

# Cumming Recreation and Parks Department

*50+ Years of Providing Quality Programs for our Citizens and Neighbors.*

# Program Guide



**FALL 2023 – SPRING 2024**

**Recreation Office Hours:** Monday - Friday 8:30 am - 4:30 pm

**Physical Address:** 437 Pilgrim Mill Road, Cumming, GA 30040

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

**Email** [crpdinfo@cityofcumming.net](mailto:crpdinfo@cityofcumming.net)

**Register at** [www.crpdonline.com](http://www.crpdonline.com)

**Dobbs Creek Recreation Center**

**1115 Dahlonega Hwy, Cumming GA 30040**



# TABLE OF CONTENTS

1-2	General Information	14	Self Defense Hapkido
3	Facilities -Event Rental Playground/Pavilion	15	Lil Rookies Clinics Horseback Riding
4	Passes	16	Basketball League / Open Gym
5	Fitness Classes	17	Volleyball League
6	Art Classes	18	Registration Information
7-8	Dance Classes		
9	Company Dance Dance Birthday Party		
10-11	Gymnastics Classes		
12	Gymnastics Birthday Party		
13	Team Gymnastics		



**STOP = TRAFFIC LIGHT**

## 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*

Competitive team representing the City of Cumming.



## Cumming Event Center

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



## Playground / Pavilion

437 Pilgrim Mill Rd

Pavilions are 1st come first serve. Groups using the pavilion and playground are asked to limit their use of tables to two, and to respect others while enjoying the facility.





*At Cumming Recreation and Parks Department, our fitness, open gym, camps, athletics, and instructional programs are centered around the individual. This individual could go to a big box gym or another park and recreation agency with more to offer and possibly for less, but the City Recreation Department is different. We are a department that is small but offers that level of service and programming unmatched. You are our friend, we want you to succeed, we want to push you to better yourself. We are a social club, someone to talk to and spend time with. We are teaching youth how to work hard and not give up, how to respect themselves and each other but also how to win and how to lose.*

*Our fitness program is a small group based class with a lot of one-on-one attention. We are not your big box gym or agency where you are a number, you are someone and a very important person to us. In our classes we know your name, we know when you are not there, we want to help, and we want you to have fun. We offer many different programs to make exercise more interesting, as well as someone there to hold you accountable, but also to push you to bring out the best in you. Sometimes just being around other people and socializing can be exercise in itself, mental exercise. So if you don't like a large crowd and you are looking for somewhere that will help you obtain your fitness goals, as well as improve your physical and mental well being, then you have found a place here at Cumming Recreation and Parks Department.*

*If you buy an **ALL-IN PASS** it will include fitness classes along with the privilege of using Dobbs Creek Recreation Center during open gym times. Basketball, Volleyball, Pickle Ball, and Walking will be offered.*

*For 50 years we have set ourselves apart from the rest and continue to do so today. Please come join us!!*

### All-In Pass

*All fitness classes at Cumming Recreation & Parks Department and open gym at Dobbs Creek.*

**1 Month**=\$60 / **3 Month**=\$ 140 / **6 Months**= \$230 / **1 Year**=\$295

**Fitness Class Drop –In Per Class** = \$8

### Dobbs Creek Open Gym Family Pass

This pass gives you and your family access to open gym play for basketball, pickle ball, volleyball, & walking during certain times and days at Dobbs Creek Recreation Center. You can find the open gym schedule online at CRPDonline.com and will change seasonally due to programming. Youth 13 years and younger must be accompanying by an adult 18 years of age or older. All guest will be required to pay, including parents/guardians accompanying youth.

#### Family of 2

1 Month = \$60  
3 Month = \$90  
6 Month = \$120  
1 Year = \$180

#### Family of 3

1 Month = \$75  
3 Month = \$115  
6 Month = \$150  
1 Year = \$225

#### Open Gym Drop—In

\*Per Person for the Day\*  
\$4

#### Family of 6+

1 Month = \$148  
3 Month = \$222  
6 Month = \$296  
1 Year = \$444  
\*\$10 per person over 6\*

#### Family of 4

1 Month = \$94  
3 Month = \$141  
6 Month = \$188  
1 Year = \$282

#### Family of 5

1 Month = \$118  
3 Month = \$177  
6 Month = \$236  
1 Year = \$354



## **Fitness Program**

*Good health does matter!*

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

**H.I.I.T (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 and Flow** 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** 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.

