

Get Out. Get Adventurous. Have Fun....

The Commerce Parks and Recreation Department has announced its schedule of summer activities for the benefit of the youth of the community.

The conduct of most activities listed is contingent upon sufficient interest shown through registration. Unless otherwise specified, registration for all activities listed may be made at the Recreation Office at American Veterans Memorial Park on Carson Street from 1:00 until 5:00 p.m. weekdays. Registration for each activity will be taken on a "first come" basis until filled.

PLEASE CALL THE RECREATION OFFICE FOR ADDITIONAL INFORMATION.
706-335-3236

Any updated information will be posted on the Commerce city government website at www.commercega.org

AQUATICS

Recreation Swimming

The American Veterans Memorial Park Aquatics Center will be open to the public on Monday, May 31 at 1:00 p.m. through Friday, July 30 at 5:00 p.m. Weather permitting; the pool will be open Mondays through Saturdays from 1:00 until 5:00 p.m. and closed on Sundays. Daily admission is \$ 1.50 for pre-school through high school youth and \$ 3.00 for adults. Season passes for individuals and families are available at the Recreation Office.

The pool is available for private party rentals on Saturday evenings in June and July. Please call the office at 706-335-3236 for information.

SPECIAL NOTES: There is no wading pool available. Young children not potty trained must wear air tight rubber pants or diapers designed especially for swimming. All children age eight and under must be actively supervised by an individual age 16 or older.

You must wear a swimsuit to enter the pool. NO STREET CLOTHES WILL BE ALLOWED.

Competitive Swimming

TIGER SHARK SWIM CLUB

The Tiger Shark Swim Club is an outstanding summer youth sport. This activity requires much dedication and hard work, but the opportunity to excel is well worth it. The club is composed of two basic divisions.

The “Minnows” group is designed for 5 and 6 year olds and functions as the entry level activity of the swim team. To participate, a child must turn 5 years old prior to June 1, 2010 and must have successfully completed swim lessons before registering for minnows. Entry into North Georgia Swim League competition is optional.

The swim team includes youth ages 7-18 who already know how to swim. Participants in this group must be 7 years old prior to June 1, 2010. Entry into the North Georgia Swim League and the GRPA District Swim Meet is optional. Team members also have the opportunity to qualify for the GRPA State Swim Meet.

Registration will begin with a parent meeting on Monday, April 26 at 6:00 p.m.

Registration fee: Commerce City Residents - \$ 70.00. Non-Residents - \$ 90.00. Deadline to register is June 4, 2010.

LEARN TO SWIM CLASSES

Introduction To Water for 3 and 4 year olds will be a five day session. The session is scheduled June 21-25 with daily 45 minute classes beginning at 9:45 a.m. This session will teach:

* Help students feel comfortable in the water.

- * Enter and exit water safely
- * Submerge mouth, nose, and eyes
- * Exhale underwater through mouth and nose
- * Open eyes under water and pick up submerged object
- * Change direction while walking or paddling
- * Roll over from front to back and back to front with support
- * Explore floating on front and back with support

Registration is open on a “first come” basis until enrollment is filled. Registration fee: Commerce City Residents \$ 50.00 Non-Residents \$ 70.00

Fundamental Aquatic Skills two separate eight day sessions are available for children ages 5 – 12 who do not know how to swim. The first session is scheduled June 7-16 (weekdays only) and the second session will follow on June 28 – July 7 (weekdays only). Daily starting time is 9:45 a.m. for a one-hour class. Each session teaches students fundamental skills such as:

- * Enter water by stepping or jumping from the side
- * Exit water safely by using ladder or side
- * Submerge entire head
- * Blow bubbles while submerging head
- * Open eyes under water to pick up submerged object
- * Float on front and back
- * Perform front and back glide
- * Change direction of travel paddling on front and back
- * Roll over from front to back and back to front
- * Tread water using arm and leg motions

Registration is open on a “first come” basis until enrollment is filled. Registration fee: Commerce City Residents \$ 50.00. Non-Residents \$ 70.00.

Evening Session this class is being offered for ages 5 and up. Students will be taught the Fundamental Aquatic Skills as listed above. This will be a five day class scheduled May 31 – June 4. Each class will be one hour starting at 7:30 p.m.

For registration information please call the Recreation Office at 706-335-3236.

Private Lessons This class is offered to all ages. Private swim lessons are scheduled on a “first come” basis at the instructors convenience. Registration fee is \$ 75.00 for five 30 minute classes. For all other information please call the Recreation Office at 706-335-3236.

WATER AEROBICS

This activity is a water exercise class for adult men and women in general, but it is particularly beneficial to individuals with arthritis, muscular disease, osteoporosis, heart disease, and recovery from joint replacement as well as other disabling injuries. Water aerobics strengthens all muscles and joints without the stress, stiffness and soreness which accompany land exercise programs. Workouts will require participants to use their arms, legs, hips and neck and will elevate the heart rate through water resistance.

