



# Cumming Recreation & Parks Department

## March-May 2021

### *We're Back!*

The Cumming Recreation and Parks Department has resumed programming, with guidelines and safety protocols in place to minimize the risk of the spread of Covid-19. Temperature-checks, social distancing and thorough disinfecting measures are all in place to provide a safe environment to return to our programming.

Registration for our programs is available online and via walk-in registration at the Cumming Recreation and Parks Department's main office at 437 Pilgrim Mill Road. If you plan on utilizing walk-in registration and have not already created an account online, please take the time to completely fill out a registration form. This will expedite the data input process.

The Active Network online registration site is available for customers to create their new account via the internet. Go to [www.crpdonline.com](http://www.crpdonline.com) and click on the REGISTER CLASSES button to be taken to the online site. Please bookmark this page for future reference. Once there, simply click on Create Account and follow instructions. An activation link will be sent to your e-mail and must be confirmed to finalize the creation of your account. For more information or further guidance, please call (770) 781-2030.

Office Hours: Monday—Friday 8:30 am—4:30 pm

Physical Address: 437 Pilgrim Mill Road, Cumming 30040

Mailing Address: P.O. Box 34, Cumming 30028

Phone (770) 781-2030 Fax (770) 781-3485

Websites: [www.crpdonline.com](http://www.crpdonline.com) / [www.cityofcumming.net](http://www.cityofcumming.net)

## Multi-Purpose Room Rental

Cumming Recreation and Parks Department is now proud to offer 4,900 sq. ft. of meeting space perfect for your next business or social function.

Covid-related guidelines presently limit rentals to a maximum of 130 persons to account for social distancing requirements with groups of more than 50 persons.

Our facility is equipped with: banquet style round tables and rectangular tables; padded chairs; catering style kitchen equipped with full size refrigerator, sink, microwave and icemaker; as well as audio/visual equipment and wi-fi accessibility.



For rental information and a full description of our rental space, please visit our website at: [www.crpdonline.com](http://www.crpdonline.com).

Contact Dee Gravitt at 770-781-2030 or [dgravitt@cityofcumming.net](mailto:dgravitt@cityofcumming.net) for availability to see if we can assist you with your next special event.

## Playground/Pavilions Rental

Pavilion Rentals are not available at this time.

Groups using the pavilion and playground are asked to limit their use of tables to two, and to practice social distancing while enjoying the facility.



## **Fitness Program**

*Good health does matter!*

*Cumming Recreation and Parks Department Fitness Program is proud to offer:*

Zumba  
Bootcamp  
H.I.I.T (High Intensity Intervals Training)  
Yoga  
Barre  
StepSculpt  
Circuit Interval  
CardioKick  
And More!



### Prices

Drop-Ins	\$ 8
5-Visit Pass	\$ 35
12-Visit Pass	\$ 72
24-Visit Pass	\$120
30-Day (Unlimited Visits)	\$ 60

Become a FitPass holder, which includes full access to all our fitness classes, and enjoy the flexibility of paying as you go without a contract!

FitPasses can be purchased Monday-Friday, 8:30am-4:30pm at our CRPD front office, located at 437 Pilgrim Mill Road. A current class schedule and class descriptions are posted online at [www.crpdonline.com](http://www.crpdonline.com) or can be seen on our Facebook page at: Cumming Recreation and Parks Fitness.



# ART



For the 29th year, Rick Rennick will serve as the art instructor for the Cumming Recreation and Parks Department. Holding a Bachelor of Arts Degree, as well as having a very distinguished reputation in the art community, he brings a wealth of experience to our camps and classes. Portraits of animals and landscapes are his specialties and his portrait of *Secretariat* was commissioned by and hangs at the Kentucky Derby Museum in Louisville, KY. He also has served as graphics artist and set designer on CBS television with such programs as *Search for Tomorrow* and *As the World Turns*. **All classes are held at the Recreation Building at 437 Pilgrim Mill Road.**

Please take advantage of Rick's love and enthusiasm for teaching art by signing up for his classes.