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

**PASSES AVAILABLE**

**All-In Pass**

*All fitness classes at Cumming Recreation & Parks Department  
and open gym at Dobbs Creek.*

**1 Month** = \$60 / **3 Month** = \$ 140 / **6 Months** = \$230 / **1 Year** = \$295

**Fitness Class Drop -In Per Class** = \$8





# 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.

## TUESDAY

Nov 14—Jan 9  
(no class Nov 21, Dec 19, 26)  
Jan 23—Feb 27  
March 12—Apr 16

## WEDNESDAY

Nov 15—Jan 10  
(no class Nov 22, Dec 20, 27)  
Jan 24—Feb 28  
March 13—Apr 17

## FRIDAY

Nov 17—Jan 12  
(no class Nov 24, Dec 22, 29)  
Jan 26—Mar 1  
March 15—Apr 19

## ADULT PAINTING

Ages-18 and older

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	1:00—4:00 pm
COST:	\$122	(There is a materials list.)
DAY / TIME	WEDNESDAY	1:00—4:00 pm
COST:	\$122	(There is a materials list.)

## Adult Beginner Painting

Ages-18 and older

This class offers a weekly demonstration about color mixing & types of brushes, as well as what they do. Rick will demonstrate painting different subjects. The first 6 weeks will concentrate on Landscape painting. After the demonstration, students will paint a landscape from a photograph of their own choosing.

DAY / TIME	WEDNESDAY	10:00 am—12:30 pm
COST:	\$118	(There is a materials list.)

## Adult Open Studio

DAY/TIME: FRIDAYS 11:00 am—4:00 pm  
COST \$196 (6-week sessions)  
AGES: 18 yrs. and up  
(There is a materials list)





# 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.

**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** graduated from the University of Alabama at Tuscaloosa with a bachelor's degree (1995) and master's degree (1997) in Social Science Secondary Education. While at Alabama, she studied dance under Cornelius Carter, who was a former Alvin Ailey Company member. She currently teaches at Denmark High School and lives in Forsyth County with her husband, daughter, and two sons.

## Class Descriptions

**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 and music, using simplified ballet steps and imagination.

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

**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.

**CREATIVE MOVEMENT/BALLET**—A creative movement class is one of the few activities that offers children a non-competitive environment providing experiences that strengthen every area of learning. Combine this with beginning ballet and you have the perfect pairing as ballet is the foundation of all dance.

**JAZZ & JAZZ/TAP**—Includes using feet, arms, hand positions & isolations to popular music with emphasis on timing & shape. Jazz and Tap are cousins. Tap is a percussive dance form that involves striking the floor

with metal taps on the shoes. Class involves learning jazz & tap techniques & learning dance combinations.

**SHOW BIZ JAZZY TAP**—Fun class combining Tap and Jazz steps together using popular, jazzy, upbeat tunes (clean lyrics) from pop rock to Broadway. Show Biz Jazzy Tap dances bring all the smiles!

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

**MODERN/CONTEMPORARY DANCE**— Provides an alternative to classical ballet. Classes will include classic modern technique mixed with contemporary movements.

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

**TECHNIQUE** - This class will intensify concentration on strengthening technique, core, balance, extensions, turns, leaps, etc.

**BEGINNING BALLET / LYRICAL COMBO** - A new class for adults! Basic ballet techniques with lyrical dance steps & combinations. This is a great way to stretch, improve posture, and feel good moving to current inspiring music. Come join the fun!





