



## UNPLUGGED UNCUT!

There is A LOT more going on in the Athens area this fall. More fall festivals, more hiking and definitely more races. This online version includes even more information than was included in the magazine. We did all the work, you can have all fun!

## After School Programs

### After School in the Park

Oconee Parks and Recreation

Herman C. Michael Park

706-769-3965, <http://www.ocprd.com>

Ages: K-5th grade, Oconee County residents only

Get out of school and into the park! OCPRD offers the best after school location, keeping kids actively engaged in a variety of fun activities through 6pm.

Transportation is provided immediately after school. Daily snack is also provided.

Please call for space availability. Fee: \$65 per week, per child

### After School Programs

Athens YMCA

915 Hawthorne Ave., Athens

706-543-9313, <http://www.athensymca.org>

Registration begins Oct. 1

Begins Nov. 9; Transportation may be provided from schools in Clarke and Oconee counties. Call for a complete list of schools and fees

### **Teen Extreme**

Oconee Parks and Recreation

Oconee Veterans Park

706-769-3965, <http://www.ocprd.com>

Ages: 6-8th grade, Oconee County residents only

Get out of school and into the park for a great after school adventure! Participate in after school activities such as sports skills, homework assistance, games, and more!

Keeps teens actively engaged during the hours immediately after school through 6:30 pm. Transportation is provided from area public middle schools to the park. Fee: \$65 per week, per child

## **Basketball**

### **Volunteer Coaches Needed!**

Oconee Parks and Recreation

706-769-3965, <http://www.ocprd.com>

Looking for a few good coaches! Volunteer coaches are needed to coach the youth basketball program. The program focuses on the FUNdamentals of the game. Coaches are required to go through one of the NYSCA courses and consent to a criminal history check. NYSCA classes will be held Nov. 4 and 11, 6:15 at Oconee Veterans Park

### **Basketball**

Oconee Parks and Recreation

706-769-3965, <http://www.ocprd.com>

Ages: 7-15

Registration: Oct. 5 through Oct. 30 or until full; Dribble, pass and shoot the hoop in our youth basketball program. Participants learn fundamentals, improve skills and participate in game play. Age control date is Sept. 1, 2009. Team practices begin the week of Nov. 9. Fee: \$65

### **Basketball**

Athens YMCA

915 Hawthorne Ave., Athens

706-543-9313, <http://www.athensymca.org>

Registration begins Oct. 1

Ages: K-8th grade

Days and times vary and will be announced after team identification. \$95/members, \$140/non-members

### **Intramural Basketball for Teens**

Oconee Parks and Recreation  
706-769-3965, [www.ocprd.com](http://www.ocprd.com)

Boys: 15-18 & Girls: 16-18

Recruit your friends and PLAY! Form your own team to participate in this fun, recreational league. Games conducted at park and/or school facilities. Only team entries accepted. Games begin in Dec. 2009. Rosters must be submitted no later than Tues., Nov, 17.

Fee: \$500 per team due by Nov. 12

### **OCHS Basketball at Philips Arena**

1 Philips Dr., Atlanta  
404-878-3000; [www.philipsarena.com](http://www.philipsarena.com)

Dec. 18

The OCHS Warrior Basketball Team will follow the Lady Warrior Basketball Team as the pre-game entertainment at Philips Arena before the Hawks take on Utah. Hawks tip-off at 7:30. Be sure you are there to cheer on your home team!

## **Biking**

### **Pedal for Paws**

Bike Athens  
780 E. Broad St., Athens  
706-206-7127, [www.bikeathens.com](http://www.bikeathens.com)

Oct. 24, 9am-1pm

Benefit bike ride along the historic Watson Mill Bridge loop to support True Love Canine Rescue, a local rescue organization for abandoned and unwanted dogs in Athens-Clarke County. Register at [www.truelovecaninerescue.com](http://www.truelovecaninerescue.com)

### **Mountain Biking**

Athens YMCA  
915 Hawthorne Ave., Athens  
706-543-9313, [www.athensymca.org](http://www.athensymca.org)

Registration begins Oct. 1

Ages: 8-12

Mon. and Wed., 3:30-5pm; Explore the rugged trails in the woods behind the YMCA! Bikes provided. \$95/members, \$140/non-members