## ADULT PAINTING

### TUESDAY

February 2—March 9  
March 23—April 27  
May 11—June 15

### WEDNESDAY

February 3—March 10  
March 24—April 28  
May 12—June 16

**Ages-18 and older**  
**(6 week sessions)**

This class offers study in oil, acrylics, and alkyds painting or pastels. This includes image-making fundamentals such as design, composition, and color as well as a better understanding of medium techniques. The class will accommodate all levels from beginner to advanced. New students should bring a photograph of a landscape or still life.

**DAY / TIME TUESDAY**  
**COST: \$111**

1:00—4:00 pm  
(There is a materials list.)

**DAY / TIME WEDNESDAY**  
**COST: \$111**

1:00—4:00 pm  
(There is a materials list.)



## Adult Open Studio

**DAY/TIME: FRIDAYS 11:00 am—5:00 pm**  
**COST: \$173 (6-week sessions)**  
**AGES: 18 yrs. and up**

### FRIDAY

February 5—March 12  
March 26—April 30  
May 14—June 18



# ART





# DANCE



Instructor Sandy Griffin has been a dance educator for over 40 years and is beginning her 17th year at CRPD. She has had extensive training as a dancer with many renowned teachers and performers, has judged many dance competitions, professionally danced in ballet and musicals and has owned her own dance studio in Marietta. She has been educated in the RAD syllabus for teaching beginning-professional levels at the Royal Ballet School in London England.

Instructor Lizzie Baker started dance at the age of 3 with Dalton School of Ballet. During the course of her training there, she studied Ballet, Modern Jazz, Pointe and Hip Hop. In addition to her dance training, Lizzie participated in and choreographed numerous community theater productions as well as choreographing for show choirs in Dalton, Ga Durham, NC and Winchester, VA. She graduated from Shenandoah University with a BFA in Dance Performance.

Instructor Andrea Walker began dancing at the age of three with the CRPD dance program. While in the program as a student she discovered her love for teaching while assisting with various classes. Andrea attended many master classes and intensives at Brenau University, Kennesaw State, and Bandan Koro. She graduated with honors from Tyler College in TX, where she majored in dance with a focus in dance education. While at school she taught at a local pre-professional dance school, performed in several of the college's dance shows, choreographed a piece for their annual student-faculty recital, and worked as an assistant to the director of the school's annual Nutcracker production.

Instructor Angelina Pellini has been a teacher for the Cumming Ballet Theatre for the past 5 years. Angelina holds a Bachelor of Arts in Dance from Kennesaw State University. She recently graduated Summa Cum Laude and with Honors distinction. During her time at KSU, she performed with the KSU Dance Company as well as at the Alabama Dance Festival and KSU Dance Festival. In addition to teaching, she currently works as the Resident Stage Manager for Terminus Modern Ballet Theatre, the Emory University Dance Company, and the KSU Marietta Dance Theater. Additionally, Angelina received the Joan Harrell Annual Dance Scholarship for her research in 2017 and her honors thesis on dance education in private dance studios was recently published in the Kennesaw Journal of Undergraduate Research.

## Dance Class Descriptions

**TWINKLE TOTS**—A fun introduction to dance! Designed to help your child explore movement and music, using simplified ballet steps and lots of imagination! **Age—3's**

**BALLET**—Includes beginning and above classical ballet techniques and skills. Develops coordination and balance. Our classes are based on Cecchetti techniques. **All Ages**

**BALLET/TAP**—Includes primary classical ballet techniques, and promotes musicality grace, poise and posture. Tap dance emphasizes rhythmic and locomotor skills. **Ages 3—10**

**FAIRY PRINCESS BALLET**—Ballet basics with dress-up, props, and classical music. A mix of pre-school ballet and creative dramatics. **Ages 3-6**

**HIP-HOP/JAZZ**—Classes designed to include jazz techniques/combinations mixed with clean and acceptable Hip -Hop movement. Improves strength, stamina & coordination.. **Ages 5 & Up**

**TAP**—Is a America dance form. Tap class will include learning basic tap steps and vocabulary, center floor combinations, ( including time steps) and across the floor steps and turns. **Ages 12-18**

