



City of Sugar Hill

Classes & Activities

Tap Ballet:

This is a perfect combination class. Ballet is the basis for all dance techniques. The technical training is taught through ballet; which in turn helps the proper shifting of weight and patterns in movement for tap. This class is divided into 20 minutes tap and 25 minutes ballet.

Class Schedule: Mondays: September 13 - December 6 (NO CLASS Nov 1 & 22)

Time: 4:00 - 4:45 pm

Location: Sugar Hill Community Center

Ages: 3 - 5 (min # for class is 4)

Fee: \$135.00 for 11 weeks

DRESS CODE for Tap Ballet & Pre-Ballet: Girls must have a pink leotard, pink tights, pink ballet slippers, and black tap shoes. Long hair must be pulled away from the face. Be sure to label all dance attire!

Etiquette For Kids:

Learn how to attain confidence; situational confidence; how to be polite; table manners; introductions and greetings; poise and posture; making good first impressions and more!

Dress attire: Dressy Casual - no jeans. Bring snack. Class is for boys and girls.

Class Schedule: Tuesdays October 12-November 16 (No class Nov 2)

Ages 8- 14

Time: 6pm - 7:30 pm

Location: Sugar Hill Community Center

Fee: \$125.00

Fashion Modeling:

The modeling course will teach young girls how to become a young lady as well as build up their confidence. Learn your personal style; models walk, poise and posture, skin care and makeup application, voice projection, speaking clearly on and off camera, and photo posing techniques.

Class Schedule: Tuesdays September 7-October 5

Ages: 9-16

Time: 6pm-7:30pm

Price: \$125.00



Karate Classes

Master Instructor: Renshi Shihan Michael Hoffman

Students will learn age appropriate self defense while developing stamina, coordination, and self confidence within a structured environment. Classes are designed for continuous training to achieve Karate ranks as you progress from white belt to black belt.

Session I Aug 17 - Sept 16

Youth Class:

Class Schedule: Tuesdays & Thursdays

Time: 6:15 - 7:00 pm

Location: Sugar Hill Community Center

Ages: 6 - 9

Fees: \$60.00

Junior Class:

Class Schedule: Tuesdays & Thursdays

Time: 7:15 - 8:00 pm

Location: Sugar Hill Community Center

Ages: 10 - 14

Fees: \$60.00

Adult Class:

Class Schedule: Tuesdays & Thursdays

Time: 8:15 - 9:00 pm

Location: Sugar Hill Community Center

Ages: 15 and up

Fees: \$60.00

Session II Sept 21 - Oct 21

Youth Beginner Class:

Class Schedule: Tuesdays & Thursdays

Time: 6:15 - 7:00 pm

Location: Sugar Hill Community Center

Ages: 6 - 9

Fees: \$60.00

Junior Class:

Class Schedule: Tuesdays & Thursdays

Time: 7:15 - 8:00 pm

Location: Sugar Hill Community Center

Ages: 10 - 14

Fees: \$60.00

Adult Class:

Class Schedule: Tuesdays & Thursdays

Time: 8:15 - 9:00 pm

Location: Sugar Hill Community Center

Ages: 15 and up

Fees: \$60.00

Session III Oct 26 - Dec 2

Youth Class:

Class Schedule: Tuesdays & Thursdays

Time: 6:15 - 7:00 pm

Location: Sugar Hill Community Center

Ages: 6 - 9

Fees: \$60.00

Junior Class:

Class Schedule: Tuesdays & Thursdays

Time: 7:15 - 8:00 pm

Location: Sugar Hill Community Center

Ages: 10 - 14

Fees: \$60.00

Adult Class:

Class Schedule: Tuesdays & Thursdays

Time: 8:15 - 9:00 pm

Location: Sugar Hill Community Center

Ages: 15 and up

Fees: \$60.00

Session IV Dec 7 - Dec 16

Youth Class:

Class Schedule: Tuesdays & Thursdays

Time: 6:15 - 7:00 pm

Location: Sugar Hill Community Center

Ages: 6 - 9

Fees: \$24.00

Junior Class:

