

# Cumming Recreation & Parks Department

## PROGRAM GUIDE SUMMER 2023



# Registration Begins April 17

### CUMMING RECREATION AND PARKS DEPARTMENT

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)

## Cumming Recreation and Parks Dept.

437 Pilgrim Mill Rd.

The Cumming Recreation Department is home to the Recreation office and also to all Fitness, Art, and Dance classes. It also hosts day camps during the summer..



## Dobbs Creek Recreation Center

1115 Dahlonega Hwy.

The Dobbs Creek Recreation Center is home to many of our programs, including basketball, hapkido, and gymnastics. It is also the home of the Cumming Gymnsations, the competitive gymnastics team representing the City of Cumming.



## Multi-Purpose Room Rental

437 Pilgrim Mill Rd.

Cumming Recreation and Parks Department offers 4,900 sq. ft. of meeting space perfect for your next business or social function. The facility can seat up to a maximum of 180 persons for a banquet-type event, depending on set-up requirements.

The 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) or 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

437 Pilgrim Mill Rd.

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 respect others while enjoying the facility.





## Fitness Program

*Good health does matter!*

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

BARRE

**Bootcamp**

New Class

**30/30 Functional**



**Strength & Cardio Pump** *Strength & Flexibility*

**H.I.I.T**

**(High Intensity Interval Training)**

**StepSculpt**

**Total Body Fitness**



**YOGA**



*Need a 5 AM class to fit your busy schedule? We got you!*

**H.I.I.T**

**(High Intensity Interval Training)**

**5:00 AM –5:45 AM Tuesday and Thursday**



### CRPD Fitness Class Descriptions

See current schedule at [www.crpdonline.com](http://www.crpdonline.com)

**HIIT (High Intensity Interval Training)**- Multiple variations of workouts that incorporate a mix of cardiovascular and strength training to maximize the ultimate calorie burn. This class offers a challenging, total body workout to help you build strength and endurance.

**Strength & Cardio Pump**-A total body workout to improve cardio stamina and build muscle. Break past your personal boundaries in a positive, supportive environment set to music tempo to motivate. No class is ever the same!

**Yoga for Strength**- Runners, athletes, and yoga students alike will all benefit from this vinyasa-based practice. Our focus will be building strength, flexibility, and balance in both body and mind.

**Yoga Mix It Up & Flow**- Yoga Mix incorporates body weight and light aerobic exercises linked with yoga in a flowing series of poses that create strength, flexibility, endurance and balance. Suitable for all levels.

**StepSculpt**- This class uses a fitness step to create a great cardio workout paired with weight training for a total body workout.

**Zumba** -Zumba is a combination of Latin rhythms and fun international dance steps. You will learn to love working out through dance with this upbeat class also known as a “workout in disguise!”

**Barre** – This fun and effective class is a low impact, intense, full body strengthening and toning workout. A fusion of core and strength that improves coordination and flexibility in a fun, total body workout. All levels welcome!

**Yoga** - This class gives you an opportunity to slow down by using slow steady breathing, holding postures and transitioning smoothly. Each class focuses on strength, balance and flexibility for a well-rounded class.

**Total Body Workout** – Burn fat and tone your body with this blend of low impact cardio and strength training using a variety of equipment like steps, resistance bands and lightweights. A great place to start!

**30/30 Functional Strength & Flexibility**-This class combines strength and control to help improve body awareness, balance, flexibility, and movement patterns. 30 minutes of strength using dumbbells, bands and body weight;; 30 minutes of balance, stability and flexibility training. A complete whole body workout that is tailored to where you are on your fitness journey.

**NO  
CONTRACT**

**30 Day unlimited access-\$60  
5-Class FitPass-\$35**

**12-Class FitPass-\$72  
24-Class FitPass-\$120**

**Drop in class \$8**

**Welcome  
Friends**



# ART



For the 32nd 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

*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: \$122

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

DAY / TIME WEDNESDAY  
COST: \$122

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

DAY / TIME FRIDAY  
COST: \$122

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



<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>FRIDAY</u>
April 25-May 30	April 26-May 31	April 28th-June 2
June 13—July 25 (No class July 4)	June 14—July 26 (No class July 5)	June 16-July 28 (No class July 7)



# ART





# ART CAMPS

Ages 7 & up



## Pokemon

Ages 7 and up!

June 5—9

July 10—14

Gotta catch 'em all! Kids will capture them in drawings and sculptures! A week of fun and excitement for Pokémon fans.



## Minecraft Adventures

Ages 7 and up!

June 19—23

Create wonderful, imaginative things. Kids will build clay characters and make masks of their favorites. We will paint and build all kinds of fun places.

## Art Exploration

Ages 8 and up!

Session 1  
June 26—30

Session 2  
July 17—21



Campers will work with clay, paint, pencil, charcoal, and watercolor pencils. This camp will introduce students to what these mediums can do through composition, shading, color mixing and more! (Wear old clothes or a smock.)

## Drawing & Painting

Ages 8 and up!

Session 1  
June 12—16

Session 2  
July 24—28



Campers will draw and learn composition and shading, then apply the lessons and paint. We will paint on real canvas panels. (Wear old clothes or a smock.)

*Bring small snack and drink each day*

**DAYS:** Monday—Friday  
**TIMES:** 8:30 am—12:00 pm  
**COST:** \$130 (supplies included)  
**LOCATION:** Cumming Recreation Dept. Building  
**INSTRUCTOR:** Rick Rennick



ANY CHILD NOT PICKED UP WITHIN 10 MINUTES AFTER CAMP IS OVER WILL BE ASSESSED A LATE FEE OF \$1 PER MINUTE. FEE IS TO BE PAID TO INSTRUCTOR AT THE TIME OF PICK UP.

PARENTS , PLEASE NOTE THAT ALL COUNSELORS / INSTRUCTORS ARE CERTIFIED IN CPR AND TRAINED IN FIRST AID.



# KIDS KAMPS

AGES 4—7



**June 12–16**

**Ages 4 & 5**

## ***Pirates, Mermaids & Circus Fun!***

Ahoy all ye Pirates and Mermaids! The circus is in town and they need your help! Hidden treasure, shooting cannons, walking the plank and much more, will make the circus a fun place! Captain Hook and Ariel are eager to help!



The Cumming Recreation and Parks Department would like to welcome back all of our veteran counselors for the summer. Along with our school teachers, our college and high school students have years of experience. Their passion and desire to work with children will be an asset to our Summer Day Camps.

Give your child a summer to remember! This summer, let your child's imagination come alive with an exciting fun-filled adventure at Cumming City Park! Children four to seven years old will love these camps! Give your child a wonderful summer adventure that will last a lifetime!

The Kids Kamp Program always encourages outdoor fun and to JUST BE KIDS! Campers at Kids Kamp will laugh, run, play, swim, and make friends in a safe, supervised environment.

The weekly theme provides a focus for arts & crafts, group activities, games, stories, and more. Our 6-7 year olds will have the opportunity to be transported to the Cumming Aquatic's Outdoor Leisure Pool.