**JAZZ & JAZZ/TAP**—Jazz dance style includes using feet, arms, hand positions and isolations to popular music with emphasis on timing and shape. Jazz and Tap are cousins. Tap is a percussive dance form that involves striking the floor with metal taps on the shoes. Class will involve learning jazz and tap techniques and learning dance combinations to be performed. **Ages 6-12**

**COMPANY TECHNIQUE**—This class will intensify concentration on strengthening technique, core, balance, extensions, turns, leaps, & etc. **Ages 11-18.**

**LYRICAL BALLET**—Combines elements of ballet, jazz and modern dance inspiring emotional expression using lilting, controlled movements. Contemporary skills and movements included. **Ages 8 & Up**

**CONTEMPORARY DANCE**—This class incorporates a mix of modern and ballet technique as well as original movement vocabulary. Emphasis is placed on strength and conditioning in addition to learning and developing weekly choreography. **Ages 13 & Up**

**COMPANY BALLET**—These are more focused accelerated ballet classes with a goal of emphasis on technique and enhanced performance skills. **Dancer must be evaluated by the instructor to participate in Company Ballet. Ages 7 & Up.**

**ALL DANCE CLASSES ARE HELD AT THE CUMMING RECREATION DEPARTMENT BUILDING**

# 5 DANCE SCHEDULE

March—May

CLASS	AGE	INSTRUCTOR	DAY	TIME	PRICE
<b>TWINKLE TOTS</b>	3's	Andrea	FRIDAY	10:15—10:45 am	<b>\$58</b>
<b>FAIRY PRINCESS</b>	3—4 4—6 4 1/2—6	Andrea Andrea Sandy	FRIDAY FRIDAY SATURDAY	10:45—11:30 am 11:30 am—12:15 pm 9:00—9:45 am	<b>\$64</b>
<b>BALLET</b>	7—9	Lizzie	FRIDAY	4:15—5:00 pm	<b>\$64</b>
<b>BALLET/TAP</b>	3—4 3—5 4—5 4—6 4 1/2—6 5—7 5—7 5—7 6—8	Lizzie Andrea Lizzie Andrea Sandy Lizzie Sandy Sandy Andrea	FRIDAY MONDAY TUESDAY THURSDAY THURSDAY TUESDAY THURSDAY SATURDAY MONDAY	2:00—2:45 pm 3:30—4:15 pm 1:45—2:30 pm 3:45—4:30 pm 3:30—4:15 pm 4:00—4:45 pm 4:30—5:15 pm 10:00—10:45 pm 4:15—5:00 pm	<b>\$64</b>
<b>BALLET/TAP</b>	7—9 9—12	Sandy Sandy	TUESDAY THURSDAY	4:15—5:15 pm 5:30—6:30 pm	<b>\$69</b>
<b>CONTEMPORARY DANCE</b>	13 & Up	Andrea	MONDAY	7:00—8:00 pm	<b>\$69</b>
<b>HIP-HOP</b>	7—10 7—10	Lizzie Lizzie	TUESDAY FRIDAY	5:30—6:15 pm 5:00—5:45 pm	<b>\$64</b>
<b>JAZZ</b>	7—11	Andrea	THURSDAY	4:30—5:15 pm	<b>\$64</b>
<b>JAZZ/TAP</b>	7—9	Lizzie	FRIDAY	3:30—4:15 pm	<b>\$64</b>
<b>LYRICAL</b>	10—14	Sandy	THURSDAY	6:30—7:15 pm	<b>\$64</b>
<b>TAP (Invite only)</b>	14 & Up	Sandy	SATURDAY	12:15—12:45 pm	<b>\$58</b>
<b>COMPANY BALLET (Invite only)</b>	APPRENTICE	Andrea	MONDAY	5:00—6:00 pm	<b>\$69</b>
	COMPANY 5	Andrea	MONDAY	6:00—7:00 pm	<b>\$69</b>
	COMPANY 4	Sandy Andrea	TUESDAY THURSDAY	5:15—6:15 pm 5:15—6:15 pm	<b>\$69 1 Day</b> <b>\$124 2 Days</b>
	COMPANY 3	Sandy Lizzie	TUESDAY FRIDAY	6:15—7:30 pm 5:45—7:00 pm	<b>\$77 1 Day</b> <b>\$140 2 Days</b>
	COMPANY 2	Lizzie Andrea	TUESDAY THURSDAY	6:15—7:30 pm 6:15—7:30 pm	<b>\$77 1 Day</b> <b>\$140 2 Days</b>
	COMPANY 1	Lizzie Andrea	TUESDAY THURSDAY	7:30—9:00 pm 7:30—9:00 pm	<b>\$84 1 Day</b> <b>\$154 2 Days</b>
	COMPANY TECHNIQUE	Sandy	SATURDAY	10:45 am—12:15 pm	<b>\$84</b>