# Cheerleading

## Cheerleading

Athens YMCA

915 Hawthorne Ave., Athens

706-543-9313, [www.athensymca.org](http://www.athensymca.org)

Registration begins Oct. 1

Ages: 5-10

All squads paired with the same age football and basketball teams and will cheer at YMCA home games. \$115/members, \$150/non-members

## Future Extreme Cheerleading

1031 Business Blvd., Watkinsville

706-769-3785, [www.futurecheerleading.com](http://www.futurecheerleading.com)

BRAND NEW 2nd location is 1 minute from downtown Watkinsville on Hwy. 15. Future Extreme was founded with the idea of providing high quality cheerleading instruction in a clean and safe environment and is committed to being the one gym that is 'A step ahead and a step above' all other cheer and tumble facilities

# Dance

## DanceATHENS

Morton Theatre

195 W. Washington St., Athens

706-355-3078

Dec. 1, 7:30pm

Companies from the Athens area perform for this sixth annual concert, with works in various dance genres including jazz, ballet, tap, hip-hop, belly dance, modern and more. \$15 adults, \$12 students

## Freedom of Movement

8081 Macon Hwy, Athens

706-769-5338, [www.fomdance.com](http://www.fomdance.com)

Offering Pre-Ballet, Ballet, Modern, Jazz, Tap and Hip-Hop in a friendly, positive environment. Be sure to check out the website for information about winter performances.

## Modern Dance

Athens YMCA

915 Hawthorne Ave., Athens

706-543-9313, [www.athensymca.org](http://www.athensymca.org)

Registration begins Oct. 1

Ages: 7-12

Learn routines to popular music and prepare for a recital where you will perform for all your friends and family! \$95/members, \$140/non-members

### **Studio Dance Academy**

1100 Jennings Mill Pkwy., Oconee

706-354-6454, [www.studiodanceacademy.com](http://www.studiodanceacademy.com)

Registration: Ongoing;

Ages: Starting at 2 years

"Step Into the Spotlight" and Enhance your flexibility, focus, core body strength, posture, and creativity with DANCE!! Styles including Ballet, Pointe, Jazz, Tap, Lyrical, Modern, Ballroom, Swing, Irish Dance, Zumba, and Pilates. Feel at home with an experienced, knowledgeable and nurturing staff. Beginners of all ages encouraged!

## **Disc Golf**

### **Family Disc Golf Day**

Sandy Creek Nature Center

706-613-3631, [www.accleisureservices.com](http://www.accleisureservices.com)

Nov. 28, 1-3pm

Ages: 8 and above

Bring your family out to the park and learn how to play disc golf. Basic instruction, equipment and guidance provided. Enjoy playing a round of golf and seeing another side of the park, and you may want to finish your afternoon with a picnic. Register in advance. \$5/ACC per person, \$8/Non ACC per person

### **Flying Eye Disc Golf Tournament**

Sandy Creek Park

[www.athensdiscgolf.com](http://www.athensdiscgolf.com)

Oct. 10 and 11

Don't miss out on this professional/amateur Disc Golf Tourny! Register yourself or go check out the pros! Registration online only

## **Fall Festivities**

### **Autumn Nights at Yargo**

Fort Yargo St. Park

210 S. Broad St., Winder

[www.gastateparks.org](http://www.gastateparks.org)

Oct. 23 and 24, 6-9PM

Join the park staff for hayrides, storytelling by the campfire, children's games and viewing the restored Old Fort by candlelight

### **Corn Maze**

Washington Farms

5691 Hog Mtn. Rd., Watkinsville

706-769-0627, [www.washingtonfarms.net](http://www.washingtonfarms.net)

Through Nov. 1, Fri. 3-11pm and Sat. 9am-11pm

The new maze design this year highlights Georgia Farming! This year in the maze you'll work your way through Georgia grown with pumpkins and strawberries design for 45 min. to 1 hr. You may enter the maze by sliding down a 24 ft. slide or you may walk in through the corn! As you wind your way through, make sure you stop at the bridge for a quick photo! There is also a Vortex tunnel this year and a petting farm. It's cool!