They will also receive their own canvas bag suitable for carrying their bathing suit, towel, and lunch.

*Please note that the 4 & 5 year olds will only swim in kiddie pools that will be set up for wading, splashing, and having fun outside at the Cumming Recreation Department.*

**June 26—June 30**

**Ages 6 & 7**

## ***Messy Mania***

Want to have some good clean fun?

Then don't come to this camp!

Shaving cream, jello, cheetos, crackers, marsh mellow, eggs, whipped cream, flour, etc. Need I say more? Best camp ever!!



**July 17–21**

**Ages 6 & 7**

## ***Lego & Lego Friends***

We are searching for boys and girls who love Legos. This is your chance to become designers, builders and engineers. Let your imagination run wild and let's see what fun creations you can dream up!



## **Kids Kamp Information**

**Campers:**

- Must bring a sack lunch and drink.
- Wear bathing suit under clothing. (Do not bring extra clothes.)
- Must wear tennis shoes. No sandals, flip-flops or jellies are allowed. Water shoes are recommended.
- Must bring a towel.
- Put on sunscreen—We recommend 30SPF 6-hour waterproof. (This is what our lifeguards use.) Put on before you leave home—that's all they need.
- Must label all items.
- Must have a note in order to leave with anyone other than parent.
- May have an occasion to watch recorded movies. If you have any objections to movies with a PG rating, please let us know.

### **EACH KIDS KAMP**

Bring sack lunch and drink each day

**DAYS:** Monday—Friday  
**TIME:** 9:00 am—1:00 pm  
 (Children may not be dropped off earlier than 8:45 am)  
**COST:** \$106 includes camp t-shirt, bag, arts/crafts supplies  
**LOCATION:** Cumming Rec Dept.

ANY CHILD NOT PICKED UP WITHIN 10 MINUTES AFTER CAMP IS OVER WILL BE ASSESSED A LATE FEE OF \$1 PER MINUTE. FEE IS TO BE PAID TO INSTRUCTOR AT THE TIME OF PICK UP.

**PLEASE NOTE THAT ALL COUNSELORS / INSTRUCTORS ARE CERTIFIED IN CPR AND TRAINED IN FIRST AID.**

ANY TIME LIGHTNING IS SEEN OR THUNDER IS HEARD, ALL OUTDOOR PROGRAMS SPONSORED BY THE CUMMING RECREATION AND PARKS DEPARTMENT WILL SUSPEND OPERATIONS. ONLY WHEN 15 MINUTES HAS ELAPSED SINCE THE LAST LIGHTNING OR THUNDER WILL THE CUMMING RECREATION AND PARKS DEPARTMENT PROGRAMS CONTINUE.



# DAY CAMPS

AGES 8-11



Summer Day Camp at the Cumming Recreation & Parks Department offers your child a great wholesome outdoor environment. Children enjoy being outdoors in the sunshine, swimming everyday, & doing cool activities!

The Day Camp Program always encourages outdoor fun and to **JUST BE KIDS!** Campers at Day Camp will laugh, run, play & swim in a safe, supervised environment.

Summer Day Camp is an opportunity for kids to learn, to make new friends, and to share new adventures. The weekly theme provides a focus for arts & crafts, group activities, games, stories & more.

Campers will have the opportunity to be transported to the Cumming Aquatic Center's Leisure Pool.

A summer full of fun and memories has been planned for our campers this year. Don't hesitate, give your child a gift that they won't forget and will cherish for the rest of their lives.

*They will also receive their own backpack suitable for carrying their bathing suit, towel, and lunch.*

## Day Camp Information

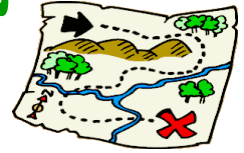
Campers:

- Must bring a sack lunch and drink.
- Wear bathing suit under clothing. (Do not bring extra clothes.)
- Must wear tennis shoes. No sandals, flip-flops or jellies are allowed. Water shoes are recommended.
- Must bring a towel.
- Must bring sunscreen each day. We recommend 30SPF 6-hour waterproof. (This is what our lifeguards use.) Put on before you leave home.
- Must label all items.
- Must have a note in order to leave with anyone other than parent.
- May have an occasion to watch recorded movies. If you have any objections to movies with a PG rating, please let us know.
- May bring money for the pool concession stand.

## Scavenger Surprises

**June 5—9**

**Ages 8 & 9**



A week of team-building exercises and thrills of a hunt are in store this week. Come join us for a week of exciting scavenger hunts with each providing fun and friendly competition!. Plus, a day at Stars & Strikes, and a field trip to Sawnee Mountain for a scavenger hunt.

## Summer Celebration

**June 19—23**

**Ages 10 & 11**



No more school, no more homework! Let's celebrate by getting out in the fresh air. Playing games and swimming are only a couple of things we have planned. Throw in a field trip to Stars & Strikes, and let's have some fun.

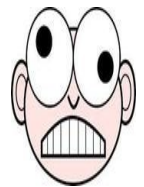
## MESSY MANIA

**July 10—14**

**Ages 8 & 9**

**July 24—28**

**Ages 10 & 11**



Want to have some good clean fun?  
Then don't come to this camp!  
Shaving cream, jello, cheetos, crackers, marsh mel-  
lows, eggs, whipped cream, flour, etc. Need I say more? Plus a  
field trip to Stars & Strikes! **Best camp ever!!**

## EACH DAY CAMP

Bring sack lunch and drink each day

**DAYS:**  
**TIMES:**

Monday—Friday  
9:00 am—5:00 pm  
(Children may not be dropped off  
earlier than 8:45 am.)

**COST:**

\$130  
(Includes a camp T-shirt, arts & craft  
supplies, and a camp bag.)

**LOCATION:**

Cumming Rec. Dept.

ANY CHILD NOT PICKED UP WITHIN 10 MINUTES AFTER CAMP IS OVER WILL BE ASSESSED A LATE FEE OF \$1 PER MINUTE. FEE IS TO BE PAID TO INSTRUCTOR AT THE TIME OF PICK UP.

**PLEASE NOTE THAT ALL COUNSELORS / INSTRUCTORS ARE CERTIFIED IN CPR AND TRAINED IN FIRST AID.**

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# Camp Cool Kids & Teens

Camps for Children with Special Needs



Once again we are pleased to offer Camp Cool Kids & Camp Cool Teens. These camps are designed for the individuals with mental, physical, emotional and/ or social deficits that might prevent them from participating in other camps. Camp Cool Kids is for children 3-11 years old and Camp Cool Teens is for teens 12-19. Activities for the campers including swimming at the Cumming Aquatic Center, arts and crafts, and indoor and outdoor games. Camp Cool Teens will also take trips in the community for recreational activities if possible. This

years camps promise to provide fun activities in a safe environment. Most of our counselors have been with Camp Cool Kids and Teens for many years and are in college or have graduated.

All counselors are CPR trained and First-Aid certified. Camp Cool Kids & Teens are proudly sponsored by Cumming Recreation & Parks Department. Each camper will receive his or her own backpack suitable for carrying their bathing suit, towel and lunch.

