



# DOUGLAS COUNTY Parks & Recreation



## Fall Program Guide

September - December 2009

[www.celebratedouglascounty.com](http://www.celebratedouglascounty.com)

770-920-7129



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## Parks & Recreation Full Time Staff



### **Seated on Row 1 (left to right)**

Christie Mills, Therapeutic Program Coordinator; Sharon Johnson, Senior Center Program Asst.; Tanya Jackson, Recreation Superintendent; Terisa Redd, Director's Secretary; San Ayers, Park Superintendent's Secretary; Rhonda Case, Senior Center Program Coordinator.

### **Row 2 (left to right)**

Gary Dukes Director; Linda Rhuebottom, Senior Center Secretary; Pat Deal, Parks Maintenance; Shawn Russell, Boundary Park Maintenance; Adam Evans, Aquatic Center Maintenance; Kathy Hawes, Senior Center Programs; Jimmy House, Parks Maintenance; Theresa Campbell, Recreation Manager's Secretary.

### **Row 3 (left to right)**

Danny Morris, Parks Maintenance; Rodney Mountain, Parks Maintenance; Sean Wise, Boundary Park Maintenance; Danny Dinning, Parks Superintendent; Ed Ash, Parks Maintenance; Gerrod Bodie, Program Asst.; Justin Hilderbrand, Athletic Program Asst.; Morris Ellison, Parks Beautification Coordinator; Raymond Page, Parks Security.

### **Row 4 (left to right)**

Willie Davis, Parks Maintenance; Gregory Shepard, Parks Security Supervisor; Michael Thomas, Parks Maintenance; Scott Tuggle, Boundary Park Maintenance; Sid Thomas, Boundary Park Maintenance; Peter Trent, Boundary Park Manager; Earl Kiker, Parks Maintenance; Charles Young, Parks Security; Brian Bumbalough, Parks Security; Raiford Peacock, Recreation Manager.

### **Not Pictured:**

Becky Young, Aquatic Center Superintendent; Julie Ivey, Aquatic Center Program Coordinator  
Brandon Davis - Athletic Program Coordinator, Parks Maintenance; Chris Richards, Parks Maintenance

## Parks Patrol



(Left to Right)

**Raymond Page** (*Park Patrol Officer*), **Gregory Shepard** (*Park Patrol Supervisor*),  
**Charles Young** (*Park Patrol Officer*), **Brian Bumbalough** (*Park Patrol Officer*).

# Fall Program Guide - - September - December 2009

www.celebratedouglascounty.com

## Mission Statement

The mission of the Douglas County Parks and Recreation Department is to enrich individuals, families and the community through the provision of services, facilities, and programs that improve the quality of life in Douglas County, Georgia.

## From The Director's Desk

Dear Douglas County Citizens:

At this time, we are in the middle of our summer programming and hosting numerous baseball tournaments throughout the county.

Summer activities have included our Tons of Fun Summer Camp program, which was conducted at three sites this year: Boundary Waters, Deer Lick Park, and Clinton Nature Preserve.

We have also offered a series of sports camps: baseball, football, basketball, tennis, cheerleading, and skateboarding at Deer Lick Park. Our new tennis program has gotten off to a great start teaching tennis to a variety of age groups with beginning and advanced classes. Our in-house swim programs have been a huge success with classes booked through the month of August, with continued demand.

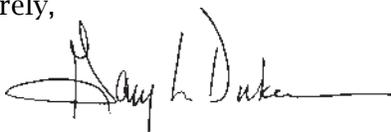
On July 11<sup>th</sup> we hosted our first Georgia Recreation and Parks Association District Swim meet which had a turnout of close to 400 competitors.

With the conclusion of baseball, we hosted the State Pony Tournament at Boundary Waters and the Southeast Regional Tournament at our new Winston Park facility which involved over 20 teams.

With all this activity we still conducted our regular programming and several special events which included Movies in the Park and our annual Fishing Derby.

As you can see, we have had and are continuing to have a very active summer. So if you are looking for activities close to home, call our Parks and Recreation offices for information on programs or swing by one of our facilities and pick up a program guide and get involved.

Sincerely,



Gary L. Dukes, Director  
Douglas County Parks & Recreation



## Staff Directory

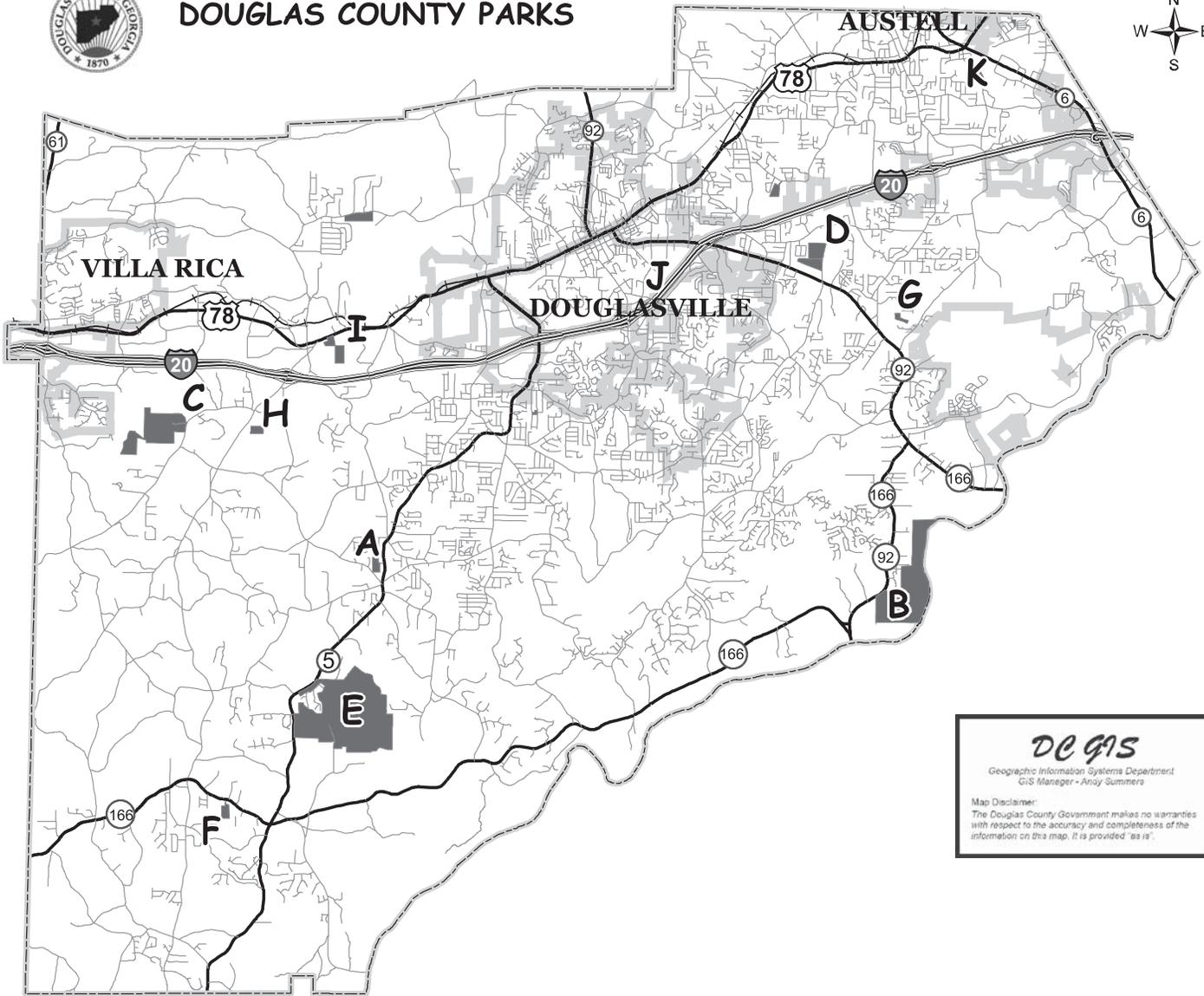
- Director** (770) 489-2175  
Gary Dukes
- Recreation Manager** (770) 920-7129  
Raiford Peacock, CPRP
- Recreation Superintendent** (770) 920-7129  
Tanya Jackson
- Parks Superintendent** (770) 920-7129  
Danny Dinning
- Park Beautification Coordinator** (770) 489-2175  
Morris Ellison
- Boundary Waters Park Manager** (770) 489-2175  
Peter Trent
- Aquatics Superintendent** (770) 489-2175  
Becky Young
- Park Security Supervisor** (770) 920-7129  
Greg Shepard
- Athletics** (770) 920-7129  
Brandon Davis, Program Coordinator
- Community Programs & Events** (770) 920-7129  
Jim Gay, Program Coordinator
- Therapeutic Recreation** (770) 920-7129  
Christie Mills, CTRS, Program Coordinator
- Woodie Fite Senior Center** (678) 626-5630  
Rhonda Case, Program Coordinator
- Winston Park** (770) 489-2175  
Justin Hilderbrand, Park Manager
- Boundary Waters Aquatic Center** (770) 489-2175  
Julie Ivey, CPRP, Program Coordinator
- Deer Lick Park** (770) 920-7129
- Skateboard Park**  
Rashida Sheffield, Park Supervisor (770) 577-5596  
Christina Greenwood, Park Supervisor

"All of the programs, special events, and services offered through Douglas County Parks and Recreation are available to all eligible persons, regardless of race, gender, age, disability or religion."

# Douglas County Parks



## DOUGLAS COUNTY PARKS



**DC GIS**  
 Geographic Information Systems Department  
 GIS Manager - Amy Summers  
 Map Disclaimer:  
 The Douglas County Government makes no warranties with respect to the accuracy and completeness of the information on this map. It is provided "as is".



**Legend**

- Parks
- Street**
- Interstate
- State; US
- Other
- Railroad
- City Limits
- County Boundary

Map	Park Name
A	Bill Arp Park
B	Boundary Waters Park/Aquatic Center
C	Clinton Nature Preserve
D	Deer Lick Park
E	Dog River Park
F	Fairplay Park
G	Mt. Carmel Park
H	Post Road Park
I	Winston Park
J	Woodie Fite Senior Center
K	Woodrow Wilson Park

# Park Facilities

**For all park information, call the Deer Lick Park office.**

**(A) BILL ARP PARK** is located at 4801 Highway 5 in the Bill Arp/Pray's Mill community about five miles south of Douglasville. The park entrance is adjacent to the old Bill Arp Elementary School. The facilities include two softball fields, 4 baseball fields, a football field, playground, two lighted tennis courts, two concession stands.

**(B) THE BOUNDARY WATERS PARK/AQUATIC CENTER** is a 500 acre facility, approximately 300 of which will be dedicated to active recreation, and the remaining 200 for passive recreation, including multi-use equestrian trails, hiking trails, picnic and playground areas. The park is located at 5000 Highway 92 / 166 in Douglasville.

Active areas include the Aquatic Center and the baseball complex and equestrian and hiking trails. Closed to the public until construction is complete are the tennis complex (*6 courts in Phase 1, 6 courts in Phase 2 plus a clubhouse*), and football/soccer stadium (*with track*).

**(C) CLINTON NATURE PRESERVE** is located at 8720 Ephesus Church Road, one mile west of Post Road. The Post Road/Ephesus Church Road intersection is one-half mile south of the Post Road/Interstate 20 interchange.

This 200 acre park was donated to Douglas County by Ms. Annie Mae Clinton. The park is required by Ms. Clinton's will to remain in its natural state as much as possible. The park contains nature trails and open exploration areas.

A half-mile walking track encircles the Junior League ADA accessible playground, the first of its kind in Douglas County.

About one mile into the woods (*by hiking*), is the Carnes Cabin, a pre-Civil War residence, that is listed on the National Register of Historic Places.

**(D) DEER LICK PARK** is a 66 acre park located at 2105 Mack Road, north of Fairburn Road and serves as the headquarters for the Recreation Division, Parks Division and Security Division of Douglas County Parks and Recreation. The Park includes both passive and active areas. Activities include softball, volleyball, eighteen-hole disc golf, tennis, and basketball. Passive activities include fishing, walking, picnicking, playground, and special events. Facilities include ball fields, activity center, gymnasium, tennis courts, amphitheater, gazebo, and rest room facilities. The Park also hosts a 3-acre fishing lake, several pavilions and a pier. Pavilions throughout the park can be reserved for many activities including family reunions, birthday parties and company functions.