### **Fall Celebration**

Smithgall Woods St. Park

61 Tsalaki Trl., Helen

706-878-3087, [www.gastateparks.org](http://www.gastateparks.org)

Oct. 10, noon-4pm

Enjoy the natural beauty of the season with pioneer skills exhibits, hayrides through the park, traditional craft vendors, mountain music and hands-on activities for kids. \$5 parking

### **Fright Fest**

Six Flags Over Georgia

275 Riverside Pkwy., Austell

770-948-9290, [www.sixflags.com/overgeorgia](http://www.sixflags.com/overgeorgia)

Oct. 2 through Nov. 1

For Halloween, Six Flags has transformed into a haunted playground. With spooky shows, street entertainment, mazes, costumed ghouls and rides, Six Flag's annual Halloween event is sure to please!

### **Fall Hoedown**

Vogel St. Park

7485 Vogel St. Park Rd., Blairsville

706-745-2628, [www.gastateparks.org](http://www.gastateparks.org)

Oct. 17, 2-9pm

Celebrate autumn's arrival with a cakewalk, hayrides, chili and drinks for sale, campfire and dancing, and finally a professional storyteller around a bonfire. \$5 parking

### **Netherworld Haunted House**

6624 Dawson Blvd., Norcross

404-608-2484, [www.fearworld.com](http://www.fearworld.com)

Sept. 25 through Nov. 14

Not only one of the scariest haunted houses in Georgia and the Southeast, but one of the Top Haunted Houses in the Nation. For 13 years this intense, cutting edge, multi story, multi attraction haunted event has thrilled and terrified visitors...regularly garnering national attention. \$20-\$25 per person

### **"Wails To Trails" Haunted Hike**

Tallulah Falls St. Park  
338 Jane Hurt Yarn Dr., Tallulah Falls  
706-754-7981, [www.gastateparks.org](http://www.gastateparks.org)

Oct. 23, 7-9pm

This is a delightfully spooky way to meet some of the colorful characters and events of the railway's past. This is a .75 mile walk along the existing bed of the Tallulah Falls Railway. Reservations are required. Rain date will be Sat., Oct. 24. \$2-\$3 plus \$5 parking

## **Family Fun**

### **Funopolis Family Fun Center**

40155 Hwy. 441, Commerce  
706-335-3855, [www.funopolisfamilyfuncenter.com](http://www.funopolisfamilyfuncenter.com)

Where fun begins and never ends! Visitors from all over Northeast Georgia will enjoy the many thrilling outdoor and indoor activities spread over 5 acres at Funopolis Family Fun Center

### **Pump It Up**

400 Commerce Blvd. Ste. D, Athens  
706-613-5675, [www.pumpitupparty.com](http://www.pumpitupparty.com)

"The Inflatable Party Zone" where you can enjoy a private indoor party with interactive inflatable play structures. Don't forget the Afternoon Pop-In, every Wed. from 3:30-5:30pm. Special Camps Nov 27, Dec 21-23 and 28-30, 1-5pm

## **Fishing**

### **Basic Fly Fishing Clinic**

Panola Mtn. St. Park  
2600 Ga. Hwy. 155, SW, Stockbridge  
770-389-7801, [www.gastateparks.org](http://www.gastateparks.org)

Oct. 10 and Nov. 14, 10am-noon and 1-3pm

Learn the art of fly tying as instructors introduce you to tools, techniques and tricks of the trade to create realistic flies. Participants will make one fly and possibly more if time permits. Ages 10 and older. Register in advance. \$25 plus \$5 parking

### **Beyond the Basics: Fly Fishing Clinic**

Panola Mtn. St. Park

2600 Ga. Hwy. 155, SW, Stockbridge  
770-389-7801, <http://www.gastateparks.org>

Oct. 10 and Nov. 14, 3:30-5pm

Having learned the art of basic fly tying, now we move beyond the basics. Instructors introduce you to more advanced techniques and tricks of the trade. Participants will make one or more flies such as deer hair flies, or even a hummingbirds if time permits. \$35 plus \$5 parking

### **Learn Fly Fishing with Trout Unlimited**

Sandy Creek Nature Center

706-613-3631, [www.accleisureservices.com](http://www.accleisureservices.com)

