AGES:** 7-14, born prior to September 1, 2019
- **COST:** $50
- **NOV 18-FEB 3**
- **REGISTRATION DEADLINE:** November 15

**GIRLS BASKETBALL**

Learn how to dribble, pass, shoot, offense/defense and how to work together as a team in game situations. Teams at this age are coached by volunteer parents with an emphasis on basic fundamentals.

**MON-SAT / TBA | EAST CARROLLTON GYM**

- **AGES:** 7-12, born prior to September 1, 2019
- **COST:** $50
- **NOV 18-FEB 3**
- **REGISTRATION DEADLINE:** November 15

Lacrosse

**YOUTH LACROSSE**

Southern Crescent Lacrosse of East Coweta assists the CPRD lacrosse program teaching the fundamentals of the game. Practices for each age group are usually twice a week and games are in and around the West Georgia area.

**MON-FRI / TBA | CASTLE PLAYGROUND SOCCER FIELDS**

- **GRADES:** 1-8
- **REGISTRATION DEADLINE:** August 31
Soccer

U-4, U-5 AND U-6 SOCCER
This program is an introduction to soccer and emphasizes basic technical skills, exploration of movement and fun. Intense competition is discouraged and no score is recorded.

U-4 AND U-5 SOCCER
TUE, THUR / 6-7PM | EAST CARROLLTON SOCCER FIELDS
Mar 3-Apr 30
AGES: 3-4, born in 2016 and 2015
COST: $45
REGISTRATION DEADLINE: January 31

U-6 SOCCER
MON, THUR / 6-7PM | EAST CARROLLTON SOCCER FIELDS
Mar 5-Apr 30
AGES: 5, born in 2014
COST: $55
REGISTRATION DEADLINE: January 31

U-8 SOCCER
This program introduces then expands on basic soccer skills. Intense competition is discouraged and no score is recorded. Practices are during the week and games will be played on Saturdays.

MON, THUR / 6-7PM | SAT / 9-1PM | EAST CARROLLTON SOCCER FIELDS
Mar 5-May 2
AGES: 6-7, born 2012-2013
COST: $65
REGISTRATION DEADLINE: January 31

U-10, U-12 AND U-14 SOCCER
U-10 through U-14 programs are for those players that do not want to play in Georgia Storm’s Academy or Select, or are new to the sport. Practices are during the week and games are on the weekend. There is some traveling involved in this age group to Villa Rica and Douglasville. Fees do not cover uniforms. Uniforms will be ordered from another registration for all new players. Season information will be emailed to all participants’ parents by August 14.

MON, TUE, THUR, SAT, SUN / VARIES | EAST CARROLLTON SOCCER FIELDS
Feb24-May3
COST: U-10: $65, U-12: $75, U-14: $90
REGISTRATION DEADLINE: January 31

WINTER INDOOR SOCCER
Indoor soccer offers players a chance to keep their touch on the ball over the winter months. The indoor season is games only, no practices. To register for indoor, you must come to the Stallings Center, and fill out the registration form or ask for an emailed registration form.

MON, TUE, THUR, SAT, SUN / VARIES | BONNER GYM
Jan11-Feb8
AGES: 6-18
COST: $65
REGISTRATION DEADLINE: December 13

Register at georgiastorm.com/registration. If you are interested in coaching, please register yourself when you register your child.

U-4 THROUGH U-8: Different colored shirts will be provided to each team before games start. Season’s information will be emailed to all participants’ parents by August 23.

U-10 THROUGH U-14: Fees do not cover uniforms. Uniforms will be ordered for all new players. Season information will be emailed by August 14.
Gymnastics

Ali Trent
770-834-1127 // ATRENT@CARROLLTON-GA.GOV

Kaitlyn Gosnell
770-834-1127 // KGOSNELL@CARROLLTON-GA.GOV
CARROLLTON FLEXETTES COMPETITIVE GYMNASTICS TEAM
Our girl's competitive gymnastics team program follows USAG and AAU guidelines and competes in the AAU and USAG divisions. These are invitation-only programs, comprised of gymnasts who are looking to advance their skills in the competitive arena. An appointment can be made with the head coach to schedule an evaluation throughout the year. Competitive gymnastics is a year-round sport which runs June 1 until May 31. For information, contact Ali Trent or Kaitlyn Gosnell at 678-390-6638. Cancellations: Sep 2, Oct 31, Nov 11, Nov 27-30, Dec 14, Dec 23-28, 31, Jan 1 & 4, Feb 17.