Deer Lick also has a Skate Park, Playground, Batting Cages, Mini-Golf, Bocce Courts, Dog Park, and one of the few basketball gyms which has open play and an activity room that is used for programming and is available for rentals.

Deer Lick is home to the only public Dog Park in Douglas County. This 2 acre park is located behind the Skate Park and has handicap accessibility for patrons located behind the tennis courts.

Open gym hours vary according to rentals and scheduled activities. Please call for hours.

Mon - Friday: 1 - 6pm

Sunday: 2 - 6pm



# Facility Reservation Process

## Registration for Rentals

Unless otherwise reserved, all Douglas County outdoor park facilities are available on a first-come first-served basis

Douglas County Park facilities may be reserved by:

1. Complete the reservation application available on the [www.Celebratedouglascounty.com](http://www.Celebratedouglascounty.com). Click on Departments, Parks and Recreation, Deer Lick Park and click under the downloadable documents. You can also fill out the form at the Deer Lick Park Activity Center Office.
2. Mail the completed form and a check for reservation deposit of \$20.00. Make check payable to Douglas County Parks and Recreation Dept. (Actual rental fees vary according to the facility and must be paid in full 14 days prior to the date of facility use.)
3. Allow three days for mail delivery. You must then call to verify receipt of document and availability of the facility.
4. A facility use permit will then be mailed to the address listed on the reservation form.

IN A HURRY -<> Bring the completed application and your check to the Reservation Office at Deer Lick Park, 2105 Mack Road, Douglasville, GA and complete the entire process in person. The Office is open Monday - Friday, 8am - 5:00pm (except holidays) weekend staff cannot approve or confirm a reservation.

How to register for classes:

1. Come to the Deer Lick Office and fill out a program form and waiver.
2. Payment in the form of check, cash or credit card must be made in full at time of registration.
3. The Office is open Monday - Friday, 8am - 5:00pm (except holidays) weekend staff can accept payments and forms but cannot confirm registration.
4. A refund will not be given without a justifiable written request. Refunds or credits will not be granted after the first date of class or competition. If you request a refund at least 3 business days before the session begins, you will have two options: (1) Receive an immediate credit for the full amount towards your next registration fee; (2) Receive a refund, minus a 20% administrative fee within 15 business days of your written request. A credit will be issued in the event an activity cannot be completed due to a documented medical problem. The amount of credit given will be at the Director's discretion. If the participant withdraws due to injury after the first date of class or competition, a refund will be prorated.

# g.o.a.l.

## get out and live

### **Douglas County Parks & Recreation Teen program (13- 17)**

Teen Program designed to provide a social environment for Douglas County's teen population, as well as provide an opportunity to participate in local service projects

\$25 from August-December

*Activities will include:  
Six Flags Fright Fest  
Atlanta Braves Game*

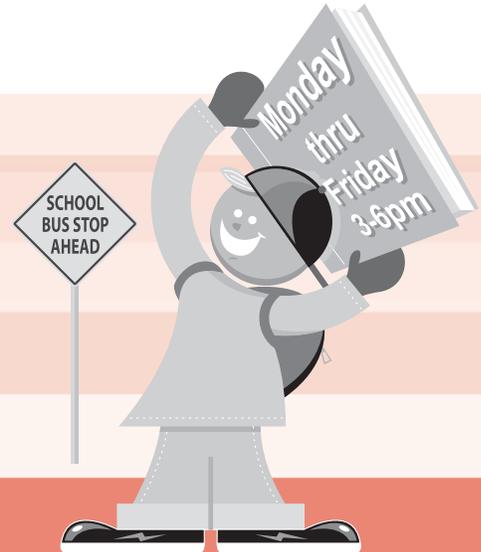
Meetings will be held on Thursday evenings  
at Deer Lick Park.

Trips will take place monthly  
on either Friday or Saturday evening.

Call 770-920-7129 for more information

# After School Programs

Monday through Friday 3:00pm – 6:00pm



**Elementary School age children  
\$120.00 per month**

Program offered on Douglas County in-school days only.

Group activities where students will participate in crafts, sports activities and social skills will be incorporated in the After-School Program.

*Inquire about  
Pick up Locations*

The Parks and Recreation After-School Program will provide transportation from schools to Deer Lick Park at 2105 Mack Road. 770-920-7129

This program is limited to 45 students.

*A \$1.00 per minute late fee will be charged  
for after 6:00 pm pick up.*

# PAWS an EFFECT

## SHARE House Dog Show

A fundraiser to benefit locally abused women and children

Saturday, September 12, 2009  
Deer Lick Dog Park Area  
2171 Mack Road (Next to Deer Lick Park)



Enter your dog in this can't miss family-fun event!



booths,  
animal  
adoptions,  
children's  
activities

demonstrations,  
dog grooming  
salon, delicious  
goodies,  
obedience  
training



micro-  
chipping clinic,  
door prizes,  
and more!

### How to register

To register your dog in the Paws-an-Effect Dog Show call 770-370-2272 or email [kizzy.howell@greystonepower.com](mailto:kizzy.howell@greystonepower.com) for a registration form.

**A non-refundable \$25 registration fee is due upon registration.**

Fee covers dog entry and one general admission ticket. Entries must be registered by **Sept. 1, 2009**. Each participant will receive a doggie goody bag at the dog show.

### Show categories

Awards for the dog show will be given in the following categories:

- Best Pet Trick
- Best Pet and People Look Alike
- Most Athletic
- Best Purebred
- Most Obedient
- Most Mysterious Heritage
- Best Tail Wagging
- Most Adorable

General admission tickets are on sale and can be purchased in advance for \$5 by calling 770-370-2272 or for \$7 at the door.

**Children five (5) and under enter for FREE!**

The goal of the SHARE House Paws-an-Effect Dog Show is to increase awareness about domestic violence and raise funds to help provide safety and shelter to hundreds of locally abused women and children.

### Want to become a Paws-an-Effect Dog Show sponsor and/or event vendor?

Contact us to learn how you can contribute to this worthy cause.

### Dog Show Contact:

Kizzy Howell, Event Co-chair

[kizzy.howell@greystonepower.com](mailto:kizzy.howell@greystonepower.com)  
(770) 370-2272

Tickets Will Go On Sale  
Saturday, August 8th  
for the WOODIE FITE CENTER

# **Cowboy Jamboree**

**Brunswick Stew and Chili,  
Cornbread & Cookie  
Cook-Off**

**September 19th**

**5:00 pm - 10:00 pm**



**Live Band, Dancing,  
Contests,  
Celebrity Appearances  
Tickets are \$7 per person  
for a Knee Smackin'  
Toe Tappin'  
Good Time**

**For Info Call 678-626-5630**

# Douglas County Camporee

Join the Parks and Rec staff as we host the first ever **Douglas County Family Campout** at **Clinton Nature Preserve**

## Night Activities

include games, a bonfire, smores provided and hiking in the woods.



## Morning Activities

include fishing, hiking and a breakfast provided.

# Sept. 25 - 26

Tent Spaces are \$25 for up to four persons. Tents only please.

No elec or water available, only public bathrooms.

No vehicles allowed in camp space.

For everyone's safety dogs, alcoholic beverages, hunting equipment, offroad vehicles and electronic devices (*excluding cell phones*) prohibited.

## Fishing equipment welcome.

Curfew strictly enforced at 10 pm.

Set up after 4pm on Friday Sept. 25 and check out by Sept. 26th by 5 pm

**Only 50 spaces available and includes free admission to Touch- A- Truck.**

**Register your family now and don't miss out on all the fun!**

**770- 920- 7129**





# **“Touch – A – Truck”**

**Saturday - September 26**

**10 am - 3pm at Clinton Nature Preserve**  
*(Not Boundary Waters as printed in Fall Brochure)*

**Admission: Free**

Do your kids ever get excited when they see a big truck, ambulance, fire truck, super stretch limo etc.? If they do, you may want to bring them to the **“Touch- A- Truck”** event. The children will have the opportunity to crawl around and explore the trucks and heavy equipment on display.

This **“Touch- A- Truck”** event is sponsored by the Douglas County Parks and Recreation Department. Its purpose is to educate children, in a personal way, about what trucks and other large equipment look like close up from the inside out. There is also the answering of all their job related questions. The event showcases “dangerous” vehicles that the kids aren’t normally allowed to get near for safety reasons.

Some of the trucks on display this year will be a  
Dump Truck, Fire Engine, Police Cruiser,  
Concrete Truck, Garbage Truck, Tow Truck,  
Bus, Lift Truck and many more!!!

**Please call 770-920-7129  
for more information.**

# COME CHEER ON THE RUNNERS



## SEPTEMBER 26

### **The Mill Run**

*hosted by Chapel Hill High School  
at Boundary Waters Park*

**8:00am - 12:00pm**

## OCTOBER 18

### **Jill B. Bryson Scholarship Run**

*hosted by Chapel Hill Middle School  
at Boundary Waters Park*

**8:00am - 12:00pm**





# 2nd Annual "LAST CHANCE" TRIATHLON AND 5K RUN

*Sunday, October 11, 2009*

Boundary Waters Park and Aquatic Center

5000 Hwy 92/166

Douglasville, GA 30135

770-489-2175

Register now at

[www.active.com](http://www.active.com)

**Start times:**

5K—7:45 am

Triathlon - 8:00 am

3 Mile Trail Run · 12 Mile Bike Ride · 1/4 Mile Indoor Swim

Age groups: Age 14 and under, Age 15-19 ,

5 year increments up to age 70, Men and Women

Teams including male and female and mixed

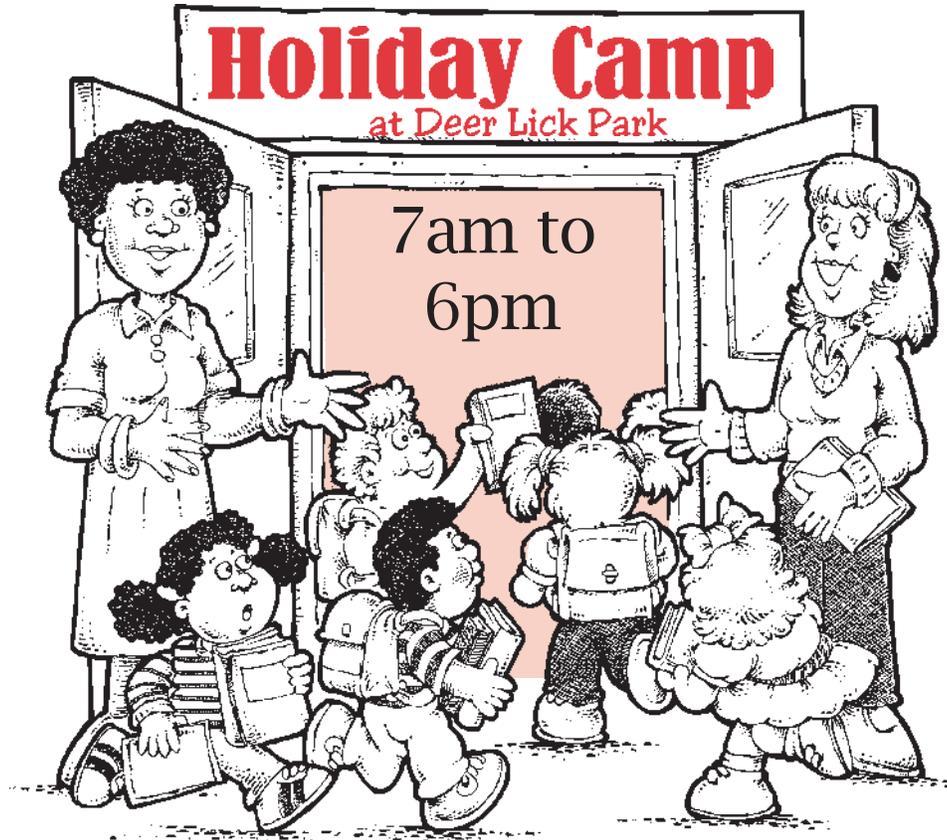
Awards to top three in each age/team group

**Questions? email [eventsdj@aol.com](mailto:eventsdj@aol.com) or call 770-565-5208**

**Discount for early registration by October 4th:**

**\$55 - individual; \$125 - team; \$25 - 5K**





This program will be held for elementary school age children during the following listed days that the Douglas County School System is closed. The Holiday Camp Program will provide group activities where students will participate in crafts, sports activities and social skills. Field trips will also be incorporated.