Oct. 11, 9am-3pm

Ages: 16 and above

Join Trout Unlimited for a one-day, introductory course in the art of fly fishing. Participants will learn the basics of fly casting, knot tying, entomology, and will receive information about gear and equipment needed to be successful on the water. Lunch is provided. For more information about the class, email Josh Barnett at [joshbarnett@orctu.org](mailto:joshbarnett@orctu.org) or call 706-202-7713. Pre registration is required. \$24/ACC Resident, \$26/Non-ACC Resident

## **Football**

### **Tackle Football**

Athens YMCA

915 Hawthorne Ave., Athens

706-543-9313, [www.athensymca.org](http://www.athensymca.org)

Registration begins Oct. 1

Ages: 5-12

YMCA bus transportation will be provided to all away games. Participants also attend at least one home UGA football game as a team and sit in the end zone bleachers. \$120/members, \$165/non-members; includes football jersey, game day t-shirt, helmet, decals and transportation to away games

## **Gymnastics**

### **Georgia Elite Gymnastics**

1235 Cedar Shoals Dr., Athens

706-549-0160, [www.georgiaelitegymnastics.com](http://www.georgiaelitegymnastics.com)

Registration: Ongoing; A junior Olympic training facility that offers introductory classes to top competitive programs. Owned by Kim Arnold-Arenas, four time national champion. Beginner to advanced class and birthday parties available!

# Hiking

## Full Moon Suspension Bridge Hike

Tallulah Falls St. Park  
338 Jane Hurt Yarn Dr., Tallulah Falls  
706-754-7981, [www.gastateparks.org](http://www.gastateparks.org)

Nov. 1, 5-7pm

Hike by the light of the full moon to the park's suspension bridge where you will learn about sensory awareness and how animals survive. Register in advance

## Geology Hike

Sweetwater Creek St. Park  
1750 Mt. Vernon Rd., Lithia Springs  
770-732-5871, [www.gastateparks.org](http://www.gastateparks.org)

Oct. 11, 1-3pm

Geologist and "Friends of Sweetwater Creek State Park" member John Johnston will lead a moderate 2-mile hike identifying rock types and explaining how they formed. There will also be a visit inside the ruins of the Civil War era New Manchester Mill alongside the beautiful rapids of Sweetwater Creek. \$5 plus \$5 parking

## Historical Rock Hike

Tallulah Falls St. Park  
338 Jane Hurt Yarn Dr., Tallulah Falls  
706-754-7981, [www.gastateparks.org](http://www.gastateparks.org)

Oct. 17

Travel back in time on this strenuous hike where you will learn about rock formations named in the 1800s. Register in advance. \$5 parking

## Treetop Excursion: Introductory Climb

Panola Mtn. St. Park  
2600 Ga. Hwy. 155, SW, Stockbridge  
770-389-7801, [www.gastateparks.org](http://www.gastateparks.org)

Nov. 7, 1-4pm

Join us "on rope" for an adventure exploring the canopy above. This is an introductory climb to Canopy-Adventure-Research-Educational Technical Tree Climbing (CARE TTC). Participants will use rope and harness for this moderately strenuous activity. Register in advance. \$15 plus \$5 parking

## Tree Talk and Walk

Sandy Creek Park  
706-613-3631, [www.accleisureservices.com](http://www.accleisureservices.com)

Nov. 7, 10am-noon

Ages: 8 and above

Join Sandy Creek Park for a short pontoon boat ride to the back end of the Lakeside Trail, then hike for 2 1/2 miles and learn about native trees and their uses. All participants need to bring a full water bottle and snack, and wear good sturdy hiking shoes and be prepared for the weather (rain or shine!) Register in advance. \$6/ACC Resident, \$9/Non ACC Resident

### **Saturday Mountain Hike**

Panola Mtn. St. Park  
2600 Ga. Hwy. 155, SW, Stockbridge  
770-389-7801, [www.gastateparks.org](http://www.gastateparks.org)

Oct. 17 and Nov. 21, 10am-1:30pm

These guided hikes depart from Panola's nature center and are for people in good physical condition. This hike allows park visitors to see Panola Mountain up close, as the Ranger explains the reasons Panola Mountain is protected, and what we can all do to preserve the natural beauty of granite outcrops. Bring sturdy shoes, water, bug spray, and your camera! The Panola Mountain hike starts at 10am and generally lasts 3-4 hours. Rain or shine. Call to register in advance. \$7 plus \$5 parking. 770-389-7801

