



# Athens Parks & Recreation

## Spring & Summer Athletics

<u>Sport</u>	<u>Dates to Register</u>	<u>Registration Fee</u>
Youth Baseball	Jan 10 – Feb 10	\$70
Youth Softball	Jan 15 – Feb 15	\$70
Youth Soccer	Jan 20 – Feb 20	\$40
Archery	Feb 1 — Feb 29	\$30
Soccer Shots	Feb 15— March 15	\$135
Youth Volleyball (summer)	April 1—30	\$40

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## An Answer to Your New Year's Resolution

Another year, another set of New Year's resolutions. This year, let the Athens Parks & Recreation help you stick to your resolutions, set new goals, and achieve more than you ever thought you could. We have 2 fun and exciting group exercise classes to choose from that can help you accomplish your goals.

**Balanced Bootcamp**— Balanced Bootcamp is a brand class with instructor Shelby Newton. Sweat it out at Balance Bootcamp and achieve your fitness goals! Efficient, effective exercise is what Shelby brings to her bootcamp class. Class times are Mondays & Wednesdays at 4:30p.m, Tuesdays and Thursdays at 8:30a.m, and Saturdays at 8:00a.m.

**Super Circuits**—The Super Circuits class began last year in January. It is a fun class that keeps you moving from one workout station to the next that includes cardio training and weight training. Also, the workout can be adapted to any level. Certified instructor, Brittany Olson, leads this class on Mondays, Wednesdays, & Fridays at 8:30a.m, and Tuesdays & Thursdays at 8:45p.m.

Instructors Brittany and Shelby have teamed up to offer more work-outs at better price. You can sign up for both classes at \$40 per month, and attend unlimited number of classes of both programs. Each class is \$30 per month individually, or \$5 per class.

Keep an eye on our website and Facebook page for upcoming exercise programs!

# Upcoming Spring Athletics



## Athens Youth Baseball

Our baseball league is a great way for kids to learn and understand the game of baseball. The ages for the league are 5-12. 4 year olds can play if they turn 5 by December 31, 2020. Registration fee includes uniforms consisting of shirt, pants, belt, and hat or socks. Our league has been growing over the last few years, and we hope to see that trend continue. Players that live in the city or the county are welcome. We look forward to seeing everyone at the fields for this spring season! Our league is Cal Ripken Sanctioned. \$70/player

## Athens Youth Softball

It's hard to believe softball season is upon us. It's that time of the year for fun nights spend with family and friends at the ballpark. Our softball league is a great opportunity for young players to learn more about the game, and make great friendships along the way. The ages for the league are 5-12. 4 year olds can play if they turn 5 by December 31, 2020. Registration fee includes uniforms consisting of shirt, pants, and socks. Our league is USSSA sanctioned. \$70/player



## Athens Youth Soccer

Our Soccer Spring League is excellent for young players to get introduced to the game of soccer. It is a great opportunity for young players to develop their individual skills of the games along with learning how to work together as a team. It is also an opportunity for your child to create memories and friendships that will be cherished for a lifetime. Our spring soccer registration will be Jan. 20—Feb. 20 at the Athens Rec. Center. Anyone that is between the age of 5-13 can play. 4 year olds can play if they turn 5 by Dec. 31, 2020. The registration fee includes jersey. \$40/player

## Volleyball (summer)

Volleyball is an exciting sport combining team play and individual skills. Our youth volleyball program is for boys and girls age 8-13. Registration fee includes jersey. Players that live in the city or the county are welcome. We look forward to seeing everyone at the new rec center for this upcoming volleyball season! \$40/player



# Programs and Activities



**Soccer Shots**—Soccer shots is an engaging children's soccer program with a focus on character development. Their caring team positively impacts children's lives on and off the field. Their coaches are the best. Their expert -approved curriculum is age-appropriate and aligns with childhood education standards. This is for ages 2-6.

