



DOUGLAS COUNTY Parks & Recreation

Winter Program Guide

January - April 2015

www.celebratedouglascounty.com

770-920-7129



What's Inside:

- From the Director's Desk 2
- Staff Directory..... 3
- General Information 4
- Registration Process 5
- Park Facilities 6
- Family Fun Center..... 8
- Partner Associations & Organizations 9
- Athletics..... 11
- Aquatics, Fitness & Special Events 12
- Community Programs & Special & Events 16
- Therapeutic Recreation..... 24
- Special Olympics Programs & Special Events 25
- Other Community Events... 28
- Senior Programs & Special Events 32
- Youth Athletics
- Quick Reference..... 39

On-Line Registration available at: www.douglascountyparks.com

From The Director's Desk



Dear Douglas County Citizens,

The Douglas County Parks and Recreation Department welcomes the New Year with a variety of offerings and opportunities for the whole family to enjoy. Our staff strives to provide quality, well organized programs and events that help enrich the lives of those who live in our community. We appreciate your patronage and hope that our efforts are satisfactory.

In 2014, several staff members were recognized for their outstanding dedication and hard work, giving countless hours to their profession while providing outstanding programs and services to the community. These accolades highly reflect a great Parks and Recreation staff as well as our department mission.

Special Olympics Georgia awarded **Christie Mills, Therapeutic Recreation Coordinator** as the "Outstanding Local Special Olympics Coordinator" for 2014, selected among 200 other coordinators in Georgia. In addition to this recognition, the Parks and Recreation Department was selected as offering the "2014 Outstanding Local Special Olympics Program" in the State of Georgia. Both of these accomplishments are due to the leadership and strong collaboration between Ms. Mills and the Douglas County Special Olympics Therapeutic Board.



Georgia Recreation and Parks Association awarded **Chad Griffin, Community Programs Coordinator** with District 5 "Distinguished Professional of the Year" honors, the highest award the district bestows. Chad's accomplishments are representative of his quality work product, community involvement, personal and leadership qualities, and of his dedication to the field of recreation.

We are extremely proud of these two staff members and the entire team will continue to provide quality programs, events and services to the citizens of this community.

Thank you again for your patronage.

Regards,

DOUGLAS COUNTY PARKS AND RECREATION

Gary L. Dukes, Director

Fall Program Guide January - April, 2015

www.celebratedouglascounty.com

Douglas County Parks & Recreation 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.

Staff Directory

Director.....	(770) 489-3919
Gary Dukes	
Recreation Superintendent	(770) 920-7129
Tracie Ivey	
Parks Superintendent.....	(770) 920-7129
Danny Dinning	
Park Beautification Coordinator	(770) 920-7129
Morris Ellison	
Boundary Waters Baseball Complex.....	(770) 489-2175
Peter Trent, Park Manager	
Aquatics Superintendent.....	(770) 489-2175
Jim Gay	
Park Security Coordinator.....	(770) 920-7129
Greg Shepard	
Athletics	(770) 920-7129
Brandon Davis, Program Coordinator	
Community Programs & Events.....	(770) 920-7129
Chad Griffin, Program Coordinator	
Therapeutic Recreation	(770) 920-7129
Christie Mills, CTRS, CPRP, Program Coordinator	
Woodie Fite Center.....	(678) 626-5630
Sharon Johnson, Director	
Winston Baseball Complex.....	(678) 293-1020
Matt Hill, Program Coordinator	
Boundary Waters Aquatic Center	(770) 489-2175
Justin Hilderbrand, Program Coordinator	
Deer Lick Park	(770) 920-7129
Tammy Cochran, Guest Services	
Yashica Hodges, Guest Services	
Kaci Floyd, Guest Services	
Lithia Springs Park.....	(770) 920-7129
Tracie Ivey, Recreation Superintendent	

“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.”

General Information

General Hours Of Operation

Administrative Offices

Old Douglas County Courthouse
6754 Bankhead Hwy. , Douglasville, Ga. 30135
Monday-Friday: 8:00am-5pm; Sat. & Sun.: Closed

Boundary Waters Aquatic & Fitness Center

5000 Hwy. 92/166 Douglasville, Ga. 30135
Monday-Friday: 8am-8:30pm;
Saturday: 8am-5:30pm; Sunday: 1pm-5:30pm
**Closed last Sunday of each month for In-Service Training*

Deer Lick Park

2105 Mack Rd. Douglasville, Ga. 30135
Monday-Sunday: 8am-dark
Deer Lick Park Activity Center –Closed Sundays and Holidays

Family Fun Center at Deer Lick Park

2171 Mack Rd. Douglasville, Ga. 30135
8am - dark.
Activity Rooms Closed Sundays and Holidays
Please call 770-920-7129 for additional information.

Woodie Fite Center

Opens at 8:30am. Hours of operation vary based on the day's schedule. They will remain open until the end of the last activity of the day.

Facility Rental Fee Schedule:

A 25% non resident fee will be assessed to all Douglas County Parks and Recreation rental facilities. Please contact Deer Lick Park and speak to a Guest Services representative for availability and pricing.

The field, tennis courts, and volleyball court fees (*both field or court rental and light rental*) are for "reserved rentals" only.

Community Rooms Fee Schedule - Deer Lick Park, Family Fun Center

Reserved by the hour. Minimum two hour rental.
\$20.00 per hour (*Large Room*)
\$15.00 per hour (*Small Room*)
\$20.00 flat fee for Kitchen, no minimum rental, not applicable for the Family Fun Center.

Gymnasium Rental – Deer Lick Park

\$50.00 per hour. Minimum two hour rental.

Wedding Gazebo – Deer Lick Park

\$50 for 4 hours, \$100.00 for 8 hours

Outdoor Sand Volleyball Court – Deer Lick Park

\$5.00 per court per hour (without lights)
\$8.00 per court per hour (with lights)

Outdoor Pavilions Fee Schedule – Deer Lick Park, Clinton Nature Preserve, Lithia Springs Park, Woodrow Wilson

Large \$7.00 per hour
Small \$5.00 per hour
Minimum two hour rental.

Phone Directory

Deer Lick Park (Main #).....	770-920-7129
	Fax: 770-920-7191
Administrative Office.....	770-489-3916
	Fax: 678-293-1021
Boundary Waters Aquatic Center and Baseball Complex.....	770-489-2175
	Fax: 770-577-3329
Family Fun Center at Deer Lick Park.....	770-920-7129
Winston Baseball Complex.....	678-293-1020
Woodie Fite Center.....	678-626-5630
	Fax: 678-626-5633

Douglas County Board Of Commissioners

Tom Worthan - Commission Chairman

Henry Mitchell III, District 1
Kelly Robinson, District 2
Mike Mulcare, District 3
Ann Jones-Guider, District 4
Eric Linton, County Administrator

Field Rental Fee Schedule – Individuals

\$8.00 per field per hour (without lights)
\$16.00 per field per hour (with lights)

Tennis Courts – Deer Lick Park, Winston Park

\$5.00 per court per hour (without lights)
\$8.00 per court per hour (with lights)

Outdoor Amphitheaters – Deer Lick Park, Clinton Nature Preserve

\$8.00 per hour. Minimum two hour rental.

Parks close at dark unless there are scheduled activities through the DCPR offices.

VISIT Douglas County Parks And Recreation @

www.douglascountyparks.com or
www.celebratedouglascounty.com

Program Registration Information

The information contained in this program guide is subject to change without notice.

January - April 2015

Registration Methods:

Pre-registration is required for some classes. Registration is on a first come, first serve basis. A 25% non-resident fee will be assessed to all Parks and Recreation programs and special events. All program or special event fees will be reflected during online registration.

There are two ways to register for programs/reserve facilities. *Exception – Online Registration is not available for programs at Woodie Fite Center or Boundary Waters Aquatic and Fitness Center.*

1. Online Registration:

Facility Rentals Are Not Available Online.

You will be able to register for classes, check class availability, view your account information, or make payments 24 hours a day. Some classes and facilities are not available for registration using this system. Please read program descriptions carefully. You must enter payment to confirm your registration.

New online customers (*head of household age 18 or older*) must apply for an online account.

1. www.douglascountyparks.com
2. Click on online registration – Activity & Facility Info. This tab is under Important Links
3. Click create DCPR Account or Login to create an account or login
4. Click Activity
5. Click Sessions
6. Make Selections
7. Payment received by Visa or Master Card only for online registration.

For login you will need Login Name and Password once established.



2. In Person Registration During General Hours of Operation: (see pg. 4)

Payment in the form of cash, check or credit card must be made in full at time of registration/reservation.

- A. Boundary Waters Aquatic Center/Baseball Complex
5000 Hwy. 92/166, Douglasville, Ga. 30135
- B. Deer Lick Park
2105 Mack Road, Douglasville, Ga. 30135
- C. Woodie Fite Center
8750 Dorris Road, Douglasville, Ga. 30134

Download Activity Registration Forms-click on www.douglascountyparks.com

Refund Policies:

1. Refund Policy for General Recreation Instructional Classes:

Any participant may receive a refund of their registration fee minus a \$10.00 service charge if the refund is requested more than seven calendar days prior to the first scheduled class. A family credit may also be applied to a future program/activity if requested within seven calendar days of the first scheduled class.

2. Refund Policy for Facility Reservation Cancellations:

Any person may receive a refund for a facility reservation minus a \$10.00 service fee if the cancellation is requested more than seven calendar days prior to the actual reservation date. Refunds for reservations within seven calendar days of the reservation date will not be granted, but a credit may be applied to another date. (Based on availability)

Contact Deer Lick Park for more information on online registration at 770-920-7129.