**Early registration is encouraged so we can plan accordingly for participant numbers. 770-920-7129**

**Space is Limited to 45 Kids**

***October 12th and 13th  
November 23rd and 24<sup>th</sup>  
December 21st and 22nd  
December 28th, 29th & 30th  
January 4th and 5th***

**\$30 per Day**



# Fun & Fright Nights

At Boundary Waters Park

5000 Hwy 92/166 Douglasville

**October 23- 24 6 pm- 11:00 pm.**

Come join the Parks and Rec Department for

**A Haunted Hayride on our trails.**

*Last hayride at 10:30 pm*

### **Family Hayrides**

*(includes candy but no ghosts or graveyard) \$3*

Rides begin at 7pm - Approx. ride time 20 min.

### **Haunted Hayride**

*(with ghosts and graveyard) \$5*

Rides begin at Dark -- Approx. ride time 30 min.

Must be 8 yrs. young and up to ride.

There will be face painting, games, and crafts.  
Concessions will be available for purchase and will benefit  
the Douglas County Special Olympics Therapeutic Board.

***For more information, call 770- 920- 7129***

The First Annual  
**FUN and FRIGHT**



# Under Twilight Costume Ball

*at the Old Douglas County Courthouse Ballroom*

**October 30, 2009**

7:00pm until 11:00pm. -- Ages 21 and up only.

**Advanced tickets** are

\$15 per person,  
\$20 per couple.

**Tickets at the door** are

\$20 per person and  
\$30 per couple.

Tickets are limited and will go on sale September 7th, 2009 at Deer Lick Park.

Tickets must be presented at the door the night of the ball.

For information call 770-920-7129



**Dress to impress in the terror of the evening.**

*Tasteful attire is requested. Hors d'oeuvres will be served and live music will be provided. Costume contests and Dance contests will be the scream of the event.*

2009

# Lighting *on the* Lake

*at*

*Deer Lick Park*

**Thursday,**

**November 19 - 7pm**

Come join the Parks and  
Recreation staff for  
the lighting of  
the Christmas Tree.

We will have hot chocolate, cider, sing-  
ing, and a word by our commissioner  
and a guest visit from you know who!

**Event is free and open to the public.**

Deer Lick Park - 2105 Mack Rd. - Douglasville, Ga. 30135  
770-920-7129

# Santa's Shop

**Come and shop with Santa and his Elves on**

**Friday, December 4**

from 9 am to 5 pm

and

**Saturday, December 5**

from 9 am to 2 pm

**Kids of all ages are welcome and  
Santa Claus will be here,  
with refreshments, so you can tell  
Santa what You want for Christmas!**

Gifts range from 50¢ and up and children's gifts  
will be wrapped free of charge.

There will be a fee to wrap gifts for adult buyers.



**Groups of 10 or more are asked to make  
reservations by calling the  
WOODIE FITE CENTER at 678- 626- 5630  
before November 29th.**

The **WOODIE FITE CENTER** is located at 8750 Dorris Road in  
Douglasville (just across from the new Courthouse.)

Proceeds from all sales will benefit the  
**Alzheimer's Association and the WOODIE FITE CENTER.**

# Breakfast with Santa



**December 5, 2009**

**9- 11 am**

\$5 for children 12 & under  
\$3 per adult

Deer Lick Activity Center.

**Yummy breakfast with Santa.**

Must Call to register. Limit 50.

770-920-7129

***Children get a Polaroid picture  
and can make cards.***

You Are  
Invited To



The Fifth Annual

**WOODIE FITE CENTER**

**THANKSGIVING DINNER**

**Monday, November 23rd**

**Doors open at 11:30 am**

**Dinner served at 12 noon**

**Please Bring a Covered Dish, that will  
feed at least 20 people, to share.**

**Tickets are free and are available at the front desk  
Tickets must be picked up before November 10th and will need  
to be presented at the door to ensure we have proper seating.  
For information call 678-626-5630.**

**Limited Seating Available**



# The Woodie Fite Center's New Year's Eve Masquerade Ball

Thursday, December 31, 2009

Doors Open at 7:30 pm

Buffet Opens at 8:00 pm

Dance Begins at 8:30 pm

**WHAT:** Dancing, contests, fun and masquerading

**ATTIRE:** Semi formal - formal; (men may wear suits), masks

**COST:** Tickets are limited and will go on sale to WFSC members on November 1<sup>st</sup> through the 10<sup>th</sup>. On November 10<sup>th</sup> tickets will go on sale to the community. Ticket price is \$15 per person and tickets must be presented at the door to enter.

**MUSIC:** Live Band

**Hors d'oeuvres and Dessert Bar  
will be served.**

**Party Favors will be provided and we will  
be Toasting at Midnight**

The New Year's Eve Masquerade Ball is your chance to dress up and conceal your identity for one magical night of music, dancing and mystery.

For information call 678-626-5630.



Awards for best female mask and best male mask, will be announced just after 11:00pm, so come prepared in your masquerade attire.

This year's New Year's Eve Ball will be held at the old Douglas County Courthouse which is located at 6754 West Broad Street, Douglasville, GA 30134

# RAGGEDY SKATE SHACK

DEER LICK PARK  
2105 MACK RD  
DOUGLASVILLE, GA  
30135

*Till my legs  
fall off*

# 404-805-1496

## DISC GOLF



*GATEWAY*

*Parkour  
is welcome*



*\$K8h/€€D*

[www.myspace.com/RaggedySkateShack](http://www.myspace.com/RaggedySkateShack)

## Athletics:

### Fall 2009 Outdoor Co-ed Volleyball

**Registration Dates:** July 8 – August 31

**Season Starts:** September 8

**Games:** Tuesdays & Thursday nights @ Deer Lick Park.

**Instructor:** Brandon Davis at 770-920-7129

Ages: 16 and over

Game Location: Deer Lick Park Outdoor Courts  
6 Games & single elimination tournament Co-ed Volleyball Spring League (*Family Recreational Atmosphere*)

The Douglas County Recreation Department will be hosting a Co-ed Volleyball League this Fall Season, intended for the family recreational atmosphere. For those who enjoy volleyball at any level – beginner, intermediate and advanced players welcome! This league is designed to improve skills while keeping fun and family a priority.

*Registration Fee: \$25 / Person (min number of players 6, max number of players 8, at least 3 females must be on each team. Includes 6 games. Single elimination tournament, & referee fee. Teams are responsible for their own uniform.)*

### Douglas County Adult Co-ed Softball Fall League

**Registration Dates:** August 17 – September 11.

**Season Starts:** September 20.

**Games:** Sundays @ Deer Lick Park Softball Fields

**Instructor:** Darin Sims at 404-831-8981 or Brandon Davis at 770-920-7129.

Ages: 16 and over

Length of Season: 10 Games. 2 Games each Sunday, season last about 5-6 weeks.

*Registration Fee: \$350 / Team. (Softballs and Umpire fees are included in team fee. Uniforms are not provided.)*



### Douglas County Adult Co-ed Kickball Fall League

**Registration Dates:** July 7 – August 14

*(Registration will continue until leagues are full or schedules done.)*

**Season Starts July 28**

**Games:** Tuesdays starting at 6:00pm, 7:00pm, & 8:00pm.

**Instructor:** Brandon Davis @ 770-920-7129

Age: 16 & over

Location: Deer Lick Park Softball Field #2

Season: 10 games

Rules: Some rules do apply but the game is mainly to have fun and remember those early childhood days when you had to kick the ball and run around the bases.

*Cost: \$10 / Player (min number of players 8, max number of players 12, must include at least four females per team.) Each team is responsible for their uniforms.*

\*Each team required to provide one player from their team as needed to officiate and score each game.\*

### Douglas County Youth Basketball Winter League 2009-2010

**Mid November through Mid February.**

**Early Bird Registration Date:**

*August 10 thru September 25, 2009*

**Registration Date:** September 28 – October 31

*Volunteer Coaches Needed (\$20 certification fee, valid for 1 yr.). Coaches Certification: (Saturday's) in November*

Ages: 5-18 for Boys and Girls

Opening Ceremony: December 5 @ Deer Lick Park Gym

8 game season starts Saturday, December 12, 2009. Saturday's only (games): Dec. 12, 19, 2009, Jan. 9, 16, 23, 30, Feb. 6, 13, 2010. GRPA Tournament: TBA

Practice starts mid-November and is once a week for 1 hour at local school gyms. Birth Certificate required for all players. (NO EXCEPTIONS)

Contact Brandon Davis at 770-920-7129 for additional information.

**Early Bird Discounted Fee:** \$50.00 for the first child, \$45.00 for the second child & each additional child

**Reg. Registration Fee:** \$60.00 for the first child and \$55.00 for the second child or more

# Boundary Waters Aquatic & Fitness Center

5000 Hwy 92/166 · Douglasville, GA 30135  
770-489-2175

## Hours of Operation

**Monday - Friday:** 8am- 8:30pm ~ **Saturday:** 8am - 5:30pm ~ **Sunday:** 1pm - 5:30pm  
BWAC will be closed the last Sunday of every month for In-service Training.

## Swim Fees

	Douglas County Resident	Outside Douglas County
<b>Daily Admission</b>		
Individual Adult	\$3.00	\$4.00
Individual Youth or Senior	\$2.00	\$3.00
<b>Quarterly and Annual Passes</b>		
Individual Adult, Quarterly	\$65.00	\$98.00
Individual Adult, Annual	\$185.00	\$240.00
Individual Youth/Senior, Quarterly	\$45.00	\$65.00
Individual Youth/Senior, Annual	\$130.00	\$175.00
Family of 2 Adults, Quarterly	\$70.00	\$145.00
Family of 2 Adults, Annual	\$220.00	\$280.00
Family of 2 Youth/Senior, Quarterly	\$60.00	\$100.00
Family of 2 Youth/Senior, Annual	\$170.00	\$220.00
Family of 3, Quarterly	\$75.00	\$125.00
Family of 3, Annual	\$260.00	\$365.00
Family of 4, Quarterly	\$80.00	\$135.00
Family of 4, Annual	\$290.00	\$390.00
Family of 5, Quarterly	\$85.00	\$140.00
Family of 5, Annual	\$325.00	\$440.00
Family of 6, Quarterly	\$90.00	\$170.00
Family of 6, Annual	\$350.00	\$460.00

## Party Room Rentals

\$90.00 for 1 ½ hours. Room rate includes up to 20 swimmers. Additional party swimmers: \$1.00 per swimmer. Party Room Availability Saturday; 12:30 pm - 2:00 pm;  
3:00 pm - 4:30 pm; Sunday 1:00 pm - 2:30 pm

## Meeting Room Availability and Rates:

Meeting Room is available Monday through Friday for events other than swim parties between the hours of 9:00am. and 3:00pm. Rental rate is \$20 per hour for up to 25 persons  
(swimming not included)

## Water Aerobics

Water Aerobics classes available. See our water aerobics calendar on [www.celebratedouglascounty.com](http://www.celebratedouglascounty.com) for rates and schedule.

## Cardio Fitness Room

Monday/Wednesday 8am-8pm; Tuesday/Thursday: 8am-2pm, 4pm-8pm  
Friday 8am-4pm · Saturday 8am-1pm.

Ages 18 & Up. \$3 per day for ages 18-54. \$2 per day for ages 55 & up.  
Includes 3 treadmills, 3 recumbent bikes, 3 elliptical trainers, hand weights, and yoga mats.

## Douglas County Stingrays (Swim Team)

**Head Coach: Judy Prokopiak**

The Douglas County Stingrays are a competitive, nonprofit organization affiliated with USA Swimming promoting the physical and mental well-being of boys and girls through competitive year-round swimming. The Stingray's organization provides a swim program that inspires young people to develop the character and self-discipline necessary to succeed not only in the sport of swimming but also in life away from the pool. Currently there are over 70 swimmers ranging in age from 4 to 18. Practices and Meets are at Boundary Waters Aquatic Center. For Stingrays information call 678-876-1284.

## S.E.A.L.S. Swim Lesson Program

**S.E.A.L.S. (Swimmers Earning A Lifelong Skill)** was introduced in February and has been extremely successful with a tremendous amount of participants. The DCPRD is proud to have acquired the services of Alissa Muldoon as our swim lesson coordinator. Alissa has vast experience in many different phases of the sport of swimming. Our department is striving to provide quality, affordable swimming lessons for the citizens of Douglas County. Please checkout our fall swim schedule below and see if we may be of service to you and your family.

