

# CHEER ACTIVITIES



All Cheer Activities take place at the East Carrollton Recreation Center in the Cheer Zone.  
For more information about classes, please call Scott Brown at 770-834-1127.

Class Fees are \$10 a week and are paid by the month.  
Example: If a class meets on 4 Mondays in a month, the cost is \$40.

NO CLASSES ON HOLIDAYS or the weeks of 3/22-26 or 7/5

PROGRAMS	DAYS-DATES-TIMES-CLASS #		
<b>Cheer Class</b> Girls 5-15 years old will learn all the aspects of cheerleading, working on jumps and motions.	Mondays, 4-5pm #13017 March #13018 April	#13019 May #13020 June	#13021 July #13022 August
<b>Cheer Level 2 Tumbling</b> Youth 5-18 This is a basic tumbling class that involves understanding hand stands, cartwheels, round-offs, back/front walkovers, and a beginning standing back handspring.	Tuesdays, 4-5pm #13023 March #13025 April #13027 May #13029 June #13031 July #13033 August	Thursdays, 6-7pm #13024 March #13026 April #13028 May #13030 June #13032 July #13034 August	
<b>Cheer Level 3 Tumbling For Youth 11 &amp; under</b> This is a basic tumbling class that will develop a good back handspring, front handspring and round-off back handspring	Mondays, 5-6pm #13041 March #13043 April #13045 May #13047 June #13049 July #13051 August	Thursdays, 5-6pm #13042 March #13044 April #13046 May #13048 June #13050 July #13052 August	
<b>Cheer Level 3 Tumbling</b> For Youth 12-18 years old. This is a basic tumbling class that will develop a good back handspring, front handspring and round-off back handspring.	Tuesdays, 5-6pm #13035 March #13036 April #13037 May	#13038 June #13039 July #13040 August	
<b>Cheer Level 4 Tumbling</b> Youth 5-18 This is an intermediate class where participants must have a back handspring, front handspring, and round off back spring by themselves. Will work on a series of back handsprings and back tucks.	Mondays, 6-7pm #13053 March #13054 April #13055 May	#13056 June #13057 July #13058 August	
This <b>Advanced Tumbling Class</b> works on elite tumbling passes. Learn layout and layout full twisting skills. Participant should have a good round-off back handspring tuck without a spot and a standing tuck without a spot.	Wednesdays 6:30-7:30pm #13011 March #13012 April	#13013 May #13014 June #13015 July #13016 August	
<b>Private Lessons</b> are available at a cost of \$25 for a 30 minute one-on-one time slot. <b>Semi Private Lessons</b> are also available for 2 participants in a time slot. Cost is \$20 each and both registrants must sign up at the same time. Payment must be made at the main office only on 118 S. White Street.			
<b>Team Practices are being offered to any school teams at a cost of \$40 per person per month for a 1 hour class. Must have a minimum of 10 members. For more information, call Scott Brown at 770-834-1127.</b>			

## CHEER ZONE CHEER PARTY

Do you want to add some exciting fun to your birthday party? Do you love cheerleading or want to become a better cheerleader? Then have a CHEER ZONE Cheer party and learn cheers, chants, jumps, and fun cheerleading games on Saturdays. Parties include one hour gym time and 45 minutes celebrating.

Saturday Times are: 11am, 2pm and 4:30pm.

A Party table, chairs and instructors are included in the total cost of \$80 for the first 10 children (not including the birthday girl or boy) and \$5 for each additional child. (maximum of 25 children)



## Recreation Cheerleading

Girls will enjoy cheering on squads with their friends for our Youth Football teams, and will learn proper cheers, stunts and etiquette. A free Cheer Workshop will be held in August 16th, 17th, & 19th, 6:30-8:00pm.

Games and practice times will be available later in August. Coaches will call you. Cost is \$30.

Ages 7-8 #13420  
Ages 9-10 #13421  
Ages 11-12 #13419

Call Scott Brown at 770-834-1127 for more information.



LEISURE PROGRAMS

# PRESCHOOL GYMNASTICS

All classes begin the first week of the month and end the last week of the month. Payment is by the month.

Spring and Summer Sessions include the months of March through August.