TRAINING SCHEDULE/TUITION

<table>
<thead>
<tr>
<th>Training Schedule/Tuition</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Preteam</strong> / 3 hours / $75</td>
</tr>
<tr>
<td><strong>AAU Xcel Bronze</strong> / 5 hours / $85</td>
</tr>
<tr>
<td><strong>AAU Xcel Silver</strong> / 5 hours / $85</td>
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<tr>
<td><strong>AAU Level 3</strong> / 7.5 hours / $90</td>
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<tr>
<td><strong>USAG Xcel Gold</strong> / 10.5 hours / $95</td>
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<tr>
<td><strong>USAG L5/Platinum</strong> / 12.5 hours / $105</td>
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<tr>
<td><strong>USAG L6/Platinum</strong> / 16 hours / $115</td>
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<tr>
<td><strong>USAG Level 7-9</strong> / 18-20 hours / $115</td>
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<tr>
<td>Ages: 6+</td>
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CARROLLTON FLEXETTE MEET SCHEDULE 2019-2020
Competitive gymnastics schedule runs Nov – May

- **Nov 9, 8am-2pm** | Flexette Fall Preview, Home
- **Nov 16, 8am-8pm** | Game Day Challenge, Carroll County Rec
- **Dec 6-7, 8am-8pm** | Rising Star Invitational, Bowdon
- **Jan 11-12, 8am-8pm** | The Twisted Sister Invitational, Home
- **Jan 10-12, 8am-8pm** | Grant A Wish Classic, Hiram
- **Feb 7-9, 8am-8pm** | Paws 4A Cause, Atlanta
- **Feb 14-16, 8am-8pm** | Made in the USA Invitational, Athens
- **Feb 22-23, 8am-8pm** | Heart of Gold Invitational, Villa Rica
- **Mar 6-8, 8am-8pm** | CK Pink Invitational, Savannah
- **Mar 14-15, 8am-8pm** | The Flippie Hippie, Home
- **Apr 3-5, 8am-8pm** | USA Level 8 State Championships, Cobb
- **Apr 17-19, 8am-8pm** | USA Xcel Gold/Platinum GA State Championships, Emerson
- **Apr 24-26, 8am-8pm** | AAU Bronze Level 6-3 GA State Championships, TBA
- **Apr 24-26, 8am-8pm** | USA Level 6/8 Regional Championships
- **May 1-3, 8am-8pm** | USA Level 5 State Championships
- **May 8-10, 8am-8pm** | USA Xcel Regional Championships, TBA

Meet installments #1 due Sept 1, #2 due Nov 1st & #3 due Feb 1

CARROLLTON PRE-TEAM PROGRAM
Invitations are made in April of each year via email and letter. Competitive gymnasts are recruited to the team through our invitational class programs such as: Hotshots, Firecrackers and the Flexette Flyers. For current competitive athletes interested in our program, evaluations can be made with the head coach for proper placement within the Carrollton gymnastics program.

**Weekly Training Hours:** 3
$75 Monthly Tuition

CARROLLTON PRE-TEAM MOCK MEET SCHEDULE

- **Nov 9, 8am-2pm** | Flexette Fall Preview, Home
- **Dec 6-7, 8am-8pm** | Rising Star Invitational, Bowdon
- **Jan 11-12, 8am-8pm** | The Twisted Sister Invitational, Home
- **Feb 22-23, 8am-8pm** | Heart of Gold Invitational, Villa Rica
- **Mar 14-15, 8am-8pm** | The Flippie Hippie, Home

Meet installments #1 due Sept 1 & #2 due Nov 1
Gymnastics // Classes

Sessions with no classes due to holidays or other facility events will show a price reduction at registration. NO MAKE UP CLASSES. To receive the most benefit, please make every effort to attend every class and arrive on time.

NO CLASSES:
* AUG 5-8, SEP 2, OCT 7-10, OCT 31, Nov 11, Nov 25-30, Dec 16-Jan 6, Jan 20, Feb 17-22, Apr 6-11

Sessions

**FALL I / AUGUST 12-SEPTEMBER 19**
**FALL II / SEPTEMBER 23-OCTOBER 31**
**WINTER I / NOVEMBER 1-DECEMBER 12**
**WINTER II / JANUARY 6-FEBRUARY 13**
**SPRING I / FEBRUARY 24-APRIL 2**

**HOLIDAY FLIPTACULAR: DECEMBER 14**

PARENT & TOT
The instructor will teach to your child’s level while introducing them to the world of gymnastics. Gymnasts will participate in gross motor activities. The class will be held in our preschool room as well as our big gym for pit & trampoline time.