Class Schedule: Tuesdays & Thursdays

Time: 7:15 - 8:00 pm

Location: Sugar Hill Community Center

Ages: 10 - 14

Fees: \$24.00

Adult Class:

Class Schedule: Tuesdays & Thursdays

Time: 8:15 - 9:00 pm

Location: Sugar Hill Community Center

Ages: 15 and up

Fees: \$24.00



City of Sugar Hill

Classes & Activities

Cardio Party:

It is the hottest group exercise class around! Cardio Party is an addictive workout that combines shadowboxing, martial arts, sport drills, yoga, and simple dance moves, in a party atmosphere. You'll kick, punch, and groove the calories away to the hottest dance music around. This is a fun, safe, and effective cardiovascular workout for participants of all levels. Simple modifications can be made to make this workout custom to your needs. Come with a smile and be ready to sweat!!!

Come join us anytime! Classes will be pro-rated.

**Class Schedule: Mondays/Wednesdays: Sept 6 - Oct 13 (Session I)
Oct 18 - Nov 24 (Session II)**

Time: 7:00 - 8:00 pm

Location: Sugar Hill Community Center

Ages: 10 - Seniors

Fee: \$45.00 per session for both days

Basic Booty Camp:

This is a boot camp available to beginner exercisers who want to ease into a fitness program without feeling overwhelmed. This is a great way to have fun, get fit, tone up, and lose a few pounds. Come ready to experience an awesome total body workout held outdoors. Do it with your family, friends, and co-workers. This camp is very affordable and comes with a free nutrition guide. All that is required is water, towel, and a smile. ***Come join us anytime! Classes will be pro-rated.***

**Class Schedule: Mondays/Wednesdays: Sept 6 - Sept 29 (Session I)
Oct 4 - Oct 27 (Session II)
Nov 1 - Nov 24 (Session III)**

Time: 6:00 - 6:45 pm

Location: EE Robinson Park

Ages: 10 - Seniors

Fee: \$65.00 per session for both days

Old Skool Fitness For Kids:

Takes a fun approach to the development of fitness and health for kids built on the idea that fitness should be FUN and ENGAGING! Join us this fall for an array of activities such as: Dodge Ball, Kick-ball, Frisbee Golf, Relay Races, Obstacle Courses, Potato Sack Races, and much more!

**Class Schedule: Sept. 11- Oct. 16th (Session I)
Oct.23- Nov. 27th (Session II)**

Saturdays: 9:30am- 10:45am

Location:EE Robinson Park

Cost: \$50



City of Sugar Hill Classes & Activities

Senior Sneakers:

This program offers seniors REGARDLESS of fitness level, the ability to improve overall strength and flexibility that is necessary for maintaining an independent lifestyle. A certified instructor will guide you through exercises at your own pace. This is the best opportunity to stay on track towards your health and fitness goals. Exercise is one of the BEST preventative measures to avoid costly insurance premiums. All that's needed is water and a towel.

Class Schedule: Sept. 7- Oct, 14th (Session I)

Oct. 18- Nov. 25th (Session II)

Tuesdays and Thursdays: 10:00am-11:00am

Age: 55 and older

Cost:\$25 for both days

Circuit Crazy

Make the most of your time in this intense, total body sculpting and cardio fusion class that squeezes a 60-minute workout in 45 minutes. This class is great for individuals on the go that want to maximum calorie burn in a minimal amount of time. Great for all fitness levels!!!

Class Schedule: Sept. 7-Oct. 14th (Session I)

Oct.19th-Nov. 25th (Session II)

Tuesdays and Thursdays: 11am-11:45am

Age: Adults

Cost:\$35 for both days

Kick Ball

Sign up individually, and we will put you on teams. We will let you make special request, but not all special requests will be granted. This is a fun, social way to stay in shape! Sign up individually, and we will put you on teams. Must have at least 15 players to host event!!!