## MUST COME IN THE OFFICE TO REGISTER



### CAMP COOL KIDS SESSIONS



Session 1: June 5-8 9:00am—1:00pm

Session 2: June 12-15 1:00pm—5:00pm

Session 3: June 19-22 9:00am—1:00pm

Session 4: June 26-29 1:00pm—5:00pm

Session 5: July 10-13 9:00am—1:00pm

Session 6: July 17-20 1:00pm—5:00pm



### CAMP COOL TEENS SESSIONS



Session 1: June 5-8 1:00pm—5:00pm

Session 2: June 12-15 9:00am—1:00pm

Session 3: June 19-22 1:00pm—5:00pm

Session 4: June 26-29 9:00am—1:00pm

Session 5: July 10-13 1:00pm—5:00pm

Session 6: July 17-20 9:00am—1:00pm

## Camp Cool Kids Information

- Wear bathing suit under clothing, if possible. (Do not bring extra clothes.) Life jackets and water wings are recommended but not provided.
- Must wear tennis shoes. No sandals, flip-flops or jellies are allowed. Water shoes are recommended.
- Must bring a sack lunch and drink.
- Must bring a towel.
- Put on sunscreen—We recommend 30SPF 6-hour waterproof. (This is what our lifeguards use.) Put on before you leave home—that's all they need.
- Must label all items.
- Must have a note in order to leave with anyone other than parents.
- May have an occasion to watch recorded movies. If you have any objections to movies with a PG rating, please let us know.



## EACH COOL KIDS & TEENS CAMP

Bring lunch and drink each day

**DAYS**

**Monday—Thursday**

Morning Drop off no earlier than 8:45am

Afternoon Drop off no earlier than 12:45pm

**COST:**

**\$100 (4 Days)**

**AGES:**

**3-11 (Camp Cool Kids)  
12-19 (Camp Cool Teens)**

**LOCATION:**

**Cumming Recreation  
Department Building**

# SUMMER DANCE CLASSES

LOOKING FOR OPTIONS THIS SUMMER?  
WE NOW OFFER 2 DAY A WEEK CLASSES AND 3 DAY A WEEK CLASSES TO FIT EVERY SCHEDULE.  
SIGN UP FOR JUST 1 WEEK OF CLASSES OR FOR MULTIPLE WEEKS TO DANCE THROUGHOUT THE  
SUMMER. Register at [www.crpdonline.com](http://www.crpdonline.com)

## 2 DAY A WEEK CLASSES

**TUESDAY & THURSDAY**

**Instructor Sandy**

### FAIRY PRINCESS BALLET

AGE 4-7 JUNE 13 & 15 10:00 AM-10:45 AM \$20  
AGE 4-7 JULY 11 & 13 1:30 PM-2:15 PM \$20

### BALLET / TAP / TUMBLE

AGE 5-7 JUNE 13 & 15 10:45 AM-11:30 AM \$20  
AGE 4-5 JUNE 20 & 22 1:30 PM-2:15 PM \$20  
AGE 7-9 JULY 11 & 13 2:15 PM-3:00 PM \$20

### BALLET COMPANY 3 & 4

JUNE 13 & 15 11:30 AM 1:00 PM \$43

### BEGINNER JAZZ

AGE 6-8 JUNE 13 & 15 1:00 PM-1:45 PM \$20

### BEGINNER POINTE / LYRICAL COMBO

JUNE 20 & 22 2:15 PM-4:15 PM \$59



## 3 DAY A WEEK CLASSES

**MONDAY, WEDNESDAY & FRIDAY**

**Instructor Andrea**

### TWINKLE TOTS

AGE 3 JULY 10, 12 & 14 1:30 PM-2:00 PM \$20

### FAIRY PRINCESS BALLET

AGE 3-4 JUNE 26, 28 & 30 1:30 PM-2:15 PM \$31  
AGE 3-4 JULY 24, 26 & 28 1:30 PM-2:15 PM \$31

### BALLET / TAP

AGE 3-5 JUNE 12, 14 & 16 1:30 PM-2:15 PM \$31  
AGE 5-7 JUNE 26, 28 & 30 2:15 PM-3:00 PM \$31  
AGE 3-5 JULY 10, 12 & 14 2:00 PM-2:45 PM \$31  
AGE 5-7 JULY 10, 12 & 14 2:45 PM-3:30 PM \$31  
AGE 5-7 JULY 24, 26 & 28 2:15 PM-3:00 PM \$31

### BALLET

AGE 8-11 JUNE 12, 14 & 16 3:00 PM-3:45 PM \$31  
AGE 8-11 JULY 24, 26 & 28 3:00 PM-3:45 PM \$31

### JAZZ

AGE 8-11 JUNE 12, 14 & 16 2:15 PM-3:00 PM \$31

### COMPANY 5 & 4

JUNE 26, 28 & 30 3:00 PM-4:00 PM \$43

### POINTE/CONDITIONING & STRETCH

**BEGINNER.** For current Company 3 or with permission from the Instructor. JUNE 26, 28 & 30 4:00-5:00 PM \$43

**ADVANCED** For current Company 1 & 2 or with permission from the Instructor. JULY 10, 12 & 14 3:30-4:30 PM \$43

## CLASS DESCRIPTION



**FAIRY PRINCESS BALLET**—Ballet basics with dress-up and props. Introduces students to ballet basics in a fun and imaginative environment.

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

**BALLET**—Classical ballet classes will sharpen dancers' skills, build strength, and help them progress during the summer.

**BALLET/TAP**—Gives students the beginning techniques of both ballet and tap! Classes will help develop coordination and balance.

**BALLET / TAP / TUMBLE COMBO**—Emphasis will be on primary Ballet technique and promoting musicality, grace, poise & posture. Tap helps develop rhythmic and locomotor skills. Basic tumbling exercises will help with core strength, flexibility & balance.

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

**HIP-HOP**—Classes designed to include clean and acceptable hip-hop movement. Improves strength, stamina, & coordination.

**JAZZ**—A class of fun and fast-paced movements in which dancers will learn isolations, conditioning, and across-the-floor movements. Students will enjoy learning new techniques and combos.

**POINTE BALLET**—This class will continue strengthening pointé techniques plus expand knowledge and appreciation of classical ballet.

**POINTE CONDITIONING AND STRETCH**—Dancers will pair strength training, flexibility and pointe work. By strengthen the correct muscle and stretching dancers can increase their range of motion and improve overall technique. In the class along with intensive pointe work, students will work on strengthening their core, legs and arms and work on their overall flexibility.



# DANCE



**Instructor Sandy Griffin** has been a dance educator for over 40 years and is beginning her 21st 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 and the United States. Sandy has also had 20 years of extensive training and performing in the French, Italian, Russian and Cecchetti style of ballet.