Park Facilities

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

1. **BILL ARP PARK** is located at 4801 Hwy. 5 in the Bill Arp/Pray's Mill Community. Facilities include one softball field, 3 baseball fields, a football field, playground, and two concession stands.
2. **BOUNDARY WATERS PARK/AQUATIC CENTER** is located at 5000 Hwy. 92/166 in Douglasville. Amenities include active and passive recreation on this beautiful 500 acre park. Participants enjoy a state of the art aquatic facility, equestrian and hiking trails, baseball and soccer fields, picnics areas and playgrounds.
3. **CLINTON NATURE PRESERVE** is located at 8720 Ephesus Church Rd. Ms. Annie Mae Clinton donated this 200 acre park, and it must remain in its natural state as much as possible. The park includes a 1/2 mile walking track, an accessible playground, and Carnes Cabin, a pre-Civil War residence which is listed on the National Register of Historic Places.
4. **DEER LICK PARK** is located at 2105 Mack Rd., Douglasville, Ga. 30135. The park serves as the headquarters for the Recreation Division, Parks Division and Security Division of Douglas County Parks and Recreation. This is a multi-purpose facility and is well visited. Please see the attached chart for a detailed look at what is available for you to enjoy.
5. **THE FAMILY FUN CENTER** is located adjacent to Deer Lick Park at 2171 Mack Rd. The grounds include a Skate Park, Dog Park, Playground, Bocce Courts and community rooms that are used for rentals and programs.
6. **THE DOG RIVER PARK** is located in the southern part of Douglas County off Ga. Hwy. 166 and Hwy. 5. This pristine site plays host to many large sculpted rocks, whitewater rapids, and is enjoyed by many kayakers. Future plans include trail development, trailheads, parking and public access to the River. The park is closed for future development.
7. **FAIRPLAY PARK** is located at 8395 Hwy. 166, 1/2 mile west of Ga. Hwy. 5. Facilities include athletic fields, a playground, restrooms, group shelter, walking track and outdoor basketball.
8. **LITHIA SPRINGS PARK AND ATHLETIC COMPLEX** is located 2922 S. Sweetwater Road, Lithia Springs, Ga. 30122. Facilities include picnic areas, 4 athletic fields, 2 playgrounds (*one totally accessible*) and restrooms.
9. **MT. CARMEL PARK** is located at 2571 Kent Dr., off of Mt. Vernon Rd., 3/4 mile north of Fairburn Rd./Ga. Hwy. 92 in Douglasville. Facilities include a playground, concession stands, restrooms, outdoor basketball and athletic fields.
10. **POST ROAD PARK** is located at 3548 Post Rd., one mile south of the Post Rd./I-20 interchange. Park goers enjoy football, softball, baseball, a playground, and other park amenities.
11. **WINSTON PARK** is home of Winston Youth Baseball and is adjacent to Winston Elementary School on Ga. Hwy. 78. Facilities include a playground, two tennis courts, seven baseball fields with batting cages, parking, and restrooms.
12. **WOODIE FITE CENTER** is located at 8750 Dorris Rd., adjacent to the Douglas County Courthouse. Twenty-six acres houses a 8,700 recreational and educational facility that includes a computer lab, arts and crafts room, fitness room, class rooms, and a dance hall.
13. **WOODROW WILSON** is located on Mt. Vernon Road, 1/2 mile north of its intersection with Skyview Drive. Facilities include tennis courts, volleyball courts, walking trail, playground, pavilion/shelters, picnic tables, horseshoe pits, outdoor basketball, dog park, restrooms and open space.

Family Fun Center at Deer Lick Park

2171 Mack Road • Douglasville, GA 30135

For information, call 770-920-7129.

Regular Operating Hours:

The facility is open during normal park hours 8am – dark
(closed holidays)

Rental Facility: *(closed holidays)*

Two rooms available for rent for birthday parties, receptions, classes, or small gatherings. See rental rates located on page 4 under “Family Fun Center”.

Skateboard Park:

(open during normal park hours)

This is a skate at your own risk facility. Please know your ability and use the facility accordingly.

Dog Park

(open during regular park hours)

Located behind the Family Fun Center at Deer Lick Park. Off-leash and accessible from the Deer Lick Park Tennis Courts. Separate areas available for dogs under 30 lbs. and dogs over 30 lbs. Water fountains available.

Bocce Courts:

(open during normal park hours)

A refundable equipment deposit will be required for the use of Bocce equipment. Equipment can be obtained at the Deer Lick Park Activity Center.

Horseshoe Pits:

(open during normal park hours)

A refundable equipment deposit will be required for the use of horse shoe equipment. Equipment can be obtained at the Deer Lick Park Activity Center.

Playground

(open during regular park hours)

Located at the Family Fun Center at Deer Lick Park.

Junior Master Gardener Site

(open during regular park hours)

Located behind the Family Fun Center at Deer Lick Park. Please contact Kevin Livingston with UGA Extension Services at 770-920-7225 for more information.

Partner Associations & Organizations

Mt. Carmel Rams Football & Cheerleading, Inc. – Mt. Carmel Park

www.mtcarmelrams.com

**Contact: Marcus Hill, 678-517-9835
mtcarmelramspresident@gmail.com**

The program offers football and cheerleading for ages 5-12 and will participate in the Northwest Georgia Youth Football League (NWGFL). For more information regarding registration, please visit the website.

Douglas County Youth Baseball League, Inc. – Boundary Waters Athletic Complex (DCYBL)

www.DCYBL.com

Contact: dcyblbaseball@gmail.com

Recreational baseball available for ages 4-14. Please visit the website for Spring 2015 Baseball registration information.

Deer Lick Girls Softball Association – Deer Lick Park

www.deerlickgirlssoftball.com

Deer Lick Girls Softball plays out of Deer Lick Park. Part of the Douglas County Girls Softball Association, Deer Lick Girls Softball will play ASA rules. For additional information, please visit the website.

Southern Soccer Academy

www.douglasvillesoccer.com

**Contact: Denise Tucker, 770-780-5161
dtucker@ssaelite.com**

Soccer is offered for ages 4-18 in recreational and select divisions.

Beulah Bulldogs Football & Cheerleading, Inc. – Deer Lick Park

www.beulahbulldogs.net

**Football Contact: Tim Frost, bbyfc1@gmail.com
Cheerleading Contact: Myya Mixon,
beulah.cheer@gmail.com**

The program offers football and cheerleading for ages 5-12 and will participate in the Northwest Georgia Youth Football League (NWGFL). For more information regarding registration, please visit the website.

Fairplay Youth Association – Fairplay Park

www.fairplayyouthsports.org

**Baseball Contact: Mark Schroyer
mark@fairplayyouthsports.org**

**Softball Contact: Robert Shepherd,
Robert@fairplayyouthsports.org**

This program offers Dizzy Dean baseball and Fast Pitch softball.

7 on 7 Passing League

www.EMattAthletics.com

**Contact: Eric Matthews,
EMattAthletics@yahoo.com**

This league is a fun, competitive, and non-contact way to play football. The game features passing as the main offense and will help players work on hand-eye coordination and footwork. The program will run April 4 – May 9 at Deer Lick Park. Please see the website for additional information



Winston Girls Softball – Post Road Park

www.winstongirlssoftball.com

**Softball Contact: Marisa Hutto,
marisa@dcgirlssoftball.com**

Winston Girls Softball plays out of Post Road Park in Winston. Part of the Douglas County Girls Softball Association, Winston Girls Softball will play ASA rules. For additional information, please visit www.DCGirlsSoftball.com.

Bill Arp Recreation Club - Bill Arp Park

www.billarppark.com

Bill Arp Park offers youth baseball for ages 3-14 and will play in the Douglas County Youth Baseball League. Registration for Spring Baseball will take place on Jan. 10, 17, 24 & 31. *Fees are as follows: Pre-t - \$65.00/6U - \$130.00/8U - \$135.00/10U \$145.00/12U - \$160.00/14U - \$160.00. This fee includes a full uniform.*

**Baseball Contact: Chris Little, 678-873-7963,
chris.little@billarppark.com**

Bill Arp also offers Youth Football and Cheerleading for ages 5-12 and will play in the Northwest Georgia Youth Football League (NWGFL).

www.billarpfalcons.com

**Football Contact: Trey Robinson,
treyelite@aol.com**

**Cheerleading Contact: Andrea Harmon,
andygirl228@gmail.com**



Winston Baseball - Winston Park

www.winstonbaseball.com

This program offers Dizzy Dean baseball for ages 4-14. Registration for Spring 2015 will be available online November through January 3. In person registration will be in January. Dates to be determined. Please visit the website for additional information.

Challenger Baseball League

**Coordinator: Coach Philip Troglin,
770-941-2209, DCChallengers@aol.com**

Clean last season's dust off of your cleats and gloves and get ready for another Challenger season. This baseball team is comprised of children and young adults, ages 6-21, who have mental and/or physical disabilities. All participants must be registered at least one week before desired attendance date by calling 770-941-2209. Please leave your name and contact information.

Sweetwater Archery Club

www.sweetwaterarchery.com

Cedar Mountain Park (7201 Cedar Mountain Rd. across from the Do. Co. Landfill)

Contact: Albert Morris, 678-677-6782

The SAC holds an archery shoot monthly at the Cedar Mountain Park location for months January through August. All monthly shoots are open to the public and for people of all ages. The SAC is recognized by the Archery Shooters Association (ASA).

**Douglas County AeroModelers
Radio Control Club**

www.DCAMflyers.com

Cedar Mountain Park (7201 Cedar Mountain Rd. across from Do. Co. Landfill)

DCAM is a club for radio control flyers, model builders, and hobbyists. Established in 1977, the club continues to promote model building and flying for Douglas County residents and others interested in this exciting sport. The club is chartered with the national Academy of Model Aeronautics (AMA), the governing body for radio control sport flying. The DCAM meets the first Tuesday of each month at 7pm @ Clinton Nature Preserve.



Athletics

Athletic Coordinator: Brandon Davis • bdavis@co.douglas.ga.us

Online registration is available at www.douglascountyparks.com

Douglas County Adult Co-ed Kickball Spring League 2015

Registration Dates: March 16 – May 1

8-10 Game Season: May 5 – July 29

Deer Lick Park Softball Fields

Tuesday & Wednesday 6:30pm, 7:30pm, 8:30pm

Coordinator: Brandon Davis

Age: 17 & older

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.

Uniforms are not provided, but are required.

Cost: \$20/Player

Minimum of 8 players and 4 females per team, maximum of 20 players per team.

Lithia Springs Park and Doyle Baseball present Baseball and Softball Spring Training Warmups

Baseball Camp

Feb. 28, 2015 12:30-5:30pm

Coaches' Clinic - 9am-noon



Softball Camp - Mar. 1, 2015 12-5pm

Coaches' Clinic - 9am-noon

Player Ages: 5-14

Cost: \$45 if paid by February 21st (Team rates available)

Coaches Fee: \$20.00

Please contact Tracie Ivey for additional information and to register via email: tivey@co.douglas.ga.us

Lithia Springs Park Baseball & Softball

2922 S. Sweetwater Rd.,
Lithia Springs, Ga. 30122

Contact: Tracie Ivey ,

770-920-7129,

tivey@co.douglas.ga.us.



Lithia Springs Park will offer diamond sports for kids ages 3-14. The girls softball will play in the Douglas County Girls Softball League and the boys will be a part of the Douglas County Youth Baseball League. Registration for Spring 2015 sports will be available online at

www.douglascountyparks.com or at Deer Lick Park Activity Center (gymnasium building) Monday-Saturday, 8am-8pm.

On site registration will be held at Lithia Springs Park on January 17th from 10am-2pm.

Cost TBD



Douglas County Night at Turner Field

May 2, 2015



Douglas County Night at Turner Field provides recognition to the baseball and softball programs and participants in Douglas County. Ticketed & uniformed participants are allowed to assemble and walk around the warning track of Turner Field with all of our county participants as a whole. Please contact Tracie Ivey via email: tivey@co.douglas.ga.us.

Douglas County Parks & Rec. Youth County Track Meet

Mid April, 2015 (TBA)

Location: New Manchester High School

(Registration Dates: February 2 – April 3)

Ages: 5-15 Boys & Girls

Coordinator: Brandon Davis

Meet Instructor: Jean Williams

Douglas County Parks & Recreation Track Meet (Mid April, 2015) and the winners in each age group and event will advance to compete in the GRPA (Georgia Recreation and Park Association) District 5 track meet and possibly advance to the GRPA State Track Meet.