Class Schedule:Sept. 10- Oct22nd

Fridays: 7pm

Age: Adults

Cost: \$25

Location: EE Robinson and Gary Pirkle Park



City of Sugar Hill Classes & Activities

ART CLASSES

Adult Beginners/Refresher Watercolor Class:

Designed to introduce adult students to the necessary fundamentals of watercolor and then to further explore its many techniques. Instructor will help you on renewing your love of expressive watercolor and give you creative ideas to work and dance with your brush. Initial class will be on color wheel and chart making, preceded by techniques and their applications, and continuing onto still life set-ups and photography reference with a final class applying creative methods that will expand your imagination and to make a composition pleasing to both the artist and the viewer. There will be lots of wet washes and color exploration in an encouraging and supportive atmosphere.

**Class Schedule: Tuesdays: October 5 - October 26 (Session I)
November 9 - November 30 (Session II)**

Time: 10:00 am - 12:00 pm with set-up & critique at 9:30 am

Location: Sugar Hill Community Center

Ages: Adults/Seniors

One Stroke Holiday Painting Class:

Learn how to design hand-painted pots and candle holders using the One Stroke painting technique. In this class, you'll start the first week with basic flowers and leaves, and advance to pumpkins, pinecones and snowmen. These make wonderful gifts and accessories for the home.

Fee does include reusable teaching guide. Other supplies not included.

Supply sheet provided upon registration.

Note: Each session is the same.

**Class Schedule: Tuesdays: September 7-28 (Session I)
October 5-26 (Session II)
November 9-30 (Session III)**

Time: 7:30 pm - 8:30 pm

Location: Sugar Hill Community Center

Ages: Adults/Seniors

Fee: \$75 per session





City of Sugar Hill Classes & Activities



City of Sugar Hill & i9 Sports Adaptive Sports *Soccer & T-Ball*

We have listened to your request for a recreational sports program for special needs children in our community.

We are excited to continue our Adaptive Sports Program this Fall!

This sports program is for all children with special needs

Boys & Girls Ages 3-8

Saturdays from 9am – 10am (Times are subject to change - No Weekday Commitment)

6 Week Session, 45mins to 1hr per session

Sept 18th – Oct 30th, Saturdays Only

Location: Gary Pirkle Park

Players will receive a team jersey and receive a trophy

Registration Fee:\$75

2010 FALL ADULT FLAG FOOTBALL LEAGUE- REGISTRATION FORM

The City of Sugar Hill Adult Flag Football League provides Adults a fun and safe environment to play the game of flag football with the emphasis on FUN and competitive recreation

Program Details:

- Location: Gary Pirkle Park (6195 Austin Garner Rd Sugar Hill 30518)
- Team Fees: \$650
- 7 Regular season games plus playoffs (Sept 20th – Nov. 15th)
- Day: Monday Evenings (times vary between 7pm – 9pm)
- Format: 5 v. 5
- Length of games: (2) – 20 minutes halves
- Players: Min of 8, max. of 10
- Free Agent registration is available, but not guaranteed to be acquired
- **Coach's Meeting: Monday, August 30th**

Registration Deadline: Monday, August 23rd

Call 678-472-2142 or
visit www.i9sports.com for more information



City of Sugar Hill Summer Camps & Leagues



Coed Flag Football

- Ages 4-14
- Sunday Afternoons
- Aug. 22nd – Nov. 14th
- Gary Pirkle Park
- (1:00pm – 6:00pm)
- *Practices & Games Same Day* (2 hrs per player)



Limited Space

Season Begins Sun, Aug. 22nd

Coed Soccer

- Ages 3-9
- Sunday Afternoons
- Aug. 29th – Nov. 14th
- Gary Pirkle Park
- (1:00pm – 6:00pm)
- *Practices & Games Same Day* (2 hrs per player)



Limited Space

Season Begins Sun, Aug. 29th

Coed T-Ball & Baseball

- Ages 3-11
- Saturdays
- Aug. 21st – Nov. 13th
- EE Robinson Park
- *Practices & Games Same Day* (1.5 hrs per player)

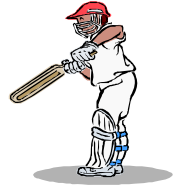


Limited Space

Season Begins Sat, Aug. 21st

Coed Cricket

- Ages 7-14
- Saturday Afternoons
- Sept. 11th – Nov. 13th
- North Gwinnett Middle School
- (9:00am – 12:00pm)
- *Practices & Games Same Day* (1.5 hrs per player)