**Registration For Fall Classes Will Be Held Saturday, August 22<sup>ND</sup> from 9am - 2pm**

### Fall Class Schedule

**Session VIII-** September 14-October 10, 2009

**Session IV-** October 19-November 14, 2009

AGES: 3 & up

COST: \$50 per session, 8 lessons per session. Out of county, \$65 per session

Classes are held on Monday/Wednesday late afternoons, Tuesday/Thursday mornings, or Friday late afternoon/Saturday mornings for 4 weeks.

***Classes are filled on a first come, first served basis. Payment must be made in order to reserve a space in the class!!! We reserve the right to cancel or combine any class if we do not have a minimum number registered. Not all levels are offered each session.***

In case of inclement weather or circumstances out of our control, classes may be cancelled. There is no guarantee that classes will be made up due to other programming at the BWAC.

### Level 1 (30 min.)

**Ratio: 1:4 instructor/child**

Face in water (including ears)  
Blow bubbles (nose & mouth)  
Know how to streamline (sandwich & alligator hands)  
Back float (unassisted)  
Proper kicking on front & back  
Able to push off the wall & front kick streamline  
3 to 4 yards without assistance  
Able to jump in water unassisted  
Begin work on "big arm" concept

### Level 2 (45 min.)

**Ratio: 1:5 instructor/child**

Push off & swim unassisted 10 yards "big arms" front & back  
Kicking free-style on a kickboard 25 yards unassisted  
Streamline kick back & front 10-15 yards  
Intro to side breathing  
Intro to Free & Back technique  
Begin dive work  
Jump off block into competition pool

### Level 3 (45 min.)

**Ratio: 1:6 instructor/child**

Streamline 25 yards front & back  
Swim 25 yards Free & Back  
Kicking on board 50 yards or more  
Accomplish side breathing  
Intro to Butterfly kick with and without a board  
Use flippers to increase endurance (use flippers sparingly)  
Intro to flip turns  
Continue dive work  
Focus on free & back techniques

### Level 4 (45 min.)

**Ratio: 1:8 instructor/child**

Intro to Butterfly (whole stroke)  
Swim 50 yards Free & Back  
Streamline Free & Back 75-100 yards  
Balance kick work (working rotation & body position)  
Continued work on side breathing  
Intro to Breaststroke kick with & without board  
Accomplish flip turns  
Dives from the block

## WATER AEROBICS

All classes are set up on a pay as you attend basis.

### Water Aerobics with Julianca McCoyd

Monday, Wednesday, and Friday mornings 9-10am Level 2, and 10-11am Level 1

Tuesday, Thursday evenings 7-8pm Level 2

Saturday mornings 9-10am Level 2, and Deep Water Aerobics 10-11am

*Instructor: Julianca McCoyd*

*COST: 54 & under \$5 per class, 55-70 \$4 per class, 70+ \$3.50 per class. Married couples \$1 off total*

### Water Aerobics with Dana Wester

Monday, Tuesday, and Wednesday nights from 6-7pm, Monday from 7-8pm

Mondays / Wednesdays: Strength and toning classes

Tuesdays: Ab-Lab classes work strictly on abdominal muscles

*Instructor: Dana Wester*

*COST: 54 & under \$4 per class, 55 & over \$3 per class.*

## OH BABY! FITNESS CLASSES

Oh Baby! Fitness classes offer pregnant women and new moms a way to work out with their babies and gain support from other women. All of our instructors are specially certified to teach prenatal and postnatal fitness courses, so exercise is fun and safe. For more detailed information, visit the website at [www.ohbabyfitness.com](http://www.ohbabyfitness.com)

**Registration for all classes continues until the Friday prior to first class. If minimum is not satisfied by then, the class will be cancelled.**

### H2Oh Baby (Moms & Babies)-

**Tuesdays 10am-10:45am**

Sessions are 6 weeks long. Babies must be able to hold their head up and sit up in a float.

Minimum class size: 4 Maximum: 10

*Session VI- August 4-September 8*

*Session VII- September 15-October 20*

*Session VIII- October 27-December 1*

*Cost: \$90.00 Drop-in rate: \$18.00*

### Pregnancy Aqua

**Wednesdays 7:15-8:15pm**

Sessions are 8 weeks long. Minimum class size: 6 Maximum: 20

*Session V- August 5-September 23*

*Session VI- September 30-November 18*

*Cost: \$120.00 Drop-in rate: \$18.00*

## Master's Swimming

**Tuesday and Thursday mornings - 6am-7:30am**

**Optional Saturday from 7:30-9am**

**Must enter through the back doors of the BWAC**  
*Alissa Muldoon, USA Certified Swim Coach*

AGES: 19 and up

This program is designed for adults who want to sharpen their swimming skills, get ready for an upcoming triathlon, or want to compete on a master's swim team. Whatever your level, come and join us

*COST: \$50 per month, due the first of the month. Additional \$5 per Saturday or \$65 per month*

## Lap Swimming

The competition pool is open during regular facility hours for lap swimmers. Lap swimming is great for cardio-vascular health and endurance. The competition pool is 25 yards long and 7 feet, 3 inches deep. Kick boards and swim fins are available for use when swimming laps.

*COST: daily admission fee or included in your BWAC pass*

## Boundary Waters Cardio Fitness Center

**HOURS: Monday and Wednesday 8am-8pm**

**Tuesday and Thursday 8am-2pm, 4pm-8pm**

**Friday 8am-4pm**

**Saturday 8am-1pm**

AGES: 18 & UP

We have 3 elliptical trainers, 3 recumbent bicycles, and 3 treadmills along with yoga mats and 1-10 lb hand weights! A supervisor is on hand at all times for your safety and to help you with the equipment. However, they are not fitness trainers.

*\$3 per day for 18-54 years of age*

*\$2 per day for ages 55 & up*

## Last Chance Triathlon & 5K Race

**Sunday, October 11<sup>th</sup>, 7:30am**

Location: Boundary Waters Aquatic Center & Park  
See special event page in this guide for more information.

For more information, call the BWAC at 770-489-2175

**For more information about any of the programs offered at Boundary Waters Aquatic Center, please call Julie Ivey, Program Coordinator at 770-489-2175 or e-mail her at [jivey@co.douglas.ga.us](mailto:jivey@co.douglas.ga.us)**

# Outdoor Programs

## **“Learn How the Garden Grows”**

**Saturdays from: 9:00am – 11:00am**

Ages 9-19

“Vegetable Gardening at the Boundary House” Plan, Design, and Work a Vegetable Garden with Experienced Gardeners. “Learn How the Garden Grows”

*Class fee is \$15.00 – Registration is required*

For more information please call:  
Douglas County UGA Cooperative  
Extension 770-920-7224 - Uge2097@uga.edu

## **Georgia Master Naturalist Program North West Chapter**

**Meetings take place at various parks and natural settings on the second Friday and fourth Saturday of each month.**

Adult Environmental Educational Program offered by D.C. UGA Extension. Applications for 2010 are currently being accepted.

Please see website for additional Information.  
[www.georgiamasternaturalistprogramnw.org](http://www.georgiamasternaturalistprogramnw.org)  
Or call contact DC UGA Extension 770-920-7224

## **Georgia Master Gardener Program**

**Tuesdays and Thursdays from Late January until mid April 10:30am to 12:30pm at the Carroll County Agricultural Education Center.**

Adult Horticultural Educational Program Offered By UGA Extension. Such topics as Landscape, Fruit, and Vegetable Gardening

Applications for 2010 are currently being accepted.

Please see local website for additional information

[www.dcdirt.com](http://www.dcdirt.com) Or call contact DC UGA Extension 770-920-7224

## **Family Fun Center at Deer Lick Park**

2171 Mack Road · Douglasville, GA 30135 · 770-577-5596

### **Operating hours :**

**Tuesday thru Friday 4:00pm to 9:00pm,**

**Saturday 11:00am to 8:00pm and Sunday 1:00pm to 6:00pm.**

### **BIRTHDAY PARTIES!**

Have your next birthday party with us! Reservations for the Party Room may be made by downloading and completing the reservation application under the downloadable documents section, fax or mail the form and call to verify receipt. A facility use permit will be mailed upon completion of this process.



### **Mini Golf -**

\$2.00 per 18 hole course. Located at the Family Fun Center at Deer Lick Park.

### **Batting Cages -**

\$0.25 for (5) pitches *(Coin Operated)*.

### **Skateboard Park**

Located at the Family Fun Center at Deer Lick Park. Helmets must be worn at all times while skating in the park.

### **Bocce Courts -**

Free. Reservations are completed through Deer Lick Park.

### **Playground Equipment-**

Located at the Family Fun Center at Deer Lick Park

# Tennis at Deer Lick Park

## Hours Tennis Courts Available

Deer Lick Park – 8:30am – 11:00pm  
Winston Park – 8:30am – 11:00pm

Coach Mary Kang 404-791-9366  
PTR Certified Tennis Professional

## Tennis Court Fees

\$5.00 per hour, per court  
\$8.00 per hour, per court if lights are used  
\$120 Team Fee

Court rental requires your reservation be on the  
Tennis Calendar.



*Students may join class at any time.*

## Adult Tennis with Coach Mary Kang

### Beginner I:

**Wednesday 8:30 - 10:00pm, Saturday 6:30 - 8:00pm**

Cost: \$55/4wks (1.5 hr class/wk)

### Beginner II:

**Monday 6:30 - 8:00pm**

Cost: \$55/4wks (1.5 hr class/wk)

### Intermediate / Pre- league/Match Play:

**Monday 8:00 - 9:30pm, Saturday 11:30 - 1:00pm**

Cost: \$55/4wks (1.5 hr class/wk)

### Drills:

**Saturday 10:00 to 11:30am**

Cost: \$12/day (1.5 hr class)\*\*

### Cardio Tennis:

**Tuesday 5:30 to 6:30pm; Wed. 6:30 to 7:30pm**

**Saturday 9:00 to 10:00am**

Cost: \$10/day (1 hr class)\*\*

### Social “Net”work Round Robin:

Fridays 6:30pm (warmup) 7-9pm Matchplay\*\*

Cost: \$8/day

\*\* Frequent Player discounts available  
Bring tennis racquet, tennis shoes, beverage, and  
towel (optional) to class

## Junior Tennis with Coach Mary Kang

### Youngins (Ages 5-6):

**Monday/Wednesday or Tuesday/Thursday  
4:00 to 4:30pm**

Cost: \$45/4wks (Two 1/2 hr classes/wk)

### Beginner I (Ages 7-15):

**Monday or Wednesday 5:30 to 6:30pm**

Cost: \$45/4wks (1 hr class/wk)

### Adv Beg/Int\* (Ages 7-15):

**Monday/Wednesday or Tuesday/Thursday  
4:30 to 5:30pm**

Cost: \$72/4wks (Two 1 hr classes/wk)

\*Students must demonstrate appropriate  
skill level to participate in advanced classes

### Match Play/Pre- league:

**Fridays 5:00-6:30pm**

Cost: \$6/class

### Winter Tennis Camps:

**Dec.21- 24 9am to 12:30pm**

**Dec.28- 31 9am to 12:30pm** Cost \$120.00

### \*\*\*ALSO AVAILABLE: ALTA/USTA Team

**Coaching, Private/Semi- Private Lessons**, Morning  
and Afternoon classes, Home School lessons, After  
School programs, Senior Program

For additional information contact Coach Mary @  
404-791-9366.

Register at Boundary Waters Aquatic Center 5000 Hwy 92/166 Douglasville, GA 30135 770-489-2175.

**All play is at Deer Lick Park.**

# Community Programs

(All Programs at Deer Lick Park unless specified)

## Latin Dancing

Friday 7 – 8pm

**Instructor Brandon Thomas**

Learn to dance like the Stars! In this program you will learn the basics in Rumba, Salsa, and Meringue just in time for the holidays. You think it was easy for the Stars to look that good? Come and find out for yourselves and wow them at the next wedding you go to. *No partner necessary.* Just come and have fun.

**New registration every first Friday of the month.**

- |                    |   |          |
|--------------------|---|----------|
| Session 1 – Sept 4 | ➤ | Rumba    |
| Session 2 – Oct 2  | ➤ | Salsa    |
| Session 3 – Nov 6  | ➤ | Meringue |
| Session 4 – Dec 4  |   |          |

\$50.00 for 4 weeks and \$100.00 for 8 weeks

## 4- H Target Sports Shotgun Team

Thursday Nights

One hour between 4:30pm - 7:30pm

Ages 12-19 Years

Get on target and be a part of a winning team at the Douglas County 4-H Shooting Range. Start training now for the 2009-2010 Target Season. Sign up with the 4-H County Extension.