Tennis At Deer Lick Park

Saturdays: 3:30-4:30pm

12U Tennis

Tue. & Thur.: 5-6pm

12U Tennis

Tue. & Thur.: 6-7pm

Middle School/High School Beginner

Tuesday & Thursday: 7-8pm

Family Cardio Tennis

(Minimum age requirement of 12 years old)



Contacts: Peter Freeman,

atlantatennisfactory@gmail.com

Tracie Ivey, 770-920-7129, tivey@co.douglas.ga.us

Welcome new USPTA Elite Professional Peter Freeman to Deer Lick Park Tennis.

Session 1: March 7 – March 28

Session 2: April 4 – April 25

Session 3: May 2 – May 23

Minimum of 4 students per class to hold class.

Cost: \$11.00 per class.

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 (June & July): 1pm - 5:30pm

BWAC will be closed the last Sunday of every month for In-service Training.

(Closures due to special events will be posted online as well as at the facility)

Swim Fees

	Douglas County Resident	Outside Douglas County
<i>Daily Admission</i>		
Individual Adult	\$3.00	\$4.00
Individual Youth or Senior	\$2.00	\$3.00
<i>Quarterly and Annual Passes</i>		
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	\$120.00
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

Birthday Party Room Rentals

Douglas County Resident: \$90.00

Non-Resident: \$110.00

Fee includes: 1.5 hours in the party room & 1 hour of swim time for up to 20 swimmers. There will be an additional charge of \$1 for each swimmer beyond the 20 included in the package.

Party room times include setup and breakdown, this schedule is strictly adhered to. All belongings must be out of the room at the end of your allotted party room time.

Saturday

12:30pm-2:00pm- Party room

2:00pm-3:00pm- Swimming

3:00pm-4:30pm- Party room

4:30pm-5:30pm- Swimming

Sunday

1:30pm-3:00pm- Party room

3:00pm-4:00pm- Swimming

Daily Swim

Boundary Waters Aquatic Center is open for daily swim during regular operating hours.

Due to scheduled programs daily swim space will be limited during certain times.

The competition pool is for lap swimming only and for certain programming when necessary.

Water Aerobics

Water Aerobics classes available. See our water aerobics calendar on

www.celebratedouglascounty.com for rates and schedule.

Cardio Fitness Room

The Cardio room is open during regular operating hours. Ages 18 & Up. \$3 per day for ages 18-54. \$2 per day for ages 55 & up.

Includes treadmills, recumbent bikes, elliptical trainers, hand weights, and yoga mats. A supervisor is on hand at all times for your safety and to help you with the equipment. However, they are not fitness trainers. *Included in cost of daily fee or pass.*



Special Olympics Swim Team

Nov. 2014 - Feb. 2015, Wednesdays at 2:30pm. March - May, Wednesdays at 2:30pm and Fridays at 6:30pm (except major holidays and special events)
Boundary Waters Aquatic Center
DCPR Staff/ Volunteer Coaches
 Ages 8 and up

The Special Olympics Swim Team is designed for athletes who have intellectual disabilities and are able to independently swim at least 25 meters without interruption. This team is a competitive program and not designed to teach swim lessons to non-swimmers. Swim lessons are available through Boundary Waters Aquatic Center for individuals interested in learning to swim. Contact the Therapeutic Coordinator at 770-920-7129 or Boundary Waters Aquatic Center at 770-489-2175 for more information. Special Olympics State Summer Games at Emory University, May 29-31. Additional competition dates vary.

Participant must register by calling 770-489-2175.

S.E.A.L.S. Swim Lesson Program - AGES: 3 -12 years

SEALS (*Swimmers Earning A Lifelong Skill*) Was introduced in February of 2009 and continues to be incredibly successful. We have provided lessons to over 1,200 Children. We look forward to expanding upon this program as its popularity continues to grow.

Registration for Sessions 1-3 is Feb. 7th

Session 1- March 9th-26th
 Session 2- April 13th-30th
 Session 3- May 11th-28th

(June 1st-Memorial Day Makeup)

Registration for Sessions 4 & 5 is May 2nd

Session 4- June 8th-25th
 Session 5- July 6th-23rd

\$55 per session, 6 lessons per session. Out of county, \$70 per session.

Classes are Limited and Spaces 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 order to be placed in a level 3 or above class you must have participated in level 1 or 2 classes prior to registration. We will do our best to move your participant up or down based upon ability, however this cannot be guaranteed.

Level 1 (30 min.)

Ratio: 1:6 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 (30 min.)

Ratio: 1:6 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 (30 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

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.

Please refer to the registration and refund policies found on page 4.
 Online registration for Aquatic Programs is not available at this time.

Zumba®**Mon.-Thurs. at 12 Noon and 7:00pm****Instructor: Tracy Lymus**

Latin-inspired, dance-fitness class that incorporates latin and international music and dance movements, creating a dynamic, exciting, exhilarating, one hour of dance fitness fun!!! It combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach that's effective and easy-to-follow. You'll have so much fun, you'll barely notice you're getting fit and working up a sweat while burning 400 to 500 calories an hour!

*Cost: \$7***WATER AEROBICS****Water Aerobics with Julianca McCoyd****Mon./Tues./Fri. mornings****9:45am H2O Fit****Tuesday/Thursday evenings 7pm-8pm Move and Groove****Saturday mornings 9:30-10:30am H2O Fit****Instructor: Julianca McCoyd***COST: \$5 per class. \$1 off for married couples.***Water Aerobics with Dana Wester****Mon./Tues. 6pm-7pm****Cardio-Splash: Wednesdays 6pm-7pm****Mon. / Wed.: 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.***Lap Swimming**

The competition 25 meters long and 7 feet, 3 inches deep pool is open during regular facility hours for lap swimmers. Great for cardiovascular health and endurance. Kick boards & swim fins are available for use when swimming laps.

*COST: daily admission fee or included in your BWAC pass.***Red Cross Lifeguarding**

Classes will be offered. Please contact Joel Payne at BWAC for information.

Aqua Zumba®**Mon./Wed. at 7pm****Instructor: Tracy Lymus**

Ages 14 and up.

Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Aqua Zumba blends Zumba formula and philosophy with traditional aqua fitness disciplines together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. In the case of inclement weather, please bring regular workout clothes. Zumba Fitness will be held in the aerobics room.

\$7.00 per class**Douglas County Stingrays (Swim Team)****douglascountystingrays.org**

The Douglas County Stingrays is 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.

West Georgia Swim Club (Swim Team)**westgeorgiaswimclub.org**

Our club is a USS year-round competitive swim team offering high quality professional coaching and technique instruction for all ages and abilities. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor.

Come Dive In and Join Us For Our
7th Annual
**Underwater
Easter Egg Hunt**

At Boundary Waters Aquatic Center

Date: Saturday, March 28, 2015 (preregister by 3/26)

Time: 1:00pm & 2:15pm (must register for a time).

Cost: \$3.00 Per Child

Ages: 7 - 12 Years Of Age (Separate Age Groups)

Pre-registration required by Thursday, March 26th by 8:30pm.

Your child must be able to swim in order
to participate in this event.

Boundary Waters will provide the "special" egg baskets.
We will have prizes to award in several different categories.
Bring your goggles and swim fins if you want!

**Reservation must be done at the Aquatics Center.
For more information call 770-489-2175**



Community Programs

(All Programs at Deer Lick Park unless specified)

Community Programs Coordinator: Chad Griffin • cgriffin@co.douglas.ga.us

Online registration is available for classes at www.douglascountyparks.com

Piano Instruction

Thursdays 4:00pm – 9:00pm

Deer Lick Park Activity Center Room 120-G

Instructor: Juanita Barlow

pagebarlow1@yahoo.com

All ages Beginner - Advanced levels

This program provides appropriate piano instruction 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. New registration every first Tuesday of the month.

Session 1: January 2015

Session 2: February 2015

Session 3: March 2015

Session 4: April 2015

\$80.00 monthly fee

Deer Lick Park Golden Years Club

Wednesdays 10am – 1pm

Deer Lick Park Activity Center Room 110

Adults ages 55 and older

The purpose of the this Club shall be to provide recreation, fun, togetherness, education, community service and other activities for senior citizens of Douglas County. The Club meets weeks September – May at Deer Lick Park. The fourth Wednesday of each month is reserved for the business meeting and birthday luncheon.

Conversational Sign Language – American Sign Language (ASL)

Level I and Level II

Fridays 6:30pm–8pm (except major holidays)

January 9 - February 27. March 6 - April 24

Deer Lick Park Activity Center Room 120-G

Instructor: Charlene Tilghman

asl4me2@ymail.com

Ages 10 and up

This class will equip students by helping them gain an understanding of ASL and the cultural diversity within the Deaf community. Students must purchase Signing Illustrated (instructor will provide more information to students directly and do not need the book for the first class). Students will be provided a rich learning environment combining classroom instruction, experiential and self-directed learning, and community involvement.

\$65 per 8 week session

Sylver Dears Line Dance

Mondays 10am-11am

Deer Lick Park Activity Center Gym

Adults ages 55 and older

Come out and enjoy some line dancing with your fellow seniors!! This class teaches you new dances while getting exercise at the same time.

\$3.00 per visit

Cooking Expeditions

Fridays 5pm – 7:30pm

Deer Lick Park Activity Center Kitchen

Instructor: Treyce Avery

chefreyce@cookingexpeditions.com

Cooking Expeditions provides culinary classes for students of all ages. Petite, Jr., Sr., & Master classes will combine culinary arts, with social studies, foreign language, reading, math, science, music, shopping, and art in a fun and innovative way! Watch your kids grow when immersed in cultures, traditions, and cuisines from around the world. There are also family, home school, senior, and adult classes. Visit Cooking Expeditions online at www.cookingexpeditions.com for more information on this program as well as classes offered, virtual culinary tours, and more!

\$20 per class

Babysitter Training Classes

Call For Class Dates

Deer Lick Park Activity Center Room 170

Instructor: Shujuan Shannon

babysittertrainingacademy@hotmail.com

www.babysittertrainingacademy.com

This babysitter training course was developed by the American Red Cross and is designed for boys and girls ages 11-18. Students will learn how to supervise children and infants, pick up, hold, feed & diapering, identify indoor/outdoor safety hazards, care for common injuries and emergencies such as choking, burns, cuts and bee stings. Students will receive a Babysitter Training Certificate from the American Red Cross. 16 slots available per class. You must pre-register. Please contact the instructor or the Community Programs Coordinator.

\$50 for a one day class.

Sewing Class**Wednesdays/Fridays 7pm – 9pm****Family Fun Center Community Room****Instructor: Lelia Miller-Thomas***leliamillerthomas@gmail.com*

This class is designed to help students become more comfortable with sewing machines and help them learn the proper techniques and fundamentals of sewing.

Class overview:

- Learn basic parts of the machine
- Learn to wind bobbin and thread machine
- Learn how to sew straight lines
- Learn the various stitches the machine will do
- Learn to prep fabric, layout pattern pieces, pin properly, cut and mark
- Learn to read and understand instructions

*\$35 per (8 class) month / \$5 per class***Ceramics Plus (+)****1st 3 Thursdays of the month****6pm-8pm****Deer Lick Park Activity Center Room 170****Classes start in August**

Looking for something fun to do? Come try ceramics, card making, knitting, crocheting and more. You must register one week in advance, so supplies will be available.