## DANCE



# Dance Classes

CLASS	AGE	INSTRUCTOR	DAYS	TIME	PRICE
TWINKLE TOTS	3	Andrea	Thursday	3:15—3:45 pm	\$69
FAIRY PRINCESS BALLET	4—7	Sandy	Saturday	9:00—9:45 am	\$76
BALLET / TAP	3 1/2—5 5—8 4—6	Andrea Andrea Andrea	Wednesday Wednesday Thursday	3:30—4:15 pm 4:15—5:00 pm 3:45—4:30 pm	\$76
BALLET	8--10	Sandy	Thursday	4:30—5:15 pm	\$76
BALLET / TAP / TUMBLE COMBO	4—5 5—7 6—8 3 1/2—4 6 1/2—9	Sandy Sandy Sandy Sandy Sandy	Tuesday Tuesday Thursday Thursday Saturday	3:00—3:45 pm 3:45—4:30 pm 3:45—4:30 pm 3:00—3:45 pm 9:45—10:30 am	\$76
CREATIVE MOVEMENT/ BALLET	5—8	Jennifer	Tuesday	4:15—5:15 pm	\$90
JAZZY TAP BEGINNER JAZZ JAZZ LYRICAL / CONTEMPORARY ADULT BALLET / LYRICAL	11—14 6—9 8—12 11—16 18-&Up	Sandy Sandy Andrea Sandy Sandy	Thursday Tuesday Thursday Thursday Thursday	5:30—6:15 pm 4:30—5:15 pm 4:30—5:15 pm 6:15—7:00 pm 8:00—9:00 pm	\$76 \$76 \$76 \$76 \$90



<p><b><u>Mondays</u></b> Sept 11—Oct 23 (No class Sept 25) Nov 6—Dec 18 (no class Nov 20) Jan 8—Feb 12 Feb 19—Mar 25 Apr 8—May 13</p>	<p><b><u>Tuesdays</u></b> Sept 12—Oct 24 (No class Sept 26) Nov 7—Dec 19 (no class Nov 21) Jan 2—Feb 6 Feb 20—Mar 26 Apr 9—May 14</p>	<p><b><u>Wednesdays</u></b> Sept 13—Oct 25 (No class Sept 27) Nov 1—Dec 13 (no class Nov22) Jan 3—Feb 7 Feb 21—Mar 27 Apr 10—May 15</p>
<p><b><u>Thursdays</u></b> Sept 14—Oct 26 (No class Sept.28) Nov 2—Dec 14 (no class Nov 23) Jan 4—Feb 8 Feb 22—Mar 28 Apr 11—May 16</p>	<p><b><u>Saturdays</u></b> Sept 16—Oct 28 (No class Sept. 30) Nov 4—Dec 16 (no class Nov 25) Jan 6—Feb 10 Feb 24—Mar 30 Apr 13—May 18</p>	<p>6 Week Sessions  Classes held at 437 Pilgrim Mill Road Cumming, GA</p>



# Company Dance Classes



<b>SESSIONS</b>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Saturdays</u>
Six-Week Sessions	Sept 12—Oct 24 (no class Sept 26) Nov 7—Dec 19 (no class Nov 21) Jan 2—Feb 6 Feb 20—Mar 26 Apr 9—May 14	Sept 13—Oct 25 (no class Sept 27) Nov 1—Dec 13 (no class Nov 22) Jan 3—Feb 7 Feb 21—Mar 27 Apr 10—May 15	Sept 14—Oct 26 (no class Sept 28) Nov 2—Dec 14 (no class Nov 23) Jan 4—Feb 8 Feb 22—Mar 28 Apr 11—May 16	Sept 16—Oct 28 (no class Sept. 30) Nov 4—Dec 16 (no class Nov 25) Jan 6—Feb 10 Feb 24—Mar 30 Apr 13—May 18

CLASS	LEVEL	INSTRUCTOR	DAY	TIME	PRICE
<b>COMPANY BALLET</b> (Invite only)	Apprentice	Andrea	WEDNESDAY	5:00—6:00 pm	\$82
	Company 5	Andrea	WEDNESDAY	6:00—7:00 pm	\$82
	Company 4	Sandy Andrea	TUESDAY THURSDAY	5:15—6:15 pm 5:15—6:15 pm	\$82 1 Day \$148 2 Days
	Company 3	Jennifer Sandy	TUESDAY THURSDAY	5:15—6:15 pm 7:00—8:00 pm	\$82 1 Day \$148 2 Days
	Company 2	Sandy Andrea	TUESDAY THURSDAY	6:15—7:30 pm 6:15—7:30 pm	\$91 1 Day \$164 2 Days
	Company 1	Sandy Andrea	TUESDAY THURSDAY	7:30—9:00 pm 7:30—9:00 pm	\$100 1 Day \$180 2 Days
	Adv Company Contemporary	Andrea	WEDNESDAY	7:00—8:00 pm	\$82
	Company Technique	Sandy	SATURDAY	10:30 am—12:00 pm	\$100
	Company Teen Tap	Sandy	SATURDAY	12:00—12:45 pm	\$76