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Feb 22-March 29 April 12—May 17	Feb 23-March 30 April 13—May 18	Feb 24-March 31 April 14—May 19	Feb 25-April 1 April 15—May 20	Feb 26-April 2 April 16—May 21	Feb 27-April 3 April 17—May 22

# GYMNASTICS

Gymnastics is one of the best individual sports to help children build self-confidence, flexibility, agility & body control. The Recreation Department is proud to have as gymnastics instructors:

Trish Merck is the lead instructor of our early childhood gymnastics program. She has been involved in the sport of gymnastics, either participating or teaching, for over 40 years. Trish is USAG safety certified, has completed the KAT (Kinder Accreditation for Teachers Certification program) and the Pre-school Fundamentals Hands-on training through USA Gymnastic University. Trish has been teaching gymnastics in Cumming for over 29 years, 22 of those years here at the CRPD. Trish had the honor of participating on the Auburn University gymnastic team and she graduated with a degree in Health, Physical Education and Recreation.

Deven Pressley is the lead instructor of our older gymnasts and has been with the CRPD gymnastics program for 29 years. She is a member of USA Gymnastics and Amateur Athletic Union. Through USAG, she is Safety Certified, has completed the USAG University's School of Recreational gymnastics, and is a certified meet director. She has also completed the Positive Coaching Alliance course. She attended Gainesville College, majoring in Physical Education.

Also assisting with our Gymnastics program are Cathy Campfield, Janelle Tencza, Misty Sherman, Rae Ganas, Nathan Joiner, Ed-Ver Basson, Elena Campfield, Mati Yadegari, Amin Arbab.

## Gymnastics Class Descriptions

**MOM/POP AND TOT**—A fun time for parents to interact with their toddler as they're introduced to gymnastics & motor skills on their level. All apparatus used are kid friendly for age and size. **Ages 15 mos—2 1/2 years.**

**MINI TOTS**—This class is just for toddlers, helping them develop gymnastics and motor skills on their level. This class would also help children enhance their listening and social skills in a structured and fun atmosphere. All apparatus used are kid friendly for age and size. **Ages 2 1/2—3 1/2 years.**

**TT1/TT2/TT3**—Gymnastic classes that use all gymnastics equipment and introduces basic skills and progressions appropriate for the ages and abilities. **TT1 Ages 3 1/2—4 1/2 years; TT2 Ages 4 1/2—5 1/2 years; TT3 Ages 5 1/2—6 1/2 years.** (When your child reaches the maximum age for Tumble Tigers, consult with instructor before signing up for next level of Tumble Tigers.) **NOTE:** *Former Advanced Tumble Tigers is now Tumber Tigers 2; Former Tumble Tigers 2 is now Tumble Tigers 3; Former Tumble Tigers 3 is now Tumble Tigers 4.*

**MINI TEAM**—For the young gymnast that is ready to progress to the next level of skills. The class will concentrate on developing strength, flexibility, proper form and skills in a fun and safe environment. **Ages 4—5 1/2 years. *Must be evaluated.***

**TUMBLE TIGERS 4**—For the young gymnast that is ready to progress to the next level of skills. The class will concentrate on developing strength, flexibility, proper form and skills in a fun and safe environment. **Ages 4 1/2—6 1/2 years. *Gymnast must be evaluated.***

**GIRLS GYMNASTICS 1—5 (Progressive)** - A set of classes for girls to learn basic gymnastics skills through appropriate skill progressions on women's events. Gymnast begin with Girls Gym 1 and must complete an evaluation to progress to the next level. **Ages 5 1/2 & Up.**