*Cost for the class is only the materials you use!***Southern Glaze Pottery****Mondays 6pm-8pm,****Tuesdays 9:30am-11:30am****Deer Lick Park Activity Center Room 170****Thursdays 6:30pm -8:30pm*****Clinton Nature Preserve Farm House Meeting Room****Instructors: Amanda Smith and Nicole Rush,***amanda@southernglaze.com**www.southernglaze.com*

The class offers instruction in pottery painting, clay sculpting and glass works and is dedicated to offering a fun, creative and unique experience for all ages. Some of the projects would include a variety of bisque wares,

such as plates, platters, planters, vases, picture frames and seasonal items. Glass projects will include jewelry, coasters and window hangings. The prices for the projects include all material, glazes, instruction and firing. For more information and class projects:



*You must Pre-Register for classes. You can register for the classes being held at Clinton online at www.douglascountyparks.com

*\$20 a class or 4 classes for \$70***HEALTH & WELLNESS****Walk Georgia.****Move more. Live more.**

JOIN US!

Walk Georgia is an 12 week program sponsored by University of Georgia Cooperative Extension.

It is designed to increase your physical activity in a fun, community-oriented way. Participate in Walk Georgia as an individual or as a team of four.

The kickoff is February 1, 2015.

Register On line at : www.walkgeorgia.org

For more information please Contact:

Douglas County Cooperative Extension - 770 - 920 -7224

**Walking Club****Start Date:** (this is an ongoing program)

Ages: 5 and up

Register and be the first to reach the first milestone. Come out with entire family to get fit and feel healthy. People who reach this goal will be honored on a plaque that will hang in Deer Lick Park Activity Center. If you have any questions please contact Chad Griffin at 770-920-7129 or cgriffin@co.douglas.ga.us.

Cost: Free – Must sign up at Deer Lick Park or www.douglascountyparks.com

Zumba**Mondays/Wednesdays 6:30pm - 7:30pm****Deer Lick Park Activity Center Gym****Instructors: Suelyn Kirkland, suelynkirkland@yahoo.com**

Ages: 14 and Up

Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, one hour of dance fitness fun!!! It combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach that's effective and easy-to-follow. You'll have so much fun, you'll barely notice you're getting fit and working up a sweat while burning 400 to 500 calories an hour!

*\$20 per month**\$5 per class for walk-ins*

Morning Zumba**Saturdays 8:30am - 9:30am****Deer Lick Park Activity Center Room 110****Instructor: Chesy Thomas, ceezumba@gmail.com**

Ages: 14 and Up

STAY FIT SATURDAYS! Latin-inspired, dance-fitness class that incorporates latin and international music and dance movements, creating a dynamic, exciting, exhilarating, one hour of dance fitness fun!!! It combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach that's effective and easy-to-follow. You'll have so much fun, you'll barely notice you're getting fit and working up a sweat while burning 400 to 500 calories an hour!

\$10 per month

\$5 per class for walk-ins

Cardio Kick**Tuesdays/Thursdays 6:30pm - 7:30pm****Deer Lick Park Activity Center Room 110****Instructor: Chesy Thomas***ceezumba@gmail.com*

Ages: 14 and Up

KICK START Your fitness! Sculpt muscles and blast fat every Tuesday & Thursday from 6:30pm to 7:30pm. Come experience a combination of dance and kickboxing that will help improve endurance and cardiovascular fitness. Cardio kick will target your arms, abs, thighs and butt.

\$20 per month

\$5 per class for walk-ins

ATA Taekwondo Classes**Tuesdays/Thursdays at the Family Fun Center****Low rank-7:00- 8:00pm; High rank- 8:00 -9:00pm****Instructor: Ed Meyer, 4th Degree Black Belt***edmeyerd@aol.com*

Like any martial art that is 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.

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

Session 1: September

Session 2: October

Session 3: November

Session 4: December

\$45.00 a month

Uniform cost \$25 if purchased from instructor

Historical Fencing: Italian Longsword**Saturdays (Weekly) at Deer Lick Community****Room at Family Fun Center****Beginners Class 9:00am to 10:30am****Intermediate Class 10:30am to 12:30pm****Instructors: Bryan Johnson and Darren Foley***longswordguy@gmail.com*

Historical Fencing for ages 16 and up. (Under 18 must be accompanied by a parent or legal guardian.)

This class is based on a program of instruction developed by Schola Saint George. (www.scholasaintgeorge.org)

Primary focus is on swordsmanship and fighting system of 14th century Italian Master Fiore dei Liberi. Training equipment will be provided for the first twelve (12) weeks of class.

\$45 for 12 week class

NEW CLASSES:**Next Stage Fitness – Boot Camp**New**Saturday mornings: 9:30am – 10:30am****Instructor: Fred Alexander, sirfred949@hotmail.com**

A fitness boot camp is a type of indoor/outdoor fitness class that mixes traditional callisthenic and body weight exercises with interval training and strength training. This fitness boot camp is designed in a way that pushes the participants harder than they'd push themselves and, in a way, the resembles a military boot camp. During boot camp, a participant will run sprints, perform body weight exercises and various forms of plyometric and interval training with little rest between exercises. This support program offers a low-cost, efficient and challenging workout. This boot camp will get fast results and create a supportive and motivational community.

Cost: \$10 per person/class



The KIDservatory – Theater Class New

Tuesday, Thursday and Friday 3pm – 5:30pm

Instructor: Sharon Young, kidservatory@gmail.com

The KIDservatory: Broadway and Beyond Triple Threat Theater Class is a 5-6 week session of singing, acting, basic dance movement and character development. Children will learn 4 pivotal Broadway scenes with stage direction, and learn various age appropriate Broadway musicals, with a culminating event on the final day of the session. More importantly, children become more confident, improve academically, increase self-esteem, learn public speaking skills, teamwork, poise and communication skills.

Session 1: January 6 – February 6

Session 2: February 17 – March 27

Session 3: April 13 – May 22

Cost: \$35 per week

Wonderfully Made New

Mondays and Wednesdays 4pm – 6:30pm

Instructor: Qura Woodbury, wmhfs2@gmail.com

The purpose of Wonderfully Made is to provide help for families in the community who have kids and teens that have been diagnosed with obesity. As the childhood obesity epidemic has become most prevalent, pediatricians are looking for connections with other healthcare professionals to create alternative methods for treating diagnosed obesity. Our goal is to get clients to be physically active at the levels recommended by the American Medical Association as well as gain and maintain dietary habits recommended by the CDC.

The Wonderfully Made Program is an ongoing program that focuses on the design of our bodies, how it is made, and how to take care of it through exercise, nutrition, behavioral therapy and education. We believe that this approach will help our clients develop a healthy lifestyle for the rest of their lives.

Cost: \$25.00 family enrollment fee and a monthly fee of \$20.00 per child

Tutoring Services New

Instructor: Valarie Harris, valarieharris@yahoo.com

Test prep for the new Georgia Milestone Test. Now offering small group academic training in math, reading, and writing composition for 3rd -6th grade students. Short tutorials followed by fun, competitive games that solidify and assess learning.

Want your child to learn Spanish? Now offering a unique immersion program designed for new Spanish language learners ages 9-12. Students will immediately learn and remember key words and phrases in Spanish.

Fee: \$20 per hour

4-H Programs

Please Contact Douglas County UGA Extension Office at

770-920-7224 or
uge2097@uga.edu

Programs subject to change.

4-H Junior Master Gardener Club

Thursdays 4:30pm - 6:00pm

Saturdays 9:30am - 11:00am

Family Fun Center-Deer Lick Park

Ages 9 -19

“Learn How the Garden Grows” Plan, Design, Build, and Work a Perennial, Herb, Fruit and Vegetable Garden with Experienced Gardeners.

\$35.00 Annual Registration Fee

4-H Target Sports Shotgun Team

Meeting day(s) and times TBA

Douglas County 4-H Shooting Range

Ages 12-19

Get on Target. Be part of a Winning Team. Learn Trap, Modified Trap and Skeet. Please Contact Douglas County UGA Extension Office at number above for more information.

Fee TBA

4-H Target Sports Archery Club

Meeting time TBA

Douglas County Boundary Waters Park

Ages 9-19

Aim High. Join the 4-H Archery Club. Please Contact Douglas County UGA Extension Office at number above for more information.

Fees TBA



Georgia
COUNCIL FOR THE Arts
OFFICE OF THE GOVERNOR

2015 SPRING BREAK ARTS CAMP

Offering intensive arts exploration guided by five artists for 7 – 11 year olds

APRIL 6-10, 2015 9am - 4pm

DEER LICK PARK

2105 Mack Road • Douglasville, GA 30135

Led by four artists in various arts disciplines, this integrated, multi-disciplinary art adventure for children 7-11 provides age-appropriate art making opportunities from 9am-4pm each day. On the last day there will be a finale celebration of the campers accomplishments, to which families, friends and community members are invited (*held in the park's gymnasium*).

Children, 7 – 11 years old, will explore a wide variety of art disciplines including ceramics, dance design, painting, papermaking and tile, working with five expert and experienced teaching artists. Campers (*a total of 50 can be registered*) are divided into five groups of ten by age.

\$100 per child, \$80 for CAC family members (*\$5 sibling discount*)

Early drop off (*8:30 a.m.*) and late pick up (*5:30 p.m.*) can be arranged with advance notice AND at no additional fee with the Parks and Recreation staff.

Daily schedule will include several art-making sessions, morning and afternoon breaks (snacks provided by *Douglas County Department of Parks and Recreation*) and lunch (provided by campers). Space is limited, so reservations must be made by calling the CAC, 770-949-2787 or Deer Lick Park, 770-920-7129. Remember you can now pay for camps and classes online using PayPal at our website, www.artsdouglas.org!

12th Annual Spring Break Arts Camp Entry Form

Name: _____

Address: _____

City, State, Zip: _____ Phone: _____ Email: _____

Birthdate: _____ Age: _____

Mail to: Cultural Arts Center • P.O. Box 2018 • Douglasville, GA 30133

Must also complete DCPR Program Registration Form.

Who's the fairest of them all?

Fairy Princess Ball



Girls put on your prettiest costumes and dresses and be a princess for a night! Bring your dad, grandpa, older brother or stepdad as your date.

Who: All girls 12 and under
(Please remember this is a daddy daughter dance)

When: **Friday, February 13, 2015**

Where: Deer Lick Park Activity Center
2105 Mack Rd.

Time: 7:00pm-10:00pm

Cost: **Early Registration** - December 2014:
\$20 couple (\$5.00 each additional sibling)
Regular Registration - January 2015:
\$25 couple (\$5.00 each additional sibling)
Late Registration - February 2015:
\$30 per couple (\$5 each additional sibling)

SPACE IS LIMITED!!
Make sure to register early!!

Deadline for registration is February 13, 2015 if space is available
No Tickets will be sold at the Door -- Pre-registration ONLY



Meet the Fairy Godmother,
Handsome Prince and Princesses!

Pictures are available, horse & carriage rides, refreshments, door prizes and live DJ!!
Enchanted forest! Castle! Knights!

Douglas County Parks and Recreation presents

eggsplosion!!

2 Hunts - One Night!

Eggstravaganza Hunt!