**NO CLASSES ON HOLIDAYS, MARCH 22-26 or JULY 5-9**

Fees for classes are based on the number of times the class meets each month. Example-if there are 5 Mondays in a month, the classes will be \$38 for that month. The following rates apply:

**Parent & Tot:** 5 weeks = \$40    4 weeks = \$32    3 weeks = \$25    2 weeks = \$18

**Tiny Tot, Gym Tykes, Advanced Preschool:** 5 weeks = \$43    4 weeks = \$35    3 weeks = \$27    2 weeks = \$20

**Parent & Tot** A 45 minute class for tots walking up to 3 years old with moms **OR** dads assisting. Develops social skills and coordination.

Month	Mon. 10am	Mon. 6pm	Tues. 10am	Tues. 6pm	Wed. 10am	Wed. 4pm	Thurs. 10am	Thurs. 1:30pm	Fri. 11am
March	12721	12722	12723	12725	12726	12727	12728	12729	12730
April	12731	12732	12733	12735	12736	12737	12738	12739	12740
May	12741	12742	12743	12744	12746	12747	12748	12749	12750
June			12755	12756	12757	12758			
July			12763	12765	12766	12767			
August	12771	12772	12773	12775	12776	12777	12778	12779	12780

**Advanced Preschool** For more advanced preschoolers.

**By Invitation Only**

Month	Mon. 5pm	Thurs. 4pm
March	12824	12825
April	12826	12827
May	12828	12829
August	12830	12831

**Tiny Tots** A 45 minute class designed for 3 year olds Focus on developing independence, coordination & social skills plus gymnastics fundamentals.

Month	Mon. 11am	Mon. 4pm	Tues. 2:30pm	Tues. 5pm	Wed. 1:30pm	Wed. 6pm	Thurs. 11am	Thurs. 5pm
March	12784	12785	12786	12787	12788	12789	12790	12791
April	12792	12793	12794	12795	12796	12797	12798	12799
May	12800	12801	12802	12803	12804	12805	12806	12807
June			12808	12809	12810	12811		
July			12812	12813	12814	12815		
August	12816	12817	12818	12819	12820	12821	12822	12823

**Gym Tykes** A 45 minute class for 4 year olds develops classroom behavior, motor skills and self-esteem, while learning basic gymnastics skills.

Month	Mon. 7pm	Tues. 1:30pm	Tues. 4pm	Wed. 2:30pm	Wed. 5pm	Thurs. 6pm	Fri. Noon
March	12832	12833	12834	12835	12836	12837	12838
April	12839	12840	12841	12842	12843	12844	12845
May	12846	12847	12848	12849	12850	12851	12852
June		12853	12854	12855	12856		
July		12857	12858	12859	12860		
August	12861	12862	12863	12864	12865	12866	12867

## Gymnastics Birthday Parties

Children up to 12 years old can **celebrate** their next **birthday** at the East Carrollton Gymnastics Center.

**Three party options** are available and all parties include 1 hour in the gym with 30 minutes to celebrate in the Party Room. A Party table, chairs, sink, microwave, refrigerator and instructors are included in the total cost.

### TIMES OFFERED FOR PARTIES

**Friday:** 1:30-3pm    **Sunday:** 1:30-3:00 pm, 3:45-5:15 p.m.

**Saturday:** 10-11:30am, 1-2:30pm, 3:15-4:45pm

**Fees** are based on the number of participants you invite to the party. This helps us plan for instructors. You choose the following price range: Up to 12 participants is \$80, 13-19 participants is \$100, 20-25 participants is \$120.

**Since availability is limited, call 770-832-1161 now to make your reservation. Payment must be made 2 weeks prior to your party date.**

## Summer Gymnastics Camp

### East Carrollton Gymnastics Center

Children 3-13 years old are invited to attend One Week Gymnastics Summer Camps. You must register by Friday the week before the camp your child will attend. Please make sure to pack enough snacks, lunches and drinks for your child. School age children will travel to the Midtown Water Park or Lakeshore Pool when weather permits and must bring a bathing suit and towel everyday. **PRESCHOOL CAMP:** 3-4 year olds, 9am - 1pm, Cost is \$40 per week. **SCHOOL AGE CAMP:** 5-13 year olds, 9am-4pm, Cost is \$65 per week. Week of 6/1-4 is 4 days at \$52 for both age groups. No Camp 5/31 or 7/5-7/9.

Date	Pre School #	School Age #	Date	Pre School #	School Age #
June 1-4	12988	12996	June 28-July 2	12992	13000
June 7-11	12989	12997	July 12-16	12993	13001
June 14-18	12990	12998	July 19-23	12994	13002
June 21-25	12991	12999	July 26-30	12995	13003

# SCHOOL AGE GYMNASTICS

All classes begin the first week of the month and end the last week of the month. Payment is by the month.