For additional information please contact Douglas County UGA Extension Office at 770-920-7224 or [uge2097@uga.edu](mailto:uge2097@uga.edu). [www.douglascounty4h.com](http://www.douglascounty4h.com)

\$100.00 Annual Registration Fee

## 4- H Target Sports Archery Team

6:00pm - 7:30pm Thursdays or

1:30pm - 3:00pm Saturdays

Ages 9-19

Get on target and be a part of a winning team at Douglas County Boundary Waters Park. Start training now for the 2009-2010 Target Season. Sign up with the 4-H County Extension.

For additional information please contact Douglas County UGA Extension Office at 770-920-7224 or [uge2097@uga.edu](mailto:uge2097@uga.edu). [www.douglascounty4h.com](http://www.douglascounty4h.com)

\$100.00 Annual Registration Fee

## Bootcamp at Deer Lick

6:30pm - 7:30pm

Looking for a beginners bootcamp designed to help you Lose weight (especially in problem areas). Strengthen and tone, increase energy levels, decrease risk of certain diseases, and decrease PMS and menopausal symptoms. This ongoing program is for anyone who wants to be healthier.

\$100 per month (this is just \$5.00 per class)

**Aerobics Classes available:**  
Mon, Wed, Saturday -- Call for times.  
\$40 per month -- 770-920-7129

## Ballroom Dancing

Fridays 8 – 9pm

**Instructor Brandon Thomas**

Open to individuals and couples

Learn to dance, have fun and be confident on the dance floor at the next wedding, reunion or office function you attend. This program is designed for those who barely know their left foot from their right and the experienced. Our instructor will dance you down the correct path. You don't even have to have a partner to register! **New registration every first Friday of the month**

- |                    |   |          |
|--------------------|---|----------|
| Session 1 – Sept 4 | ➤ | Waltz    |
| Session 2 – Oct 2  | ➤ | Tango    |
| Session 3 – Nov 6  | ➤ | Fox Trot |
| Session 4 – Dec 4  |   |          |

\$50.00 for 4 weeks and \$100.00 for 8 weeks

## Music for Little Mozarts (ages 4- 6)

Thursday 5:00 – 6:00pm

Saturday 9:00 – 10:00am

**Instructor Juanita Barlow**

This program provides appropriate piano instruction for four to six year olds while simultaneously developing listening skills. This series was designed to provide balance between the discipline necessary for playing the instrument and the enjoyment one gets from the process of music-making. The course centers on the adventures of Beethoven Bear and Mozart Mouse as they learn about music.

**New registration every first Tuesday of the month**

- |                                |
|--------------------------------|
| Session 1 – Sept 1 for 4 weeks |
| Session 2 – Oct 6 for 4 weeks  |
| Session 3 – Nov 3 for 4 weeks  |
| Session 4 – Dec 1 for 4 weeks  |

\$80.00 monthly fee

## Historical Fencing: Italian Longsword.

**Sat. - July 11- Sept. 26 at Deer Lick Activity Center**  
Participants 16 and up

We are now offering Introduction to historical Italian Long Sword is based on a program of instruction developed by the Schola Saint George (SSG). The SSG is a western martial arts school that studies historical fighting forms of Medieval and Renaissance Europe. The primary focus is on the swordsmanship and fighting systems of Italian master Fiore dei Liberi. Through an organized curriculum students are provided structured learning and advancement through five levels. Wooden swords to be provided for use during the class.

\$30 for 12 week class

## ATA Taekwondo Classes

**Tuesdays & Thursdays 6:30 – 7:15pm**

**Instructor Ed Meyer, 4th Degree Black Belt**

Like any martial art properly taught and properly practiced, Taekwondo is a non-aggressive and ethical system of self-defense. Its practitioners enjoy physical and mental discipline, as well as excellent fitness and the ability to defend themselves if necessary. Taekwondo is not only a combat sport, but is also a way of life for enthusiasts around the globe.

White through Yellow Belt and Camouflage through Black Belt (*Kids and Adults*)

*Session 1 – Sept 1 for 4 weeks*

*Session 2 – Oct 6 for 4 weeks*

*Session 3 – Nov 3 for 4 weeks*

*Session 4 – Dec 1 for 4 weeks*

*\$55 for the first month*

*\$35 per month after the first month*

(Special discounts are given for families of 3 or more)

## Art Exposition - Painting/Mixed Media

**Wednesdays 5:30 - 7:30pm**

**Instructor Marion Greenwood\***

Students will learn to develop painting techniques using acrylics, while learning the differences in abstract and realistic painting. Participants will learn their own canvas painting skills as well as composition and color development. Students are responsible for purchasing supplies; a supply list will be given at the time of registration. Instructor,

*Session I Sept 2 for 4 weeks*

*Session II Oct 7 for 4 weeks*

*Session III Nov 4 for 4 weeks*

*Session IV Dec 3 for 4 weeks*

*\$45.00 for 8 sessions (limited to 10 students)*

## Art Exposition - Intro to Drawing

**Instructor Marion Greenwood\***

**Wednesdays 5:30 - 7:30pm at Deer Lick Park**

Students will explore and develop hidden talents. Participants will learn drawing techniques; work in pencil, charcoal, and pastels. Students are responsible for purchasing supplies; a supply list will be given at the time of registration.

*Session I Jan. 6 for 4 weeks*

*Session II Feb. 3 for 4 weeks*

*Session III Mar. 3 for 4 weeks*

*Session IV April 7 for 4 weeks*

*\$45.00 for 8 sessions (limited to 15 students)*

\***Marion Greenwood** is a local artist who established the Arts For the Heart after school program funded by the CAC's Grassroots Arts Program.

## Bootcamp at Clinton

**Saturday for 4 weeks**

One hour results-driven conditioning program for all fitness levels. Our open environment training is always conducted outdoors and includes fitness games, relays, group challenges, medicine ball drills, plyometrics, box drills, obstacle courses and much, much more. Having fun and see real results that will give you L.I.F.E.! Your first day is **free**.

*Monthly sessions: \$80, Individual session: \$20*

## Get up and Groove – Adult Hip-Hop Aerobics classes

**Tues and Thursdays 6:30- 7:30 pm at Deer Lick**

**Instructor Joi Jamison**

18 and up only

Adult Hip-Hop Class focusing on exercise through popular music and dance styles

*\$50 per month*

## Get up and Groove – Teen Street Jazz and Hip-Hop classes

**Tues 7:45- 8:45 pm at Deer Lick**

**Instructor Joi Jamison**

12-17 yrs old

Ms. Joi uses the same techniques as her adult programs to spread physical fitness and the love of music and the art of dance to the Douglas County Teen Community

*\$40 per month*

## G.O.A.L (Get Out And Live) Teen Program

**Thursday evening meetings at Deer Lick Park and occasional weekend trips.**

Ages 13-17

This Douglas County Parks & Recreation Teen Program is designed to provide a social environment for Douglas County's teen population, as well as provide an opportunity to participate in local service projects. Trips include: Braves Game, and Six Flags.

*\$25 from August-December*

## Deer Lick After School Program

**3pm- 6pm**

Elementary school ages only

An after school program designed to provide an enjoyable environment for children after school, activities will include time to finish assigned work as well as other recreational activities.

Transportation will be provided to Deer Lick Park based upon response from surrounding Elementary schools. Please inquire at Deer Lick Park

*Aug: \$75*

*October: \$120*

*December: \$90*

*Sept: \$120*

*November: \$90*



## **Special Olympics**

### **Douglas County Special Olympics Therapeutic Board**

The Douglas County Special Olympics Therapeutic Board was formed to work with and for adult Special Olympics athletes (ages 16 and up) of Douglas County, Georgia.

Our purpose is:

- To be an advocate for the adult Special Olympics athletes and to work with the Therapeutic Coordinator of Douglas County Parks and Recreation and Special Olympics Georgia,
- To make sure that the adult Special Olympics athletes can compete in their chosen sport,
- To help raise funds to off set the cost for the adult Special Olympics athletes.

If you would like more information on how to support and/or join our purpose, please feel free to contact:

Tammy Brown, Chairperson - [auntladybug@hotmail.com](mailto:auntladybug@hotmail.com)

Colin Brooks, Secretary - [cbrooks54@hotmail.com](mailto:cbrooks54@hotmail.com).

Christie Mills, CTRS, Therapeutic Coordinator - [cmills@co.douglas.ga.us](mailto:cmills@co.douglas.ga.us) - (770) 920-7129  
The Douglas County Special Olympics Therapeutic Board is a non-profit organization and is exempt under Section 501(c)(3) of the Internal Revenue Code.

### **Douglas County Parks & Recreation Therapeutic Recreation Advisory Council (TRAC)**

The Douglas County Parks & Recreation Therapeutic Recreation Advisory Council (TRAC) was formed as a collaborative effort between pro-active parents, concerned members of the community, and devoted County Officials. These dedicated individuals serve as liaisons in the development of quality programming for individuals with cognitive and physical disabilities offered through parks and recreation.

If you would like more information on how to support and/or join our purpose, please feel free to contact:

Sylvia Baker, Chairperson - [sylviabaker@bellsouth.net](mailto:sylviabaker@bellsouth.net)

Christie Mills, CTRS, Therapeutic Coordinator -  
[cmills@co.douglas.ga.us](mailto:cmills@co.douglas.ga.us)

## Special Olympics Programming

### What is “Special Olympics” Programming?

Special Olympics Georgia, in collaboration with and facilitated through Douglas County Parks and Recreation Therapeutic Recreation Section, provides year-round sports training and athletic competition for children and adults with intellectual disabilities. Our goal is to help bring persons with intellectual disabilities into the larger society under conditions whereby they are accepted, respected, and given the chance to become useful and productive citizens. When we achieve this goal through our sports program, we demonstrate that Special Olympics has a unique value: to show the world that every person counts and that every person can be something good when we work together.

Douglas County Parks and Recreation Therapeutic Recreation Section consistently offers opportunities for those persons who are interested in volunteering by supporting our local athletes. By becoming a volunteer, you may be eligible to receive free training by Special Olympics Certified Coaches, lodging during state competitions, as well as transportation. Please contact the Therapeutic Coordinator at 770-920-7129 for more information.

### Special Pops Tennis

**Thursdays, Sep. 17 through Nov. 5 / 6:00pm-9:00pm**

#### **Special Pops Tennis Instructors**

Ages Kindergarten through 12

Special Pops goal is to assist in building confidence, self-esteem, and teaching good sportsmanship, traits that will last a lifetime through a meaningful year round tennis experience. Deer Lick Park Tennis Courts. **Tournament practice is November 12, 2009.**

*Cost is free. Participant must log onto [www.specialpopstennis.com](http://www.specialpopstennis.com) or contact Jim Hamm at 770-998-7826 to register.*

### Special Olympics Softball

**Sundays, June through October / 7:00pm- 9:00pm**  
**OGA State Fall Games, October 2- 4, 2009.**

#### **Volunteer Coaches**

Ages 16 and up

Let's play ball at the Deer Lick Park Softball Complex! We want you to step up to the plate with us for another outstanding season. Our medal winning athletes work hard to develop the basic skills of throwing, batting, pitching, and teamwork. We require positive attitudes but experience is not mandatory. See what the Douglas County Dragons Softball team is all about!

*Cost is free. Participants must register at Deer Lick Park.*

## Resources

### VSA Arts of Georgia

VSA Arts of Georgia provides access to the arts for people with disabilities and those with low income. VSA Arts of Georgia is a statewide resource working with artists and organizations to fulfill our vision of an inclusive community that encourages everyone to enjoy and participate in the arts. These resources include, but are not limited to: Zoo Atlanta, High Museum of Art, Fox Theatre, etc. If you are interested in obtaining tickets to a variety of ongoing and special events throughout the state, please contact the Therapeutic Coordinator at 770-920-7129 for more information.

### Special Olympics Bocce

**Mondays, July through October / 6:00pm- 8:00pm**  
**SOGA State Fall Games, October 2- 4, 2009.**

#### **Volunteer Coaches**

Ages 16 and up

Our bocce teams are known around the state for their competitive spirit, friendly personalities, and bright colors! Team assessments will be made on July 6 and July 13. Come check out one of the fastest growing sports in backyard America at Deer Lick Park Family Fun Center!