Boundary Waters Park

Kids 12 and under

Friday, March 27, 2015

Promptly at 6:30pm

Rain Date: Friday, April 3, 2015

Hunt times will be staggered between age groups.

Cost: Admission cost is free, but a small fee for refreshments may apply.

Age categories:

- Adaptive (Field 1)
- 2-4 (Field 1) Only 1 parent allowed on the field with this age group!!
- 5-6 (Field 2)
- 7-8 (Field 3)
- 9-10 (Field 4)
- 11-12 (Field 5)

****Parents will not be permitted in hunt area unless accompanying adaptive and ages 2 – 4 and parents are not allowed to pick up the eggs. Only the child hunting the eggs!***

Please for everyone's safety,
no children under 2 in the hunt area.

Food, Games, Easter Bunny, DJ, Photo Booth, Train Rides,
Face Painting and much more!

If you have any questions please contact
Chad Griffin at 770-920-7129 or cgriffin@co.douglas.ga.us

Flashlight Egg Hunt!

Boundary Waters Park

Kids ages 7-16

Friday, March 27, 2015

Begins at Dark (no later than 8:45)

Rain Date: Friday, April 3, 2015

Hunt times will be staggered between age groups.

*Cost: \$5
You MUST pre-register by March 25th.*

Age categories:

- Age 7-8(Field 1)
- 9-10 (Field 2)
- 11-12 (Field 3)
- 13-16 (Field 4)



Douglas County Parks and Recreation
2015



Project FUN SUMMER CAMP

at Deer Lick Park

Ages 5 – 12 Age Cutoff Date: January 1, 2015

Camp Session (2 Week Sessions)

- May 26 – June 5 (session 1)
- June 8– June 19 (session 2)
- June 22– July 10 (session 3)
NO Camp the week of June 29-July 3
- July 13 – July 24 (session 4)

Session Pricing

Regular Hours:

\$180 per session 9am-4pm

Extended Hours:

\$210 per session 7am-6pm

Only 60 spots available.

\$10 discount per session given for second and additional child/children MUST be in same household

Activities:

- Arts & Crafts ■ Nature Hikes ■ Swimming ■ Movies
- Field Trips including: World of Coke, Zoo, White Water, Centennial Park

Registration:

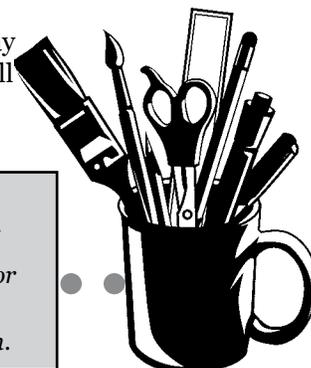
- Early Bird Registration April 1- April 30, 2015!
\$20 discount given per child for each session paid in full during Early Bird Registration.
- \$30 deposit will hold your spot for each session.
Sessions will fill up!! You run the risk of losing your spot if you do not put a deposit down on the sessions you want.
- Regular Registration May 1 – Summer

****Camp Payment is due the Friday before the Session of camp attending.****

****If you do not put a deposit down for the session you want to attend, you may lose your spot. Please do not forget to put a deposit down if you know you will want more than one session. SPACE IS LIMITED!!****



Contact: Chad Griffin @ 770-920-7129 or
cgriffin@co.douglas.ga.us for more information.
Parents are asked to provide a nutritious lunch for their children each day.
A birth certificate will be required at registration.



Therapeutic Recreation

Therapeutic Recreation Coordinator: Christie Mills, CTRS, CPRP • cmills@co.douglas.ga.us

If you would like more information on how you can help, please contact Christie at 770-920-7129.

Conversational Sign Language – American Sign Language (ASL)

Level I and Level II

Fridays 6:30pm–8pm (except major holidays)

January 9 - February 27. March 6 - April 24

Deer Lick Park Activity Center Room 120-G

Instructor: Charlene Tilghman

asl4me2@ymail.com

Ages 10 and up

This class will equip students by helping them gain an understanding of ASL and the cultural diversity within the Deaf community. Students must purchase Signing Illustrated (instructor will provide more information to students directly and do not need the book for the first class). Students will be provided a rich learning environment combining classroom instruction, experiential and self-directed learning, and community involvement.

\$65 per 8 week session

Modern Woodmen of America Youth Service Club

Third Saturday of the month 1:00pm-3:00pm

Deer Lick Park Family Fun Center Community Room

Coordinator: Terry Henley

Ages 3-15

Volunteerism, 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 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. And they have a lot of fun along the way.

Annual registration fee is required and dependent upon type of membership. Participant must register one week before desired attendance date by calling 770-949-0873. Please leave a message with your name and contact information. All children, with or without diagnosed disabilities, are welcome!

Heart to Heart Art Therapy Class, an integrated class for people with & without disabilities

Saturdays, 10:00am-11:30am

Deer Lick Park Activity Center Room 170

Instructor: Marion Greenwood

Ages: 14 and Up

This class will allow you to tap into your heart and pull from it as inspiration to create fun, interactive works of art. We will highlight the basics of fine art as well as explore new mediums. All aspiring artists are welcome in this integrated class and lessons will be developed with consideration of the needs of the clients. Caregivers are asked to accompany their clients. A supply list will be given during attendance of first class.

Classes do not meet if there is a fifth week in the month.

\$40 for 4 weeks. Supplies not included, but may be purchased from the instructor.

Douglas County Party Ladies' Valentine's Dance

Saturday, February 14, 7:00pm-9:00pm

Deer Lick Park Activity Center Gymnasium

DCPR Staff

All ages

Come dance with your honey or just bring a friend to celebrate Valentine's Day with us! Wear your red to spice up the night! We will be also be voting for our Valentine King and Queen. (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 required at the door

Special Olympics Programming



Special Olympics

Special Olympics Georgia, in collaboration with and facilitated through Douglas County Parks and Recreation TR Section, provides year-round sports training and athletic competition for children and adults with intellectual disabilities and/or physical challenges.

Special Olympics Basketball

Mondays, Nov. 10, 2014 - Jan. 19, 2015 (except major holidays)

Skills teams: 6:00pm-7:30pm

Traditional teams: 6:00pm-8:00pm

at Deer Lick Park Activity Center Gymnasium

Unified Teams: 6:00pm-8:00pm

at Sunset Hills Baptist Church

Volunteer Coaches

Ages 16 and up

We have the skills to help you HOOP IT UP! Come join our Skills, Traditional, and Unified teams to learn basics of the game to competitive strategies for the court. There is a team for every skill level. Special Olympics Georgia Indoor Winter Games in Cobb County, January 23-25, 2015. Additional competition dates vary.

Registration required.

Special Olympics Golf

Schedules and Course Locations vary

Volunteer Coaches

(except major holidays)

Ages 16 and up

Golf is a precision club and ball sport, in which golfers use many types of clubs to hit balls into a series of holes on a golf course using the fewest number of strokes. The game is played on golf courses, each of which features a unique design, although courses typically consist of either nine or 18 holes. We are presently seeking additional volunteer coaches for this sport. Please contact the Therapeutic Coordinator if you are interested.

Schedules dependent upon course availability. Special Olympics Georgia Fall Games in Gainesville, October 9-11. Additional competition dates vary.

Special Pops Tennis Academy

Thursdays, March through May

6:00-9:00pm (except major holidays)

Deer Lick Park Tennis Courts

Special Pops Tennis Instructors

1st through 12th Grades (must be 8 years of age)

Special Populations Tennis Program, Inc. (Special Pops) is organization that offers an adaptive tennis program specifically designed to share the lifetime sport of tennis with children with intellectual disabilities. Programs offered free of charge to all skill levels, including those who have never played. Special Olympics Georgia Athletes' Practice – May 14.

Special Olympics Georgia State Summer Games at Emory University, May 29-31. Additional competition dates vary.

Participant must register at www.specialpopstennis.com or contact Jim Hamm at 770-998-7826 to register.

Special Olympics Swim Team

Nov. 2014 - Feb. 2015, Wednesdays at 2:30pm

March - May, Wednesdays at 2:30pm and

Fridays at 6:30pm (except major holidays and special events)

Boundary Waters Aquatic Center

DCPR Staff/ Volunteer Coaches

Ages 8 and up

The Special Olympics Swim Team is designed for athletes who have intellectual disabilities and are able to independently swim at least 25 meters without interruption. This team is a competitive program and not designed to teach swim lessons to non-swimmers. Swim lessons are available through Boundary Waters Aquatic Center for individuals interested in learning to swim. Contact the Therapeutic Coordinator at 770-920-7129 or Boundary Waters Aquatic Center at 770-489-2175 for more information. Special Olympics State Summer Games at Emory University, May 29-31. Additional competition dates vary.

Participant must register by calling 770-489-2175.

Special Olympics Bowling

Saturday Mornings 10am - Noon

Sept. 6th, 2014 – May 16th, 2015

10:00am - 12:00pm (except major holidays)

Your Bowling Center

Volunteer Coaches

Ages 16 and up

Gear yourself up to strike out with your closest teammates at the local lanes. Whether you are a beginner or have been scoring "turkeys" for years, this sport is for you.

Special Olympics Georgia Indoor Winter Games in Cobb County for ages 16-21, January 23-25, 2015. Special Olympics Georgia Masters' Bowling in Warner Robbins for ages 22 and up, August 21-23, 2015.

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 Powerlifting

Weekdays annually / 7:00pm-9:00pm

YouFit - 9559 Georgia 5 #401, Douglasville, GA

Volunteer Coaches

(except major holidays)

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. Special Olympics Georgia Indoor Winter Games in Cobb County, January 23-25. USAPL Alabama State Powerlifting Championship in Mobile, AL, February 21-22. Additional competition dates vary.

Participants must be a registered member of the team to attend practice.



Camp D.O.U.G. 2015

Daring Others to Undertake Greatness

Summer Camp for adults with disabilities (ages 13 & up)

Registration will begin the week of Spring Break (April 6-10, 2015)

Camp D.O.U.G. is a summer camp specifically designed to meet the needs and goals of individuals with disabilities.

Special Olympics & Paralympic Sports

Arts & Crafts

Swimming

Team Building

Outdoor Adventure

Field Trips

*All Camp D.O.U.G. participants must schedule an Intake Interview with the Therapeutic Coordinator two weeks before the desired camp attendance date. Payment is due the Friday before the session or week of expected attendance.

Camp space is limited! Registration Begins April 6th

(the week of Spring Break)

*\$30 deposit due before each session
\$20 discount given per child for each session /
\$10 discount given per adult for each week paid in full During Early Bird Registration*

We will not have camp the week of July 4th!

Camp D.O.U.G. - Ages 5-12

Camp Sessions (2 weeks):

Session 1: May 26 - June 5

Session 2: June 8 - June 19

Session 3: June 22 - July 10 (No camp June 29 - July 3, in observance of Independence Day)

Session 4: July 13 - July 24

\$180/session - 9am to 4pm (Regular Hours)

\$210/session - 7am to 6pm (Extended Hours)

Camp D.O.U.G. will be based out of Deer Lick Park. Participants will be joining the Project Fun campers in all activities and field trips.