Spring and Summer Sessions include the months of March through August. NO CLASSES ON HOLIDAYS, MARCH 22-26 or JULY 5-9

The gymnastics classes for ages 5 - 13 years old will help develop a child's awareness, coordination, understanding and learning of basic gymnastics skills on all gymnastics equipment. The Boys class builds strength, coordination and introduces men's gymnastics skills.

Advanced 1 is by invitation only.

Fees are based on the number of times the class meets each month. Example-if there are 5 Mondays in a month, the classes will be \$45 for that month. The following rates apply: 5 weeks=\$45, 4 weeks=\$37, 3 weeks=\$29, 2 weeks=\$20

Advanced One, \$50 per month.

5 Year Old Class	Mon. 3:45pm	Mon. 7pm	Tues. 4:50pm	Wed. 3:45pm	Thurs 6pm
March	12874	12875	12876	12877	12878
April	12879	12880	12881	12882	12883
May	12884	12885	12886	12887	12888
June			12891	12892	
July			12896	12897	
August	12899	12900	12901	12902	12903

6-7 Year Old Class	Mon. 6pm	Tues. 3:45pm	Wed. 4:50pm	Thurs 7pm
March	12904	12905	12906	12907
April	12908	12909	12910	12911
May	12912	12913	12914	12915
June		12917	12918	
July		12921	12922	
August	12924	12925	12926	12927

Advanced One-1 day	Tues. 4:50pm	Thurs. 4:50pm
March	12964	12965
April	12966	12967
May	12968	12969
June	12970	
July	12972	
August	12974	12975

8-9 Year Old Class	Mon. 4:50pm	Tues. 7pm	Wed. 6pm	Thurs. 4:50pm
March	12928	12929	12930	12931
April	12932	12933	12934	12935
May	12936	12937	12938	12939
June		12941	12942	
July		12945	12946	
August	12948	12949	12950	12951

10-13 Year Old Class	Mon. 4:50pm	Wed. 6:00pm
March	12952	12953
April	12954	12955
May	12956	12957
June		12959
July		12961
August	12962	12963

Boys Class Ages 5-13	Tues. 6:00pm	Thurs. 3:45pm
March	12976	12977
April	12978	12979
May	12980	12981
June	12983	
July	12984	
August	12986	12987



## Calling All Teachers

When you are planning field trips for your students, consider an outing to the . . .

**EAST CARROLLTON GYMNASTICS CENTER.** Children will be instructed how to safely use pieces of gymnastics equipment including the foam pit and the in floor trampoline. Cost is \$50 up to 20 children. Over 20 is \$2.50 each

Monday to Thursday, 1-2pm or 2:30-3:30pm. Friday, 10-11am Call Leslie Fowler at 770-834-1127 for more information.

## "The Carrollton Flexettes" Competitive Gymnastics Team

The Carrollton Flexettes" Competitive Gymnastics Team is a gymnastics program training female young gymnasts for gymnastics competition. Gymnasts are trained to compete at all four Gymnastics Olympic Events: Uneven Bars, Balance Beam, Floor Exercise and Vault on State of the Art Gymnastics equipment. Competition levels: AAU Levels 2-5 through "Prep. Opt." and USAG Levels 5-8. The Carrollton "Flexettes" Team coaches are all professionally trained and USAG "Safety Certified"

You'll work hard but have lots of fun competing with the "Flexettes" Team at meets all over the State and South East Region, as well as gymnastics performances on the Carrollton Square, at the Carrollton Cultural Arts Center and Tumbling in the Carrollton Christmas parade each year. Preteam and Gymnastics team "Try Outs" are held twice a year as well as individual try outs by appointment only. For more information call Gymnastics Coordinator: Laurie Marches at (770) 834-1127.

**Congratulations to  
"Level 3" Team Members  
1st Place Team  
at the  
"Turkey Tumble" meet  
in Woodstock**

**Emily Huddleston      Danielle Jett  
Addie Miller            Grace Clements  
Abbigale Swafford    Lacey Daniel  
Kyla Semmindinger**



# Adventure Day Camp

CHILDREN WILL ENJOY DAILY EXERCISE ACTIVITIES LIKE SWIMMING, SPORTS, TAKE FIELD TRIPS, LEARN ABOUT NATURE, AND ARTS & CRAFTS. EACH CHILD NEEDS TO BRING A LUNCH & SNACKS, A CLEAN SWIM SUIT, AND A TOWEL TO CAMP EACH DAY.