## **Ice Skating**

### **Ice Forum**

2300 Satellite Blvd., Duluth  
770-813-1010, [www.iceforum.com](http://www.iceforum.com)

Ice skating is not just a winter activity; IceForum is open 365 days a year. We offer skating to the public 7 days a week. If you don't own skates, you can rent a pair! Can't skate? We offer skating classes for all ages and levels. We offer both group and private lessons with professional instructors. The IceForum offers great Birthday packages for a memorable celebration with your friends. Fee: \$7 per person

## **Just for You!**

### **FUSION**

Fellowship of Christian Athletes  
North Oconee High School  
1081 Rocky Branch Rd., Bogart

706-769-4700, [www.fca.org](http://www.fca.org)

Oct. 18 and Nov. 8, 6-7:30pm

Middle and High School Students.

ALL Northeast Georgia Huddles (over 1,000 teens) gathered in the North Oconee High School Auditorium for a HIGH ENERGY evening of fun, music and worship! Check it out on YOUTUBE.com

### **Middle School Madness**

The Community Center at Oconee Veterans Park

Oconee Parks and Recreation  
706-769-3965, [www.ocprd.com](http://www.ocprd.com)

Nov. 20, 7-10:30pm

Ages: Must be in Middle School

Don't miss out!

The Oconee County Parks and Recreation Department opens its doors to middle school students. Participants enjoy dancing, basketball, inflatable activities, ping-pong or just hanging out with friends. Plenty of supervision is provided. Fee: \$5 per person

## Lacrosse

### Lacrosse Clinic - FREE!

Herman C. Michael Park

Oconee Parks and Recreation

706-769-3965, [www.ocprd.com](http://www.ocprd.com)

Oct. 28, 6-7:15pm

Open to boys and girls, beginners and experienced. Lacrosse is one of the fastest growing sports in Northeast Georgia. Come out and learn some fundamentals of the game for free. Club-team coaches will be instructing the clinic. Equipment not required. Call to register in advance

### Lacrosse League

Oconee Parks and Recreation

706-769-3965, [www.ocprd.com](http://www.ocprd.com)

Ages: Must be in High School

Registration: Oct. 5 through Dec. 4; Take a shot at lacrosse. Fast, competitive lacrosse program, no experience necessary. Develop your quickness, balance and power shots. One boy's and one girl's team will be formed to compete against other Northeast GA teams. Practices begin in Jan. with games played Feb. through early May. Fee: \$125 per person, equipment not included

## Races, 5K & Fun Runs

Check out [www.runningintheusa.com/crs](http://www.runningintheusa.com/crs) for the latest races and registration information or contact Will Chamberlain, Classic Race Services at [gwillc@bellsouth.net](mailto:gwillc@bellsouth.net)

Scarecrow 5K & 1M Fun Run/Walk

Watkinsville First United Methodist Church

3331 New High Shoals Rd., Watkinsville

Oct. 17, 8am

Come join the Annual Scarecrow 5K and 1 Mile Fun Run. Stay afterwards to enjoy the festivities at the Oconee County Chamber of Commerce Fall Festival held at the Rocket Field in Downtown Watkinsville.

### **9th Annual Jack-O-Lantern Jog 4-Miler**

Sandy Creek Nature Center  
205 Old Commerce Rd., Athens

Oct. 25, 2pm

Costume contest for the kids beginning at 1:45pm. Proceeds from the race will go towards the ENSAT Expansion Project.

### **Inaugural Band on the Run Monster Dash 5K Run/Walk**

Oconee Veterans Park

Oct. 31, 2pm

All proceeds go towards the Oconee County High School Marching Band.

### **2nd Annual Free to Breathe Run/Walk Series**

Sandy Creek Park

Nov. 7, 3pm

Run and walk to help make a difference in the fight against lung cancer. Benefits go towards the National Lung Cancer Sponsorship.

### **3rd Annual Gobbler Run 5K & 1M Fun Run/Walk**

Sandy Creek Park

[www.runningintheusa.com/crs](http://www.runningintheusa.com/crs)

Nov. 22, 2:30pm

Proceeds from the race will benefit the Hadassah Project which provides state of the art health care to nearly 1 million patients a year, regardless of race, religion, or nationality.