**Instructor Andrea Mosher** 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 Jennifer Spencer** danced for 14 years under the direction of Joanne Plimpton, who employed the Al Gilbert school of technique in tap, jazz & ballet. During that time, Jennifer taught under Ms. Plimpton as well. She attended the University of Alabama, where she danced under the instruction of Cornelius Carter, a former member of the Alvin Ailey Dance Theatre. Also, the respected Edie Barnes (who was a transforming factor in the dance program at Alabama) was a mentor and teacher. She is currently a teacher & coach at Denmark High School in Forsyth County.

## Dance Parties

### PRINCESS/ DANCE BIRTHDAY PARTIES

*What a great way to celebrate that special day!!  
A Dance Instructor will lead the birthday guest in a fun filled time  
of dance and imagination.*

Parties are held in the Dance Room on available weekends. You provide party refreshments, table decorations and supplies. We provide dress up costumes, props galore, and a unique Princess castle, dance teacher and more. A Dance Instructor will personally call you to discuss other details and information.  
Such a fun, memorable event!

Ages: 3 & up. Cost is \$215.00 for 1 1/2 hours for up to 8 children (\$10.00 per additional child.)  
Call the main office 770-781-2030 to Book a Party.





## MORE SUMMER DANCE CAMPS

### HIP-HOP STRETCHING AND CREATIVITY CAMP

Learn balance, strength, and flexibility, while also having fun with hip-hop dance.

**DAYS :** Monday, Tuesday, Wednesday

**AGES 5—8** June 5, 6 & 7 10:00 am - 12:00 pm

**AGES 9—13** June 12, 13 & 14 10:00 am - 12:00 pm

**COST:** \$105 per session

**INSTRUCTOR:** Jennifer



## SUMMER INTENSIVE WORKSHOPS

### Summer Dance Intensive

**Age 13-18**

This intensive will sharpen students' technique, build essential skills & widen their experience in other genres. Each day of the intensive will include a classical ballet class with a complete barre, modern/contemporary class, and jazz class. We will also cover conditioning and healthy habits for dancers. This is a great way to prepare students for future college intensives and programs. Also, it is an opportunity for dancers to maintain & grow their dance skills during their "summer off". Students will need to bring water and a sack lunch.

**JUNE 19, 20, 21 & 23**

Monday, Tuesday, Wednesday & Friday

10:00 am—3:00 pm

**AGES:** 13 to 18

**Instructor:** ANDREA

**LEVELS:** For Company 2 / Company 1

**Cost:** \$245



### Summer Dance Intensive

**Age 9-13**

This Intensive workshop is a wonderful opportunity for dancers to study Ballet Technique, Jazz, and Lyrical/contemporary genres. Strengthening technique and exposing dancers to other genres will help them to become well rounded, which is essential.

We will have a daily Ballet & Conditioning class and also learn a "dance" for each genre. There will be special performance on Thursday, July 20th at 3:00 pm for parents and guests.

Students need to bring water and a sack lunch  
Daily

**JULY 18, 19 & 20**

Tuesday, Wednesday & Thursday

11:30 am—3:30 pm

**AGES:** 9 to 13

**INSTRUCTOR:** SANDY

**LEVELS:** For Company 3, Company 4  
and other invited students.

**COST:** \$150





# Dance Camps

## 3 DAY PRINCESS CAMPS

(Ages 4-8)

A magical three-day camp where dancers learn ballet basics in a fun environment! Play in our big princess castle while enjoying dress-up and princess-themed games. Dancers also get to participate in arts and crafts! Please remember to bring a sack lunch and drink.

### Ariel/Mermaids and Encanto

Ages 4-8

Monday, Wednesday, Friday

10:00 am—1:00 pm

Cost: \$138

Instructor: Sandy

Session  
June 5, 7 & 9



### Belle, Rapunzel & Sleeping Beauty

Ages 4-8

Monday, Wednesday, Friday

10:00 am—1:00 pm

Cost: \$138

Instructor: Andrea

Session  
June 12, 14 & 16



### FANTASTIC FAIRIES AND MAGIC

Ages 4-8

Monday, Wednesday, Friday

10:00am—1:00pm

Cost: \$138

Instructor: Andrea

Session  
June 26, 28 & 30



### Sleeping Beauty, Jasmine and Elsa

Ages 4-8

Monday, Wednesday, Friday

10:00am—1:00pm

Cost: \$138

Instructor: Andrea

Session  
July 10, 12 & 14



### MOANA & ARIEL TROPICAL PRINCESSES END OF SUMMER

Ages 4-8

Monday, Wednesday, Friday

10:00 am—1:00 pm

Cost: \$138

Instructor: Andrea

Session  
July 24, 26 & 28





## Dance Camps

### 2 DAY PRINCESS CAMPS

(Ages 4-8)

Our two-day Princess Camps are designed for dancers to enjoy the same wonderful experience of the three-day camps. A fun & exciting environment where younger dancers can combine class work and play! Campers will learn ballet basics, play dress-up & imagination games, as well as participate in arts and crafts! Please bring a sack lunch and a drink.