**Ages 6-13:** (Children entering the 1<sup>st</sup> grade up to entering 8<sup>th</sup> grade) Must be 6 years old

**When:** Monday thru Friday, 7:30am – 6:00pm

**Fee:** \$90 per week or \$25 per day includes any field trips planned

**Location:** Lakeshore Recreation Center

**Extended Day Option:** Must be paid for in advance so we have adequate staffing.

Drop off early at 7am for \$2 per day or \$10 per week.

Pick up later at 6:30pm for \$2 per day or \$10 per week

To take advantage of both the early drop off and late pick – fee will be \$4 per day or \$20 per week.

**Must pay by 1:00pm the Friday before the week you plan to have your child attend.**



### Dates and Class Number

May 24 - 28	13156	June 28 - July 2	13161
June 1 - 4 (4 day week \$64)	13157	July 12 - 16	13162
June 7 - 11	13158	July 19 - 23	13163
June 14 - 18	13159	July 26 - 30 (3-day week)	13164
June 21 - 25	13160		

NO CAMP THE WEEK OF JULY 5-JULY 9 - HOLIDAY BREAK

## FITNESS CENTER *Improve your health at your own pace!*

The Fitness Center is located in the Bonner Recreation Center. Equipment includes: 4 treadmills, 2 stair masters, 4 exercise bikes, weight machine, sit-up benches, a butterfly weight machine, and 3 health riders. There is always a staff member on-site to help with your needs.

**Fees:** \$25 monthly ages 14-54 years old and \$15 monthly for 55 years +

**Open Hours:** Monday-Thursday., 6-2:00 pm, Friday, 8am-Noon and Monday.-Thursday., 3:30-6:30 pm



## NEW CLASS

### LINE DANCE LESSONS

Come dance off the stress and those extra pounds by joining Line Dance Lessons Monday evenings at the Tracy Stallings Community Center. This fun and upbeat program will meet from 7-8pm for beginners and 8-9pm for intermediates every Monday of the Month. Fee is \$20 per month. John Panfil, a certified NTA instructor, will teach the lessons.



Class	March	April	May	June	July	August
Beginning	13005	13006	13007	13008	13009	13010
Inter-mediate	13422	13423	13424	13425	13426	13427

## TENNIS CLASSES

These week long classes will teach the basics of tennis, proper grips of racket, how to swing the racket and how to keep score for this fun and competitive sport. Beginner to intermediate students welcome. Bring your own racket. Instructor is Larry Frazier. For ages 5-14 years old  
Cost: \$50 each week

**Days:** Monday to Friday (5 days)

**Location:** Lakeshore Tennis Courts

Dates	8-9am Ages 5-9	9-10am Ages 10-14
June 7-11	13065	13068
June 14-18	13066	13069
June 21-25	13067	13070



Contact Donna Ford at 770-834-1127 for more information.