**Wado-Ryu Karate**—Recognized as the first truly Japanese style of karate, Wado-Ryu remains one of the world's principal martial arts studied by thousands of dedicated students. Instructor Bill Ireland offers classes for all ranks. Try out your first class free! \$30 per month, add an additional family member for \$15 per month.

Class times: Advanced students Mondays at 6:30p.m. Beginner students Tuesdays at 6:30p.m. All Levels welcome Thursdays at 6:30p.m.



**Archery**—Open to all ages 8 years and older. This is the perfect opportunity take a class with your child where you both can have fun and build confidence as you practice. The sport of archery requires precision, control, focus, and physical ability. If you are looking for a challenge, then archery is for you! Registration is February 1-29 and the fee is \$30.

**Ronnie Mack Training (RMT Basketball camp)** - November 1st, 2019  
RMT Basketball Skills Training LLC was formed. We are now exemplifying the power of thought and execution. RMT started with a idea, and then manifested itself into what you see today. Our training program went from one client, to serving over 100+ plus clients. We're now serving communities and sharing the love of basketball in the North Alabama area. Our agenda for RMT is to add value to young men and women. We want to teach leadership, commitment, discipline, mindset, and the mental game towards approaching life. Without information or a helping hand, no one can succeed and we want to provide that opportunity.

Follow RMT on facebook:

@PrestonHerringRMTathensAL

\$25 for ages 5-8

\$30 for ages 9 & up

2 Siblings \$45

3 siblings \$50



## 2019 Fall Soccer Season

Our Fall soccer teams had great success this season! Our players and coaches were dedicated to practicing hard on the field. We had two teams win the ARPA State Tournament! 16/under team had to beat Prattville best 2 out of 3. Our 8/under team won against Alexander City, Dothan, and Troy.



## 2019-2020 BASKETBALL SEASON

Our Rec League players discover so much more than their athletic abilities. Our team of coordinators, and coaches with assistant coaches help build character, develop self-confidence and create healthy relationships. This season, our players trained, practiced, and had fun improving their skills on the court. We look forward to seeing you next season!



# Pavilions and Parks

The Athens Parks and Recreation has 6 parks spread throughout the city including ALL Kids Park (formerly Kids Dugout.) each park has a pavilion available to be reserved April—November.

Reservation fee is \$30 per pavilion.

Park hours are 8:00 a.m. to 10:00 p.m. everyday day of the week.

## All Kids

1403 Hwy 31 N, Athens, AL

1 Pavilion  
Playground to include; Slides, swings (including wheelchair accessible swing,) xylophone, drums, merry go all, expressions swings

## Big Spring

350 Market St E, Athens, AL

1 Pavilion  
Pond with duck feeders  
Tennis courts

## Lincoln Bridgeforth

815 Westview Ave, Athens, AL

1 Pavilion  
Kitchenette (extra \$25 to reserve)  
Playground  
Walking Track  
Tennis & Basketball Court  
Horseshoe Pits

## Robert Tinnon (5th Ave)

802 5th Ave, Athens, AL

1 Pavilion  
Kitchenette (extra \$25 to reserve)  
Playground  
Walking Track

## Swan Creek (1,2, & 3)

101 Hwy 31 S, Athens, AL

3 Pavilions  
Playground  
4 Tennis Courts  
Horseshoe pits

## Wellness

940 W Washington St, Athens, AL

1 Pavilion  
Playground  
Walking track

## Athens Cemetery, Parks & Recreation

### **Athens Recreation Information**

Weekday Hours: Monday—Friday: 6:00 a.m.—10:00 p.m.

Weekend Hours: Saturday: 7:30 a.m.—7:30 p.m.

Sunday: 12:00 p.m.—4:00 p.m.

Phone #: (256) 233-8740

Website: [www.athensal.us](http://www.athensal.us)

Like us on Facebook: "Athens Recreation Center"

### **Cemetery Information:**

Office hours: Monday—Friday: 8:00 a.m.—4:30 p.m.

Phone #: (256)233-8743

Fax #: (256) 233-8742

Website: [www.athensal.us](http://www.athensal.us)

