

LINE DANCING

Line dancing builds confidence, and it also provides a foundation for broadening your dance experience. It enables you to learn balance, rhythm, timing, poise, and posture. It reduces stress, increases energy, and improves strength and muscle tone. It is a friendly and social atmosphere. It promotes cardiovascular health through physical workouts of varying intensity, and it also has mental benefits. Line dancing is no longer being danced to just country music. We dance to all genres of music including country, rap, rock, pop, hip hop, and line waltz. We dance to various artists including Pink, Maroon 5, Sam Hunt, Pitbull, Usher, Blake Shelton, Macklemore, Jennifer Lopez, Usher, Blake Shelton, Easton Corbin, Train, Luke Bryan, Kenny Chesney, Meghan Trainor, Laura Bell Bundy, and many more. **YOU MUST REGISTER ONE WEEK IN ADVANCE OF THE PROGRAM START DATE.**

Weekly PM Class

Day: Mondays
 Date: Session I: September 12 - October 3 **Course Code: 16399**
 Session II: October 10 - 31 **Course Code: 16400**
 Session III: November 7 - 28 **Course Code: 16401**
 Session IV: December 5 - 19 **Course Code: 16402**
 Time: Beginner: 6:30 p.m. - 7:30 p.m.
 Intermediate: 7:30 p.m. - 8:30 p.m.
 Fee: Sessions I, II, & III: \$30 per session (resident) \$45 per session (non-resident)
 Session IV: \$20 per session (resident) \$30 per session (non-resident)
 Age: 15 & older
 Location: Kiwanis Center

Weekly AM Class

Day: Tuesdays
 Date: Session I: September 13 - October 4 **Course Code: 16403**
 Session II: October 11 - November 1 **Course Code: 16404**
 Session III: November 8 - 29 **Course Code: 16405**
 Session IV: December 6 - 20 **Course Code: 16406**
 Time: Beginner: 10:00 a.m. - 11:00 a.m.
 Fee: Sessions I, II, & III: \$30 per session (resident) \$45 per session (non-resident)
 Session IV: \$20 per session (resident) \$30 per session (non-resident)
 Age: 15 & older
 Location: Kiwanis Center



Open Dance Party (drop-in fee for students not in Monday PM or Tuesday AM)

Party fee is included with weekly Dance Class registration for that same month (see above). All other individuals must register one full week prior to each dance event and pay the fee listed below.

NO REFUNDS for open dances.

Day: Fridays
 Date: Session I: September 16 **Course Code: 16407**
 Session II: October 21 **Course Code: 16408**
 Session III: November 18 **Course Code: 16409**
 Time: 7:30 p.m. - 10:30 p.m.
 Fee: \$5 per session (resident) \$7.50 per session (non-resident)
 Age: 15 & older
 Location: Kiwanis Center



EARN YOUR GEORGIA MOTORCYCLE LICENSE WITH NEW RIDER AND EXPERIENCED RIDER MOTORCYCLE SAFETY TRAINING

Fayette County Parks and Recreation, in conjunction with Georgia Motorcycle Riders, is offering classes leading to earning your Georgia motorcycle license endorsement. Classes for both new riders and experienced riders are being offered. These classes and instructors are Motorcycle Safety Foundation (MSF) and Georgia Department of Driver Services approved.

For more information on days, dates, times, fees, and requirements, visit the Web site at <http://GeorgiaMotorcycleRiders.com> or call 678.364.1442 for the schedule and to register.

AARP SMART DRIVER

You can expect to learn current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You will learn adjustments to accommodate common age-related changes in vision, hearing, and reaction time. Consult your insurance agent to see if you qualify for a discount!

Day: Monday
Date: Session I: October 17
Session II: December 5
Time: 9:00 a.m. - 4:00 p.m.
Fee: \$15 per AARP member \$20 per non-member
Age: 25 & older
Location: Activities House



BEGINNER BELLYDANCE WITH BAHIRA

Bellydance for fun and fitness! Improve your posture, flexibility, tone muscles, and strengthen your core with the ancient art of bellydance. Have fun while you learn the basic moves, technique, combinations, flavorful Eastern rhythms, and a sizzling bellydance routine. Bellydance is for all ages, shapes, and sizes.