## 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.**



## 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.**



# Gymnastics Class

September — May  
Early Childhood



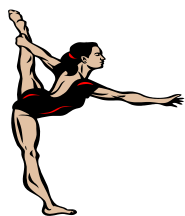
CLASS	AGE	INSTRUCTOR	DAY	TIME	PRICE
MOM, POP & TOTS	15 Months— 2 1/2 Years	Janelle	Tuesday Wednesday Wednesday Friday	9:30—10:00 am 10:40—11:10 am 5:30—6:00 pm 9:30—10:00 am	\$66
MINI TOTS	2 1/2—3 1/2	Janelle	Tuesday Tuesday Wednesday Thursday Friday	10:10—10:40 am 4:30—5:00 pm 10:00—10:30 am 5:10—5:40 pm 10:10—10:40 am	\$66
TUMBLE TIGERS 1	3 1/2— 4 1/2	Janelle	Tuesday Tuesday Wednesday Wednesday Thursday Friday	10:50—11:30 am 1:30—2:10 pm 11:20 —12:00 pm 3:30—4:10 pm 4:20—5:00 pm 10:50—11:30 am	\$73
TUMBLE TIGERS 2	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	\$73
TUMBLE TIGERS 3	5 1/2—7	Janelle	Tuesday Wednesday	3:30—4:20 pm 6:10—7:00 pm	\$80
MUST BE EVALUATED	TUMBLE TIGERS 4	Janelle	Tuesday Wednesday	6:00—7:00 pm 4:20—5:20 pm	\$86
	MINI TEAM	Janelle	Wednesday Thursday	1:30—2:30 pm 5:50—6:50 pm	\$86

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 Miss Trish and Coach Deven for over 16 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.

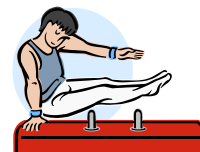
**6-Week Sessions** All Classes Held at Dobbs Creek Recreation Center at 1115 Dahlonega Highway

<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Sept 12—Oct 24 (No class Sept 26) Nov 7—Dec 19 (No class Nov 21) Jan 2—Feb 6 Feb 20—Mar 26 Apr 9—May 14	Sept 13—Oct 25 (No class Sept 27) Nov 1—Dec 13 (No class Nov 22) Jan 3—Feb 7 Feb 21—Mar 27 Apr 10—May 15	Sept 14—Oct 26 (No class Sept 28) Nov 2—Dec 14 (No class Nov 23) Jan 4—Feb 8 Feb 22—Mar 28 Apr 11—May 16	Sept 15—Oct 27 (No class Sept 29) Nov 3—Dec 15 (No class Nov 24) Jan 5—Feb 9 Feb 23—Mar 29 Apr 12—May 17





# Gymnastics Classes



CLASS	AGE	DAY	TIME	PRICE
GIRLS GYM 1	6 & Up	MONDAY	3:20—4:10 pm	\$81
		MONDAY	5:10—6:00 pm	
		TUESDAY	3:15—4:05 pm	
		TUESDAY	6:45—7:35 pm	
		WEDNESDAY	4:30—5:20 pm	
		THURSDAY	5:45—6:35 pm	
GIRLS GYM 2	6 & Up	MONDAY	4:10—5:10pm	\$89
		TUESDAY	5:45—6:45 pm	
		WEDNESDAY	3:30—4:30 pm	
		THURSDAY	6:35—7:35 pm	
GIRLS GYM 3 * (must be evaluated)	6 & Up	MONDAY	6:00—7:00 pm	\$89
		THURSDAY	3:15—4:15 pm	
BOYS GYM 1	6 & Up	MONDAY	7:30—8:20 pm	\$81
		WEDNESDAY	3:15—4:05 pm	
BOYS GYM 2	6 & Up	MONDAY	3:30—4:30 pm	\$89
		WEDNESDAY	7:00—8:00 pm	
TUMBLING 1	6 & Up	MONDAY	5:10—6:00 pm	\$81
TUMBLING 2	6 & Up	MONDAY	6:00—6:50 pm	\$81
SPECIAL NEEDS GYM	7-12	TUESDAY	4:15—5:00 PM	\$81
		THURSDAY	5:15—6:00 PM	

**Deven Pressley** 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. She has also completed the Positive Coaching Alliance course. She attended Gainesville College, majoring in Physical Education.