**BOYS GYMNASTICS 1—2 (Progressive)** - A set of classes for boys to learn basic gymnastics skills through appropriate skill progressions on men's events. Gymnast begin with Boys Gym 1 and must complete an evaluation to progress to the next level. **Ages 5 1/2 & Up.**

**TEAM BOYS/GIRLS (Groups/Levels)** - These classes are for the Competitive Teams, which travel to local gyms to compete against other teams. **Gymnasts must be evaluated by the instructor to participate on team.**

**TUMBLING**—Students will learn strength and flexibility to accomplish the basic tumbling skills. **Ages 7 & Up.**

## UPDATED GYMNASTICS SCHEDULE

### March—May

CLASS		AGE	INSTRUCT	DAY	TIME	PRICE
<b>MOM, POP &amp; TOTS</b>		15 Months— 2 1/2 Years	Trish / Janelle	Wednesday Wednesday Friday	10:15—10:45 am 5:00—5:30 pm 9:20—9:50 am	<b>\$56</b>
<b>MINI TOTS</b>		2 1/2—3 1/2	Trish / Janelle	Tuesday Wednesday Wednesday Friday	4:45—5:15 pm 9:30—10:00 am 5:40—6:10 pm 10:00—10:30 am	<b>\$56</b>
<b>TUMBLE TIGERS 1</b>		3 1/2—4 1/2	Trish / Janelle	Wednesday Wednesday Wednesday Wednesday Thursday Friday	11:00—11:40 am 12:25—1:05 pm 4:10—4:50 pm 6:20—7:00 pm 4:50—5:30 pm 10:40—11:20 am	<b>\$62</b>
<b>TUMBLE TIGERS 2</b>		4 1/2—5 1/2	Trish / Janelle	Wednesday Wednesday Thursday Friday	3:20—4:00 pm 6:20—7:00 pm 4:50—5:30 pm 11:30 am—12:10 pm	<b>\$62</b>
<b>TUMBLE TIGERS 3</b>		5 1/2—6 1/2	Trish / Janelle	Tuesday Thursday	3:40—4:30 pm 5:40—6:30 pm	<b>\$68</b>
<b>MUST BE EVALUATED</b>	<b>MINI TEAM</b>	4—5 1/2	Trish / Janelle	Wednesday	1:15—2:15 pm	<b>\$74</b>
	<b>TUMBLE TIGERS 4</b>	5—7	Trish / Janelle	Thursday	3:40—4:40 pm	<b>\$74</b>

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<u><b>MONDAY</b></u>	<u><b>TUESDAY</b></u>	<u><b>WEDNESDAY</b></u>	<u><b>THURSDAY</b></u>	<u><b>FRIDAY</b></u>
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All Classes Held at Dobbs Creek Recreation Center at 1115 Dahlonega Highway



# Gymnastics Class Schedule



*January—March*

CLASS		INSTRUCTOR	DAY	TIME	PRICE
GIRLS GYM 1		RAE MISTY MISTY	MONDAY MONDAY THURSDAY	3:30—4:20 pm 5:45—6:35 pm 6:55—7:45 pm	\$68
GIRLS GYM 2		RAE MISTY	MONDAY THURSDAY	4:30—5:30 pm 5:45—6:45 pm	\$74
GIRLS GYM 3		MISTY RAE	MONDAY WEDNESDAY	6:45—7:45 pm 3:20—4:20 pm	\$74
GYMNAST MUST BE EVALUATED	GIRLS GYM 4 & 5	RAE	WEDNESDAY	4:30—5:40 pm	\$80
	TUMBLING	RAE	FRIDAY	4:40—5:40 pm	\$74
	BOYS GYM	AMIN AMIN	TUESDAY THURSDAY	3:30—4:30 pm 3:30—4:30 pm	\$74

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# TEAM GYMNASTICS



## March—May

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
March 1—22 March 29-Apr 26	March 2—23 March 30-Apr 27	March 3—24 March 31-Apr 28	March 4—25 April 1—29	March 5—26 April 2—30	March 6—27 April 3—May 1
* No Classes Week of April 5—10					