Camp D.O.U.G. Adults - Ages 13 & Up

Camp per week:

Session 1: June 15 - June 19

Session 2: June 22 - June 26

Session 3: July 13 - July 17

Session 4: July 20 - July 24

\$95/week - 9am to 4pm (Regular Hours)

\$110/week - 7am to 6pm (Extended Hours)

Camp D.O.U.G. will be based out of Deer Lick Park. Participants will enjoy a variety of activities, trips, and service based experiences.



Special Olympics



Special Olympics Benefit Car, Bike & Truck Show

April 18, 2015

(rain date - April 28, 2015)

10 a.m. - 2 p.m.

Douglas County Courthouse

\$20 advance car registration, \$25 after April 3rd
\$30 vendor registration (limited availability)

Special Olympics Athletes will be choosing and awarding trophies to
• 1st, 2nd, 3rd place for all categories

Cars • Vendors • 50/50 raffle • Silent Auction
Food & Games • Prizes

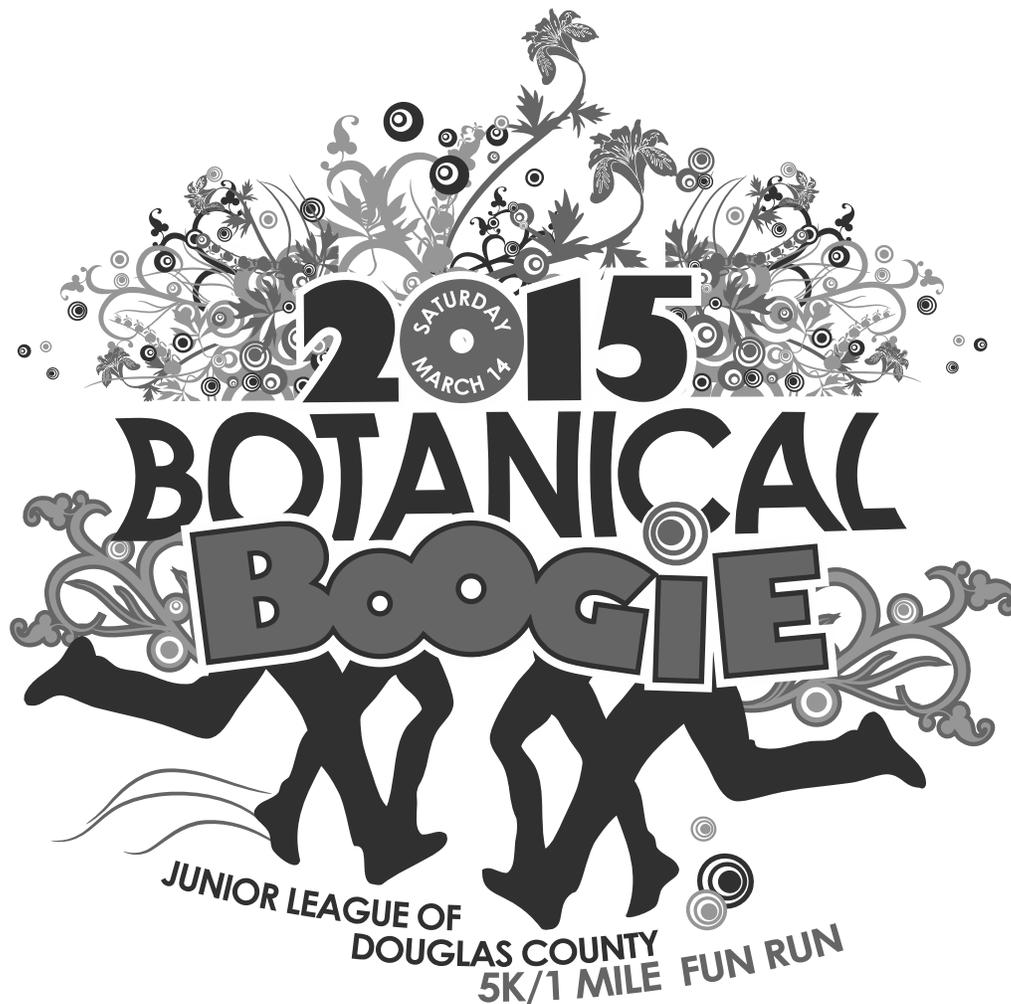
For more information,
contact Jerry Smith at 404-550-2831 or
Tammy Gober at 706-300-7248



Parks and Recreation



**100% of proceeds go to the
Douglas County
Therapeutic Board
to benefit
Douglas County
Special Olympics Athletes**



Saturday, March 14, 2015

*at Clinton Nature Preserve,
8720 Ephesus Church Rd. Winston, GA*

11:30am - 1 mile fun run

12 noon - 5k

Registration via:

Active.com *or* jldouglascounty.org

Contact Info: 404.276.0047

botanicalboogie@gmail.com

Participant t-shirts guaranteed to all who register by February 28, 2015
Shirts and sizes are limited to supply on hand, and will not be mailed

Adults:

- \$20 through Feb. 28, 2015
- \$25 Mar. 1-Mar. 13
- \$30 on site race day

Adults No-Shirt Option:

- \$15 through Mar. 13
- \$20 on site race day

Children 12 and under: \$15

Children's Voice: CASA, Inc. Super Hero 5K and Fun Run

Saturday, April 18, 2015 – 8am

Annual 5K and Fun Run

Boundary Waters Park

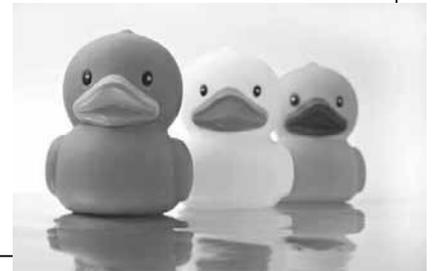
5000 Georgia Highway 92 North/166 East,
Douglasville, GA 30135



First Annual Duck Drop

Hey, up in the sky! Look, they're birds! Not planes.
Don't miss out on a chance to win amazing prizes at
Children's Voice: CASA, Inc.'s first ever Duck Drop.

Adopt a duck for \$5 or a Flock (5) for \$20
Ducks will be dropped onto a target.
Prizes will be awarded.



CASA

Court Appointed Special Advocates
FOR CHILDREN

CHILDREN'S VOICE: CASA, INC.

Children's Voice: CASA, Inc.

8700 Hospital Drive,
Douglasville, GA 30134

770-920-7408

Register for the 5K & Adopt Ducks online
at www.douglascountycasa.org



APRIL 25th, 2015

Boundary Waters Park
5000 Georgia Highway 92 North/166 East
Douglasville, GA 30135

8:30 a.m. 1 Mile Fun Run/Walk
9 a.m. 5K Run/Walk

WEAR YOUR

~SILLY~

HAT & SOCKS!

ENTRY FEES: **5K - \$20 thru 4/19** Includes T-shirt
5K - \$25 after 4/19 T-shirts While Supplies Last
1 MILE - \$15 (T-shirt included if registered by 4/19)
(\$2.00 will be donated to the school of your choice. Award given to school with most entries)
PHANTOM Runner - \$20 (T-shirt included if registered by 4/19) - If you can't run/walk - Support the Cause!

COURSE: Boundary Waters Park's cross country course is made up of mostly trails including surfaces packed with dirt and mulch, flat grassy areas, gently rolling hills, and bridges.

DIRECTIONS: FROM I-20, Take Fairburn Rd (Hwy 92) south, at intersection of Hwy 166 & Hwy 92 - Turn Right, Park is on the left (approx. 1-1/2 miles) just before the Chattahoochee River. FROM HWY 166, Take Hwy 166 east, at intersection of Hwy 92 - Turn Left, Park is approx. 1/2 mile on right. Follow the signs for parking.

AWARDS: Top overall M/F, Top 3 M/F in each of the following age divisions: 10 & under; 11-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65 & over. Ribbons awarded to all Fun Run/Walk finishers. **PRIZES FOR SILLIEST HAT & SOCKS!**

PROCEEDS: **S.H.A.R.E. House -SHARE House Douglas is a non-profit organization providing crisis intervention and the continuum of care to address the causes and effects of family violence. Our goal is to bring a sense of order and stability into the lives of women and children and reduce future risks of victimization and displacement.** For more information: www.sharehousedouglas.org

INFORMATION: Alicia Doherty 678-777-7120 runningawaythepain@gmail.com

REGISTRATION: Online at www.sharehousedouglas.org, www.active.com or www.runningintheusa.com
Mail-in registration (must be received by April 19th, 2015): S.H.A.R.E House | PO BOX 723 | Douglasville, GA 30133



T-Shirts will not be mailed. Entry Fee is non-refundable. Race Day registration begins at 7:00 a.m.

REGISTRATION FORM

Complete form and return with a check made payable to "S.H.A.R.E. House" to: P.O. Box 723, Douglasville, GA 30133

1 MILE FUN RUN _____ **5K RUN/WALK** _____

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Gender (circle): Male Female Age on Race Day _____ Date of Birth _____

If you are under 12, please include the school for the \$2.00 donation: _____

T-Shirt Size (circle) Adult - S M L XL XXL Youth - YS YM YL

ATHLETE'S RELEASE: PLEASE READ. YOU MUST SIGN & DATE TO PARTICIPATE:

I knowing and at my own risk, and in consideration of my acceptance as a participant, hereby forever waive and release any and all claims for injuries or illness that I may incur as a direct or indirect result of my participation in this race, against S.H.A.R.E. House, Douglas County, Douglas County Parks and Recreation, sponsors, or any other group or individual assisting or associated with this race. None of the above is responsible for the loss of any personal item(s). I understand and accept my own liability for my safety and health during the Running Away the Pain Event. Parent/guardian/participant also authorizes and consents to the use of the participant's name and/or picture in television, newsprint, advertisement or other media.

Signature _____ Parent's Signature (under 18) _____ Date _____

Relay For Life of Douglas County May 8, 2015

Boundary Waters Park

—Join the Douglas County community in the Fight Against ALL Cancer! Join us as we come together to raise funds to help find a cure, fund research, provide mission programs to patients and their families, and help to Create a World with More Birthdays!



www.relayforlife.org/douglasga

www.cancer.org

1-800-227-2345

Debbie Freeman, Community Manager, American Cancer Society –
debbie.freeman@cancer.org/770-429-0089

Chad Griffin, Douglas Relay Co-Chair –
cgriffin@co.douglas.ga.us/770-920-7129

Tracie Ivey, Douglas Relay Co-Chair –
tivey@co.douglas.ga.us/770-920-7129

Senior Programs - Woodie Fite Center

www.woodiefitecenter.com

8750 Dorris Rd. Douglasville, GA 30134 • (678) 626-5630

We open at 8:30 am and close after the last event of the day. Please check with the front desk for a list of our activities. (Hours of operation may vary for special events)

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

Enjoying the Arts

Acrylic Painting Class

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

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

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 yours in this class? This is a fun and easy class with others that have the same desire to learn how to paint. A supply list is given at registration. Classes are limited.