**MON** / 4:45-5:15PM | **TUE** / 10:15-10:45AM, 6:30-7PM
**WED** / 5:45-6:15PM | **THUR** / 5-5:30PM
**AGE:** Walkers-2
**COST:** $46 (Fall I, Winter II, Spring I), $39 (Fall II & Winter I)

MITEY 3 & 4
Promotes independence, following instructions and emphasizes safety and progressions. Participants will be introduced to the world of gymnastics through gross motor and basic skills. Participants will also venture into the big gym for pit and trampoline time.

**MON** / 10-10:45AM, 6:15-7PM | **TUE** / 4-4:45PM, 5:45-6:30PM
**WED** / 5-5:45PM, 6:15-7PM | **THUR** / 10-10:45AM, 5:30-6:15PM
**AGE:** 3-4
**COST:** $56 (Fall I, Winter I & II, Spring I), $47 (Fall II)

HOT SHOTS
For preschoolers that are ready to start a more progressive program. The participants will start learning cartwheels, splits, bridges and handstands. This is an hour-long class. This class takes place in our big gymnastics gym and our preschool room.

**MON** / 10:45-11:45AM, 5:15-6:15PM | **TUE** / 4:45-5:45PM
**WED** / 4-5PM | **THUR** / 4-5PM
**AGE:** 3-4
**COST:** $60 (Fall I, Winter I & II, Spring I), $50 (Fall II)

**NINJA TOTS**
Participants will be introduced to kicks, basic tumbling skills, strength, flexibility, handstands, cartwheels, forward and backward rolls. Participants will also venture into the big gym for pit and trampoline time.

**MON** / 4-4:45PM | **THU** / 6:15-7PM
**AGE:** 3-4
**COST:** $56 (Fall I, Winter I & II, Spring I), $47 (Fall II)

**FIRECRACKERS**
Firecrackers is a class designed for participants that have the potential to be on the fast track to the competitive team. This hour-long class meets twice a week. This class is held entirely in our big gymnastics gym. Gymnasts will be working on more difficult skills like bridge kick-overs, round-offs and pull-overs.

**MON, WED** / 4-5PM | **TUE, THUR** / 4-5PM
**AGE:** 4-6
**COST:** $80 (Fall I, Winter I & II, Spring I), $68 (Fall II)

**LEVEL 1 GIRLS PROGRESSIVE**
This class is for girls with little or no gymnastics experience. The focus will be on safety progressions and basic skills. The girls will work on proper introduction techniques and the mechanics of rolls, levers and holds. The gymnasts will be introduced to all of the four events: vault, bars, beam and floor.

**MON** / 4-5PM | **TUE** / 4-5PM, 5-6PM | **WED** / 5-6PM | **THUR** / 6-7PM
**AGE:** 5+
**COST:** $60 (Fall I, Winter I & II, Spring I), $50 (Fall II)

**LEVEL 2 GIRLS PROGRESSIVE**
Level 2 participants have progressed out of Level 1 and are ready to use proper technique to carefully demonstrate skills previously learned. The gymnasts will be introduced to new skills while perfecting skills learned in Level 1. The gymnasts will be working on handstands, cartwheels and casts.

**MON** / 6-7PM | **TUE** / 5-6PM | **WED** / 4-5PM | **THUR** / 5-6PM
**AGE:** 5+
**COST:** $60 (Fall I, Winter I & II, Spring I), $50 (Fall II)

**LEVEL 3 GIRLS PROGRESSIVE**
Level 3 participants have progressed out of Level 2 and are ready to continue working on their gymnastics skills. In this class, the gymnasts work on previous skills learned and learn more advanced skills. Gymnasts will focus on back walk-overs, front limbers, pull-overs.

**MON** / 5-6PM | **TUE** / 5-7PM | **THUR** / 4-5PM
**AGE:** 5+
**COST:** $60 (Fall I, Winter I & II, Spring I), $50 (Fall II)

**GYMNASICS FIELD TRIPS**
Field Trips for all ages are available to groups in our gymnastics facility on Fridays, pending availability. We provide age-appropriate activities as well as trained staff on site for a safe and fun experience. For pricing and availability, contact Kaitlyn Gosnell at 770-834-1127 or kgosnell@carrollton-ga.gov. Reservations are booked through Janice Kerr at 770-832-1161 or jkerr@carrollton-ga.gov.
LEVEL 4 GIRLS PROGRESSIVE
Level 4 participants will work on previous skills learned and learn more advanced gymnastics skills. Gymnasts will focus on back handspring, round-off back handsprings, front handspring and back hip circles.