#### Aurora & Sleeping Beauty

**Ages 4-8**

Tuesday & Thursday

9:00 am—1:00 pm

Cost: **\$124**

Instructor: Sandy

Session  
June 20 & 22



#### PONIES AND UNICORNS

**Ages 4-8**

Tuesday & Thursday

9:00am—1:00 pm

Cost: **\$124**

Instructor: Sandy

Session  
June 27 & 29



#### Frozen / Elsa & Anna

**Ages 4-8**

Tuesday & Thursday

9:00 am—1:00 pm

Cost: **\$124**

Instructor: Sandy

Session  
July 11 & 13



#### Belle & Rapunzel

**Ages 4-8**

Tuesday & Thursday

9:00 am—1:00 pm

Cost: **\$124**

Instructor: Sandy

Session  
July 25 & 27







# company Dance Classes



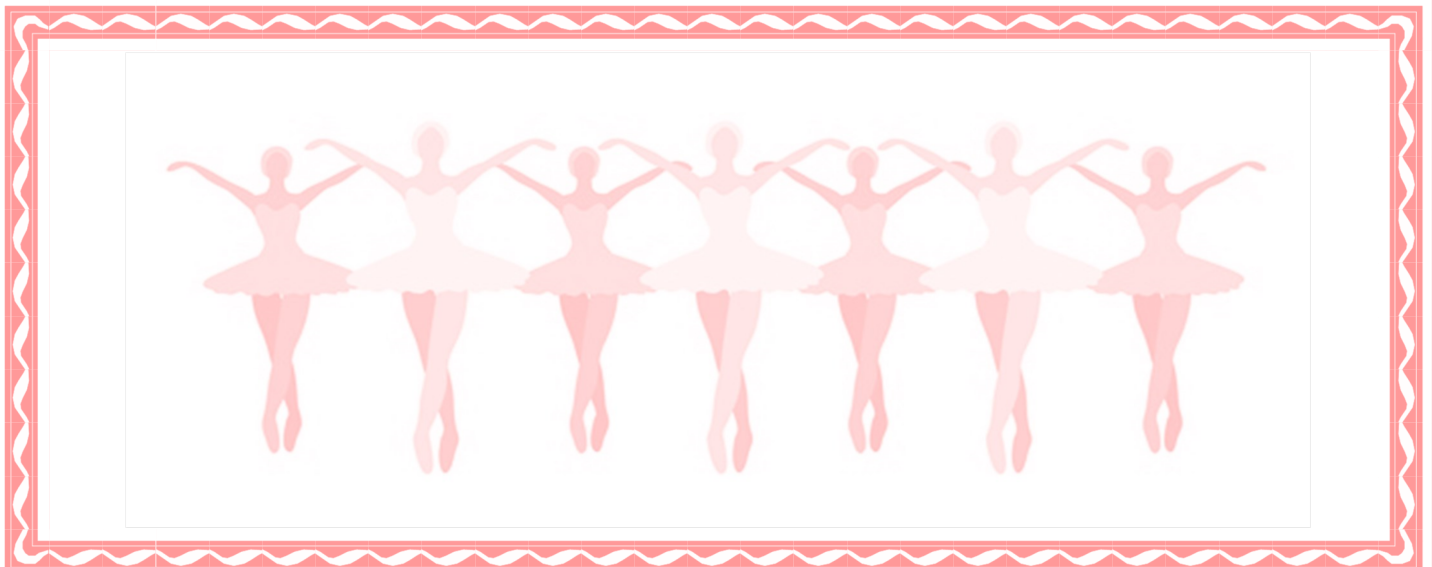
<u>SESSION</u> (Four-Week Session)	<u>Tuesdays</u> August 8—29	Wednesday August 9—30	<u>Thursdays</u> August 10—31	<u>Saturdays</u> August 12- September 2
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CLASS	LEVEL	INSTRUCTOR	DAY	TIME	PRICE
<b>COMPANY BALLET</b> (Invite only)	APPRENTICE	Andrea	WEDNESDAY	5:00—6:00 pm	\$56
	COMPANY 5	Andrea	WEDNESDAY	6:00—7:00 pm	\$56
	COMPANY 4	Sandy Andrea	TUESDAY THURSDAY	5:15—6:15 pm 5:15—6:15 pm	\$56 1 Day \$92 2 Days
	COMPANY 3	Jennifer Sandy	TUESDAY THURSDAY	5:15—6:15 pm 7:00—8:00 pm	\$58 1 Day \$96 2 Days
	COMPANY 2	Sandy Andrea	TUESDAY THURSDAY	6:15—7:30 pm 6:15—7:30 pm	\$60 1 Day \$100 2 Days
	COMPANY 1	Sandy Andrea	TUESDAY THURSDAY	7:30—9:00 pm 7:30—9:00 pm	\$66 1 Day \$112 2 Days
	COMPANY TECHNIQUE	Sandy	SATURDAY	10:30 am—12:00 pm	\$66

*Must have permission from the instructor in order to participate in Company Ballet.*

## Company Ballet

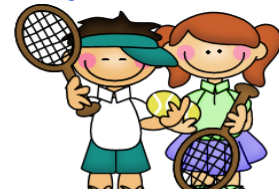
These are more focused accelerated ballet classes with a goal of emphasis on technique and enhanced performance skills. **Dancer must be evaluated by the instructor to participate in Company Ballet. Ages 7 & Up.**



# Pee Wee Tennis Camp

Ages 4 1/2 — 8 yrs. Monday—Thursday

June 5—8



TIME: 9:00— 9:50 am  
10:00—10:50 am

AGES: 4 1/2 —8

COST: \$75

LOCATION: Forsyth County CENTRAL PARK Tennis courts. (2300 Keith Bridge Rd.)  
INSTRUCTOR: Faye Smith

Instructor Faye Smith is a dedicated tennis professional who is deeply committed to the sport. She has been playing tennis for over 30 years and is a residence of Forsyth County. Faye is currently an AL-TA member playing level AA 2 & USTA 4.5. She is looking forward to working with our young tennis players this summer.

# Youth Tennis Camp

Ages 8—15 yrs. Monday —Friday

June 12—16



TIME: 9:00am—12:45 pm  
AGES: 8—15 ( beginner & advanced)  
COST: \$177

LOCATION: Forsyth County CENTRAL PARK Tennis courts. (2300 Keith Bridge Rd.)  
INSTRUCTOR: Faye Smith

Tennis Camps offer four or five days of fun while improving skills. Youngsters will enjoy individual tennis instruction, drills for strokes, competitive play, singles and doubles play and will participate in games that emphasize the basic forehand and backhand strokes. Proper service motion and volleying techniques will also be implemented. Youth Tennis Camp participants will be taken each day to the Cumming Aquatic Center to swim and should be picked up there. Please bring a tennis racket, water bottle, snack and bathing suit each day. Campers may bring money for pool concession stand.

## FUNDAMENTAL CAMPS

CRPD is pleased once again to offer FUNDamentals athletics camps. These camps are designed to offer basic introduction to a different sport each day of the week. Campers will get to try their hands at a variety of different over the course of the week. Campers will be dropped off at the Dobbs Recreation Center each morning and enjoy sport in the mornings. Lunch will be eaten at the Recreation Center and then campers will be transported to the Cumming Aquatic Center for swimming and fun. Parents will pick up at the Aquatic Center.

Session 1: June 12—15

Session 2: July 10—13

DAYS: Monday — Thursday  
TIME: 8:30 am—4:30pm  
AGES: 7—12 yrs.  
COST: \$170 per week



INSTRUCTOR: Kristen Barinowski

DROP OFF: 8:30 am @ Dobbs Creek Recreation Center

PICK UP: 4:30 pm @ Cumming Aquatic Center





## 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.)

**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 5—7 years. *Gymnast must be evaluated.*

## GYM PARTIES

### GYMNASTIC BIRTHDAY PARTIES

Did you know we offer Gymnastic Birthday parties? It's the best kept secret around. If you are interested in having a birthday party for your child please contact Janelle Tencza at our main office.

Parties are held on Saturdays or Sundays and last 1 1/2 hours.

Cost is \$200 for 13 kids and only \$10 each for any additional kids.

Parties must be booked through Janelle.