GYMNAST MUST BE EVALUATED BY INSTRUCTOR	AGE GROUP / CLASS	INSTRUCTOR	DAY	TIME	PRICE
	GIRLS GROUP 1	Cathy/Elena	Monday Wednesday Thursday	5:50—8:50 pm	<b>\$214</b>
	GIRLS GROUP 2	Cathy/Elena	Monday Tuesday Thursday	5:50—8:50 pm	<b>\$214</b>
	GIRLS GROUP 3	Cathy/Elena	Tuesday Wednesday Friday	5:50—8:50 pm	<b>\$214</b>
	GIRLS GROUP 4	Chloe/Mati	Tuesday Thursday Friday	5:50—8:50 pm	<b>\$214</b>
	GIRLS GROUP 5	Rae	Monday Wednesday Friday	5:50—8:50 pm	<b>\$214</b>
	GIRLS GROUP 6	Mati/Cathy	Monday Wednesday Friday	3:35—5:35 pm	<b>\$154</b>
	GIRLS GROUP 7	Mati/Cathy	Tuesday Thursday Friday	3:35—5:35 pm	<b>\$154</b>
	GIRLS GROUP 8	Rae	Tuesday Thursday	5:50—8:50 pm	<b>\$154</b>
	GIRLS GROUP 9	Rae/Deven	Tuesday Thursday	3:35—5:35 pm	<b>\$102</b>
	GIRLS GROUP 10	Mati	Tuesday Thursday	5:50—7:50 pm	<b>\$102</b>
	GIRLS GROUP 11	Cathy	Monday Wednesday	3:35—5:35 pm	<b>\$102</b>
	BOYS LEVELS 4 / PRE-TEAM	Amin	Monday Wednesday Friday	3:30—5:30 pm 3:30—5:30 pm 3:30—5:30 pm	<b>\$154</b>
	BOYS OPTIONALS LEVEL 6	Amin	Monday Tuesday Thursday	5:30—8:50 pm 4:30—8:50 pm 4:30 8:50 pm	<b>\$259</b>
	BOYS LEVELS 5 / JD	Amin	Wednesday Friday Saturday	5:00—8:00 pm 5:20—8:20 pm 8:00—11:00 am	<b>\$214</b>

# Self Defense / Hapkido

Hapkido is a Korean Martial Arts. It incorporates Judo, Jujitsu, and Tae Kwon Do into its self-defense structure of attack and defense techniques. Hapkido does not just stop at training physical techniques; it also develops mental and emotional discipline in a structured class environment.

Hapkido is the most effective defense against the most common and uncommon assaults. Some techniques practiced are punching, kicking, blocking, and various combinations. Not only will they learn self defense, but they will also learn self respect, self control, self discipline, and the respect of others.

Hapkido instructor Frankie MacDonald has studied Hapkido, the Korean Martial Art of Self Defense since 1997 and is a fourth degree black belt.

					
<b><u>ADULT CLASS</u></b> <b><u>SESSIONS</u></b> (6-week sessions)				<b><u>YOUTH CLASS</u></b> <b><u>SESSIONS</u></b> (6-week sessions)	
<b>March 22—May 3</b> (No class on Monday, April 5.) <b>May 17—June 21</b>				<b>March 23—May 4</b> (No class on Tuesday, April 6.) <b>May 18—June 22</b>	
<b>DAY:</b> <b>TIME:</b> <b>AGES:</b> <b>COST:</b> <b>LOCATION:</b> <b>INSTRUCTORS:</b>	<b>MONDAY</b> 7:00—8:30 pm 12 & up \$48 Dobbs Creek Recreation Center Frankie MacDonald, 4th Degree Masters Asst. Patrick Thurman, 3rd Degree Black Belt			<b>DAY:</b> <b>TIME:</b> <b>COST:</b> <b>TIME:</b> <b>COST:</b> <b>LOCATION:</b> <b>INSTRUCTORS:</b>	<b>TUESDAY</b> 5:30—6:30 pm    7 & up 6:30—7:30 pm    Intermediate \$43 7:30—8:45 pm    Advanced/ Intermediate \$48 Dobbs Creek Recreation Center Frankie MacDonald, 4th Degree Masters Asst. Patrick Thurman, 3rd Degree Black Belt