*Cost is free. Participants must register at Deer Lick Park*

### Special Olympics Powerlifting

**Weekdays, August through Jan. / 6:00pm- 9:00pm**

#### **Volunteer Coaches**

Ages 16 and up

Special Olympics Powerlifting is about much more than squats, bench presses and deadlifts. It is about barriers, perseverance and success. Training, determination and attitude determine the fine line between success and failure. The bar may test an athlete's physical abilities, but an internal desire to improve - to not settle for less - is the drive behind the strain and dedication of the sport.

Location: 24 Hour Total Fitness.

Southeast Powerlifting Competition November 13-15, 2009. Additional competition dates vary. Cost is free. Participants must be a registered member of the team to attend practice.

*Cost is free. Participants must be a registered member of the team to attend practice.*

# Therapeutic Recreation Section

## Douglas County Parks and Recreation Therapeutic Recreation Section

Douglas County Parks and Recreation Therapeutic Recreation Section strives to deliver the best programs, goods, and services to its consumers. We are constantly seeking ways to enhance and add programs, events, classes, etc.

### This is why we need your help!

The Therapeutic Recreation Section relies on competent volunteers, proactive coaches, donations of gently used sports equipment, and community support and involvement on a variety of levels. If you would like more information on how you can help, please contact the Therapeutic Coordinator at 770-920-7129.

### What Is Therapeutic Recreation?

As defined by the National Therapeutic Recreation Society (NTRS), **Therapeutic Recreation (TR)** uses treatment, education, and recreation services to help people with illnesses, disabilities, and other conditions to develop and use leisure opportunities in ways that enhance their health, functional abilities, independence, and quality of life.

**TR** includes functional intervention, leisure education, and recreation participation. These three elements enable people with limitations to improve functional abilities, enhance well-being, and increase independence; learn recreation skills and attitudes that can be used throughout life; and experience health and growth through rewarding leisure and recreation experiences.

All of the programs, special events, and services offered through Douglas County Parks and Recreation are available to all eligible persons, regardless of race, gender, age, disability or religion.

*For more information on therapeutic recreation, visit [www.nrpa.org/content/default.aspx?documentId=530](http://www.nrpa.org/content/default.aspx?documentId=530)*

### Modern Woodmen of America Youth Service Club

**Third Saturday of the month, August through December / 1:00pm- 3:00pm**

**Jeanie Morris**

Ages 3-15

Voluntarism, education, patriotism and fun are the foundation of Modern Woodmen Youth Service Clubs. For more than 60 years, these clubs have improved the self-esteem of participating children of all abilities through helping others. In a safe, fun, and positive environment, led by adult Modern Woodmen members, participating kids undertake countless educational, service and beautification projects for the betterment of their local communities.

All children, with or without diagnosed disabilities, are welcome!

Participant must register one week before desired attendance date by calling 770-489-2476. Please leave a message with your name and contact information.

*Annual registration fee is required and dependent upon type of membership.*

### Modern Woodmen of America Game- A- Thon

**Third Saturday of the month, August through December / 11:00am- 1:00pm**

**Jeanie Morris**

All ages

Calling all fun-loving, competitive people! Show up with your "game face" on and join us for a free hot dog lunch.

*Cost is free. Participant must register one week before desired attendance date by calling 770- 489-2476. Please leave a message with your name and contact information.*

### Cooking Extraordinaire

**Every Wednesday of the month, August through December / 1:00pm- 2:30pm**

**Jeanie Morris**

All ages

We have cooking classes that are entertaining, educational and delicious too! Learn the basics of single recipes to planning full multi-course meals.

Join us on Wednesdays at Clinton House at Clinton Nature Preserve.

Participant must register one week before desired attendance date by calling 770-489-2476. Please leave a message with your name and contact information.

*Registration fee is \$70 per month.*

### Arts & Crafts – Ceramics, Woodworking and Scrapbooking

**Every Wednesday of the month, August through December / 11:30am- 1:00pm**

**Jeanie Morris**

All ages

Show off your creative side to your friends and family while having fun at Clinton House at Clinton Nature Preserve! Students will be introduced to a variety of ceramics skills, make creative masterpieces through woodworking, and have memorable photo displays and pages for your personalized scrapbook.

Participant must register one week before desired attendance date by calling 770-489-2476. Please leave a message with your name and contact information.

*Registration fee is \$70 per month.*

**Sewing- So- Much- More**

**Every Wednesday of the month, August through December / 2:30pm- 4:00pm**

**Jeanie Morris**

All ages

Sewing is a great chance to challenge your skills while creating a functional work of art come together as a finished project. Learning the basics of sewing can be fun, easy, and a great way to spend time creating something special for yourself or loved ones. You will also receive a personalized embroidery design with your registration of each session.

Participant must register one week before desired attendance date by calling 770-489-2476. Please leave a message with your name and contact information.

*Registration fee is \$70 per month.*

**Douglas County Party Ladies' Pool Party**

**Saturday, August 15, 2009 / 6:00pm- 9:00pm**

**DCPR Staff**

All ages

Come splish-n-splash at Boundary Waters Aquatic Center with your buddies as we enjoy an evening at the pool! Bring your beach balls and water guns for some wet and wild fun. (All monies go to support future dances and special events hosted by the Party Ladies. The Party Ladies are comprised of parents, relatives, volunteers and friends of the Therapeutic Recreation Section.)

Saturday, August 15, 2009

\$1 donation per person requested at the door.

**Douglas County Party Ladies' Halloween Dance**

**Saturday, October 31, 2009 / 7:00pm- 9:30pm**

**DCPR Staff**

All ages

Our Party Ladies will keep you moving to the music as we party into the spooky night! Come join your friends at Deer Lick Park Activity Center Gymnasium for an evening of food, fun, music and games. (All monies go to support future dances and special events hosted by the Party Ladies. The Party Ladies are comprised of parents, relatives, volunteers and friends of the Therapeutic Recreation Section.)

*\$1 donation per person requested at the door.*

**Line Dancing**

**Tuesdays, Aug. through Dec. / 12:00pm- 12:30pm**

**Sylvia Irvin**

All ages

There's no need for a partner... jump into that line! Come to Deer Lick Park Activity Center Gymnasium and learn the latest dance moves to impress your friends and family - in fact, bring them to the class, too!

*\$15 per person per month. Participant must register at Deer Lick Park one week before desired attendance dates.*

**S.P.A.C. (Special Populations Art Class)**

**Thursdays, Aug. through Dec. / 5:00pm- 6:00pm**

**Joanie Dean**

All ages

Perfect your inner Picasso as Mrs. Joanie guides you through worlds of arts, crafts, and even edible masterpieces! Mrs. Joan has shared her talents for over eight years in this County (and possibly even State) renowned class. Join us at Deer Lick Park Activity Center so you can showcase your talents and bring your friends too! Class size is limited.

*Cost is free. Registration required at Deer Lick Park and is dependent upon the number of available class openings.*

**Challenger Baseball**

**Saturdays, September / 10:00am- 12:00pm**

**Coach Philip Troglin**

All ages

It is time to clean off last season's dust from your gloves and cleats at Beulah Ruritan Park. This baseball team is comprised of children, ages 6-21, who have special needs (mental and/or physical disabilities). The team is not limited to those living in Douglas County. Held at Beulah Ruritan Park, located on McKown Road.

Saturdays, September 5 through October 31, 2009. There will be a motorcycle ride to the park to kick off the season.

*Cost is free. Participant must register one week before desired attendance date by calling 770- 314-7486. Please leave a message with your name and contact information.*

# Senior Programs - Woodie Fite Senior Center

8750 Dorris Road, Douglasville, GA 30134

Hours: Mon., Tues., & Thurs.: 8:30am - 7:30pm

Wed. & Fri.: 8:30am - 4:30pm

## Special Classes & Events

Note: Classes & Events subject to change.  
Please check with the Front Desk.

### **Cowboy Jamboree**

**Sept 19 - 5:00pm - 10:00pm**

Come tap your toes and slap your knee to your favorite country song and enjoy a Brunswick Stew, Chili, Corn Bread, and Cookies Cook Off. What could be better than that? Live music, dancing, contest and celebrity appearances are just a few of the activities planned for this Hee Haw evening. Doors open at 5:00 pm. Tickets go on sale August 8<sup>th</sup> and if available can be purchased at the door.

*\$7 per person*

### **Veterans Day Luncheon**

**Nov 13 - 11:00am - 1:00pm**

In honor of and in appreciation for veterans who have served in the armed services, the WFSC will host a luncheon for our members and their spouses who have served their country. We ask that each veteran pick up a free ticket at the WFSC in order for us to prepare accordingly. Doors will open at 11:00 am with a presentation of our colors and the pledge of allegiance. Entertainment and lunch will follow. God Bless America and God bless our Veterans.

### **Thanksgiving Dinner**

**Nov 23 - 11:30am - 2:00pm**

This year's Thanksgiving Dinner will be pot luck. The WFSC will provide the turkey and beverages. We ask that you please sign up at the front desk as to what item you will be bringing and also to pick up a free ticket so that we can plan accordingly. We will begin registering on October 1<sup>st</sup> and seating is limited. Doors will open at 11:00 am. Please bring your dish at that time.

### **Santa's Workshop**

**Dec 4 - 9:00am to 5:00pm**

**Dec 5 - 9:00am to 2:00pm**

Kids of all ages, flock to see Santa and ask him what they want for Christmas. Santa and his elves have worked hard to make gifts that can be purchased in Santa's Shop this weekend. Gifts start at 50¢ and up. Children's gifts will be wrapped for free and there will be a small fee to wrap gifts for adult buyers. Refreshments will be served. We request that you make reservations, by Nov 29<sup>th</sup>, for groups of 10 or larger. Remember he knows who's been naughty or nice!

### **Christmas Celebration**

**Dec 22 - 1:00pm - 3:00pm**

The magic of Christmas is in your presence at our fourth Annual Christmas Celebration, 1:00 to 3:00 pm, Tuesday, December 22. Please bring a holiday snack to share. This is a popular Christmas festivity, so be sure to sign up at the front desk to receive your free ticket.

### **New Year's Eve Masquerade Ball**

**Dec 31 - 8:00pm - 12:30 am**

The New Year's Eve Masquerade Ball is your chance to dress up and conceal your identity for one magical night of music, dancing and mystery. The attire will be semi formal to formal; (men may wear suits) and all are asked to wear or bring masks. Awards for best female mask and best male mask will be announced just after 11:00pm., so come prepared in your masquerade attire. Tickets are limited and will go on sale to WFSC members on November 1<sup>st</sup> through the 10<sup>th</sup>. On November 10<sup>th</sup> tickets will go on sale to the community. Tickets must be presented at the door to enter. We will be entertained with live band music. Heavy hors d'ourves and Dessert Bar will be served. Party Favors will be provided and we will be Toasting at Midnight. This year's New Year's Eve Ball will be held at the old Douglas County Courthouse which is located at 6754 West Broad Street, Douglasville, GA 30134

*\$15 per person*

### **Enjoying the Arts**

#### **Acrylic Painting Beginner's Class**

**Tues - 9:00am - 11:30 am**

**Mr. Ken Paradise, Instructor**

This course is for individuals who want to learn to paint, who may have never picked up a brush before, but have the desire to learn. Everyone has a creative side in them. Why not investigate your creative desire in this class. You will be with others who has the same desire you have. It is fun and it is easy. A supply list is given at registration. Classes are limited to 12 students.

*\$40 for 4 weeks*

*\$35 for 4 weeks, Early Bird Special*

## Acrylic Painting Intermediate Class

**Thurs - 9:00am - 11:30 am**

**Mrs. Janna Columbus, Instructor**

The course is not for the first time artist. This course is designed to further educate or to refresh those who have painted before. This class will educate you to light in your paintings, and in mixing of color and just how acrylic works. We will learn to paint landscapes, seascapes and still life.

This class is designed to complete a painting in just 4 weeks. This class will occasionally go on field trips to observe other artist work. Come and enjoy the fun of learning how to create your own master piece. Classes are limited to 12 students.

*\$40 for 4 weeks*

*\$35 for 4 weeks, Early Bird Special*

## Beginning Oil Painting Class

**Tues - 2:00pm - 4:00pm**

**Mrs. Janna Columbus, Instructor**

This course is designed for the first time painter who wants to learn to paint. We start with the very basics and first painting is a monochromatic still life. That means we only are going to use two colors, Burnt Sienna and Titanium White. Come and have fun with us and learn something you will enjoy for a very long time. You can pick up your supply list at the desk or the bulletin board.