Experienced Water Aerobics Instructor Sharon Pruitt will lead the class on Mondays, Wednesdays, and Fridays at 11:00 a.m. beginning Wednesday, June 2. The class will be ongoing through early August. Cost is \$ 3.00 per class at the gate. No advance registration is required.

No children will be admitted to or allowed in the pool facility during class.

CAMPS

“CHAMP CHANEY” Basketball Camp

The Parks & Recreation Department is offering a basketball camp for children who feel like basketball is “their thing”. This camp will stress the very basic fundamentals of the game and thus strengthen any player’s foundational skills.

Former Commerce Middle School coach, Sam Chaney, will serve as the instructor. Not only did Mr. Chaney coach school teams here for 31 years, he also served for seven years on the staff of instructors for a Los Angeles basketball camp managed by former LA Lakers player Tracy Murray. Coach Chaney is an excellent teacher of the basics of basketball.

Designed for girls and boys who are rising 3rd graders through rising 8th graders the camp will run 10:00 a.m. until noon June 21-25 at the Middle School gym. Registration will be limited.

Registration fee: Commerce City Residents \$ 40.00, Non-Residents \$ 60.00.

TIGER SOFTBALL CAMP

This camp for girls who are rising 3rd graders thru rising 8th graders is scheduled for May 24-27 from 6:00 to 9:00 p.m. daily. Players will be taught the

fundamentals of fielding, hitting, throwing, and base running. Participants must bring a glove, hat, cleats, and a bat. Everyone will receive a camp T-Shirt.

Instructors will be composed of Commerce High School softball coach Pam Canup, CHS players, and former CHS players.

The registration fee is \$ 55.00 with a non-refundable deposit of \$ 10.00 due by May 14, 2010. Make check payable to Pam Canup. The balance will be due on May 21, 2010.

TIGER BASEBALL CAMP

For youth ages 9-14 this activity is scheduled for May 31 – June 3 from 9:00 a.m. until noon daily. Players will be taught the fundamentals of fielding, hitting, throwing, and base running in a fun atmosphere. Players will be placed in groups according to age and ability. They must bring a glove, hat, cleats, and a bat. Everyone will receive a camp T-Shirt.

The camp will be instructed by the Commerce High School baseball coach Stevie Cottrell.

The registration fee is \$ 60.00 with a non-refundable deposit of \$ 30.00 due by Friday, May 14. The \$ 30.00 balance is due on May 31. Make checks payable to Stevie Cotrell.

Mighty Mites Soccer Camp

Boys & Girls Ages 4-8

DATE: Monday - Friday June 14 -June 18 9am - 12noon

EQUIPMENT NEEDED: # 3 soccer ball (will have balls for sale at camp for \$ 15)

Water or sports drink (No sugar drinks)

Whether your child is just starting out or has already played soccer, Mighty Mites Soccer is an ideal opportunity for learning, doing, and having fun with

soccer. Lots of skill instruction combined with fun games and friendly competition provide an environment where kids learn important skills in an enjoyable atmosphere. All teaching methods and exercises follow the latest US Soccer and Georgia Soccer guidelines so your child is assured of the best instruction possible.

Coach Rich Friedman comes to Jackson County with nearly 25 years of coaching experience. He has helped develop the soccer program at East Jackson Comprehensive High School over the last 3 years and has coached college soccer at the University of Colorado at Boulder, The Culinary Institute of America in New York and has extensive youth coaching experience in New York and Georgia.

Registration fee: Commerce City Residents \$ 45.00 , Non-Residents \$ 65.00

FALL ACTIVITIES

Mark your calendars for the following Fall Activities and Registration Dates:

Flag Football and Cheerleading

ages 6 – 8

Tackle Football and Cheerleading

ages 9 – 12

Soccer

ages 4 and up

Registration for these activities will be conducted July 26 through August 6.

PARKS & FACILITIES

AMERICAN VETERANS MEMORIAL PARK

Located on Carson Street, just two blocks off US 441 Business, this is Commerce's largest park housing one softball field, two baseball fields, a batting cage, four tennis courts, a swimming pool, a playground lot, and the Parks & Recreation Administrative Office. The pool hosts numerous activities in June and July (see "aquatics" section) and all other facilities are open for free play when not scheduled for organized activities or maintenance.

WILLOUGHBY PARK

Located on Clayton Street only two blocks from the heart of Commerce, Willoughby Park is set in a beautiful wooded area. It is a passive park dedicated primarily to picnicking. The picnic shelter is available for group reservations on a "first come" basis. Call the Recreation Office at 706-335-3236.

RICHARD RIDLING PARK

Located on Shankle Heights, three blocks east of the Commerce Cultural Center, Ridling Park is a two-field athletic complex. These fields are available for free play when not scheduled for organized activities or maintenance.