FITNESS PROGRAMS	FEES	AGES	DAYES - TIMES LOCATION	CLASS NUMBER																																
<p><b>Aikido</b> is a defensive martial art that redirects an attack rather than clashing with it. Aikido's circular flowing techniques can be learned by anyone regardless of age, size or gender. Instructor is Garn Sherman.</p> 	\$50 Per Month	Youth 12-14	6:30-7:45 p.m. Mondays & Wednesdays Bonner Aerobics Room	#13077 March #13078 April #13079 May	#13080 June #13081 July #13082 August																															
<p><b>Aikido</b> same as above but for adults.</p>	\$50 Per Month	15 Up	6:30-7:45 p.m. Mon.-Wed.-Fri Bonner Aerobics Room	#13071 March #13072 April #13073 May	#13074 June #13075 July #13076 August																															
<p><b>Tae Kwon Do: Beginning Youth</b> This class is designed for participants that are new to the program and would like to learn the basics. Instructor : Destin Vaughn, 2nd Degree Black Belt</p>	\$37 Per Month	6-18	6:30-8:00pm Tuesdays & Thursdays Pilot Auditorium at Stallings Community Ctr.	#13095 March #13096 April #13097 May	#13098 June #13099 July #13100 August																															
<p><b>Tae Kwon Do: Advanced Youth</b> This class is designed for the more advanced who have more experience in the program.</p>	\$37 Per Month		6:30-8:00pm Mondays & Tuesdays Pilot Auditorium at Stallings Community Ctr.	#13089 March #13090 April #13091 May	#13092 June #13093 July #13094 August																															
<p><b>Tae Kwon Do: Beginning Adults</b> This class is designed for participants that are new to the program and would like to learn the basics. Instructor : Destin Vaughn, 2nd Degree Black Belt</p>	\$42 Per Month	19 Up	6:30-8:00pm Tuesdays & Thursdays Neel Reid Room at Stallings Community Ctr.	#13101 March #13102 April #13103 May	#13104 June #13105 July #13106 August																															
<p><b>Tae Kwon Do: Advanced Adults</b> This class is designed for the more advanced who have more experience in the program.</p>	\$37 Per Month		6:30-8:00pm Mondays & Tuesdays Pilot Auditorium at Stallings Community Ctr.	#13083 March #13084 April #13085 May	#13086 June #13087 July #13088 August																															
<p><b>Tae Kwon Do: Special Workout Sessions</b> This is an opportunity for Beginners to work out with more experienced participants. Only Beginners sign up for this session.</p>	\$50 Per Month	All Ages	6:30-8:00pm Mon.-Tues.-Thurs. Pilot Auditorium at Stallings Community Ctr.	#13413 March #13414 April #13415 May	#13416 June #13417 July #13418 August																															
<p><b>Step N' Sculpt</b> aerobics is a workout that incorporates step aerobics toning exercises for all fitness levels. Laura Edwards is the instructor</p>	\$20 Per Month	18 Up	8:30-9:30am Tuesday & Thursday Bonner Aerobics Room	#13128 March #13129 April #13130 May	#13131 June #13132 July #13133 August																															
<p><b>Step N' Sculpt</b> incorporates step aerobics plus arm, leg &amp; ab toning exercises. All levels are welcome. Childcare is available for \$1.50 per child per day.</p>	\$25 Per Month	18 Up	8:45-9:45am Mon.-Wed.-Fri East Carrollton Gymnastics Gym	#13059 March #13060 April #13061 May	#13062 June #13063 July #13064 August																															
<p><b>Hi/Low Impact Aerobics</b> is a mix of high &amp; low impact moves for beginners and intermediate exercisers. Laura Edwards is the instructor</p>	\$25 Per Month	13 Up	8:30-9:30am Mon.-Wed.-Fri Bonner Aerobics Room	#13119 March #13120 April #13121 May	#13122 June #13123 July #13124 August																															
<p><b>YOGA</b> Would you like to get a morning or evening workout of stretching and relaxation? Join up and learn techniques of breathing, stretching and relaxation. Bring a yoga mat to class. Instructors are certified NESTA/ YOGA ALLIANCE. <b>Now you can sign up for 4 or 8 or 12 classes per month.</b> Classes meet 9-10:15am on Mon.-Wed.-Fri and 5:30-6:45pm on Tues. or Thurs. Purchase a set number of classes and attend according to your schedule each week. No classes on Holidays.</p>				<table border="1"> <thead> <tr> <th>Classes</th> <th>Cost</th> <th>March</th> <th>April</th> <th>May</th> <th>June</th> <th>July</th> <th>August</th> </tr> </thead> <tbody> <tr> <td>Mon - Wed - Fri 9-10:15am 4 Per Month</td> <td>\$20 Per Month</td> <td>13300</td> <td>13301</td> <td>13302</td> <td>13303</td> <td>13304</td> <td>13305</td> </tr> <tr> <td>Tues &amp; Thurs 5:30-6:45pm 8 Per Month</td> <td>\$40 Per Month</td> <td>13306</td> <td>13307</td> <td>13308</td> <td>13309</td> <td>13310</td> <td>13311</td> </tr> <tr> <td>Charles Carroll Room Stallings Comm. Ctr. 12 Per Month</td> <td>\$60 Per Month</td> <td>13312</td> <td>13313</td> <td>13314</td> <td>13315</td> <td>13316</td> <td>13317</td> </tr> </tbody> </table>	Classes	Cost	March	April	May	June	July	August	Mon - Wed - Fri 9-10:15am 4 Per Month	\$20 Per Month	13300	13301	13302	13303	13304	13305	Tues & Thurs 5:30-6:45pm 8 Per Month	\$40 Per Month	13306	13307	13308	13309	13310	13311	Charles Carroll Room Stallings Comm. Ctr. 12 Per Month	\$60 Per Month	13312	13313	13314	13315	13316	13317
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