## Gymnastics Classes are 6-Week Sessions

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
Sept 11—Oct 23 (No class Sept 25)	Sept 12—Oct 24 (No class Sept 26)	Sept 13—Oct 25 (No class Sept 27)	Sept 14—Oct 26 (No class Sept 28)
Nov 6—Dec 18 (No class Nov 20)	Nov 7—Dec 19 (No class Nov 21)	Nov 1—Dec 13 (No class Nov 22)	Nov 2—Dec 14 (No class Nov 23)
Jan 8—Feb 12	Jan 2—Feb 6	Jan 3—Feb 7	Jan 4—Feb 8
Feb 19—Mar 25	Feb 20—Mar 26	Feb 21—Mar 27	Feb 22—Mar 28
Apr 8—May 13	Apr 9—May 14	Apr 10—May 15	Apr 11—May 16

**All Classes Held at Dobbs Creek Recreation Center at 1115 Dahlonega Highway**

## 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.*

**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 6 & 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 6 & 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 6 & Up.

**SPECIAL NEEDS GYM** - A gymnastics class with a smaller ratio designed for children that require a little extra help from their coaches. Participants must be verbal and able to communicate, able to use the restroom independently, able to keep their hands to themselves and able to stay on task for 45 minutes. Ages 7-12

## 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.





# TEAM GYMNASTICS



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Aug 7—Aug 28 Sept 4—Oct 2 (No class Sept 25) Oct 9—Oct 30 Nov 6—Dec 4 (No class Nov 20) Dec 11—Jan 15 (No class Dec 25) Jan 22—Feb 12 Feb 19—Mar 11 Mar 18—Apr 15 (No class Apr 1) Apr 22—May 13	Aug 8—Aug 29 Sept 5—Oct 3 (No class Sept 26) Oct 10—31 Nov 7—Dec 5 (No class Nov 21) Dec 12—Jan 16 (No class Dec 26) Jan 23—Feb 13 Feb 20—Mar 12 Mar 19—Apr 16 (No class Apr 2) Apr 23—May 14	Aug 9—Aug 30 Sept 6—Oct 4 (No class Sept 27) Oct 11—Nov 1 Nov 8—Dec 6 (No class Nov 22) Dec 13—Jan 17 (No class Dec 27) Jan 24—Feb 14 Feb 21—Mar 13 Mar 20—Apr 17 (No class Apr 3) Apr 24—May 15	Aug 10—31 Sept 7—Oct 5 (No class Sept 28) Oct 12—Nov 2 Nov 9—Dec 7 (No class Nov 23) Dec 14—Jan 18 (No class Dec 28) Jan 25—Feb 15 Feb 22—Mar 14 Mar 21—Apr 18 (No class Apr 4) Apr 25—May 16	Aug 11—Sept 1 Sept 8—Oct 6 (No class Sept 29) Oct 13—Nov 3 Nov 10—Dec 8 (No class Nov 24) Dec 15—Jan 19 (No class Dec 29) Jan 26—Feb 16 Feb 23—Mar 15 Mar 22—Apr 19 (No class Apr 5) Apr 26—May 17

AGE GROUP / CLASS		DAY	TIME	PRICE
<b>GYMNASTS MUST BE EVALUATED BY INSTRUCTOR</b>	<b>GIRLS BURGUNDY</b>	Monday Tuesday Thursday	5:00—9:00 pm	<b>\$264</b>
	<b>GIRLS TEAL</b>	Monday Tuesday Thursday	5:00—9:00 pm	<b>\$264</b>
	<b>GIRLS BLUE</b>	Tuesday Thursday Friday	5:00—9:00 pm	<b>\$264</b>
	<b>GIRLS PINK</b>	Monday Wednesday Friday	5:00—9:00 pm	<b>\$264</b>
	<b>GIRLS ORANGE</b>	Monday Wednesday Friday	5:00—8:30 pm	<b>\$231</b>
	<b>GIRLS NAVY</b>	Tuesday Thursday	5:30—8:30 pm	<b>\$164</b>
	<b>GIRLS RED</b>	Tuesday Thursday Friday	3:40—6:10 pm	<b>\$180</b>
	<b>GIRLS PURPLE</b>	Monday Wednesday	5:30—8:00 pm	<b>\$136</b>
	<b>GIRLS WHITE</b>	Tuesday Thursday	3:40—6:10 pm	<b>\$136</b>
	<b>GIRLS PEARL (Ruby)</b>	Tuesday Thursday	5:00—6:00 pm 4:15—5:15 pm	<b>\$64</b>
	<b>GIRLS LAVENDER (Preteam)</b>	Monday Wednesday	3:40—5:10 pm	<b>\$82</b>
	<b>BOYS BLACK</b>	Monday Wednesday Friday	4:30—7:30 pm 4:00—7:00 pm 4:30—8:00 pm	<b>2 Day \$164 3 Day \$228</b>
	<b>BOYS PRETEAM</b>	Friday	3:30—4:30 pm	<b>\$40</b>