### **Titan/Warrior Challenge 15K Trail Run**

Oconee Heritage Park

Nov. 29, 2:30pm

### **11th Annual Santa Stroll 8K**

Bishop Baptist Church

1110 Old Bishop Rd., Bishop

Dec. 19, 8:30am

Proceeds from the race will benefit the continued outreach of the Bishop Baptist Church. \$1 will also be donated to the Athens Area Habitat for Humanity by Classic City Racing Services.

## **Rock Climbing**

### **Friday Family Night**

Active Climbing

665 Barber St., Athens

706-354-0038, [www.activeclimbing.com](http://www.activeclimbing.com)

Every Friday, 4-6PM

Free belay class for parents and free rental for first timers. If you come with your kids, they play around while you take the class (45 min) and then you can belay (use the ropes) for them. A great way to bond the whole family together! Check out their website

## Sailing, Canoeing

### Family Canoe Day

Sandy Creek Nature Center

706-613-3631, [www.accleisureservices.com](http://www.accleisureservices.com)

Oct. 31, 10am-noon

Ages: 8 and above

Bring your family out to the park for a fun day in a canoe! Enjoy the views of Lake Chapman from a boat, and you may want to finish your afternoon with a picnic. Basic instruction, equipment and guidance provided. Register in advance. \$5/ACC per person, \$8/Non ACC per person

### Sailing Classes

Sandy Creek Nature Center

706-613-3631, [www.accleisureservices.com](http://www.accleisureservices.com)

Youth: 8-15, Oct. 17 and Nov. 7

Adult: 16 and above, Oct. 18, and Nov. 21

Instructors will be teaching basic sailing principles, tacking and jibing techniques, on-land drills, safety considerations, rigging and launching, and (weather dependent) free sailing time. Register in advance

## Skateboarding

### ACC Skate Park

At Southeast Clarke Park

4440 Lexington Rd., Athens

706-613-3871, [www.accleisureservices.com](http://www.accleisureservices.com)

Hours of operation: 8am-sunset

Includes a bowl ranging from five to ten feet in depth and a street course including ramps, grinding edges, and rails, steps and other unique features

### ZioN Skate Park

1051 Business Blvd., Watkinsville

706-705-1370, [www.skatezion.com](http://www.skatezion.com)

For current hours, prices, waiver, rules, coupons, camps, clinics, etc. please visit our website [www.skatezion.com](http://www.skatezion.com)

## Soccer

### Athens United Soccer Association

1071C Founders Blvd, Athens

706-353-2241

[www.athensunitedsoccer.org](http://www.athensunitedsoccer.org)

Ages 6 and older

Fall 2009 is underway and Spring 2010 registration begins early January

Athens YMCA

915 Hawthorne Ave., Athens

706-543-9313, [www.athensymca.org](http://www.athensymca.org)

Registration begins Oct. 1

Ages: 6-12

Come play soccer! Co-ed teams, skilled coaches, soccer uniform provided. Call for more information

### Indoor Soccer

Oconee Futbol Club

[www.oconeefutbolclub.com](http://www.oconeefutbolclub.com)

Ages: Youth & Adult

Games will be held at Westminster Christian Academy mid-Nov. through mid-Jan. Visit website for registration form and additional information or

e-mail questions to [oconeefc@charter.net](mailto:oconeefc@charter.net)

## Swimming, Diving

*Think swimming and diving are summer sports? Think again. All the listings below are open year-round!*

### Athens Bulldog Swim Club

UGA Ramsey Center

330 River Rd., Athens

706-542-7953, [www.athensbulldogs.com](http://www.athensbulldogs.com)

Registration: Ongoing; Programs ranging from learn to swim classes to training groups focused on competition at the highest level

### Georgia Aquatic Center

2543 Macon Hwy., Watkinsville

706 769-2782, [www.georgiaaquaticcenter.com](http://www.georgiaaquaticcenter.com)

Swim all year round at the amazing aquatic center that has two outdoor pools, tower

slides, an indoor pool, tennis courts, concession and swim shop

### **Georgia Diving Club**

UGA Ramsey Center  
330 River Rd., Athens  
[www.georgiadivingclub.com](http://www.georgiadivingclub.com)

Ages: 5-18

Registration: Ongoing; Coached by Dan Laak. Lessons, camps, clinics, meets and much, much more! Beginning and advanced levels