\$40 for 4 weeks

\$35 for 4 weeks, Early Bird Special

Fiber Arts Club

Mon. -8:30am - 11:30am

This group is interested in quilting, knitting, crocheting, doll making, and 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

Movie Matinee

2nd Wed. each month 1:30pm (Except Nov. & Dec)

Join us for free popcorn, drinks, and a movie on the big screen. We begin at 1:30pm and a different movie is shown each month. Just sign up at the front desk and we look forward to seeing you there.

Free

Oil Painting Class

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

Ken Paradise, Instructor

This course is designed for the first time painter who wants to learn to paint. We start with the very basics and the first painting will be 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.

\$40 for 4 weeks

\$35 for 4 weeks, Early Bird Special

Open Art Studio

Wed. - 1:00pm -3:30 pm

This is an open time for you to open up and let the creative juices flow. Bring your art project and work on it in the company of other fellow artists. Ask their opinions if you would like. Whether you are painting, carving, or molding, this group is open to anyone of any level.

Free

Paint Me! Pottery

w/Southern Glaze Pottery

Thurs.- 12:30 pm - 2:00 pm

Ms. Amanda Smith & Ms. Nicole Rush, Instructor

Dish it out with Southern Glaze Pottery as you learn the different techniques and talents to painting clay works of art. This class will do two projects a month and the price includes all supplies and firing of the projects when you get done. You even get to take your projects home when you are done.

\$40 for 4 weeks

\$35 for 4 weeks, Early Bird Special

Portrait Class

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. We are working with charcoal and pastels, and some like pen and ink.

\$25 for 4 weeks

\$20 for 4 weeks, Early Bird Special

Water Color Class

Mon. - 11:30am -1:00 pm

Mr. Omar Bolado, Instructor

Do you remember how much you liked water color in school? Well this is the class for you 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 you want to learn. This, of all the mediums, is the most relaxing. So come and enjoy. Think only of you 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 to-gether. We will work at your pace and all aspects of the medium will be covered from the begin-ning.

\$40 for 4 weeks

\$35 for 4 weeks, Early Bird Special

Dancing

Advanced Line Dancing

Mon. - 5:15pm - 6:15pm

Ms. June Shuman, Instructor

Seasoned dancers are invited to learn some of the most popular line dances. Students must have good knowledge of line dance steps and basic rhythms as this class moves at a faster pace. The class incorporates all types of music and rhythms for the enjoyment of the experienced line dancer.

\$25 for 4 weeks

\$20 for 4 weeks, Early Bird Special

Free for SilverSneakers members

Ballroom Dance Lessons

Thurs. - 4:45pm - 6:00pm

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 lowers 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.

\$25 for 4 weeks

\$20 for 4 weeks, Early Bird Special

Free for SilverSneakers members

Dance Practice

1st, 2nd & 3rd Thurs. - 2:00pm - 4:00pm

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

Line Dancing

Mon. - 5:00pm - 6:00pm Beginners

Tues. - 10:00am - 11:00am Intermediate

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' class.

\$25 for 4 weeks

\$20 for 4 weeks, Early Bird Special

Free for SilverSneakers members

Silver Swinger's Dance Club

1st & 3rd Sat. - 6:00pm - 10:00pm

Club Facilitated

The WFC is the host site for these dances. Doors open at 6:00pm and open dancing begins at 7:00pm. The club asks that you bring a snack to share.

\$5 per dance

Social Opportunities

Afternoon Tea Club

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

This group is 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.

\$6 Annual and \$3 Monthly

Birthday Celebration

First Fri. - 11:00am - 12:00pm

Happy Birthday Woodie Fite Members! Come and celebrate with us on the first Friday of each month if it's your birthday month. Our Sunshine Circle, along with Humana and Hightower Funeral Home, provides cake and punch for those members who have a birthday that month. Call the front desk to register!

Free

Bible Study

Fri. - 11:30am - 1:00pm

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 nondenominational study of the Bible and is open to all. All that is needed to join is a Bible and bring your brown bag lunch. Join this group in praise and song and the wonderful study of God's Word.

Free

“Read It” Book Discussion Group

Third Wed. of each month - 10:00am - 12:00 noon

The club meets every third Wednesday to discuss the month's literary selection. Members will select most titles for discussion. We hope you'll take the time to participate in this vibrant club!

Free (cost of book)

Red Hat Society “Douglasville Divas”

2nd Tues. See front desk for times

This group of Red Hat ladies meets every month to eat and socialize. Come by the center to sign up and for more information. Lots of fun and silliness!

\$12 annual dues plus any money needed for activities

Travel Club**Phyllis Gravitz, Facilitator**

The WFC 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. Please see the bulletin board for the next meeting dates.

*Free***Wood Carving Club****Tues. – 5:00pm – 6:30pm**

Wood carving is one of the oldest and simplest art forms. While using a simple jackknife you can start carving a piece of wood. Most woodcarvers start out making very simple objects. Even if you have never considered yourself an artist, you can probably envision what a spoon or bowl should look like. Come join this group and learn more about this art form.

*Free***Woodie Fite Lending Library**

The book collection at the Woodie Fite 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 and 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.

Support Groups**AARP Monthly Meeting****1st Tues. - 1:00pm - 3:00pm**

Anyone 50 or over can get all the great benefits of membership in AARP. WFC Chapter #4554 is available for WFC members age 55 and older.

*\$12.50 per year***AARP Defensive Driving**

The WFC hosts a defensive driving class from AARP to our members. Class registration is required and payment has to be in advance. Please register at the Woodie Fite Center in advance.

*\$20 for Non AARP**\$15 for AARP***Alzheimer's Care Givers Support Group****1st Mon. each month – 5:45pm - 7:00pm****Ms. Brenda Waters, Alzheimer's Association**

You probably never thought this would happen to you. But now that your loved one has been diagnosed with mild to moderate Alzheimer's disease, you want to do everything you can to help. Caregivers like you play a crucial role in the lives of people with Alzheimer's disease. While being a caregiver can be a rewarding experience, it can also be a difficult one. You need to have an incredible amount of understanding and patience. Your efforts help make the life of your loved one as comfortable as possible. That's why it's important that you take time off for yourself to stay mentally fit and ready to face the challenges.

*Free***TOPS****Fri. - 11:00am - 12:00 noon**

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!

*Please check with club for annual and weekly dues***Card & Game Players****Bid Whist****Fri. - 12:30pm – 3:00pm**

Bid Whist, is a card game similar to Spades. The game is played with a full deck of cards, including two jokers. There are four players forming two teams. The teams work together to win "books" to score points. The team that either reaches seven points or forces the opposing team to reach a score of negative seven will win the game.

*Free***Bowling Club****Mon. - 11:00 am**

Come bowl for fun and friendship of others. We will meet at Your Bowling Center off Fariburn Road on Monday starting at 11:00 am. We will have reserved lanes and enjoy a few friendly matches of bowling. Come join in and we will see you there.

\$2 per game and \$2 shoe rental

Bridge**Wed. 9:00am – 1:00pm**

The Bridge Club meets here each week. They have assigned tables, but invite newcomers to join in too. Of course, it takes four to play a table so arrangements will be made to fit everyone in.

Chip Poker**Tues. & Fri.- 12:30pm - 3:30pm**

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

*Free***Dominoes 42+****Mon. – 9:00am – 12:00noon**

Join us for a fun time with dominoes. If you don't know how to play, it's okay! We will teach you. Just come and socialize with us over a game of Chicken Foot, Texas 42, and Mexican Train ... and any others that you might know.

*Free***Duplicate Bridge****Mon. 12:00pm – 4:00pm**

Come play and join in on the fun with this group sanctioned by the American Contract Bridge League.

*\$5 per session***Euchre****Tues. & Thurs. – 1:00pm – 5:00pm**

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***Misc Game Time****Tues. - 2:00pm – 5:00 pm**

Do you have a favorite board game you like to play? Are you an expert in chess? Is there a card game that doesn't already get played at the center that you would like to play? Do you just have a small table of friends who just want to get together and play a round of card? This is the time for you! We will have an open room for games that can be played at in small groups. Anything from scrabble, chess, bridge, spades, or monopoly can be played at this time. Please come by and take advantage of the time with your group of friends.

*Free***Penny Bingo****Thurs. – 10:00 am- 12:00 pm**

Come join us for this fun and exciting way to play Bingo. Bring a handful of pennies and play. The game is simple. Cost is one cent per card per game. We will play many different varieties of Bingo like four corners and Regular bingo. If you win, you get the pot for that game. We will also keep a running points score to have an end of the year jackpot bingo. Sign up at the front desk and join in the fun.

*Free (just bring some pennies)***Phase 10****2nd Fri. of each month- 10:00 am**

Come join us for this fun card game and see how you match up. Anyone is welcome to join this new and exciting group.

*Free***Ping Pong****Mon. & Fri. - 1:30pm - 3:30pm**

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

*Free***Pinochle****Mon. – 12:00pm – 6:00pm****Wed. – 10:00am – 3:30pm**

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

Each Thursday afternoon you can find a group playing this card game. With advance 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***Fun with Music****Beginning Piano****Mrs. Daisy White, Instructor**

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

\$25 / 4 week

Further Your Education

Open Computer Lab

Mon., Tues., & Thurs. - 8:30am-6:30pm

Wed. & Fri. - 8:30am-3:30pm

We have two computers in our library available to members for an hour at a time as long as the center is open. Just sign up at the front desk.

Free

PhotoSharing Club

Thurs. - 10:00am – 11:00am

Do you take digital pictures? Would you like to make them look better or simply have some fun with them? Learn to edit your digital photos. This class will teach the basics of how to crop, rotate, remove red-eye, and resize your photos. You will also learn some fun features of how to change, frame, or make an album. This site also allows you to order your prints right from the site.

Free

Spanish

Mon. and Wed. - 10:00am - 12:30pm

Do you want to know how to order dinner on your next trip to Cancun or have you ever just wanted to learn another language? Come join us for this engaging class. This class is for beginners or for those who just need to refresh their knowledge.

\$30 for 4 weeks

\$25 for 4 weeks, Early Bird Special

Exercise & Fitness

Blood Pressure Checks

Weekly See front desk for schedule

This service is provided to keep a check on your heart. Come by and have a check done by our medical professional from Wellstar Community Hospice. Please check with the front desk on dates and times.

Free

Fitness Room

Mon., Tues., & Thurs. - 8:30am – 6:30pm

Wed. & Fri. - 8:30am - 3:30pm

The exercise room at the WFC contains 4 treadmills, 1 elliptical and 2 recumbent bikes and free weights. Just sign in at the front desk. Schedule is subject to change based on special events. Please check with the center to confirm dates and times.

Free

Core Stretch Plus for Seniors

Mon. & Wed. - 1:45pm – 2:30pm

Ms. Karen Flagg, Instructor

This yoga class is designed for active seniors who are interested in more of a challenge than the chair yoga class. This class is recommended for those who can get on the floor and back up. The 45 minute class includes standing poses and floor poses to improve strength, flexibility and balance. Yoga is not about competition. Come and do what you can. Your yoga practice will improve over time. Beginners welcome! Please bring your own yoga mat and water. Call the Woodie Fite Center if you have questions about the class.

