KEEPING TRACK

ACWORTH PARKS, RECREATION & COMMUNITY RESOURCE DEPARTMENT





THERAPEUTIC PROGRAMS

B-I-N-G-0!

Friday, September 13 Time: 1:30 p.m.

Age: 13+ Cost: \$5

NAME THAT TUNE

Friday, September 20

Time: 1:30 p.m.

Age: 13+ Cost: \$5

TRAIL TREKKERS

Walk and connect! This free program is designed for individuals with disabilities and their friends, family, and community members. Immerse yourself in diverse natural surroundings and engage in conversations with fellow trekkers while creating long-lasting friendships.

Locations announced after registration!

Date: Tuesdays September: 17 & 24 October: 1 & 8

Time: 11 a.m.

Cost: Free

ATHLETICS

ACWORTH ITTY BITTY **BALLERS**

Ages: 3- 4 years old Dates: Monday, September 30 - Wednesday, October 23 Time: 4:30 p.m. - 5:15 p.m.; 5:30 p.m. – 6:15 p.m. Location: Acworth **Community Center** Fees: \$50 (R)/ \$65 (NR)

ACWORTH YOUTH BASKETBALL LEAGUE

Ages: 5 - 14 Registration: August 5 (R) August 12 (NR)

Season will begin the week of November 4 through mid-February

For more information and to register, please visit www.acworthbasketball.com

TURKEY CHASE

2K WALK & 5K RUN

Our 16th Annual Acworth Turkey Chase is now a Peachtree Road Race Qualifier!

Saturday, November 23



ADULT

BUILD YOGA

Yoga focusing on meditation and breathing. Wednesdays: 9:05 a.m. - 9:50 a.m.

BEND & BREATHE YOGA

Slow yoga focusing on inward balance. Wednesdays: 8:15 a.m. - 9:00 a.m.

BSD TAEKWON-DO

Learn confidence, selfcontrol, balance, and self defense. Saturdavs:

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

WOMEN'S SELF DEFENSE

Wednesday, October 16 6:00 p.m. Ages 16+

Learn and perform useful self-defense moves based on martial arts techniques that use your own body weight and leverage!

SENIOR WARRIORS

Wednesdays 10am-10:30am (ages 55+) Use traditional Korean movements to increase balance, mental focus and movement.

LINE DANCING

Tuesdays 11am & 6:30pm (16+) Learn how to line dance with knowledge, technique and style!

ACTIVE ADULTS

55+

BREAKEAST 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

Friday, October 5, 2024 BJ Reece & Ellijay, Ga Price: \$15R / \$20NR

Friday, October 18, 2024 Blue Ridge Scenic Railway Price: \$65R / \$70NR

Friday, November 1, 2024 Helen. Ga

Price: \$15R / \$20NR

Friday, November 15, 2024 Savoy Automobile Museum Price: \$20R / \$25NR

OVERNIGHT TRIP

We are currently planning our next overnight trip out of the City. Look for our announcements on where we will be headed next!

SENIOR LUNCHEON

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

CARDS & COOKIES

Coffee, cookies, &

Twice a month on Monday: 2:00 p.m -4:00 p.m.



YOUTH

BSD TAEKWON-DO

Learn confidence, self-control, balance, and self defense. Tuesdays & Thursdays: 3:00 p.m. - 4:00 p.m. Ages: 6+

LITTLE DRAGONS TAEKWON-DO

Learn confidence, self-control, balance, and self defense. Saturdays: 10:45 a.m. - 11:15 a.m. Ages: 4-7

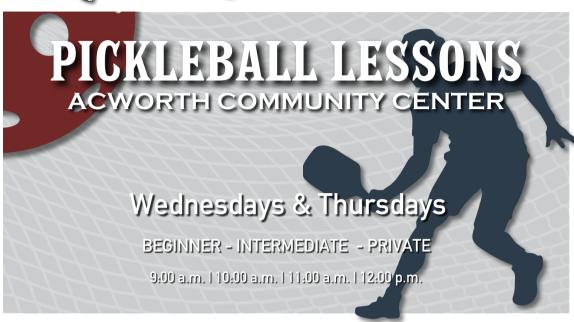
SPECIAL WARRIORS TAEKWON-DO

Adapted self-defense skills for those with disabilities. Saturdays: 10:00 a.m. -10:30 a.m. Ages: 6+

BEGINNER BATON TWIRLING

Using rudimental movements, students will learn twirling and dance moves with musical routines!
Tuesdays
6:30 p.-m. 7:00 p.m.
Ages: 8+







REGISTRATION

August 5:
CITY OF ACWORTH RESIDENTS (R)
August 12:
NON-RESIDENTS (NR)

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

SCAN HERE