*\$40 for 4 weeks*

*\$35 for 4 weeks, Early Bird Special*

## Beginning Water Color Class

**Fri - 9:00am - 11:30 am**

**Mrs. Janna Columbus, Instructor**

Do you remember how much you liked water color in school? Well this is the class for you to get into in order to create those soft pastel paintings. You will learn wet on wet, dry on wet, and wet on dry. You will learn strokes of feathers to fur and all the in between strokes. This of all the mediums is the most relaxing, so come and enjoy and think only of your creating for two hours with lovely relaxing music to paint by. This class is designed for the person who loves water color painting. You will learn step by step as we paint together. We will work at your pace and all aspects of the medium will be covered from the beginning.

*\$40 for 4 weeks*

*\$35 for 4 weeks, Early Bird Special*

## Fiber Arts

**Mon - 8:30am - 11:30 am**

**Mrs. Phyllis Schiwal, Facilitator**

This group is interested in quilting, knitting, crocheting, doll making, needle arts, the fiber arts group is a great place to practice your skill, to share your enthusiasm, and to encourage others to get involved.

*Free*

## Ladies Writing Group

**Fri - 1:30pm - 3:30pm**

**Ms. Carlene Tejada, Facilitator**

What to write about? How grown up your children are, or happy memories of your childhood to pass on to the great grand kids, health problems passed on to next generations... we have lots of things to write about. Free the brain and come and have fun with us

*Free*

## Portrait

**Mon - 1:30pm - 2:30pm**

**Mr. Omar Bolado, Instructor**

This is a study of the human face. We laugh at our mistakes and welcome the help that is given each of us. Working with charcoal and pastels, some like pen and ink.

*\$40 for 4 weeks*

*\$35 for 4 weeks, Early Bird Special*

## Santa's Village Craft Shop

**Fri. - 12:00n- 3:00pm**

**Ms. Liz Fincher, Facilitator**

You can find Santa's elves working away each Friday, beginning in May, at the WFSC. The only thing missing is YOU. We invite you to join us each week to share new ideas, fellowship and just plain fun.

*Free*

## Dancing

### Ballroom Dance Lessons -

**Thurs. - 5:00pm - 5:45pm**

**Ms. Mary Hill and Mr. Jim Henderson, Instructors**

A medical study of elderly men and women over age 75 concludes what ballroom dance fans have always known - their favorite activity is great for health and happiness. The complexity and moving with the music lower the risk of dementia, the researchers say. We say, it's great fun and that there is nothing like a good waltz to bring love back into your lives. So "quick step" in today and sign up

*\$20 for 4 weeks*

*\$15 for 4 weeks, Early Bird Special*

## Ballroom Dance Practice

**1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Thurs. - 2:30pm - 4:30pm**

**Mr. Kent McTyre, Facilitator**

Do you think Fred Astaire or Ginger Rogers or Gene Kelly had to practice, well I bet they did because 'practice makes perfect'. Our dancers are a lively and social group, excited about what they are doing and enjoying each other's company.

*Free*

## Center Dances

**1st, 2nd & 3rd Sat - 6:00pm - 10:00pm**

**Staff Facilitated**

We start out each dance with a free dance lesson from 6:00pm - 6:45pm with the open dancing beginning at 7:00pm. The club asks that you bring a snack to share.

*\$4 per dance*

## Line Dancing

**Mon - 5:00pm - 6:00pm**

**Tues - 10:00am - 11:00am**

**Ms. Sylvia Irvin, Instructor**

Just come in and put your left foot forward. You don't need a partner to follow the choreographed pattern of steps. So slide on in here for great fun and exercise. Monday classes are open for newcomers and are considered a beginner's class. Tuesday's class is a more advanced class and is filled by students that have been promoted from the Monday beginners' classes.

*\$20 for 4 weeks*

*\$15 for 4 weeks, Early Bird Special*

## Tap Dance Lessons

**Tues - 5:00pm - 5:45pm - Beginner's Class**

**6:00pm - 6:45pm - Intermediate Class**

**Ms. Perry James, Instructor**

The Woodie Fite Center has partnered with GA School of the Performing Arts to offer tap lessons to our members. Remember driving little Susie to practice every Tuesday? Well now it is your turn. Come on in and learn what you always wanted to learn but never had the time to. It is your turn! Dancers must be approved by Ms. James before being assigned to the intermediate class.

*\$15 for 4 weeks*

*\$10 for 4 weeks, Early Bird Special*

## Social Opportunities

### Birthday Celebration

**First Mon - 11:00am - 12:30pm**

**Ms. Gail Smith, Facilitator**

Happy Birthday Woodie Fite Members! Come and celebrate with us on the first Monday of each month. Our Sunshine Circle, along with Hightower Funeral Home, provides cake and punch for those members who have a birthday that month.

*Free*

### AARP Monthly Meeting

**1st Tues. - 11:00pm - 12:00pm**

**Ms. Judy Cartwright, President**

Anyone 50 or over can get all the great benefits of membership in AARP for only \$12.50 a year. WFSC Chapter #4554 is available for WFSC members age 55 and older.

*\$5 Annual Chapter Dues*

### Afternoon Tea Club

**Last Thurs. - 1:00pm - 3:00pm**

**Ms. Lynne Britt, President**

This group has divided into 4 catering teams and monthly one team will provide refreshments for this lovely tea. A program is provided each month for the Tea Timer's enjoyment.

*\$5 Annual \$2 Monthly*

### Bible Study

**Fri. - 12:00 noon - 1:30pm**

**Vicar Michael Case, Facilitator**

Want to learn more about the books of the Bible, a very rewarding read and a wonderful education about life from past until now, and also how to solve some of the worries you may have, for the Bible is a guide for us all from God's Word and instructions to us. This is a non-denominational study in the Bible and is open to all. All that is needed to join is a Bible and bring your brown bag lunch and join this group in praises and song and the wonderful study of God's Word.

*Free*

### Movies

**Second Wed - 1:30pm**

**Staff Facilitated**

We've rounded up dozens of the best films and we serve popcorn & beverage also. Advanced reservations are requested.

*Free*

**Red Hat Society****2nd Tues. - 10:30am - 12:30pm****Ms. Josephine Washington, Queen**

This group of red hat ladies meets every other month at the WFSC for refreshment and fellowship. The opposite month they go on an outing to dine out. Lots of fun and silliness!

*Free***Sunshine Social Circle****Ms. Gail Smith, Facilitator****4th Mon - 1:00pm - 2:30pm**

The Sunshine Circle is responsible for sending cards and letters to our members who are not feeling well, sending out birthday cards and to stuff envelopes and other various activities. All are welcome to join.

*Free***Vietnam Veterans****2nd Mon. - 6:00pm - 8:00pm****Mr. Robert Budahazy, Chapter President**

Every second Monday, we host the Robert G. Hunter Memorial Chapter 935 of Vietnam Veterans of America here at the WFSC. Bring your DD Form 214 and come join us for friendship and fellowship.

*Free***Travel Club**

**Please see the bulletin board for the next meeting dates.**

**Ms. Phyllis Gravitz, Facilitator**

The WFSC Travel Club is now being facilitated by Phyllis Gravitz of Becca Tours. There are currently no fees or dues to join. This group meets to plan trips and to receive information on trips that are available through Becca Tours.

*Free***Support Groups****Diabetes Support Group****First Fri - 9:00am - 10:00 am****Mr. Nick Russo, Facilitator**

A support group is to be a 'safe' place for individuals to talk about their experience of being or becoming diabetic. There is a range in duration of those living with diabetes, from twenty years to three months, so there is wisdom and practical advice being offered as everyone has their chance to talk in this lively group. Many questions have been asked and answered. Encouragement is the general mood as informative articles are made available to the participants.

*Free***TOPS****Fri. - 11:00am - 12:00 noon****Ms. Marcella Smith, Co-President****Ms. Doris Ottey, Co-President**

This is a chapter of an international organization where people share their experiences, recipes, and weight loss secrets. We have guest speakers from the community such as doctors and exercise specialists to help us learn good health habits as well as planned programs from the TOPS International Organization designed to help us attain our goals of living longer and adding quality to our lives through getting healthy and staying that way! Oh, by the way we are Taking Off Pounds Sensibly, too!

*\$24 / year & \$1 / week***Card & Game Players****Bridge****Mon. 1:00pm - 5:00pm****Wed. 9:00am - 12:30pm**

We have several Bridge Clubs that meet here throughout the week. Each group is assigned their own table. Individuals wanting to play bridge may come and use the extra tables to play. Of course there must be at least four individuals to play at a table. Sign up is required at least one week in advance to secure a table.

*Free***Bunco Club****1st Fri - 9:00am - 11:00 am****Ms. Jo Ward, Facilitator**

Strictly speaking, Bunco is a game of dice, played in rounds. Players take turns rolling the dice and trying to accumulate as many points as possible to win each round. The game is played at tables of four in competing teams of two. This group is not accepting new members at this time, however, there is a list at the front desk of those persons interested in playing.

*Free***Chip Poker****Tues- Time: 1:30pm - 3:30pm****Ms. Sandy Bumbalo, Facilitator**

Everyone is welcome to stop in, pick up a few chips and share in an afternoon of fun

*Free*

## **Euchre**

**Tues - 12:30pm - 4:30pm**

**Thurs - 9:00am - 5:00pm**

**Ms. Lynne Britt, Facilitator**

Euchre is a trick-taking card game most commonly played with four people in two partnerships with a deck of 24 standard playing cards. Everyone is welcome to come and learn how to play.

*Free*

## **Pinochle**

**Wed - 1:30pm - 3:30pm**

**Ms. Nancy Niklasson, Facilitator**

Pinochle is a trick-taking game typically for two, three or four players and played with a 48 card deck. With advanced notice this group is willing to teach others. There must be at least 4 people interested in learning. Please sign up at the front desk.

*Free*

## **Samba- Canasta - Free**

**Thurs - 1:00pm - 3:00pm**

**Ms. Jean Smith, Co-Facilitator**

**Conchita Hutcheson, Co-Facilitator**

Each Thursday afternoon you can find a group playing this card game. With advanced notice this group is willing to teach others. There must be at least 4 people interested in learning. Please sign up at the front desk.

## **Fun with Music**

### **Choir**

**Mon- 3:00pm - 4:00pm**

**Ms. Sharon Johnson, WFSC Staff & Instructor**

With performers ranging in age from 55 to 88+, the WFSC choir bridges the gap between modern and genuinely old school. Join us for lots of fun!

*Free*

### **Beginning Piano**

**Ms. Sharon Johnson, WFSC Staff & Instructor**

For beginner's lesson please see the front desk for days and times available.

*\$20 / 4 week*

## **Further Your Education**

### **Computer Classes**

**Mon, Tues, Wed - Time: 9:00am - 11:30 noon**

**Mr. Katino Takori, Lab Director & Instructor**

We have Introduction to Computers which gives you a good basic understanding of your computer. Also being offered is Introduction to the Internet. Please check with the front desk for a current schedule.

*\$25 per 6 class session*

### **Open Computer Lab**

**Tues - Time: 1:00pm - 4:00pm**

**Thurs - Time: 8:30am - 11:00 am**

The lab will be open to check your email, surf the web, type a letter or just practice for class. A volunteer instructor is available for questions and instructions.

*Free*

### **Spanish**

**Thurs & Fri - 11:00pm - 12:30pm**

**Ms. Chris Hurwitz, Instructor**

This class is for beginners or for those who need to refresh.

*\$30 for 4 weeks*

*\$25 for 4 weeks, Early Bird Special*

## **Exercise & Fitness**

### **Exercise Room**

#### **Daily**

The exercise room at the WFSC contains 4 treadmills, 2 elliptical and 2 recumbent bikes and free weights.

*Free*

### **SilverSneakers**

We are now taking applications for **The SilverSneakers Fitness Program** which is the nation's leading exercise program designed exclusively for older adults. These classes are scheduled to begin in September of this year. Members receive a basic membership at no cost. The program includes use of basic amenities and access to the signature SilverSneakers classes. The program is offered to Medicare-eligible members of a sponsoring organization or health plan.

**Woodie Fite Lending Library** - The book collection at the Woodie Fite Senior Citizens Center has been weeded, reorganized and restructured. The collection will work on the honor system, but we do ask that you sign in the front of each book you take so that we can have a record of each book's use.