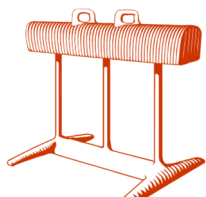


**ANY CHILD NOT PICKED UP WITHIN 10 MINUTES AFTER CAMP IS OVER WILL BE ASSESSED A LATE FEE OF \$1 PER MINUTE. FEE IS TO BE PAID TO INSTRUCTOR AT THE TIME OF PICK UP.**

**PLEASE NOTE THAT ALL COUNSELORS / INSTRUCTORS ARE CERTIFIED IN CPR AND TRAINED IN FIRST AID.**

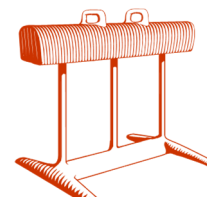
**ANY TIME LIGHTNING IS SEEN OR THUNDER IS HEARD, ALL OUTDOOR PROGRAMS SPONSORED BY THE CUMMING RECREATION AND PARKS DEPARTMENT WILL SUSPEND OPERATIONS. ONLY WHEN 15 MINUTES HAS ELAPSED SINCE THE LAST LIGHTNING OR THUNDER WILL THE CUMMING RECREATION AND PARKS DEPARTMENT PROGRAMS CONTINUE.**





# GYMNASTICS SCHEDULE

## June - August



CLASS	AGE	INSTRUCTOR	DAY	TIME	JUNE	JULY/ AUG.
<b>MOM, POP &amp; TOTS</b>	15 Months— 2 1/2 Years	Janelle	Tuesday Wednesday Wednesday Friday*	9:30—10:00 am 10:10—10:40 am 5:30—6:00 pm 9:30—10:00 am*	\$48	\$38
<b>MINI TOTS</b>	2 1/2—3 1/2	Janelle	Tuesday Tuesday Wednesday Thursday Friday*	10:10—10:40 am 4:10—4:40 pm 9:30—10:00 am 5:10—5:40 pm 10:10—10:40 am*	\$48	\$38
<b>TUMBLE TIGERS 1</b>	3 1/2—4 1/2	Janelle	Tuesday Wednesday Wednesday Thursday Friday*	10:50—11:30 am 10:50—11:30 am 3:30—4:10 pm 4:20—5:00 pm 10:50—11:30 am*	\$52	\$42
<b>TUMBLE TIGERS 2</b>	4 1/2—5 1/2	Janelle	Tuesday Tuesday Thursday Friday*	11:40 am—12:20 pm 5:10—5:50 pm 3:30—4:10 pm 11:40 am—12:20 pm*	\$52	\$42
<b>TUMBLE TIGERS 3</b>	5 1/2—6 1/2	Janelle	Tuesday Wednesday* Wednesday	3:30—4:20 pm 11:40—12:30 pm* 6:10—7:00 pm	\$55	\$44
<b>TUMBLE TIGERS 4</b> <small>Must be evaluated.</small>	5—7	Janelle	Tuesday Wednesday	6:00—7:00 pm 4:20—5:20 pm	\$60	\$48
<b>MINI TEAM</b> <small>Must be evaluated</small>	4—5 1/2	Janelle	Wednesday Thursday	1:30—2:30 pm 5:50—6:50 pm	\$60	\$48
* Denotes June/July-Only Class				* Denotes August-Only Class		

Janelle Tencza is the lead instructor of our early childhood gymnastics program. She grew up in Milton, GA and has been involved in the sport of gymnastics for over 40 years as a gymnast and coach. She has taught classes and teams for Trish and Coach Deven for over 15 years here at the Cumming Recreation and Parks Department. She graduated from Brigham Young University with a degree in Athletic Training & Sports Medicine and is currently a member of USA Gymnastics and AAU Gymnastics.

June classes are 4 week sessions. July and August are 3 week sessions.

### Summer Gymnastics Class Session dates

<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
June 6—27 July 11—25 August 8—22	June 7—28 July 12—26 August 9—23	June 8—29 July 13—27 August 10—24	August 11—25
All Classes Held at Dobbs Creek Recreation Center at 1115 Dahlonega Highway			

## Gymnastics Class Descriptions

**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.

## GYMNASTICS CAMPS

### JUNIOR GYM & SWIM

(Ages 5—8)



This camp will include various aspects of gymnastics including bar, balance beam, tumbling, springboard, vault, and obstacle course. This class is designed for all skill levels. Gymnasts will do 2—3 hours of gymnastics each day and will swim and at the Aquatic Center. Campers will be picked up daily at the Aquatic Center.

Session 1 June 12—16  
Session 2 June 26—30  
Session 3 July 17—21



**DAYS:** MONDAY—FRIDAY  
**TIME:** 9:00 am—12:00 pm  
**COST:** \$128  
**AGES:** 5—8  
**LOCATION:** Dobbs Creek Rec Center  
**INSTRUCTORS:** Misty & Staff

### GYM & SWIM

(Ages 7—12)

This camp will include various aspects of gymnastics including bar, balance beam, tumbling, springboard, & vault. Gymnasts will be divided according to skill level. We will do 3-4 hours of gymnastics daily and will swim at the Aquatic Center. Campers will be picked up daily at the Aquatic Center.

Session 1 June 5—9  
Session 2 June 19—23  
Session 3 July 10—14  
Session 4 July 24—28



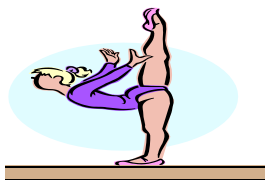
**DAYS:** MONDAY—FRIDAY  
**TIME:** 9:00 am—2:00 pm  
**COST:** \$150  
**AGES:** 7—12  
**LOCATION:** Dobbs Creek Rec Center  
**INSTRUCTORS:** Misty & Staff



ANY CHILD NOT PICKED UP WITHIN 10 MINUTES AFTER CAMP IS OVER WILL BE ASSESSED A LATE FEE OF \$1 PER MINUTE. FEE IS TO BE PAID TO INSTRUCTOR AT THE TIME OF PICK UP.

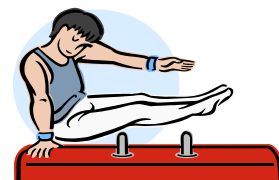
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# Gymnastics Class Schedule

## June, July & August



CLASS	DAY	TIME	JUNE	JULY	AUG.
<b>GIRLS GYM 1</b>	MONDAY TUESDAY TUESDAY THURSDAY	*11:30 am—12:20 pm 5:10 pm—6:00 pm 7:00 pm—7:50 pm 5:45 pm—6:35 pm	\$55	\$44	\$44
<b>GIRLS GYM 2 / 3</b>	TUESDAY WEDNESDAY THURSDAY	6:00 pm—7:00 pm *8:30 am—9:30 am 4:45 pm—5:45 pm	\$60	\$48	\$48
<b>BOYS GYM</b>	TUESDAY TUESDAY	5:30 pm—6:20 pm 6:30 pm—7:20 pm	\$55	\$44	\$44

\*Denotes June and July Only.

### Deven Pressley

Deven is the lead instructor of our older gymnasts and has been with the CRPD gymnastics program for 30 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.