**TUE / 6-7PM | WED / 6-7PM | THUR / 4-5PM**

**AGE:** 5+

**COST:** $60 (Fall I, Winter I &II, Spring I), $50 (Fall II)

FLEXETTE FLYERS
This is a class for girls that have progressed out of Level 4 and want to spend more time in the gymnastics center. These gymnasts are on track to the competitive team or are wanting to be in the gym for more training hours. Participants will focus on more difficult skills in all of the four events, including back tucks, squat-ons and front tucks. Class meets twice a week for one hour.

**MON, WED / 5-6PM**

**AGE:** 5+

**COST:** $60 (Fall I, Winter I &II, Spring I), $68 (Fall II)

JUNIOR-NINJA WARRIOR
This action-packed class will focus on safety progressions, basic tumbling skills, strength and flexibility. The boys will be working on handstands, cartwheels, forward and backward rolls. Participants will be introduced to entry-obstacle courses, flips and tricks. No previous gymnastics experience needed.

**MON / 5:30-6:30PM | WED / 5:30-6:30PM**

**AGE:** 5+

**COST:** $60 (Fall I, Winter I &II, Spring I), $50 (Fall II)

INTERMEDIATE-NINJA WARRIOR
This class is for children that have progressed out of Junior-Ninja Warrior. Participants are now ready to learn more advanced gymnastics skills. Boys will be learning back saltos, front saltos, bar skills and more advanced skills on the trampoline. Participants will also be practicing more advanced strength and conditioning skills.

**THUR / 5:30-6:30PM**

**AGE:** 5+

**COST:** $60 (Fall I, Winter I &II, Spring I), $50 (Fall II)

CARROLLTON NINJA WARRIOR
This class will be interactive and fun while working on strength, balance and endurance. Participants will be challenged with obstacles courses, flips and tricks. No previous gymnastics experience needed.

**BOYS: MON / 6:30-7:30 PM | TUES / 6:30-7:30 PM | THU / 6:30-7:30 PM**

**GIRLS: WED / 6:30-7:30 PM**

**AGES:** 8 - 12

**COST:** $60 (Fall I, Winter I &II, Spring I), $50 (Fall II)

GYMNASTICS PRIVATE LESSONS
Private lessons provide one-on-one instruction as the student works on perfecting a specific skill and are available to all gymnasts enrolled in the program, whether it is through our class program or our competitive team. Private time is often encouraged by the coaches, however a personal request can be made as well. Lessons are limited to instructor availability. Prices are per each 30-minute session.

**Ages: 6+ // Cost: $25 • one lesson, $40 • two lessons, $54 • three lessons**
Tumbling & Cheerleading

Samantha Hudson
770-834-1127 // SHUDSON@CARROLLTON-GA.GOV
TUMBLING INTRO LEVEL
Our skilled instructors introduce participants to tumbling skills like forward roll/handstand, cartwheel and backbend kick over. Proper technique and safety are required when learning to tumble.

MON / 4-5PM | $30-$60
Sep 9-30, Oct 7-28, Nov 4-18, Dec 2-16, Jan 6-27, Feb 3-24, Mar 2-30

TUE / 6-7PM | $30-$50
Sep 3-24, Oct 1-29, Nov 5-19, Dec 3-17, Jan 7-28, Feb 4-25, Mar 3-31

WED / 5-6PM | $30-$50
Sep 4-25, Oct 2-30, Nov 6-20, Dec 4-18, Jan 8-29, Feb 5-26, Mar 4-25

THUR / 6-7PM | $30-$60
Sep 5-26, Oct 3-24, Nov 7-21, Dec 5-19, Jan 9-30, Feb 6-27, Mar 5-26

AGE: 6+
REGISTRATION DEADLINE: 1st of the month

TUMBLING LEVEL 1
Continue working on skills learned in Intro Level while learning new skills like handstand forward roll, round off rebound, front walkover, back walkover and the basics of a standing back handspring.

MON / 5-6PM | $30-$60
TUE / 6-7PM | $30-$50
WED / 4-5PM, 6-7PM | $30-$60
THUR / 5-6PM | $30-$60

AGE: 6+
REGISTRATION DEADLINE: 1st of the month

TUMBLING LEVEL 2
Participants must be capable of a standing back handspring and be working on round off back handspring, round off back handspring series (3) with rebound and start learning the basics of a round off back handspring tuck.