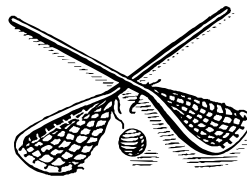


Limited Space

Season Begins Sat, Sept. 11th

Lacrosse

- Ages 8-High School
- Saturdays
- Aug. 21st – Nov. 13th
- Gary Pirkle Park
- (8:00am – 8:00pm)
- *Practices & Games Same Day* (1-1.5 hrs per player)



Boys Full Equipment league Or Coed Instructional League

Call 678-472-2142 or
visit www.i9sports.com for more information



City of Sugar Hill Classes & Activities

Tennis Classes:

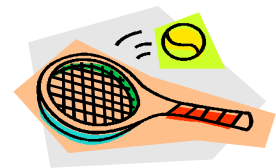
Through our 18 years teaching and playing experience, this program is able to bring you a tennis format that focuses on drills to improve the student coordination, regardless of individual levels. We will improve techniques and court positioning along with the crucial mental aspects of the game. You will increase your eye- hand coordination along with aspects of the tennis game, all while getting a fantastic work out and having a great time!

Class Schedule: Sundays September 12, 19, 26; October 3, 10, 17, 24, November 7, 14.

Kids ages 5-17 at 5 pm - 6pm

Adults (beginner to advanced) at 6 pm- 7 pm

Price \$ 120 for 10 weeks of one hour sessions each.



Sugar Hill Golf Club

All renovations are done at the Golf Club House

Tee times available 7 days in advance and also on the Sugar Hill Golf Club website

Now open on Monday's starting at 12:00

Banquette room available for rental and private outings

Group and private lessons available

Range pass available for \$150 all the balls you can hit on the range

Dates remaining on the Sugar Hill Golf Association

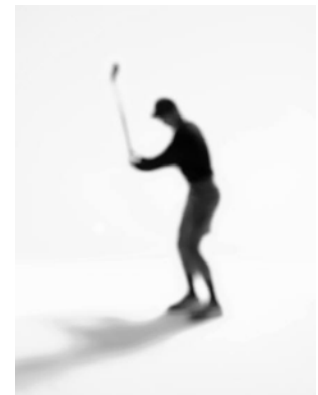
Sept 24-26	Member/Guest
Oct 23	Texas scramble
Nov 20	3 Club Monty
Dec 18	Santa Charity Scramble

Become a fan of Sugar Hill on Facebook

Contact:

Call or e-mail Sugar Hill Golf Club for all opportunities and become a fan of ours on Facebook for daily updates.

770-271-0519, shgclub@bellsouth.net





City of Sugar Hill

Classes & Activities

Veritas Brain Fall Program

Little Inventor:

This class implements STEM (Science, Technology, Engineering, and Mathematics) education and National Standards. Students will become young scientists investigating simple machines. Through a series of hands-on activities, students will investigate wind power, gears and rotational objects, inclined planes, and pulleys. Students will gain valuable experiences working with different mechanical and structural components, evaluating products against technical criteria, and developing design skills. Our classes are designed to inspire the imagination of young students. They will have a lot of fun building and learning at the same time!

Sample Projects

Learn to build bridges, towers, pulley systems, and simple constructions!

Class Schedule: Wednesdays: September 8 ~ 29 (Session I)

October 6– 27 (Session II)

November 3~Dec 1 (Session III, no class on November 24)

Location: Sugar Hill Community Center

Time: 6:00-6:50 pm

Ages: 5-7

Fee: \$60 per session

Amazing Techno World:

This class is an introduction to the amazing world of technology and LEGO engineering. Through a series of hands-on activities students will learn about simple machines including gears, pulleys, wheels and axles, levers, and cams. They will become young engineers while discovering how to measure distance and time, ways to store and transfer energy, and how to apply physical laws in their designs.

Sample Projects

Learn to build motor cars, fishing poles, windmills, clocks, and simple robots!