\$25 for 4 weeks

\$20 for 4 weeks, Early Bird Special

Free for SilverSneakers members

PowerStretch

Mon. & Wed. - 10:15am - 11:00am

Ms. Lisa Campbell, Instructor

PowerStretch is a twenty-five minute routine that flows at a faster pace while warming and loosening the entire body, improving flexibility, balance and strength. Other benefits are increased range of motion, reduced pain from arthritis and fibromyalgia, improved posture, manage stress, reduce low back pain, and better mental clarity. All you need is your own body weight, a mat, comfortable clothes, and a positive attitude. Be sure to listen to your body and work at own pace during this class.

\$20 for 4 weeks

\$15 for Early Bird Special

Free for SilverSneakers members



Silver Sneakers

The nation's leading exercise program designed exclusively for older adults. 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.

Silver Sneakers Cardio Circuit Fit**Mon. & Wed. - 11:30am - 12:15pm****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 easy to-follow low impact movements, upper body strength work, abdominal conditioning, stretching and relaxation exercise designed to energize your active life-style. Attend any class when you sign up.

*\$30 for 4 weeks**\$25 for 4 weeks, Early Bird Special**Free for SilverSneakers members***Silver Sneakers Classic****Mon. & Wed. - 11:30am - 12:15pm****Ms. Karen Flagg, Instructor***\$25 for 4 weeks**\$20 for 4 weeks, Early Bird Special**Free for SilverSneakers members***Silver Sneakers Yoga (Chair)****Mon. & Wed. - 12:30pm - 1:15pm****Ms. Karen Flagg, Instructor***\$25 for 4 weeks**\$20 for 4 weeks, Early Bird Special**Free for SilverSneakers members***Strength Training****Tue. & Thurs. - 9:00am - 9:45am****Tues. & Thurs. - 11:30am - 12:15pm****Ms. Lisa Campbell, Instructor**

These 45-minute classes includes 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. Attend any class when you sign up.

*\$30 for 4 weeks**\$25 for 4 weeks, Early Bird Special**Free for SilverSneakers members***Tai Chi****Beginners, Tues. & Thurs. 5:00pm – 6:00pm****Intermediate, Tues. & Thurs. 6:00pm – 7:00pm****Mr. Van Younginger, Instructor**

Tai Chi is a Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. Tai chi has both physical and mental benefits. If done regularly, it improves muscle tone, flexibility, balance, and coordination. Many people find that it boosts their energy, stamina, and agility, sharpens their reflexes, and gives an overall sense of well-being. The calming and meditative aspects of tai chi allow many to experience its ability to relieve stress. Some claim tai chi to be a healing therapy, and it is often used to support other treatments for chronic conditions; arthritis, fibromyalgia, and digestive disorders. We have two different levels offered at the Woodie Fite center to accommodate those that are very new and those that have been doing it a while.

*\$25 for 4 weeks**\$20 for 4 weeks, Early Bird Special**Free for SilverSneakers members***Yoga for Multiple Sclerosis****First Wed. of the month 2:30pm – 4:30pm****Ms. Karen Flagg, Instructor***\$10 per session***Special Events****Art Expo****Sat., March 14, 2015****10:00am – 2:00pm**

Come browse the many talents of the Woodie Fite Center members artwork. Artwork submissions will include paintings, woodcarv-ings, pottery, fiber arts, and much more. Many of the items will be for sale that day. Lite refresh-ments will be served and this event is open to the public.

Free

Art Expo

at the

Woodie Fite Center

March 14, 2015
10:00am to 2:00pm



Browse many talents of our Woodie Fite Center members!

Artwork submissions will include paintings, woodcarvings, pottery, fiber arts, and much more.

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Youth Athletics Quick Reference

Information updated November 2014 - subject to change.

BASEBALL

Bill Arp Baseball	Bill Arp Park Baseball Board of Directors – Chris Little	Ages 4-14	www.billarppark.com chris.little@billarppark.com
DCYBL	Boundary Waters Athletic Complex		www.DCYBL.com Information: dcyblbaseball@gmail.com
Fairplay Baseball	Fairplay Park Contact - Mark Schroyer	Ages 4-14	www.fairplayyouthsports.org mark@fairplayyouthsports.org
Winston Baseball League	Winston Park President – Brandon Cash	Ages 4-14	www.winstonbaseball.com mbcash1976@gmail.com
Lithia Springs Park Baseball	Lithia Springs Park Tracie Ivey, Recreation Superintendent	Ages 4-14	www.douglascountyparks.com tivey@co.douglas.ga.us

BASKETBALL

Douglas County Parks & Recreation	Deer Lick Park	Ages 5-18	bdavis@co.douglas.ga.us
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SOFTBALL

Deer Lick Girls Softball	Deer Lick Park President – Darin Sims	Ages 4-19	www.deerlickgirlssoftball.com darin@deerlicksoftball.com
Winston Girls Softball	Post Road Park Marisa Hutto	Ages 4-14	www.winstongirlssoftball.com marisa@dcgirlssoftball.com
Fairplay Girls Softball	Fairplay Park Contact - Robert Sheperd	Ages 4-14	www.fairplayyouthsports.org Robert@fairplayyouthsports.org
Lithia Springs Park Softball	Lithia Springs Park Tracie Ivey, Recreation Superintendent	Ages 4-14	www.douglascountyparks.com tivey@co.douglas.ga.us

FOOTBALL & CHEERLEADING

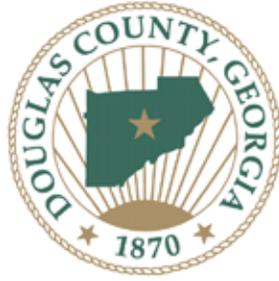
Beulah Bulldogs Football & Cheerleading	Deer Lick Park Football Contact: Tim Frost Cheerleading Contact: Myya Mixon	Ages 5-12	www.beulahbulldogs.net bbyfc1@gmail.com beulah.cheer@gmail.com
Bill Arp Football & Cheerleading	Bill Arp Park Football President – Trey Robinson General Information Contact – Andrea Harmon	Ages 5-12	www.billarppfalcons.com treyelite@aol.com andygirl228@gmail.com
Mt. Carmel Rams Football & Cheerleading	Mt. Carmel Park Pres./Football – Marcus Hill	Ages 5-12	www.mtcarmelrams.com 678-517-9835 mtcarmelramspresident@gmail.com
7 on 7 Passing League (Football)	Contact - Eric Matthews Tracie Ivey, Recreation Superintendent		www.EMattAthletics.com EMattAthletics@yahoo.com tivey@co.douglas.ga.us

SOCCER

Southern Soccer Academy	Boundary Waters Park/Chestnut Log Soccer Complex	Ages 4-18	www.douglasvillesoccer.com
	League Contact – Denise Tucker	770-780-5161	dtucker@ssaelite.com

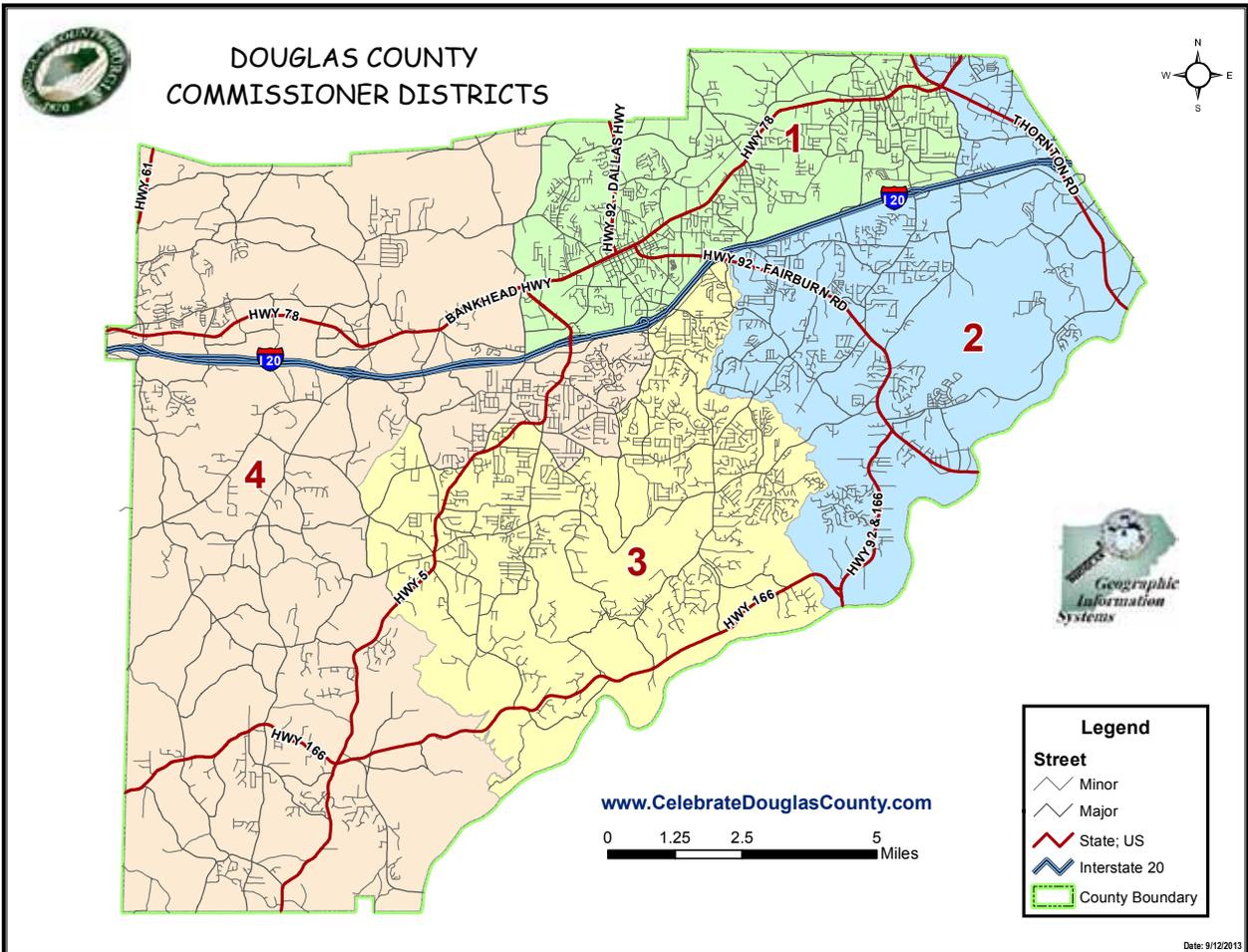
OTHER ACTIVITIES

Golden Years Club	Deer Lick Park		Chad Griffin 770-920-7129
Sweetwater Archery Club	Cedar Mountain Park		Albert Morris 678-677-6782
Radio Controlled Model Aircraft	Cedar Mountain Park	kurtis1@comcast.net	Kurtis Lynn 770-942-0472
Tennis	Deer Lick Park	atlantatennisfactory@gmail.com	Peter Freeman 770-920-7129
Basketball Cheerleading	Deer Lick Park	LevelUpCheer@gmail.com	Amanda Reece 770-364-6890
Track and Field	Deer Lick Park		Brandon Davis 770-920-7129



DOUGLAS COUNTY

Striving to be the best!



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. Telecasts of the meetings are downloadable at any time from the County web site.

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WWW.CELEBRATEDOUGLASCOUNTY.COM