MON / 6-7PM | $30-$60
TUE / 5-6PM | $30-$60
WED / 6-7PM | $30-$60
THUR / 6-7PM | $30-$60

AGE: 6+
REGISTRATION DEADLINE: 1st of the month

TUMBLING LEVEL 3
Participants must be capable of round off back handspring tuck and be working on standing back handspring tuck, standing back handspring series to tuck, standing tuck and basics of a layout.

TUE / 7-8PM | $30-$60
THUR / 5-6PM | $30-$60

AGE: 6+
REGISTRATION DEADLINE: 1st of the month

TUMBLING LEVEL 4/5
Participant must be capable of round off back handspring layout, standing back handspring tuck and standing tuck and working on standing back handspring series to layout, specialty passes to layout (example: punch front or whip through to layout) and start working drills for full.

THUR / 7-8PM | $30-$60

AGE: 6+
REGISTRATION DEADLINE: 1st of the month

GYM TUMBLE
This twice a week class polishes the skills of intermediate to advanced tumblers such as round off back hand springs, round off back handspring series, standing back handsprings and standing back tucks.

TUE, THUR / 7-8PM | $65-$85

AGE: 6+

OPEN GYM

WED / 7-8PM
COST: $25/month if enrolled in program, $50/month if not enrolled

TUMBLING PRIVATE LESSONS
Private lessons help perfect a specific skill with the benefit of one-on-one instruction. You must be enrolled in our program. Lessons are limited to instructor availability. Contact Samantha Hudson to set up your first private lesson.

AGES: 6+
COST: $25/one lesson, $40/two lessons, $54/three lessons

MIDDLE AND HIGH SCHOOL CHEERLEADING/TUMBLING
We offer supplemental coaching to middle and high school teams that are looking to improve their tumbling skills, work on their competitive routines and learn new skills to improve their performance. Please contact Samantha Hudson for more information.

PROCHEER (ALL-STAR CHEERLEADING)
This is for girls and boys that want to compete as a team with other competitors from around the area. The CPRD partners with ProCheer to provide quality and professional All-Star Cheerleading training and competition. This year-round program will enhance participants’ skills in tumbling and cheerleading. **Tryouts held in May.**

AGES: 5-18
COST: $115 plus additional fees
Therapeutics

Tom Sutton
770-834-1127 // TSUTTON@CARROLLTON-GA.GOV
Therapeutic Programs

Ongoing Special Olympics Fall Games Practice
Participants will practice skills of various sports in preparation for the Georgia State Special Olympics Fall Games. We will participate in bocce & softball skills.

Georgia Special Olympics Fall Games
We will participate in the 2019 Special Olympics Fall State Games in Valdosta, GA. All Special Olympics athletes MUST have an up-to-date Special Olympics medical completed and attend practices in order to compete at the state competition. New athletes may be asked not to travel on their first time participating.

Fri-Sun / TBA | Oct 11-13 | Valdosta, GA

Special Olympics Fall Games // Register by Aug 5

Senior/Masters Softball
Aug 14-Oct 2
East Carrollton Baseball Field 1
Age: 16+
Tue / 5-6:15PM

Junior/Senior Bocce
Aug 14 - Oct 2
East Carrollton Bocce Court
Ages: 8-21
Tue / 5-6PM

Softball Skills
Aug 14-Oct 2
East Carrollton Baseball Field 2
Age: 16+
Mon / 5-6PM

Special Olympics Winter Games Practice
Participants will practice skills of various sports in preparation for the Georgia State Special Olympics Winter Games. We will participate in the sports of basketball, gymnastics, bowling and will introduce weightlifting.

Georgia Special Olympics Winter Games
We will participate in the 2020 Special Olympics State Games in Marietta. All Special Olympics athletes MUST have an up to date Special Olympics Medical completed to register by the below deadline. Athletes MUST attend practices to compete at the state competition. New athletes may be asked not to travel on their first time participating.

Fri-Sun / TBA | Jan 10-12 | Marietta, GA

Special Olympics Winter Games // Register by Oct 30

Senior/Masters Basketball
Nov 4-Jan 6
Lakeshore
Age: 14+
Mon / 5-6:15PM

Artistic Gymnastics
Nov 1 - Jan 3
East Carrollton Gym
Ages: 8+
Fri / 4:45-6PM

Training Center Basketball Team
Nov 4-Jan 6
East Carrollton Gym
Age: 22+
Mon / 2:30-3:30PM

Masters Bocce
Aug 14 - Oct 9
East Carrollton Bocce Court
Ages: 22+
Tue / 2:30-3:30PM

Boo Bash
Our annual event will be held at the WPA Center. Participants from all Special Education classes, Carroll County Training Center and anyone else registered with Carrollton Therapeutics are welcome. Papa John’s Pizza, snacks and drinks will be served.