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

**DOBBS CREEK RECREATION CENTER**

**1115 DAHLONEGA HIGHWAY, CUMMING GA**



# 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 5th degree black belt. The Cumming Recreation and Parks Department is excited to have Frankie working with our youth and adult Hapkido Self Defense programs.

**UNIFORMS AND BELT TEST FEES ARE SEPARATE. PLEASE SEE INSTRUCTOR WITH QUESTIONS**



## ADULT CLASS SESSIONS

(6-week sessions)

Aug 21—Oct 2  
(no class Sept 4)  
Oct 16—Nov 27  
(no class Nov 20)  
Dec 4—Jan 22  
(no class Dec 25 or Jan 1)  
Feb 5—Mar 11  
Mar 18—Apr 29  
(no class Apr 1)



## YOUTH CLASS SESSIONS

(6-week sessions)

Aug 22—Oct 3  
(no class Sept 5)  
Oct 17—Nov 28  
(No class Nov 21)  
Dec 5—Jan 23  
(no class Dec 26 or Jan 2)  
Feb 6—Mar 12  
March 19—Apr 30  
(no class Apr 2)

DAY: MONDAY  
TIME: 6:30—8:00 pm  
AGES: 12 & up  
COST: \$61

LOCATION: Dobbs Creek Recreation Center  
INSTRUCTORS: Frankie MacDonald, 5th Degree Masters  
Asst. Patrick Thurman, 3rd Degree Black Belt

DAY: MONDAY  
TIME: 4:30-5:30 pm Advanced

TUESDAY  
5:30—6:30 pm 7 & up  
6:30—7:30 pm Intermediate  
\$55

COST: \$55  
LOCATION: Dobbs Creek Recreation Center  
INSTRUCTORS: Frankie MacDonald, 5th Degree Masters  
Asst. Patrick Thurman, 3rd Degree Black Belt

## Lil' ROOKIES BASKETBALL CLINIC

AGES 5 & 6



The Recreation Department will once again offer its Lil' Rookies Basketball Clinic for 5-&-6-year-olds. This program will meet for a 5-week session for one hour weekly.

The program will be structured in a clinic-type format, with emphasis on teaching basics and fundamental skills, with a little fun thrown in!

January 27th--February 24th

SATURDAY MORNINGS

Session 1 9:00 am—10:00 am  
Session 2 10:00 am—11:00 am  
Session 3 11:00 am—12:00 pm

(Must be 5 years old by beginning of clinic)

INSTRUCTOR: Devon Caze

COST: \$115

**BASKETBALL**



# HORSEBACK RIDING CLASSES



[Blue Springs Farm, 9533 Old Preserve Trail, Ball Ground](#)

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

She offers English and Western lessons in a fun, friendly and family atmosphere. It doesn't matter if you want to show or just improve your skills for trail riding, Blue Springs Farm is the place for you. Website: [www.bluespringsfarm.com](http://www.bluespringsfarm.com).

## Beginner Riding Classes

Riders will be instructed in the Western style of riding. These classes will help riders build confidence & learn balance. In four weeks, you'll learn safety, grooming & tacking up your horse and will experience Walking, Trotting & Cantering. Beginners & Advanced riders are welcome. The barn is large enough for indoor classes, so classes will be held rain or shine!

Blue Springs Farm would like to thank everyone for a wonderful 18 years. We appreciate everyone's support over the years & are so excited to continue our journey at our new barn at [9533 Old Preserve Trail in Ball Ground](#). We hope you will join us there.

