

Spring 2024  
March - May

# KEEPING TRACK

ACWORTH PARKS, RECREATION & COMMUNITY RESOURCE DEPARTMENT



ACWORTH EGG HUNT  
MARCH 22

# PROGRAMS

## ADULT

### MAT PILATES

An accessible, low-impact workout that focuses on strength, stability, and flexibility.

Tuesdays & Thursdays:  
9:00 a.m.

### BUILD YOGA

Yoga focusing on meditation and breathing.

Wednesdays:  
9:05 a.m. - 9:50 a.m.

### BARRE

A fun, low-impact, muscular endurance workout.

Tuesday & Thursday:  
8:00 a.m.

### PICKLEBALL LESSONS

One-hour lessons for beginners and intermediate level players.

Wednesdays/ Thursdays:  
Hour long sessions from  
9:00 a.m. - 12:00 p.m.

### BEND & BREATHE YOGA

Slow yoga focusing on inward balance.

Wednesdays:  
8:15 a.m. - 9:00 a.m.

### BSD TAEKWON-DO

Learn confidence, self-control, balance, and self defense.

Saturdays:  
8:45 a.m. - 9:45 a.m.

## ATHLETICS

### ACWORTH ADULT FLAG FOOTBALL LEAGUE

A 7v7 league with a season ending single elimination tournament.

Ages: 16+

Location:

Acworth Sports Complex  
Football Fields

Games: Tuesdays  
March 12 - May 21  
6:30 p.m. - 9:30 p.m.

REGISTRATION DEADLINE  
MARCH 6

### "THE LEAGUE AT LOGAN" ADULT GRASS VOLLEYBALL

CoEd teams of 4 (2 male 2 female) will compete on Wednesday evenings  
March - May at  
Logan Farm Park!

Team: \$200  
Free Agent: \$50

### ITTY BITTY BALLERS

This camp is a non-competitive program to help develop basic skills for sports programs.

Ages: 3-4 years of age  
Dates:

Mondays & Wednesdays  
April 22 - May 15

Times:  
4:30 p.m. & 5:15 p.m.  
Sessions

## THERAPEUTIC PROGRAMS

### HORIZON POP-UP GAMES

Join us at the Horizon Field for a different game each week!

Fridays: April 5 - May 10  
11:00 a.m.

### ADAPTIVE YOGA (13+)

Focuses on teaching modified yoga poses and breathing techniques.

Wednesdays:  
March 6 - April 17  
1:30 p.m - 2:15 p.m

### HORIZON BASEBALL

Adaptive baseball league for those 5 and older with physical/cognitive challenges.

Horizon League Season:  
April 11/13 - May 16/18

Thursdays: Ages 22+ with game times from  
6:00 p.m - 9:00 p.m.

Saturdays: Ages 5 - 12 & 13 - 21 with game times from 9:00 a.m. - 4:00 p.m.



## 55+ ACTIVE ADULTS

### CARDS & COOKIES

Coffee, cookies, & games!  
Twice a month on Monday:  
2:00 p.m -4:00 p.m.

### BREAKFAST CLUB

Join us the last Friday of the month. Meet at the Community Center, hop in the van and try new spots in the Metro-Atlanta area. Van departs at 9:00 a.m.

### DAY TRIPS

Gibbs Garden:  
Friday, March 15

Southern Seasons Tea Room:  
Wednesday, March 27

Chick-fil-A Backstage Tour: Monday, April 8

Banning Mills Zip Lining:  
Friday, April 19

Horseback Trail Ride:  
Monday, May 13

Mystery Day Trip!  
Friday, May 24

### GOOD NEIGHBORS NETWORK

Want to get involved in the community? Contact Lauren to join our Network!  
[LMcMurry@Acworth.org](mailto:LMcMurry@Acworth.org)

### SENIOR LUNCHEON

The third Wednesday of every month, join us for a great lunch!  
Residents: FREE  
Non-Residents: \$10



# YOUTH

## BSD TAEKWON-DO

(Ages 6+)

Learn confidence,  
self-control, balance,  
and self defense.

Tuesdays/Thursdays:  
3:00 p.m. - 4:00 p.m.

## LITTLE DRAGONS TAEKWON-DO

(Ages 4-7)

Learn confidence,  
self-control, balance,  
and self defense.

Saturdays:  
10:45 a.m. - 11:15 a.m.

## SPECIAL WARRIORS TAEKWON-DO

(Ages 6+)

Adapted self-defense  
skills for those with  
disabilities.

Saturdays:  
10:00 a.m. - 10:30 a.m.

## BRICKS FOR KIDS

(Ages 5-13)

Learn, build, and play  
with LEGO bricks.

Wednesdays  
6:00 p.m. - 7:00 p.m.

## MOTHER-SON CAMP OUT

Outdoor activities at Lake  
Allatoona for moms with  
sons 13 & under.

Dates:  
Saturday, May 4 -  
Sunday, May 5



**8 Weekly Sessions:**  
MAY 28 - JULY 26

**CAMP AGES:**  
6 - 14 YEARS OLD  
\$125 R | \$150 NR

Join us for a fun, safe and active  
time this summer!

Camp Acworth has two locations:  
Lake Acworth Adventure Camp and  
Overlook Adventure Camp!

Camp Staff positions also available.

**CONTACT US**  
(770) 917 - 1234  
CAMPACWORTH@ACWORTH.ORG

## REGISTRATION

FEBRUARY 5:

CITY OF ACWORTH RESIDENTS (R)

FEBRUARY 12:

NON-RESIDENTS (NR)

REGISTRATION IS AVAILABLE ONLINE & IN PERSON  
AT THE ACWORTH COMMUNITY CENTER.

## SCAN HERE