Wed / Oct 30 / 6:30-8:30PM
WPA Center
Ages: 5+

Special Olympics Masters Bowling Competitions
Athletes from Carrollton city and county schools will participate in a singles bowling tournament at Junction Lanes, Newnan, GA. Age classifications will be decided by each school. Athletes will be registered through their Special Education Classrooms.

Thu / Oct 24 / 9-1PM
Elementary Schools

Thu / Oct 31 / 9-1PM
Middle/High Schools

Miss Sparkle Pageant
Girls and young women, as well as young men who will serve as companions, will build a number of skills learned in pageantry. Miss Sparkle provides participants from our area experience in all aspects of a pageant. A sit-down lunch, pageant training as well as hair & makeup will lead to our main event where all participants will be crowned princesses, and a queen of each age group will be announced.

Sat / Nov 9 / 6-8:30PM
Carrollton High School MAC
Ages: 5+
Cost: $40 participant registration (includes two tickets)
Tickets: $5 at the door

Civitan Christmas Party
Students from Carrollton city and county Special Education programs will enjoy a Christmas Party hosted by our local Civitan Club. There will be a DJ, tree decorating, lunch and a visit from Santa Claus. We will sing Christmas carols. Participants will be registered through their Special Education classrooms.

Wed / Dec 13 / 9-12PM
East Carrollton Gym
Ages: 5+

Christmas Dance
Our annual Christmas Dance will be held at the WPA Center. Participants from all Special Education classes, Carroll County Training Center and anyone else registered with Carrollton Therapeutics are welcome. Papa John’s Pizza, snacks and drinks will be served.

Wed / Dec 18 / 6:30-8:30PM
WPA Center
Ages: 5+
The Carrollton Senior Center is located at 220 West Avenue and is open daily, Monday through Friday, 8 am-4 pm. Each day at noon, lunch is served to members at a fee of $2 for ages 60 and over, $3.50 for ages 55 to 59. You must sign up for lunch by 10:30 am each day. An annual fee of $20 (renewed every July) is required and covers all programs unless otherwise noted. You can pick up a copy of the monthly activity calendar at the Center.
Art & Painting Class
This class provides art, crafts and painting instruction for senior adults. Participants are challenged to be creative and to try new ideas and projects. Seniors are encouraged to never put a limit on their abilities and strive to do something bigger and better. Everyone is urged to get involved -- skill level doesn’t apply in this class. This class is for Senior Center members only and you MUST bring your own supplies.

Wed / 9:30-11:30am | Carrollton Senior Center Art Room
Sep 4 - Feb 26
Age: 55+
Instructor: John Beckvermit

Leather Crafting
Leather crafting lets seniors be creative by carving leather into art or wearable art. Participants share ideas and encourage one another to try new techniques. Beginners and skilled artists participate in this free class. You MUST bring your own supplies.

Thu / 9:30-11:30am | Carrollton Senior Center Art Room
Sep 5 - Feb 27
Age: 55+
Cost: FREE - bring your own supplies

Woodcarving Class
Wood carving lets seniors be creative by carving different types of wood into art. Participants share ideas and encourage one another to try new techniques. Skilled artists and beginners participate in this class. You MUST bring your own supplies.

Tue / 9:30-11:30am | Carrollton Senior Center Art Room
Sep 3 - Feb 25
Age: 55+
Cost: FREE - bring your own supplies

Beginning Crochet
It’s never too late to learn something new. Crocheting can help improve seniors’ emotional wellbeing, improve cognitive and physical abilities and enhance your quality of life. You MUST provide your own supplies.

Thu / 10am | Carrollton Senior Center
Sep 5 - Feb 27
Age: 55+
Cost: FREE with Senior Center membership

Kinship Care Program
Kinship Care is a program for relatives raising grandchildren. Assistance finding resources and information in the community is provided. Support groups are also available for grandparents raising grandchildren to come together and share and remind them they are not alone.

Fri / 10-12pm | Carrollton Senior Center
Sep 6, Oct 4, Nov 1, Dec 6, Jan 3, Feb 7
Age: 55+

AARP Meeting
For more than 60 years, AARP has been dedicated to enhancing the quality of life for individuals 50 and older. Our monthly meetings assist our members in lifestyle planning and personal wellbeing. The community speakers identify the social, physical, economic and intellectual needs of seniors in our area. Come join in with us! Some months, meetings are held at local senior living facilities. Call ahead to verify date, location and time. $6 yearly fee to Carrollton AARP.