### **Swim Oconee**

The Oconee Club  
*Corner of Burr Harris Rd. and Robinhood Rd., Watkinsville*  
770-596-2719, [www.soswimming.com](http://www.soswimming.com)

Registration: Ongoing; Swim Oconee Aquatic Club is a year-round USA Swimming team located in Watkinsville offering instruction, training, and competition to young people of all abilities. Learn the values of sportsmanship and teamwork while building physical, emotional and intellectual skills that will last a lifetime

## **Trapeze**

### **Canopy Studios**

160 Tracy St., Athens  
706-549-8501, [www.canopystudio.com](http://www.canopystudio.com)

Classes offered in teen trapeze and tumbling as well as other art movement such as yoga, contact improvisation and hip-hop

## **Off-Road/ATV**

### **Broad River ATV and Adventure Park**

80 County Rd. 193, Carlton  
706-743-0078, [www.broadriveradventurepark.com](http://www.broadriveradventurepark.com)

Oglethorpe County facility with individual/family memberships available for exploring 3000 acres featuring 50 miles of well-marked trails for pure off-road excitement! Open weekends. Great for family rides on all types of equipment

### **Durhamtown**

2350 Randolph Church Rd., Union Point  
706-486-4603, [www.durhamtown.com](http://www.durhamtown.com)

At Durhamtown you can ride your dirt bike, ATV and side x sides on over 100 miles of one-way trails. There are 9 tracks, including a Pee Wee Track, a Super Cross Track, MX Tracks, a Dirt Drag Strip and a Dirt Flat Oval Track and Freestyle Park. If you're

looking for Single Track; you are at the right place! Check out Durhamtown Extreme Sports in Athens, 4300 Atlanta Hwy. 706-549-4030.

## Tae-Kwon Do

### Tae-Kwon Do

Athens YMCA

915 Hawthorne Ave., Athens

706-543-9313, [www.athensymca.org](http://www.athensymca.org)

Registration begins Oct. 1

Ages: 6-12

Learn self-confidence, self-defense and coordination. Martial arts is a perfect complement to any sport that you are involved in. Call for more information.

\$95/members, \$140/non-members

## Wilderness & Outdoors

### Durhamtown

2350 Randolph Church Rd., Union Point

706-486-4603, [www.durhamtown.com](http://www.durhamtown.com)

For the sportsman in every family; prime hunting with deer, turkey, and wild boar is offered. Also available are sporting clays, fishing and a rifle range. The land is abundant with wildlife and a great place for that trophy hunter. You can even stay overnight! Cabin rentals, full hook ups at RV sites and tent camping with a bath house for those who really enjoy roughing it!

### Lost Person Prevention

Panola Mtn. St. Park

2600 Ga. Hwy. 155, SW, Stockbridge

770-389-7801, [www.gastateparks.org](http://www.gastateparks.org)

Oct. 10 and Nov. 14, 10am

Learn simple techniques for not getting lost and keeping track of your family when venturing into the great outdoors of Georgia. Search and Rescue Dog Team will be joining the class. Register in advance. \$5 parking

## Wrestling

### Instructional Wrestling Program

Oconee Parks and Recreation

706-769-3965, [www.ocprd.com](http://www.ocprd.com)

Ages: 6-14

Registration begins Oct. 5; Open to all skill levels. Program will be conducted in conjunction with NOHS Wrestling Coach Brian Bishop, Mike Greene and former NOHS

wrestler TJ Fluhr. Participants of the same age and weight will train together. The wrestling program will be conducted at the NOHS Axillary Gym on Mon. and Thurs. from 7:15-8:15pm. Program will begin on Mon., Nov. 30 and last until Thurs., March 11, 2010 (approximately 25 sessions). Additional equipment may be purchased separately. Fee: \$90

## Yoga

### Hatha Yoga

The Community Center at Oconee Veterans Park  
Oconee Parks and Recreation  
706-769-3965, [www.ocprd.com](http://www.ocprd.com)

Classes begin first week of November. Yoga is a mind/body practice of relaxation and rejuvenation using awareness, breath and movement to bring balance to the systems of the body. Yoga helps to increase flexibility and tone muscles while decreasing tension and relieving stress. This is a perfect class for beginners as well as those with some experience in yoga. Please call for more information.