

## Available Parks & Recreation Programs

### **East Point Parks & Recreation Department Afterschool Program**

We know how important and challenging it is to keep kids active, so our unique program is designed to *get your couch-potato kid up and moving!* Activities will include homework assistance,

daily team-oriented, interactive recreation and sports activities, enrichment programs, and more?

*\*Transportation from schools provided\**

**\*\*CAPS accepted\*\***

### **East Point Parks & Recreation Department Track and Field Program**

Youth will learn the basic skills of Track and Field to compete in various track meets. Youth will participate in running & field events.

### **East Point Parks & Recreation Department Youth Fitness Program**

Get your child active and fit! The Parks and Recreation Department has just the program for your child. Participants will engage in various fitness activities to build strength and conditioning.

This is an eight week program. Call 404.270.7045 for more information.

### **East Point Parks & Recreation Department Archery Program**

Come and learn archery. This is a beginners program and all are welcome.

Call 404.270.7045 for more information.

### **East Point Parks & Recreation Department ZUMBA**

Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitnessparty™ that's moving millions of people toward joy and health. Come to Jefferson Park Recreation Center and experience the party.

Classes are Mondays and Wednesdays at 7:00pm. Call 404.270.7045 for more information.

### **East Point Parks & Recreation Department Karate with Master Ferguson**

This is a martial arts beginner's class. Martial arts promote self-discipline, self-confidence, courtesy and a positive attitude. The class emphasizes proper stretching, breathing, basic hand and leg techniques, stances, mat and pad work, and self defense concepts.

Call 404.270.7045 for more information.

### **East Point Parks & Recreation Department Youth Tennis**

Come learn basic skills, ball tracking, stroke techniques, and court awareness. We have a class call Itsy Bitsy Tennis for 4 and 5. There is also tennis for ages 6 and up.

Call 404.270.7045 for more information.

### **East Point Parks & Recreation Department Weight Room**

Come get fit with our new equipment at Jefferson Park Recreation Center weight room. We have what you need, free weights, treadmills, weight machines, elliptical, step master, etc. The daily rate is \$2.00 for residents and \$3.00 for non-residents. Get the best bang for your buck and get a membership for \$50/year for residents & \$65/year for non-residents.

Call 404.270.7045 for more information.