Tue / 2-4pm | Carrollton Senior Center
Sep 24, Oct 22, Nov 12, Dec 10, Jan 28, Feb 25
Age: 50+
Cost: AARP membership

AARP Smart Driver Course
Take the AARP SMART Driver classroom course and you could save money on your car insurance. Refresh your driving skills and knowledge of the rules of the road. Learn techniques for handling left turns, right-of-way, roundabouts and more. Discover proven driving methods to help keep you and your loved ones safe on the road. The class was designed for drivers over 50 but contains information that will be valuable for drivers of all ages. Please arrive by 8:30 am. The class will begin promptly at 9:00 am.

Thu / 9-3:30pm | Stallings Center
Oct 17, Jan 9, Apr 9
Age: 14+
Cost: $20/$15 AARP member

Computer Lab
Don’t be intimidated by technology. The Senior Center has seven newer computers and we want you to learn how to surf the net, set up a FaceBook page, type a letter, play solitaire or any other thing you come up with. We have a volunteer that will work with you at various times. You are never too old to learn how to use a computer.

Mon-Fri / 8-4pm | Carrollton Senior Center Computer Room
Sep 3 - Feb 28
Age: 55+
Cost: FREE with Senior Center membership
BILLIARDS
Even if you haven’t played in a while, you can improve your skills through practice and friendly competition against other seniors. We also hold tournaments during the year. There are four billiards tables. This program is free with Senior Center yearly membership.

**MON-FRI / 8-4PM | CARROLLTON SENIOR CENTER BILLIARDS ROOM**
Sep 3-Feb 28

**AGE:** 55+
**COST:** FREE with Senior Center membership

FUN BRIDGE
Enjoy playing bridge but don’t want to play in a competitive league? Been a while since you have played and you need to brush up on your skills? Fun Bridge is just for you. Enjoy the game along with other seniors in the card room at the Senior Center on Fridays at 1 pm. This program is free with Senior Center yearly membership.

**FRI / 1-4PM | CARROLLTON SENIOR CENTER CARD ROOM**
Sep 6-Feb 28

**AGE:** 55+
**COST:** FREE with Senior Center membership

BI-MONTHLY ADULT DANCE
Put on your dancing shoes and come dance the night away the 2nd and 4th Friday nights of each month at the WPA Center. It’s a great way to get some exercise and spend time with friends. Seniors come from all around to enjoy the Danny Mote Band as they perform for the crowd. Attendees are encouraged to bring snacks to share, but it’s not required.

**FRI / 7:30-10:30PM | WPA CENTER**
2nd and 4th Friday nights of each month

**AGE:** 55+
**COST:** $7

LINE DANCING
The West Georgia Silver Liners practice on Tuesdays and Thursdays in the Hospitality Room at the East Carrollton Gym. The Silver Liners go out into the community monthly to perform in nursing homes, assisted living facilities, senior centers and community events to show off their abilities and routines.

**TUE / 9:30-10:30AM-BEGINNERS / 10:30-11:30AM-INTERMEDIATE**
Sep 3-Feb 25

**THUR / 9:30-11:30AM-ADVANCED**
Sep 5-Feb 27

**EAST CARROLLTON HOSPITALITY ROOM**

**AGE:** 55+
**COST:** FREE with Yearly Senior Center membership

GOSPEL GROUP “JOYFUL NOISE”
Joyful Noise Gospel Group singers use their love of music and singing to entertain other seniors. Even though they sing a lot of gospel songs, they also learn other types of music that fits into the holiday season. This group sings monthly for the birthday party at the Senior Center, but they also go out into the community to sing.

**TUE / 10AM | CARROLLTON SENIOR CENTER TV ROOM**
Sep 3-Feb 25

**AGE:** 55+
**COST:** FREE with Senior Center Membership

SILVER SPOKES BIKE RIDING GROUP
Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages, especially senior adults. It is also fun, cheap and a great muscle workout. It is good for strength and stamina and you can make it as intense or easy as you want and increase at your own pace. Join this group and have fun riding through various local areas with your friends. The group changes the location each week. This program is free with Senior Center yearly membership but you MUST bring your own bike.

**THUR / 2PM | LOCATION CHANGES EACH WEEK**
Sep 5-Feb 27

**AGE:** 55+
**COST:** FREE - provide your own bike

UWG SILVER WOLVES
Get in on the fun of local college sports with the Carrollton Senior Center Silver Wolves. We take a group to one football game (includes tailgating before the game), one basketball game and one baseball game at the University of West Georgia each year. Dates haven’t been decided yet, call us to get more information and get your name on the list. Entrance into these games is free for our Silver Wolves. This program is free with Senior Center yearly membership.