If you have books that are in good condition and not over 5 years old that you would like to donate, bring them in, place them in the donation basket. In addition, we are adding to our game cabinet. If you have a fun game that you would like to donate, bring it in and we will add it to the others.

**YogaStretch w/ SilverSneakers****Mon & Wed- 12:30 pm - 1:15pm****Ms. Karen Flagg, Instructor**

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

*\$20 for 4 weeks**\$15 for 4 weeks, Early Bird Special**\$ Free for SilverSneakers members***CardioFit w/ SilverSneakers****Tue & Thurs - 10:00am - 10:45 am****Ms. Lisa Campbell, Instructor**

Get up and go with an aerobic class for you - safe, heart-healthy and easy on the joints. The workout includes east-to-follow low impact movements, upper body strength work, abdominal conditioning, stretching and relaxation exercise designed to energize your active life-style.

*\$20 for 4 weeks**\$15 for 4 weeks, Early Bird Special**\$ Free for SilverSneakers members***Muscular Strength and Range of Motion w/ SilverSneakers****Mon & Wed- 10:30 pm - 11:15 pm****Ms. Karen Flagg, Instructor**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

*\$20 for 4 weeks**\$15 for 4 weeks, Early Bird Special**\$ Free for SilverSneakers members***Hiking Club****Last Fri - 8:30 am****Ms. Carol Ann Garmon, President**

This hiking club is working on two new trails that are partially opened here on the WFSC grounds. They are continuing to develop these trails. We explore trails at Kennesaw Mountain, Sweetwater State Park, the Silver Comet Trail, Stockmar Park in Villa Rica, Boundary Waters Park trails and other areas from time to time.

*Free***Jazzercise Lite****Tues & Fri - 4:00pm - 4:45pm****Ms. Allison Weiner, Instructor**

The key to a longer, healthier, happier life is staying physically active! Jazzercise Lite is low impact and geared for seniors.

*\$30 for 4 weeks**\$25 for 4 weeks, Early Bird Special***Ping Pong****Mon - 2:30pm - 4:00pm****Mr. Joe Dillard, Facilitator**

Your arm muscles and reflex skills are strengthened when you play this sport. It also improves your hand-eye coordination.

*Free***Strength Training****Tue & Thurs - 9:00am - 9:45 am****Tue & Thurs - 12:30pm - 1:15pm****Ms. Lisa Campbell, Instructor**

These 45-minute classes include basic strength training moves utilizing gravity, weights, and tube resistance to increase muscular strength and mass, as well as to increase bone density and joint range of motion.

*\$20 for 4 weeks**\$15 for 4 weeks, Early Bird Special***Tai Chi****Mon & Thurs - 6:00pm - 7:00pm****Mr. Alfredo Desphy, Instructor**

Yang Family style Tai Ji Qigong helps to foster optimal energy and well being. The simple movements gently harmonize the qi, promote circulation, cultivate vitality, regulate the breath and reduce stress.

*\$20 for 4 weeks**\$15 for 4 weeks, Early Bird Special***Yoga Senior Class****Mon & Wed - 1:30pm - 2:15pm****Ms. Karen Flagg, Instructor**

Hatha yoga is physical yoga and produces numerous physical benefits; however, yoga also balances the body, spirit, and mind.

*\$20 for 4 weeks**\$15 for 4 weeks, Early Bird Special*

## Contact Information for Associations using Parks & Recreation Facilities

Information updated July 2009 - subject to change as Association Elections are held.

<b>YOUTH BASEBALL</b>	<b>Contact</b>	<b>Phone</b>	<b>Season</b>	<b>Registration</b>	<b>Ages</b>
Beulah Ruritan	Billy Seabrook	404-580-9032	Spring/Fall	Jan. / July	Ages 3-14
Bill Arp	Patrick Posten	678-668-5277	Spring/Fall	Jan. / July <a href="http://www.billarppark.com">www.billarppark.com</a>	Ages 3-18
Fair Play	Terry Smith	770-456-9559	Spring/Fall	Jan. / July <a href="mailto:Tsmith3615@aol.com">Tsmith3615@aol.com</a> , <a href="http://www.fairplaybaseball.com">www.fairplaybaseball.com</a>	Ages 3-14
Woodrow Wilson Lithia Springs Youth Rec. Club		770-920-7129	Spring/Fall	Jan. / July	Ages 3-14
Winston	Lance Cohran	404-358-2927	Spring/Fall	Jan. / July <a href="mailto:lance@winstonbaseball.com">lance@winstonbaseball.com</a> , <a href="http://www.winstonbaseball.com">www.winstonbaseball.com</a>	Ages 4-18
Boundary	Ken Bernard	770-920-5090	Spring/Fall	Jan. / Aug <a href="http://www.dcybl.com">www.dcybl.com</a>	ages 4-16
<b>CHEERLEADING</b>	<b>Contact</b>	<b>Phone</b>	<b>Season</b>	<b>Registration</b>	<b>Weight/Age 5- 12</b>
Deer Lick	Shunda Luke	678-531-0525	Fall	2nd Sat. of May	80,95,105,115,125,150
Hunter Park	City of Douglasville	770-920-3007			
Beulah	Michelle Jackson Scott Britton	770-577-5769 404-606-7792	Fall	2nd Sat. of May	80,95,105,115,125,150
Bill Arp	Shauna Mimbs	770-598-6939	Fall	2nd Sat. of May	80,95,105,115,125,150
Mt. Carmel	Nikki McRae	404-625-1894	Fall	2nd Sat. of May	80,95,105,115,125,150
Post Rd./Winston	O'Shay Smith	678-925-5803	Fall	1st Sat. of May	80,95,105,115,125,150
<b>YOUTH FOOTBALL</b>	<b>Contact</b>	<b>Phone</b>	<b>Season</b>	<b>Registration</b>	<b>Weight/Age 5- 12</b>
Keith Thomas, <i>President, West Ga. Youth Football</i>		770-826-1060			
Beulah Bulldogs	Scott Britton	404-606-7792	Fall	2nd Sat. of May <a href="http://www.beulahbulldogs.com">www.beulahbulldogs.com</a>	80,95,105,115,125,150
Bill Arp Falcons	Chris Jenkins	770-318-3059	Fall	2nd Sat. of May	80,95,105,115,125,150
Mt. Carmel Rams	Kelton Hill	404-786-2958	Fall	2nd Sat. of May <a href="http://www.mountcarmelrams.com">www.mountcarmelrams.com</a>	80,95,105,115,125,150
Winston Raiders	O'Shay Smith	678-925-5803	Fall	1st Sat. of May	80,95,105,115,125,150
<b>GIRL'S SOFTBALL</b>	<b>Contact</b>	<b>Phone</b>	<b>Season</b>	<b>Registration</b>	<b>Ages</b>
Deer Lick	Darin Sims	404-831-8981	Spring/Fall	Jan./ July <a href="http://www.deerlicksoftball.com">www.deerlicksoftball.com</a>	Ages 4-20
Bill Arp	Mike Hughes	404-606-5411	Spring/Fall		
Fair Play	Scott Council	770-316-1938	Spring/Fall	Jan. / July <a href="http://www.fcgirlsoftball.com">www.fcgirlsoftball.com</a>	Ages 4-16
Hunter Park	City of Douglasville	770-920-3007			
Post Rd./Winston	Scott Byrd	404-232-2158	Spring	Saturday's in Jan. <a href="mailto:www.skkdbyrd@bellsouth.net">www.skkdbyrd@bellsouth.net</a> <a href="http://www.winstongirlsoftball.com">www.winstongirlsoftball.com</a>	Ages 4-19
<b>Basketball</b>	Brandon Davis	770-920-7129	Winter	August <a href="mailto:bdavis@co.douglas.ga.us">bdavis@co.douglas.ga.us</a>	Ages 5-18
<b>Track &amp; Field</b>	Laquisha McKinley	678-401-4103			
<b>Tennis</b>	Becky Young	770-489-2175			Ages 4-Senior Citizen
<b>Aeromodelers</b>	Steve Schott	770-595-6509	AMA Member		
<b>Skate Board P1ark</b>	Rashida Sheffield	770-577-5596			
<b>Youth Soccer Assoc.</b> <a href="http://www.dcsoccer.org">www.dcsoccer.org</a>	Denise Tucker	770-920-8952	Spring/Fall	770-577-DCSA	
<b>Deer Lick Park Fields</b>	Brandon Davis	770-920-7129			
<b>Other DC Fields</b>	Peter Trent Danny Dinning	770-489-2175 770-920-7129 ex. 5038			

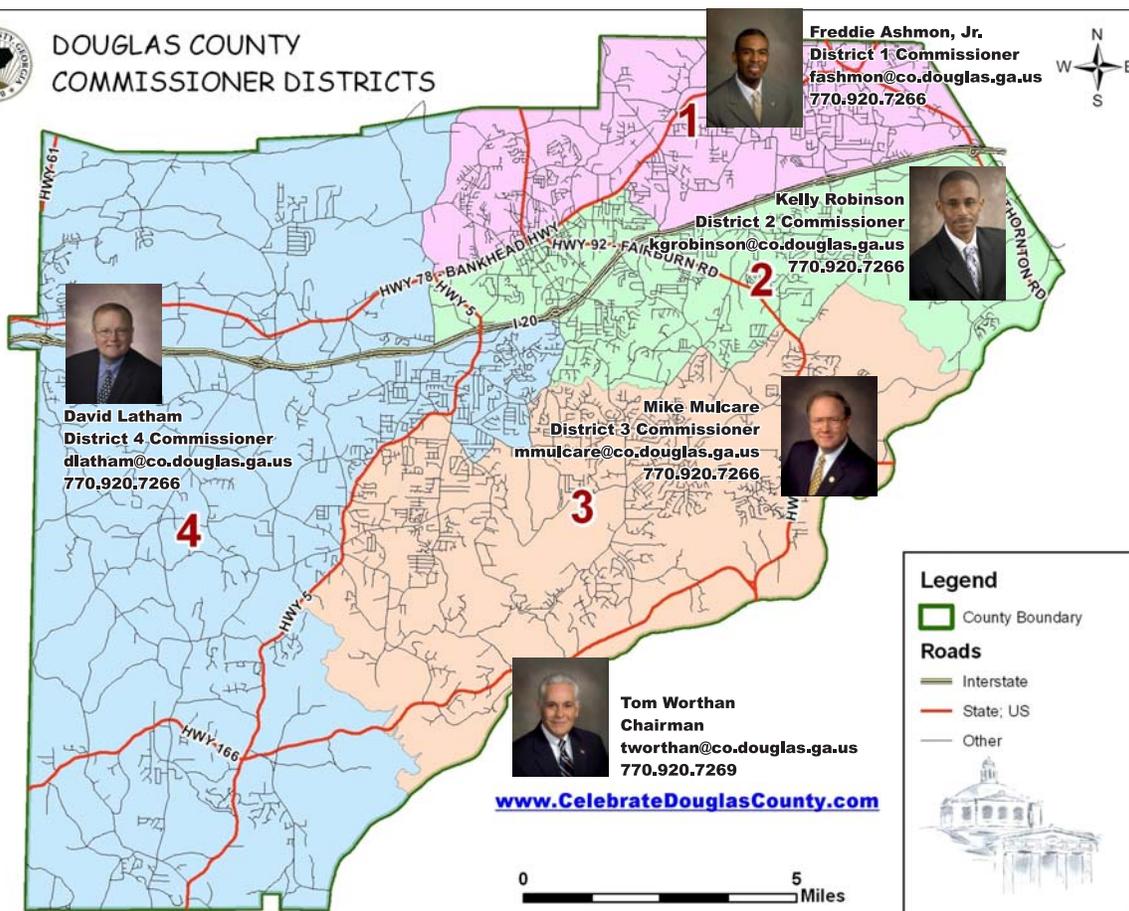


# DOUGLAS COUNTY

*Striving to be the best!*



DOUGLAS COUNTY  
COMMISSIONER DISTRICTS



Board of Commissioners Meetings are held at 10:00 a.m. on the first and third Tuesdays of each month in Citizen's Hall, second floor, Douglas County Courthouse, and are televised live on dctv23 on Comcast cable with live web streaming on [www.CelebrateDouglasCounty.com](http://www.CelebrateDouglasCounty.com). Telecasts of the meetings are downloadable at any time from the County web site.

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