Class Schedule: Wednesdays: September 8 ~ 29 (Session I)

October 6– 27 (Session II)

November 3~Dec 1 (Session III, no class on November 24)

Location: Sugar Hill Community Center

Time: 7:00-7:50 pm

Ages: 8-10

Fee: \$60 per session

Basic Obedience:

This class will focus on the fundamentals of good manners by teaching sit, down, heel, and come with the positive clicker method. Your dog will be on the road to becoming a Canine Good Citizen (CGC).

Class Schedule: Fridays: Sept 10 - Oct 15 (Session I) Sugar Hill Community Center

Time: 7:00 - 8:00 pm

Ages: Adults

Fee: \$75.00 per session



City of Sugar Hill Classes & Activities

**THE VOCAL ZONES SINGING & PERFORMING ART WORKSHOP
HITS THE US FROM BRITAIN!
“UNLOCK THE VERY BEST IN YOUR CHILD’S ABILITY
TO CREATE A RENEWED SENSE OF CONFIDENT AND SELF-ESTEEM!!”**

Aimed at young people between the ages of 7 – 16 years of age, VOCAL ZONES have been successfully using the performing arts in the UK for the last 14 years as a vehicle to nurture and develop not only the performance skills of the so many talented and ambitious young people but also by bringing to the youth personal enhancement goals and skills using strong moral values.

We have been able to allow our students the opportunity to develop a sense of pride, confidence and achievement in their given gift and build character and personality which enables them to unlock their true worth and vocal ability.

Youngsters will feel invigorated by the sense of control and discipline in their lives and become more confident in the world around them and what it has to offer – whether or not it is the form of performing arts or just as a tool to help with their personal development”.

TRAINED BY PROFESSIONAL BRITISH VOCAL COACH
the sessions will be FUN, EXCITING and THOROUGHLY ENJOYABLE
with a wonderful CLASS PRODUCTION at the end of the 6 WEEK COURSE
where family, friends and invited guests will have the opportunity to enjoy the activities the students have been working on during the Class and also give the students the chance to SHOW OFF THEIR SKILLS!!!!

Sessions will cover all aspects of singing and performance skills using:-

Vocal Warm-Up and Breathing Exercises
Breathing and Voice Discipline,
Vocal Strengthening, Harmonising and Projection
Pronunciation, Diction and Articulation
Singing in Groups
Drama Recitals and Script/Skits
Movement, Body Language and Stage Presence, Etiquette and Skills
And Much More!

ALL ABILITIES WELCOMED.
SMALL CLASSES GUARANTEED

Check us out on:
www.vocalzones.co.uk
www.vocalzonesentertainment.co.uk

**Class Schedule: Mondays Sept 6 - Oct 11 (Session I)
Oct 18 - Nov 29 (Session II)**

**Time: 6pm - 7:15pm (Ages 7-11)
7:15pm - 8:30pm (Ages 12-16)**

Location: Sugar Hill Community Center

Fee: \$125 per session.



SUGAR HILL PARKS & RECREATION

REGISTRATION FORM

PLEASE NOTE ALL CLASSES MUST MEET A MINIMUM ENROLLMENT FOR THE CLASS TO OCCUR.

Participant's Name _____ Home Phone _____
 Age _____ Date of Birth ____/____/____ Male/Female (please circle one)
 Mother's Name _____ Work Phone _____ Date of Birth ____/____/____
 Father's Name _____ Work Phone _____ Date of Birth ____/____/____
 Address _____ Sugar Hill Resident Yes / No
 City _____ Zip _____
 E-mail Address _____
 Emergency Contact _____ Relationship _____ Phone _____

WAIVER

I, the undersigned, assume all risks and hazards incidental to participation, including transportation to and from these activities and do hereby, for myself, my child, my heir, executors, and administrators, waive, release, absolve, indemnify and agree to hold harmless the City of Sugar Hill, Sugar Hill Parks and Recreation Department and its representatives, sponsors, affiliated associations, organizers, officers, officials and participants for any and all damages suffered by myself or my child in connection with this activity. Also, I agree that I will abide by all the rules and policies outlined in the National Rules and set by the Sugar Hill Parks and Recreation Department.

I, the undersigned, give permission to the Sugar Hill Parks and Recreation Department to photograph and video programs/activities and use those materials in advertising, promoting and reporting Parks and Recreation programs and activities.