## HORSEBACK RIDING SESSIONS

### Youth–Beginners Class (Ages 6-16 years)

**Mondays 6:00—7:30 pm**  
**Tuesdays 3:30 –5:00 pm**  
**\$227 per session**

### Fall Session

**Oct 2—Oct 23**  
**Oct 3—Oct 24**

### Spring Session

**TBD**

### Moms–Morning Out Class (Adults)

**Wednesdays 10:00—11:30 am**  
**\$227 per session**

### Fall Session

**Oct 4—Oct 25**

## Registration Information

The Cumming Recreation and Parks Department registration system provides more flexibility for our customers, including Online Registration and Credit Card Payment for activities. 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 the Register Online button to be taken directly to the Online Site. Please bookmark this page for future reference. Once there, simply click on Create Account and follow the instructions. An activation link will be sent to your e-mail and **MUST BE CONFIRMED** to finalize the creation of your account.

At that time, customers may begin registering for programs both online and via walk-in registration at the Cumming Rec-

reation 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 Activity Registration 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.



# Youth Basketball Leagues



The Cumming Recreation Department is excited to offer our **WINTER BASKETBALL LEAGUE** for boys & girls ages 7 to 14 years old  
*(All Leagues have registration limits & registration will end when those limits are reached, regardless of Registration Dates.)*

## WINTER BASKETBALL REGISTRATION DATES

### Ages 7 to 14 Registration Dates

Mon-Fri Sept 25--Oct 13 8:30 am-4:30 pm

**COST- \$160**

Refund request will not be accepted after October 20h at 4:30 pm .All refunds will incur an 8 % Admin Fee.

## WINTER YOUTH BASKETBALL 2023-2024

Age Control Date: Age as of January 1, 2024  
 (proof of age, birth certificate or passport required)

The Cumming Recreation and Parks Department's Youth Basketball League will offer competitive play for boys and girls ages 7 to 14 years old. This league is for beginner to advanced players. Practices will begin early November with a once a week practice for one hour and one game on Saturdays, played through the day. Weeknight games will be added toward the end of the season. This league is heavily dependent on volunteers for coaches. If you would like to volunteer coach or for information please email [www.crpinfo@cityofcumming.net](mailto:www.crpinfo@cityofcumming.net).

Registration for youth basketball is available online at [www.crpdonline.com](http://www.crpdonline.com) and WILL be limited due to gym availability and program demand. Registration will be accepted on 1st-come, 1st-serve basis.

## OPEN GYM November 13-February 13

No Open Gym the following days Nov. 23-24, Dec. 1, 2, 3, 24, 25, 26, 31 and Jan 1.

### PICKLEBALL & BASKETBALL

#### MONDAY-FRIDAY

9AM--6 PM (Gym Closed 2-3 pm)

#### SATURDAY

3 PM-5 PM

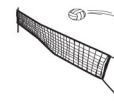
#### SUNDAY

1 PM--5 PM



### VOLLEYBALL

Very limited due to Youth Basketball Season . Call for hours 770-781-2030



**INDOOR WALKING DURING OPEN GYM  
WITH YOUR PASS OR DROP IN FEE**



**\$4 PER DAY Drop in or purchase a PASS**

SEE PAGE 4 FOR **ALL -IN PASSES AND FAMILY PASSES AVAILABLE**

**SCHEDULE IS SUBJECT TO CHANGE, SEE WWW.CRPDONLINE.COM FOR MOST CURRENT SCHEDULE**  
 Availability is determined by Recreation Programs and will change season to season.



## **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 8% non-refundable administrative fee for the withdrawal from any Recreation Program/Activity even if adequate notice is provided, effective 07/01/2023.

- 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. **YOU MUST PRE-REGISTER FOR ALL PROGRAMS. NO REGISTRATION ACCEPTED BY INSTRUCTORS.**



### MAYOR OF CUMMING

Troy Brumbalow

### CITY ADMINISTRATOR

Phil Higgins

### CITY COUNCIL

Joey Cochran  
Chad Crane  
Jason Evans  
Linda Ledbetter  
Christopher Light

## *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. See page 14 for more information on online registration.

### Walk-In

Monday—Friday 8:30 am—4:30 pm

Cumming Recreation & Parks Department Office  
will be closed on the following holidays:

Labor Day, Sept. 4  
Thanksgiving, Nov. 23-24  
Christmas, Dec. 25-26  
New Years Day, Jan. 1  
M. L. King Jr. Day, Jan 15  
Memorial Day, May 27

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

**WE ARE HERE  
TO HELP!**

## RECREATION DEPARTMENT STAFF

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