June classes will be a 4-week Session; July & August classes will be a 3-week session

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
June 5—26 July 10—24 August 7—21	June 6—27 July 11—25 August 8—22	June 7—28 July 12—26	June 8—29 July 13—27 August 10—24
<u>All Classes Held at Dobbs Creek Recreation Center at 1115 Dahlonga Highway</u>			





# TEAM GYMNASTICS SUMMER SCHEDULE



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
June 5—26 July 10—24	June 6—27 July 11—25	June 7—28 July 12—26	June 8—29 July 13—27	June 9—30 July 14—28

JUNE IS A 4 -WEEK SESSION. JULY IS A 3-WEEK SESSION

AGE GROUP / CLASS		DAY	TIME	JUNE	JULY
GYMNASTS MUST BE EVALUATED BY INSTRUCTOR	<b>GIRLS BURGUNDY</b>	Monday Tuesday Thursday Friday	9:00 am—1:00 pm 4:00 pm—8:00 pm 8:00 am—12:00 pm 9:00 am—1:00 pm	<b>\$317</b>	<b>\$238</b>
	<b>GIRLS TEAL</b>	Monday Tuesday Thursday	9:00 am—1:00 pm 4:00 pm—8:00 pm 8:00 am—12:00 pm	<b>\$257</b>	<b>\$194</b>
	<b>GIRLS BLUE</b>	Monday Tuesday Thursday	9:00 am—1:00 pm 4:00 pm—8:00 pm 12:00 pm 4:00 pm	<b>\$257</b>	<b>\$194</b>
	<b>GIRLS PINK</b>	Monday Tuesday Thursday	11:30 am—3:00 pm 8:00 am—11:30 pm 2:00 pm—5:30 pm	<b>\$232</b>	<b>\$175</b>
	<b>GIRLS ORANGE</b>	Monday Wednesday Friday	11:30 am—2:30 pm 8:00 am—11:00 am 11:30 am—2:30 pm	<b>\$220</b>	<b>\$166</b>
	<b>GIRLS RED</b>	Monday Wednesday Thursday	8:00 am—11:00 am 10:00 am —1:00 pm 10:30 am—1:30 pm	<b>\$220</b>	<b>\$166</b>
	<b>GIRLS NAVY</b>	Monday Wednesday	8:30 am—11:30 am 12:30pm—3:30 pm	<b>\$162</b>	<b>\$121</b>
	<b>GIRLS WHITE</b>	Tuesday Thursday	12:00 pm—2:30 pm 8:00 am—10:30 am	<b>\$134</b>	<b>\$101</b>
	<b>GIRLS PURPLE</b>	Monday Wednesday	1:00 pm—3:30 pm 9:30 am—12:00 pm	<b>\$134</b>	<b>\$101</b>
	<b>GIRLS LAVENDER</b>	Monday Wednesday	3:00 pm—5:00 pm 8:00 am—10:00 am	<b>\$108</b>	<b>\$81</b>
	<b>BOYS BLACK</b>	Monday Wednesday Friday	8:00 am—11:00 am 11:30 am—2:30 pm 8:00 am—11:00 am	<b>\$220</b>	<b>\$166</b>



All Classes Held at Dobbs Creek  
Recreation Center at 1115 Dahlonga  
Highway

For more information about our Level and Competition teams, please go to  
Gymsations website at [www.gymsations.com](http://www.gymsations.com)





# Bulldog Camps



## Bulldog Basketball Camps

(Ages 7—14)



Forsyth Central's head basketball coaches will again lead Basketball Camps sponsored by the Cumming Recreation & Parks Department for boys & girls ages 7 to 14 this summer. Camp sessions will stress fundamental skills, and will feature team play, one-on-one competition, and other skill contests.

Forsyth Central Girls Varsity Coach Antonio Wade will lead the camps.



### GIRLS CAMP: June 26th--29th

DAYS: Monday-Thursday  
TIME: 9:00 am—12:00 pm  
COST: \$130

### BOYS CAMP: July 10th--13th

DAYS: Monday-Thursday  
TIME: 9:00 am—12:00 pm  
COST: \$130

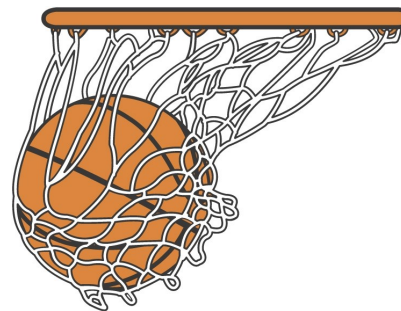
LOCATION: Dobbs Creek Recreation Center  
INSTRUCTOR: Antonio Wade  
Varsity Girls Coach

## Shooting Skills & Drills Basketball Camps

(For Boys & Girls Ages 7—14)

The Cumming Recreation & Parks Department is proud to once again team up with Forsyth Central to offer its Shooting Skills & Drills Camp, which will emphasize specific skills that will improve the develop of each participant. Forsyth Central Varsity Girls Coach Antonio Wade will lead the camps, which will emphasize shooting skills and basic fundamentals through a variety of drills.

DATES: July 17th—19th  
DAYS: Monday—Wednesday  
AGES / TIME: 7—10 10:30 am—12:30 pm  
11—14 8:30 am—10:30 am  
COST: \$95  
LOCATION: Dobbs Creek Recreation Center  
INSTRUCTOR: Antonio Wade, FCHS Varsity Girls Coach





# Horseback Riding Camps & Lessons



Are you looking for a great summer camp for your child? Blue Springs Farm has the answer! Our summer camps will help your child grow, learn responsibility, and most importantly, understand the beauty of owning and taking care of a horse. The camps are for boys and girls with any level of experience, ages 5 & up. They will learn the skills of general safety, horsemanship, and the main responsibilities of caring for a horse.

It's a true day out on the farm. Camps start with lessons in the morning and trail riding in the afternoon. They are exposed to both Western & English. On the final day the family members are invited to come watch their children and see what they have learned.

Instructor Marcy Blue has been teaching and showing horses for over 30 years. She has a farm in Forsyth County where she hosts the Forsyth Central Equestrian Team. She has also taught lessons through Kennesaw College. She features a World Champion among her students and several Top Ten world placements.

## Horseback Weekly Camps

June 5—June 9	July 3—July 7
June 12—June 16	July 10—July 14
June 19—June 23	July 17—July 21
June 26—June 30	July 24—July 28

DAYS:	MONDAY—FRIDAY
TIME:	9:00 am—3:00 pm
COST:	\$425 per week
AGES:	5 & up
LOCATION:	Blue Springs Farm 9533 Old Preserve Trail Ball Ground
INSTRUCTOR:	Marcy Blue
WEBSITE:	<a href="http://www.bluespringsfarm.net">www.bluespringsfarm.net</a>

## **HORSEBACK LESSONS**



## Youth-Beginners

(Ages 6-17 yrs.) \$205 per session  
Class lessons meet for 4-week sessions at Blue Springs.

MONDAYS  
June 5-26  
6:00 - 7:30 pm

TUESDAYS  
June 6-27  
3:30-5:00 PM

## **HORSEBACK WEEKLY CAMPS**

June 5-June 9  
June 12-June 16  
June 19-June 23  
June 26-June 30



July 3-July 7  
July 10-July 14  
July 17-July 21  
July 24-July 28

MAYOR OF CLIMMING  
Troy Brumalow

CITY ADMINISTRATOR  
Phil Higgins

### CITY COUNCIL

Joey Cochran  
Chad Crane  
Jason Evans  
Linda Ledbetter  
Christopher Light

### RECREATION DEPARTMENT STAFF

Jeremy Howell, Director  
Angie Maupin, Administrative Assistant  
Sandra Bennett, Program Coordinator  
Michelle Honea, Program Assistant  
Dee Gravitt, Event Coordinator  
Brandon Bostick, Athletic Coordinator  
Jack Search, Maintenance Coordinator  
Josh Smith, Maintenance Assistant  
Mark Campfield, Maintenance Assistant






# 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 fifth degree Masters.

The Cumming Recreation and Parks Department is excited to have Frankie working with our youth and adult Hapkido Self Defense programs.