I, the undersigned, give permission to the Sugar Hill Parks and Recreation Department to obtain and authorize medical care for said minor child at any hospital, emergency medical center, or any other health facility: by any medical doctor, osteopath, nurse, surgeon or any other medical practitioner. The undersigned further agrees to be responsible for the expenses of any medical care needed by the minor child, and hold the staff authorizing the medical care harmless from any damages suffered by the minor child or the undersigned as a result of the medical treatment authorized.

Signature (Participant/Parent/Guardian) _____ Date _____

Class	Day	Dates	Time	Location	Fee
TOTAL					

PAYMENT

Credit Card VISA _____ MC _____ Check # _____ Money Order _____
 Card Number _____ Expiration Date ____/____/____
 Name as it appears on Card _____ Signature _____ Date _____

Make Checks payable & Mail to – City of Sugar Hill / 4988 West Broad Street / Sugar Hill, GA 30518

Fax form with Credit Card Payment and Signature to 770-831-7546

For questions please contact the Recreation Department at 770-831-7413

2008 Rental Information and Fee Schedule

Sugar Hill Community Center

The Sugar Hill Community Center, located at 1166 Church Street. This facility is available for rent only by Sugar Hill residents on Fridays, Saturdays and Sundays. The center includes a 4,600 square foot open area, a full catering kitchen and bathrooms complete with a shower. There are hundred and four (104) chairs, six (6) five foot wide round tables, and twelve (12) six foot wide rectangle tables for your use during the rental. The Community Center is not rented by the hour.

1 (one) Room Rental: \$150 (Seniors 55 years or older \$75)
2 (two) Room Rental: \$250 (Seniors 55 years or older \$125)
Kitchen Rental: \$50
Rental Deposit: \$200 (Refundable)

E.E. Robinson Park

E.E. Robinson Park, located on Level Creek Road just pass Sugar Hill Elementary School, is a 34 acre park. The park includes two lighted baseball fields, one regulation size soccer field, two lighted tennis courts two basketball goals, two lighted beach volleyball courts, one jogging trail, an amphitheater and two pavilions. Sugar Hill residents are welcome to rent the amphitheater and pavilions. These facilities are not rented by the hour.

Pavilion: \$75
Amphitheater: \$50
Rental Deposit: \$100 (Refundable)

Gary Pirkle Park

Gary Pirkle Park is the newest addition to the city parks. Located at 6195 Austin Garner Rd, the park consists of 5.6 acres of synthetic turf fields, 3 acres of grass fields, 1.7 miles of asphalt pathways, six (6) creek crossing bridges, sports lighting, street lights on pathways, unique pavilion-playground facility, two picnic pavilions, concession/restroom facility, flagstone entrance gateway, parking and landscaping

Pavilion: \$75
Turf Field: \$50/hr \$75/hr with lights
Grass Field: \$25/hr \$50/hr with lights
Rental Deposit: \$100 (Refundable)

**For more information please contact the
City of Sugar Hill Recreation Department at 770-831-7413.**

REGISTRATION INFORMATION

WALK-IN

Sugar Hill Community Center
1166 Church Street.....Monday-Friday 8:00AM-5:00PM

NIGHT DROP

Sugar Hill City Hall 4988 West Broad Street

For your convenience, use the mail-slot at City Hall front door. Registration will be processed the next working day. Please use the registration form and follow the mail-in registration procedures carefully. **No cash please!**

FAX IN

We accept sign-up by FAX using VISA or MasterCard on a registration form **only**. Credit card information must be supplied on the form. Fax # 770-831-7546

MAIL IN

1. Fill out and sign the registration form in the packet.
2. Enclose payment. Payment may be made by personal check, money order, VISA or MC
This process DOES NOT guarantee you a spot in the requested program/s.

Please make check payable to:
CITY OF SUGAR HILL
4988 WEST BROAD STREET
SUGAR HILL, GA 30518



4988 WEST BROAD STREET
SUGAR HILL, GA 30518

**LOOK INSIDE FOR SUGAR HILL'S
NEW PROGRAM GUIDE!!!**