**SATURDAY, OCTOBER 5**
**UWG VS SHORTER**
**LEAVE AT 9AM, FREE REGISTRATION IN THE OFFICE**

SENIOR WALKING CLUB
Walking has many benefits, especially for senior adults. It can improve heart health, lower blood sugar, reduce the pain of some chronic illnesses and boost mental health. It is great exercise and it’s free. The Senior Walking Club meets at the University of West Georgia track. This program is free with Senior Center yearly membership.

**THUR / 6:30PM | UNIVERSITY OF WEST GA TRACK**
Sep 5-Feb 27

**AGE:** 55+
**COST:** FREE
NICE & EASY AEROBICS, STANDING & FLOOR
Designed to help seniors stay active and healthy, Nice and Easy Aerobics is taught by instructor Rose Dufour in the Bonner Building. Exercises are geared toward the ability of senior adults. Not only do the seniors get a great workout in this one-hour class, they get to do it with friends.

MON, WED, FRI / 11AM | BONNER BUILDING AEROBICS ROOM
Aug 2- Sept 30, Oct 2-Nov 27, Dec 2-Jan 31, Feb 3-Mar 30
AGE: 55+
COST: $20 per 2 month session

SENIOR WATER AEROBICS
Stay active and healthy with Senior Water Aerobics. Exercising in water is good for those with arthritis since it is easier on the joints. Water aerobics is also beneficial for seniors since the water provides some resistance to help strengthen the muscles. Not only does it give a workout, but it also allows seniors the opportunity to socialize and make new friends.

MON, WED, FRI / 2-3PM | LAKESHORE NATATORIUM
Aug 2-Sep 30, Oct 2-Nov 27, Dec 2-Jan 31, Feb 3-Mar 30
AGE: 55+
COST: $20 per 2 month session

FOURTH FRIDAY FISHERS
Fishing inspires a closer connection with nature and all the creatures in it. The exposure to fresh air, sun and being near the water has numerous health benefits. Join us as we visit local Carroll County lakes and catch a variety of fish. Make sure to bring everything you need to fish as all we supply is the transportation to and from the lake. This is a great little trip when the weather is appropriate. This program is free with Senior Center yearly membership and you MUST bring your own fishing supplies.

FRI / 8:15-11:45AM | LOCAL AREA LAKES
Sep 27 and Oct 25
AGE: 55+
COST: FREE, bring your own supplies

Day trips are taken about once per month and leave from the Carrollton Senior Center. Members sign up for a trip once it is posted on the Center’s bulletin board. A $10 withdrawal fee will be charged for cancelled trips. Day trips are taken on a city bus and all return times are approximate.

ATLANTA HISTORY CENTER, CYCLORAMA AND ZOO ATLANTA
THUR, SEPT 26 / 8:30AM-6:30PM
COST: $40, lunch on your own

THE NATIONAL INFANTRY MUSEUM & SOLDIER CENTER AND VISIT TO WESTVILLE IN COLUMBUS
THUR, OCT 24 / 8:30AM-6:30PM
COST: $20, lunch on your own at the Fire & Drum Restaurant at the National Infantry Museum

THE OUTLET SHOPPES AT ATLANTA AND ALPINE BAKERY IN WOODSTOCK
THUR, NOV 19 / 9AM-6PM
COST: $10, lunch on your own

HONDA MANUFACTURING OF ALABAMA TOUR
TUE, JAN 28 / 8:15AM-4:30PM
COST: $10, lunch on your own at the Ark
Must wear closed-toe shoes

BEHIND THE SCENES TOUR OF COX RADIO ATLANTA
WED, FEB 19 / 8:30AM-4:30PM
COST: $20, lunch on your own
Since 2004, the Carrollton Parks and Recreation Department has been a Nationally Accredited Parks and Recreation Agency. This past May, we were reaccredited for the fourth time.

CAPRA sets the standards of excellence for parks and recreation agencies.

We are the second smallest department in the United States to achieve national accreditation.

We are one of ten departments in Georgia to be nationally accredited.

170 agencies from 38 states have achieved this mark of excellence throughout the United States.

Additional benefits of CAPRA agency accreditation include:

- Recognition of excellence in services and practices
- Means of Accountability and responsiveness to the public
- Boosts efficiency and encourages teamwork
- Builds a platform for ongoing improvement

Thank you for the community support.