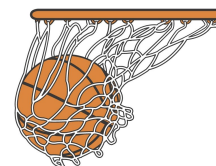
	<p><b><u>ADULT CLASS</u></b> <b><u>SESSIONS</u></b> (6-week sessions)</p> <p><b>June 26-August 7</b> No class July 3 <b>August 21-October 2</b> No class Sept. 4</p>		<p><b><u>YOUTH CLASS</u></b> <b><u>SESSIONS</u></b> (6-week sessions)</p> <p><b>June 27-August 8</b> No class July 4 <b>August 22-October 3</b> No class Sept. 5</p>	
<p><b>DAY:</b> <b>TIME:</b> <b>AGES:</b> <b>COST:</b> <b>LOCATION:</b> <b>INSTRUCTORS:</b></p>	<p><b>MONDAY</b> <b>6:30—8:00 pm</b> <b>12 &amp; up</b> <b>\$61</b> <b>Dobbs Creek Recreation Center</b> <b>Frankie MacDonald, 5th Degree Masters</b> <b>Asst. Patrick Thurman, 3rd Degree Black Belt</b></p>		<p><b>DAY:</b> <b>TIME:</b></p> <p><b>MONDAY</b> <b>4:30—5:30 pm</b>      <b>Advanced</b></p> <p><b>TUESDAY</b> <b>5:30—6:30 pm</b>      <b>7 &amp; up</b> <b>6:30—7:30 pm</b>      <b>Intermediate</b></p>	<p><b>COST:</b> <b>LOCATION:</b> <b>INSTRUCTORS:</b></p> <p><b>\$55</b> <b>Dobbs Creek Recreation Center</b> <b>Frankie MacDonald, 5th Degree Masters</b> <b>Asst. Patrick Thurman, 3rd Degree Black Belt</b></p>

## DOBBS CREEK RECREATION CENTER

Open Gym / Court Rental

The Cumming Recreation & Parks Department provides the opportunity to use the Basketball Courts at the Dobbs Creek Recreation Center for Open Gym as well as for Court Rental.

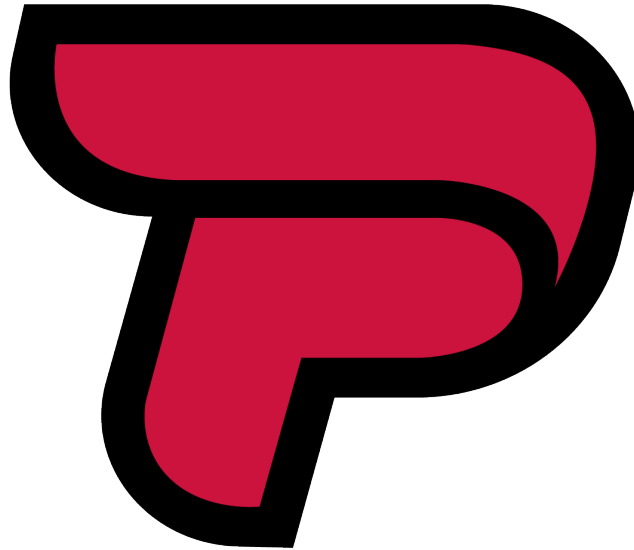
For our current OPEN GYM policies and hours  
please see our website  
[www.crpdonline.com](http://www.crpdonline.com)



### COURT RENTAL

Please contact Brandon Bostick  
[bbostick@cityofcumming.net](mailto:bbostick@cityofcumming.net)  
770-781-2030 for information.

*Gym availability is determined by Recreation Programs.*



## ***Prolink Volleyball***

**Prolink Volleyball Club** is now offering Youth/Adult Volleyball  
in coordination with C.R.P.D. at the  
Dobbs Creek Recreation Center.

*Contact **Prolink Volleyball Club** directly with inquiries,  
tryouts and registration .*

Website: <https://prolinkvbc.com>

Email: [info@prolinkvbc.com](mailto:info@prolinkvbc.com)

Phone: 404-884-8115

Prolink Volleyball Club was started in 2007 by Michael Carter (Coach Mike) and has grown to be one of the premier junior club volleyball organizations in Georgia. They will offer youth and adult volleyball programs that include club teams, leagues, camps, private instruction, and much more.





# REGISTRATION INFORMATION

## Registration & Refunds

All athletics, programs, and special events are provided for all citizens and depend on public interest for their success. Registration is on a first-come, first-serve basis. A minimum, as well as a maximum, number of participants has been established for each activity. Without sufficient registration, the activities will be cancelled by CRPD and a full refund will be issued. Registration is complete upon receipt of payment to the Recreation Department.

Persons who wish to withdraw after registration, and request a refund, must notify the Recreation Department office: CRPD charges a 6% non-refundable administrative fee for the withdrawal from any Recreation Program/Activity even if adequate notice is provided, effective 04/17/2023.

- 5 working days prior to the first day of Camps
- 2 working days prior to the first day for all other programs  
(Please allow a minimum of 3 weeks for refund processing of cash/checks.)

All persons are invited to participate in and use all facilities of the Cumming Recreation and Parks Department, regardless of their race, color or national origin.

## EASY WAYS TO REGISTER

### Register Online

Online Registration is available by going to our website  
[www.crpdonline.com](http://www.crpdonline.com)

Click the **REGISTER FOR ACTIVITIES** icon at the top of the page. Create an account and register without leaving your home

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### Walk-In

Monday—Friday 8:30 am—4:30 pm  
Cumming Recreation & Parks Department  
Office

will be closed on the following holidays:

Memorial Day (May 29)

Independence Day (July 4)

**ALL REGISTRATION IS ON A  
FIRST-COME, FIRST-SERVE BASIS**

## **\*\*Helpful Hints for Registering Online\*\***

The Cumming Recreation and Parks Department Online Registration System provides more flexibility for our customers. Anyone who has not participated in a Recreation Department program will need to create an online account in order to register.

You may go to [www.crpdonline.com](http://www.crpdonline.com) and click on **REGISTER FOR ACTIVITIES** to be taken to the Online Registration Site. Please bookmark this page for future reference. Once there, simply click on Create Account and follow the instructions.

Registration for Summer Programs will begin **Monday, April 17 at 8:30 am**. At that time, customers may begin registering for programs both online and via walk-in registration at the Cumming Recreation Department's Main Office at 437 Pilgrim Mill Road.

If you plan on utilizing walk-in registration and have not already created an account on-line, please take time to completely fill out a registration form. This will expedite the data input process.

To register for programs online, go to the same site listed above, click on **Activities** and Search for the programs you are interested in. Narrowing your Search keywords will limit the number of results. For example, if you Search for "Gymnastics", all Gymnastics classes will be displayed; if you Search "Mini Tots", then only the Mini Tots classes will be returned. Follow the instructions & prompts to complete your registration online from the comfort of your own home.