Day: Wednesdays
Date: Session I: September 7 - October 12 **Course Code: 16413**
Session II: October 19 - November 23 **Course Code: 16414**
Time: 7:00 p.m. - 8:00 p.m.
Fee: \$60 per session (resident) \$90 per session (non-resident)
Age: 18 & older
Location: Activities House



INTERMEDIATE BELLYDANCE WITH BAHIRA

So, you already know how to hip-drop. Great! Move beyond the basics and shimmy up to the next level! Refine your dance as you expand your movement vocabulary while adding layers and finesse. It is suggested that you complete three entire beginner sessions before moving to the intermediate level, but keep in mind that everyone learns at a different pace.

Day: Wednesdays
Date: Session I: September 7 - October 12 **Course Code: 16415**
Session II: October 19 - November 23 **Course Code: 16416**
Time: 5:45 p.m. - 6:45 p.m.
Fee: \$60 per session (resident) \$90 per session (non-resident)
Age: 18 & older
Location: Activities House

SMARTPHONE: HOW TO

This class is open to people with all levels of experience and all types of smartphones. We will discuss the various things that smartphones can do for us and how to use our smartphones. The class content will be adjusted to meet the needs of the participants. Topics for investigation might include: phone settings, installation and use of apps, navigation, playing content (music, audio, books, and podcasts), Bluetooth, and task lists.

Day: Tuesdays
 Date: August 23 - October 11
 Time: 7:00 p.m. - 8:00 p.m.
 Fee: Free
 Age: All Ages
 Location: Activities House

Course Code: 16417



FALL NATURE HIKE

Come explore the hiking trails of the Sams Lake Sanctuary nature preserve on this guided nature hike. Throughout the hike, we will look for the many fall wildflowers and the many different types of wildlife that like to call these restored wetlands home. This trip is offered in conjunction with the Southern Conservation Trust.

Day: Saturday
 Date: September 17
 Time: 10:00 a.m. - Noon
 Fee: \$4 (resident) \$6 (non-resident)
 Age: All ages (under 10 years old must be accompanied by an adult)
 Location: Sams Lake Sanctuary (meet on-site)

Course Code: 16418

DOG OBEDIENCE

Teach your dog to be a canine citizen through obedience training. This class is based upon the American Kennel Club's Companion Dog course. Your dog will learn to walk on a leash, come when called, sit, stay, and much more. Rate applies to one dog. **Do not bring your dog to the first class.**

Day: Wednesdays
 Date: September 21 - November 23
 Time: 7:00 p.m. - 9:00 p.m.
 Fee: \$85 (resident) \$127.50 (non-resident)
 Age: 10 & older
 Location: Kiwanis Center

Course Code: 16419

For specific questions about the Dog/Rally Obedience classes, such as whether prior training meets requirement for Rally Obedience, please call the instructor at 770-460-7910 and leave a voice mail.

RALLY OBEDIENCE

Rally Obedience is a sport in which dog and handler complete a course designed to demonstrate and reinforce obedience training. Improve communication with your dog while developing a sense of teamwork. Rally can be used as a dynamic, enjoyable way to practice obedience commands, or as a link between obedience and agility competition. **Prerequisite:** The dog should have successfully completed basic dog obedience and/or Canine Good Citizen (CGC) training. **Please bring your dog to every class.**

Day: Wednesdays
 Date: September 21 - November 9
 Time: 5:30 p.m. - 6:45 p.m.
 Fee: \$80 (resident) \$120 (non-resident)
 Age: 10 & older
 Location: Kiwanis Center

Course Code: 16420

WEEKLY ARCHERY

Once you have taken the beginner course, you are eligible to attend the Sunday sessions. This ongoing program offers basic instructions and a safe environment to learn the sport of archery. Participants should either preregister for the full three or four week session (no refunds or makeup days) or pay the drop-in fee at each class attended. **Details subject to change.**

Day: Sundays
 Date: Session I: September 11, 18, 25
 Session II: October 2, 16, 23, 30
 Session III: November 6, 13, 27
 Time: 4:00 p.m. - 6:30 p.m.
 Fee: Sessions I & III: \$21 per session (resident)\$32 per session (non-resident)
 Session II: \$28 per session (resident)\$42 per session (non-resident)
 Drop-In Fee: \$10 per drop-in class (resident) \$15 per drop-in class (non-resident)
 No online registration for daily drop-in payments
 Age: 8 & older (adults and youth) - Parent/guardian is required to stay if participant is under 18-years-old.
 Location: Kiwanis Center